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Only five percent of Algonquin students are getting the 8.5 to 9.5 hours of sleep a night recommended by the American Academy of Pediatrics.*

* According to a Harbinger survey of 304 students conducted from Nov. 17 to Dec. 1 through Google Forms

PHOTO APPLE LIN

Senior Flynn Peterson takes a nap during some down time in his seventh period class. Fifty-five percent of Algonquin students say they feel tired at school every day.*

Tired teens: sleep lost in game of life

GABRIELA PAZ-SOLDAN &
CATHERINE HAYDEN

Editors-in-Chief

Sleep deprivation is linked to increased rates of depression and anxiety, diminished academic performance, unhealthy body mass, impaired immune system function and a greater risk for car accidents, substance abuse and sports injuries.

So why aren't students prioritizing their sleep?

"Sleep is something that is absolutely essential for everybody," school district physician Dr. Safdar Medina said. "When we fall asleep, a lot more happens than just closing our eyes. Our brain completely shuts off, our muscles relax and our immune systems turn on."

Medina believes students would see a positive change in their lives if they were

to get an adequate amount of sleep.

"They would be happier," Medina said. "They would be healthier, and I think we would see everything improve."

Sleepless at Algonquin

Eighty-eight percent of survey respondents indicated that homework impacted the amount of sleep they get per night, followed by 78 percent saying school start time, 66 percent saying technology and 62 percent saying stress.

Freshman Amabelle Sandford, who averages 3.5 hours of sleep per school night, is one of the 88 percent of respondents who indicated that homework affects her amount of sleep.

"Arguably we can get [our homework] done in a reasonable amount of time, but that's only if we don't put in full effort which is what's actually expected of us if we want to be getting good grades,"

Sandford said. "Because I am putting in so much effort in my homework so that I can do well, I am not getting any sleep."

Sandford completes anywhere from five to 10 hours of homework a day. While she does worry about the health effects associated with a lack of sleep, Sandford chooses to prioritize her academics.

"I'm totally conscious that it's dangerous to be doing what I'm doing and to barely be getting any sleep," Sandford said. "But there's really nothing I can do about it because I have to ask myself which matters more: grades or sleep."

Senior Paul Probst, who averages less than three hours of sleep on school nights, shares this mindset.

"Sleep is amazing, and I recognize all the health benefits that sleep can give you," Probst said. "There's also work that needs to be done. In order to keep up, I feel like there are things I need to take on and things I need to do. It's a matter of

balancing priorities. Sleep is one of my priorities, but it's not the only priority."

Probst finds that extracurriculars, work, family obligations and stress interfere with the amount of sleep he gets, along with homework. He acknowledges that his own choices contribute to his lack of sleep, but believes that they stem from outside pressures.

"I'm aware that the commitments I've taken on, AP classes, extracurriculars, the number of colleges I'm applying to, are all choices that I've made," Probst said. "I'm making choices that increase the amount of work I have, but I'm also aware of the fact that a lot of these choices I make are because of external and academic standards and pressures that I feel I need to meet."

'Sleep' continued on p. 2

Threats found in bathrooms, deemed not credible

GABRIELA PAZ-SOLDAN &
CATHERINE HAYDEN

Editors-in-Chief

Statements threatening violence against the school were found written on bathroom walls on Dec. 5, 6 and 9. The Northborough Police Department (NPD) was immediately contacted and determined the threats not to be credible after an investigation.

"The reality is this is most likely one person who's infringed on all of our feelings of being safe," superintendent Greg Martineau said. "Our job now is to figure out who that one person is. We take this incredibly seri-

ously."

The NPD is currently conducting a forensic investigation to identify who is responsible for the threats, which will include looking at handwriting and video evidence. Those responsible could potentially face felony charges and expulsion.

"Any sort of evidence that we have, we're going to utilize," NPD Lieutenant Joe Galvin said.

Following the threats, there was an increased police presence at school.

"We're going to do what we need to do to create a presence of safety for students," Martineau said. "... Whenever something serious like this happens, we al-

ways reach out and ask for an increased presence so that students know that [police officers] are available and around."

The NPD is collaborating with the administration to address the threats and to ensure safety at Algonquin.

"We work with the administration every day to enhance that safety and make everyone here in the school community feel safe," Galvin said.

"[Safety] is such an important part of learning," Martineau said. "This feels like a violation of that safety. I think that you students have the right to be safe, and we're doing everything we can to ensure student safety. That is our number one priority."

Students’ sleep deficit prompts district to consider later start

‘Sleep’ continued from p. 1

Some students, like senior Kayla Albers, do find ways to prioritize sleep. Albers is one of the 15 percent of students who averages eight or more hours of sleep per school night.

Her freshman and sophomore years, Albers went to bed at midnight, but then felt motivated to make a change.

“My body just started hating me,” Albers said.

Since getting more sleep, Albers has noticed a positive impact on her mood and grades.

Health teacher Caroline Current, who teaches a unit on sleep as part of the sophomore Health & Fitness curriculum, underscores the link between sleep and academic performance.

“While you’re sleeping, that’s the time when your body puts the learned things into stored memory,” Current said. “They’ve done studies where they see that when kids get a good amount of sleep, they perform better in school not only just as far as test grades go, but they’re more alert. They’re more attentive. They’re able to concentrate.”

Running on 3.5 hours of sleep daily, Sandford has noticed an impact on her academics. She is one of 55 percent of students who feels tired at school every day. She also falls asleep in class once or twice a week.

“I can’t focus,” Sandford said. “The words just go right through my brain. I don’t comprehend anything.”

Only a freshman, Sandford is concerned that her homework load will get more challenging throughout high school.

“I have to choose between my academic success and my own well-being which shouldn’t even be in question,” Sandford said.

Start Time

Seventy-eight percent of survey respondents cited school start time as a factor that affects the amount of sleep they get per night.

Because of a shift in circadian rhythms during adolescence, it is hard for teenagers to fall asleep early. Their bodies delay the release of melatonin, a hormone that regulates the sleep-wake cycle, until 11 p.m., which then takes eight to nine hours to wear off.

“When you’re trying to wake up for school, there’s still melatonin in your body that’s trying to fight the need to wake up,” Medina said.

According to the AAP, early start times are a “key modifiable contributor to insufficient sleep.”

The AAP is one of several

organizations, including the Centers for Disease Control and Prevention, the American Medical Association and the American Psychological Association, that recommend middle and high schools start no later than 8:30 a.m.

“The early start time makes it really challenging for teens to get enough sleep because if their bodies are not really ready to fall asleep before 11 at night, they’re going to average six to seven hours of sleep instead of that eight or nine hours they should be getting,” chapter leader of Northborough-Southborough Start School Later Michelle Brownlee said.

Even Albers, who averages eight hours of sleep, finds that the 7:20 a.m. start time has impacted her learning in classes that are early in the day.

“People are going to be tired at 7 a.m. no matter how much sleep you get,” Albers said. “You’re going to be exhausted. I think it takes a lot out of the learning experience of your first period and even second period classes.”

Medina believes that many hold the misconception that pushing the start time would just result in students going to bed later at night.

“One of the myths that comes out of that is ‘Won’t they just go to bed later?’ and that doesn’t happen,” Medina said. “Teenagers still go to bed at the same time even if you delay your start time.”

Probst sees this shift as a drawback; he wouldn’t support a decision to push school start time because he believes it would impact his productivity.

“If the school start time were pushed back later, I would be sacrificing homework time and time to work after school, but I wouldn’t be gaining any time to work before school because I wouldn’t wake up to do homework,” Probst said. “I’d just be sleeping in without making up any of the productive time that I have after school.”

According to the American Psychological Association (APA), studies of schools that have already shifted to a later start time reveal increased attendance rates, decrease in disciplinary action, decrease in student-involved car accidents, increase in student GPA and a decrease in students sleeping during instruction. The studies were done in schools across the country and in a “broad range of developed environments.”

School nurse Justine Fishman feels that pushing the school start time is an important step, but not the only thing that can be done to promote healthy sleep



Top: Junior Rachel White rests her head at the beginning of double second period.

Bottom: Senior Kayla Dantz begins to eat her breakfast in the school parking lot. It’s hard for many students to find the time to eat a breakfast at home before school.

PHOTOS ELENA GRINBLATAS

among students.

“It’s just one more tool in the toolbox,” Fishman said.

Addressing the Sleep Deficit

The district formed the School Start Time Task Force last spring to look into the possibility of a later start time for Algonquin. Any change in school start time will take place no sooner than the 2021-2022 school year, and the task force plans to make a recommendation by April of 2020.

“There’s a lot of studies that have been published proving that the circadian rhythm of teenagers doesn’t fit within our current timeline of school and showing that students are lacking sleep and that they’re too tired with starting the school day at 7:20 a.m.,” member of the School Start Time Task Force and math teacher Mary Rose Steele said. “The school has, in response to this, put together the task force so that we can address the situation, address the concerns and see if there’s something that we can do to help our students out.”

One of the factors involved in the decision to push school start time is the potential cost because of bussing. School Bus Consultants (SBC) was hired to analyze the districts’ student transportation operations. They recommended a scenario where Algonquin’s start time is pushed

to 9 a.m., which would result in an estimated cost between \$0 and \$120,400.

While some might be concerned with an increase in their tax dollars, Brownlee believes this expense is far outweighed by the benefits of a later start.

“There’s a benefit both to the students and to the greater community because the car accident risk is real,” Brownlee said. “To have all these young, drowsy drivers driving to school is a hazard not only for themselves, but for the community at large.”

Not only will the community be safer, Brownlee says, but an increase in taxes now will pay for itself over time.

“I would argue that whatever additional taxes you might need to pay will pay for itself because your property values are likely to increase if our schools are viewed as progressive and on the forefront of doing what’s best for the students,” Brownlee said.

Later school start time is only part of a potential solution to curb the sleep deficit at Algonquin.

Fishman urges students to put as much importance on getting enough sleep as they would with any other aspect of health. She also believes that keeping good sleep hygiene, such as staying off of media for a period of time before bed, is important for students to consider.

“You should give your body and your brain time to come down to a more relaxed state,”

Fishman said. “You can’t just jump into bed and fall asleep.”

According to Medina, students should put their cell phones away 60 minutes before bedtime, ideally keeping them out of the room to avoid their distractions altogether.

“Any time you’re looking at any kind of light before bedtime, your body cannot make melatonin the way it needs to make melatonin to help you fall asleep,” Medina said.

In sophomore Health & Fitness, students learn strategies to make up for their sleep deficit.

“We talk about trying to get in power naps to make up for the loss, so if they’re lacking three or four hours of sleep per week, how to get in 45 minute naps in intervals to strategize to make up for the sleep loss,” Current said.

However, Current cautions her students to take naps in the afternoon and for no longer than an hour and 15 minutes. Otherwise, these naps can get in the way of nighttime sleeping.

Medina acknowledges that many students are overscheduled, potentially juggling sports, part time jobs and extracurriculars on top of homework, which can limit the amount of time they have for sleep.

