

The Tower

JOHN ADAMS HIGH SCHOOL



Thursday, March 1st, 2018

STUDENT-PRODUCED * SINCE 1940

Dear Tower readers: remember, if you would like to submit a Letter to the Editor, we are always accepting them. See details on page 2.

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NO MORE “COMPLACENCY” FOR ADAMS

CLAIRE STOWE - REPORTER

It's been on all of our minds. We've all been grieving, worrying, hoping for change. The horrible reality is that it happens, and with startling frequency. On February 14, a day usually reserved for showing love and kindness, one of the most deadly school shootings in American history took place. Seventeen students and faculty were killed in Parkland, Florida at Marjory Stoneman Douglas High School when a 19 year-old entered the building with an AR-15 and opened fire.

Since the shooting, the entire country has been grieving for the lives lost in the tragedy. But the event also brings up many questions that hit close to home to us as high school students: Are we safe? Could this happen to us? We go to school in order to learn, to expand our viewpoints and horizons, but then these senseless killings occur and we can't help but wonder if it could happen to us.

“I don't know if there's anything we need to change,” Principal James Seitz commented, in regards to additional or different security measures. “We just have to make sure that we don't get complacent.” Seitz believes the entire school community should remain vigilant and watchful about anything “that seems out of place” and that teachers and parents should “always be communicating with the students about things that they see on social media or things that they see or hear in the school.” Overall, Seitz believes the current steps being taken to ensure the safety of the school are enough. He emphasises that the

doors remain locked, everyone is buzzed in through the main door, and security is constantly nearby. However, he does intend to enforce harsher retaliation for students entering or exiting during the day and overlooking basic security principles. “If a kid has left a door propped open, we're getting on the cameras, seeing who did it, and we're suspending them, because that's a matter of security. If we hear that a student let another student in a door, we're getting on cameras, seeing who did it, and suspending them.” Teachers are also being advised to observe stricter policies, such as keeping their classroom door closed and locked at all times and not allowing any to enter after the bell.

On Tuesday February 20, less than a week

“The government needs to listen to the students, listen to the parents, listen to the teachers, and if there's more resources that are needed for school security, legislation that needs to be passed, or more services for students and family, then we need to find a way to provide those for those individuals.”

after the shooting in Parkland, a threat was found in an Adams' bathroom and reported to the administration. Despite being a direct threat, Seitz believes it to not be credible, though he intends on investigating it fully. “There are signs that someone knows about a school shooting, and they generally aren't going to write it somewhere on a bathroom stall. With that being said, it's really something we take very seriously and we will fully continue our protocols and procedures.” Seitz continued by stating that whether or not Friday, the day mentioned in the threat, would be marked as an excused absence, he will be at Adams no matter what. “Our focus is the students' safety, and I feel that with our training, with our protocols, with our procedures, and with our

civilian security that we have along with our school resource officer, that we are well trained. [...] I am confident in our security procedures, I am confident in what we have, otherwise I wouldn't be here. I certainly wouldn't put myself at risk, let alone 1900 students and 200 faculty members.” Realistically, however, the sad truth is that no matter the security or safety of our school or of any public building, there are still people who will be able to buy an assault rifle and open fire on innocent people. It is shocking, that in this event, Nikolas Cruz, who was known to be at-risk and had a mental illness, was able to legally purchase and own an AR-15 assault rifle, no questions asked. It brings to mind the question of what can the government do

to put a cap on these tragedies. The government seems to be sitting idly by, letting these shootings pass with only a brief Tweet about “thoughts and prayers.” But as the leaders of our country, as the brave students of Parkland have said, they need to take action. They need to take even a single step towards preventing the loss of more innocent lives.

Seitz, not wanting to state his political beliefs, said that “the government needs to listen to the students, listen to the parents, listen to the teachers, and if there's more resources that are needed for school security, legislation that needs to be passed, or more services for students and family, then we need to find a way to provide those for those individuals.” Regardless of political beliefs, it can be honestly stated that a change needs to be made. The question that needs a strong answer is whether that change lays in a different security policy, more watchfulness by a community, or in a shift of government legislation. We cannot sit by and allow these murders to wash over us any longer: it is time to try to make a difference.

