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EHS September 2025 Senior Spotlight: Meet Lauren Harris



What are you most looking forward to as you begin your Senior year of high school?

I am most excited about getting to expand my passion for art and music. This year, I plan on creating pieces at a much larger scale while staying true to my theme for AP Art, all while continuing to work on art for fun.

Musically, I am looking forward to advancing my skills and performing in marching and concert band. A few more things I'm excited to do is paint my parking spot, senior sunrise/sunset, and prom!

What instrument do you play?

I play the Marimba.

How do you manage to play your instrument and move while marching to a select choreographed set for each song without tripping over your feet? (*I don't march.*)

I definitely have the easier position in marching band because I don't march for the show. I'm in the drumline, so I do march out onto the field, but it's much less marching than everyone else. However, I do know that marching is all about counting, staying in time, watching those around you, and understanding drill. I would love to march, but the size of my instrument, the Marimba, prevents me from doing so.

What is the Ewing High School Marching Band's theme this year, and do you have a favorite song?

The Ewing High School Marching Band's theme this year is Star Wars, "A Band of Rebels". So far, I would say my favorite song from the show is Star Wars: The Force Awakens - Part 1. It's our opening song and one of our most powerful.



You are a senior do you have a specific role or duties, and what does this entail?

I would say that my main role in school as a senior is helping freshmen in the band. I am the section leader for the pit band. It's very important to me that my section sounds great and succeeds musically. I feel like being a senior is about staying energized and giving underclassmen something fun and rewarding to look forward to for their senior year. I also participated in Freshman Orientation, which helps the incoming freshmen have an easier time adjusting to high school.

You are not only a skilled musician but a talented artist. Last June, to close out your junior year, your 2D piece was selected at the Mercer County Teen Art Festival in May to be showcased at the prestigious New Jersey State Teen Art Festival in June. Congratulations! What was the inspiration for the art piece, and how long did it take you to create the piece?

My inspiration for this piece was learning that the overconsumption of good things in life can still have negative effects. For example, ice cream; it tastes amazing, and most people could eat it forever. But eating too much will make you sick. For this piece, I used honey because I could show more detail, and in the process of making honey, many bees lose their lives. Overall, it took me around 10 hours over the span of two weeks to finish it.





On your schedule for this year, besides taking a few honors courses, you are taking two art classes, Studio Art Drawing Portfolio AP with Ms. Daidone, and Drawing/Painting CCP with Mr. DeCavalcante. Any future artist goals this senior year? What is your favorite art medium?

I have a few art goals set for this year such as opening up to more commissions, expanding my mediums, and having a successful AP Art portfolio. My favorite and main medium is colored pencil. At first, I was reluctant to try it because I expected it to look terrible, but I was pleasantly surprised when it turned out beautiful! I've used other mediums such as acrylic paint, ink, markers, clay, chalk pastels, even high-end crayons.



Looking back, what is your advice for the incoming freshmen class for a successful and rewarding high school experience?

My best advice would be to always say “yes” to good things. If you are given a great opportunity, go for it, but never fill your plate too much. Don’t forget to enjoy life and your teenage years to the fullest. School doesn’t define your character, but still make the most out of it to help you be the best you can be.

What is your favorite subject?

Above all else, art is my favorite subject because you get to be free and create whatever you feel like. However, in regards to more standard classes, I would say that math would be my favorite. I've always had a bit of a thing for math. In high school, for my freshman and junior year algebra classes, Mrs. Salvitty was my teacher. She has definitely made math even more fun for me.

Who is your favorite teacher and why?

I could never pick just one teacher because throughout high school, many different teachers helped me in many ways. Mrs. Wilson was my Human Anatomy and Physiology teacher. She made her class very easy to learn while being an amazing person to talk to and be around. Mr. DeCavalcante has been a big pillar within my art journey. If it wasn't for him making me try colored pencils and pushing me further in his classes, I would not be as strong of an artist as I am now. Mr. Price is another amazing teacher.



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Since middle school, Mr. Price has helped me grow musically. It has been a long journey of knowing Mr. Price, it will be sad to say goodbye in June.

What activities do you participate in at school?

I participate in band and art, and that's about it. Both the concert and the marching band take up a lot of my time. Along with that, I volunteer at the elementary schools and for Back-to-School events with Key Club. I participated in Freshman Orientation as well. I wish I had joined more extracurriculars during freshman or sophomore year.

What activities do you participate in outside of school?

Outside of school, I work at Cafe 72, both bussing and hosting. I find it to be a very rewarding job. I maintained a second job throughout my junior year too, which I left to focus on having more hours at Cafe 72. During my sophomore year summer, I participated in the Princeton University Art Museum Summer Academy, where I expanded my artistic range and made more art. In the fall, marching band takes up a lot of my time outside of school as I attend all of the football games as well as Community Fest each year. I create a lot of art in my free time, traditional and digital. I have taken on some personal art projects for people and sold them pieces.

What awards or acknowledgments have you received in school or outside of school?



During my freshman year of high school, I received an award for Outstanding Achievement. It was important to me because I had never received anything for my art before. I received it for my first full color pencil piece titled "Blue in the Face". I submitted a piece titled, "The Underrated Youth" to the Congressional Art Competition, and my piece, along with many other beautiful pieces, was displayed for the 12th district. I have been an Honor Roll student for all three years of high school so far.

What accomplishments are you most proud of?

I am most proud of making it to the second round of Teen Arts this past year! I have submitted pieces since freshman year, but my piece, "The Sweet Taste," finally progressed me to the second round. A second accomplishment would be getting into the Princeton University



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Art Museum Summer Academy. It required an application and interview before getting accepted, which I was, further showing me that my passion for art was paying off. I am really proud of the self-growth I have worked hard for throughout high school. I am almost a completely different person entering senior year compared to who I was entering freshman year. I have put a lot of effort into becoming the best version of myself, which is an endless path, but I have made a lot of progress on it.

What is your favorite memory of high school to date?

My favorite memory of high school was my junior year Homecoming dance. It was so much fun! It was the first school dance I truly enjoyed.

Who or what has positively impacted your life?

My family members who have supported me, those I consider family that always show up for me, my small circle of friends, and my mentors have positively impacted my life. Music, by artists like Yungblud and Palaye Royale, has positively impacted my life by helping me through tough times. Lastly, art has made my life more colorful and has been an outlet for my creativity.

How do you define success?

To me, success is being proud of yourself and staying true to who you are. There have been times when I felt as though I was unsuccessful because I thought success was defined by what other people's expectations were. With time, I have grown to understand that success is different for each person. Being successful means being fulfilled with your life and reaching the goals you have set for yourself while staying true to your values.

What are your plans after you graduate from Ewing High School?

As of right now, I am very torn between some options, some of which I won't entirely share yet. I am looking into getting a tattoo apprenticeship in Philadelphia. I may be pursuing other career goals on a different path, which isn't perfectly painted yet.

What is your favorite quote or book?

My favorite quote is from a song called "Changes" by Black Sabbath. The quote is, "Wish I could go back, and change these years, I'm going through changes". Being alive is all about the world, people around you, and yourself, always changing, sometimes in big ways and other times in small ways. It took a while for me to get accustomed to changes. This quote is like the "closing statement" for all the chapters of my life, as it is my own way of accepting the changes in my life currently and the fact that things will never stay the same.

If you had one thing you could do over again in high school, what would that be?



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I would have taken my freshman year classes more seriously and gotten involved in more extracurriculars. Most importantly, I would have never attended my freshman year winter dance, as it changed the trajectory of my high school experience.