



# THE MIRROR

NOV 2, 2018  
THE BROMFIELD  
SCHOOL  
“Let’s get this bread.”

## Parking Lottery

### Fine parking or parking fine?

by Kate Selig

Bromfield administration implemented a new lottery system to distribute student parking slots this fall to both the praise and concern of students.

Prior to this year, students with drivers licenses were allowed to drive to school and park in non-teacher parking spots in the lower and upper parking lots. As more students in Harvard obtained cars over the years, the parking lots became increasingly crowded. In order to combat the problem of students parking in teachers lots or on grassy areas, administration reached out to the Class of 2019 over the summer to ask for input on student parking.

Based on student advice, administration decided to distribute parking spots through a lottery. Students were asked to fill out a Google Form over the summer with their car and license information. Spots were then distributed by seniority, and students were notified of their spots before school started.

Bromfield graduate Sierra Gomez, Class of 2018 secretary, explained that last year, “I drove for the first few months of school until my car died. For seniors to get a spot in the senior lot, which was the obvious parking lot of choice, I would have to get to school extra early because of the limited spaces. The lack of spaces was a real pain because if you were running late and went to senior and saw there were no spaces, then you would have to go all around the school to try to find one.”

Senior Lance Jarosz echoed this statement: “When arriving around 7:15 to 7:30, there was no issue whatsoever with finding the spot in the middle or back of the [lower] lot. But when you’re arriving around 7:30 to 7:40, it was mayhem, especially towards the end of the school year when sophomores started getting their licenses. I did find myself parking in the library parking lot at times.”

#### Administration Perspective

The administration further outlined last year’s parking problem: “Since the new parking lot was put in, we have been operating as if we have unlimited parking at Bromfield. The reality is that we have a finite number of



Assigned parking spaces.  
Photo taken by Vivien Jamba.

parking spaces and on a daily basis there were members of our staff and visitors to our building unable to find parking. Additionally, we had people trying to create parking spaces where they did not exist resulting in unsafe conditions in our front parking lot, or trying to park at the town library, making it difficult for community members to access programming there during the school day. We had several instances where cars were hit because of people creating their own parking spots.”

Over the summer, administration reported that “parking was topic of the meetings that the administration had with the junior and senior class members.” As a result of the policy change, students have approached administration with “reasonable questions. We have listened carefully to the points students raised and made every attempt to make adjustments if we can.”

Administration concluded that “[the changes have] taken some of the chaos out of the parking situation and made our parking lots safer, which for us is a huge plus. We have been very impressed with the respect that students have shown for each other and their parking spots, as well as the rules about parking on campus in general. We also have been impressed with the willingness of students to try the new system, even if they may not completely agree with it.”

#### First Reactions

Students felt that parking was a mixed bag. On receiving their spot, senior MJ Gamelin was “a little disappointed.”  
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## Little Women

### Columbia Pictures in Harvard

by Meenu Ramakrishnan



Workers build movie set at General store.  
Photo taken by Vivien Jamba

For four days, Columbia Pictures will film Little Women in multiple locations in Harvard, with A-list celebrities like Emma Watson and Timothee Chalamet coming to town. Around 65 crew and cast members will be in Fruitlands Museum and in the Town Center on Nov. 2 and Nov. 5. Town administrator Tim Bragan reported that the project began when three people stopped by the town hall, announcing their presence as part of a crew for a movie. At the time, neither Bragan nor his staff knew the scope of the movie. Movie director Greta Gerwig discovered the town thanks to the General Store and Town Hall’s authentic feel.

According to Bragan, while there is a general excitement from people around the town, there are many headaches that come with the filming. For example, he worried about the added traffic, which he described as a major inconvenience for those who need to go to work or school because most people need to pass through the town center. To combat this, Bragan and his staff have drawn up traffic plans in order to ensure a smooth transition between the days of filming. Harvard citizens are also taking part in the movie, like Kaia Bishop, a senior in the Bromfield school. The audition process for her included an application with headshots and two hour fitting for costumes. The actor is  
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## The *Lion King* Comes to Bromfield Stage

by Kira Houston

On Nov. 9, 10, and 11, the Bromfield Drama Society will perform their fall musical, The Lion King Jr. Guided by director Martha Brooks, music director Rebecca Armitage, choreographer Edie Hedding, and costume designer Beth Drummey, students have rehearsed almost every day since September in preparation for the show. Rehearsals for the show are far ahead of schedule, a rare occurrence in the realm of theater.

“The kids are doing a fantastic job. There’s a lot of motivation outside of rehearsal time,” explained music director Rebecca Armitage. Armitage teaches Chorus, Music Theory, and Lifetime Fitness at Bromfield, and this will be her second time directing music for a Bromfield show.



When asked about her experience as music director, she said, “there are a lot of similarities to being a chorus teacher, but the focus is not on technique, it’s on trying to get the sound out.”

Working on “projecting” one’s voice is vital to ensure the audience hears and understands a show’s dialogue, so learning to “get the sound out” is an invaluable skill, especially for younger actors having their first on-stage experience. “It’s a lot of fun working with grades 6 to 12 all at once. I think that’s an interesting dynamic, seeing older kids mentor and lead younger kids, teaching them how to be in a musical,” Armitage concluded.

Bromfield is performing the junior version of The Lion King instead of the full Broadway show. According to Armitage, this decision came out of a desire to include young actors. “It’s an easier score, but still sounds great,” she remarked. The junior show features simpler music, but doesn’t miss much of the full play’s content, and might actually be closer to the classic Disney movie. Armitage’s favorite songs from the show are “He Lives in You” and “They Live in You,” two versions of the same tender emotional tune both speak to the interconnectedness of the world around us. Speaking to the show as a whole, she said, “I love The Lion King. It’s applicable to so many genres of people. The themes that run through the show are inspirational and thought provoking, emotional, sensi-



At their rehearsal on October 10th, the cast of The Lion King Jr. end “Hakuna Matata.”  
Photo taken by Beth Drummey

tive, just powerful, you know? It’s a show that draws a large body of people together and unites them. It targets so many aspects of our humanity.”

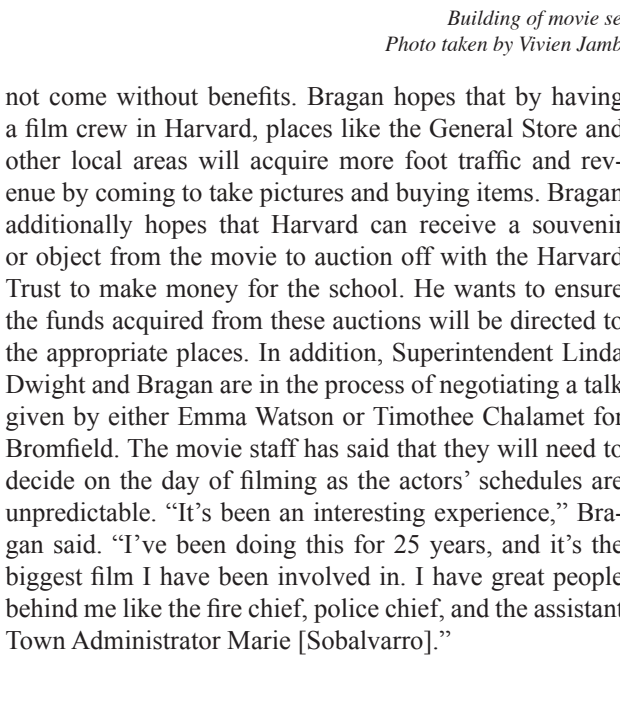
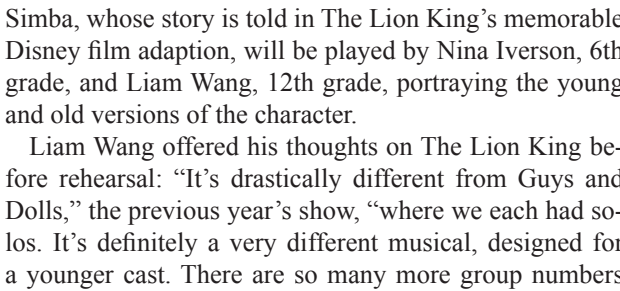
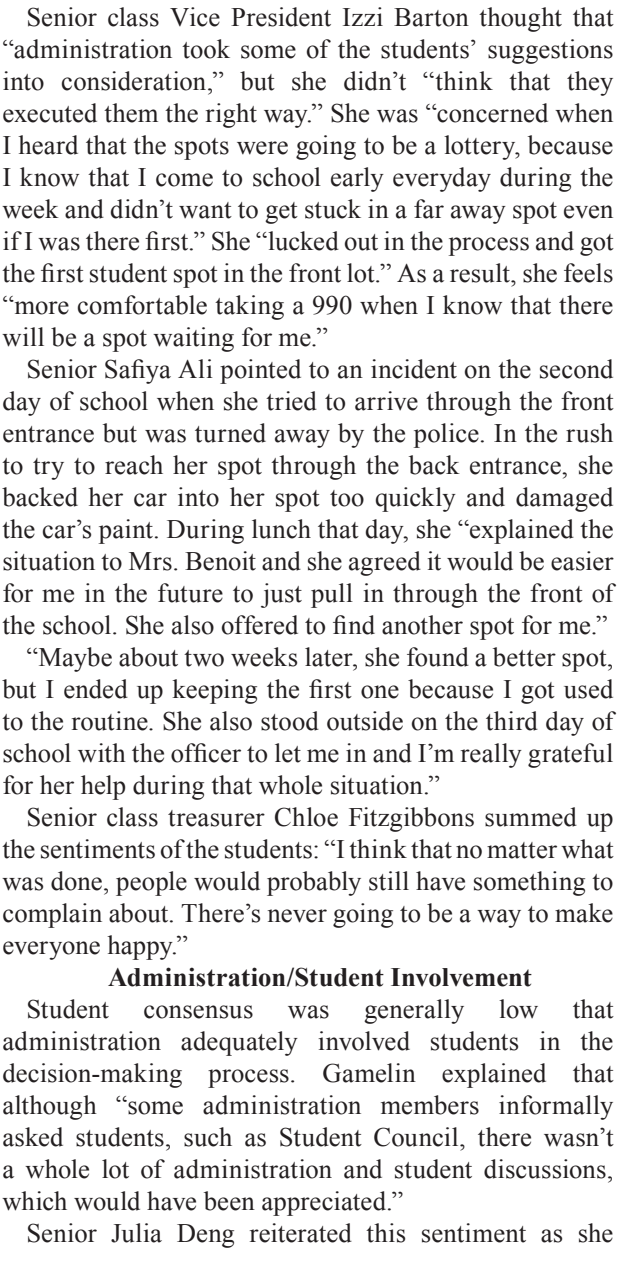
Ironically, The Lion King masterfully depicts aspects of humanity without using any human characters. It focuses on a cast of royal lions and other savanna animal characters ranging from zebras to hyenas. The young prince,

