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WALPOLE HIGH SCHOOL

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## Prickel revives GSA awareness through PRIDE club



**LEFT:** Prickel speaks to her new club in an after school meeting on October 15th.  
**RIGHT:** The PRIDE club proudly supports the Human Right Campaign with buttons and posters around the school.



Photos/ Max Simons

By Emily Martin  
Class of 2017

Since Ashley Prickel has come to Walpole High School this year as a new music teacher, she has not only been able to bring her best to the music program, but also to another cause: the new Gay Straight Alliance club known as PRIDE: People Respecting Individual Differences Everyday.

This new club serves to create a safe space for student discussions and spread awareness of minority group issues. Specifically, the club aims to nurture advocacy for lesbian, gay, and transgender students. At meetings, club members discuss current events, such as National Coming Out Day on October 11, and watch videos associated with their cause.

Prickel brought the club back to life after hearing about last year's Diversity Club, run by Lara Walleston and Sue Wick. "I always wished that my high school

had a club like this," said Prickel. "And I wanted to revitalize the club."

Prickel has attributed the club's success not only to the cookies present at each meeting, but also the meaningful dialogue regarding the importance of having such a club in place at Walpole High.

"Sexuality has such a broad spectrum, and anyone could fall anywhere on it," said Matt Moriarty, a member of the club. "PRIDE is there to encourage the acceptance of wherever someone may fall on that spectrum and to provide a support network for sexuality struggles as well."

Expanding on his point, Moriarty goes on to remind students that anyone can join, whether they are heterosexual or homosexual.

"I joined the club because I think that it definitely has potential to unify people from every social group and clique," said Moriarty. "It will hopefully make coming out something that is not such a big deal, because it should not be."

Students outside the club have also showed their support.

"I think the club is really awesome because it allows students to express themselves freely, without any judgement—an attitude the school definitely needs more of" said senior Sarah Rockwood.

Just recently, the club has started giving out "Safe Space" stickers to teachers to post in the window of their classrooms and act a symbol of a teacher's commitment to end bullying in the school. Many teachers, including Rachel Sprague, Katie Francisconi, and April Zyirek, have responded positively to the club and have offered to help support the cause. One of the biggest goals for students and teachers is to stop the use of offensive phrases throughout the school.

"I am a huge advocate for reducing such negative comments, such as 'that's so gay,' that are too often thrown around," said Francisconi.

Prickel hopes for the club to continue acting as a safe meeting place for discussion and grow both in its number and presence in the school through both students and staff members.

## WCTV forms new contract



Photo/ Cam Johnson

By Julia Sandquist  
Class of 2016

October 13 marked a significant step for both Walpole Selectmen and Walpole Community Television (WCTV). The two entities have finally decided to put their issues in the past and intend to formalize their relationship with a potential three year contract that will give \$400,000 of revenue to the first year operating budget of the new Walpole television entity, which combines the visions of Selectmen and WCTV members.

In 2013, Selectmen accused WCTV members of misusing their funds for personal profit. When the station refused to make changes in its management of the money, selectmen cut off WCTV's revenue from Comcast and Verizon.

The revenue that WCTV received from its contracts with Comcast in 2013 and Verizon in 2008 allows both of those companies to offer residents Cable TV and other services. The contract requires that each of these companies reserve 5% of the cable television revenues and forward it to the town, to be used for the Public Access TV's Public, Education, Government (PEG) channels. When the town receives this money, it is put in a special account so that it is only used for public access PEG

*continued on page 2*

## TEC campus school raises money for accessible playground

By Anna Van der Linden  
Class of 2016

The The Education Cooperative Campus School, located on 141 Main Street, plans to create an accessible playground beside the building for all children to enjoy.

"The playground will provide a universally accessible place where children of all abilities can explore and discover the world together through play," said Rose Bragdon, Director of Human Resources and Community Outreach at TEC.

The TEC school works with students who have disabilities affecting vision, communication, and movement. Many of these students cannot use ordinary playground equipment, and the nearest accessible playgrounds are 15 to 25 miles from the Walpole location.

Community members have joined TEC families and teachers in fundraising efforts. On October 17, the TEC



Photo/ Ellie Kalemkeridis

**ABOVE:** Community members help raise money to build the TEC playground.

school and the playground committee held a Walk N' Roll 5K in Bird Park. Families, teams, and individuals of all abilities more than fulfilled their \$5,000 goal, raising \$12,000 so far. "We decided to keep the Walk N'

Roll website open until the end of October," said Bragdon, "but we are thrilled with the outcome." The total budget for the playground is \$200,000, of which \$55,000 has been raised.

"The playground's design is such that able-bodied siblings and friends can play alongside children with disabilities, and it will serve an important need for families in the Walpole, Norwood, Westwood areas and beyond," said Nancy Gallivan, who is on the TEC Board of Directors.

Fundraising efforts began in September with the kickoff event, Anchors Aweigh. Box Tops for Education, Stop N' Shop A+ Rewards, and Amazon Smile have all been contributors to the cause, as well as KaBOOM! Flowers and Ernie Boch's Music Drives Us Foundation.

Future funding events include a Spring Fair and a possible Launch Trampoline Park fundraiser.

Individual donations can be made on the Walk N' Roll website or The Education Cooperative website.

"If we all do a little bit, it will make a big difference for this wonderful dream," said Gallivan.



Photo/ Max Simons

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Women in politics pg. 5



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Photo/ Ellie Kalemkeridis

Girls soccer pg. 15



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# ARTS & ENTERTAINMENT

## New fall singles

By Emily Luong  
Class of 2016

### Adele's 'Hello'

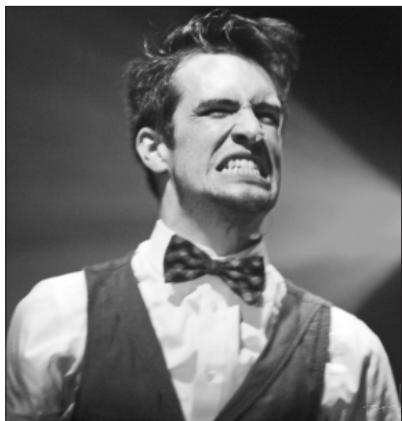
After a four-year hiatus from the music industry following the astronomical success of her last album "21," Adele made a much-anticipated comeback with the October 23 release of "Hello." In the first single off her upcoming third album "25," Adele proves that she still has her famous powerful vocals with the song's soaring choruses and ballad-esque style. The reconciliatory message of "Hello" sets the theme of "25" as accepting the past and moving towards the future. In addition to the single, Adele unveiled a music video that received 27.7 million views on YouTube Vevo on just the release day itself. The "Hello" video's views surpassed Taylor Swift's "Bad Blood"'s 20 million views to have the most plays in one day on Vevo. With the triumphs of both the



music video and the single, Adele's upcoming album "25" will have an enormous impact on the music industry just as its predecessor, "21," did.

### Panic! At the Disco's 'Emperor's New Clothes'

Following the departure of founding member Spencer Smith, fans had doubts on whether Panic! At the Disco would continue to produce content. However, the band's October 22 announcement of fifth album "Death of a Bachelor" and the release of official single "Emperor's New



Clothes" confirmed the band's continued presence in the music scene. As Panic's sound is constantly evolving, the style of "Emperor's New Clothes" is unlike any of the other tracks that the band has released this year. Just in time for Halloween, the single includes chilling choirs and dark undertones despite its overall upbeat and lively chorus. In the track, singer Brendon Urie sings that the "Too Weird to Live, Too Rare to Die" period is now over by calling the advent of the new album "the end of eras." "Death of a Bachelor," with its release date of January 15, is sure to be the "end of eras" that will revitalize Panic! At the Disco's career.

## VSCO

By Anna Van der Linden  
Class of 2016

A strange phenomenon has swept the basic-teen-girl community. Starting slowly last summer, the movement's online presence has only gotten larger. It's a true test of artsiness, it's a place of heavy filters: it's the VSCO Cam link in your Instagram bio.

