

Student Life:  
LGBT Ally week  
pledge  
3

OP-Ed:  
Background checks  
for volunteers  
4

Sports:  
Dasia Pressley  
8

Entertainment:  
Finale of beloved  
prime-time show  
how I  
met your  
mother

# the Playwickian

April 16, 2014  
Volume 82 Issue 6

The Students' Newspaper of Neshaminy High School  
2001 Old Lincoln Highway Langhorne, Pa. 19047

## New face of security at Neshaminy

Introduction of new guards to ensure safe environment for students and staff

By Gauri Mangala  
Staff Writer

On Tuesday, April 1, three new security guards were introduced to help protect the students and staff of Neshaminy High School. The security guards were brought in from an outside security company, the Executive Protection Services. This company provides protection and surveillance services throughout the Southeastern Pennsylvania Region.

As students noticed these unfamiliar faces dressed in security uniforms in the building, questions, concerns and rumors began to float.

Security Director for Neshaminy, Cliff Fiedler, hopes that the students will quickly become accustomed to having Danielle Backsay, Bill Renson and Kevin Freeman in the school and that the guards will get to know the students as well.

"I want the students and staff of Neshaminy to feel safe coming to school. [The students] should only have to think about getting an education, not about whether or not they are safe here," Fiedler said.

Backsay, Renson, and Freeman have background experience in the Military, Law Enforcement or Security and are all certified in CPR.

New Officer, Danielle Backsay, has been in the Army since 1994 and taught law enforcement in Afghanistan. She has since been working in school security and believes that Neshaminy is doing a good job in making the school safe for students.

"It is a pleasure to be here. Everyone has been really nice and welcoming and



SAFE SCHOOLS -- Bill Renson, one of the new hires that are patrolling the school halls while class is in session to provide a greater assurance of safety among students, is pictured above watching the main entrance to the school. After observing contemporary events in the United States. Chris Fiedler, the Director of Security, is trying to make Neshaminy a safe environment so students can focus on their academics. Photo/ Corey LaQuay

I am excited to get to know the students and school better," Backsay said.

Along with new security guards, Fiedler plans on making other changes to the school and the district. "I went around to other schools to take a look at their security systems and I am trying to take some ideas from them," Fiedler said.

This includes the new placement of the soft barricades creating a path that students take to meet the security guards upon entering the school. After homeroom, they are moved back to constrain the visitors to a certain path.

Fiedler hopes to enhance the outdoor security systems, along with the visitor

center. Over the summer, Neshaminy will work on making the school more secure.

"We have to take these steps to make the parents, students, and staff of Neshaminy feel safe coming here. All of our changes will enhance that feeling and make Neshaminy a better, more efficient school," Fiedler said.

## Community rallies behind local mom, teacher seeking organ transplant

By Julianne Miller  
Circulation Editor

Dealing with medical issues is never an easy task and can be very discouraging. Luckily, for Neshaminy High School senior, Madi Seitchik's mom, Andrea Seitchik, she has the support and prayers of the entire greater Philadelphia area during her quest for an O+ kidney.

Struggling with focal segmental glomerulosclerosis (FSGS) behind a vibrant smile for the last 15 years is more challenging due to the declining condition of the scar tissue in her kidney. Because of the type of kidney needed, an O+ match is scarce.

Seitchik is currently in the indefinite process of dialysis until a new kidney is obtained. "Last year, 14,029 kidney transplants took place in the United States. Of these, 9,314 kidney transplants came from deceased donors and 4,715 came from living donors," according to www.kidney.org. As of Jan. 8, 99210 people are as hopeful as Seitchik, also awaiting kidney transplants

To raise awareness of this urgent request, the Seitchik sisters, Lexi and Madi, have started a group of Facebook called "FIGHT for ANDI" and are trending the hashtag #FIGHTforANDI via twitter. Friends of the Seitchik family in the Neshaminy community plan to sell bracelets in support.

#FIGHTforANDI

### FAST FACTS

As a result of stress, **40%** of teens report feeling irritable or angry; **36%** nervous or anxious. A third say stress makes them feel overwhelmed, depressed or sad.

- 2013 mental health study among U.S. adolescents by Harris Interactive for the American Psychological Association 2013

Special Features:  
Stress Management



6,7

<http://www.playwickian.com>  
[www.facebook.com/thePlaywickian](http://www.facebook.com/thePlaywickian)

@thePlaywickian  
nhspaywickian

| Visit | Friend | Like | Follow |

# Philadelphia Half Marathon 2014

## Neshaminy teachers participate in Love Run

By **Tim Cho and Rebecca Scheinert**  
Student Life Editor and Staff Writer

Neshaminy's Dance Team and 43 Neshaminy teachers, led by World Language teacher, Cara DeLorenzo-Palka, and Maple Point English teacher, Stacy Flaville-Boop-partook in the Philly Love Run on March 30. They were among nearly 10,000 participants that ran from the Benjamin Franklin Parkway and made their way through Center City to a loop along the Schuylkill River on Martin Luther King Jr. Dr. and back to the finish at the Art Museum.

Despite the relentless rain, the runners braved the weather and completed the 13.1 miles through the streets of Philadelphia.

Training after school every week, while taking personal time to prepare themselves, the Neshaminy teachers worked together to get ready for the big day.

"To prepare for the half-marathon, several English teachers (Abbee Thomas, Tara Huber, Jessica Cohen, Jenn Mann, Kim Aubrey, Kim Kelley, Kristen McCreary, and Suzi Drake) and I would work out twice a week after school together," English teacher Kate Livingstone said.

The Dance Team, with Melissa Bauerle as its adviser, accompanied the teachers. While the teachers ran, the students gave moral support and cheered on the runners as they trekked through the miserable weather.

Bauerle was, "...proud of the Dance Team because even through the awful weather, they were smiling and encouraging everyone that passed them."

English teacher and Interact adviser, Suzi Drake was among those who did not run but still did her part in lending a hand.

"Unfortunately, I wasn't able to participate in the Love Run because of a broken ankle, but I did take on the challenge as a motivational tool to try and be healthier. I [went to the marathon] to cheer our team on and I was so inspired by their determination despite less than ideal weather."

For Livingstone, the Love Run runs with a deep meaning-- "My best friend passed away four years ago. She would always run marathons because she believed

in challenging herself to be her best. I wanted to run this in her honor." Honor in the highest form: carrying on for those who cannot anymore.

Running to support the Philadelphia school districts, and to demonstrate how people almost twice the age of students were and still are able to complete an achievement that few are able to accomplish.

"We all have a role to play in helping the next generation of Philadelphians succeed," Philadelphia Mayor, Michael Nutter, told cgracing.com.

The 43 teachers and Dance Team demonstrated selfless work: running 13.1 miles through a downpour to show their support for the Philadelphia education system. The event raised \$20,000 for the Philadelphia Education Supplies Fund.



LOVE RUN - Cara DeLorenzo-Palka and Stacy Flaville-Boop cross the finish line at the rainy 2014 Love Run on March 30. Photo/ Anne Schmidt

## Contraceptives: Moral debate continues

By **Miya Syvyk**  
Literary Editor

On Tuesday March 25, the U.S. Supreme Court debated a controversial provision of the health care reform law presented by President Barack Obama in 2010 and narrowly upheld the law by a 5-to-4 vote in 2012.

A portion of the law consists of a mandate requiring some employers to provide insurance coverage for contraceptives; this so-called contraception mandate has caused "more than 100 lawsuits across the country, including 78 that are still pending," wrote Richard Wolf from USA Today.

The cases were brought by two particularly pro-profit corporations, Hobby Lobby and Conestoga Wood Specialties; the family-owned and religiously oriented businesses provide health insurance to their employees, but object to covering certain methods of birth control which are believed to cause abortions by blocking a fertilized egg from implanting in the uterus.

Although Food and Drug Administration labels include this warning, the Obama administration and its supporters deny these accusations. They prevent fertilization by inhibiting ovulation or by preventing sperm from reaching the egg. These fertility controllers

would decrease in unwanted pregnancies and enable women to orient their decisions around their health rather than which contraception they can afford.

The disputers "emphasize their desire to operate in harmony with biblical principles while competing in a secular marketplace," stated Bill Mears from CNN.

Demonstrators for both sides, including major advocacy groups such as Planned Parenthood, protested in front of the courthouse on Capitol Hill.

The companies relied heavily on the Religious Freedom Restoration Act, which recognizes religious exceptions under the First Amendment's free exercise clause to generally applicable laws. Financially, if Hobby Lobby were to refuse to offer the coverage, it would face federal fines of \$1.3 million a day; if it were to discontinue insurance coverage overall, the fines would result in \$26 million a year.

The court's liberal bloc questioned whether pro-profit corporations should be able to claim religious views, but the companies insisted that they should be able to enjoy the same rights as people to exercise religious beliefs.

"They shouldn't be able to withhold contraceptives from their employees just because of their personal religious views. This would be unfairly taking away an unfair portion of their insurance coverage," said junior, Sarah Spanudis.

The court will issue its decision in late June.

## Chris Christie cleared of charges involving George Washington Bridge

By **Brynn MacDougall**  
Staff Writer

The Bridgegate Scandal, involving New Jersey governor, Chris Christie, acquired national attention last fall. On Sept. 9, lanes on the George Washington Bridge, located in Fort Lee, NJ were closed, forcing traffic, including school buses to go through one toll. There were several emails and phone calls exchanged that incriminated the Christie administration, who claimed that the bridge was closed for a "traffic study."

This scandal was followed by a series of press conferences-where Gov. Chris Christie claimed he had nothing to do with the Bridgegate Incident-and announcements regarding terminated employees who were involved.

The law firm, Gibson Dunn & Crutcher was hired by Christie to investigate the incident and has recently cleared Christie of all charges as of March 28.

"It's a search for the truth and we believe we have



SCANDAL - New Jersey Gov. Chris Christie has been formally cleared of all charges surrounding the George Washington Bridge closing.

Photo/ www.state.nj.us

gotten to the truth. What we found was Christie had no involvement in the decision to close these lanes, and no prior knowledge of it," said Randy Mastro, a Gibson Dunn & Crutcher lawyer in an interview with www.NJ.com.

