



The Redline



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Killingly High School

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Making a Difference! (See story page 24)



COVER: KHS Grad Bernice Boeteng, right, spent her college break aiding refugees on the Mexican Border. See story on page 24.

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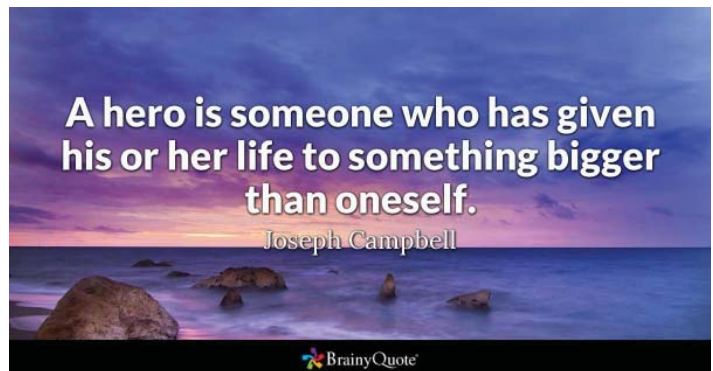
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KHS Cares!



READY TO ROLL! Administrative Assistant Ms. Graveline has her hands full of backpacks loaded with food for needy students to get them through the weekend. (Redline photo by Mackenzie Jackson).

By Mackenzie Jackson

The sad truth is that not everyone in Killingly has the supplies for food.

While Killingly students are at school they have access to breakfast and lunch, but sometimes on the weekends and when they go home they do not have access to the food that they need to live their day to day lives. With the help of Ms. Graveline, Mrs. Lagace, Mrs. Ross, Stop and Shop, United Natural Foods and Dover Bread and other volunteers, students from KHS, KCS, KMS, and Goodyear are being provided food to get them through the weekend.

The whole goal of this program is very simple, to provide students with food.

“We want to make sure that students have food at home when they are not here inschool.” Ms. Graveline says.

The program started last year and has helped out a lot of families.

“Right now we are serving approximately seventy five to eighty bags a week.” adds Gravelilne.

That is seventy five to eighty students who are getting meals for over the weekend when normally they don’t have any food to eat at all. The bags are distributed once a week every week

on Fridays just before the weekend. The bags are packed with food for breakfast lunch and dinner. All of the food in the bags are non-perishables and sometimes they also include bread as well. All of the food is donated by the community. Without the community an the help from others this program would not be able to do what they do.

“The community comes together to support the students,” says Ms. Graveline, “Without the help of our big food contributors like Stop and shop and United Natural Foods there would be no program.”

All of the contributors to the program care a lot about the students at Killingly Public Schools, and they just want the students to feel like they have someone in their corner, “We care about the students and their well being. We want them to feel like they are supported even when they are not here so they don’t have to feel like they have to survive on their own.” The message is being sent to the students, they are very grateful for the food that they receive every week and they show a lot of appreciation for the help.

If you feel like you could benefit from this program, make sure to have your parents call the school and get in contact with Ms. Graveline to see if you can get a bag. We want you to feel safe and to be able to focus on being a kid instead of being hungry on the weekends.

Coloring Up KHS!

By Taylor Charron

At Killingly High School, our extensive art program is deeply prided in meaningful self expression and going to new heights... literally. One of Killingly own art department teachers, Jamie Carver, has taken it upon herself and her amazing students Derek Zani, Madeline Sumner, and Kaileigh Martineau to compose an American Flag mural with the silhouette of a soldier including photos of those specifically from Killingly High who have enlisted, on the wall of the main office entrance.

Beginning on Tuesday the 29th for a few hours every day after school, and being resumed every Tuesday for an estimated two months, this mural is being thrown into full swing. Mrs. Carver views the mural as "very honorable, and attention grabbing," as everyone will be thinking upon entering the building to the beautiful mural itself. The idea of this mural stemmed from an experience Mrs. Lagace, the co-Assistant Principal of Killingly High School, had with a mural with the same exact notion behind it at a different school. Bringing it back to Killingly High, "she really appreciated how it honored the students in the military," said Mrs. Carver.

"The more things that this school puts effort towards personalizing, and displaying those on the wall in here will make it more like a community," Mrs. Carver explained, "and this Veteran mural also throws in the idea of respect along that wall."

There is already one mural at Killingly High School, the Athletic Hall of Fame mural, the idea composed by our previous athletic director Mr. Blaine. This mural was created yet again by Mrs. Carver, and returning artist Derek Zani, graduated senior Sophia Franklin, Allison Keeling, Megan Cassada. There were already students inducted into the Hall of Fame, and Blaine just needed a place to showcase their well-deserved plaques.

In an interview with one of Killingly's exemplar athletes, Matthew Phelan he states, "the Hall of Fame was such a success, many athletes accomplish great feats so it's great we have something to commemorate them." The Athletic Hall of Fame is conveniently placed on the hallway walking to the locker room, where



ART WITH A PURPOSE - Kaileigh Martineau begins the process of creating a mural honoring students who serve in the military.

you can find almost every athlete at the end of the school day. It is indeed a morale booster, giving athletes a visual of what they can personally strive for and potentially accomplish. The same goes for the veteran mural, these visualizations all speak to people differently but all communicate positive messages.

The mural is meant to, "bring attention to the importance of students and teachers serving our country," according to Mrs. Carver.

And that it will.

Hitting a High Note

By Laney Dunn

On January 4 % 5, I went to the UConn Campus to participate in the Eastern Regional Connecticut Choir, which is a choir consisting of the best singers in the eastern section of the state. It's my second year being part of the choir, and there were both great experiences to learn not only about music, but all the other people who live around the state.

There are way more towns than I thought there were around this part of the state, some of them so small that I didn't even know they existed. While Killingly had at least 5 people in each separate choir, some towns only had one or two people. It was an amazing experience to meet people from places around me that I had never heard of. I got a lot of insight as to what the area around us is actually like.

Meeting different people was also a great experience, I made new friends after only two days of practicing and rehearsing for



the big concert. Everyone was so kind and we formed a bond in a very short amount of time.

Working with a new choir was also a very exciting experience. It was a refreshing change from singing with the Killingly choir, and the director of the choir was very talented. The director/conductor is a professor at UConn and really helped us to understand the meaning and dynamics of all of our pieces. They were very passionate about music. Everyone in the choir had a passion for music as well, and we were all very invested in discovering what each piece meant to us.

There was also a very professional setting at Eastern Region, everyone had a sense of purpose and importance. It was an experience that I will never forget, and I hope to gain more musical knowledge from it every year. I can't wait to audition once again next school year.



KILLINGLY HIGH'S ATHLETIC HALL OF FAME is enhanced by student art work, creating a mural around the plaques.

You Go, Girl!

By Abigail Driscoll

A couple days ago my mother looked at me, dealing with the weight of the world on her shoulders. "Don't ever let anyone tell you that women are not the stronger sex."

My mother has always been an extremely positive role model in my life. She always has proved to me time and time again that, even if sometimes you think we can't, women can do absolutely anything. I'm not writing this to say that one sex is greater than the other, but especially growing up in a male dominant household, I've always been disheartened that I wasn't one of the boys.

In media especially, it's always the same trope until recently. Women used to only be there to sit and look pretty. My mom and many other women in my life have showed to me that's not our only purpose.

I honestly think that seeing as how far we've gotten to prove that one sex is not greater than the other, we still have ways to go, but I believe now more than ever young girls truly do believe they can be anything they want to be. With children's movies like Moana, public influences like Malala Yousafsai, and more and

more women running for president each year, I think this isn't too bad of a time for young girls.



I've been lucky enough to know female nurses, politicians, writers, artists, and more. It's comforting to know that the young girls I know are growing up around positive influences. Smart, generous, kind women who show them that they can be anything.

When my mother said that statement to me, it made me realize just how far we've come. I understand that there's still a long way to go until everything's perfect, and it most likely won't ever be. I just believe it's important to acknowledge the fact that a positive role model in a young girls life can change how they see the world.

I think nowadays it's so easy to push how important female empowerment is when you're older and not so easily influenced by those around you, but we still need to understand that what we do and say affects the younger generation around us. I know it's obvious, but especially living in today's world, we need to be better influences more than ever.

The Day the Music Died...

By: Brandon Rosati

On February 3, 1959 Buddy Holly, the Big Bopper, and Ritchie Valen, died in a plane crash shortly after takeoff from Clear Lake, Iowa, because of snowy weather and loss of control.

Holly hired the plane because heating problems developed on his tour bus. All three were traveling to Fargo, North Dakota, for the next show on their Winter Dance Party Tour Holly planned to make money after the break-up of his band, The Crickets, in the year before. The Winter Dance Party Tour was planned to cover 24 cities in just three weeks and Holly would be the biggest headliner.

This was a dramatic event at the current time period and even a few years after, 1971 a singer-songwriter by the name of Don McLean made a song about the Day Music Died, "American Pie". The event has since been mentioned in various songs and films. A number of monuments have been made at the crash site and in Clear Lake, and an annual memorial concert is also held at the Surf Ballroom, the venue that hosted the artists' last performance in the Winter Dance Tour.

Since our modern age of music now has more genres, not as many people enjoy rock anymore especially old rock so Buddy Holly and the Day Music Died has been forgotten by the majority of the younger generations.

In KHS 51 students were asked if they knew anything about the Day Music Died, 50 of them had no clue or thought it was a matter based off of opinion, only one student knew about the event and said "It was tragic what happened, but at this generation not too many people still care, however I do like there music and I'm sure they inspired many people" (Eric Hart).

Eric is absolutely right very little of our generation knows



THE BIG THREE: From left, Buddy Holly, Ritchie Vallens, The Big Bopper.

about this event and we should make an effort to remind everyone that it happened.

Charles Hardin Holley (September 7, 1936 – February 3, 1959), also known as Buddy Holly, was a musician, singer-songwriter and record producer who was a role model of mid-1950s rock and roll. He was born in Lubbock, Texas, to a musical family at the time of the Great Depression, and learned to play guitar and sing with his siblings. His style was influenced by gospel music, country music, and rhythm and blues acts, and he performed in Lubbock with his friends from high school until his musical career took off.

Jiles Perry "J. P." Richardson Jr. (October 24, 1930 – February 3, 1959), known as The Big Bopper, was a musician, singer and songwriter whose rockabilly look, style, voice, and spirited personality made him an early rock and roll star. He is best known for his 1958 recording of "Chantilly Lace".

Richard Steven Valenzuela (May 13, 1941 – February 3, 1959), known as Ritchie Valens, was a singer, songwriter, and guitarist. A rock and roll pioneer and a forefather of the Chicano rock movement, Valens' recording career lasted eight months, before his life tragically ended in the crash.

My Winter League Volleyball

By Grace Gilman

Stepping into the building for the first time to meet my new team me an array of feelings; I was nervous, scared, excited, and to be completely honest, kinda confused. It was a whole group of people I never knew and I would have to play volleyball with them for months. My last experience doing a winter league wasn't as successful because I had a hard time making friends and I wasn't good at volleyball at all. This time though, I had a plan; I would try my hardest to be everyone's best friend, I would take all of the jobs, complement everyone, and do everything I possibly could to be their friends.

Yet the second I got in there my mood completely changed, everyone came up to ME. Everyone wanted to talk to me and ask how I am and even complimented my playing, It was so different from what I expected. Them being nice to me, made me excited to be there. We all started getting to know each other and I really clicked with this girl named



Eda, she was super tall and she was really funny, she went out of her way to talk to me and learn my name, which I really appreciated. I found out later that her dad was my couch, which I also found out he played a defending position for the 49ers. So that was pretty cool. Every girl made sure they were kind to me, made me laugh, and compliment my playing. It was the exact opposite of my image of what was going to happen, but I wouldn't have wanted it to be any other way.

So far into the season we've all become extremely close and were only getting closer. I honestly didn't imagine that we would all be close like this and we all work so well as a team, I can already picture myself missing them in the future which makes me sad, but also happy and grateful because it was so different from my last winter league team. I just hope we stay as close and friendly as we are now, because that, would be a dream come true.

Hail to the Chiefs!

By Matt Phelan

The President of the United States, as we all know is truly the leader of the free world. They are the men responsible for keeping our country safe and under control. Oddly enough, however, throughout the history of our great country, these men have all been criticized (some more than others) by the citizens of their own country for virtually every decision they make.

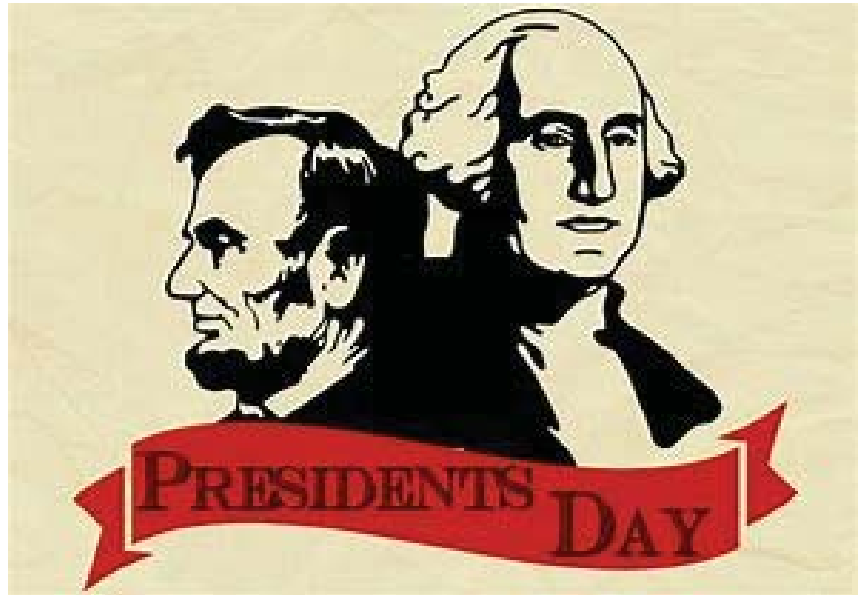
Because of this, it's only appropriate that these men should be celebrated for their accomplishments, not their downfalls.