THE JOHN ADAMS

TOWER

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Kaity Radde

ASSISTANT EDITOR-IN-CHIEF

Casey Carroll

MANAGING EDITOR

Alicia Koszyk

LAYOUT EDITOR

Kaity Radde

LAYOUT AIDE

Ryan Downey

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Julianne Grohowski

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Sami Mirza

Alia Murillo

Claire Stowe

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Zachary Veazie

Sierra Weaver

Kenneth Weston

ADVISOR

John Nowicki

EDITORIAL POLICY

The Tower is a student-run newspaper publication and a voice for the Adams student body and staff. Letters to the Editor must pertain to Adams lifestyle, student/staff opinions, or local issues. Letters to the Editor must be sent to jnowicki2@sbcsc.k12.in.us, or submitted physically to room 1831 or mailed to John Adams High School, 808 S. Twyckenham Dr. Letters to the Editor for Issue Eleven must be submitted by March 9.

Editorials are written by the Editorial Board of *The Tower* (comprised of Kaity Radde, Casey Carroll, and Alicia Koszyk) and are designated as such.

The Tower thanks the *Herald-Palladium* for printing services.

We at *The Tower* also request that readers consider donating to help pay for the printing & production of our newspaper. Your donations will help the growth of a voice for the local community; your

SENIOR SPOTLIGHT
CAROLINE PITTS

CASEY CARROLL - ASSISTANT EDITOR-IN-CHIEF

Caroline Pitts, a senior at John Adams High School, has accomplished much since she began the Science Research program in her sophomore year. She has continued the course as an independent study because she wanted to continue and expand her research. When asked about the research she has worked on, she explained, "I'm working with behavioral conditioning in planarian flatworms, studying the memory capabilities of neoblast cells: cells they possess that are similar to human stem cells. I am trying to see if they are capable of retaining a conditioned behavior in the absence of a cerebral ganglion (brain)." She has continued the course as an independent study so she could expand on this research and because she also thinks that "It's really cool that with research - and Mr. Longenecker mentions this frequently - you are the expert in what you're working with."

Although Pitts has greatly enjoyed the class and the research she's been conducting, her biggest achievement was being able to attend and be a part of AJAS, the American Junior Academy of Sciences, which took place during an event sponsored by the AAAS, a national organization that meets once a year and members include professional scientists, doctors, and professors that are conducting research in their fields. Pitts was recognized for her research through the Indiana Academy of Sciences Talent Search at IUPUI this past fall.

She claimed that "Adams is always really well represented here, making up a little over half of the total participants." She also expressed that for the past three years she has enjoyed attending this event with fellow researcher, Naomi Freel. When asked to explain the competitions she has attended during her time in Science Research, she stated, "Usually you'll do an oral PowerPoint presentation for a group of judges and then you have a poster session where you share your research with other students, the judges again, and anybody from the public that wanders through the exhibit. Then there are usually a few lectures from

adult scientists or keynote speakers. For most competitions, like traditional science fairs, winning isn't really determined on if you have positive results or ones that even remotely support your hypotheses. From my experience, the judges are looking for projects with the best scientific method, ones that are well thought out and developed. The conference in Austin [AJAS] wasn't a competition so there was nothing to advance onto. It was recognizing "the best high school level research in the nation."

Pitts then discussed her time in Austin, Texas. "At AJAS we toured the University of Texas-Austin research facilities, had poster sessions at the actual AAAS conference, and gave traditional PowerPoint presentations. Some highlights were our recognition banquet where we were inducted into AJAS as lifetime fellows; they rented out the entire Texas State History Museum just for the dinner which was so cool. We also attended AAAS plenary lectures with all of the professional science community. The most interesting lecture was given by Ellen Ochoa, a former astronaut and president of the International Space Station, about the research being done there."

