



# The High School View

The High School View is staffed and prepared entirely by students from the Martha's Vineyard Regional High School, and published on their behalf by The Martha's Vineyard Times, with the generous assistance of the sponsors whose names appear below.

## The nurse will see you now

BY CASEY MCANDREWS

A few Band-Aids here and there. Annual eye and ear screenings. Easy tickets home for a cough. High school nurse Linda Leonard describes how a day in her office is that and a lot more.

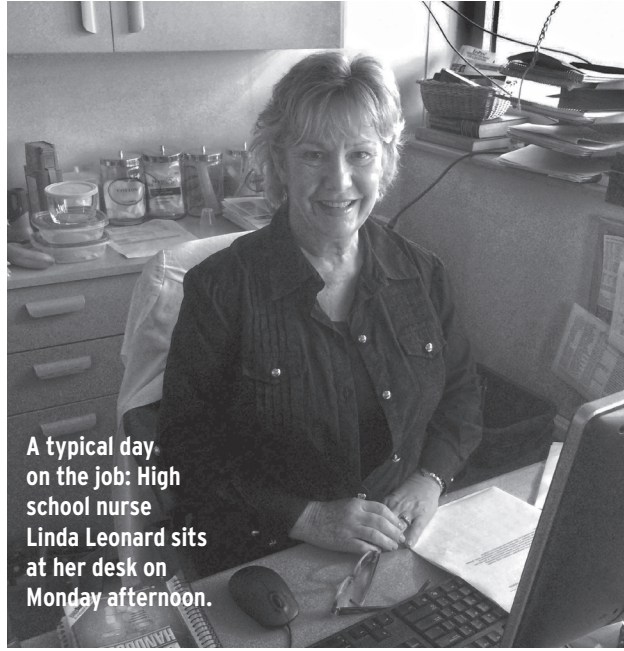
Every day about 50 students visit the nurse's office. "You have to be ready for anything to happen all day long," said Ms. Leonard. "It's a juggling game. You need to be good at multitasking. When students walk through the door, I have to make an educated assessment and decide how I am going to help them so that they can get back into the learning envi-

ronment as soon as possible." "Some people view the school nurse as a person who just puts on Band-Aids. It would be a good day if that was all that I did. Every time I walk through the school doors, I am responsible for 800 people. Just think about that."

Last May, there were 511 student visits to the nurse's office. After Ms. Leonard assessed each one, only 51 of the students were sent home from school that day.

"She's really good at her job. She's also good at keeping on top of students to make sure they get what they need," said junior Anna Keenan.

Ms. Leonard believes that



A typical day on the job: High school nurse Linda Leonard sits at her desk on Monday afternoon.

PHOTO BY MOLLY HOUGHTON

one of the most important roles a school nurse can play is to create important relationships with the students. "The teenage years are difficult

years. I know that from raising three of them," she said.

Knowing her students allows her to see important trends in visits. "Since our entire office is computerized, I can pull up a student's profile and see how frequently he or she has visited and for what. This way I can reach out to make more serious assessments and address certain trends," said Ms. Leonard.

Students were also coming in and out of her office taking turns eating lunch at her table. "I offer kids a place to have a break from the chaos of the lunch room. Sometimes you just need an alternative place to eat lunch in comfort," said Ms. Leonard.

"The best part of this job is getting to know the kids. I can look at a student walking through the door and know

what's going on with them by just looking at their coloring," she said.

School athletic trainer Tania Laslovich has been spending the school day working alongside Ms. Leonard. "The nurse's office is a relaxing place to come, filled with people who want to help you," she said. "The nurse's office should be a happy and comfortable place to be, and that's the environment that we have here."

Senior Sheron DeMedeiros expressed her gratitude for having a school nurse: "I am so grateful that she is always so comforting and patient with me."

Ms. Laslovich and Ms. Leonard looked at each other and laughed. Ms. Leonard said, "That, right there, is the whole reason why we love our jobs." **HSV**

## Field trip hits a home run

BY SAM BRESNICK

This past Thursday, 12 sports management students and their teacher, Josh Burgoyne, traveled to Fenway Park in Boston for an event called "The Business of Baseball."

Sophomore Jack Murray said, "I went on the trip because I wanted to make connections and learn about the business of baseball and all of the work that goes into obtaining one of those positions."

The event featured three keynote speakers — Sam Kennedy, the Boston Red Sox president and chief operating officer; Elaine Allen, director of the Babson Survey Research Group and professor emeritus of Statistics and Entrepreneurship at Babson, and Julia Seamen, a Ph.D. candidate at the University of California, San Francisco and a statistical consultant for the

Babson Research Group.

Business teacher Josh Burgoyne said, "I'm a big believer in experiential learning. I always preach to my students about the importance of networking in the business world. The kids got to see it in action at the event — they weren't afraid to work a room of 150 Babson students and business professionals."