VSCO originally stood for Visual Supply Company, which made film and photo-editing tools for Adobe and Apple products. VSCO Cam is a full-fledged app that operates as a camera, editing app, and photo blog. Users can upload their own pictures or take new ones directly on the app. VSCO provides a range of carefully manufactured filters and also offers other filter packs starting at \$0.99. Photos are posted to your grid, or you can make specialized journals for photo collections.

Interestingly, the app does not seek to be a form of social media. Pictures cannot be liked, no comments can be made, and follower/following numbers are difficult to access. You can follow other accounts, but that's about it in terms of social connection. The app is simply for pictures.

Some people post their VSCO-edited pics on Instagram, and many can be found with the tag #VSCO or #VSCOCam. But most teen girls have simply posted their account links in their bio. This trend is so common that a handful of boys have taken to making parody VSCOs, or just typing "vsco" in their Instagram bios, where a VSCO link would typically sit. The links are crucial to VSCO's popularity with young people, because it's a surefire way to get others to check out your account and appreciate how artsy you are.

The teen girl's VSCO holds pictures that wouldn't always make the cut for Instagram, typically more lifestyle photos. Maybe your account is a simple feed of only black and white photos. Maybe it's the familiar array of food shots, Starbucks cups, and fresh manicures. We've all seen those accounts filled with blurry party photos or grainy mirror pics. Some grids are just straight-up shrines for selfies. Clearly everyone has a distinct VSCO style.

Sure it's basic, and everyone seems to have one, but what's wrong with a little creative outlet like VSCO? At its core, photography is an art form, as much as modern technology has dumbed it down. Every decision, from the subject of your picture, to the angle of the shot, to the filter picked, is a distinct choice. VSCO and other photo apps like Instagram are forms of self expression that do take creativity.

So feel no shame in your journey towards achieving artsiness. Snap pictures of your friends laughing, your perfect fall outfit, or that killer sunset. Maybe one day, you'll have made the perfect grid: crisp, interesting pictures, not too show-offy, and of course a consistent color theme. A true VSCO masterpiece.

## Review: 'American Horror Story: Hotel' forges twisted new identity

By Rebecca Boyajian  
Class of 2017

Viewers checked into Hotel Cortez to observe all of the disturbing and intriguing characters brought to life by brilliant creators Ryan Murphy and Brad Falchuk. "American Horror Story: Hotel," with its different theme and new set of characters, clearly distinguishes itself from its predecessors, for it is even more gory and dark.

The season premiere of "Hotel" wasted no time in introducing its dark intentions. Unsurprisingly, the season opened with several gruesome, disturbing deaths. Hotel Cortez is no vacation destination; it is run by the Countess (Lady Gaga) and was built by Mr. James March (Evan Peters) as a place to satisfy his murderous tendencies. Currently, Hotel Cortez is inhabited by characters such as Sally (Sarah Paulson), a ghost, and The Addiction Demon (Alex Ward), a faceless creature, who both lurk in the hallways to taunt guests.

Although past seasons of the show followed a similar format of intriguing storylines infused with fear and gore, the creators of "American Horror Story" seem to be going in a different direction for "Hotel." This season's violence makes past storylines appear more subdued in comparison. The pilot left some disturbing images to fester in the minds of those who watched it, such as heroin addict Gabriel's encounter with The Addiction Demon. The season manages to pull off its over-the-top theatrics because viewers who watch



are often fans of the shocking and uncomfortable.

In addition to the season's dramatic flair, the introduction of Lady Gaga as the Countess brings a fresh twist to the show. Fans of "American Horror Story" were anticipating "Hotel" mainly to see whether Gaga could act as well as she can sing. Gaga's character appears to be a vampire but creators are hesitant on labeling her with this title; they claim that she carries a type of virus that causes her desire for blood. This role appears to be perfectly tailored for Gaga because it is complete with over-the-top theatrics and elaborate costumes. Whether she fits this role well or the role was simply written to fit her acting capabilities is unknown, but nonetheless, the Countess is the perfect character for Gaga to make her acting debut.

Despite that Lady Gaga contributes more to the show

than just being a famous face, some uncomfortably sexual or gory scenes are dragged out for much too long and add to the show's slow pace. Several backstories were introduced in the pilot; however, new characters were revealed without having a chance to truly develop. Such was the case with two random tourist women who were used merely as pawns to introduce viewers to the strange behaviors of the Countess. These irrelevant characters add to the season's lack of direction and confusing storyline, but could be promising in the long run if writers tie their stories into one overarching plot. This method could prove to be very entertaining and would amplify the shock factor.

Even if viewers are not huge fans of this season's increased gore, "American Horror Story" is known for making references to previous seasons, which should satisfy long-time enthusiasts. There have been rumors that "Hotel" will feature flashbacks to "Murder House," similar to an "Asylum" reference in "Freak Show." Other throwbacks to past seasons in "Hotel" include the possible reveal of the identity of Constance Langdon's (Jessica Lange) child from "Murder House" and of Dandy's therapist in "Freak Show."

While fans may not enjoy the slow pace of "American Horror Story: Hotel," its connections to older seasons and its over-the-top violence leave something for everyone. As the season goes on, viewers can hope that the addition of Lady Gaga and the show's overall alluring dark themes will set "Hotel" apart from its preceding seasons.



# ARTS & ENTERTAINMENT

# BEST OF NETFLIX

## Best to Binge: Sherlock

★★★★★ 2010 TV-14 3 Seasons

BBC's modern take on iconic sleuth Sherlock Holmes and his sidekick Dr. John Watson is a must watch for all fans of Benedict Cumberbatch and Martin Freeman. The series follows their adventures solving cases all around London from serial killer murders to subway bombings. The show also includes beloved characters from the original books by Sir Arthur Conan Doyle such as Sherlock's brother, Mycroft Holmes (Mark Gatiss), Sherlock's landlady, Mrs. Hudson (Una Stubbs), and Sherlock's arch nemesis, James Moriarty (Andrew Scott). With the advent of a much-anticipated Christmas special scheduled to premiere during the holidays and the release of the show's fourth season early next year, fans and newcomers alike can catch up on all of the episodes in preparation.

Already watched it? Check out:

'Grey's Anatomy' (11 seasons)

'Bones' (10 seasons)

'Friends' (10 seasons)

'Dexter' (8 seasons)

By Emily Luong  
Class of 2016



## Classics: 50 First Dates

★★★★★ 2004 PG-13 99 mins

Perfect comedy duo Adam Sandler and Drew Barrymore star in this comical love story that premiered in 2004. Barrymore plays Lucy Whitmore, a woman who lives the same day over and over due to memory loss. Sandler plays womanizer Henry Roth, who falls for Lucy, though she is unable to remember him from the day before. Roth tries to get Lucy to fall in love him every day through videos he films, recapping their relationship. Although the plot appears to be very cliché, this movie, like most Sandler classics, continues to make viewers laugh out loud.

Already watched it? Check out:

'Ferris Bueller's Day Off' (1986)

'Big Daddy' (1999)

'Clueless' (1995)

'Mean Girls' (2004)

By Rebecca Boyajian  
Class of 2017

## Netflix Originals: Bloodline

★★★★★ 2015 TV-MA 1 Season

"Bloodline" has been called Netflix's best original programming, and it's easy to see why. Centered around a dysfunctional Florida family and the drama of their son's homecoming, its striking cinematography, poignant tone, and clever dialogue set the talented cast up for a success. Although the pace is a little slow, the twisting storyline draws viewers in. It's a dark show, not unlike "House of Cards," but it distinguishes itself from other family dramas with its subtle relatability and dark, criminal twist. Kyle Chandler, of "Friday Night Lights," stars as clean-cut son John, while newcomer Ben Mendelsohn steals the show as Danny, the black sheep of the family.

