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The Cougar Chronicle

The Student Newspaper of Haddam-Killingworth High School

News Analysis: Do Phones in School Inhibit Learning?

By Makayla Mancarella

It has been hotly debated if phones are a distraction in the classroom. Some people think they are necessary for safety and teaching students responsibility, and some think they are a distraction that keeps students from their full potential. Schools have become more strict with phone policies over the past few years and many are resorting to keeping phones in pouches, keeping them in lockers, and even not letting students bring them.



Many HK students are now wondering: Are phones going to get banned at HK?

Principal Donna Hayward said, “I think cellphones in schools have become an issue of themselves, and we hear a lot in the news these days about some schools implementing new policies to restrict phones in schools.” There is no specific plan as of right now, but discussions have begun regarding what might change next year.

Students have many different perspectives on phones, but one of them is a concern for safety. One said, “We would need our phones in an emergency, like a lockdown or fire drill.”

Some students are against phones being banned or locked up until the end of the day. Another argument students have is that their phones are personal property. As it is, it's impossible to come up with a solution that everyone will agree on.

“Honestly, I think some students, probably the minority, can manage them fine and they can put them away and not think about whoever’s texting them or what Snap they’re getting or what’s going on on social media," added Ms. Hayward. "But I do think it's common for some students to be distracted by them."

“We’re actually going to be talking about this as a school community in the coming months," said Ms. Hayward. "I'm going to be getting a lot of student input. I'm going to be getting a lot of faculty input. I'm going to ask for a lot of parent input. I think there are a lot of options. So, let's have the conversation and see what comes of it.”

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Holiday Show Telethon Raises More Than $10,000

By Aubrey Chadwick

The annual Holiday Show Telethon at Haddam-Killingworth High School on Dec. 20 once again emerged as a success, raising a remarkable $10,711.36 to benefit HK Youth and Family Services (HKYFS). This year's event was organized by teachers and members of the HKTV studio.

Kasha Topa-Finberg, broadcast teacher and the point person for the Holiday Show, highlighted the event's purpose: "Each year brings a unique opportunity to support different beneficiaries, who change annually. While our primary goal is to raise funds, we are equally committed to raising awareness and making a meaningful impact in our community."

Ms. Topa-Finberg has been organizing the Holiday Show for five years and counting.

HKYFS is a vital non-profit organization dedicated to empowering youth, supporting families, and strengthening the local community. By changing the beneficiary annually, the Holiday Show Telethon emphasizes its commitment to different causes each year, showing the school's dedication to making a positive impact.

The festive atmosphere included student performances such as singing and playing instruments. It also featured a popular fishbowl raffle with exciting prizes donated by local businesses. This combination of entertainment and community involvement fosters a spirit of generosity and togetherness that resonates throughout the Haddam-Killingworth area.

President Jimmy Carter's Legacy Remembered

By Jeffrey Schull

At age 98, President James Earl Carter, Jr. died on December 29, 2024, at 100 years old.

President "Jimmy" Carter was born on October 1, 1924, in Plains, Georgia. As a youngster, he worked on his family's peanut farm and at the time he would stack produce from the family farm onto a wagon and he saved his money.

In 1946, Carter graduated from the U.S. Naval Academy with distinction and was assigned on the USS Wyoming to serve as an engineering officer on the submarine SSK-1. On June 7, 1946 he and Rosalynn Carter got married and moved to Norfolk, Virginia for Carter's first Navy assignment.

On December 12, 1972, Jimmy Carter announced that he would be running for President of the United States, defeating Gerald R Ford. In 1976 he was elected President and was sworn in January of 1977, taking office at 57 years old as the 39th President of the United States.

During his presidency Carter emphasized human rights, continued with the late Cold War policies, and normalized relations in China. Carter also pursued further arms talks with the Soviet Union. After the Vietnam War he pardoned the draft evaders. In 1980 Jimmy Carter lost his reelection bid to Ronald Reagan. After he left office, he founded the Carter Center in 1982 as a humanitarian organization.



President Carter (Carter Center photo)

In 1984 Jimmy and Rosalynn Carter worked with Habitat for Humanity, boosting affordable housing. In total, the Carters and 108,100 volunteers either renovated or built 4,447 houses in 14 countries while raising awareness of the desperate need for affordable housing. In 2002 Jimmy Carter was awarded with the Peace Prize for undertaking peace negotiations and campaigning for human rights.

