

Westbrook High School
156 McVeagh Road
Issue 15

The Knightly News

Empathy and WHS WHS Receives Recognition from Yale University and Facebook

By Christine Banks, '18
Knightly News Reporter

The InspirEd Conference took place on October 6- 9, 2016. Two students, Greg Wneck '17 and Christine Banks '18, accompanied by Mr. Bialicki and Ms. Winch, travelled to San Francisco, California for this event sponsored by Yale University and Facebook. InspirEd is a program that promotes Social Emotional Awareness and teen leadership in schools across America to generate a better and more comfortable environment for learning. About twenty schools from all over the country attended the conference, sending at least two students representatives along with teachers or administrators. This trip not only allowed students to think of ways to better their schools, but also to get to know teens from all over the nation. Students inspired one another and formed relationships that they never would have otherwise.

Westbrook was among ten of the schools to receive the Changemaker Award and a \$5,000 grant to further this important work in their schools. Our Awareness Day last year, Advisory projects, such as the 13 Dimensions of School Climate posters, the showcase in between the Freshmen and Senior hallways, and the amount of student leadership in our school, qualified WHS to apply for this grant. Facebook and Yale presented the award to us during the conference and we were asked to speak about our achievements in promoting school climate.

Other highlights of the weekend included several motivating workshops at Facebook headquarters. In one session, students learned about the power of their own stories by sharing them to a partner; then the partner repeated that story to the rest of the group, retelling it in the first person. This enabled students to step into someone else's shoes



photo courtesy of Mr. Bialicki

(from L to R)Principal Winch, Marc Brackett, Greg Wnek, Christine Banks, Jamie Lockwood and Mr. Bialicki

and realize that although our stories may be different, we all share similar experiences as students in America. Another session focused on disrespect and devaluation, demonstrating that there are two sides to every story and that sometimes people say or do things unintentionally that seem disrespectful.

In the final workshop, students and adults joined together in their school teams to

discuss their school's current climate and possible improvements for the future. Students created an action plan to incorporate these improvements; then they presented their ideas to their advisors. Everyone was then given the task to infiltrate these plans at their schools to make them a reality. WHS' team feels ready to serve and to make our school an even better place.

Teaching Technology Beyond the Classroom

Article courtesy of Courtney Burks

Over the summer of 2016, the senior citizen i-Pad Training program was inspired and taught by Amanda Wilderman, class of 2018. "What we are really trying to help area [senior citizens] learn is that technology is not a scary thing, and it actually can be a useful tool," said Amanda Wilderman. "The nice thing about the iPad is that it's very user friendly, and it's very forgiving. So once a senior gets to learn how to use an iPad, I think they'll be able to understand what kind of a great tool it will be, and how to stay connected in an emerging technology



photo courtesy of Ms. Winch

Amanda Wilderman posing with her students.

world."

A local non-profit loaned the iPads for the seven session summer program. The program covered topics such as installing applications, navigating the Internet, connecting to wireless printers, Bluetooth and exploring social media. Many topics were inspired by the seniors themselves as they wanted to learn about online couponing or researching medications. WHS volunteers joined Amanda in assisting the seniors over the course of the summer.

First Selectman, Noel Bishop said, "Through programs like this, we're providing seniors with access to valuable tools and information in the palms of their hands...and thanks to Amanda we were able to offer this opportunity to our seniors."

Class Election Results

By Knightly News Staff

As is practice at the beginning of each school year, class elections were held and a new slate of officers have assumed their roles for each class. The process began with class meetings during break on September 19th, where students who were interested in running for office stood up and spoke a few words about themselves and their qualifications for the position. From there, each candidate had to get a petition of ten names signed and returned to Mr. Savage by the end of the following day. Once students submitted their petitions, and made sure their class dues were up to date (\$25 per year), they were eligible to appear on the ballot. Voting took place on Thursday, September 22 during lunches. In order to be the clear winner, the candidate needed at least 51% of the votes, in which case, a run off election was held the following Monday. Sean Scully said of the election, "It was exciting to run against Olivia Fabrizi two years in a row. She's a fierce competitor and a really good sport."

"It was exciting to run against Olivia Fabrizi two years in a row. She's a fierce competitor and a really good sport."

