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# The Knightly News

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## We Salute You!

By Jackie Grace, '20  
Knightly News Reporter

This November, Westbrook High School hosted veterans and their families to honor those who have served our country. Members of the Student Council reached out to veterans from Westbrook by telephone, in person and written invitation inviting them to attend this assembly, as well as a reception afterwards. Mental health specialist, Captain Amy Sizer (and twin sister of Mrs. Johnson), the keynote speaker at the assembly, spoke about her personal life in the military and how it affected her later in life. Senior, Katie Wallace delivered a beautiful speech that discussed her personal experiences as a daughter of a veteran. Katie, being from a military family, feels very strongly about the sacrifices of the men and women who serve our country, noting,“I come from a very long line of family members who have served and I have heard about and seen the sacrifices they made for our country. Knowing how brave each of them were to enlist and go overseas, I believe that the least we can do as a nation is to genuinely honor and thank them.”This year, students also submitted poems and essays to read during the assembly. Natasha Mattera read an amazing essay she wrote to thank the veterans.“It is important to respect our veterans because they fought to protect our country and everyone in it. Veterans are strong, and they think



photo courtesy of Mr. Bialicki

Natasha Mattera, '19, recites her paper on what Veterans Day means to her during the assembly

about other people more than themselves. Some veterans have to leave their home and family to serve and others even died defending our country. I stand here today to say thank you to our veterans,” Mattera wrote.Honoring those who have

served our country on Veterans Day is incredibly important. These men and women devote their lives to protect the ones we live today. If you see a veteran, thank them. They deserve to hear your gratitude.

## Bully Rally

By Jackie Grace, '20  
Knightly News Reporter

On October 4th, the WHS SADD Chapter, along with student adviser, Ms. Connery, took a trip to Middletown where they spent the day at the Bully-Free Community Rally. There, dozens of middle and high schools across Connecticut participated in team building activities and competitions. “The Rally for Respect and Friendship” was centered around creating a safe, inclusive dynamic in the schools throughout Connecticut. Junior, Juliana Fabrizio gave her insights on the rally, stating, “Overall, it was a really good experience. I enjoyed working alongside others to fight against bullying in schools around Connecticut. Bullying is a real issue and real people are experiencing it. It was really surprising to me how many people were able to come together to work against something many of them have ex-



photo courtesy of Mrs. Connery

Students take the time for a photo with Rene DiNino, at the Bullying Rally that was held in Middletown on October 4th.

perienced themselves.” Andrew Livingstone, ‘22, is one of the newest members of the SADD Chapter. When asked how the SADD Chapter has affected him, Livingstone responded, “The field trips and various other activities we’ve done with SADD have most certainly changed my attitude...I’ve definitely learned to be more inclusive

of others and more outgoing in terms of meeting people.” Overall, “The Rally for Respect and Friendship” offered priceless information on the importance of acceptance and kindness. Students of all ages benefited from this trip and sparked the start of a greater, happier community.

## Teen Leadership Grant

Contributed from Members of Teen Leadership class

At the end of last school year, WHS TL/School Climate was awarded a \$5,000 grant from the Connecticut Association of Schools to bring their programs and presentations to other schools in Connecticut. This is one of the highest awards grated through CAS and was based on how Westbrook High works with students to offer Social Emotional Learning Activities, bringing positive outcomes. On October 21st, the Westbrook High School Climate Team presented at a very unique conference sponsored by the National Education Association and the Connecticut Educa-

tion Association. Held at the Heritage Hotel in Southbury, CT, they presented at the New England Regional Conference for aspiring teachers in college. The students who had the opportunity to attend this conference were Olivia Archer, Olivia Hartzell, Lexi Koplas, Madison Libertore, Kendall Orlowski, and Alex Young. College students, teachers, and NEA/CEA participants from eight states attended the workshops where our students shared first hand their training through the National School Climate Center and the ways to promote working with Students as Resources rather than objects or recipients in a school setting. The foundations of school climate training and Social Emo-

tional Learning are a national trend for schools to promote safe, supportive learning environments that nurture social and emotional, civic, and academic growth for students. Westbrook High School is the first high school in the country to adopt the National School Climate Standards and a pioneer in promoting engagement through the training of students as well as faculty and staff. This workshop provided not only valuable information included from school climate training, but gave ideas, shared experiences, and allowed for participation in a variety of related activities. The NEA and CEA have never before included student presentations at their conference.