“What’s one thing you can potentially give up?” Medina said. “That could buy you an extra hour or two of sleep at night, and that would be well worth it.”

US History I continues skill-based unleveled program after successful first implementation

MELISSA DAI

Assistant News Editor

After a full year of its implementation, the United States History I unleveled program has continued to emphasize skill development as its teachers refine the course for the current school year.

The unleveled program was initiated at the beginning of the 2018-2019 school year, integrating all freshmen into a cohesive CP history course with a curriculum mainly based on skills rather than historical facts. In this program, US I History teachers Amelia Braun, Justin McKay, Gregory DeCosmo, Brian Kellett, Kristin Turner and Renee Moulton have taught students a new skill, such as document analysis, in each unit.

“[The skill-based unleveled program] was a brand new endeavor that US History I teachers took last year, so this is only our second year doing it,” Braun said.

The most significant element of the unleveled program has been Big Group, in which all US History I classes from the same period occasionally gather in the library to collaborate on activities related to the curriculum. Big Group has served as an interactive learning environment for students to engage with students and teachers from different classes.

“Seeing three teachers in one room communicating, adjusting, reflecting and working hard with each other to help [students] is a good model of how people and colleagues can work together,” Braun said.

During Big Group, Moulton has been noticing “tremendous social growth” in the freshmen, as students have been thriving in the tight-knit community of their peers and teachers.

“I liked the Big Group activities because they brought classes together and made a bond between students and teachers,” sophomore Robert Kebartas said after taking the course last year.

Not only has this unleveled program presented a learning curve for students, but the course teachers have also been able to learn from each other through the program.

“Our ability as teachers to adapt to



PHOTO OLIVIA BATTLES

Freshmen Tarika Sidhar, Will Hayden and other students sit in social studies teacher Kristin Turner’s US History I class. This is the second year that all freshmen are required to take an unleveled US History I course that focuses on skills not memorizing facts.

each others’ teaching styles and complement each other in different group settings has been the coolest part [of the program],” McKay said. “As a teacher, I’ve

learned so much from working with these other teachers and the styles that they bring.”

According to DeCosmo, despite the program’s overall success so far, there have also been many “growing pains” that come with the new curriculum. Because

of this, the program received mixed feedback.

“I thought [the unleveled program] was pretty effective, but sometimes, the curriculum was a little disorganized,” Kebartas said.

In response to this type of feedback,

the teachers have been finetuning the course for the current school year, and they have ultimately been noticing better results from students this school year.

“This year, [Big Group] seems to be more widely accepted [than last year], and I can tell it’s going better among the student population because of the way they’re performing,” DeCosmo said. “It’s also much easier for us teachers because we’re giving the lesson for a second time.”

Meanwhile, many new elements have been added to the unleveled program this year. One significant addition consists of name tags worn by students and teachers during Big Group, allowing them to call each other by name and therefore promoting interaction.

“I feel like [the nametags] have allowed [the teachers] to make more connections with more students than just the students in our classes,” Braun said.

Another new component is the Big

Group Book Club in which all students and teachers involved in the US History I course are required to read one history-related book of their own selection each semester. Then, for one day near the end of each semester, classes will gather together and discuss their books during the Big Group Book Club Coffeehouse.

“Our goal [for Big Group Book Club] is for kids to be reading and to have conversations about history in a relaxed setting with their teachers,” Braun said.

Overall, the teachers look forward to continue experimenting with and refining the unleveled program to make more connections with all students.

“In two years, [we history teachers] will subsequently have had every student in the building, and we’ll know every kid who’s in the building on a deeper level,” McKay said.

“As a teacher, I’ve learned so much from working with these other teachers and the styles that they bring.”

JUSTIN MCKAY
SOCIAL STUDIES TEACHER

Sophomores start club to spread passion for AI



PHOTO JONNY RATNER

Sophomore AI Club leader Divyansh Shivashok discusses the Russian AI Cup at the club meeting on Wednesday, Dec. 11. The club meets every week in D111.

BRIANNA TANG & CLAIRE BAI

Assistant A&E Editor & Assistant News Editor

Sophomores Henry Zhang and Divyansh Shivashok began Artificial Intelligence (AI) Club this year as a way to

share their enthusiasm for this field with other students. “AI Club will focus on making AI fun and accessible by cutting through its thick skin of complexities and making it plain and simple,” Zhang said. “Club members will be introduced to basic concepts in AI like deep learning, and ideally should be able to use it for their own projects in the future.”

Any time a computer makes a decision, it is a form of AI. AI is a growing field and as advancements are made, they can solve more problems at a higher level.

Meetings are after school every Wednesday in D111. Anybody interested in learning about AI, regardless of their familiarity with the field, is welcome to attend. Programming skills and familiarity with Python are recommended for students joining the club but are not strictly necessary.

“There are no prerequisites to joining AI Club,” Shivashok said. “Just bring a computer because that’s AI.”

In AI Club, members will learn new concepts relating to AI, including deep learning and difficult problem solving, to gain an understanding of its impact on modern

society.

“AI Club will allow members to understand how everything in society will be powered by this technology and will open their eyes to how much of society already is dictated by AI,” club adviser Daniel Forhan said.

Zhang and Shivashok hope that more students will want to join and learn about AI because they believe that, in time, AI will transform the way we live more than it already has.

“AI Club will focus on making AI fun and accessible.”

HENRY ZHANG
SOPHOMORE

“AI is going to change the world,” Zhang said. “In 20 years, the world will be as different as 2010 will be to 1990 because of this powerhouse. In time, it will revolutionize every aspect of life, from personal experiences to global economics.”

“I joined because I thought it’d be cool to learn about,” freshman Shan Tang said. “I’ve always been interested in technology, but I don’t have any background with AI.”

Zhang also hopes to bring in guest speakers to talk about AI later in the year to teach students about how AI shapes the real world.

District introduces Say Something app

LAURA ANDERSON
News Editor

The district launched the Say Something Anonymous Reporting System through the non-profit group Sandy Hook Promise on Thursday, Nov. 7 to provide students with an app to anonymously report concerns.

Director of Guidance Lisa Connery views the app as a precautionary measure students can use to report anything of concern.

“Maybe you have a concern about a student being in an abusive relationship, [or] it could be [about] substance use,” Connery said. “It could be suicidality; it could be a threat against a student or maybe the school. Whatever it might be, we want to proactively provide students with a way to share what they know.”

While school adjustment counselor Deborah Guterman feels students are typically comfortable talking to adults in the building about cautionary situations, the goal of the app is to give students who might be more hesitant an avenue to do so.

“In general, I feel like the climate here at Algonquin is very conducive to students coming to adults,” Guterman said. “... Most of the time, I think kids are comfortable doing that, but I think we just want to make sure we’re covering all of our bases.”

The app involves more than just the

Algonquin community. Once a student reports an issue, it will be sent to a Say Something Anonymous Reporting System national crisis center where it will be categorized as either life-threatening or non-life-threatening.

Situations assessed as life-threatening will be sent to the police department to be dealt with immediately, while nonlife-threatening situations will be sent to the school to develop a plan that will better support the students involved.

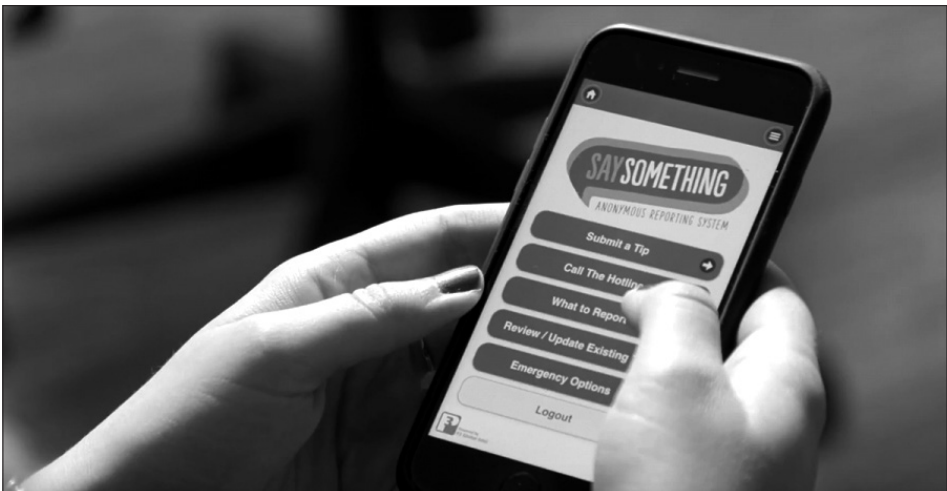
The entire process is anonymous. According to the Say Something Anonymous Reporting System, it uses two external gateways that would only be possible to ID through a court order or warrant from law enforcement.

“We really appreciate the fact that there is the [Say Something Anonymous Reporting System] national crisis center that is associated with [the app] that can help us field some of that information after hours, and then help take some proactive measures to support the student,” Connery said.

According to Connery, there was a greater amount of reports when the app was introduced.

Some students feel the app will benefit the community.

“I feel like it gives people or kids nowadays a place to feel safe and speak out their concerns about others and just



COURTESY SANDY HOOK PROMISE

Students were introduced to the Say Something Anonymous Reporting System on Nov. 7. The app allows students to anonymously report concerns to a crisis center.

anything that’s going on which could be dangerous for people,” senior Monica Gutierrez said.

However, other students are not convinced.

“I feel like it’s definitely a really good idea,” junior Emily Stockman said. “However, I think a lot of people won’t take it seriously, and I don’t know if people would actually use it.”

Other school districts have used the Say Something Anonymous Reporting System and seen positive results.

“There’s been a lot of research on this

particular app and what’s associated with it, and it works,” Guterman said. “It kind of fills that gap [when faculty members are not available during off hours].”

Connery stresses the fact the app is truly anonymous.

“My biggest thing is to make sure people aren’t afraid to use it, that they do know it is anonymous,” Connery said. “If they hear something, say something so we can look into it... We can help whomever is expressing some type of concerning behavior.”

Shakila Sivarajan contributed reporting

Math Team adds wins after succeeding in two competitions

SHARADA VISHWANATH
Graphic Coordinator

The varsity Math Team emerged victorious in the first two Worcester County Mathematics League competitions of

the 2019-2020 school year, both of which were held at Shrewsbury High School.

The team placed first in the Oct. 2 meet, with a team score of 96 out of 108, and third in the Nov. 20 meet. The score at

the October meet was the highest score since November 2017, when Algonquin scored a 97.

“We had one of the best scores that I’ve seen as a math team coach,” varsity Math Team coach Brain Calnan said about the October meet. “We had multiple students get perfect individual scores, a perfect team round and a couple of other really high scores.”

Scores from the four meets throughout the year are combined to get an overall standing. Currently, the team is in second overall in the Worcester district.

Each student on the team participates in three six point rounds, with 18 total points possible per person. Students are then placed in one of three teams; the highest scoring team represents Algonquin’s score.

“Usually when you put together a team you are supposed to have two juniors, two seniors

and one sophomore, but I don’t think we had any seniors competing, our team was all juniors and sophomores,” Mathematics Department Chair Beth Dore said. “We had a really young team but still performed really well.”