Sean Scully, Class of 2018

The results for each class are as follows:
Class of 2020
President- Elnora Amenta
Vice President- Jackie Grace
Secretary-Isabella Araya
Treasurer-Ian Whitehouse

Class of 2019
President- Avery Bauman
Vice President- Colin Sutherland
Treasurer- Natasha Mattera
Class of 2018
President-Sean Scully
Vice President- John Diehl
Secretary- Natalie Ranelli
Treasurer- Nikol Jara

Class of 2017
President-Austin Herzy
Vice President-Phil Hartzell
Secretary-Bella Raffone
Treasurer-Matt Galla

Officers are responsible to lead class meetings, help collect class dues, and organize Field Day.

Tardy = Absence A Review of the Attendance Policy

By Knightly News Staff

Some days getting out of bed feels impossible. The alarm goes off and you hit the snooze button- again! This routine of alarm, snooze, alarm, snooze inevitably leads the same thing- tardy to school. Being late every once in a while is understandable and even excusable, but chronic tardiness can lead to big problems. The first is detention. As stated in the Student Handbook, "Students are allowed to be tardy three times before receiving a detention. The fourth tardy and every tardy thereafter will result in a detention." Detentions are held on Tuesday and Thursday afternoons from 2:25-2:50 p.m. Those who fail to attend detention "will not be able to participate in interscholastic contests, athletic practices, co-curricular or other school sponsored events." In addition, the Handbook states,

"frequent tardiness to class may result in more serious consequences and impact the awarding of course credit."

Why the big deal? Studies show that being on time each day benefits students' academic performance and future professional habits. Students who arrive at school early have an advantage over classmates who stumble through the door after class has begun. These students have more time to prepare for their day, often being more organized, and they do not miss important information teachers often give at the onset of class.

So, the next time you reach for the snooze button, think again.

Music News

Fall is packed with events for WHS Band and Chorus

By Amanda Wilderman, '18
Knighly Entertainment Reporter

WHS Band and Choir will present their first concert of the year on Friday, October 28 at 7:30pm. Mr. Gerhardt and Ms. Allen are excited about their students' progress and invite all to attend what promises to be an enjoyable evening.

“I’m really excited about student involvement in the festivals this fall!”

Ms. Allen

But WHS Music students are up to more than you realize! On September 15th, junior Courtney Parrish attended UConn’s Young Conductors Symposium - a full day seminar on conducting skills and musical leadership. Fourteen WHS band and choir students participated in the annual Shoreline Festival at Portland High School on October 5 and 13, where musicians from twelve Shoreline Conference schools gathered to rehearse with guest conductors and present a concert after just two afternoons.

This Saturday, four WHS students will travel to UConn for the 4th Annual Men’s Choir Festival. Dr. Jamie Spillane will lead a chorus of nearly 200 singers – including men from several high schools, UConn Choir’s tenors and basses, college

acappella groups “Conn Men” and “Completely Different Note,” and a professional soloist from the Metropolitan Opera – in a concert sure to inspire.

Later this month, eight WHS singers will participate in the ACDA Honor Choir, part of a state-wide choral directors’ conference at Manchester High School. At this day-long event, a chorus of 150 high school singers from 20 towns will rehearse in preparation for a beautiful evening concert. Students also will be treated to performances by the UConn Chamber Singers and the legendary Abyssinian Baptist Church Choir.

Music students are also preparing for Southern Region auditions which take place November 5th. After performing for judges, students receive a score, an evaluation of their



photo credit: Newspaper Staff

Asset #3-Young person receives support from three or more non-parent adults.

skills, and those who make the cut are invited to the Southern Region Festival in January. They may then opt to audition for All-State which takes place in early April. We wish all the best to the Westbrook students auditioning this year.

Nearing the Holidays, Concert Band and the small women’s ensemble Kina Mama will perform at the Holiday Parade and tree lighting. Following soon after is the WHS

Small Ensembles Concert, featuring the debut of Jazz Band, Kina Mama, and perhaps even some new groups!

Without a doubt, the music department is busier than ever this season. Ms. Allen gave her view regarding this year's fall music events, “I’m really excited about student involvement in the festivals this fall!” Many musical adventures await.

