

In the Spotlight with...

Halle Barron!

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your Service

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The Knightly News

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Issue 20

Meet the Westbrook Teacher of the Year

By Marguerite Bartlett, 21
Knightly News Reporter

After teaching English at Westbrook High School for ten years, Mr. Hall was awarded Teacher of the Year. During his years at WHS, he has taught a variety of courses including Freshmen and Junior English, Writing Workshop, Reading Workshop, SAT Prep, and Existential Literature. He decided to become an English teacher because of his love for literature and the enjoyment he got from English classes when he was in high school. Mr. Hall feels "English is the type of class where you get to ask and answer some of the more philosophical questions that literature presents you with. In an English class you are able to ask certain questions about the motivations and values of a piece of writing, and how it can relate to human nature and the world today." This explains why while teaching, Mr. Hall gets so into every unit and so interested in the book or topic that whatever it is, it becomes his favorite. Outside of Westbrook High School, Mr. Hall is in an Irish band in which he plays the penny whistle. He has two kids and lives in Bethany with his wife. Before having children, Mr. Hall was into different sports activities, grappling and Jiu Jitsu, a form of martial arts. Mr. Hall values the time that he gets to hang out with students outside of the classroom setting, especially through High School Bowl, for which he's the advisor. Mr. Hall took over High School Bowl



Mr. Hall was recognized as the Westbrook Public Schools Teacher of the year.

when Madam Fulton retired several years ago. His love of general knowledge and his interest in many different topics make him a perfect teacher for this role. In previous years, Mr. Hall held oversaw the Frisbee Club and also a club that met informally where students would stay after to play different

board games. Last year, Mr. Hall performed in the Acoustic Cafe. This year Mr. Hall played a Harvard professor in the WHS musical, Legally Blonde. He said, "That was one of the greatest experiences where I got to see people outside of classes."

Summer Meals

By Halle Barron
& Sam Cates, '18

Over the summer, Halle Barron and Samantha Cates worked to mitigate hunger right here in Westbrook. After traveling to Haiti last February, both ladies felt empowered to do more. When given the opportunity to join the newly formed Alleviate Hunger committee, the two jumped at the chance. They created a summer meal program at Daisy Ingraham, feeding 15 children during July. Alleviate Hunger worked in conjunction with District Four in New London, who helped supply the food. Our own Superintendent Ciccone lent a hand by transporting the food. The committee is planning more ways to help those in need in our community. Since Halle and Sam will be graduating from WHS, eager volunteers are needed to take their place. If you have a passion for helping others or need community service, the girls for more information.

Ground Control to Mrs. Britchi

By Roger Silva, '18
Knightly Reporter

Million dollar question, which WHS teacher currently owns a flight suit? The answer is...Mrs. Britchi! She was lucky enough to be accepted into a five day space camp over the summer. Mrs. Britchi found an application where the main requirement was to be a teacher that had a S.T.E.M class. One lengthy application and a few days later, and she finally on her way to summer camp! During the five days, Mrs. Britchi, as well as ninety-nine other teachers, partook in a plethora of activities ranging from team building to trial missions. The first mission, landing on Mars, had three parts, the first was the shuttle, second was the module, and the third was mission control. Each part was done by a group of people who played the role of professionals in a shuttle launch simulation.

In addition to simulating a launch, the teams were also presented with "problems that required teamwork to solve." It did not end there however, the team members were given scripts to follow, screens to reference to, and even real module parts in the props to help immerse them. Safe to say, people who ran the event really pulled out all of the stops. Upon finishing the mission, Mrs. Britchi was able to sight see in the space museum that housed the famous Saturn V which was used to send the first American Space station into orbit. "It was so large that they had to lay it on its side so that it could fit in the museum," Mrs. Britchi said when asked about the rocket. In addition to visiting the museum, the participants also met astronauts as well as the authors of Rocket Boys and Space Cowboys, Homer Hickam and Justin Stanchfield, respectfully. That's not all; our teacher tried out a simulation called "Walk on the Moon" where, true



photo courtesy of Honeywell

Mrs. Britchi in the multi-axis trainer for Team Kibo during the Honeywell Educators at Space Academy program at the U.S. Space and Rocket Center

to its name, you get to sit in a chair in a special room and experience what it is like with one-sixth of Earth's gravity. Unfortunately the camp was only five days long and she was unable to explore everything there was to see. I asked Mrs. Britchi to list the best parts about her experience and she stated that the food was definitely up

there. She and the others were fed top class dishes in the mess hall that also included chicken for breakfast. "Luckily we were always on the move so we could eat a lot and not gain a lot of weight," she joked. She later on claimed that she very much enjoyed all the exploration and having the opportunity to discover.

SPIRIT

By Finn McGannon '19
Knightly Reporter

Everyone's favorite acronym is sweeping the halls of Westbrook High School! Chances are, whether you are a student or a teacher, you have not been able to escape this catchy method for remembering our school's new core values. There is probably no need to repeat it here, but just in case, S.P.I.R.I.T. stands for Supportive, Positive, Inspiring, Reflective, Independent, and Thoughtful. This is a quick and easy way to re-

member the characteristics that each student at WHS should try to exemplify each day. The acronym makes it straightforward for students to know how they should act and treat others in school. Posters papering the walls remind everyone to lend a helping hand, while also keeping a positive attitude. All students should try to inspire others, and reflect back and think about their own actions. Finally, they should be capable of working and making decisions independently of one another. Knights have SPIRIT!

