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The Knightly News

Winter Double Issue

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Future Business Leaders of America

Contributed by Mrs. McManus

Our Future Business Leaders of America (FBLA) attended the State Competitions with Business Teacher Sue McManus on March 12, 2019. The competitions took place at Naugatuck Valley Community College in Waterbury, CT. Our students competed against more than 45 Connecticut High Schools in various aspects of business studies, with many of them placing in their categories. Our students had a wonderful day and came back to WHS with accolades showing their solid work ethic. Their place rankings in the State Competition qualified the students to compete in the Nationals to be held in San Antonio, Tx in June, 2019! Congratulations to: Katie Wallace, '19 who won two awards: Accounting 2 - 1st Place and Public Speaking - 2nd Place; Nate Comment, '19, Accounting 2 - 4th Place; Gavin LaBrec, '20, Economics - 2nd Place; Ian Whitehouse, '20, Securities & Investments - 3rd Place; Sarah Davey, '20, Business Communications - 2nd Place.

In order to attend this State Competition,



photo courtesy of Mrs. McManus

Members of FBLA proudly display their awards!

FBLA organized and executed many fundraisers throughout the year, including bandanna sales for field day, candy-grams during the holiday season, the Winter Semi-Formal Dance in partnership with the SADD

Chapter and the Valentine's Flower Sale. Thanks to the school community for all of your support in making these fundraisers successful so that we could attend this competition!

Winter Formal

By The Knightly News Staff

On Feb 9th, FBLA and the SADD Chapter hosted their annual winter dance. This is the second year in a row the two clubs joined forces. The clubs kept the cost down by developing a playlist, getting sound equipment and acting as their own DJ. The tickets were designed and printed by the students. The members divided up their talents and spent the afternoon decorating and baking. The desserts were delicious and there was also pizza for those looking for something more substantial. The cafe was transformed into a winter wonderland complete with beautiful silver, white and blue centerpieces, balloons and snowflakes. A special silver wall was set up for photo opportunities. Kiley McCarthy

acted as the staff photographer for the night.

Members of WHS Theatre cast and crew came out in full force, too! "So many of our school's groups, staff and students attend the school musicals and plays. We thought it would be nice to help out some clubs in the building. It was also a great way for us to bond as a cast & crew," Ms. Mal said.

The combined efforts of SADD and FBLA proved to be very beneficial for each club and they were extremely pleased with the results. Mrs. McManus and Ms. Connery, the club advisers, noted that this dance was student driven which contributed to its success. The decision to have it be a semi-formal was nice. Students showed up in beautiful at-



photo courtesy of Kiley McCarthy

Students danced up a storm at the winter formal

tire. Ms. Mal added, "I loved seeing everyone get dressed up. My son even liked the chance to wear his snowman bow tie."

With students selecting the music, the dance floor was always full. The night was enjoyed by all who attended.

Many thanks go out to Ms Winch, Ms Womer-Zocco, Mrs. Fortin, Mr. Hall and Ms Mal for chaperoning! Mr. Hall closed the evening out with his famous solo on the flute! The clubs look forward to doing this all over again next year!

Of Course(s)

New courses will be offered for the upcoming year in all disciplines, especially Art, Music, Business, Technology, Media Arts and Communication(which includes web design, video production, and mobile apps), and Family Consumer Science. Check out electives in core areas such as PE, Math, Science, World Language, English and Social Studies. In addition, teachers are teaming up to design interdisciplinary classes such as the popular

Women's Studies which is run between Social Studies and English or SAT Prep with Math and English. Another great option is Unified which will combine sports and theatre in the coming year. Class of 2020, make sure to sign up for Senior Project Seminar, as it will be a requirement. The Course Selection Guide with the full list of all courses and descriptions will be available soon. Students will choose their classes during Advisory in April. Remember, we have many great opportunities to enroll in.

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disability(including, but not limited to intellectual disability, past or present history of mental disorder, physical disability or learning disability), genetic information or any other basis prohibited by Connecticut State and/or federal non-discrimination laws. The Connecticut State Department of Education does not unlawfully discriminate in employment and licensing against qualified persons with a prior conviction.

WHS Students Take the Show on the Road

By Kate Wallace '19
Co-Editor in Chief

Between the play and musical seasons, the theatre department is constantly looking for opportunities to venture out into the community and work on different types of theatrical productions. Westbrook High School students feel a strong love for theatre and the arts and often wish to perform outside of the regular theatre seasons. Due to this interest in extra events, the WHS theatre directors, Ms. Mal and Ms. McKenna, began the annual “24 Hour Play Festival”. This fast-paced play production involves students, alumni, and community members coming together to write, direct, and perform a short play all within a 24 hour period. The randomly assigned groups meet and come up with a concept on Friday night, the writers go home and develop the script overnight, and then the play is directed the following morning. This quick turnaround comes together for a performance on Saturday night. The festival’s first year proved highly successful with a large community interest for participation and an engaging audience in attendance for the performance. If you are interested in participating in this year’s festival, save the date for May 17-18 and see Ms. Mal or Ms. McKenna with any questions! As community members learned about this unique event hosted by WHS Theatre, other schools became interested and wished to provide their students with a similar program. For

the first time in the theatre department’s history, WHS took the show on the road and brought our theatre to another school. Sixth and seventh grade students from Columbus Magnet School for the Arts in Norwalk, Connecticut, participated in an abbreviated “24 Hour Play Festival” style program with five

