

CRYSTAL • 99

Malden Catholic – A Xaverian Brothers Sponsored School – 99 Crystal St., Malden, MA 02148

Walking for Better Lives

By: Lily McDonough
Editor

ALS, a disease which prevents the brain's connection to the muscles, has existed for 150 years. For most of its scientific lifetime, it remained under-researched and mysterious. Although over \$200 million has been donated over the years to research facilities like the MDA and John Hopkins, little about the causes, prevention, or cure has been found. That is why today, hundreds of Bostonians show up to a variety of fundraisers to show their support. Funding given to research facilities, nonprofits, and hospitals can help in a number of different areas: new equipment and wheelchair-accessible homes for patients and technology for researchers are both enormously helpful investments.

"Welcome to the 14th annual ALS + MS Walk for Living," booms the loudspeaker about a mile into the trail. The past two years had been very difficult for the Walk for Living campaign, especially due to the lack of funding in the peak of the pandemic. However, Admiral's Hill and the Leonard Florence Center have continued to provide nurturing and empowering homes for patients struggling with ALS and MS. Raising over \$75,000 in 2022, and over \$2 million over the past fourteen years, Walk for Living has housed the most people diagnosed with ALS in the world, providing them with mobilizing ventilators, remote-controlled homes, and the ability to make their own schedules. These innovations have given them the ability to live full and independent lives, as they deserve.

The International Alliance of ALS/MND Associations states in their human rights policy that "...people living with ALS/MND have the right to the highest quality care and treatment available within their healthcare system...and the best quality of life possible." Walk for Living's mission is to do just that, providing "individuals with debilitating diseases the means to live full, independent lives, ensuring the highest quality of

Senior volunteers Grace Damico, Aine MacCumascaigh, Niamh MacCumascaigh, and Josh Lopresti were among those present at the walk. "I love seeing Malden Catholic come together as a community to support people with ALS," said Aine MacCumascaigh, "I love being able to help and make a difference."

The first two weeks prior to the walk included selling t-shirts and putting advertisements around the school. Many students got involved this year, perhaps double the number who participated in last year's walk. "Malden Catholic makes up around 70% of the participants that walk at this fundraising event... with our community showing support at the fundraiser, we spread awareness about ALS by walking and raising money for those in need," says Niamh MacCumascaigh.

Families from the surrounding areas and students from other schools were also present at the walk, which inspired Lopresti. "Seeing not only the MC community but also people from around the area and those with ALS was incredible to be a part of and gave a stronger feeling of community and unity against this illness."

The walk is not only a great way to donate, but also a way to learn more about ALS and show support for the people of Admiral's Hill. "I know it can't be easy to live with such a difficult disease, so giving back to them, even if it means simply showing them we see and hear them, is something truly worth doing," adds Damico. It's important to acknowledge the existence of ALS in our community and our world. Offering our support for patients and their families can be just as important as donating to hospitals and research centers; in doing so, we can lend a hand to the people struggling not just physically, but emotionally.



Seniors Kenny Ramirez, Nisa Zajmi, Robert Hackley, and Grace Damico pose in their ALS Walk for the Living t-shirts with theology chair Mr. Robert Gregory at the 2022 ALS Walk for the Living in Chelsea.

Photo Courtesy of Giavana Bono

life through compassionate care, innovative technology and a nurturing environment."

Activities, amenities, and accommodations are all funded by the annual walk, which Malden Catholic's students have been participating in for the past few years. However, there were even more ways to get involved than just the walk on Admiral's Hill. There were several walks that day – Andover, Chelsea, and UMass Boston were also holding their own fundraisers. It was actually quite inspiring how difficult it was to find the right location this year. The support was overwhelming.

Deserved Promotion: Mr. Smith

By: Brooke Santosuosso
Staff Writer

This school year, Malden Catholic has not only gained many new students, but also a strong new advisor to lead. The new principal's role was filled by a familiar Malden Catholic face: Jeffrey P. Smith. From former Girls Division leader to principal, Mr. Smith is rising up the ranks at MC.

Mr. Smith expressed the adjustments he faced becoming the new principal, and his concerns for the school: "I think major adjustments were worrying about all aspects of the school from grades 9-12, both the Boys and Girls Divisions – including campus ministry and athletics. When I was the girls division leader, I was worried about the day-to-day academics, social and emotional life of just the Girls Division," Mr. Smith explains. "[This] workload was doubled and includes other things like the organization of major events and making sure that certain deadlines are hit." Even with all the stress of taking on this new leadership position, Mr. Smith enjoys being principal, saying, "It feels really cool to be principal. It's the first time that someone who has graduated from [this] school has served as principal, and the first time that a principal has ever had their children attend the school at the same time, which I think is pretty neat. There's a lot of great things about being principal here at MC, and the support from everyone has been awesome."

There are many new improvements and big developments coming to MC over the next few years. Mr.



Principal Jeffrey Smith

Photo Courtesy of Malden Catholic

Smith wants to focus on bettering the community, saying, "The biggest thing I am trying to improve is culture and respect. Respect from all members of the community to each other, as well as respect for the integrity of the school." As for developments in coming years, Mr. Smith adds, "The biggest thing is what we are going to do across the street at 50 Crystal. I think one of the things that I'm interested in is having the students tell me some of the things they would like to see at that building. Having consistently asked our alumni, our big donors, and some of the members of our board, I am more curious to see what the students think we need here at the school."

This is what the Malden Catholic community hopes to see in the future, and we can thank Mr. Smith for all of his outstanding efforts this year and for many years to come.

Homecoming Is Where the Heart Is

By: Presley Rancourt
Staff Writer

Lancerpalooza and Homecoming were a huge success, according to many students. At Lancerpalooza, there were many activities, including a photobooth station and music for everyone to enjoy. One activity that many students enjoyed watching was the jousting bouncy house, an activity where two people had to balance while holding a big stick and trying to knock the other off. "I liked spending time with my friends during LancerPalooza, and it was funny watching the boys fight in the fighting bouncy house," says Yolandy Vargas, junior class president.

Since the majority of the school was there, it was a great way to meet up with friends and have fun. It gave students a chance to socialize with people they normally wouldn't see outside of school. It was also a great way to get to know people you might not have talked to before.

Following LancerPalooza was Malden Catholic's first home football game, against Nashoba Regional. The school spirit at MC is like no other; with the student section filling up the bleachers, our crowd was loud, lively, and passionate.

The following night was the Homecoming dance, held in the Malden Catholic gymnasium. Like LancerPalooza, this was a great time for students to socialize, but more importantly, dance. "I would say the best part about Homecoming is that a lot of people went, and that made it more

fun because most of the school was there," says Annie Harrington, junior.

The dance was planned by the student council, with the theme being "Under A Thousand Lights". There was a great DJ playing music, with songs like Coolio's "Gangsta's Paradise" reserved for Mr. Robert Gregory. "The music definitely brought a lot of energy to the dance floor," says senior Gianna Spadafora. "They ended the night on a great note when they played the songs everyone was screaming the lyrics to." The Homecoming court was then crowned, with Ethan Tracy and Wilhelmine Remy as senior King and Queen. Johvanny Vargas and Julia Smith were also crowned as the junior class's King and Queen. "The best part was seeing my brother win homecoming King when he didn't want to," added Yolandy Vargas with a laugh.



A group of freshman boys experiences Lancerpalooza for the first time.

Photo Courtesy of Malden Catholic

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Malden Catholic High School
99 Crystal Street
Malden, Massachusetts 02148
(781) 322-3098

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If you would like to contribute to the paper, submit an article, or offer your suggestions, contact any editor or Mr. Cleary.

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We've Got Spirit. How 'Bout You?

By: Jonathan Tran
Editor

With the departure of the previous moderator of the Malden Catholic Spirit Club, two new faculty members, history teacher Mr. Nick Hurley and athletic trainer Ms. Kathleen Gusciora, have stepped up to take the position as new moderators. Five seniors and two juniors have decided to take over and lead the effort to maintain school spirit in the community. The push for involvement within the school community has led to their goal of getting students who were previously not interested in the community more involved in what is around them.

"For me, 'Lancer Spirit' is not just cheering at a football game or wearing blue and gold. Rather, it's the feeling that you are part of something bigger, that school is not just an '8 am to 2:20 pm chore' that some people feel it is," Mr. Hurley states. An MC alum, Mr. Hurley is looking for a way to give back to the school after his graduation. The desire to help students and faculty create stronger connections with the school community persuaded him to take over the spirit club.

During the years of the pandemic, people lived lives of increased isolation in order to contain the spread of the virus. As a result, there have been many students who do not have an active role in the larger school community. A hypothetical student who does not participate in community activities would see a school day as a drag, hence the idea of an '8 am to 2:20 pm chore' when referring to a typical school day. By making the spirit club more proactive in the school, students that were previously distant from the school could now be more a part of it.

