Westbrook High School 156 McVeagh Road

Issue 17

The Knightly News

Keeping WHS Healthy

by Kate Wallace '19 Knightly News Reporter

For the past three years, Nurse Tina Bennett has kept our school healthy and happy. Every day, Ms. Bennett sees students from the high school and middle school who aren't feeling their best. She wasn't always a school nurse, though. During her career spanning 20 years, Ms. Bennett worked as a nurse in hospitals and doctor offices. However, after her son was born, she wanted shorter daytime hours and began substituting for school nurses at Old Lyme Elementary Schools.

Our nurse's interest in medicine began much earlier than her career. Growing up, her father struggled with heart issues, and witnessing his health treatment inspired her to enter the medical field. The idea of helping others also sparked our school nurse's interest, as making a difference in students' lives is one of her favorite parts of the job.

On a day to day basis, Ms. Bennett looks at and treats students for whatever ailment plagues them, along with managing health records for both schools. Ms. Bennett also administers medication and creates plans for students with long-term medical issues. When asked about the best part of her job, Ms. Bennett replied with a smile, "The students!" She later explained that because of her unique position as the middle and

high school nurse, she is able to watch the growth and transition of Westbrook children from their early years to young adults. She enjoys interacting with students, and although she does her best to get them back to class quickly, Ms. Bennett likes talking with students and being there for them; she often lends an ear for students to talk about anything that's on their mind.

Although students and staff visit the nurse's office for a variety of reasons, Ms. Bennett cites headaches and stomachaches as the most common causes. Students can't do much to prevent headaches, but Ms. Bennett does have a suggestion for preventing stomach aches: eating breakfast! The nurse assures students that it's the most important meal of the day, and explains in more detail in her Nurse's Tip on page 2. As far as the stomach bug going around our school, the nurse gave three suggestions on how to stay healthy, the first being to drink lots of water. Ms. Bennett also recommends lots of rest and cleaning anything that might carry germs, such as door handles or water bottles.

In her free time, Ms. Bennett takes pleasure in solving puzzles, spending time with her son, walking her dog, and reading. Our nurse enjoys science fiction and mysteries, adding that you can never go wrong with a good zombie story. If you're ever feeling ill, or just need a friendly face to chat with, be sure to head over to see our nurse, Ms. Tina Bennett.



photo credit: Adara Bochanis, '17

Dominique's store has been a hit this year!

Shopping with Dominique

by Adara Bochanis '17 Knightly News Reporter

Have you spent valuable minutes digging through your backpack for a pencil, resulting in the realization that you have none? Do not despair, in the foyer of WHS, Mondays and Tuesdays, amid break, Dominique's School Store is there! When asked if she enjoys the school store Dominique nods in agreement, and tells us "Yes." Natasha Mattera stands alongside Dominique, and excitedly reports, "I like to help out Dominique because I like Dominique a lot."

Twice a week, Dominique takes her

supply cart down to the main foyer outside the gymnasium where she sets up shop. On Monday mornings, Stephanie Meyers, member of the class of 2016, helps out; advertising the store by chanting, "Get your pencils here!" Along with welcoming service, the store offers a plethora of products, from pencils and highlighters to WHS water bottles and license plate covers, all at a reasonable price. Greg Wnek snagged one of the few WHS knit winter hats for a bargain price of \$4.00. Ms. Mal said, "I was thrilled that Dominique was set up just as I ran out of sticky notes. I was able to purchase them in three different colors."

Ms. Lesandrine, Life Skills teacher, mentions that her favorite part of the store is seeing "the joy on the students' faces when

they buy their favorite color pencil." Another helper, Mr. Jennings, informs us about the incentive behind this store, which provides a "good way for students to interact with other students they don't have classes with "

Ms. Lesandrine adds that the store acts as "a good way to earn money for field trips" also. With this in mind, the next time you have some change in your pocket, and a dull eraser on your pencil, or a vocabulary quiz without any note cards, walk down to Dominique's School Store, where you can obtain great products at a great price: Mondays and Tuesdays during break.

Yale University Whiffenpoofs coming to Westbrook High School

Article courtesy of Mr. Savage

Westbrook High School will host a return performance of the world famous Whiffenpoofs a cappella group from Yale University on Wednesday, February 15th at 7:00 PM in the high school auditorium. Founded in 1909, the Whiffenpoofs are the oldest collegiate a cappella group in the country and has been ranked among the top five collegiate a cappella groups in the nation. In addition to national and international tours, their credits include performances on "Saturday Night Live", "CBS News", "Glee", "Jeopardy", "The West Wing" and the "The Gilmore Girls". They have also performed at the White House for numerous Presidents and overseas for several national leaders.

