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Donald J. Trump wins 2016 Election

Walpole High School students weigh in on Trump's rise to President-Elect

By Emily Ball
Lead Reporter

After a year-and-a-half long campaign, Americans voted Donald J. Trump as the 45th President of the United States on November 8, 2016.

Candidates need 270 electoral votes to be victorious. Trump won by a narrow margin with 279 electoral votes, while Hillary Clinton had 228 votes. Trump also took the Rust Belt and flipped states such as Iowa, Florida, Ohio, Pennsylvania and Wisconsin that had previously supported Obama. In addition, he is now backed by Republican majorities in both the Senate and House of Representatives. Though the country elected Trump, Walpole backed Clinton, as she won with 7,129 votes over Trump's 5,981 votes.

Several Walpole High School students travelled to Washington D.C. for six days during the time of the election with the Close Up program — an organization that sponsors both middle school and high school trips to D.C. in order to provide students with a first-hand experience in American politics and government. Walpole High School students who participated in the program expressed the value of being in the nation's capital at the time of the election.

"It was really cool to be surrounded by the political process while it was taking place on such a large scale. Even



though it was obviously a very contentious and tense place to be at that time, it felt alive and in a way how it should always feel," said senior Padraic Curran.

In addition to the excitement brought about by the Close Up experience, students had varied reactions to the results of the election.

"Personally, I would have liked Hillary to win," said senior Meredith Lorusso. "But life is what it is, and all we can do now is hope that our country can survive these next four years with Donald Trump as our president."

Other Walpole High School students felt differently about the outcome of the election.

"People are acting like Donald Trump is the end all dictator of America. They're forgetting about other branches of government, and they're forgetting that congress is far more powerful than he is," said senior Jill Sweeney. "I think we owe him an opportunity to lead instead of assuming the worst."

The mixed reactions of Walpole High School students regarding the election correspond with conflicting perspectives

across the country. For example, many Clinton supporters remain disheartened about the results of the election. Clinton publicly displayed her feelings about the loss in a post-election tweet: "This loss hurts. But please never stop believing that fighting for what's right is worth it." With anti-Trump rallies in major cities such as Los Angeles, New York and Philadelphia, Clinton supporters have taken this plea to heart, as they have literally lined the streets in protest to fight a Trump Presidency.

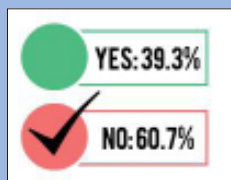
On the other hand, Trump supporters excitedly await for Trump to announce his cabinet. So far, Trump has selected Reince Priebus as White House Chief of Staff and Stephen K. Bannon as Chief Strategist. The rest of the positions have yet to be decided.

Like Clinton, Trump wrote a post-election message to his 14 million twitter followers: "Such a beautiful and important evening! The forgotten man and woman will never be forgotten again. We will all come together as never before."

Trump now aims to unite a largely divided American public. With Trump now elected as the next President of the United States and a divisive campaign season behind them, American citizens are anxious to see how important issues like immigration, terrorism and abortion will evolve in the future as Trump works to "Make America Great Again."

Massachusetts ballot questions: Walpole results

Question 1

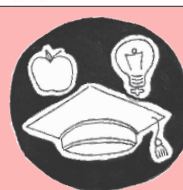
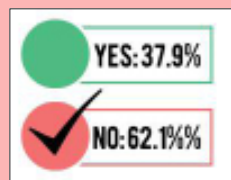


Graphics/Danielle Borelli



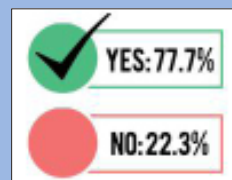
Ballot Question One proposed expanded slot machine gaming in the state of Massachusetts. In the town of Walpole, voters overwhelmingly voted NO with 8,808 votes on Ballot Question One with 5,370 YES votes. The first ballot question was also voted down in the state overall with 1,896,982 NO votes and 1,226,484 YES votes. If question one had been passed, the state Gaming Commission would have gained the ability to issue a second category 2 license. This license would allow for another establishment, in addition to the Plainridge Park Casino in Plainville, without table games and no more than 1,250 slot machines. However, since the question was voted down, there will be no changes to the present gaming laws.

Question 2

By Devin McKinney
News Editor

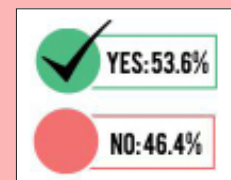
Ballot Question Two proposed the increase of the number of charter schools in Massachusetts. Walpole voted down Question Two with 9,200 NO votes and 5,167 YES votes. Likewise, the state voted down the charter school expansion with 2,004,932 NO votes and 1,221,364 YES votes. Question Two would have allowed for the Board of Elementary and Secondary Education to approve the creation of twelve new charter schools every year and expand the enrollment in current charter schools without exceeding 1 percent of the state's public school enrollment. The charter school expansion would have taken funding away from public schools, but as a result of the election, the charter school regulations will remain the same.

Question 3



Ballot Question Three proposed improvements to the conditions of farm animals. On this question, Walpole voted for the condition improvements with 11,110 YES votes and only 3,209 NO votes. The state also voted for condition improvements by a considerable margin with 2,502,676 YES votes and only 718,454 NO votes. The new law will require, under a \$1,000 fine, that business owners allow their breeding pigs, veal calf, and egg-laying hens to have sufficient space to lie down, stand up, extend their limbs and turn around without hindrance. In addition, it will also prohibit the sale of any items produced by animals who have not been treated in accordance with the law. This legislature will be enforced beginning on Jan. 1, 2022.

Question 4



Ballot Question Four proposed the legalization of Marijuana. Walpole did not advocate for the legalization of Marijuana with 8,179 NO votes and 6,267 YES votes; however, Massachusetts, with 1,745,945 YES votes and only 1,513,304 NO votes, will enact the legalization of marijuana starting on Dec. 15, 2016. This new law will authorize the possession, use and distribution of the drug in limited quantities. People of legal age can have up to one ounce of marijuana outside of their household and up to ten ounces inside of their household. Furthermore, the growing of up to six marijuana plants is permitted inside of one's residence. The profits of marijuana sales and products will be subject to the state sales tax as well as an additional excise tax of 3.75%.

Lindsey Sullivan wins SEMASC President-Elect

Sullivan to be SEMASC President for the 2017-2018 school year

By Tara Gordon
Assistant News Editor

After running with the campaign slogan “peace, love, stuco,” junior Lindsey Sullivan was voted SEMASC President for the 2017-2018 school year. For the remainder of this year, she will serve as President-Elect where she will shadow current president, Kory Turner, and in the spring, she will officially take over as president. Last June, at the National Association of Student Council Conference in Oregon Sullivan found a new meaning in Student Council. “I realized that Student Council was about meeting people, inspiring people, and making people happy,” said Sullivan. This conference ultimately encouraged Sullivan to get more involved with Student Council.

Aiming to become more involved, Sullivan decided to run for Southeastern Massachusetts Association of Student Councils (SEMASC) President. “Ever Since going to Nationals, I knew that I wanted to take on a bigger role in Student Council,” said Sullivan. “I am really excited to be the next SEMASC President. I can not wait to see what these next two years bring.” As SEMASC president, Sullivan will preside at all meetings, help with the general management of the council, direct committees and host three conferences which will focus on bringing the councils of other schools together so they can share ideas.

Throughout her campaign, Sullivan used a “hippie” theme on her twitter account to highlight her true identity



Junior Lindsey Sullivan poses with her campaign poster designed by Danielle Borelli after winning the election for President-Elect to the members of SEMASC; however, with regards to her speech, Sullivan stayed away from themes, as she wanted to connect with the entire SEMASC community as a whole.

“I did not want to come off too canned. I tried to connect my speech back to the message that I was really

joining the SEMASC community.

“After speaking with Ms. McMenimen, our Student Council advisor, I learned that when Walpole first joined SEMASC, we did not know much about what it really was, so I think that offering new schools some assistance and explaining different leadership opportunities in SEMASC could be really helpful,” said Sullivan. Although Sullivan will be serving on the SEMASC board, she will continue to serve on the Executive Board on the Walpole High School Student Council as a SEMASC Representative.

Student Council advisor Kerry McMenimen expressed her thoughts on Sullivan’s win.

“It was really exciting for Lindsey to win,” said McMenimen. “Personally, I think her win brought our council together a lot more and showed younger leaders how make a difference beyond the high school.”

Other Student Council members “Lindsey has devoted countless hours to our Student Council to get to where she is now, and she has an energy about her that inspires passion in others. I am confident she will use her strong leadership abilities and genuine nature to do great things for SEMASC,” said Walpole Student Council President Michael Timson.

Several Walpole members ran for regional positions before. In 2013, Koday McCann ran for both SEMASC president and regional vice president. In 2015-2016, Stina Cofsky served as SEMASC secretary and Sarah Rockwood served as the publicity coordinator.