Already watched it? Check out:

'Unbreakable Kimmy Schmidt' (2 Seasons)

'The Square' (105 mins)

'Sense8' (1 Season)

By Natalie Luongo  
Class of 2016





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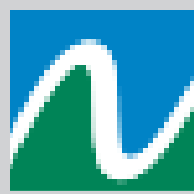
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# SPORTS

## Golf makes history at state tournament

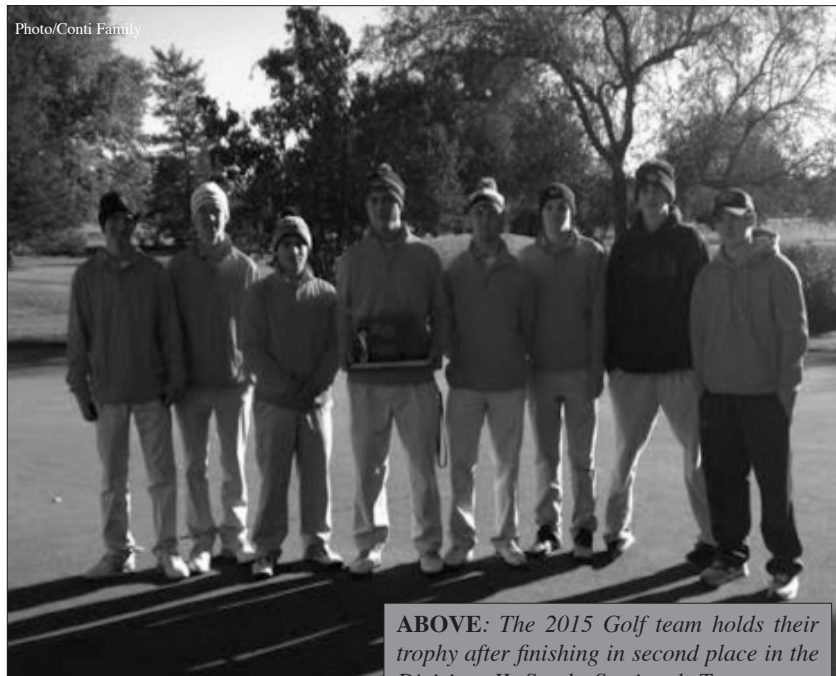
By Ben Brownsword  
Class of 2016

Golf is typically not a sport that dominates conversations at most high schools. However, the Golf team's season as well as their tournament run has wrapped up before Walpole's other fall sports even begin their playoffs.

The 2015 Walpole Golf team finished up the season with the best result in their state tournament history. After the season, senior captain Tim Bender said, "We're the best golf team in Walpole history and that's not too bad."

The Rebels finished in 2nd place in the Division II South Sectional tournament. Their placement qualified them for the Division II state tournament, where they finished in 3rd place. The finish was the first time in the program's history that the Rebels qualified as a team instead of as individuals.

Walpole Golf opened up the season on September 8, with a home match against Newton North. With the heat index in the 90s, the Rebels lost by a score of 98-83. Since that day the Rebels have not looked back, going 11-1 for the rest of the season. Their regular season wins included a victory over traditional golf powerhouses like Natick and Wellesley. However, all of their regular season success meant nothing as they approached the sectional tournament. The top eight



ABOVE: The 2015 Golf team holds their trophy after finishing in second place in the Division II South Sectional Tournament.

teams in the Division II South met at Easton Country Club—a par 71 course located in South Easton—where only the two top scorers would continue on to the state finals.

The tournament was expected to begin at ten in the morning with a shotgun start, but an unexpected frost caused a delay and according to the players, the frost affected the way the golfers played in their round.

"It definitely was harder to go low at first when the ground was so hard, but

we definitely played better when the grass softened up," said senior Griffin Corcoran, who shot an 80 on the day.

Overall, Walpole finished the match with a score of 309—in the sectional and state tournament the top four scores are added up and whichever two teams have the lowest are the winners.

For Walpole, sophomore Matt Conti (75), senior Tim Bender (76), junior Andrew Boush (78) and senior Griffin Corcoran (80) shot the lowest four rounds in the

match, which brought them to 309.

At the end of sectionals, Walpole was bested by just one stroke to Bishop Feehan, but won over Westwood by two strokes. With their 2nd place finish, Walpole qualified for the Division II state finals at Crumpin-Fox Golf Course in Bernardston, MA.

Crumpin-Fox represented a far more formidable challenge for the high school golfers than most of the other courses they had played on. Designed to "accommodate a Pine Valley type golf course," according to the course's website, the golf course has thin fairways and tight greens all across the field. In other words, golfers must be incredibly precise with their shots in order to get top low-scores.

Bender and Boush tied for the low round for the team on that day, both shooting 81. Senior Charlie Harrington's 82 and senior Cory Cisternelli's 84 on the day rounded out the 328. Walpole was beaten by North Andover's score of 323, while Bishop Feehan blew the rest of the field away with a remarkable 308.

"After that first game we were dominating and we kept that momentum into the tournament," said Bender.

Walpole's successful season came to an end at Crumpin-Fox, where the Rebels shot 328 and finished in 3rd place out of the 12 teams. Although Walpole did not end up with a state championship, the score represents the best finish ever for the Walpole golf team, and they capped off a memorable season.

## Rebsoc dominates Durfee in first playoff game



ABOVE: Senior Alyssa Rosen scores against Durfee, bringing the score to 5-0.

By David Moser  
Class of 2017

According to senior midfielder Alyssa Rosen, Walpole needed to focus on one thing going into the playoffs: "[They] needed goals." On November 4 against Durfee in the first round of the playoffs, Walpole accomplished their goal by masterfully outplaying Durfee and bringing home a huge victory (8-1).

After their .556 season, Walpole just made the postseason tournament by a two point margin by earning twenty points out of eighteen that were needed.

The team's 7-5-6 record awarded them the 14 seed and they played 19 seed Durfee on Wednesday. After the game, no one could have known scoring was an issue, for the team notched four goals in the first half alone. Junior Tayla Randall scored an opening minute goal before most fans were even in their seats. Randall's goal quickly set the tone for the rest of the game, for after that, only ten minutes later, junior Tess Erwin notched Walpole's second goal with a strike off the post and in. Similar to Erwin's goal, senior Julia Sandquist scored for the Rebels, again off the

post. Additionally, Sandquist scored Walpole's fourth goal with eight minutes left in the half. Despite the fact that Durfee's goalie had a strong goal kick, she could not move quickly enough to stop the shots coming at her. Not only had Walpole's offense drastically improved, but so had their defense. In the first half, Durfee only had two major scoring opportunities that were both easily shut down by veteran Walpole goalkeeper, senior Kaitlin Brown. "They really only had one good player up top, but the defense shut her down pretty well," said Brown. Going into the second half, fans believed that Walpole simply had a good start and expected Durfee to step it up, since both teams had similar records during their regular season. However, that proved not to be the case, for the Rebels continued to pile on the tallies. Durfee even switched goalies at the beginning of the second half, but even she could not stop Walpole's dominant offense. Senior Alyssa Rosen quickly sent in a shot from the 18 yard line that hit the bottom-left back of the net. Walpole followed up with another goal off a corner thanks to junior Tayla Randall, which put the Rebels ahead 6-0.

Up to this point in the game, the play was largely in Durfee's half of the field. Until a tiny lapse in defensive judgement, and the Hilltoppers got their first and only goal of the game. At this point, there was 30 minutes left, so Walpole did not have any doubt about their hold on the game's lead. "We were up by five. Yeah, letting one up [is disappointing], but we were still dominating," junior Tayla Randall said. "We would not let them get another one." The Rebels quickly ended Durfee's momentum and any hope they had of making a comeback, for sophomore Hannah Perkins' bullet shot from outside the 25 yard line put Walpole up 7-1. After that, junior Tess Erwin scored her second one of the game and put Walpole up 8-1 with ten minutes left. Walpole's problems scoring seemed to have dissipated, for Walpole had three players score two goals each: senior Julia Sandquist and juniors Tayla Randall and Tess Erwin. Walpole's victory pits them against the 3 seed Franklin away

on Friday, November 6. "The way we played and the amount of goals we scored definitely gave us the momentum as well as confidence

we needed," said junior Meghan Foley. "We are hoping to keep it going against Franklin."