The Whiffenpoofs leave for their World Tour on May 24th. Catch them before their three month tour. Tickets for this incredible night of music are \$15.00 for adults, \$10.00 for students and children over 10 years old. Children under 10 admitted free. Tickets may be reserved by calling Westbrook High at (860) 399-6214 or via email, ksavage@westbrookctschools.org. Tickets may also be purchased at the door the night of the event. This event promises to attract a large audience - reserve or purchase your tickets early!!

Proceeds from this event will fund two Westbrook High School Student Council Service Scholarships.



photo courtesy of Mr. Savage

Wednesday, February 15 will be a great night with the Whiffenpoofs!

The Knight Life

New Courses Offered at WHS

by Amanda Wilderman '18

An array of interesting courses for WHS students have been added to our curriculum in all subject areas. Students like the variety of choices when creating their schedules. Brandi Andrade, '17, currently takes four of these new classes, Senior Seminar, Digital Photography, Poe, and Mythology. She explains, "I wanted to learn more in these areas. The classes are really interesting.'

"Mrs. McManus classes offer so many vorld opportuni- "I wanted to learn SAT Prep Mathem with Mr. P. Hanssen McManus' ties," says Caitlin Mc-Nary '17.

Sara Einsman decided to take Mythology and Senior Seminar this year. She loves both areas. The classes Mrs. Rickaby classes for different reasons. "Mythology is a lot of fun with cool are really interest- History of Jazz and Rock and Roll instructed projects. It also helps me in other classes, especially UCONN English." She continues, Brandi Andrade '17 Education (engages both peers and students with a senior projects are hard

to do on your own." Senior Seminar helps organize students to accomplish their individually or collaboratively designed projects. Sara thinks it's a "good way to spend time with friends while doing something worthwhile for the community."

In order to access and learn more information on the specific course, please refer to the Westbrook High School web page where you will find in full detail, the name of the course, prerequisite, credit, grade, length, and weight. Some courses run for only one semester, while others are for the full year and might meet every other day. An individual course listed might not run a particular semester or year due to a lack of enrollment.

The Knightly News compiled a list of some newer courses for students to consider:

Digital Photography taught by Mrs. Hourihan. Business-

Climate Training instructed by Mr. Bialiki Intro/Developing Mobile Apps with Mrs. Mc-

English/Language Arts-

Mythology: Beyond the Greeks with Mrs. Zocco

Edgar Allen Poe taught by Miss McKenna Senior Seminar (for those interested in completing a senior project) co-taught by Miss Eichler and

Advanced Theatre with Ms. Mal

Reading Workshop (coincides with the yearly STAR assessment, where students gain a better comprehension of reading) instructed by English

SAT Prep Verbal taught by Mr. Hall

SAT Prep Mathematics

AP Statistics taught by Mrs. Joslyn

Math Support with Ms. Joslyn, Mr. P Hanssen, or

by Ms. Allen and Mr. Gerhardt

Physical Education-The Unified Physical

peers and students with a

developmental disability) offered by Miss Lesan-

more in these

ing."

Integrated Physics & Chemistry and STEM both with Mrs. Britchi.

Environmental Science with Mrs. McDonald Social Studies-

AP European History taught by Mr. D. Hanssen AP Psychology instructed by Mr. Saba

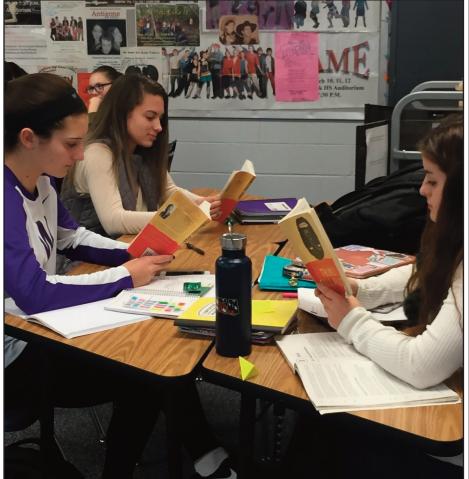
Ancient Cultures offered by Mrs. Stopa

Economics taught by Mr. D. Hanssen World Revolution and Ethnic Conflict with Mrs.