Equal Opportunity Statement

The Westbrook Board of Education and Public School District is committed to a policy of equal opportunity/affirmative action for all qualified persons. The Westbrook Board of Education does not discriminate in any employment practice, education program, or educational activity on the basis of race, color, religious creed, sex age, national origin, ances-

try, marital status, sexual orientation, gender identity or expression, 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 nondiscrimination laws. The Connecticut State Department of Education does not unlawfully discriminate in employment and licensing against qualified persons with a prior conviction. n>

New Psychologist Brings New Perspective to School

By Kate Wallace, '19
Knightly News Reporter

Since the start of the school year, school psychologist, Susan Speir, has been helping students become the best that they can be. She is brand new to Westbrook this year and is passionate about helping our students. Before Ms. Speir came to our town, she was an intern at Meriden Elementary School. While Westbrook is Ms. Speir's first job in the psychology field, she always knew this was where she wanted to be. As a young girl, Ms. Speir was fascinated by the human brain and how the mind worked. She dove deeper into her interests by taking a psychology class in high school and strongly encourages students to consider taking the one offered here. She later earned her undergraduate degree in psychology, however, it wasn't until she went to graduate school that she realized she wanted to work in schools. Originally, Ms. Speir planned on working in elementary schools, however, after working in Westbrook for the past two months, she sees herself working in high schools in the future. Ms. Speir's job as the school psychologist covers a variety of responsibilities. A large part of her job, and what she is probably best known for among the student body, is providing counseling to any and all students. She is also responsible for coordinating IEPs, PPTs, and 504 plans. Ms. Speir is also on our school's crisis team. By being a new psychologist in Westbrook, Ms. Speir hopes to bring a new per-

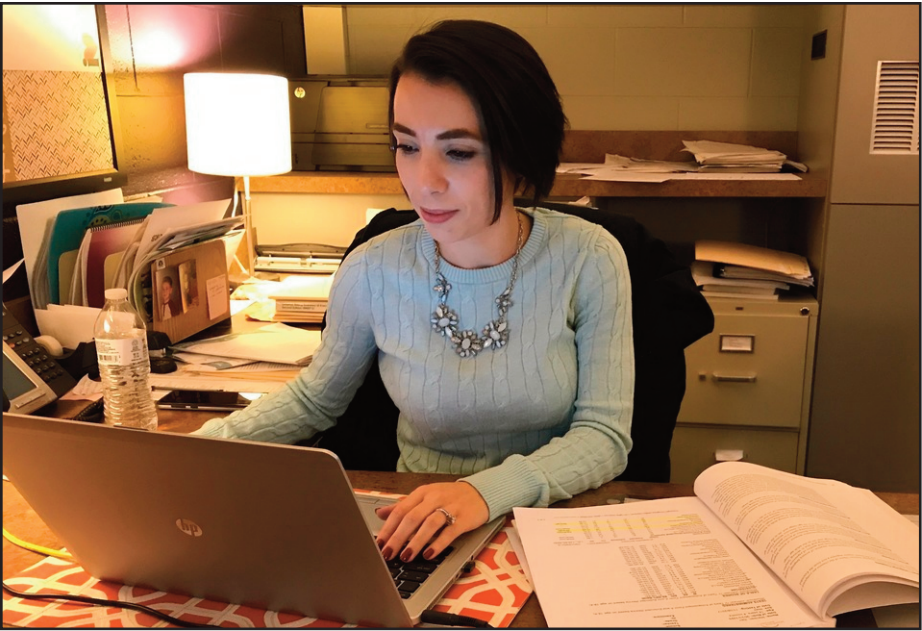


photo credit Kate Wallace, '19

Mrs. Spier hard at work!

spective to the table, as well as be an advocate for students' well being. Through her position at our school, Ms. Speir hopes to bring more awareness to students' emotional health. For those who might be wary about visiting her office located by the cafeteria, Ms. Speir encourages them to bring a friend or simply stop in to say hi. She also offers words of advice for all students, saying, "Don't be afraid to try new

things." This could be something as simple as meeting new people or attending a new club; Ms. Speir considers it important to branch out and try something new during high school. If you have a chance during your day, be sure to stop in and say hello to Ms. Spier. She is enthusiastic about working here and getting to know our student body.

5th Annual Girls Symposium

By Mr. Bialicki
Student Climate Coordinator

Westbrook High School Teen Leadership Students presented Leadership Workshops at the 5th Annual Girls Leadership Summit at Chelsea Piers in Stamford, CT on November 3, 2017, which was sponsored by the Fund for Women & Girls, Fairfield County's Community Foundation. One hundred middle school girls from across the Connecticut shoreline participated in leadership and advocacy development. Leadership students from Westbrook High School: Madison Liberatore, Olivia Hartzell, Alex Young, Olivia Archer, Lexi Koplas and Kayla Arevalo presented five workshops pertaining to "Finding Your Voice" through "upstander" techniques and "How Self Concept can be developed to enhance one's Self-Confidence". These six student presenters are part of the Westbrook District's School Climate endeavor which works with students as resources for social emotional learning development in schools. Westbrook High was the only school asked to provide the training workshops which ended with all one hundred participants leaving with personal development goals. Kayla Arevalo, '21 said, "It was a life changing school experience for me and I really enjoyed working with the girls."

WHS Completes its NEASC Visit!

Article courtesy of Ms. Winch
WHS Principal

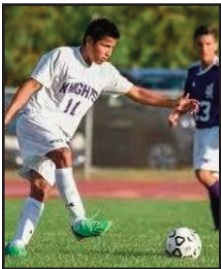
Westbrook High School is proud to announce the completion of its decennial NEASC Accreditation Visit which occurred October 15- 18th. The New England Association of Schools and Colleges is a regional accrediting association that uses the peer review model made up of educators around New England to promote and ensure continuous school improvement. NEASC Visiting Team members spent four days interviewing board of education members, administrators, central office staff, teachers, students and parents as a means to accurately determine the level of understanding and implementation of the

seven standards: Core Values, Beliefs, and Learning Expectations, Curriculum, Instruction, Assessment, School Resources for Learning, and Community Resources for Learning. They also toured the facility, visited each classroom, and observed every teacher to collect evidence to ensure accuracy. Teachers were required to submit student work samples accompanied by the school wide rubrics to demonstrate and measure the proficiency of student performance defined in the Learning Expectations. The student work also reflected the step by step process for student reflection and improvement based on teacher feedback. Although a rigorous process, the WHS faculty and staff took on this educational endeavor with a commitment of fidelity, integrity, and transparency. The Visiting Team was able to commend WHS for its positive school climate and its commitment to valuing a quality education for all students. WHS will continue to engage in school improvement. The final NEASC Report is due in June of 2018.



Asset #25/40 READING FOR PLEASURE
Young person reads for pleasure three or more hours per week.