seniors acting as facilitators: Finn McGannon, Jack Lyman, Savannah Marshall, Ben Schreck, and Katie Wallace. The day-long program began with ice breaker games and quickly progressed to script writing. The seventh and eighth graders learned how to write a script and needed to incorporate an assigned

central theme — one of the four seasons — and a bag of random props provided by WHS into their play. Every student needed to say at least one line, but the size of the roles varied depending on what the students wanted. Once script writing was finished, the groups moved on to directing their short plays. Each group was assigned one or two WHS seniors to assist them, and all four groups showed a collaborative effort in directing the scenes they wrote that morning. After lunch, the final dress rehearsals occurred with each group rehearsing on stage with their assigned props to prepare for the grand finale of the day: performing at an all-school assembly. All of the students’ hard work and dedication culminated to one final performance at the end of their school day. Students from Kindergarten through sixth grade, along with teachers and staff, flocked into the gymnasium to watch their fellow classmates perform the scenes they had written and directed all in a single school day. Each group wowed their audience with confidence and humor as they performed their original scripts with pride. It was a truly incredible day as WHS seniors were able to witness younger students, who really had little prior experience with writing or directing in theatre, gain the confidence necessary for performing in front of their entire school. WHS Theatre looks forward to going back to Columbus Magnet School later on in the year to run a similar program with the fifth grade students after receiving a generous invitation to return from the school’s principal.



photo courtesy of Ms. McKenna

Performance at Columbus Magnet School in Norwalk.

Teen Leaders Receive Special Invitation

Contributed by Mr. Bialicki

On March 22nd, six of our student leaders in School Climate were invited to East Haven High School to discuss Social Emotional Learning and ways to develop and enhance this concept in a school setting. Madison Liberatore, Kendall Orlowski, Alana Bochanis, Olivia Archer, Lexi Koplas and Alex Young met with over thirty of East Haven’s Class and Club Officers during a two hour period to discuss the principles and philosophy of Social Emotional Learning along with the specific challenges that schools of all sizes and populations face. East Haven’s enrollment of 900 students and their elected group of officers are working toward implementing strategies that foster more relationship building throughout the school setting. Social Emotional Learning is now a mandated trend across the country for all school districts to include in their curriculum however possible. In East Haven High School, these thirty students will be the driving force and continue

to work with WHS in a format that we both hope will drive learning from each other. One of the first activities they wish to implement is the Advisory Project: “If only my teachers knew....” which promotes a better understanding of each other on many levels. As we walk through the halls of our respective schools we really do not know what is going on in each others’ personal lives. Situations in our homes, jobs, school or personal based can either bring us up or put us down on a daily basis. This brings us to realize that we can contribute to how another person may feel based on our interactions in school daily. We are excited to begin working with East Haven High School and hope to share many experiences in the near future. “ *Social and emotional learning (SEL) is the process through which we understand and manage our emotions, it's how we feel and show empathy for others, by understanding what could be on the “inside” of others we can better establish and maintain positive relationships, and make responsible decisions.*”

Guidance Update

By Alyssa Sirisoukh
Entertainment Reporter

Testing time is approaching! In the month of March, SAT Prep will take place in the WHS Library for Juniors. None of these lessons are mandatory, but may deem beneficial in receiving a higher test grade for absolutely no cost. The Math SAT lessons was held on Wednesday, March 6th and Monday, March 11th both at 9:30-11:00 A.M. The Verbal SAT lesson took place on Wednesday, March 20th at 9:30-11:00 A.M. The State of Connecticut Mandated School Day SAT will take place on Wednesday, March 27th beginning at 7:30 A.M. until untimed testing ends. In the case of any event, SAT makeup dates will take place on April 23rd and April 24th. On March 13th, there was a field trip to Middlesex Community College for any students who are interested in attending. Also, on March 18th, a field trip for interested Juniors took place at the Middlesex Health-Shoreline

Medical Center in Westbrook, CT. As Seniors begin to hear back from the schools they applied to, an opportunity to apply for scholarships is available on the bulletin board right in front of the Guidance office. Scholarships such as The Old Saybrook Rotary Club Scholarship was due on March 15th for any students interested. Students needed to request a transcript and letter of recommendation by March 14th by their guidance counselors and students must scan all parts to the completed application to the Rotary Club. For any more information, there is a packet available in front of the Guidance office. The Westbrook Foundation Scholarships are due on April 4th and guidance counselors made an appearance in Senior English classrooms to further explain how to apply for such qualified scholarships. For students interested, visit the school website and check out the Guidance department web page. Under the “Scholarships” tab, students can find out

It's a Match!

By Kate Wallace, '19
Co-Editor in Chief

On the last day before February break, the library was a sea of red and pink as the third successful Book Match was underway. What is a Book Match, you may ask yourself? Similar to Speed Dating, students find a book or two to simply read and enjoy outside of the classroom. Students sit at a table with several books to peruse for five minutes and jot down their likes or dislikes for each one. When the timer goes off, they switch to the next table in hopes of meeting their dream book!

In addition to tables with regular books, there is also a mysterious Blind Date table; the covers of these books are wrapped and students must look through the pages and write down their thoughts without being influenced by cover design, title, or author.

At the end of each Book Match session, students check out a book or two... some may even check out a book from the Blind Date table for a surprise title! Sponsoring such an elaborate affair is no easy task. The event’s coordinator and school librarian, Ms. G, loves hosting the Book Match and says she does so for one simple reason, though: “To promote reading!”