Regarding the new courses, Mrs. Britton stated, 'We're doing a really good job as a district educating students for the 21st Century." She also felt

that we remain "committed to the classical disciplines by promoting strong reading and writing skills for all of our students." It will be time for juniors, sophomores and fresh-

men to pick out their classes for next year. Take time to really look at what's out there. The options



Asset 22/40

School Engagement-Young person is actively engaged in learning

Healthy Tip: Eat Breakfast

courtesy of Ms. Bennett Health Office

Eating breakfast is the most important meal of the day! A healthy breakfast is essential to fuel your body. Overnight, your body uses stored glucose, and by morning the body is essentially fasting. Eating breakfast replenishes this glucose and provides us with the fuel we need to maintain energy throughout the morning. Studies have shown that students who eat breakfast tend to perform better in school and sports. Students who don't eat breakfast tend to get sleepy at school and have difficulty paying attention.

The health office sees a number of students daily who complain of headaches and stomachaches. The health office does not have a supply of food to give kids who do not eat breakfast on a regularl basis. The reason given by most students for not eating breakfast is because they say they don't have time in the morning. To combat this, Ms. Bennett, school

nurse, suggests a "to go" breakfast to eat on the ride to or upon arrival at school. Ms. Bennett says, "Consider packing a vogurt, fruit, cheese, whole grain crackers, or a breakfast shake. These are great options to eat in the car or on the bus."

Another option is to purchase items at the school cafeteria. While hot breakfast foods are available only at break, the staff in the cafeteria are always there in the morning and willing to sell cold items such as milk, cereal and fruit to students who need something to help get their day

Either way, eating breakfast should become a part of everyone's daily routine.

Choosing to eat foods in the morning which are rich in fiber, protein, and whole grains while low in added sugar may just provide that boost to your attention span or help with concentration and memory. As you know, these are all essential in having a productive day at school.

Not Your Average Speakers



Contest. Legion Oratorical Katharine Dahl and Katie Wallace, both sophomores, presented their "prepared oration"- an 8 to 10 minute speech on some aspect of the U.S. Constitution- to judges from the American Legion. In addition, the two needed to speak extemporaneously on one of four "assigned topics" for 3-5 minutes. The assigned topics are predetermined amendments or articles of our Constitution, but the contestants do not know which topic of the four they will speak on until five minutes before they must stand before the judges again. In

On January 23, 2017, two stu- order to be successful, they must dents competed at the American prepare a short speech on all four topics just to be safe. Keep in mind that all of their orations are from memory, as no papers or notes are allowed in the competition area.

> Katherine and Kate worked hard to get ready, but only one could win and move on to the District Level on February 9. Kate Wallace will represent Westbrook High School, and, if she is victorious in this second round, she'll progress on to the State Level in early March.

> Congratulations to both Katherine and Kate for their hard work, especially in the heart of midterms!

In the Sportlight: Griffin Drum

The Return to an Athletic Career

by Zach Jacobs '17 and Jason Matunas '17

Griffin Drum is a senior threesport student athlete who has faced possibly the greatest challenge an athlete can experience. In his junior year of high school, Griffin was diagwith Arteriovenous Malformation or AVM, which is an abnormal connection between the arteries and veins in the brain. Griffin knew something was wrong after experiencing excruciating pain in his lower back that just wouldn't go away. After trips to multiple doctors, Griffin learned that he had this disorder and would need to undergo surgery if he wanted to return to athlet-

After surgery and several weeks recovery, he successfully returned to

the three sports that he competed in prior to the surgery: soccer, wrestling and track. In addition, he is cleared for all activities except for football, which he will never be allowed to play. When Griffin was asked about how he felt post surgery he said, "After surgery, I felt limited only by the doctors. They told me I could not return to any physical activity for 12 weeks and we discussed the possibility of me returning to wrestling at my 6 month MRI. After that first 12 weeks, I returned to outdoor track just in time for the Shoreline Conference Championship. I did not feel limited, but I was not at my best, since I had not worked out in 6 months. It definitely took me a while



photo courtesy of: The Knightly News Staff

Griffin is a three sport athlete at WHS

to return to my full potential, but now that I am back, I feel great."

Looking back on the first half of his senior year, Griffin played with one of Westbrook's most successful soccer seasons, a team that made it to the State tournament. At the same time, he participated in WHS Theatre's production of "Footloose", a heavy dance show for which he further exerted himself by learning the challenging choreography. The hectic schedule between soccer practices and play rehearsals taught him first hand what it means to burn the candle at both ends.