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They felt that they were “not anywhere closer than I was last year, even though I’m a senior and I’ve been driving myself to school for a long time. I’ve gotten used to it, but my spot still isn’t great.” Additionally, they are concerned about “when winter comes - last year, because I got to school so early, I could avoid particularly icy spots, but now I don’t have that option.” However, “I like that I won’t have to worry about finding a place to park if I’m late.”

Senior Yohhan Kumarasinghe said that he “knew the probability that I would receive a spot in the senior lot was very low. Regardless, even if I had received a spot there, it would have only saved me a minute or two for my commute and I may not have used it every day.” Right now, he has given up his spot because “my spot’s location [in the lower lot] meant that walking to school would be faster than driving.” Today, he continues to walk to school.





# Charity Concert for Jaden Doherty

Eighth Grader Doherty Battles Cancer

by Julia Deng

On Saturday, Sep. 29, 60 people gathered in the Harvard Unitarian Universalist Church to listen to a repertoire of classical guitar music and support Bromfield eighth-grader Jaden Doherty in her battle against cancer. The audience consisted of Bromfield students, members of the neighboring community, and relatives. The suggested donation was \$25, and the concert raised over \$2,000, with half of the proceeds going to treatments and the other half going to the Leukemia and Lymphoma Society (LLS). The recital lasted an hour and 20 minutes and featured several key speakers: LLS’s Director of Donor Relations, Laura West; Glenn Doherty, Jaden’s father; and cancer survivor, Gayle Garlick. Classical guitarist Dave McClellan and piano accompanist Nikolaus Hunt played pieces from composers such as Claude Debussy, Isaac Albani, and Louis Milan.

“The music was very calming, and it was kind of relaxing...like a lullaby,” said Doherty. She explained how she had first heard about the concert at “a meeting at the General with [my Dad], Dave [McClellan],” and family friend Anne Hentz. “I was kind of overwhelmed at first,” she said, “but when I got there, all my friends were there, so it wasn’t as overwhelming as I thought it would be...I



McClellan and Hunt play at Jaden’s concert.  
Photo provided by McClellan

think it was pretty comfortable.”

Doherty was diagnosed with acute lymphoblastic leukemia, and has been undergoing three kinds of chemotherapy. “I have a pill that I take every night, and then I go on steroids five days out of every three weeks,” she said. Doherty also goes to Jimmy Fund, a hospital connected to Boston Children’s Hospital, “every other week.”

Doherty cited school work as her biggest challenge, but

said that “the teachers aren’t too strict about things I don’t get done.” Beyond teachers, Doherty has also received support from her other friends at school. “Last year [they] made a video for me...with one of the guidance counselors....and I also got cards from them,” she said.

### Organizing the Concert

Dave McClellan has been playing guitar for 40 years. He founded Concert in Your Living Room, a series of living room concerts that raise money for nonprofits. He organized Jaden’s concert after “responding to a post on NextDoor Harvard,” an online neighborhood forum, and proposed the idea to Anne Hentz, the author of the post, that “I do one or more [of my] living room concerts.”

His idea for a small living room concert soon evolved into a greater recital after Hentz secured the church as a location. McClellan also took to social media and newspapers to publicize the event. When it comes to concert organization, “publicity is the biggest thing,” he explained. Tickets or suggested donations were sold online and at the door.

“It was my first time playing in Harvard...[and] I felt that the concert went pretty well,” McClellan said. “It was just a really great feeling...we’d done something good.”

# Netflix Comes to Harvard for Lord of the Flies Inspired Series

The Ups and Downs of Production Excitement

by Charlotte Foley

From late August to early September, Netflix filmed “Hamelins,” an original show inspired by “Lord of the Flies” at two private properties in Harvard. With “Hamelins,” “Little Women” and “Castle Rock” all filming at once, this fall has brought Hollywood to Harvard.

According to IMDB, “Hamelins” is a drama about a group of teenagers who find themselves trapped in their hometown after returning from a field trip cut short. Tim

Bragan, the town administrator of Harvard, reported that the series has 10 episodes. He explained that “the people in Ayer said Ben Affleck was in it, and it caused quite the commotion.” This is rumored because he was seen on the set of the show in Ayer. The show is also set to star Kathryn Newton from “Big Little Lies” and “Three Billboards Outside Ebbing Missouri.”

Unlike “Little Women,” “Hamelins” is being filmed out of the spotlight. Netflix is shooting at two private homes in Harvard. The houses used for this show are on Mill Road and on the corner of Mass Ave, Stow Road, and Slough Road. The staff of “Hamelins” originally planned to film at a Bolton Road property but later reversed this decision. According to Bragan, Ayer, Lancaster and other towns are also being used. Chief of Police, Edward J. Denmark, said that Netflix is expected to be back sometime in October to resume filming. Having filmed at night on private properties, Netflix did not cause too much of a commotion like “Little Women” has.

Bragan admitted that the town is new to dealing with film crews, and though it is very exciting, they come with their own inconveniences. When told that somebody suggested filming in Harvard, he replied to them saying, “‘Who told you?’ because I either want to go shake their hand or strangle them.” With “Little Women,” “Castle Rock,” and “Hamelins” all shooting within a close time-frame, matters can be difficult to manage. “Traffic is the biggest thing, and people in the neighborhood get inconvenienced because you have bright lights, you’ve got noise going on in your neighborhood, and sometimes they’re filming until ten o’clock or midnight, and it’s a quiet town. Usually, by nine o’clock, things have quieted down and you don’t have noise in your neighborhood and you don’t have bright lights,” said Bragan. “It’s a learning experience. I’ve been doing what I do for 25 years now and I’ve never had to deal with a movie crew”.

In spite of some inconveniences, Bragan reassured that Netflix has been very diligent about efficiency and convenience for the community. He stated that Netflix has been easier to work with than Columbia Pictures thanks to their dedication to staying out of the limelight: “They’ve asked the least of us. They need to park vehicles at the DPW, they park vehicles at the DPW. They need to get traffic police, they get traffic police. They do what they can to do their job and make sure it doesn’t inconvenience everybody.” Netflix opens a road right back up after closing it for 15 minutes, as opposed to Little Women, which uses the whole town common.

The town has to be conscientious when agreeing to allow a movie or TV show film. The “Slender Man” movie asked to film in Harvard in 2015, but Bragan said it was rejected since this was right after the trial of the Slender Man stabbing. Members of the town such as Bragan be-

lieve that it is important that Harvard is not associated with something like that. The town allowed “Castle Rock” to be filmed on private property on the condition that Harvard was not mentioned in the credits. Similarly, there is no problem with a “Lord of the Flies”-inspired series. Bragan recalled reading the book and thinking it was an interesting concept, and he saw no issues with filming it here.

People might be wondering, “Why Harvard of all places?” Bragan said that he believes the town is appealing to film crews because of its close proximity to New England Studios in Devens and tax break from the state of Massachusetts. The town also possesses classic homes and architecture that match the scene of many films and shows.

For the future, Bragan sees more movies coming to Harvard. Word of mouth from film crews increases the town’s likelihood of being used. If a town responds well to a filming of something, the film crew might pass this information on to other film crews looking for locations. “It is interesting, it’s kept us busy, we’re doing things that we normally didn’t think we would be doing,” he concluded.

# Early-Release Cuts

by Anya Buchovecky

The calendar for the 2018-2019 school year was posted on the homepage of the Bromfield website toward the end of the summer, giving the community dates of teacher professional days, early releases, religious holidays, and vacations. One of the most notable changes from last year’s calendar is the switch to only nine early release days throughout the whole year, down from 12 the year before.

No one person comes up with the school calendar; its production is a lengthy process. A committee made up of parents, administrators, and teachers create the first draft of the calendar. During the revisions stage, the draft is posted for teachers and administrators to give feedback. Any teacher can comment with the same power as an administrator. Once all the revisions are made the school committee puts the calendar up for a vote, and if it passes the calendar will be put into place. Otherwise, more revisions will be made.

Principal Scott Hoffman explained the need for early release days in the first place: “Early release days are used for professional development and allow time for teachers and departments to work together.” One example Hoffman listed was the “1:World” technology initiative. Last year, with the new implementation of Macbooks for 8th-12th graders, early releases gave teachers time to get familiar with their MacBooks in order to utilize the technology in the classroom. However, Hoffman also recognized the downsides of too many early release days. He pointed out that early release days are an inconvenience to parents and contribute to the perception that students are not in school as much as they should be. The state requires students to spend 180 days in school. Half days and early release days count toward this total. Thus, as a consequence of the decreasing number of early release days, students will spend more hours in school.