The Ever Endeavor

By The Knighly Fiction Writer

As I sat there on my cot, trying to sleep, I stared at the ceiling, and wondered, why. Why did the government fund this project? Why did the scientists choose me? "Well, at least this was all for a good cause," I thought to myself.

Hello. My name is Jeanetta. I am part of a top secret government project to create super humans. No. I WAS. I am the oldest of six. Well, there’s Jackson, who’s also fourteen, but I’m two months older than him. There’s also Matt, Caroline, Mia, and Riley. Each of us has a different set of powers. It’s pretty cool, but . . . but . . . never mind. We are part of Project Heracles, which is located under Area 51. Yes, the conspiracy nuts

were right, there is an Area 51, and strange things do happen there, but don’t get out your tinfoil hats and dive into storm cellars just yet; we’re not aliens. We’re not here to eat your brains and abduct your children; we’re humans, orphaned humans, or were at one point, and we were created to protect you. From what exactly you ask? Well, that’s where our story begins.

It was just a normal what-ever-day at Project Heracles. We had all just gotten breakfast from the strangely hairy cafeteria lady and sat down at the table farthest from the actual aliens that had landed here the day before.

“Those alien dudes are really cool!” said Riley, the youngest of us. This is what he says about everything that isn’t human that comes here.

“No, they’re not; they’re scary,” replied Mia, only one year older than Riley.

“Well, at least they’re less dis-

gusting than those inter-dimension-al . . . things last week,” grumbled Caroline, the 10 year old sassmeister. She’s talking about the vacationing shape-shifters that arrived on Monday last week, and left Sunday of this week. They could shift into the body of normal looking humans, but they walked around Area 51 in their natural forms, six foot tall hairy, slimy blobs.

“Well, you can’t choose your neighbors,” I said to the group.

“Riley, will you ever find any creatures that aren’t ‘really cool?’” asked Jackson.

“No, he won’t,” grumbled Matt. We were all stunned. He almost never talks, but when he does, he puts it bluntly, and gets right to the point.

“Wow, the zombie lives,” said Caroline, legitimately surprised. Matt just grunted.

“Welp, it’s time to get to training, better get going,” I announced. We all got up, tossed the rest of our food, and jogged to the training room.

Starting with the battle simulator, I looked up at the control box, and saw the fifteen or so soldiers, suited up in motion capture suits, to control the humanoid robots we fought. They would go into the next room, where we couldn’t see them, and watch us with virtual reality headsets. They were told to react as if we were an enemy, but not to seriously injure us. This was going to be fun.

We took our places in the center of the room, back to back in a circle, and waited for the signal. The beep went off, and the bots beeped to life. Stay Tuned for Chapter 2!

Foot-loose!

Get ready to cut loose with WHS' musical November 17-19

By Tirzah Blomquist, '18
Knighly Entertainment Reporter

Get ready to take a trip back to 1984, with Westbrook High School Theatre’s production of FOOTLOOSE. The show is set for November 17-19 at 7:30 p.m. in the auditorium. This marks the twentieth musical Ms. Malafronte has directed for our school. She is excited about the choice to produce FOOTLOOSE, stating, “It’s such a fun show with upbeat, recognizable music. Another neat thing about it is that the movie was popular when many of our students’ parents were in high school.”Ms. Allen continues as the musical director for her ninth season along with Mr. Gerhardt who supervises the tech crew. Miss McKenna is back as assistant director and Mr. Fredrickson mentors the crew for his thirteenth year!

Former WHS graduate, Morgan



photo courtesy of Knighly News

Cast members rehearse a scene from Act 2 of "Footloose" coming to WHS November 17-19th.

Campbell ‘13, is choreographing this spectacular production. She really has the cast working hard, dancing them for 3-4 hour blocks at a time. The show promises to be a foot tapping & hand clapping night with a strong cast led by Aerial Ulanowitz ‘17 as “Ariel Moore”, the reverend’s rebellious daughter, and Binak Cecunjanin ‘18 as “Ren McCormack”, the new kid from Chicago.

Other lead roles include Ariel’s parents, played by Alex Barzallo ‘17 and Courtney Parrish ‘18, and Ariel’s three

friends, played by Savannah Marshall ‘19, Charlotte Barton ‘18, and Keysi Jara ‘17. Callie Liberatore ‘17, will play Ren’s mother and Jason Cordon ‘17 will assume the role of “Willard”, Ren’s best friend. Emily Vallee ‘18, heads up the stage crew along with Jack Green ‘18 and Ricky Atkinson and Connor Sestrom, both ‘17, lead the tech crew.

