



THE VOICE

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Hetil Patel

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Writers:

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Chelmsford In Tune: A Night of Musical Wonder

by Hetil Patel

On January 11th, hundreds of enthusiastic parents, students, and faculty entered the Performing Art Center (PAC) for a night of musical wonder, known as Chelmsford In Tune. Chelmsford In Tune is an annual musical event that gives the students and faculty of Chelmsford High School an opportunity to showcase their musical talents. This event is sponsored by LIME (Leadership In Motion Everywhere), an after-school leadership club. LIME donated the proceeds from this event to Thirteen Reasons to Fly, a non-profit organization lead by Isabel Cole.

The first act of the night was Revolution by The Beatles, performed by the Middle Men, a four-man band lead by our very own English teacher, Steven Courtemanche. Many CHS students took part in the event, including Emily Rice, Teagan Gauntlet and Julia Blair, who performed Valerie by Amy Winehouse, Feeling Good by Nina Simone, and A Change is Gonna Come by Sam Cooke (respectively). Mr. Shea and Mrs. Arena performed a memorable rendition of the song Looking Out My Backdoor by Creedence Clearwater Revival, made memorable due to Mr. Shea’s accompanying dance, in which he thrust his hands in a downward motion while kicking his legs up. Two of our French teachers, Madame Gadbois and Madame Chagon, also performed, singing Mon Vrai Destin by Peter, Paul, and Mary. Their performance touched the audience, and even got some students to wave their “flashlights”. Our newest Physics teacher, Mr. Sousa, performed Waiting for my Real Life to Begin by Colin Hay. In a change of pace from other more emotionally heavy acts of the night, Fiona O’Hearne sang Peace and Love from the animated TV show Steven Universe, and accompanied themselves on the ukulele. Additionally, some more recent songs that were performed included: Lost Boy by Ruth B., which was sung by Deviana Smith with Cynthia Lu on the piano, and When We Were Young, sung by Lyla El-Gamal.

The night came to a close just as it had started, with a performance by the Middle Men. Of course, this is just a selection of a few of the many talented acts from that night. All in all, Chelmsford In Tune was a major success, with an all-time high audience attendance and a profit of 1,500 dollars, which was donated to 13 Reasons to Fly. The Voice and Chelmsford High are eagerly anticipating next year’s show!

Invaluable Valentine's Day Advice

by Fiona O'Hearne

I know what you're thinking, "But, Fiona, it's March, and Valentine's Day has already come and gone!" Indeed, this is true, but it is never too early to start preparing for next year! Valentine's Day can be an especially stressful holiday, since it is centered around feelings, something many of us are not very good at expressing. And the possibility of rejection and social alienation is truly terrifying. But never fear! I, a very wise and experienced person (I'm now seventeen years old, so I'm pretty sure I know just about everything) am here to provide you with the very best advice on how to handle Valentine's Day.

What is the best Valentine? Should I make one or buy one?

You can always buy a Valentine if you're short on time, but the best Valentines are home made. Even if you are not super crafty, it is not too hard to make a nice card.

Here's a very simple step-by-step guide to making the perfect Valentine. Feel free to customize the decoration a bit, but the message is very important.

- Step 1: Select a nice piece of red or pink paper
- Step 2: Fold the paper in half, making sure to be precise
- Step 3: Take a pencil and lightly sketch out a half of a heart on one side of the folded paper (drawing from the crease you've made, and then outward)
- Step 4: Using child safe scissors (very important!) cut out the heart
- Step 5: Assemble any markers, colored pencils, lace, glitter glue, stickers, rhine stones, glitter, family heirlooms, pet fur, or other accessories desired for decoration
- Step 6: Unfold the heart you cut out
- Step 7: Decorate the border and body of the heart as desired, keeping in mind that you'll need to be able to write a message in the center
- Step 8: Pick up your trusty quill pen (a calligraphy pen will do in a pinch) and dip it in your inkwell (I recommend using gold ink for that romantic flair)
- Step 9: At the center of your heart, carefully write "To the most wonderful person in the universe, who is lovely and truly deserving of praise, Fiona O'Hearne."