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# The Upcoming School Year: Hot or Cold?

## A Look at Bromfield’s New Air Conditioning

*by Jordan Hoover*

Classrooms within The Bromfield School can reach temperatures ranging in the mid 90s during the summer. Teachers and students complain about these distractingly hot conditions.

Principal Scott Hoffman explains that “I think we have a lot of rooms that are really really hot which makes... things ...difficult, in particular it makes learning difficult for both our teachers and our kids. If it’s really hot and really humid, it’s tough to learn.” Students have similar complaints. 9th grader Camille Gomez reports that the heat affects her learning “because I am focused on the heat and sweating.” Tiana Jiang, another 9th grader, agrees: “I feel like it makes me not as focused as much... We are just sitting there in the heat and it’s so sweaty.” Besides students, some teachers think those ideas too. Profe Rosal, a Spanish teacher in the high school wing, explains how her classroom environment is affected by the heat: “Everybody, including myself, gets easily tired, irritated and of course sweaty and smelly. The rhythm of the class gets very slow. The drop in performance is significant. As research has shown, temperature affects the student’s ability to learn and function. It is hard for the student to stay focused.” Profe Rosal also explains that physical comfort during the warmer weeks of the beginning and end of the school year should be a priority because of the discomfort it brings to the students, teachers, and administrators throughout Bromfield.

Hoffman describes some of the school’s solutions to

these problems. The Bromfield School has installed six window air conditioning units in some of its hottest rooms. In addition to cooling the rooms themselves, Hoffman explained that the rooms were further utilized to swap teachers into them when conditions in other parts of the school became unbearable. It seems though, that the classrooms get hottest from the end of May and June, and the end of August and September, according to Rosal. Air conditioning was not chosen randomly. Hoffman explained, “We chose the rooms 290 to 295 because we had data that showed that their rooms constantly in the heat waves were in the mid 90s so we wanted to get those rooms. That’s not to say that we don’t have other rooms that aren’t really hot.” The data Hoffman collected was from teachers who accumulated and recorded the temperatures of their classrooms. In addition, Hoffman sat in some classes to experience the classroom environment himself. He later explains, “Profe Rosal had room temperatures in excess of 95 degrees. Quite honestly, the temperatures were not much better in rooms 190 to 195 but they were not quite as oppressive at in the upper rooms. We examined temperatures last spring.” Rosal adds further information about her classroom: “It has ranged, in my room, from 82 up to 92 degrees. I have reviewed the temperature daily.”

Furthermore, installing air conditioning provides additional costs to the school budget. According to Hoffman, “We also have to be aware of the energy costs...looking at the range, particularly in the south wing [the new wing], we can put in conditioned air. So we are looking at the

capital budget and seeing what we can do in the next year or two, to provide some relief to at least that area. Maybe we have to add some window units in other places.” Currently Hoffman estimates that there are 14 rooms with air conditioning units, but there are at least four rooms in the middle school wings. Among the middle school wing, individual teachers have put up their own window units in their classrooms. However these separate actions are not out of the school budget, but out of the teachers’ individual pockets. Hoffman explains how administration has helped the students and teachers at Bromfield deal with the heat: “We got more air conditioned rooms, and we also tried to come around to offer water to the students, to the teachers, in those hot days, to make sure everyone stayed hydrated.” Rosal is one of those teachers who now retains a window air conditioning unit in her classroom, which was provided by the school. However she later explains, “I have a window AC, but it is not big enough to cool the classroom... It was still hot, and it got noisy. It got up to 86 degree which is better than 92 degrees, but it is still hot.”

Overall Hoffman reports that he will keep working towards getting more air conditioning in the future. The idea of providing a safe environment for students at Bromfield is very important to him. He concluded that “we’ll continue to do everything we can, to provide a safe learning environment for our students so we can support engaged teaching and learning.”

# A Report from the Student Council

*by Hannah Taylor*

The Bromfield Student Council is comprised of a group of elected high school students, including the vice president and class representatives of each grade, as well as the members of the Student Advisory Council, School Council, and Regional Student Council. As clarification, the difference between Student Government and Student Council is that Student Government is the group of elected leaders for each individual high school class, whereas Student Council is a group made up of the aforementioned members. This being said, the goals of both groups differ slightly. While each grade’s Student Government leaders work to fundraise, organize events, and discuss issues pertaining to their class, Student Council does these things on a school-wide basis. The Student Council generally meets every other week with advisors Dr. Horton and Mrs. Dyer.

At the past few Student Council meetings, we discussed a multitude of important issues within the school, including school spirit, technology, and how to manage balance in students’ lives. Furthermore, at each meeting, representatives from each class’s Student Government updated the group on their current projects.

On Friday, Sep. 28, Student Council met to discuss a few different topics, but Alex Magan’s senior project on school spirit was the main item on the agenda. Magan came in to pitch the idea of purchasing “Put-in-Cups” to decorate the fencing at the Bromfield baseball field and the McCurdy Track where the soccer and track teams meet. In the past, teams have used Solo Cups to decorate the fences, putting them in between the fence links to create designs like the Bromfield “B”. These Put-in-Cups would serve the same purpose, but as Magan explained, are a better investment as they are reusable. However, due to a lack of funds, we suggested that Magan go to the individual class governments for funding.

Class updates were also on the agenda. First, senior class members Isabelle Barton, Mia Hopman, and I reported that we are currently working on organizing Prom, which we will be hosting in the spring. Vivien Jamba, Lucy Bodtman, and Elena Franklin of the junior class then reported that they are working on plans for Snowball and a potential class trip. Next, Taylor Cameroon, Brooke Cameroon, and Holly Jones of the sophomore class reported that they are in the process of organizing a multi-cultural dance, which would bring in ideas from their global studies class with Ms. Mattie-Brown and also count for credit in the Global Competency Certificate program. Finally, Felicia Jamba, Melanie Bodtman, and Sophia Zhou of the freshman class reported that they were working on plans for the Halloween dance, which was just hosted on Friday, Oct. 26.

Next, Elena Franklin, Tiana Jiang, Vivian Liu, and Kate Selig, members of the School Council, gave updates. In



*A typical Student Council meeting.*  
*Photo taken by Vivian Jamba*

their last meeting, they discussed the importance of balance in students’ lives and what the school could do to help with this issue. Some of the ideas they brought to the table were another Refresh Day, homework-free weekends, or reminders to teachers that more time off from school should not necessarily constitute more homework.

Finally, the Student Council discussed some potential ideas for fundraisers and school events, including organizing a fundraiser at parent-teacher conferences, our traditional Valentine’s Day fundraiser, a color run, and a pancake breakfast.

On Friday, Oct. 5, there was a meeting for the entire high school Student Government, including all members of each class’s individual Student Government and members of Student Advisory Council, School Council, and Regional Student Council. The school’s new anti-hazing policy, the importance of attendance at Student Council and Student Government meetings, and spirit days for the under-the-lights sports games were on the agenda.

Student Council then met again on Friday, Oct. 12 to discuss technology and school spirit at Bromfield. On the topic of technology, we discussed the benefits of having MacBooks in class, finding them to be a useful additional resource. With such easy access to technology, students use different online resources more often in class, particularly in science and language classes which often make use of special programs on the computers. This being said; however, we thought it may be beneficial to hear from the middle schoolers’ perspectives as well. This is due to the fact that they have had iPads longer than the high schoolers have had MacBooks and; therefore, middle school teachers have integrated that technology into their lesson plans in a different way than most high school teachers.

Next, in terms of school spirit, Student Council president Kate Selig posed a few questions asking about students’ levels of school spirit and about what that actually means. We felt that there definitely is school spirit at Bromfield and that students feel proud to go to this school.

However, we see the issue as not having the right venue to express this. For instance, there is often a lack of seating at sporting events and, for school-wide spirit days, students often forget or do not own the right clothing. Because of this, Student Council then discussed some of the ways in which more school spirit could be raised and students could be convinced to show off their pride for Bromfield. We decided that pep rallies are, for the most part, a good way to do this, but noted that students have given mixed reviews about them. Therefore, we thought that pep rallies would be more exciting if held before a big event, such as the soccer pep rally last year. We also liked last year’s inclusion of an act from “Guys and Dolls” and think that including similar events or even different activities in future pep rallies would make them more fun. Similarly, for spirit days, Student Council discussed the possibility of passing out beaded necklaces to ensure that everyone is included. Finally, we feel that senior Alex Magan’s “Blue Brigade” project is helping a lot with school spirit, especially since it is a student-run initiative.

The next meeting of the Student Council was on Friday, Oct. 26 where we briefly met to discuss plans for a Halloween fundraiser. We will meet again on Friday, Nov. 9.

# Bromfield’s Blue Brigade

*by MacKenzie Curtis*

While reminiscing on his time at Bromfield and being inspired by stories of his parents’ thrilling high school experiences, senior student Alex Magan noticed his childhood expectations for high school inaccurately depicted Bromfield’s student life outside of the classroom. He realized there was a problem in the school system: an inadequate amount of spirit. He realized that Friday nights at Bromfield were not filled with anticipated football games under the lights, bleachers of fans cheering on, or an overall support system between students.

This moment of disappointment sparked a critical moment in Magan’s life, leading him to pledge to do his part to change Bromfield’s student life forever. He decided to make the Blue Brigade his senior service project to accomplish these goals.

Magan proceeded on his journey with a focus on two main components for strong spirit levels. “The goal is to emphasise sports, and the arts,” he explained, “to strengthen bonds as a student body.” His goal is to create the “experiences we never had,” continuing that he’s concentrating on bringing attention to the clubs, sports, and arts successes that the student body subconsciously

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Blue Brigade, cont.  
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Alex Magan.  
Photo by George Shen

“overlooked” before.