Students who attended this wonderful event enjoyed seeing the balloons and sitting with their peers for a period to look through books in hopes of finding the perfect read for break. When asked about their favorite part of the Book Match, senior Savannah Marshall picked the Blind Date table while Lindsey Prevost enjoyed the scavenger hunt, during which students

needed to find elements of different novels throughout the library. Did you come and join in on the fun for the Book Match, or did you sit in your study hall and wish you found your book match for February break? Not to worry, it will take place next year, the Friday before February break. And if you just can’t wait until then to find your dream book, you can check out a book anytime by stopping in at the library.



photo courtesy of Knightly News

The Book Match in action!

more information on scholarships, applications that need to be filled out, requirements for essays that need to be written, and evidence of academics and high achievements like student self-reported SAT scores, FAFSA information, and transcripts. For any more help or assistance, please schedule an appointment with Mrs. Britton or Mr. Mielcarz as soon as possible. Additionally, the American Legion is awarding two recipients one-time awards of \$1,000. Students must write a 500-word essay defining and discussing the significance of the 25th Amendment of the Constitution of the United States. Guidance counselors will attach a copy of the student’s

official transcript and the scholarship will be due on April 9th. Other scholarships available include a Bill’s Seafood Scholarship due April 9th and a local scholarship due April 10th. For students interested in many more, please log onto Naviance and look for other opportunities available such as scholarships for the Elks Club, Garden Club, etc. Do not wait until the last minute, the time is ticking! Make sure to apply by the deadline for consideration in obtaining generous amounts of money that will help for costs of college tuition, fees, books, and campus materials.

Science Bowl

By Jackie Grace '20

This year, at the fourth annual Northeast Science Bowl held at The University of Connecticut on March 3rd, the Westbrook Science Team took part in the different events offered. One team comprised of Gavin LaBrec '20, Aidan Ranelli '20, Colin Sutherland '19, and Brianne Yancey '21, competed in the Galvanic Car Race, while Jaclyn Grace '20 and Ian Whitehouse '20, matched wits together in the 3D Printing Competition. During the Galvanic Cell Car race, students were tasked with creating and programming a car. Included in the task were assembling and coding the movements for the car. Contestants were given materials such as plywood, straws, and hot glue. “My personal experience at the Science Bowl was enjoyable. Our task was to first build a car out of basic materials. We ended the event with coding an electronic car, using a program called Arduino, and we tested on a track specific to the type of coding we did,” Brianne Yancey, ‘21, explained. In the 3D Printing Competition, the prompt was to create a dome or pillars that withheld the most weight under a hydraulic press the most efficiently. With a dome weighing just 3.5 grams, the model was able to hold 625 pounds with a total overall score of 175, The WHS team triumphed with a 59 point lead over the second place finishers, E.O. Smith High School. The 3D Printing Competition is the second

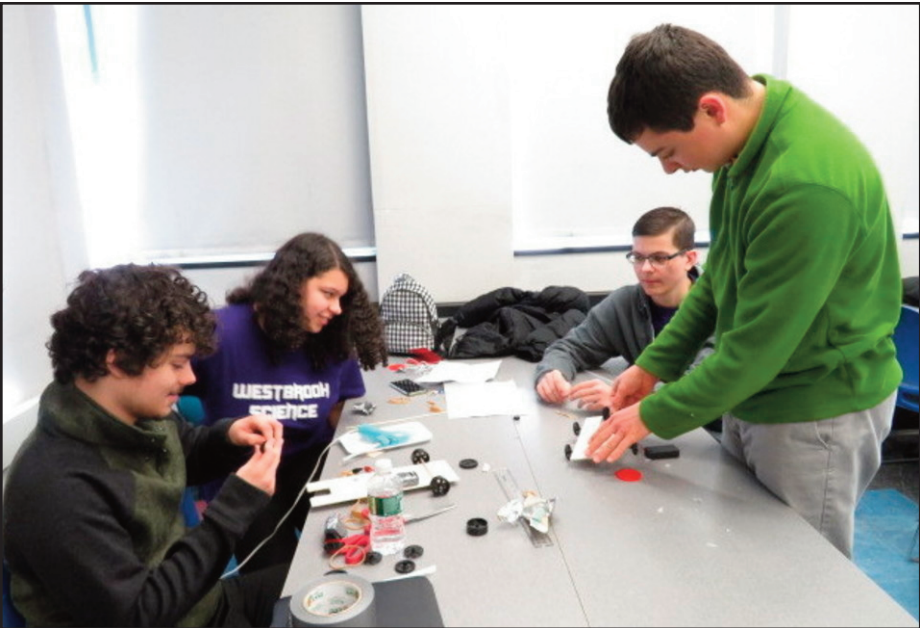


photo courtesy of Mrs. Britchi

Students working together at the Science Fair on the galvanic cell car.

time the Science Team has won first place this year, following senior Colin Sutherland’s win at the UConn Boat Race at Avery Point back in September. When asked how his involvement in the Science Club has impacted his high school career, Colin stated, “Being in the science club is fun because you get to compete against other schools in different science related competitions. It definitely prepared me

for college.” The team owes much thanks to Ms. Britchi for her support and guidance. She couldn't be more excited about the success of Westbrook students in these contests. The Knightly News would like to congratulate Ms. Britchi and all members of the WHS Science Team!