Boys Hockey Team hosts youth street hockey fundraiser

Walpole High Boys Hockey raises money for Tommy Quinn Scholarship Foundation



Several participants represent their KPW street hockey team at the Boys Hockey Team fundraiser.

By Brynne Bergen
Staff Writer

Walpole High School Boys Hockey hosted a 4 vs. 4 street hockey tournament on the tennis courts at Walpole High School on Sunday, Oct. 30. The event—open to third through eighth grade students—raised a total of \$1,927 for the Tommy Quinn Scholarship Foundation. This foundation provides scholarship money for seniors in memory of former Walpole High student Tommy Quinn.

“I think [the fundraiser] went really well,” said senior hockey captain James Corcoran. “I was glad to see so many kids playing.” Mary McGlynn, President of the Hockey Boosters Club, worked alongside senior players, families and captains James Corcoran, Pat Donovan and

Owen Hunter in an attempt to create an event that would be enjoyable for kids and parents in the community.

Thirteen teams, a total of eighty children, participated in the tournament. The event kicked off at 9 a.m. and championship games were played around 12:15 p.m. The event was well received by the children who came to play hockey with their peers.

“I thought [the tournament] was fun,” said Elm Street School fifth grader Kerin Birch. “My favorite part was checking the boys.”

Along with street hockey, the kids participated in a fastest shot competition. High school players from each grade were responsible for setting up, reffing games, coaching teams, running the fastest shot competition and cleaning up. Many local business, including Dunkin Donuts, Stop n’ Shop Papa Gino’s and

Lovell Sports donated items to contribute to the fundraiser. On top of the activities, there was a raffle for a signed Boston Bruins hockey stick. “The stick was raffled off and donated back to the Quinn’s,” McGlynn said, “They [held] a large fundraiser on November 12.”

As for next year, the hockey program hopes to organize another street hockey tournament for charity and hopefully outdo this year’s success. “This should be an annual event,” Donovan said. “The kids who organize

it should choose a charity organization that means something to them.”

In addition to the Boys Hockey Team hosting the street hockey fundraiser, the families that run the scholarship foundation hosted a parent night that consisted of food, raffles, and games. The parent night is estimated to have raised over \$20,000, according to the foundation members. Senior Melanie Weber volunteered at the parent night. “It was great to see so many Walpole families donating to help support this great cause,” said Weber.

REBELLION

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THE WALPOLE HIGH SCHOOL STUDENTS AND CLASS OF THE MONTH SEPTEMBER

STUDENTS OF THE MONTH

SENIOR AP ENVIRONMENTAL Karishma Patel
SCIENCE

Karishma has made an outstanding start to this rigorous course. She has an upbeat temperament, and is overflowing with enthusiasm, which is motivational to all around her. Her work ethic and attitude are exemplary and her commitment to learning and doing her best is evident at all times. Her work is meticulously detailed and her interest is genuine. She asks super questions, and is always ready to share her opinions and knowledge. During a class debate on GMOs she dominated the floor to the point that parents at back to school night were talking about “that girl” who rocked the debate! When we went on our first field trip, she was the first students to overcome her shyness and her curiosity led to her asking some insightful questions that were valuable for all of her peers. During lab work, she shows maturity, leadership qualities and has a mature ability to actively listen to her group members. I feel privileged to have Karishma in my class this year. Great job! -Ms. Wick

JUNIOR SPANISH III Claire Sullivan
Claire is consistently caring of her fellow students. She always helps “the underdog” student who is either shy or struggling with the material. She is engaged in our classroom discussions and consistently asks interesting questions to further her understanding of the world around her. She leads by example when we do pair and group work by enthusiastically engaging with other students to further their collective understanding of the material. She is conscientious of her peers by listening and validating their experiences. Claire is always willing to lend a kind hand to her classmates. Her attendance is perfect. She always arrives prepared, and ready to learn. She shares her love of music with the class during discussions, and is able to make herself vulnerable by participating so completely. I know that she has struggled in math in the past, yet she shines in Spanish class and is a joy to teach (and learn from!). -Ms. Campbell

SOPHOMORE SPANISH III Jack Moses
I would like to nominate Jack for Student of the Month. Jack is in my Spanish III class and he always comes to class prepared, participates all the time and is very polite. I really appreciate Jack’s willingness to work with others and how he pushes himself to only communicate in the target language. Currently, Jack has a 99% average for the quarter and makes teaching this class fun for me. Gracias Jack! -Ms. Flaherty

STUDENTS OF THE MONTH

FRESHMAN FRENCH II Emily Devito

I nominated Emily because of her enthusiasm for the French language and for her kindness. Emily comes to class prepared and happy. She helps her classmates and works with a different person when we work in groups. Emily is organized and I appreciate that she highlights major grammar rules in different colors. She always participates and self corrects her pronunciation. I am grateful for her. Merci Emilie. -Mrs Frattasio

ACTIVITY AWARD

Sean Corriveau, Tom Blaumor, Michael Flaherty
Summer Reading

Sean, Tom, & Michael read War and Peace for summer reading. This is a massive tome, chock full of characters and plot development. Clearly all read the book in its entirety and made many sightful comments during our discussions. Like the other students who took on this challenge, they should be commended for their scholarships!

CLASS OF THE MONTH

Ceramics & Sculpture 3/AP Mr. Kim

I would like to nominate my Ceramics & Sculpture Level 3 class This is a split level class that combines Level 3 students and AP art students. Because of the high demand and challenge of AP art, we combine the class on purpose so students who feel too stressed or overwhelmed by AP can change to Level 3 without changing their whole schedule. This year, I started with 2 students in AP out of the 8 total in the class. By mid-September, all 8 students decided to rise to the occasion and sign up for AP. Although 8 students does not sound like a lot, I have only had 3 students in AP in my 13 years of teaching at WHS. I am very proud that these students are willing to achieve such a high level. I feel they are more than prepared and as someone who loves to look at art as much as I love making it, am excited to see the things they come up with.

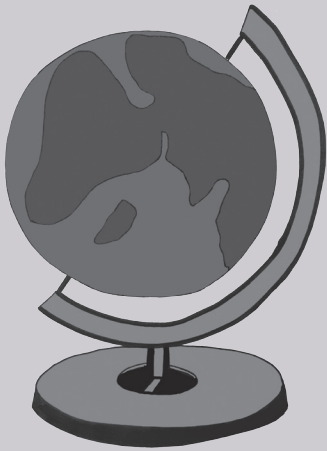
CITIZEN OF THE MONTH

Jonathan Foti

Jonathan said to me “I Love School”. He made an impression on me because he said this just because I said hello... Jonathan is a big part of our Walpole family and does the mail every day. He organizes the cafeteria and take part in Unified Track & Field.



World News



By Elizabeth Foley
Staff Writer

Boko Haram releases 21 school girls

Boko Haram, a radical Islamist group that has been waging war against Nigerians for years, kidnapped over 200 girls from a school in Chibok, Nigeria on April 14, 2014. After over two years of captivity, Boko Haram finally released 21 of about 270 Nigerian girls on October 13, 2016. The release of these 21 girls is the biggest breakthrough yet, as negotiations with the terrorist group have fallen apart many times. Negotiations between the Nigerian government and Boko Haram will continue, according to the president of Nigeria, to try and retrieve all the girls who were taken. The Nigerian Government plans to not only retrieve all the girls, but also gain support from other local governments and officially end the reign of Boko Haram.

U.S. leads Iraqi forces to retake Mosul

U.S. Troops have been inching closer and closer to Mosul, a city in northern Iraq. Mosul is the last major city under the control of ISIS in Iraq, and it is the next target for the U.S. to defeat ISIS. The U.S., leading the Iraqi force, has used air strikes as a form of attacking the city and the surrounding towns. However, the Humans Rights Watch is investigating one of the air strikes, which hit a mosque filled with civilians, killing approximately a dozen people. Nevertheless, airstrikes will continue to happen so that the troops can keep marching toward Mosul. The next target is the town of Hammam al-Alil, which just south of Mosul.

New developments on missing Malaysian Air flight

Until now, nobody could locate Flight MH370 of Malaysian Airlines, which disappeared on March 8, 2014. Scientists found some of the plane's debris, and these discoveries help scientists to figure out what happened to the plane and the 239 people on board. Seven of the twenty pieces of debris that were found have been classified as definitely or likely from the missing plane. Among them, the two wing flaps have been recovered, and the analysis of these objects found that they were not in landing position when the plane went into the Indian Ocean. This new information also indicates that the plane was increasing its speed when descending in the air, and it also begs the question of whether or not someone was actually in control of the plane when it fell to the ocean. The search for other parts of the plane in the Indian Ocean will continue until early next year.