One of the senior leaders, Gianna Spadafora,

says, "School spirit is a way to show support for our school and teams and bring us together as a community." The opening of school and sports events further prove this statement, as more people are now in attendance for these events. By allowing students to attend these events with other people, they create bonds among those people, and in a larger sense, the school community.



Members of the Spirit Club hanging up posters to show school spirit at a football game.

Photo courtesy of Malden Catholic.

The spirit club has already been involved in activities around the school, in order to raise school spirit among the students. Many of these activities involve promoting other events that are occurring,

such as athletics. The attendance of athletic events has seen a rise lately, mainly due to the club's efforts of promotion and spreading awareness. In previous years, the announcements of sports events had not been very clear, to the point where some teams did not have their upcoming games announced. This led to people not showing up to certain games. The pandemic had only worsened this issue, due to the physical limitations of attending sporting events at the time. At the dawn of less stringent attendance restrictions, the spirit club has been focusing on pulling the community out of this situation.

As of now, the spirit club has done T-shirt sales for the senior and junior classes. The club has also helped the student council with decorating and advertising Lancerpalooza and homecoming. The promotion of student council events by the spirit club has seen these events gain more popularity with the students at the school. The combination of the planning of the student council combined with the promotion of the spirit club allows for events that have more positive feedback from students attending these events. Considering the fact that more people are noticing and attending events, it is a remarkable improvement compared to previous years.

Looking back on the previous events that have been accomplished over the past two months, the club has considered their goal met, at least so far. Mr. Hurley states that he wants the club to be more ingrained into the school, in order to inspire more people to take part in the school community. The spirit club essentially forces the people involved to work together, and through dedication and time the club has managed to rekindle the spirit that the school has been pursuing ever since the start of the pandemic.

From Malden to Oklahoma: Robotics Team Thrives

By: Orlando Putnam-Bagley
Editor

The robotics team, moderated by Mr. Steven Caristinos, is starting a new year after placing 12th in the global conference at the 2022 Botball tournament in Oklahoma City, Oklahoma. The club meets after school until 3:30 every Tuesday and Thursday until January when the official competitive robotics season begins. The club meets in room 203 for meetings and then eventually in room 204 when the building and programming of robots begins in February. The club consists of roughly 15 members and is divided into two teams, the freshman team and the returning members team (higher team). Sophomore Valerie Umipig is the captain of the higher team with Sophomore Christian Ogada serving as Co-Captain as well as the coordinator of the team's social media.

Once the official season starts, the focus is on

the Botball tournament, which is organized by the Kiss Institute of Practical Robotics (KIPR) based out of Norman, Oklahoma. The team goes by the fitting name of "James Bond" as the team's number is 007 and it is safe to say that last year's season was a successful one for the MC team, as they placed highly at New England Regionals, with the Freshman team placing 6th and the higher team placing 1st overall. After this impressive performance at regionals, the team prepared for the Botball tournament in Oklahoma City, Oklahoma. The goal of the tournament is to score the most points overall and you accumulate points by scoring in different categories.

Teams are given a sheet and bot board which they use to help design their robots to best execute the objectives of the championship, consisting of seating rounds, double seating rounds, and double elimination rounds. On MC's higher team Junior Cullen Mustone and Sophomore Quinn Ol-

vera are the head builders for the physical portion of the bot while Junior Vincent Nyen and Sophomore Hugo Brown are the lead programmers for the metaphorical brain of the bot.

When asked about what the team hopes to accomplish, Umipig responded, "With half the team, like the older group being mostly the (former) freshman team, I wish to accomplish again what we did last year, and hope we improve in a lot of the skills we struggled with last year, because we were first years and only knew the basics. With the help of the juniors, Cullen Mustone and Vincent Nyen, we could combine our knowledge because a lot of the seniors left." Next year's Bot Ball championships will be held in St. Augustine, Florida and the team is poised for a strong season and hope to be able to compete there.

If you are interested in joining the robotics team, contact Mr. Caristinos or come to room 203 after school on Tuesday or Thursday.

Malden Catholic Commits to Diversity

By: Isaac Toscano
Editor

As old clubs are restarting and new clubs are being formed, students have taken the initiative to create communities revolving around certain ethnic groups. Although the Diversity and Inclusion Club has attempted to cover all minority groups, it is difficult to identify the needs specific to each individual group. Therefore, students and faculty have taken the initiative to form new affinity clubs that encompass specific backgrounds and heritages.

The first of these groups to form was the Latino Student Association, which embraces all Latin American, Central American, and Caribbean Islander students. Despite being the first affinity group in Malden Catholic History, the Latino Student Association kicked off its first meeting with over 40 students and later held a potluck with all kinds of Latino foods. The potluck was in celebration of Hispanic Heritage month, ending on October 15th. The potluck was held in the cafeteria, and a variety of foods such as empanadas, pupusas, arepas, and buñuelos were bought with donations from the students, but the majority of the food was brought from students' families. Students enjoyed sharing their favorite foods from their home countries, listening to their favorite Latino artists, and discussing what they would like to see done differently in order to properly represent all Latino Students. When Latino Student Association co-founder Jayden Castaño was asked how he thought the potluck went, he said, "I was surprised to see such a great turnout. I was glad that people were able to

bring various dishes from their specific countries and cultures. It was also great to see an opportunity for Latino students to gather in community."

The second event that the Latino Student Association has held is a shrine for Dia de Los Muertos. Typically a Mexican holiday, Dia de los Muertos is celebrated in a variety of Latin American countries. The Latino Student Association set up a shrine in the chapel with all of the typical Dia de Los Muertos shrine objects. From food for the departed loved ones to sugar skulls, students donated items and brought pictures of their loved ones to welcome back the souls of their deceased relatives for a brief reunion. The shrine was held from November first to the second and was open for all students to write down the names or bring in photos of their departed loved ones.

Another affinity group that has recently formed is the Black Student Forum. Founded by Brother Puccio, the Black Student Forum aims to create a community around black students that discusses a variety of topics or issues they may be facing. Events for the Black Student Forum are currently being discussed, and new ideas are always welcome.

Hopefully more affinity groups will be formed in order to adequately represent all minority groups within the school. If you are interested in starting an affinity group for a minority group you identify with, do not hesitate to reach out to Mr. Smith to try to find a moderator and a meeting time.



The ofrenda, an altar where you can remember your loved ones, set up in the chapel for Dia de los Muertos by the Latino Students Association.

Photo courtesy of Mrs. Lauren Connolly



MC students enjoy food brought for the Latino Student Association's pot-luck, where students provided a variety of foods from their specific cultures to enjoy with one another.

Photo courtesy of Mr. Robert Gregory

Not in the Classroom: Politics

By: Ava Abreu
Staff Writer

The goal of education is not to influence – it is to educate. The idea that teachers should be able to express their political opinions in the classroom is a topic that has been hotly debated over the past few years. While some believe this would be great for students, others say it's inappropriate and could influence students' views on politics. So what do you think? Should teachers be able to share their political opinions with their students?

Teachers are people and entitled to their own opinions, but education is about learning facts and truth. Nothing in politics is factual truth no matter what political party you belong to. Teachers should not use their classroom to express political opinions, as this can lead students to believe that the teacher has an agenda, making them less likely to trust the teacher. Students should be able to trust that their educators are impartially teaching them, and that they won't let personal beliefs bias their teaching.

As teachers, you are not political experts and it is not your place to educate children on your personal set of beliefs. Although it is important for kids and teens to have an understanding of politics and the world around them, there are plenty of other ways for them to learn and form their own opinions. It is completely unnecessary for teachers to use their classroom as a tool for spreading their beliefs and varying political agendas. Sharing political opinions in classrooms can negatively affect relationships between students and their peers; at a young age children have the ability to begin forming their own opinions, which can easily be distorted by discussing biases in the classroom.

This is not to say that politics in general should be kept out of school; there are many



Art by Elicia Perez

things that are important for children and young adults to be aware of, and school is a great place to teach them about pressing matters in the world. However, it should always be taught in an unbiased way. Teachers should not inject their own political opinions into class discussions. Instead, they should encourage students to think about the issues themselves and share what they have learned with their peers. In this way, students will better understand the topic at hand, while also learning how to think critically about a variety of topics that may come up in class discussions. Teachers should also be aware that some students will feel uncomfortable with their views and may feel less inclined to participate while discussing politics during class time. As a teacher, it is important to realize that your students can form opinions based on what they hear from you.

If you want your students to think critically about the issues at hand, try engaging them in discussion and let them come up with their own opinions rather than telling them what they should believe. Every student learns differently, and every teacher has different ways, so as long as it is not harmful or hateful to students, political discussion can be beneficial in the classroom.