"Lawyers hired by and paid by the Christie administration itself to investigate the governor's office, who then say the governor and most of his office did nothing wrong, will not be the final word on this matter," Assemblyman John Wisniewski and Senate Majority Leader Loretta Weinberg said in an interview with Reuters.

While Christie has been formally cleared of all charges, suspicions may still remain.

Michael Critchley, attorney of Bridget Kelly, Christie's deputy chief of staff, said on March 27, in an interview with www.NJ.com that "The only credible investigation into the lane closings is being conducted by the U.S. Attorney's Office"

"If he hired them he could have told them to cover it up. It suspicious. He's a shady guy," freshman Hope Murphy, said

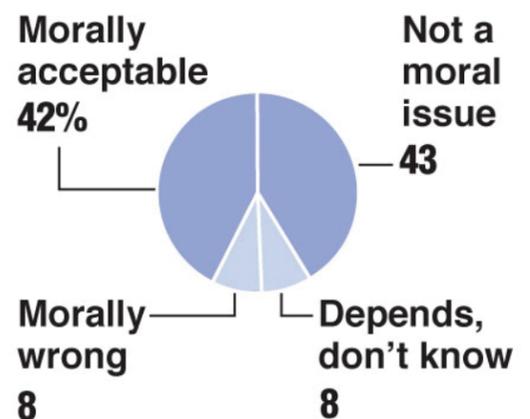
"They have been given unfettered access to governor's office staff, documents and other forms of communication to ensure they are able to provide as exhaustive a report as possible and to make substantive recommendations for improvements, as warranted," Maria Comella, Christie's deputy chief of staff for communications and planning said in an interview with www.NJ.com.

However, despite these apparent setbacks, Christie's plans to run for president in the 2016 presidential election have not slowed down. In an interview with Ny Daily News, Christie said that he didn't have too much "baggage" to run:

"If you don't have baggage they'll create baggage for you. That's politics in America today. In the end people don't judge you on that stuff. People look into your eyes and they try to decide what's in here and that's how they vote. They vote for what they believe is in your heart. And can they trust you?"

## Poll: Using birth control

A small share of Americans say using contraceptives is morally wrong. Percentage who say using birth control is:



NOTE: Does not tally to 100% because of rounding.

Source: Pew Research Center poll of 1,501 adults, Feb. 8-12, 2012; margin of error; +/-3 percentage points  
Graphic: Judy Treible © 2012 MCT

CONTRACEPTIVES - The Supreme Court is set to issue its decision in late June on whether companies being forced to provide insurance coverage for contraceptives, even if it against their religious beliefs, is unconstitutional.

Photo/ McClatchy-Tribune

# Neshaminy shows support

## Students take pledge against anti-LGBT actions

By Nina Taranenko  
Staff Writer

Ally Week is a national youth-led effort empowering students to be allies in the fight against anti-LGBT (lesbian, gay, bisexual and transgender) bullying, harassment and name-calling in K-12 schools. This year it will take place from April 7 to April 11, on which Friday April, 11 also happens to be Day of Silence.

It began in October of 2005 by Joe Montana and other youth members of the organization called GLSEN (gay, lesbian and straight education network). Ally Week is dedicated to teach everybody to not discriminate against the LGBT community and not to use hateful slurs.

Ally Week at Neshaminy began in 2006. The Gay-Straight Alliance (GSA for short) is the club in charge of Ally week. The advisor of GSA is English teacher Sean Daly. Now Ally week is usually in held in Sept. or Oct., which coincides with National Coming out Day, Oct. 11, and Oct. is also LGBT history month. But at NHS they make it the same week as Day of Silence.

Day of Silence, once again set up by GLSEN, is an annual day to take action to stop the bullying and harassment of the LGBT community.

During Ally Week students are encouraged to sign a pledge saying that they will "take a stand for a safe and harassment-free school for all students"

This will be handed out by all English teachers on Monday. No student will be forced to sign it. Pledges will be signed on Tuesday April 8th.

Although kids who do sign are warned to not put fake names, slurs or rip the cards and to not also make fun of anybody who does sign the card. "People that signed the card were usually labeled as being 'gay', when they really just wanted to support the cause, in the past we didn't have many but just last year we had around 500 pledges," Daly said.

Many kids feel scared to sign the cards or even go to GSA for the fear that they will be judged or made fun of. It's a great thing here at Neshaminy that the school board doesn't discriminate against sexuality or gender.



ALLY WEEK - Students sign pledges showing their support for the LGBT community

Photo/Tim Cho

Ally Week means different things to different people. To Daly it means, "A time to bring attention to the hateful terms and slurs people use on a daily basis."

## Hectic junior shares life insight: Host of 'Teacher of the Week' reveals his life story

By Julianne Miller  
Circulation Editor



Joey Lisowski, junior at Neshaminy High School, is a well-rounded student and host of Friday morning's 'Teacher of The Week' via the morning announcements. In addition to his love for being on screen, he has a mutual love for being off screen, making short films. Lisowski divides his time up by working at the Buck Hotel, going for runs, and participating in the select choir. For this month's Student Spotlight, he had the opportunity to be on the other end of the questions.

**Q: What do you like to do when it rains?**

A: Watch some of my favorite Clint Eastwood movies.

**Q: What's the strangest talent you have?**

A: Well... I can make weird noises. I'm especially good at turkey gobbles.

**Q: What is the first thing you notice about people?**

A: Their confidence.

**Q: If you had a charity, what would it be for and how would you raise awareness?**

A: Probably for Alzheimer's because my grandfather has recently passed away from that. I'd have a concert for all of Neshaminy's talented kids to perform in.

**Q: What is your favorite song to sing in the shower?**

A: Oh, it's gotta be Boulevard of Broken Dreams by Green Day.

**Q: If you were forced to face your biggest fear, what would it be and how would you deal with it?**

A: Confronting my parents about denting my dad's Mustang. I guess I'd just walk up to them, hand them the keys and say 'my bad.'

**Q: If you could have one song to play as you walked around daily, what would you choose?**

A: Thriller by Michael Jackson.

**Q: Which celebrities would you choose to be your mom and dad?**

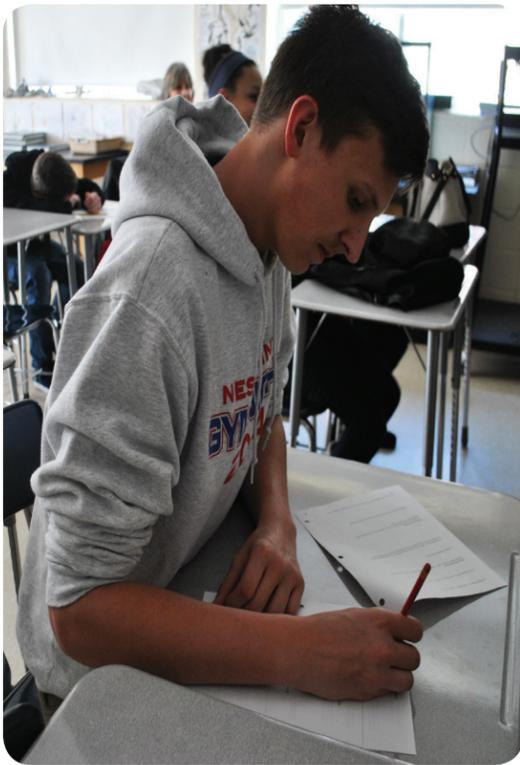
Photo/Julianne Miller

A: My mom would be Jennifer Anniston because she's just great

and my dad would have to be Jason Statham.

**Q: What is the grossest thing you have ever eaten?**

A: Maybe gum off of a railing when I was little... Well I was nine, so I guess that's not so little.





**Spring Break**  
April 17 & 18

**Roadies**  
Neshaminy High School  
April 23

**Senior Boys' Pageant**  
Theodore Kloos Auditorium  
April 24

**Sophomore Dinner Dance**  
Kings' Caterers  
April 26

**Junior Class Trip**  
Neshaminy High School  
May 3, 4, 5

**Drama Nights**  
Neshaminy High School  
May 8, 9

**Senior Prom**  
Sheraton Center City  
May 10

**Jazz Band Concert**  
Theodore Kloos Auditorium  
May 13

**Art Show**  
Neshaminy High School  
May 21, 22, 23

**Improv Night**  
Neshaminy High School  
May 30

**NHS Blood Drive**  
Neshaminy High School  
May 29

**Senior Picnic**  
Neshaminy High School  
June 11

**Graduation**  
Neshaminy High School  
June 18

**Last day of school**  
Neshaminy High School  
June 19

## Senior Prom:

What to know before big night finally arrives

By Sara Kelly  
Staff Writer

Senior Prom is almost here and many students have found their perfect dress and perfect date. Dresses this year have ranged from \$350 to \$760. Girls have even started making hair appointments for the big day. As all of the excitement builds, there are some things that students must be sure to remember before arriving.

Senior Prom is scheduled for May 10 at the Sheraton Hotel, located at 17th and Vine Street in Center City, Philadelphia. The prom will start at 7 p.m. and end at 12 a.m., but students may arrive between 7 p.m. and 8 p.m. Tickets will be \$100 each and \$200 per couple.

Making a check out to Neshaminy High School and having school ID present will allow students to purchase their tickets. Tickets will be sold after school, April 14, from 6 p.m. to 8 p.m. in the Art Gallery and Tuesday, April 15, from 2:30 p.m. to 4 p.m. in the Hub.

Whether students are attending alone or with a date they must have the blue form, handed out in homerooms, in by Friday, April 11 at the 12th grade office. If their guest is not approved by the office they will be personally informed two days after their form was dropped off. Guests must be in at least 9th grade and younger than 20 years of age. When arriving to prom they must be sure to have a photo ID present.



