



OCTOBER 2015

WALPOLE HIGH SCHOOL

Dowd tackles chemical health violations through greater communication



ABOVE: Mr. Dowd speaks to team captains about school and athletic issues. He plans to meet with captains monthly.

By Anna Van der Linden
Class of 2016

During the 2014-2015 school year, Walpole High School had over 50 chemical health violations by athletes. In the entire Bay State League, there were over 90 reported violations by athletes, although two athletic directors did not share their town's data. These incidents in Walpole made up a clear majority of these reported league incidents. One major consequence of this data is a large amount of athletic suspensions.

This year, Athletic Director Ron Dowd has a new plan to tackle the chemical health problem and bring our violation numbers down. "This is a we problem, not just a student problem. It's all of us together," said Dowd.

The punishment for a first chemical health offense for an athlete is a suspension from 25% of his or her games. For second and further violations, the game suspension can reach up to 60%. These suspension rules change every few years in the handbook, but

one thing has remained consistent: the mandatory Chemical Health Night.

For years, students interested in playing a sport packed into the gym with their parents each fall to hear a lengthy presentation about drinking, drug use, and staying safe. Speakers like ex-Patriots player Anthony Collins in 2014 and ex-Celtics player Chris Herron in 2012 shared the devastating consequences of drugs in their athletic lives.

"One of the changes I've made is not necessarily doing a chemical health night," said Coach Dowd, "It's good to hear people talk but I think the message was lost."

Instead of the one mandatory September presentation, Dowd has organized separate team meetings during which he spoke to each fall team about chemical health. He also plans to hold similar meetings for the winter and spring teams later in the year.

"They have the same theme, the same majority," Dowd said, "but I can kind of tailor it to each individual group in sports." With these individualized talks, Dowd has a better chance of connecting with the athletes.

Mr. Dowd talked to athletic directors from other schools in his formation of the new chemical health strategy. "Some were doing a big chemical health night, some were having it three times a year,"

said Mr. Dowd. While Dowd's separate talks require more time and effort on his part than the single event, "it's something I'm happy to do," Dowd said.

Additionally, Mr. Dowd has coined the term "Seventh Period" to make the topic of teen drinking easier to discuss and understand. In a student athlete's life, periods one through five are the five school days. Period six is their sport. "You need to pass Period Seven, which is going out on Friday and Saturday night and doing the right things," Dowd said, "That's kind of the motto that we've adopted for this year."

To kickstart his Seventh Period concept, Mr. Dowd organized members of the football team to explain the concept in a commercial for the morning news. Dowd also plans to meet with the captains of each sport once a month to strengthen his relationship with the teams. During the first meeting on September 29, the group discussed how to distance themselves from the Confederate flag. The next meeting on October 13 will center around how to increase school spirit.

Overall, this year's athletic department and sports teams will have much greater communication to close the gap between adults and athletes. "The next step is to continue to talk about it, to reach out to people," said Dowd.

Walpole High School TV Studio undergoes significant transformation

By Julia Sandquist
Class of 2016

When students walked into the Walpole High TV production classroom for the first time this year, they noticed something glaringly different: the old TV room, which functioned as both a classroom and studio in one room, had completely disappeared. In its place was a new renovated studio with three rooms featuring a state of the art control center, a new carbonite model video switcher, a PreSonus 32 channel digital board, and a green screen.

In 2013, Selectmen cut off Walpole Community Television's (WCTV) revenue from Comcast and Verizon because the station refused to make changes in its management of the money, and they suspected that WCTV workers were using the money for personal profit. For WCTV to survive, it had to merge with Walpole High school's Television studio, and the remainder of its funds funded the studio's \$300,000 renovation.

The funds have allowed TV production teacher Mr. O'Farrell and WCTV workers to equip the new studio with professional equipment. The brand new control center, which came with a 100,000 price tag, is the prized possession of the new studio. It also features new offices



ABOVE: Junior Justin Walsh demonstrates how to work the equipment in the new control center in the TV studio.

for the WCTV workers who are now working at the school with students.