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Cell Phones or Selling Out: New Policy

By: Jared DeSimone
Editor

As all MC students could tell, the 2022-2023 school year is different from previous years. This can be easily seen through the new Campus Ministry or by looking at yet another new school schedule, but all students can agree that the biggest change is that they can now use their phones during school hours, but to be honest, most students probably already did this. This new phone policy has been met with lots of positive feedback, and it is easy to see why. According to this new policy, students are now allowed to use their phones during lunch, and in free periods, but have to place their phones in phone caddies during class. This policy is well thought out and in hindsight seems long overdue. During lunch, students used to not be able to use their phones, but that doesn't make much sense, because they are not in an environment where they would miss important information by not paying attention, and are in a place where students get to unwind and talk with peers. There is no downside to adding phones into the mix. The same goes for free periods. This is a time where students get to choose how to spend their time, by prepping for a class, getting ahead, or relaxing before the next class. Being able to use your phone adds to all of these. For example, you can take pictures of homework before school and study, but it mostly adds to the relaxation aspect. One of the biggest impacts of this policy is the fact that it shows trust from the administration to students. As young adults, highschoolers have to manage their time

well, and in college there will not be as many restrictions, so giving highschoolers the chance to handle more responsibility prepares them for life and promotes accountability. Still, you have to give something to get something, and what was given by the students is their phones in caddies as mentioned earlier. Overall though, this seems like a fair trade. Lots of students would get in trou-



Art by: Helen Nguyen

ble for using their phones during class and in the learning commons last year, so it is reasonable that the administration allows students to use phones in non-classroom environments, but became more strict on phone use in classroom environments.

Personally, I think the phone policy is much overdue. It is the perfect balance of loosening restrictions in one place, while equally tightening in another. Kids used their phones either way,

so it was smart to give them specific places to use it, while making sure students cannot use their phones where it really matters, in the classroom. According to one student, the best part of this new phone policy is that, "No one can take pictures of me while I'm sleeping in class anymore." "It's a good start to keeping students focused in class. Removing phones equals removing distractions from the classroom and I'm all for that." "Definitely using it more freely throughout the day- if my friends and I want to spend our free periods together we can text one another during the day to meet up in the right spot and it all honestly keeps me much more organized." It is clear that this policy has been met by positive feedback. A majority of students agree that this new freedom is worth the price of giving up your phone during class. I have noticed that students are paying closer attention in class. As the first quarter closes, I can confidently say the trial run was successful, and that it seems like this new policy is here for the long run. Not all students see this new policy as a positive: "I think that although the caddies are a good idea, it doesn't prepare us for college or even the real world. Since in college we are going to have

our phones on us and we have to learn to avoid the temptation of reaching for it while it is on us. Even in society or the workforce, we are going to have our phones on us and have to be able to work, and, again, avoid this temptation of using our devices." This new phone policy is exactly that, new, and there is still much to see. I am excited to see how a full year with this policy turns out, and how it will be improved upon and changed.

Reading The Summer Away

By: Vi Vu
Staff Writer

Even the greatest literary works, at some point during the summer, have been replaced with a 150-word Sparknotes summary. This is less a reflection of the literary skills of today's youth, but rather, the outdated method of required summer reading. This case is especially prevalent at Malden Catholic, as the summer reading program wasn't very popular amongst students, to put it kindly.

"Barely read it lol, haha.", "Eh", and "Not really, I just learned about a Nun's life" perfectly express over half of the student's sentiment (54.8%) when asked "Did you find the book helpful? Did you learn anything from it?" Although it is doubtful that Oscar Romero would find offense in a teenager saying, "I didn't find the book useful," this quote implies a far more complex problem. For decades, the focus has been on the short-term benefits of summer reading to students' academic performance and failed to consider the long-term dangers on the reading motivation. Out of all 166 respondents to the survey, an overwhelming 88% felt like the reading assignment is a chore, and over 60% found they lack the motivation to complete it, with over 61% completing the assignment at the last minute. While it is important to sharpen students' literacy

skills in hope of producing the next Shakespeare, it is counterproductive for students to read the work the night before. With the majority of students completing the reading at the last minute, it poses the question: what is the point of summer reading? As authors Gay Ivy and Karen Broaddus state in their article "Just Plain Reading: A Survey of What Makes Students Want to Read in Middle School Classrooms," it is ironic that students, "are expected to become independent readers, yet they get limited opportunities to explore their interests in reading, to read at their own pace, or to make their own decisions about whether or not to read a book."

It is important to acknowledge that while a majority of students don't find summer reading interesting, some certainly did: "I found the book really enjoyable and emotional and I also learned about the definition of resilience and friendship". Another said, "It was helpful to know about faith from other people's perspective. I learned that there are people out there who act out of faith solely and are very dedicated to it." These students were able to learn from the books due to them finding them enjoyable, proving the first principle of advancing adolescents' literacy skills according to the International Reading Association, which states "adolescents deserve access to a variety of reading material that they can and want to read". According to Stacy Creel of the University of

Southern Mississippi, "Middle-school students—typically known as being resistant to reading and for having negative attitudes about reading—are often assigned teacher-selected class novels... These students' most negative experiences were 'directly related to assigned reading,' which they found difficult to understand and boring."

The importance of having a choice was also expressed by numerous students: "I understand how vital summer reading can be to ensure that kids are reading during summer, but it did bring a great amount of stress. Reading a book you don't have interest in is hard on its own, but having to write an essay about it is even harder, and it being one of your first big grades of the year as well. I think it should be optional and if you choose to complete it you get some sort of extra credit." Even the most voracious reader can be discouraged if they have to read a book that they have no interest in. The pleasure of reading has to come from one's interest; not being able to exercise this interest is the ultimate assassination of literary pleasure. In the long term, this leads to an avoidant mentality toward reading, as the brain associates reading with negative emotions such as boredom and displeasure. Therefore, while summer reading doesn't have to be completely removed, it is more effective for students to have more freedom in choosing their literary options.

Lancers Lately: Students Sound Off

By: Luna Murray
Staff Writer

When thinking about the word President, what descriptions do we associate it with? We think about responsibility, politics, and leadership. Being chosen to lead a nation, school, company, or club is no easy task, especially when opinions are part of the mix. However, a person's reaction to feedback can be what distinguishes a great leader from a. Those who can take criticism and thrive from it are the ones who leave a lasting legacy.

The question, "If you were the President of MC for a day, what would you change about the school?" was asked to a few students during the week.

Starting off with Junior Kayla McAuliffe, who brought attention to the fact that the girl's restroom near the Learning Commons is always locked at the end of the school day, which makes it difficult for athletes who need close-range bathrooms to be on time for practices or games. She also introduced the idea of having co-ed lunches with girls and boys in each grade. Lastly, McAu-

liffe explained that because the foyer is a lovely space for a garden, we should plant fresh flowers and plants there.

Junior Esteban Arbaelez shared his idea of having scripture study to truly understand the Catholic aspect of the school, embodying Xaverian values in our everyday lives. Building off this idea, Senior Nicholas Chaparro adds that as a Catholic school, more masses should be held throughout the school year. MC held its first pep rally of the year on September 30th, before Lancerpalooza and the homecoming game. "Pep rallies should be more engaging with the students," Chaparro says, feeling that the forms of entertainment to bring on the school spirit are lacking in audience participation. A key takeaway Chaparro mentions is that we should be celebrating other fall sports in addition to football. We could do this by advertising other fall sports such as soccer or field hockey. Also, coordinating themes for games could produce more overall spirit among the players and the students.

Junior Sianna-Grace Edouard also had some insight to share, saying that the first Wednesday of every month should be considered a "half-day." Students could take advantage of this opportunity by catching up with teachers or receiving extra help, heading home early to get a full night's rest, getting a head start on upcoming homework, or simply being able to focus on themselves for a day. Edouard also insists that more dress-down days are a necessity. She explains that the way students dress is how they express themselves, which is why she wants hoodies reinstated into the uniform policy and allowed to be worn throughout the week.

Opinions and discussion evolve communities and allow them to thrive. Feedback from students can reveal the student body's perspective on the school and the areas we can improve. Being a great leader, captain, president, or even advocate would not be possible without listening to our peers' criticism, because that is how we leave a lasting legacy.

Plants: The Next Frontier of Climate Change Fight

By: Lily McDonough
Editor

Growing up in the city of Malden, MA, I have developed what you could call a numb thumb. The opposite of a green thumb, a numb thumb is a person's inability to grow plants, much less keep them alive. When I was younger, my school science projects would usually require me bringing home a potted plant or some sort of biome so I could water and feed it while I wasn't at school. Without fail, I would wake up each Monday morning to a sagging, withering plant on my dining room table, waterless and stripped of sunlight. I am a self-proclaimed tree-hugger and I was raised in a household of Irish hippies. My numb thumb is preventing me from fulfilling my potential.