The competitions are regional. Algonquin competes in Class A which involves the best local schools such as Shrewsbury, Westborough, Hopkinton, Advanced Math & Science Academy, Mass Academy of Math and Science and St. Johns.

“I was really worried we weren’t going to win, but we answered the questions correctly and it felt good to beat Shrewsbury,” sophomore Math Team member Stefan Linden said.

The Algonquin team has also managed to overcome their smaller team size.

“The fact that we did so well when we only had two full

teams while Mass Academy has 10 teams and Worcester Academy has a ton of teams as well, was really impressive,” Dore said.

For sophomore math team member Andrew Lee, who has been on the Algonquin team since seventh grade, the results from the recent meets are cause for excitement.

“I feel proud of our Algonquin Math Team,” Lee said. “We have definitely really improved from previous years.”

With many new members, the Math Team carries great potential and is excited to compete at future meets.

“We have a lot of very talented math students, especially freshmen and sophomores so we have a young team,” Calnan said. “We feel we will be able to compete for league championship this year and the next two years.”



PHOTO OLIVIA BATTLES

Junior Abhinav Tripathi and other members of the Math Team discuss upcoming events after their two successful competitions.

In Brief

Student Council will bring back Lip Dub to improve school spirit

For the first time in six years, Student Council is making a school wide lip dub video in which people lip sync to a song to promote school spirit.

“Senior steering has always wanted to bring back the lip dub, and this year we decided [to] try to restart [it],” Student Council president Apple Lin said. “Why don’t we try to bring back the school spirit?”

The lip dub is a work in progress according to Lin, and part of it was filmed during the pep rally.

Student Council decided to pursue the lip dub due to the perceived decreasing amount of school spirit.

“I think that we can collectively agree that school spirit is on a decline, and it’s not because we don’t have any, it’s because people are afraid to show it,” Lin said. “So if we give them more opportunities to be excited about Algonquin, then that would help bring school spirit back.”

Karthik Yalala

Programming club ranked 19th at end of national hackathon

The programming club competed in a two week national hackathon called PicoCTF from Sep. 27 to Oct. 11 where they placed 19th in the nation out of over 5,000 high school teams.

The team consisted of sophomores Owen Hong, Andrew Lee, Patrick Li, Jakob Zhang and Alex Wang.

Senior Tejas Maraliga placed 64th individually, and a second team consisting of sophomores Henry Zhang, Divyansh Shivashok and Ryan Weiner placed 104th.

“We did not expect to get so far, but once we realized that we were actually doing really well, we decided to spend a lot of time on it,” Li said.

The competition was a learning experience for everyone on the team and involved a lot of cooperation amongst teammates.

The sophomore team is looking forward to participating in the competition again and doing even better next year.

Brianna Tang

Nonfiction essay contest recognizes students’ writing

The English Department’s annual writing contest provides students an opportunity to demonstrate their skills as writers and receive recognition for it.

This year, the winners were freshman Amabelle Sandford, sophomore Cynthia Rajeshkanna, junior Kathryn Zaia and senior Caroline Ransden.

Each year, there is a theme that relates to the summer reading; this year’s theme was personal nonfiction stories.

“The kind of pieces that stand out are usually those that evoke some sort of reaction from the reader,” Betar said.

Betar wants to showcase their writing to the winners to offer opportunities to the public in the future.

“I’m hoping to organize a spoken word event this year, maybe at a local coffee house, where the students who won and the teachers who won, who want to, can share their piece in front of an audience,” Betar said.

Sofia Abdullina

Faculty essay contest connects students and staff members

For the first time, the English department held a faculty essay contest alongside the student writing contest to bring students and staff together.

This competition made “faculty have to do what students are asked to do: [write essays],” English department head and competition coordinator Jane Betar said.

Students scored these faculty essays based on creativity, grammar and fluency.

Special education teacher Caitlin Hynes won first place, math teacher Karla Reynolds was runner up and English teacher Seth Czarnecki won third place.

Twelve staff members all told personal narratives of significant moments in their lives through their submitted essays.

The purpose of extending the annual writing competition to the staff was to let their stories be told.

“It is important that we share our stories because faculty and students can both benefit from them,” Betar said.

Macey Poitras-Cote

The Great Debate

Should President Trump be Impeached?

Yes. *Trump has committed acts no President should get away with.*

SAHANA SIVARAJAN
Staff Writer

Donald J. Trump made has 13,435 lies over 993 days according to the Washington Post, divided our country, cultivated racism, caged children and women and many more ugly things. No man should be able to do such terrible acts, let alone the President of the United States.

Are these impeachable actions yet? The answer is no. Here come the real points. Crime, obstruction of justice and quid-pro-quo. And that is why Trump must be impeached.

Trump has used the American taxpayers' money to spy on American citizens, which is no doubt a crime. Trump has also put his self-interests above his presidency. He has used his presidency to promote his family business by funneling cash to properties such as Mar-a-Lago, a resort in Palm Beach, Florida.

Trump has also committed obstruction of justice. He directed the White House staff not to respond to Congress when Congress subpoenaed them to come to the impeachment hearings.

On Jan. 20, 2017, Trump raised his right hand, and solemnly swore to faithfully execute the position of the president of the United States and, to the best of his ability, preserve, protect, and defend the Constitution of the United States. Clearly, he has not kept that promise.

As a 13-year-old, proud American, it sickens me to see how one person can push our country from a highly respected one into the gutters. I see this firsthand when I travel outside the country. When I traveled with my family before Trump's presidency,

other foreigners were nicely talking to me about American life and how they want to study hard to come to America but in the past year that I have traveled, I felt from foreigners animosity towards Americans.

So if you love your country like me, and want to live in a peaceful and respected country where the possibilities are endless for any American citizen, then act now by electing Democratic senators and say yes to impeach Donald J. Trump.



ABBY KEENE
Staff Writer

The 2020 election is just around the corner, and by exposing the President to the media, the country can sway the results.

Speaker of the House Nancy Pelosi (D-CA) announced formal impeachment proceedings for Trump's alleged high crimes and misdemeanors on Sept. 24, 2019. The house then proceeded to conduct a series of

closed door hearings looking into the issue.

I think many members of her party and the country are still aggressively unhappy with the results of the 2016 election. After the Mueller report was released without sufficient evidence of obstruction of justice, the party was searching for another avenue to damage the public opinion of Trump and reverse the results of the 2016 election.

I think this alone is embarrassing for the Democratic party. These liberal politicians are searching for any reason to impeach President Trump regardless of whether or not it truly makes sense, and it is childish and pathetic.

President Trump is completely denying the allegations of misusing the office of President in regard to Ukraine. If the President did withhold aid, I think it warrants impeachment. However, after reading the transcript myself I do not think he committed a high crime or misdemeanor.

President Trump also has decided to not engage in the impeachment hearings, which I think is an excellent decision. He should not participate in a partisan witch hunt to tarnish his reputation and reverse the results of the 2016 election.

I believe that every official elected to office decided to run because they love America. I believe President Trump is in the office because he wants to help every American and improve our country's economic system.

This being said, I also believe Speaker Pelosi is in her position because she loves our country. I think she decided to impeach because she thinks it is best for the country and she really believes in her cause.

See full articles at arhsharbinger.com

Stop fake wokeness, pave way for those that care

SHARADA VISHWANATH
Graphic Coordinator

So you want to change the world. How about starting with some kindness at the day-to day-level? There's nothing more obnoxious than seeing people's pretentious social media posts concerning some form of activism, and then witness them being utterly crappy people in real life, and not following through.

Wokeness (awareness concerning political and social issues), the unironic use of the word, is on its way out, a victim of its own success. MTV warned people to not use it back in 2016. SNL lampooned it. In a recent talk, Obama snuffed it. But the dangers of wokeness deserve to be understood.

At its fundamentals, this kind of desperate urge to be seen as one with the times fosters hypocrisy. It consists of people who attend all sorts of activist rallies or boycotts, and then proceed to gossip or badmouth their classmates. It's the people who pretend to be completely liberal or genuine, but make fun of you behind your back and have no amount of sincere kindness in them, which ultimately takes away from their so-called activism.

It is worthwhile pointing out that the underlying problems of fake wokeness and hypocrisy remain the same across time. Whenever there is a powerful emotion felt by a sincere few, there is a massive attempt by the uninspired to mimic the real thing, often with comic results. Instead of feeling for the movement, people go through

the motions, pretending to be involved without actually caring, and cast judgment on others who did not.

Wokeness and fake wokeness can sometimes lead to a good outcome. A generation of young people, with varying degrees of actual knowledge about issues, may indeed have a positive impact and bring some amount of awareness to the issue. But as long as people don't actually care about the subject and support it just to be trendy, any meaningful result will fail to occur.

You can go to all the rallies you want, but at the end of the day, your simple daily actions can be powerful enough for change. And if the way you act in school or towards your parents at home doesn't align with your petitions or social media awareness, then you have no business pretending like you have any authority to preach. Make your thoughts, words and actions come together as one.

This isn't to say that we should step away from all things political or heated. On the contrary, we should aim to broaden our views on the world and take a firm stance on issues.

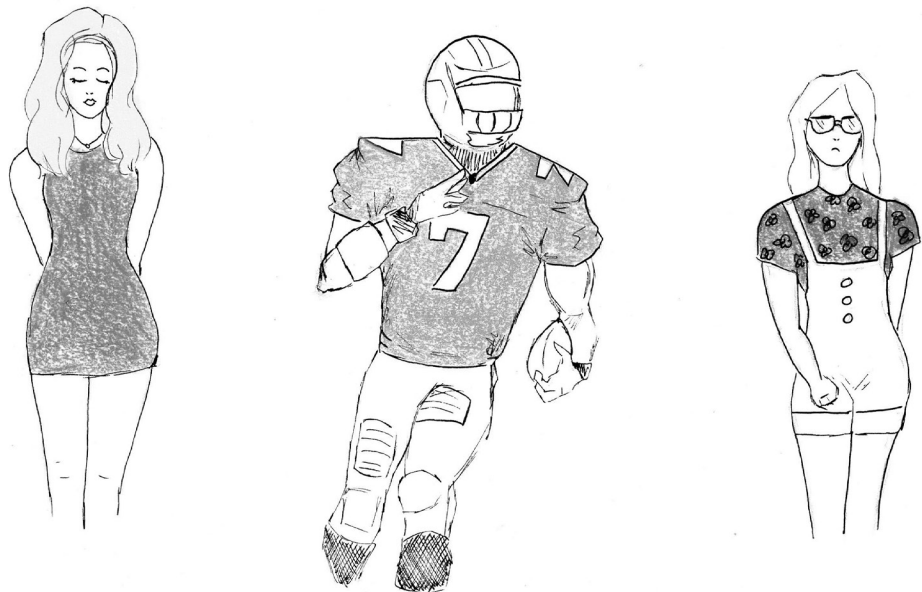
However, we need to make sure we have thoroughly acknowledged all possible perspectives and understood the movement for more than its face value. It's much more important to consistently act upon your values, not just flaunt them to the world to prove yourself knowledgeable on any random issue.