Maintaining coordination with the school budget, and following the student handbook, Magan is executing his plan of a supportive environment with full force. At the start of the 2018 school year, he created a “BlueBrigade” Instagram and Twitter account to notify students about Bromfield’s sports and clubs. He also organized a program where a guest speaker student reads the announcements with pride every week.

Even with all these changes, Magan is not done. Another of Magan’s major ideas is an exclusive Lion King movie trailer, which he would work on with Ms. Brooks. He also hopes to add a new “monthly spotlight” to the morning announcements, highlighting students who have excelled and deserve the whole community’s recognition.

Student-led school spirit initiatives are critical towards achieving Bromfield’s goal of vast school spirit. Results from a school-wide survey display that the Bromfield community’s efforts as a whole have been significantly recognized by about half of the 251 students who participated in the form. About 35% of respondents rate Bromfield’s school spirit a solid 3 out of 5, 5 being the most enthusiastic.

Alex Magan hopes to change Bromfield’s student life reputation for years to come. Right now, he is laying the groundwork for his project to continue into the future, reaching out to members of the Class of 2020, to train them on how to enhance the high school environment for the future. “The more blue,” Magan concluded, “the stronger our school’s pride.”

Jon Snyder: The Future of  
Bromfield Facilities

by Bodhi Chadran

With his background at a pharmaceutical company and a lumber yard and experience plumbing, delivering auto-parts and more, Jon Snyder is approaching his new position in Harvard with an enthusiastic attitude. As the Director of Facilities, Snyder is in charge of many things within the school, such as keeping the building clean, managing and working on plumbing, any mechanical work and possibly the most concerning to students: heating and cooling.

Snyder hopes to address temperature control at the school. When asked about the future plans for the heating and cooling systems at Bromfield, he jokingly replies, “You’re going to be cold in the winter and you’re going to be hot in the summer,” before quickly and more seriously adding that there are plans to add air conditioning to many of the wings at Bromfield within the next three years. Snyder hopes to keep in mind student and staff concerns when making decisions about the future of Bromfield’s infrastructure. Snyder is also involved in the planning of the new Hildreth Elementary School. Because he specializes in the mechanical and plumbing aspects of the school, he often contributes to the plans for the layout of the new school. He is looking forward to the completion of this project, and will continue to be involved as the project continues to be developed.

Snyder acknowledged concerns in the differences in development between HES and Bromfield, and describes the

town as trying to “limp Hildreth along,” or provide just enough help to last the school up until its eventual destruction. He hopes to develop Bromfield with the long term in mind. For example, redoing the bathrooms or fixing all of the roof leaks are some current goals. He explains: “Obviously we’re going to spend more money [at Bromfield] than we are at the elementary school because, you know, it’s going to be gone in a couple of years anyway.”

Snyder grew up in Littleton, child of Mrs. Karen Shuttle, a fellow employee of the Harvard Public Schools. Snyder did not attend college, instead going directly to trade school after high school to become a master plumber. At the age of 21, Snyder found his first major job at Pfizer Pharmaceuticals in Andover, Massachusetts. But after 20 years of working at Pfizer, Snyder began searching for a more exciting opportunity that would better suit his desires. It was at that time when Mrs. Shuttle introduced him to the position at Bromfield.

Coming from a much larger company, Snyder found himself in a new job environment. In his opinion, Harvard is a much more tightly-knit place than Gardner, his current place of residence. He sees this in the form of the school system, where everyone, from the students, to staff, to parents, is concerned and involved in the state of the school.

He deems his new job as the Director of Facilities much more fitting for his interests, compared to his past jobs. He likes the fact that he has more responsibility and involvement with the management aspect of things. He has just finished renovating the new science lab, and has now refocused on flooring and bathroom renovations. Despite the heavy workload and responsibility, Snyder manages to find great pride and enjoyment in his work. When asked about his motivations to stay fixated on his work, he remarks, “Right now it’s still exciting, you know? Seeing the final product, the science lab renovation...There’s such a long term forecast for projects that I always have something to look forward to.”



Mr. Snyder.  
Photo by George Shen

Our New School Psychologist

by Sophia Zhou



Ms. Petkus.  
Photo by George Shen

This school year saw the employment of a new school psychologist, Christine Petkus. Petkus, who earned her graduate degree from Tufts University, works with students and guidance counselors in four different areas of responsibility: testing for special education, evaluating and understanding how students learn best, counseling students, and working with guidance and the school administrators to support students academically. Petkus ex-

plains that she steps in “when students are having a tough time, or need to work on goals. A lot of students struggle with anxiety so we work on stress reliever things and developing strategies for students to make them have a better day and be able to get through their day.” Petkus also works with guidance and the school nurse to make sure the entire student body is doing well.

Petkus explains that an essential role of hers is to aid children in succeeding academically and to help the school better implement thoroughly developed programs, created to meet individual needs of students. Petkus also mentions that she counsels and works with a variety of kids, many of whom have IEPs: “An IEP is an individualized education plan. The idea is that a lot of students go through school and they do all the regular classes, but sometimes kids need a little bit of extra support to catch up. So the goal of an IEP is to help support some of those lagging skills to help them function better in school.” As to why she chose this career path, she says, “I think I’ve always loved people and been interested in people. When I was in college studying psychology, my family lived in Brazil. So I spent summers and winter vacations working at orphanages, and while I was there I worked with one boy in particular who was six years old and non verbal, and so I wanted to understand how to help children like him more, and what a student or child like that may need to be able to learn better. [He] inspired me to be interested in figuring out how to help kids learn.” Petkus explains that in choosing to become a school psychologist, she wanted to be able to help the child on all fronts. “You’re looking at

the whole child. You’re looking at how they’re functioning in a school setting versus just private practice, where you meet with them one-on-one, so you can see them in the bigger setting. I wanted to be able to help kids emotionally but also academically, like the whole picture.”

Petkus has been a school psychologist for four years, and was previously employed at Lexington High School, but her role was “very different” there. “Primarily what I did was evaluations... when a student was on an IEP, I would test them, test their IQ for different issues that might arise, and then I would report out on it. That was one of the reasons I came to Bromfield, I wanted to work with kids more long-term than just doing the testing.” Petkus adds, “Coming from Lexington High School, which is 2300 kids in 9th-12th grade, and Bromfield is a quarter of that size, it’s a much more intimate community. Everyone knows everyone. People here - in terms of faculty - really seem to go above and beyond for their students, and I think the students I’ve met have been really respectful and motivated, and overall it seems like a really great community that’s kind of like a big family... that’s something special about being in a smaller school.”

Petkus’ father was a US diplomat, and she grew up traveling the world and moving to many different places, including Virginia, Liberia, Philadelphia, and Brazil. She even spent all four years of high school in Paris, France. She has a six-month-old baby, two dogs, and enjoys running. Petkus expressed her eagerness to be here and to get to know all the students: “I’m here to help anyone.”



# Article 3: YES or NO?

by Kira Houston and Hannah Taylor

### What is the third ballot question?

This November’s third ballot question calls for a repeal of the Public Accommodations Law approved in 2016 by Massachusetts legislature which prohibits discrimination against transgender individuals in public facilities. The original law “prohibits, among other things, making any distinction, discrimination, or restriction in admission to or treatment in a place of public accommodation based on race, color, religious creed, national origin, sex, gender identity, sexual orientation, deafness, blindness, or any physical or mental disability, or ancestry.”

In short, the Public Accommodation Law guarantees equal treatment of all peoples in public spaces such as libraries, hospitals, retail establishments, and schools. The law is actually an updated version of a 2011 law by the same name, which in 2016 was revamped to include “gender identity” under the list of protected areas, effectively instating protections for transgender individuals. This recent addition is what question three threatens to repeal.

The term “transgender” describes “a person whose sense of personal identity and gender does not correspond with their birth sex.” A 2016 Williams Institute survey estimates that transgender people make up approximately .6% of the population, and frequently face discrimination. In fact, according to the 2011 National Transgender Discrimination Survey, 78% of trans people experienced harassment in middle and high school, and 53% experi-

enced verbal harassment in public spaces. According to the Human Rights Campaign, 2017 produced the highest number of deaths of transgender people due to fatal violence ever recorded.

### Who opposes it? Who supports it?

There are two main organizations arguing for and against the repeal of the Public Accommodations Law.

Freedom for All Massachusetts is a group that supports the ballot measure. This organization urges voters to vote “yes” in order to “keep Massachusetts welcoming and fair.” The current Public Accommodations Law prevents discrimination against people regardless of their background—including their gender identity—in spaces of public accommodation. The group argues that by preventing discrimination, this law helps to create a safer environment for all and ensures that everyone is treated fairly and equally. Freedom for All Massachusetts acknowledges the importance of safety and privacy, which people opposing the measure argue that the law undermines. However, this organization believes that safety and privacy should be extended to everyone, including transgender people. They affirm that the way to do this is through support of this ballot question.

They further argue that there are already laws in place making harassment in restrooms and other spaces illegal, so upholding a law that protects transgender people from discrimination will not change the safety of public places. In addition to the goal of safety for all, Freedom for All Massachusetts also urges a “yes” vote on this ballot question as they find that inclusive policies not only benefit

the state by making it a more welcoming place for people of all different backgrounds, but they also benefit the state from an economic standpoint as well. According to this organization, “inclusive policies...improve business climate,...encourage new business investment,...[and] make Massachusetts a more desired destination for travel and vacation.” They believe that this “is about treating others as we would want to be treated. We need more acceptance, not fear and discrimination.”

Among other groups that support a “yes” vote are the Massachusetts Chiefs of Police Association, the Massachusetts Major City Chiefs of Police, the Massachusetts Coalition Against Sexual Assault and Domestic Violence, and the Massachusetts Parent-Teacher Association.