An unusual solution to my condition was revealed at the Malden Catholic Leadership Institute this past summer. The teachers had split us up into groups and assigned us different types of community service, my group being given the farm. There are farms in Beverly? Ten minutes south of the mall? Do I look like a farmer? Questions swirling around my head were quickly dissolved when I was handed a heavy bucket of compost and some yellow gardening gloves. It was time to work. The work in question involved "sprinkling" compost onto the tiny green stems sprouting in rows in front of us. It looked easy enough.

Granted, I was not prepared for the task at hand. I was dressed like I was going to a sleepover and I had chosen that day of all days to be wearing mascara. My head hurt and it was 90 degrees out. Also, I didn't have the balance to "sprinkle" on the stems so I just started dumping the whole thing wherever it would fit. It was excruciating work. My only moments of peace were the few minutes I had sitting under the shade of a silver truck, talking to this old man in a straw hat about the weather. To be

fair, we were only there for about an hour, maybe two, since our bus had broken down and we arrived late. But the amount of dedication that goes into the job, especially in high summer, really made me appreciate my lack of green thumb.

The purpose of the farm was to inform us about global warming, the drought, and climate change's impact on our local communities. One of the farmers told us that the reason we were putting soil around the stems was in case it rained and the plants needed nutrients. Because it hadn't rained in several weeks, the farm was struggling to provide any produce over the summer. This wasn't just a problem for one farm. In August, NPR's All Things Considered talked about the severe droughts made worse by climate change, saying, "Most summer crop harvests in Massachusetts will be smaller this year, at a time when inflation has made supplies more expensive. Fuel costs and labor are really high...farmers have had to raise their prices." Being called the "driest season" in fifty years, this past summer has taught us many things about climate change. It can not only impact farms, fish markets, and other vital food industries, but also the economy, our environment, biodiversity, and our local communities.

In addition to a loss in our local industries and communities, there are significant social impacts that the drought will have on our livelihoods. For one, the cost of basic agricultural goods are usually raised for the sake of protecting the farm. One study from the University of California states that the loss in crops cost an average of \$15 billion from 1988-1989 in the United States. To prevent this from happening again, prices are raised early on in times of crises. We saw this happen during the beginning of the pandemic in 2020, and it is happening right now to our gas prices amid the war in Ukraine. Are the climate's effects on farms worth be-

ing overlooked? According to Bloomberg, "The new report of the International Panel on Climate Change [states] the most profound effect of global warming will be the impact on food production. According to the IPCC, climate change has reduced agricultural productivity by 12.5% since 1961." It's clear that this is a huge problem for our local communities and the globe. What can we do to fix it? I think it's important to acknowledge the importance of plants in the fight against climate change. Many crops have the ability to capture carbon and absorb it into the soil, breaking down about 30% of the carbon released from human activities. If we raised money to plant more of these crops, like spindle and beech, we could grow "climate change gardens" in our local cities. Additionally, pine, holly, and even bamboo are among the kinds of crops that absorb extra heat, reducing the effects of global warming. It could be especially helpful if we grew more of these kinds of crops to cool off our environment. The effects of droughts and climate change take an even heavier toll on the people in third world countries, as well as farmers themselves. Plenty of organizations such as "Save the Seeds" and "World Vision" host drought-tolerant seed donations for families in need, helping them to grow food like rice, cabbage, and cassava. To help struggling farming families right now, you can donate to livestock projects, raise money for fruit trees, shop and volunteer at local farmers markets, and eat seasonal foods (autumn foods would include apples, broccoli, and bell peppers). The environment is steadily taking a change for the worse. Before we know it, society's effects on the planet will create irreversible damage to our lives. This isn't an opportunity to lose hope in the fight. It is a call to action. We need to do our part in protecting the earth, and we need to hold the corporations which do the most damage accountable. There is no planet "B".

Same Place, New Faces: Meet the Teachers

By: Vi Vu
Staff Writer

Excitement and nervousness were palpable on the first day of school as the students walked down the hall and entered their classrooms. Expecting to be greeted by familiar faces, they were surprised when they saw new ones. This year, Malden Catholic welcomes approximately fourteen new teachers and faculty members, including Mr. Gary Molea, the new Dean of Students.



Mr. John French: *Math*

"I am a big math nerd. I love to show how math can be used in almost every situation that you are in, since it really boils down to the ability to problem solve, take what you know, and apply it."

Favorite Quote: "If you stop learning, you stop living."



Mr. Gary Molea: *Dean of Students*

"In my free time, I like to spend a lot of time with my family and my dogs. I have two yellow labs and a golden retriever."

Favorite Quote: "No excuses, no exceptions"

Next Issue:

Mrs. Acorn
Mr. Baldwin
Mr. Borick
Mr. Jacobsen
Mrs. Mastrangelo
Ms. Talamas



Mr. Jack Turo: *School Counseling*

Mr. Turo likes to hang out with his three dogs during his free time. He looks forward to getting to know his students this year.

Favorite Quote: "The Best is Yet to Come"



Mr. Brendan Sullivan: *Chemistry, Physics, Algebra*

Mr. Sullivan, an MC alum, looks forward to the football and swimming seasons. He also runs the Anime club after school on Thursday (Room 144).

Favorite Quote: "No one is coming, it's up to us."



Mr. Anthony Galasso: *World History*

"I love to run! I am helping coach the Boys Cross Country team and I love doing it. I look forward to helping students achieve in the classroom, and making history interesting to my students."

Favorite Quote: "Give me six hours to chop down a tree and I will spend the first four sharpening the ax." - Abraham Lincoln.



Mr. John Galante: *Physics*

"Thinking clearly is a process that can be learned. I do my best thinking while walking in the woods communing with God, my dog Albert, and the rest of nature."

Favorite Quote: "I have not failed. I've just found 10,000 ways that won't work." - Thomas Edison



Ms. Marybeth Mineo: *Algebra, Geometry*

She loves animals, reading, movies, and dancing.

Favorite Quote: "Coincidence is God's way of remaining anonymous." - Albert Einstein.



Mr. Ivan Ang: *English*

"I love visual art and design, and I was a web-comic artist when I was in college. I also love buying and collecting tchotchkes [trinkets] from antique stores in New Hampshire and Maine."

Favorite Quote: "Nothing gets you nothing." - William Shakespeare

All faculty and staff photos courtesy of Malden Catholic

Drama Program Prepares for *Godspell*

By: Lily McDonough
Editor

Malden Catholic theater has become one of the most prominent and accomplished departments in the school. Last year, we saw the production of *The View From In Between*, the first and only play to be written by Girls Division students, the 2020 and 2021 DramaFest participation, and more. Dr. Lora Tamagini's capable direction and the talented students of Malden Catholic have really exceeded all expectations over the past few years. It's no secret that they are about to blow expectations out of the water.

Written in 1970 by John-Michael Tebelak, *Godspell* follows the stories laid out in the Gospel of Matthew, with lyrics from traditional hymns blended with '70s soul instrumentals. Beginning as a kitschy, ragtag basement production from Tebelak and fellow students at Carnegie Mellon, it didn't take long for *Godspell* to become an off-Broadway show in 1971. Since its first production in theaters, *Godspell* has had several directorial spin-offs, from the iconic 1973 film to the 2011 Broadway revival starring Corbin Bleu. Some signature flair will be expected from Dr. Tamagini, however she is also planning on "taking the traditional 1970's junkyard theme" which encompasses the essence of the early off-Broadway productions. Although this is the first musical performance for quite some time, this is not a new experience for the director: "This will be the 28th musical that I have directed," Tamagini explains. There was a need to start musicals back up at Malden Catholic, which also factored into her inspiration for *Godspell*. "The new theater and some gifted students were major inspirations [as well]," she says. Some of the students starring in the production include Bernardo Sanchez, Xavier DeJesus, Emelle Jacob, Matthew Zubricki, Mikeala Surette, and Andrew Webb, who are all seniors. When asking Andrew Webb what he is most excited for in the musical, he replied, "It thrills me to perform for a crowd. We've put a lot of hard work into the show and I'm excited to see how it goes."

Apart from performing for the crowd, working with Dr. Tamagini has been a memorable part of the

show as well. "I had never considered theater in the past, but I chose to do it this year so I could help Dr. Tamagini... [she] is a role model to me and has shaped who I am as a singer," says Webb. "Dr. T has an effective direction that has both friendliness and seriousness...she's passionate and wants to get the best results possible," adds Sean McCobb, '23. Many students admitted to never having considered theater before, including McCobb and Webb. It's clear that Tamagini's direction in the arts department has piqued quite a few people's interest in the upcoming production.

The new theater has been an amazing gift to the performing arts department, complete with vinyl Marley flooring, a black box design, and state of the art lights and sound systems. Rehearsals in the new theater are much more organized and practical than the theater's time at 50

Crystal Street. "We have the auditorium locked and loaded this year, which we didn't really have earlier on because the sound and lighting wasn't in," explains Emma Lafontaine '23, who is also co-president of the drama club. Lafontaine also adds, "Now that we have those features, it's amazing. I'm really excited that we have that this year."