In Memoriam: Yeison Gomez 11/13/1997-11/13/2017



On November 13, 2017, we received the sad news that our friend and former classmate, Yeison S. Gomez, passed away as a result of injuries he sustained in a tragic moment at WHS accident. Yeison came to Westbrook High School in the fall of 2014 when he moved here from Guatemala. He endured unbelievable obstacles in his journey from Guatemala, where he was reunited with his parents whom he had not seen since his early childhood. During his years at WHS he played varsity soccer, where he was a welcome addition. Jake Marciniac, '18, told us, "Yeison had a true passion for soccer. Because he had to work to help support

his family, he would come to practices whenever he could." He is fondly remembered by his teammates. Sean Scully, '18, reflected, "He was always smiling and super optimistic." Yeison was an English Language Learner when he started at WHS, but before long was regularly playing interpreter for other ELL students in the Nurse's office. "He was so friendly and outgoing. No one ever had a problem with him," said Jack Hayes, '18. Yeison was proud of his heritage and was musically talented which helped him land a job at a Spanish radio station in New Haven where he dabbled with being a disc jockey. Through this venue he was able to share his love of Latino music. Ms. Winch informed the school community of Yeison's passing and we honored his memory with a moment of silence. While he is no longer with us, his bright smile, easy going personality, and beautiful spirit will always be remembered.

Community Coalition on Children

By Mr. Bialicki
Student Climate Coordinator

Westbrook High School Teen Leadership Seniors presented Leadership Workshops at the 2017 Annual Intergenerational Conference on November 1, 2017, sponsored by the Community Coalition on Children at Mitchell College in New London. The topic was "How Social Media Imposes Limitations on Girls in Our Society". Over 90 middle school students from across the Eastern Shoreline and neighboring towns participated in this workshop which identified some of the stereotypes that society places on females which potentially can hold them back from optimum achievement. Madison Bratz, '18, explained, "Educating and connecting with young girls in our society is extremely beneficial to all involved." Partakers focused on these stereotypes through various social media and the resulting personal constraints. The goal was for participants to develop an action plan and move forward to make a difference not only in themselves, but their schools and community at large. Olivia Pohorylo, '18 commented, "It

was very inspiring to have the opportunity to speak with girls in middle school and how we can re-frame from society's limitations and become powerful females in society for the future." Leadership students from Westbrook High School: Olivia Pohorylo, Amanda Wilderman, Madison Bratz and Hayden Davis presented two workshops which assisted participants in gaining awareness of the way media and society at large impose subliminal suggestions on how they should be or what they can't do starting at a very early age. These four student presenters are part of the Westbrook District's School Climate endeavor which works with students as resources for social emotional learning development in schools. Hayden Davis, '18 said, "It was a great time. The middle schoolers were very involved and eager to hear what we had to say." Amanda Wilderman added, "I think the best part about going to the CCC was the reaction from the girls who felt empowered to now make a change in the world that they will grow up into." We are very proud of our students gaining statewide recognition as presenters on very sensitive issues which have an impact on social emotional learning and emotional intelligence.

We are Unified!



"I like Unified because it's my favorite and I like basketball!"
-Tommy "MVP" Greaves



"I like Unified because I get to hang out with my friends. My favorite sport is soccer."
-Dominique "The Dynamite" Plummer



"It's fun to do with friends"
-Stephen "Nothin' but Net" Farrell



"I love to be with Stephen, Tommy and the rest of our team, too!"
-Natasha "I Hate to Lose" Mattera

Runnin' Down a Dream

In the Spotlight...with Halle Barron

By Tirzah Blomquist, '19
Competition Reporter

Senior Halle Barron is a full time runner, competing in all three sports seasons. In the fall, Halle runs cross country, while her winter and spring seasons consist of racing in indoor and outdoor track and field, respectively. Ever since she began running in seventh grade, she has not stopped. This fall is Halle's third season of cross country since she joined in tenth grade. Due to Westbrook's small size, Halle trains with Old Saybrook High School's cross country team. As a result, she has learned to become more independent and outgoing, befriending many of her Old Saybrook teammates. She gained leadership abilities and was named a co-captain of

the team this year. Over the past three years, Halle significantly cut down her 5K time to a personal record of 21:11 minutes. She feels confident with the current cross country season and looks forward to the state meet this month. Moving over to the winter season, Halle's Old Saybrook friends and teammates become her top competitors in indoor track. Halle joined Westbrook's indoor track team when it was first created in her sophomore year. Her most competitive races are the 1000 meter and the 600 meter; however, she also runs in the sprint medley relay and the 4 by 800 meter relay. Indoor track takes extreme dedication, as some meets go until



photo courtesy of Halle Barron, '18

Halle running Shorelines at Old Lyme!

ten o'clock at night, but Halle says the extended nights are worth getting to spend time with her team. Halle's finishes her running seasons with outdoor track in the spring. She joined freshman year and fell in love with the sport, one of the reasons why she began running every season after that. Her main events are the 400 meter dash, the 800 meter race, and the mile. She also runs the fastest leg of the 4 by 800 meter relay and occasionally runs in the 4 by 400 meter relay. One of Halle's greatest accomplishments happened when she qualified for the State Class S Meet in the 800 meter dash

with a time of 2:34.55 minutes. This year, Halle hopes to continue her success in the 800 meter race to top off her senior year. Next year, Halle will begin attending a college; her top picks are the University of Delaware and UConn. Halle wishes to run in college; however, she is leaning toward running for leisure, rather than competitively. Running has become a major part of her life and will always be with her. She has grown more independent and outgoing, as well as confident in her own abilities because of her experiences running.

BOYS AND GIRLS SOCCER ROUNDUP

Contributed by coaches and players

Boys Soccer

The Knights finished the season with a 5-11 record. Early in the season, two notable home victories were versus Old Lyme and North Branford. "A few injuries derailed us after that," Coach Carlone said. Senior captain, Jack Hayes, was voted Second Team All Shoreline. Sidney Levine and Noslin Antunez received Honorable Mention. Hayes says about his four year soccer career, "It was a great experience for me! I will never forget last year, when Sean Scully broke both of his arms and still managed to come back to compete before the season ended!"

Girls Soccer

This season was the first time in nine years the girls made the state tournament. One major highlight of the season came with the tie versus Portland. Post season, against East Granby, the team had their best game

eventually going to double overtime for a penalty kick shoot-out where East Granby finally prevailed.