Keep MA Safe opposes the third ballot question. This organization is concerned with safety and privacy, stating that “the law violates the privacy and safety of women by allowing any man identifying as a woman, including convicted sex offenders, to share women’s facilities.” In essence, they argue that sex offenders could use gender identity as an excuse to enter women’s facilities, putting women at risk of assault. Furthermore, Keep MA Safe argues that the Public Accommodations Law “goes too far,” claiming that “there is no way to distinguish between those people that this bill is designed to help and those who will undoubtedly abuse its existence to prey on the vulnerable.” They also argue that this law can be harmful to businesses as refusing service to someone based on their gender identity could result in lawsuits or individual fines up to \$50,000.

# Opinion: YES on 3

by Kira Houston

To explain why voters should vote “yes” on question 3, I want to refute the opposition’s arguments.

The opposition believes that the Public Accommodations Law is “ripe for abuse.” According to Keep MA Safe, protecting gender identity on a statewide level will lead to the emergence of hoards of pedophilic men “pretending to be transgender” in order to sneak into womens’ restrooms. They believe that the law “does not make exceptions for convicted sex offenders.” They believe that the law threatens women’s safety.

The opposition fails to consider the technicalities. Legislature defines “gender identity” as a “sincerely held part of a person’s core identity.” The Public Accommodations Act does not allow any old person to claim they are transgender, and their gender identity must be sincerely held and integral to their sense of self. If the opposition would ever talk to transgender people, they would realize it’s pretty easy to spot the difference between a sexual offender lying through his teeth and a member of a marginalized community.

The opposition also fails to consider the statistics. Since the implementation of the Public Accommodations Law, there has been no noticeable increase in incidents of harassment in public restrooms. A paper released by the Williams Institute on Sep. 12th found no link between the law and the “number or frequency of criminal incidents in restrooms, locker rooms or changing rooms.” Surely if predators were climbing over themselves to take advantage of this law, there would be increased crime rates. Remember—the Public Accommodations Law has already been in place for two years. The opposition seeks to fix a nonexistent problem.

The opposition fails to consider any legal precedent. The Public Accommodations Law protects discrimination against people of diverse identities. Nowhere does it state that sexual assault is legal. Sexual assault is still illegal regardless of a person’s identity.

The opposition fails to consider women’s opinions. The Massachusetts Coalition Against Sexual Assault and Domestic Violence, the YWCA, the National Organization for Women, and Planned Parenthood all support a “yes” vote to uphold the law. According to the Human Rights Campaign, out of all subcategories of the transgender community, transgender women of color are the victims of the most homicides. The opposition claims to support women, but turns a blind eye to the disproportionate

amount of transgender women who experience brutal violence every day.

Transgender people are just people. We go to school and take the train and use the bathroom just like everybody else. In this day and age it is of utmost importance that we protect gender identity alongside other personal identifiers like race and sexual orientation.

This November’s decision will be a pivotal point in the fight for transgender rights across America. Massachusetts is the first state to hold a statewide vote concerning transgender rights. Thus, if the vote swings negative, it will set a nationwide precedent. Because Massachusetts is a traditionally liberal state, repealing the Public Accommodations Law would send a clear message of support to anti-transgender hate groups in other states: if transgender rights can be denied in Massachusetts, they can be denied anywhere. Transgender individuals already face obstacles every day, from high rates of homelessness, to workplace harassment and rampant bullying. While acceptance of the LGBTQ+ community has increased in the last few generations, violence against transgender individuals has not dropped. We still have legislative work to do if we are to protect transgender people from hate. For these reasons, the transgender community urges all those eligible to vote yes on ballot question three, to uphold equality and fair treatment within our state.

# Tragedy in Pittsburg

by Meenu Ramakshrinan  
Sourced from AP NEWS and CNN.

On Saturday morning, gunman Robert Bowers, opened fire with a legally obtained AR-15 rifle during service at the Tree of Life synagogue in Pittsburgh. Eleven people died and six others were injured, including four police officers. The alleged gunman has a track record of posting anti-Semitic posts on Gab, a social media network that promotes itself as “the free speech social network.”



A survivor of the Pittsburgh synagogue massacre described how he and other terrorized worshippers concealed themselves in a supply closet as a gunman opened fire. “I can’t say anything, and I’m barely breathing,” said Barry Werber, 76, in an interview with the Associated Press. “He didn’t see us, thank God.”

Bowers was charged with 11 state counts of criminal homicide, six counts of aggravated assault and 13 counts of ethnic intimidation. Prosecutors intend to pursue the death penalty for Bowers “They’re committing genocide to my people,” Bowers told police during the shooting, in an FBI statement. “I just want to kill Jews.”

A vigil was held for the victims on Sunday night. “You can cut off some branches from our tree, but Tree of Life has been in Pittsburgh for 154 years. We’re not going anywhere,” said Rabbi Hazzan Jeffrey Myers: “I will not let hate close down my building.” Pittsburgh mayor called it the “darkest day in Pittsburgh history” and President Trump called it “an anti-Semitic attack at its worst.”

The Anti-Defamation League found a 57% increase in anti-Semitic incidents in 2017 compared to the previous year, including hate speech in schools and colleges, vandalism and bomb threats. In just 72 hours of an October weekend, three hate-filled crimes plagued the nation. Major Democrats and Trump critics got suspicious packages in the mail, containing pipe bombs which were intercepted before they exploded. People like George Soros, a major liberal donor, Former President Barack Obama, former Secretary of State Hillary Clinton, and news agency CNN were among the 14 recipients of these packages.

Another shooting occurred in Jeffersontown, Kentucky where a white man shot and killed two black people in a grocery store in an alleged hate crime. Police say he initially tried to enter a majority black First Baptist church but was unable to enter the building due to the locked doors. The shooter then went to a grocery store in which he shot two African Americans: Maurice Stallard, 69, who was with his 12-year-old grandson buying a poster board for a school project, and Vickie Jones, 67, killed in the parking lot as the shooter fled the scene.

The shooter, Gregory Bush, had a history of mental illness, made racist threats and repeatedly called his ex-wife the N-word, according to court records. He also had a lengthy criminal record that includes domestic violence. Pope Francis led prayers for Pittsburgh in St. Peter’s Square: “In reality, all of us are wounded by this inhuman act of violence,” he said. He prayed for God “to help us to extinguish the flames of hatred that develop in our societies, reinforcing the sense of humanity, respect for life and civil and moral values.”



# Third District Candidates for the U.S. House of Representatives

## Who they are, why they’re running, and what they hope to accomplish

by Kate Selig (cross-published in the Harvard Press)

Three candidates will appear on the Nov. 6 ballot to replace Niki Tsongas in the U.S. House of Representatives: Mike Mullen, independent, and Rick Green, Republican, were the sole candidates running from their parties. Lori Trahan, Democrat, defeated a field of 10 candidates in the primaries for her spot on the ballot.

**Mike Mullen**

Mullen was born in Sudbury and currently lives in Maynard. In college, he worked for Governor Michael Dukakis and Congressman Barney Frank. Today, he works as an IT director in the healthcare field. The Press interviewed Mullen in person on Oct. 4.

*How will your background influence the way you plan to make policy?*

Right now, I work professionally as an IT director in the healthcare field. That was one of the drivers for why I got into this race so that I could focus on health. My brother has multiple sclerosis and he does seasonal work, manages healthcare in the winter, and fly fishes. If he didn’t have something like the affordable care act, he would have lost his coverage. What spurred me to get into the race, more specifically, is that I think that dialogue has gone out of the picture nationally. There’s no collaboration and too great an emphasis on us versus them.

*Why are you running as an independent?*

I think that the existing political party system today is self-perpetuating. People are only interested in getting reelected and doing what is in the party’s interest. There are a lot of people in government who want to do things differently. They want to compromise, but the way the system is set up, everything is partisan. Right now, I’m running from the outside, which gives me that independence to look at issues independently. The biggest question about running as an independent is whether you can win as an independent and if you will be splitting votes. However, I think that if you’re not happy with the system, you need to change it, and if you don’t do it now, you’re never going to do it. Over the past 30 years, 22 of the 26 Massachusetts legislatures have been Democratic with a Republican governor. The people of Massachusetts are independent and open-minded.

*What are your key campaign positions and how would they affect Harvard?*

The first is healthcare. I think moving to a single-payer system makes sense from a cost reduction standpoint. Small businesses already have a challenge of delivering and providing healthcare to employees that is a big burden. With single payer, there would be less cost for the employer and fewer people involved in the benefits management perspective. I also think that from a quality-of-care viewpoint, health care affects everyone.

Student debt also matters. I see this from both a personal standpoint, with two kids getting ready to go off to college, and more in general, with the \$1.5 trillion in student debt nationally. That isn’t sustainable. We need to look at ways to allow that to be better managed with better national service programs. The government should not be making money off of student debt. There has been an escalation of colleges spending on new athletics facilities, dorms, meal plans, and more, all this to just attract students. Skills-based certificate programs would be a better alternative. We should focus on getting partnerships between community colleges and the state. For instance, Nashoba Tech, which is operating out of Westford, has a program where you can graduate with an associates degree, which saves costs and allows you to get out into the job market earlier.

*How will you work on voter outreach and hearing the voices of those that you represent?*

I think keeping up to date with your constituents is important and the best part of my campaign has been hearing from people on an number of different levels. Because I’m independent, people think that they can open up with me and that I don’t come into conversations with predisposed notions. You get real information and it’s important to hear people’s stories directly. When I was an intern, what we did was facilitate communication with our constituents and formed good relationships with our local governments.