Currently, he wrestles for Westbrook, practicing with Morgan. He looks forward to track season. It is astonishing that Griffin returned to such physically demanding sports. When asked if he thought he would return to contact sports he said, " Honestly, it never really crossed my mind that I would not return to contact sports, specifically wrestling. From the beginning, the doctors were very open with everything that could go wrong or what life might be like after surgery, but it never crossed my mind that I would not return at the same level." All that Griffin hopes to do now is finish his high school sports career the strongest he can.

More Winter **Sports** Updates

Indoor Track



in the Shoreline Conference mpionship February 6th at Hillhouse High School. Strong efforts by captains Jay Donlan, Matt Gallagher, Zach Jacobs, and Tyjah Childs led to a 10th place finish for both the Boys and Girls teams

Indoor Track



of 40' 3.5". Alex Young placed 3rd in the high jump. Westbrook's upperclassmen 4x200 team ended with a solid 5th place finish.

Cheerleading



Present at home basketball games and competitions in February and early March, captain, Molly McGuigan, says "We are very hopeful and confident." Keep it up girls and

Unified Sports



Dominique, Tommy, Natasha, and Stephen are racking up points on the basketball court in their ed Sports program each week in our gym ny Greaves says, "I really really like playing with my classmates!" Come on out and support their efforts. Can't make a game? Perhaps you can volun teer during practices. See Ms. Lesandrine for details

Winter Sports Update

Lady Knights on the Court

The girl's basketball team has traveled a steady route as they pass the halfway mark of the season. With 11 wins and 4 losses, we expect only progression.

Manager, Bella Raffone, reports to us, "Through hard work, it is apparent that the girls are ready to accomplish big things!" Big things is right, having already gained entrance into the Shoreline and State Tournaments. "It's really about winning as have a home State game", Captain Zoe Ehlert '17, adds, referencing that the girls plan to continue to work hard in order to keep up this positive winning streak to gain a home court advantage.



Knights' Hoops

The Varsity Boys Basketball Team has continued picking teams apart as



they roll through the regular season. Highlights include Liam Bell and Co Muckle scoring their 1,000th point within two weeks of one another. After a huge 89-67 win against Creed on February 3rd, the boys improved their record to 13-1, making them Shoreline Conference. After the big win, Max Morris '17 stated, "We all share the same common goal and are set on it- winning States." With a win in the State champi-

Boys Swimming

WHS' Boy's Swim Team of one proves exceptional this year. Garrett Smith has shown himself as a stand out

among his teammates in Madison. Swimming second lane out of six, he's qualified for States at every meet, despite this being his is not a fish out of water in this new environ-ment. At his last meet, Smith competed in the 100 meter butterfly, winning the race by

Garrett will compete the second week of will be swim in the 100 meter butterfly and the 200 meter individual medley. We wish him the best of luck for the rest of the season.



We Are the Champions

Correction: It has come to the attention of The Knightly News that the article entitled, "We Are the Champions", featured in our December issue, contained factual errors. We have confirmed the actual information with our Athletic Department and have rewritten the article to include those facts and other information that was omitted in the original.

The Field Hockey team celebrated a Class S State title as co-champions with Haddam-Killingworth. The team also was honored with the Lucy Goodrich Sportsmanship Award.

Individual awards and accolades include the following:

Coach Janet Dickey finished her 27th season reaching 200+ wins. She was also named the Class S Coach of the Year.

In the Shoreline Conference, Zoe Elhert '17, Alexa Mulvihill '17 and Lauren Kane

'17 were named to the 2016 All League First Team. Cassie Vitti '17, Biance Ferrucci '17, and Lauren Wright '18, made the 2016 All League Second Team.

Alexa Mulvihill made the All State First Team and was honored as the State of Connecticut Player of the Year. All State Second Team honors went to Zoe Elhert and Lauren Wright. Lauren Wright was also named the Class S State Championship Player of the Game.

In addition, Coach Dickey, Alexa Mulvihill (MVP) and Lauren Wright were featured in the New Haven Register All-Area for Field Hockey.

In the Final Year End State Coaches Top 10 poll of all teams in the entire State of Connecticut, our field hockey team finished 4th in the State!

Congratulations to everyone involved in the 2016 WHS Field Hockey program.