Tri-captains Erin Metcalfe, Lexi Vumback, and Hayden Davis, are three of the seven seniors on the team. Coach McConville stated, "We had a large senior class who all showed great leadership through the season and have been a big part in turning the program around over the last 2 seasons." Awards for the year include: First Team All Shoreline Erin Metcalfe '18, Second Team All Shoreline Renee Peregauz '19, and Honorable Mention Alyssa Esposito '18 and Christina Matute-Heredia '20. McConville also added, "Our Leading scorer with 16 goals was Metcalfe; second in goals scored was Matute-Heredia. Vumback had 5 shutouts. Our defense was lead by juniors Perregaux and Kelly Donlan.

Fall Reviews

Football

OSW football ended the season with an 8-2 record. Unfortunately, the boys did not qualify for the state tournament, although their winning season tied the school record which was set last year. Vincent Dyer and Jay Long, both '18, were two of the three captains. Dyer said, "This group of seniors, along with Coach Marone, helped turn the program around and leave a legacy for the underclassmen." Interesting stat: In its 20 year existence, this co-op program has had three back to back winning records for the first time ever, Long added, "Tied for the best season in OSW history was a great accomplishment."



Field Hockey

WHS Field Hockey finished in the State quarter finals vs. eventual State champions, North Branford. The team's record of 9-5-5, with only one senior on the team, was an example of how hard the girls worked to maintain the level of success this program expects each year. Co-captains, Lauren Wright '18, and Avery Bauman '19, were selected to the First Team All Shoreline and All State teams. Alex Young and Kendall Orłowski (both '20) were named to the All Shoreline Second Team with Lauren Horne '21 and Jamie Merola '19 receiving Honorable Mention. Lauren Wright and Lauren Horne were featured as athletes of the week in the *Harbor News*.



Swimming

Marissa McNary '19, team of one, swims with East Lyme High School. During the regular season, Marissa had a memorable meet versus Windham Hall. It was her best time in the 200 Individual Medley (IM). She enjoyed the motivation and competition with her other teammates. Being the youngest of three swimming sisters, Marissa loves striving to live up to the impact her sisters made in the pool. In the State Trials, Marissa placed 6th in the 200 IM, and 7th in the 100 yard Backstroke. In the State Finals, Marissa placed 6th in the 200 IM and 6th in the 100 yard Backstroke. Marissa is excited for her senior year season.



photo courtesy of Hayden Davis, '18

These seven seniors will graduate making some field vacancies for the underclassmen to work towards obtain-

Basketball

Boys and Girls teams getting ready to hit the court!

By Coaches and Knightly News Staff

The courts will be heating up this winter, especially with the newly resurfacing that took place this summer! The court is a lighter shade of stain and the new logo is beaming on center court. Our Knight's fans should be ready to take their usual position in the stand with new energy and enthusiasm our new leaders will get the crowd going! Can't wait to see you in the stands.

Girls Basketball
The girls' basketball program will see its 3rd season under Head Coach, Kelly Landino and Assistant Coach, Paula Fitzgerald. The Lady Knights are coming off two very successful seasons with regular season records at 12-8 and 14-6. Both years the girls have competed in the Shoreline Tournament and the State

Tournament! Coach Landino stated, "We are excited to have three starters back this season and a strong group of underclassmen who are ready to contribute at the Varsity level. We do not have a high numbers of players this season, but we have the right players, which will lead us to another successful year."

Boy's Basketball
WHS boys' squad returns from a successful season as well. Winning a Shoreline Conference title and making it to the State finals at Mohegan Sun last season was quite memorable. Head Coach Jeff Beeman, assisted by Dan Shapiro and Jordan Bean, once again will lead the coaching staff for the boys. Last year's boys' basketball team had numerous accomplishments both personally and as a group.

Beeman says, "We represented Westbrook High School and the community very well and it will be a season to remember forever." This season, the boys will be a new group, with minimal varsity COURT experience, but athletes with varsity SPORT experience. They will be a team in search of a new identity based on their skill sets and what the coaches determine to be the best style of play in order to win games. Beeman added, "It will be another exciting year with the leadership of our Captains Vin Dyer and Jack Hayes spearheading our efforts. You can rest assured we will be playing 'hard and smart' and hope everyone will support us as we create a team identity!" We wish the boys and girls teams much success this season.



photo courtesy of Knightly News Staff

Knight fans filling the stands, never disappoint with their spirit at a home game!

Ready OK!

Cheerleaders are ready for the winter season!

By Hayley Belval, '18
and Marilyn Ulanowicz, '18



photo courtesy of Hayley Belval, '18

The team during the holiday parade on Main Street

Finishing up an exciting fall football season, the Old Saybrook-Westbrook (OSW) cheerleaders are ready for the winter cheer season. This squad is comprised of five girls from Westbrook and thirteen from Old Saybrook. Since 2014, the OSW cheer squad has been combined with Courtney Weisse, a WHS graduate and cheerleader, returns as the coach. The cheer squad prepares for the winter competition season in the fall. They have been competing for four years in statewide and shoreline competitions. There is a strong possibility that the Shoreline Competition will be held here at WHS this year, which the

squad is very excited about. The preparation for these competitions consists of hiring a choreographer and attending tumbling classes. After a routine is put together and practiced, the girls perform the routine during halftime basketball games at WHS. This is where the squad sees if they can make any improvements or adjustments that will help them for the competition. Captains this season are senior Hayley Belval from WHS and sen-

ior Alyssa Layte from OSH. Hayley has been cheering for three years. Hayley loves the devotion and motivation of the squad, telling us, "I love to see our improvement from the beginning of the season to the end." We look forward to seeing our cheerleaders at the home basketball games this winter. Go to a home game and maybe catch a WHS athletics t-shirt that the girls throw into the crowd!