Graphic/Corey LaQuay

# The Playwickian

## Editorial Board

**Editor-In-Chief:**  
Gillian McGoldrick

**Managing Editor:**  
Maddy Buffardi

**Business and Advertising Editor:**  
Emily Scott

**News Editors:**  
Stephanie Harvey and Eishna Ranganathan

**Op-Ed Editors:**  
Jackson Haines and Emily Scott

**Student Life Editors:**  
Maddy Buffardi and Tim Cho

**Special Features Editors:**  
Shannon Byrne and Shealyn Miles

**Entertainment Editors:**  
Monica Dinh and Gillian McGoldrick

**Sports Editor:**  
Reed Hennessy

**Literary Editor:**  
Solomiya Syvyk

**Photo and Graphics Editors:**  
Corey LaQuay and Holly Muska

**Circulation Editor:**  
Julianne Miller

**Copy Editors:**  
Colleen Harley and Heather White

**Web and Social Media Editors:**  
Tim Cho and Alli Kaufman

**Art Editor:**  
Dorothy O'Connor

**Adviser:**  
Tara Huber

## Staff Writers

Angel Castillo, Evan Cheney, Daniel Cho, Rebecca Choi, Matt Cruz, Kirstin Delaney, Brianna Diodata, Sarah Elwekil, Anthony Giaquinto, Sabrina Gonzalez, Kayla Gowen, Trent Holden, Hope Hunsberger, Kristen Hurlock, Kayla Johnson, Sara Kelly, Liam Krimmel, Brynn MacDougall, Gauri Mangala, Emily Martin, Makenzie Mason, Jessica McClelland, Kayli McGlynn, Brendan McGoldrick, Emmaleigh McNally, James Merk, Gavin Negrotti-Hughes, Natalie Pietrowski, Tylar Pomroy, Kerri Rafferty, Brianna Rayner, Ashley Reiss, Laura Reyes, Eric Rotteveel, Rebecca Scheinert, Nina Taranenko, Amanda Usewicz, Ema Woodson.

## Policy Statement

Published monthly, the student newspaper of Neshaminy High School is a public forum, with its student editorial board making all decisions concerning its contents. The student exercise of freedom of expression and press freedom is protected by PA Code Section 12.9 and the First Amendment to the Constitution. School officials exercise their right to Prior Review.

The Playwickian refers to the "Associated Press Stylebook" on matters of grammar, punctuation, spelling, style and usage. Unsigned editorials express the views of the majority of the editorial board. Letters to the editors should not exceed 300 words. Letters must be signed and of appropriate subject matter. Guest opinions, 500 words or more, will be published as space allows.

The paper reserves the right to edit letters for grammar and clarity, and all letters are subject to laws governing obscenity, libel, privacy and disruption of the school's educational process. Opinions in letters or commentaries are attributed to the author. Such views are not necessarily those of the staff, nor should any opinion expressed in a public forum be construed as the opinion or the policy of the adviser or administration, unless so attributed.

## Contact

www.playwickian.com  
Neshaminy High School  
2001 Old Lincoln Highway  
Langhorne, PA 19047

# LOOK AT IT OUR WAY

## Background checks for volunteers ensures safety

It nearly goes without saying that all parents of the Neshaminy School District seek the best for their children. That offer of the best extends, of course, to the process of selecting volunteers in the school district, especially chaperones. The school board has now proposed to amend the policy so volunteers will be required to go through a background check before getting the job. However, this situation presents an issue with cost and expediency.

Should volunteers be required to undergo a background check at their own expense, or should someone else, perhaps the district, cover the cost? Seeing as parents and fellow students alike seek the best, a background check would be logical, not just to avoid liability, but to provide an extra layer of safety and assurance. However, that assumption of costs by the parent could have adverse effects and perhaps place some families at a disadvantage. Despite all of this it is apparent that background checks are an appropriate safety measure that would ensure students' safety to the highest extent to which it can be assured.

There is no uniform background check; in fact, there are multiple types, which all profile in differing manners and detail. Knowing this, the two-part FBI background check is most commendable. Although it is pricy, approximately \$30, it cross-checks the applicant on a national basis; i.e. it is the most thorough and reliable. It requires an online portion to be filled out, and a fingerprint screening, which can be completed at a local business that offers such services.

This particular situation presents a dilemma. It is desired for as many volunteers to come participate

as possible. However a fee to participate will likely be a deterrent for many parents. It would perhaps be best, for the sake of time and efficiency, to give a take-home handout to students in the beginning of the year informing parents of the policy. From there, parents who plan on being involved may get the background check. However, this will cost \$15 to \$30 dollars, depending on the plan adopted. The dilemma would occur if more parents applied to volunteer than there were spots. In this case, some parents would be rejected.

Their background checks, expiring after a year, would be rendered null and void. Many would be angered by \$30 wasted. But this situation is avoidable, if only the process begins early enough that only accepted applicants (having qualified in all other aspects) have to submit to the background check.

In regards to who pays the price, it is a tricky situation. As previously stated, a fee would likely act as a deterrent or an otherwise unnecessary red-tape, but if we want the best, we must understand that it will not always come free.

So long as the parents are given time to know of the situation, and are accepted before the background check to prevent a waste of the money, there will certainly be parents that can pay the fee, and will. But mostly, the policy must remain flexible, so that there would be no

controversy or trouble arising from this. While we do wish to see the cost not placed upon the district, we are also uneasy to see it placed upon the parents, although we find the latter necessary and more realistic. But, regardless of the method of payment, the background check requirement must be put in effect.

**The unsigned editorial represents the unanimous view of the Editorial Board.**

*"But, regardless of the method of payment, the background check requirement must be put in effect."*

## Self-Harm Awareness: personal reflection

Dear Editor,

Thank you for the feature titled "Self-harm Awareness" in the March 19 2014 edition of the Playwickian. The tribute to raise awareness spoke to me, compelling me to tell my story.

Let me start off by saying that self-harm is a serious problem. That can't be stressed enough. It must not go untreated, ignored or over-looked. It is very difficult to overcome- to finally put the demons inside your head to rest- but recovery is possible; the hardest part, for me, was believing I was worth the recovery.

Therapy was a form of normalcy since I was five years old. Weekly therapy appointments after kindergarten -- while the other kids played with their friends -- were what I was used to. Anxiety attacks, panic attacks and separation anxiety disorders all contributed to my parents' mutual decision to send me to treatment. It never made any sense to my family and friends because I have always been the bubbly, outgoing, smiling one, no matter what was going on. Because I was so young, I had no idea what therapy was, or meant. I had never given it much thought. I didn't know something was wrong. When I was 11 years old, my anxiety and attacks had begun to settle down, leading my parents to believe that the years of treatment had worked. I had started to lead a normal life-- to be a kid at last. Everything was smooth sailing until the end of my freshman year in 2011.

My depression came out of nowhere and hit me like a brick wall. It was much worse than the typical stereotype of just being sad and whatever else is tagged along with depression. I had developed an overwhelming hatred for myself and lost all views of self-worth. I was diagnosed with clinical severe depression after just one doctor visit. The pain I had felt day-after-day was immediately too much to handle- my thinking was delayed, speech was slower, I stopped going out with my friends; the illness consumed me and I needed an escape. That's when I had started self-harming. But in no way, shape or form is self-harm the answer. I had learned that the

*Letter to the Editor*

hard way. There are many alternatives out there, and hurting yourself is not one of them.

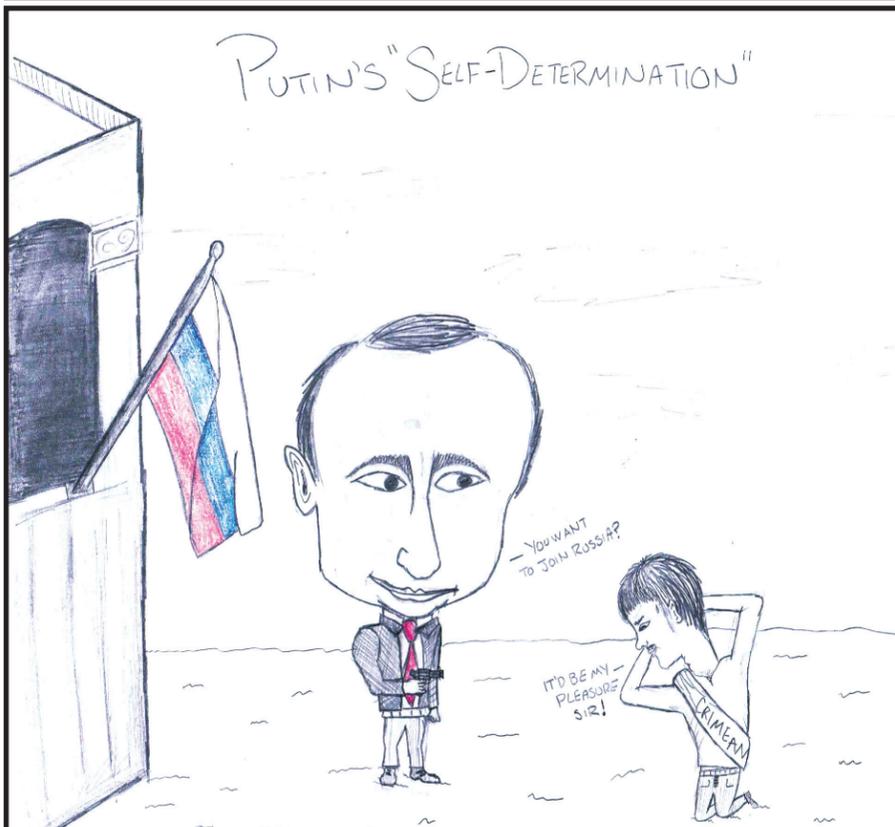
Self-harm tore me apart- literally and metaphorically. It is no more of an addiction than it is an obsession. It consumed me and controlled my every thought to the point where, ironically enough, I believed I needed it to survive. No one knew of the things I was doing to myself except for a few trusted friends. I was scared to get help and I was even more scared to tell my parents. Feelings of guilt, shame and embarrassment came along with not only my depression, but also the self-harming. Months went by as I tried to get better on my own, but the demons in my head had swallowed me whole and I was faced with no other option but to get help.

I had started therapy for the first time since I was 11 in the summer of 2012. I was very hesitant at first, not wanting to share my story or admit the battle I was fighting against myself. I soon began to get into the familiar routine of counseling and meeting multiple times a week. I was finally getting better. Around Christmas time of that same year, I was put on an antidepressant for two months to compliment the therapy. Self-harm was not happening as often as it was before I got help- I was able to go months at a time without doing it, which was a huge improvement for me. I stayed the course through the spring; relapse is part of the recovery process, so naturally I would break every now and again, but I took everything one day at a time.

