

# The Westword

*Student voice of the Westhill community*  
*"The test of good journalism is the measure of its public service."*

Stamford All-School Musical dazzles again  
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RUDEN REPORT





# 21 The Westword

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## Note from the Editors

### January 2020

Dear Readers,

Welcome to the third issue of the year. We are excited to continue a great year of serving as the student voice of the Westhill community.

Our Editorial this month analyzes the negative affects block scheduling will have within Westhill.

News covers the Stamford school district suing building contractors and the snow days this winter.

In Viewpoint, we consider the ethics of the Victoria Secret Fashion Show and if students should have a say in Westhill's new building plan.

This issue, Special Report delves into the terrorist attack on the London Bridge and the excommu-

cation of Prince Andrew.

This Supplement insert shines a light on the 2010's and a review of the decade.

En las noticias cubrimos cómo dos culturas muy diferentes se mezclan en una canción recién lanzada. También discutimos un programa extracurricular, Futuro 5 que beneficia a los estudiantes minoritarios.

Feature this issue highlights the new vice principal, Mr. Ayala as well as an interview with the new superintendent, Dr. Lucero.

Limelight looks into the top music, movies, TV shows, and books of the decade as well as the *Star Wars* legacy.

In Sports, we discuss the effect of *The Ruden Report* at Westhill and sit down with our Athlete of

the Month, Lily Carroll.

For more, visit [thewestwordonline.com](http://thewestwordonline.com). Be sure to check out our Instagram account for updates @thewestword.

We encourage any and all readers with comments, questions, or concerns to contact us by either dropping a letter into Chloe Giulini's mailbox in room 224, Direct Messaging (DM) us on Instagram @thewestword, or emailing us at [westwordwhs@gmail.com](mailto:westwordwhs@gmail.com).

Sincerely,  
Chloe Giulini & Veda Bhalla  
Editor-in-Chief & Executive Editor

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### Editorial Policy

*The Westword* will be guided in the publication of material by a concern for truth, human decency, and human benefit. It is published during the school year by The Westword staff, along with the Communications class. Letters to the Editor, advertising requests, comments, criticism, or suggestions are always welcome. The views expressed in Viewpoint and the Op-Ed page do not necessarily represent the opinions of *The Westword*.

The Editorial Board consists of Julia Afsary, Hailey Baloutch, Veda Bhalla, Lexi Boccuzzi, Mary Chobanyan, Emelyncole Chuco, Kristina DeLelle, Chloe Giulini, Michael Quinn McHale, Lucca Metzger, Micayla Roth, Elizabeth Watkinson, Marta Zach, Jason Zarilli, Mr. von Wahlde, and Mr. Wooley. The Editorial can be found on page 3.

### Announcements

There are no announcements at this time.

### Corrections

The contents of this article were edited to correct a missing link and citation regarding the AITE/ The Stamford Advocate Article by Campbell Beaver. *The Westword* strives for accuracy and correct attribution of the information in its articles, and we would like to extend our sincerest apology to the author and the publication.

Front cover contributed by **Scott Drynan**.  
Back cover photos by **Scott Drynan** (top),  
**Chloe Giulini** (bottom left), &  
**@westhill\_principal** (bottom right) /  
Editor-in-Chief & Contributor.

If you have an announcement or an advertisement you would like published in the next issue, please e-mail us at [westwordwhs@gmail.com](mailto:westwordwhs@gmail.com).

# Block schedule already failing students

Westhill's move to block scheduling has been omnipresent for a few years now, with many rumors looming and a lack of fundamental information. The week of December 6, the new schedule was confirmed, a decision greatly against the wishes of students and faculty.

Despite students being impacted most by this change, they have been the least informed on the issue. This has created immense confusion around the issue overall. It is just in these last few months that students are coming into the know enough to develop their own opinions on the issue.

The student consensus has been pretty definite, and the large majority of Westhill students do not support this move. In addition to a lack of information, the implementation of block scheduling is laden with drastic implications, flawed reasoning, and poor planning.

Word of a block schedule has been circulating since the 2017-2018 school year, but its future was not set in stone. The plan has allegedly been in the making since 2016, the schedule having been drafted to mirror that of AITE: four 88-minute periods each day. It was designed to mimic college length courses and to provide students and teachers with longer periods to hopefully get more done.

The teachers and students who were against the block scheduling at the time breathed a sigh of relief when it was decided that it would not be implemented in the 2019-2020 school year, but the Board of Education (BOE) is making strides towards block scheduling in the upcoming school year.

According to Mr. Rinaldi, he along with Mr. Manka had been briefed regarding the new schedule, which they had then relayed to their staff. However, at the BOE meeting a few weeks later it was announced that educators would likely be required to teach a six-period day, blindsiding all faculty members attending the meeting.

"This [the change in the plan] was going to blow up. We did not tell the teachers that, we knew there would be backlash," Mr. Rinaldi said.

On November 23, the BOE, teachers, students, parents, and even custodians met to discuss the new schedule and its implications. All of the twenty-eight speakers expressed their disfavor of the block scheduling.

The following day, the BOE sent out an email detailing the new schedule and plan for the 2020-2021 school year.

The primary motivation for

this change was the state's move to a 25 credit graduation requirement, a change from the current 20 credit requirement. Therefore, more periods in "theory" should make graduation more likely and increase district rates.

The Board of Education has neglected to account for the student voice on block scheduling.

At the November BOE meeting, the board responded to the student opinions by sitting on their phones and not responding to student concerns. Without a social media platform, reaching the Board of Ed is a challenge, therefore not many students reach out directly. As a result the student voice is not touched upon publically, and is only being addressed behind closed doors with specific students who have contacted the BOE.

According to *The Guardian*, youths have consistently higher stimulation of the prefrontal cortex compared to developed brains. Additionally, a study performed by neuroscientist Dr. Michael Halassa indicates that the prefrontal cortex needs to be functioning smoothly alongside the thalamic reticular nucleus in order for the brain to efficiently process sensory information. In other words, the prefrontal cortex is necessary to be able to focus on tasks, and it is not developed until after the teenage years. Due to the stimulation of the prefrontal cortex, the brain struggles to filter out irrelevant stimulation, causing adolescents to be easily distracted. Therefore it is unjust that adults would mandate class lengths which adolescent brains are not equipped to

and instruction."

The BOE claims that having three passing times throughout the day instead of five will reduce fights. However, fights are still a problem at schools that have instituted block scheduling such as Danbury, Norwalk, and AITE. Students who choose to fight will not stop fighting solely due to there being less passing time. Fighting is a disciplinary problem; reducing the number of passing times is not a solution to this.

When we spoke with Mr. Rinaldi, he cited the implementation at the other schools he had visited as a comparable source of consolation for how effective implementation of a block schedule would be at Westhill.

Nevertheless, the consen-

period schedule, students would have the opportunity to take more high level courses during their time in high school.

However, the way the college application process works is that schools take students into consideration based on the availability within their schedule and course offerings. As a result, the proposed schedule would force students who want to go to some of the top colleges in the country to take an extra AP class each year in order to meet high standards. This, therefore, only exacerbates the current issue of overstressed students and makes it harder for them to appear as a competitive applicant.

Another enormous implication of block scheduling is the decreased overall instruction time. The current estimate is that with next year's proposed schedule, teachers would lose an average of twelve and a half hours per course each year.

Not only does this mean that the same material will have to be covered in less time, but it would also be particularly tough for AP classes. Already crunched for time to finish curricula for the exam in May, teachers have to jam their teaching into even less time with the block scheduling. Teachers were not consulted in the development of the new schedule, and have serious concerns about its implementation.

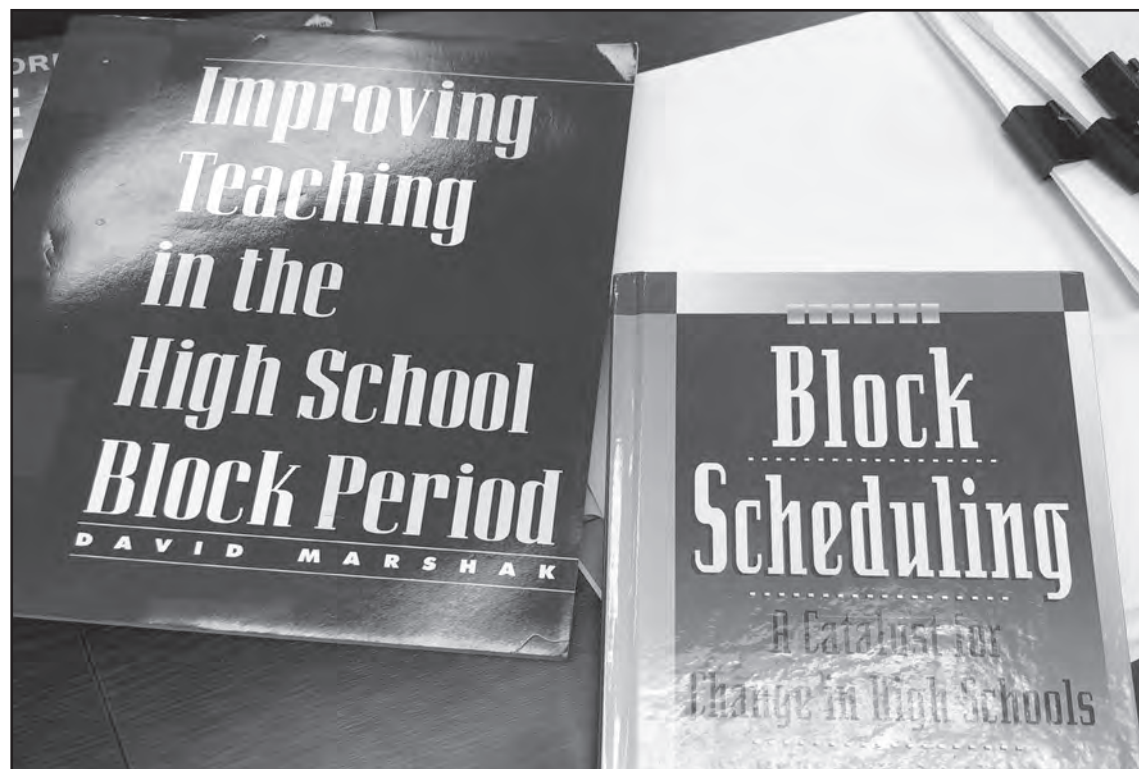
"We cannot take our current lesson plans and 'drop' them as doubles into blocks, because they would not fit this model. So what do we cut, from our district curriculum and our college board approved AP curriculum?" Ms. Tobin and Ms. Berkley said in their Op-Ed for *The Stamford Advocate*.

Not to mention, the continuity between teaching is also disturbed given that students only have classes every other day. Much of the teacher's frustration over the block scheduling plan is that the BOE failed to consult any educators in the process of designing the plan. As a result, it is not meeting student needs.

"It just will not work, the kids will not be able to focus and will not retain much information and then losing time, in the end, does not really equate to having more classes," Austin Tovar ('22) said.

Overall, the institution of block scheduling in Stamford has many negative consequences for those most directly affected, the SPS students. The Board of Ed's poor reasoning for implementing the new schedule in addition to the failure to take student and teacher opinions into consideration is going to result in many problems for the district.

**Bottom Line:** Block scheduling does not answer student needs.



**DOING RESEARCH** Informational books regarding benefits of block scheduling found on Mr. Rinaldi's desk during his *Westword* interview.

Photo by **Chloe Giulini** / Editor-in-Chief.

Many students have responded with disagreement regarding the block scheduling decision for the 2020-2021 school year, however the BOE has not taken the opinions of the students seriously.

"The fact that students are being left out of the conversation about block scheduling is honestly a failure of the school system in general," Divya Gada ('20) said. "I personally feel as though the school board is taking very serious decisions too lightly. In the end, the students will be impacted the most by the change to block scheduling but the board fails to notice that. The board is refusing to speak to the people who will be impacted the most."

The notion of block scheduling and what it entails being harmful to adolescents is not merely a matter of student opinion: it is a fact of neuroscience.

deal with.

According to ascd.org, interspersed breaks revive student attention span, especially if these breaks are somewhat active. This means that changing classes multiple times gives students the chance to take in more information, since movement between classes refreshes their ability to process information. Block scheduling promises to remove many of these imperative breaks.

"Block scheduling is not a good idea because I have a very short attention span and I have trouble paying attention in even 50-minute classes so it is going to be really hard for people like me to pay attention for that long," Ellie Balestriere ('20) said. "If you miss school you are missing so much more and if a teacher misses school the class becomes very behind. You miss out on three full days of teaching

sus on block scheduling at those schools is complicated.

In discussing their block scheduling with students at AITE, as well as at Norwalk and Danbury High, they highlighted issues with the schedule including rushed courses due to decreased instruction time, as well as how much one can miss in a class if they are out due to the extended period length.

"Personally, I feel like I do miss out on a lot, especially in math and AP classes because they tend to move fast," Emily Lopez ('21) a student at AITE, said.

One of the Board of Ed's reasons for implementing the block schedule is the intention to increase the competitiveness of students from Stamford Public Schools applying to college.

This is based on the Board's understanding that with an eight



# Stamford suing school contractors

**Morgana Knopoff**  
Staff Writer

During the 2018-2019 school year, multiple mold related issues within Westhill came to light.

American Building Maintenance (ABM) Industries and AFB Construction Management, two former contracting companies are being sued by the city of Stamford due to failure to care for the city's school buildings.

The companies were responsible for the replacement and repair of the roof and HVAC, indoor air quality, as well as providing custodial staff for the public schools according to the Stamford School Lawsuit.

According to *The Stamford Advocate*, ABM Industries is accused of breaking their contractual obligations of ensuring the safe operation of all Stamford Public Schools buildings. After the discovery of mold infestation in Westover Elementary School, ABM made no significant effort to determine the source of the mold, or any efforts to remediate it. In fact, the furthest the company went to solve the issue was simply washing and painting over areas where mold was found.

In response to the lack of support from ABM, Stamford Public Schools created the Mold Task Force (MTF) to

combat the mold as ABM was of no help, with the intent to solve the mold crisis. Many parents, teachers, and students were involved in the decision making of the MTF.

The MTF found that in most schools the source of the mold was from "a combination of compromised roofs and building envelopes, failing mechanical systems including HVAC blowers / fans and HVAC units."

According to the Stamford School Lawsuit many or all issues stemmed from the maintenance ABM was supposed to be in charge of. The negligence of these contracting companies has resulted in a "mold crisis"

which has been discovered in recent years in at least half of the district's 21 public school buildings.

"I find this entire situation to be ridiculous. [The contractors] should have been taking care of our buildings to begin with and then the entirety of the issue would be resolved and students' education would not have to be interrupted. This all could have been avoided if they had simply done their jobs," Ellie Balestriere ('20) said.

Without the safety of the school ensured, and the dangerous conditions, the growing mold issue has created a myriad of health issues which

directly affect both students and teachers and lessen the quality of education that is able to be achieved.