At age 98 Jimmy Carter entered hospice care in his hometown in Plains, Georgia. He died on December 29, 2024 at 100 years old.

International News: China, Tariffs, and Strife in Gaza

By Christopher Sanders-Roberts

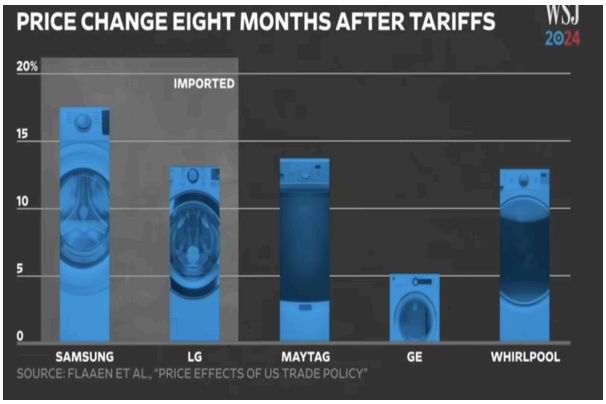
A great deal of important events have already occurred in 2025, including the implementation of new tariffs and unrest in the Middle East.

Tariffs

A tariff is a tax placed on the imported goods coming into a country. The costs are added to the incoming goods, so tariffs are used to cause citizens to focus on more local goods.

In the United States, there has been much talk of these taxes as of late – especially since President Trump initially announced new 25% tariffs on Mexican and Canadian goods, an idea he has since walked back.

Currently, a 10% tariff is attached to goods from the world's largest exporter, China. Looking back to 2018, a previous tariff on washing machines caused the prices for foreign ones (as well some dryers) went up, according to the *Wall Street Journal.* However, to many people's surprise, the domestic goods—the ones that were expected to go DOWN—also had their prices increased.



(Wall Street Journal graphic)

Circling back to today, China has tariffs on steel and aluminium, important to us for military equipment and cars. These tariffs are placed on our industries when they buy steel, causing the profit to lessen and the price to rise, as well as creating competition from other countries (that aren't China) who don't have the tariff.

In short, tariffs can be good as negotiation or intimidation tactics in order to coerce other countries into desirable actions; however, it may come at the cost of jobs, prices, and the functioning of industries that are the backbone of society.

The Middle East

The current war in Gaza between Hamas and Israel dates back centuries as a matter of history, religion, politics, and geography.

Starting with the Jewish people of Israel absorbing constant persecution from losing a homeland to being enslaved and murdered by the Roman Empire, people of Israel desired their own homeland be centered around the city of Jerusalem, the holy city of Judaism (also the holy city of Christianity and Islam).

In 1516, the Ottoman Empire occupied Palestine, an area of land east of Egypt, and it remained this way until the defeat of the Empire by the British and French in World War I.. Britain took ownership of the land after partitioning it with France, and in 1947, after the Second World War, gave up control of the area due to a decision made by the United Nations. The idea was to split the land into two equal states; one of the Palestinian-Arab people and of the ethno-religious people of the Jewish faith. This seemed like the best solution at the time, when considering the Jewish people's emergence from the Holocaust.

However, the Palestinians disagreed.They had been there for centuries, and were to give up more than 50% of their land for the Jewish who comprised one third of the population. This sparked on and off wars that have continued to this day, and have heated up the worst it's ever been with the terrorist-attacks by Hamas resistance-movement and the Israeli Defense force.

This cycle of vengeance and death could come to a close soon (temporary, at least) with a ceasefire deal underway and hostages from both sides being released.

Teens Dodge the TikTok Shutdown – For Now

By Reagan Aranson

National security concerns led to a ban of TikTok in the U.S. on Jan. 19. Legislative representatives feared TikTok was providing its Chinese ownership with American data.

According to the *New York Times*, the popular social media platform became inaccessible following a Supreme Court ruling which mandated Chinese owners ByteDance to sell. When the app did not sell by the deadline TikTok was removed from service providers and blocked for those with it already downloaded.

The ban lasted 14 hours when President-elect Donald Trump announced he would place an executive order to stall the ban. The next day Trump placed a 75-day extension allowing ByteDance more time to sell TikTok. The extension will end Apr. 5.

Users were then greeted with a message stating, “Thanks for your patience and support. As a result of President Trump's efforts, TikTok is back in the U.S.!” said NBC News.

