

FOCUS

A Goodbye From Our Lovely Ms. Lager

I'm at my desk in the library counting the number of *Focus* issues for which I have been advisor: 109! and I have kept a copy of each. Can I say, right off the bat, that this has been the project at FCS that has given me the most pleasure, the most enjoyment and fun with students, and the best sense of accomplishment.

You see, when I was 16, I was literary editor of our high school yearbook, and then my summer jobs in New York were as an editorial assistant to a magazine. My career ambition was to write and edit, and although I had some weak part time jobs, I chose motherhood until I got my MLS in Information Science. Then I had a practical focus: school librarian.

When I arrived at FCS, John McCollum, beloved English teacher was firmly in control of *Focus*. Unfortunately, he died in 1994, and that's when I stepped into the job. At first, I worked alone, but then was paired with Mr. Vernacchio, and in September 2000, with Dr. Patterson. Working with them and students on the newspaper became the joy of my life. I was back fulfilling my original career goal.



And what an 18-year stint it has been! Articles that caused controversy (can't stir the pot to talk about them!), an editor who just couldn't get out a single paper till I made him forgo senior project, the concept of the Special Issue: "The Decade in Review," "Politics," "Sports," "Opinion," "Religion," "Style," "Diversity," "Sexuality," "Pop Culture," "The Millennium Issue," and most recently, "Our Social World." We said goodbye to important people, took up issues such as racial slurs, unfairness in

choosing peer mentors and the conflict between Christmas and Chanukah as the name for our winter concert. And who can forget the Hocus issues? Mr. Kennedy pregnant, Osama found living in the yurt (remember the yurt?) and Mr. Mac's Facebook page. We went from newsprint to white offset paper, to awesome layout features and lots of color, and our pride in our product went up.

And the editors—too numerous to name: David Talemal, Jessica Rosenberg, Blake Emerson, Dan Lieberman,

The staff here at *Focus* would like to dedicate this issue to Marilyn Lager. Ms. Lager has been an indispensable part of the *Focus* staff during her 18 year tenure as faculty advisor to the paper. Her presence will be missed by the entire staff, but we feel confident and secure moving forward with our school newspaper, in which Ms. Lager has played such a crucial role, establishing it as a prominent part of Friends' Central life. We wish her all the best moving forward and success in whatever she does.

Jimmy Becker, Basil Coutifaris, Madelena Rizzo, Arielle Fogel, Dan Fedder, Brendan Kaminsky, Ben Yahalomi, Matt Karliner...and on and on, all so bright and hard-working. I cherish them...and the time I served as the advisor to this special newspaper. Perhaps my love for writing and editing will re-emerge in my retirement years, but I will always count *Focus* as a special experience. ♦

By MARILYN LAGER

FCS Loses Some of Its Heart

By BEN FOGEL '13

When I asked students and alumni to describe Ms. Beth in one word, they described her as "Motherly," "Joyful," "Genuine," "Candid," "Loving," and my personal favorite: "Just Ms. Beth." It's hard to describe what Ms. Beth means to Friends' Central and every student, alum, faculty and member of the community as a whole in one short article. So here's my humble attempt to describe the impact one person has had on a community of thousands over only a few decades.

I've concluded that it's impossible to think or talk about Friends' Central without thinking or talking about Ms. Beth. Ms. Beth has been a vital part of the FCS community since her start in the four year olds program here at FCS in 1963. After graduating as a lifer with the Class of '77, Ms. Beth returned 10 years later to work in the admissions office and worked her way to where she is today, the dean of students. It's too hard to pick just one single moment or



defining event with Ms. Beth that sticks out in my mind that fully captures her. From Ms. Beth coming down the back stairs in the Meeting room doing her best Aretha Franklin impression to cheerleading during the annual student teacher basketball game, there are too many wonderful memories to choose a favorite. We want to bottle them all up and attempt to save them forever.

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Changes From This Year, Reviewed

By JACK KORNBLATT '13

Over the course of this year, our school saw an enormous number of changes. Whether it be announcements of departures or the implementation of new policy, there has been no question that things this year have been different. But in order to truly have a year in review, I decided to assess each change individually. So here is my report card on some of the significant changes:

Veracross: Overall, this didn't seem like a great move. By getting rid of My-

FCS and replacing it with a whole new system, we as students lost more than we gained. We lost the ability to access our documents remotely and had to instead use a system that was not specifically designed to address our needs. However, Veracross does have some good new features, such as a more detailed and helpful homepage and the ability to access our schedules. Overall, I'd give this change a C+.