"It is absolutely outrageous to see that the contractors are not doing their jobs efficiently and putting children and their education at risk. It is their job to fix this for the betterment of everyone," Jainat Akther ('20) said.

In addition, AFB is being accused of fraudulent billing after it was revealed that the company, who supervises the janitorial staff for all Stamford Public Schools, was charging the city for more staff members than were cur-

rently employed.

Currently, the City of Stamford has spent nearly 50 million dollars on mold remediation, and, if the lawsuit for breach of contract against ABM and AFB is successful, any money the city receives will go towards continued mold fixing and other infrastructure problems.

Numerous teachers have been subject to leaving school for mold-related health issues and unsafe working and learning environments created through the amount of mold in school buildings.

"This is the result of years of negligence and it should have never been allowed to get to where it got to. Somebody has to be held accountable, and if [the contractors] failed to comply with the contract then they should be sued," Mrs. Manning, math teacher, said.

Both ABM and AFB have until January 7 to respond to the suit, which seeks compensation for damages done to the building infrastructure along with out of pocket money the City of Stamford has had to pay for mold remediation and reconstruction.

Though neither company has made a comment, time will tell if Stamford Public Schools will achieve justice for the damages done to the educational community.



Illustration by Neeka Baclayon / Head Illustrator.

# Trump's historic impeachment

**Chloe Giuliani**  
Editor-in-Chief

On December 18, President Donald Trump became the third official President to be impeached in the United States.

The past two presidents to be impeached were Andrew Johnson in 1868 and Bill Clinton in 1998. Although many believe Richard Nixon was impeached due to his role in the Watergate scandal, he resigned when he found out the House was going to vote in favor of formal impeachment.

The House approved two articles of impeachment against President Trump. He was impeached for abuse of power and obstruction of Congress. Only two Democrats opposed the article on abuse of power when Trump was accused of corruptly receiving election assistance from Ukraine in discrediting his Democratic rivals.

However, Republicans were united in opposition. It passed 230 to 197. Regarding the second article of impeachment, obstruction of Congress, a third Demo-

crat joined the Republicans for an overall decision of 229-198. In the upcoming months before Trump's possible re-election, the Senate will decide whether to acquit the President or convict and remove him from office.

"I am not surprised that the two articles passed the House since it is Democratic majority but there is no way it will make its way through the Senate," Claire Anderson ('20) said.

According to *The New York Times*, Speaker of the House Nancy Pelosi, did not mention a definite Senate date as she is hoping to use the articles for negotiation for the trial. As of now, the Senate is in Republic majority, and many believe that Trump's acquittal is highly likely.

"The Republicans in the Senate will not remove him because they have the majority. No other country has a process like this," Cece Coleman ('21) said.

During an arena campaign rally in Battle Creek Michigan as the House gathered, Trump publicly announced "I am not worried. You do not do anything wrong and

you get impeached. That may be a record that will last forever."

Many were surprised to learn that Trump's impeachment did not stem from the two-year investigation regarding the Mueller report or the multiple other accusations against Trump having to do with corruption and misconduct.

Instead, this all began due to the half-hour phone call in July to the President of Ukraine pressuring him to look into Democratic candidate, Joe Biden. Congress did not learn about the phone call until the anonymous whistle-blower complaint this past August. Trump told his administration to deny commenting about this which led to the obstruction article..

Mitch McConnell, Republican Senate majority leader, has already made clear he views the House's case as "weak" and he would much rather prefer a swift trial in January that does not call any additional fact witnesses.

Senate Republicans are confident that the case will be quickly resolved in less than a week once they are ready to vote. President

Trump has been active on Twitter regarding "the radical left side"

and that he is not worried about any future charges.

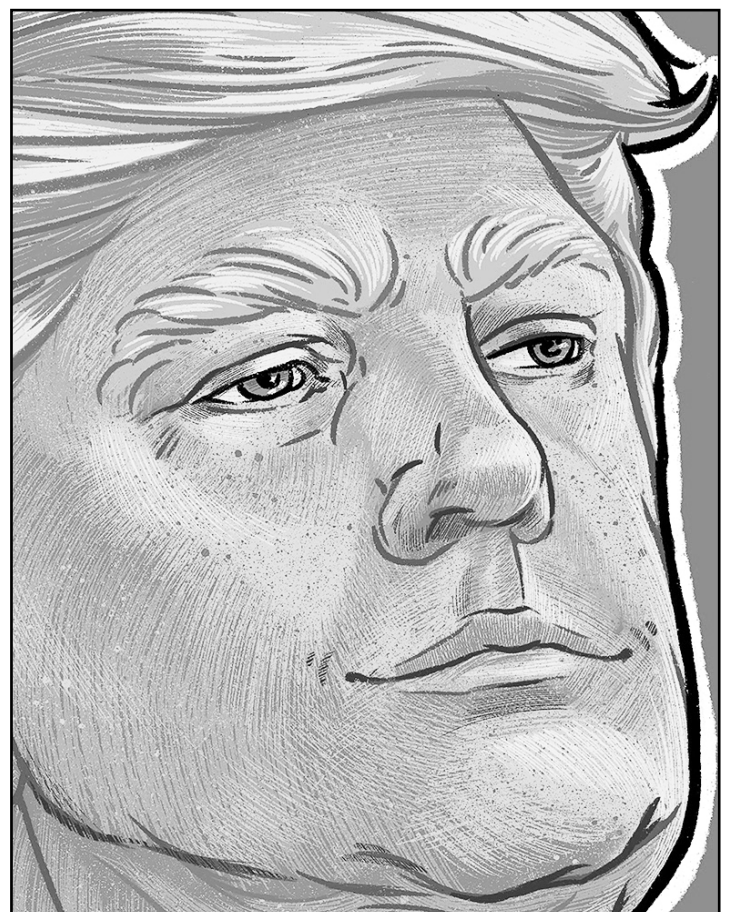


Photo courtesy of behance.net



## Good Month Bad Month

Column by  
Harrison Green  
& Jessica Matloub



### Good Month for...

**Megan Rapinoe** Megan Rapinoe has reached a new peak in her career, as she has been named *Sports Illustrated* Sportsperson of the Year. The skilled midfielder has been an essential player on the United States Women's Soccer team, using her skill and determination to support her team and guide them to another victory at the World Cup. Furthermore, she is a role model for many, as she is shameless in expressing her individuality and beliefs. Her passion and drive to the sport has been acknowledged and praised. She is the fourth woman in history chosen to accept this honor. Rapinoe and her fans are optimistic about the goals she has met and what will come in the future.



**Angel Farley** Angel Farley is an 11 year old girl who does not fail to maintain optimism in any situation. Last year, she had her leg amputated, due to her being born missing a femur and hip socket. Despite her setbacks in mobility, the girl went out of her way to spread joy throughout her community. To spread cheer, Farley hand-delivered more than 1,000 Christmas cards in her village, Iwade, to those who are lonely as she did not want anyone to feel forgotten and pushed aside. Farley shows that they can always find positivity and something to celebrate.



**Virtual Reality** According to *The Chicago Tribune*, virtual reality (V.R.) gaming is starting to become more popular. After nearly three and a half years of the hardware being available on the consumer level, new advancements in hardware and software might just be what this small industry needs to start up. The headsets, Oculus Quest and the Valve Index are taking off right now. Orders are being pushed all the way back to February, and the wait times just keep getting longer despite the expensive price, the sales show individuals are willing to splurge. They both offer different experiences but do what they are supposed to very well.

### Bad Month for...

**Sea Levels** The toll humans are taking on the environment continues to be exemplified by the degradation of the planet. According to *The Philadelphia Inquirer*, scientists have recently been attentive to the rising sea levels in New Jersey. Not only have the sea levels risen, but the global average of feet risen per year has more than doubled in size. This change can be directly linked to humans and their abundant use of fossil fuels. The detrimental effects of this occurrence includes subsidence and flooding. In order to save the environment, humans must regulate our use of the destructive resources.



**New Zealand** On December 9, a volcano erupted on White Island, an island off of New Zealand. The Island was a popular tourist destination, and there were reportedly 47 people there at the time of the eruption. At least 16 people have been confirmed dead, with at least 26 hospitalized. Currently, it is still too dangerous to send rescue teams to find more people. There are two more people who have yet to be found. According to *The Guardian*, 13 victims are still in the hospital. Officials and volunteers are working to provide shelter for those affected.



**Star Wars** The newest and final part of the *Star Wars* movies is finally here, but reviewers are saying that it is disappointing. It currently sits with a 59 percent on *Rotten Tomatoes*, while the other episodes of the trilogy have gotten scores of 93 percent and 91 percent. Gamespot gave the movie a 4 out of 10, citing "clumsy dialogue that fails to buoy absurd plot points from scene to scene," and that it "feels less like the conclusion to a *Star Wars* trilogy, and more like the casualty of a behind-the-scenes battle between the visions of two directors." It might not be a bad idea to keep your expectations at a reasonable level for this one, *Star Wars* fans.

## Stamford school closings explained

Chloe Gjuraj  
Reporter

In August 2019, mold was discovered in 11 of 21 Stamford public schools.

Westover Magnet School was shut down for a week after testing positive for mold in their facility. Less than a week later, the city announced that the elementary school would be permanently closed due to the health risks of the mold that was found. Students and teachers were then moved to an office building at 1 Elmcraft Road.

The Board of Education (BOE) has been focusing on the immediate urgent needs in the school facilities for the past year.

On December 18, 2018, nearly 100 Stamford teachers claimed to be ill due to mold. Westhill teacher, Mrs. Mroz, for example, began to feel very tired and forgetful, and her doctor explained to her that the mold in her classroom was the cause of her symptoms.

A year later, the city took control and decided to put matters into their own hands, sending an e-mail out to parents on November 19, 2019.

"The plan shared involves building a new school for Cloonan and Roxbury on the current Cloonan campus, building a new school for Hart on Hart's current campus, building a new school for Toquam in the South End..." the e-mail said.

The proposed plan for Westhill is to build a new school, but still on the Westhill campus. Westover Magnet School will be returning to its original location on Stillwater Road.

Throughout the next few weeks, the plan will be voted on by the city boards, who will then finalize any decisions made for the future of all Stamford Public Schools involved in this plan.

While these ideas for the future are being talked about amongst Stamford students and parents, not all agree with what seems like such a "fantastic" plan. Some Westhill parents think that squeezing over

2,000 students into an office building is not going to work, while others think that their children will not get the proper education needed in an office space environment. Many teachers and students are also opposed to this idea because the amount of time it will take to rebuild the school is undetermined.

"It is good that people are finally stepping in to solve the mold issue, but I think it might be a very chaotic transition; I hope it will go smoothly," Ms. DeAngelis, english teacher, said.

But while some teachers think that this transition will be a good thing, many students still oppose.

"It is unfair that not just our class, but many others have to spend our high school experience, and more significantly our senior year, in an office building. This goes to show the lack of responsibility from the people who are supposed to take care of our school, which ends up hurting the students. The fact that my graduation ceremony most likely will not be in the school I spent my freshman year in, is saddening and quite disappointing. This makes me question the dedication of the system, if a decision revolving around the movement of over 2,000 children and teachers was made this late, with the knowledge of how severe the mold already is, and with the assumption that it will, we accepted without the questions of parents and their students," Alana Prawl ('23) said.

Some believe that in the end, it will be worth it.

"It will help everyone's health while they continue their plans here in Stamford. As a new teacher to the district, I did not ask about possible mold-related issues during the interview process. The biggest thing is to keep everyone safe and protect Viking Country," Mr. Lavallee, Spanish teacher, said.

Although this past year has been very chaotic and plans are still not finalized yet, some students have hope that this situation will not take place immediately.



**MOLD INFESTATION** A mold covered pipe found in the basement of Westhill.



# The All School Musical presents *Matilda*

**Zoe Kallenekos**

Reporter

The Stamford All-School Musical took to the stage once again with the 2019 production of *Matilda*. Students in grades five through twelve came together to tell the story of a girl and her teacher, who both learn to stand up for themselves.

*Matilda* was originally produced in London in 2011, making its way to Broadway two years later. The show keeps true to the 1988 book, while adding in a number of songs to aid in its storytelling.

It has become an especially popular production, with local theatre company Curtain Call having recently done *Matilda* for their Summer Youth Theatre production.

The process began with auditions in early September,

shortly after the first day of school. Throughout the autumn months, students rehearsed at Rippowam Middle School, moving to Westhill as opening night drew closer. The show had five performances over a two week-end

2019 was the second year in a row in which the All-School Musical was a show based off of a Roald Dahl story, following 2018's Roald Dahl's *Willy Wonka*. The All-School Musical is carefully selected to feature a range of ages, with past productions varying from *Shrek The Musical* to Disney's *The Little Mermaid*, as well as *Mary Poppins*.

This year's show follows the story of five-year-old Matilda, a genius young girl terrorized by her family, her classmates, and her iron-fisted principal, Miss Trunchbull, played by Dante Ayars ('22).

Through her teacher's encouragement and the discovery of her own telekinetic powers, she leads the students in rebellion against their mistreatment.

More than 80 students from over twenty schools were represented in this year's cast, along with a 30 person tech crew.

Caroline Klumac ('21), head of Westhill Tech Crew, has gained experience in multiple new aspects of theatre during her three years with the program. She has worked on costumes, hair, and props for the All-School musical, roles which vary greatly from her normal position as stage manager.

As a long-time member of Westhill's Tech Crew, she finds the main difference in her experiences to be in the age range and variety of the cast and crew members.

"Most of the younger crew

members have no experience working in tech so it is a lot of teaching them how to do stuff. It may be really simple for us, but something that they have never done before," Caroline Klumac ('21) said.

Another returning student, Brooke Bocuzzi ('20), took on a new kind of position this year after landing the role of Miss Honey, Matilda's teacher.

"I have always been in the ensemble and been a singer, but I never saw myself as an actress. I really got to learn what it is like to embody a character. For me, that was the main difference," Brooke Bocuzzi ('20) said.

While there were a large number of returning students, there were also several first-time participants, such as senior Paige Nudelman ('20). Despite the "stressful" audition process, she takes away many happy

memories from her time in the show: "During rehearsals it was so much fun...I made so many friends and it made the first two shows feel like a breeze," Paige Nudelman ('20) said.

Now in its 13th year, the All-School Musical is headed by Stamford locals Kim Schweber and Nancy Freedman, both accomplished theatre enthusiasts and parents of Stamford students.

The production staff includes many other adults experienced in theatre and music, including a set designer who has worked on off-Broadway shows in New York City.

*Matilda* was another success for Stamford Public Schools, providing entertainment and quality experiences for Stamford's youth. Next year's production will be announced in the summer of 2020.



**REVOLTING CHILDREN** Acts from *Matilda* as she revolts against her parents by creating mischief.

Photos by **Scott Drynan** / Contributor.

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# First words with new Assistant Principal

**Ava Spinelli-Mastrone**  
Staff Writer

**The Westword (WW): What made you want to be an administrator?**

**Mr. Rob Ayala (RA):** The truth is, I never wanted to be an administrator. I had a superior at Brien McMahon High School, who slowly increased my responsibilities. She saw that I was good at things being handed to me and she recommended I go and get my administrative degree. She pushed me to apply for jobs. If it was not for her, I would not have taken this path.