TV Production teacher Peter O'Farrell said, "It has been fantastic to be able to work with the WCTV workers because they have the ability to teach the students the complex art form of TV production, which allows the students' skills to extend beyond the technical aspect of it." Working with town workers will also give students more internship and job opportunities outside of school.

Mr. O'Farrell urges students to take initiative to put together their own news stories. The new audio board creates opportunities for student bands to play

their favorite songs and record their music, and it allows students to feature additional segments, such as weather and sports, on the morning announcements.

"I have begun planning a new sports show to be played during the Rebel Report in the morning. I will provide coverage of all the week's sports and conduct interviews with sports captains and prominent players. None of this would have been possible without the new equipment," said senior Loveindjy Salvant.

As expected, there have been difficulties with the new studio, including figuring out how to operate the new

technology and broadcasting morning announcements. Another challenge for the studio this year is the increasing class size; Mr. O'Farrell now teaches 5 classes with 20-24 kids in each, doubling the size of classes last year. These statistics reveal that enthusiasm for TV production is evident among the student body, but it will be a challenge for Mr. O'Farrell to give students the same individualized attention as last year.

"The renovation of the studio is a step in the right direction for our school system. The art of television production allows students to find relief from their largely academic workload and exercise their individuality," said senior Matt Moriarty.

WCTV's money will allow the TV studio to purchase more new equipment to increasingly improve its quality and efficiency. For example, Mr. O'Farrell plans to purchase a drone that can film sports games and practices from an aerial angle.

"Every time a student or teacher sets foot in the new studio for the first time, they are amazed at the transformation that has occurred," said Mr. O'Farrell. "My main goal this year is for kids to use their talents to develop the program into something bigger and better: the success of the new studio depends on student initiative and creativity."



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Best of Summer p. 6



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NEWS

Walpole High School welcomes new staff

Tobey takes over as Assistant Principal

By Melanie Weber
Class of 2017

When asked what she hopes to achieve as assistant principal at Walpole High School, Lee Tobey facetiously responded “total world domination.” On a more serious note, she stated that her true mission is to make a significant impact on students’ lives. Following Edward Connor’s departure to become Bird Middle School’s Assistant Principal last year, Superintendent Lincoln Lynch appointed Tobey as the new vice principal. Since she was first hired at WHS in July of 2004, Tobey has had a knack for making students feel comfortable in her classroom. During her first ten years teaching the courses United States History I and Street Law, she has encouraged her students to enjoy learning. “Mrs. Tobey genuinely cares about the well-being of her students, and her warm personality enables students to feel much more comfortable around the school,” said junior Nathaniel Kelley.



Photo/ Kaitlin Brown

ABOVE: Lee Tobey is settling into her new role as assistant principal.

During her time as a history teacher, Tobey developed individual relationships with each of her students and taught them life lessons that will be valuable long past high school years. “She did not only teach us the history curriculum, but she taught us the importance of being better people and trying our hardest,” said junior Emily O’Connell. Although the transition from history teacher to assistant principal is challenging, both To-

bey and her students are embracing her new role. “We will definitely miss Mrs. Tobey in the classroom, but we know that she will do great things in administration,” said junior Chris Donnelly. Tobey has become occupied with her many responsibilities around the school, such as handling student discipline, conducting parent conference meetings, planning school improvements, and observing teachers in the classroom. “Mr. Hand and I take care of all of the things that are taken for granted—both the good and the bad,” said Tobey. Along with the respect Tobey offers to every student, she also brings a sense of humor to administration. When asked what her favorite part about the job was, Tobey responded “the air conditioning.” All jokes aside, she truly enjoys being able to deal with students on different levels. “Solving student issues are like puzzles, and I love doing puzzles,” said Tobey. Members of the school have responded positively to Tobey as she settles into her role as assistant principal. Although she has not yet exactly achieved “total world domination,” Tobey has implemented a refreshing sense of humor as well as a strong connection to the students at the school.