"We've has some great presidents in the past that really haven't gotten any publicity for the good that they did for our country" said Senior Quinn Gervasio "It's a good thing that they have at least one day for all of it to be remembered".

Presidents' Day was first coined as "Washington's Birthday" to celebrate George Washington's day of birth. After many years, however, it was decided that it was best to have a day to commemorate all of those who have served as our nation's commander-in-chief. It is a federal holiday and is celebrated between February 15th and February 21st. This year, it will be observed on February 18th.

"I definitely think that having it (Presidents Day) as a federal holiday is definitely appropriate" said Senior AJ Roberge "It's a good day to look back and see how these people have impacted, not just my life, but the life of many people throughout the United States."

The push for Washington Day to become Presidents' Day began in 1951, when the "President's Day National Committee"



was formed by Harold Fischer. Over the next few decades, the small group began their push to have an all-inclusive holiday for all former Presidents, as well as the current. Originally, March 4th was noted as Presidents' Day. However, it was not a widely celebrated holiday, until advertisers began to bring the holiday public, creating a whole new market, as well as a new celebration.

"I think they did the right thing changing the name" said Senior Tyler Cournoyer "It doesn't just limit it down to one person, which in my opinion is great."

While it does not have the same mainstream appeal that other American holidays have (i.e. Fourth of July and Thanksgiving), the necessity to have observe this day is on par with that of these holidays. This Presidents' Day, we here at the Redline say "Hail to Chiefs"

The Bus Ride...

By Bella Nayman

7:30 in the morning, the little blue bus had left school started the two hour drive to a forestry contest. We were all tired, half-heartedly cramming knowledge before arriving. I pushed Cody into studying tree identification, because he was really bad at it. Halfway there, our advisor, Mrs. Cardinal exclaimed and pulled the bus over.

Everyone was leaning out of our seats trying to figure out what was going on. She left the bus, and came back carrying a big blue tarp. We got excited, and Tre speculated that it could have been from a dead body. We waved her off, and put it in the back of the bus. We had no idea what the contest was like, and I honestly do not remember it all. I only remember being really confused, and really cold.

At the end of the contest, everyone was shivering in their coats, and the advisors of the contest forced us to take a group photo before we received results. The Killingly team was not that hopeful, it was a difficult contest, but we ended up getting third place! After everyone got their results, each team ran to their buses. Once in the warm bus, our energy kicked in. We discussed the contest, made jokes, and poked

fun at each other's weaknesses. Mrs. Cardinal was kind enough to take us out for pizza.



As we were walking in, we joked about how terrible her parking of the bus was. She threatened to leave us there. Once inside, us four participants in the contest sat together at a table, and talked. Right in front of the restaurant was a small car accident. We discussed how it could have happened, all of our ideas completely unrealistic.

On our way out, Cody made a comment about Mrs. Cardinal being pregnant (again), and she faked a very angry reaction, and locked us all out of the bus. After promises to leave Cody behind, she let us in.

On our way home, we took the tarp and held it up with our Biltmore sticks. The two boys played old music, and we found out that none of us were really good singers. As the drive ended, we realised how tired we all were. Tres-Belle fell asleep in the middle of drawing, Joe stared out the window, and Cody was on his phone.

I was writing everything down.

Music in Our Schools...

By Laney Dunn

Music is often a form of expression and happiness for people, and many high school students see music as their passion, much like the music kids at Killingly. March is what's known as the "Music in Our Schools Month" and it has proved to be a very important time for Killingly's music program.

"Music in our School Month (MIOSM) is a nation-wide celebration that is coordinated by the National Association for Music Education (NAFME). The purpose of MIOSM is to raise awareness of the importance of music education for all children – and to remind citizens that school is where all children should have access to music." Says Mr. Carnaroli

In order to celebrate MIOSM the killingly music program is putting on a concert with many different styles of music and both vocal and instrumental highlights. The concert will be held on March 21st at 7:00 PM, and it is a concert meant to celebrate music of all types and genres, as well as the music program as a whole.

In Mr. Ethier's words: "Music is such a valuable and powerful means of expression in our world. I think it certainly deserves a "month of celebration". Music gives an outlet to performers for expression, creativity, and collaboration. It gives the listener an op-



MUSIC IN OUR SCHOOLS MONTH - Members of the KHS Chamber Choir were definitely into enjoying the sounds of music recently. Above, from left, Nazmia Dionis, Brianna Fontaine, Jacob Brower, Ezra George, Devin Nichols, and Zachary Calhoun.

portunity to experience communication at a different and deeper level affecting emotion, mood, and inner meaning. When music is performed and experienced, it provides each individual with a personal experience which can be interpreted in each person's own unique way. That exemplifies the power of music."

Mr. Ethier is head of the band section of the music department, with Mr. Carnaroli leading the choirs. Both of these teachers put a lot of work into what they do, along with their students. It is important to celebrate music in our schools, and pay tribute to all

Kill that Spider!

By Olivia Allen

The sun descends behind the horizon and you have just been given the task of picking up your sister from dance class. You step out onto your front steps and the darkness surrounds you.

Making a quick dash to your car, you hop in and lock the doors. You sigh in relief but when you go to reach for the gear shift, you see a huge, hideous spider staring back at you. You scream, run into the house, and your mom ends up having to go get your sister.

Life can be terrifying, whether it be the snakes slithering around or the idea of never waking up after you have gone to bed. Not everybody, however, fears the same thing.

I have been struggling with the obsessive fear of germs for quite a few years, now. And -- contrary to what I had predicted -- it only seems to get worse as the years go on. I have been told that my fear of germs is "irrational" because I should not be afraid of something that I cannot see, and I could not disagree more.

Nobody has the right to claim your fear is irrational. I personally have zero issues with heights. I



could look out upon Paris from the tip-top of the Eiffel Tower and I would be completely composed. But I would never belittle someone due to their own personal fears, because, no matter how in depth they may go about why they are terrified of heights, I would never understand it thoroughly. This makes it nearly impossible for me to empathize with them, thus leaving me to wonder how someone may feel when put hundreds of feet into the air.

Fears are natural, and you should never be embarrassed about the things you may have nightmares about. The idea of getting sick sits in the back of my mind nearly all day, every day. I have picked up the habit of washing my hands after touching nearly anything, especially in public. I carry hand sanitizer in my purse at all times, and I utilize it constantly. Many people I surround myself with think that my fear of germs is comical, and it often gets turned into a joke.

However, I have had friends get angry with me for my germaphobic habits, which does nothing except make me upset.

Respecting friends' and families' fears is crucial to keeping healthy relationships. Never belittle someone for their fears or worries, especially if you cannot fully understand what they are feeling.

KHS Chamber Choir Hitting a High Note!



By Abigail Driscoll

This month, Killingly High's very own Chamber Choir was caught in the spotlight for Featured Student Artist of the month from CAS and Fox 61. The Chamber Choir consists of talented singers who audition for the group and sing at events, school concerts, and even carol around schools in the winter season.

The CAS (Connecticut Association of Schools) and Fox 61 partner up monthly to spotlight artistic students around the state. They strive to promote achievements in students in schools across the state.

The Chamber Choir is conducted by Mr. Carnaroli, who also conducts concert choir, and teaches multiple music related classes.

Mr. Carnaroli spoke about how great of an honor it was. "I've nev-

er received an honor like this before. Chamber Choir is made up of a real special group of students who give it their all every week in rehearsal. Not only are they a talented bunch but they have the drive to learn and perform to back it up."

Mr. Carnaroli also completely agrees with the importance of a spotlight like this. "I think it's really important to highlight and celebrate all types of student achievements in our schools." He continued, "Achieving in music is unique because it requires excellent teamwork, self discipline, and a mature sense of artistry."

Chamber Choir is an amazing group of students who completely deserved this spotlight. Congratulations Chamber Choir!

A Good Friend

By: Brandon Rosati

When I was a freshman in high school I remember my first day and now I'm a senior soon to be graduating, it really did go by fast.

I plan on being a Marine straight out of high school and see where that takes me. However on my way to my senior year I encountered a teacher that really pulled me through my Sophomore year, Mr. Schillo was my long term sub for English halfway through the year. He was a plump man who would always be smiling and laughing, when I first met him I didn't think much of him until I started getting to know him more.

We created our own inside jokes in class and after school I would sometimes play Mr. Schillo in a few games of Yu-Gi-Oh.

Now during this time where Mr. Schillo and I got really close as a student to teacher bond, I started to realize that I've been



happier than I usually was.

Towards the beginning of my sophomore year I was very sad the majority of the time, I would just struggle with being happy and finding motivation. When Mr. Schillo came along into my life I started to smile more and laugh more. I was happier ever since Schillo and I started talking more in class he just gave the room a nice relaxed feel and I must say Mr. Schillo is probably the person in this world who has taught me the most so far in my life.

I learned from him how to get out of my comfort zone a bit more, he taught me to play Yu-Gi-Oh in a different way that I never thought of, and he taught me how to always smile if I'm down because before he left for Texas I got reminded of all of our inside jokes we had together and funny things said in class.

Now whenever I'm feeling down I am always reminded of my time spent with Mr. Schillo and it always puts me in a better mood.

A Day for Aliens!

By Skyler Allen

Don't be alarmed, the aliens aren't here. Well, not yet... that we know of. Maybe they're chilling over at Area 51 or just, y'know', among us. Anyway, if you didn't know, which you most likely didn't, there are multiple extraterrestrial related "holidays" each year. One, that is only officially acknowledged in New Mexico, is Extraterrestrial Culture day which is observed on February 12th each year. This holiday was founded in 2003 by Daniel Foy's proposal that aliens have contributed to the recognition of New Mexico and that people should "celebrate and honor all past, present and future alien visitors".

Aliens did, in fact, put New Mexico on the map. Before 1947, New Mexico was just... well, New Mexico. However, on July 8, 1947 an object crashed near someone's home in Roswell, New Mexico.

Along with the accident came the odd debris, such as a flying disc and a foil type item that you could unfold and it will subsequently resume its shape. This isn't the only alien related day of the year. We also have National Alien Abduction Day on March 20th and National Alien Day on April 26th. These are days with a small amount of abnormal celebrations.

Although aliens and their existence is immensely controversial, at KHS it seems that plenty of people believe in aliens and life outside of this world. In fact, the overall belief is that even if they weren't green or blue creatures with bug-like heads, there must still be something out there.

Olivia Logee, a sophomore, said she believes in aliens, "not 100%, but there is definitely a possibility that they're real. You never know."

Many people said something similar.



Senior Charlie Hart said, "There has to be something out there. There are so many planets that haven't been explored."

This is a very popular belief. Our knowledge is so, so limited and to say there is no other life is just a preconceived notion.

"It would be selfish to say that we are the only life forms to exist on any planet on any galaxy," said Timothy Bollinger, sophomore.

Our universe is so small, but the amount of people celebrating these zany, out-of-this-world holiday's is smaller. Come on guys! Aliens!

"Daddy's Car"

By: Tate Credit

She sat in my garage wearing a grey primer coat and rusted silver. Her interior was inhabited by the rodents and cats of the neighborhood who found solace on her cherry red leather seats and torn-up fabric from the roof. Spiderwebs decorated her dusty windshield along with paw prints, mostly from my own outdoor cat named Tiger. She sat, she rotted, and she rusted for twenty-four years occupying a space in my garage.

My dad loved his 1965 Ford Mustang in her earlier days, but once he had passed her rebuilding progress skid to a halt. My older sibling decided that he would fix her up until other issues got in the way of him doing so. The obligation to restore her was not forced or passed down to me. I just couldn't stand to see her decompose any longer. It felt like the last I had of my dad. I became infatuated with classic cars, especially old Mustangs, and went to classic car shows every chance I had.

As I grew older, I began to second guess if that's what I wanted to do. To be honest, she seemed like a lost cause. Every-



thing but her body was ruined and it would have cost a lot to do it

all. Cars get old, and no matter how much you repair them the original will die, whether it be due to her being too outdated or no one knowing how to fix her anymore. I lost interest in being her savior despite the guilt gnawing at me. I loved her, and I loved my dad, but I wasn't ready for that kind of work.

Eventually, my mom sold her. We couldn't afford to pay the plumber one day, and so we gave him the car and a couple hundred dollars. The weight of an invisible obligation which I felt the need to have was lifted from my shoulders and placed onto someone else, someone who was more passionate than me. Rather than have her decay in my garage, she would be someone else's dream car. Having her repurposed was a complete relief to me as my father's

son.

Perhaps one day I will see her final form; I have learned to not force myself to react how I believe others want me to. Grief, among other emotions, is individual, as we all are.

Candy is Dandy!

By Taylor Charron

February 14th, a day where love and romanticism is celebrated, and expressed among couples, friends, and even family members. People express these feelings through cards, jewelry, a nice night out, a decadent box of chocolates, and even bouquets of flowers. Although Valentine's Day gifts are easy to come by throughout the month of February, many wonder what in particular they should purchase for that special someone.

In the search for the most wanted Valentine's Day gift, I asked 50 students in Killingly High School to tell me what they would prefer out of the five options listed above. It was concluded that candy, out of everything else, is the ideal Valentine's Day gift. Ryan Axtell, a senior at Killingly High School, described the reason why perfectly.

"We're in high school," says Axtell. "None of us are planning on buying a diamond ring or one of those flower teddy bears, we simply don't have enough money for that. Candy is the most logical, and affordable option."

Being a highschool student the budget-ridden pressure that comes along with Valentine's Day is all too relatable. Thoughts running through your head as to whether or not a certain gift is too simple, too complicated, or checking the balance in your bank account and noticing that you only have enough for a miniature box of chocolates. But, does this really matter?

In conversing with others, I got the very same answer. A lot of Valentine's Day aspects are now materialized, many just longing for a "valentine" to be able to say they have one. The small gestures from loved ones, like a small candy heart with the words "be mine" on it, should be enough. Since Valentine's Day originated as a ritualistic day of expressing admiration and love for a specific individual in private, the day is intended to imitate just that. Rather than handing out Spongebob greeting cards to the 21 fellow students in your class, Valentine's Day is more of an individual holiday between two people, not a community.



