

# SPRING FEVER

*We made it to March break!*

## The Face of Govs

Alex DiBlasi, '19

*"The task of the leader is to get his people from where they are to where they have not been." - Henry Kissinger*

Shortly, we will have the privilege to elect our next student council president. This person will be the face of Governor's for the next academic year. Not only will he or she speak at our graduation, talk to prospective families and students, and represent the school as a whole, but most importantly, this entrusted individual will be our voice with the Administration. Therefore, it is our responsibility as a community to elect someone who is passionate about our community and has a clear vision for the upcoming year.

Choosing a candidate should not be a quick decision and be solely based on friendships. It is important that we pick our next president based on true merit. We need to ask ourselves who truly loves Govs and would make it a better community. Why is this person running? What are this person's goals for the next year and do those plans go beyond planning prom? Who should we trust to advocate on our behalf when needed?

Ultimately, the responsibility to select the best candidate to lead Governor's through a successful academic year lays on us. According to Forbes Magazine, "A great leader possesses a clear vision, is courageous, has integrity, honesty, humility and clear focus. He or

she is a strategic planner and believes in teamwork." It is essential for a leader to have a diverse group of relationships. In my opinion, there are 8 qualities that make a great school president: vision, courage, passion, emotional intelligence, judgement, resilience, persuasion and curiosity. Successful leaders have "great vision - the ability to formulate and shape the future, rather than be shaped by events", says Richard Harman, headmaster of Uppingham School, Rutland.

Successful school presidents need to have courage in order to bring new ideas to a school. A leader needs to be passionate about our Govs community to inspire others to take action. They need to have emotional intelligence as well by being empathetic. They need to have a good sense of judgement to make important decisions to better the community and to be resilient in order to accomplish their goals. They need to be great persuaders because if they are determined, they can conquer any obstacle. Finally, curiosity is something that our school president should have because it is pertinent to explore new ideas and ways to inspire the community. Think wisely before voting for your 2018 -2019 president and good luck to all of the candidates.

## The Biology Behind Spring Fever

Kyra Steck, '18

March break is practically here and thus, so is the beginning of spring. The days are getting warmer, brighter and longer and for the first time since that suspiciously hot day in November, I feel myself becoming more energetic and carefree. Despite looming college decisions, my stress is significantly decreasing and my energy

levels are rising. Simply put, I am just genuinely happier. These relationships between seasonal transitions and mood changes, however, are by no means unique to me - in fact, they are part of a larger, universal trend commonly referred to as Spring Fever. Moreover, these changes in mood are rooted in biological factors as our body changes to adapt to the environment it's in.

During winter months, when days are short, sunlight is fleeting and you can't stay outside for more than a few minutes, we experience a change in our disposition. These changes include: feeling less energetic and social, losing interest in favorite activities and experiencing changes in sleep. They ALSO include an increase in the craving of carbs, so don't feel bad about

eating nothing but bread rolls for dinner in the dining hall - it's natural. According to Kathryn A. Roecklein, an associate professor of psychology at University of Pittsburgh, these alterations in behavior and mood are mainly caused by the length of the day. Circadian rhythms (our internal biological clocks) monitor changes in day length and adjust its processes accordingly. The body's production of serotonin, the hormone that regulates mood and contributes to our wellbeing, decreases during winter months. At the same time, production of melatonin, the hormone that regulates sleep, as well as stress hormones, increases. As a result, we struggle to manage our stress, regulate our sleeping patterns and feel energized and upbeat. As Professor Roecklein stated, these changes are "a biological response to changing light levels - NOT something we can overcome with sheer willpower alone."

In the spring, the body readjusts as we achieve hormonal harmony. I don't know about you, but I am definitely ready for the stress free, biologically balanced, and sunny days ahead.