I am now happy to say I am clean from self-harm. With new alternatives to release my emotions, I'm back to my normal self. There are still some days where I'm not quite my bubbly, friendly self, but that's just life. I still continue to go to therapy once a week on my road to recovery, but thinking back to where I was this time last year makes me realize that anything is possible.

Getting help was the hardest decision I could have ever made, but in hindsight it is the best decision I've ever made. I did not want to live my life with depression and certainly not with self-harm. If you or someone you know is struggling with any of this, please get help. It will get better, all you have to do is stay strong and keep going.

-- Recovered



SELF-DETERMINATION--The Russian President invaded Crimea, then let citizens vote for "themselves".  
Art/Becca Choi

## Malaysian Mystery: Government, media mishandle situation



By Kayli McGlynn  
Staff Writer

After weeks of searching to no avail, the Malaysian plane that had mysteriously disappeared mid-flight on March 8 is still captivating the world. Officials say they have everything under control and they are doing their best to find the missing plane, but perhaps they could have done a better job from the beginning.

Flight 370, flying from Kuala Lumpur, Malaysia to Beijing, China, was carrying 239 people. The plane lost contact and disappeared off of the radar after the plane's transponder was turned off.

It has recently come to light that the only solid piece of information that was being released was actually false. For weeks everyone was being told that the last words from the cockpit were, "All right, good night," but it has now been revealed that the actual words were "Good night Malaysian three seven zero." This small mistake was telling of the disorganization among media and the government.

From the beginning of the investigation, the Malaysian government ran a disorganized search. They did not know how to go about announcing information or withdrawing it, nor did they have a clear plan of what to do in a situation like this.

The families of the passengers are unhappy with the government search; they lack confidence in what information officials are releasing-- which is reasonable. So far, nothing the officials have offered has been confirmed, leaving people with false hope and confusion.

The search zones for the plane seem to change every day, making it clear that officials have no idea where to look for the missing plane. With such a wide variety of possible crashing sights, it makes it improbable that search teams will find the flight any time soon, even with the extra help from boats and planes from Australia, the United States, New Zealand, Japan, South Korea and China. "They keep getting people's hopes up with their theories, even though they don't know if they are true," senior Nick Gainer said.

The media, too, has acted inappropriately, propagating fringe theories to increase their views. Families cannot get proper information from the government, and are further misled with baseless information from the media.

Sophomore Julia Schauder thought otherwise: "At least all of the media attention is keeping people interested in the story, giving the government more of an incentive to find the plane," Schauder said.

April 7 was a promising day for the investigation, since the Australian navy ship, the Ocean Shield, and the U.S. pinger locator received signals that seemed to match the plane's. The pinger locator is used to pick up signals from a plane's black box, which emits frequencies to help find lost planes, even if they crash. According to CNN, officials warn that this signal may not be the one from the plane, and that they have not found the aircraft yet, even if this is an encouraging sign.

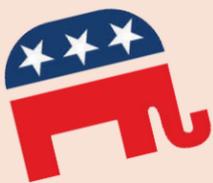
Along with the plane's signal being located, officials have discovered that the plane purposely flew around the radar's detection. As of now, no one can confirm why the plane would do something like that, adding another mystery to the case.

The Malaysian officials have come only a little closer to finding the plane and maybe if they had control of the situation as soon as the flight went off the radar, the plane would be safe and families would not be grieving. This investigation should have been handled more professionally than the officials have been handling it, since 239 lives are presumably lost.



DESPAIR-- A family member of a Chinese passenger on missing Flight 370 grieves after officials indicate the plane crashed.  
Photo/McClatchy Tribune

## Candidate Schwartz strong on education



By Reed Hennessy  
Sports Editor



Currently, there are four Democratic Party nominees up for the May 20 primary, the winner of which will face off against incumbent Tom Corbett. Who, as one of the most vulnerable Republican Governors in the country, is unlikely to be re-elected after his approval ratings took a major drop. Some of the issues causing this drop are his cuts to public education, privatization of the Pennsylvania Lottery, and dealings with natural gas drilling in Pennsylvania.

One Democratic candidate in particular hopes to undo the damage done to the public education system in Pennsylvania by Tom Corbett. "It is unacceptable that Gov. Corbett has cut nearly \$1 billion in funding for our public schools," Democratic candidate Allyson Schwartz said. "As the mother of two sons who graduated from Pennsylvania public schools, I know personally how important good schools are to the future of young people across the state, to families, and to economic growth."

Running against her in the primary are Tom Wolf, Rob McCord, and Kathleen McGinty, however out of the four Democratic candidates the most qualified is Allyson Schwartz. First assuming public office in 1991 as a member of the Pennsylvania State Senate for the fourth district and serving in that position until 2005, Schwartz ran for and won a seat in the U.S House of Representatives from District 13 in 2004.

During her time in the House Schwartz served on the Committee on Ways and Means, Committee on Foreign Affairs, and was the Vice-Ranking member on the Committee on the Budget. In short, Allyson Schwartz is an experienced politician and a great public servant who knows how to get things done.

If elected, public education will be one of her first problems to tackle. "First, teachers cannot educate if their classrooms are overcrowded or if they lack the resources to be effective," Schwartz said. "Second, we cannot penalize entire schools for the low test scores of a few outliers, particularly when including students who have different needs..."

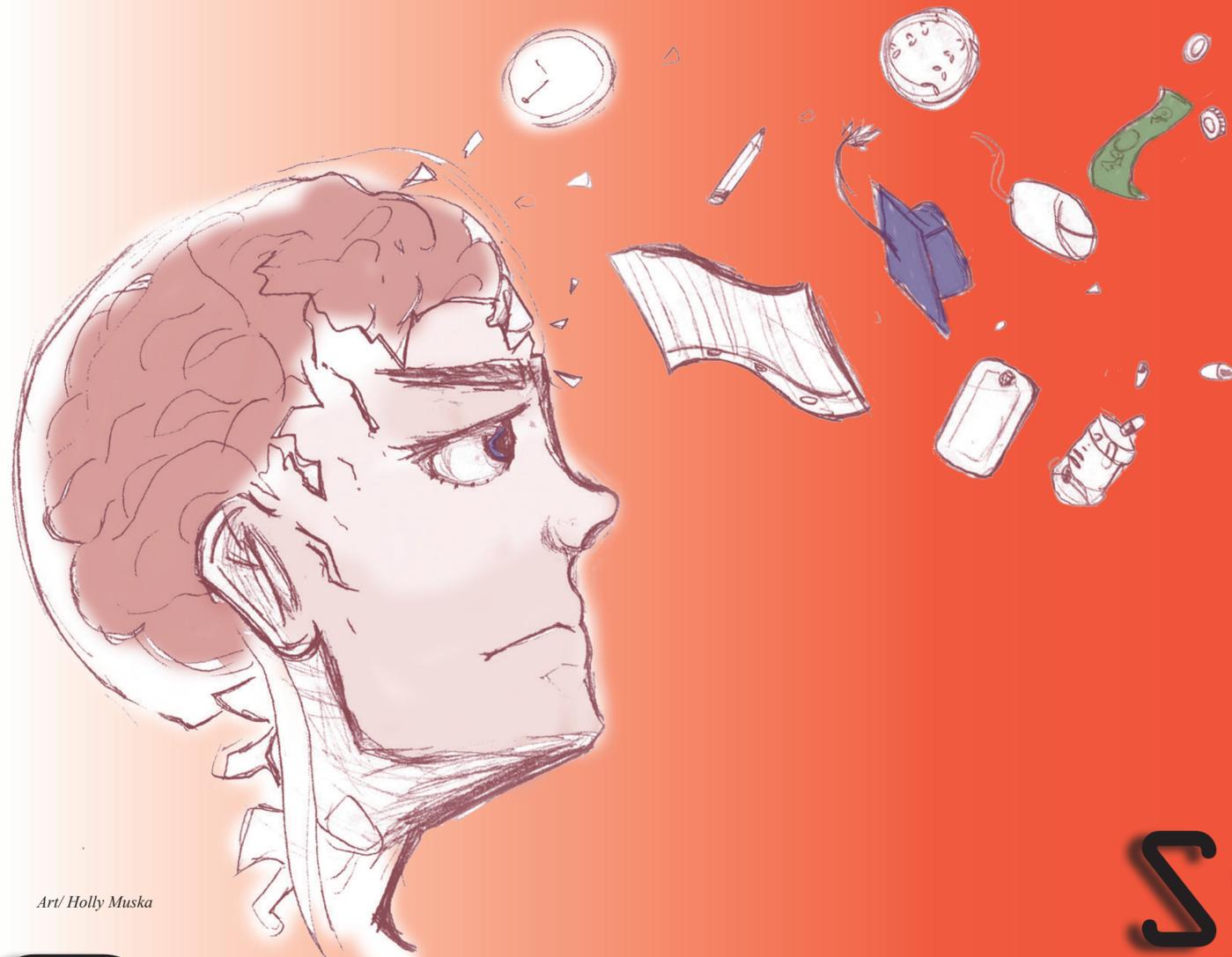
In an attempt to recover the major blow to his approval ratings Corbett has proposed a new budget plan called "Ready to Learn", which calls for \$387 million in increased public education funding. However, this amount is not nearly high enough to recover the amount lost by public education institutions. The plan has also received criticism due to the fact that schools with higher Standard Performance Profiles (SSP) will have more leeway with spending the money.

Schools with higher SSP scores tend to be in wealthier areas, for example the Philadelphia School District will receive \$29 million, but with a low SSP score of 57.5 they will only be able to spend the money on pre-determined initiative programs. "Corbett's new budget proposal simply does not give our schools what they need to succeed," Schwartz said.

Overall Corbett has failed when it comes to properly funding and maintaining a proper public education system in Pennsylvania. The Neshaminy School District has felt the effects of Corbett's massive cuts and the Philadelphia School District is getting worse every day.