Commercialism of this lover's holiday doesn't subtract from the overall meaning of it, though. Couples nationwide set aside this special day to remind their loved one's of their importance, and the space reserved in their hearts, with the most desired, and not to mention affordable gift on Valentine's Day, candy

Moving On....

By Victoria Greb

In the July after I graduate, I want to move to Oregon and live with my aunt.

When I went there over the summer of 2018, I fell in love with the beautiful state and the laid back mind set everybody seemed to have. I really thought about this decision before I spoke to my mom about it. When I finally built up the courage to tell the woman who sheltered me for 17 years that I want to move 3,000 miles away and begin a whole new life, she was one hundred percent supportive.

When I was there, my aunt begged me to move in with her every day and asked my mom if I could go to school there for my senior year. My mom thought it would be best if I finished my schooling in the same school system I have been in for the past 12 years. I knew she probably would've missed me too much.



I know that when I am across the country and in a completely different time zone, I'm going to want to come home and be with my siblings and my nephews and I'm going to miss seeing everybody for our family dinners every week. But I also know that if keep living without taking chances or making changes I will be stuck in Connecticut and never branch out. I love my family more than anything but they are the only thing holding me back here.

When I go there, I plan on getting a job, obviously. There were so many job openings and their minimum wage is \$10.75 compared to Connecticut's \$10.10, which isn't a big difference but it adds up. I want to go to Portland Community College and get my nursing degree and hopefully never have to come back to this state for any other reason than visiting my family. I know it would be hard but I finally want to take my life into my own hands and make myself happy and I know I will not achieve that in this state.

Happy St. Paddy's Day!

By Tate Credit

In the midst of the end of winter and the beginning of spring, St. Patrick's Day comes around to make our lives a little more green.

However, it did not start as a commercial holiday where non-Irish people proclaim their false Irish heritage. St. Patrick's Day was originally a religious holiday commemorating the death of St. Patrick, the patron saint of Ireland, who died March 17, 461 AD. The more festive celebrations began centuries later in the United States, oddly enough. The first parade was in 1762, coordinated by Irish soldiers serving in the English military who marched through what is now New York City. Annual parades became a show of Irish pride instead of religious intent, especially when they faced prejudice as Irish-Americans.

In 1948, President Harry S. Truman attended the NYC parade to show solidarity. Today, traditions include turning the



Chicago River green by using vegetable dyes and more parades across the world.

St. Patrick's Day has become a much more lighthearted holiday considering its story of origin. People in our own town celebrate it in many different ways.

"In my family we just make corn beef hash and cabbage for St. Patrick's Day," says Brianna Fontaine, a senior.

Most people's traditions are not too extravagant.

"I eat a green bagel, and my family usually dines out," says Quinn Ellis, a freshman.



R-E-S-P-E-C-T

By Skyler Allen

Respecting other people's views, thoughts and opinions has been becoming progressively more uncommon in today's society. Often times when people share their view, people snap back super fast saying that they're wrong. An opinion or thought cannot be wrong unless the person is ignorant and uninformed, and it's just too far off. However, they still won't be totally wrong; there are always two sides to everything. A common form of opinion-based disputes are political disagreements, preferably between Democrats and Republicans.

Political arguments are mainly between who thinks their party is the better, more rational party. That, in my opinion is super childish. Yes, you are affiliated with (insert party here), but that doesn't mean either of us is right. That just means we have different beliefs and there is no reason to argue; no belief is right or wrong (unless it involves criminal activity or murder... then there's a bit of an issue).

Another conversational issue that I feel is universal and also political is "white supremacy". White Supremacists are a group of people that are under the impression that because they're



white, they are the superior race, the "supreme" race. Those people are entitled to their own opinion, however backwards that may be. I am not intending to generalize anyone's beliefs or criticize anyone's beliefs, but based on the people I've encountered who believe they are a "white supremacist," it seems that they are not completely open to accepting others views without saying that it is "fact" that the white/Caucasian race is superior. It is not factual, which leads me to my next point, if you want to share your opinion do not state it as fact when it is not.

When you state your opinion in a factual manner, more often than not you will either be reprimanded or criticized. Although, I have encountered multiple people who state opinions as fact and speak as if it is fact throughout the conversation, even if someone has pointed it out. That makes you seem pretentious!

Why can't we all share our opinions and respect others? When you shut someone's thoughts and beliefs down they'll be too nervous to share them again. When someone is repeatedly turned down, it gets in their head that their thoughts and feelings are invalid.

We should start respecting other's views.

Girl Scout Week is Here!

By: Tate Credit

Most people know about girl scouts through their cookie selling while they do so much more. Starting at a young age, Girl Scout troops allow girls to socialize and find new interests outside of the school. It is a fun learning experience for any young girl.

Girl Scouts first began with a lady named Juliette Gordon Low who wished for a place that would prepare girls for the real world with courage, confidence, and character. The movement was sparked during the Progressive Era in 1912 which consisted of social change. The girl scouts were able to do activities usually reserved for boys such as playing basketball, hiking, swimming, and camping.

From this small group of young ladies, there are now 2.6 million girl scouts in 92 countries.

March 10 begins National Girl Scout Week.

We have girl scouts here at our school. One of them is Julianna Morissette, a freshman, who is in Troop 65240 located in Danielson. She started at age five without exactly knowing what it was all about, but learned it was a great place for her as she grew up. It turned out to and continues to be a very beneficial experience for her.

Another scout at our school is Lola Ward, a freshman, who is also in Troop 65240. She joined to make new friends but remained because she loves to help the community with girls who feel the same way.

"My favorite thing to do as a scout is help with the younger troops. I love to help them with experiences I had when I was their age, and see all the smiles on their faces," says Julianna.

"I really love doing community service around town, for example once I helped clean out the garden at the Killingly Public Library," says Lola.



While being a girl scout is a lot of fun, it also teaches many life lessons for girls growing up. Besides adventurous trips, skills are taught through teamwork and leadership.

"Many activities we have also help us with being about to have jobs when we are older.

We have to sell cookies and candies yearly. We also learn to make friends which is such a valuable skill in life," says Julianna.

Being a part of a Girl Scout troop has proven to be a beneficial move in girls' lives.

"I think people should be a Girl Scout to put themselves out there. I've created so many bonds within my troop and have helped so many people. Working in the community is really fun and heartwarming once you see how much you have helped," says Lola.

The Road to Recovery

By Jacob Gould

Currently I am in physical therapy for an ankle injury. I've had this injury since early on in the soccer season. Since this it has been getting much worse. I have been doing physical therapy to make sure I take care of it and am 100% percent for next season.

Next year I will have to play a huge role in the team's offense so I have to make sure I'm all set. I never really hurt my ankle so that is the problem I'm having with it. The pain just started the day of our third game I believe which was against Lyman. That game was in September so this injury is something that I've been dealing with for awhile. So far in physical therapy nothing has really changed and I still have the same pain but I'm going to keep going till it's completely better.

Soccer doesn't start until the beginning on the next school year so I have awhile but I want it to get better as soon as possible



so I can practice on improving my game this summer and offseason.

My physical therapist suggested that I might need to get an MRI to see if they can see anything wrong with it since I didn't hurt it the pain just started. She thinks that I might have injured multiple muscles in my foot, ankle, and possibly up my leg.

As of now I can walk fine but things like running or anything I need to put a lot of effort into causes pain to my ankle. I have been doing a lot of exercises that are suppose to strengthen the ankle but, like I've said, none of them have really been helping so I will probably have to get that MRI soon the doctor can see what's going on with. Once they know what it is we might be able to take a different approach with it so I can do something that will actually help it get better.

Next season is coming up and I'll make I'm all set and ready to go.

National Agriculture Day!

By Bella Nayman

National Agriculture Day is celebrated on March 20th. I, enrolled in an agriculture program, was not even aware of this celebratory day. Still people do not know how important agriculture really is. It is so prominent that most Americans only have to look back two or three generations to find an ancestor that lived and/or worked on a farm.

Before monocropping and the factory-like farms that we have today, every family had a farm to support themselves. They grew the crops they needed to eat, and the crops they needed to trade and sell. They raised animals like chickens and cows to give them eggs and dairy products.

As cities were built, less and less people had their own farms. They bought and traded to get their foods. And people still moved off their farms, searching for homes in the suburbs or cities.

They relied on food they bought from markets and grocery stores, not bothering to find out where their food came from. The sentiment is still the same today. People go to the market and buy their food, and don't think about where it came from. Farms are still around, still producing all the food.

But agriculture is more than just farms filled with cows and sheep and chickens. It's caring for animals (fish included), tending crops and plants, fixing farm equipment, maintaining for-



ests, checking water quality, taking measures to help the planet, and more. Agriculture is everything. Without it, we would have no food, the planet would be in ruins, and we may not have any oxygen.

Bethany Knowlton, the Plant Science teacher at Killingly High School, suggested people go to their local farm and purchase product to support them. She also suggested they thank local producers that provide for the area.

Erin DeRouin had a less practical way to celebrate. She wanted to fill a cafeteria-sized room with kids (baby goats) and every bask in the adorableness and amazingness of kids.

On March 20th, find a way to celebrate agriculture. Support small scale agriculture by buying locally. Plan a garden. Clean up the planet. Celebrate your ROOTS in Ag!

More Than Just Football

By: Samantha Murd

The Super Bowl is quickly approaching for all the football fans out there. Millions of Americans all across the country are getting ready to throw huge parties repping their team. This means tons of snacks, team spirit, and of course watching the big game. The Superbowl will be played on Sunday, February 3 starting around 6:30 pm.

Although the Super Bowl is the first huge sports competition of this year, this year holds many others. Some people like myself are not the biggest football fans, but don't worry there is plenty of other things to get excited about. For all the basketball fans, the NBA playoffs will begin on April 13 with the finals concluding in June. The 2019 All-Star game will be played February 17 at the Spectrum Center in Charlotte, North Carolina. Basketball is the 3rd most popular sport in the U.S. with American football ranked at 1st and baseball at 2nd. Speaking of baseball, the World Series is set to start on October 22 while a potential Game 7 will be played on October 30th if necessary. The World Series is pretty far away but keep in mind



the official MLB season is going to start on March 20 and is scheduled to end on September 29.

Many other sports will be having finals as well this year. These sports are more popular in European countries such as hockey and soccer. The hockey season began last year on October 3 and is scheduled to end on April 6 of this year with the Stanley Cup following a few days after. When it comes to soccer we had the 21st Men's FIFA World Cup last year, which was held in Russia. This means the next World Cup will be held in 2022. Although the Women's FIFA World Cup will be held this year starting on Friday, June 7 ending on Sunday, July 7.

With the new year, it brings many huge celebrations and competitions for all the big sports fans in America. The Super Bowl is by far, the biggest one in America because of how popular football is. Although the World Cup is one of the biggest celebrations in the world. Overall, even if you're not very fond of sports, the big parties are always really fun, especially when you're with your friends and family.



LEARNING BY DOING! Students, from left, Griffin Bellavance, Caitlin Peckham, and Caleb Johnson work on a DNA project in a Bio-Tech Ag Class. (See story on prior page.)

Nothing More Than Feelings...

By: Grace Nichols

Emotions are a disgusting thing.

The pure defeat you feel when the person you are infatuated with is enduring and involuntary affliction with their internal self and they are hurting but you can't fix it. I am so tired. The strain that my body endures throughout the day is substantial and then I leave and go to the emotional wreck that is my house. Screaming and yelling echoes through the walls, but I hide in my room and let everyone ridicule each other until doors slam and everything goes silent except for my delicate sobs that one would only hear if they were within a two foot radius.

Happiness. I wonder what it feels like to know everything that is so terribly wrong in the world and just not care. Blind optimism. That is not a feeling however it disgusts me in irregular proportions. How can you be so hopeful when everything around you is pulling you down. The air is heavy on my body making me feel condensed like everything is



pushing down on me from every single angle except for up. The air is hot I feel like I can't breathe because it feels like it is trying to catch the inside of me of fire. Everyone is so sensitive now. I can rarely say one sentence without being ridiculed for how I feel. How's that fair?

Why do we even obtain real feelings? Trying to keep our hearts from getting broken is lonely, especially when it has just been you on your own for a while. How do people find real love? I think that hate is a burden, yet however strong that hate may be, it will never outweigh the heaviness of a broken heart. You have showed me how worthless I am in others minds.

Thoughts swallow me whole and I'm lost in saying this. Liberosis. The desire to care less about things. I wish that I didn't care about anything. Being care free would be crazy. Ambition drives me, but could you imagine a world where everyone was relaxed instead of trying to hard to be someone they aren't for someone else.

March = Women

By Olivia Allen

The month of March is important to many women in the United States. This month is recognized as Women's History Month. This was determined in 1987, after the National Women's History Project petitioned Congress.

Women's History Month celebrates many women who accomplished important things, thus creating milestones for the women of the United States. Some honorable mentions would include Helen Keller, who -- despite her uncanny disabilities -- overcame them and continued to thrive. Susan B. Anthony, who worked for women's rights to vote. Amelia Earhart, who was the first female to fly across the Atlantic Ocean solo. Rosa Parks, who fought against racial segregation in 1955 by refusing to give up her seat for a white man. There are hundreds of important women in US history, today, and the list continues to grow.

Women outnumber the amount of men in the world, at the moment. Their accomplishments are very important. "Rosa Parks is by far my female idol. She stood up for herself and in doing that, she changed history forever." says senior, Jasmine Wilson.

"My favorite woman in history would have to be Helen Keller. Helen Keller is an inspiring woman who has overcome so much in her life. Her strength inspires people to know that no matter what, they can achieve their dreams." Says senior, Samantha Alexander.

Women play an important role in the way this country is shaped, today. "Harriet Tubman is cool because she helped loads of slaves escape," says sophomore Hannah DeAngelis.

Women hold importance in many other countries as well, however. "Queen Victoria is my idol because she became queen when she was only 18 and she redefined monarchy in England.

She also donated to more than 150 institutions and charities. Plus, her name is pretty sick," says senior Victoria Greb.