Speech hosts tournament for first time

Speech and Debate team raises money with novice tournament



Upperclassmen on the speech team help run the Novice Tournament at Walpole High School. Photo/ Tara Gordon

By Tara Gordon
Assistant News Editor

The Walpole High Speech and Debate Team hosted the annual Novice Tournament for the first time in school history on October 22. The tournament lasted from 7:00 a.m to 3:00 p.m., where over 500 people, comprised of team coaches and members from speech teams across the state, came to Walpole High School to observe, compete and judge different categories. The team was responsible for providing breakfast, lunch and snacks throughout the tournament. Speech tournaments throughout competition season are typically hosted by more experienced speech teams in the state. Walpole, however, is a fairly new team, and spent months preparing for the Novice Tournament.

"This is our fifth year, so to be able to have an application accepted is a big deal and I think it's pretty awesome," said Walpole High Speech

Team head coach Emily Murray. The Novice Tournament, which is for first year competitors, allows the beginning students to compete with other teams across the state. Novices compete in their rounds similar to a regular tournament; however, there is no final round for any category. Following the conclusion of the rounds, competitors and judges go to the auditorium and watch performances from past state and national winners.

"It is a great learning experience because new students to this activity can compete with other new students across the state," said Murray. "It's less intimidating, they get feedback, and usually the judges are experienced students who are still on their team."

Due to the size of the Novice Tournament, many preparations went into the WHS speech team hosting the event. The team needed to provide classrooms where each speech event, which typically comprises of six competitors and one

judge, could take place. In addition, the team needed to find a place for debate rounds and a class to train future judges.

"We essentially needed to use the entire school," said Murray.

The Walpole High team had six novices participating in the tournament, with three students competing in speech categories and three competing in debate.

"It was an awesome way to meet students from other towns and it exposed me to a new atmosphere which was very different from Walpole High," said team member and novice competitor Jenna Walsh.

Along with Walpole's competitors, Mia Straccia, president of the team, judged other competitors in addition to helping organize the event.

"I was a judge throughout the day, and it was awesome to see so many novices excited about participating in speech," said Straccia.

The tournament concluded around 3:00 p.m., following the end of the performances. At the end of the day, the WHS speech team raised \$2,484 from concessions, which will go towards future tournaments that the team will attend throughout the year. "The tournament went really great! It seemed like all the novices were having a good time, and we also raised a lot of money in the process," said senior member Greg Bond. "The novice tournament was a great experience for the team, because we all had to work together in order to make this long day run smoothly," said Straccia. "Speech is such an amazing community to be a part of, and I am so glad that I joined."

Middle schools institute new leadership programs

Middle school teachers create new leadership opportunities for students

By Emily Ball
Lead Reporter

Whether it is in a student, a college applicant, or a job interviewee: leadership is a quality that people always look for. High school students seek leadership roles in order to enhance their college applications, and recently, this ideal has diffused into the middle school culture.

At Eleanor N. Johnson Middle School, students began to embrace leadership in a new leadership program that originated at the beginning of the 2016-2017 school year.

Tiffany Radaz and Christine Svendsen, teachers at Johnson Middle School, decided to create this program in order to replace their past club, WEB, or "Where Everyone Belongs." This group of eighth graders sought to welcome the sixth graders through games and bonding activities in small groups.

"WEB was a lot more focused on sixth grade transition," said Radaz. "So we wanted to have this group of eighth graders be leaders amongst their peers, the seventh graders, and the school as a whole."

In order to become a member, students had to be invested in the school community and write an essay on why they should be a leader.

In addition, they had to be willing to participate in the middle school's student council.

Radaz and Svendsen plan to inculcate a sense of initiative into this group through several leadership activities as well as charitable works.

"We are doing many community service projects and we are helping



Middle School students attend the Pink Walk at Walpole High School on Thursday, October 13.

to rake leaves for the senior center," said Caroline Wilkins. "We are also holding a drive in November to collect school supplies for kids that do not have the ability to get their own."

In addition, the students also raise money for others in need, host trivia games in homerooms, and participate in diverting activities such as the Breast Cancer Walk in Boston.

This program not only provides students with a social experience, but now teaches them life lessons and skills that they can use in high school.

"The new leaders are more involved in this program than the scripted and less organized program in the past," said Agatha Dorigo. "We now have the opportunity to grow as leaders, and I will definitely get involved in this kind of program in high school."

The group also has goals similar to

that of the high school, as they aspire to improve the overall school spirit.

"In the past we have been lacking in school spirit at our events, like field day," said Bria Foley. "So we are working to improve that along with the school culture in general."

The eighth grade leaders also plan to collaborate with Bird Middle School in order to gain insight on how to improve their new program for the future.

Although this program currently exists without a name, Radaz and Svendsen plan to continue to sustain it in upcoming school years in order to equip the students with leadership qualities useful for the future.

"We are trying to teach them responsibility," said Svendsen. "And we want them to be confident in themselves as they transition to high school and progress through life."

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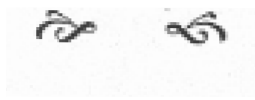
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Should stores open Thursday night before Black Friday?

By Lindsey Sullivan, Assistant Editorials Editor



Photo/Cam Johnson

YES: In many stores this year, including Walmart, Kmart, and Macy's, Black Friday will begin on Thursday night. The seemingly premature opening of stores has led to a debate over the moral righteousness of capitalism creeping into a traditionally family-oriented holiday. However, there is no moral problem for stores to open on Thanksgiving. Our nation grants stores, excluding liquor stores and car dealerships, the right to decide their store hours based on management discretion and customer demand—a freedom that helps businesses stay afloat in the competitive market. Thanksgiving

and Black Friday sales attract shoppers and help stores to turn a profit. By opening on Thanksgiving, stores are not infringing on tradition, but instead fulfilling customer desires. Stores extending their Black Friday hours are simply supplying the demand of the American public, as they are opening in accordance with customer request. According to the National Retail Federation, the current statistics state that the turnout for shoppers this year on "Black Thursday" will be less than last year; however, this fact should be viewed with skepticism. The spokesperson for the National Federation, Kathy Grannis explained that Thursday night will end up being much busier than projected.

"You're done with dinner, you've got family in town, you're bored, it's Thursday night at 7pm," she said. "That's the same mentality that goes into every shopper's mind every year." Instead of attacking the stores that are trying to survive in today's competitive economy, we should instead take a step back and reevaluate why Black Friday is expanding into Thanksgiving—the fact that Americans just want to get a jump on deals or start some holiday shopping. Opening stores on Thanksgiving does not force people to leave their families and go shopping — it simply gives the option for people to get a head start on Black Friday sales.

NO: No, stores should not open or begin Black Friday sales on Thanksgiving Day. Instead, Black Friday deals should be restrained only to the day of Black Friday itself. Opening stores on the night of Thanksgiving first and foremost only supports America's overly consumeristic culture. By beginning sales on Thanksgiving instead of on the following day, corporations are giving people excuses to leave their family dinners and go shopping instead, completely undermining the true purpose of the holiday. Thanksgiving is a day dedicated to being grateful for the good things in one's life and spending time with

family through the act of communion — not to get up mid-meal to go stand in line for Walmart's sale on appliances. In addition, opening stores on Thanksgiving not only gives potential buyers the option to leave dinner to shop, but it also forces commercial employees to leave their friends and families in order to prepare stores for the largest crowds of the year. Oftentimes, workers will have their longest shifts of the year on Black Friday due to the extensive hours of sales, so they should get more rest time the day before as well as time to enjoy the holiday of Thanksgiving with their families. Restraining Black Friday sale hours will allow both shoppers and workers

to have a better Thanksgiving weekend. Lastly, extending Black Friday deals through both Thanksgiving Day and the day of Black Friday often connotes a myriad of different sales, which leads to customer confusion. A major impulse leading shoppers to leave their homes late Thanksgiving Day to go shopping is that the best deals of Black Friday are only available within the first few hours of opening. Quickly throughout the day, sales keep changing. Running too many sales and staying open too long has proven to confuse customers, resulting in shoppers going to stores with simpler sale layouts.