New Schedule: From a student perspective, this was a great change. By not having every class every day, students

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Baldwin in the Best Lane

By JESSICA MILLER ‘15
and ARYANNA POLLACK ‘15
and JULIA STERN ‘15

Whether it’s a sport, an art, or just breathing, anyone can find something that they enjoy doing. When a person is determined and engaged with in that activity, it becomes a passion. Valerie Yoshimura from the Baldwin School started swimming when she was only four years old and has continued ever since. With two and a half hour practices, six days a week, Valerie has become a champion in many ways. She shows that with effort and determination, one can truly succeed.

The Friends’ Central School swim teams were astounded by her stellar performance during the Eastern Interscholastic Swimming Championship meet. Even more, we were all blown away when after tons of practice and a great swim, Valerie qualified for the U.S. Olympic trials. Valerie swam in the



USA Swimming Grand Prix in the end of March and finished the 100-meter butterfly race in 1:01.90, the 200M individual medley in 2:20.14, and the 100M freestyle in 57.41 seconds. These times are outstanding, especially for a competitor of her age.

Utterly impressed by what she has accomplished, we were all eager to learn more about what goes into her preparation for a big meet or event. Because of Valerie’s pleasure in and around her sport, a passion of hers has been taken to the next level. Valerie tells us that directly before a race she listens to a special pump up playlist and drinks coke during the meet as an extra energy boost. Valerie exclaims, “I love competing and challenging myself. Once I reach one goal, I sit down and I make another. I always need another challenge.

We are absolutely amazed by Valerie’s abilities and wish her luck at United States Swimming Olympic Trials in Omaha this June! ❖

From *Changes* on Page 1

were finally freed from having homework almost always due the next day. In addition, the new system also has more built in free blocks and more flexibility when it comes to time. That being said, the system also took away the ability to choose when one has their PE block and, as a result, left some students with no free time on certain days. Overall, I’d give this change a B+.

Switching Blue Block and making Community Blocks Free: These were good changes. It allowed students to avoid the issue of missing a class due to athletic games and enabled more freedom during community blocks. Overall, I’d give change an A.

Moving the fifth grade to the lower school: Although this doesn’t seem like a big deal, this is in fact a great change

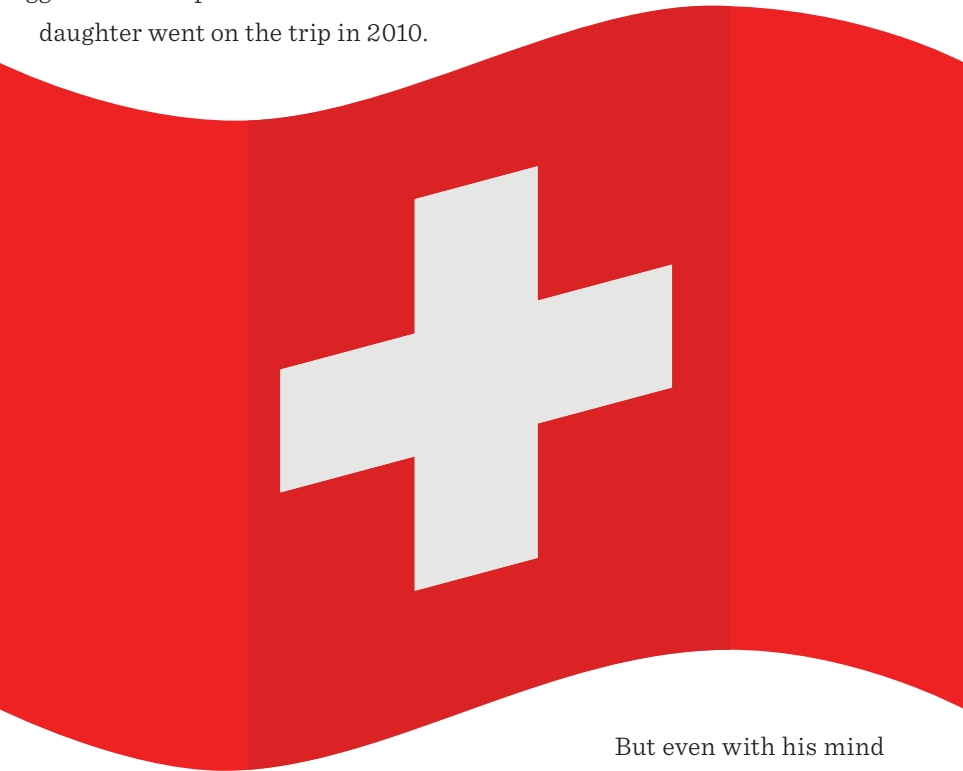
for high schoolers. Because when there are fewer people in the Middle School, the computer lab there won’t be booked quite as often. And since their lab will be more open, high school students won’t have to deal with getting kicked out of the library or computer lab for Middle School kids quite as often. Overall, I’d give this change an A+.