The month of March is to honor the amazing women who have shaped the world into what it is today, and to recognize those who reached milestones for everyone.



Gone, Baby, Gone!

By Taylor Charron

As a teenager, instead of opening a good book or studying before bed naturally my nose is buried in Twitter and Donald Trump's latest, ignorant tweet. That is one thing I am terribly ashamed of, and I am sure many are guilty of doing the exact same.

Recently, about two weeks ago, I challenged myself to take a much needed break from one of the many social media platforms that have emerged in the last decade. Here's my story.

The first day of the deactivation of my Instagram account hit me like a bus. I was no longer a part of the conversations like, "Did you see what he posted?" or "Oh my gosh that picture you sent to the group chat last night was HILARIOUS!" I felt left out, and so stupid for deleting my Instagram. Later that day, I arrived home and opened my phone, downloaded the app but oddly enough, I couldn't bring myself to simply log back in.



Then, a week goes by, and my ears start listening to more intelligent conversations, blocking out every sign of a shallow exchange with one of my friends. Although, I got more questions of whether or not I was mentally stable because of the, apparently, big deal of deleting my Instagram. I had to keep my mind on the fact that it had been months since I had done my laundry, cleaned my room and got a good workout in without the distraction of likes and comments on my most recent post. Or Instagram kindly notifying me when someone who I don't even know personally, has started a live video.

It has been nearly a month and I can honestly say, there is not a bone in my body that longs to scroll through that bowl of toxic energy ever again. I have accomplished more in this month and have been so insanely focused on my goals and my mental health, I honestly do not intend on re-downloading, logging in, or even taking a simple glance at Instagram ever again.

And I am so happy about it.

Most Important Women In History!

From pioneers in various fields, to civil rights activists and even martyrs, these 10 women have indisputably changed the course of history. Admiration, sorrow, empathy, humbleness and all-around inspiration are just a few of the feelings you will experience while learning more about some of the most influential women in history.

These heroines will never truly die; their legacy continues to shine bright in our souls to this very day.

SAPPHO (C 570 BC)

A top reference for Ancient Greek poetry, Sappho is widely appreciated as „One of the first published female writers” in history. Born on the Island of Lesbos (origin of the term „lesbian”) sometime around 630-612 BC, the pioneering female poet was admired by Plato, Horace and Catullus throughout her life, even having a beautiful epigram attributed by Plato in the Anthologia Palatina (9.506) dedicated to her: „Some say the Muses are nine: how careless! / Look, there’s Sappho too, from Lesbos, the tenth.”

Even though her original work can no longer be accessed today, it is without a doubt that Sappho was one of the most beloved lyric poets in antiquity.

CLEOPATRA VII PHILOPATOR (69 – 30 BC)

The last active pharaoh and Queen of Egypt, Cleopatra VII Philopator, is certainly one of the most iconic female figures in the history of mankind. Crowned at around age 17-18, Cleopatra was an outstanding scholar, with a philosophy and international relations background and knowledge of no less than 9 languages.

Also famous for her relationships with leaders Julius Caesar and Mark Anthony, Cleopatra undoubtedly left a mark on history by doing everything in her power to maintain the freedom of Egypt and its protection of Rome.

JOAN OF ARC (1412 – 1431)

Worldly admired as “The Patron of France”, “The Maid of Orléans” and one of the most embraced Roman Catholic saints, Joan of Arc lived a short, but history-changing life, being executed by burning at the age of 19.

According to the organizational website dedicated to her memory, the heroine of France was just 12 (1424) when “she began to experience visions which she described as both verbal

Continued on next page

New Year! New Music!

By Mackenzie Jackson

It’s 2019, everyone is starting fresh, making New Year’s resolutions, and getting excited for the future and what it has to come. With the new year everyone is trying to change things up, many are doing this with their music. No matter what year you go into, pop music is always on the top charts, and that includes 2019, so let’s see the top 30 pop songs in 2019 so far:

1. High Hopes, By: Panic! At The Disco
2. Thank U, Next By: Ariana Grande
3. Without Me By: Halsey
4. Breathin By: Ariana Grande
5. Happier By: Marshmello & Bastille
6. Eastside By: Benny Blanco, Halsey & Khalid
7. Beautiful By: Bazzi Featuring Camila Cabello
8. Sunflower (Spider-Man: Into The Spider-Verse) By: Post Malone & Swae Lee
9. Youngblood By: 5 Seconds Of Summer
10. Love Lies By: Khalid & Normani
11. Better Now By: Post Malone
12. Close To Me By: Ellie Goulding X Diplo Featuring Swae Lee
13. Girls Like You By: Maroon 5 Featuring Cardi B
14. Sicko Mode By: Travis Scott



15. This Feeling By: The Chainsmokers Featuring Kelsea Ballerini
16. Consequences By: Camila Cabello
17. Electricity By: Silk City x Dua Lipa
18. Taki Taki By: DJ Snake Featuring Selena Gomez, Ozuna & Cardi B
19. Better By: Khalid
20. Nothing Breaks Like A Heart By: Mark Ronson Featuring Miley Cyrus
21. Ruin My Life By: Zara Larsson
22. Tequila By: Dan + Shay
23. Body By: Loud Luxury Featuring Brando
24. MIA By: Bad Bunny Featuring Drake
25. Be Alright By: Dean Lewis
26. Sweet But Psycho By: Ava Max
27. 8 Letters By: Why Don't We
28. Wow. By: Post Malone
29. Wake Up In The Sky By: Gucci Mane X Bruno Mars X Kodak Black
30. Trust My Lonely By: Alessia Cara

Continued from prior page

communication as well as visible figures of saints and angels which she could see and touch.”

These visions would subsequently lead to her victory against the English Occupation at Orleans at the age 17, but also to her untimely execution and afterwards canonization in 1920.

SUSAN B. ANTHONY (1820 – 1906)

The most powerful activist of the women’s suffrage movement in the 19th century, Susan B. Anthony changed the course of female civil rights especially through her relentless fight for their right to vote.

Moreover, she constantly supported the battle against slavery and campaigned for the rights of workers. She founded the National Woman Suffrage Association (NWSA) in 1869 and raised awareness in numerous cities throughout the United States with inspirational speeches regarding fundamental rights of humans.

MARIE CURIE (1867 – 1934)

Best known as “The Mother of Modern Physics”, Marie Curie was the first woman in Europe to receive a doctorate degree in research science, the first female professor to teach at the Sorbonne and, most astoundingly, the first woman to ever be awarded with a Nobel Prize AND win Nobel Prizes for two separate disci-



plines (Physics – 1903, Chemistry – 1911).

Her intense research peaked with the discovery of radioactivity and isolation of polonium and radium elements. Her studies regarding the nature of beta rays and radiation led to the development of the first X ray machines in the world.

GABRIELLE “COCO” CHANEL (1883-1971)

One of the most revolutionary designers ever to bless the world of haute couture, Gabrielle “Coco” Chanel is the founder of the Chanel empire, which covers countless areas of fashion, such as clothing, jewelry, handbags, perfumes and a wide range of cosmetics.

Her society-changing philosophy was based on redefining style for women, eliminating corsets and introducing male-inspired elements of design. Thanks to Coco, the world of fashion was spiced up with the Chanel Suit, the Chanel Jacket and the timeless fragrance adored by Marilyn Monroe, the Chanel No. 5 perfume, among many others. According to *Women Who Changed the World* (Ros Horton and Sally Simmons, 2007), “she is the only fashion designer listed on Time magazine’s list of the 100 most influential people of the 20th century”.

**AMELIA EARHART (1897 – DISAPPEARED 1937)**

A courageous aviation pioneer, Amelia Earhart has been

Continued on next page

Killingly Wrestling a Hidden Gem in Northeast Corner

Matt Phelan

When it comes to sports in Killingly, there has been much to talk about, especially in the past 4 seasons. The resurgence of the Redmen football team has created much hype throughout the state, the volleyball team’s spectacular play-off runs, the girls soccer team hosting a playoff game for the first time in 15 years, and how can we forget the golf teams 2 state championship wins? There is plenty to be optimistic about as a Redmen/Redgal fan and athlete.

The Killingly Wrestling team has had a storied tradition for many years. Throughout the course of their history, the team has featured numerous state opens winners and a plethora of members of the century club (given to players who have won 100 or more matches). In the few short days that 2019 has been around for, 170 pound Senior Derek Turner became the club’s newest member, while Senior Trevor Johnson (132) is on his way to accomplishing the same. In the past 4 years alone, there have been 7 new members to join the hundred win club, with Austin Caffrey, Conner Lemley, Zach Caffrey, Zack Burgess, Michael Charron,



David Charron, and now Turner.

For Killingly, team success has mattered. Since 2002, the Redmen have won the States 3 times, the last time being in 2009. While this seems like a long drought, keep in mind that the team has been the runner-up in states 4 other times since then, giving them a total of 7 top 2 finishes at states in 17 years.

They also tied for second at state opens this past season. These are excellent numbers over that span against top teams.

In 2019, the Redmen are off to another excellent start, as they have three top-seeded wrestlers in Turner, as well as Junior Dave Charron (126) and Senior Mike Charron (120). Senior Greg Gosselin(160) is currently the second seed in class M. Seniors Rene Bernier (220) and Danny Charron (113) are both listed as the 3rd seeds. The team won a razor-thin match against an excellent Waterford program, making it their biggest win so far. The team is currently ranked 3rd in Class M (11th in the state) and currently holds an impressive record of 16 and 2.

Continued from prior page

widely admired for “opening the skies to other women”. World-famous for being the first woman who flew across the Atlantic Ocean, she was also a renowned solo record-breaker in the field.

Even more so, Amelia Earhart was an activist for female rights, always maintaining a spark of hope for women who strived to accomplish goals in areas usually destined for men. Unfortunately, she disappeared in the Pacific Ocean on the 2nd of July, 1937, in an attempt to fly around the entire globe.

MOTHER TERESA (1910 – 1997)

One of the most altruistic personalities in the history of humanity, Mother Teresa, selflessly dedicated her entire life to helping those in need. Awarded with the Nobel Peace Prize in 1979, the Albanian nun was also the founder of the Missionaries of Charity and was directly involved in the care and healing of literally thousands of poor, sick and dying individuals.



Mother Teresa passed away in year 1997 and was subsequently beatified in 2003. Among many inspirational words that she has honored us with, Mother Teresa beautifully stated that

“THE DYING, THE CRIPPLE, THE MENTAL, THE UNWANTED, THE UNLOVED – THEY ARE JESUS IN DISGUISE.”

ROSA PARKS (1913 – 2005)

A prominent figure in the African-American Civil Rights Movement, Rosa Parks, is internationally known for her brave refusal of not getting up from her seat on a bus in Montgomery to let a white man sit in her place in 1955.

“The First Lady of Civil Rights” hence initiated the Mont-

gomery Bus Boycott and actively fought against segregation. It is also said that her act of courage “brought national attention to the civil rights cause and to a young minister, the Rev. Martin Luther King, Jr.” Devoting the rest of her years to this higher purpose, Rosa Parks peacefully passed away at the grand age of 102.



ANNE FRANK (1929 – 1945)

The diary of 13-year-old Anne Frank is undeniably one of the most notorious books world-wide, depicting her heartbreaking struggle in a Nazi Concentration Camp. After receiving the diary that year as a gift for her birthday, Anne and her family unsuccessfully went into hiding from the Nazis in Netherlands.

Regrettably, they would all be found and sent to concentration camps, the sole survivor being Anne’s father. Published in 1947, Anne Frank’s Diary is an exemplary work of literature for describing the raw feelings of experiencing the Holocaust.



New Season....New Redmen

By Jacob Tarryk

Last year you could say that it was a disappointment for our baseball team. We finished 7-13, and were a game out of the playoffs. Going into the year I believed that we were going to have a good season with our solid senior class. We had a lot of talent and potential, but we could never click as a team. Everybody that plays baseball knows that communication is key. We had one All-Conference player. I wish I could have contributed more. Maybe we would have gone further if I had done more.

This year is going to be different, as a captain of the team this year team, I believe we have a chance to make the state playoffs and do some real damage to bigger schools. This year our schedule has changed, we play Waterford once and now we play Ellis-Tech twice. With our schedule I believe that we could win over ten games. We need our juniors to step up in a big way



this year. Our ace pitcher will be junior Ethan Preston.

We have already gotten a head start by working out as team. This will help us bond with one another and build a family attitude. Many of the bigger schools have fancy equipment and more places where they can train. We do not have any personal trainers or anything. We have to rely on our hard work and our appreciation for the grind that we have to go through.

This year we will go through adversity and hardships, but that is when you really see who is all in and who is willing to do anything to win a game. That is the type of attitude we need to have while playing the game. We may not have the most talented players, but we do have some of the hardest workers.

Feb 14 Movie Time

By Skyler Allen

Valentine's Day is a day of love, but also a day some feel lonely. However, whether you're single or not, watching a movie is a nice romantic (or soothing) way to spend February 28. Here are the most popular movies to watch on Valentine's Day at KHS:

65% of students enjoy watching *Shrek* (1, 2, 3 , and 4)

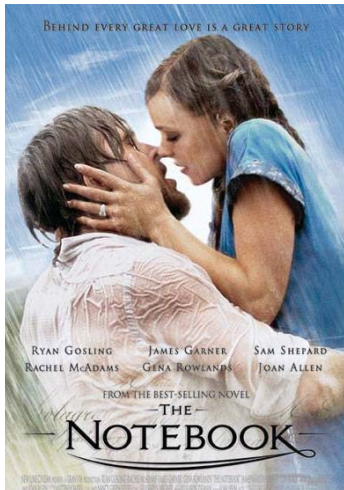
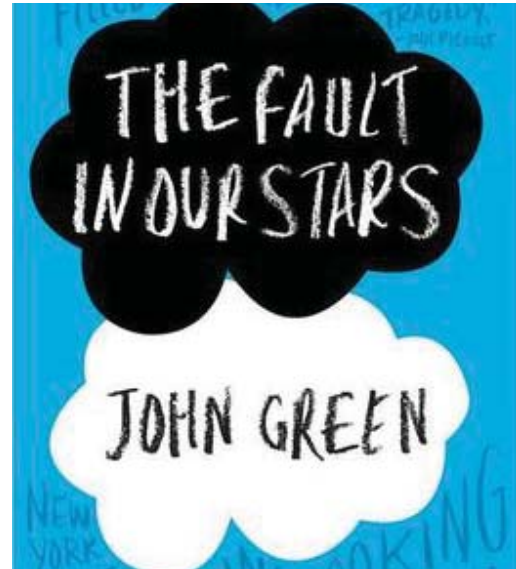
20% watch *The Fault in Our Stars*

15% watch *The Notebook*.