By Daanya Salmanulla, Editorials Editor

Photo/Cam Johnson

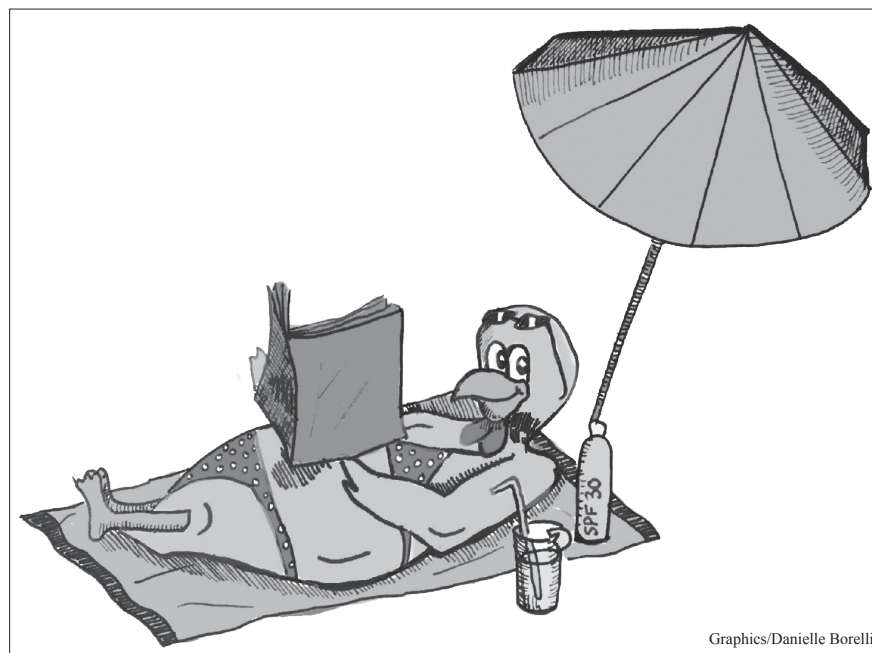
WHS should implement homework-free weekends

Like this year's Thanksgiving break, weekends should be homework- and stress-free

By Andrea Traietti
Editor-in-Chief

Happy Thanksgiving! This year, Walpole High Students will not have to do any homework over the holiday break, and that's something I am genuinely thankful for. This homework-free Thanksgiving break raises an interesting question: should Walpole High consider implementing more homework-free weekends? Hear me out: I'm just like anyone else. When I have an essay due, I use the whole weekend to hammer it out right then and there so I don't have to handle it during the week. If I know I have a major test coming up, I devote my Saturday morning to studying so that I don't have to cram on some weeknight. In general, I do appreciate having the weekends to get ahead on major assessments without feeling stressed or rushed. What I don't appreciate, however, is the extra 'busy work' that I have to complete every single weekend from teachers who think that because students have two days off, they can handle double the amount of homework they would typically get on a weeknight. It's just not realistic, and it's certainly not fair.

And here's why: first, students actually need time to rest. And by 'rest,' I don't



Graphics/Danielle Borelli

mean sleeping in on Saturday until one o'clock in the afternoon (although that is nice every once in awhile). I mean that kids really need to have some time when they don't have to think about school or grades or homework or stress. At the end of a long week of thinking about the Calculus test on Tuesday and the essay due on Friday and the four quizzes occurring on days in between, students deserve to go home and binge-watch whatever Netflix

show they want without needing to have a single coherent thought in their brains. Here's another thing students really need on weekends: a social life. Kids should at least be able to see their friends on one night during the weekend without feeling guilty for not having spent that time studying for upcoming quizzes. And even aside from their friends, students absolutely need to have time with their families. Sometimes my own weeks are so hectic that I feel like I don't even see my family at all until I wake up on Saturday morning. Let's not forget, in addition to a need for rest and family time, the fact that almost all students have legitimate obligations over the weekends. Anyone who plays a varsity sport will have

practice over the weekend. Additionally, many kids volunteer, some by their own choice and others to fulfill service hour requirements. Aside from volunteering, so many students have jobs on the weekends where they work from morning until late afternoon. Are students really expected to do these sorts of things on a Tuesday night when they have a sports game and three hours of homework? No! They use their time on the weekends to do these things. And shall I even dare to mention the dreaded college application? Especially for seniors, weekends are a great time to continue filling out the Common Application and to write supplementary essays. Tallied up, on the weekends, students have make time for rest and for family and friends, go to practice, go to work, volunteer, and catch up on non-school work (such as applying to college). With all of this going on, anyone would be hard pressed to try to find four to five hours of free time during the weekend to complete homework. All in all, trying to budget time to all of these activities leaves students just as stressed out on the weekends as they are during the week. Homework free weekends could be an easy solution to the teenage stress problem. Administration has legitimately considered moving to a 'no-grades' pass/fail standards-based system in the past in order to help relieve student stress. Instead, why not just give students a real break on the weekends by assigning them no homework?

“Here's another thing students really need on weekends: a social life.”

Time for students to become their own heroes

Sylvia Lanni beseeches classmates to take control over their own fates



The following article was originally written in the form of a speech. Sylvia Lanni, a junior enrolled in AP Language & Composition at WHS, delivered this speech, entitled “Being a Hero,” to her classmates. The speech has been modified from its original format.

Take a moment to think. Try to look back upon the moments in your life: every birthday, holiday, test, quiz, trip to the zoo, aquarium, science museum; every time you felt like you were going to pee from laughing too hard or cry because you just peed your pants from laughing too hard. Open your

eyes. What do all those moments have in common? What links them together? You. You were and are the center of every one. Every single moment was taken from your perspective and no one else’s. In your life, you are the protagonist. You make the decisions. You face the consequences. You run the story. If that is the case, then why would anyone write a bad story for him or herself? Why choose to be the villain when you can be the hero? In our own storybooks, we should all strive to be heroes for both ourselves and for others.

When I was younger I truly believed I was a superhero. Not only was I a superhero, but also a princess, tiger, fairy, chameleon, and explorer. I was anything I wanted to be. We were anything we wanted to be. If a problem arose, all it took was a little imagination to figure our way out of things. We lacked all confinements, free to be and do anything. Then we grew up. Somewhere between then and now we lost that unjaded innocence to the harsh world around us. The labels others gave to us, and ones we gave ourselves, stripped us of our freedom. In physics this year we played a name game where we had to come up with one adjective to describe ourselves. I used smart because that is what I hear most often when people

describe me, what I have started using to describe myself. I rely on a physical object, my grades, to define who I am. This idea appears throughout our teenage years. The attractive person has their looks, the musical person has their instrument, the brainiac has their brain.

We let ourselves fall into these molds everyday, relying on them to define us. Here is the thing: there will come a day when you will run into someone that is smarter, more talented, better looking than you. What then? In your own eyes you

will always be second best, a minor character essential for plot but nothing more. To be the hero, we have to define ourselves as the hero, embracing all parts of who we are to make a story worth reading. Being a hero means accepting who you are and striving to be the best you can be. Once you cast away all personal constraints, you become your own hero. You give yourself the chance to be whatever you want.

The story of your life is like one big choose-your-own-ending book. We just have to be brave enough to make the decision ourselves. It requires a lot of courage to let go of traditional labels and carve your own way in the world, and even more courage to help others do the same. Taking that leap of faith will give everyone the chance to live happily ever after, the end.

“You make the decisions. You face the consequences. You run the story.”

Schools must become less dependent on technology

Teachers need to prevent the technology takeover from hindering the learning process

By Emily Martin
Editor-in-Chief

For decades, students have learned with very simple materials—a pencil and a notebook. But now, technology has made its way to taking over the classroom, whether it be through laptops, iPads, or iPhones. This technology can be incredibly useful in lessons and lectures, offering interactive ways to practice and aid in a student’s understanding of a subject; however, the turn to technology over classic learning customs is dangerous.

Over the years, teachers have started to rely on technology more and more, and in such a manner that does not augment their lesson plan, but instead acts as a substitute. To combat the unhealthy technology takeover, teachers need to refocus their classroom plans on the digital-free aspects of learning and understand the dangers that come with educational technology.

Mainly, many schools run into the same problem when trying to innovate in the classroom: technology is expensive—expensive to get, expensive to fix, and expensive to maintain in the classroom. For almost every class a student takes, his or her teacher will give assignments online, whether it be through Google Classroom, X2, or another online classroom portal. To complete these assignments, it is vital that a student have access to their own computer or laptop. For some students, owning their own computer is not a reality. Instead, they are forced to complete

the activities after school in the library, or find some other means of accessing internet outside of their house. This inconvenience can impede a student’s ability to participate in after-school activities, as many places with internet access close in the mid-evening hours.

In addition to the financial problems a student may face today, the schools themselves must also be able to afford more updated technology. Over time, schools are faced with the need to keep up with the rapidly changing classroom agenda that focuses on new digital learning tools. But simply obtaining these materials is just the beginning; the cost of upkeep for any type of technology can be extreme and can take away from other funding the school may need to supplement other areas or methods of education.

Furthermore, technology is not perfect. There are nights when a student loses power or an assignment isn’t saved or the computer glitches—the possibilities are endless. Such malfunctions leave students with few to no alternatives, and when these assignments are due the following day and are essential for a class’ agenda, as they usually are, the technology leaves the student unable to fully participate in the class’ proposed schedule.

Normally, the proposed class schedule will continue to use the technology throughout the class period, through either phones or laptops. In many cases, students will use laptops from the school and put them back at the end of class, which promotes the sharing



of technology. While this could help address a student’s inability to reach technology the night before or at home, there are other issues: teachers often neglect proper sanitation practices to prevent the spread of germs and disease. As a result, this neglect directly contributes to school-wide epidemics that threaten both students and teachers.

Moreover, as technology continues to become vital in the classroom, technology can act as a substitute in a lesson plan and greatly inhibit the classroom experience. In regards to the online assignments themselves, they usually come in a “one size fits all” and leave students without a personalized approach that comes with face-to-face

teacher interaction. In this sense, students lose the vital personality that they need to have with a teacher to achieve the most fulfilling learning experience. Teachers provide background and insight to subjects that online tools cannot replicate, and the experience and knowledge that a teacher can provide firsthand is irreplaceable and vital in a student’s full understanding of a subject.