**“Not only had Walpole's offense drastically improved, but so had their defense. In the first half, Durfee only had two major scoring opportunities that were both shut down”**



# WINTER SPORTS PREVIEWS

By David Moser and Delaney Murphy  
Class of 2017



## Girls Winter Track

Last Season's Record (4-2). The Rebels hope to get the season off to a fast start. The team is led by senior Captains Tori Lynch and Alyssa Murphy. Lynch said, "We have a strong group of returning athletes and they should be able to fill the gaps left by graduated seniors, particularly in sprinting, jumping and throwing where we lack depth." The Rebels need underclassmen to step up and score the much needed points throughout all event groups if they want a shot at the Herget title.



## Wrestling

Last Year's Record (9-6-2). After having a winning season and sending graduate Kyle Kilroy to All States in the 126 pound weight class last year, the Rebels look to repeat their success. "We had a good record," said senior Captain Owen Ross, "but there is still a lot of room to improve. Getting a banner on the wall is our ultimate goal." The Rebels will have to make history in order to win a state title, a feat accomplished by individual athletes. The team as a whole though has never won a title, something they hope to change this season.

## Boys Winter Track

Last Season's Record (5-1). Walpole looks to repeat last year's successful season after tying Natick for the Herget title. Led by captains Christian Carr-Locke, Eamon McCarthy, Sean Perkins, Nick Ricci, and Akin Street, the Rebels' strong core should take them far. After graduating the majority of their top distance runners, senior Captain Carr-Locke said, "We lack depth in distance, so now is the time for all the underclassmen to step up." Other event groups, such as sprinting and mid-distance, are expected to have a strong core of returning athletes, which will also help make up for the losses in distance.



## Gymnastics

Last Year's Record (0-9). The Rebels look to bounce back this season after an 0-9 season last year. After graduating last season's captains, Sarah Armstrong and Christina Colville, Walpole has a whole new force leading the way with senior Captains Kaitlin Porter and Catherine Formica as well as the addition of senior Hiromi Kondo. Following a season riddled with injuries last year, if the Rebels can stay healthy, the team can expect huge improvements from last year.

## Girls Basketball

Last Season's Record (15-7). A new season and another new coach for the Rebels. Coach Dave Wall takes command of this year's varsity squad. After graduating only four seniors last year, three who were starters (Summer King, Julie Moser, and Olivia O'Brien), the Rebels still have a strong core. After winning the Herget Title last year, they will look to defend it this year. "With the new coach and all the returning players, I am excited to see what is to come," said senior Captain Kat King, "we have a lot of potential to go far this season."



## Boys Basketball

Last Season's Record (15-7). The Rebels will have a whole new starting lineup after losing six seniors to graduation and two more key players this offseason. Also, after the promotions of Freshman and JV coaches Chris Costello (Varsity Baseball Head Coach) and Dave Wall (Varsity Girls Basketball Head Coach), the team must adapt to new coaching. With senior Captain Kenny Uhlar at the helm, along with the strong presence of returning players, the boys look to return to the playoffs.



## Girls Hockey

Last Season's Record (6-7-6). With a shallow bench last year, the Rebels missed the tournament by only one point last season. This year, they are in luck as a huge freshmen class looks to take the ice. Also, the team graduated only two seniors last year and captains Olivia MacMillan, Brooke Carde, and Kate Hamilton look to hold down the first line. The Rebels will look to the underclassmen and incoming freshmen to help add depth to both their defensive line and their bench if they want to seek redemption and earn a spot in the tournament.



## Boys Hockey

Last Season's Record (8-9-5). The Rebels failed to make the postseason last year by a small margin of only one point, so any improvement for the team could push them into the tournament. The void created by the seven graduates creates a problem for the first and second lines that incoming and returning players need to fill to reconstruct the team's strong offensive line. With Coach Mike Kelleher stepping up to co-coach the team alongside Athletic Director Ron Dowd, the team's outlook is bright. "Coach Kelleher has always done a big part in coaching the team," said Dowd. Despite the change in coaching titles, the returning players should not expect much change.



## Cheerleading

Last Year's Record (0-0) Rebels Cheerleading aims to make a strong impression this year after last winter's forgettable season, one that was easy to forget because there was no season. Not enough people signed up to play so Walpole withdrew. This winter, the squad is back and ready to make it clear that they are here to stay. "Now that the team has enough girls to compete, we are excited to see what the season will bring," said senior Captain Alyssa DiCenzo. "Definitely a lot of success."



NEWS

Police organize student group, Stu-PAC, to strengthen relationship with the town



ABOVE: Chief of Police John Carmichael explains the Student-Police Advisory Council.

By Devin McKinney  
Class of 2017

The Walpole Police Department came to Walpole High on November 10 to speak about The Student-Police Advisory Council, a new program based on the ideology that engagement of youth in the community is an essential aspect of reciprocal trust and appreciation. “It shall be the policy of the Walpole Police Department to initiate and maintain a Student-Police Advisory Council to act as a mechanism to enhance the department’s rapport with local youth, provide robust dialogue to correct or address the common spread of misinformation, and create mutual trust and respect between police and youth,” states the Student-Police Advisory Council policy.

The council will consist of six to eight high school students from each grade. In order to join the council, students must complete a preliminary application that is used to get a sense of the student’s personality and interests. The department is searching for a variety of kids who are eager to get involved in the community and contribute their input on certain issues. Once formed, Chief of Walpole Police John Carmichael will take the council to the police station for an orientation that is geared towards familiarizing the students with the daily activities and environment of law enforcement officers. Chiefly, the function of the council is to relay pertinent information to the students of Walpole as well as to act as a conduit between the police and the schools. In addition, Carmichael emphasizes the

value of education regarding the practices and procedures of the department as a whole. Through education, Carmichael hopes to promote a better understanding of the meaning behind specific policies and inform the youth of safe practices. Furthermore, the department strives to inform the youth of substance issues, safe vehicle operation, and risk awareness. Carmichael hopes that the council also raises youth awareness of some of the issues that Walpole faces. “We want [students] to understand that a lot of things happen in Walpole, that [they] probably do not know about,” said Carmichael. In addition to promoting a coherent understanding of the problems in Walpole, the council is also devoted to emphasizing the fact that the police all have a common goal of helping the youth in the community, not hurting them. “There are no police officers that would want to see harm [come] to any kids. Our goal is to try and help the kids in the community grow and thrive,” said Carmichael. Carmichael asserts the fact that they are forming the council to both hear opinions from the youth while maintaining an amicable relationship. “It shall be the policy of the Walpole Police Department to encourage young citizens to offer input in assisting the department in setting our agenda,” states the council policy. The council aims to provide an outlet for the students to express their opinion and make influential advances for the the schools and the community.

WCTV forms new contract

*continued from page 1*  
activities. The town expects to receive a little more than \$500,000 annually from these contracts with Comcast & Verizon. The Walpole Board of Selectmen’s contract with WCTV formalizes the relationship between the two entities and sets up an ongoing process for funding on an annual basis for the operations of WCTV and Capital Funding for new equipment. The new contract states that WCTV must maintain a reserve fund of \$200,000. It also includes sections that specify the process of appointing people to the WCTV Board of Directors and insurance. In the agreement, selectmen make it clear that if WCTV misuses its funds in any way, they will terminate the contract. Selectmen recognize that a contract between the two entities could eliminate future conflicts, for having a contract in place would have prevented a lot of the problems that occurred over the past 10 years concerning WCTV’s misuse of its money. “I think the current WCTV board is fantastic, and has done a great job stabilizing WCTV, moving the studio to WHS and upgrading all the studio equipment and helping fund the TV production classroom at a cost of over \$350,000 - all using PEG funds that came in through Comcast & Verizon,” said Selectman Mark Gallivan. WCTV is expected to sign the contract shortly after their board elections on November 5. The Walpole Board of Selectmen is expected to discuss the contract and likely sign it at their meeting on November 17.