“TikTok remained unavailable for downloads on the Google and Apple app stores, suggesting that some companies continued to enforce the ban," reported the *New York Times*. Those who deleted the app cannot redownload and access their accounts.

An eBay seller had their Samsung Galaxy up for sale with the app previously downloaded. “It's an older model that would normally expect to sell for around $250. But with the TikTok app installed, the seller is asking for $50,000,” reported the BBC.

President Trump said, “Microsoft was in talks to make a deal with TikTok.”

Donald Trump Inaugurated As 47th U.S. President

By Jonathan Saraceno

Donald J. Trump was officially inaugurated on Jan. 20 for his second term at the White House as the 47th president of the United States with J.D Vance as vice president.

In his inaugural address, Trump explained that that day would mark the beginning of a “golden age,” and the country will once again flourish, and be respected around the world. “Our sovereignty will be reclaimed. Our safety will be restored. The scales of justice will be rebalanced. The vicious, violent, and unfair weaponization of the Justice Department and our government will end. And our top priority will be to create a nation that is proud, prosperous, and free.”

Upon his inauguration, Trump signed a series of executive orders that would “reverse a horrible betrayal."

"Trump has signed an executive order to end Diversity, Equity, and Inclusion (DEI) programs in government agencies."

Trump declared a national emergency at the southern border, immediately halting all illegal entries, and prompting the continuation of the construction of the southern border wall. He will end the practice of catch and release, and has already sent troops to the southern border to repel all illegal entries.



Trump will also invoke the Alien Enemies Act of 1798 to eliminate all foreign gangs and criminal networks from the United States, and will designate the cartels as "foreign terrorist organizations."

Trump has also signed an executive order to end Diversity, Equity, and Inclusion (DEI) programs in government agencies.

President Trump has made geographical changes, which include renaming “The Gulf of Mexico” to “The Gulf of America” and renaming “Denali," the tallest mountain in the United States, back to “Mount McKinley.”

Student Equity & Advocacy Board Has Demanding Task

By Christopher Sanders-Roberts

A school is–and *should* be–a place to gain and share experiences within a space of your peers. Now, a group of students is working to make this idea reality.

The Student Equity and Advocacy Board (official name pending) is a caucus where students must be prepared to say what they're thinking and feeling. Within the Board, there is much discussion on uncomfortable topics, including the prejudice and microaggressions that occur toward people of various races, genders, sexualities, and other social categories, as well as how this prejudice can be found within the walls of HK.

The following information offers an idea of this board and its goals:

People know how to hurt people. As high school students, we have heard some awful things said by at least one of our peers, and it also stands that when we are made to feel uncomfortable by these words, we try to bargain and justify it as if these people don't truly understand what they're doing. But we must realize that sometimes people understand their actions *regardless* of who it may offend, and they take it upon themselves to continue this behavior without second judgment.

It is human nature to assume that OUR experiences are everyone's. People are very similar yet very different. We can look the same way and act the same way, but the things we do and believe in can be for very different reasons. When this assumption becomes predominant, empathy occurs.

"People can think whatever they want. It's how we shape those thoughts that makes room for getting people to listen."

People can think whatever they want. It's how we shape those thoughts that makes room for getting people to listen. The group agreed that they weren't looking to change people's minds to reflect their own ideas, but to encourage them to question what they do and how they'd want to be treated if they were someone they didn't understand.

It is not easy being a leader. You can't make everyone happy. Members of the board learned this right off the bat. In their plans to boost morale and amend the faults of our school's system, some people will support them and some people will not. Such is the way of leadership, and the members have decided to continue with their movement in spite of that truth.

The Board looks to use the orthodoxies of its student minds to create a school that can engender students to feel a sense of pride in their differences and capture a bigger picture in their educational environment. They hope to expand their reach across the student body, continuously looking for new scholars to provide input.

News Analysis: Students Express Views on Election

By Liam Rauscher

With the results of the 2024 election in, it feels like now more than ever before our nation is divided on who should be running our



(New York Public Library image)

country. What do the students of Haddam-Killingworth High School think about the election? What are they hoping will change in this country, and do they have any fears about

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the future? If they could vote, did they choose to? Here's a summary of the statements given by randomly selected students.