With these limitations in mind, teachers must be weary of integrating technology into the classroom, because while there can be great opportunities in incorporating more technology into the classroom, there can also be great misfortunes that greatly hinder a student’s learning experience.

THE SEVEN WONDERS

The Rebellion selected seven iconic Walpole landmarks and attract residents. Some landmarks date

Bird Park

By Emily Butler
Staff Writer

Bird Park is arguably one of the most recognizable and favorite green spaces of all of Walpole. With an impressive 89 acres, all located in East Walpole, the park is a go-to spot for many Walpole residents. The park prides itself on historic significance beyond serving as a backdrop for prom photos. Charles Sumner Bird Sr. and his wife Anna created Bird Park in memory of their oldest son, Francis William Bird. Today, the park is owned and operated by the trustees of the reservation. With over three miles of walking and bicycle paths, four tennis courts, an outdoor stage and a tot lot, this Wonder has something for everybody.



Photo/Caroline Pitman

Bird Park's green space offers a variety of activities for people of all ages. Designed by John Nolen, the park is expertly laid out.

A dog walker's paradise. The town acquired Adam's Farm through an override. It is now a beautiful hiking destination.

Adam's Farm

By Emily Butler
Staff Writer

Adam's Farm is much more than a farm. Located in Westwood, nestled near the intersection of Bubbling Brook, the farm is an idyllic place. The town acquired the expansive 365 acre farm through an override. Animals no longer roam the grounds, visitors can enjoy community gardens. Recently the group of friends, Friends of Adams Farm (FOAF), added a new building. Adam's Farm is an important destination for many. It hosts 5K's, fun runs and other community events. It has both a peaceful, nature-oriented vibe and a



Photo/Dana DeMartino



Photo/Ciara Healy

Turner Pond is a beautiful spot next to Elm Street Elementary School. Neighboring Turner Lodge offers a warm shelter for brave ice skaters in winter.

Turner Pond

By Dana DeMartino
Staff Writer

Ice skating and hockey are two of the most popular winter activities for both children and adults in Walpole. Located off of Elm Street, Turner Pond provides an arena for both sports. In the winter, Turner becomes a frosty outdoor rink for anyone seeking a place to glide along its frozen surface. The lake also serves as the perfect place to fish during any season. Turner Lodge is a homely cabin right next to Turner Pond, where customers can buy anything from a steamy cup of hot chocolate to fishing bait. The pond has been a scenic area in Walpole since the town's establishment in 1724. Both Turner's 292 year legacy and its ability to attract people all ages qualifies it as one of Walpole's Seven Wonders.



Photo/Caroline Pitman

Lieutenant Barachiah Lewis resides on his bronze horse in Lewis Park. The fountain next to the statue was constructed as a memoir in 1910.

Lewis Statue

By Dana DeMartino and Kerstin Fontanez
Staff Writers

The Lewis Statue found in Lewis Park in East Walpole is easily identified by the orange construction cone that regularly adorns the rider's head. The man on the horse is Lieutenant Barachiah Lewis (1653-1710), an officer in the Nine Year's War. Lewis' relatives gave Lewis Park, the small green space around the statue, to Walpole in 1916. Few people actually know the history behind the statute; most inhabitants simply identify it as the cone-head statue (and Rudolph, as the horse usually receives a red nose around Christmastime). Also on the green is a former drinking fountain. It was dedicated to Bradford Lewis, a civic benefactor, in the year 1910. His son, E. Frank Lewis, had it constructed in dedication to his father. Unfortunately, the fountain is no longer active, but it remains, now used as a planter for American flags.

WONDERS OF WALPOLE

landmarks that make the town truly unique
back to the founding of the town in 1724.

Farm

By Emily Butler
Staff Writer

For the residents of Walpole, Medfield is a place to enjoy nature. The town of Walpole was an override in 1997. Although farm owners can see the remaining red barn and of area residents that maintain the farm, a labyrinth for visitors to try to navigate. Walpole is in Walpole because it hosts a slew of charity events. This Wonder provides fun, entertaining activities for visitors.



Dog Rock, one of the most recognizable symbols in Walpole, greets drivers on Plympton Street.

Photo/Caroline Pitman



The white bridge stuns forest-goers, especially in autumn months with leaves scattered about and the image of the gorgeous foliage reflecting on the Neponset.

White Bridge

By Emily Butler
Staff Writer

The white bridge, a picturesque landmark situated in Walpole town forest, was originally built as a practical bridge for workers from the nearby sawmill. The mill, founded in 1659, is featured on the town's emblem and was once an important part of Walpole's blue collar industry. "[The Walpole Town Forest] was actually gifted to the town by George Arthur Plimpton," said George Renson, of the Walpole Historical Society. Plimpton was the son of iron manufacturers and is remembered as a notable scholar, publisher and philanthropist. The town forest spans 150 acres and was visited by President Woodrow Wilson on its centennial. Now, the white bridge crossing the Neponset river is a popular fishing destination for those who seek a peaceful getaway.

Dog Rock

By Dana DeMartino
Staff Writer

As strange as it sounds, one of Walpole's most renowned landmarks is in fact a dog. "Snoopy" Dog Rock, next to Neponset River on Plympton Street, is a large boulder painted white with black ears and a red tongue. The original artist is unknown and whoever continues to maintain the paint remains anonymous. Regardless of attempts to mar the Snoopy image, graffiti is always met with a fresh coat of paint to revive Walpole's most beloved dog. Snoopy has become a symbol for Walpole, and almost every towns person knows exactly where Dog Rock lives. The architectural icon uniquely dog-ears Walpole.



Photo/Caroline Pitman

Located at 470 East Street, Lewis Castle is an intriguing sight for town residents who do not see ancient mansions very often. The castle was built in 1896 as Isaac Newton Lewis' home.



Photo/Emily Butler

Lewis Castle

By Emily Butler
Staff Writer

The house is situated at 470 East Street in Walpole and is a historical landmark that has been owned and inhabited by the Lewis family since 1896. The castle was built in the 1890s when many prominent families were building houses modeled after the medieval stone castles in Europe. George Ranson, member of the Walpole Historical Society, said that despite his extensive research, he could never find out what inspired the Lewis family to build the castle. Made from local granite, with two stories, a flat roof, a total of eight rooms, and four round turrets, the castle is clearly an impressive structure. Lieutenant Isaac Newton Lewis, a prominent infantry fighter in the Revolutionary War, is the ancestor of the family who constructed the castle. Descendants of the Lewis family, now the Wakefields, still live in and maintain the breathtaking castle. At 120 years old, this Wonder captivates townspeople with its history and majesty.

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Lady Gaga breaks tradition with her new country album

Gaga's country album "Joanne" showcases a successful transition to a new genre



By Rebecca Boyajian
Entertainment/Lifestyle Editor

There is no dance floor hit, and the album is rather modest compared to her usual high energy pop music, but "Joanne" manages to be Lady Gaga's best album since her debut "The Fame." The new album is Gaga's latest attempt to swap genres and shock fans as she switches out her high heeled stilettos for a pair of cowgirl boots and tries her hand at country music. Somehow the queen of energetic pop numbers

successfully crosses genres to produce a rather organic, low-key country album that embodies her enigmatic personality.

Lady Gaga took a risk and surprised fans with "Joanne" at a time when people believed they had seen it all from the artist. All of the songs work cohesively to form a polished end result,

yet at the same time, they are strong enough to stand on their own as singles, the album is thriving despite being a major shift from Gaga's infamous pop-dance hits.

While it is not as country-infused as some were anticipating, Gaga flooded the album with acoustic guitar and added hints of a faux accent in songs like "Grigio Girls" and "John Wayne." Gaga managed to eliminate the risk needed to pull off transitioning from electropop to a more subdued country sound through songs like "Hey Girl," which features ballad powerhouse Florence Welch of Florence and the Machine and showcases both artists' raw natural voices.

Throughout the entirety of Lady Gaga's career, fans have watched as she journeyed through a multitude of stage personas and styles. Beginning in 2008, Gaga demanded attention as she stepped on stage to perform pop hits like "Poker Face" and "Just Dance" all the while adorned in iconically eclectic looks, like her plastic bubbles dress and her raw meat gown.

After her successful album releases and tours for "Born This Way" and "The Fame," Gaga surprised fans when she adopted a more classic glam look and embarked on a joint tour with Tony Bennett to perform their 2014 jazz album "Cheek to Cheek." Following her success in the journey of swapping pop for piano jazz, the artist made another transition and entered into the world of television in 2015. Gaga joined the cast of "American Horror Story" to play the theatrical vampire-esque Countess of the show's fifth season.

Now in 2016, Gaga strikes success yet again with her new album "Joanne," which was named as a dedication to her late aunt, Joanne Stefani Germanotta. Though the artist was never able to meet her aunt who was a painter and a poet, she has been a huge source of creative inspiration for Gaga throughout her career. Her tribute album climbed steadily up to number one, and the artist gained her fourth chart topping album on Billboard's top 200. "Joanne" has exceeded people's expectations and further proved Gaga's ability to thrive in a multitude of musical genres.