Coach Janet Dickey, Zoe Ehlert, Alexa Mulvihill, Lauren Wright, and Assistant Coach Emily Alger

Breakfast at Paperback Cafe: A Restaurant Review

by Christine Banks '18 Knightly News Reporter

Westbrook and nearby shoreline towns offer many restaurants for tourists and locals alike to grab a bite to eat before heading to the beach, shopping, or just to start the day. Christy's, The Turtle Cafe, J.A.M.S.S., The Coffee Break, and The Paperback Cafe are just a few of these fine establishments that dot the shoreline. Like most Westbrookers, I have been to Christy's and The Turtle Cafe numerous times so, when a friend and I were looking for a bite to eat we chose The Paperback Cafe on Main Street in Old Saybrook. I had only been there for lunch, but was very eager to give their breakfast menu a whirl. The Paperback is one of those places where you can seat yourself, but have no fear, the waiters and waitresses always keep a watchful eye for new customers.

Upon arrival my comrade and I were greeted with friendly smiles and felt welcome in the cozy cafe's interior. We received menus within minutes of choosing our table. I ordered their "Famous French Toast" while my friend ordered their "Apple Cinnamon French Toast". Our food was delivered to us promptly and when I say it was love at first sight, I'm not exaggerating. The smell filled my nostrils before I even had a chance to turn around and see the waiter with our plates. My dish contained freshly baked honey French bread grilled to perfection and topped with dried cranberries and pecans, soaked in a brown sugar glaze. My mouth started watering before my plate hit the table. Each element



photo courtesy of http://paperbackcafect.com

A quaint cafe on the shoreline, Paperback delivers fresh foods on a daily basis.

blended together in perfect harmony inside my mouth and made my taste buds sing out for more. The warm buttery bread, the crunch of pecans between my teeth, the burst of cranberries, each ingredient soaked in brown sugar created a genius symphony of tastes and textures that rivaled the work of Mozart himself. I traded a bite of my mini masterpiece for a taste of my comrade's. Her french toast was just as superb

with slices of apples garnishing the elegant dish.

As the most important meal of the day, breakfast really deserves dishes that will put a smile on people's faces and a song of joy in their stomachs. If you are ever looking for a place to eat breakfast I highly recommend dining at the Paperback Cafe where the staff is friendly and where the food is out of this world.

In the Art

Room

by Brandi Andrade '17 Knightly News Reporter

With the first semester over, handfuls of fresh faces flood into the art room with hopes of exciting art projects and self expression. The second semester is riddled with new, fun, assignments and eager students.

The Advanced Art class has begun an Emotional Expression Mixed Media piece, taking many different approaches after selecting ten different emotions, and media, as well as one subject matter.

The 2D Art students are expanding their horizons as they look further into color families, value scales, and color wheels. They began a minimalist non-objective design based on the work of Frank Stella.

The 3D Art students are hard at work on their nature inspired clay sculptures. This assignment is based off of the ecological and abstract views of Andy Goldsworthy.

Last, but not least, the Photography students are capturing photos for their motion and creative blur study. Recently, the class learned how to create a tilt shift effect on their pictures in Photoshop.

Ms. Hourihan looks forward to a busy and positive second semester. If you feel like 'arting' but don't have a study hall or an art class, join us in the art room every Tuesday until 3:30, for Art Club.

MEET YOUR DESTINY AT THE BOOK MATCH

by Sara Einsman '17 & Lindsey Neri '17

Whether you are planning to jet off on a vacation getaway or you'll be spending February break at home, don't miss your chance on Friday, February 17th, to meet your book destiny at the first ever WHS Library Book Match! The event starts at 8 a.m. and runs until 2 p.m. The library will be closed to students who are not signed up to participate in the activity. Ms. G will not only provide a fun-filled book match experience, but also a share of FREE SNACKS! The library will be decorated with a fun Valentine's Day theme to show a love for reading. Several tables will be arranged with books from all genres and a

there will also be a special bonus table of "blind date" books. The idea is that each person will spend 5 minutes at each table, perusing the books and jotting down notes to create a list of possibilities for the ultimate read to take home over break. Once the sheets are turned in, there might be a book scandal if two people are vying for the same title! Kidding aside, afterwards, Ms. G will be able to use the sheets to help her add more books of interest to our school library.