# WE WELCOME New Faculty

By Knightly News Staff

Three new teachers joined the faculty this year. They come from area schools and bring their years of experience and interests to WHS. We welcome them to our staff. Mrs. Hocking, who began at WHS in our Special Education Department last year on a part-time basis, now works full time and can be found in Room 207. She was raised in Norwalk, Connecticut, where she graduated from Norwalk High School. Mrs. Hocking also lived in Durham, New Hampshire while she attended The University of New Hampshire, majoring in English. She furthered her education at Southern Connecticut State University for her teaching certification in Special Ed. Mrs. Hocking is married with two children and two dogs. At the moment, her family has seven chickens; but this may change since one is a rooster and her dog has a tendency to eat them! Away from WHS she likes to read, do cross-fit, stand up paddleboard, spend time with her kids, friends, family and redo things. In our World Languages, Mrs. Fortin resides in Room 103 where she teaches several Spanish courses. She grew up in Vernon, CT, where she went to Rockville High School. She pursued her undergraduate degree at Villanova (She is pretty confi-

dent that Mr. Synott has told everyone this, being a ‘Nova alum himself). Mrs. Fortin went to Central Connecticut State University where she earned her Master’s degree. She lives in Clinton with husband and 3 kids (9 year son and 7 year old twin boy and girl). She has a mini poodle named Zuzu. A Fun fact about Mrs. Fortin is that spent a year as a volunteer for Hartford AmeriCorps. Mrs. Fortin loves the small, caring, welcoming environment of WHS. Our new science teacher, Ms. Ryall, grew up between Groton, Connecticut, and Charleston, South Carolina. Her father was in the Navy, so her family moved frequently. Ms. Ryall attended Fitch High school in Groton. She went to UCONN for undergraduate degree and University of New Haven for her Master’s degree. An interesting fact about Ms. Ryall is that she holds certification as an EMT, firefighter, and search and rescue diver.

Residing in Groton, she enjoys running, diving, and being a firefighter/EMT/rescue diver. She has one cat named Rubicon. She likes Jeep Wranglers/ Rubicons (hence the cat name). , stating, “I would like to someday get a golden retriever. If it's a girl, I'll name her Sahara and if it's a boy, I'll name him Wrangler.” Ms. Ryall loves the sense of community at WHS. “I am amazed by the talent of the student body; whether it's field hockey, band, chorus or the drama club; everyone seems so talented. It's very cool to see.”



photo courtesy of The Knightly News Staff

(from left to right) Mrs. Hocking, Ms. Ryall and Mrs. Fortin.

# Meet Mrs. Anderson

By Alexa Malazzi, '21  
The Knight Life Reporter

There’s a new face greeting people entering Westbrook High School as we welcome our school’s newest secretary, Mrs. Anderson, who moves from a position as a paraprofessional to the main office. In her new role, Mrs. Anderson

handles attendance, athletics, and a sundry of other duties.

Her past life was filled with constant travel and numerous jobs, including those as a Food Broker, a toy company, and three insurance companies. She originally grew up in Sudbury, MA, and graduated from UMass Amherst, a long time before coming to our school. She knew she was meant for her current position,

ever since she registered her oldest son for Kindergarten; the short commute to WHS was certainly a plus. Mrs. Anderson really admires our school’s “everlasting energy and kindness”.

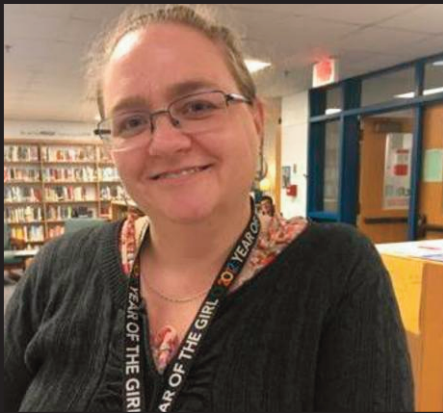
As a an office professional, Mrs. Anderson enjoys working with Mrs. Vincent and loves to interact with the students, staff, and visitors.

During her free time, she reads, watches movies, goes to plays and concerts, plays card

and board games, and completes puzzles. Her free time is also filled with her family and friends, and she occasionally watches her favorite sports teams on television, which include the Red Sox, the Patriots, and on occasion the Celtics. Everyday, she is motivated by her 91-year-old father, a World War II and Korean War veteran who is an excellent inspiration to his five children, thirteen grandchildren, and six great-grandchildren.

Overall, Mrs. Anderson adores the Westbrook High School community and loves seeing the countless faces of the faculty and staff while working as the school’s newest secretary.

## Mrs. Johnson



Mrs. J makes the popcorn every Wednesday. She also enjoys being crafty and helping others in the building.

## Mrs. Bussiere



You probably see Mrs. B in the halls with Emerson. Feel free to say hola to her, she is muy simpática!

# Meet the Paras

We are fortunate to bring on board two new paraprofessionals in the Life Skills Program. These two staff members work closely with Ms. Lesandrine and students in her room.

Mrs. Johnson grew up in Chester and went to Valley Regional High School. She furthered her education at Regis College, receiving a Bachelor's degree in Sociology. Mrs. J has been married for 10 years. She has been a Girl Scout for 35 years. Fun Facts include that she likes to swim, has a twin and has traveled to Kenya and Zimbabwe. Mrs. J has felt so welcomed in our building commenting, "Everyday coming to work is like visiting my family."