Crime spree plagues Walpole residents

By Melanie Weber  
Class of 2017

In the past couple of weeks, Walpole and nearby towns have experienced a series of two different crimes—car and residential break-ins. Although these crimes are happening in the same time frame, the Walpole Police Department does not believe they are linked. However, both types of break-ins have something in common—they are most likely fueled by drug addiction. “Crime in Walpole, whether it is shoplifting or theft, is an entrance being broken, so these crimes are most likely a result of drugs,” said Chief of Walpole Police John Carmichael, “because the people involved are looking for pills, cash, and jewelry that they can pawn and get some money to fuel their drug habits.” On the night of Sunday, October 11, over twenty Walpole vehicles were broken into, and an additional two cars were stolen. These stolen vehicles were involved in separate car chases through Braintree. On Thursday, October 15, the Brockton police contacted Walpole police regarding a police pursuit where one car passed and cut off a school bus in Brockton. The officer chased the vehicle, which eventually crashed in Braintree. The resulting foot chase led to the arrest of two individuals. Two hours later, the Brockton po-

lice ran another license plate on a different vehicle which was originally stolen from Walpole. The car crashed in Brockton, and officers arrested the four teens in the car. Both cars stolen from Walpole were damaged, and police arrested a total of six individuals. “It is still a very active investigation, but the bottom line is that these people were stealing cars, bringing them back to Brockton, and renting them out to people,” Carmichael said. Officers are still trying to determine if the people who stole the cars were the same people in the cars during the pursuits. The police have also discovered that in each car break-in case, the victims’ cars were unlocked, and many had left their keys in the cars. Aside from the car burglaries, there have been numerous residential burglaries. These break-ins are occurring specifically in East Walpole, typically between 8 a.m. and noon, unlike the motor vehicle break-ins that are occurring at night. The suspects are stealing money and jewelry, as well as prescription pharmaceuticals. “These types of break-ins are called ‘boot jobs’ where people go in, kick the door down, and go rummaging through the house to find anything valuable,” said Carmichael. Six additional individuals have been

arrested due to residential break ins. “It was really surprising that they kicked the door down and broke in, in broad daylight when nobody was home. We live in a populous neighborhood so it was shocking that nobody heard,” said an anonymous East Walpole victim. “Sometimes in Walpole there is a level of complacency where people think, ‘I’m in Walpole, it’s a safe communi-

ty,’” said Carmichael, “although Walpole is safe, crime still happens here, and sometimes we get too lax in thinking we are not going be victimized by a crime.” To further prevent any possible break ins, officers recommend that Walpole citizens lock and alarm their cars and houses. In addition, the police need the community’s help in reporting any suspicious activity.

THE REBELLION

STAFF

Walpole High School’s newspaper is committed to informing the public, reflecting the students’ views, creating a public forum and serving as an educational medium.

Check out our website [whstherebellion.com](http://whstherebellion.com)

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## THE WALPOLE HIGH SCHOOL STUDENTS AND CLASS OF THE MONTH

### JUNE

SENIOR	AP CALCULUS	JOSEPH BURKE
Joe finished the year with a phenomenal performance in Calculus, earning grades of 100% for both term 3 and term 4. His understanding of Calculus was exceptional and his work was flawless on difficult problems involving techniques of integration and their applications. In addition, Joe was the lead actor in his group’s post AP video project which was a calculus spoof on Breaking Bad. This intelligent, highly motivated and talented young man has a bright future ahead of him. I proudly nominate Joe for the June student of the month. -Kathleen Milne		
JUNIOR	WEB DESIGN	JUSTIN WALSH
It is my pleasure to nominate Justin Walsh as Student of the Month. Justin is not only one of the most polite students I have, but he is also kind. He has a wonderful and energetic outlook on life and worked hard to complete every assignment on time. Participation does not end during class discussion. I have observed Justin rise up and willingly lend a helping hand to his fellow classmates when they struggled. -Karen Gibbs		
SOPHOMORE	ALGEBRA 1 CP2	DANIEL ANDUJAR
DJ is part of our ELL program here at WHS and has been working very hard in our Algebra 1 CP2 course since the beginning of the school year. Language has tended to be a barrier for DJ in understanding concepts, but one that he has strived to overcome by working hard in and out of class and through his work with Ms. Painten. He struggled at times during the first three terms of the year but has really stepped it up in Term 4, receiving a 97% and a 100% on our last two quizzes! The improvement he has shown over this school year is directly caused by his hard work and perseverance, and he should be very proud of his accomplishments. -Rachael Sprague		
FRESHMAN	BIOLOGY	AMBER GIBSON
Amber has just blossomed as a student over the past couple of months. She is eager to participate in class and is ready and willing to help others who are struggling to understand current topics. She volunteers continually to demonstrate her knowledge by answering questions during the discussions and at the board. Her attitude and bright spirit have been such a big lift for the whole class. She is a leader and has made great strides recently to the benefit of the whole class. Amber is a pleasure to teach and her leadership qualities deserve recommendation. -Bonnie Doyle/Teresa Canney		

### ACTIVITY AWARD

ANNIE GALLIVAN	JOURNALISM
Halfway through the school year, the Editorial Board named Annie as our third Editor-in-chief because of her exemplary leadership on our staff. Even after graduation, Annie returned to help publish the June newspaper — arguably one of our best newspapers in the last five years. For her commitment to the staff and for her leadership throughout the year, I happily nominate Annie Gallivan for the June Acitivity Award. -Conor Cashman	

### CLASS OF THE MONTH

HONORS BIOLOGY	PERIOD 4
This class is always enthusiastic and never complains about the work load — at least not to me! They always work hard. They also ask great questions, many of which are very insightful. They come every day ready to learn. While I was away on maternity leave, this class was super helpful to the long term sub Mr. O’Connor. He made sure to tell me how much he enjoyed them and how pleasant and hard working the members of this class were (are!). This class has been like this from the start of the year and deserve some recognition for their hard work, dedication, and great attitudes!! -Lindsey Reichheld	

### SEPTEMBER

SENIOR	SPANISH 4 HONORS	DOMINIC LANNI
Dominic is a great asset to my Spanish 4 Honors class. He always tries to use the target language and is a wonderfully inquisitive student. Dominic has progressed so much over the years with his language skills. He has developed a real skill set for Spanish. -Maura Lia		
JUNIOR	CERAMICS & SCULPTURE	LILLIE MOURAD
This is my second year teaching Lillie in my Ceramincs & Sculpture class and with each project she has completed, I have been extremely impressed with her work. Out of the 24 art projects she has made between last year and this year so far, each and every one she has made her own, and been unusually ambitious, tenacious, and thoughtful. While this does not mean she hadn’t had her fair share of “failures,” Lillie has been able to synthesize the information taught in class, critically considers how she can improve, and approaches even more difficult projects with a positive and enthusiastic attitude. She is an exemplary art student and I am always anxiously awaiting for what she will create next. -Richard Kim		
SOPHOMORE	AP CALCULUS	HOYOON WOO
Hoyoon (Henry) is an exchange student from South Korea and the only 10th grader out of 47 AP Calculus students. He is attentive to detail when listening, reading, and writing, and he possesses an excellent grasp on Calculus concepts. On one occasion, Henry spotted an error in one of my answer keys and politely pointed it out to me so that I could inform his classmates of the correction the next time we meet. Another time he spoke to me after class about utilizing a strategy for evaluating limits that we were going to look at during the next class period. When Henry was absent, he e-mailed me to get the assignment and came into class with it completed. He stayed for extra help after school, took the quiz on time with his class despite having missed two classes, and submitted a sticker worthy assessment. In addition to his strong performance in class, Henry has stepped up to join our math team. He is a welcome addition to Walpole High School and is deserving of student of the month. -Kathleen Milne		
FRESHMAN	ENGLISH	MAIREAD NEE
I am nominating Mairead because not only is she an excellent, conscientious student, but she is also a great role model for her peers. She is an organized student and comes to class prepared to learn each day. She completes her work efficiently, and shows responsibility in the classroom. With that responsibility, she has become my unofficial classroom assistant— keeping me on track and prepared for the upcoming assignments. Mairead is a class leader and I am happy to nominate her for Student of the Month. -Bailey Tighe		