Samantha Rafferty History

Samantha Rafferty is a new history teacher at Walpole High. Before moving to Walpole, she taught for three years at Harwich High School. She then taught World History and AP US History at the new Monomoy Regional High School. “My main goal this year is to get to know the community here at Walpole,” said Rafferty, “I am new to the area and would love to make this a home!”



Photos/ Cam Johnson

Tom Sacramona English

Tom Sacramona teaches Freshman and Sophomore English. Working at Walpole High is his first true teaching position, as he student-taught at Oliver Ames High School in Easton while attending Stonehill College. “The students are friendly, the teachers are very helpful, and I am looking forward to supporting the Rebel teams,” said Sacramona.



Ashley Prickel Music

Ashley Prickel is the new Choral Director at WHS, teaching both the Women’s and Concert Choir as well as Music Theory and Composition, and Piano Lab classes. Her main goal for the year: “I feel a drive to create a comprehensive music program that showcases and enhances student potential,” said Prickel.



Joanne D’Agostino Technology

The Walpole High School community welcomes Joanne D’Agostino as the new technology teacher. She teaches Engineering, Robotics, and AutoCAD. After working as an electrical engineer at Wentworth Institute of Technology, she taught at Marlborough High School. “I have found the robotics students so eager to learn and the teachers and staff very helpful and friendly,” said D’Agostino.

Additional new staff members:

Kellie Robinson Career and Education

The Career and Education Department welcomes Kellie Robinson, who works with special needs students at WHS. She previously worked at Bird Middle School, Fisher School, and Old Post Road School as a special needs teacher. “WHS is very big! Everyday it’s a struggle not to get lost, but the staff and students have been amazing. I look forward to the upcoming school year,” said Robinson.

James Connolly GradPoint Facilitator

James Connolly works at Walpole High as the GradPoint facilitator. He works with students who are in need of credit recovery and oversees students who take online courses. Connolly, who graduated Walpole High in 2008, is new to the education field. “As a WHS graduate it is good to be back,” said Connolly, “although it is a little strange calling my former teachers by their first names.”

Lori Morrier Media Center

Walpole High School Library welcomes Lori Morrier as the new Library Aide. After receiving her bachelor of arts degree in Psychology, she worked in higher education administration and

later volunteered as an art docent for Walpole Public Schools. “I hope to help students enjoy reading!” Morrier said, “I think so much can be learned by exploring books.”

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.