Mrs. J quickly involved herself in many activities such as making Wednesday popcorn and helping with the school musical creating props

and mending costumes.

Mrs. Bussiere was born and raised in New York City. She went to University of Hartford and received her Bachelors of Science in Computer Science. Married with two children, this is Mrs. B's third year in the district, but her first year splitting her time between the middle and high school. Since working here, Mrs. B feels like she is with family when she comes to work.

Fun facts at Mrs. Bussiere: "I'm a huge fan of musicals! I'm a product of immigrant parents. I speak Spanish. I love to read. I love to watch cooking shows."

Please be sure to say hello to them when you see them walking around with Stephen, Tommy, Natasha and Emerson!



# From the Kitchen of Mr. Becker



## Brussel Sprouts

Brussel Sprouts are very low in saturated fat, cholesterol and a good source of riboflavin, magnesium, and phosphorus. They are also a very good source of fiber, vitamins A and B6, thiamin, folate, potassium, and manganese, as well as copper, calcium, and iron.

## Brussel Sprout Gratin

15 Brussels Sprouts, trimmed and quartered	1 Tablespoon parsley, chopped
¾ cup grated sharp cheese	Preheat oven a 350 degrees
1 Tablespoon Flour	In large bowl, mix Brussels Sprouts, grated sharp cheese, flour, fresh thyme, minced garlic, and salt & pepper
1 teaspoon fresh thyme	Add mixture in an 8” baking dish.
1 clove garlic, minced	Pour ½ cup cream on top
Salt & pepper	In a bowl, combine bread, Parmesan cheese, olive oil, chopped parsley
½ cup cream	Pour over sprouts.
1 slice bread, cut into cubes	Bake at 350 degrees oven 25-30 minutes or until sprouts are tender, sauce is bubbling, and top is golden brown.
¼ cup Parmesan cheese	(you can also bake the Gratin in a convection oven at 350 degrees for 15-20 minutes)
2 Tablespoon olive oil	Enjoy!



## Chicken Pot Pie Origin

The Chicken Pot Pie originated from Greece. They took cooked meats and placed them in open pastry shells that were called “Artocreas”. It was the Romans who added the top crust making Chicken Pot Pie into an actual pie.

## Chicken Pot Pie

1 Tablespoon olive oil	1 sheet thawed puff pastry
1 ½ Tablespoon butter	4 Ramekin Dishes
½ onion, minced	1 beaten egg
1 stalk celery, thinly sliced	Preheat the oven at 350 degrees
1 carrot, diced medium	Cook chicken in olive oil over medium high heat, 5 minutes. Season & set aside.
2 ½ Tablespoon flour	In a sauce pan, melt butter over medium-high. Add veggies. Cook 4 minutes. Add flour & stir 1 minute. Gradually, stir in broth & bring to a boil. Reduce heat, add chicken, & simmer 5 minutes. Season with salt & pepper.
7 green beans, trimmed and cut into 1-inch pieces	Divide filling among 4 ramekins.
1 cup chicken broth	Roll out 1 sheet puff pastry & cut 4 rounds to fit ramekins.
1 cup diced cooked chicken	Cut an "X" in center of each to vent, then place on top of filling. Brush with beaten egg. Bake in oven at 375 degrees until filling is bubbling & crust is golden.
1 cup diced cooked chicken	Dig in!
Salt & pepper	



## Guidance News

The guidance department has had a wonderful start to the school year. One of Ms. Britton, Mr. Mielcarz, and Mrs. Mielcarz’s main tasks for first semester is preparing seniors for college applications. Mr. Mielcarz and Ms. Britton write a recommendation letter for every senior applying to college; if anyone planning on applying to college has not yet conducted an interview, please make an appointment as soon as possible. All colleges do require one letter of recommendation from a guidance counselor. In addition to finishing letters, grades are also being sent out. Seniors should finalize their application list so Guidance knows where to send transcripts. While there are still many application deadlines after the holidays, it is highly recommended that seniors finish applying before then. For seniors who have already applied, don’t forget to tell your counselor where you were accepted! They are just as excited about this process as you are and always look forward to hearing the good news.