Serving It Up! Meet our New Cafeteria Staff

By Andrew Livingstone, '21

Charles Bailow, a new addition to our cafeteria staff, now serves as the Kitchen Manager at the Westbrook High School Cafeteria. He took up the position at the beginning of the year, and from his time of being on the job he’s said “Westbrook High School is a great place to work. I am a resident and have two kids in the middle school, so I am lucky to already know a lot of students and faculty.” He feels that the WHS staff and kids are a great joy to be around. He noted, “It’s the people of this great town that make this job so exciting.” Having had a great career in the restaurant industry, Mr. Bailow looks forward to cooking and educating anyone with questions and encourages students to ask him questions about cooking and giving feedback about our programs at the cafeteria. He stated, “I look forward to hearing how I could improve to give the best experience at our school cafe. I love food and encourage anyone to pick my brain as to cooking techniques.” Mr. Bailow is also willing to listen to anyone else's recipes or food ideas. We at WHS extend a very warm welcome to Mr. Bailow and hope he enjoys his time here.

Meet.... Mr. Pessoni

By Jaclyn Grace '20

Mr. Pessoni, or Mr. P., for short, is the new Tech Ed teacher here at Westbrook High School. He began working at the beginning of the second semester. Mr. Pessoni teaches three woodworking classes and one metals class. Mr. Pessoni is a graduate of Central Connecticut State University with a major in Technologies and Engineering Education. Prior to working at Westbrook High School, he worked in the cryogenics and compressed gas business for twenty years and at Pilots Point Marina as a yard foreman. As an education, he believes, “that it is extremely important for students to understand how the

world, that we as humans have created around ourselves, works. Knowledge is power only if it can be applied to real world situations to solve problems, be innovative and inventive”. Deja Hunter, ‘22, explained her experiences in the woodshop, “Overall, I’ve learned how to use a variety of different equipment in comparison to middle school. I think it’s important that students are taught tech ed for the possibility of future careers. I think woodshop is great and it’s one of the classes I look forward to throughout my school day”. “Woodshop is fun and exciting,” sophomore Nick Palumbo stated. “We’re learning life skills that will save us money later in life. We’ve learned how to use the machines and different techniques to bring projects to the next level”. When not in school, Mr. P. enjoys restoring classic model cars, boating, fishing and motorcycle riding. He also enjoys traveling and building guitars. Mr. Pessoni’s words of wisdom to his current and upcoming students are “Learn to live in the solution.”



photo credit: Lindsay Prevost, '19

Mr. Pessoni and Stephen working in the metal shop.

WHS PROM 2019



Are you ready for Prom?

WHS students are already planning for one of the biggest days of the year, the Junior/Senior Prom! This much anticipated event will be here before you know it. Read below to find out important information about this year’s prom, which looks like it will be an incredible night!

- Date: Friday, May 31 at Water's Edge from 6:00-10:30.
- Theme: Secret Garden (seniors voted on based on a Google Form survey)
- Exciting Information! Prom will be held in the Royal Ballroom this year overlooking Long Island Sound! The room is currently under renovations and will be completely beautified by prom time! Water's Edge redid the wallpaper, put up all new drapery, redid the trim, added all new sconces, put in new carpeting, and completely changed the color scheme of the room to modernize it. The room now has silver and gold accents.

- The DJ has been booked. In addition to music and speakers, the DJ is providing up-lighting to match the prom theme and a PHOTO BOOTH!!!! The prom committee is working with the DJ to create backdrops for the photo booth computer screen. On the day of prom, students can take unlimited photos of themselves or groups. Photos will be printed out immediately!
- The prom committee is still currently in the planning phase- Ideas the committee have agreed on so far include: Pasta stations (chef creates a pasta dish of your choice), chocolate fountain and a candy bar for dessert, fresh flower arrangements for centerpieces, an arbor with white lights and greenery, a glass etching station.
- The prom committee is looking for juniors and seniors to help plan prom decorations! Please see Marie Bavely for upcoming prom committee dates!

Keep an eye out for more information regarding prom bids prices and dates of sale. In addition, voting of Prince and Princess (from the junior class) and King and Queen (seniors) will take place the night of the event. As you can see, this promises to be a night to remember!

WESTBROOK HIGH SCHOOL THEATRE PRESENTS

The 24-Hour Play Festival



A festival of 10-minute plays written, directed, and performed by students, alumni, staff, & parents ...all within 24-hours.

May 17 & 18, 2019
Doors open Saturday, May 18th at 6:45 P.M.
Tickets: \$5
All sales benefit the Westbrook High School Theatre Program
See Ms. Mckenna or Ms. Mal with questions

Let it Snow!

Ski Club Hits the Slopes

By The Knightly News Staff

The WHS Ski Club, organized by Mrs. Joslyn, is a seasonal club that gives students of all skill and experience levels opportunities to go skiing and snowboarding. This season, the club took to the slopes for two local night skiing trips to Mount Southington and Ski Sundown. The club leaves right after school and returns at to the school in the evening. Students in a variety of grades have attended the trips. Beginners on the trips were able to take lessons, while the more intermediate to advanced skiers and snowboarders were able to free ski in groups. Freshmen Ben Wallace and Andrew Carter joined the club to learn how to ski: Ben had never skied before and Andrew snowboarded on the first trip and skied on the second. Both Mrs. Joslyn and Mrs. Britchi attended each trip. “We had a

wonderful time on great conditions,” Mrs. Joslyn said.

Ricky Potvin had a great time. He raved about the day stating, "It was very fun. Our advisers gave us autonomy. We weren't limited to which slopes we could go on." Potvin also liked how he was able to stay with his friend, telling us, "I was able to help teach Andrew Carter how to ski. We even made it to a blue diamond after one day on skis. I also hit a black diamond trail with Ms. J. It was awesome!" Ben Wallace said of his experience, "It is a good group. Mrs. Joslyn encouraged me and I think I did well, being my first time." Ben also added, "More students should get involved because it's a fun time."