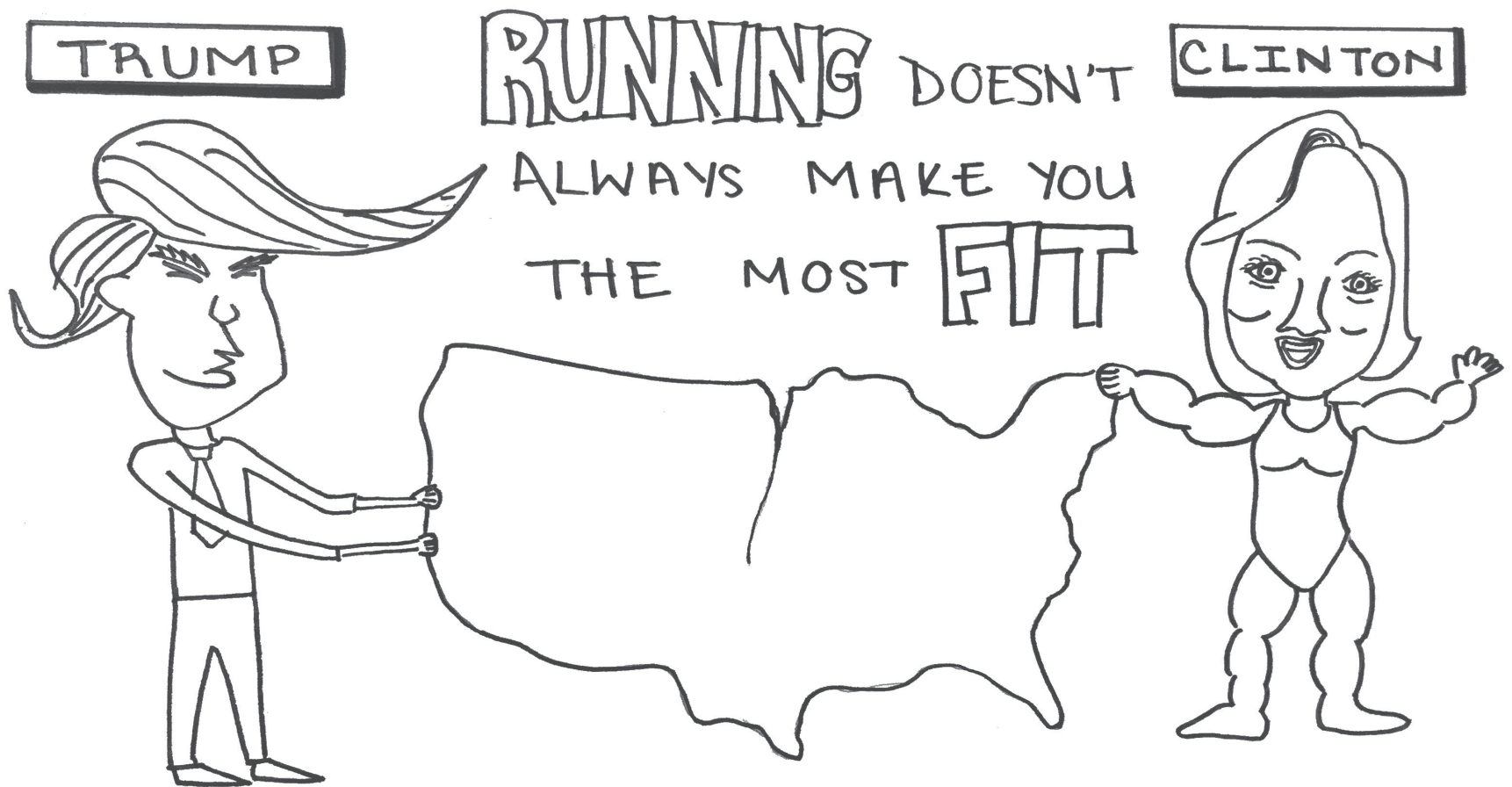
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EDITORIALS

Political experience should be a pre-requisite for candidacy

Cartoon/Daanya Salmanullah



By Christian Carr-Locke
Class of 2016

Every president who has held office has had some type of political experience preceding his presidency, whether having been a governor, a member of the house, or a senator. One man, however, in particular has defied the course of presidential history. In just weeks, he led the G.O.P. polls, divided the nation through his lack of political correctness, and managed to get his name on every news station imaginable. Yes, that man is world renowned businessman, Donald Trump.

Donald Trump — real estate tycoon and creator of the reality TV show *Celebrity Apprentice* — formally launched his presidential campaign this past June. Since then, Trump has drawn attention to important topics and has promised to be “the greatest jobs president that God has ever created.”

However, Trump has absolutely no political experience, whether he claims so or not. Yes, he does have a lot of entrepreneurial experience and has proven to be quite the successful businessman in terms of his monetary value; however, in order to be Commander in Chief, Trump needs to have a competency for more than just economics.