To quote Obama in a recent talk about political wokeness: "This idea [that] you're always politically woke ...you should get over that quickly. That's not activism.



That's not bringing about change." So before you jump to post something on social media to prove your "wokeness," maybe you should figure out what is actually happening. Read the news, learn, be genuine in your attempts to support an issue. Most importantly, follow up with them in the moments when you don't think anyone is watching.

Movie character stereotypes simplify reality



“THE PRETTY BLONDE”

“THE DUMB JOCK”

“THE SHY NERD”

GRAPHIC GRECIA CORADO

AALIYAH YAN
Opinion Editor

It’s Friday night and I’m bored (as usual), so I turn on some Netflix. As I begin scrolling, I notice that most movies and TV shows seem the same. They all have the same over-stereotyped characters in them.

I for one am sick of constantly seeing a dumb blonde or a smart Asian in TV shows and movies. These stereotypical roles are based purely on their appearance and personality traits. Stereotypes are not only inaccurate, but they misrepresent a broad category of people. Instead, we should move away from these stereotypes and give characters deeper personalities that will make the audience more engaged and also give the movie a higher quality.

However, I do understand these stereotypes to a certain degree. It is certainly easier to base a character off of stereotypes rather than writing a whole new personality for them. This is especially true in movies as they don’t have the time nor the patience to go in-depth with characters. Yet, constantly seeing the same type of character in different movies and TV shows gets dull.

The reason stereotypes have been around for so long is because many movies have been successful when including them such as “Mean Girls”. Though stereotypes may hold some truth

Since we’ve seen the same stereotype over and over again, we begin to believe it.

to them, they are extremely general and not everyone falls into the same category. People often have many layers to their personality and one attribute shouldn’t determine their whole character.

The way movies broadcast these stereotypes feed into the way we as a society tend to think as well. Since we’ve seen the same stereotype over and over again, we begin to believe it. We start to judge first before getting to know a new person or trying a new thing.

Growing up, I only saw the Asian characters in two positions: as a sidekick or the designated school nerd. Even in “Bunk’d” one of my favorite childhood TV shows, the only Asian girl in the whole show was a violin prodigy obsessed with getting good grades. By continuously being reinforced with those stereotypes, a lot of people tend to think of Asians as only being smart. This type of stereotyping doesn’t just apply to Asians, movies tend to stereotype other characters as well whether it be based on their race or even something as insignificant as their hair color.

In my opinion, the movie industry should move away from these constant stereotypes and instead focus more on characteristics that make a person deeper. These types of characters tend to captivate the audience’s attention and curiosity. They are more likely to keep on watching and not get bored; therefore even if the plot isn’t complex, the movie will stand out in their eyes.

Take responsibility for your future
Seek help, guidance counselors guide the way through stressful college admissions process



GRAPHIC ETHAN MOYER

LIZA ARMSTRONG
Online Editor

Throughout my four years at Algonquin, I have heard constant grumbling from students saying that guidance has never helped them in the college process, and that guidance has left them to their own devices to navigate the process of finding and applying to schools that match

their criteria.

However, I have found that to be untrue. To me, my guidance counselor has been extremely helpful. This is because I went in with honesty on how far I was in the process, what I needed and what I wanted in a college. Because of this mindset, my counselor could help me find other schools to look into and the steps I needed to make sure I did not fall behind.

What I have found to be the problem is a lack of communication between students and guidance counselors. Students expect that guidance will schedule their appointments to help them through the application process, but that is not the case. As the ones applying, it’s our responsibility to make sure that we request the transcripts and other letters we need. More importantly, it’s our responsibility to communicate with guidance about what we need.

I have found that my guidance counselor helped me when I talked to her about what I needed. When I told her I had an early deadline, she made sure my materials were in on time. When I was having trouble

contacting an admissions counselor because of a unique situation (the school had switched my major without telling me), she took time out of her day to help me figure it out. All of this happened because I asked for help.

From what I’ve seen, the issue that most students have with guidance and the college application process comes from students expecting their counselor to be the ones leading the process when it should come from them. As students, we need to learn that this is not how a guidance department operates. There are too many kids for counselors to know exactly what you need, and nobody can know exactly what you need if you don’t tell them. Of course, there are some things that guidance could improve on, like explaining the coalition application (which I had to make a guidance appointment to figure out), but most of the complaining that I hear involves something that could be fixed if they just email their guidance counselor. So speak up and take the initiative when asking for help because that’s exactly what you’ll have to do when you leave Algonquin.

What I have found to be the problem is a lack of communication between students and guidance counselors.

Don’t text and walk

Distracted walking is dangerous, prevents you from seeing the world

JULA UTZSCHNEIDER
Staff Writer

Picture this: you are walking down a street and you receive a text message, so you open your phone to respond. Even after texting back, you continue to look at your phone while you cross the busy street. Suddenly, a car honks, snapping you back to reality, and you realize how little you were paying attention to the world around you.

Now, with the constant and irresistible attraction of social media, texting isn’t the only concern. It’s not uncommon to find a person walking, head down, scrolling through a Twitter feed or posting an Instagram story.

While car accidents involving texting are typically more severe (and for that matter, more well-known), injuries as a result of texting while walking occur more frequently.

According to the National Safety Council, 2018 showed a 3.4 percent increase in pedestrian traffic-related deaths, totaling 6,283 compared to 6,075 in 2017. Of the 374 pedestrians ages 5 to 19 who died after being hit by a motor vehicle in 2017, 241 of those, or 64%, were 15 to 19 years old.

Whether it may be walking into obstacles, other people or even being hit by a car, each of these instances can be avoided by people walking without being distracted by their phone.

Although this issue is still a relatively new area of research, most of this is just plain common sense. People should know to pay attention when walking instead of being fixated on their screen. And yet, not everyone does.

Distracted walking doesn’t just occur outside. I cannot even begin to say how many times I have seen people walking in the hallways at school while on their phones, walking into other people and completely unaware of their surroundings.

I’m not saying I’m perfect. I too have fallen victim to distracted walking, but I understand the problem at hand and am trying to stop.

I get that whatever is happening on our phones may be important, but if it’s really that important, then we should stop and give that our undivided attention. This way our brains can focus on one task at a time, instead of trying to juggle two.

And, let’s not forget, it’s also extremely rude to the people around us who want to enjoy their surroundings, but instead hear a buzzing, ringing or otherwise annoying sound coming from our phones, and have to weave around those who barrel forward with their faces in their screens.

There are several ways we can fix this problem. The obvious answer is to simply not walk and text or wait to respond. But if you are going to respond right away, stop and move out of the way of others. Be aware of your surroundings, and look both ways before crossing the street.

Using our phones when walking is an extremely dangerous habit. Think of it like this—instead of risking our lives every time we walk across the street, let’s spend more time away from our phones and take in the world around us.

Sleep deprivation is nothing to brag about



GRAPHIC CAROLINE RAPS

In a typical day at Algonquin, it’s not uncommon to hear at least one person talk about the amount of sleep, or lack of, they got the night before. Whether it’s two, three, four hours or none at all, many students will gloat about how they are somehow superhuman because they are surviving on minimal sleep.

But are they?

According to Stanford Medicine, chronic sleep-deprivation increases risks that are both short and long term, including poor grades, drowsy driving accidents, anxiety, depression and suicidal thoughts or actions. Yet, some students still wear their minimum sleep like a badge of honor. Many even feel that if they are not missing sleep to cram extra hours of studying or finish all their work for countless extracurriculars that they haven’t done enough.

However, the issue with

chronic sleep-deprivation is not only that students have it, but that they brag about it. It has become a competition to see who can get the least amount of sleep and still “function” the next day. This has created a vicious cycle of students depriving themselves of sleep in order to prove to their classmates they can do it, as they try to prove that they can be a stellar, well-rounded student with a social life and that sleep doesn’t affect them.

With this pressure to stay up late, many students experience the consequences of sleep deprivation, but they hide it in order to seem invincible. And those who that struggle with the negative effects are often looked down upon. The amount of students we have heard say they do not feel any different after a night of little to no sleep is alarming and based on multiple studies is false. But with so many students bragging about

their ability to stay up late, those who struggle with the mental and physical effects of sleep deprivation are perceived as weak.

But they aren’t. They are normal teens that are burnt out, yet they try to keep up with the pace of their peers. Countless students are falling behind with lack of sleep and we ignore them because we feel they should be able to handle it. The truth is, no student can handle chronic sleep deprivation, no matter how much they fake it.

So please, praise those who go to bed at 10:00 p.m., not the ones who go to bed at 2:00 a.m., and for goodness sake, get a good night’s sleep!

The unsigned editorial reflects the views of The Harbinger Editorial Board.

Correction from October issue, Vol. 32 No. 1:

The “**This Bites: EEE’s impact on the community**” graphic of a mosquito by Jasmine Cai was not credited.

Excerpts from Letters to the Editor

I completely agree with the multiple arguments made that tea is both cheaper and a healthier option than coffee. It’s not necessarily about the chemical make-up of the substance for me, but more on how the beverage affects by body afterwards. I like how the author put in “It’s quite common to see students yawning as they walk to their first period class holding a Dunkin Donuts coffee.” It persuades the reader and gives the piece a sense of perspective.

Sincerely,
Christophe LaPine, Class of 2020

...Students and staff are reluctant to recite the pledge not because of some problem with the religious clauses within the pledge but because the school culture is more focused on the absence of school spirit than the absence of gratefulness for our liberties.

- Jon O’Neil, Class of 2020

See full letters to the editor at arhsharbinger.com

Mission Statement

The Harbinger is a student run publication which strives to:

- Report in a legal, objective, accurate and ethical manner
 - Entertain and start conversation
 - Be fair and impartial in its coverage
- Accurately portray the culture of the student body
 - Give voice to the students of Algonquin
 - Maintain professional standards

The Algonquin

Harbinger

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Because school officials do not engage in prior review, and the content of The Harbinger is determined by and reflects only the views of the student staff, its editorial board assumes complete legal liability for the content of the publication.

The expression of opinions by readers is encouraged through letters to the editor. Letters should not exceed 300 words, must be signed, and must include the writer’s phone number for verification. Letters may be submitted to arhsharbinger@gmail.com.

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Falling into addiction

Vaping epidemic threatens teen health, community searches for answers

GABRIELA PAZ-SOLDAN
& CATHERINE HAYDEN
Editors-in-Chief

“Everybody was caught off guard with how quickly this epidemic started,” Executive Director of Shrewsbury Youth and Family Services Christine Mowry, who created the vaping cessation treatment program offers at Algonquin, said. “This is the single fastest growing epidemic ever recorded since data around substance use has been recorded.”

With 2,409 cases and counting of lung injury associated with e-cigarette product use reported to the Centers for Disease Control and Prevention (CDC), the vaping epidemic and related health concerns have swept the country. As of Dec.10, 52 deaths have been confirmed by the CDC in connection with e-cigarette use, three of those in Massachusetts.