### The Academy Welcomes John Kerry

*For the 225th Commencement Address*

Secretary Kerry served as the United States' 68th Secretary of State from 2013 to 2017. As America's top diplomat, he guided the Department's strategy on nuclear nonproliferation, combating radical extremism, and the threat of climate change. His tenure was marked by the successful negotiation of the Iran nuclear deal and the Paris Climate Agreement. From 1985 to 2013, he served as a U.S. Senator representing Massachusetts, and was Chairman of the Senate Foreign Relations Committee from 2009

to 2013. He served in the U.S. Navy, completing two combat tours of duty in Vietnam for which he received a Silver Star, a Bronze Star with Combat V, and three Purple Hearts. He received his undergraduate degree from Yale University and his law degree from Boston College Law School. He currently serves as the Distinguished Fellow for Global Affairs at Yale University and the Visiting Distinguished Statesman for the Carnegie Endowment for International Peace.



*Biography of John Kerry  
provided by Dr. Quimby*



## The Annual Game of Assassin

Alex DiBlasi, '19

An interview with the Director of Assassin, Rohan Chaturvedi, '18

### What is assassin?

Basically a ginormous game of tag. You are assigned a target to eliminate. Your weapon is a pen or pencil. In Order to eliminate your target you stab them in the back and then you get their target. Another way to eliminate your target is to put Tabasco Sauce in their food or drink. There is a twitter account that will report all eliminations. It is @Gov-Assassin, be sure to give it a follow. If you eliminate anyone just email myself or Kyle Gaffey and we will let the campus know.

### Why do you like assassin?

It's a good way to kick off spring. It's warm. It takes the mind off of academics for a little bit. It is competitive and most kids look forward to it.

### When is assassin?

Assassin will start the week we get back from March break. Look for an email second week of March break to see who your target is.

### Do you think teachers approve of this anual game?

I think that it's mixed. Some teachers find it funny to see kids chase each other around campus. But some find it controversial due to the name "assassin". It won't affect anybody in the classroom and the game only applies outside. The only problem will be if students are late to class.

### Anything new this year?

We are hoping to implement a few new things. Hopefully we can get the chapel bells to ring to kick off the game rather than have people be massacred while exiting Morning Meeting or Chapel. Another idea is to partner with the Current Events Club and have a slide of veracross pictures with notable eliminations from the week. There is also something new called "kill streaks", which will start a week or two after the game has kicked off. If I hear that you have eliminated three people in a day, you will know who is targeting you. For five in a day, you will receive the three people behind you.

### Do you have any tips for new players?

Run from building to building as fast as you can. Always look over your shoulder and know who your target is beforehand so you can pick them out in a crowd. Safe zones are inside buildings, outside is dangerous. Some of the players have already said they will be going extremely hard this year. People are looking to win.

### Who is taking over next year?

Proud to say that Kyle Gaffey will be directing assassin next year and he'll have a junior (current sophomore) co-director who is going to take over the year after.

## HMC:

## The Good, The Bad, The Ugly

Eric Miller, '18

Harvard Model Congress (HMC) is a four-day government simulation for high school students all across the country, run by current students at Harvard University. Will Zhao ('19) and I were assigned to the National Economic Council, a special committee dedicated to constructing economic policy suggestions for the presidential cabinet. Together, the council drafted a proposal for a solution to the student debt crisis, called T.I.D.E. P.O.D.S., which entailed the gradual privatization of student loans. It was the only proposal from any committee to be approved by the Senate, the House, and the Presidential Cabinet.

Will and I were not the only participants from the Academy that saw immense success, however. Eni Owoye ('18), Hoadi Shi ('20) and Harry Tuttle ('18) all received gavels, which are HMC's awards. What is significant about these victories is that they did not come at the expense of

the enjoyment of others. Many gavel recipients from other schools gained their award through domination of discussion and cutthroat tactics. The fact that our own Governor's community members received such great recognition in the face of such competitors speaks volumes about the integrity we have as a school.

The Harvard undergraduates running the meetings of the various groups taught participants about the functions of different branches of government and their subsections, as well as the legislative process, in a very engaging and hands-on way. However, their top-notch education also made them unable to process differences in opinions, shutting down any wording or slightly off-color political joke almost immediately, in a way that seemed more like censorship than simply doing their job. However, this was only my personal experience, and students like these are a small minority of Harvard's student body.



## Harvard Model Congress Boston

# Thank You from the Editors!