While seniors are focusing on finishing the college process, juniors are just beginning. Guidance reminds juniors that the SATs are coming; there will be an in-school test date in March with professional prep courses offered leading up to the test. There are also numerous SAT and ACT prep books in the library and guidance office for students to borrow at any time. Starting second semester, juniors may begin to meet with their guidance counselor to discuss post-graduation and college planning. Even though all juniors will be required to have this meeting eventually, it is better to try and fit it in towards the beginning of second semester in order to avoid the end-of-year rush. Some sophomores and freshman might think that the guidance office is only for upperclassmen; this couldn’t be further from the truth! Both are encouraged to meet with their counselors to discuss any scheduling or future planning issues. Sophomores are reminded that an in-school PSAT is offered in the spring. If anyone has questions regarding class schedules, future planning, or anything in between, make an appointment with your counselor today!

by, Katie Wallace, '19  
Co-Editor in Chief



# Camp Hazen

By Andrew Livingstone, '22

On September 27, the Class of 2022, had their turn at the annual trip to Camp Hazen, a day long field trip initiated from the Healthy Communities/ Healthy Youth Initiative about 10 years ago. It has been supported in the past by United Way and the Westbrook Foundation. Presently the activity is sponsored by our school. Camp Hazen fosters an environment that encourages students to work cooperatively, increase self-confidence, and gain a sense of independence. As the students go through the activities, comparisons to "real-life situations and difficulties" are discussed and processed. These activities exemplify positive relationship building and positive school climate. This year, the program offered a wide variety of activities, all centered around team building and meeting new people. After getting off the bus, groups were created at random with the goal of separating students from their friends and putting them with people that they usually don’t spend time with. The general consensus showed that the day was positive and widely well received.

Ms. Connery, the supervisor and planner of the trip, was very pleased with the trip this year saying, “I liked the real-world application of the activities we did.

Members of the Class of 2022 also shared some of their thoughts on the event.

Here’s what some freshmen had to say about the trip:

“It was interesting” - Nicole Valiante

“Amazing, I had a wonderful time with all my friends, it was a learning experience ... got to work with people I normally wouldn’t talk to” - Matheus Martins

“Fun learning experience, a great way to get to know my new classmates” - Samantha Nunez“

It was good” - Jamie Sacco

“It brought me closer to my peers” - Ben Wallace

“It was fun ... to get to choose what we wanted to do” - Alexandra Zanzalari

“It was nice working with people I usually don’t” - Anonymous Student

Overall, it was quite a successful day, full of camaraderie and class bonding!



# Fall Sports in Review

Soccer

The Westbrook soccer teams faced some difficulty in their seasons this year. The boys' soccer team emerged with four wins, while the girls concluded with just two wins; however, both teams reported that this season was essential for the growth of their futures.

The girls' soccer head coach Rob McConville spoke of his captains, seniors Renée Perregaux, Gretchen Pierpont, and Kelly Donlan. He remarked, "They told me something that surprised me, in a good way. They said, 'We just want to help the younger players get better.'" Six of the eleven starting players this year were freshmen, so much of the season focused on teaching the underclassmen how to play at the high school level.

The boys' team was in a similar boat, as they were almost entirely made up of sophomores. Led by senior captain, Samuel Beebe, the boys worked hard all season, eventually winning a handful of games. Next year, they expect to come out stronger than ever, as they will only be losing five players from the senior class. Coach Carlone commented, "In our season we learned and improved every day and were better soccer players and teammates at the end of the season which makes for a very promising next season."

Girls' Swimming

The 2018 season for Girls Swimming ended successfully for senior, Marissa McNary and the Westbrook Knights. As WHS' team of one in the sport, Marissa trained under the leadership of Jack Stabach and the

East Lyme High School Girls' Swim Team, where she achieved her personal goals. McNary ended her 14 years of swimming at the Connecticut State Finals having made her way through State Trials to reach the Finals. McNary feels happy about her season, stating, "I achieved my personal bests for the season while balancing schoolwork, my job, and applying to colleges." Marissa has always liked to "swim below the radar" and build a legacy of consistency and mentoring. Her best moments this year included her last high school swim ever and guiding new kids as they dealt with pressures in and out of the pool. Hopefully, Marissa's class and dignity will be remembered for years to come.

Field Hockey

WHS Field Hockey experienced a great season, ending with a 14-3-2 record. Bailey Roberts, '21, felt "The season was really fun, but more than that, we grew as a team and made a lot of great memories." In fact, the memories include a tremendous start to the season with an 8 game winning streak. Granby handed them their first loss of the season in a close one. After this, they continued to work hard and focus, winning against each opponent as they set their sights on making it to the Shoreline Finals and deep into the State Tourney. The team reached the Shoreline Finals but fell to #2 North Branford 2-0. Unfortunately, they lost in first round in the state tournament to Canton, 2-0. Reflecting upon her time on the team, senior captain, Katherine Dahl stated, "These past four years were an amazing experience. It was great to work with a group of athletes that had a strong work ethic and a 'refuse to lose attitude.'" While the team didn't win the tournaments, their season boasted many highlights, including the following individual accolades:

Avery Bauman (Captain) 1st Team All Shoreline, 1st Team All-State, Academic All-State, New Haven Register All Area Team and Patsy Kamercia Shoreline Conference Player of the Year Lauren Horne, '21 1st Team All Shoreline and 1st Team All State Kendall Orlowski, '20 1st Team All Shoreline and 2nd Team All-State Lexie Koplas, '20 1st Team All Shoreline Carolyn

Bauman, '19, 2nd team All Shoreline Alex Young, '20, 2nd team All Shoreline Jamie Merola, '19 and Katherine Dahl, '19, All Shoreline Honorable Mention.