**WW: What have you done in the educational field?**

**RA:** I have been a classroom teacher since 1992 and for the last two years, a Dean of Students. I have been the class adviser for four different graduating classes.

**WW: How did you go about getting this job at Westhill?**

**RA:** I had reached out to Principal Rinaldi because I was interested in the Rise program, which Westhill was offering. I later found out that there was an opening for an Assistant Principal position. I met Mr. Dunlap a few years ago when he was teaching at McMahon. I was told he had left Westhill and was heading to Staples High

School. I looked into his job, and when Principal Rinaldi contacted me two days later, I asked about the position. I then put in my application and went through the interview process which landed me here.

**WW: It is very interesting that your adviser at Brien McMahon encouraged you to take on this job. Can you elaborate on that?**

**RA:** I have been very lucky over the course of my career to have worked for a number of supportive principals. In the past few years, there have been multiple assistant principal job openings at Brien McMahon. I was not given the opportunity to interview for the spots. I had expressed interest in the past, and the principal at McMahon knew that I was looking for a spot. When I shared that I had applied for this position at Westhill, they were immensely supportive. I felt it was important to be respectful to them during this transition, because I would not be where I am today without them.

**WW: What is it like switching schools mid year?**

**RA:** I was very lucky that when leaving McMahon, there were no hard feelings. They actually threw me a party and gave me some Viking's apparel. I started at Westhill with just one day a week, and I

have found that the assistant principals have been extremely helpful in answering every question I have. So far, I have not run into anybody who has not been understanding of my situation. I am excited for this new experience.

**WW: What are you most looking forward to about Westhill?**

**RA:** I am coming from a school that has already done block scheduling, so I can give some expertise in an area that Westhill is unfamiliar with. Bringing a fresh perspective to this situation is something that can help the leadership team. I am coming from a place that is going to bring new information and a new way to look at things.

**WW: Coming in as an administrator for the senior class, what are some ways that you plan to connect with the class of 2020, and how you are going to bridge that transition for the class of 2020 specifically?**

**RA:** The biggest downside to coming in mid senior year, is that it does not really give me a great deal of time to build a relationship with the class. As a class adviser I took two classes from freshmen to seniors. I had a relationship with these classes. I was also asked to fill in for two others because advisers left. I knew most of the kids but I did

not have the same relationship with them as I did with the two that I saw all the way through. I plan on being fairly visible; showing up to events, to shows, to games, to anything that I can fit in my schedule. Nobody forces students to act in a play or to participate in a sport. If you are there taking time out of your

personal life to show an interest, I think students understand that and respect that. That way, I get to know them as people. It is hard to get to know anybody if the only time you ever see them is sitting, doing work. In those cases, you do not get to see the full kid, and you do not get to see what they really love.



Photo by **Chloe Giuliani** / Editor-in-Chief.



## The Hungry Vikings

Column by Maansi Shah, Micayla Roth, & Bintou Bane

### Fiesta Atlantic

Service: ★★★★★  
Taste: ★★★  
Ambiance: ★★★★★

Craving Latin American cuisine, the Hungry Vikings selected Fiesta Atlantic on Main Street as their next culinary destination. Fiesta attempts to serve as a microcosm of its distinguishing Peruvian dishes through its menu and by means of native decor, striving to provide customers with a taste of Peru. The restaurant dedicates its services to upper middle-class Hispanic Vikings and the food servers were of Hispanic descent, providing a basis of relation between waitstaff and restaurant patrons.

The bar in the restaurant contained what the customers referred to as "TVs" depicting native sporting endeavors like soccer, reflecting an effort to integrate Peruvian culture with Americans. A floor-to-ceiling window along the front wall allowed patrons to remain in touch with the outside, and the Vikings took advantage of this in observation of the night's "Santacon," where people wore ugly sweaters in celebration of their holiday. Technologically advanced light sources known as "light bulbs" were strewn across

the ceiling, and the Vikings were content to note their native wood and bricks were used to construct the establishment.

The Vikings felt that the tables were too close to each other for comfort and directed customers' attention away from their dining experience. Then again, the many surrounding Santas served as a pleasant diversion from the lack of personal space. The Vikings were quickly situated with bread and their orders were taken. They were so entertained by the passing Santas that their food seemed to come in no time.

The Vegan Viking had limited options and ordered the Chau-fas, a Peruvian fried rice with special seasoning. The service accommodated to her request of replacing the meat with vegetables and took note of her dietary restrictions. The dish was steaming when it arrived and incorporated a variety of finely chopped vegetables. She had expected a Peruvian twist on her fried rice but was disappointed with the lack of flavor in the dish.

Viking Number Tou ordered the Bistec a la Plancha

with a side of yellow rice and fried sweet plantains, or maduros. The pepper steak had a perfect pan sear, but it was cooked for slightly longer than Viking Number Tou would have preferred, and could have benefited from additional seasoning. The maduros served as a sweet complement to the savory rice, creating a delicious pairing.

The Very Hungry Viking chose the Tallarines Saltados, which Fiesta deemed a Peruvian twist on lo mein. Among the noodles were chicken, onions, tomatoes, peaches, and peppers of varying colors. The flavors were a tasty blend of Peruvian and Chinese that was unlike anything she had eaten before. However, the chicken was a little bit undercooked for the Very Hungry Viking's liking, so she mostly ate the noodles and the peppers.

The servings were so large that even the Hungry Vikings' voracious appetites could not aid them in finishing their dinner, and each of them seemed to have an entire meal to take home for the next day.



**BISTEC A LA PLANCHA** A steak dish ordered by the Vikings.

Photo by **Micayla Roth** / Online Executive Editor.

The wait for the check seemed longer than the wait for the food, possibly a subtle prompt to order dessert and provide the restaurant with more business. After paying their bills, the Vikings

departed for some entertainment through the production of Matilda at their very own Westhill High School. They continue to create a list of future destinations with which to indulge for the coming issues.



# Terrorist strikes London Bridge

**Shira Cohen**  
Staff Writer

On November 29, a terrorist attack occurred by the London Bridge, a famous British monument. A 25 year old man named Jack Merritt and a 23 year old woman named Saskia Jones, both graduates of Cambridge University in England, were stabbed and died as a result of their grave injuries. Three other people were stabbed and injured, but luckily survived the knife attack.

According to *The Guardian*, the assailant was a 28 year old British man named Usman Khan. Detective Superintendent of London, Des McHugh said that at 1:58 p.m., local police were contacted with reports of a man attacking people. By the time armed police officers entered the scene, the man was being restrained by several brave citizens before being shot by the police.

Pathologist Dr. Ashley Fegan-Earl after performing an autopsy concluded that the two victims died from shock and hemorrhaging which were caused due to stab wounds in the chest. Saskia Jones was pronounced dead at 2:25 p.m. while Jack Merritt was pronounced dead at 3:14 p.m.

The two victims of the attack had bright futures ahead of them that were ruined by the actions of this man. Saskia Jones applied to graduate school for the West Midlands Police. She wanted to sup-

port victims who were severely affected by devastating crimes. Jones hoped to further her studies by earning a PhD in criminology from Oxford University, one of the most prestigious institutions in England and around the world.

Merritt and her were volunteers for the Learning Together Program, an organization that works alongside criminal offenders and regular citizens to study alongside each other. Merritt himself graduated with a master's degree in criminology from the University of Cambridge in 2017 and participated in rehabilitation work with prisoners.

People find it shocking that two people who were so incredibly invested in stopping crime and working to better the lives of prisoners were the ones who were murdered in this brutal attack.

A vigil ceremony was held at the Guildhall in Cambridge for them two. Merritt's entire family including his girlfriend, were greatly mourning over their loss as well as Jones' family.

"It pains me to hear that yet again, more innocent lives were lost, and I send my prayers to their loved ones," Daniella Klein ('21) said.

Khan's family stated that they were saddened by his actions and expressed their greatest con-

dolences to the families affected and are in remorse for Khan's wrongdoings. They also wished for a speedy recovery of those who were injured as well.

A man with the last name of Lukasz was one of the people who were injured, but survived the attack. He recalled trying to stop the man from attacking others by using a pole but ended up being attacked by Khan himself and was stabbed, and taken to the hospital for treatment. He was thankful to have been able to return home.

Khan lived in Stafford and was previously arrested but was given special permission by the police to travel to London on probation. He was convicted of plotting a terrorist attack back in 2012.

Khan was supposedly inspired by the London Bridge Terrorist Attack on June, 2017, in which vehicles purposely rammed into pedestrians, people were stabbed, before one of the cars crashed into the South Bank of the Thames River.

People all over the world, especially in England, are worried about what terrorist attacks could possibly come next.

"People who want to hurt others are malicious. I will never really understand what can drive someone to do something like that," Paige Nudelman ('20) said.

Due to citizens' concerns, the

terrorist attacks have been added to the political agenda of issues that need to be solved especially regarding criminal justice.

The United Kingdom—having been in their last week of general elections makes the terrorist attacks an even bigger topic as citizens are now looking towards the remaining political candidates to see how they are going to handle the issues of criminal justice and terrorism.

"Seeing as there have been 154 homicides in London this year alone, London has surpassed the highest level of deaths in a decade" Jessica Nirschel ('21) said.

Boris Johnson, Former Prime Minister of the United Kingdom and who has been leader of the Conservative Party since July of 2019 was accused of singling out Muslims since Khan happened to be a second-generation Pakistani. He accused the Labour Party, which the left-wing political party in the United Kingdom, of being too lenient in terms of criminal control since they released the terrorist from prison which resulted in him causing the attack.

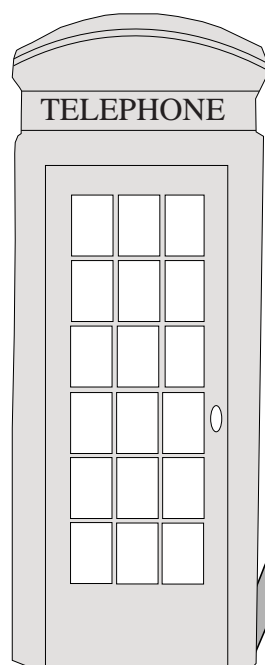
While criminal justice is a highly divided issue to this day, organizations such as Learning Together are going to focus even more on the physical and mental rehabilitation of prisoners based on the beliefs that criminal justice reform exists on the reform of prisoners. As well as prisoner

reform, the London police are beginning to crack down even more on public safety while politicians such as Boris Johnson are making sure that the issue of criminal justice does not go unnoticed in the field of politics.

With both the work of government officials and the police force, much work is being done to make sure that terrorist attacks like these do not ever happen again.

Citizens grieved over the deaths of Jack Merritt and Saskia Jones even if they did not know them. Talia Knoble Gheron, a freshman at the University of Birmingham in England said, "these attacks have made me feel unsafe in a city which although I do not currently live in I have called home for all my life. Thus these attacks have made me feel on edge for family members who live in London. Violence in any form should never be tolerated and it's a scary thought to think is affecting the very city I call home."

Even though people all over the world are grieving over the victims of the London terrorist attacks, it has also proven that violence is occurring all over the world, not just in the United States. In a time filled with activism of all levels, people are joining together to stop terror attacks like these from happening in the future.



## May 2017

An Ariana Grande Concert was targeted with an explosive device which killed 22 individuals. The explosion took place outside of the arena as fans were exiting the concert.

**Deaths: 22**  
**Injuries: 200**

## June 2017

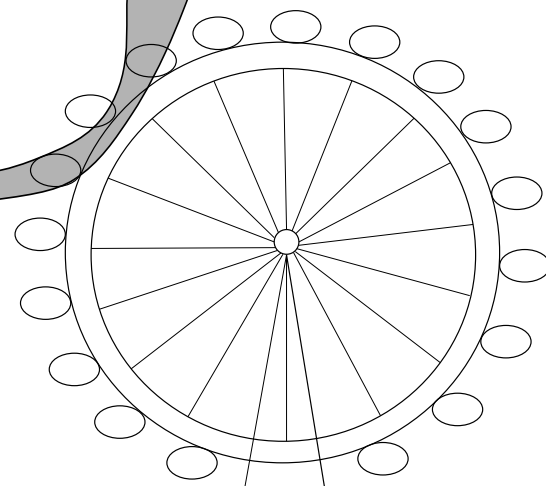
London Bridge and Borough Market were attacked by a group of extremists who used both an automated vehicle and knives. Later that month, a congregation of Muslims were targeted by a white supremacist in Finsbury park.

**Deaths: 9**  
**Injuries: 60**

## March 2017

An extremist drove across the Westminster Bridge, hit several pedestrians, and then proceeded to crash the car into railings outside of Parliament. Then, he stabbed a police officer to death and killed several more, before eventually being shot to death by police.

**Deaths: 5**  
**Injuries: Dozens**





# More than the London Bridge is falling down

Haylee Pena  
Staff Writer

Abuse of power and a lack of social responsibility for the famous and rich is a huge issue in present-day society—Prince Andrew’s case is the perfect example.

Prince Andrew is a part of the British royal family who live in London. He officially holds the title of Duke of York and is known as such in Buckingham Palace.

As of late, Prince Andrew has been the center of an enormous international scandal, which has shed a negative light on the entire royal family. Recently, Prince Andrew has been recognized as the friend of deceased sex offender, Jeffrey Epstein, who committed suicide after being indicted for sex trafficking charges. He was in custody for almost six months until he committed suicide on August 14.

Prince Andrew is facing various implications due to his connections with Epstein. The Duke of York was discovered to have exchanged emails between him and Jeffrey Epstein’s partner,

Ghislaine Maxwell. Prince Andrew had emailed Maxwell for some help dealing with allegations made against him by a woman.

The woman, Virginia Roberts, alleges that she was forced to have sex with the Duke of York. Virginia Roberts is one of the sex-trafficked teenagers in the Jeffrey Epstein scandal. This connects him to Jeffrey Epstein’s sex offender scandal in many ways, putting the entire royal family and Buckingham Palace under scrutiny.

Many people are reacting to the controversial media coverage of this scandal. Due to the extent of the coverage, there has been a lot of public opinion and attention regarding the events.

“It should set an example that he should not be able to get away with things. He has consequences like everyone else,” Ms. Gentle, science teacher, said.

General consensus seems to be that those with power and wealth are more likely to get away with crimes, even crimes of such scale. Prince Andrew’s public banishment from the royal family shows that there are actions being taken against someone who

associated himself with a known sex trafficker, and even took part in sexual acts with an underaged girl. More actions taken against Prince Andrew would set the example that even people in power have consequences and will be punished, just like any commonperson accused of a crime. While some believe that the right actions are being taken, others find that that they should happen behind closed doors. There are many rumors circulating due to the whole situation, and it is directing a lot of criticism toward the royal family, as he is son to the queen.

“The way they are handling the whole situation should not be so public. I think that they should be handling it more privately,” Nayeli Juarez (’21) said.