*When is the last time you’ve changed one of your beliefs?*

On ballot question one, I haven’t fully landed on an

answer. I started out as a yes vote, but right now, I’m leaning more toward a no vote. The more people I talk to, the more I worry about the unintended consequences of the measure and how it’s framed. I don’t have to vote for another five weeks, and it’s one of those instances where it’s a very close call.

*What can younger people do to get involved in politics?*

Volunteer for campaigns. Stay engaged. Know that you have a voice. Parkland was empowering for a lot of high school-aged people because the way the world works today, with social media, there’s a power to connect on a larger scale than you might have had before. Don’t underestimate your ability to make a difference. A lot of the problems out there are so big, like climate change, but everyday actions can add up.

**Rick Green**

Green graduated from North Middlesex Regional High School in Townsend. After completing college at Cornell University and working on an MBA at the University of Virginia, he started an auto-parts company, 1A Auto, with his brother. He lives in Pepperell. The Press interviewed Green in person on Oct. 26.

*How will your background influence the way you plan to make policy?*

Twenty years ago, my brother and I started a small business selling auto parts online. Most people know Pepperell as a small town on the New Hampshire border. But it’s also a mill town, and for the past century, the paper mill was the largest employer in town. In the early 2000s, the town fell on hard times, but within a few short years, the little company my brother and I started became one of the largest employers in town. Today, we’ve created over 500 jobs, we have locations in Westford and Littleton, and when I tell people I know how to get the economic engine in the Third Congressional District revving, it’s because I’ve done it myself.

*Do you see yourself as more of a Trump Republican or a Charlie Baker Republican?*

I don’t find labels to be helpful. I’m a businessman, so for me, the job is a job interview with the people of the district. I need to prove to them that I’m the best person to represent them. I’ll work with the executive branch or the governor to do whatever it takes to help.

*What are your key campaign positions and how would they affect Harvard?*

The biggest one that affects Harvard is Route 2. I want to take Route 2 from a four-lane to a six-lane divided highway. Of all the major roads coming out of Boston, they’re all divided highways, except for this Depression-era road on Route 2. Additionally, I want to work on the Concord rotary. If we can fix that, we can cut Harvard people’s commute probably in half. If you go to the Mass DOT’s website, you can find plans going back 20 to 30 years to modernize it, but nothing ever happens. I want to solve the federal regulatory piece that has affected this schedule.

*How will you work on voter outreach and hearing the voices of those that you represent?*

If you go to our Facebook page, you can see that we’ve been all around the district. We go to dinners and business tours. The House was envisioned as the branch of the government closest to the people. In fact, we just got back from an assisted-living facility in Concord. We’re trying to work on meeting as many people as possible. Every decision is a process and every process starts with listening. I try to listen to constituents as much as I can.

*When is the last time you’ve changed one of your beliefs?*

I don’t want to say it hasn’t happened, but I can’t think of an ‘aha’ moment when I’ve flipped. When you get to my age, your views evolve over time. I’m sorry I can’t think of a recent instance when I’ve had a flip.

*What about a time when you’ve worked across the aisle?*

I do this just about every day on the campaign trail. I work with people of all political opinions. For my company, I hire people based on their ability to do jobs, not based on their political opinions. When it comes to working with people who disagree, the way you do this is you start out by listening and try to find common ground. Then, you figure out where you can agree. You have to understand that you both can’t get 100 percent, but you can reach consensus.

*What can younger people do to get involved in politics?*

Everything has gone digital. All you have to do is pick up your phone, go to Facebook or do a Google search for the Third Congressional District, and then go to our website or Facebook pages. I want to hear from young people who tell me how I need to change my website or my Facebook page to engage them more. Don’t be afraid to let the politician know what you want and how you want to be communicated to and with. We won’t know if you don’t tell us.

**Lori Trahan**

Lori Trahan grew up in Lowell in a middle-class household and was Congressman Marty Meehan’s chief of staff. She co-founded a business consulting firm. Today, she lives in Westford. The Press interviewed Trahan by phone on

*Continued on page 9...*

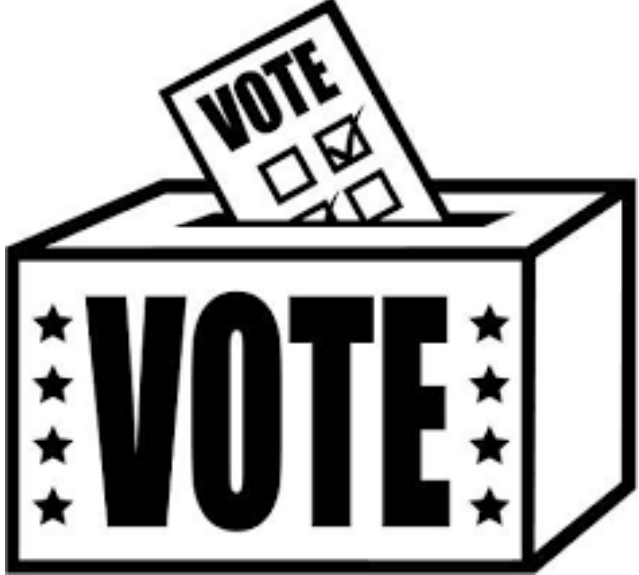
# Ballot Questions

by Athena Wang

The three ballot questions are as follows: Question One addresses a new law in Massachusetts hospitals. As stated by the Secretary of the Commonwealth of Massachusetts site, the proposed law directs that one nurse will be limited to serving three patients in intermediate care, one patient under anesthesia or in the emergency room, two patients post-anesthesia, or five stable patients. If approved, this change would take place on January 1, 2019. A vote yes would affirm this law, and a vote no would keep the health care protocol as is.

Question Two is a new law on creating a citizens’ commission. According to the Secretary of the Commonwealth of Massachusetts website, any Massachusetts citizen would be able to apply for the committee, which would consist of 15 members selected by officers in the Massachusetts government. They would be in charge of giving a report on how political funds are used in Massachusetts, recommending amendments to the U.S. Constitution, and reporting on how corporations are regulated and limited. The Secretary of the Commonwealth of Massachusetts site states that amendments would be sent to the House of Representatives and the Senate. This provides citizens the opportunity to participate directly in the state government.

Question Three addresses a law edited 2016 in Massachusetts. According to the Secretary of the Commonwealth of Massachusetts site, the original law prohibits discrimination in any public space based on ancestry, gender, religion, and disabilities. In July of 2016, discrimination based on gender identity was added as an amendment; gender identity is described as the expression of gender regardless of a



person’s assigned sex at birth. Voting yes would keep this amendment in place, and voting no would repeal the protection against discrimination based on gender identity. One major issue in Question Three is how it affects public safety. Advocates for Yes on Question Three argue that it protects transgender people in public and does not present a hazard to public safety, while advocates for No on Question Three argue that the current law does not provide proper safety in places such as bathrooms and leaves people liable to abuse.

The last day to register for the November 6th Massachusetts midterms is Wednesday, October 17, 2018. In order to register online, residents need a driver’s license or state ID card. Residents who don’t have either but are 16 or older may pre-register with a mailed form.



# Photojournalism: Soccer in the Fall of 2018

by Olivia Gomez



BGVS starting line up.



BGVS keep eyes on the ball.



Players scramble around the goal.



Right wing players rush for the ball.



BBVS on standby as referees judge the call.



BBVS cheers during the game.



# Fall Sports Roundup

by Kate Selig

**Field Hockey**  
*Captains:* Chloe Fitzgibbons, Sasha Fraser  
*League record:* 4-3-2

Coach Sue Silver explains that last year, “We made it into the districts, which is always a goal, and we had a good run with a good record. This year, I think our skills are better overall, but we just had our first day where we put it all together. I don’t have anyone on our bench this year that I’m worried about putting in. I really like the group bc everyone can contribute something.”

“My favorite moment this season was our first half in the game against North Middlesex. North Middlesex has not lost on their home field this year and I know they have a good record similar to ours going into the game. I had this game marked up as ‘iffy’ on the ‘if we can win column’ on my gamebook. Our goal this season is to make the districts and beat Littleton or Lunenburg one more time!”

**Boys Cross-Country**  
*League record:* 4-1

Coach Marisa Steele charted out her plans for the rest of the season: “We are approaching the championship part of the season. We travel to Cape Cod tonight for Twilight Invitational which is always a very fun meet and the kids usually run their fastest times of the season on that course. Next week is our League Championship race which will be held at Hollis Hills Farms in Fitchburg. We are looking to avenge our loss to Littleton and take home the League Championship this year for MidWach D division. After that, we have Central Mass Divisional Championships where we are hoping to improve upon our performance from last year. We have had a great season so far, the boys are working hard and all of them are improving.

**Girls Soccer**  
*Captains:* Sam Schoenberg, Caroline Mara, Courtney Route  
*League record:* 7-1 (league champions)

“Last season was amazing,” Coach Katie Hayward said. “I had great senior leaders taking ownership of their team and destiny. They truly did not want the season to end. We upset the number 1 seed, Holy Name (we were an 8 seed) and made it to the third round of playoffs at Foley Stadium for the District semi-finals. We fell to Sutton 2-0 who ended up winning the State Championship. These girls fought every minute of every game, and that is all I could ever ask for as their coach. This team was a family and I loved every minute of it.”

“Our season is off to a good start. We are starting to really find our style on the field. The girls are very smart and talented. We are working on building team chemistry on the field and possessing the ball. We are 6-1-1 so far. We are getting into October now and have our sights set on a deep playoff run. These girls are focused and know the outcome they want. Our team goals are to become District Champions this season and to really make a run in the State Tournament. Last year we fell one game shy of playing in the District Final game and I know my returning players don’t want to see that happen again. They want to put a mark on the banner in the Bromfield Gym!”

“My favorite team moment this year would have to be when we went bowling with the boys’ soccer team. It was a great way to all get together off the field and relax and have some fun. We had some great fun competitions and the teams really enjoyed themselves. I felt it brought us much closer together as a team.”