Football

This year's Old Saybrook/Westbrook (OSW) Football Team finished off 6-4, marking the team's 4th consecutive season with a winning record. This all after the team started off 1-3. Captain, Dave McCain '19, said, "Even though we got off to a slow start, we stepped it up during the second half of the season going 5-1 in the last six games." In a thriller, OSW beat Morgan in the annual Thanksgiving game 32-24. The score was 20-6 at halftime, but during the second half, Morgan started come back. OSW held strong and came out with the win and their third straight Thanksgiving victory.

Westbrook team members include: David McCain (Captain) '19, Nikko Rowell '20, Nick Freeman and Cameron Neely '21, and Andrew Carter and Richard Potvin '22.

Along with McCain, team captains were Luciano Duffy, Antonio Castro, and Danny Almada from Old Saybrook. David McCain received the team's Lineman of the Year and also earned 1st team All Pequot honors.

Cheerleading

OSW cheerleading squad under the direction of coach, Courtney Weisse, showed their support at all home OSW football games. Lindsay Prevost, co-captain, felt that it was a wonderful season for the squad. "We built a really close bond throughout the season. More people should try Cheer!" Lindsay loves the opportunity to make each practice special through working together. She especially likes how the team "creates its own dances." After each OSW touchdown, the squad would run down the field with a flag, clapping and encouraging the fans; that was a crowd pleaser.

In addition to cheering and performing at games, the cheerleaders offer inspiration to the football players post game, too. Win or lose, when the players circle up after a game, the cheerleaders meet with the team to give their support and a "pep talk" to keep everyone pumped for the next game.

Unified Sports

The Unified Sports team has had a very successful year so far. Westbrook hosted a soccer tournament in October, where our players, including Tommy Greaves, Natasha Mattera, and Stephen Farrell, all from the Class of '19, competed for medals. The team also traveled to Coginchaug High School for a tournament, and plans to continue in the winter playing in basketball games and tournaments. Sara Knudsen, '19, spoke about her experiences playing with the Unified Sports team, stating, "It is a great way to include everyone and have fun!" The team uses a rotating class period for their practices to work on their game skills. Anyone interested in joining next semester should see Ms. L. or talk to one of the current members such as Cameron Marshall or Lucas Francis who said, "We are all family in Unified Sports. It's helped me learn about friendship and role modeling."

From The Athletic Department

Westbrook High School is the recipient of the National Athletic Trainers' Association Safe Sports School award for its Westbrook Knights Athletic Department. The award champions safety and recognizes secondary schools that provide safe environments for student athletes. The award reinforces the importance of providing the best level of care, injury prevention and treatment.

Thank you Caty Halpin, ATC, Tina Bennett R.N., and all of our coaches!

GO KNIGHTS!





# Student Achievement

By Alyssa Sirisoukh, '19

This fall WHS students excelled in a variety of academic areas. These students have worked with great tenacity and effort to receive such honorable and scholarly achievements.

Senior, Finn McGannon received the achievement for being a 2019 National Merit Scholarship Semifinalist. This award is given only to a small percentage of high school seniors across the entire nation and semifinalists like Finn are nominated on a state-representational basis. Semifinalists chosen in each state is said to be proportional to the percentage of the state's national total of graduating high school seniors.

Cris Guzman and Renée Perregaux attended a seminar in June that helped them further explore their interests in the sciences, specifically in the medical and health fields. This seminar, called the National Leadership Academy in Boston, allowed the two students to understand the process of future success, skills, and what it means to be a leader in the sciences. For Renée Perregaux, this seminar was a “once in a lifetime opportunity.” Perregaux went on about her experience, noting, “Not only did I meet and learn from some of the most well known medical professionals in the world, but I got to meet some unbelievable people, each with their own stories and experiences.” She even witnessed “a live robotic hysterectomy and participated in several other hands on activities.” While learning from the best, Renée took from the experience knowledge and skills that she hopes to use in the future. Both Guzman and Perregaux were mentored and found inspiration through

renowned Nobel Prize winners in their studies of medicine, science, and the technologies. For their active participation and contributions, they were awarded as Future Medical Leaders of America.