"Gaga managed to eliminate the risk needed to pull off transitioning from electropop to a more subdued country sound through songs like 'Hey Girl,' which features ballad powerhouse Florence Welch."

"Though the artist was never able to meet her aunt Joanne, who was a painter and a poet, she has been a huge source of creative inspiration for Gaga throughout her career."

The Rebellion's Must Watch List: New Fall Shows

Several new fall shows offer top notch acting and captivating plots

By Gabriella Donahue
Staff Writer

Gilmore Girls Revival



On November 25, 2016, the beloved mother-daughter dramatic comedy of the early 2000s, *Gilmore Girls*, is returning to Netflix. Actresses Lauren Graham and Alexis Bledel will once again take the screen as Lorelai and Rory Gilmore, respectively, as viewers return to Stars Hollow, Connecticut during the four episode mini-series "Gilmore Girls: A Year in the Life." The highly anticipated episodes will follow up on the mother-daughter pair through the four seasons of the year. The revival is expected to be a hit based on the show's previous popularity.

Man with a Plan



In the years since the hit show *Friends*, actor Matt LeBlanc, most famous for playing Joey Tribbiani on the popular 90s show, has continued appearing on sitcoms. In his newest comedy, *Man with a Plan*, LeBlanc entertains audiences as dad, Adam Burns, who is left with the full time responsibility of his kids when his wife decides to go back to work after 13 years. After getting over the initial shock of realizing that his kids aren't the perfect angels he sees at dinner, Adam steps up to the plate and lays down the rules of the house as he becomes the man with a plan.

Speechless



ABC's newest engaging sitcom, *Speechless*, follows aggressively protective mother, Maya DiMeo, as she takes care of her husband and three children. She most fiercely protects her son, J.J., who suffers cerebral palsy—leaving him in a wheelchair with inhibited communication skills. Unfortunately, Maya's focus on helping J.J. leaves her other children feeling neglected. The comedy revolves around family, displaying the advantages and setbacks of Maya's intense motherly instincts as the DiMeo's adjust to a new home and try to find the proper care for J.J.

This is Us

Fox's new show, *This is Us*, has skyrocketed to immediate success—earning the title of this fall's best new show. The heartwarming show symbolizes family as it explores the storyline of Jack and Rebecca Pearson. After tragically losing one of their triplets during birth, the couple adopts an African American baby dropped off at the hospital on the same day. The show follows the three siblings' adult lives, with flashbacks of their parents raising the infants. *This is Us* covers the hard-hitting topics of weight, race, love, and drugs, while simultaneously encompassing the lives of everyday people.



Pitch

"A true story on the verge of happening" is the slogan for Fox's inspirational new show, *Pitch*. The talented female baseball pitcher, Ginny Baker, becomes the first woman in Major League Baseball when she is called up by the San Diego Padres. The intriguing plot of the show follows Ginny as she struggles to prove herself to her male teammates. Team Captain and catcher Mike Lawson is the first to accept Ginny, putting him in the position of protecting her from rejective teammates. Ginny uses her intelligence and accuracy, rather than force, as she learns clever pitches that trick the batters as she comes to prove her place in the MLB.



Get a better start to your mornings

By Rebecca Boyajian
Lifestyle & Entertainment Editor

This year, Principal Stephen Imbusch moved the start time of high school back fifteen minutes; however, students still find mornings really challenging. As students who stay up late completing homework and meeting deadlines, we here at The Rebellion understand this morning struggle and have created a list of helpful habits to make the mornings more tolerable. We aren’t experts, but we hope these tips will help to kickstart a happier and more energized school day.

Music in the mornings

To avoid getting irritated by the anger-inducing buzz of an alarm clock, replace that annoying sound with an upbeat favorite song, and a percentage of morning negativity will evaporate. Compiling an energetic happy Spotify playlist to play on the way to school is often all it takes to transition from tired and irritable to vibrant and ready to tackle the day.

Staff song recommendations:

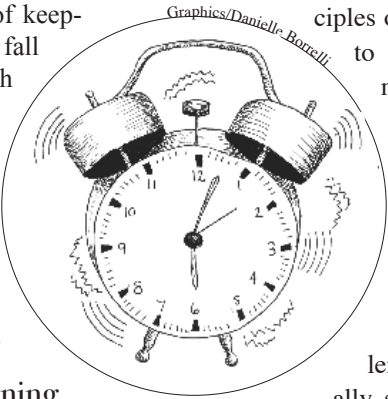
- Melanie Weber: “Paranoid” by Ty Dolla \$ign
Grace Donovan: “Starving” by Hailee Steinfeld
Tara Gordon: “15” by Taylor Swift
Emily Butler: “Guap” by Big Sean
Lillie Hunter: “Somebody Else” by VÉRITÉ
Gabby Donohue: “Bubbly” by Colbie Caillait

Stay organized

By preparing an outfit and making sure everything is in your backpack before bed, mornings become seemingly effortless. It makes it especially easy when you are not rushing to see if that shirt is clean, or where it is that you put the math assignment. This tactic also eliminates the risk of heart stopping panic of getting to school and realizing that you left the homework on your kitchen counter in the midst of rushing around.

Avoid social media before bed Exercise and stay hydrated

Most of us scroll through social media and text in bed until we are physically incapable of keeping our eyes open, and even then we fall asleep with the phone in arm’s reach just in case. It can be so difficult to put your phone away at night, but using a cell phone right before bed will delay the neurotransmitters that tell the brain it is time to go to sleep. Aim to use your phone for the last time about an hour before bed and do on-line homework when you get home.



Exercising and staying hydrated are basic principles of health and they also contribute to a better night sleep which ultimately results in a more pleasant morning. Even simply taking a walk outside to get some fresh air can help you have more restful sleep. Staying hydrated can be made easier through the purchase of a water bottle you like and infusing the water with lemon or cucumber. If you are really striving to be more hydrated try and fill up a water bottle before every class and drink it before the period ends, dehydration tends to be at least half the source of morning drowsiness.

“I use nightshift during the evening and while I’m watching netflix, the light feels better for my eyes and it helps me fall asleep.”
—Grace Sewell, *Assistant Business Manager*

Nap if necessary

Push aside the preconceived notion that naps are designated for the residents of preschools because half hour naps can serve as great refreshers for busy students. Anything more than a half hour nap tends to leave a person feeling relatively confused and groggy so try keeping it within that time frame. Napping is not for everyone though; people who know they struggle to wake up and will sleep for hours on end should simply focus on getting a good night’s sleep.

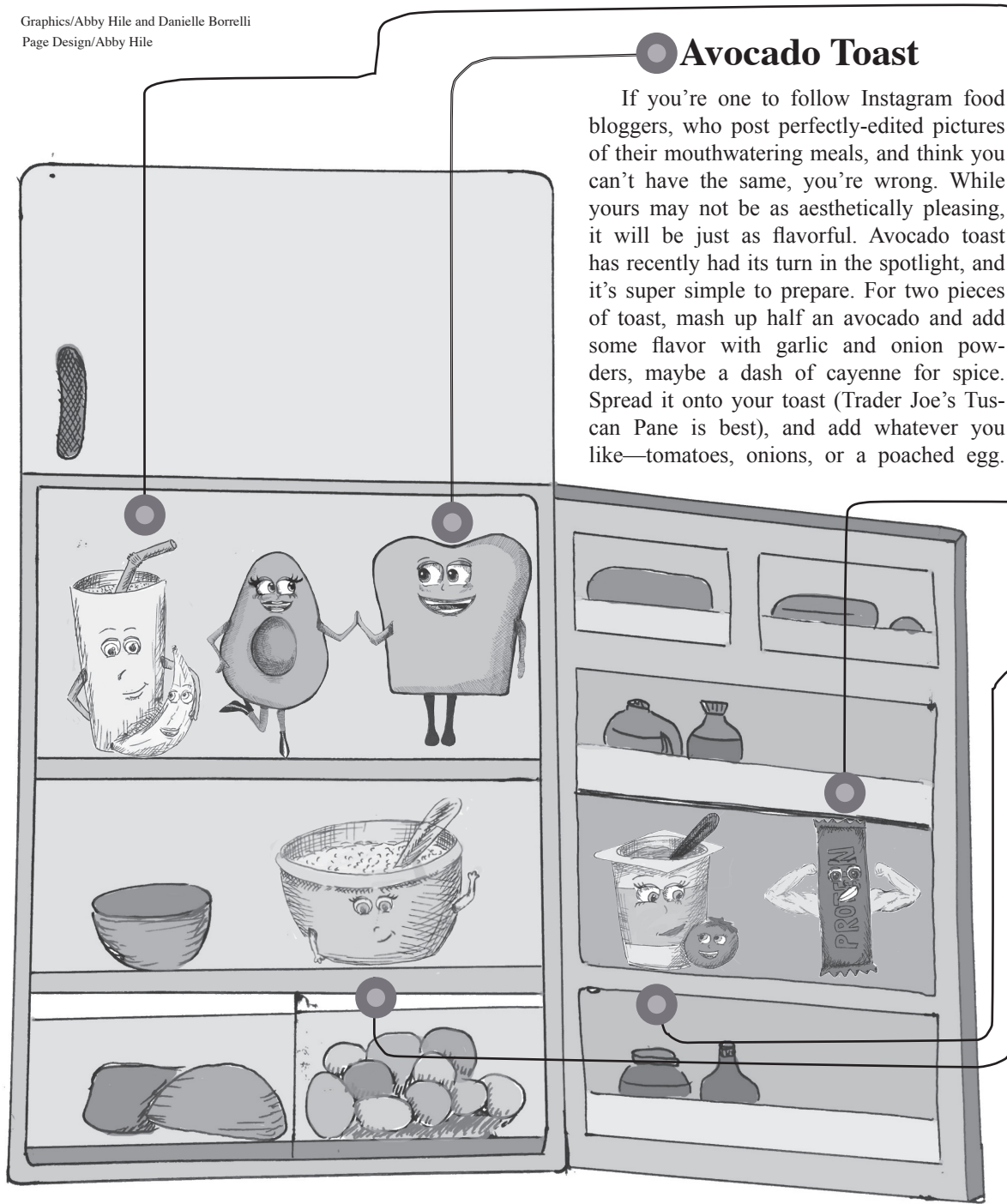
“I do pushups every morning right when I wake up. It is a great way to start off my day.”
—Aidan Chariton, *Staff Writer*