And there you go! The perfect Valentine made simple.

Are Valentine's only for people you like romantically?

Well, in general Valentines should only be given out to people you're romantically interested in, but there are exceptions.

- You need something from someone and you know they're naive and starved for attention.
- You recently dumped someone. In this case, give them a nicely made Valentine emblazoned with the message "Sorry for your loss".
- Someone recently donated you one of their vital organs and you feel obliged to thank them (but obviously not monetarily!).

How should I get a Valentine to someone I like? Should I slip it in their locker? Give it to them in person?

The delivery of the Valentine is almost more important than the card itself. Slipping it in their locker seems like a good idea, because it gives them time to mull over how they feel about you, and decreases the possible awkwardness. However, that is the safe, comfortable, way out. Valentine's Day isn't about being comfortable. It's about laying out your intimate feelings for all to see, making you nauseatingly vulnerable, and most likely ending in soul crushing rejection. So go for the in person delivery! Sweaty palms and shattered self respect are just added bonuses.

Should I get my Valentine chocolate or flowers? Is that too over the top?

First of all, nothing is ever too over the top. I'm not even entirely sure what that expression means. Secondly, while chocolates and flowers are nice, they're rather simple. Anyone can go out to CVS and pick up a box of assorted chocolates for \$6.99. No, those gifts are passe, they're overdone and not genuine. Do you know what really says "I love you" ? Real estate.

But in all seriousness, Valentine's Day is all about love. It's about telling the people in your life that you care about them, and appreciate them. Love takes many shapes and forms, and Valentine's Day can celebrate all of them; romantic love, platonic love, familial love, admiration and respect, a crush that could possibly turn into love (eventually), or even love for a pet. So don't take any of the "Invaluable Valentine's Day Advice" seriously (it's not meant to be). Instead, celebrate the wonderful people in your life, and I hope you all have a lovely Valentine's Day in 2020.

Clint Smith Comes to Chelmsford

by Thomas Kerkhove

*I celebrate each breath, tried to start counting
them so I wouldn't take each one for granted.
I wish I could give my breath to the boys who
had theirs taken, but I've stopped counting*
-“Counting Descent”

I recently had the pleasure of not only reading these words, (as I picked up a gratuitous copy of Clint Smith's *Counting Descent* on my way out of the local library) but in hearing the poet's very words read aloud a month later at the library through their REACT community engagement program. REACT (Read, Engage, and Come Together) is a civics program at the Chelmsford Public library that has sought to explore six community-related issues since October of last year. The January-February 2019 focus is on racial justice, and future topics include LGBT+ equality, immigration, and public education. As part of the theme and a One Book program, Smith, a poet and educator as well as a Harvard doctoral candidate focusing on racial biases and educational opportunities in juvenile incarceration, was invited to speak on his collection of poems, the abovementioned *Counting Descent*, as well as his experiences teaching writing in prisons and his research.

*when someone breaks me they call it a crime
they call it property damage
they call it breaking the social contract
when someone breaks you they call it inevitable
they call it your fault
they call it Wednesday*
-“What the Window said to the Black Boy”



I can't put up any pretense: seeing Smith is the first time in my life that I have attended an author meeting, and I was fairly nervous with little knowledge of what to expect. I was painfully aware of how I had skipped one poem at the end or glanced over a few. How I had forgone dissecting the work, instead attending the event just to see what it would be like. I thought to myself, The audience knows, and when he comes to the podium, Smith will know too. Suddenly, Smith walked up, gave a smile, and started out with a joke about the sleep deprivation from parenting (a bit over my head, as the under-18s, or even the under-40s, made up a minority of the audience). He told his audience to drop the golf claps and finger snaps; enjoyed work should be met with a contemplative mmmmm, moving work with a hearty Jay-sus! I felt my fears dissipate. The next hour was filled with insightful commentary interspersed with Smith reading relevant poems. He spoke with an expressiveness that proved why poetry should be performed, not only read. Of course, what else could be expected from a National Poetry Slam champion? The audience continually erupted with mmmmm's and broad, moved claps. In discussing racial dynamics, Smith developed a powerful approach to educating the audience, it was reasonable and authoritative, yet as impactful and valid as a forceful statement of the subject's truths and realities.