However, a pretty popular movie that was written in, primarily by Ms. Grant's advisory, was

Forrest Gump.

Happy Valentines Day everyone! What are you watching?



Time to Hang It Up

By Gianna Ormstead

"Just one more minute" is something that we all say to others or to ourselves when on electronic devices.

It can be so hard to motivate someone when they are focused on their phone. It's nearly impossible to get my siblings to listen when they are playing on their device. What may seem as only a few short minutes, can turn out to be hours of scrolling through social media and playing games.

More than half of teens our age say they spend too much time on their phones and 41% say that they spend the most time on social media, (Anderson). Even though we can admit that we waste a lot of time doing these things, nothing is being done to stop the fact that we spend so much time on our screens. A lot of teens wake up every morning, and check their messages and frequently throughout the day.



Just trying to go one day without looking at your messages and social media, can be very difficult for a lot of teens. Studies also show that for people within the ages of 11-14 have 8 hours and 40 minutes just on media alone, and around 8 hours for 15-18 year-olds, (Tsukayama).

The easiest way to get these numbers down is to occupy yourself and make plans for days you don't have anything going on. Of course every once in while you just want a day where you can relax and not have plans, but it's good to get out of the house and have fun.

Go hang out with your friends and family and put your phones away. When your with others and your busy, your mind won't be thinking about going on your phone. A lot of people spend time scrolling through other people's lives instead of living theirs.

So go out make plans and put your phone away.

Valentine's Shmalentine's

By Grace Nichols

This is the one day in middle school where you were allowed to bring in candy. The night before you bought cards with sweets attached and spent most of the night carefully deciding that your least favorite classmate got your least favorite card and that your best friend got your favorite,

Instead of working on your homework. Now as a high school student your views on the holiday have changed. Either you get your significant other flowers and chocolates and shower them with love and some big grand gesture or you feel the holiday isn't worth anyone's time. Maybe you despise it with a passion so great that you don't even feel like going to school on February 14th.

"Valentine's day is a commercial holiday designed to make money, it is mostly for capitalism and you should appreciate your significant other every day. It kinda makes single people feel bad and the presents are lame and cheesy. My fondest memories of Valentine's Day include stuffed animals from my mom. Valentine's Day is irrelevant." Says Joliana

Reynolds, a sophomore here at Killingly. As explained by Reynolds, we should appreciate our significant others everyday of the year, not just one day that is over promoted to sell products.

The New York Times published an article about un-romanticizing Valentine's Day,

"A lethal combination of Hollywood sentimentality, Victorian romanticism and bridal-magazine kitsch has placed an impossible burden on love. We're supposed to subject our relationships to some recipe for unfading ardor and permanent swoon

Raise your hands



If you don't care about Valentines Day

and are made to believe we are failing if we just live in reality. I object to the tyranny of perfect romance. I'd rather have a flawed relationship of my own than the kind of fairy tale love in which the lovers are replaceable elements in an arrangement of candlelight dinners, red roses and walks on the beach. I prefer my love imperfect." Writes journalist Judith Hertog.

Hertog explains in such detail why Valentine's Day is overrated.

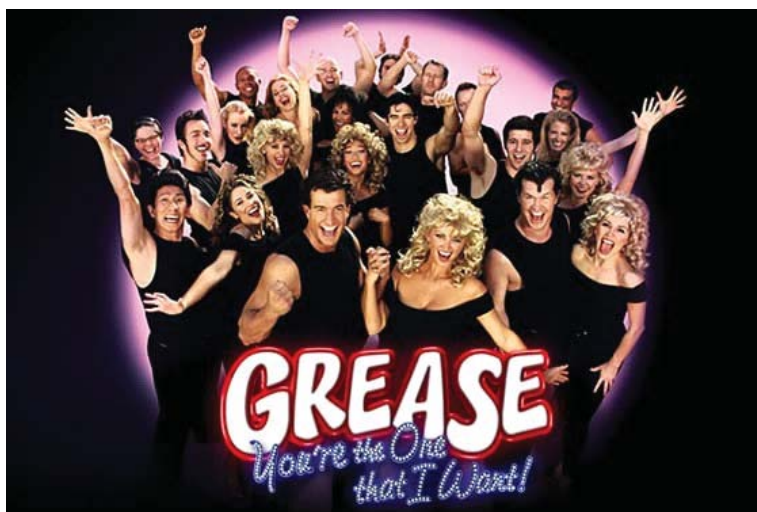
Grease is the Play!

By: Brandon Rosati

Killingly High School's annual play is coming up soon, this year the musical *Grease* will be performed the first weekend of May (3rd, 4th, 5th) in the auditorium. Tickets will be sold at the door \$7.00 a student, \$10.00 an adult.

Grease is a 1971 musical by Jim Jacobs and Warren Casey and is named after the 1950s working-class youth sub-culture known as greasers, the musical is set in 1959 at fictional Rydell High School. *Grease* follows ten working-class teenagers as they handle the ramifications of peer pressure, politics, personal values, and love. The score borrows heavily from the sounds of early rock and roll.

In its original production in Chicago, *Grease* was a rather aggressive and vulgar show. Later productions cleaned it and toned it down. The show mentions social issues such as teenage pregnancy, peer pressure and gang violence. Its themes include love, friendship, teenage rebellion, sexual exploration during adolescence, and, to some extent, class conflict.



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Artist of the Month

Aaron Thorstenson



By Mackenzie Jackson

When we think about art we immediately, think about painting and drawing. The truth is that there are so many different types of art, including music, sculptures, woodworking, graphic design, and taking photos. Taking photos is something that is very hard to do and it is very overlooked. Many people at Killingly High School are very talented and are very good at taking photos. One of those people are Aaron Thorstenson. Aaron is a junior at Killingly and he loves art.

"When you are making art you can let it be anything you want it to be, it is fun to go out on your own and take pictures of whatever you want" says Aaron.

Aaron loves to draw and take pictures, and he is really good at it. He has won the Honorable Mention PSA award for art. He only takes pictures as a hobby and it gives him something to do when he is bored. He has been making art since he seventh grade year in middle school.

Aaron is a very talented artist and we are excited to see what he does next.



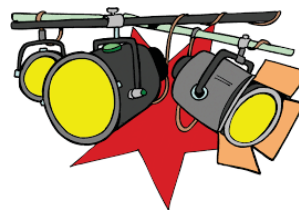
Grease

Continued from prior page

Cast:	FRENCHY-Katherine Archambault
MISS LYNCH-Kaitlyn Peckham	SANDY DUMBROWSKI-Nazmia Dionis
PATTY SIMCOX-Laney Dunn	DANNY ZUKO-Devin Nichols
EUGENE FLORCZYK-Colin Bragdon	CHA-CHA DIGREGORIO-Janelle Charron
JAN-Jordan Rukstela	Radio Singer-Terren Allen
MARTY-Sophia Provencher	Teen Angel Chorus-Terren Allen, Kyleigh Cruz, Lola Ward, Skylar Allen, Meghan
RIZZO-Emilee Lethinen	Wrobel, Brianna Rumrill, Allysha Zicolella
DOODY-Michael O'Connor	
ROGER-Travis Walker	
KENICKIE-Quinn Ellis	
SONNY LATIERRI-Ian Torrey	

Teacher Spotlight

By Samantha Murd



What inspired you to be a teacher?

I can't say that I always wanted to be a teacher. In high school I had no idea what I wanted to do, but art was always a passion of mine. While I was in college, I found myself kind of naturally falling into the role of teacher. Other students would come to me for extra help and I really enjoyed the challenge this presented. We take a lot of things for granted, including our own abilities and aptitudes. Having to break down content for someone else who may not learn the same way you do is kind of like a game. You're trying to figure out the rules as you go and waiting for them to have that a-ha moment.

Where did you go to high school and college?

I went to Ledyard High School and for college it's a bit more complicated. I went to Roger Williams University for one semester immediately following high school. I was enrolled in their architecture program, but I lost interest in it rather quickly. Since I was unsure of what I wanted to do and didn't want to spend a lot of money being unsure, I left to attend Three Rivers Community College. It was a good experience because I was able to pay for school without taking loans out and it enabled me to dabble in a number of different fields. It was here that I decided to pursue Art Education. I took some time off from college while I looked into different programs and created a game plan. Eventually, I ended up transferring my credits to Rhode Island College, which is where I graduated from.

What do you believe is the role of the teacher in the classroom?

I believe that the role of the teacher is to foster kindness and to help students understand the importance of perspective.

When did you start teaching?

I started teaching in the fall of 2013. I really lucked out because teaching photography in a high school setting was everything I wanted.

What is your greatest accomplishment?

My greatest accomplishment would have to be graduating from college. I never doubted that I could do it, but for a while I struggled with how overwhelming all the choices were and how serious it all seemed. I had to take some time for myself, grow up a bit, and recognize my own strengths and weaknesses in order to finally find success. Once I changed my mindset, I became an amazing advocate for what I needed and I thrived.

What is the word you would use to describe yourself?



Peacekeeper. It sounds corny, but I'm a Libra and my sign is all about balance. I really enjoy taking in different perspectives and bringing people together.

What do you enjoy outside of school?

Spending time with my family. It doesn't matter what we are doing, as long as we are doing it together!

Favorite quote?

Success doesn't come from what you do occasionally, it comes from what you do consistently.

-Marie Forleo

KHS' Angel Soars

By: Samantha Murd

Recently KHS Alumni Bernice Boateng was among seventeen students and staff members at Regis college that participated in a volunteer trip to California's southern border. They went to deliver water and other various supplies for migrants seeking a place in the US. The students joined a non-profit organization called Border Angel, to participate in a three mile hike through the scorching desert to help migrants traveling to the United States. They brought gallon drugs of water, food with positive messages such as "I love you" in Spanish with sharpie. We asked Bernice Boateng a couple questions about the trip...

1. What's your major?

I am in my third year of nursing school at Regis College.

2. Why did you pick Regis college?

I chose Regis because it seemed like a very promising school for my major and I liked the environment of the campus when I toured.

3. When did you graduate from Killingly?

I graduated from Killingly in 2016.

4. Did you do volunteer work while in high school?

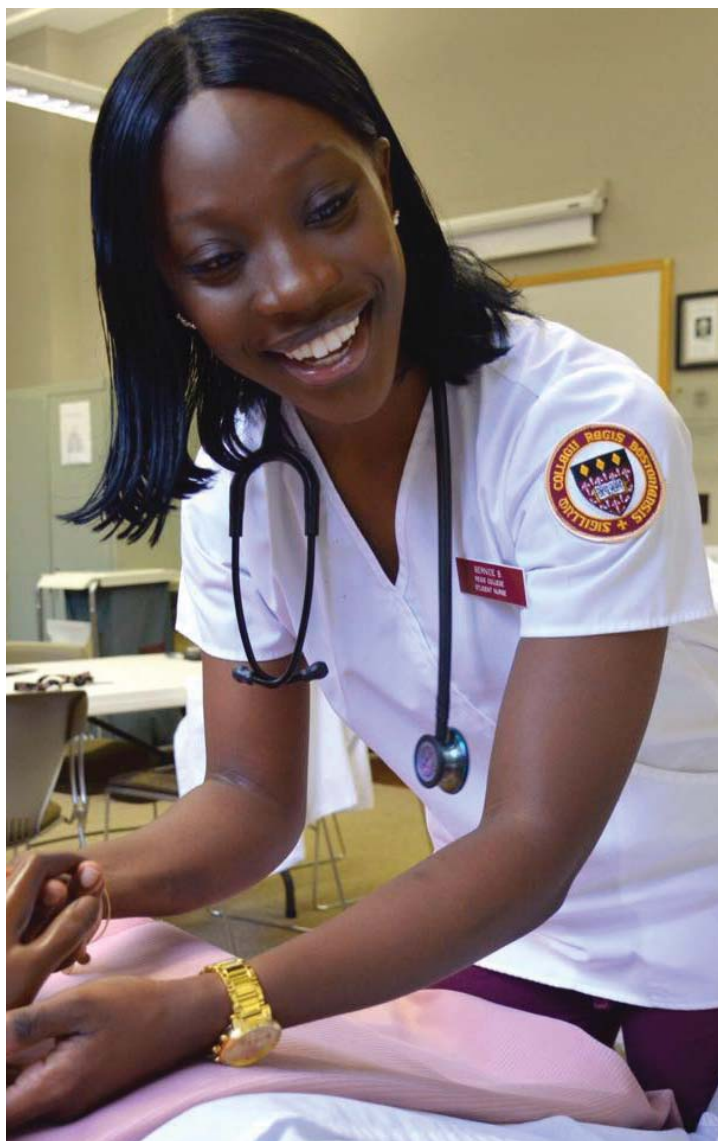
Yes I did volunteer work for KHS and through National Honor Society as well.

5. Why/how did you decide to go on this service trip?

Regis is a Catholic institution and one of the core values of the college is "Love and Service of the Dear neighbor without distinction." So the Center for Ministry and Service at Regis offers local, national, and international service trips throughout the school year (Haiti, South Dakota, New Orleans, Bethany Hill bear the college campus etc.) However, I chose to apply for the Los Angeles and US/Mexico Border trip because I felt that the border component was such a relevant issue at the moment. The eyes of the nation are on that wall, and everyone is paying attention. I wanted to be able to put the politics aside and see and educate myself on the subject by actually being there. In addition, the work we would eventually do with Father Greg Boyle/ Homeboy industries/ Dolores Mission as well as for the homeless population in Los Angeles was very appealing to me. Looking back I am so grateful I chose this service trip in particular!