"As Governor, I will reverse the harm Corbett has inflicted on our schools and immediately start investing again in students' futures with proper funding for public education," Schwartz said.

It is truly time for a change; Corbett's unsuccessful policies have led him to be one of the least successful governors in the nation. Allyson Schwartz is the governor that Pennsylvania deserves, and the governor that Pennsylvania needs.



Art/ Holly Muska

# Perfect Stress

## How stress helps us engage with surrounding world

By Shannon Byrne  
Special Features Editor

As many of us high-schoolers know, stress is a part of everyday life and is generally seen as a negative part of our lives. However, as much as stress can harm us it can also be a good thing.

Stress, according to Dictionary.com, is a physiologic reaction by an organism to an uncomfortable or unfamiliar physical or psychological stimulus.

When the brain perceives a new stimulus, the sympathetic nervous system (which maintains your body's homeostasis) releases three chemicals into your system: epinephrine (adrenaline), norepinephrine and cortisol. These chemicals work together to initiate your body's 'fight or flight' response.

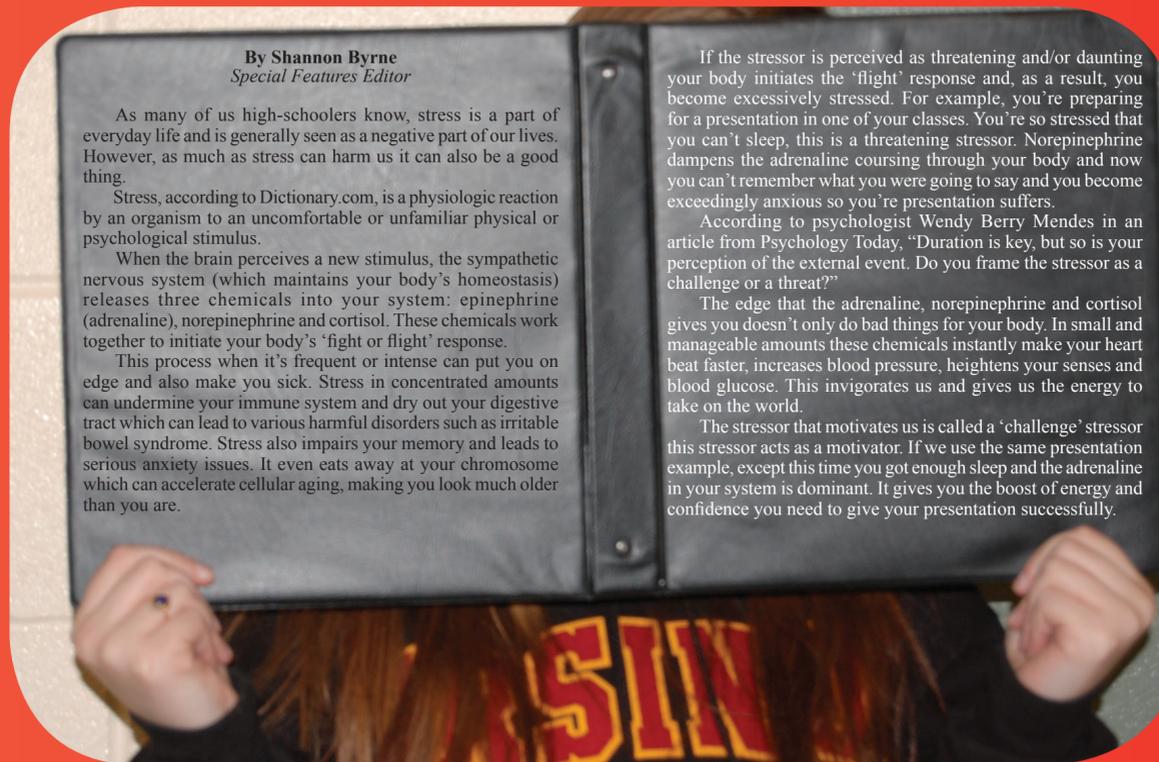
This process when it's frequent or intense can put you on edge and also make you sick. Stress in concentrated amounts can undermine your immune system and dry out your digestive tract which can lead to various harmful disorders such as irritable bowel syndrome. Stress also impairs your memory and leads to serious anxiety issues. It even eats away at your chromosome which can accelerate cellular aging, making you look much older than you are.

If the stressor is perceived as threatening and/or daunting your body initiates the 'flight' response and, as a result, you become excessively stressed. For example, you're preparing for a presentation in one of your classes. You're so stressed that you can't sleep, this is a threatening stressor. Norepinephrine dampens the adrenaline coursing through your body and now you can't remember what you were going to say and you become exceedingly anxious so your presentation suffers.

According to psychologist Wendy Berry Mendes in an article from Psychology Today, "Duration is key, but so is your perception of the external event. Do you frame the stressor as a challenge or a threat?"

The edge that the adrenaline, norepinephrine and cortisol gives you doesn't only do bad things for your body. In small and manageable amounts these chemicals instantly make your heart beat faster, increases blood pressure, heightens your senses and blood glucose. This invigorates us and gives us the energy to take on the world.

The stressor that motivates us is called a 'challenge' stressor this stressor acts as a motivator. If we use the same presentation example, except this time you got enough sleep and the adrenaline in your system is dominant. It gives you the boost of energy and confidence you need to give your presentation successfully.



Photo/ Shea Miles

# Stress Stress

# Stress

## Fact or Fiction: Stress myths unfurled

By Colleen Harley  
Copy Editor

Nowadays, "stressed" seems to be one of the only words that teens from the ages of 14 to 18 that can be used to describe themselves. School, homework, relationships, jobs stress is keeping today's youth from living an enjoyable life. Teens are struggling to balance an everyday schedule and it has only become more impossible. The causes and effects of stress on teens are well known, but now it's time to find out what's fact, and what's fiction.

**There is a common misconception that all stress is bad stress, this simply is not true.** There's a phrase known by many, "Fight or Flight," High levels of stress in a bad situation can build up your adrenaline,

which can cause you to act more quickly and efficiently. Good stress is also a great motivational tool in getting things done. Although, you can choose if you'd like to make a situation good or not, which brings the choice of "good stress" versus "bad stress" You make what you want of it.

No matter what anyone says, **nobody's stress is the same** as someone else's. Yes, the situations may be the same, but the way it is handled, varies from person to person. In an article written by Sherrie Bourg Carter, a Psy.D. on psychologytoday.com, she states

"We each have a different threshold for letting things get to us and **we all react to stress differently.** Some people withdraw; some people experience anxiety; some lose their cool. Identifying what your triggers are and what you tend to do under stress are essential first

steps in developing a successful stress management routine."

"Only serious symptoms require attention." Wrong, if you have any sort of symptoms, as small as they may be, seek ways to reduce your stress immediately, otherwise **your small symptoms will turn to big ones**, and will worsen and worsen over time. Examples of minor stress signs are headaches, fatigue, etc.

To rid yourself of stress and stressful situations, you need to find a regiment that works for you, examples being going for a walk, listening to music, going for a drive, etc. Keep your life as stress free, and you'll be benefiting your mental sanity, but your general health overall.

**Just because the warning signs aren't there, doesn't mean that stress doesn't exist in someone's life.** More often than not, chronic stress

will start to wear you down, physically and mentally. Symptoms of chronic stress often are extreme fatigue, being forgetful, and becoming unproductive.

**Everyone manages stress differently**, what works for one person, may not work as well for someone else. Contrary to popular belief, the most "popular" ways to rid yourself of stress, aren't always the best.

**Stress isn't something you're forced to live with.** Granted, things like a bad economy, family issues, overscheduling, and other major life happenings and issues sometimes have negative effects on people that can cause stress. The best way to stop yourself from being stressed is to force the negativity out of your life. If there's ways you get rid of the negative aspects of your life, do it. You'll keep yourself sane and happy that way.

## Stress poses threat for students

By Shealyn Miles  
Special Features Editor

Stress is something that students have become far too familiar with. Often, it is accepted as a normal reaction that one must deal with throughout the entirety of their school/professional career. What people tend to overlook are the physical and mental tolls that it takes when motivation for the highest GPA becomes anxiety, depression, and even tragedy.

Of course, not all stress is bad stress. People rely on a small amount of stress to accomplish so much in life. For students in high school, it is nearly mandatory. Stressors like amplitude tests and progress reports are worrisome, but are essential to progress in the academic world. They are simply motivation to move forward.

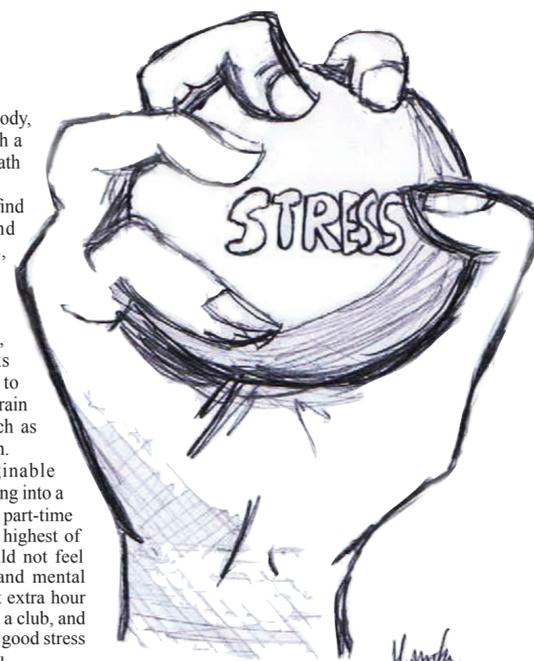
However, too much continual stress may provide more damaging effects than one can possibly handle. Chronic or "long-term" stress poses detrimental risk to health. Students must understand that stress is not an emotion, but rather, a physical reaction to demanding day-to-day events.

When needed, the body kicks into the stress response known as "fight-or-flight." During this process, the nervous system responds by releasing stress hormones including cortisol and adrenaline. The hormones prepare the body to take positive action against the stressor. So what happens when this response stands guard constantly? Simply put, one forgets the significance and the appearance of it. Therefore, the stressor has become one with the person, as if it were normal to be vigilant

every minute of every day. To the body, one's reaction to an argument with a friend resembles that of a life or death situation.