Even though Pitts has accomplished much while in Science Research, she disclosed that the biggest challenge was being able to self-discipline and stay on task, but she was always grateful for Mr. Longenecker's flexibility with his research students and for allowing them to come in during lunch and to stay after school so they could use the equipment. She also believes that "Anyone who really enjoys the scientific process or is thinking about STEM in the future should join this class. It is a great opportunity because most researchers that I meet at these events always say that they didn't actually start independent research until graduate school. My advice is to pick a topic you are really interested in - it makes it more enjoyable. And what you get out of the program is what you put in."

When ending the interview, Pitts wanted to be sure that Mr. Longenecker was thanked for all the help and support he has given her throughout her high school experience. With her previous achievements and with more competitions to come, everyone at *The Tower* wishes to give you congratulations and luck!

ISSMA STATE COMPETITION: ADAMS' CHOIR, BAND, & ORCHESTRA

SAMI MIRZA - REPORTER

As winter melts away into spring, academic and athletic activities begin wrapping up. Mock Trial competes at their state championship on March 3. Science Olympiad goes to state March 17. Basketball sectionals begin on February 27. And the Indiana State School Musical Association [ISSMA] State rolls around.

ISSMA holds an annual statewide musical competition every year for elementary through high school students. Colloquially known as simply "ISSMA," the event covers a wide variety of genres, ranging from jazz and concert bands to choirs and orchestras. There are individual performances, ensembles, and bands. John Adams regularly sends students, with several competing this year.

"We had several gold and a couple silver [medals]," said Teo Reimbold-Thomas, a sophomore singer with Show Choir. Both groups and individuals perform, with several individuals winning medals for solo performances. Tommy Han, a junior, won gold for his performance of a German opera piece, "Bist du bei mir." One student, Issanae Bailey, even earned a perfect score for her performance.

Show Choir was far from the only musical group to send competitors to ISSMA; jazz band performs March 3 and 10, while a flute sextet competed February 24. "All of our solos won gold with distinction," said Emily Shemesh, a sophomore flutist and a member of the group. A step above gold, gold with distinction is the highest place a performer can reach. The sextet itself won gold for its performance, with a smaller trio playing separately and earning gold with distinction as well.

But while many similar events focus on competing with a different team, ISSMA is more focused on individual improvement and growth. "You're just trying to beat your

score from Regionals or from last year," said Josette Wright, a junior member of the sextet. This mentality of individual growth isn't typically found in other, more competitive extracurriculars, and in the world in general.

Next time you consider the many winter activities and sports advancing to state in late February, don't forget the hardworking artists that play at ISSMA. Their performances, while often overlooked, are no less impressive because of it.

SENIOR SPOTLIGHT RACHEL CASPER

CLAIRE HARGIS - REPORTER

Rachel Casper is another senior here at John Adams who is doing amazing things. Rachel has been a part of the John Adams Show Choir for all four years of high school. She even went to ISSMA State this year in Indianapolis because of her singing abilities. Casper has been singing for as long as she can remember, putting on concerts with her cousins at family gatherings. Seeing this, Casper's parents encouraged her to join choir in the first grade, leading her to eventually join the show choir here at Adams.

"My experience in the Adams choir has been the most amazing part of my high school experience," says Casper, explaining how she "gets excited to come to zero hour in the morning and work with such talented, fun people." Obviously, all of the practice in class along with the extra time spent in the morning is paying off because Casper won both gold and silver medals for her performances at ISSMA state and regional competitions this year. She competed not only with the John Adams Show Choir as a whole, but also with various barbershop quartets, madrigals, ensembles, and solos, doing very well in all of them.

She explained that "the whole choir worked so hard, and we earned more gold medals than ever! I'm so proud of the choir and glad to have been so successful at my last ISSMA."

With this being her last year at John Adams, she disclosed, "it's tricky to pinpoint what I will miss most about the John Adams Show Choir because it has been such a huge part of my life, but I would have to say the sense of community." She went on to discuss how her and her peers have really bonded through the hard work that they have put into their performances and concerts, putting emphasis on the fact that the frequent joking around helped them bond as well. Rachel continued on, saying, "I have met some of my closest friends through show choir and made some of my fondest memories," ending with "I love the Adams Choir so much and I'll miss everything about it."