Now, with an audience waiting, the drama club is about to give their all. "There was a great turnout at the first meeting, and we had a lot more people than we ever expected," says Lafontaine. "That means we can have a really big chorus, which is awesome."

Between the writing of this article and its publication, the drama program held three performances of Godspell in the McDonough Performing Arts Center from 11/18-11/20. Look for a recap/review in Issue #2.



Artwork by: Kimberly Nguyen

Singing in the Name of the Lord

By: Jayden Crafts
Editor

Choir has long been a key part of performing arts at Malden Catholic. The school choir is most often heard at Mass, where it has been celebrated as a profound feature of the ceremony. The school choir is a very open and embracing group and has welcomed in about a dozen new performers this year. The ringleader of this fine group of singers, Dr. Tamagini, has been running the choir for a few years now and had this to say about the program's newest additions: "I have always been very grateful to receive new members – their singing abilities never matter to me...I hope I allow them to express themselves in a comfortable environment."

When Mrs. Tamagini was asked about how she sees the choir moving forward, she says, "Considering most of our performers are seniors, it will be difficult to really replicate the impact they have had this year. However, we have some very talented singers who still have a few more years left in their high school career and I am very excited to see what they will be capable of in the future."

In relation to the future, most senior members of the choir have expressed how they want to continue singing after high school. Senior Gia Polci, who is a frequent performer at Mass, has also expressed her plans for her future. "I do plan to continue singing even after high school," says Polci. "Auditioning for acapella groups and choirs for the college that I go to is something

that is on the top of my list of activities to do." It is evident that joining the choir, or any extra-curricular group for that matter, can greatly impact someone's interests well past high school.

Performing at Mass can often be seen as a nerve-racking experience, but the sense of community is often seen as a motivator. Gia brings insight to the matter by offering advice as a tenured member of the choir. "I am always nervous while I am performing. However, being with everyone together as we perform allows me to be able to get over the nervousness." There are many more things to come for choir this year, along more with excellent performances in plays and at Mass. It is highly recommended that more students take part in the celebration.

Stranger Things Season 4 Review

By: Michael Casey
Staff Writer

A few months ago, Netflix released the fourth season of *Stranger Things*; season four was composed of nine episodes that spanned a total of about thirteen hours. It was split into two parts, as part one contained seven episodes that were about nine hours total and part two contained two episodes that were about four hours total. Since the first season of *Stranger Things* was released all the way back in 2016, the show has been a major hit with fans and critics alike. The show usually has a two year break between the release of seasons, with season three taking a long time for unknown reasons and season four taking a long time because of covid protocols and an increased length for the season. But now that the fourth season is finally out, how was it?

Stranger Things season four was one of the most talked about things up to its release date, with Netflix spending far more money on advertising the series than any other series to date. The season had a production budget of two-hundred seventy million dollars, which averages out to over thirty million dollars per episode. That budget shows in the final product. *Stranger Things* season four uses mostly practical effects for all of the monsters in the show, and those practical effects are enhanced with CGI that completely succeeds in making everything seem real. The practical effects harken back to the age of 80's movies that *Stranger Things* replicates while the CGI keeps it looking as good as modern blockbusters. The visual effects are definitely one of the absolute highlights of this season.

The cast this season is definitely a plus as well. The show has always had a great core of previously unknown actors throughout all seasons, but this season the cast is better than ever. Many of the actors have now become big because of *Stranger Things* and so became even better at acting to keep up with the roles. Some of these actors include David Harbour, Millie Bobby Brown, Joe Keery, and Finn Wolfhard. The stand out performances in this season are Caleb McLaughlin,

Sadie Sink, Noah Schnapp, Joe Keery, and newcomer Joseph Quinn. Joseph Quinn plays newcomer Eddie Munson, who can only be described as Eddie Freakin' Munson. Now we need to discuss Eddie, he is a newcomer for the season and

incredible *Stranger Things* theme song, which, as always, is amazing. Then there is the previously stated performance of "Master of Puppets" that is, to quote the show itself, the "Most Metal Ever!!!" Finally to cap off one of the best soundtracks in television we have Kate Bush's now iconic "Running Up That Hill." This song is used in multiple points of the season and in some of the trailers. It is even a song that is vital to the plot of the show by being the favorite song of the character Max, played by Sadie Sink. This being her favorite song is vital to what happens in the series and makes for some incredible scenes that are intertwined with the song. The music of this season of *Stranger Things* is truly to a point where no other series can even think to touch.

The story of this season, especially the writing, is top notch, improving on the writing of the last few seasons, including season one. This actually comes down to the pandemic, as the writers had more time to work on a script that can be better written than seasons two or three, which, while great, hadn't lived up to the high standards set by season one. Season four also benefits from a more narrow range of influences. While the show as a whole takes its inspiration from classic 80's movies, season three had a more varied approach by taking elements from multiple different movies while season four took inspiration from a specific genre. This made season four feel much more focused on the story and tone of the season. Season four is a horror based season, and while there were many well-done horror elements in previous seasons, season four turned the show entirely into the horror genre. It took its inspiration from the horror movies of the 80's, specifically *Hellraiser* and *A Nightmare On Elm Street*. Robert Englund, the star of the *Nightmare On Elm Street* franchise even cameoed in the season as the old Victor Creel. The story takes a look back at the characters and the events that have happened to them over the previous seasons to make a story with both a large scope feel very personal to each of these characters. Overall it was great, I would give it five out of five stars. Highly recommend it.



Art by: Julianna Ferguson

has an amazing character arc, which features Eddie's perfect rendition of Metallica's "Master of Puppets." Truly an amazing character, the show is worth watching for him alone, not to mention all of the other great details I previously talked about.

But while we are on the topic of the music, this season has absolutely fantastic music! First there was the use of Journey's song "Separate Ways (World Apart)" for the trailer, which fit the themes of the season perfectly. Then there is the

Is the Road to Greatness Worth it?

By: **Jacqueline Smiles**
Staff Writer

"There are no two words in the English language more harmful than 'good job'." Terence Fletcher says while staring at his former pupil, Andrew Neiman, who had given his life to fulfill Fletcher's unrealistic expectations but had yet to receive any praise.

The film *Whiplash*, directed in 2014 by Damien Chazelle, is about Andrew Neiman, a young music student who progresses through a prestigious music school and his goal of becoming a successful jazz band drummer. He eventually joins a studio band headed by Terence Fletcher, a conductor who never knows when to quit pushing his students past their breaking point. Terence manipulates his students in a way that will make them like the greats or diminish their confidence. This includes him wrongfully convincing players they're off beat or off tempo to confuse and humiliate them in front of the band. Throughout the entire film, Terence abuses his students; he turns the knowledge he learns about them against them. There are certain setbacks that many endure when mastering an art, however, Fletcher manipulates Andrew by seeing what his detrimental effects are on him.

Whiplash is not extremely accurate when it comes to drumming, tense hands, and Andrew bleeding over the sticks due to physical exertion. However, this film is not about drumming, it's about one truly giving themselves up to embody their art and the consequences of listening to an



abusive teacher. Andrew becomes a shell of who he once was, by removing anything unrelated to drumming out of his bedroom, to embody his art. This suggests that a balanced life is not obtainable when reaching the pinnacle of perfection, by revolving his life around drumming. Under Fletcher's guidance, Andrew's goal of achieving greatness includes a path of self-destruction. He breaks up with his girlfriend, avoids his family,

and continues his way to a performance after getting hit by a car; Andrew sacrifices his old life to meet Fletcher's expectations.

Andrew was eventually forced off the drums because of a car crash, which in turn led to a lawsuit against Fletcher causing him to lose his job. By chance, they meet again, and Andrew accepts Fletcher's invitation to perform at a concert for him. With Andrew having no proper preparation, Fletcher set him up for failure, but Andrew does not accept this. After a pitiful performance, Andrew starts playing again, proving to Fletcher that he is capable of being great. The band joins Andrew, playing together better than ever before. Fletcher watches in awe and encourages Andrew on. After proving Fletcher wrong, Andrew is playing for Fletcher again, falling back into the loop where he will eventually lose himself again. Andrew's father watches through a window, terrified to see his son gone. Andrew has showcased his best talent and the scene blacks out without any applause. Fletcher won, and Andrew is theorized to have a tragic ending as a great drummer.

Success is perceived differently depending on who you are. While some may find mastering a few songs on drums to be successful, others may perceive becoming the best drummer in the country as necessary for someone to reach their full potential. At this point, the audience questions the cost of what one has to sacrifice and endure to become the best. Dark success stories are often glorified, and obsessed performers are seen doing almost anything they can to succeed.