Tickets may be purchased at the door or in advance.

IN THE ART ROOM

By Brandi Andrade, '17
Knighly Entertainment Reporter

Ms. Hourihan and her art students are quickly warming up to the new and improved Art Room, located in the former Physics Lab. Extremely content with the new location, Ms. H says, “The best part about being in this room is being closer to the darkroom and of course all the space for easels is amazing.”

Currently, the Advanced Art students are working on their portfolios. Everyone is creating different components for their portfolio including, mixed media portraits, watercolor paintings, and photography. The stu-

dents hope to truly focus on their pieces resulting in beautiful portfolios that are ready to present to colleges. The 2D students are continuing a unit on how shading can truly affect the point of view of their artwork. The class will soon end the shading unit with a still life drawing. The 3D students have been working on detailed and eccentric clay houses with elements that have a personal connection to the students. They have put great effort and personality into the houses and they will soon be fired in the kiln. Last but not least, the Photography

students finished up photos on their handmade pinhole cameras. The students crafted their own cameras out of various tins, boxes, and oatmeal containers. They then took pictures with the cameras and learned how to develop them in the darkroom. Now they are moving on to film cameras and will soon be learning the process of developing film.

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.

In the Spotlight: Rob McConville Takes Over As Head Coach

Girls Soccer Under New Leadership

By Knightly News Staff

The Westbrook Girls' Soccer program has a new head coach, Rob McConville. Although this marks his first year in Westbrook, Coach McConville brings eight years of high school coaching experience with him, having been the Varsity Assistant at Daniel Hand High School in Madison. When asked about his hopes for Westbrook soccer, Coach McConville told us, "I look forward to creating a competitive varsity program that continues to build into the future." He believes that hard work and effort are the most important factors for success to a player and/or team. McConville's philosophy, "Success comes when every person contributes to the team," is one he lived by as a student at Hand, where he was captain of the

soccer team and the leading scorer. He was also an All-SCC, All-Area, and All-State player. After graduating high school, he went on to earn his degree at Southern Connecticut State University. Currently, he resides in Madison with his wife, Vanessa, and their two children, Owen age 6 and Dublin age 3. He's been a realtor with William Pitt Sotheby's for the past five years. In his free time, he enjoys spending time with his family, playing tennis, and is an avid fan of movies. A fun fact about Coach McConville is that he was born in Ireland, and, although he attended Hand High School, he didn't become a US citizen until he was seventeen years old. While at Westbrook, Coach



photo courtesy of Adara Bochanis, '17

Coach McConville in action from the sidelines

McConville plans to focus on all of the small things that contribute to overall success for the team, explaining that this year's team has grown so much in a short period of time. "It is a true testament to their desire to improve and commitment to each other as a team," he says. "So far we have cut the goals scored against us in half this season." He went on to note, "The average number of goals WHS soccer scored in the last five years is 13. This year we've more than doubled that scoring 30 goals with two more games left to play!"

Last year, WHS gave up 19 goals and only scored 1 against top com-

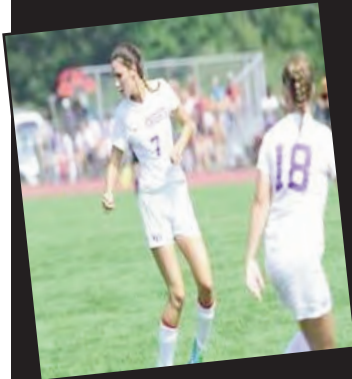
petitors H-K, Saybrook, and Morgan. This year, the team only gave up 9 goals and scored 4.

We can see why the team is optimistic about this season and their new coach. "Focused, determined and motivated to change the Westbrook Girls Soccer program, Coach McConville has been great to play for and learn from. He's been a fresh start that this team needed." says junior Hayden Davis, left midfielder.

All the best to Coach McConville and the WHS Girls Soccer Team as they work to make States for the first time since 2009!