Although Prince Andrew denies the allegations that he raped Virginia Roberts, who was seventeen at the time of the incident, it still reflects poorly on the royal family. Thus he was stripped of his royal duties.

There is also vast criticism regarding the fact that he had a transparent friendship with a sex trafficker of teenage girls.

Prince Andrew has tarnished his reputation significantly and has humiliated his family in the process. Royals frequently elude scandal and avoid consequences, but this affair is major, and public.

As of January 8, Prince Harry and Princess Meghan have stepped down from royal duties.

The good thing about the topic being so public is that it sets an example for everyone in the world following the situation. Just because one might be high in power, and even a royal, does not mean that they can get away with doing whatever they wish.

Prince Andrew allegedly hurt the young woman and tried to dig himself out of a hole by seeking help from a friend. His actions are only making it worse for himself and for his family, who are inevitably involved in the situation.

“When there is such a public scandal, at that point he has got to step aside. He has to get out of the public light until they decide and explore all of the evidence, and look at it to see what the story is,” Mr. White, social studies teacher, said.

Like many others, White finds

that it is best for Prince Andrew to get out of the public light. It is crucial that he is relieved of his royal duties and away from all the media.

“It will be inappropriate to be out there. What it becomes is, instead of him doing what he is supposed to do, which is raising money for charities, it is just all about him and his association. He just needs to step aside,” White said.

Instead of getting more caught up with the media and scandals, Prince Andrew ought to focus on what is really important: doing all that he can to make up for the humiliation and tarnishing of the royal family’s name.

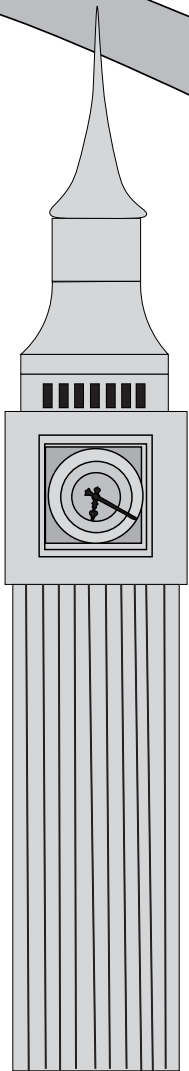
Prince Andrew needs to lie low until all the evidence is proven, and until the world really knows whether or not he is guilty, and what those emails between him and Ghislaine Maxwell were actually about. Just like in Epstein’s case, the blowup of the allegations against Prince Andrew and the lack of disregard from the public regarding the issue shows that people are met with consequence, no matter their status, wealth, or influence.

September 2017

An explosive was detonated inside a train in the Tube. Multiple people were hit by the “wall of flame” which resulted.

Deaths: 0

Injuries: 22



August 2018

A car was intentionally crashed into a crowd of bystanders outside of Parliament. No fatalities resulted.

Deaths: 0

Injuries: 3

October 2019

The Arndale Shopping Centre of Manchester was struck by a near-tragedy when an extremist stabbed multiple civilians. No fatalities resulted.

Deaths: 0

Injuries: 5







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# Supplement

The Westword

## THE END OF A DECADE

**SOCIAL MEDIA  
PAST TO  
PRESENT  
PG. 13**

**DEFINING A  
GENERATION'S  
IDENTITY  
PG. 12**

**TOP PICKS  
OF THE  
DECADE  
PG. 14**



The Westword

## Defining a generation's identity

Mira Ahuja  
Staff Writer

A generation links together people of a time period, those who are likely to go through similar life experiences and follow similar behavioral patterns.

As circumstances change, so do peoples' mindsets and generational characteristics capture this. Different environments, cultures, political situations, and upbringings can lead to a generation's characteristics.

Therefore generations are based off of starting points; groups of people that age together because they were born within a set range of years. If one considers all Millennials to be strictly college students, they are thinking of a life stage and not a generation. As of 2019, most Millennials have graduated from college and that stage of life is now dominated by Generation Z.

Born between 1995 and 2015, the children of Gen Z have never known a life without technology and it has left no part of their lives untouched. Technology allows for more connections and as time progresses, society strays further away from homogeneity and rigidity.

According to *The Washington Post*, Gen Z makes up nearly 30 percent of the country's population; that is almost 91 million people, of which 48 percent have ethnic backgrounds from every corner of the globe.

They are the first generation to grow up with an African American president. The potential of Generation Z's future crosses many boundaries set by the generations before them.

"Older generations often label our generation as oversensitive, but that is just a side effect that comes along with being more open minded and accepting of people of all different walks of life," Aaliyah Quinonez ('20) said.

In an age where technology is fundamental to connections with peers and society, it has created a reality that is dependent on it. In such a society, traditional forms of activism are more important than ever before because it shows collective initiative. This was especially evident in 2016, when the Republican party won the presidential election—a checkpoint that kickstarted youth activism.

The years that followed brought about a mindset where stances on political and societal discussions mattered, as people were becoming increasingly aware that at the focal point of America's core were issues faced by past generations that needed to be addressed.

This could include issues such as gun laws, immigration, racism and more. It is also significant that, by large, Generation Z is more open to same sex and inter-racial marriages, a statistic that may shape the population of generations to come.

According to people-press.org, a good example of a generational difference is the topic of same sex marriage. As generations progress, each successive generation has proved more and more tolerant and accepting of same sex marriage.

"With all the knowledge in the world at the tip of a finger, it occupations such as social media influencer, Youtube, Tik-Tok, etc., where everyday people are given the ability to transform into celebrities in the eye of the public, all from the comfort of their own home.

Wikimedia Commons

Image courtesy of commons.wikimedia.org.



**GRIM REMINDER** A group of students lay down in front of the White House during a protest advocating for gun control in light of recent school shootings.

is not hard to imagine the sparks of revolution constantly spewing at the hands of our youth," Stephanie Boisrond ('20) said.

According to glassdoor.com, more youth than ever are pursuing careers in both technology and business—fields that have the significant potential to shape the future. This generation is one made to create more than consume, with upcoming hobbies-turned-

According to entrepreneur.com, studies show that children of Gen Z, especially those in high school and college, favor entrepreneurship and independently run businesses to existing corporations, with about 41 percent of Gen Z-ers eager to become entrepreneurs and invent the next revolutionary money maker.

Gen Z is projected to have a promising future.

The Westword

## Social media past to present

Ashley Shapiro  
Staff Writer

The internet and its uses have changed significantly since its initial growth in popularity in 1990. Back then, owning personal computers was just becoming the norm. Around the same time blogging allowed everyday people to publish their personal news, thoughts and feelings.

This led to the modern social media site Six Degrees credited for being the first social media site. It was named due to the belief that everyone is connected by no more than six degrees of separation. It is considered the first social media site because it allowed users to sign up with their emails and add friends to their network.

LinkedIn soon followed and served as a more formal way to make business and school connections and it still serves that purpose today.

MySpace was launched on August 1, 2003 and it rapidly became the largest social media site of the time, connecting millions of users all over the world.

However, MySpace would later be surpassed by a new social media site—Facebook. Facebook initially started as a social media site exclusively for Harvard students, but over time it quickly spread to the rest of the Ivy League schools and in 2006, Facebook became available to any individual claiming to be above the age of 13.

On October 6, 2010, Instagram was launched as an exclusively photo and video social media site.

SnapChat was launched in September 2011. Its special feature was that photos and texts sent would disappear moments after being opened.

Generation Z or Gen Z are also referred to as the generation of the internet. Generation Z is defined as those individuals born between 1996 and 2010. The average age of Generation Z members is 17 so these students were 10 when the first iPhone came out on June 29, 2007. Therefore social media and social networking has been a staple in our generation's interaction with the world from a young age. In a survey conducted by Piper Jaffray on behalf of business insider 83 percent of teens said they owned an iPhone."

Generation Z is also categorized as the generation of change and social movement. With Gen Z's increased commitment to diversity and progress many see social media as a function for connection.

According to a poll by R/GA—an international advertising agency—"69 percent of teens surveyed said that social media helped them interact with people from different backgrounds and experience, while 67 percent said it helped them gain access to different points of view. 69 percent of teens said that it helps them show their support for causes and issues that are important to them."

Online communities have grown in the past decade. Communities have formed in all areas of interest from support of political or environmental movements to a love of video games. Normal people now have the ability to express themselves on a wider scale through photos, blogs, tweets and more the ability to express oneself is easier than ever before.

Gen Z students also like the variety of communication systems they now have. In recent years, photo sharing has become just as important as communication via written or verbal language.

"I use Snapchat to communicate with my friends. I prefer Snap over iMessage because you can communicate with pictures and that is nice," Isa Bilal ('21) said.

Social media does have many dangers though, anonymity can sometimes be the cause of it. With new sites such as Tik-Tok the obsession with fame has grown.

"Social media can be toxic if you have beef with people but if you are communicating with your friends it can be good. People are obsessed with tik tok just want likes, comments and clout. It makes people obsessed with fame," Eddy Charles ('21) said.

Apps like Sarahah (which means "honesty" in Arabic) support anonymity. The app allows for anonymous commenting which was meant to encourage positive interaction. The developers took steps to protect users by creating an algorithm to detect keywords.

"We are taking this as a serious issue, and we are focused on [building] new features. I do not want users to stray from the goal of Sarahah," Zain al-Abidin Tawfiq, founder, said.

According to bbc.org, Sarahah and others like it support Gen Z's desire to stay anonymous on the internet. Growing up with the internet and social media has given many people on Generation Z a healthy fear of the internet and the permanent records they can leave that can haunt them. Social media sites like this allow individuals to harm others from behind their computer screens without repercussions.

"People are on social media too much. It can lead to bullying. Social media is a good way to advertise but people use it to bad mouth others" Aalyah Fernandez ('20) said.

Social media has impacted the childhood and teenagerhood of Generation Z. It has shaped how we interact and form communities as a whole.

Facebook

Image courtesy of commons.wikimedia.org.



**FACEBOOK SIGN UP** Many people feel the pressure to join the online community and Facebook is the most popular online network.



# TOP PICKS OF THE DECADE

## BOOKS

1. ***The Fault in Our Stars***  
by John Green
2. ***Divergent***  
by Veronica Roth
3. ***Mockingjay***  
by Suzanne Collins
4. ***Gone Girl***  
by Gillian Flynn
5. ***The Martian***  
by Andy Weir

## MOVIES

1. ***Avengers: Endgame***  
(2019)
2. ***Starwars: Episode VII: The Force Awakens***  
(2015)
3. ***Avengers: Infinity Wars*** (2018)
4. ***Jurassic World*** (2015)
5. ***The Lion King*** (2019)

## ALBUMS

1. ***25*** - Adele  
(8.01 million sales)
2. ***21*** Adele  
(5.82 million sales)
3. ***Views*** Drake  
(4.14 million sales)
4. ***Scorpion*** Drake  
(3.905 million sales)
5. ***1989*** Taylor Swift  
(3.66 million sales)

## TRAVEL DESTINATIONS

1. **France**
2. **Spain**
3. **United States**
4. **China**
5. **Italy**

## VIDEO GAMES

1. **"Grand Theft Auto V"**
2. **"The Legend of Zelda: Breath of the Wild"**
3. **"Fortnite"**
4. **"League of Legends"**
5. **"Minecraft"**



## Lugares para encontrar comida latina en Stamford,CT

**Mariana Cifuentes**  
 Editora de Las Noticias

La comida es algo muy especial para todo hispano y latino. Al mudarse a un lugar lleno de diferentes culturas lo mejor es encontrar un restaurante que te garantice que tu país natal siempre estará presente.

Crecer comiendo comida latina es lo mejor del mundo, y toda la comunidad hispano-hablante desearía poder comer su comida favorita todos los días. En Stamford Connecticut la comida hispana y latina se puede encontrar en todo lugar, desde lo más pequeño hasta lo más grande. En una ciudad como Stamford llena de diferentes culturas y gente única no puede faltar la comida que nos llena el corazón y nos brinda felicidad. Stamford está compuesto de Peruanos,

Colombianos, Guatemaltecos, Mexicanos, Hondureños, salvadoreños y muchos otros países. Lo mejor de Stamford es que las personas son muy gentiles y que siempre podrás encontrar tu comida favorita. La comida más conocida es la hispana por sus variedades. La comida hispana puede ayudar para un corazón roto, para unir a dos personas para siempre y lo más importante es que crea sonrisas en donde a veces nunca es posible encontrarla.

Fiesta Atlantic es un restaurante Peruano localizado en Stamford Connecticut. Este restaurante es fácil de encontrar por el motivo de estar en Downtown Stamford, a la gente Peruana le encanta. Si quieren encontrar un poquito de su país natal cerca de su casa este sería un lugar genial para visitar. Fiesta Atlantic se encuentra

en 249 Main St, Stamford, CT 06901.

Mi terruño es un restaurante Colombiano localizado en Stamford Connecticut. Este restaurante es muy conocido por los hispanos por tener una comida deliciosa. La comida Colombiana siempre puede alegrarle el día a alguien. Este restaurante les recuerda a los Colombianos de su patria y les permite encontrar su comida típica cerca a casa. Mi terruño se encuentra en 1047 E Main St, Stamford, CT 06902.

El charrito es un restaurante Mexicano localizado en Stamford Connecticut. Este restaurante es muy conocido por su maravillosa comida Mexicana que los deja chupándose los dedos. Para los Mexicanos este lugar es un paraíso. El Charrito se encuentra en 1019 E Main St, Stamford, CT

06902, y está muy cerca de casa.

The Maya restaurant es un restaurante Guatemalteco que ofrece comida típica, y muchas otras delicias. Este restaurante está muy cerca de Downtown Stamford y les ofrece a los Chapines comida de su patria muy cerca de su casa.

The Maya Restaurant se encuentra en 166 Stillwater Ave, Stamford, CT 06902.

Lo más importante de tener nuestra comida cerca a casa es que después de un largo día de trabajo comer algo de su país siempre nos alegra el día. Después de un día escolar agotador la comida que Stamford nos brinda nos puede hacer olvidar de todas las tareas para el siguiente día. La comida siempre nos permitirá compartir con otras personas. Lo más importante de compartir comida con

otros es que los llegas a conocer y tu vida se llena de nuevas personas que disfrutan las maravillas de comer como tu. En días especiales para nuestras familias, la comida de nuestros países siempre son necesarias y poder encontrarlas cerca a casa siempre nos favorece. A veces lo único que necesitamos es un recuerdo de nuestros países natales para recordar porque siempre queremos a nuestra patria y que nos recuerde porque estamos en este país. Los Estados Unidos consiste de hispanos y latinos, por lo cual nuestras ciudades deben estar llenas de restaurantes que nos garantizan la felicidad.

Poder visitar un restaurante de tu país es lo mejor del mundo porque puedes hablar con personas que como tú conocen los lugares más especiales de su país.



**BUENAS COMIDAS** Platos de fiesta Atlantic, Mi Terruño y El Charrito.

Imágenes cortesía de [wikimedia.commons.org](https://commons.wikimedia.org/).