Book Review: *Daughter of Auschwitz*

By: **Grace MacDonald**
Staff Writer

The Daughter of Auschwitz by Tova Friedman and Malcolm Brabant is a true story about Tova, a Jewish child during the Holocaust. It is a very emotional and inspirational story that shows young Tova trying her best to survive with her parents. The book recently came out this September and is already one of the top best sellers on Amazon. The book is a great way to learn more about the Holocaust for those interested in it or who don't know the history.

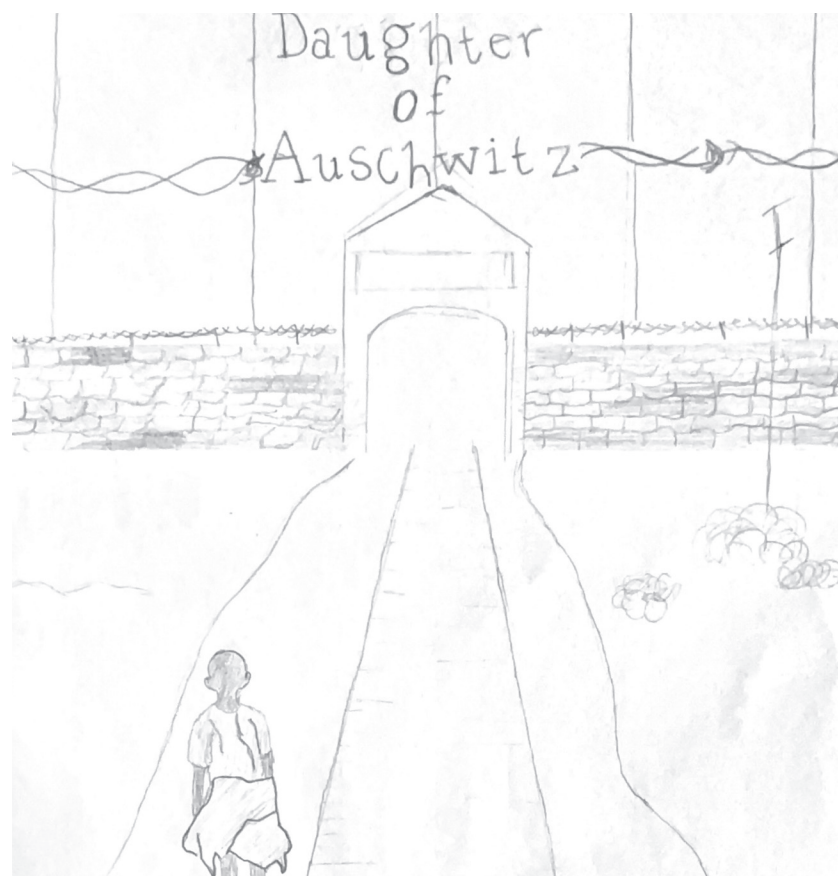
Tova was one of 300 Jewish children in concentration camps and part of the ten percent of Jewish children around the world who survived. She escaped a gas chamber and multiple mass shootings during her time in the ghettos and camps, and even after being freed at the age of six, Tova and her family continued to be persecuted for their religion by strangers, neighbors, and people they once called friends. Her parents were still courageous and determined to give their daughter a chance to live.

Now, at the age of 75, she is sharing her experiences with the world, helping others to understand what she endured at such a young age.

No child should ever have to see or live through such horrible events. Tova's story shows that no matter how hard something is, you can overcome it if you have hope. "I am a survivor," says Friedman. "That comes with a survivor's obligation to represent 1.5 million Jewish children murdered by the Nazis. They cannot speak. So I must speak on their behalf."

Though this story is very sorrowful, it also teaches us about what it was like for the Jewish community at the time and how important it is for us to know our history so it isn't repeated in the future. It is an incredible story of survival. More about Tova Friedman and her story can be found online.

Overall I give this book a 5-star rating and enjoyed the opportunity to learn about this resilient woman.



Art by: Rachael Burke

Football Looking to Finish Strong

By: Jayden Crafts
Editor

After a tough beginning to their season, the MC football team is hoping to make their final regular season games their strongest. While the team has gotten off to a rough start, it must be taken into consideration that the team has lost a considerable amount of talent. Last year's team was mostly comprised of seniors, thus forcing the underclassmen to take a bigger role. Malden Catholic did not face any easy opponents either, competing with the likes of Saint John's Prep (#6 in the state) and Catholic Memorial (#1 in the state). It is safe to say that Malden Catholic football definitely has the odds stacked against them, and judging from their performance in their games, they are showcasing valorous effort regardless of division. The leadership of football's senior captains is also considered to be the best it's been in recent years.

Senior captains Ayo Adeleke, Ethan Tracy, and Kam Young have been leading the team on and off the field. Not only do they orchestrate the practices and lead by example, but they also have impressive feats on the field. On September 23rd, Ethan Tracy recorded seven receptions, ran for 150 yards, caught one touchdown, intercepted the ball once, and recorded ten tackles on the defensive side of the ball against North Quincy. When freshman Lucas Acuna was asked to describe Tracy, he

said that he "is a perfect role model for the younger players on the team and always plays with a full tank. The way he performs exceptionally on offense and defense is truly inspiring to us." Tracy has been on the team for his entire high school career and has seen the team at their worst and at their best. Coupled with his tenacious motivation to perform, he will go on to do great things at the next level.

Tracy's fellow captain, Ayo Adeleke, is also a favorite of coaches and his teammates; the offensive lines of other teams, however, aren't big fans. Adeleke's best defensive performance occurred when they were playing against Ashland High on September 16th; he recorded two sacks, 14 tackles, and even a forced fumble. Adeleke has been playing at the varsity level for the school since his freshman year, so it is no surprise to anyone to see him play with such dominance any time he steps on the field. Adeleke's adaptability is also an admirable characteristic of his, playing at several different positions on both sides of the ball. No matter if it's playing defensive end or corner, Adeleke has consistently proven that he can be put anywhere and still perform exceptionally well.



Freshman David Perrault makes a leaping catch during a Lancers home game, as Sean Bridges (left) looks on.

Photo courtesy of Malden Catholic

While the team can no longer qualify for playoffs, they are still able to showcase their abilities. Their Thanksgiving game is November 23rd, against Saint John's Shrewsbury, and it will be their last game of the season, and the entire team is excited to put on one last performance at Donovan Field.

Keeping the Crowd Entertained: Varsity Cheer

By: Kristen Marchant
Staff Writer

"D-E-F", the team cheers, "E-N-S-E, Defense!" The Malden Catholic Fall Cheerleading Team yells to the stands. They clap, toss, kick, flip, and cheer for Lancer football. They have been an important part of games this season, giving pep to both the players on the field and the fans in the stands. Though the team hasn't got the opportunity to cheer much this season due to the lack of home games, the team did have the opportunity to travel to St. John's Prep to support the Lancers.

Although Lancer Football lost 15-7 to Nashoba Regional High School on homecoming night, a stand-out performance was provided by the Malden Catholic Cheer team. They were excited and kept the energy up, even as the game went into overtime. The team also proves to be a standout in composition, as the Varsity team is the only co-ed Malden Catholic sports team. When asked what makes their team different from other teams at MC, sophomore Matheus Amaral says, "Cheerleading is the one sport at Malden Catholic where we are not only the spirit leaders for games and other events, but are also true athletes with skill and talent. This sport combines performance and athleticism, which you don't see in many other sports."

When they aren't cheering for football, the team is preparing for competition. They will be competing their cheer routine against other high schools in November. Junior Jenna Lapenta says, "It is my third year on Varsity and I am so excited to finally be able to compete with no Covid restric-

tions. Our team and new coaches are going full out this season. You will not want to miss it!"

Junior Varsity has had a successful season as well. When they aren't cheering for the JV Football team, the fifteen team members are preparing their own routine to compete with on November 5th. When asked

about her feelings surrounding the rest of the season, junior Bella Maser explains, "I'm excited for competition because a lot of girls haven't competed before, so it's going to be fun to experience."

Captains for the Varsity team are seniors Guilianna Celona, Savannah Brosnahan, and Kaylee Fiore. They constantly bring energy and their best performances to every single practice. The team's Senior Night was held on Friday, October 28th, when the football team played Bos-



The Varsity Cheerleading team cheering at a home football game with a pink out theme.

Photo courtesy of Malden Catholic

ton College High School at Brother Gilbert Stadium. The three senior captains were thanked for their hard work and dedication to the team.

Varsity is coached by Alisa Richardson alongside Katie Richardsome and junior Varsity is coached by Stacy Vercellini and Katie Richardson. The squad has been cheering for the Lancers since its beginning in the 2018 fall season and the program has evolved greatly from year one, to now year five.