Each month one student is selected as the Rotary Club Student of the Month. In October, Katie Wallace was the recipient for the English department’s Student of the Month for her outstanding achievement in the subject, along with her contributions to the school newspaper and the Oratorical Club. Katie has not only worked hard for this honor in her senior year, but throughout all of her years at WHS. For the month of November, Finn McGannon earned Student of the Month for his excellence in the subject of Mathematics. Finn’s success in the maths has been recognized well before entering high school and he continues to illustrate his understanding and excellence throughout his four years at WHS. Recently, December’s recipient, Alyssa Sirisoukh, was chosen by the Social Studies Department as the Rotary Club Student of the Month for her achievements in the subject. Alyssa’s interest in history and social studies has led her to exceptional effort and skills in her classes.

The Superintendent's Award of Excellence recognized Finn McGannon and Kate Wallace. They were selected for their outstanding academic achievement, exemplary citizenship and exceptional involvement in school activities. The two were acknowledged at the December Board of Ed meeting and a luncheon with other recipients from the area.



photo courtesy of Knightly News Staff

(from l to r) Katie Wallace, Finn McGannon and Alyssa Sirisoukh  
September to December Rotary Students of the Month



photo courtesy of The Knightly News

Renee Perregaux and Cris Guzman: Future Medical Leaders of America

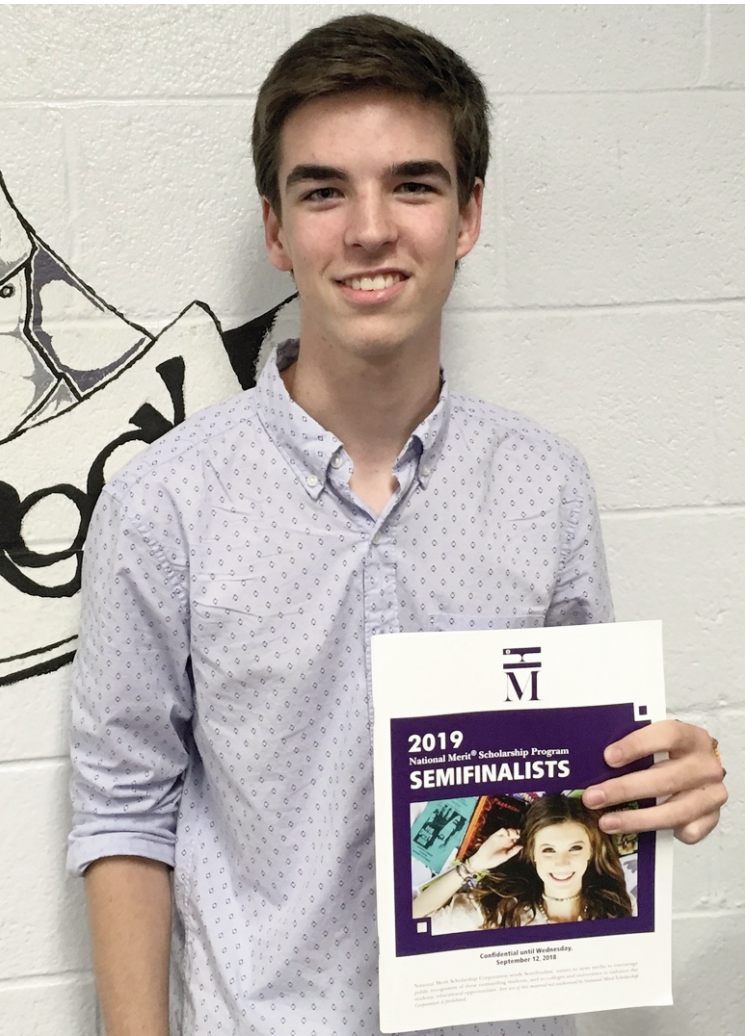


photo courtesy of The Knightly News

2019 National Merit Scholarship Semifinalist Finn McGannon



photo courtesy of Mr. Anderson

Colin Sutherland, '19 rows to victory at the UConn ECE boat race.

## UConn ECE Places First!

On September 19, the Westbrook Science Team took a trip to UConn Avery Point where they competed in the 8th annual UConn boat race. Advised by Ms. Britchi and Mr. Anderson, the club began building their boat in March, 2018. The team, led by senior Colin Sutherland, were the underdogs of the competition. After two years of creating a boat that failed to float, the group prevailed, winning both the second heat and the overall championship.



# Music News

By Kiley McCarthy, '21  
Co-Editor in Chief

The WHS band and choir performed the first concert of the 2018-2019 school year on October 5. The concert band played three pieces all conducted by Mr. Gerhardt, which included "The Thunderer" written by J.P. Sousa and arranged by Keith Brion and Loras Schissel, "The Seal Lullaby" by Eric Whitacre, and "Danse Bacchanale" from the opera *Sampson and Delilah* written by Camille Saint-Saens and arranged by Jay Bocook. The choir, conducted by Ms. Allen, had a beautiful arrangement of pieces that complemented and emphasized the vocal capabilities of the group. The pieces included: "Lead With Love" by Melanie DeMore, "It Takes a Village" by Joan Szymko, "America, the Beautiful" by Katharine Lee Bates and Samuel Ward, and "Kwaheri", a traditional East African song.