The rapid increase in vaping-related illness prompted Governor Charlie Baker to declare a public health emergency and enact a temporary ban on the sale of all vaping products from Sept. 24 to Dec. 11. On Nov. 27, Baker signed a law that will prohibit the sale of all flavored tobacco and vaping products and place a 75 percent excise tax on vaping products once it goes into effect on June 1, 2020.

Despite these alarming facts, a Harbinger survey of 265 students conducted from Nov. 11 to Nov. 20 through Google Forms revealed that 27 percent of students have vaped, with 7 percent vaping on a regular basis.

The risk

Though the CDC, U.S. Food and Drug Administration (FDA) and state and local health departments continue to investigate the multi-state outbreak of lung injury associated with e-cigarette product use, several health risks are now known to be associated with vaping, a practice that has risen dramatically in popularity in recent years.

“When this all started, nobody had any idea [about the risks],” Mowry said. “It was so misrepresented in the media as a safe alternative to combustible cigarettes.”

According to Health and Fitness teacher Melissa Arvanigian, vaping leads to high incidence of pneumonia, bronchitis and other lung diseases.

“[Vaping is] weakening the lungs and the airways,” Arvanigian said. “...We only have one body and we should really use it in a way that is going to be beneficial and not have any long term effects such as possibly asthma or breathing issues.”

Though there are serious long-term consequences to vaping, which could result in hospitalization or even death, school district physician Safdar Medina believes most teenagers who vape will see negative effects on a daily basis.

“They’ll see reduced exercise endurance simply because their airways are inflamed from vaping,” Medina said. “Day-to-day shortness of breath, day-to-day cough which may not be so serious that they may go to the hospital, but they will see [these negative effects].”

These health risks do not necessarily deter teenagers like senior Caleb* (name changed to maintain anonymity), who vapes on a daily basis.

“[Vaping] relaxes me,” Caleb said. “It’s a fun thing to do. Sure,

it’s harmful, obviously. It’s not healthy, but I chose what I want to do with my life.”

Medina notes that one key danger of vaping is how easy it is for teens to get addicted.

“When we look at how addictive [vaping] is, it takes literally a few weeks [of vaping daily] to become addicted to nicotine for the adolescent brain,” Medina said. “That’s how serious of a health risk it poses.”

According to Mowry, nicotine addiction may make someone more susceptible to other addictions.

“Nicotine addiction really does prime the brain for addiction to other substances,” Mowry said. “That’s the scary part of this, too.”

Junior Elissa* (name changed to maintain anonymity) has vaped since freshman year and has struggled to quit vaping in the past.

“You don’t actually know how difficult it is [to quit vaping] until you try to quit and you’re like, ‘Okay, I’m done for good,’ and then you see someone has something and you’re like, ‘Oh, can I just get a hit of that?’ and then you start vaping again even though you said you weren’t going to,” Elissa said. “You’re not mad at yourself either because you’re addicted and you don’t really care.”

Recent news of vaping-related illness and death is one of the reasons that prompted Elissa to cut back on vaping, yet she continues to vape occasionally. She is one of 20 percent of survey respondents who say they are vaping less in light of this news.

“If I’m not vaping 24/7 like I used to be and like a lot of the people who have died or gotten really ill, it probably, hopefully won’t affect me as much, and I won’t die like them,” Elissa said.

Caleb has also been vaping less, but thinks that, overall, vaping is not as dangerous as many other substances.

“I have been [vaping less because of the news], but I think it’s all blown out of proportion,” Caleb said. “I understand

that... we don’t know a lot about it, but there’s been low double-digit number for deaths [due to vaping], meanwhile 500,000 a year for cigarettes and so much unbelievable amount of family disruption due to alcohol and all that other stuff. I just genuinely don’t understand why everyone’s like, ‘crack down on vaping.’”

Although vaping may not cause as many deaths per year as smoking cigarettes, Medina still cautions students against using e-cigarettes.

“[Vaping] is harmful,” Medina said. “It is going to cause cancer. There’s nothing safe about it. That should be the bottom line.”

Fighting the epidemic

This year, Algonquin is offering Shrewsbury Youth and Family Services’ vaping cessation treatment program to students who have been suspended for vaping.

Mowry helped start the program as an effective way to address vaping addiction among teens.

“Punitive response to substance use does not stop people from using the substance if there’s an addiction,” Mowry said. “...Suspending kids we felt was not an appropriate response to a brain disease, which we know addiction is.”

The program runs for six consecutive weeks for an hour each



These are a collection of Juul pods confiscated through Shrewsbury Youth and Family Services.

week. An alcohol and drug abuse counselor works with students to help them understand why they are using and the motivation to quit. The program then focuses on refusal skills, dealing with cravings, personal responsibility and relapse prevention.

“Right now, there is no other treatment program in the state of Massachusetts,” Mowry said.

According to Mowry, Algonquin signed a memorandum of understanding with the state to receive treatment through this program per student.

“If we see a student who’s self-injuring, cutting, are we going to suspend them and then we’re going to say, ‘Put it on their college record? No, we’re going to help them help. Same idea [with vaping].”

Beginning last year, the required freshman health course began to cover vaping in an effort to reduce the risk at a younger age.

“If you can catch them before they start using, once they get addicted, it can be tough to get them out of it,” Health and Fitness teacher Melissa Fustino said.

The dangers of vaping are covered in the Health and Fitness curriculum.

According to Arvanigian, who teaches Health and Fitness, educating her students on the dangers of vaping and the power to take better care of themselves.

“It allows them to make a more educated decision about what they’re going to do with their bodies,” Arvanigian said. “Of the day, they’re the ones who make the decision.”

Caleb says he was not influenced by what he learned in sophomore health class.

“I understand there’s a certain core curriculum that’s covered throughout sophomore health, but I think alcohol and alcohol should be really at the forefront of what we are the things that teenagers are discovering and learning at least about,” Caleb said.

MA legislation

On Sept. 24, the Department of Public Health announced a temporary, state-wide ban on the sale of all vaping products to address the confirmed and suspected cases of severe lung injury and the use of e-cigarettes.

According to the Harbinger survey, 41 percent of students who vaped regularly have stopped since the ban and another 18 percent have vaped less.



PHOTO JONNY RATNER

ed by the administration. This year, Algonquin implemented a cessation treatment program es to help students who have been caught vaping overcome their addiction.

t works one-on-one with y were vaping and build cuses on building coping sonal stress management

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Health enacted a tempo- y products in response to e lung disease associated

2 percent of Algonquin d vaping because of the .

Finding it difficult to get access to vaping products during the ban, Elissa has vaped less However, she has started to smoke cigare- ttes instead.

“[Smoking] is just a nice feeling,” Elissa said. “A lot of my other friends started smoking cigarettes too because they said, ‘Oh, Juuling is bad for you so I should stop,’ but then there’s something else avail- able that’s the same.”

The health risks associated with smoking cigarettes don’t con- cern Elissa as much as those associated with vaping; she knows that if she stops smoking within the next few years, she is much less likely to see negative health effects than someone who has been a smoker their whole life. Elissa also smokes cigarettes less often than she used to vape.

“I used to vape almost every single day,” Elissa said. “At school, too. In the bathrooms. Freshman year, I used to vape in class. But now, I’ll smoke cigarettes on the weekends and not every weekend.”

On June 1, 2020, a new MA law will take effect that restricts the sale of all flavored tobacco and vaping products to licensed smok- ing bars where they may only be consumed on-site. The law will also place a 75 percent excise tax on vaping products, which is meant to make the products too expensive for minors and reduce their appeal. Massachusetts is the first state to enact such stringent controls.

Medina believes a flavor ban is important because flavors are often used to target teenagers.

“If you ban flavors, then you ban the appeal of it,” Medina said.

Recovery

According to Medina, realizing that you are addicted to nicotine in the first step in overcoming it.

“The first thing they need to do is come to the realization that they are addicted and realize that their brain is going to crave nico- tine now and they should try to seek help immediately,” Medina said. “There are different apps out there that they can use or different websites they can go to, different helplines they can call.”

Mowry believes that early identification and early intervention are key to overcoming addiction.

“Treatment works and the earlier we get engaged in treatment, the better the outcomes,” Mowry said.

Though school nurse Justine Fishman acknowledges that quit- ting an addiction is challenging, she urges students to put in the ef- fort.

“You may or may not be successful the first or fifteenth time you try,” Fishman said. “It’s harder to quit something than it is to become addicted, but that doesn’t mean you give up.”

How has vaping changed in the last two years?

2017* v. 2019*

34%

of students reported they have vaped.

27%

of students report they have vaped.

32%

of students reported they vape every day.

4%

of students report they vape every day.

*According to a Harbinger survey of 368 students conducted in December 2017 through Google Forms

*According to a Harbinger survey of 265 students conducted in December 2019 through Google Forms

More numbers from 2019...

7%

of students vape **at least once a week**

42%

of students who vaped **stopped vaping** because of ban

20%

of students said they were **less likely to vape** after news of possible vaping- related illness and deaths

Phone Resources

For students struggling with a vaping addiction

My Life My Quit - Text “Start My Quit” to 855-891-9989 or call to confidentially speak with a coach to help work through challenges of quitting.

This is Quitting - You can read messages from those who attempted to quit and get evidence-based strategies to quit through this program.

QuitSTART - Monitor your progress through this app and get tips to manage cravings and quit.



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Mamma Mia, how can we resist you?

Tight knit cast produces upbeat show



PHOTO JONNY RATNER

Tanya (senior Sam Hostage) tries to cheer up Donna (junior Miranda Slingluff) after she finds out her daughter invited three of her past love interests. She has not seen them in 20 years, and she was not expecting to see them.

AVA AYMIE & MACEY POITRAS-COTE

A&E Editors

This year's fall musical, "Mamma Mia" showcased student talent in an upbeat way with performances on November 21, 22 and 23.

The story begins on a beautiful Greek island, Skopelos, with lead Sophie Sheridan (sophomore Sarah Boush) delivering invitations to her wedding with fiancé Sky (senior Ben MacNeil). The invitations are going to three strangers that could possibly be her father. She goes behind her mother's back, Donna Sheridan (junior Miranda Slingluff), to try and find her own identity by discovering the identity of her father. The mother-daughter connection is brought to life through the strong bond between the two leads.

"Miranda and I are really close friends," Boush said. "We are used to working together so it's amazing to share the spotlight."

The "Mamma Mia" soundtrack is completely composed of ABBA hits.

Sophie reads about her mother's past scandals in the song "Honey Honey" alongside friends Ali (junior Sonja Mott) and Lisa (sophomore Mari Fellenbaum). The song sets the cheerful mood for the rest of the passionate play.

"I like 'Honey Honey' because it is really upbeat and happy," junior Caroline Raps, who was a part of the Taverna ensemble, said. "It just makes you feel good."

The theme of the power of three is present within the two contrasting female friend groups of Sophie and Donna. As Donna's crew, Tanya (senior Samantha Hostage) and Rosie, (senior Kaitlyn Wilber) arrive at the glorious Greek island for Sophie's wedding, the audience is shown the charismatic nature that "Donna and the Dynamos" possess in youth and the present day through the vivacious song "Super Trouper."