Cell-Phone Policy: Honestly, this isn’t that great. The only real difference now is that students don’t have to sit in the corner while they are texting or playing a game. Otherwise, things are pretty much the same. We still can’t listen to music; teachers can still say we can’t text, and we still can’t make calls without permission. Overall, I’d give this change a C. ❖

Sir Sultan of Switzerland

By NOAH SNYDER ‘15

Switzerland, the land of giant banks, delicious cheeses, and chocolate masters, will be Stefan Sultan’s home for more than 3 months! Stefan, who will be living in a hotel in Zermatt, a small town where German and French are the common languages, is very excited about his latest trip abroad. It begins on September 7th. Stefan was more than happy to explain just how he found his way to Switzerland: his mom’s friend suggested the trip to his mom after her daughter went on the trip in 2010.



Stefan had to make a tough decision between going on his trip and staying back here. Stefan knew that the trip would take him away from the water polo team, his family, and his friends. But, as Stefan told me, “I knew it would be a great experience and if I didn’t apply, I knew I would be kicking myself in the fall.”

Although he knew that attending school in another country would be a great experience, he also knew that it would be very hard physically. Stefan told me “I am going to have to train all summer, running and biking almost everyday, since in Zermatt we hike or

mountain climb almost every day, and on the weekends we can go on biking trips in the Swiss cities, or in the Alps.” Not only will it be hard physically, but the academics are tough too. While in Zermatt, Stefan will be taking English, French, Humanities, Math, Current Affairs, and Geology. Stefan knew that his trip wouldn’t keep him in Switzerland for too long. On his trip in Switzerland, Stefan will also get to visit Venice for 5 days and Annecy, a French city, for 2 days!

But even with his mind made up, this wouldn’t be as easy as signing your name on a piece of paper. Before he could even send in his application, Stefan needed at least 3 letters of recommendations from his teachers in order to go. And even with those letters, he still needed to write 3 essays about the trip. But with his strong determination, Stefan made it! In fact, on the day that Stefan received the letter that told him he would be going on the trip, his sister, Kiera, got her acceptance letter to Bates College. Now, Stefan will be spending his summer preparing for the grueling mountain climbing and hiking, and otherwise fantastic trip he will be taking! ❖

Julia in Tanzania – Photography in Africa

By JULIA STERN ‘15

Tanzania is known for its rich, diverse, and incredible wildlife, heritage, and culture. And, this coming June, I will be taking my first step out of North America to study there with professional photojournalists on a National Geographic photography and wildlife conservation expedition.

While learning from experts and living amongst the local villagers in the small rural communities near the base of Kilimanjaro, I will be working on community service projects such as rebuilding local school-houses and developing a water delivery system. Additionally during my 21-day visit, I will spend a week on safari encountering lions, zebras, cheetahs, elephants, baboons,



hippos, and more. Completely immersed in the village life, I will be learning traditional music, drumming, and dance, hiking with the Masaai tribe, building a Swahili vocabulary, and participating in discussions concerning social and environmental issues and challenges facing the people of Tanzania.

For someone who is so privileged to have lived the way I have for almost sixteen years, and a vegan with unyielding views on the consumption and use of animal meat and byproducts, this will be a life altering experience for me. With wildlife, photography, and a whole new perspective, this trip to Tanzania will undoubtedly be a remarkable experience. ❖

From **Ms. Beth** on Page 1

Although enjoyable, Ms. Beth won't only be remembered for her rendition of Respect, which was admittedly quite impressive, or her cheerleading. She will be missed for a wide range of reasons. When asked what her favorite thing about Ms. Beth was, former Student Council president Hannah Albertine ('12) commented, "She would always make time to talk to me...and move things around or stay late after school, and it was never a quick question sort of thing. She would tell me to sit down and ask me questions and really listen to what I was saying...[She was] one of the most respectful people I have ever met." Karonn Davis ('13) said that it is "Ms. Beth[s] sense of positiveness and her willingness to unify the Friends' Central community each and everyday" that he loves most about her. These sentiments are expressed by most FCS students and alumni. Kendall Bedford ('13)

agrees that Ms. Beth's "...willing[ness] to help" is one of her defining characteristics that made her the popular and successful member of the FCS community she has always been. Unequivocally, the entire community will miss her smile, kind heart and caring personality in these upcoming years after her departure. Current sophomore Nate Jones ('14) stated, "The thing I like most about Ms. Beth is the way she could walk into a room and smile, and no matter what kind of mood you were in, you couldn't help but smile back at her." These special moments with Ms. Beth made her connection with each and every student personal. I strongly believe it is her selfless disposition, giving attitude and strong leadership that made her time here unique and memorable. These feelings have been echoed by many throughout the FCS community. Sam Brodfuehrer ('12) described "her youthful energy that made her so easy for everyone to