“Taking a cold shower in the morning after I do some quick exercises helps me wake up.” —Michaela Donato, *Staff Writer*

Healthy breakfast ideas to fuel your day

By Gabby Donahue
Staff Writer

Graphics/Abby Hile and Danielle Borrelli
Page Design/Abby Hile



Avocado Toast

If you’re one to follow Instagram food bloggers, who post perfectly-edited pictures of their mouthwatering meals, and think you can’t have the same, you’re wrong. While yours may not be as aesthetically pleasing, it will be just as flavorful. Avocado toast has recently had its turn in the spotlight, and it’s super simple to prepare. For two pieces of toast, mash up half an avocado and add some flavor with garlic and onion powders, maybe a dash of cayenne for spice. Spread it onto your toast (Trader Joe’s Tuscan Pane is best), and add whatever you like—tomatoes, onions, or a poached egg.

Pre-Made Smoothies

Always cramped for time in the morning? Make a fruit smoothie the night before. Simply add your favorite fruits, yogurt, a few ice cubes and a splash of juice. Blend it, cup it, and put it in the fridge. Instead of wasting time by wolfing down a bowl of cheerios in the midst of your Monday morning rush, grab your pre-made meal and go!

Protein Bars

For those of you who will end up eating breakfast in first period, it’s always good to keep a healthy granola bar or two in your backpack. Some popular ones right now are Clif bars and Kind bars, packed with the protein and nutrients to hold you over until lunch. Although these quick and easy bars may not be the best option, everyone has those mornings where breakfast just doesn’t fit on the agenda.

Yogurt Parfait

Since six in the morning is a little early for ice cream, you can substitute your favorite sundae for a healthier yogurt parfait. Start with a layer of your favorite yogurt in a deep dish or parfait cup. Then, sprinkle on granola, shredded coconut, berries—the options are endless! Continue the layering process until your cup is full.

Overnight Oatmeal

Another quick, on-the-go meal for late sleepers is overnight oatmeal. Simply combine equal parts of raw, rolled oats and water or milk and stick it in the fridge overnight. The next morning, your oats will have absorbed the liquid and ta-da—your oatmeal is already made! Add in a few tasty toppings like nuts, peanut butter or granola if you have a few extra seconds before you hit the road.

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Next Saturday Class – November 19th 8:45am-3:30pm
Next 1 Week Class – December 26th 8:45am-3:30pm
And Sunday Class - January 22nd 8:45am-3:30pm
And 1 Week Class – February Vacation 8:45am-3:30pm

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Boys Soccer makes Walpole High School history

Despite upset elimination, the Rebels finish off one of their most historic seasons

By David Moser
Sports Editor

With the end of the regular season, the 11-3-3 Rebels have achieved several milestones. Despite the fact that the team dropped three out of their final four games, Walpole clinched the overall Bay State League title as well as the Herget Division title—granting Walpole the sixth seed in the postseason state tournament. Despite being the higher seed, the Rebels lost, 4-1, to eleventh seed Oliver Ames on Sunday, November 6. The surprising upset loss not only ended the hopes of a long run in the tournament for the Rebels but also ended one of their most unexpected seasons.

“We were not expected to be this good,” said senior forward Dammy Ojuolape. “Winning the entire league — we proved people wrong.”

In addition to the team’s regular season success, the Boston Globe also ranked Walpole as the fourth best boys soccer team in Massachusetts—the highest ranking that Walpole Boys Soccer has received in program history. The accolades did not stop there, for Walpole’s 10-0-3 undefeated start to the season also marks the best season opening run in program history. Furthermore, Walpole’s final regular season record (11-3-3) is one of the best overall in Walpole Boys Soccer history — the best record is held by the 14-2-2 2004 team. Besides all the new team records, sev-



Junior midfielder Luccas Ferreira battles a Dedham player for the ball during Walpole’s Senior Night

eral players have also been recognized for their athletic excellence. Three of Walpole’s starters, senior captain midfielder Justin Burns, senior captain goalkeeper Devin Moore and junior stopper Kevin Sullivan all made Bay State League First Team All Stars. At the end of each season, coaches from around the Bay State League (12 teams in total) come together to select the top 11 players of both the Herget and Carey Divisions.

“It’s great that three kids on our team got first team all star. It really shows how talented and successful our team is and can be,” said Burns.

Junior midfielder and captain-elect, Billy Porter, who finished the season with nine goals, was named a Second Team All Star Honorable Mention as well. In addition to being a First Team All Star, Burns was also awarded MVP of the Bay State League Herget Division

and Eastern Massachusetts All Star. “I feel like all my hard work into the pre-season is paying off. It feels really good to be the MVP for the Herget Division, but I wouldn’t have achieved the award without the success of our team,” added Burns.

Despite their success, they could not fend off the defending state title champions, Oliver Ames (OA).

Twelve minutes into the game, Oliver Ames was the first to score when they carried the ball down the field and were awarded a controversial free kick directly in front of the net. Less than a minute later, senior captain midfielder Jon Sarkis notched Walpole’s first goal to tie the game. Before the half ended, Oliver Ames scored another to send the the game into halftime, 2-1.

In the second half, similar to their problems late in the regular season, the Rebels were unable to score. OA also capitalized twice more on two Walpole mistakes to cement the final score of 4-1—Walpole’s biggest deficit of their season.

Walpole’s season may have ended on a sour note, but the future looks bright for the young soccer team.

“We lost a lot of seniors last year, so we knew we had less experience than other teams, but many players stepped up and took big roles that needed filling and that caused our success,” said junior sweeper Zach Schultz. “We are returning the full starting defense and almost an entire midfield next year, so we should achieve similar, if not more, success.”

Where are they now?

Alumni athletes shine in post high school collegiate careers



Photo/ Stephen Goodhue

LAUREN HIRSHOM, CLASS OF 2015

By Melanie Weber
Staff Writer

For the second season in a row, former Walpole High School Field Hockey Captain Lauren Hirshom, a sophomore studying economics at Connecticut College, has started as the field hockey team’s center defensive-midfield. Playing in each game

throughout the season Hirshom has tallied four defensive saves, where she prevented four shots from entering the net on the goal line. Hirshom graduated from Walpole High School in 2015, where she was a three-season-captain, captaining the field hockey, ice hockey and lacrosse teams. She was a field hockey Bay State League All-Star in 2014, as well as the team

MVP and Defensive Player of the Year. In addition, she was the starting sweeper on the 2013 Division 1 State Championship team. With a younger roster, the Connecticut College Camels’ record has been 5-10 for the past two years. “We are a very young team, so these past couple of years have been more or less building years, but I am excited to see what the future holds for us,” said Hirshom.



Photo/American East

ALLIE MORRIS, CLASS OF 2015

By Kevin Quinn
Staff Writer

A three season captain her senior year at Walpole High, UMASS Lowell sophomore Allie Morris runs cross country in the fall season and runs distance in the winter and spring season. As a freshman at UMASS, Morris won the Outstanding Rookie

of the Year award. She also placed tenth at the American East Conference Championships for cross country and she placed sixth in the 10k at the American East Conference meet. As a freshman, Morris placed tenth in a 5.2k in the America East Conference Championship for cross country with a time of 19:00.8. Since graduating from Walpole in 2014,

Morris has said there is a huge difference in running against high school competition and college competition.