Mr. Kennedy's talk offered a fascinating inside look at the business operation of a Major League

**"The kids got to see networking in action — they weren't afraid to work a room of professionals."**

team. The presentation highlighted the economics of the organization, how revenue is created, and how organizations are valued. He talked about how Fenway Sports Group changed from a regional sporting franchise to a global one.

Ms. Allen and Ms. Seamen presented "Baseball in the 21st Century: A

Game of Millimeters & Nanoseconds." They talked about how all the advanced statistics and sabermetrics are becoming more popular among teams in Major League Baseball. They also discussed how statistics are used when scouting, trading, and drafting players.

Before the presentations, the group got to go on a tour of Fenway Park, where even the rainy weather didn't put a damper on the excitement of climbing up onto the Green Monster in left field. After that, the group got to go inside the press box, where Mr. Burgoyne sat in the same seat actor Brad Pitt used in the movie "Moneyball."

For high school students interested in the business side of baseball, Ms. Allen said, "students should take AP Stats, but in general be really strong in all math courses."

Sophomore Ben Tillman said, "From Sam Kennedy's talk, I learned that there is a lot more to a baseball franchise behind the scenes. A large part of their focus is on the players and team itself. They also focus on involving themselves in other sports, their city's communities, and revenue-making events like concerts." **HSV**

## 'Fed Up' with sugar

BY JAMES KELLEHER

Recently, high school students gathered in the Performing Arts Center to view a shortened version of "Fed Up," a documentary that explores the obesity epidemic and what's really in America's food. To raise public awareness, the movie asks viewers to give up sugar temporarily to help them realize how much they are consuming.

Movie producer and seasonal Chilmark resident Laurie David, who created the documentary with TV personality Katie Couric, attended the viewing and stayed after for a question and answer session.

"It was my hope that kids would know the truth about the things they are drinking and eating, so they would have a real choice when they decide to buy a Gatorade or drink a huge glass of orange juice. I don't think anyone realizes how stacked with sugar so many of these products are," she said.

The 10-day sugar-free challenge is not easy, as the students found out. Candy

proved to be the most challenging food group to cut out.

"I used to eat chocolate every day all day without a question, but after viewing "Fed Up," I realized how

easiest change students can make is to stop drinking soda and juice. Most drinks have more sugar in them than kids should have in the whole day."

"I eat so much candy that it's just a habit at this point," said senior Molly Houghton. Despite the difficulty, they have stuck with the program,



PHOTO BY MOLLY HOUGHTON

Island Grown Harvest of the Month posters hang in the school cafeteria to promote healthy eating and less processed sugar.

much sugar I was actually eating and how gross it was," said senior Arden Bezahler.

"I just wanted to see if I could actually do it," said senior Kyra Whalen. As part of the challenge, students were urged to look at labels for added sugar, as well as to understand the conversion of grams of sugar into familiar amounts.

Laurie David said, "The

and it has yielded some positive results.

"I just feel cleaner, and it has cleared up my skin," said Molly.

All agree they won't completely cut sugar out of their diets, but they will make changes to how they eat in the future. Kyra Whalen said, "I don't think I'll eliminate sugar from my diet, but I'll definitely eat sugar in moderation." **HSV**

EDITORS IN CHIEF: Christopher Aring, Olivia Jacobs, Kaela Vecchia-Zeitz • ASSISTANT EDITOR IN CHIEF: Casey McAndrews, Zachary Bresnick • ART EDITOR: Sophie Bonneau WEB EDITOR Jack Davin  
PHOTOGRAPHY EDITORS: Molly Houghton • ASSISTANT PHOTOGRAPHY EDITOR: Elizabeth Dourian • MASTHEAD ART: Sophie Bonneau • FACULTY ADVISER: Dan Sharkovitz

**H.N. Hinckley & Sons, Inc**  
**ACE Hardware**  
Beach Rd., Vineyard Haven  
508-693-0075

**PRIVATE!**  
It's between you and us — we promise!  
Family Planning of MV  
517 State Road, VH • 508-693-1208  
friendsoffamilyplanning.org  
Now open alternate Tuesdays 4:30-6:30 pm

**George A. Santos, Jr. O.D.**  
Adult & Children Vision Care, Vision Therapy, Contact Lenses  
638 Main St., Vineyard Haven  
508-693-7222

LAW OFFICE OF  
**GEORGE B. BRUSH**  
Civil Litigation  
Real Estate, Land Use  
Criminal Defense  
Wills & Trusts, Probate  
459 State Road, West Tisbury  
508-693-7733  
www.georgebrush.net

**VINEYARD AUTO SCHOOL**  
508-696-3748

MARTHA'S VINEYARD MUSEUM  
Exploring Island History  
59 School St., Edgartown  
508-627-4441 www.mvmuseum.org

**JOHN KEENE EXCAVATION**  
Mon.-Fri., 7:30am-5pm • Sat., 8am-12noon • Old Stage Road,  
across from Takemmy Farm in West Tisbury • 508-693-5975 or 508-693-0025