love." Charlotte Varcoe-Wilson ('15) was fond of Ms. Beth's ability "to discuss serious issues with us, [but] also sing and dance in assemblies." Her honesty and amiableness is what made each and every student feel a strong connection to Ms. Beth. This connection was different for every student, which made her presence at Friends' Central dynamic and special. Alumnus Wesley Kamin-sky ('11) described this connection: "Ms. Beth [made] every student feel as if they were one of her own children, and there was never a time where I felt like I couldn't come in and talk to her about anything." Bill Fedullo ('12) had a more personal anecdote to share, regarding his connection to Ms. Beth. His story followed, "When I was a Sophomore she [Ms. Beth] had me for Secret Santa and arranged the most elaborate series of Secret Santa gifts ever, and it was just such a nice thing to do. When you see her in the hall, you know she's genuinely interested in how things are going

for you. Like a lot of people are nice and friendly, but she has the distinguishing factor of actually caring." What has distinguished Ms. Beth as the quintessence of Friends' Central has been her love for learning and passion for the students she cares so much about. Ms. Beth is the paragon of the idea that one person can make a difference in the lives of many and change a community and a world. Even after countless interviews, many notes, and a large article, it is still hard to do justice to a woman who has been part of the FCS community for 49 years and a member of the faculty for 25 years. Somehow, after all this work, the only way to begin to describe who she is as a person and a member of the community is as "Just Ms. Beth." Ms. Beth will be sorely missed by all, and we wish her the best of luck at Penn Charter. ♦



From One Friends' to Another

By **JACK KORNBLATT '13**

If ever there were a man who exemplified the core values of Friends' Central, it is Chris McCann. Whether it be his unique and personal grading system, wonderful approachability, or sheer depth of knowledge, this flame-bearded mathematician is surely a reflection of this school's best qualities. But it is not those things which make McCann great. No, the trait which makes McCann the kind of teacher he is, and indeed the kind of person he is, is love. Love for his family, love for his students, and most of all a love for learning. It is that wonderfully faithful devotion to learning that makes him a persistent and consistent joy in the classroom. It is that passion which affords him a level of personability that distinguishes him from so many others.

And most of all, it is that level of dedication which makes him a great teacher, and indeed a great man. Sadly, that is also the reason that he is leaving us. But while we may be sad to see him go, we can at least be comforted by the knowledge that he is pursuing his own vision and goals at Friends School Haverford, a vision we all share and a set of goals we all hope he achieves. I have had McCann as a math teacher for two years and a homeroom advisor for one. And it is because of that history that I feel moved to write this article. For in crafting this parting message, I hope to in some small way convey to all at this school what an asset he has been for the school and what he has meant to me. ♦

Bye Bye Brodsky

By **OLIVER GOODMAN '13**

As a contributing member of the Friends' Central community, Mrs. Brodsky advises 60% of the upperclassmen about all of their college counseling needs. Mrs. Brodsky says her favorite aspects of Friends' Central are "being part of an engaged community, being inspired by a student or a colleague, and being surrounded by people who care passionately about what they are doing." Mrs. Brodsky also went on to say that she "really values the shared experience of Meeting For Worship, and [she] will miss it a great deal." Mrs. Brodsky attributed the best part about working in college counseling to "working with students at a major crossroad in their lives...To hear students share their hopes and dreams, and to assist them in pursuing them is an ex-

traordinary privilege." Next year, Mrs. Brodsky plans on doing everything from leading Habitat for Humanity in Africa to spending more time with her family. Mrs. Brodsky's top favorite moments at FCS:

1. The dance-off between the Seidels and the Brodskys.
2. Chaperoning four seniors to Guatemala for their Senior Project.
3. Service days...quilting blankets, building houses, planting gardens, and more.
4. Costuming for the winter shows.
5. Being a "fan" of the myriad things our students do outside of their classes.

Mrs. Brodsky, thank you so much for all that you've done! We wish you (and your son, Joey) the best of luck as you set off on new adventures! ♦

Schumie

By **MEGAN SCHUMACHER**

Ms. Schumacher has been an influence on this school for many years, and sadly she has decided to move on. *Focus* and all of Friends' Central would like to thank her for all of her hard work and dedication to our community. Here is a haiku she has written to say goodbye to the school!

Friends' Central fishbowl:
seeing the community
pass by for nine years;

Home away from home;
filled with fond memories of
friends of all ages.

Thank you Friends' Central.
I hold you in the light and
my heart forever.

California Girl

By **JULIA BARR '15**

As this school year comes to a close, we look forward to the changes that the next year will bring. One of the biggest differences will be the loss of many important faculty members, including our very special Ms. Morton. After four years of being at Friends' Central, Ms. Morton is "graduating" with the class of 2012, and heading off to Stanford Business School, where she will start in their MBA program. "There is so much I am not ready to leave: the XC crew, days spent lighting students' hands on fire, Game Club, many wonderful colleagues and mentors, and--most importantly--so many of you." Ms. Morton, we will miss you too, and thank you for all that you have done for the Friends' Central community. Best wishes and good luck at Stanford! ♦

Farewell, Ms. Hoffman

By OLIVER GOODMAN ‘13

As we welcome new Friends’ Central headmaster Craig Sellers, we also say goodbye to interim head of school, Mrs. Hoffman.