It's important to note that a majority of the people who were interviewed gave similar responses. A lot of people in our student body, especially lowerclassmen, said that they just didn't know enough about the candidates to give a statement. A large majority of the senior body can't vote yet, and the interviews provided to them backed that. Of all the people interviewed, most either didn't state a preference or preferred to remain anonymous.

One Senior commented, "I'm hoping for gas prices to lower." Another said, "I just don't know enough about their policies and stuff."

This seems to be a common trend among most students–they either don't care enough to look into the election or just don't know enough about candidate policy and promises to have an opinion. The common theme of our student body being uneducated in politics is concerning for a few reasons.

Most of our seniors, by the time they graduate, will be old enough to vote. The fact that many of them don't have ample knowledge for presidential candidates' plans and policy means that if they choose to do so, they are doing so without being properly educated. With each graduating class, there are that many more eligible voters. Students should properly educate themselves on the running parties, their promises, plans, and policies. It's important to be well-informed, as you're voting for someone to become the future leader of our country, who has a lot of control over the way things are run here in the United States.

The Democratic party's original running candidate was President Joe Biden, but he later resigned his running to Vice President Kamala Harris. The Republican party's candidate was Donald Trump. The 2024 election ended with Kamala Harris receiving 74,983,555 votes (48.4% of votes) and Donald Trump receiving 77,269,255 votes (49.9% of votes.) Donald Trump won the election with 312 electoral votes, with Kamala coming in second with 226.

School Welcomes New Nurse to the Community

By Emma Castiglioni

HK recently welcomed new school nurse Hannah Correa. Hardworking and kind nurse, Ms. Correa is enjoying her first stint as a school nurse, noting how "students are really nice and the staff is great." She said has really enjoyed her time here so far and looks forward to the rest of her year here.

Ms. Correa has wanted to be a nurse since she could remember. She recalled how she would carry around a first aid kit and would love helping people when they were hurt or sad. She earned her associate's degree at Capital Community College in 2017 in nursing, then worked online for her bachelor's degree in science and nursing with Grand Canyon University.

The new HK employee has been a nurse since 2017 and was a CNA (certified nursing assistant) for about six years. She has worked at hospitals, including St. Francis and Midstate. Her passion for nursing is evident through her perseverance; she is an admirable role model for children and teens who want to pursue nursing.



Ms. Hannah Correa
(photo by Emma Castiglioni)

Ms. Correa has two young children and said she loves summer because she likes warm weather and going with her family to the beach,

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traveling, and just being outside. She values fresh air, saying that in order for a child to be successful, their physical health must also be good.

She is ready to make the transition from her usual workplace to this new environment, looking forward to meeting new people and helping them. When asked about the difference between nursing in hospitals and in schools, she described how hospitals were more intense and unexpected; she had a team to work with and had more advanced tools and such. At the high school, she is pretty much alone in her work, encouraging a sense of independence and control. She describes her work in the hospital as a "team effort," along with nursing as a whole, but she is ready to succeed in her new environment. She looks forward to developing her career and seeing where it takes her.

Ms. Correa's door is always open, and she will listen and provide advice and feedback. A message she wanted to leave for everyone at the school was: "I'm here for you."

High School Adds Second Security Guard to Staff

By Emily Masterson

HK welcomed a new security guard, Don Austin, to the staff last month. Mr. Austin has become a topic of conversation among students to whom they referred as "the man with tattoos." The new security guard shared his reason for taking the job: "Well, the main reason is that I have a two-and-a-half-year-old granddaughter who's coming. She's going to be a Cougar Cub here."



Austin spent 20 years working in the Department of Corrections before transitioning into a security position at Middletown High School, where he worked for five years before coming to HK.

HK Music Program Brings Back the Broadway Review

By Paul Birkmeyer

At HK, the Cougars are known for sports and academic excellence. However, HK is also home to an outstanding fine arts program with many students who are very dedicated to music because of the teaching and support of our choral director.

"We took a break from this solo concert in 2023 and 2024 and are excited to have a strong group of enthusiastic singers to put this on again," said Marcy Webster, choral director



Freshman Nicholas Stegman practices. (Photo by Paul Birkmeyer)

and head of the Fine Arts Department at HK. "The concert took place on Feb. 10 featuring songs from *Wicked, Mean Girls, Newsies, Jekyll and Hyde,* and more."