6. How did being religious help you during this trip?

Being a Christian really helped me humble myself and reminded me to be grateful of what I have and the opportunities that I come across daily. You can serve God by serving those around you. Working with the homeless, migrants seeking asylum, and members of homeboy industries just reminded me and the group I traveled with that we can only do so much, but small contributions can make massive changes. Border Angels, one of the organizations we worked with wasn't necessarily a religious group but rather a faith based organization. They based their work off of Matthew 25:35 that says, "When I was hungry you gave me something to eat. When I was thirsty you gave me something to drink." Regardless of the current issues and all of the policies, these are humans



HELPING HANDS - KHS grad Bernice Boeteng is on her way to becoming a registered nurse, where she can continue to help others.

and they are sacred, and water could save a life.

7. What did you do on this trip?

Day 1: We drove to San Diego, California to work with Border Angels to drop off gallons of water along the desert for migrants who may have crossed the boarder in severe weather conditions. We did a total of about 4 miles on a hot day. Then we went and saw the wall that is already in place that separates the US from Mexico.

Day 2: We did Day Labour outreach at a local Home Depot where migrants who don't have work offer labor services to people such as painting, plumbing etc. We gave out donuts and water to the men who had a lot to share. In the afternoon we visited Chicano park which had history and stories of Mexican migrants painted on murals everywhere, and they all had meaning.

Day 3: We teamed up again with Border Angels and brought vans full of items into Tijuana, Mexico. This project was called the caravan of love and was one of the most eye opening

Continued on next page

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experiences for me. We went to two different shelters to distribute items to people who were waiting to seek asylum before we returned to San Diego.

Day 4: Travel day. We did some touristy things in the morning and saw Old Town San Diego, ate at Cafe Coyote, drove 3 hours to Los Angeles, attended mass at Dolores mission church, and slept in the school that they built. Dolores mission church serves as a pillar of a community in Boyle Heights that does so much with so little.

Day 5: Dolores mission church opens up their doors to the homeless at night as a place for them to sleep. We woke up at 3 am to cook breakfast for them and then organized after school programs for the children who attended the school. We ended with a talk on restorative justice.

Day 6: We visited Homeboy Industries founded by Father Greg Boyle which is an organization that provides hope, training, and support to formerly gang-involved and previously incarcerated men and women, allowing them to redirect their lives and become contributing members of our community. People who have made mistakes and want to change attend this program and take courses on how to get back into society. Eventually they can work for the cafe, bakery or merchandise shop once they complete an 18 month program. I met a man who was previously jailed and attended programs and courses at homeboy industries and he is now a case manager for men and women who were once in his shoes.

Day 7: We worked with St. Frances to provide breakfast and lunch to the homeless, and to also set up a pantry shop in the afternoon!

8. What did you learn from it?

As I mentioned before, every aspect of the trip taught me that everyone is human and everyone is sacred and should be treated with dignity. If we are blessed enough to have excess and are in a position to help others, we should do so.

9.. Would you do it again?

I would absolutely do another service trip again.

Here is the site information of most of the organizations we worked with. Border Angels: <https://www.borderangels.org>; Dolores Mission: <http://www.dolores-mission.org/about/>; Homeboy Industries: <http://homeboyindustries.org>; St. Francis Center: <https://www.stfranciscenterla.org>

Here is a link to the Boston Globe article <https://www.bostonglobe.com/metro/2019/01/10/regis-college-students-bring-water-food-migrants-southern-california-border/dWuDu4MgkUJ3kEd5nh0yGM/story.html?event=event25>

If you need more information or have any questions, feel free to contact me at bboa964@regiscollege.edu or via phone at 508-315-2474.

Donations may be made to offset Bernice's costs. Please return this form and the check payable to Bernice Boateng to the following address: Mexican-Border Trip c/o Bernice Boateng, BOX 597, 235 Wellesley St. Weston, MA 02493



While some college students headed South to play in the sun, KHS' "Angel" Bernice Boateng, above right, made many new friends on her adventure to help others. Below, she spends some time preparing food for hungry refugees.



Sports

Patriots Take it All!

By Matt Phelan

Since the 1967 NFL-AFL merger, the NFL has crowned 53 champions in the world-wide phenomenon known as the “Super Bowl”. This season will be no different, as the new Super Bowl Champion will be crowned on Sunday, February 2.

Outside of this, the Super Bowl Sunday matchup for this season is anything but ordinary.

The NFC Championship game featured what many experts believed were indeed the best two teams in their respective conference, the New Orleans Saints, lead by future Hall-of-Fame QB Drew Brees and the Los Angeles Rams, lead by All-Pro Running Back Todd Gurley. Like any other clash of giants, there was scoring on both ends, as well as excellent defensive plays. Rams QB Jared Goff threw for a game high 297 yards and an interception, while also tossing a touchdown pass to TE Tyler Higbee. Due to injury, RB CJ Anderson came in relief for Gurley and ran for 44 yards on 16 carries. Gurley (4 rushes for 10 yards) also found the end zone on a 6 yard scamper.

For the Saints, Brees threw for 249 yards, 2 touchdowns as well as a costly interception. 11 of his 25 completions were caught by Pro Bowl RB Alvin Kamara, who added 95 yards through the air for the Saints. As was the case for Rams, the Saints run game could not get much going, as both Kamara (8 rushes for 15 yards) and Mark Ingram (10 rushes for 31 yards) were held in check on the ground for the majority of the game. Both TE Garrett Griffin and the ultra-versatile Taysom Hill were the lone players to hit pay-dirt for the Saints.

However, the biggest play of the night is one that will be remembered for years to come.

On a key third down for the Saints with 1:45 seconds left in the 4th quarter, Brees targeted WR Trequan Smith down the sideline. Rams CB Nickell Robey-Coleman then delivered a massive blow Smith before the ball had even arrived. This would have resulted in a pass interference call, which would have resulted in a first down for the Saints at the Rams 5 yard line. At the very least, the Saints would have been able to run the clock down and kick a field goal with only seconds to spare, which would have all but ended the Rams hopes for it's second Super Bowl win in team history.

Instead, the no-call resulted in the Saints settling for a field goal, leaving over 1:30 left on the clock for the Rams to drive down the field, and kick a field goal to send the game to overtime. In overtime, Brees threw an interception to Rams Safety John Johnson after being hit by DE Dante Fowler jr. Los Angeles would end up kicking the game-winning field goal, ending the game by a score of 26-23.

“It was a bad no call, but, he did have the opportunities afterward to secure the W” said Senior Ryan Axtell “That’s what made the no-call so detrimental”

Saints fans across the nation were devastated and out-



BOSTON LOVES A PARADE! Fans lined up in droves to welcome the Pats home. (Photo by Nathan Lafleur)

raged by the outcome. New Orleans WR Michael Thomas himself has called for the NFL to replay the game, under Rule 17 Section 2 Article 3 of the NFL rule book. Despite this, there is no indication from the league office that this will come to fruition.

Still, the majority of football fans will agree: the NFC Championship win by the Rams is tainted.

Heading over to the AFC, another battle of two power house teams ensued: The Perennial Championship-Contending New England Patriots, lead of course by the legendary QB Tom Brady and the Up-and-Coming Kansas City Chiefs lead by QB Patrick Mahomes. As expected, the game was an offensive explosion. The New England offense put up 525 yards of total offense. Brady threw for 348 yards, 1 TD and 2 interceptions. The rushing game featured a two-headed monster of RB's Sony Michel and Rex Burkhead. The game would head into overtime where Burkhead would scamper into the end zone for a short TD.

Continued on page 28

Redmen Take ECCs

By Jacob Tarryk

Wrestling is one of the hardest and toughest sports you can play. Wrestling is a sport of endurance and strength. Only the most athletic wrestlers can be successful. It takes the most dedicated people to wrestle.

At KHS our wrestling team has been dominant in the last decade. With wrestlers like Austin and Zach Caffery who were the wrestlers of the past. And now the present wrestlers who lead their team to victory.

The captains of the wrestling team are Derek Turner who got his 100th win earlier this year, Danny Charron is a captain who also got his 100th win, and Greg Gosslen is also a captain.

When captain Derek Turner was asked about how intense the sport is “It is a sport that not everyone can be a wrestler”

They are a experienced team with Rene Bernier, Trevor Johnson, Mike Charron, and new comer Dylan Sanford who is 2-0 on the season.

The wrestling team is looking to dominate the ecc again this year. They are dominating everyone, they are 21-2 and making a run at winning states. Only a handful of people can endure a full year. Many athletes that play other sports could not be able to wrestle. Senior captain Derek Turner also plays football and is probably considered one of the most in shape people to ever go to KHS.

As a team last year thy finished 1st with 203.5, Montville finished with 203 points. Zach Caffery and Mike Charron won both of their divisions. Derek turner, Danny and David charron both finished 2nd and Zack Burgess finished 3rd.

They look to continue their success and keep the legacy of dominating the ECC.



WORKING HARD FOR A WIN is junior Isaac Bean in recent action.

Redmen on a Roll

By Matt Phelan

When it comes to sports in Killingly, there has been much to talk about, especially in the past 4 seasons. The resurgence of the Redmen football team has created much hype throughout the state, the volleyball team's spectacular playoff runs, the girls soccer team hosting a playoff game for the first time in 15 years, and how can we forget the golf teams 2 state championship wins? There is plenty to be optimistic about as a Redmen/Redgal fan and athlete.

Continued on page 29

“Quiet” Corner?

By Thomas Bernier

Over here in Eastern Connecticut we are considered the quiet corner when it comes to sports. I'm here to say that we shouldn't be considered the “quiet corner” and that we should get more publicity for what we have done on the field and court. When you ask someone about Killingly on the other side of the state they reply with “I don't know what Killingly is”, to me that is disrespectful.

Over the last 4 years Killingly sports have produced multiple winning seasons, playoff runs, and a state championship. Not only that, Killingly has also produced amazing player including Spencer Lockwood, who won the Gatorade state player of the year, Nasaiah Harriet, who is going D1 in football at Bryant university, and Luke Desaulnier, who was the quarterback for the state championship football team, and is now an 1000 point scorer for the Killingly basketball team. These are big accomplishments for a small town and the “quiet corner”, that should be covered more and talked about



across the state. All of Killingly's sports teams work their butts off and the media needs to see this and show this to the public. The hard work and dedication of the athletes here needs to be recognized.

Over the last 4 years the Redmen football team has gone 43-6, making it to the state playoffs every year, and also making the state championship and winning it. The volleyball team and the tennis team have also had a great season each year, making the playoffs multiple times. Killingly sports is the definition of consistency over the last few years and we will continue to show that.

Killingly needs this publicity, we should not be considered the “quiet corner” of Connecticut. We have generated the same overall success as others from around the state and people must know this. Killingly shall be the the quiet corner no more.

Redgals Are Ready!

By Thomas Bernier

Gymnastics is a small sport that takes all a lot of skill, agility, and many other physical attributes. Gymnastics isn't talked about a lot around here but it is a very interesting and very popular sport around the country, and around the globe. The gymnastics team here at Killingly High consists of five young ladies that are competing their hearts out this season, trying to make a run into states. These five young ladies names are, Olivia Lamoureux, Caroline Gagnon, Savannah Turner, Kiera O'Brien, and Maggie McKeon, who also is the Captain. The team is coached by Kasey Fillmore.

This year are gymnastics team is very excited to be able to call our team, a Co-op team. This allows Maggie McKeon and Kiera O'Brien, who go to Putnam High School, and Tourtellotte High School to be on our team.

"The fact we were allowed to have a co-op team this year with Thompson and Putnam has made this year some have better.", says Caroline Gagnon.

Being a co-op is helping their season overall as it has brought new and good talent to the team. So far they have had a good season and are still improving.

"The team is looking awesome! They have scored very well so far this season and we are hoping to make it to States.", says coach Kasey Fillmore.

We should all support the gymnastics team, not only may their talent take them to the States, they are also hard working girls that deserve some praise.

"Gymnastics teaches more than just gymnastics. It's a



FABULOUS FIVE are, from left, **Kiera O'Brien, Caroline Gagnon, Maggie McKeon, Olivia Lamoureux, Savannah Turner**

demanding sport and teaches these girls hard work, determination, and time management." says coach Fillmore.

There is a lot of hard work and dedication that goes into the sport and it should not go unnoticed. Support the gymnastics team as they make their run into States!

Superbowl

Continued from page 26

Once again, however, controversy found its way into the game.

Late in the fourth quarter, Chiefs Corner Steven Nelson intercepted a Tom Brady pass that would have all but sealed the game. Despite this, a penalty flag was thrown. Chiefs Linebacker Dee Ford was offsidess.

After the game, he would go on to say that the way he lined up wasn't unusual, as he had lined up that close all season and was never called.

"He wasn't offsidess" said Sophmore Sam Deronsle "It was just lucky timing"

Either way, both games ended in controversy, giving the upcoming Super Bowl a rather tainted feeling.

Atlanta Georgia. Home of the Atlanta Falcons. However, unlike any other home game played at the new Mercedes-Benz Stadium, neither of the teams in the contest were, in fact, the Falcons.

Super Bowl 53 featured a clash of controversies in the Los Angeles Rams and New England Patriots. Many across the

nation believed that neither team was deserving of playing in the game.

Nonetheless, the show must go on.

The game was a defensive showdown right off the bat, as Tom Brady first pass was tipped at the line and intercepted by Rams LB Cory Littleton. The Patriots were able to move well on the ground behind Sony Michel's 94 yard performance. Julian Edelman was the game breaker for the Pats offense, coming up with 10 catches for 141 yards. He was unstoppable all night. Brady would finish the night with 262 yards and no touchdowns.

The Rams on the other hand could barely muster any offense at all. QB Jared Goff threw for a meager 229 yards and an interception. RB Todd Gurley had nothing going all night and gained just 35 yards on the ground. Their only points came from the leg of kicker Greg Zuerlein, who added a 53 yard field goal. The defense did its job for the most part, but, surrendered two field goals and the late touchdown to Michel.