The following students are members of the ski club:

Andrew Carter, '22

Kiley McCarthy, '20
Forrest Nelson, '22
Richard Potvin, '22
Madison Shaw, 20
Emma Wrubleski, '22
Benjamin Wallace, '22

There was discussion about planning a trip out to Colorado again in the next year or two. Mrs. Joslyn also hopes to plan a trip to Colorado within the next couple years over President's Day weekend. She has been trying to plan a trip for the past couple years but the lack of interest and knowledge of the club has prevented this from being executed. See advisers Mrs. Joslyn or Ms. Britchi if you are interested in getting involved in any of the trips or next year.



photo courtesy of Mrs. Joslyn

Members of the ski club ready for the hills of Mount Southington

Read Across America

Juniors and Seniors Read to Middle Schoolers

By The Knightly News Staff

Read Across America Day is a nationwide reading celebration that takes place annually on March 2—Dr. Seuss's birthday. Across the country, thousands of schools, libraries, and community centers participate by bringing together kids, teens, and books. Mrs. Goad, Library/Media Specialist at WMS, does just this every year. To generate the sense of community, Mrs. Goad invites high school students to the MS library in order to have fun with reading. “Last year was so great. The kids LOVED it,” Mrs. Goad said, “So I invited the high schoolers again.” This is now a welcome tradition between Mrs. Goad, Ms. G, and Ms. Mal's classes. Plus, the middle school teachers enjoy seeing their former students



Asset 8/40

Young people are given useful roles in the community

return for this special day. On Friday, March 1, 2019, juniors and seniors from Women's Studies, UConn English and Senior English spent time interacting with and reading to fifth and sixth graders at the middle school. Mrs. Goad set up stations around the library with blankets, pillows and a fine selection of books to read, including a collection from the beloved Dr. Seuss. Middle school kids listened to stories and had the opportunity to discuss plots and characters, identify themes, and ask ques-

tions. This collaborative effort is one in which students from both schools love and look forward to. Cameron Marshall, '19, said, “This was an amazing experience. It gets kids from both schools excited about reading.”

Ms. G hopes that next year kids can come to the high school from both the middle and elementary schools for a district-wide reading event.

Workin' Kids

By The Knightly News Staff

As the year rolls on, most seniors are deciding which colleges to attend. For the Life Skills students, they have their sights set on employment after graduation. Recently, Stephen Farrell and Natasha Mattera started working in local businesses through the 18-21 Transition Program. Through this, the two gain employment experience as they prepare for next year where they will work five days per week for approximately five hours per day. Currently, Stephen works on Thursdays at Luigi's Restaurant in Old Saybrook. As part of his job he sets tables, fills salt and pepper containers, and fills the bar with ice. Once the restaurant opens, he moves to the kitchen where he washes dishes. He one day hopes to do more jobs in the kitchen with his ultimate goal to help with cooking.

Many of her peers see Natasha on their way to school Wednesdays and Fridays at Julie's Cup of Joe, where owners Julie and Joe Campbell feel strongly about providing opportunities to those with special needs. Joe commented, "We're a hub for special needs and non-special needs to come together."

On the job, Natasha completes duties from a written check list. These tasks include sweeping the floor, wiping down tables, and replenishing sugar packets and straws. Tashy also puts the cup holders on the cups so we don't burn our hands when picking up hot beverages. Each work session finishes with her favorite, a decaffeinated iced coffee to go! Natasha enjoys her time at Julie's Cup of Joe and hopes to one day be a cashier. Ms. Lesandrine, Life Skills Teacher said, “The program is a great way for them to learn responsibility in the workplace. It also helps them build a sense of independence. For example, Stephen takes the Transit 9 to and from work and Natasha works from a checklist to fulfill her tasks.” Julie Campbell noted, "The population of people with special needs that work is under forty percent. There is no reason why it can't be more."

Come out and support Stephen and Natasha! Luigi's is located at 1295 Boston Post Road and Julie's Cup of Joe is right in downtown Westbrook at 1283 Boston Post Road.

Project Courage

By The Knightly News Staff

Project Courage, a non-profit organization is located in Old Saybrook. A unique aspect of Project Courage is that they understand that there are significant differences between adolescents and adults with substance abuse disorders or mental illnesses. These differences sometimes require separate treatment interventions. Project Courage has a myriad of resources available for teens struggling with addiction. On March 7, WHS held an all school assembly at which a gentleman named Ben Backas talked to stu-

dents about the effects of e-cigarettes on the brain and body. This idea of this assembly began with discussion in the first semester School Climate class where students felt it was important to address this issue and inform the student body of fact based data. The class met several times with representatives from Project Courage before a final agreement on the most appropriate presentation for the WHS audience. It was made clear that the intent would be "To Inform" so students could then make their own decisions on what is

best for them. His presentation was not only informative, but moving. He also involved the audience and addressed any questions that came up from students during his talk. As with many things we do at Westbrook High, we pioneered the topic of "21st Century Addictions" and now many other high schools are moving toward similar ways of "Working with Students as Resources". WHS student leaders are now moving toward a similar community based presentation to be held sometime in the latter part of May.



photo courtesy of The Knightly News

Ben Backas talks to students about the effects of e-cigarettes at the March assembly

WINTER SPORTS IN REVIEW



Boys Swimming

Swimming with Madison, as only one of three seniors on the team, Garret Smith took an active role in trying to provide an example to younger swimmers. He competed in the 100 yard butterfly and 200 yard individual medley. Garrett took part in the Nutmeg Conference this year where he had his best times up to that point. Similarly, he came in third in both races at Class S Trials, where he went a 1.59.68 in the IM. Garrett commented, "I beat the guy in 4th by 0.01 second, which is a personal milestone." He went on to say, "In the butterfly I finished 53.48, which I was quite proud of. However, at Wesleyan University, the day of Finals, I was quite sick and was not at my peak performance." Garrett kept a positive attitude, stating, "It was not all bad as I had a large group of friends who came out to support me."