### ACTIVITY AWARD

EMILY BUTLER	FRENCH CLUB
Emily Butler is the French Secretary and Publicity person for our club of 15-25 members. Emily sends out the information for our weekly meeting with enthusiasm. I love reading what she puts in the emails as it gets me excited to learn about our activities. -Kathleen Frattasio	

### CLASS OF THE MONTH

FRENCH III HONORS	PERIOD 1
I would be happy to nominate my French III honors class because I am proud of them. We are a family of happy students who crave information and want critical feedback, especially on pronunciation. This class is comfortable to be in, as the respect we have for one another is important. I am excited to help this class be the best they can be. -Kathleen Frattasio	

### CITIZEN OF THE MONTH

DALTON GRADY
Recently, I overserved Dalton Grady donate more than \$30 of party supplies to the Student Council for their Pink Dance. Upon investigation of this donation, I learned that Dalton had witnessed the rejection of Student Council’s request by a major retail store and felt bad that they were denied. Dalton took it upon himself to altruistically fulfill the donation request and did what a major corporation chose not to do. When I asked Dalton why he did it, he told me that he felt it was the right thing to do considering the situation. Dalton should be commended for this truly selfless act of compassion, kindness and generosity. I was extremely impressed by this display of character and highly rerecommend Dalton Grady for Citizen of the Month. -Joe Braccini



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# EDITORIALS

## Chemical health policy needs to be reevaluated

By Andrea Traietti  
Class of 2017

At the beginning of the 2015 school year, Walpole High Administration made the decision to lower all chemical health suspensions remaining from last spring by 50%. This controversial decision seemingly contradicted Walpole High’s strict policy of administering suspensions to students who are only “in the presence of alcohol,” raising serious questions about the legitimacy and effectiveness of Walpole High’s chemical health policy. “We wanted to try to get all of the suspensions off the books as quickly as possible,” said Principal Stephen Imbusch. The lowering of the suspensions, he said, was a way to move past the negativity caused by outdated suspensions. “It’s a way of saying, ‘Hopefully we’ve all learned from this, let’s get past these suspensions,’” said Imbusch, “because every game that occurred where a kid was sitting on the sideline because of a suspension, [the suspension was staying] alive and it was starting to really become a negative thing as opposed to a learning experience.” However, suspensions are supposed to be negative. The purpose of suspensions is to punish students who have done something illegal by taking away something they enjoy doing. While it is true that “kids are better off

Graphic/ Max Simons



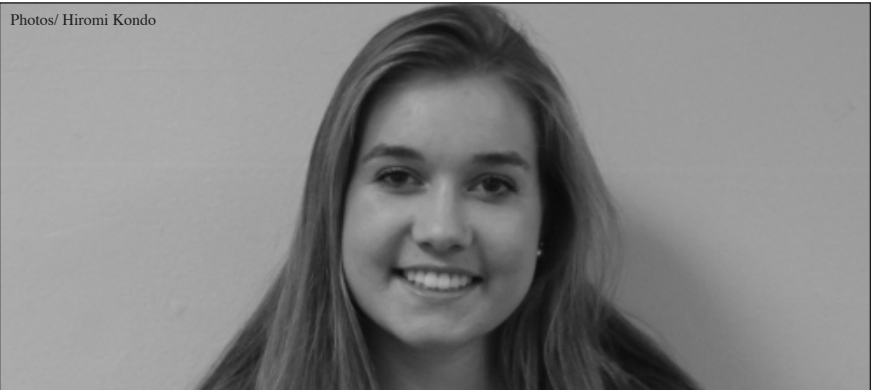
actively involved than sitting on the sidelines,” as Imbusch said, it is crucial that administration sticks to its policy in terms of suspending students for illegal actions, so that administration can maintain its credibility and discourage students from breaking the law. The decision to lower suspensions reveals a major flaw in Walpole High’s punitive system: how can administration expect to see a decrease in Walpole High’s chemical health violation numbers while continuing to confuse students with a strict policy that is not at all strictly enforced? They can’t. As long as Walpole High continues to loosely enforce its stringent policy, Wal-

pole will see no decrease in the number of violations for various reasons. First, Walpole High’s policy is just too strict. The rules defined in the handbook are stricter than necessary according to MIAA guidelines, as Walpole’s handbook states that students who are “in the presence of alcohol” will be suspended, while other schools only punish students who have actually consumed alcohol. This “in the presence of” clause has been in place for two years and both years, Walpole has led the MIAA with the most chemical health violations. Besides the fact that the difference in the school’s policy is not working, the rules themselves seem to contradict

Walpole High’s mission. If Walpole High administrators really want to lower the number of suspensions, why are such harsh rules in place that only make it easier for students to get into trouble? Maybe it’s because administration hopes that the school’s stricter policy will decrease overall suspensions rates by scaring students into staying away from drugs and alcohol entirely, which is actually somewhat understandable. However, the final issue lies in following through. The school’s decision at the beginning of the year to lower all suspensions has caused, and will continue to cause, more problems than it intended to solve. Administration showed all of the students who had received a suspension last spring that their offense was not nearly as serious as they thought it was. Moreover, the school has sent a message to all students and the Walpole community on the whole that they are not in control of the chemical health situation. When kids who receive punishments this year wonder why their suspensions are not lowered, how will the school be able to turn down future requests after its arbitrary decision this fall? If administration at Walpole High is serious about lowering chemical health suspensions, they should consider the obvious fact that no changes will occur until the policy is reexamined, redefined, and fairly reinforced.

## Should schools enforce nutrition guidelines at lunch time?

In 2012, the First Lady championed the Hunger-Free Kids Act, in which the United States Department of Agriculture made the first major changes in school lunches in 15 years to help our country raise a healthier generation. The act aligned school meals with modern nutrition science to target health issues among school food in a way that is affordable and extensive. These new changes brought about great controversy in the school community.



By Anna Van der Linden  
Class of 2016

**Yes,** schools should enforce nutrition guidelines at lunch time. Childhood obesity rates have more than doubled in the last 30 years, according to the Center for Disease Control and Prevention. Although recently, obesity rates have plateaued — thanks to the government’s efforts to encourage healthy habits — we still have a serious obesity problem. By encouraging students to choose healthier options, cafeteria workers can make a difference in the daily calorie intake of many people. The choices made in the lunchroom can become permanent habits. The healthy foods that

have appeared in cafeterias over the past few years are huge steps forward, but students need a stronger change. Enforcing nutrition is not as drastic as it sounds. It is simply a cafeteria worker reminding students to get a healthier choice. It does not have to be an aggressive measure. Some may believe that simply offering the healthy options in the cafeteria is enough, but many students typically walk past the fruit in favor of chips or cookies as a side dish. The students are not being forced to actually consume the food, therefore it is not an infringement of their rights. It is merely a way to ensure that the healthy foods get directly to the student, and fix our depressing obesity statistics.



By Daanya Salmanullah & Emily Martin  
Class of 2017

**No,** schools should not have the authority to force children’s diets. Subjecting students to eat healthier foods infringes on students’ free will and rights to eat whatever they wish. Also, flavor is often sacrificed in place of nutritional value, and forcing children to take healthier options does not mean that the students will eat them, thereby wasting food. For many students, a tasty lunch is what gets them through the rest of a long day of school work. It is true that obesity rates have increased over the past few decades, and cafeterias should offer healthier choices for lunch to those who want to

eat them; however, the solution to this problem lies with individuals choosing to eat healthier on their own — not the school or government’s discretion. Schools should instead focus on educating students on how to create a balanced diet since one serving of healthy food will not affect a child’s at-home consumption. We are being taught to live life on our own, so we must learn to make our own choices regarding our health. When we are adults, we will not think of what we ate in school for lunch, but rather what we like and were taught to eat. As rebellious teens, we will not submit to anything we are force fed — whether it is good for us or not. We have one life to live, and flavorful food should be a part of it.



# EDITORIALS

## Washington needs a strong female candidate

By Jacqueline Davis  
Class of 2016

With men still dominating the American political system, the possibility of electing a female president becomes increasingly enticing as the search for the right woman continues: she who is strong but not bossy, who has experience but not too much experience, and who advocates for equal rights but does not exploit them.