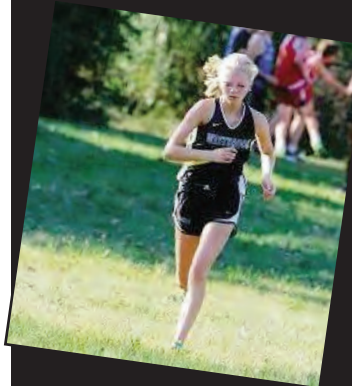
More Fall Sports

Girls Soccer



With a new coach at the helm, the team made tremendous strides this season. These girls are giving serious competition to strong teams like H-K and Morgan.

Cross Country



Halle Barron '18, is making strides for WHS Cross Country. In her second year, Halle competes in the 5K, achieving her personal best of 22:05 against Cromwell.

Swimming



Caitlin and Marissa McNary already qualified for Shorelines and States! Marissa '19 strives for All State while Caitlin '17 looks to break the Class S record in the 500 Freestyle.

OSW Cheerleading



Cheers to this squad which continues to root on the OSW football team from the sidelines this fall. Captain, Molly McGuigan, and Tyjah Childs are seniors from WHS.

Fall Sports Update

OSW Football

Winning their season opener against Haddam-Killingowrth 41-13, the OSW football team is making a run for the State Tournament this year. The 62 players, under Head Coach Mike Marone, look to team captains Chase Cook, Kevin Morrissey (WHS) and Sloan True (OS) for leadership. Other Westbrook senior players include Garrett Indich, Tim Knudson, Matt Ossa, and Will Shaw.

Chase Cook told The Knightly News, "The team is strong. We want to make States and we should." He added that it's been a while since the OSW Rams made it to the tournament. Catch a game or two this season. Home games are played at Old Saybrook High School and begin at noon.



Field Hockey

WHS Field Hockey is the midst of a great season with 12-1-1 record, losing only to cross town rival H/K. The team is a young one with only five seniors, captains Alexa Mulvihill, Zoe Ehlert, and Cassie Vitti, Lauren Kane and Bianca Ferrucci. Seven freshmen joined the team. Lauren Kane left mid player said, "This year our freshmen have helped us improve from last season." Goalies Lauren Wright '18 and Ingrid Bauman '19 help keep the team on top. One of the biggest wins came with a victory over North Branford. "Beating North Branford really boosted our confidence," Kane told us. "It helped us realize how good we are as a team."



Boys Soccer

The boys soccer team has played fourteen games to date. With an overall record of 3 wins, 5 losses, and 6 ties, they earned twelve points towards qualifying for the Shoreline and State Tournaments. This means they only need one more point to extend their season. The leading scorer so far and captain is Jason Rauniker '17. Zach Jacobs '17, adds "We have a good chance at qualifying for the Shoreline and State tournaments and potentially doing well in the tournaments."

It has helped that Rauniker and Hayden Richardson have come off injuries, but Jacobs notes, "the whole team stepped up to cover for them while they were out." Good luck boys!



Meet the Trainer

By Knightly News Staff

The Knightly News reached out to Caty Halpin, our new athletic trainer, to ask her a few questions.

KN: Tell us about yourself growing up.

CH: I am from Woodstock, CT where I grew up and attended Woodstock Academy with my older brother. I received by Bachelors in Athletic Training/Sports Medicine from Quinnipiac University. I then made the move to Boston to pursue my Masters of Exercise Science from Northeastern University.

KN: Which sports did you play in high school and/or college?

CH: Prior to college, I played soccer and was a competitive dancer. While attending college, I stopped being an athlete in order to help other athletes, but I continue to teach and take dance classes whenever possible.

KN: What influenced you to become an athletic trainer?

CH: I was drawn to Athletic Training because it gives me the opportunity to

follow athletes while they are healthy and injured and to take an all encompassing approach to their injury management with prevention, treatment and rehabilitation.

KN: What do you like to do in your free time?

CH: I have a true passion for traveling and enjoy exploring locally as well as internationally. I love to be near the beach. I love to cook and try new recipes and restaurants.

KN: How has working in Westbrook been so far?

CH: Working at Westbrook has been a great experience so far! The faculty, parents, coaches and athletes have been so welcoming and helpful.

KN: If you could give our athletes one piece of advice, what would it be?