The ten student performers were Eliza Sturges (freshman), Emma Castiglioni (freshman), Nicholas Stegman (freshman), Paul Birkmeyer (sophomore), Christopher Sanders-Roberts (sophomore), Juliette Harriman (sophomore), Olive Forristall (sophomore), Bee

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Bradford (junior), Sarah Pierce (senior), and Chase Lenart (senior).

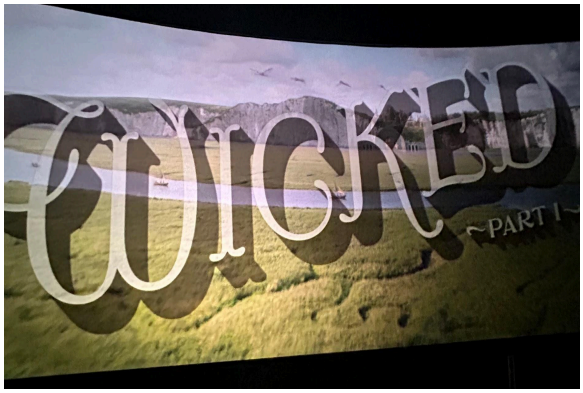
Ms. Webster has been a proud, loyal, and supportive figure to singers and music lovers in HK. She puts a great deal of time into her job, setting up a workshop for singers afraid to get up on stage, helping them improve their skills and confidence.

According to Christopher Sanders-Roberts, one of the Broadway show's upcoming performers, "The greatest teachers are the ones that can accept the potential that their students have and try to make the most of it. I'd say through kindness and compassion, tenacity and tenderness, and song and spirit, Choral Teacher Marcy Webster should be considered one of them."

Film Review: Disney's "Wicked" Delights

By Chloe Oboma

Wicked is a 2024 American musical fantasy film about an unlikely friendship formed between the two protagonists, Elphaba and Glinda. Directed by Jon M. Chu and written by Winnie Holzman and Dana Fox, this film is an adaptation of the Tony-winning Broadway musical.



The film was released in U.S. theaters in November. The American Film Institute named it one of the best films of 2024.

The film received widespread positivity from its viewers. The film was a critical and commercial success, with an 88% rotten tomatoes rating according to *IMDb*.

Many viewers had a profound appreciation for the film's vibrant color and the nostalgia evoked by the film. However, many people believed the film was too long with the running time attwo hours, 40 minutes. HK junior Vanessa Swanson said, "It was unnecessarily long. The music was good, but I didn't think it was good overall."

Junior Chloe Felder loved the musical aspect of the film. She noted that the songs became viral on popular social media apps like TikTok. "When I heard that the movie *Wicked* was coming out, I was excited to see it. There haven't been many musicals coming out so I was excited to see something different."

One of the film's noticeable themes was the hidden LGBTQ+ visibility. This notably gave the film praise for its dive into complex issues that are prevalent in today's society. Many of the prominent cast members, such as Cynthia Erivo(Elphaba), are queer. It seems as if this film dives into a subject that is appealing to most of the fan base's target audience.

As I watched the film, I had a fond appreciation for the color grading. The movie had a distinct pink and green hue. The director Jon M. Chu wanted to balance the colors to represent the lead characters.

However, while watching the film, I felt like I was watching random scenes of acting and singing put together. The film dived into a deep topic that wasn't necessarily prominent in the other films/musicals. One of the problems in the film was that the animals were losing humanity and being mistreated. This was brought up in the film for about five minutes and then never discussed again.

Although it is a musical, it is also a movie. It seemed as if there was no pause in between the songs, so there wasn't a balance between the acting and singing.

The second act of the film – a sequel – is expected to hit the theaters on Nov, 21, 2025.

2025 Oscar Nominations Feature a Variety of Films

By Meghan Walsh

The 2025 Academy Award nominations (the "Oscars") included a wide variety of films, including those for Best Picture: *Anora, The Brutalist, The Complete Unknown, Conclave, Dune: Part 2, Emilia Perez, I'm Still Here, Nickel Boys, The Substance*, and *Wicked.*

The Oscar nominations for Best Actor were Timothee Chalamet in *A Complete Unknown*, Sebastian Stan in *The Apprentice*, Ralph Fiennes in the film *Conclave*, Colman Domingo in *Sing Sing*, and Adrien Brody *The Brutalist.*



The Oscar nominations for Best Leading Role Actress were Cynthia Enviro in *Wicked*, Karia Sofia Gascon from *Emila Perez*, Mikey Madison from *Anora*, Demi More from *The Substance*, and Fernanda Torres in *I'm Still Here*. Directors nominated included Brady Corbet of *The Brutalist*, James Mangold of *A Complete Unknown*, Sean Baker of *Anora,* Jacques Audlard of *Emilla Perez*, and Coralle Farget of *The Substance*.