*It tastes like the time you were a boy
& saw all those men in orange picking
up trash along the street, a man in blue
watching them from atop a horse. How
they kept the roads clean but the whole
thing made you feel like dirt. How the
man on top of the horse looked like he
thought he belonged there, like he deserved
praise for keeping everything in order.*
-“The Men in Orange”



Smith drew on his childhood experiences, especially the moments where the significance of his race became evident. How a water gun becomes deadly when he is the one to hold it as opposed to his white friends. How the statues he passed every day in New Orleans honored men who wanted people like him to remain chained and subservient; how that chaining remains to this day with the inordinate amount of black youth incarcerated. I was shocked by the fact that the majority of students in America still believe the primary cause of the Civil War to be states' rights, shaken by the reiteration that Washington was just as heartless in his ownership of human property as Jackson, stunned that a child my age can see the rest of his life and education confined to four concrete walls surrounded by barbed wire. Here, I thought, was a vital discussion that many turned away from due to its complexity, stated simply in such a powerful manner that the uninformed and the seasoned within this debate alike come away with new understanding. There was only one way to ingrain this new knowledge in my memory. I called my mother, weary from a long day, to have her deliver me my copy of *Counting Descent*, and brought it up to Smith so that his work, his speech, his viewpoint could be tangibly signed to match the signature in my mind. It should come as no surprise.
I have always used words

*to try and convince the world
that I am worth something.*

-“Today I Bought a Book for You”

Material reproduced from *Counting Descent* with permission from Clint Smith



A LONG SNOW DAY

Playlist by Lily Scheipers

Indians Never Die	Black Belt Eagle Scout
Liquid smooth	Mitski
Glowing Brightly	Florist
Different State Of Mind	Kid Bloom
Strawberry Season	Aubrey Huntsman
Trapped in a Club	SALES
Plants	Crumb
Hanging From the Ceiling	The Velveteins
Coffee	Beabadoobee
You Don't Know Me	Caetano Veloso
Driving To Hawaii	Summer Salt
Black Hole Sun	Scott Bradlee's Postmodern Jukebox
Intern	Angel Olsen
Oh Klahoma	Jack Stauber
Busses Splash With Rain	Frankie Cosmos

On the “Green New Deal”

by Matt Waterman

The Green New Deal is Rep. Alexandria Ocasio-Cortez’s latest masterpiece - a mess of ideals rather than solutions which has been appropriately likened to a cobbled-together high school paper. It is an absolute mess: contradicting itself, proposing some impossible goals and many impossible actions. It poorly attempts to tackle renewable energy, transportation, technology, labor, and climate change. It does not do any of these things well.

Some of its goals are admirable, like “meeting 100 percent of the power demand in the United States through clean, renewable, and zero-emission energy sources”. This sounds like a good idea. Current power sources are clearly taking their toll on the environment, and so replacing them with more sustainable sources - solar, wind, hydro, nuclear - seems like a good solution. However, there are two main problems with this. Issue number one is the lack of actual proposed solutions. The language of the deal stumbles around what could be considered actual action, most of which rests on directing hundreds of billions of dollars to new “committees” and “boards”. Instead of providing dates and locations, the Green New Deal provides more opportunities for big government and bureaucracy to waste taxpayer dollars. Issue number two is the list of ‘sustainable sources’. Unlike my list earlier, the Green New Deal doesn’t believe in nuclear power. In fact, it calls for a complete elimination of nuclear power. Nuclear power is a zero-emissions energy source. Somehow these two things don’t add up. Building upon the wobbling house of cards that is its goals, the actions outlined in “What the Green New Deal Will Do” are even worse. Though this section has many issues, it is not until clause 5 that the Green New Deal moves from idealistic proposal to impossible pipe dream. Clause 5 says that it will “End unemployment in America once and for all by guaranteeing a job at a living wage for every American willing and able to work”. This has obvious flaws, as some are just unable and unqualified to work. Don’t want to work? Doesn’t matter! A fact sheet released by Ocasio-Cortez says that it will provide “economic security for all who are unable or *unwilling* to work”. In this line, the veil over what is really just a piece of socialist propaganda gets even thinner.