Mrs. Hoffman plans to move back to Carlisle, Massachusetts, and become re-involved with a Model UN type program called Axis of Hope. This program presents students with actual global conflicts and requires them to take on world leadership/negotiating roles (through the process of learning much of the countries’ histories) in order to provide an opportunity to help solve these conflicts.

Recently, I was presented with the opportunity to sit down with Mrs. Hoffman and ask her about her experience at Friends’. She told me her experience has been nothing but “delightful—all year, I saw clearly the depth of integrity, respect, and kindness in this school...I have a great admiration for the



work that the faculty, staff, and students are doing in every arena. The culture of accomplishment is so clear, and it was a joy for me to participate in this wonderful community.”

Mrs. Hoffman also provided me with a new perspective on the FCS trademark “Quaker Works.” She told me, “Quaker Works is effective—however, it is only as effective as we make it...it’s about the many ways that we live our school’s mission and tell the school’s story. “Quaker Works suggests vigor, movement, integrity, depth, and clarity—all within the context of the integration of Quaker testimonies in the FCS educational process.”

Thank you, Mrs. Hoffman, for stepping in as our interim head of school! Your contributions to Friends’ Central will be cherished, and we wish you the best of luck as you rejoin the Carlisle and Axis of Hope communities. ❖

A Site to Be Seen

By DANIEL BANKO ‘13

To add to the list of new and exciting changes at school next year, *Focus* will be revamping its website as a source of school-related news to aid the newspaper! I recently sat down with Jack Kornblatt, the lead designer of the new site, to discuss what the new site will accomplish.

Focus: So, what can we expect from the new website?

Jack: First and foremost, the site will be improved to allow the user to take advantage of the types of features that websites can offer. Rather than an online repository of articles like the current website, we hope to integrate some interactivity with the user, and social media is being considered for this role.

F: What is the goal of the new website?

J: The goal of the new website is to complement the printed issues of the newspaper, meaning it would be used to post videos and any articles that didn’t

make it onto the final draft of the newspaper. The most exciting feature though is that the new site will allow us to publish breaking news articles that we are unable to do with the newspaper. We will no longer have to deal with the issue of articles becoming irrelevant as a result of the printed paper being published too late. The website will offer us a way to give the viewer up-to-date information

of current events like professional newspaper websites do.

F: Should we expect something like the Development Office’s “Just the Facts,” or another kind of monthly newsletter that gets emailed to all the stu-

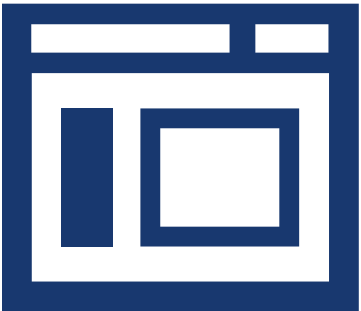
dents?

J: Maybe—the details of such a newsletter are still being considered.

F: When can we expect the new website?

J: Design should be done by end of this school year and be implemented early next year.

Thank you Jack, and we are looking forward to the new site! ❖



Prom: An Underclassman’s Perspective

By PETER DISSINGER ‘14

By the time this article has been published, prom will have already happened. There will be thousands of pictures on Facebook and numerous stories that travel around the high school about who did what at prom. The word “prom” holds major significance around the Main Line; it’s a huge deal. Even if you aren’t going, you can still find a way to be a part of the excitement that prom brings to school. Of course prom is not for everyone: underclassmen aren’t allowed to go (nothing against that) unless they are invited by an upperclassman. So that begs the question, what do underclassmen think about prom? I’ll give you my interpretation of what I think prom is, but let me just stake my claim that I have nothing against prom and that I think it’s a wonderful tradition.

When was the first time you heard about prom? I discovered prom in Kindergarten when my High School book buddy starting talking with his friend about this huge dance coming up at

school. I asked what it was and he told me that the dance was called prom. I don’t remember much else that I heard until 7th grade. That’s the year that I got a Facebook. Since then, my newsfeed has been bombarded by prom pictures (and some pictures that probably should not have been online) in March and April every year. The pictures don’t change—same old groups of people smil-

ing with their dates. Then in 9th grade, I got a full exposure to prom. In January, excitement for the 2011 prom started to heat up. People started inviting others to prom, my peer mentors talked about their dates, the gossip and drama spread around; it was fun to listen and watch as the buildup for prom started. After the prom, there was as much talk as there

was before. Everyone who went had a story to tell and they were willing to tell everyone, including me.