The theme of the evening was *community*, and this was not only seen in the song selections, but in the week-long festivities as well. The week prior to the concert, the Music Department

hosted a food-drive to benefit the Shoreline Soup Kitchens and Pantry. As a result, 270 pounds of food and \$40 in cash donations were collected, creating approximately 350 meals. (photos on left).

Past events within the program for choir students included the Women's Choir Festival, the Shoreline Festival for Choir, the UCONN Men's Choir Festival, the ACDA Honor Choir, and Southern Region Auditions for Choir. Junior Linda Nelson auditioned and was selected to perform in the Southern Region Music Festival Chorus in January.

In the concert band, a group of select students were invited by Mr. Gerhardt to play in the Shoreline Music Festival band. The concert band and concert choir also performed at the Veteran's Day assembly on November 12. Most recently, the Westbrook Holiday Parade and Tree Lighting occurred on December 2, in which the newly formed Chamber Choir sang a variety of Christmas carols and the Concert Band marched. Also, the small ensembles concert on December 12 featured the Jazz Band, Wind Ensemble, and Chamber Choir.



Photo courtesy of Ms. Allen

Asset 9/40 Service to Others. Young person serves in the community one hour or more per week.

## In the Art Room

Contributed by Ms. Hourihan

The Art classes have been creating like crazy! Although painting has been a huge focus, they have been exploring all types of media: pencil, copic markers, clay, charcoal drawing, black and white film development and printing, just to name a few. October had the Drawing class busy working on a month long Inktober Challenge. Some wonderful sketchbook work was created everyday for the entire month--just using Ink! It was a lot of fun!!

On Thursday, December 6th, the art students took a trip to the Tanger Outlets to paint murals at the new skating rink that will be opening soon! It was a huge success!! Some

other artwork will be hung on blank sections of a wall from all three Westbrook schools, making this a district wide art installation!

Some special independent projects going on include the following:

\*Samantha Bartlett is working on a custom snowboard paint treatment with a liquid swirling galaxy style acrylic paint.

\*Kelly Donlan has been creating some magnificent acrylic paintings based on water inspired subjects. \*Deja Hunter created a working iPhone speaker by using clay! Hopefully, they can reproduce that creation! Some of these projects will be on display soon around the school.... keep an eye out!!

Stay tuned for future adventures in ART! See Ms. Hourihan if you would like to get involved in your own artistic project or join one of the many course offerings at WHS.

## Unified Theatre

By Knightly News Staff

This year, WHS added a new course to the curriculum. For the first time, students enrolled in Unified Theatre, a class specially designed for students of all abilities in the subject which is team taught by Ms. Malafronte and Ms. Lesandrine. From the Advanced Acting class and the Intro course are working together with the Life Skills students on various aspects of theatre. The combination of levels appeals to Bree Koplas, '22, who said, "I like how it's with advanced kids, who know what to do. This way we have people to look up to. It's nice."

Jami Sacco, also '22, remarked, "It's such a fun class and I look forward to coming to it every day!" The class began the year with improvisation and games to help them be "quick on their feet". This was followed by a series of

scene writing exercises. Some good fun was had helping with set construction and prop making for the musical, *Spamalot*. Participants also utilized acting skills in projects produced by Ms. G's Video Production class. Accord-



photo courtesy of Ms. Lesandrine

Unified Theatre class takes a moment for a photo while preparing for their skit

## The Daily Knight: WHS Video Announcements

By Knightly News Staff

A recent morning in the WHS Library/Media Center, one freshman stated, "This is the loudest library I have ever been to!" Ms. G's reply, "Welcome to our library at 8:40 a.m.!" At this time daily, a crew is hard at work to provide the school with video announcements filmed in two side rooms in the library. In the control room, Ian Whitehouse, '20, Gavin LaBrec '20, Colin Sutherland, '19 handle all the behind the scenes duties. Brianne Yancey, '20 and Kate Wallace, '19, are the regular anchorwomen. Tommy Greaves, '19, is the voice for the "Pledge of Allegiance" and he reports the day's lunches, too. Stephen Farrell, '19, talks about the weather. Henry Anderson,

'22, helps with whatever is needed; you might see or hear him in an announcer's absence or he might be adjusting a camera for a certain shot. At times, substitute anchors jumped in as well. The Daily Knight appreciates stand ins Ben Schreck and Natasha Mattera, both WHS seniors, who have slipped in during a pinch. Interested in being part of The Daily Knight? The group welcomes anyone who might like to join in. Please see Ms. G in the library. Many people have noted that they don't know how to tune in. Here are the simple directions: Go to WHS' mainpage, select "Clubs and Groups." Scroll to "The Daily Knight." At 8:40 a.m. daily, the announcements go live. Not watching? You certainly are missing out!