Unified Basketball

Unified Sports finished out the winter season strong after several basketball events. All of the games and practices during the Unified Class culminated in the biggest Unified tournament at WHS yet. In February, the Unified team hosted ten schools from across the state with a grand total of 127 students for a major basketball tournament! Thanks to dozens of WHS volunteers, the event ran seamlessly and teams celebrated their hard work with a pizza party to finish the day. Senior Begonia Flores recalls how, "seeing so many different schools coming together and participating for basketball tournaments was what truly made this winter season successful."

The winter season for our Unified team has come to an end and the team is preparing to start their volleyball and track and field seasons in the coming weeks. As the spring season approaches, consider joining the Unified Sports team. See Ms. L to help out.

Girls Basketball

The Westbrook Girls Basketball team had a successful season, making the Shoreline and State Tournaments. The girls ended with a 9-13 record, although many of the games were very close! Coach Landino said, "This is by far the closest knit team I have ever coached, good kids to the core and unselfish teammates. That combination makes for a great season." The lack of depth caught up to the Lady Knights, losing their top two scorers late in the season to injury. However, the girls forged on together, taking on new roles and learning that teamwork is the foundation of any success. They will miss our three seniors, Kelly Donlan, Gabby Ehlert and Savannah Marshall.

Boys Basketball

Under the leadership of team captains David McCain, Dan Perreault, and Ben Schreck, the WHS boys basketball team used their status as a young team to develop their physical and mental basketball skills throughout the season. Schreck said, "We faced a lot of adversity this season, but I'm proud of the way in which we handled it. [This season was] a definite improvement over last year." With a record of 6-15, they qualified for the shoreline tournament. They lost in the first round to eventual conference champions, Cromwell. Sophomore, Jack Naccarato, earned All Shoreline Conference Honorable Mention.

Contributed by the student athletes of WHS

Indoor Track

Indoor track had some great success in the shoreline tournament. Senior captain, Avery Bauman was 2nd Team All Shoreline in the 1000m. Girls 4 x 800 with Brooke Neri, Marguerite Bartlett, Cierra Brundage, and Avery Bauman received honorable mention finishing in 3rd, with a new school record. Mike Gingras was 3rd, receiving honorable mention in the high jump and 5th in pole vault with a new personal and school record jump of 11'. Boys 4 x 400 with Carlos, Cole, Mike, and Cooper finished in 8th place. At the state tournament, Mike Gingras finished in 4th place in the pole vault with a new PR jump of 11'6", increasing the school record height by 6". Avery Bauman finished 8th in the 1000m, securing a school record and Liz Gallagher finished 27th out of 49 Class S runners in the 55m.

Alpine Ski Racing

Charlie Schneider, '22, trained and ski raced every weekend with the Mount Southington U-16 USSA (US Ski and Snowboard) Ski Team. USSA ski racing competes in both Slalom and Giant Slalom. Charlie's best USSA finish was 17th overall at the U-19 Sundown Slalom. He was also selected to race in the Connecticut High School State Open race. Charlie's best memories this season came from "All of the friends that I made along the way."

WHS Cheer

WHS Cheer persevered this season, with a small squad this winter comprised of six girls and one stunt group. Unfortunately, illness prevented the team from taking part in the Shoreline competition, but the squad was able to compete in two others before finishing out the season. Westbrook cheerleaders were Lindsay Prevost, captain and member of the class of 2019, Alyssa Kjos, '20, Chloe Bugden, '20 and Gabby Cordon, '22.

Gymnastics

Hannah Schilling completed her varsity sophomore gymnastics season, training with the Lyme-Old Lyme H.S. team. The team recently placed 2nd in the CIAC Class S Gymnastics State Championship. Despite experiencing a chronic back injury which resulted in being out of contention for the last several meets, Hannah had an exciting and successful season learning new skills and competing in five meets which included four events— floor, beam, uneven bars, and vault. She noted, "I am most proud of my 8.55 floor routine which ranked alongside Old Lyme's and several other local teams' highest scoring routines at a January meet."



In our next issue...Spring Sports recaps!