Cross Country in for the Long Run

By: Orlando Putnam-Bagley & Rachel Burke
Editor and Staff Writer

The MC Cross-Country program has been working hard this season to rebuild their team after the graduation of the senior leaders and the impending advancement of another forward in just its fifth year. The boys team has participated in eight meets within the Catholic Conference, with MC going 15-48 against Catholic Memorial at their latest meet. The team has yet to win a meet this season, but has strong leadership from senior captains Patrick Radochia, Luke Overgaag, and Robert Hackley, who has the team's fastest 5k time with a 19:24. According to Coach Belliveau, Kevin Humphrey and Lucas Donahue have stood out for making exceptional progress. The freshmen have also been competitive this season, which points to a bright future for the team in coming seasons. The depth of the team is good this year with roughly 30 athletes on the team in total. Senior Eyram Anim says that the biggest problem on the team currently is, "Consistency and accountability. Accountability has to mesh with consistency so we can better ourselves and our team," but he also claims that he is hopeful for the future of the team as a whole. Coach Bel-

liveau, when asked what his goals for the team this season are, said, "I want to allow everyone to have as much personal improvement as possible." He also explained how he is excited to have all of the new freshmen on the team, and how they just need to get accustomed to racing.

Meanwhile, the girls cross-country team has competed against schools such as Notre Dame Academy in Hingham, Ursuline Academy, Fontbonne Academy, and Mount Alvernia. However, they say the biggest competitor is themselves. Junior Ava Visconti says, "We always want to be the best versions of ourselves." Runners cannot achieve this goal by only running five days a week after school for an hour and a half; they have to come up with an exercise plan to keep their stamina and performance up to their standards. This might mean getting out on the track on the weekends or early in the morning, so they can fit running into their everyday lives. "We love the fact that no matter where you are, as long as you have your running shoes, you get to experience a whole different aspect of life," Visconti says. The weekend of October 15, both the girls and



The girls varsity cross-country team warms up before a meet.

Photo Courtesy of Malden Catholic

boys teams participated in the MSTCA Bob Glennon Twilight Invitational. This nighttime event is held at the Cape Cod Fairgrounds in Barnstable county. At this invitational, three members of the Malden Catholic girls team participated: Grace Ryan, Ava Visconti, and Luna Murray. Coming in 61st was Grace Ryan with a time of 21 minutes and 43.2 seconds. Luna Murray came in 75th for Malden Catholic with a time of 22 minutes and 22.2 seconds. Lastly, Ava Visconti came in 137th with a time of 25 minutes and 16.4 seconds.

Overall, it was a year of growth and promise for Malden Catholic's Cross-Country teams, with strong veteran leadership and an eye on the young runners who will lead the Lancers into the future.

Flying Through an Amazing Season

By: Tomaz Silveria
Staff Writer

After notable success in the 2022-2023 season, coach Tricia Argentina has high hopes for the future of Malden Catholic's girls swim team. Though a very small program, every member displayed exemplary performance at each event. For starters, multiple members have exceeded expectations by qualifying not only for sectionals, but states as well. Even junior Thea Sanzone, who recovered from an injury in the beginning of the season, managed to qualify for sectionals.

Although everyone proved to be a pivotal member of the team, they lacked the quantity of team members compared to many rival schools. "We did not have nearly as many members as the other teams," Lily Nguyen says. "With a lack of players on our team, keeping up with the fast-paced sport proved to be extremely difficult. With more members on the team, the future of this program at MC will continue to develop and bring better results."

The team recently won their first meet of the season on October 25th against Notre Dame Academy. They performed even better at their Catholic Conference meet on the 28th, against Ursuline Academy and Notre Dame Academy. At this meet, the team placed second in the entire Catholic Conference, which is the highest they have placed in all five years of the program's existence.

Individual success is very prevalent on this team, with Juniors Amira qualifying for sectionals in the butterfly and breaststroke races. Amira Aboudou swims not only for the school, but also at the club level, committing to two practices a

day. She has been swimming for most of her life and is determined to showcase her talents in her postseason competitions. The talent for swimming is clearly genetic, as best seen through her twin sister, Aliya Aboudou, who qualified for sectionals after the 100 breaststroke race.

Captain Thea Sanzone also has accomplishments of her own. Thea got first place in the 100 backstroke in the entirety of the Catholic Conference with a time of 1:13.07, which is an all time best for her and the school. Their freestyle relay team, which consisted of Thea Sanzone, Paige Kelly, Lily Nguyen, and Leyna Nguyen, placed first in the Catholic Conference as well.

Lily Nguyen, senior and captain of the swim team, imagines Thea Sanzone will take over

as the leader of the team in the future. Thea has continuously cemented herself as an excellent swimmer and leader, and she is believed to pave the way for dominance in the program. Only time will tell, but with MC's exponential growth in students, it is without a doubt that this team has a bright future ahead of it.



The MC girls swim team poses for a photo together poolside.

Photo Courtesy of Crystal 99 Staff

Field Hockey Push Program Forward

By: **Gianna Spadafora**
Staff Writer

The Malden Catholic girl's field hockey team had a great season with wins against Revere High and St. Bernards, for a total of three wins this season.

The team won 5-0 over St. Bernards with goals from Ava Baker, Antonia DiZoglio, Lorianna Luongo, Becca Melanson, and Madison Perry. Lorianna Luongo was thrilled, saying, "I was the player to score the fifth goal! After I scored, I was so proud of myself for making such a great and powerful shot."

As one of the newest teams at Malden Catholic, with this only being their second season, the team continues to grow and learn the sport together. "Last season was our first season with a group of girls who really didn't know the sport," says captain Ashley Reardon, "but now looking out onto the field from the net, you cannot even tell."

In order to collaborate and play as a team on the field, members have found ways to keep in touch off the field as well. "We stay connected by doing a yoga day instead of doing practices," says Elena Rotondo. "As a team, we take a yoga class and bond."

The team continues to advance and learn



Sophomore Aviana Panacopoulos takes a swing on senior night.

Photo courtesy of Malden Catholic

the sport together. Over the past two seasons, the field hockey program has grown tremendously, starting with only twenty-four players last season and increasing to forty-one this season. Coach Rob Viola says, "One year under our belt and we are far more experienced."

The team prioritizes making everyone feel welcome, whether you are an incoming player or part of the opposing team. Captains Olivia Hart,

Madelyn Ragucci, and Ashley Reardon greet the arriving team at the stadium gates. "We point out their bench and give a brief overview of where everything is so that they might be welcomed," says Reardon.

As for incoming students interested in the program, "Don't be afraid to try a new sport," Rotondo advises. "I had never played field hockey before, but together we worked to learn the sport."

Aside from their love for the game, the team highlights giving back to their community as well. During the month of October, they raised awareness for breast cancer by playing Sticks for a Cure. They collected donations in Campus Ministry and wore pink jerseys during their game against Revere High. "This was such an exciting game because we knew that we were giving back and raising money for those who have suffered or are suffering a loss from breast cancer," says Luongo. "Everyone during this game was playing for a loved one or someone that was very close to

them that may have gone through this...throughout the entire game each of us was thinking of them." They concluded the day with high energy and a 5-0 win against Revere.

As one of the newest teams at Malden Catholic, the girl's field hockey program has developed, grown, and learned immensely, and are looking forward to continuing their progress into the end of the season.

Girls Soccer Reaches Playoff Goal

By: **Presley Rancourt and Lily McDonough**
Staff Writers

The Malden Catholic girls varsity soccer team has had many great games this season. As the season comes to an end, the Lancers hold a record of 7-11. The team has been working very hard all season with many players turning in strong performances, including the captains.

Coach Clancy raved about the team's success on September 12th. "Our season opener against Ursuline Academy was a very good game. Sofia Dowd scored a great goal and the team worked very hard to ensure we had a shut-out," says Mr. Clancy. "We played as a team and managed to score on them, despite the fact that we lost to them last season," added Mackenzie Brady, a junior. Another important win was the home game against Triton Regional. "We played them in the beginning of the season and didn't do so well," captain Danyka Perreault admits, but adds, "They came to our home field expecting to beat us again, yet we put up a fight and came through with the win." The team has improved immensely since last season.

The team has also had some particularly memorable plays throughout the season, one of which was during their game against Ursuline Academy last month. "Captain Kayla Francillon beat multiple defenders before giving a great pass to sophomore Sofia Dowd, who threw an amazing top corner goal," says Perreault. "This was one of our best plays this year."

The current captains of the team are senior Kayla Francillon, junior Tricia Stevens, senior Julia Kruse, and senior Danyka Perreault. Each captain has put forth great effort throughout the season. Brady says, "They all make sure we are focused and prepared for our games as much as possible." Each captain plays a large role in the team's effort



Senior Captain Kayla Francillon looks to make a move upfield on Senior Night against Carver.

Photo courtesy of Malden Catholic

and work put into every game.