The Green New Deal is unpassable because of clause 2e, even if one can accept the rest of the resolution. Forget the efficiency of nuclear power, accept socialism, and pour billions of taxpayer dollars out to accomplish nothing. All said, there is still an unresolvable problem for the Green New Deal. Clause 2E calls for “upgrading all existing buildings in the United States and building new buildings”. Upgrade ALL buildings, of which there are over 100,000,000? This is absolutely ridiculous. There are not enough laborers in the entire world to get this done, let alone the United States. Even if there were, it would cost trillions of dollars. This sentence alone should disqualify the Green New Deal as a passable piece of legislation.

It is clear that the Green New Deal was not thought out, and is really just a set of vague goals being used to mask the implementation of socialist policy which would obliterate the American economy.

(This is an opinion piece and does not necessarily reflect the views of The Voice staff or the school. We are trying facilitate civil discourse and will accept any responses for our next issue.)

HACK YOUR BRAIN WITH HYPNOSIS

The Placebo Effect Works

by Sonya Voloboi

Far from the flare and eccentricity associated with “performance” hypnotists, Amanda Ferguson’s serious demeanor makes her more likely to appear at a doctor’s office than a birthday party. Working full time at “New You Hypnosis and Reiki Center” in Chelmsford, Ferguson’s work spans far beyond the bound of sketchy mall booths and cruises. Visiting Chelmsford High to dispel the confusion associated with hypnosis, Ferguson gladly shared her experience with an auditorium full of Psychology students on November 21st.

Ferguson began her presentation by drawing a distinction between the conscious and subconscious minds, citing miscommunication between the two entities as a primary source of many problems. When someone is in a state of hypnosis they are primarily entering the realm of the unconscious, allowing for a sort of “healing from within”. However, not all hypnosis is activated artificially with the help of a professional, Ferguson qualifies any experience where one is not actively thinking as part of a hypnotic state. In fact, she even went so far as claiming “we’re all permanently in hypnosis until about the age of five,” citing driving, reading, and watching movies as similar hypnotic states. Ferguson brought up the appropriately named occurrence of “highway hypnosis” as an instance of disassociation and an entrance to the unconscious realm. While this does incite some fear about the safety of our fellow highway users, Ferguson uses this as a prime example of how natural and safe hypnosis really is. However, this example a double edged sword: If hypnosis is so common, how can it have any healing powers? If driving on the highway incites hypnosis truck drivers must be the most mentally healthy people in the world.

These healing powers, in my opinion, are predicated on a simple yet immensely powerful concept: the placebo effect. This is not to dismiss the positive effects of hypnosis, but to suggest that it being beneficial, and it being caused by self assurance, are not two mutually exclusive phenomenon. Ferguson herself demonstrated this in a quick interactive demonstration. While on stage, the hypnotist asked the audience to hold out both their hands in front of themselves, and proceeded to talk about how heavy one hand is and how light the other is. This is a classic trick to test the “coachability” (or more crudely, “gullibility”) of her clients. The ones whose hands moved far apart in response to being told one is heavy and one is light were the most likely to find success in hypnosis. Founded on the idea that people are open to suggestions and ready to be coerced, hypnosis uses this to incite positive change. Ferguson shares that about 98% of her clients come asking for help with stress management or breaking habits like smoking, excess gaming, or poor eating. Helping people improve their lives is a commendable cause, and as long as no one is being harmed, the means of this improvement are fairly irrelevant. Hypnosis can be summarized simply: if you believe you will change, you will.