Indoor Track

By Tirzah Blomquist, '18
Competition Reporter

This year marks the third season of indoor track at Westbrook High School, coached by Timothy Marshall, Heather Pierce, and Sheridan Bauman. The captains this year are seniors Halle Barron, Tirzah Blomquist, and Danyelle Engels. Halle and Danyelle participated in indoor since their sophomore year and Tirzah joined last year as a junior. Barron, just off of cross country, likes how, "Indoor track keeps us all in shape and prepares us for the upcoming outdoor season." All three captains look forward to competing in their last season of indoor track.
The indoor track team practices every day except Sundays. Depending on the weather, the team will alternate between outdoor and indoor practices. Most of the meets take place on Fridays and Saturdays at the Floyd Little Athletic Center located at Hillhouse High School in New Haven. Indoor track meets usually last for up to five hours.
This season, the team consists of about twenty students. Although the boys' team decreased in size, the girls' team increased, creating more opportunities for point earning and

relay races. Each competitor may only participate in three events at most meets, so with a larger team of girls, more event slots can be filled. Another great aspect of Indoor Track is that it gives incoming freshman the opportunity to experiment with the different events and find their niche.
Although still a new team, they experienced some great accomplishments last season. Three Westbrook students placed in the Shoreline Championship last season, with two of them, Danyelle Engels and Alex Young, returning this year. Engels, who won Shorelines in Shot-put last winter, commented, "Our team is so supportive of one another, pushing one another to be the best that we can be. Personally, I am most looking forward to picking up where I left off last season." Mrs. Pierce hopes to see more kids placing in the Shoreline Championship this season, as well as more state qualifiers. With many students coming back for a second or third season and new talent joining, this goal is easily within reach.
Good luck indoor track!

Swimming

By Tirzah Blomquist, '18
Competition Reporter

Garrett Smith is a junior who competes in swimming as a Westbrook team-of-one. He practices with the Madison swim team at the Madison Racquet Club with about thirty other boys. He proudly holds all WHS school records for boys' swimming.
Last year's swimming season brought great success for Garrett. He placed third in the 200 meter individual medley and fourth in the 100 meter butterfly at state finals. A

banner now hangs in our gym bearing his name in recognition of this incredible achievement, making one of his goals last season a reality.
This season, Garrett set his sights on qualifying for state opens, as he did not quite make the cut last year. He also wishes to add more accomplishments to his banner in the gym.
Although Garrett technically competes as a team-of-one, the Madison students welcomed him into their team with open arms,

making him feel less like a solo competitor. From this experience, he has learned the importance of adapting and integrating into new environments. Garrett understands that he is not alone in his achievements, despite being a team-of-one, due to his openness to a group of unfamiliar faces.



photo courtesy of zip06.com

Garrett getting ready for another successful swim season.

Recipes from Mr. Becker



Apple Galette

Mr. Becker has been making Apple Galette for the past seven years. He found this recipe from Martha Stewart. Mr. Becker says "it's one of the easier apple pie recipes; it goes great with ice cream or any fruit on top." With the holidays coming up, it would be a delicious addition to the dessert table. Save some room for this delectable treat! It's sure to be a family favorite; the culinary students love it!

Recipe

- 1 pie crust
- 3 apples, peeled, cored, and sliced thin
- 1 T lemon juice
- 1 T sugar
- ½ t cinnamon
- ½ t nutmeg
- 2 T cold butter, in chunks
- Preheat oven to 400.
- Peel, core, & slice apples.
- Blend sugar, cinnamon, & nutmeg in a small bowl.
- Add to apples.
- On a lightly floured surface, roll the pie crust out into a 12" circle.
- Place on parchment paper on a large baking sheet.
- Top the crust with apple slices. Drizzle lemon juice over top.
- Add chunks of butter.
- Pull up the sides of the crust slightly & roll over, covering the filling by about 1 inch.
- Bake for 25 minutes, or until the crust is golden brown and the apples are tender.
- Cool, cut and enjoy!

Apples have long been associated with a healthful diet. The fruit is low in calories and sodium, and high in fiber and Vitamin C. But just how long ago did humans coin the adage “An apple a day keeps the doctor away”? “It sounds as if it should be really old, but in fact the first recorded use is in the 1860s, when it is said to be an old saying from Pembrokeshire in Wales,” said Caroline Taggart, author of “An Apple a Day: Old-Fashioned Proverbs and Why They Still Work.” The original phrase, Taggart said, was, “Eat an apple on going to bed, and you’ll keep the doctor from earning his bread.” In the 19th century and early 20th, the phrase evolved to “an apple a day, no doctor to pay” and “an apple a days sends the doctor away,” while the phrasing now commonly used was first recorded in 1922. Although the term is fairly new, Taggart said, the concept is quite old. Ancient Romans and Anglo-Saxons, she said, knew about the healthful properties of apples. (Washington Post).



Dark Chocolate & Oat Scones

Recipe

- ¾ c white flour
- ¾ c whole-wheat flour
- 2 t baking powder
- ½ t salt
- 3 T brown sugar
- ½ c rolled oats
- ½ c dark chocolate
- 3 T butter melted
- 1 egg, lightly beaten
- ½ c buttermilk
- Preheat to 400.

In a bowl, whisk together flours, baking powder, salt, brown sugar, oats, & chocolate. In a bowl, mix together melted butter, egg, and buttermilk until combined, then add to flour mixture. Mix gently until dough comes together & forms a ball. On a lightly floured surface, flatten dough into an 4" circle about 1 ½ " thick. Use a floured knife to cut into 8 triangles. Bake until golden brown, 15 minutes. Let scones cool, 5 minutes.

Mr. Becker adds “We have been improving our scone technique for several years. We made them a few weeks ago and they came out beautifully. They are quite nice with a spot of tea.”

Scones got their start as a Scottish quick bread. Originally made with oats and griddle-baked, today’s version is more often made with flour and baked in the oven. As for the origin of the word “Skone”, some say it comes from the Dutch word ‘schoonbrot’, which means beautiful bread, while others argue it comes from Stone of Destiny, where the Kings of Scotland were crowned. According to Webster’s Dictionary, scones originated in Scotland in the early 1500s.