So it is that many students find themselves sinking deeper and deeper into stressful situations, which enables further issues to develop. Chronic stress has been known to raise blood pressure, suppress the immune system, increases risks of heart attacks or strokes, and even contribute to infertility. It can also leave the brain more susceptible to disorders such as anxiety, and ultimately, depression.

Though there are unimaginable pressures that students face—getting into a college of their choice, working a part-time job, and participating to earn the highest of honors at graduation—they should not feel obligated to put their physical and mental health on the line for it. Take that extra hour of much needed sleep, cut back on a club, and take these reactions seriously. The good stress will continue healthily, as will you.



Art/ Holly Muska

# Softball: Head coach hopeful for good season

By Evan Cheney  
Staff Writer

Last season was an unforgettable year for Neshaminy's varsity softball team. They played in a very competitive state championship game against Canon-McMillan High School. Unfortunately, they lost in a heartbreaker by a score of 4-3 in a gut wrenching 12 inning game at Penn State University.

Neshaminy finished last season with an amazing 23-3 record. In a pntv.com article, Neshaminy varsity softball head coach Dave Chichilliti said "We had a chance to get that second run in and win the game, and we didn't get the job done. You tip your hat to their pitcher; their pitcher pitched a great game."

"We return a solid core of players from a team that had much success last year. We have senior leaders in Carly Coleman, Jen Walker, Nina Dudley, and Jenny Rakita.

We also have some power in our line up with Sarah Snider-Leonhauser, Jessica Mount, Sam Offenback and Nikki Wild. Mackensie Compton, Sophie Beretski, and Olivia Zaino bring some speed to the team.

Seniors Carly Coleman, Koraima Dudley, and Jennifer Walker have already signed letters of intent to play at the college level. Coleman will be attending Monroe college. Koraima will be attending Chestnut Hill College in the fall, and Walker will be attending Mercer County College.

This season, Neshaminy is off to a hot start at 4-0 overall. Although not playing many games yet because of all the rain and snow that has occurred. They are tied for first in the National Conference with Council Rock South and William Tennent with a league record of 2-0

In their game against Bensalem High School, Neshaminy blew them out of the water in a matter of just five innings. The team dominated with four extra base hits. Walker was 2-for-4 with a double. Freshman Hunter Hart was 1-for-3 with a triple and RBI. Junior Nikki Wild was 2-for-4 with a homerun and three RBIs, and Junior Sarah Snider-Leonhauser contributed a triple and two RBIs.

"We have a pleasant surprise in freshman Hunter Hart as well. She could really help this team in a number of ways. We are going to play great defense and make all the plays. If our pitchers throw strikes and we hit and field like I know we can, there is no reason that we cannot be just as successful as last year."

At this early point in the season, the Neshaminy High School softball team is looking great. Hopefully they can keep this great start, up for the rest of the season. And return to the state championship once again to avenge last season's heartbreaking loss.

## Tennis season gets into full swing

By Eric Rotteveel  
Staff Writer

The boy's tennis season is in full swing as Neshaminy looks to put forth a strong 2014 campaign. The team looks to combine senior leadership and young talent to put wins together on the court in a tough league filled with many talented teams.

The beginning of the season has been rocky for the boys as they have started the season 1-4 with the lone win coming against Bensalem. They have suffered some tough losses against Suburban One League powers Pennsbury and Council Rock North but Coach Bill Bech looks optimistic that his team can turn it around.

"We're off to an average start, and lack of practice time due to weather has made improvement tough, but now we're beginning to get into a rhythm as the season progresses," said Bech. "I expect more improvement throughout the season, and we'll be very competitive. Our goal is to be better at the end of the season than we were at the beginning."

The team will be led this season by top players Nathan Fioravante, Harris Rothfeld, and Martin Mochol. Rothfeld brings experience as a senior while the freshman Mochol brings young talent

to the squad. The most heavily relied on player will be the sophomore Fioravante, who is expected to be their top player this year.

Fioravante comes to Neshaminy after a stellar season at Holy Ghost where he was the number one singles player on his team as a freshman. He advanced to the district finals in singles with a record of 17-7, and also qualified for states in doubles. It is no surprise that Coach Bech speaks highly of his top player.

"Nathan will be our number one player this year," said Bech. "He is a great player that comes from a strong tennis background and a strong tennis family."

Even after his success last year things will not be easy for Fioravante with many great seniors throughout the Suburban One League. It will be a challenge, but he is excited for the competition.

"I really want to try to do my best against all of the tough opponents in the league," Fioravante said. Coach Bech believes that the competition in the league will help Fioravante. "Playing tough competition will only make him better," Bech said.

Although the start of the season has not been ideal for him or his teammates, he too is excited for what is still to come. "We're off to a slow start, but I think we can turn it around because we have young talent that can develop throughout the season," Fioravante said

With a strong group of underclassmen led by Fioravante and Mochol, the future looks bright for the team. The experiences they gain this year will give them a big edge in the future.

With the remainder of the schedule still to be played, the focus for the team is on improvement by the end of the season.



WARMING UP--Varsity squad member Nathan Fioravante gets ready for a return against Tennent on April 8.

Photo/ Ali Kaufman



EYE ON THE PRIZE -- Off to a successful start early this the season, the varsity softball squad is looking to return to the state championships, and win.

Photo/ Corey Laquay

## NESHAMINY ATHLETE OF THE ISSUE

### Track star continues to make history

By Reed Hennessey  
Sports Editor



MAKING HISTORY--Sophomore Dasia Pressley is first in the state for the 200 meter race and has broken many school records already.

Photo/ Reed Hennessey

During her short time at Neshaminy Pressley has accomplished quite a lot breaking multiple school records. Pressley has broken the school record in the 200 meter with a time of 24.46, and a member of the four by 100 meter relay team that broke the previous school record with a time of 48.43, and those are only the records Pressley has broken on the spring track team.

"I first started running in seventh grade at Sandburg," sophomore track star Dasia Pressley said. Pressley's most recent, and largest accomplishment came when she became the PA State Indoor 200 meter champion and was ranked fifth in the nation

On the winter track squad Pressley has broken records in the 60 meter dash with a time of 7.66, the 55 meter dash with a time of 7.19, the 200 meter dash with a time of 24.42, and was also a member of the four by 200 meter team which set a new record this past year with a time of 1:45.63.

"My success, first off, comes from the talent that God has blessed me with... determination, hard work, and dedication are the key to any success," Pressley said.

Pressley certainly has the raw talent that makes a great runner, accompanied by the right attitude. The attitude that tells her to practice hard and never fall behind; "She's just a hard worker, always wants to do better, and is a true leader. She will be captain next year for her junior and senior year," Head Coach Margie Stefan said.

Although Pressley is only a sophomore, she has received many calls from universities with top track programs. Among those universities is Louisiana State University, whose track team is currently ranked eighth in the nation.

"Dasia will get a full ride for sure, LSU has already contacted her," Stefan said. As the spring season has just started Pressley certainly has a lot left to accomplish this season, but is only showing signs of improvement.



**Moish & Itzy's**

21-22 Summit Square Shopping Center  
Langhorne, PA 19047

215-860-4601 [www.moishanditzys.com](http://www.moishanditzys.com)

**EXCEPTIONAL CATERING**

Gary Schindler - (215) 913-2430

Home & Social Events, Special Occasions  
Corporate Catering Specialists



Like us on  
**Facebook**

~Familiar Places

Reed Hennessy

Familiar Places  
Familiar Spaces  
Me surrounded by myself  
and I

The cheers and music sound  
out in the distance  
Thoughts of depression,  
regression, concession

The world passes through my  
skull like a bullet  
I was never asked to be me  
I visit these Familiar Places

Neshaminy's Literary Magazine:

# Howler

~Gradual Burial

Gauri Mangala

You aren't just pushed a mile under  
into entombment all at once.  
It is more like a gradual burial.  
Just six inches.  
Some words of scorn.  
Six inches deeper.  
No appreciation.  
Six inches deeper.  
No smiles.  
Six inches deeper.  
No hugs.  
Six inches deeper.  
It all adds up.  
And six inches adds up.