Music News

By Kiley McCarthy, '21
Co-Editor in Chief

The Westbrook High School band performed in their combined concert with the 8th grade band on Wednesday, March 13. This annual event allows eighth grade band students to meet Mr. Gerhardt as well as the members of the high school band. The concert band played two pieces combined with the eighth grade band as well as three solo pieces. The combined pieces include: "Simple Song" by Ralph Hultgren and "Seventy-Six Trombones" from The Music Man by Meredith Willson and arranged by Paul Jennings. "Flourish for Wind Band" by R. Vaughan Williams, and "Fate of the Gods" by Thomas C. Duffy, make up the solo pieces all conducted by Mr. Gerhardt. The Westbrook High School concert choir's large project was the OSW Choral Festival on Wednesday, February 6. The WHS choral program, along with the Old Saybrook High School program, performed four movements from the Mozart Requiem. This year, 49 WHS students in the music and theatre departments traveled to New York City from March 15 to March 17. The highlights of the trip included a performance by the New York Philharmonic and the Broadway show "Dear Evan Hansen". Other events were an organ demonstration at Saint John the Divine Cathedral, a self guided tour of the 9/11 Museum, a trip to the observatory at the One World Trade Center,



photo courtesy of Ms. Allen

Students outside the Cathedral Church of St. John The Divine after the organ demonstration.

and a backstage guided tour of Radio City Music Hall. Free time in Times Square and Rockefeller Center as well as dinners at Buca di Beppo and Bubba Gump's were also popular favorites of the trip. Chaperones included Ms. Allen, Mr. Gerhardt, Miss. Lesandrine, Mrs. Winch, and Ms. Mal. Upcoming events within the music department include the Acoustic Cafe on Friday, May 3 at 7:00pm, the

Small Ensembles Concert on Wednesday, May 13, and the final large ensembles concert on Thursday, May 16. The large ensembles concert will include senior recognition and the performance of the senior piece for band as well as multiple pieces performed by both the concert choir and the concert band.

Shop Talk

By Kate Wallace, '19
Co-Editor in Chief

Throughout the first semester, students worked on a variety of projects to benefit the school, community, and their own personal interests in shop class. Thanks to WHS's community involvement, all three wood shops and one metal shop will soon run a production product for the DEP. Students were asked to build 24 to 28 Tern Nesting Boxes to put into birds' natural habitats. These nesting boxes will help provide the chicks and birds with protection from predators and the elements. Students were provided with the necessary materials to build these boxes and aim to produce as many as 30 within the next few weeks. Outside of their class-wide projects, students choose their own independent assignments to work on, as well. These range from building desks and skateboards to constructing electric guitars and even a pick-up truck head rack. A few students even formed a group to restore a John Deere tractor, a cedar chest, and a lawn mower deck. The shop classes are constantly producing new and exciting projects, with many ideas coming from the students themselves. If you're thinking about taking any electives next year, be sure to consider shop classes with Mr. Pessoni.

In Tune with Linda

By Isabella Rosado '20
Knightly Entertainment Reporter



Junior
Linda Nelson

Linda Nelson, '20, was selected to perform in the Treble Choir at the CMEA Southern Region Music Festival the weekend of January 11 and 12. In order to take part in this great opportunity, Linda first had to audition. High school musicians from all over Southern CT audition to be considered for the festival's Treble Choir, Mixed Choir, Concert Band, Orchestra, and Jazz Band. The vocal audition requires the performance of an Italian aria, two scales, and a sight-reading example before a set of judges. Each student received a score sheet with written feedback, which in itself is an extremely valuable part of the experience. Linda was influenced by her many friends from other schools who explained that it was "a good opportunity to not only meet new people, but be able to understand different approaches from different people on how

they teach music." When asked what her reaction to being selected Linda said, "I was proud of myself, but also not surprised because I knew I did well in my audition." After she was selected, Linda was given sheet music to practice so as to prepare for the weekend of the concert. When the weekend arrived, Linda drove to a school in Meriden to rehearse for about five and a half hours with a break for dinner. Though tiring, the pieces, hard work and the way the conductor taught them inspired Linda. Despite being the only one from Westbrook, she had a lot of friends there; this made everything easier and more fun. After two full days of rehearsals, the weekend culminated with a concert to showcase all the effort they put in. When explaining how she felt throughout this entire experience, Linda commented that she felt confident in herself and her capabilities and she felt challenged to lead those around her who were having trouble understanding the music. She felt that this experience greatly benefited her "overall outlook on the music community" and broadened her horizons of teaching choral music.

In the Art Room

By Alexa Malazzi '22
Knightly Entertainment Reporter



Begonia and the
pottery wheel

WHS celebrates arts in our community! Students created pieces that were entered into the Shoreline Arts Alliance's visual arts competition, Future Choices 2019. This is an annual competition and exhibition dedicated to talented fine arts students from grades 9 through 12. For three weeks, the artwork was displayed at the Sill House Gallery of the Lyme Academy College of Fine Arts. Maddy Shaw, '20 and Hunter Krebs, '22, were featured artists representing Westbrook High School at the Shoreline Arts Alliance exhibit at Lyme Academy. At the awards ceremony, Madeline Shaw, was presented with honorable mention in drawing for her still life piece. WHS shines some Light on Westbrook! The Annual Light on Westbrook was held at Knights Hall on the campus of Ox-

ford Academy, Saturday, March 23, 2019. This is a photography only exhibition. All entries donated help support the Westbrook Schools Meals Project for Westbrook Youth. Four WHS artists contributed their photographs to the annual affair and our own Mrs. Hourihan took a first place for Best Landscape/Seascape! WHS Art Club in action! Cori Hofler, '19, thought up a great venture for the group during the spring semester – a Van Gogh inspired landscape painting. This quest is open to WHS artists to work on an eight foot mural version of "A Starry Night," by Vincent Van Gogh. If you are interested, please stop by the Art Room. Art club meets Mondays after school from 2:30-3:30 and any day during break! Ms. H would like to get as many students involved as possible!!! New members are always welcome to join, and students can work on the mural or their own personal projects. One more great opportunity for artists of all kinds is the annual school wide Earth Day Contest. Categories are poetry, poster and photograph. All three category winners will receive a \$20.00 gift certificate to Bill's Seafood and Ice Cream Shop. See Ms. Patti for more information.