Scones became popular and an essential part of the fashionable ritual of taking tea in England when Anna, the Duchess of Bedford (1788 – 1861), one late afternoon, ordered the servants to bring tea and some sweet breads, which included scones. She was so delighted by this, that she ordered it every afternoon and what now has become an English tradition is the “Afternoon Tea Time”



By Amanda Wilderman, '18
Knight Life Reporter

National Honor Society News

On Monday, November 20th, 31 students were inducted into the National Honor Society and a reception with light refreshments followed. The inductees earned an invitation to join after having demonstrated a strength in the following areas which are the four pillars that the National Honor Society represents:

- Scholarship
- Service
- Leadership
- Service
- Character

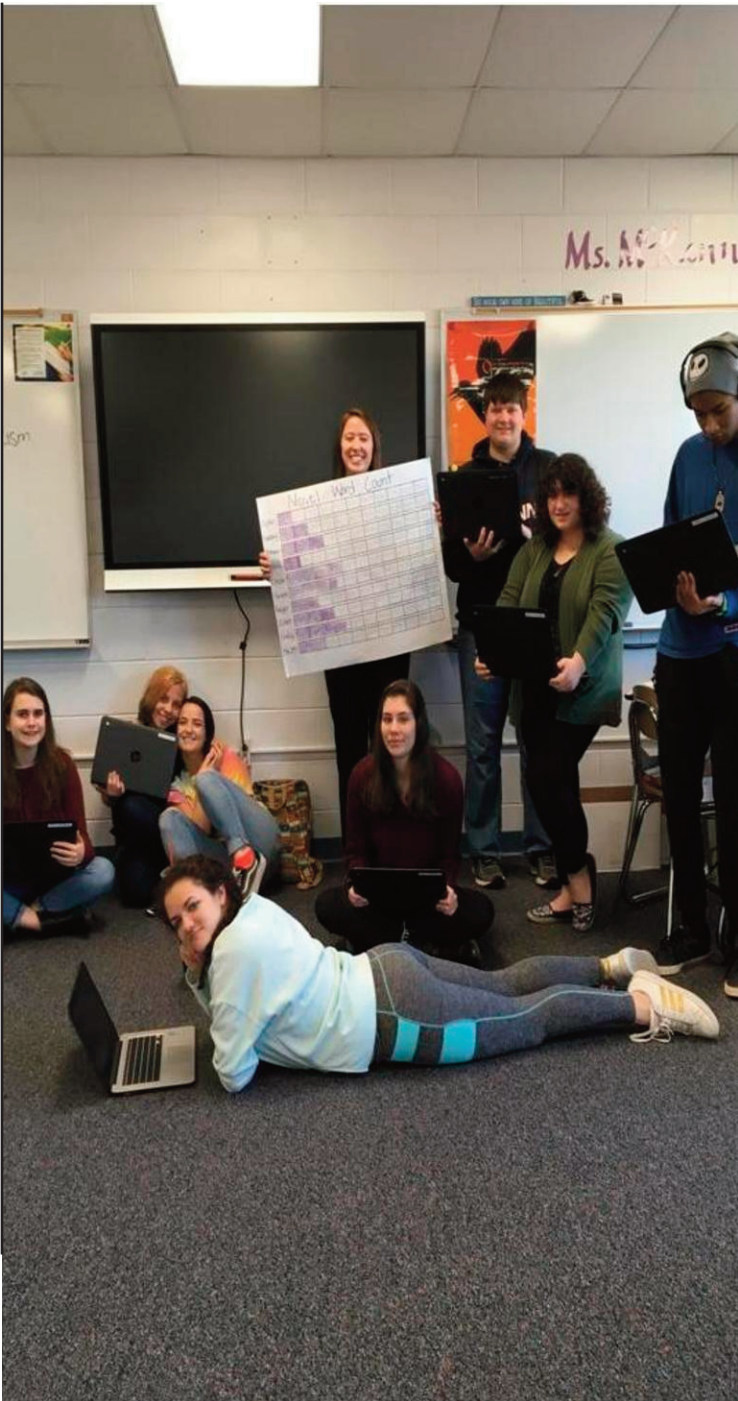
The ceremony began with four current members lighting a symbolic candle that represents each pillar. Afterwards a brief description was read by these students who were selected to read by the current officers: Scholarship-Olivia Fabrizi, Service - Merry Farrell, Leadership - Charlotte Barton, and Character - Andrew Naccarato. Christine Banks, president, with the assistance of the other officers, Nikol Jara, vice president, Alyssa Esposito, secretary, Natalie Ranelli, treasurer and Amanda Wilderman, historian, led the ceremony and gave a challenge to the inductees in her excellent welcoming speech. New inductees are Seniors: Samantha Cates, Christine Gallagher, Jameson Long, Chase Phillips, Olivia Pohorylo, Kelsey Xenelis and Juniors: Avery Bauman, Marie Bavelly, Alana Bochanis, Nathan Comment, Connor Cruz, Mylena Cruz, Katherine Dahl, Kelly Donlan, Quinn Ernst, Tavish Ernst, Sara Farnoli, Cristopher Guzman, Corinna Hofler, Sara Knudsen, Jack Lyman, Savannah Marshall, Finian McGannon, Marissa McNary, Daniel Perreault, Renee Perregaux, Ashley Roberts, Alyssa Sirisoukh, Garrett Smith, Colin Sutherland, Katelyn Wallace. The ceremony lasted an hour with each student lighting a candle after having received his or her membership card and pin. A very successful evening was enjoyed by many!

What a Novel Idea!

By Mackenzie Neri, '18 & Juliette Thompkins, '18

The Advanced Composition class this year, is taught by the Ms. McKenna. The basis of the class is to write a novel over the first semester; as for the second semester, students have the option to continue working on their pieces, or they can choose to work on poems, short stories, or plays. Students are encouraged to continue to write to the best of their ability each time they meet, and to try and reach the goals Ms. McKenna has posted up on the board. Every time the class meets is a fun experience, interesting and enjoyable while student still have the time to continue their pieces and progress to reach their set goals.

When asked what she thought about the class, one of Mackenzie Neri’s personal favorite class comedians, Olivia Kjos, explained, “This class has given me the opportunity to express my creativity and expand my creative writing skills.” Other students in the class seemed to agree and respond with similar statements. Kenzie and Olivia’s best friend, Ms. McKenna (it’s an inside joke) told the class, “I love Advanced Comp; it’s really amazing to see what everyone is coming up with and I’m really impressed with the motivation of many of the kids. I can’t wait to read them when they’re done!!” Giving students the opportunity to write their own story gives them a chance to express their style of writing and demonstrate how unique they are as a person. Each student has come up with vastly different story lines and even had the opportunity to have their stories read and critiqued by an actual author, Martin Herman, a wonderful experience which really helped many of the students gain knowledge as to how they could improve their stories. Herman writes historical fiction and detective-type stories. Currently the class small with nine students enrolled, but the freedom of choice within the course makes it one that so many students would love, especially any aspiring writer who attends Westbrook High School now or in the future. Be sure to get your Writing Workshop credit in so you can take the class sometime during your high school career. It’s worth it.



Thank you for your service!