“The main difference between high school and college running is the caliber of the talent in the races. Being in huge cross country races with teams like Oregon, Stanford, and Providence changes the dynamic of the races and definitely takes a lot of getting used to.”



Photo/ Ellie Kalemkeridis

KENNY UHLAR, CLASS OF 2016

By Aidan Chariton
Staff Writer

Typically, athletes who intend to play at the Division I level in college are recruited during their junior and early senior years. However, the former 2016 Walpole High School Boys Basketball Captain, Kenny

Uhlar, had a different experience.

Noticing that Uhlar was talented enough to play at the Division I level, UNH Head Coach Bill Herrion invited him to multiple open-gyms with the UNH team over the summer. Subsequently, Herrion offered Uhlar a spot as a walk-on on the 2016-2017 roster.

“The game speed is much faster,” said Uhlar when asked

about Division I college basketball. “Also, the level of competition is much higher.”

During his career at Walpole, Uhlar was a four year varsity basketball player and made the Bay-State All-Conference team both his junior and senior years.

As a Wildcat, Uhlar aims to make an impact. “My goal is to help the team win as many games as possible this year.”

Field Hockey wins South Sectionals

The Porkers are champions for the second year in a row



Porkers celebrate their Division One South Sectional Championship after the final whistle sounds.

By Sophia Giovanello
Staff Writer

Heading into the State Tournament, Walpole High School Field Hockey was nationally ranked number 15 in the United States by Mass Field Hockey. They were also ranked number 2 in New England behind Division 2 powerhouse, Watertown High School. On Saturday November 12, the Porkers took on number 4 seed, Sandwich in the South Sectional Championship at Taunton High School.

Twelve minutes into the first half. Captain Mel Weber scored on a wrist shot from inside the goal circle which gained momentum and put the Porkers up 1-0. The Walpole defense remained strong until only four minutes left when a fluke goal by the Knights slowly rolled over the goal line. Both teams headed into the second half strong with a score of 1-1. The first 18 minutes

remained scoreless until sophomore Audra Tosone tipped in a ball of a penalty corner. For the rest of the second half, Walpole's defense for the most part, kept Sandwich out of their defensive circle and ended the game 2-1.

After the game, captain Megan Fisher said, "It was great to win the South Sectional Championship again because it brings us a step closer to our ultimate goal of making it to the State Championship."

Tying their bracket with Cape Cod League team, Dennis-Yarmouth, Walpole ultimately lost the coin toss for the number one seeding. Landing the second seed in the South Sectional bracket, the Porkers still gained a bye game in the first round of the tournament and three home games to follow.

On Friday November 4 at Walpole High School, the Porkers won their first game of the tournament against number 15 seed Oliver Ames, 2-1 in

sudden-death overtime. The competitive game remained scoreless throughout the first half and ten minutes into the second half until Weber scored off of a penalty corner. However, this 1-0 lead was short lived when Oliver Ames gained a quick goal only three minutes after Weber's. Both teams remained strong on defense and ended regulation time 1-1 prompting a sudden-death, 7v7 overtime. It only took the Porkers one minute and 59 seconds to score in overtime thanks to Weber again. Sending the ball towards the net, ultimately hitting the opponent's foot for the goal, gave Weber her second goal of the day and ended the game 2-1.

"Although starting off the playoffs with such a close game was less than ideal, I was proud we were able to show our toughness in the overtime. We showed our confidence and composure which we will need throughout the rest of the tournament," Weber said. This win advanced the Porkers to a third round home game against Franklin High School on Sunday November 6.

Unlike against Oliver Ames, Walpole was able to further show off their offensive skills against Franklin with a win 6-1. This win over Franklin sent Walpole to the South Sectional Semi-Finals against number six seed, King Philip, on November 10 where the Porkers won 2-0.

Walpole plays their next game on Wednesday November 16 against North Sectional Champions, Acton-Boxboro in the State Semi-Final. If the Porkers pull out a win, they will play Saturday, November 19 at Worcester Polytech Institute for the State Championship title.

Rebel Volleyball shatters school record

Volleyball team competes in DI South Sectional Finals

By Aidan Chariton
Staff Writer

The third seed Rebels took on the one seed Barnstable Red Raiders in the Division One South Sectional Final on Saturday, November 12. Despite their momentum of winning their first two tournament games, the Rebels unfortunately lost three sets to zero. This loss meant the end of Walpole's playoff run; however, the team still earned their first trophy in program history for being "2016 Girls Volleyball Division One South Finalists."

"Even though we lost to Barnstable, I'm so proud of our team and I am so happy with the results of our season" said senior captain Andrea Traietti. "We made it the farthest Walpole Volleyball has ever gone in tournament and we are putting our first trophy in the case at school."

With their final 15-5 regular season record, the Rebels earned a first round bye, and defeated sixth seed Brockton three sets to zero in the second round.

"We were able to compete well against Brockton and come from behind a few times," said head coach Lisa Cyr. Next, Walpole faced second seed New Bedford in the South Sectional Semi-finals. The underdog Rebels took an early lead, winning the first set 25-16, but the Whalers responded by taking the second set 25-17. Walpole then won the following two sets, both 25-20, and consequently the match.

Overall, the team's regular season was successful, including a victory over a 13-6 Medway team, and



Sophomore Abigail Rae gets ready to pass the ball in a game against Norwood.

a win against Bishop Feehan, the team that knocked the Rebels out of the State Tournament two years prior.

One of the hallmarks of the Rebels' season this year was their senior night game against Walpole's rival Norwood in a battle for the Bay State League's Herget Division title on Thursday, October 27. The first two sets were both close, with the lead shifting back and forth between the two teams the entire time. Norwood came out with an early lead of 2-0, winning 26-24 and 28-26 respectively. Although off to a rough start, Walpole rallied back to win three straight sets, thus winning the match.

Led by senior captains Abby Hile, Kayla Frost, and Andrea Traietti, the Rebels were strong both offensively and defensively. In the regular season, the team averaged 21.1 digs,

and three aces per set—both above the national team average. Adding to the list of impressive stats are Hile's 174 kills, and Traietti's 529 digs.

Also providing quality contributions to the team are sophomores Sawyer King and twin sisters Mackenzie and Abby Rae: King had a total of 122 kills, Mackenzie leads with 547 assists, and Abby has provided 56 aces. Traietti, Abby, and Mackenzie's stats place them first, thirteenth, and third, respectively, on the Massachusetts Division 1 stats leaders list in regards to regular season stats.

Sophomore outside hitter Sawyer King said, "Our seniors this year have taught many of the underclassmen how to be great leaders and how to not only play to win but play to love the game, so I think that our success this season will transfer into next year as well."



Walpole runners cross the start line in the Division III Divisionals

Girls XC wins

Divison III Meet

By Emily Martin and Delaney Murphy
Editor in Chief and Staff Writer

Walpole Girls Cross Country made history on Saturday, November 12, by bringing home the Division III Championship trophy for the first time in Walpole history and advancing to the Massachusetts All-State Meet on November 19.

"This year surpassed any expectation I ever had," said senior captain Stephanie Forester after the historic race. "We all took part in every step toward our success." Walpole won with a final score of 49 points over Hopkinton's 105 points. The win over Hopkinton at Divisionals proved to be redemption for Walpole, for on October 15, Walpole finished second behind Hopkinton at the McIntyre Twilight Invitational Meet.

Girls Head Cross Country Coach Conor Cashman said, "Since our #5 runner from the Twilight Meet and the BSC Meet was our #1 runner today, I can say that this win was a true team victory for us."

Junior Danielle Borelli led the front pack of sophomore Camille LoGiudice (19:52.25) and Forester (19:54.03) helped lead them to the historic win with a time of 19:51.82.

"I feel beyond proud that I helped contribute to such an important goal, not only to me, but to my whole team. It was really rewarding for us all," said Borelli. "I'm so grateful to be part of a team that is making Walpole history."

The race began with Forester starting fast and holding on to fourth place for the first half of the race, while Borelli and sophomore Camille LoGiudice and Caroline McGrath followed close behind. As the race progressed, Walpole maintained good positioning.

With about a half mile left in the race, a pack of Borelli, Forester and Logiudice sat in places 5-7 and maintained those positions across the finish line.

"Not only am I really proud of Danielle Borelli for having the best race of her career, but I am also proud of how they all raced as a team," said Cashman. "Our goal was to have our spread from our first five runners be under one minute, and we accomplished that by having 32 seconds between our one and five."

Not far behind, McGrath came in 15th with a time of 20:22.08 and junior Lindsey Sullivan finished a second behind her in 16th in 20:23.88. Senior captain Mikaela McSharry and Lindsey Ganshirt finished out the race for Walpole to help the team clinch the top spot, with McSharry finishing in 21:00.53 and Ganshirt in 21:11.06.

"I am really proud of how the athletes stepped up for the most important meet of the season," said Cashman.

The top seven runners from the cross country team will continue on compete at the All-State meet on November 19 at the Gardner Municipal Golf Course in Gardner, MA.