After all was said and done, the final score was 13-3. The Patriots and Tom Brady collected their 6th Super Bowl win in two decades and third in 6 years. Once again, we were all taught a valuable lesson:

No matter what, never count the Pats out.

Redgals/Redmen

Off and Running

By Thomas Bernier

Track and Field is always one of the sports to fall under the radar. With sports such as football, basketball, and wrestling getting a lot of the spotlight, track does not get as much attention as it deserves. But our track team has stars that belong in the praise along with the other sports. This year's track team held many great athletes, that had great accomplishments during the season.

The track team had a very good season this year, as they had a total of 7 people place in ECC's which is a fantastic accomplishment. One of the two captains, which are Taylor Jax and Bryce Bentic. Taylor placed first at ECC's in shot put by hitting 37 feet.

"Our team did well, a lot of improvement." Says captain, Taylor Jax.

The team did so well, that athletes Jelani Johnson, Bryce Bentic, Dana Normandie, Taylor Jax, Sydney Rosen, Alex Chitwood, all qualified for and made states.

"As a whole, we did well in states, had a couple of personal records, and Jelani made state opens." Says Taylor Jax.

For them this was a very successful season and it should not go unnoticed. While they're is still some season to go for Jelani, we should celebrate the great year that track completed. Track is not an easy sport. It requires lots of training, and dedication that some people do not possess. Overall great year a great year track, and everyone is looking forward to see what the outdoor track team can do this spring!

1000 Pointer!



HITTING THE MARK! Senior Luke Desauniers recently topped the 1000 point mark in points.



Wrestling

Continued from Page 27

The Killingly Wrestling team has had a storied tradition for many years. Throughout the course of their history, the team has featured numerous state opens winners and a plethora of members of the century club (given to players who have won 100 or more matches). In the few short days that 2019 has been around for, 170 pound Senior Derek Turner became the club's newest member, while Senior Trevor Johnson (132) is on his way to accomplishing the same. In the past 4 years alone, there have been 7 new members to join the hundred win club, with Austin Caffrey, Conner Lemley, Zach Caffrey, Zack Burgess, Michael Charron, David Charron, and now Turner.

For Killingly, team success has mattered. Since 2002, the Redmen have won the States 3 times, the last time being in 2009.

While this seems like a long drought, keep in mind that the team has been the runner-up in states 4 other times since then, giving them a total of 7 top 2 finishes at states in 17 years.

They also tied for second at state opens this past season. These are excellent numbers over that span against top teams.

In 2019, the Redmen are off to another excellent start, as they have three top-seeded wrestlers in Turner, as well as Junior Dave Charron (126) and Senior Mike Charron (120). Senior Greg Gosselin (160) is currently the second seed in class M. Seniors Rene Bernier (220) and Danny Charron (113) are both listed as the 3rd seeds. The team won a razor-thin match against an excellent Waterford program, making it their biggest win so far. The team is currently ranked 3rd in Class M (11th in the state) and currently holds an impressive record of 16 and 2. .

KHS' Lafleur Witnesses History

By Abigail Driscoll

On Sunday, February 3rd, the New England Patriots won the 53rd annual Super Bowl. To commemorate the sixth win, a parade was held in Boston, Massachusetts two days later on February 5.

Patriots fans young and old went to the celebration on Tuesday, even including some students at Killingly High. Nathan Lafleur, a senior at Killingly, is a huge fan of the Patriots and visited Boston on the fifth to witness the parade.

Like many, seeing them win was amazing to him.

"It's a feeling that never gets old. Hopefully we will be back next year."

The parade brought fans together to congratulate the team all in one place.

"I also made new friends on the train on the way to Boston."

Not surprisingly with a team as big as the patriots, over one million fans were expected— and the fans delivered.

HAVING A GOOD TIME! Right, Rob Gronkowski was one of the highlights of the parade. Below, Owner Bob Kraft waves to the crowd. (Photos by Nathan Lafleur.)

"A few cons were that it was really crowded on the streets and trains. Many trains were delayed because of the amount of people."

Many fans like Nathan hope this is just the sixth win of many more in the future, and with support from fans like this, it doesn't look impossible.



Poetry Pages

Editor: Grace Gilman

“where i left”
 a swarm of cicadas hums
 around every inch of my body
 leaving me in an overstimulated daze.
 insects squeeze through the eaves
 of my consciousness and
 i have a mud wasp lodged in my
 throat. the pinpricks of their legs
 crawling over my scalp
 crawling over my back -
 they’re there
 always there.
 and i thought i loved bugs
 until they infested a place
 that i used to call mine
 without paying rent or lease.
 they made it theirs along with the
 snowy mold hanging from the ceiling
 where it is intact. i struggle to
 believe that one day i will
 thrive like the pests
 since they digest my house
 better than i do.

-tac (Tate Credit)

“A Letter to me”

You learned how to lie when his mother told you your best friend was ever coming back and you knew it was true.

Because the cost of the truth is so high you endure your own heart to heartbreak.

You make love into a currency that cannot be cashed in because a bank cannot give out a loan based on the collateral of hope.

A hope your best friend will come back.

A hope you will stop walking around a billionaire that earns love in reverse each time someone asks why you eyes have been drowned with grey instead of blue.

Because you lie, and break the hearts of those who know the truth.

Which is a tough burden to bear along with the grievances of losing someone who was going to open up the bank and let you cash a check.

-gg(Grace Gilman)

**crash shatter smash
 crash shatter smash
 crash shatter smash**

OOPS

**it appears that you’ve dropped my heart of glass
 that you pretended to carry ever so gently creating a facade as we entered the tunnel of darkness
 you defined as love- hand in hand and as i lay shattered, i hope that it will be you who will come back with a roll of Scotch tape and a bottle of Elmer’s glue and put me back together like a 3rd grade art project i hope that it will be you who will pull me into a tight embrace, keeping me intact i hope that it will be you who will kiss my cuts, my bruises, my lips until flowers grow from them.**

i hope that it will be you

But it won’t be

so go

go lay with your new lover

go lay with your dear, sweet anagapesis

and see if she will wipe your tears

ease your fears

see if she will

see if she

see if

see

...

-jr(Joli Reynolds)

Editorial Pages

Football More Than Just a Game

Chronic Traumatic Encephalopathy. You may have heard it by its easier to pronounce name, “CTE.” This is a form of brain trauma that is caused by multiple blows to the head during physical activity.

This leads to additional problems such as cognitive impairment, behavior changes, dementia, substance abuse and suicidal thoughts and/or actions among other symptoms. This impairment can only be found posthumously during an autopsy. Research has shown that this rare issue has been found in many deceased football players. For example, former players such as Hall of Famer Junior Seau and Jovan Belcher, who both took their own lives in recent years, were both found to have symptoms of CTE. There are currently lawsuits against the NFL in place that relate to this. In the past 12 years, the number of people age 6 and over who participate in football has gone from 8.4 million to only 5.22 million according to Statista.com. That is a drop of 3.2 million and a 38% decrease. Parents simply do not want their kids to participate in such a violent sport. In other words, many people believe football extremely unsafe. With all this in mind, why should this sport even exist?

Well for one, let's start with the fact that just because something is broken does not mean it can't be fixed. There are many improvements being made to make football more safe, from the rules to the equipment being worn to the methods and forms being taught in practice. In terms of the rules, they are not all the same for each level. There are different rules in the NFL, NCAA, High School and even youth levels. This is even broken down further since each league in High School has different sets of rules. However, with the recent trend of head injuries, it can be assumed that the rules have A) been changed and B) are in the best interests of the players. For example, even here in Connecticut, a rule change made it illegal to “blindsides” block someone using the shoulder. This rule change was needed, as these hits to unsuspecting players were some of the more vicious ones that resulted in injury.

The rules of the game are much different now than they were 20, 10, or even 5 years ago. In terms of equipment, there have been numerous changes in both the design and protective barriers in helmets. The standard helmet 10 years ago featured foam pads on the inside that offered a thin layer of protection. There was not too much variation either. The Riddell company had their mainstay Riddell Revolution line that offered more protection than their standard helmet, but it still had many flaws with it. They also were beginning to release their Riddell Revolution Speed helmet that same year, which laid the blueprints for a safer football helmet. Fast forward 10 years and there is a myriad of helmets to choose from, all with modern technology that has seen vast improvement in a very short amount of time. The cutting-edge technology used in the VICIS helmet brand, for example, is based around impact technology used in cars. The paradigm is shifting when it comes to equipment in football, and will only improve with time.

Finally, the methods being taught at all levels has helped make football safer. For example, the Heads-Up football program was started with the intent of showing kids the proper way to keep their head out of the play, while still being able to be an effective player. This program began in 2012 and is currently used by over 7,000 youth football programs nationwide, according to their website. It is important to know that this program is relatively new, as it can explain why there are still rising concussion rates. Many of the players in the NFL, college, and even in High School have been taught improper form that gets their head involved. Even if they have gone through this program, they are still more likely to stick with their habits that they have already been taught. Nonetheless, I would predict that the concussion rate will begin to fall as the years go on based on the fact that the number of kids who are taught the proper form as they enter football will only go up more.

In addition to this, just look at all the good that happens as a result of football. Every year, the NFL gives out the Walter Payton Man of the Year Award. This is given to the player or players who have given back and have volunteered their time to help others. Last year's winner, JJ Watt of the Houston Texans, for example, raised over 37 million dollars in just 19 days in relief for the victims of Hurricane Harvey, which all but ravaged the city of Houston. Throughout the years, many of the recipients of this award have done similar deeds to support the common good of humanity. The Jason Witten Collegiate Man of the Year Award is also given out for the same reason for College football players. For High Schoolers, this is less formal, but there are awards given out individually in each state for players who have volunteered their effort to give back. None of this good would've come to be if there was no football.

There are many other examples of how impactful football really is to not just a community, a state, or this country, but the world. It's truly beautiful how this sport transcends into so much more than just a simple game. Getting rid of this sport would only make this world a worse place.

To put it simply, love it, hate it and despite the negatives that are associated with it, you cannot deny all the good that has occurred as a result of football.

It is truly more than just a game.

-Matt Phelan



Schools Should Drop Homework Loads

Life in school is getting more and more hectic. The more we age, the worse the workload. Hearing young students joke about getting two hours of sleep and crying each night are, surprisingly enough, mostly the truth.

Studies have shown that homework negatively affects the lives of highschool students. It was shown that averaged between several schools, students received 3.1 hours of homework each night. Getting home at around three to four o'clock, that already puts you at seven o'clock at night. On top of that, students need time for meals, after school activities like sports, personal hygiene, and more. Cramming all of that into one night, not leaving room for free time— it kills the brain. So much stress on top of waking up early in the morning is leading to students developing mental health issues, time away from family, and leaving them no time to be a regular teenager.

Students have reported weight loss, headaches, sleep deprivation and more connected to homework. Those who have studied it find no correlation with academic success and homework. Suggestions have varied from dropping homework all together or limiting it to two hours or less each night. Many students don't feel as though the three or more hours of homework they do all night is useless: it disengages them as they feel it does not help their learning at all.

Other studies show that students feel as though they have to compete with their physical, social, and academic lives just to succeed. To add onto the stress, Killingly High has added a new required class for students: Algebra III. The purpose is for those who don't understand algebra enough, therefore Algebra II is split up to make it easier; but is that really what it's doing? Is forcing students who simply do not understand math to take it even longer, possibly setting them up for failure, the right thing to do? Students are already overwhelmed.

Is making the workload worse the way to go about it?

- Abigail Driscoll

Should We Have The SATs?

The SATs are what every high school student dreads. This one test sometimes determines whether or not students get into their dream schools, which is pretty outrageous. Why should a test determine how smart a person is and whether or not they have a good future? SATs are the most stressful time of the year for juniors and all you get out of it is a number on a piece of paper.

Standardized testing has been a part of American education since the mid-1800s. The 'No Child Left Behind Act' of 2002 mandated this annual testing in all 50 states. Many supporters of standardized testing say that is a fair measurement of student achievement and ensure that the teachers and schools are accountable to taxpayers. Basically, are kids smart? Are teachers good at their jobs? Although on the other hand opponents of the tests says it's not fair in any way. This promotes the strategy of teachers just 'teaching to the test' so kids do well instead of focusing on engaging the student.

Although there are many kinds of standardized testing used in the U.S. the 'high-stakes' tests such as the SATs and the ACTs are way more controversial. These assessments carry more important consequences such as not getting into the college the student wants to go to, preventing a student from moving up a grade, an even the firing of some teachers. Testing like this in the U.S. is a million dollar industry, that frankly has not improved student achievement in school at all. Plus it's an absolute unreliable measure of student performance and intelligence. In addition to that, some kids just aren't good at taking tests. Just because a student isn't good at taking a test like that doesn't mean they are any less smart than a kid that get a really high score.

Last but certainly not least, the stress. Thinking of the consequences that could arise from getting a "bad" score on a standardized test can cause severe stress in young students. According to education researcher Gregory J. Cizek, this testing "produces gripping anxiety in even the brightest students, and makes young children vomit or cry, or both"(procon.com). These "test related jitters" are so common that in some exam books such as the Stanford-9, come with instructions in the test booklet on what to do if the student vomits on it. And apparently no one finds a problem with that.

Overall, I think these exams are unnecessary. As a student myself, it stresses me out so much to think about how I might not get into the college I want because they don't think my score is good enough. I'm not that bad at taking test, but i'm also not the smartest person ever. That should determine whether or not I get the future that I aspire to have. A lot of colleges are starting to not even really look at their applicants standardized test scores. It just doesn't make sense to judge a students intelligence based on a single test. It makes even less sense to judge how good a teacher is at their job based on their students test scores. What if a student just doesn't care about school and they don't get a good score? That's not the teachers fault, they shouldn't get backlash for that. They should either eliminate these tests or find something else to replace them that doesn't have as severe consequences.

-Samantha Murd

Exemptions for Everyone, Not Just Seniors

It's that time of year again: exams. The stress is on for everyone at Killingly High, and everyone is attempting to cram last minute studying into their schedule. However, some of that stress isn't as high for some of our seniors.