Several HK students were polled to see their opinions on the nominees. Most thought that Zendaya should have been an actress nominated for best actress in a supporting role. Others said that the nominations were "okay" and they'd be happy for any of the nominees to win. Some students said that they were mad that Brody Corbet was one of the nominees for the best director, and that someone else should have been chosen from *The Brutalist*.

You can watch the Oscars on ABC, March 2, at 7 p.m.

Do You Know the History of Valentine's Day?

By Olivia Stephens

On Valentine's Day People typically picture traditions such as a romantic night out at dinner or giving a bouquet of flowers and a box of chocolates to someone special to you. Valentine's Day will continue to be a cheesy and loved holiday, but many don't know how Valentine's Day came to be.

These gifts and customs are exchanged in the name of St. Valentine, a 3rd-century Roman clergyman who had the power to heal. During the Middle Ages, he secretly married and proceeded on with his mission of helping men and women in marriage. He continued this for years and desperately tried to keep it from Emperor Claudius. Eventually, Claudius found out about the marriage, and St. Valentine was killed on what we know as Valentine's Day.

Some believe that Valentine's Day occurs to recognize the anniversary of St. Valentine's death, while others believe in the Roman celebration of Lupercalia, which welcomed spring to the card-giving customs of Victorian England. The festival took place in a cave where the founders of Rome, Romulus and Remus, had priests who would sacrifice a goat for fertility and a dog for purification. This provided security for women because it brought them fertility.

Many think of Cupid when the topic of Valentine's Day is brought up, but many don't know how Cupid contributes to the holiday. Cupid was known to the Greeks as Eros, the handsome god of love, similar to his mother Venus. Cupid is armed with a bow and quiver filled with golden arrows to arouse desire and

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ignite dislike. Eros struck these arrows at mortals and gods and played with their emotions. Cupid became the face of Valentine's Day because his mother Venus was the goddess of love and beauty.



Though these rituals began with Greek gods, Valentine's Day was not popularly celebrated until the 17th and 18th centuries. By 1900, cards began to replace handwritten letters. Although Valentine's Day has evolved over many centuries, its roots will always go back to mythology.

***Restaurant Review*:**

Cristy's: Where There's Never a Disappointment

By Joey Jacobs and Adriana Garappolo

Cristy's, located at 73 West Wharf road in Madison, is a breakfast spot known for its homey atmosphere and specialty pancakes. Nestled in a picturesque neighborhood near the Madison Surf Club, the restaurant welcomes guests with the aroma of syrup and bacon, setting the tone for a warm and inviting meal.

We walked in and were led to our seats very quickly. Walking through the building you can see the wooden interior decorated with vintage signs and old license plates. There's even a picture of Frank Sinatra that's hanging up behind the bar.

If you're lucky enough to go to Cristy's on your birthday, the waiters and waitresses put together a fun little celebration. During the wait for our food we saw the workers have a few stacked pancakes on a plate and to top it off, they lit a candle in the middle. As they brought this thoughtful sweet treat to a table near us, they sang happy birthday.

The service was extremely helpful from being patient while we thought about what to get, to getting served our food in under just under 10 minutes. Along with the staff, they were very polite and helpful.

What we ordered was a chicken fajita omelet. This meal had portion sizes that were massive. The omelet was not lacking in the filling. It came with peppers, onion , fajita chicken, tomatoes, and American cheese. We were also given sour cream and salsa on the side as well as orange juice.

The other entree we had ordered was an original egg sandwich with homefries.The bacon was very crisp. The sandwich is very home-like



(photo by A. Garappolo)

and tastes like it. The home fries were very crispy and tasted perfect with a side of ketchup.

Overall, with the very comforting-homey feeling the restaurant gave us, the food was the most appealing.