When I think about prom, my first thought is that it seems like people have a lot of fun and make a lot of good memories (which hopefully last through the night). For teachers, parents, family members, sisters, brothers, classmates, friends, the pre-prom is incredibly ex-

citing: cameras everywhere, everyone savoring the moment. There are limos waiting, expensive tuxedos and dresses, and smiles and laughs galore. Then of course there is the actual prom, but nobody really talks about that. It’s about after-prom and what happens there. You

wouldn’t believe the stuff that I heard (neither did I) about that part of the party as a 9th grader. No details there, but let’s just say the seniors with whom I was friends were glad they didn’t have school on Monday.

Coming from Friends’ Central, I can only ask the question, why, during an era of such change, is prom still so traditional? You rarely hear about girls asking guys to prom. Guys still do all of the asking. There are always the stereotypical prom pictures—the guy with his hands gently wrapped around a girl’s waist. My dad took the same set of pictures for his senior prom thirty years ago! It seems like at a school where we preach equality and attempt to step out of the stereotypes that society sets on us, we still submit to what prom has always been. Isn’t that kind of ironic? Now I’m not trying to suggest change, because I have no idea how you would ever change something as big as prom, but I think that it’s at least an interesting question to consider. ❖



Photo Credit: Steven Depolo

Stat Class Sleep Survey

By **NAOMI MINKOFF ‘12**
and **SAMI RESNIK ‘12**

Let’s play a word association game. Start with the word high school. What are some words that you think go with the subject of high school? For most people, sleep is not one of the many words that come to mind. Sleeping and high school don’t seem to go together at all. With all the work, extracurricular activities, and social life on top of that, sleep is rare. As two current high school students, we can attest to the fact that getting enough sleep is tough. So, how tough is it? Do all students and teachers find it hard to get enough sleep, or is it a popular high school stereotype that students and teachers don’t sleep, when in reality they are getting enough sleep? Based on numerous statistical findings, we can answer these questions for you. Get ready to learn about something you thought you knew everything about.

Open up a magazine, look at the news, or think back to your most recent doctor’s appointment. Most likely, there will be something about getting the right amount of sleep in there. Doctors and your caring mother have probably advised you: get at least 8 hours of sleep! Sleep is crucial to being a healthy person! We are bombarded with advice about our sleeping habits. So, are people taking this advice, or do they constantly blow off sleep? At FCS, students are sleeping about an average of 6.91 hours per night during the weekdays. If you know anything about a teenager, you could guess that that number goes up quite a lot during the weekends. FCS students sleep an average of 9.09 hours on the weekends. So, while during the week FCS students are not getting the recommended amount of sleep, they are getting above the recommended amount on the weekends. FCS, our sleep patterns don’t look so good.

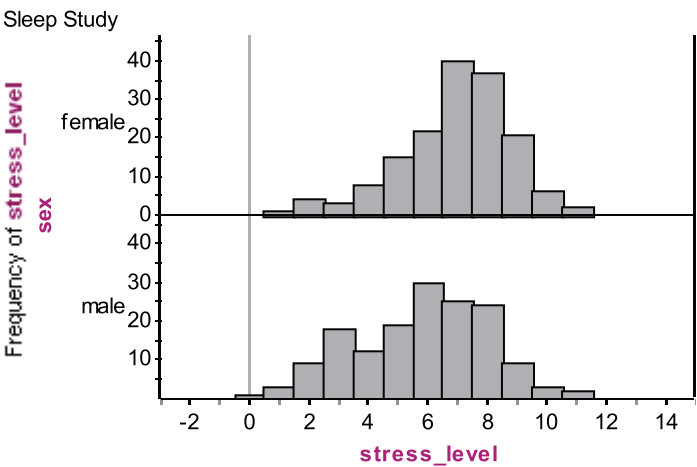
Now that you know the basics of an FCS student and their sleeping patterns, I’m sure you are dying to know if teachers share the same numbers. Since the teachers are with us students so much, our sleep patterns probably rub off on them, right? This isn’t too far from the truth. There is not a statistically significant difference between the hours teachers sleep and the hours students sleep. Statistical significance is a term we advanced statisticians use.

It tells us something about the degree to which a result is “true” or it is unlikely to have occurred by chance. In layman’s terms, students and teachers sleep the same amount. On the weekends, however, there is a major difference in how much students and teachers sleep, as you could have guessed. While we students are sleeping the day away, teachers tend to be the adults they really are and wake up to get their day started. Teachers average about 7.91 hours on the weekends, while students average about 9.09.