This somewhat counterintuitive statement is at the core of the brief yet insightful “self hypnosis techniques” Ferguson demonstrated to the auditorium. The first one sounds almost too good to be true: Ferguson suggests that for anyone struggling to improve themselves, thinking a simple mantra, “every day, in every way, I am better and better,” every night before falling asleep can help realize this change. The hypnotist asserts repetition before bed can help reach the unconscious mind which will begin working towards the goal/change with the support of the conscious one. Simply put, self assurance works. As a final thought, Ferguson left the auditorium with a simple way to hypnotize one’s self by “rewiring the brain”. By simply taking an object like a filled water bottle or a phone and passing it from the left to the right hand in a rhythmic motion, better communication between the right and left brain hemispheres can be established.

This can help reduce anxiety, and is grounded in real psychology. Ms. Antetomaso, Chelmsford’s own AP Psychology teacher and organizer of the in school field trip, says “Hypnosis is one of the most misunderstood and controversial methods of psychological treatment. We are lucky to have Ms. Ferguson at CHS to demonstrate the validity of hypnosis and its use in clinical practice”. It is also worth noting that as of next year the College Board removed hypnosis from the AP Psychology curriculum, no comment was made to explain the change.

Reflecting on hypnosis as a whole brings back the age old question of “does it matter if it’s real if it works?”. It is undeniable that both historically and in the modern age, hypnosis has made a positive impact on many people’s lives in helping them manage stress, trauma, and self-jeopardizing habits. To draw a comparison, The New England Journal of Medicine published a study in 2002 about the effectiveness of knee surgery. In it, 180 participants were divided into placebo and real groups; the placebo group was given skin incisions but did not have the arthroscope inserted in “real” surgery. After 24 months, both groups reported nearly identical levels of knee pain, standing either as a testament to the weakness of arthroscopic lavage or the strength of the placebo. In my opinion, in the same way that this placebo knee surgery is still a valid way of treatment, so too is hypnosis. I’m not suggesting that all problems can be solved by self assurance and blind trust, but a surprisingly large number can.

On behalf of Chelmsford High, we thank Ms. Amanda Ferguson for coming to visit and facilitating such fascinating discussions.



Are There Not Enough Ethnic Teachers?

By Emily Rice

Throughout my years of schooling at Chelmsford High, the staff has undoubtedly had an impact on my experiences as a student. My teachers have not only taught me how to embrace my withering adolescence with grace, but also how to utilize my talents as a writer, a scientist, a mathematician, and a historian. All in all, I’ve learned a lot from the CHS staff, but this was made possible because I could relate to them, and they could relate to me. I recently began to wonder, what is it like for the students who do not see themselves reflected by any of the teachers? This thought was prompted by an observation I had that the staff at Chelmsford High School is primarily white. To gain some more insight into my question, I consulted my former sociology teacher, Mr. O’Keefe.