Presidential candidates on both sides of the political spectrum have to meet three standards in order to attain the presidency: one must be thirty-five years of age, a resident within the United States for 14 years, and a natural born citizen. While Donald Trump meets the basic requirements, he fails to bring a set of political credentials to the table. These three basic requirements are not enough to determine the eligibility of a candidate because they only act as constitutional guidelines and do not determine the political capability of each candidate. Out of the leading eleven Re-

publican nominees, eight have political experience.

Carly Fiorina, former C.E.O. of Hewlett-Packard, and Ben Carson, retired neurosurgeon — like Donald Trump — have no political experience. Fiorina and Carson have had relatively successful careers — having worked for admired companies and having performed at highly respectable hospitals, etc., and both primarily appeal to the economic concerns of lower and middle class America. So, what do all three of the leading Republican nominees have in common?

In Trump and Fiorina’s case, they are financially successful. In Carson’s case, he is intellectually successful. There is a common theme amongst all three: success.

Americans are tired of political leaders who struggle to act. They are in dire need of a capable, promising, and most importantly, successful leader that will get work done in office. As a result of this desire, so far, Americans have expressed their faith in financially prosperous business personas, like Trump and Fiorina, and hope that these candidates can carry over their successful track records into the Oval Office.

That being said, if there were certain political requirements for president, Americans would not cast their vote based on the financial success of certain candidates.

Mainly Trump’s (as he leads the polls), as well as Fiorina and Carson’s unfamiliarity with politics poses a dilemma for America’s future. There is more to the presidency than creating jobs or simply “building a wall” to keep immigrants out of the United States.

Candidates should meet a simple standard in order to run for office: they should have either held a position in the cabinet of a previous President or have held office as a senator or governor of a state.

While such requirements would narrow the pool of candidates, the man or woman who eventually takes office will have had some diplomatic experience and have a thorough understanding of what goes on in D.C.

For example, how would business mogul Donald Trump deal with illegal immigration, in comparison to Jeb Bush, former Governor of Florida?

Well, it’s pretty simple for Trump. He explained in his Presidential Announcement Speech that “[he’ll] build a great, great wall on our southern border and [he] will have Mexico pay for that wall.” And let’s not forget, “nobody builds walls better than [Trump].”

Bush, rather, intends to deal with illegal immigration by tapping into his diplomatic experience. He plans to implement a system known as E-Verify, which determines the eligibility of foreign employees to work in the U.S. In addition, he plans to disassemble sanctuary cities. Such a process ensures that immigrants legally join the workforce.

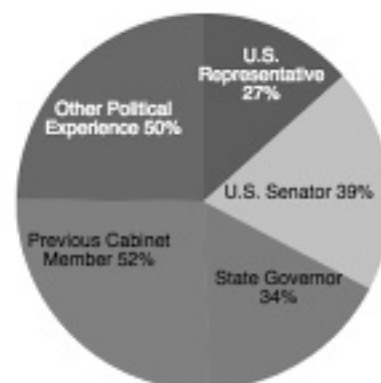
Trump, a man with no diplomatic familiarity, would approach illegal im-

migration in a rash manner that does not consider the consequences of such grand actions, whereas Bush would approach the dilemma more like that of an actual conservative who thoroughly considers the process in which illegal immigration would be handled.

Donald Trump has grabbed the media’s attention since the day he announced his candidacy. Comments on women’s sexual appeal and an absence of “political correctness,” plans to build a wall between Mexico and the U.S., numerous immature attacks on other republican candidates — all are examples of how Trump has somehow managed to find his way to the top of the National Republican Polls. Just because Trump has drawn attention to important political, economic, and social issues does not mean he is capable of handling those issues. If a system in which candidates had to meet one out of the three possible political Requirements is established, then voters can ensure that their next President is capable of dealing with diplomatic challenges as well as economic issues.