SPORTS

Super Bowl 59: A Reunion With a Different Result

By Tim Hickman

The Super Bowl Feb. 9 was a reunion between two teams that had one of the most entertaining Super Bowls we have ever seen. The 14-3 Philadelphia Eagles faced the 15-2 Kansas City Chiefs, which promised to be another high-scoring game like when they played in Super Bowl 57 two years ago when the Chiefs narrowly won, 38-35.

This time, it was the Eagles who were victorious in another high-scoring affair, blowing out the Chiefs, 40-22.

One of the additions that made a big impact for the Eagles this year is Saquon Barkley. Drafted in 2018 as the 2nd overall pick, Barkley performed well for the Giants, totaling over 5,000 yards and 35 TDs in six seasons. But he won one playoff game and never had a good team. He was signed as a free agent this offseason by the Eagles and in his first year totaled over 2,000 yards and 13 TDs, carrying the eagles to the big game.

Another addition the Eagles made was Zach Baun on a one-year deal from the New Orleans Saints. The linebacker never saw much playing time with the Saints but came to Philadelphia and was an All-Pro with 150 tackles and five forced fumbles, making him a finalist for Defensive Player of the Year.



The Eagles' Saquon Barkley (photo from KXAN Sports)

The Chiefs also made major changes since their last meetup with Philly two years ago. They added Xavier Worthy in the first round of the NFL draft, a wide receiver with a blazing 4.21-second 40-yard-dash speed. He has made an impact in the playoffs after having a subpar regular season.

Kansas City also added Hollywood Brown, Kareem Hunt, and Deandre Hopkins who have all contributed to the Chiefs chase for a "three-peat."

Indoor Track Team Posts Multiple Victories

By Eleanor Barry

The 2024-25 indoor season for the girls' and boys' indoor track team has been very successful. The team as a whole has done a very great job with individuals posting personal records, including one breaking an HK record.

Tim Cavrell broke the school record for boys' shot put with a throw of 50 feet, 3 inches. Caley Napoletano has won first overall in meets for the girls' 55m hurdles with a time of 9.81 seconds, and in the girls' shot put with a distance of 29, 11 inches.



(photo courtesy HK Cougar Den)

In a meet on Jan. 27, Eli Hamann-Shay placed third overall for the boys' 55m dash with a time of 6.85 seconds. In the same meet Alex Frederickson and Evan Berardino both placed in the top 10 for the boys' 1600 meter.

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In addition, Keira Sehl-Albert placed eighth overall in the girls' 1600 meter; Emilia Schweitzer placed second overall for the girls' 3200 meter; Della Krete-Cacase placed eighth in the girls' high jump with a height of 4 feet, 6 inches;, Koen Thomen placed fourth in pole vault with a jump of 10 feet, 6 inches.

Tim Cavrell broke the school record for boys' shot put, and Caley Napoletano has won first overall in meets for the girls' 55m hurdles and shot put.

The team has had 11 meets so far and the individuals with qualifying times, distances, or heights advanced to the Shoreline Conference Indoor Championship on Feb. 7. On Saturday, Feb. 22, the athletes who qualified will attend the state indoor meet.

Boys' Swim Team Sports Strong Roster of Athletes

By Max Selmer

The Haddam Killingworth/Valley Regional boys swim team started off the 2024-25 season ready to come out strong. With a challenging schedule, captains Jackson Smith and Tristan Smith, under the guidance of Head Coach Steven Cusano, said they planned to lead the team to success. With a few new faces, the team has almost doubled in size from last year.

This very versatile team includes club swimmers like Jackson Smith, Tristan Smith, Luca Giordano, Oliver Smith, and Max Selmer. HK has a very good chance to send multiple swimmers to state and divisional finals and further solidify themselves in the SEC division.

Multiple swimmers in HK have their skill sets. Coach Cusano described Giordano as a “Swiss army knife swimmer.” Jackons Smith is defined as “a dedicated and fast learner” and Tristan Smith as “consistent and hardworking.”

HK hopes to improve its record from last year and, again, send multiple swimmers to state and SEC finals as they dive into their season with a rigorous training schedule and ready to face tough opponents.

Team Roster: Jackson Smith, Tristan Smith, Luca Giordano, Riley Schipritt, Tyler Anderson, Maxwell Selmer, Micheal Brooks, Brody Mitchill, Larson McLaughlin, Tristan Spallone, Oliver Smith, Aedan Tenbrunsel, and Clark Dallas.

Next Issue: Full Coverage of Ice Hockey, Wrestling & Basketball

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