Westbrook Takes Manhattan!

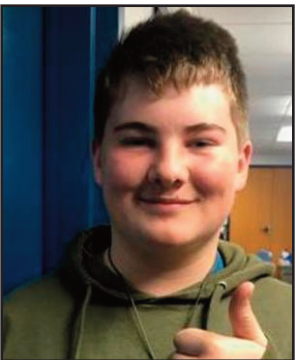
What students on the trip found most meaningful



"It's super interesting to see a Broadway show. Dear Evan Hansen threw an abundance of emotions at me. Seeing it made my trip!" -Jack Lyman '19



"For me, it was a tie between the musical and the observatory." -Josh Zube '20



"I really liked Dear Evan Hansen. I would definitely go on the music trip again." Forrest Nelson, '22



"The New York Philharmonic Orchestra: they put on a phenomenal performance- 10 out of 10!" Gretchen Pierpont, '19



"I really liked going to Times Square because I got to see where they drop the ball on New Year's Eve." -Stephen Farrell '19



Finn McGannon, '19 and Katelyn Wallace, '19 were recognized for the CABC leadership award.



The 3-D printing design competition was won by Jackie Grace and Ian Whitehouse.



Kate Wallace, '19 at the American Legion Oratorical Regional Contest



Savannah Marshall, '19 and David McCain, '19 attended the New Haven Tap Off Scholar Athlete awards ceremony.

Our Knight Accolades

Many WHS students received awards and honors over the winter months for a variety of reasons such as scholarship, athleticism, service, and citizenship. Pictured here is just a sampling of the many accomplishments of our students over the past few months. Notable awards are as follows:

- The 3-D printing design competition at the Northeast Regional Science Bowl hosted by the University of Connecticut's School of Engineering was won by Jackie Grace and Ian Whitehouse.
- Each year, two high school students are recognized by the Connecticut Association of boards of Education, CABC, for leadership.
- Rotary students of the month this winter: January-Colin Sutherland, '19 in Science, February-Alyssa Sirisoukh,'19 in World Language March- Stephen Farrell, '19 in Tech Ed.
- Alana Bochanis, '19, is the Section 1 recipient of the "National High School Spirit of Sport Award" by the NFHS.
- Savannah Marshall and David McCain, both '19, received the Scholar Athlete Award.
- Jesse McGannon '21 and Greg Arraya '22 earned JV Math Team honors.

.Colin Sutherland is a qualifier for the MathCON National Competition.



Rotary Award Winners (from left to right) Stephen Farrell, Alyssa Sirisoukh and Colin Sutherland (Colin is also a qualifier for the MathCON national competition)

Jesse McGannon, '21 and Greg Arraya, '22 jv math team award winners





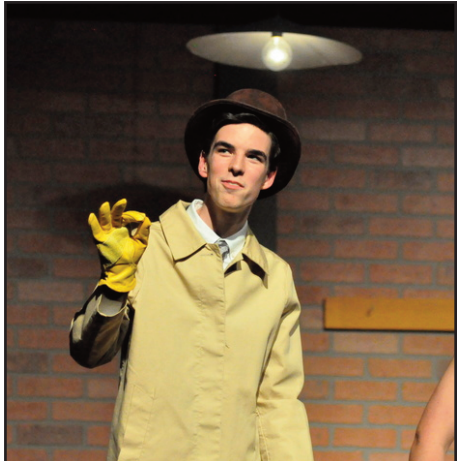
Elnora Amenta (Messenger 7013) scans the book of the dead as Jack Lyman (Joe Pendelton) complains to Finn McGannon (Mr. Jordan).



Emma Parkhurst (Williams) interrogates the group on the death of Jonathan Farnsworth while Jack (Joe Pendelton) watches over as a ghost.



Katie Wallace announces house guests as elderly maid, Mrs. Ames.



Finn (Mr. Jordan) adjusts light bulbs to ensure that the set is properly lit at the beginning of Act 3.



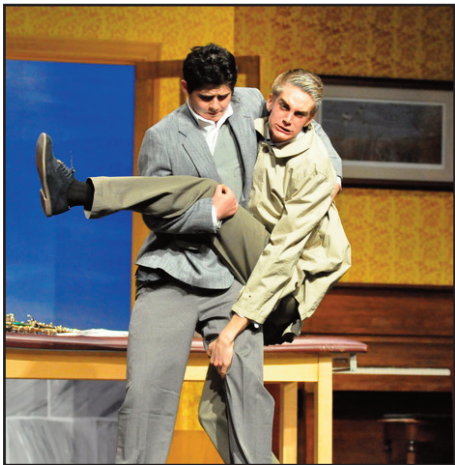
Ben Schreck (Max) touts the boxing match as Kendall Orlowski (Julia) and Tavish Ernst (Tony) look on in a scene featuring Cinnamon, the adorable dog.



The 2019 seniors pose for a photo with the directors in their show shirts before Thursday night's performance.



Alana Bochanis (Doctor) works to stitch up TK Murdock after he was "shot" during a boxing match as his manager, Micayla Malchiodi (Lefty) looks on



Ben (Max) pulls with all his might to get Jack (Joe) unstuck from Mr. Jordan's spell.



Cameron Marshall (Referee) watches as Ben Wallace (Murdock) delivers a blow to Becca Mitchell (Smallings).