Casper says that she will definitely join some kind of choir in college and that after all of the great times she has had over the years in choir, she could not go without it. Casper has been successful in the John Adams choir throughout high school, and it will be exciting to see what she will do with her talent in the future.



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BLACK PANTHER REVIEW

KAITY RADDE - EDITOR-IN-CHIEF

Black Panther, the highly anticipated Marvel movie, premiered on Feb. 15 and shattered box office records during its opening weekend. While this is not the Black Panther's first appearance in the Marvel Cinematic Universe [MCU], it is his first stand-alone film. The character debuted in *Captain America: Civil War*, which watched him develop from a son mourning and determined to avenge his father's death to an understanding, compassionate, and brave prince, ready to become a king. Unlike most recent Marvel movies, though, its plot is completely understandable without having seen the other MCU films.

Black Panther begins with its protagonist T'Challa (Chadwick Boseman) officially becoming the Black Panther

and king of Wakanda. This fictional nation is made up of five distinct tribes that work and govern together, and it is the most technologically advanced nation in the world due to its virtually endless supply of vibranium, the strongest metal in the world. Infamously, a criminal named Klaw (Andy Serkis) stole a large quantity of the metal, making him public enemy number one of Wakanda, and his capture is one of T'Challa's first challenges as king. The major antagonist, however, is Erik Killmonger (Michael B. Jordan), a Wakandan raised in America who challenges T'Challa's right to the throne.

The film hasn't only been praised because of its intriguing plot, stunning visuals, flawless worldbuilding, and world-class cast. It raises questions of the morality of foreign aid versus looking out for one's own country first and of duty to one's nation versus duty to one's family and friends. The audience finds itself sympathizing with Killmonger, understanding the evils

that corrupted him and distorted his goals and hopes for the world and his future. It excels in representation to an extent that goes unrivaled in the film industry - the smartest person in the film (and, most likely, the MCU), is T'Challa's teenage sister Shuri (Letitia Wright), the foremost inventor of Wakanda's weapons and technology. The Wakandan guard is the Dora Milaje (Midnight Angels), an unrivaled and elite group of warrior women. The cast and crew is almost entirely made up of people of color. And it does, of course, have all the creature comforts we expect from the MCU - triumphant fight scenes, superhero tech, suits, powers, and jokes.

Black Panther is more than worth the watch for any audience, whether you go because it's a phenomenal Marvel movie with an intriguing protagonist or because it's a powerful social commentary and a step in the right direction toward representation in film. Wakanda Forever!



UNBELIEVABLE

by Katy Tur

REVIEW

OPINION

KAITY RADDE - EDITOR-IN-CHIEF

Unbelievable.

When I picked up Katy Tur's book, I wasn't surprised that she picked that word as its title. If you had to describe the 2016 presidential election in a word, what else would you use? But reading it had me shaking my head and bitterly laughing aloud as if experiencing the election all over again, the same word throbbing in my head. Unbelievable, I thought as I read the *Access Hollywood* story break again alongside Tur. Unbelievable, I thought as I watched Mr. Trump come back from one traditionally campaign-ending moment after another.

Why am I writing an article about an election that happened over a year ago, about a book that came out last September? Because this election is the defining event of our generation. We are the 2016 generation - specifically, the Trump generation - in the way that older millennials are the 9/11 generation. Its effects on our collective psyche will be central to the way we progress as a nation as we come of age, even if we don't know for certain what those effects will be. Whether we hate him or love him, we should understand what happened and why it matters as we move forward.

Katy Tur is not naive enough to try to explain how it happened. She explains *what* happened to her, from the campaign trail to election night. She explains her varied experiences of Trump supporters, having one help her with her hair in the bathroom and on the same night having an entire rally of them cheer the idea of killing journalists (as he repeatedly mentioned her by name, she ended up with Secret Service protection).