While many players stepped up this season, Coach Clancy notes two who have helped the team out greatly: "Two special mentions go to sophomore McKenzie Manchester, who has brought a new attacking element to her play this year and to junior Tricia Stevens, who embodies what it means to be a captain, leading by example and always bringing out the best in the players around her." Captain Perreault also mentions sophomore Erynne McNulty, "a very good player, who knows the game well and is passionate with the girls."

The team continues to improve their game, but one thing that has set them apart from the rest is the "courage when going in against a tough team", according to Coach Clancy. Despite losing to Ursuline last season, the girls came together to score one goal, which is all they needed to bring home the win. This shows the team's improvement, and they continue to head in the right direction.

Overall, Coach Clancy said this was a great group of players to work with. "My favorite part is the camaraderie I see every day in practice," he adds. The team is continuing to work on improving their record and their play, for the upcoming seasons. Players say Mr. Clancy pushes them to work harder, and tries his best to keep their spirits up, even if they play a tough game.

Lancers Volleyball Digs In

By: **Katelyn Cirame**
Editor-in-Chief

The crowd goes wild as Malden Catholics girls varsity volleyball team sweeps the court. Despite the loss of some crucial graduating seniors, the girls varsity volleyball team is still going strong. After last year's record of 7-6, the Lancers are keeping steady with a record of 11-8.

The team has had many fantastic wins this season, along with great individual games and plays. One of the most exciting games this season was the team's second against Fontbonne Academy. Their first game against Fontbonne was away, which they won 3-2. The team's second game against Fontbonne was in the Malden Catholic Gymnasium, which again was a 3-2 win, but this time it was what's known as a "reverse sweep," meaning they lost the first two sets and came back at the end to win the last three. Although the set was eventually lost, the Lancers got out to an early lead in the second set, with their score going all the way to 32. According to junior captain Annie Harrington, "Molly Warner had a great game, always staying in the play, blocking and attacking at the net. Eva Perhanidis was also very solid on defense, consistently setting up plays for the team." The team also swept Mystic Valley regional Charter School with a 3-0 win. Last season, the girls lost to the same school 0-3, so this result shows the strides the program is making. MC also had a great home game against Notre Dame Academy in Hingham. Although the team fell short with a 0-3 loss, they came very close to beating NDA in the first set. With the final set score being 26-24, they should consider this a moral victory.

In this match and many others this season, the Lancers have been on top of their game. Junior captain Annie Harrington says, "Despite the difficulty of graduated seniors and our new team not having a lot of in-game experience, we focused on maintaining a positive attitude and supporting each other, especially against difficult teams." The team has improved immensely throughout the season by communicating more. "Throughout the season, we have gotten a lot better at communicating and making plays that we thought we couldn't, and being competitive with some really good teams," says Harrington. As the season comes to a close, many members have broken school records. Senior captain Jillian Perry broke the school's record for single game digs with 23 against Ursuline Academy. Senior Gia Polci broke the single game blocks record with five at a game against Fontbonne Academy. Polci also smashed the season blocks record. Junior Jaelyn Walsh crushed the season aces record. Sophomore and new member to the varsity team Molly Warner tied the single games kill record, and thought this is her first varsity season, the team can expect great things from her in the following seasons.

At the beginning of the season, they were a team that few thought had the potential to go as far as they did. At the end of season, the girls have certainly proved to them wrong. Even though they had many new players without much on-court experience, that didn't stop the team at all and they formed strong bonds with each other. Senior captain Jillian Perry says, "Being a captain and a se-



Junior outside hitter, Jaelyn Walsh winding up to swing during a game against Ursuline Academy.

Photo Courtesy: Malden Catholic

nior, I could not be more proud of this team and how far we have come and it's going to be really hard to leave it behind. Going in as underdogs, we stayed strong, communicated along the way, and fought until the end of every set. I think that is the most important part of our program and I can't wait to see what the future holds for MC volleyball."

At the end of the day, the team has come from the bottom all the way to the top and is on their way to the playoffs. Being ranked the 24th team in division four, this team has experienced all the epic highs and lows of highschool volleyball and will definitely continue to crush the competition in all the seasons to come. It is safe to say that Coach Chiccuarelli has helped these girls make it to the top and it definitely cut out for her position as Malden Catholics varsity volleyball coach.

Golf Proves Up to Par in Strong Season

By: **Andrew Webb**
Staff Writer

The 2022 Malden Catholic Varsity Boys Golf team just concluded another eventful season showing massive improvements. Their 5-7 record illustrates their tremendous growth as they finished with a record of 3-9 last season. This season the team was led by their three senior captains; Brendan Zinck, Sean Mccobb, and Andrew Maher.

Although they failed to qualify for the playoffs, the boys still had an electrifying season with massive improvements throughout the entire team. Brendan Zinck, Senior Captain and Malden Catholic's number one player, accounts for this growth due to many players stepping up, resulting in team success. Coming into the season, Zinck had very high expectations, making it clear that he wanted to be able to compete with some of the best teams in the state. When asked about who stepped up on the team, Zinck mentioned that, "Andrew Maher really stepped up as one of the captains and helped lead both by example and on the course." When asked about what his plans are for golf after high school Zinck noted that, "I plan on playing golf in college. It has been my dream to play college golf, and it is amazing to see it coming to fruition." Brendan Zinck has really established himself as one of the best golfers in the Catholic Confer-

ence and it is clear that his future in golf is bright.

Other captains Sean Mccobb and Andrew Maher also had massive improvements and helped lead the team this season. Both competed at a high level and outperformed their opponents on a consistent basis. They helped Malden Catholic sail by teams such as Wakefeild and Catholic Memorial who beat them in previous years. Although they were outstanding players on the course, they reflected their vibrant personalities through social media. The Malden Catholic Boys Golf instagram account was a big hit this season, featuring food reviews and team interviews. Their contagious enthusiasm inspired other MC sports to start doing the same. Sean Mccobb and Andrew Maher both have very bright futures on and off the golf course. Out of their many courageous and hard-fought matches, Malden Catholic's best game was against CM at home. In this game, Malden Catholic shot a team total of 213, which is their lowest recorded score in over half a decade. This was also the first time Malden Catholic defeated CM in 4 years. Zinck was very proud of the team and thought that their win over CM gave them confidence to beat other good teams. This confidence carried on throughout the rest of season portrayed through the team's performances.

MC Golf will continue to strive for greatness in hopes to improve even more next season. Al-

though Malden Catholic is losing many stars next year, they are in very good hands as Freshman Eathan Addazio and many others have showcased outstanding potential. The Malden Catholic Boys Varsity Golf team is well-prepared and highly capable to keep proving themselves next year and beyond.



Junior Benjamin Gowrie preparing to swing in a golf match.

Photo Courtesy: Malden Catholic

Soccer Chases Goals in Strong Season



By: Jayden Crafts
Editor

The Malden Catholic Boys Soccer team has witnessed one of the greatest starts to a season in recent history. Coming into the end of the season their record was four wins, four ties, and four losses and their playoff hopes were still very much alive. The team has not had a playoff run since 2018, before any of the current players were on the team, so competing this late into the season is a big step forward. The team competes in the seemingly difficult Catholic Conference and not many people expected them to do well; however, the team has prevailed and has a 1-3-3 record against Catholic Conference teams.

Compared to previous years, the team's overall morale and desire to win has greatly increased. Senior Captain Michael Cagno had this to say about the rise in team-spirit, "I would say that the team has improved by wanting to win more, everyone seems much more devoted to winning. Since freshman year we have had a losing attitude, going into every game thinking we are going to lose, but this year we always think we can compete with anybody." Along with leading the team to an even record, Cagno has impressive feats of his own, including a hat-trick against Bishop Fenwick, which helped the game end in a 4-2 win for the Lancers. This was also a record breaking game for Mike, as he scored the quickest goal in Malden Catholic soccer history in only seven seconds. Cagno, or "Caggs" as his teammates call him, has been a captain since his sophomore year and is described as the perfect role model, an all around leader, and a quality soccer player.

This year, the team has also had to overcome several adversities, especially in the net. Star goalkeeper Diego Portal was injured for the beginning of the season, which left the Lancers without a goalkeeper. Fortunately, senior Captain Robbie Scapicchio rose to the occasion and started in between the sticks for three games. Scapicchio had this to say about his out-of-position experience, "I was playing goalie for three games and we won those three games. It showed that the joke that Coach Henry could put me anywhere, including goalie, and I would do fine was true and it showed that our team could overcome any adversity that we faced." Now with Scapicchio returning to his natural position at left wing, the team is happy to have their winger back. While they may have fallen just short of the playoffs, the team made considerable progress compared to years prior and it is only just the beginning for the Malden Catholic Lancers.



(Above) Senior captain Michael Cagno dribbles out of a crowd. (Below) Sophomore Cauro Ferreira locks in on the ball. Both photos were taken during the Lancers' game against St. John's.

Photo courtesy of Malden Catholic