**Boys Soccer**  
*Captains:* Charlie Bardenheuer, Patrick Flanagan, and Charlie Pappas  
*League record:* 5-0

Coach Alex Horne felt that last year, “We had a very talented team that played extremely well together and set their mind to winning a State Championship. Nothing was going to stop last years team from taking home another title. Very proud of what the team accomplished on and off the field.”

“A lot of people referred to this year as a rebuilding year. We are doing our best to prove to them that it’s not. We have a great group of boys that can really play. We are 5-0 in the league and 9-1 overall. As long as we can play together for a full 80 minutes, we are going to be tough to beat.”

His favorite moment this season came early when “we broke the team into two and played a friendly competition. The losing team had to end practice with some conditioning. When it came time to run, the entire team got on the line and did it together. It was at this point, we realized this years team could be something special.”

At the end of the day, he hopes that his team can “Play together. [If] getting all the players on the same page mentally and playing strong cohesive soccer...can be mastered, it develops a sense of rhythm that is tough for any opponent to break down.”

# District Candidates cont. from page 1

Oct. 20.  
*How will your background influence the way you plan to make policy?*

One of the reasons I decided to run was because Washington is in gridlock. People don’t work together, or they just don’t work, period. When this happens, working-class families like the one I grew up in in Lowell are disproportionately harmed. Working middle-class families need Congress to act so that we’re ensuring affordable healthcare, good jobs, public education, and affordable college so we can provide a better life for our kids. Those values from my working-class background are needed in Washington.

*How would you compare your stances on issues to Niki Tsongas’?*

I would like to be on the House Armed Services Committee like Congresswoman Tsongas because of its importance to the Massachusetts economy and jobs in the district. I also hope to continue the work she’s done with the Environmental Protection Agency and the Army to make progress cleaning up contamination sites in towns like Devens.

*What are your key campaign positions and how would they affect Harvard?*

At the end of the day, we need to make sure that we have good infrastructure to attract employers. We need affordable housing and good public education to keep families in their communities, along with bridges and roads that are functioning and in good condition. We need to maintain our infrastructure so that our communities are safe. I think when families are struggling, it’s not so much because our economy isn’t growing or because of unemployment, but instead because of the escalating cost of living that has so dramatically outpaced people’s earnings. We need to confront the affordability of healthcare and we have to make sure young people can afford to go to college so that they can get a paying job. We also need to focus on getting back to national leadership on climate change as a result of our commitment to transitioning to renewable energy. I think renewables benefits towns like Harvard because it creates jobs and helps our environmental future.

*How will you work on voter outreach and hearing the voices of those that you represent?*

I was a congressional staffer and worked in Washington but also ran the district office. It was a bit different back then, but still, it is all about staying tethered to the communities and people you represent. You do that with office hours and setting up a good office where people can pick up the phone and call when they need help. It’s also about getting to hold town meetings that are geographically well-distributed so that people feel like they have a voice and access to their representatives. I intend to hire a great team of people reflective of this district and stay very closely tethered to the people that I will represent.

*When is the last time you’ve changed one of your beliefs?*

Well, I didn’t want my daughter to dye her hair blue and I let her do that. On political issues, I can’t think of a specific example, but over time you evolve your ideas on how to fix things. There’s some legislators who have changed their positions on social equality or criminal justice, but mine have been pretty constant throughout my life. I’m a big proponent of the LGBT community and am pro-choice.

*What about a time when you’ve worked across the aisle?*

When I was in Washington, I worked on campaign finance reform. That was landmark legislation that kicked the corrupt influence of money out of politics. I got a front row seat to a lot of barter and lessons on how you work with Republicans. You might not agree with people on every issue, but you can find common ground on what’s important and create something.

*What can younger people do to get involved in politics?*

This year, I saw young people get engaged in record numbers and this was one of the things that made me feel good about the future. We ran a primary where the candidates attracted armies of young people knocking on doors, making phone calls, holding forums, and asking us to come and speak. That needs to continue. If we’re going to change the demographics of our House of Representatives and our government, we need people of every age group staying engaged. Use your voice not just through your vote but instead as a collective voice. Keep pushing up against things you believe in and things you want to see change.



Chloe Fitzgibbons dribbles the ball.  
Photo by Vivian Jamba



Kate Selig guards.  
Photo by Vivian Jamba



Players battle for the ball.  
Photo by Vivian Jamba



Claire Stoddard defends.  
Photo by Vivian Jamba



# Mighty Macronutrients

## Health

*by Melissa Mazzu*

Hello! This is the Bromfield Mirror Health Column which will be in each issue this year. It will focus on health topics that are relevant and important for students to know. The information comes from the Nutrition textbook by Melinda Manore.

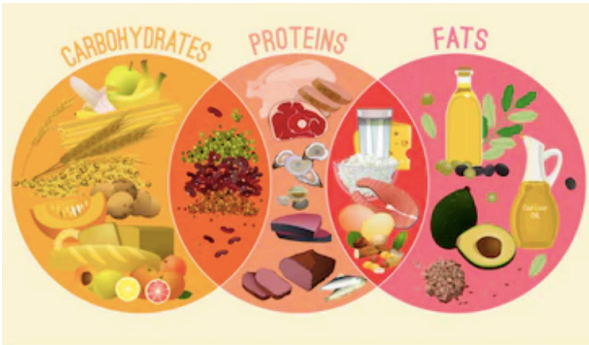


Image from FactsFollowers.

### Carbohydrates

*What are they?*

A carbohydrate is a molecule that includes carbon, hydrogen, and oxygen atoms. Glucose, a main carbohydrate is made in plants in during photosynthesis and is stored as starch which we then eat. Fiber is a type of complex carbohydrate not digested or absorbed by the digestive system. Although they are not a main source of energy, they have a lot of health benefits.

*Why do we need them?*

“Carbohydrates provide energy for daily activities and exercise.” Energy sources depend on what type of exercise is done and for how long, but generally most used sources are carbohydrates and fat. Glucose is the main “source of energy for the brain and... is a very important source of energy for cells,” including red blood cells. If the body does not receive enough carbohydrates, it will use and break down proteins to make glucose, which then prevents the proteins from filling their usual metabolic roles, which include making new cells or helping the immune system. A body lacking carbohydrates will also compensate by making ketones, an alternate fuel for the body, but this alternative solution comes with a cost. Ketones can cause dangerous levels of blood acidity. Finally, fiber promotes bowel health, reduces the risk of diverticulosis, and may reduce the risk of colon cancer, enhance weight loss, reduce the risk of cardiovascular disease, and lower the risk of type-2 diabetes.

*How many do we need?*

Carbohydrates should take up 45-65% of your daily caloric intake which varies person to person. Carbohydrates contain 4 calories per gram.

*Where can we find them?*

They mostly come from plant foods like fruits, vegetables, and grains. Lentils, black beans, pears, avocados, bananas, chickpeas, apples, brussel sprouts, sweet potatoes, carrots, corn, and more are all examples of foods rich in carbohydrates and also fiber. Legumes contain a lot of fiber, for example, navy beans contain almost ten grams of fiber in a half cup. Fruit, vegetables, and some grains are also good sources of fiber.

### Fats

*What are they?*

Fats are a type of lipid “which are...are insoluble in water.” Essential fatty acids “are essential to growth and health because they are precursors to important biological compounds called eicosanoids” which regulate cell function.

*Why do we need them?*

Fats provide energy; they sustain the body both at rest and when exercising. Fats allow for the transportation and absorption of vitamins A, D, E, and K, all of which are fat-soluble vitamins. Fats also “help maintain cell function,” meaning that they allow the cell membrane to be flexible and fluid. Body fat provides protection for body organs. Dietary fats give certain food their flavor, texture, and satiety. This is why if you eat a food that claims to be “fat free,” it may contain much more sugar to make up for the loss of flavor and texture.

*How many do we need?*

The recommended percentage of your daily caloric intake that should be devoted to fat is 20-35%; however, this percentage may be different for athletes.

*Where can we find them?*

One major issue when eating different sources of fat is knowing what type of fat you’re eating and whether that fat is as healthful. For example, eating fried chicken, which does have fat, isn’t as healthy of an option when compared to baked salmon or a salad with olive oil and balsamic vinegar. This is mostly due to the fact that the first contains more saturated fats. When eating too much saturated fats on a daily basis, it can lead to cardiovascular disease. Also, salmon contains omega-3 and other essential fatty acids which are important for the body. Foods with healthful sources of fat include salmon, walnuts, tuna, scallops, spinach, and avocado.

### Proteins

*What are they?*

Proteins are “large, complex molecules found in all living things.” They “function in metabolism, immunity, fluid balance, and nutrient transport” and can also be used as an energy source if needed. They are made of amino acids as well as carbon, hydrogen, oxygen, and nitrogen.

*Why do we need them?*

“Proteins contribute to cell growth, repair, and maintenance.” They “act as enzymes and hormones,” allow for chemical reactions in the body to speed up, “help maintain fluid and electrolyte balance,” and “help maintain acid-base balance” by acting as buffers and neutralizing the blood’s pH. They also “help maintain a strong immune system” through antibodies and to increase immunity. Protein serves as a last resource, energy source, since carbohydrates and fats are mainly used. “Proteins assist in the transport and storage of nutrients” because they “act as carriers for many important nutrients in the body.” Finally, they are also important for nerve function because they can be used to make neurotransmitters, blood clotting, and wound healing.

*How many do we need?*

Proteins should take up 10-35% of your total caloric intake in a day. But, “protein needs are higher for children, adolescents, and pregnant women.”

*Best sources?*

Contrary to common perception, meat is not the only source of protein. It also comes from legumes, nuts, and more. In fact, quinoa and legumes are completely made



Image from Megarden.