We all know our own versions of what happened, and comparing our election stories to hers is surprisingly possible. None of us were being literally spat on by Trump supporters, living out of a suitcase, or chas-

ing Trump and his unpredictable itinerary. But we were watching and reacting to the same news. We were watching the same phenomena that was the rise of Trump's campaign and either seeing it as dystopian or patriotic. I was writing for *The Tower*, dealing with people who saw objective political writing as "blindly overlooking facts," despite copious amounts of research on the part of the editorial board. I watched these same people move toward apathy about Trump's increasingly outrageous proclamations. At the Iowa Caucuses, while Katy Tur was following Trump, I was at Marco Rubio's event in the press box next to a college reporter from Florida, laughing off Trump with everyone else as we watched the polls come in. On Election Night, our nausea grew at the same time and for different reasons, mine here in South Bend and hers in New York.

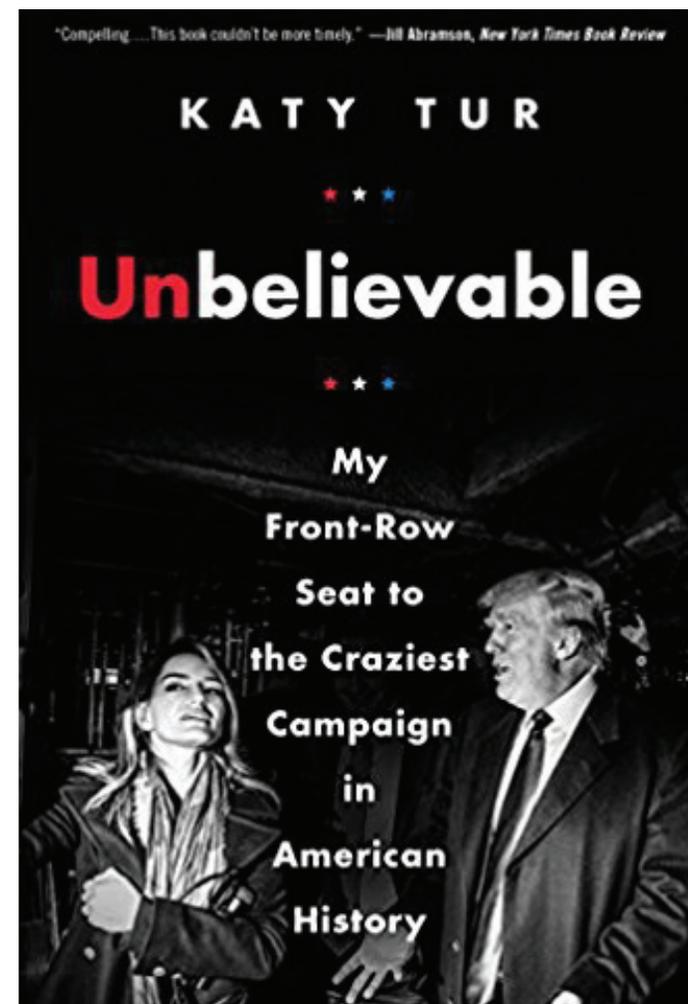
While my own connection to journalism - on a very different scale than Tur's - gives me a different connection to her story, anyone can see themselves in her reactions of surprise and concern and incredulity, in the way Trump produced an overwhelming amount of news that was at times suffocating.

Even more important are the parts we can't relate to or haven't seen before - her first impression of Trump in person, her understanding of the way the traditions of political journalism are integral to a complete and accurate historical record. There are interactions she has with Trump and his staff that are in character yet almost (here it comes) unbelievable in their absurdity. He kissed her without prelude; he yelled at her that she'll "never be president" when he didn't like her questions. I won't spoil the staffers, but my personal favorites - least favorites? - are her interactions with Sean Spicer, and those with Hope Hicks come in at a close second.

Unbelievable helped me to understand what happened, but more than that, it journals the consequences of the American political psyche - of the way we as a whole misunderstand journalism, even those of us who follow the news and support the free press in a way that our

president does not. Of the way we turn to apathy and anger rather than objectivity and reason. It gives a jarring glimpse of the way people on either side of the political aisle - in this election, the Republicans, but who knows who will be next? - can be good people individually and monstrous a whole, because numbers are validation, in racism, in sexism, in nonsense as a whole.