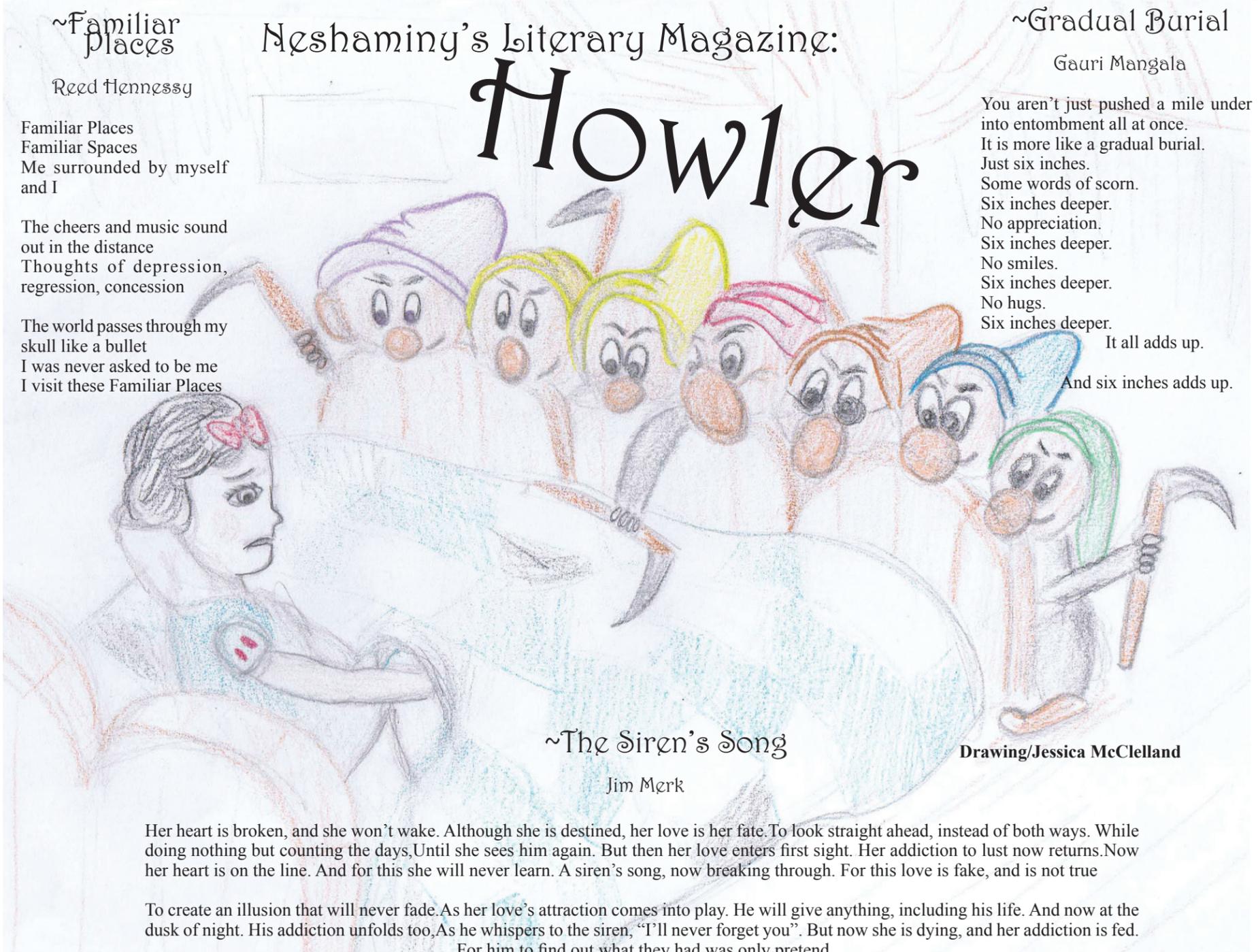
~The Siren's Song

Jim Merk

Drawing/Jessica McClelland

Her heart is broken, and she won't wake. Although she is destined, her love is her fate. To look straight ahead, instead of both ways. While doing nothing but counting the days, Until she sees him again. But then her love enters first sight. Her addiction to lust now returns. Now her heart is on the line. And for this she will never learn. A siren's song, now breaking through. For this love is fake, and is not true

To create an illusion that will never fade. As her love's attraction comes into play. He will give anything, including his life. And now at the dusk of night. His addiction unfolds too. As he whispers to the siren, "I'll never forget you". But now she is dying, and her addiction is fed. For him to find out what they had was only pretend.



Gregory P. Zimmerman

Owner



215-354-1645

[allamericanfuelco.com](http://allamericanfuelco.com)

SAME DAY DELIVERY

what is the...?



## NHS Graduation Project

SPIN's Graduation Project Meeting  
Wednesday 5/14/14 • 7PM BLACK BOX THEATER

The graduation project involves research, writing and presenting knowledge required for high school graduation. SPIN's meeting is primarily for 11th grade parents, but ALL are welcome to join us!

**SPIN**  
Student Parent Information Network

# NESHAMINY



# THE NETFLIX EFFECT

## Popularity of Netflix streams across the country

By Jessica McClelland  
Staff Writer

Netflix is perhaps one of the most innovative concepts in contemporary entertainment. This addicting website allows people to stream shows and movies over the internet and onto their computers, televisions, or phones. This allows the viewer to choose from thousands of titles and watch full seasons of shows or movies without ads or commercials for only \$7.99 a month.

The accessibility of Netflix has caused movie rental stores like Blockbuster to become obsolete. Now people can watch whatever they want, when they want and wherever they want all with the touch of a button. In 2013, Netflix subscribers watched a total of two billion hours of shows and movies. But what shows are people actually watching for hours at a time?

Original Netflix shows



STREAMING -- Senior Ton Do-Nguyen is caught watching Netflix during his English class. Netflix is a popular movie-and-television-series streaming website that many Neshaminy students have caught onto.

Photo/Gillian McGoldrick

, unavailable outside of the streaming website, have become immensely popular. "House of Cards" and "Orange is the New Black" are fan favorites among these. "House of Cards," a show about a conniving congressman and his wife, just released the full second season on Feb. 14.

Many binge watched the show for hours on end until finally finishing-- and demanding more. The result, Netflix has already signed off for a third season.

Even President Obama was excited for the second season. "Tomorrow: @HouseOfCards. No spoilers please," President

Obama tweeted on Feb. 13.

"Orange is the New Black," a show about a woman who is sent to jail for 15 months after transporting drug money to her girlfriend, received more ratings and viewings in its first week than the show "House of Cards." The show is not completely appropriate for teenagers because of nudity and inappropriate language. However, older age groups are excited for the second season on June 6.

Other non-Netflix original shows that people are watching on the website include Breaking Bad, Friday Night Lights, Pretty Little Liars, The Walking Dead, Sherlock, Downton Abbey, Gossip Girl and Scandal. "Netflix is my life. How else would I watch Gossip Girl for hours every night," Maddy Macdonald, a sophomore at Neshaminy who loves Netflix said.

NETFLIX		Seen every season? Every episode? Here's how much time you've spent watching:
Breaking Bad	2 days	14 hours
The Office	4 days 1 hour 30 mins	
gossip girl	5 days 1 hour	
FRIDAY NIGHT LIGHTS	3 days 4 hours	
HOUSE of CARDS	1 day 2 hours	

Graphic/Corey LaQuay

"Breaking Bad," the second most-watched show on Netflix, chronicles the legacy of Walter White, a teacher who was diagnosed with lung cancer and begins making and selling the addictive and illegal drug methamphetamine. It had its series finale on Sept. 29, 2013 with a total of 10.3 million viewers which was record breaking.

The number one show at the moment is "Friday Night Lights." The series is about a high school in Texas and the football team, family and friends. The show was the number one show on television with six seasons. The show finally had its series finale in 2011.

According to Netflix's official website, the streaming site has over 44 million streaming members worldwide. This number will continue to grow as the website becomes more and more popular and people realize the great opportunities that the site offers.

"I like to watch shows on Netflix because I don't have anything better to

do with my time after school," Madison Piuma, a sophomore at Neshaminy who is slightly obsessed with Netflix said. "As long as I have food and Netflix I'll be alright."

Netflix is a great way to watch full seasons of shows and movies without commercials. There is a fine line between liking it, and being obsessed. Most people cross that line after watching one episode of "Breaking Bad" or "House of Cards."

The question lies, what makes Netflix so successful? Mainly, it is available on many different technical platforms. Smart phones, video game devices, televisions and computers are some of the possible ways to fix a person's need for Netflix.

Netflix is the new fad for the 'Millennials'. It has an extreme variety of content for anyone's interests. Whether the show features a suspicious chemistry teacher or a women's correctional facility, there is definitely something out there for all.

## 'How I Met Your Mother' finale leaves many unhappy

By Matt Cruz  
Staff Writer

One of the most consistent and successful sitcoms in TV history came to an end on March 28 as the hit series "How I Met Your Mother" had its series finale.

The episodes leading up to the finale have featured the wedding of Robin (Cobie Smulders) and Barney (Neil Patrick Harris), news of a second child on the way for Lily (Alyson Hannigan) and Marshall (Jason Segel), and a flash-forward conversation between Ted (Josh Radnor) and the Mother (Cristin Milioti) that led some fans to speculate that she may be dead by the time the story ends.

The finale though sparked up much controversy.

When Ted finally finished the story for his kids, they called him on it: His story wasn't all about how he met their mother (she was barely in the story), it was about how much he loved Robin.

As many had theorized, the mother of Ted's children (Tracy McConnell), had been dead for years by the time he told his story.

One of the many flash forwards in the finale was when Ted went to the street in front of Robin's apartment and showed up with that blue French horn, the same one he stole for her in the first episode.

Robin, of course, had long ago divorced Barney -- the first big shocker of the night.

Barney, however, we would learn, he's a father, and in one of several touching scenes from the episode, finally found the love of his life in baby Ellie.

Marshall and Lily, pregnant with their second child in the present day, went on to have a third as seen in one of the many flash forwards.



IT'S OVER--Many loose ends from the beginning of the series were tied together on the "How I Met Your Mother" series finale that aired on March 31. Photo/CBS Television Network

And the mother? The meeting between the two is seen at that train station. This is where the two first meet and the connection is instantaneous. It was played perfectly by Josh Radnor and Cristin Milioti to fully captivate all of the hype the past nine seasons have built up for this first encounter.

They couldn't get married for several years after however, due to the fact they had a baby on the way.

Ted, shared with his kids that he learned he had to love their mother with everything he had to give her especially during her illness which led to her eventual death.

Needless to say, the show stayed true to form, as it had in all its nine years, making viewers uncover emotions that sitcoms don't normally expose. And if someone's eyes stayed dry through the entire episode, they're probably stronger than most viewers.

"I've been following the show for years and I never would have expected it to end like that," Neshaminy junior Brendan Grady said, "It was awesome."

It is toss up which is more impressive about the show, that a sitcom could last 200 episodes with what sounds like a one-idea basis or the entire original main cast has remained with the show for the whole run, the only change being the addition being Ted's wife season eight.

Neither does this: Of the show's first 184 episodes, 172 were directed by the same person, Pamela Fryman.

"How I Met Your Mother" has had remarkable consistency over this nine year run. According to the NY Daily News, the show averaged 9.47 million fans per episode in season one, compared to the 9.67 million in season seven and 9.02 million in season eight.

The finale itself attracted 12.9 million viewers. This was the best turnout in the shows nine year run.

Some say the series ended terribly, others say there wasn't a more perfect ending, either way one can't deny their near impeccable nine year run as one of the highest rated sitcoms in the history of modern television.



Vince McGlynn - Owner

PA Safety &



Emissions Inspections

**McGlynn's**  
*Automotive Service*

*We Repair All Makes & Models*

**215-741-2738**

131 National Ave., Langhorne, PA 19047

# Son Alti raps their way to success



By Julianne Miller  
Circulation Editor

Amongst the many different forms of talent here at Neshaminy High School, one group in particular is creating a name for themselves in the greater Philadelphia area. Son Alti, which translates into 'the last six' in Turkish, is a rap group consisting of five of Neshaminy's very own and one student from Archbishop Wood High School.