By Amanda Wilderman, '18
Knightly News Reporter

On November 10, 2017, Westbrook High School hosted its annual Veteran's Day assembly where a dozen veterans were honored for their service. Ms. Winch gave opening remarks on the magnitude of Veterans Day and left the students with a few memorable quotes and a powerful poem. Two of the attending veterans spoke about their experiences in their time of duty. Ray Hayes, retired Westbrook Director of Facilities and a former para trooper who served in Vietnam spoke first. Sal Orlando who served in Europe during World War II in the army, was the school's second speaker. Both men conveyed a powerful speech regarding PTSD. At the cessation of the assembly, the veterans made their way to a lovely reception in the library. Several students joined and listened intently to Sal Orlando to learn about his valor.

WHS students found that it was truly an honor to meet these brave souls who selflessly served our country. It was an honor to have them attend the ceremony and reception. Several fac-

ulty members and students also have a relation or connection to a veteran and those people were memorialized with a slideshow created by the music department featuring WHS's family and friends. The music department also featured several moving pieces from our choir and band. The choir performed "The National Anthem" and "Song for the Unsung Heroes" which captivated the hearts of faculty, staff, students, and our honored guests. The band performed "Armed Forces Salute" by Bob Lowden which emphasized the importance of Veterans Day. Westbrook High School junior, Marie Bavely, stated how she was "really moved by the assembly and that it was nice to see so many of the members of the community there who were veterans." Marie is one of several students here at WHS, who has a veteran in their family. Overall, the assembly formed a stronger bond with those who have impacted our community. Once again, Westbrook High school is proud and honored to host this Veterans Day assembly and can't wait for the years that proceed.



photo courtesy of Daleen Quinones, '21

Faculty and staff take a moment to pose with our visiting Veterans.

Girls, Girls, Girls in Technology!

By Kate Wallace, '19
Knightly Entertainment Reporter

On Tuesday, October 17, five girls from our school attended Pfizer's annual BT4G (Business Technology for Girls) conference. This trip not only taught girls from around Connecticut how to use different types of technology, but it also showed the importance of women working in business technology fields. Various female presenters described their journeys from high school to holding prominent positions at Pfizer, a pharmaceutical company based in Groton. These women explained the importance of being a woman in the business technology field and how girls must fight for their right to be equally represented in the field. In addition to hearing presenters in

the earlier part of the day, the afternoon was comprised of various workshops in which students could experience different aspects of technology and how Pfizer implements it into their business. Workshops included an activity on coding, a demonstration of different types of technology Pfizer developed (including a 3D printer making pancakes and an infrared keyboard), a panel of young leaders working in the company, an exercise in developing mobile apps, and several other informative workshops meant to expose high-school aged girls to all the business technology field has to offer. All of the participants were highly impressed with Pfizer's support in promoting women in technology & business fields, and Westbrook High School looks forward to participating in this annual event for many years to come.

Annual Halloween Writing Contest

By Count Dracula

Every fall, when the leaves begin to turn from the boo-tiful green to stunning fall shades of amber, we begin our search for the best victims, I mean writers, of Westbrook High School.

Now, many individuals think I am an eerie count, but I certainly disagree. Van Helsing thinks otherwise. I become so excited when I think of the ghouls and boys that will enter; some teachers demand their prey, I mean students, to enter. Once the top three stories are chosen, prizes are awarded. It was very unfortunate that last year, a villain pilfered the prizes for the poetry contest which upset Renfield so much that he was inconsolable leaving us unable to decide on any winners. Although, I will

blame Van Helsing to my coffin, I mean grave! Renfield and I delighted in the task of selecting the winners, a not so easy task.

The story began... "Cassandra awoke in the middle of the night, sweating, but relieved that it only been a dream. She went to the bathroom to splash cold water on her face, but when she saw her face in the mirror, she screamed. What she saw was..."

The winning prey, I mean students were:
1st Place Junior Juliana Horne
2nd Place Senior Madison Bratz
3rd Place Senior Ethan Hamm
Stay tuned for the spring, when Renfield and I begin our quest for the best poets in the castle, I mean building.

Thank you to all entries, and to Ms. Eichler for the story starter. Until next time, I bid adieu.

Coffee...anyone?

By Christine Banks, '18
Knightly Reporter

Nestled in the heart of Westbrook, on the corner of Route 1 and the road to Middle Beach, sits a delightful little coffee house. The first thing I noticed when I stepped inside was the warm and inviting atmosphere. The interior featured leather sofas and lounge chairs providing a comfy coffee experience. If you have not noticed while driving by, the exterior went through a massive transformation over the summer making it look smooth and inviting. Westbrook Coffee House features "do it yourself" coffee stations and a preparation bar with an assortment of healthy breakfasts to go. In addition, customers have a plethora of baked goods to choose from and alternative drinks if coffee is not your cup of tea. They also include coffee ice cubes in their iced coffee so when they melt the flavor is not watered

down. Its modern day interpretation of breakfast is ideal for busy millennials. Westbrook Coffee House functions as a large chain coffee house, but with a small town appeal, enabling you to make your coffee in half the time it

would take you to wait in a line at those famous coffee places. They get their coffee locally from Ashlawn Farms and their baked goods delivered from the Bronx. In addition, you never have to worry about someone mess-



photo courtesy of Westbrook Coffee House facebook page

Grab a cup of joe at the Westbrook Coffee House

ing up your order because you are in control of your coffee. You decide the temperature; you decide the taste; you decide the amount. During my visit, I ordered a smoothie. A smoothie can make or break an establishment. Some places serve you overly sugared, fruity flavored ice chips and try to pass it off as real fruit. My smoothie was thick and fruity as nature had intended. I could tell there were no added sugars or artificial flavors; this smoothie tasted like blueberries and raspberries blended together in holy matrimony. I felt healthy just drinking it. In addition to the smoothie, I tried a piece of my friend's blueberry muffin. Like the smoothie, it lacked the artificial taste our society has come accustomed to. The next time you go to get your coffee give Westbrook Coffee House a try; you will not be disappointed by their welcoming atmosphere and quality food and beverages. Support Westbrook's local businesses.