In the white noise of Trump coverage, it's easy to write this off as another piece trying to understand someone who is more of a phenomenon than a man. But Katy Tur was there from the beginning, and her book comes from a woman who watched Trump go from joke to President on a more intimate level than anyone besides the Trump family itself. This book is for every American who wants to examine the unbelievable and layer another perspective with their own, especially those in our generation, as we have no choice but to keep this event close to our hearts and minds.





Letter to the Editor GUNS, SCHOOLS, & CHANGE: MOVING FORWARD

CECILIA STANTON-VERDUZCO

As a parent and a teacher, all the news on school shootings is simply heartbreaking. When I decided to be a teacher, my biggest worry was whether or not I could plan a fun lesson, be able to teach my students, reach and help all of my students and keep up with all of the grading. Today, 11 years later, that is still on my mind; however, my worries have shifted toward the security of our students and school. I cannot ignore the violence that is affecting our schools and the fear that it is creating.

One of my frustrations as a public school teacher is when people ask what schools are doing, not realizing how much has already been cut from public school funding. We are already limited on resources and still trying our hardest. Some of us teachers, custodians and other support staff are now also expected to be security guards, which is not a part of our job descriptions, but we do it for the love of our students. I call for those of us who truly care about the safety of our chil-

dren, to arm us in the way we should be armed: with supplies for our classrooms, counselors for our students, and enough teachers to prevent overcrowding.

I am empowered by my students. I hear them talking in the hallways and the classrooms having deep discussions and looking for ways to speak out against the violence that is prevalent in our country and our community. They WANT to be catalysts for change, and I want to do everything I can to support them. I have spent years as a teacher, as the NHS sponsor, as a class sponsor, as a club sponsor, and I have had many conversations with my students, some harder than others. But to have my students ask me questions like, "Why are military weapons legally accessible?"... these are not the conversations I expected I'd be having. But I care about my students. And they, like so many others around the country, are hurting right now.

"[Kids] want to be catalysts for change ... It is easy for many to disregard the voices of our youth, but these kids will be voting in the next term elections. They will be the teachers, politicians; they are the future."

It is easy for many to disregard the voices of our youth, but these kids will be voting in the next term elections. They will be the teachers, politicians; they are the future. The teens I have the privilege to teach are smart, empathetic and caring individuals who de-

serve our support and encouragement, as they want to make change happen. I hope that our community can come together and support our youth as they fight to have the future they deserve.

THANK YOU

to all those who attended *The Tower's* fundraiser at Chipotle earlier this week on Monday, February 26. We appreciate your continuing support!

WINTER OLYMPICS RESULTS

ANNA TARNER - REPORTER

Over 90 countries have sent thousands of athletes to PyeongChang, South Korea, to compete in the 2018 Winter Olympics. Several events were added to the list of sports for this year's Games, making a total of 108 events, the most in Olympic history. Our very own Team USA provided 243 athletes to travel across the globe and go for gold. Olympians train all their lives to become the best of the best, but some of them still aren't even legally allowed to order things on TV without their parents permission.

Along with the amazing wins for Team USA, melancholy feelings are thrown into the mix for some audience members. Spe-

cifically, teens. While we're cramming to study for a class we have next hour, or dealing with the socially soul-breaking duties society forces upon our fragile shoulders, we gaze upon the fame and glory of the best of the best, who some are, or close to, the same age as us.

Athletes like Chloe Kim and Red Gerard are just 17 years old, and both won gold medals for snowboarding this past week.

Chloe Kim first touched a snowboard when she was 4 years old, and hasn't put one down since. Her goal-driven personality just awarded her the title of youngest woman to win a medal in snowboarding in the Olympics. Red Gerard, on the other hand, perfectly exhibits the face of a classic teenage lifestyle. The night before his gold-winning event, Gerard binge-watched Brooklyn Nine-Nine and had a rocky start the next morning when he slept past his alarm. But despite the television marathon, Gerard still managed to receive a gold medal and become the youngest man to win a gold medal in snowboarding. A fan tweeted "This man is the Patron Saint of Teenagers," which perfectly describes him, as well as the rest of the teenage population.