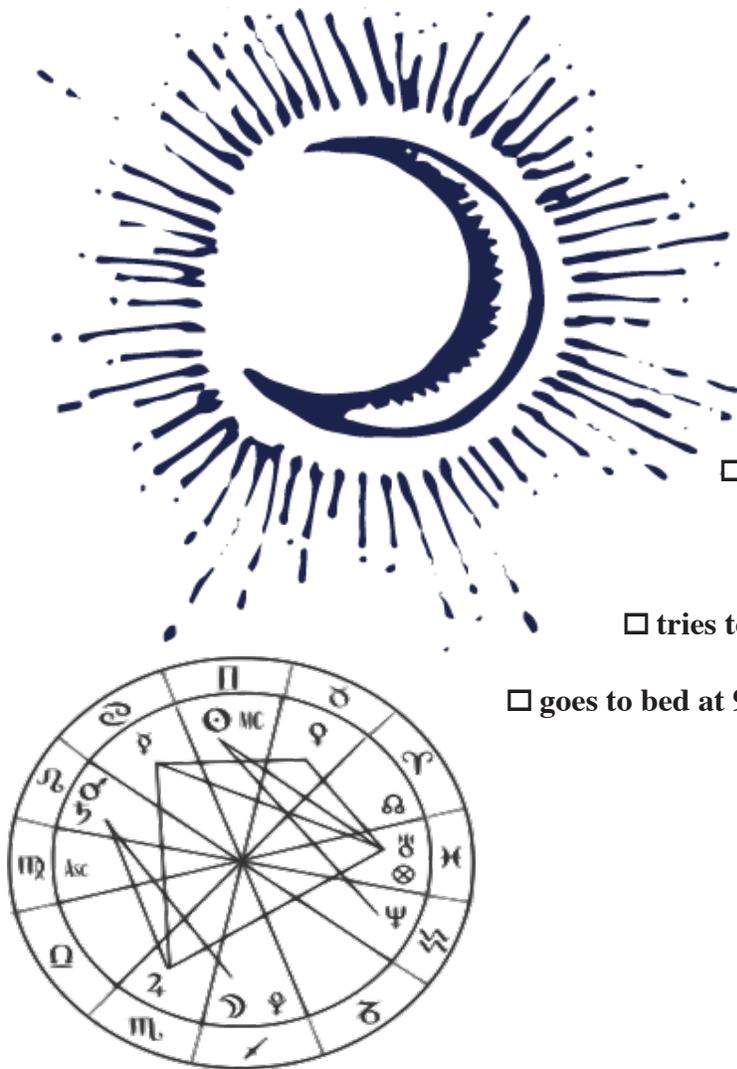
As someone who has experience in hiring committees, Mr. O’Keefe informed me that he has not seen many people of racial minorities apply for teaching positions in the first place. However, he brought up an interesting point: since people of color do not normally see themselves racially represented amongst their school staff, they are not as likely to pursue that line of work. The U.S. Department of Education says that “about 50 percent of the public school population is nonwhite,” while “80 percent of public school teachers are white.” Looking at Chelmsford more specifically, statistics on the population prove 87 percent of the town to be white. Therefore, it makes sense that not only are most of the teachers in the school white, but they even tend to live within the community. However, this still leaves 13 percent of the population that is not white, and thus not represented.

So, why does this underrepresentation matter? Though our minority population may be small, it’s significant in purpose. We must not disregard their presence within the school; a headmaster for Harvard Teacher Fellows (HTF) Program, Sarah Liebel, thinks that “it’s really important that students have people who reflect back to them their language, their culture, their ethnicity, their religion...In the teaching profession, there really aren’t enough mirrors.” Estefania Rodriguez continues the riff: “As dedicated and passionate as my white teachers were, there was always that layer that they never understood, which comes with life experience and cultural background” (Moss).

Considering all of this, is it possible that Chelmsford High School will ever see change? Well, since most teachers teach for upwards of 35 years, “it will take time,” Mr. O’Keefe said. “Change does not occur at the speed that we want it to.” However, starting off small as a school, I think it’d be beneficial to push for programs that motivate minorities to consider pursuing education, and hopefully change the connotation that teaching has. Teachers already have such a remarkable impact upon their students, but it would be even more substantial if we as a community raised awareness on the possibilities minorities may not expect to fulfill through teaching. I strongly believe that Chelmsford High School has the capability to be a part of this necessary movement that not only reflects our support for people of color, but for our teachers, too.

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HOUSE HORISCOPES VOL.2

by Haley Horton

Whittier

- refreshes snow day calculator every day
- Chipotle order known by employees
- doesn't know what's goin' on

Hawthorne

- pulls over when driving to pet dogs
- doesn't like vegetables except for potatoes
- watches 3.5 hours of YouTube a day

Emerson

- tries to convince everyone a hotdog is a sandwich
- "is water wet?"
- goes to bed at 9:30 and loves to let everyone know they do