## Infinitas oportunidades para un futuro ilimitado

**EmelyNicole Chuco**  
 Editora de Las Noticias

En Stamford hay muchos programas excelentes de tutoría o ayuda adicional accesibles para los estudiantes. Pero uno que parece considerarse subestimado o inaudito es Future 5.

Future 5 es una organización sin fines de lucro que tiene lugar después de la escuela. Están abiertos todos los días excepto domingo.

Esfuerzo ayudar a los estudiantes no sólo con la escuela o las calificaciones, pero ayudar a los niños a crear conexiones duraderas con recursos externos.

Este programa está disponible para estudiantes de todas las escuelas de stamford y algunos estudiantes provienen de escuelas en Norwalk y Darien.

Future 5 fue fundada en 2009 por Clif Mcfeely siguiendo deseo y razonamiento de crear para crear esta organización.

“Bueno, diría que en mi otra vida, cuando trabajaba en el mundo con fines de lucro, estaba en el negocio de la pub-

licidad, tuve la oportunidad de ser un mentor para varios jóvenes y muchos de ellos estaban en la escuela secundaria. Y me di cuenta de que realmente necesitaban ayuda en forma de una red de apoyo que muchos de los jóvenes en la escuela secundaria no tienen su propia red de apoyo, así que pensé en una organización que traería todo tipo de entrenadores voluntarios y brinde a cada miembro de Future 5 la oportunidad de tener su propia red de soporte,” McFeely dijo.

Entonces con eso, este programa se ha convertido en algo especial para los estudiantes y para el personal en sí.

Estos programas son los siguientes: SAT Prep, preparación universitaria, Brainwave, servicio comunitario, tutoría, Here to There, y preparación laboral.

Programas como preparación para el trabajo, preparación para el SAT y preparación para la universidad son lo que dicen que están en sus respectivos tí-

tulos, clases preparatorias para entrevistas de trabajo, el proceso de la universidad y los exámenes SAT.

El actividad Brainwave es un juego de preguntas y respuestas que se centra en los eventos actuales para que los estudiantes estén más interesados en las noticias sobre el mundo que los rodea.

Future 5 tiene tutores que vienen todos los días como voluntarios para ayudar a los estudiantes a comprender mejor el material que están aprendiendo en sus clases.

También tienen un programa llamado Here to There que permite a los estudiantes pasar por el proceso de convertirse en miembros oficiales de Future 5.

Muchos estudiantes que han oído hablar de esta organización se unen a los programas proporcionados. O tal vez es por la comida que hay en el edificio.

Future 5 quieren que todos los estudiantes tienen todo lo que necesitan para rendir al máximo,

incluidos los bocadillos. Se enorgullecen de tener esos refrigerios o alimentos saludables para caminar a sus alumnos.

Pero eso no es todo lo que Future 5 ofrece, Emily Morales, una Senior, tiene una nueva perspectiva sobre el Futuro 5 después de pasar un tiempo en el edificio.

“Entonces, cuando comencé en Future 5, sabía que me ayudaría mucho durante mi proceso universitario, el proceso de solicitud de la universidad y el proceso de becas, así que eso fue lo que me atrajo al Future 5. Pero una vez que comencé a venir, se trataba más del medio ambiente y la comunidad que rodeaba a todos y cómo todos los adultos en el edificio están dispuestos a ayudarlo sin importar el trabajo escolar o las solicitudes universitarias o tratar de encontrar trabajo e ir a la preparación universitaria y la preparación para el trabajo ,” Emily Morales (‘20) dijo.

Cada vez que los estudiantes cruzan la puerta de Future

5, el personal y los voluntarios de la organización los saludan con una sonrisa.

El personal, aparte de Future 5, brinda una sensación de comodidad y tranquilidad a los estudiantes, ya que su relación es más amigable y no tan rígida como lo son algunas relaciones profesionales.

Lizzie Knudsen, una defensora de estudiantes que llegó a Future 5 al final del año escolar anterior, le dio razones y motivaciones para participar en el programa.

“Creo que estar rodeado de estudiantes que realmente quieren crear un mejor camino para sí mismos es realmente inspirador. Los estudiantes en el futuro 5 son brillantes, divertidos, motivados y nada me hace más feliz que estar cerca de ellos,” Knudsen dijo.

A medida que los estudiantes avanzan en su vida en la escuela, Future 5 siempre está ahí, listo y dispuesto a ayudar a cualquiera que tenga la motivación para luchar por el éxito.



# Un futuro con Future Cinco

**Emelyn Nicole Chuco**  
Editora de Las Noticias

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Este programa está disponible para estudiantes de todas las escuelas de Stamford y algunos estudiantes provienen de escuelas en Norwalk y Darien. Future 5 fue fundada en 2009 por Clif McFeely y su razonamiento para crear esta organización fue la siguiente.

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**CONMEMORACION** El logotipo de Future 5 celebra su décimo aniversario.

Cortesía de foto [commons.wikimedia.org](https://commons.wikimedia.org/).

# Dos culturas musicales se juntan

**Lubymichelle Chuco**  
Editora de Las Noticias

El artista musical Sebastián Yatra ha lanzado una nueva canción, una en la que colabora con una cultura sorprendente; El cantante colombiano se encuentra y graba la canción “Magnetic” con el grupo de chicos de Corea del Sur, Monsta x.

La colaboración se lanzó oficialmente el 19 de diciembre de 2019, y los teasers de la canción se publicaron en las redes sociales aproximadamente una semana antes de su lanzamiento. “Magnetic” es una canción alegre de ritmo latino con letras en inglés y español, que detalla la atracción que uno puede sentir por una niña y su aura.

Esta no es la primera vez que vemos una colaboración latino-coreana, pero es la primera en discos musicales para Yatra y Monsta x.

No es raro que grupos no latinos creen música latina con la esperanza de conectarse con un público más amplio. De hecho, múltiples grupos de Corea del Sur han creado tales canciones, o canciones de artistas latinos y cantantes.

Por nombrar algunos: Super Junior, Jonghyun, EXO

y Ailee. El mensaje general que se comparte entre estos artistas es romper el estereotipo de crear música que no todos los públicos pueden “entender”. El primer intento es romper la barrera del idioma y lanzar canciones en varios idiomas. Su próximo paso y esperanza

es que el público aprenda a mirar más allá del idioma y, en cambio, disfrute de la música al ritmo, ritmo y letra.

En eventos recientes, Monsta x ha estado lanzando más música en inglés con la esperanza de llegar a más fanáticos y a una audiencia más am-

plia en varios países además de su tierra natal, Corea del Sur. El popular grupo de chicos ha actuado en Brasil, España y México, y planea visitar más países latinos en su próxima gira. Con el lanzamiento de esta canción, el grupo espera complacer a sus fanáticos his-

panos y llegar a más personas con el poder de su música.

En muchos conciertos, los miembros de Monsta x hablarán al público de lo agradecidos que están; cómo planean cambiar el estigmatismo que rodea a los grupos coreanos. La base de fans de Monsta x es reconocida internacionalmente, con múltiples proyectos para apoyar al grupo que se originaron en países latinos. Son notablemente uno de los grupos más conocidos que abrazan la representación a través de sus fanáticos. Específicamente, el rapero Im Changkyun ha tocado la diversidad que tiene su base de admiradores, diciéndoles a quienes no están de acuerdo con su mensaje de representación y uniendo culturas a través del poder de la música para que “se callen”.

Yatra comentó sobre esta colaboración en su Instagram, también comentó sobre cómo desea que esta canción conecte su cultura con su cultura y cree una dinámica encantadora de colaboraciones musicales.

El canción está disponible en iTunes, Apple Music, YouTube, Spotify y otras plataformas. Apoye la colaboración de Monsta x y Sebastian Yatra, ya que este es el primero de muchos más que vienen con más artistas latinos.



**FUERA DE ESTE MUNDOM** La portada de la Colaboración Coreano-Latina: Magnética.

Imagen cortesía de [pixabay.com](https://pixabay.com/).



# Society's fear of gun violence causes divide

**Hailey Baloutch**  
Special Report Editor

Americans live in a state of constant vigilance, where school children practice hiding behind desks for fear that their school will be subject to the terrors of a mass shooting.

America's fear of firearm-related violence is justified due to a number of factors. This includes the high number of mass shootings, the unavoidable nature of these events, and the ease with which dangerous weapons can be obtained by those who wish to do harm.

"I am always talking to my friends about the possibility of this happening. I am always thinking there is nothing stopping someone from walking into school and doing that. I am always aware of my surroundings while I am at school. It is sad to say, but that is the world we live in today," Michael Jourdain ('22) said.

*The Washington Post* confirms what the news suggests: mass shootings have risen in frequency. Since 1999, the rate of shootings rose from an average of once every six months to

once every six weeks. This statistic only pertains to shootings of four or more people, the vast majority in public places. The same analysis indicated that the rate of shootings targeting restaurants and stores in specific has risen by over ten percent in recent years.

The reason that an increase in mass shootings incites more fear than an increase in deaths from other unnatural causes, car crashes, for example, is that these crimes are absolutely unavoidable on the part of the victims.

While fatal car crashes can often be circumvented with proper safety precautions, the only way to escape these mass shootings is to avoid public places entirely. The victims of these shootings were killed without warning, simply because they were in a place they had no way of knowing would be host to such horrors.

Naturally, this increases the fear Americans feel while going about their daily lives. Anywhere, at any time, they might be victim to an unpredictable massacre. It is an unrelenting threat that at any moment, one may be killed for simply existing.

Furthermore, once started,

there is almost no way to protect against a mass shooting, adding to the despair many feel over firearm violence. While some argue that carrying a personal handgun is an effective method of protection against these events, evidence suggests otherwise.

According to harvard politics.org, trained police officers miss one out of two shots when firing at a criminal, illustrating the unlikelihood that a regular civilian would be able to stop a gunman before any lives were claimed.

Moreover, it is highly improbable that a shooting could be stopped by a supposed "good guy with a gun" before a fatality, considering the rate at which a semi-automatic weapon can be fired.

Semiautomatic weapons are another cause for American concern. While some argue that semiautomatic weapons should not be feared because not all shootings involve them, certain aspects of these weapons create reasonable cause for concern. Semiautomatic weapons allow a gunman to shoot as many bullets as they can pull the trigger, as long as they do not run out of bullets. With high-capacity mag-

azines easily available, this is not a hindrance to destruction.

According to *The New York Times*, many of the deadliest shootings in American memory were carried out with semiautomatic weapons, notably the AR-15. This weapon was used by Nikolas Cruz to kill 18 people at Stoneman Douglas High School in 2018. In 2017, 58 people died at the hands of Stephen Paddock, when he fired into a Las Vegas concert.

"While other weapons can not do mass damage (knife/hand-based weapon), a gun can easily wipe out a large number of people," Navin Ponnusamy ('22) said.

Furthermore, the helplessness Americans feel at the hands of a shooter is exacerbated by a severe lack of enforced government regulations.

Due to both a lack of strict government restrictions on who may obtain guns, as well as negligence on the part of officials who do not document troubling behavior, dangerous individuals may be able to purchase firearms.

In some states, guns may be obtained without background checks, if it is a private sale. Addi-

tionally, most states allow people to buy guns at the age of 18, which many believe to be too young.

"It is way too easy for these guns to get in the wrong hands. If we have so many laws for vehicles we should have as many if not more laws for guns," Samantha Nieves ('22) said.

According to *The New York Times*, Dylann Roof's history of drug abuse would have barred him from obtaining the weapon he used to murder nine people, had it been properly documented. Devin Patrick Kelley would not have been able to massacre the 26 people he did, had his domestic abuse conviction been recorded.

Additionally, even after being committed to a psychiatric hospital with a known history of violence, John R. Houser legally obtained the weapon he used to kill two people in a movie theater.

These errors are prime evidence of the fragility of peaceful life in the United States.

Citizens can not rest easy when there is nothing standing between unstable individuals and firearms which can be used as tools of mass murder.

**Lexi Boccuzzi**  
Ombudsman

As humans, we tend to favor scapegoats. It is easiest to point the finger and not the thumb. In particular, blaming inanimate objects takes on a whole new level of attraction, since people never have to suffer at the hands of blame. Not only does this make issues appear a lot easier to tackle, it also allows us to continue to ignore systemic cultural problems. This is exactly what we have done with guns.

The media fuels polarized dialogue about these weapons and has caused them to take on a life of their own. America needs to look behind the trigger and reflect in the mirror at the societal divisiveness and issues that motivate gun violence. It is not the guns that are the problem, it is the people shooting them.

Uncommonly known, the highest percentage of gun violence related deaths are those by suicide. With over 22,274 gun suicides yearly in the United States (about 61 percent of the total deaths) this number tallies up to over 10 times more than in other developed, high income countries.

This is not a result of laissez faire gun laws. The gun control currently being proposed targets semi-automatic weapons, not the hand guns being used in suicides. Additionally, most states require some form of gun storage regulation from locks and safeties to ensuring that guns are unloaded when not in use.

"Whether or not we ban guns, people are still going to die from mental illness and suicide. The same goes for all types of violence, if we want to protect people, getting rid of the guns is not going to do it," Gaurov Bansal ('21) said.

The overarching issue is much more complex than simply banning firearms. A suicidal individual will find a way to end their life whether they have access to a gun or not. Societally, our culture needs to focus on repairing our mental health support infrastructure as well as the conversation around psychological stress rather than looking specifically at the guns being used.

Arguably the most pressing issue associated with this gun violence is the youth involved. Both Second Amendment activists and protestors alike are unanimously troubled by the role young people in the United States have played in this epidemic. Since 2013 alone, teen homicides from guns have increased by 30 percent with suicide related deaths steadily increasing as well.

According to childtrends.com, there has also been a stark increase in teen use of guns. The evidence is also clear that young men are affected by these tragedies more than women.

This trend correlates to a rise in teen exposure to violence in media, at home and in school, with over 43 percent of kids claiming to have witnessed first hand violence.

A study published in *The Journal of Abnormal Child Psychology* showed clear evidence that children who are exposed to more physical and gun violence are more likely to practice that later in their teenage years.

With an underdeveloped prefrontal cortex until the age of 25, children using video games like "Call of Duty," are un-

School shootings in 2018:

104

School shootings in 2019:

100

3%  
Decrease

able to decipher the permanence of death as they have been desensitized to the power of guns. Rather than fearing firearms, we should fear the violent schools, households and video games that are teaching our country's youth that weapons are commonplace.

One of the most overlooked areas of the gun violence epidemic, are low income communities where criminal gang activity results in an immense number of deaths by handguns. Gun deaths disproportionately affect low income, minority, urban communities where the most crime is occurring.

"The mainstream media push forward a false narrative that mass shootings are a justification for repealing the second amendment and taking away the right to bear arms," Noam Haron ('20) said.

According to *The New York Times*, 81 percent of firearm homicides in the U.S. occur in urban communities. Even more than that, black and hispanic communities are impacted the worst. For example, Philadelphia's most violent district which is over 90 percent black had 189 shooting victims and 40 deaths in 2017 compared to none in its white neighbors.