King Krule

By Ethan Hamm, '18
Knightly Entertainment

Archy Marshall, under his moniker King Krule, released *The Ooz* on October 13, 2017, four years after his highly praised debut album *6 Feet Beneath The Moon*, which holds a variation of low moods and grit in emotional stimulation. Fans and critics hold similar in opinion of his strengths and weaknesses, both sensing grand potential from the nineteen-year-old. Though he maintains central elements from his ambitious LP, *6 Feet*, King Krule decides to take his jazz and punk rock roots into a gloomier, post-punk direction. He establishes a greater ambient sound to which he fuses with previously entrenched influence. Through this, *The Ooz* is a darker, slower, more evil and shadowy of a set as compared to forlorn. Marshall leaves nothing unsaid from his core in the nineteen track monster, turning his melancholic skill, specific technique and heartfelt craft into art. Though upbeat, edgier tracks are also present on *The Ooz*, he holds back his visceral tact and raspy voice, now embodying a preference with his booming vocals, letting out a thick British accent with murky accompaniment of eclectic sounds. “Logos” is sublime, chillingly therapeutic, and relaxing. It juxtaposes in the middle, adding tasteful grooves with

"Despite a more laid-back approach to this precisely original material, Marshall proves this new chapter has life and worth heeding."

a sometimes seemingly blaring, but peaceful and passionate saxophone. Trap beats blend with the likes of “Czech One”, a slow jazzy atmospheric piece, while “Dum Surfer” provides an example of the catchier, rockier side of King Krule in which he expresses his obvious favor-ability towards post-punk’s boundless capabilities where one could easily infer he finds endearing. His poppier facility continues to shine on “Half Man Half Shark”, a psychedelic jam, moody and layered in textures of tension, amplifying in distortion and noise- an ambitious, rousing ostinato. This clever track alone helps to break the boundaries of new abstract yet diverse rock and its certain place within the mainstream. Despite a more laid-back approach to this precisely original material, Marshall proves this new chapter has life and its worth heeding. He brings a liveliness and animation, but also now authenticates himself as not just a one-hit wonder in aggression. It is only a matter of time before indie artists like Archy with vigorous cult followings take the crown for good. They have already started and will be the new, more deserved rulers of the music world, forever forcing and pushing the definition of hard-work itself.



photo courtesy of Ethan Hamm

Archy Marshall, under his moniker "King Krule"

In the Art Room

The Art Room is called home to a unique group of students who spend their time letting their creative side come to light. Whether they come in for study hall, develop photos in the darkroom, or sketch away at a variety of still lifes, a majority of these kids have an unyielding adoration for the fine arts. Some spend over three hours of their day working on projects. Samantha Bartlett, in particular, has spent the last few weeks working on a giant, 5x9 foot portrait of student Savannah Marshall. Students in darkroom photography have been learning how to double expose negatives, as well as build photos on top of one another, and how to use different items when developing. The Art Expressions class, composed of mostly freshmen, has been taking a shot at carving rocks. Advanced Art is currently

using one subject, anything they choose, to portray several different emotions, such as anger, fear, or happiness. In addition to working on projects in class, a few students have taken the initiative to fill a display case with an abundance of art they feel represents their talent and style. Corinna Hofler ‘19 and Samantha Bartlett ‘19, for example, have almost filled two cases between the sophomore and junior hallway. Corinna’s display, titled “L’appel Du Vide,” contains several sketches in watercolor, as well as a few still-lives, and a painted stool based on Van Gogh’s “Starry Night.” Samantha has filled hers with a stool styled after Monet’s “Water Lilies,” an impressive replica of “Les Coquelicots,” and has a collection of art based on pears. As the holidays draw near, more exciting things can be found in

Room 112, such as a homemade tree Corinna Hofler and Ashley Roberts created last year that’s filled with decorations, and a Christmas still life that’s in the works. Be sure to stop by and see what the huff is about!

If you're thinking about taking an art class, there are several to choose from next semester. Mrs. H tells us, "We are always doing lots of creative ventures! If anyone has free space in their schedule, sign up for an Art class next semester. We will have Painting, Digital photography, Sculpture, and Art Expressions!" Interested in art but not able to fit a course into your schedule? Join the Art club which meets every Monday after school, 2:30 to 3:30 in Mrs. Hourihan's room.

Music Notes

2017-18



Concert Band & Concert

"I slept and dreamt that life was joy. I woke and found that life was service. I acted, and behold - service was joy." These words, by Rabindranath Tagore, built the foundation of this year’s fall concert on October 27. The choir opened with a service themed set to appreciate those who give their service to our community. The songs performed were “Rain Come Down”, “Song for the Unsung Heroes” and “Kuwa Furaha”. The Music Department created a

slideshow with pictures of those serving our community and country to accompany the music. The song “Rain Come Down” expressed support of the recent hurricanes victims in Texas, Florida and Puerto Rico and featured several soloists from the choir. The band followed, performing, “Toccata for Band”, “Just a Closer Walk with Thee” and “The Armed Forces Salute”, the latter commemorated Veterans of each branch. The concert finished with a combined

choral and band piece called “I Vow To Thee, My Country”.

Recently, the music department has been preparing for the Westbrook Christmas Tree Lighting on December 3 and Small Ensembles concert on the 14th, where Jazz Band and Kina Mama will perform.

Article written by
Courtney Parrish '18



What a hit this fall!

Omigod! Did you see WHS Theatre's recent production of *Legally Blonde*? If you didn't, you missed out! Playing to sold out audiences for all three performances, the cast and crew of *Legally Blonde* knocked it out of the park with their high energy, beautiful sets, and incredible talent. Charlotte Barton '18, played the lead role, Elle Woods, who follows her heart to Harvard Law School in pursuit of winning back the love of her life, Warner Huntington III (Garrett Smith '19). Along the way, and with the help of Emmett Forrest (Binak Cecunjanin '18), and Paulette (Courtney Parrish '18), Elle learns to rely on herself and bring about the demise of Professor Callahan (Ben Schreck '19), to save Brooke Windham, (Kelsey Xenelis '18), from a prison sentence. In addition, WHS teachers Mr. Hall, Mr. P Hanssen, and Mr. Anderson, along with Mr. Campbell, joined the cast as Harvard professors. 22 seniors participated in this production between the cast and the crew, the largest group of graduates in Ms. Mal's tenure as director. The seniors are pictured in the top right photo and they painted the infamous rock, pictured at the bottom left. Congratulations to everyone who worked on this production! It wouldn't have been the success it was without you.