Go the extra mile and use the resources you have, in the classroom, on the field and in the Athletic Training Room!



photo credit: Cassie Vitti '17

Knightly News staff welcomes Caty to WHS!

Field Day 2016



Field Day is the most anticipated event of the school year. From the dance off to jello eating, flag football to fishing, there's pretty much something for everyone to do or see. (pictured left:)

Mr. Savage and Mr. Hanssen judged the Tug o' War. Tension mounted as the Juniors took to the rope against the Freshmen. Although the Juniors won this round, the Seniors ultimately muscled their way to first place in the Field Day favorite!



The Freshmen take time to strategize on the field. While traditionally, the ninth graders don't fair well in the week as a whole, this year's class put forth a valiant effort.

Mr. B and the Resource Staff kept track of the scores all day. Clearly, this was a huge task; look at all of the events! Even though the scores weren't close in the end, everyone had a great time! Special thanks to Mr. Savage for coordinating the day and Ms. Winch for her enthusiasm and support.

EVENT	9 th	10 th	11 th	12 th
Lumber Contest				
Spirit Week Tuesday				
Spirit Week Wednesday				
Field Day Thursday				
Field Day Friday				
Flag Football				
200 Yard Dash				
100 Yard Dash				
Flag Football				
Ultimate Frisbee				
Chess				
Checkers				
Pumpkin Carving				
Fishing Tournament				
Catch & Release Fishing				
Chip Shot Golf				
Home Run Derby				
3 on 3 Basketball				
Scavenger Hunt				
Badminton				
Backpack card game				
Builder Ball				
Monopoly				
Ping Pong				
Capture the Flag				
Dodge Ball				
Field Shooting Contest				
Scrabble				
Wii Sports				
All Mario Kart				
Building for Apples				
Wallpaper Decorating				
3 Point Shot Contest				
3 on 3 Soccer				
Facility Eyes				
Interviews				
Field Drive				
Total Score	76	94	104	138
Jello Eating				
Ultimate Frisbee				
Dance Off				

Flag Football is a crowd favorite. The head to head contest keeps players and spectators on their toes. Here the Juniors get ready for the next series of plays. The competition was tough and the Class of 2018 prevailed, finishing in first place.



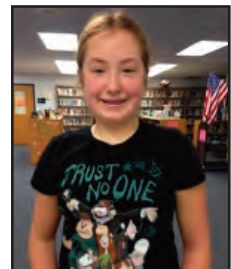
After a great breakfast and senior photo, thanks to the Westbrook Fire Department and the Westbrook Elks, the Knight(Max Woyner) led the senior class into field day. This tradition is one that everyone hopes will continue for years to come. Overall it was a great day to have the school community come together as one.



Freshman tried their hand in the pumpkin carving event. The sophomores prevailed with first place honors; however the freshmen did place first in the pumpkin painting contest. Special thanks to Ms. Hourihan in the use of her room for the pumpkin and chess/checkers events.

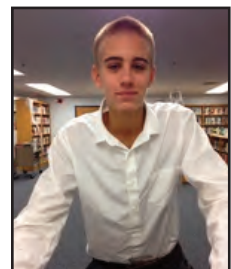
Decision 2016

Who would you vote for in the upcoming presidential election and why?



Elnora Amenta, '20

"Trump because he is the lesser of two evils."



Ben Schreck, '19

"Gary Johnson because the other two choices represent two extreme types of people and the choices we've made for ourselves show how desperate our country is."



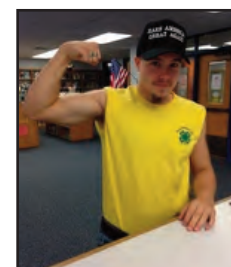
Gretchen Pierpoint, '19

"I'd vote for Trump because he has good ideals and is a good businessman"



Nikol Jara, '18

"My vote is for Hillary. She is more equipped for the position than Mr. Trump. A country is not a company. Although, they may say that Hillary is corrupt, politics is just a game."



Tom Sands, '17

"TRUMP! I would vote for Trump because he has the most forward thinking ideas when it come to putting American citizens first. Also, he is strong-willed and not submissive when it comes to his own ideas."



Aerial Ulanowicz, '17

"I would vote for Hillary because she's a woman...and has experience in the political world."