The issue in these communities runs deeper than where they are getting their guns or even how many people fall victim to crime each year. It is issues like downtrodden schools, lack of communi-

ty centers, unstable family lives, gangs which recruit young teens, and fatherless households that are crippling our inner city children as they grow up and stifling their chances at life before they have even begun.

Local politicians across the nation like Beto O'Rourke have proposed band-aid solutions like mandatory gun buyback programs in an effort to repair this issue. However, Americans have seen in Britain how the problems still exist even if the guns no longer do.

According to cnn.org, after an institution of all encompassing gun control legislation, the U.K. now faces a "knifing epidemic" with skyrocketing homicide rates and a 10,000 incident increase in "sharp object" offenses.

Just as with every problem, the solution is never as simple as the means to which the actions are performed. Gun violence is not about guns but about the issues plaguing our country that are resulting in astronomical rates of violence in the first place. Despite what the media may report, firearms do not pull their own triggers, people do.

Societies fear of guns is skewed for many reasons, but rather than simply satiating a policy hungry, media targeted populus, Americans should start recognize the role we all play in perpetuating this issue.

Graphics by **Jason Zarrilli & Anika Tandon**  
/ Managing Editor & Graphic Designer.



# Victoria's Secret Fashion Show is cancelled

**Marta Zach**  
Managing Editor

The controversial Victoria's Secret Fashion show is cancelled—indefinitely.

Initially started in 1995, the lingerie showcase has been airing since 2001, and featured some of America's most widely recognized models and performers. It occurred annually and millions of viewers tuned in to watch.

According to data from [bbc.org](http://bbc.org), the 2018 show garnered 3.3 million viewers, a significant drop from the five million in 2017 and 6.7 million in 2016.

The recent and substantial drop in viewership is said to stem from various factors, most recently and controversially the statements made by the Chief Marketing Officer of L Brands, the parent company of Victoria's Secret.

In a November 2018 *Vogue* interview, Ed Razek made an array of comments regarding transgender and plus-size models in the show.

"Should you not have transsexuals in the show? No. No, I do not think we should. Well, why not? Because the show is a fantasy," Razek said.

A substantial amount of backlash followed the interview, which reflected negatively upon the brand and its exclusivity.

Victoria's Secret is known

for its tall and slender models—a body type that is deemed unattainable by many.

In the wake of the body positivity movement, inclusive fashion is on the rise. Many people believe that the Victoria's Secret Fashion Show glorifies thinness and is non-inclusive.

According to [glamour.com](http://glamour.com), hashtags like *#WeAreAllAngels*, *#WeAreAlltheFantasy*, and *#BeautyBeyondSize* were being used by influencers and everyday people in response to the fashion show's lack of representation of various body types.

Nikita Dragon, a transgender social media influencer went on to create her own fantasy video, racking up over five million views.

"It was the right decision to cancel it because it sets the message that you have to look a certain way to have a 'perfect' body. Everyone's body is unique which is completely fine. It is wrong for young women to go on crazy diets in order to look a certain way. By canceling the fashion show, it shows the world that you do not have to look a certain way to have a good body," Holly Furrer ('20) said.

Feeling good in one's own skin is a proactive movement that society is actively getting behind. American Eagle's sister brand Aerie set out to revamp their brand in 2018, most noticeably by hiring more diverse

models and not retouching photos.

According to *People* Magazine, many companies, not just lingerie brands, are hiring plus size models, models with stretch marks and cellulite, models with disabilities in order to showcase realistic body standards and appeal to everyday women.

However, being thin no longer defines beauty. *Allure's* online article titled "Aerie Celebrates Body Empowerment with Real Women," appears to hint that the models seen in other fashion advertisements are not real women.

Models, celebrities, and women in general are under scrutiny about their weight, whether heavier or very thin. Still, many of these women take pride in their figure, and affirm that they are healthy and happy.

According to [metro.co.uk](http://metro.co.uk), Bridget Malcolm, a Victoria's Secret model, was told by a follower that she needed to stop posting photos of herself looking "too thin" and that it promotes a negative image to young girls. She responded in her own defense, saying "I am built the way I am. I am a model; I have always been lanky and slender. It is nearly impossible for me to put on muscle, and the older I get, the easier it becomes to maintain my weight. I have learned to eat consistently, to eat a lot of good, whole food, and I am

proud of my efforts in this arena."

Being thin is bashed in society—but as is virtually anything else. And regardless of their natural thinness or Body Mass Index (BMI), Victoria's Secret models have to adhere to intense workouts and diets days, weeks, and even months before the show. These standards are awfully high, especially for already slender women. In addition, the models are only getting smaller.

According to a study denoted in a *Boston Globe* article, the average waist size of a Victoria's Secret model has gone down approximately an inch over the past two decades. Bust, waist, and hip sizes have also gone down.

According to [byrdie.com](http://byrdie.com), the average American woman is a size sixteen, while Victoria's Secret models tend to be size fours.

Victoria's Secret is mak-

ing strides toward inclusivity. A year after Razek's controversial comments, Victoria's Secret hired a transgender model, Valentina Sampeio, for a catalog shoot. Like the other models, she is tall and slender, but also openly transgender. While the brand might continue to be pro-thin, they are opening their doors to forward-looking decisions.

Regardless, other brands are making the same, or even greater strides toward inclusivity. Models are more diverse in all aspects. Impressionable young girls and everyday women see them everyday on runways, in catalogs, and on websites. A formerly rigid barrier is being torn down, and the fashion world is becoming more open to all people.

The Victoria's Secret Fashion show cancellation is one example of society's refusal to glorify only one body type—fashion is moving forward.



Image courtesy of [gettyimages.com](http://gettyimages.com).



## The World Depends on our Leadership

Column by James Gerard

**James Gerard**  
Columnist

As we enter the new year and begin to reflect on our own accomplishments and goals, it is important to examine not just the innovation of our community, but of the world that inspired it.

To live in a fast-paced society that demands progress both scientifically and technologically, sometimes we find ourselves calling for development that exceeds the feasibility of such projects.

Renewable energy may be added to a long list of innovations that would help build a stronger and more efficient world, but has been suffocated by suspicions of its large-scale implementation, and cost-effective practicality.

Prior to the mid-19th century, nearly all energy was renewable. The industrial revolution shifted energy usage from primarily bio-

mass to coal. Discoveries of solar energy dates back to 500 BC, where it was used in Greek homes, and windmills were first recorded in 644 AD to grind grain in Persia. Global usage and production began to mirror advancement in technologies, but the primary energy sources have continued to be oil and coal for the past century.

Global reliance on oil can be relatively dangerous, however. The peak oil theory suggested that a maximum rate of extraction of petroleum will be reached, and inspired 1970s environmentalists to promote these new energies both as a replacement for depleting oil reserves, as well as an escape from oil dependency. Soon after, the first electricity-generating wind turbines appeared.

20 years ago, renewable energy technologies were recognized as having great potential, but lacked the necessary wide-scale deployment required to reduce dependence on

imported fuels, improve air quality, and advance global access to energy.

However, the recent expansion of renewable energy sources such as bioenergy, wind, solar, and hydropower may be attributed to declining costs that make them cost-competitive with conventional generation technologies.

Last year alone, the global weighted-average cost of electricity from bioenergy fell by 14 percent, while solar photovoltaics and on-shore wind costs dropped by 13 percent, hydropower fell by 11 percent, and concentrating solar power by 26 percent. What was once seen as a pricey and unnecessary alternative to the hard-nosed industries of coal and oil, are now single handedly evolving the policy landscape into a competitive fight for investment, job markets, and subsidies.

Since 2004, the number of countries supporting renewable energy policy has tripled from 48 coun-

tries to over 140, as of 2014. The state support for renewable energy policy is expected to continue growing, and can be attributed to the United Nations Climate Change Conference, attended by members of the United Nations Framework Convention on Climate Change (UNFCCC), which was drafted in 1992.

The idea is for countries across the globe to stabilize greenhouse gas emissions at a level that would combat anthropogenic interference with the climate. The most recent conference was held in Madrid, Spain from December 2 to December 13.

The present-day climate justice activists demand a cleaner world that puts renewable energy at the top of a long list of demands.

Countries such as Denmark and Germany are primed to commit to these issues, having promised 100 percent renewable energy by 2050.

Engineers at The Solutions Project have even developed a

roadmap for countries like the United States to follow suit, showing how we can create over 2.8 million 40-year jobs along the way in construction and operations.

Combating air pollution would prove an even bigger reward for public health, saving a potential 62,000 lives each additional year and being able to pay off the price tag in as little as 18 months. Even economically, a 100 percent renewable energy country would save each individual over 9,500 dollars on energy, health, and climate costs, countering the sensible fears of trillion-dollar spending sprees into the industry.

Renewable energy has a long and grueling path forward. From cost problems to feasibility, the fate of a stronger world is unclear.

But if we adjust our goals and look back at how far we have come, there will always be a path to take.



# Push to relocate sooner rather than later

**Allison McSally**  
Staff Writer

It was recently announced by the Board of Education (BOE) that Westhill may be knocked down and rebuilt due to irreversible mold damage.

Although the announcement shocked some, many feel that it is about time something is being done about the problem.

The catch, however, is that construction will not begin until 2022, meaning that students must spend two more years breathing in contaminated air, which could lead to a number of side effects.

According to healthline.org, short exposure to black mold can cause symptoms similar to a cold, such as coughing and a stuffy nose, but long-term exposure may result in more serious effects, including hair loss and memory loss.

Symptoms can be more severe for those with mold allergies or asthma. Asbestos has also been found in the build-

ing which, like black mold, can cause serious illnesses and health problems. It is concerning that Westhill is in poor enough condition that it must be completely rebuilt, and yet remains "safe enough" to hold students

for two more years.

Many students feel that their health is being disregarded by the Board of Ed.

"People were getting sick last year and are still getting sick now. The mold problem should have been dealt with sooner rather than now," Ber-

enice Giron ('22) said.

As students continue to get sick, some believe that they are not given ample time to recover from their mold-induced illnesses properly.

in toxic air. Therefore it only makes sense to move out as soon as possible.

"If we stay in a moldy building for two more years, we will feel the consequences. It will not be a safe environment," Stephanie Razzaia ('23) said.

worrisome every day. As contaminated areas of the school are closed off and more moldy ceiling tiles are removed, it seems like more dangers are being discovered and there is nothing that can be done to fix them.

Considering the fact that all hope is lost for Westhill High School, so much so that it must be completely rebuilt, most of the community believes that a move should happen as soon as possible before the effects of mold exposure can catch up to it. After all, there is no telling how the mold will progress or the extent to which the air quality will worsen in two years, nevertheless how it will affect the health of staff and students. Student's should be the Board of Ed's main priority.

In the end, the only way to get involved is to make voices heard whether that be protesting or speaking out at Board of Ed meetings. The health of students and teachers are at risk and should not be pushed aside by their representatives.

agreeably unfair that Westhill students would be forced to stay in a mold-and-asbestos infested building for two more years, while other schools are projected to begin renovations almost immediately.

The potential effects of the school's air quality on students get increasingly dangerous and

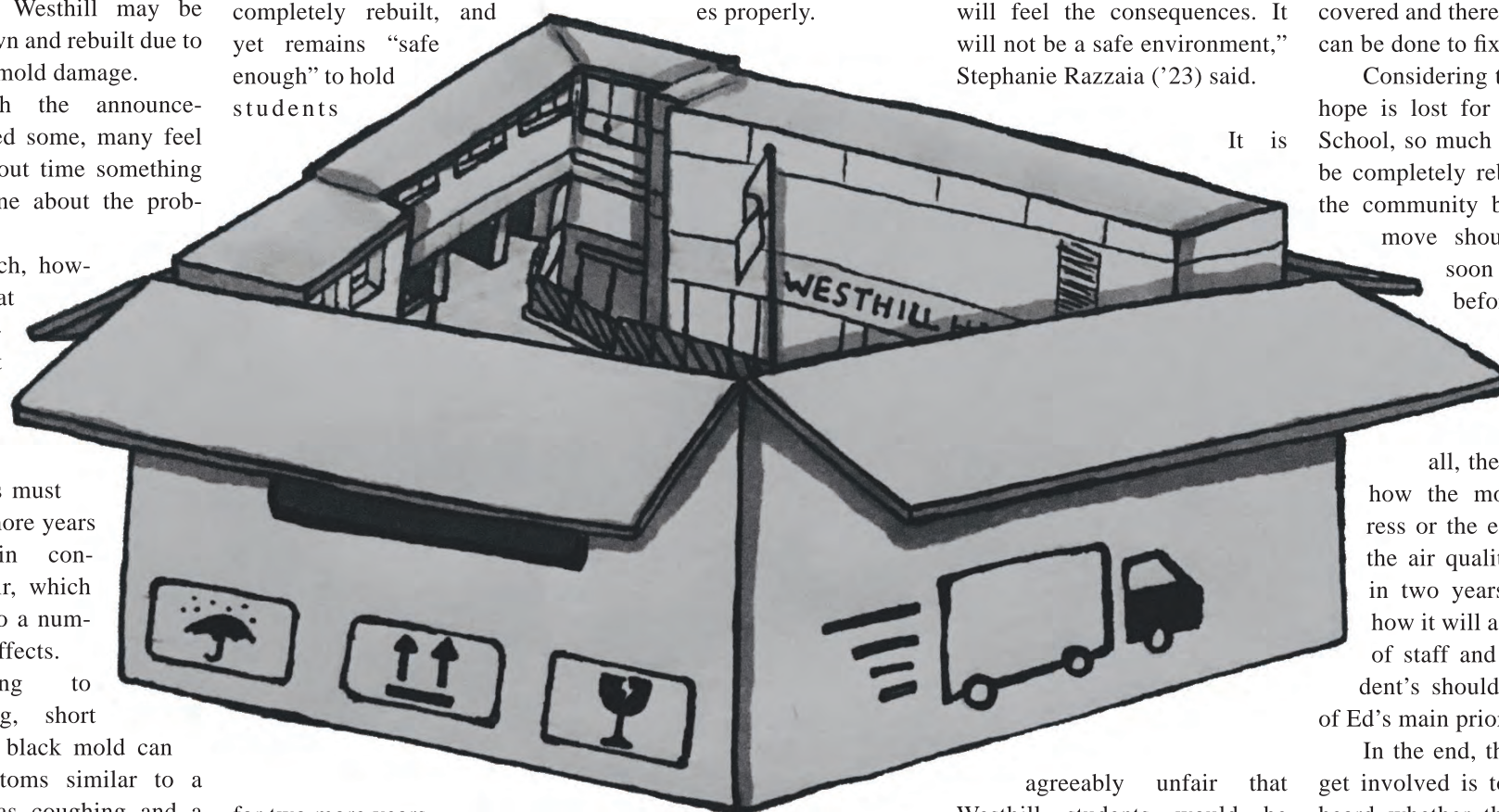


Illustration by **Neeka Baclayon** / Head Illustrator.