"[One of my favorite songs to perform was] 'Super Trouper' because of those costumes. Man, those were so awesome," Slingluff said. "I felt like such a rockstar."

As the story continues, the play introduces the three suspected fathers: Sam Carmichael (sophomore Thomas Davis), Bill Anderson (senior Preston Green) and Harry Bright (sophomore Juan Benatuil). Sam the architect, Bill the adventurer and Harry the English banker all find a special connection with Sophie, although they don't realize she could be their possible daughter until it was time to walk her down the aisle.

Despite the smaller cast size, according to Boush, the play was successful in bringing in a large audience to the auditorium.

"[Having a smaller cast] almost helped us in a way because we all became super close by the end of the show," Boush said.

The smaller cast also had its perks for director and Fine and Performing arts teacher Maura Morrison.

"I think that when it comes to collaborating and creating, less is more; even though 42 is still a lot of people to work with," Morrison said. "It gave our choreographer a chance to work more closely with students, which provided more challenging choreography because there was more space."

With more advanced choreography, some castmates found the most challenging aspect of the play to be the dancing.

"Dancing [was the most challenging aspect] and I didn't even have to dance that well," Davis said.

In song and performance, Benatuil faced a challenging obstacle as he played his difficult role.

"My British accent [was the most challenging aspect] for sure," Benatuil said. "That was really hard."

In the play, Sophie realizes that it does not matter who her dad is because it does not define who she is. She and Sky ditch the wedding, leaving Donna to rekindle the romance with past lover Sam and get married herself.

As the production ended, some castmates shared how fun the experience was.

"Try out for the musical!" Davis said. "These past few months have been the best months of my whole life."



PHOTO JONNY RATNER

Sophie (sophomore Sarah Boush) and her friends, Ali (sophomore Mari Fellenbaum) and Lisa (junior Sonja Mott), are shocked while reading Donna's (Miranda Slingluff) diary from when she was 20.



PHOTO OLIVIA BATTLES

Sophie (sophomore Sarah Boush) and Sky (senior Ben MacNeil) share a passionate moment during the turning point in the play.



PHOTO ANNABELLA FERRAIUOLO

Rosie (senior Kaitlyn Wilber) and Bill (senior Preston Green) rekindle their past fling.

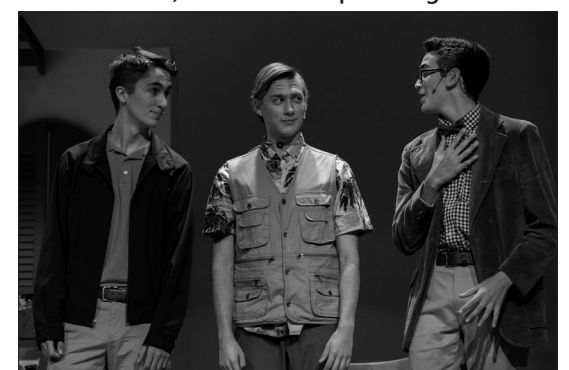


PHOTO JONNY RATNER

Sam (sophomore Thomas Davis), Bill (senior Preston Green) and Harry (sophomore Juan Benatuil) realize why they have been invited to the island.

A "Super Trouper" cast overcomes challenges

"In Act I, I had to do a lot of dancing while singing hard songs, which was really tricky."

MIRANDA SLINGLUFF
"DONNA SHERIDAN"

"My British accent [was the most challenging aspect] for sure. That was really hard."

JUAN BENATUIL
"HARRY BRIGHT"

"[One of my biggest obstacles was] dancing, and I didn't have to dance well."

THOMAS DAVIS
"SAM CARMICHAEL"

Senior composes piece for Wind Ensemble

BRIANNA TANG
Assistant A&E Editor

After years of songwriting as a hobby, senior Abby McCue wrote an original piece titled “Adventure into the Beyond” that was performed by Wind Ensemble at the Fall Instrumental Concert on Oct. 30.

Orchestra director Amy Collins asked McCue to write the piece for Wind Ensemble at the end of her junior year.

“My friend Allison and I had been talking about showing Ms. Collins my stuff for years actually,” McCue said. “She was really impressed and asked me to write something over the summer to be played at the fall concert.”

According to senior Allison Subat, McCue would share the pieces she was working on with her on bus rides to indoor track meets.

“I would encourage her and tell her the parts that I liked about the different pieces and ways that she could improve them,” Subat said.

Collins was unaware of the composing that McCue was doing until Subat showed her some of McCue’s pieces. Collins had the Wind Ensemble do an in-class performance of a folk medley arranged by McCue at the end of last year, and was impressed with how it went which led her to asking McCue to write a piece over the summer for the fall concert.

“Abby was not very forthcoming with all of this wonderful stuff that she was doing behind the scenes, so I wasn’t fully aware” Collins said. “I’m really thankful Allison helped her friend out by promoting the great work she was doing.”

McCue worked on the piece all summer, and the editing process was done at school with the help of Collins.

“I wanted Abby’s piece to be Abby’s piece, and I didn’t want to make changes to her music,” Collins said. “I wanted Abby to be part of the process, and she was, listening to what the band sounded like and getting the other students in the band to collaborate with her.”

McCue’s breakthrough moment for the piece occurred while she was in an airport during the summer.

“I actually wrote the main baseline of the piece in

the airport on the way to a lacrosse tournament,” McCue said. “The whole piece exploded from that.”

According to McCue, the main inspiration for this piece came from the styles of John Williams, widely regarded as one of the greatest American film composers of all time, and other major film composers.

“I have this huge playlist that’s like 12 hours long of just instrumental movie music,” McCue said. “This piece encompasses my style in general, which is what I wanted to do. It doesn’t have any specific meaning but it

is a hero’s theme”

For the future, McCue hopes to enter some of her pieces into competitions. She is always writing and plans on being a music composition minor in college.

“The group had a stellar performance, and she should be very proud,” Collins said. “We are [currently] working on musical concepts by listening to recordings to see what we struggled with and what we can work on for future pieces.”



PHOTO JONNY RATNER

Senior Abby McCue has played the flute for 10 years. She has been involved in the Algonquin music program since freshman year. This year she was able to write an original piece for the Wind Ensemble to perform.

Disney Plus...or is it really a negative?

It’s a trip down memory lane

Not enough variety for the price

EMMA MOORE
Staff Writer

Have you ever seen an Instagram video of a scene from your favorite movie and now all you want to do is watch it? Well, now you can with a monthly subscription to Disney +. From “The Lion King” to “Moana,” all the Disney movies, shows and more are there for your enjoyment.

With the click of a button (and \$6.99 every month), subscribers can now watch virtually everything that Disney has made over the years. Although much of the programs that Disney owns, some of them are still on contracts with other sites like Netflix. In addition, the newest movies will take time to get on Disney plus after having been in theaters and on DVD.

I grew up with Disney Channel original movies like “Lemonade Mouth” and shows like “Phineas and Ferb,” so it’s hard to say no for a chance to relive my childhood.

There is much more than just Disney movies and shows to Disney +.

If you have never seen any of the Avengers movies, Disney + can change that with all of the Marvel movies in its catalog. Before I had Disney +, I had never watched a single Marvel movie. Now, I love Captain America and the rest of the Avengers.

Pixar was a big part of my childhood because of its cute animation and cry-worthy storylines. If it had the lamp crushing the I in Pixar at the beginning of a movie, I knew it was going to be good. Disney + gives an opportunity for its viewers to watch

Disney + has something for everyone. The Star Wars franchise has been big since the 1970s, and now you can see what happens to the gang over the years. In addition, there are National Geographic TV shows and documentaries that explore everything that is wonderful about the Earth.

Disney has also created its own new movies and TV shows called “Disney + Originals.” My favorite right now is “High School Musical: The Musical: The Series,” which is a show about people who go to the school where the original High School Musical was filmed.

Sure, if you are the only one that will use a Disney Plus subscription in your family, then it’s understandable that about \$7 a month is kind of steep. However, Disney + can bring families together for a reasonable price. A whole family can watch a movie together on Disney + every night for a month and it would cost less than the price of one person going to a movie theater.

Disney + has something for everyone, from the classics to fun new content, you and your family can enjoy this streaming service without breaking the bank!

ABBY ARAUJO
Staff Writer

Since the 1950s, watching TV has been a major American pastime. Over time, channels expanded to offer seemingly endless shows to get lost in. Today, streaming services dominate the TV world with something for everyone at the click of a button. Disney Plus is the newest service to compete in the industry for \$6.99 per month, a much lower price than its major competitors such as Netflix starting at \$8.99 a month. But even then, it can’t compete with the selections of the big players like Netflix.

As soon as Disney Plus hit the public in mid-November, it was all anyone talked about. I immediately signed up for a free trial to see what everybody was praising. However, when I logged on, I was completely underwhelmed. The selections were limited, and the free trial wasn’t the reason why, but what could really be expected from an exclusively Disney service?

show, there’s not much I can do to find one on Disney Plus, and there aren’t many available. While the service is packed with content, it’s filled with family movies and TV shows with little else.

The point of Disney Plus is to have every Disney-owned program in one spot. This sounds great in theory, but it makes it hard to keep a teenage or adult audience interested.

The service is perfect for young kids since so much of the content is for families. It’s With Disney Channel shows dating back to the 1990s, it’s also ideal for nostalgic young adults.

This plethora of throwback shows and movies seemed perfect at first, and I was excited to watch my favorite Disney Channel Original Movies. But after watching two or three, I got bored. I wanted something I hadn’t seen before, and, more importantly, something that wasn’t targeted for children.

Out of the seven days I had my Disney Plus free trial, I logged on twice. For days that I wanted to snuggle with a blanket and watch a cute movie, it was perfect.

But over the course of the week, that only happened to me once. The other time I logged on was because I felt guilty for not using my free trial. Now, two weeks later, I haven’t missed Disney Plus even once.

Disney Plus is great in short bursts but quickly becomes too repetitive to be deserving of a monthly subscription. Disney Plus needs to acquire more programs that are entertaining for someone in any mood -- not just someone who is feeling nostalgic. Until Disney Plus can do this, Netflix and Hulu will have my money.



COURTESY WIKIMEDIA COMMONS

T-Hawks take on thrifting

Thrifting can be an eco-friendly option for buying trendy, unique clothing. Items are discounted from their original store prices and thrifting promotes sustainability. Thrift shops provide an opportunity for people to donate their unwanted clothing which recycles wearable clothes and limits waste. Many Algonquin students have taken advantage of thrift shopping to save money and express their style.

Sophomore Amanda Crain

Junior Emma Shek

(Shirt)
Thrift cost: \$5.00
Retail cost: \$20.00

(Jeans)
Thrift cost: \$2.00
Retail cost: \$50.00

“I thrift because it’s cheap, and I can tailor the stuff to my liking,” Crain said. [Check out “Amanda Linh” on Youtube]



(Pants)
Thrift cost: \$9.00
Retail cost: \$30.00

“It’s better for the environment,” Shek said. “You can find unique pieces and it’s cheap.”