By now, you’re probably thinking, how can a whole class do a study on sleep? That’s boring! In order to dig a little deeper, we decided to test a couple of theories about sleep. We wanted to know if boys get more sleep than girls or if it is the other way around. While 30 out of 160 female students reported often having trouble sleeping, only 17 male students out of 155 reported the same. While 27 boys reported never having trouble sleeping, only 13 females reported the same. “I think girls have much more trouble sleeping than guys. I think girls worry more about homework and what they have to do the next day. Boys seem to fall asleep no matter what’s on their minds!” This junior girl’s observation is intriguing. It also brings up the idea of stress in general. She thinks that girls “stress” more than guys do, and hence have more trouble sleeping.

How much does stress affect how well you sleep? Or by the same token, if you sleep a lot, are

you less likely to be stressed? We tested this idea and found that there is a slight negative association between stress level and how much you sleep. This indicates that as stress level goes up, sleep goes down. We also found that the females at FCS (teachers and students) are more stressed than the males are, as their mean stress level on a scale from one to ten is 6.94. On the other hand, the mean stress level for guys is 5.79. Look at the histogram graph below, which is a graphical representation that shows



a visual impression of a distribution of data.

Just glancing at the graph, you can see that girls experience higher levels of stress more frequently than the guys do. Since we spoke with a teenage girl and value equality, we asked a teenage boy about stress. “Yeah, I get stressed but my friends who are girls are always freak- i n g out way more than I ever do. I guess

guys don’t put as much pressure on themselves.” Though we are not medical researchers and cannot scientifically prove that girls are more stressed than guys, talking to students here at FCS was eye opening. Though we as teenage girls have always thought girls’ and guys’ brains are drastically different, now we have a little more evidence to prove this fact.

In a recent study done by Harvard Medical School, researchers found that more and more people are sleeping un-

der 6 hours a night. The study also addresses chronic sleep loss and how horrible it can be for your overall health. Lack of sleep can affect your weight, memory, learning abilities, safety, mood, cardiovascular health and your ability to fight

disease. This information means something to FCS students and teachers because we need to face the issue that continues to plague everyone across the country: we need more sleep. Those of you who are getting enough sleep are doing a service to your body. Remember, after the long days we face in this jungle called high school, you need at least 8 hours of sleep to recharge your body. The more you sleep, the more likely you are to do better in school. The academic benefit is enticing, but the health benefit is the most important. Declan Hahn, a high school senior adds, “All you hear everyday is ‘I’m so tired’ or ‘I’m about to fall asleep.’ It’s ridiculous how much we talk about sleep, or lack thereof.”

All in all, our study on sleep did a lot more than show us a bunch of statistical analysis. It allowed us to explore something we teenagers and teachers talk about every single day. Sleep is not just about being in bed and closing your eyes; it involves so many other aspects that affect your daily life. ♦

Senior Projects: A Taste of the Real World

By NOAH SILVESTRY ‘15

Our beloved seniors have been gone for some time, but they are not quite done yet. The class of 2012 is currently working on their senior projects, a part of the end of curriculum that is seen as an opportunity for a senior to participate in the “real world” and have what is, quite possibly, a very rewarding experience. It is a chance to see if one is truly sure about what one wishes to do in the coming years, in addition to adding an element of variation, or “spice” to the end of the year. Senior projects are also typically the “once-in-a-lifetime” type of activity taking its course over 5 weeks.

There are few basic categories of projects, which include a “service” activity, an academic experience, or an internship. An example of a service oriented senior project would be Melanie Chalmus’ and Kristen Easley’s work at a progam called “Stepping Stones.” Their

work there is, quite basically, involved in aiding disadvantaged children as an effort to either improve their success in their current environment, or relocate them so that they are better suited to their environment. As of yet, the two seniors have been doing mainly office work involving the summer program at Stepping Stones; however they plan to begin tutoring the children in the near future.

Rory Giszter and Spencer Villars are building and programming a robot that utilizes the Xbox Kinect for its visual and auditory senses. This is an example of a more rigorous academic project experience. It will be able to recognize and respond to basic vocal commands and gestures via the Kinect and the programming aspect of their project. In order to perform certain tasks, Spencer and Rory plan to add a claw or dart gun to their robot. Other seniors participating in more academically oriented projects include Nick DeFina, who is reading the works of Marcel

Proust; Bill Fedullo and Lauren Harris, who are directing the 9th and 10th grade play; and Hannah Albertine who is writing a screenplay for her senior project. She describes her project as falling within the genre of “dramedy” (drama + comedy, for those who did not recognize the portmanteau word). The plot involves a young guidance counselor in a high school whose outrageous coworkers seem to alienate her. The new high school faculty member meets two students, and the story centers around the relationship between these three characters. “Emma Stone will star in the feature film in 2015,” says the former Student Council President.

What one considers to be a “cool” senior project differs based upon how one defines what is “cool.” If your definition involves something eccentric, you may be interested in the few students who have traveled abroad for their senior projects. At one point, an FCS student traveled abroad to live with a monk as a part of the movement to free Tibet.