## Franki & Maddie Try to Change the World

Column by Maddie MacDonald & Franki Spinelli Mastrone

For the December Issue, we chose to focus on the legalization of marijuana. In all of our columns, we will discuss each political party's opinion on an issue as well as our own personal view and thoughts.

Over the past few years, the legalization of marijuana, commonly known as weed, has been a hot topic. Under the federal law, marijuana is illegal but many states have legalized it over time for medicinal and, in some cases, recreational uses. It is fully legal, recreationally and medicinally in Alaska, California, Colorado, Washington D.C., Illinois, Maine, Massachusetts, Michigan, Oregon, Vermont, and Washington. Many states, including our home state, Connecticut, have mixed laws regarding marijuana use and possession. In Connecticut, it has been legal for medicinal purposes since 2012, and Governor Lamont is introducing a bill to legalize recreational marijuana in 2020.

There is a major movement to reduce criminal charges for marijuana use and possession as well. In Connecticut, possession of a half ounce or less is not a jailable offense, though, up to a 150 dollars fine can be charged. Possession of a half ounce or more is a class A misdemeanor, punishable by one year of jail time. Anyone under 21 who is found in possession of less than a half ounce face 60-day suspension of his or her driver's license.

**Democratic View:** Almost every candidate for the 2020 presidential election is in favor of legalizing marijuana for recreational use and for expunging federal charges for people prosecuted for weed usage. Many say that not standing for legalization and expunging of charges is a stand against racial justice. Some candidates such as former Vice President Joseph Biden believe that marijuana should be federally legal for medicinal purposes and recreationally legal depending on the state's choice. All of the candidates seem to focus on expunging

records and helping to decriminalize people who were incarcerated for nonviolent marijuana charges.

**Republican View:** According to a poll taken by gallup.com in 2017, two thirds of Americans approve the legalization of marijuana, Democrats and Republicans alike. The majority of Republicans do support the legalization of marijuana. They see the great economic benefits it can have for the United States. As we all know, political affiliation has little to do with whether or not someone enjoys a joint now and then. During the 60's and the "Free Love" movement, marijuana smoking was much more associated with flower power and liberalism. As time has progressed it has become less a discussion of politics and more a discussion of public health and safety as well as economics. However, as Democrats insist on expunging federal records and pardoning individuals incarcerated for marijuana related crimes, Republicans do not see any benefit in that.

**Our View:** All in all, our main concern in regards to marijuana legalization is the decriminalization. There are millions of African American men and women incarcerated for minor drug charges. According to the NAACP Criminal Justice fact sheet, black and white Americans use illicit drugs at similar rates, yet black Americans are six times more likely to be imprisoned for drug related crimes. This disparity is based on racist ideologies that have existed in our country since its creation, and the easiest path toward reconciliation is to pardon all individuals incarcerated for these minor drug related crimes. It is commonly said that marijuana has always been legal for white people. The harm done by this drug is not by the substance itself, it is done by the system which allows white people to benefit from it, and people of color to be condemned by it. The system is broken and the first path to fixing it is the legalization of marijuana.



## Movie Review: *Frozen II* ices out the competition

**Marley Schweber**

Staff Writer

Disney strikes again as it captures the hearts of children and adults everywhere with the release of *Frozen II*. Its themes of love, power, and sisterhood all unite together to create a movie that is enjoyable for all ages.

Six years after its original release, it was exciting to see what was next in store for Elsa, Anna, Kristoff, and everyone's favorite snowman Olaf. Before seeing the movie, I was a bit apprehensive. I did not know how the sequel would live up to the original. By the time the movie ended in the theatre, I could not wait to write this review. *Frozen II* definitely did not disappoint.

It was a touching experience with powerful visuals as well as memorable characters. The movie embraces the importance of love and the impact that family has on one's life.

It has an unbelievable soundtrack that touches on various aspects of humor and love. With its captivating, snappy rhythms and enchanting melo-

dies, the soundtrack was amazing. From Elsa's mysterious songs such as: "Into the Unknown," and "Show Yourself," to Olaf's heartwarming songs "When I'm Older" and "Some Things Never Change."

"The best aspect of this movie was all of the amazing songs that I now, sing throughout my day," Sophia Waldron ('21) said.

In addition to the music, the animations are mesmerizing and encourage the audience to become engaged in all of the characters lives. It is effortless to comprehend what they are feeling and experiencing throughout the movie.

In the original *Frozen*, the movie concludes with the typical happy ending: Elsa is crowned Queen of Arendelle after she saves her city and her heart is unfrozen, she is then able to love again. Hans proves to be the bad guy with the unloving heart. Meanwhile, Kristoff and Anna realize that they are meant to be together and it is happily ever after. The original *Frozen* was such a hit that critics and audiences un-

derestimated the popularity of the sequel.

*Frozen II* takes a dark journey to the enchanted forest where Elsa tries to discover the true meaning behind her powers. Anna, Kristoff, Olaf and Sven all accompany Elsa as she follows a mysterious voice that is calling her and putting the kingdom of Arendelle in danger. Elsa is seeking out the truth about her powers and her true self. The movie dives deeper into Elsa and Anna's parent's past and how the kingdom of Arendelle came to be.

The movie is like a roller coaster with many ups and downs, but the audience is definitely in it for the whole ride.

"*Frozen II* was genuinely one of the best Disney movies I have ever seen. I laughed, cried and sang the whole time," Joe Brennan ('20) said.

The true message of the movie is that sisterhood, family, and genuine friends are what proves to be most important in everyone's lives.

During their adventure in the forest, Anna and Elsa make a pact to protect and be

there for each other always. Throughout the movie, both of these strong female protagonists do everything in their power to keep each other safe. Olaf, the cutest, funniest, most entertaining snowman, is considered Anna's closest friend and confidante.

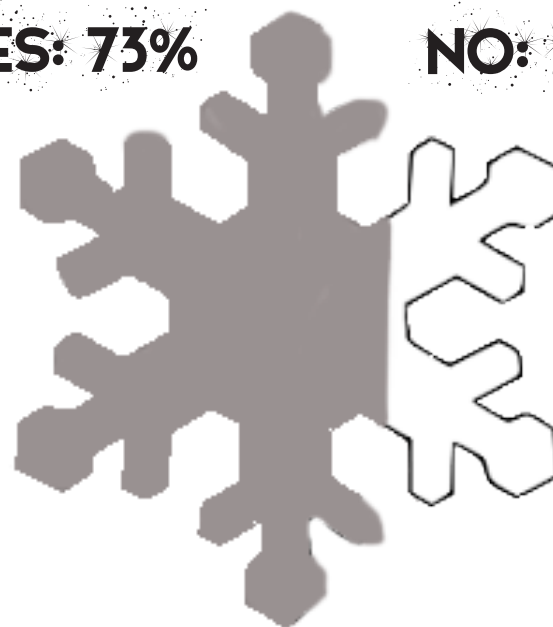
It is heartwarming to

watch their relationship flourish in this film. Another relationship that develops is the love story between Anna and Kristoff. Their passion and devotion for each other continues in *Frozen II*, but with an unexpected and exciting twist. Make sure you go to see this unforgettable sequel.

### DID YOU ENJOY FROZEN II?

**YES: 73%**

**NO: 27%**



Poll and Graphic by **Lucca Metzger** / Managing Editor.  
\*Poll out of 127.

## Star Wars series comes to a close

**Jason Zarrilli**

Managing Editor

There are not many people who have not heard of the *Star Wars* franchise. The film series has left a mark on many people, starting a die-hard fanbase, as well as bringing in a massive amount of profit.

Created by director George Lucas in 1977, *Star Wars: Episode IV—A New Hope*, kick started the franchise. The film grossed 100 million dollars only a few months after its release on May 25. The public loved the film, with its interesting plot line, iconic scenes, and cliffhanger ending.

"*Star Wars* combines science fiction with a galactic adventure. I like how it can be enjoyed by many different generations," Rutvik Marathe ('20) said.

The fans wanted more, and anyone who had not seen the movie was motivated by the hype. The sequel was highly anticipated and *Star Wars Episode V—The Empire Strikes Back* Arrived in theaters in 1980 followed by *Episode VI—Return of the Jedi* in 1983. Both films helped connect and continue the story.

Fans questioned if there

was more to the series than the movies showed. In 1999, Lucas answered some of the questions with the release of *Star Wars: Episode I—The Phantom Menace*. Then Lucas released *Star Wars: Episode II—Attack of the Clones* in 2002, and *Star Wars: Episode III—Revenge of the Sith* in 2005. All three films flourished in the box office, satisfying fans once again.

Many questions about the timeline and origins were answered in the prequels, yet the fans wanted more. So, Lucas provided and allowed the 2008 *Star Wars: The Clone Wars* CGI cartoon. The show did very well, airing on Cartoon Network entertaining fans of all ages.

Disney bought out Lucasfilms in 2012 for 4.8 billion dollars, announcing the deal on October 30, 2012. Since

the purchase, Disney has made five films. The first film was *Star Wars: The Force Awakens* which was released in 2015, after fans had waited a whole year after the end of *Star Wars: The*

films. The next films released *Rogue One: A Star Wars Story* in 2016, *Star Wars: The Last Jedi* in 2017, *Solo: A Star Wars Story* in 2018, and most recently, *Star Wars: The Rise of Skywalker* on December 20, 2019.

"As someone who has been a fan of *Star Wars* since I was young, it was kind of bitter-sweet to see the end of this chapter of this story. The movie was definitely a step up from the last movie," John Liberatore ('20) said.

Many fans were satisfied with the Disney adaptation and additions to the story, but with Lucas off of the board, there were quite a few fans that were left unsatisfied. Disney then began to milk the profitable franchise, making large amounts of merchandise, and planning for a *Star Wars* theme park at DisneyWorld and DisneyLand. *Star Wars: Galaxy's*

*Edge* began production in 2014 and was completed in 2019, in both California and Florida.

"*Star Wars* started with honest enough intentions but now as any big franchise does, it is gonna go after the money. They will do something similar to the James Bond franchise," Tejas Juware ('20) said.

Since the first few films, merchandise has always been a huge money maker for the studio. Many fans wanted to have a piece of the films in real life. Lightsabers are one of the most iconic pieces of merchandise, making their way into many homes all over the globe.

According to variety.com, "Disney now sells ten million replicas of the energy weapons from the franchise a year."

Disney continues to provide for the fans with their new series on Disney+, *The Mandalorian*. Many fans are captivated by the popular baby Yoda from the show. The *Mandalorian* has grown in popularity since its release in November of 2019, leaving fans with many questions. Disney also confirmed a seventh season for the *Star Wars: The Clone Wars* series, which many fans are excited for.

Photo courtesy of flicker.  
Illustration by **Tia Blumenau** / Illustrator.





# TOP PICKS OF THE DECADE



## ACTORS

Multiple actors and actresses were recognized this decade for their roles in films. One of the top actresses of the decade was Jennifer Lawrence. She starred in *The Hunger Games* films, based on the hit book series, as well as movies such as *American Hustle*, *Silver Linings Playbook*, and the *X-Men series*.

“Jennifer Lawrence made the movies she was in. She always plays her role well, and even though she always plays such different characters, she gets into it and is always successful,” Ellie Donohue ('22) said.

Other successful actors this past decade have been Matthew McConaughey, who was in films like *Dallas Buyers Club*, *The Wolf of Wall Street*, *Interstellar*, and many more, and Bradley Cooper, who was seen in the films *A Star is Born*, *Limitless*, *American Sniper*, and was in *American Hustle* alongside Jennifer Lawrence.

## MOVIES

Many blockbusters came out this decade. The *Marvel series* came to a close, the final *Harry Potter* movie was released, and many more films were big hits. The top grossing movie of the past ten years was *Avengers: End Game*. According to IMDb, the movie generated 858.37 million dollars in gross profit within the first month. Other successful movies this decade were *Star Wars: Episode VII - The Force Awakens*, as well as the predecessor to *End Game* in the Avengers series, *Avengers: Infinity War*. Both these movies were box office hits, and generated lots of buzz throughout the Westhill community.

“End Game was a testament to to other movies in the series. With so many twists and turns taken throughout the movie, I am sure that many of us can agree that it was worth the whole three hours,” Jose Ramirez ('20) said.



## ARTISTS

There are many artists who were qualified to receive the title of top artist of the 2010's. The American Music Awards (AMAs) are a time each year to honor the people who make the music everyone knows and loves. This year, the AMAs gave the title of Artist of the Decade to Taylor Swift, who has released five albums over the past ten years. The other nominees for the award were Drake, Ariana Grande, Halsey, and Post Malone.

“Taylor Swift's music really changed over the decade. The reason she is so well liked is because of the variety of music she has produced. The other nominees deserved the award as well, as they made the music that we all listen to,” Lexi Schultz ('20) said.

## TV SHOWS

Throughout the decade the students of Westhill have watched many different types of TV shows. High schoolers have grown from children to adults throughout the last ten years. While the beginning of the decade produced shows like *Victorious* and *Big Time Rush*, students are now watching shows like *Stranger Things* and *Game of Thrones*. Many high schoolers have enjoyed the new addition of Disney+ to watch their old favorites from before and early 2010's.

“Some of the best shows were from my childhood. I always loved victorious. But now that netflix makes shows, like in the more recent years, are also really good and enjoyable,” Sophia Waldron ('21) said.



## ALBUMS

Music over the course of the 2010's changed a lot. Different genres shined this decade such as: Broadway, rap, and pop. One popular album of the decade was the *Hamilton* soundtrack. The Broadway show was a huge hit, and its album was one of the more popular for its broadway genre. Another Popular album was *Sweetener* by the Artist of the Decade Nominee Ariana Grande. This album featured songs like “No Tears Left to Cry” and “God is a Woman” which were both popular chart toppers.

“I love Ariana Grande, and her album Sweetener really showed how powerful her songs and her voice can be.” Jane Bautista ('23) said.

Other popular albums were *The Life of Pablo* by Kanye West which featured Songs like “I Love Kanye” and “Ultralight Beam” and *Kamikaze* by Eminem which had the songs “The Ringer” and “Greatest.”



# Report highlights team sports and players

**Izzy Nuzzo**

Staff Writer

*The Ruden Report*, a news publishing site that keeps up with sports teams in Fairfield County, is a household name.

*The Ruden Report* is run by Dave Ruden himself, who reports on numerous sports teams in Fairfield County, as well as some college teams.

It has a multitude of social media platforms which student athletes keep up with. These consist of a Twitter, Instagram, Facebook, and Snapchat accounts, as well as an official website and podcast.

Just about all the news circulating can be received with the tap of a screen through an iPhone. This makes it more convenient for readers and keeps them engaged with the latest news. Adolescents are fond of accessibility, so creating a sports outlet that specifically reaches out to teen athletes online was essentially a no-brainer.

Dave Ruden started his website a little over six years ago. Before that, he was working at *The Stamford Advocate* for almost 20 years. He saw an opportunity to create something that would reach

out to the internet generation and that would encourage students to keep up with the latest sports news.