Ms. G molded this event after "Speed Dating with Books", but changed it slightly to make it more specific for Westbrook. The goal is to promote reading for pleasure and to remind people that reading isn't just for school. Those interested in giving it a try need to sign up by the end of the day on February 15th to secure a spot in this fantastic event. Ms. G would like to give a shout out to Ms. Mal for all of her help and support in the creation of this event, as well as for signing up her classes. Hope to see you there, too!



Meet your Destiny with Book Match When: Friday, February 17th 8am-2pm

Where: Library Media Center
All students, faculty and staff are invited
Sign up sheets are located at the library counter

Going away for winter break? Do you need a good read for the week off? Come to the Book Match!

Sign up at Library Counter by Wednesday, February 15th

The Library Media Center will only be open to those participating on Friday, February 17th

The Ever Endeavor... Part Two

By The Knightly News Fiction Writer



Matt shook me awake at midnight, sharp.

"Make a fake you,

then meet us outside the cafeteria," he said; then he tiptoed to the door opened it up, and teleported away. I reached up to the steel shelf by my bed and

grabbed some heavy textbooks off. Four or five should be enough to trick the weight sensors, right? I placed them on the stiff mattress, then eased off the bed. I then took some extra blankets from the closet, and formed them into a human shape, covered them up with my quilt and took a step back to look. "Convincing," I thought to myself. Proud of my quality work, I opened up the door, and was instantly met with a laser tripwire. I jumped up onto the wall and stuck. Thankfully, the lasers were only over the floor. I went cautiously down

the hallway, and met the others at the end. "Finally," huffed Matt.

"Let's get going already," said Caroline, excitedly.

"YE-" yelled Mia, until Jackson clapped a hand over her mouth to silence her. I knelt down to look her in the eyes.

"Mia, sweetie, you have to be quiet, OK? We have to sneak out of here, and not get caught. If you're loud, the guards might hear you, and come get us. Got it?" She nodded. "OK, let's get going."

"Alright Matt, do your thing," said Jackson, removing his hand from Mia's mouth.

Matt disappeared, and we heard him tiptoe forward. Then a psst. Jackson gave a two fingered point forward, and we were off. I ran across the wall, Riley grabbed Mia's hand, and ran off at the speed of light, Caroline flew right over the lasers, Jackson tossed a fireball, and grabbed onto the core. We kept this up until we got to the main lobby. There, we saw a herd of guards. The plan was compromised.

Watch out for Part 4 next time!

"The Hotel Paradiso" Opens at WHS

by Christine Banks '18, Michelle Pesantez and Brandi Andrade '17

WHS Theatre is back at it, rehearsing for the March play, a French farce titled, "Hotel Paradiso" set in the early 1900s. You may be asking yourself, "What exactly is 'Hotel Paradiso' about?" Well, question no longer!

"Hotel Paradiso" is a show for "everyone to watch," according to Alex Barzallo '17, who plays a speech impaired character named, Martin. The play opens up with Monsieur Boniface and Madame Marcelle Cot, played by Hayden Richardson '17 and Charlotte Barton '18, in their adjoining villas in Paris. The pair plan a night of secret revenge on Monsieur Cot, Marcelle's inattentive husband, played by Finn McGannon, at the Hotel Paradiso, while Boniface's wife, Angelique, played by Aerial Ulanowicz '17, is away visiting her sister. The Hotel Paradiso is a notoriously haunted establishment run by Anniello (Binak Cecunjanin '18), a seasoned Italian manager, with the help of Georges (Ben Schreck '19), a young British up and comer in the hotel industry. Little do Marcelle and Boniface know that Cot, and a few other characters are staying at that very same hotel.

Much mad-capped mayhem ensues while the guests attempt to spend the night. As the plot unfolds, the stakes get higher for Marcelle and Boniface to keep their rendezvous a secret.

If you are looking for comedy, this play contains boundless humor within each persona that will entertain the audience to no end. Alex says, "The characters are all very eccentric and it will take a lot of practice to perfect them," but we have no doubt in the abilities of the actors and actresses involved."

As usual, the crew is hard at work building the elaborate set.

The show runs March 10-11, at 7:30 p.m. in the high school auditorium. Tickets are \$8 for students and \$10 for adults and can be reserved on line through the WHS website or at the door. The cast & crew will offer a free performance in school on Thursday, March 9, for select classes. Elect to attend any show time, but Alex says that, "Saturday is typically the day where we are well rehearsed and aware of the viewer's preferences." He looks forward to watching his fellow actors smile and have a good time in preparation for the show. "Hotel Paradiso" will certainly be a play to remember.