A similar current project would be Emily deLisle’s trip to China to work with the Civic Party. Each senior’s project is unique and relevant to them, although some do not seem to take as much pleasure in the project as others. Daniel Stern says his internship at Brandywine Realty in Radnor is “not very interesting.” Regardless, his internship involves a certain level of engineering, which is something Dan plans to study in college.

While we will miss our seniors dearly, at least we can take comfort in the fact that they are applying the knowledge and skills gained at Friends’ Central to worthwhile and interesting activities. ♦

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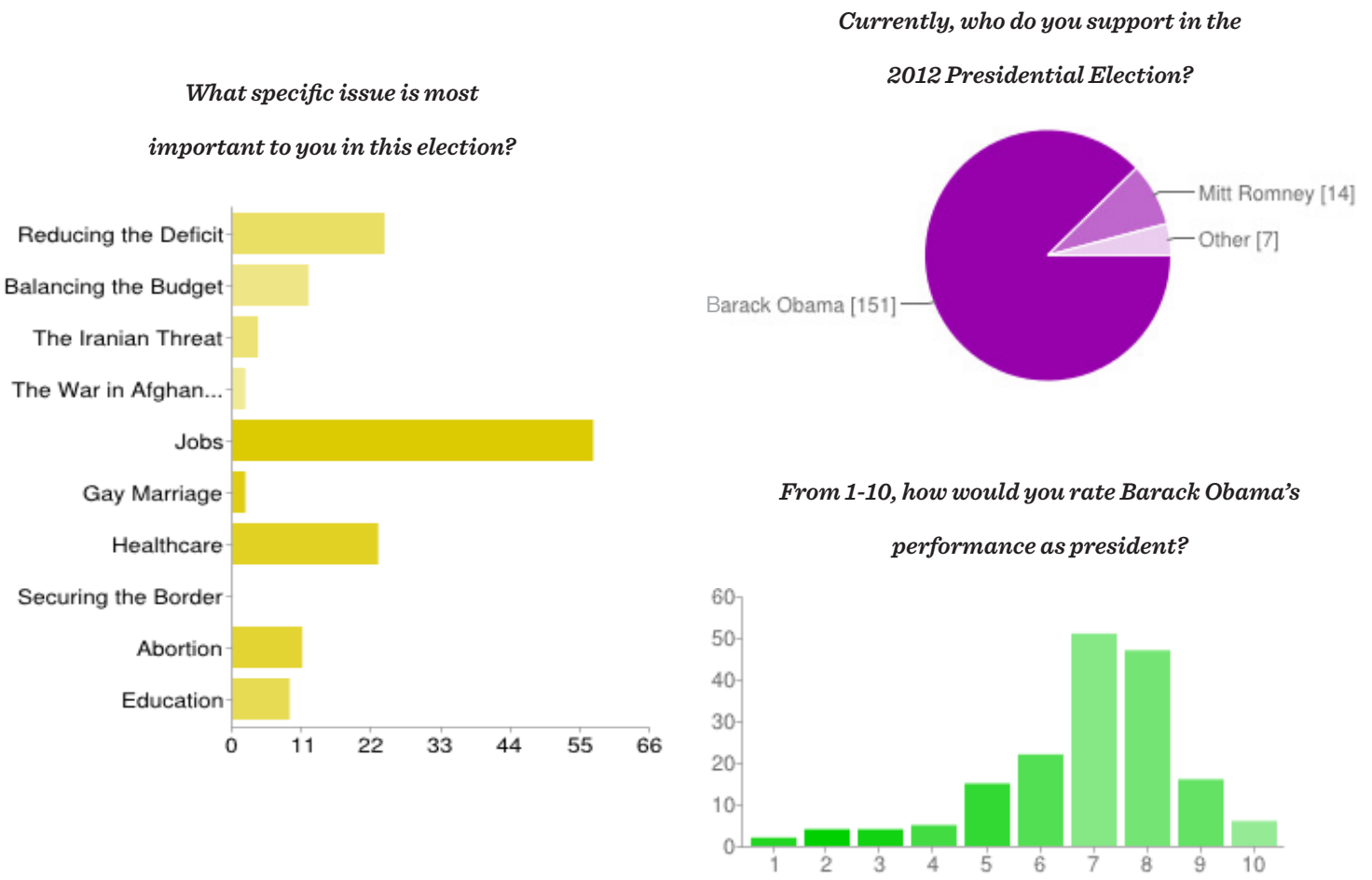
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Congratulations to Ms. Torpey on the birth of her son, Emmet Dole Torpey!

May 2012 Election Survey Results

With the election fast approaching, we asked 121 students and 51 faculty a few questions about politics. Here’s what we learned.



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