"I came up with the idea to start a website and 18 months later I felt comfortable enough that it had a chance to succeed. I gave notice right after that and I left the paper to start my own business," Ruden said.

On the website, polls are taken, where people can vote for players of the week and a team of the week. In fact,

ing something right. In a way, it is a motivating factor, but the FCIAC is so competitive and it is hard to be a top team," Sachs said.

On his Instagram, there are not only pictures of student athletes at games, but also interviews of athletes speaking about the games played. His photos are a crucial part of these social media platforms and essential in promoting his business.

A big inquiry among stu-

( '20) said.

Athletes of the Westhill community keep up with *The Ruden Report*, but do not always find it to be a fair sports platform keeping up with the latest games in all of Fairfield County.

As with any business, picking and choosing what will best promote their product is something to keep in mind, but for people on the outside, it can be seen as favoritism.

"One thing that bothers

ered a major accomplishment. Athletes are determined to be featured, and it can be devastating to work super hard and not get a satisfactory amount of credit.

It is hard to pick and choose between letting all sports teams be featured, or to focus on the ones that people tend to keep up with in order to upkeep a good sports platform.

Dave Ruden is often put in a tough situation regarding choosing what teams to put in but is misunderstood sometimes because he cannot be at every game as he is one person.

"Personally, I think *The Ruden Report* does a decent job of reporting on games and FCIAC news, but they really only are there when it is related to the top schools," John Liberatore ( '20) said.

Student athletes of the Westhill community feel that *The Ruden Report* does not include them as often as it does other teams, but it remains something relevant and worth keeping up with. *The Ruden Report* continues to grow with its polls as well as being a motivation for student athletes to work harder and do their best.



Photo courtesy of [therudenreport.com](http://therudenreport.com).

Betsy Sachs ( '20) was the winner of *The Ruden Report* Fairfield County Bank Fall Female Player of the Year.

He receives information for the polls by emailing coaches of every FCIAC team to nominate their athletes and teams to be finalists for the awards.

"For volleyball, at least, our goal was to have Dave Ruden come to our games since that meant we were do-

dent athletes in Stamford is whether or not the Westhill community is excluded from *The Ruden Report*.

"Overall I think *The Ruden Report* is a good way to keep up with FCIAC sports and a good way to stay informed about events happening. The downside is that it seems as if it gives less exposure to certain schools, Westhill being one of them," Jose Ramirez

me is that if I do not cover a school often, I am accused of being biased. It would be foolish of me to try and go out of my way to alienate anyone. But there are hard decisions from a business standpoint. I need advertising to survive, so it is important that I get as many page views as possible," Ruden said.

To be featured on *The Ruden Report* page is consid-

## Max's Corner

Column By Max Savitt



After four months of a great and intense college football season, the College Football Playoff (CFP) committee has spoken, and the four teams moving on to play for a national title are Louisiana State University (LSU), Ohio State University, Clemson University, and the University of Oklahoma.

LSU, Ohio State, and Clemson finished with thirteen wins and zero losses, while Oklahoma finished with twelve wins and one loss. LSU, who are led by Heisman Trophy winner, Joe Burrow, will take on Oklahoma, who is led by star quarterback, Jalen Hurts.

This matchup will show case two powerhouse offenses who look to move onto the national title where they will play the winner of the impending Clemson vs Ohio State game.

Clemson, the defending College Football champions,

will look to defend their title this year.

What stands in their way is star Defensive End, Chase Young, along with the rest of Ohio State's successful football team.

The race for the national title is on, and with four fantastic teams, this race will be very entertaining for college football fans around the world.

Moving on from College Football, the sport that has been making major headlines recently is Major League Baseball (MLB).

There have been numerous blockbuster moves that have happened this off-season.

We have found out that Gerrit Cole, the 2019 strikeout leader, has signed a nine-year and 324 million dollar contract with the New York Yankees.

The Yankees, who lost in the American League Championship Series (ALCS) in

2019 due to a lack of starting pitching, have signed the biggest name in this year's free agency.

Another major move is from the Los Angeles Angels, who have signed All-Star third baseman, Anthony Rendon, to a seven-year, 245 million dollar contract.

Rendon, who just won a world series with the Washington Nationals, seems to have left the team and city that watched him become an All-Star and a World Champion for the money.

The next piece of news was that three times World Series champion, Madison Bumgarner, has moved on from the San Francisco Giants and signed with the Arizona Diamondbacks with a five-year, 85 million dollar contract.

The final blockbuster move that has happened so far for the 2019 off-season is a trade between the Cleveland

Indians and the Texas Rangers.

The trade is that two time Cy Young winner, Corey Kluber, will be traded from the Indians to the Rangers in exchange for Outfielder Delino Deshields, And RHP Emmanuel Chase.

With Kluber on the Rangers, he is joining forces with All-Star pitcher, Mike Minor, forming a solid 1-2 punch.

This trade may leave some question marks among the Cleveland Indian fans, but for Texas Ranger fans, they could not be more excited.

Finally, the last sport to look into is the NFL. It is almost that time of year for playoffs.

This year there are a few surprising teams that have been looking to make it into the playoffs, but there is one team in particular who turned it around a complete 180 from last season: the San Francisco 49ers.

Last season, the 49ers

had major problems. When Quarterback Jimmy Garoppolo got injured, the 49ers were a weak football team. Without Garoppolo, the 49ers went 4-12 in the 2018 season.

But this season, with Quarterback Jimmy Garoppolo back under center, and new star Defensive End Nick Bosa leading the defense, the 49ers have shocked the football world.

They have turned their 4-12 team into a 11-3 powerhouse. The 49ers have clinched the postseason, and with Jimmy Garoppolo under center, the 49ers have a serious chance to win the Superbowl.

So the 49ers with star Quarterback, Jimmy Garoppolo, are ready to keep grinding and to keep shocking the football world as NFL playoffs inch closer.



# Carroll's long-awaited comeback



CLOSING IN Lily Carroll racing to the finish.

Photo contributed by @lily\_carroll.

**Veda Bhalla**  
Print Executive Editor

*Lily Carroll ('20) has been skiing since she was a toddler and is now a captain of Westhill's Alpine Ski Team. She has been working hard to juggle senior year, leading the team, and recovering from a torn ACL. The Westword was excited to sit down and interview her.*

**The Westword (TW): How long have you been skiing?**

**Lily Carroll (LC):** I have been skiing since I was three years old, so this upcoming season will be my fourteenth year skiing.

**TW: Last year you tore your ACL, how has that affected your season?**

**LC:** I tore my ACL at the end of February last year, so I was not able to finish the rest of my season, which was devastating. The recovery was projected to last six months, which ended up being eight months for me. Finding out that I had to stop all sports and physical activity, including the fall field hockey season, left me incredibly upset. However, it gave me the motivation to work extremely hard in physical therapy in order to get back to this coming ski season stronger than ever. Everything that has happened to me over these past months will have a great effect for this season. I will be extremely scared to compete again, and I will have to get used to being more careful than I have ever been before.

**TW: How is this season looking so far?**

**LC:** This season will by far be one of the best. I have great captains to work with and an amazing coach who only wants the best for all of us. We have started preseason workouts in which we are doing many specific activities for injury prevention. We will be enforcing a major focus on leg strengthening to help us with balance and speed techniques. We are expected to be a much stronger team this year.

**TW: Are there other sports or activities you do during the off-season?**

**LC:** I have played field hockey since my freshman year, but, unfortunately, I was not able to play this year due to my knee injury. I also have been apart of the track and field team which I hope to participate in again this spring.

**TW: How have you been managing being captain along with senior year?**

**LC:** Senior year has been stressful with the workload and college applications. But being given the position of captain has allowed me to focus on something I am looking forward to. Being captain is enjoyable and a reward for me, not a burden.

**TW: How well do you and your co captains work together?**

**LC:** This year's captains are Marley Schweber ('20), Ryan Cooney ('20), and Reilly D'onofrio ('20). As captains we work really well together and have already made progress with the team. Together I can definitely see us making a major difference this season

with all of our determination and commitment to the sport.

**TW: Is there a famous skier that you look up to?**

**LC:** There are lots of ski racers that I love to follow as they compete, but Lindsey Vonn is definitely one that I look up to. She is a very strong woman and never gave up in racing even when she wrecked her knee, she always came back stronger and more determined.

**TW: Do you intend to continue competitive skiing after you graduate from Westhill?**

**LC:** Definitely. A lot of the colleges I have applied to have ski teams with different levels of competition. I am not sure if I will compete at a very hard level, but I would definitely love to compete again even just for fun.

**TW: Why did you decide to competitively ski?**

**LC:** Skiing has been something I look forward to every year, and coming into high school I wanted to try new things. I have always been a very competitive person and combining competition with skiing sounded like a great idea, and I have loved it ever since I started.

**TW: How does it feel to be the captain?**

**LC:** I have been captain for a little over a month now and it has been great. I love having the chance to step up to a leadership experience and try new things. I also love working alongside the other captains and having a great coach.

## JANUARY SPORTS CALENDAR

### Week 1 (1-7)

**DATE:** 4  
**EVENT:** Indoor Track  
**OPPONENT:** FCIAC Qualifier #1  
**LOCATION:** Staples High School

**DATE:** 4  
**EVENT:** Varsity Girls Ice Hockey  
**OPPONENT:** Ridgefield-Danbury  
**LOCATION:** Winter Garden  
**TIME:** 8:40 p.m.

**DATE:** 7  
**EVENT:** Freshman Boys Basketball  
**OPPONENT:** Bridgeport  
**LOCATION:** Bridgeport Central High School  
**TIME:** 4:00 p.m.

### Week 2 (8-15)

**DATE:** 8  
**EVENT:** Varsity Boys Swimming and Diving  
**OPPONENT:** Wilton  
**LOCATION:** Home  
**TIME:** 3:15 p.m.

**DATE:** 11  
**EVENT:** Indoor Track  
**OPPONENT:** FCIAC Qualifier #2  
**LOCATION:** Staples High School

**DATE:** 15  
**EVENT:** Varsity Boys Ice Hockey  
**OPPONENT:** Ridgefield  
**LOCATION:** Home-Terry Conners  
**TIME:** 7:50 p.m.

### Week 3 (16-23)

**DATE:** 16  
**EVENT:** Varsity Girls Basketball  
**OPPONENT:** Danbury  
**LOCATION:** Home  
**TIME:** 5:30 p.m.

**DATE:** 18  
**EVENT:** Varsity Boys Basketball  
**OPPONENT:** Stamford  
**LOCATION:** Home  
**TIME:** 3:30 p.m.

**DATE:** 23  
**EVENT:** Varsity Gymnastics  
**OPPONENT:** Fairfield Ludlowe/Warde, New Canaan, Stamford  
**LOCATION:** Home  
**TIME:** 5:00 p.m.

### Week 4 (24-31)

**DATE:** 25  
**EVENT:** Varsity Boys Ice Hockey  
**OPPONENT:** Trinity Catholic  
**LOCATION:** Home-Terry Conners  
**TIME:** 2:20 p.m.

**DATE:** 27  
**EVENT:** JV Girls Basketball  
**OPPONENT:** Trumbull  
**LOCATION:** Home  
**TIME:** 4:00 p.m.

**DATE:** 29  
**EVENT:** Varsity Wrestling  
**OPPONENT:** Staples  
**LOCATION:** Home  
**TIME:** 5:00 p.m.

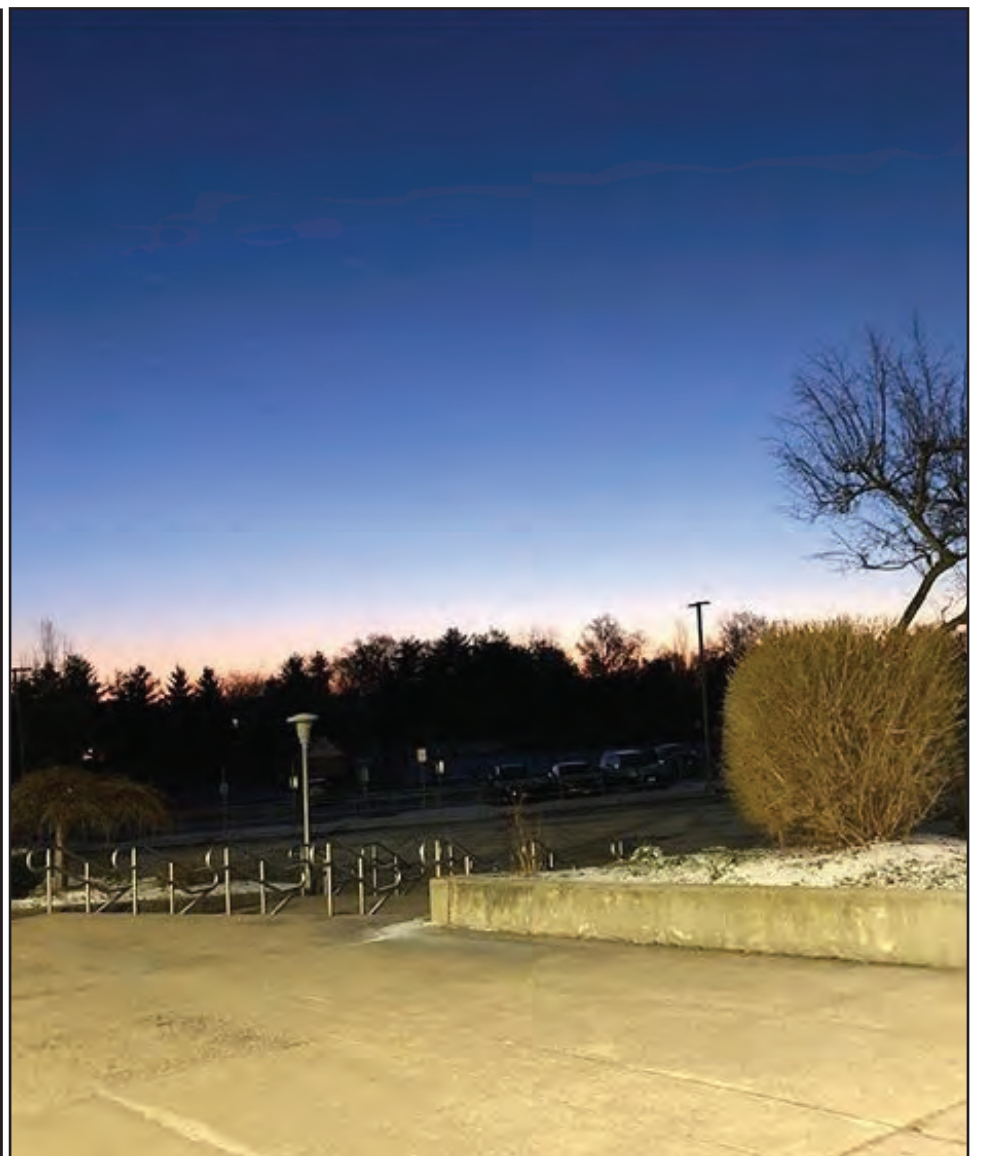




## MATILDA

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