For seniors, if they have an A in the class, then they are exempt from taking that classes final. That is a good rule to have and the seniors who have A's deserve to be exempt from the test, although why isn't everybody else? Underclassmen deserve to be exempt from finals if they have an A just like seniors. Just because someone is an underclassman it does not mean they are undeserving of this privilege.

An underclassman who works hard and puts effort into what they do should get the same treatment as a senior who does the same thing. If somebody has a good work ethic, they should get rewarded for it, no matter their age or grade.

Some people say that underclassmen should be required to take their finals so that they develop good testing strategies for college. However, every person in school is required to take midterms no matter what, so even if underclassmen were exempt from taking the final, they would still be required to take the midterm. This way, students not only develop good testing strategies, they also get rewarded for good work that they do in the classroom.

Teachers also have the option to force seniors who have an A to take the final exam anyway. This also should not happen, as students who have an A deserve to be rewarded for their work. It is not right to force a student to take a final in one class, and then tell them that they do not have to take it in another. This rule should be constant and schoolwide. If you have an A, you should always be exempt from taking the final exam.

-Laney Dunn

Time to Put Your Cellphone Down

Sometimes, we can't help but look at our phones. Either we are talking to our friends, playing games, taking pictures, or maybe even getting out of awkward situations. It seems our phones have become the safe zone we immediately go to in life's game of tag, but the question is: has this safe zone become something more evil? We all ask ourselves this at one point or another.

Today, we can get all of the information we want on a certain topic with a click of a button, which is great. We can send a text in less than 5 seconds, buy our groceries and clothes without even stepping foot in the store, and are able to access people from across the globe, but how is this affecting our health? According to nih.gov, research has shown an "increased risk of traffic accidents, about 3-4 times greater chance of an accident, when mobile phones (either handheld or with a "hands-free" kit) are used while driving due to distraction." So by sending a simple "Be home in 5!" You could never come home ever again.

Our phones have also made talking to the people around us harder according to a study done by *Greater Good Magazine*, "Eighty-nine percent of Americans say that during their last social interaction, they took out a phone, and 82 percent said that it deteriorated the conversation they were in." Basically, we're doing something that we know is hurting our interactions, so why is it so difficult to stop doing this? We are even coming to the point where we raise our children off the ideas that the internet gives us. It is slowly killing the society made up of people who can converse and be polite rather than keeping our heads down to see the new biggest instagram post.

Even with all of the opportunities our phone can give us, it is time to go outside, breathe the air, and look up at the beautiful world we live in rather than a photoshopped Instagram picture. We need to stop taking tests to see what type of personality we have online and turn to the person next to us and ask them. Our phones are a blessing and a curse, and we really need to look up, put our phones down, and truly live.

- Grace Gilman

Don't Hesitate, Vaccinate!

Approximately 24 hours after you were born, you were more than likely injected with the Hepatitis B vaccine. That would be the first of many vaccines you would receive throughout your life. These vaccines would ultimately protect you from a life full of sickness and disease.

Many people are against the use of vaccinations. The potential of autism development is often used. However, there is not a single link between autism and vaccinations. Since 2003, there have been nine CDC-funded studies to prove that thimerosal (the mercury-based preservative used in many vaccines) does not cause autism. It is also often argued that after receiving a vaccination, it is very likely that the vaccinated individual will contract the illness that the shot was meant to protect against. However, a vaccination consists of weakened or dead germs, which will allow for the body's immune system to fight off the illness. Once the illness has been fought off, it makes it difficult to contract the disease later on in life.

Continued on next page

The Past Is the Past

Kevin Hart stepped down from hosting the Oscars this year due to some homophobic tweets dug up from the Mesozoic Era. Most were sad to see him resign this position, but it brings up an important question in today's cyber society. Should posts made over a decade ago reflect who we are now?

It's a tough cookie to crumble. While we would like to think that all the artists we love and our friends are perfect, but that is unrealistic. Everyone has said something they regret saying or should not have said. However, with the rise of social media, those wrong words last forever on platforms and archives. People on the internet are like archaeologists looking for what to pin on an artist or celebrity to get them out of a role, an opportunity, or to simply remind everyone that this person was once not so good.

At some point, these past posts have to not matter. There have been many apologies and proof that these people have changed or wish they had put their foot in their mouth. If they show true remorse and have educated themselves as to why what they said was wrong, then there is no reason to bring it back up. If the person has not changed, by all means add it to your agenda of "problematic" people. Most of us would wash our younger selves' mouths out with soap if we were better educated about what we said.

-Tate Credit

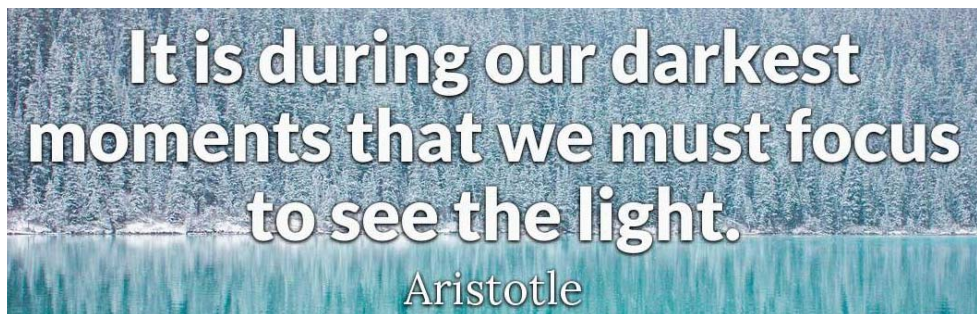
Time For a Change

In 2018, the news was overloaded with stories of student activism following the Marjory Stoneman Douglas High School shooting which took the lives of 17 people. This also sparked a debate over whether the purchase of guns should be more highly regulated, which they should. The United States holds the record of most mass shootings, having 90 shootings between 1966 and 2012. The second most is the Philippines with 18. If we required more testing to be done in order for people to receive their firearms license, then the chances of a mentally unstable person, a violence prone individual, or just anyone who is trying to use a gun for a violent reason will not have such an easy time getting their hands on one. Our mass shooting numbers could drop down to at least the same as the Philippines, although it would be phenomenal to match up to Australia who has not had a mass shooting since 1996 due to their strict gun laws.

In a document by NAPPP (National Alliance of Professional Psychology Providers), they state that "the sole objective of the assessment is to identify factors that may be particularly related to an impairment that can be related to harm to oneself or others. For example, a person who who is experiencing a psychotic disorder, major mood disorder, cognitive deficit or severe personality disorder is most probably impaired and should not be allowed to have access to a firearm while experiencing any of the above." This is a perfectly reasonable approach and will increase the feeling of safety, especially with the student population across the U.S. As of April 24, 2018, 59% of students grades 5-12 feel safe attending school, 55% say they feel safe on the property outside of the school, and 54% say they feel safe in hallways, bathrooms, etc. That number should be much higher. Why should we allow the other 41% feel like they might not come home from school? We need to push for at least a little bit more regulation.

We should not just sit here in do nothing. We need change.

-Skyler Allen



Vaccinate

Continued from prior page

Immunizations are crucial to living a healthy life. Without them, we would risk contracting life-threatening diseases, such as polio or tuberculosis. While the risk for these diseases remain, it is very, very rare for one to come across such an illness after being

vaccinated.

It is better to be safe than sorry when it comes to vaccinations for — not only yourself — but for your children, too. Ignorance, when it comes to vaccinations, can lead to scary diseases that have proven to be one hundred percent worse than any form of autism, even if autism had ever been a suspected outcome to vaccinations by real scientists or doctors and not just outspoken moms on Facebook.

Students of the Month

Teachers are asked to recognize their students who contribute to their class by setting an example, working hard, achieving academically, actively participate or by simply being outstanding human beings who help others.

Student	Teacher	Comment
Olivia Pigeon	Mr. Listorti	For the little things.
Jayson McAuliffe	Mr. Bowden	Jayson's progress in the "job program" has been outstanding. His professionalism while working out in the community has not gone unnoticed by his staff.
Morgan Savoie	Ms. Whitely	For her incredible help during Academic Support for the Monarch Program. She is invaluable to all of our students (and teachers!).
Christopher Jax	Mr. Wuenscher	For positive attitude in CP Biology
Alyssa Gaudreau		
Kaitlyn Peckham	Mr. Wuenscher	For excellence and embodiment of the true spirit of science in AP Biology.
Coiton Douglas	Mrs. Alleman.	For showing great improvement in Honors Biology
Sage Lamparelli	Mr. Neal	For positive attitude and excellent work ethic in Success 101
Matty Lavoie	Mrs. Ponciano	Matty has shown great improvement from 9th grade to 10th grade and I am so proud!!
Meghan Wrobel.	Ms. Able	Meghan is a quiet student, but she is always an active listener in class; it is clear that she is paying attention. She has interesting ideas to contribute to class discussions, and works hard to do well in English
Annie Griffin	Ms. Morse	Outstanding effort and scores in PE
Taylor Knupp	Ms. Morse	Outstanding effort and scores in PE
Abby Card	Ms. Morse	Outstanding effort and scores in PE
Keeley Cerbo	Ms. Morse	Outstanding effort and scores in PE
Kelsey Allen	Mrs. Lacy	Kelsey is a number one student in CP English. She is responsible and a model student. She always has her work done on time or, better yet, ahead of time. Keep up the great work ethic!
Jared Tozco-Klingensmith	Ms. Rukstela	Jared is a hard worker and role model in my class. Great work Jared.
Alex Chitwood	Ms Grant	Her effort to do good things for our community is AWESOME!
Brandon Rodriguez	Mrs. Nadeau	Actor Michael Crawford states, "Sometimes you learn more from failure than you do from success, and in some ways it's better to have failure at the beginning of your career, or your life." Keep up the positive progress!
Seth Varin	Mrs. Nadeau	FIFA player Pele says, "Success is no accident. It is hard work, perseverance, learning, studying, sacrifice and most of all, love of what you are doing or learning to do." There are stumbling blocks on any journey. Keep marching forward

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Derek Turner Mr Marcoux Derek is a shining example of what we expect from our student-athletes. He has worked hard to achieve his goals making him the newest member of the Wrestling Century Club, well done Derek and thanks for being a great Redmen!

Nsaiah Harriet

Jonathan Creswell Mr. Martin These three have really stepped up their game since 1st semester! They are doing
David Rull an awesome job in their respective Honors English classes!

The Brilliance of Art

Art, for me, has always played such a monumental role in my life. As an adolescent, having the ability to create unique compositions and express my truest self is the greatest gift I have ever received. So, since art, to some individuals is such an amazing aspect of life, what is the science behind simply creating?

From the moment our eyes open in the morning, the brain is being constantly stimulated by what we see; whether it's birds flying in a big family throughout the vast blue sky or staring at a blank sheet of white lined paper, the brain is undergoing constant stimulation. When an individual begins observing an art piece, the ventral striatum and the hypothalamus, the parts of the brain that are responsible for controlling impulses, an aspect of life many adolescents have a tendency to neglect. Not only that, but doing art assists younger developing minds in areas as large as the capability to effectively problem solve. Art, although it may not seem like it, serves a variety of purposes one may have depicted as merely impossible.

In light of the fact that art greatly benefits mental health states, some other great beneficiaries of making individualistic art are increased serotonin levels and as a result of that decreased stress levels, it benefits the part of your brain that withholds information and memories, and from an analytical standpoint, being able to converse and critique an artist's work is crucial in having confidence in opinions you have formulated and being able to coherently speak.

Parents should be encouraging their children to constantly create, to exercise the muscles of the mind. Art is a form of self expression, and provides everyone with a sense of individualism, something that is crucial in getting to know yourself. If you have never experienced what it is like to be proud of something you have created and put mounds of effort into, you will never be aware of the brilliance of art.

-Taylor Charron

Changes Needed

Education is something needed to be successful in life. The kind of education was not specified in that sentence. It's the 21st century where kids 12 years old have an iPod, laptop, a cell phone and most likely, access to the internet. Looking at their computers helps them know what they're passionate about when opting for their subjects. It's about the passion which builds up the confidence in a student who ticks for the right subjects in his subject selection form.

Warren Buffett didn't just turn into a billionaire overnight. Mr. Buffett is an American business magnate, investor, speaker and philanthropist who serves as the chairman and CEO of Berkshire Hathaway. He is considered one of the most successful investors in the world and has a net worth of US\$84.4 billion as of November 1, 2018, making him the third-wealthiest person in the world. He had interest towards saving money as a child. Later he had interest in investing it. He saved \$25 selling chewing gum, stamps, golf balls door-to-door and bought a pinball machine and set it up in a barber shop, later setting up around 10 of those machines.

Starting your career is about how much you love your work. It's all about the interest a child has which brings about the decision he makes on the subjects he chooses to study. Education broadens a student's vision; it doesn't get you a job so you have a nice paycheck.

Life isn't about getting a job and earning money. Even a skilled mechanic that isn't educated in many academic subjects can still fix your car's brakes as well as a skilled, educated mechanic. The mechanic who studied the fault in your car and came up with the solution is because he was passionate about his work. He took interest in his job. Both earned money.

Again, the passion is what's important, not the idea that doctors earn more money than an artist can or because their mom wants them to be an engineer. Forcibly making a child do science if he wants to study law is like making your dog eat vegetables or feeding your cat soda rather than milk.

Being successful in life is dependent on determination and personal motivation to be the best version of you that you can be. No one can give that to you. That is something that simply comes from within. Your education will help you but it can only bring you so far. The passion that is shown for something you love can be an incredible thing. Students need to be able to choose what they want to learn instead of filling their heads with useless knowledge, or they will fail.

-grace nichols

Great Things Happen Here!



KHS CARES FOR KIDS, even on the weekends. Above, Ms. Graveline, left, and Mrs. Ross pack food for the weekend into backpacks for needy students. See story page 2.



ANOTHER TITLE FOR KHS - The Redmen took the Eccs by storm, earning a championship in the process.