Beginning in 2013, Ansu Kaba, Alex Welhaf, Matt Cullen, Alex Nanni, George "Trizzy Mack" Dickerson and Brendan Eckelmeyer formed Son Alti when they felt they had a "solid team of talent that could be trusted," Welhaf said.

"We make music - preferably rap. I'm mainly promotions and 'hype man' for Matt on performances. Welhaf DJs all of Matt's sets and produces beats. Trizzy, Brendan and Nanni rap and are featured on most of Matt's mixtapes," Kaba said.

With musical inspirations such as Casey Veggies, Torey Lanez, Meek Mill and, of course, Tupac, they mutually made



Son Alti members and Neshaminy students Ansu Kaba, Alex Welhaf, Matt Cullen, and George Dickerson plan to continue to perform and produce new music in the months to come. More information on Son Alti can be found on [Soundcloud.com/sonalti](http://Soundcloud.com/sonalti)

*Photo reproduced by permission/www.soundcloud.com/sonalti*

the decision to become a group based on passion, compatibility and convenience with Welhaf owning two studios as well as Cullen owning one, each in their homes.

Son Alti holds practices once a week to ready themselves for performances held at Philadelphia venues. For convenience and listening pleasure, their music is posted on [Soundcloud.com/sonalti](http://Soundcloud.com/sonalti).

The boys are holding big expectations for this summer along with hopes of expanding their already rapidly growing fan base. New types of music, a series of music videos as well as rumors of another show featuring their new music have been in circulation.

Although Son Alti has not yet scheduled any dates for upcoming performances, make sure to be on the lookout for any announcements.



# Festival Fashion

By Monica Dinh  
Entertainment Editor

With summer just around the corner, festival season is kicking up and that means an array of talented artists and



*Photo Reproduced by Permission/Emma Batis Arnold*

state-of-the-art fashion. From Coachella to Bonnaroo and Firefly to Governors Ball; festival outfits are typically centered on functionality, airiness, and each person's particular personality.

Bohemian style is directly associated with summer music festivals. Bohemian essentials include flowing ruffled maxi skirts, floppy hats, crocheted sweaters, and peasant tops.

In 2013, there was a blowup of high waisted denim and crop tops. As for 2014, denim shorts and crop tops are considered to be a main staple along with some comfortable shoes. Shoes need to have the ability to tread around in grass, muddy fields, and ash ridden bonfires. Some basics include Converse, espadrilles, Chelsea boots, Wellingtons, and holographic sandals.

It cannot be forgotten that the weather isn't always cooperative so it's a smart idea to be prepared. Bring shoes that can get dirty along with a sweatshirt or an anorak to stay dry. Basic army anoraks, denim jackets, and floral bombers are a few needed essentials.

Taking inspiration from festival style icons like Vanessa Hudgens and Alexa Chung, it's always very important to stand out, but also to be comfortable.



*Photo Reproduced by Permission/Emma Batis Arnold*

According to an article published on Teen Vogue's website, Alexa Chung said, "I don't really like 'festival fashion,' because it goes against anything I do like, which is classic, easy, and wearable." Personal touches can be made by wearing or adding unique pieces like boldly printed tops, pantsuits, rompers, overalls, kimonos, and sheer dresses. Other ideas are going a little bit unconventional. Festivals are expected to have some unconventional dressers, but in the end music goers should wear whatever makes them feel comfortable.

# Beyonce: wraps up world tour, fiercer than ever



By Emily Scott  
Op-Ed and Business Editor

Changing the name of R&B, Beyoncé's past year has been incomparable. While keeping an entire video album a complete secret, she also was touring the world. 132 shows on four continents have created her longest tour to date.

It has been one year since she began "running the world" on the Mrs. Carter World Tour. Starting in April 2013, she toured from Serbia and made her final performance in Portugal March 27.

"If there were any doubts that she is the Queen before 2013, there certainly aren't any now," senior and class president, Ton Do-Nguyen.

During her last performance, the Grammy-winning singer broke down onstage as she discussed her time on tour with her fans.

"I want them to see me [her fans]. If you all don't know, tonight makes 132 shows," Beyoncé said. 132 shows over the course of one year; it is hard to understand the emotional toll being away from her home could take on her, yet, she did this with such unimaginable passion.

In the past year, she has reached new limits in achievements for herself. Since departing for the Mrs. Carter tour,



Beyoncé Knowles finished her international tour and solidified her position as music's top woman. Her empowering songs off of her new album and her strong sense of being have made her a great role model for young girls and her tour impeccable. *Photo/ Beyonce Official Website*

she released a Top 100 self-titled album, celebrated her daughter, Blue Ivy's second birthday and her fifth anniversary with husband Jay-Z. These have been moments she will never forget.

"She just continues to grow and

evolve so much as an artist. The success is well deserved. I'm so happy for her and proud to call her my favorite artist," Do-Nguyen said.

"I just want you to know that I am so lucky. I'm giving y'all my ugly cry. Thank you for allowing me to have a career. And when I fall, you lift me up. I dedicate this song to you guys," she said, while crying during her last song of the tour.

"She had been on The Mrs. Carter World Tour for a whole year and it brought many twists, turns and milestones. She is such a humble, amazing human being," Do-Nguyen said.

After the performance, it was a celebratory moment. It marked the end of a long, hard-working journey that left her blessed. Husband Jay-Z, who joined her in the last show, greeted her with a bottle of wine and posed for a few pictures.

Some of the tour traditions included writing what shows they were up to in tape below the stage and every city she visited on a white board.

All the long hours and hard work to create the history-making tour were worth it. It was certainly her most successful tour to date. Even before the tour had reached its final stretch, it was number 2 on Pollstar's year-end Top 20 Worldwide Tours list, grossing \$188.6 million at the end of 2013.

Beyoncé has changed the name of R&B. She has set the standards impossibly high for female singers in the industry in the past year with her unforgettable Mrs. Carter World Tour and will continue to do so for the remainder of her career.

**P** priority event planners  
coordination, planning & design services  
graduation parties | sweet 16 | bar/bat mitzvah

215-313-6643  
events@priorityeventplanners.com  
www.priorityeventplanners.com

# AUTISM AWARENESS

## Change it Up Club: Taking initiative to spread Autism Awareness for month of April

By Kayla Gowen  
Staff Writer

Autism is highly over-looked by many people who aren't personally affected by it. In order to get people involved and educated on the topic, the entire month of April has been dedicated to Autism Awareness.

Autism is often known as autism spectrum disorder (ASD) and those with autism fight every day to overcome a wide range of disorders. Many who have autism have social impairments, communication difficulties and are restricted from doing many everyday things.

Neshaminy has proudly taken a step in the right direction and thanks to teacher Sandy Spong. Spong runs Neshaminy's Change It Up Club and has taken the time to celebrate Autism Awareness and to make the school aware of ways to help. "Communication; speaking and hearing, knowing how we interact with others and how others accept us, developing friendships and positive family interaction are all part of our daily lives," Spong said. In order to help and develop a better environment in the Neshaminy community Spong has advised a wide spread of communication.

Spong is also spreading the word on walks the raise money towards autism awareness. Shirts are also being sold around the school for the cause and to raise money for a Diversity Social event

taking place on April 30, 2014.

"The Change It Up Club's mission is to help people in our community in their everyday struggles," Spong said. By getting involved one can help more than will ever know, even if it is just helping someone make a new friend.

In the Bucks County area there is a wide spread of organizations and volunteers who dedicate their time to make a better society for those who have autism.

Organizations, such as Bucks County Autism Support Coalition (BCASC), are dedicated to helping parents and teachers with children with autistic needs.

It is extremely important for a community of people to be aware of autism and take action, not only in the month of April. There are many ways to help those with autism overcome their challenges. Early diagnosis happens to be a very important part of helping children with this disease.

Though one may not be able to diagnose someone with autism on their own, there are many people willing to help.

It is very important to learn about autism and not be so quick to judge. Those with autism are just a like anyone else who has feelings.

Contributing to Autism Awareness can be as easy as volunteering in the community or helping someone with autism make a new friend.



1 in 68

Children diagnosed with autism (2014)

1 in 150

Children diagnosed with autism (2007)

Source/ Centers for Disease Control and Prevention

## First pitch thrown by student on Autism Awareness Night

By Maddy Buffardi  
Managing & Student Life Editor

The Phillies annual Autism Awareness Night at Citizen's Bank Park was held on Monday April 14 and started at 7:05 p.m. For the special event, the Phillies teamed up with an organization called Autism Speaks and all net proceeds from the event went to the charity.

Autism Speaks was founded in 2005 by Bob and Suzanne Wright. Since then, Autism Speaks has grown to be the largest autism science and advocacy organization that's dedicated to funding research towards the causes, prevention, and treatments of autism.

This year, Neshaminy junior Kevin Greco was chosen to throw the first pitch on Autism Awareness Night. Greco is very enthusiastic about sports and is involved in TOP Sports; a sports program for children with autism. TOP Sports allows them the opportunity to work with other children from local school sports teams.

One of Kevin's teachers from the IU, Megan Hance, expressed that Greco is unique because of all the outside interests he has. He is very involved in many different activities outside of school and is described by many as extremely active. "Autism Awareness Month is important because it brings understanding and acceptance to the community," Hance said.

Greco's aid of three years, Loretta Benedetto, shared that Greco has a very artistic side. Benedetto said that she feels when Kevin is in art class he is very much himself and produces very impressive work. Aside from his artistic abilities, Greco also loves music and is almost always listening to something.

Greco and his family participate in multiple autism awareness organizations and work continuously to promote the awareness of disorders on the autism spectrum as well as raising money for treatment and research.

Greco said his favorite team is, of course, the Phillies and was beyond excited to throw the first pitch on Monday. When asked who his favorite player is Greco said he most likes the Phanatic.

"It's great, I'm happy," Greco said when talking about the Awareness Night the Phillies hosted.



FIRST PITCH-- Neshaminy Junior Kevin Greco can be found with his friend Lauren Kurtz, his aid Loretta Benedetto and his teacher Megan Hance. Greco threw the first pitch out at a Philadelphia Phillies baseball game on April 14.

Photo/Maddy Buffardi