# Top 10 Rejected MCAS Topics

Humor *by Matt Zobbi*

10. Wood Shop MCAS (9th Grade)
9. Law MCAS (6th Grade)
8. Nail Clipping MCAS (4th Grade)
7. Sewing MCAS (8th Grade)
6. MCAS Stress Reduction MCAS (9th Grade)
5. Self Care MCAS (10th Grade)
4. Advanced Nail Clipping MCAS (7th Grade)
3. Macbook Care MCAS (10th Grade)
2. Student Loans SATs (12th Grade)
1. Everything That You Actually Need to Know When You Leave High School

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# Photojournalism: Cars of Bromfield

A Photojournalistic Project by Aurora Abraham





# The Nun

## Movie Review

by Camille Gomez

Rating: 3/5

Director: Corin Hardy

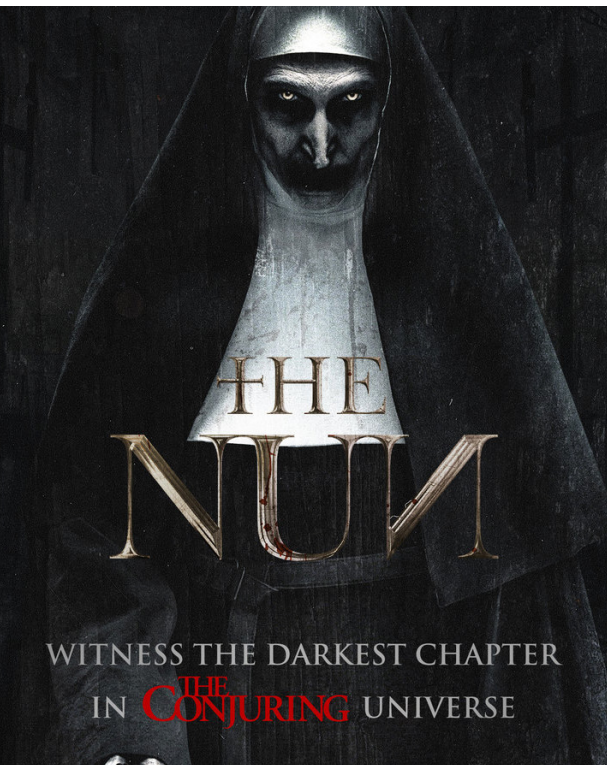
Genre: Horror

**Starring:** Taissa Farmiga, Bonnie Aarons, Demián Becher, and Jonas Bloquet

Located in a small village in Romania in 1952, the movie starts off with two nuns entering a long hallway. One of the nuns is named Sister Victoria. The other nun enters a door and is captured by something demonic. She reappears again in the doorway, but in one of her hands is a black key. She gives it to Sister Victoria, and disappears for good. After the nun leaves behind the key, Sister Victoria takes her own life. This is the event that the entire movie is based around.

The Nun is a thriller, directed by Corin Hardy, which is based off the movie series called the Conjuring. Some of the actors in the movie are Taissa Farmiga, Bonnie Aarons, Demián Becher, and Jonas Bloquet. Made in 2018, it is fairly new. The rest of the movie is about a priest, a farmer, and a woman who’s training to become a nun searching a cathedral. A dead nun haunts them throughout the movie.

In the beginning of the movie, a man named Frenchie



brings supplies to the nuns and sees Sister Victoria’s body. The Vatican soon hears of the incident and sends Father Burke and Sister Irene. Before the incident, Sister Irene was at a Catholic School, helping out young students. A nun brought her into her office, and Sister Irene was directed to Romania. Father Burke was in the Vatican, and was ordered to travel to Romania, also with Sister Irene.

The actors in the movie were good, and made the movie feel a realistic and scary. Demián Bichir, who plays Father Burke, and Taissa Farmiga, who plays Sister Irene, are astonishing actors. The soundtrack adds to the movie, which gives it a creepy and eerie vibe.

Overall, I feel like this movie wasn’t as scary as I hoped. Most of the jump scares are preceded by music cues and by the actions of the characters. Also, the ending of the movie is not as good as it could’ve been. Out of 5 stars, I would give this movie a 3 / 5 stars. Even though the jump scares are expected, the acting is good. I would recommend this movie to anyone who is looking for a couple of scares.

# An All-Asian Cast gets a Crazy Rich Movie

## Movie Review

By Jacqueline Walker

Rating: 5/5

**Starring:** Constance Wu, Eleanor Yeoh, Henry Golding, Nora Lum, and Ken Jeong

One of the highest grossing romantic comedies of this decade, Crazy Rich Asians, was adapted from a book by Kevin Kwan. The movie was celebrated before it was released as a rare Hollywood film featuring an Asian-American director (Jon M. Chu) and an all-Asian cast, including Constance Wu, known for her role as Jessica Huang in Fresh off the Boat, who plays the American-born Chinese and native New Yorker, Rachel Chu; Henry Golding, in his first film, starring as the “Crazy Rich” Nick Young and Rachel Chu’s love interest; Nora Lum (Awkwafina) an American rapper, who made an appearance in Ocean’s 8 and plays Rachel’s college friend, Goh Peik Lin; Ken Jeong who plays the father of Goh Peik Lin, Goh Wye Mun; and Michelle Yeoh, who is internationally known for her Hong Kong martial art films in the 1980s and ‘90s, starring as Nick’s mother, Eleanor Sung-Young.

The romantic comedy follows Rachel as she leaves New York and travels to Singapore for the first time to meet Nick’s family. Along the way, she learns that her boyfriend belongs to a real estate tycoon family: he is the most sought-after bachelor in Singapore, and in the eyes of Eleanor, she will never be good enough for Nick.

Its lack of Asian stereotypes sets Crazy Rich Asians apart from many other movies with Asian-American cookie-cutter molds. Being of Asian-American descent, I understand how it can be difficult at times to relate to these characters who are often portrayed by western movie industries as quiet, smart, or skilled in martial arts. Instances of these stereotypes include Lawrence from School of Rock - a soft-spoken kid during class but a very talented pianist. Mr. Miyagi from Karate Kid, a quiet old custodian who is a karate master. Or Courtney from 13 Reasons Why who appears to be a straight-A, rule-following student. In Crazy Rich Asians, Rachel and Nick are just your ordinary day-to-day New Yorkers. Jon M. Chu said that his goal for “Crazy Rich Asians” is to start a movement for better Asian-American representation in Hollywood. The movie is simply about love and family.

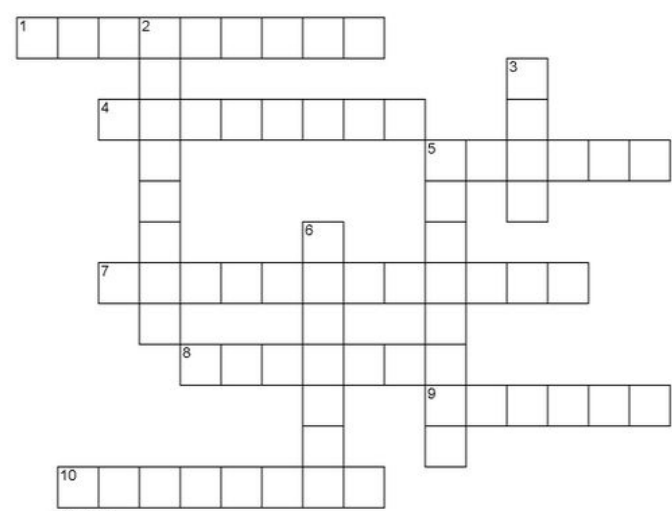
In many Asian countries, society is separated by class where only the rich mingle with the rich, the middle-class with their own, and the poor stay amongst themselves. Crazy Rich Asians breaks this mold. Rachel was raised by a poor mother and worked herself up to a middle-class profession, where she is now being introduced into Nick’s wealthy society. These class differences manifest themselves in simple ways, such as when Rachel has to dress up to attend a wedding party. Suddenly, she needs to find a glamorous gown, a professional hair stylist and a make-up artist.



One of the key elements in the movie is the cultural differences between different generations of Asian immigrants. In one scene, a bowl of tea was presented to Rachel, and she moves to drink it rather than wash her hands in it (a Chinese custom). This is something she would’ve understood if she had been raised more stereotypically Asian, a nod to her American roots, making it hard for Eleanor to accept Rachel as an outsider. Because of her traditional upbringing, Eleanor believes that Rachel shouldn’t even talk to Nick, much less date him. In Eleanor’s eyes, Rachel is not good enough for Nick and will likely never be able to reach Eleanor’s high standards.

After the movie’s great success, Warner Bros. announced that the cast will be coming back together to film China Rich Girlfriend and Rich People Problems, completing the rest of the Crazy Rich Asians Trilogy. Could the success of an all-Asian trilogy be a major breakthrough for Asian-Americans? The production of an internationally successful movie with an all-Asian cast is setting the stage for future films featuring Asian-Americans in leading roles. That being said, this movie is a definite must-see to any who are missing out; Crazy Rich Asians is a film to cherish for decades.

# A Thanksgiving Crossword



### ACROSS

- 1 small ship the pilgrims sailed on
- 4 month Thanksgiving is in
- 5 popular meat eaten on Thanksgiving
- 7 location where the pilgrims landed (2 words)
- 8 type of cream put on top of pumpkin pie
- 9 season Thanksgiving is in
- 10 mixture of bread, eggs, and spices cooked inside a turkey

### DOWN

- 2 type of sport that fans watch on TV on Thanksgiving
- 3 yellow vegetable Native Americans taught the pilgrims how to grow
- 5 day Thanksgiving is on
- 6 type of pie eaten on Thanksgiving