(Shirt)
Thrift cost: \$6.00
Retail cost: \$45.00

“I usually [thrift] to find more vintage stuff,” Norton said. “I like 80’s and retro-looking pieces, and I feel like they pair well with a lot of the clothes I have now.”



Sophomore Hayley Norton

(Jacket)
Thrift cost: \$6.00
Retail cost: \$90.00

(Jeans)
Thrift cost: \$8.00
Retail cost: \$119.00

“I thrift because I can find really unique pieces that I wouldn’t find in an ordinary clothing store,” Truong said.



Senior Sequoia Truong

COMPILED AVA AYMIE, MACEY POITRAS-COTE, BRIANNA TANG, AMY SULLIVAN

J&M family style diner welcomes customers with affordable prices

ALLISON TOBIN

Staff Writer

Living up to its slogan “the way things used to be,” J&M Diner in Framingham serves delicious food in a retro environment.

J&M Diner initially opened in 1998, but in March 2017, tragedy struck after a hair salon in the same plaza caught fire, destroying J&M Diner. The restaurant was re-opened later that year in a new location, across from the Natick Mall on Route 9.

Upon entering the diner, I was greeted with smiles and seated shortly after. However, J&M lines

can get long, so the staff recommends putting your name on a wait-list online. The website allows you to check the estimated wait time, despite not taking reservations.

J&M Diner is a family-oriented restaurant which is clearly reflected by its decor. Family pictures and cheery breakfast slogans fill the purple and yellow themed walls. One sign in particular that’s unique

is the J&M Diner sign from their original restaurant. The large yellow retro sign displayed proudly in the middle of the restaurant draws you in right from the start. This sign is the only thing they were able to salvage from the fire, making it a very important part of the restaurant. The welcoming decor gives the diner an authentic feel that keeps customers coming back.

Dressed in black J&M shirts and pajama pants, the wait staff have a chill vibe. The staff’s uniforms and friendly attitudes are traits that separate

J&M Diner from other breakfast places in the area.

As for the menu, it has almost every breakfast food imaginable. From waffles to pancakes and

breakfast sandwiches, everyone can find something to enjoy.

I ordered the Reese’s pancakes and received a huge pancake with crushed Reese’s candies inside and sprin-

kled on top, finished with a dollop of whipped cream. The pancake was light and fluffy, and the Reese’s added a fun twist on basic chocolate chips. The food is served quickly, within 15 minutes of ordering, and the prices are fair, as I paid \$6.50 for a meal that was so large I took half of it home.

I would recommend J&M Diner to anyone who wants a tasty breakfast. The menu has every breakfast food imaginable with prices that won’t break the bank. If you’re looking for a quick and laid back meal, J&M Diner in Framingham is the place for you.

Dressed in black J&M shirts and pajama pants, the wait staff have a chill vibe.

From beginners to pros, Super Smash Bros entertains all

JASON MICHALIK

Staff Writer

“Super Smash Brothers Ultimate” for the Nintendo Switch is the perfect balance of casual enjoyment and a competitive battlefield. This game, which was released in December 2018, caters to a wide variety of audiences, from people who’ve never held a controller to addicts like me who have been playing older versions competitively for four years. Oh right, it’s portable too.

Super Smash Brothers originated as a fighting game with Nintendo’s classic characters on the N64 in 1999. As the series progressed, more and more characters were added.

As Ultimate’s first birthday passed, it surpassed “Street Fighter II” for the best selling fighting game ever at over 55 million copies sold. This is no coincidence. From the soundtrack to the characters, this game is a true masterpiece.

Ultimate is a platform fighting game. Most fighting games are 2-D fighters, meaning they move side to side on the ground. Smash has stages that float in the air. This means that your character not only fights on the stage, but above and below it, adding depth that many fighting games don’t have.

With 80 characters to choose from, including classics like Mario and Sonic, it can be difficult to narrow down to just a couple. There are many archetypes: zoners who space with projectiles, grapplers who grab for massive rewards, floaties that fall slow and are hard to combo, sword users and many more. From the game’s release to now, I have “mained,” or used most often, three different characters: Ganondorf from The Legend of Zelda, Chrom from Fire Emblem and The Hero from Dragon Quest.

The game’s graphics and soundtrack are impeccable. Featuring over 850 songs and more than 100 stages like Pokemon Stadium, Great Cave Offensive and of course Final Destination, there is an aesthetic and style for just about everyone. And with full HD and 60 frames per second, it looks fantastic.

For \$60 and a \$25 fighter pass with new characters, stages and music, this game is a steal.

Ultimate is perfect for the casual gamer and the pros. While the game’s basics are easy to understand, it becomes increasingly complex the more you play.

Because Ultimate is a fighting game, the nature of the game is competitive. There are about 20 local tournaments held weekly just in New England alone, the biggest being Balance Patch in Boston. Last time I went, there were about 75 players and the winner took over \$150.

For some players, Smash is their livelihood and full-time job. Their schedule consists of constant practice, streaming on the website Twitch.tv and attending major tournaments. Many top players even get burnt out and take necessary breaks.

The current best player is MkLeo, an 18 year-old Mexican phenom who has won almost every tournament he’s attended. With all his winnings and sponsorships, he’s earned over \$200,000.

While Ultimate has an online feature where you can either play with someone random from anywhere in the world or make a room with friends, playing offline (in real life) is heavily preferred, in my opinion. There aren’t many games that encourage people to go out there and make new friends like Ultimate and the whole Smash Bros. franchise.

There are so many wonderful people I’ve had the pleasure of meeting through this game. Despite individual differences and backgrounds, the bond of Smash is something hard to break.

If you have any free time, any at all, find a friend who owns the game and play with them. With all the stressors we students have in life, it’s always a pleasure to have a good competitive duel, and even better to imagine being Sans while doing so.



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Fall sports teams finish with success

Cross country teams cap off season with State meet

Pack mentality places boys 7th, girls place 17th

KARTHIK YALALA & ELENA NEILSON

Sports Editor & Assistant Online Editor

After strong performances at the CMASS Division One championship, the boys' and girls' cross country teams competed at the state championship Saturday, Nov. 16.

The boys' team placed seventh out of 20 teams, while the girls' team placed 17th out of 20 teams. It was a competitive meet and both teams showed a great effort.

Senior captain Quinn Potter was satisfied with his team's performance.

"We wanted to finish in the top ten, and we got seventh so we were all happy with the result and I think we all ran well," Potter said.

Boys' cross country head coach and social studies teacher Nate Uttaro was also pleased by their performance.

"They were up against the best teams in the state," Uttaro said. "It was a big challenge, but the guys stuck to the game plan and they ran really well."

Senior captain Joe Kearney and Uttaro believe that the pack mentality the boys' team had contributed to the success they had this season.

"One thing we did really well this year is running as a pack," Kearney said. "Our one through five spread was pretty minimal. Just packing in runners allowed us to block out other teams and score a lot."

"Mentally, they were prepared," Uttaro said. "Physically, they felt good and they stuck together. Cross country is a lot easier when you run as a pack, and they did a great job with it."

The boys' team took first place at the district championship for the first time in Algonquin history, overcoming St. John's High School.

Girls' senior captain Karmyn Shreeve was proud of the girls' effort.

"We were just happy to be there and race competitively against the best teams in the state," Shreeve said. "We put it all out there."

Girls' cross country head coach and math teacher Patrick Galvin praised his team for their unity throughout the season.

"The girls came together towards the middle of the season and the end of the season," Galvin said.

Galvin believes that the team greatly benefited from the leadership of the captains.

"[The captains] did a fantastic job of bringing everyone together and being positive," Galvin said.

Girls' soccer claims CMASS Divison One title

JENNY LAMBERT
Sports Editor

After a hard-fought game resulting in tie-breaker penalty kicks, girls' soccer claimed the CMASS Division 1 championship title 2-1 against the Wachusett Mountaineers at Doyle Field in Leominster on Thursday, Nov. 14.

The Mountaineers were back-to-back CMASS champions. In the 2017 CMASS finals, they defeated the Tomahawks 2-1. However, the Tomahawks were ready for a second chance.

"I feel great about winning CMASS," junior goalie Raiya Sehgal said. "Especially after losing two years ago the way that we did, being able to come back so strong and really make our mark on every team we played was a great experience."

Wachusett player Maggie Kelley scored their first goal just two minutes into the game, putting the Mountaineers up 1-0. According to senior captain Lucy Gauvin, the Tomahawks remained composed.

"Nerves didn't really affect me at all," Gauvin said. "It really helped me to think 'this is just like practice.'"

About halfway through the first half, Gauvin sent a cross to senior Taylor Moore, who booted the ball into the net, tying the game 1-1.

"The best moment of the game was when Taylor scored the tying goal," junior Morgan Potter said. "It was really relieving because up until then I didn't know what was going to



PHOTO JONNY RATNER

Immediately after junior Morgan Potter's winning penalty kick, sophomore Lucy Rogers hugs her teammate in celebration of their CMASS title victory against Wachusett Regional High School. The team then went on to the State Semifinals and lost 1-0 to Westfield High School on Nov. 19.

happen."

The teams put up a challenge for each other, with several near misses on either side's goal. The Tomahawks' defensive ability was the key to keeping Sehgal composed.

"That backline really sealed the game for us," Sehgal said. "There are no nerves if you're playing behind a team as good as I was playing behind."

The score remained 1-1 through the rest of the game and the teams were sent into overtime. After ten minutes of

double overtime, neither team scored a goal.

The tied score after double overtime resulted in the teams going into penalty kicks (PKs). With Sehgal's saves and the goals scored by Gauvin and sophomore Caroline Kelly, the Tomahawks were brought up 2-0 in PKs. The team set Potter up to score the final winning penalty kick.

"I was debating asking if I didn't have to take the PK because I was so nervous," Potter said. "The entire time I was

saying, 'I'm gonna throw up.'"

"The best moment was watching Morgan seal the deal and get that PK," Sehgal said. "She and I have been on the team together since we were sophomores, and we've been growing together and being able to save that goal and then watch her win it all for us was just the best feeling ever."

After winning CMASS finals, the Tomahawks lost State Semifinals 1-0 at Springfield Central High School on Tuesday, Nov. 19 against Westfield.

Field hockey finishes season in district final



PHOTO JONNY RATNER

Junior Kerryn O'Connell looks to move the ball past her opponent against Nashoba on Saturday, Nov. 9 in the CMASS championship game. The team lost 2-0.

LIZA ARMSTRONG
Online Editor

Despite a strong first half, field hockey fell to Nashoba 2-1 in the CMASS Finals on Nov. 9.

After a rough start, the team regrouped and created a strong defense to fight back against Nashoba.

"The first few minutes, Nashoba was dominating that game for sure," coach

Dan Welty said. "We called a timeout, and we kind of got a little more confident in our abilities and playing our game. I think the rest of that first half, [in] the last 15 to 20 minutes, we gave ourselves more opportunities."