duction of "A Charlie Brown Christmas" which will be presented at our annual Holiday Assembly. Ben Schreck, a veteran member of the WHS Theatre, is student director with other advanced students taking on the roles of Charlie Brown (Elnora Amenta) and Lucy (Savannah Marshall). Rachel Neri will handle costumes and props. Newcomers such as Ben Wallace and Bree Koplas will take on the roles of Linus and Sally respectfully. Tommy Greaves will play the ever-loving Snoopy, Natasha Mattera will play Patti, and Stephen Farrell and Cassie Doane-Lianos will be the narrators. Other members of the Peanuts gang are Maria Diaz, Gabby Cordon, Jamie Sacco and Jacob and Ezra Berg (who are also the stage crew). To further their study in theatre, the class is heading to NYC to see the iconic Rockettes at Radio City Music Hall. While there, they plan to visit Macy's as a culmination to their study of "Miracle on 34th Street".



Always look on the bright side!



King Arthur (played by Ben Schreck, '19) gathers his notorious Knights of the Round Table to sing "All for One" as they embark on their quest to find the Holy Grail. Pictured here with King Arthur are Sir Robin (Finn McGannon, '19), Sir Lancelot (Garrett Smith, '19), Sir Galahad (Dave McCain, '19), Sir Bedevere (Jack Lyman, '19) and King Arthur's faithful servant, Patsy (Olivia Archer, '20). They, with the entire cast of characters, commanded the stage to keep the audience laughing from start to finish!



Kyle Robinson, '19, wowed the audience with the execution of his five different roles. Here, he's pictured as the iconic Black Knight, calling it a draw with King Arthur.

Lady of the Lake, Savannah Marshall '19, appears on her seashell throne to transform Dennis (played by David McCain '19) into Sir Galahad. Then the two break into "The Song That Goes Like This". Savannah has been in WHS musicals since her freshmen year, while Dave takes the stage for the first time, balancing theatre with football.



Sir Robin (played by Finn McGannon) and his merry minstrels let King Arthur know how to succeed on Broadway. Featured here are McGannon, Marie Bavely '19, Micayla Malchiodi '20, Marlee Archer '22, and Marina Kokis, '22. In this scene, the entire ensemble joins in a show stopping number complete with tap dancers and a kick line.



Katie Wallace, '19, played The Historian, where she set the stage for the show in her opening monologue with her excellent elocution. Whether it was fixing and fitting pieces or making quick adjustments, Katie did a beautiful job.



Elnora Amenta, '20, took charge on the stage during the infamous French Taunter scene. Elnora and her taunting companions, Rylee Phillips and Rachel Neri (not pictured here), brought Act 1 to an exciting conclusion. Elnora also created many props for the play, including Tim the Enchanter's staff and the Killer Rabbit.

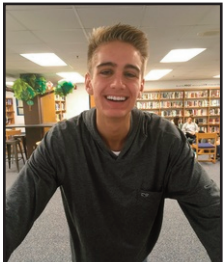
Memorable Moments

Cast members reflect on their most memorable experiences of the production.



David McCain, '19  
Sir Galahad

"This was my first play at WHS and I will never forget the relationships I was able to develop with different kids in the school."



Ben Schreck, '19  
King Arthur

"Hands down, my most memorable moment for Spamalot will be being on stage with this year's seniors!"



Emma Parkhurst, '21  
Knight of Ni  
Brother Maynard

"I loved meeting new people and bringing my confidence up on stage."



Kyle Robinson, '19  
Galahad's mother  
The Black Knight  
Herbert's Father  
Coconut Guard

"My most memorable moment? Definitely, dressing like an old lady!"



Savannah Marshall, '19  
Lady of the Lake  
and Kate Wallace, '19  
Historian  
Nun  
Can-Can Dancer  
Showbiz and Finale Assemble

Savannah  
"Making fun of each other and the late night sillies and over-tired jokes during tech week!"

Kate  
"Memories shared with the senior girls in the dressing room."



Daleen Quiñones, '21  
Laker Girl  
Concord

"For me, it was getting to carry out the tradition that was passed down to me!"



# Field Day



## Field Day, '18

Despite the dreary start to the day, the rain didn't stop this year's field day from happening! While the seniors weren't able to take their annual photo at the beach that morning, they did enjoy the traditional breakfast at the Elks. Upon their return, the day commenced with all classes rallying in the gymnasium and the opening events ensued—Even some teachers joined in the festivities during the basketball contests. Overall, students had a blast! The building was popping all day with fun events in areas of athletics, art and baking. The talent show added extra excitement to the day, especially the dueling guitars! As always, the cafeteria provided lunch to all.

Congratulations to the Class of 2019 on coming in first place this year!