But who is the right candidate?

As the leading Democrat in the 2016 presidential election, Hillary Clinton will likely represent the Democratic Party in the general election and if elected, be the first woman ever elected President of the United States. Although Clinton is a competent politician and leader, her presidency may be a step in the wrong direction for the feminist movement and may hinder future female presidential hopefuls.

Because there is no precedent for a woman's presidency, the first female Commander-in-Chief will face intense scrutiny from the media; therefore, as Clinton's recent email investigation indicates, Republicans and the media will search for potential scandals, and any of Clinton's actions could reflect poorly on all potential future female presidents as she serves as a representative of the whole.

A Hillary Clinton presidency lends itself to another potential problem: What about Bill? The former president could serve as a distraction to Hillary's policies and her legacy. If Hillary Clinton has a successful presidency, people may attribute this success to Bill Clinton and her failures to her inadequacy as a woman. Thus, the first female president would preferably be a self-made woman without the shadow of an influential husband.

Although Hillary Clinton has openly



ABOVE: Carly Fiorina and Hilary Clinton vie for their parties' nomination and the chance to join 2008 Vice Presidential Candidate Sarah Palin as the first women on a major political ticket.

identified herself as a feminist, she should not rely solely on her femininity to appeal to the American people. With feminism on the rise, Clinton has shifted to a more women-centric campaign compared to her 2008 campaign against Barack Obama, with her Youtube channel highlighting the struggles of various women.

Despite Clinton's emphasis on gender equality, electing

a woman because she is a woman does not accurately reflect true feminist ideals, but rather undercuts the core values of this social movement: social, economic, and political equality regardless of gender. She uses her femininity to

market her candidacy and the possibility of ushering in a new political era to the American people, especially women.

On the other hand, Clinton exudes an aura of confidence and has handled difficult personal attacks such as her husband's affair and the Benghazi trial while

**“Despite Clinton's emphasis on gender equality, electing a woman because she is a woman does not accurately reflect true feminist ideals”**

sexist jokes and attacks on her womanly sensitivity or bossy attitude, but fortunately for Clinton, her experience as First Lady and Secretary of State has prepared her for both warranted and unwarranted criticism.

maintaining her composure. The first female president will endure

On the Republican side, Carly Fiorina, Washington outsider, polling at 3%, vies for the opportunity to represent the GOP in the general election. During the third Republican debate, Fiorina assured the American people that she was “Hillary Clinton's worst nightmare” and if given the chance, would defeat her in the first bipartisan debate, for Clinton's policies are “demonstrably bad for women.” Despite Fiorina's apparent enthusiasm, she like Clinton, would create challenges for future generations of women. Although she lacks the long—or any—political career that could leave her mired in controversy and scandal, her beliefs towards Planned Parenthood and women's reproductive rights contradict popular beliefs about gender equality.

Because Fiorina is the only other woman in the race, the Republicans could potentially use her to appeal to Republican women. With women identifying more with the Democratic Party, the GOP may attach Fiorina onto the Republican ticket as Vice President to secure more votes from the female population. Fiorina's intentions are unknown; however, the chance of becoming Vice President could influence her policy decisions creating a dangerous precedent of women succumbing to the influence of the leading men of their political party.

The first female president has to be an exemplary leader without any circumstances that could challenge the ideals of the feminist movement and the quest for gender equality. While a candidate cannot be perfect, Hillary Clinton's political dynasty and Carly Fiorina's lack of experience highlight their inability to portray this complex persona. Ultimately, the American people must decide if they are ready for a female president and who should set this precedent.

## Guidance needs to be more realistic with juniors

By Christian Carr-Locke  
Class of 2016

Junior year is undeniably the most stressful year for high school students. Good grades, standardized tests, the start of the college search—all are aspects of the dreaded junior year that contribute to baggy eyes and a constant need for coffee. Trying to balance academics with a life outside the classroom, students participate in clubs or play sports and, at the end of the day, need some time to relax and be with friends and family.

The Guidance Department at Walpole High School recognizes just how tiring junior year can be. In the beginning of October, Guidance spoke with junior history classes about stress. They listened to students' concerns and offered coping mechanisms and relaxation methods geared towards stress management. However, the Guidance Department's most recent advice provided students with mixed signals.

In their junior meetings, juniors go over course selection and scheduling with their guidance counselors and are encouraged to challenge themselves with AP and honors level classes. How-

ever, this year the Guidance Department visited classes of all levels to shift the emphasis from grades to stress management and sleep prioritization. In response to major concerns regarding sleep, guidance stressed that students should ultimately prioritize sleep and their general health over homework and grades. To some students, the Guidance Department's most recent message seemed somewhat contradictory to earlier advice regarding course selection.

Challenge Success, a research and intervention project based at Stanford University, has concluded that sleep deprivation is very intense at some schools. Challenge Success' study, drawn from dozens of high-performing schools across the country, shows that students received an average of 6.8 hours of sleep a night, with averages in some schools settling as low as six hours.

When juniors told the Guidance Department about their concern for sleep, many students admitted to receiving hours similar, if not lower, to that of Challenge Success's study. With such little sleep, juniors find themselves constantly fatigued and, as a result, extremely stressed over their classes.

Sleep is the last thing on many stu-

dents' minds. The students, who take all honors and AP classes, have after school jobs, and play a sport or two, may find themselves starting their homework as late as eight or nine o'clock on any given night. These busy schedules don't allow students a lot of time for sleep and lead to large amounts of stress.

While the Guidance Department draws attention to this important issue, students find that if they were to focus on getting to bed earlier rather than finishing all

their homework they may face serious consequences the next day. A zero on an assignment (yes, teachers still give zeros occasionally) or a lack of preparation for quizzes and tests are just a couple of the repercussions or stress contributors that students may experience if they decide to prioritize sleep.

That being said, juniors can utilize the coping mechanisms and relaxation methods provided in order to control their stress. Although not too popular an option for most students, one also has the opportunity to reduce the

**“A decrease in how much one actually does is not necessarily such a bad thing”**

amount of honors and AP level classes they take, as well as participate in one fewer extra curricular. A decrease in how much one actually does is not necessarily such a bad thing. Students would have the ability to focus on a few classes or activities and thus do well at them, rather than participate in so many activities and do poorly at them.

In addition, students can be more efficient with their homework by eliminating distracting elements like social media.

During the stress talks, many juniors admitted to spending hours each night on different forms of social media, ultimately causing them to finish their homework much later than expected.

The Guidance Department stresses the importance of sleep and relaxation—matters that many students overlook. However, in course scheduling meetings this year, guidance counselors and students should look more carefully at what classes to take so that juniors can avoid matters like constant stress and sleep deprivation throughout the year.



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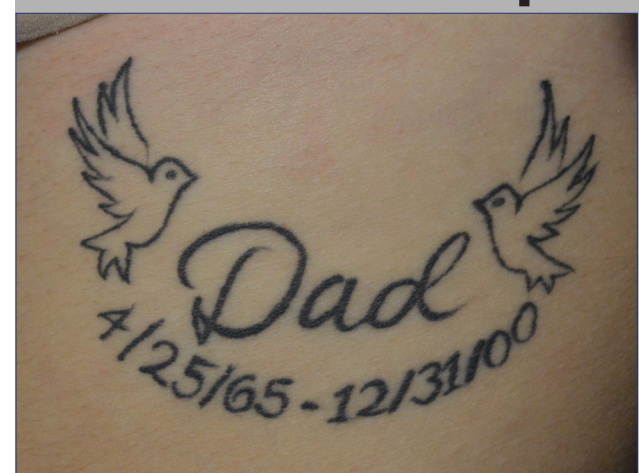




# MEMORIES IN INK

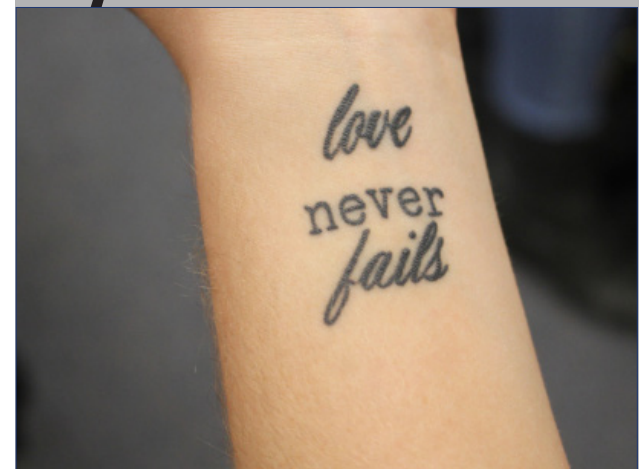
The Rebellion asked Walpole High's students and staff to open up about their tattoos and the stories behind them.