With this, the team's defense, led by senior Hayley Gillerin and junior captain Macey Poiras-Cote, was able to hold off Nashoba's offense.

The team was also able to get close to

scoring two goals, one by junior Day Ruffo in the first half, and another by senior Alex Moll at the top of the second.

However, Nashoba was able to find gaps in Algonquin's strategy and Nashoba sophomore Lela Boormeester was able to score two goals in the second half.

"I think Nashoba's offense really brought their energy and power up during the second half, and while there may not have been a difference with our defense, I don't think we completely matched that energy that they brought onto us," Gillerin said.

Senior captain and goalie Jordan Manousos added that the second half had always been a struggle for the team throughout the season.

"For us, at least this season, we're a very first-half team," Manousos said. "We just didn't kick our energy up a notch when we needed to [in the second half]."

However, Welty believes that the team responded appropriately.

"[In the] second half we were looking pretty good and holding them," Welty said. "I think we had Nashoba off their game plan for sure. We were definitely pushing in the last five, six minutes. We dominated and had a lot of opportunities, but we just ran out of time."

Even with the loss, the team finished as league champions and with the best record in the program's history.

"I didn't think I was gonna cry at the CMASS game and I did, and I'll say that proudly," Manousos said.

Doherty named CMASS basketball coach of year

Coach hopes to use team's strength to make playoffs this season

COLIN KERRIGAN
Staff Writer

Three-sport coach Brian Doherty was awarded the title of Division I Central Mass Basketball Coach of the Year in April and looks forward to a winning season this year.

Doherty has been coaching the boys' varsity basketball team for eight years, and the team played in the Central Mass Finals in back-to-back seasons.

When senior captain Jack Rafferty found out that Doherty had won the award, he wasn't surprised.

"He absolutely deserves every single second of that, every single award he gets," Rafferty said. "He's an awesome coach, even better person."

Doherty was also happy he received the award, but he was more happy for the school and for the team than for himself.

"I don't take the award as an individual award," Doherty said.

Doherty enjoyed coaching last year's team as much as Rafferty enjoyed playing for him.

"Last year was definitely a fun year," Doherty said. "The kids deserved everything they got because they put the time in."

Doherty has high hopes for this year's team, with the number one goal of making the playoffs and going as far as they can in the tournament.

"We've been in the district finals two years in a row, and it would be nice to get to the states," Doherty said.

Doherty also expects this year to be challenging for the team due to a lack of experience.

"He absolutely deserves every single second of that, every single award he gets. He's an awesome coach, even better person."

JACK RAFFERTY
SENIOR

a larger amount of students. Since he does not teach at Algonquin, his job as a multi-sport coach keeps him involved in the school community.

Doherty says if he could coach anywhere he wanted, he would still pick Algonquin.

"The students here are fantastic," Doherty said.

Doherty has some simple advice for those who try out for his team.

"Do what you do best," Doherty said. "As a team, we will come together."

"[There are] no returning starters [this year]," Doherty said. "Returning players? I think five or six of them, but with no significant playing time."

Doherty said that coaching baseball and soccer as well as basketball helps him bond with



PHOTO JONNY RATNER

At the beginning of a practice last season, head coach Brian Doherty prepares the team for an upcoming game.

Freshman raises the bar at CrossFit competitions



SUBMITTED CAROLINE KENT

Freshman Caroline Kent lifts a weight at a CrossFit practice. She has been lifting since the summer and has succeeded at recent competitions.

AMY SULLIVAN
Assistant Sports Editor

Freshman Caroline Kent is succeeding in competitions as she begins weightlifting at CrossFit, and she is growing to love the sport, along with her team, coach and the empowering feeling of weightlifting.

"I know that not a lot of girls do [weightlifting] and I used to do dance and do gymnastics and its a change; you're treated differently," Kent said.

Kent started weightlifting last summer after her mother suggested it.

"I started it over the summer because my mom does CrossFit a lot, so she told me to try it out," Kent said. "And I did a couple one-on-one lessons with my coach, and then I went to one of the practices," Kent said.

Right from the beginning, Kent exhibited hard work in weightlifting. Even though she is new to training, her gymnast background and consistent effort has helped her tremendously.

"She has a background in gymnastics and that really helps with weight lifting and

being explosive, so she joined the team really athletic, and I have definitely seen a lot of improvement in her weightlifting," teammate Abby French said.

The environment at Crossfit also helps Kent thrive and improve her weightlifting, and the constant support provides her with motivation.

"[CrossFit's environment is] very welcoming, and all my friends remember what it was like to be a newcomer so they're really supportive," Kent said.

Her coach, Joe Black, has noticed a huge improvement since she first started, both in strength and comprehension of weightlifting tactics.

"She's improved so much," Black said. "Really from her technically, she's understanding what we're doing more and more each time that she comes. She's slowly getting stronger and [she's] able to use her body in ways that she wasn't before. All signs point to her headed in the right direction."

Kent regularly attends practices three times a week, each session for one and a half hours. There, Black runs warm-ups

and teaches them different techniques. After that, people do their work individually.

"Our coach usually runs a team warm-up that everyone does, and then we get all of our equipment that we need, but then people kind of do their own thing on their own time," French said.

Kent competed in her first competition in October. She was nervous for her first competition, but with her talent and support from her peers, she placed first in the competition. She kept the mentality of just making her lifts, which helped her concentrate and not let her nerves get to her.

"She went six for six [in her lifts] which is really great," Black said. "That's exactly what you want out of that first meet. That first meet is all about experience, and she did a great job there."

Overall, Kent hopes to continue her weightlifting journey, and she has set goals for future competitions.

"I'd just like to get stronger and maybe make it to youth nationals at some point," Kent said.

Seniors commit to college



Levi Carter-Frem
Baseball
Endicott College

"It's strange knowing what college I'm going to already but I'm looking forward to getting the chance to continue my baseball career."



Lizzie Mechisen
Diving
Northeastern University

"Being committed is extremely rewarding and relieving, for when I committed I saw my hard work in both diving and academics pay off. Diving is such an important part of my life and I am thrilled I will be able to compete at the collegiate level."



Jack Conner
Baseball
Macalester College

"I'm very fortunate to have the opportunity to attend a great academic institution such as Macalester while being able to play baseball."

Flipping into the new season

See *arhsharbinger.com* for full interviews with captains

Wrestling

Captains: Seniors Michael Rogers and Alex Cheney

“We only have two hours of practice every day, and I think we need to utilize that time as much as possible and work harder than all the teams we have to face,” Rogers said.

Upcoming big meet: Friday, Dec. 27 at the Tsongas Center at UMASS Lowell

Kayla Albers

Boys’ Ice Hockey

Captains: Seniors Henry Alford, Nick Larsen and Ben Macaulay

“[Our goal is to] win the league, win the two cup games, win districts, play for the state title, and try to get a ring,” Alford said.

Upcoming big game: Saturday, Dec. 28 and Monday, Dec. 30 in the Daily News Cup vs. Marlborough at New England Sports Center

Matt Smith

Girls’ Ice Hockey

Captains: Seniors Amy McGlashing of Marlborough and Ava Domolky and juniors Kerryn O’Connell and Heather Hodgkins

“We have a lot of strong players,” Domolky said. “The captains Heather Hodgkins and Kerryn O’Connell were chosen as captains because of their attitude and strength on the ice.”

Upcoming big game: Dec. 21 vs. Lincoln Sudbury at Valley Sports Arena

Allison Tobin

Boys’ Indoor Track

Captains: Senior Matt Rawlings, Preston Green, Austin Mowry and junior Ben Westphal

“I wanna see each individual improve,” Mowry said. “We need to push ourselves, work with and off of each other.”

Upcoming big meet: Sunday, Dec. 22 at Reggie Lewis Track Center

Jason Michalik

Girls’ Indoor Track

Captains: Seniors Kathryn McCarthy, Julia Kardos, Allison Subat and juniors Christina DeFeudis, Danielle DeFeudis and Day Ruffo

“We’ve been really focusing on warm-ups and form, and every single athlete uses different forms,” McCarthy said. “We are implementing a new workout routine, making sure everyone is at practice and doing their job.”

Upcoming big meet: Saturday, Jan. 4 at Reggie Lewis Track Center

Abby Martinek & Julia Utzschneider

Boys’ Alpine Skiing

Captain: Senior Nick Cammarano

“[Our goal is] to get a group of four to States,” Cammarano said. “We haven’t been able to do that in the past couple of years, and I think that’s definitely achievable this year.”

Upcoming big game: Thursday, Jan. 9 at Ski Ward

Andrew Roberts

Girls’ Alpine Skiing

Captain: Senior Rudy Utzschneider

“We want to send the team to States again,” Utzschneider said.

Upcoming big game: Wednesday, Jan. 1 at Ski Ward

Abby Aranjio

Boys’ Swimming & Diving

Captain: Senior James Carroll

“We’re hoping to defend our league title,” Carroll said.

Upcoming big meet: Friday, Jan. 3 at Nashoba

Aaron Hafiani & Ben Schanzer

Girls’ Swimming & Diving

Captains: Seniors Lizzie Meschisen and Alexi Wong

“My goal for the team is for everyone to work their hardest to reach their full athletic potential while also developing a stronger sense of team unity despite the fact that the team is compromised of over 50 people,” Meschisen said.

Upcoming big meet: Friday, Jan. 3 at Nashoba

Haley Michel

Boys’ Basketball

Captains: Seniors Jack Hanna, Damien Alston and Artem Segarra

“We hope to win CMASS finals this year and carry on the legacy that the past two years’ teams have left us,” Hanna said.

Upcoming big game: Wednesday, Dec. 18 at Nashoba

Lexi Myerson

Girls’ Basketball

Captains: Seniors Simone Fiore and Alexa Sullivan

“Sophomore Danielle Adams is going to play a big role because she is strong on offense and defense and working in the offseason,” Fiore said. “Alexa Sullivan is extremely good on defense and causes turnovers for the other team, which will help a lot.”

Upcoming big game: Friday, Dec. 27 vs. Marlborough at home

Emma Moore & Sofia Roumiantsev



PHOTO JONNY RATNER

Sophomore Max Hanna runs and flips into the air during gymnastics practice.

Gymnastics

Captains: Seniors Elizabeth Shaw and Demetra Safiol

“Our goal is to make it to states, and as a team make everyone united,” Shaw said.

Upcoming big game: Wednesday Dec. 18 vs. Groton Dunstable and Hudson at Groton Dunstable

Madelyn Kostin

Cheerleading Performance

Captains: Senior Nicole Howard and junior Lucy McGlynn

“[We want to] incorporate more conditioning to develop all of our skills,” Howard said. “Since winter season is a little more laid back, I’m hoping that we will have more time to really work on developing fundamentals and developing our skills.”

Upcoming big game: Shepherd Hill Invitational on Tuesday, Feb. 21

Colin Kerrigan

Cheerleading Game Day

Captain: Senior Haley Clark

“We can work on having a positive attitude for everything and staying productive,” Clark said.

Upcoming big game: Game day States on Sunday, March 8

Kathryn Zaia & Amanda Ferris