ADAMS' WRESTLERS MAKE IT TO SEMI-STATE

RYAN DOWNEY - REPORTER

As the Indiana High School wrestling season came to a close, the playoffs commenced with quick precision. The Sectional Championship was held at Mishawaka High School on January 27th with wrestlers from Saint Joseph, Penn, Mishawaka, Riley, Washington, Clay, Marian, and Adams competing for the title. At the 120 pound weight class Melvin Torres placed 5th, at 132 Jacob Dale placed 5th, at 152 John Burford placed 6th, at 160 Shannon Clark placed 5th, and at 285 Joe Phillips placed 6th. As for the Regional qualifiers, Henry Wroblewski placed 4th in the 106 pound weight class, Joey Zahl placed 2nd in 126, Andrew Chann placed 3rd at 138, Dominique Clark placed 3rd at 145, Ian Donihue placed 3rd at 170, Horace Hill placed 3rd at 182, and Jonathan Thomas placed 3rd in the 195 pound weight class.

At Regionals, Adams experienced some success as well as they advanced to Penn. Two of Adams' wrestlers placed in the top four of the Regional tournament. These two were Joey Zahl, who placed 4th in the 126 weight class, and Jonathan Thomas whom at 195 placed 4th as well. These wrestlers continued to Semi-State at East Chicago but unfortunately were defeated and the Adams' journey to state ended. We at the Tower and the Student Body of Adams High School would like to congratulate everyone that competed in this accomplishment and we wish good luck to the wrestling season that follows.



MRS. HERNANDEZ'S PUZZLERS

March 1, 2018

Name: _____

Grade: _____

THE RULES: All students, faculty, and staff are invited to participate. We are an equal-opportunity awarder.

1. Finish one or more puzzlers to the best of your abilities. You may **not** use any Internet-abled device to search for the answer. Use your brain instead.
2. Turn in the completed puzzler(s) to IB Mrs. Hernandez's office 2117 (blue folder outside the door) with your name and grade on it (or just name, faculty) within two weeks of publication date.
3. All puzzlers that are completed will be entered into a drawing once a month for a TEENY TINY PRIZE. All correct answers will be entered for a drawing once a quarter for an EVER-SO-SLIGHTLY LARGER PRIZE.

SUDOKU

Each puzzle consists of a 9x9 grid containing given clues in various places. The object is to fill all empty squares so that the numbers 1 to 9 appear exactly once in each row, column and 3x3 box.

	8					9	5	
6	4		2		5			7
		5		1			4	
		7			9	1		
				7				
		6	3			2		
	5			4		6		
9			5		2		3	4
	6	4					2	

Source: websudoku.com

LATERAL THINKING

Answer this lateral thinking puzzler.

Five pieces of coal, a carrot and a scarf are lying on a hill near a remote house. Nobody put them on the lawn but there is a perfectly logical reason why they should be there. What is it?

Source: folj.com

LOGIC PROBLEM: Planting Season by Shelly Hazard

Planting season had arrived—winter's snow was almost gone, the first buds were coming out on the trees, and lawns were turning bright green with new grass. Farmer John woke up this morning to birdsong and decided it was time to get the season's planting underway. He had four main fields to put his primary crops in and one small one he reserved for testing new types of seed or for the occasional cash crop. Determine the day of the week that he planted each field, the field's name, why type of crop he planted, and how long he spent planting it (5.5 hours, 6 hours, 6.5 hours, 7 hours, 7.5 hours).

1. He planted the Test field with sunflower seeds but not on Monday.
2. The East field took a half-hour longer to plant than the field planted on Monday.
3. The South field wasn't planted on Tuesday. The barley was not planted on Wednesday.
4. It took him an hour longer to plant the wheat field than the West field, which wasn't planted with alfalfa.
5. From shortest to longest times, Farmer John planted the field that took 5-1/2 hours, the field with barley, the North field, the field he did on Monday, and the field that took 7-1/2 hours.
6. The corn was planted on Friday but not in the East field. The alfalfa was planted on Thursday.

Day of the Week	Field Name	Crop Planted	Planting Time

Source: unipuzzle.com