Victoria Ilacqua



"It means so much to me because it's a remembrance of my dad who passed away. I know I'll always have him with me no matter what."

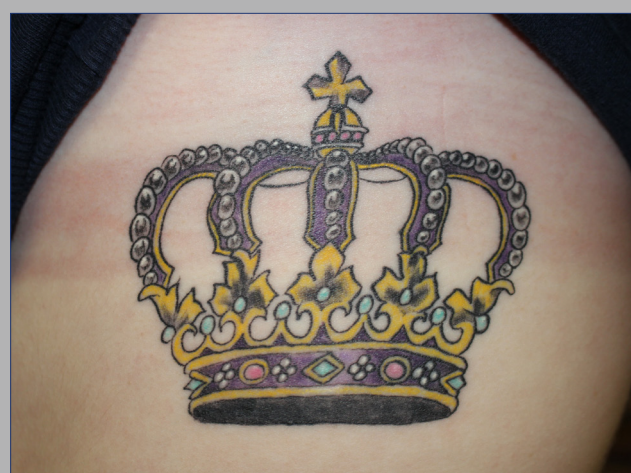
Kyra Arsenault



"Next to God, nothing is more important to me than the girls on my team and the people I love. I've learned from having losing running, that love was what was important and what got me through it all and that love never fails."

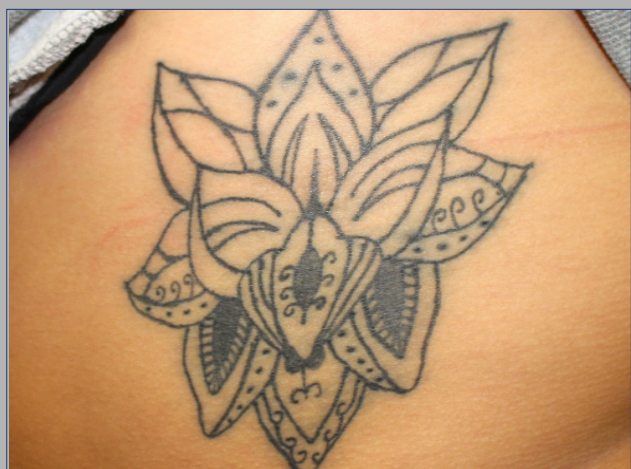


Kat King



"I got it a month ago with my dad, he got the same tattoo on his arm. It represents my family's last name and my heritage. I just love it."

Eleani Lara



"I have always really loved this flower because it reminds me of my grandmother. I got the tattoo because it was her favorite flower, so I always have her with me. It's a way to remember her."



Amire Loftis



"My sister, my mother, and I all have the same tattoo. To me, it stands for family unity. The meaning of my tattoo 'is staying together as a family.'"

Erifili Sfakianakis



"It was a tattoo that my mom and I both got. It was something she always wanted to do for herself and I wanted to do it with her, for her, because no matter what, she will always be with me everywhere I go."



Sam Chauvin



"I got this tattoo because I have been through a lot of things in my past and it's a representation of how I always need to overcome things. I always know that I am stronger than people perceive me to be."

Morgan McCarthy



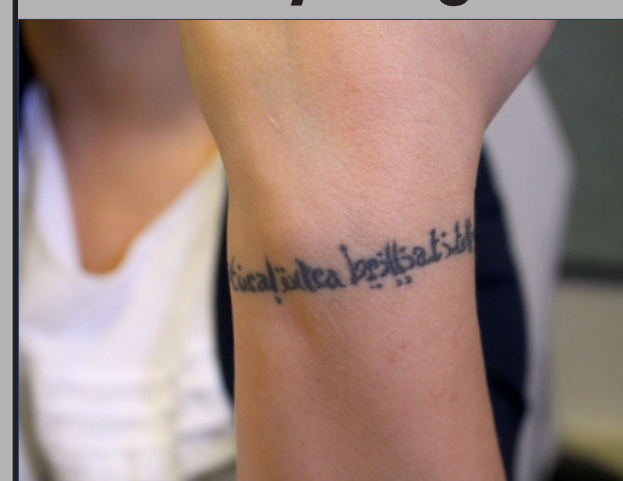
"It's for direction when I'm lost and confused, I always have something to look at. It helps me feel calm because to me it means peace. It's for when I'm confused I have something to remind me it's all gonna be okay."



## Faculty with tattoos

Bailey Tighe

Christopher Jean

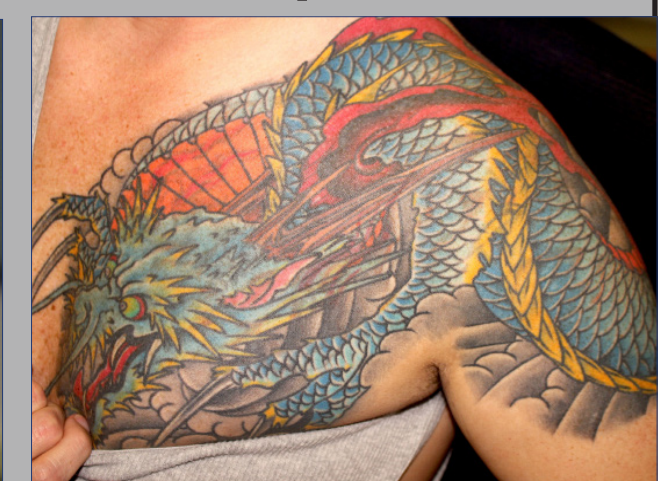


"I got this tattoo because I am interested in beat culture, and this line is from a famous beat poem 'howl.' The line is 'Holy, the supernatural, extra, brilliant, intelligent, kindness of the soul.' It reminds me everyday that people are inherently good, and it ties me to the goodness in people."

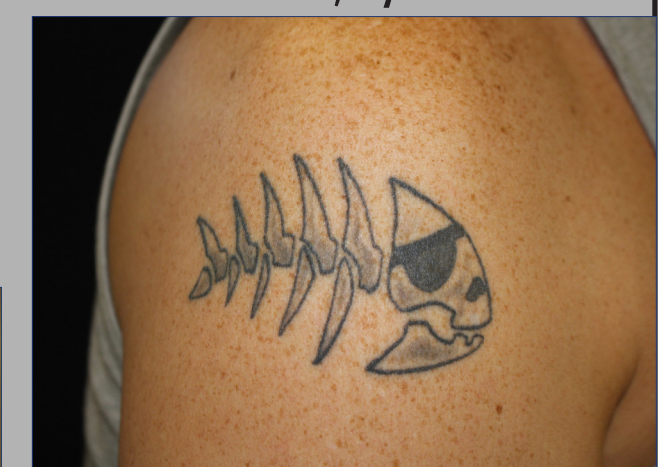
Zach Okolowicz



"My grandmother would always say this phrase to me as a kid, and it means 'be careful' in Italian. This tattoo is a physical reminder to always be careful."



"It's a reminder to keep an open mind, because no one person has THE answers, There really is no such thing as THE answers, there are just answers that work for you. And if they're happy with their answers then what the hell, you know?"



"I got it because it is an atheist symbol. The Kansas School Board, about 15 years ago, tried to say you should teach the bible in biology classrooms, so a man decided to say that should mean all religions should be taught. Also, religious people always make the 'correlation = causation' argument and that theory can't be proven."