Presidents' Previous Political Careers

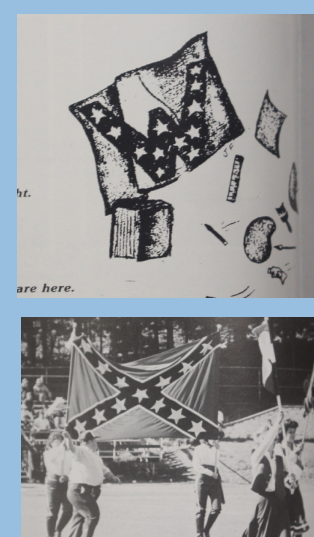
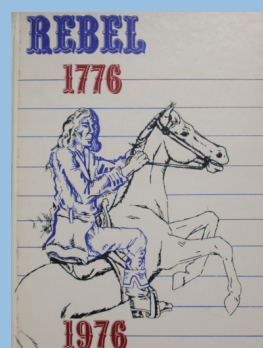
Graph/ Lauren Wigren



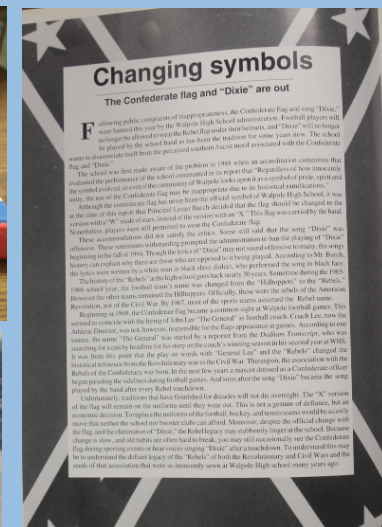
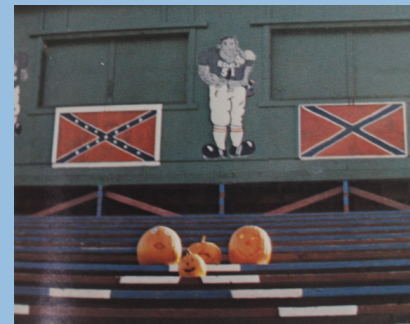
ABOVE: This graph represents the percentage of U.S. presidents that have held various offices prior to being elected president.



"I believe the Rebel name will be forever linked to the confederate flag regardless of the effort of rebranding. This is a place of education and I don't believe that many students truly understand the underlying message this symbolizes."
-Stephanie Rodriguez-Wilkes, parent and community member



"As long as the community and the student body are behind distancing ourselves from the flag and everything it stands for, I think that we can hang on to the Rebel name and move forward with it. If we can't distance ourselves, I'm not opposed to looking at the next step, to get rid of the Rebel name, but I would prefer not to."
-Stephen Imbusch, Principal of WHS



"Although a resident has First Amendment rights, the school has a duty to foster a safe environment -- not one promoting ignorance, racism, inequality, & bullying."
-Meredith Morris, community member



HERITAGE OR HATE:



Walpole's community must unite to expel the Confederate Flag association from the Rebel name

By the Editorial Board

On August 27, 2015, the Walpole School Committee unanimously voted to permanently fly a Walpole banner over the burning red Confederate flag that hangs by Turco Field. The banner, which hides the flag if one stands at a certain angle, was previously only raised during varsity games, WHS graduation, and other important events. It is wrong that we have gone on for so long without a permanent fixture over this racist and hurtful flag. Although the flag is on private property, the leaders in our town had a responsibility for years to find a solution and hide this monstrosity from community members and visitors. The owners of the property on which the flag flies have recently passed away, and future changes concerning the flag are unknown. The new permanent banner, called a "band-aid" by Stephanie Rodriguez-Wilkes at the August meeting, is definitely a step in the right direction. But just a step. Also discussed at the meeting was our school name: the Rebels. We have been the Rebels since 1965. Although the name arrived before the Confederate imagery of the 1970s, there was an undeniable two decade period in which the word Rebels did represent Confederate soldiers. Some believe the name to be a source

of school pride, while others see it as disrespectful and offensive. The Walpole School Committee decided that a "rebranding" of the word Rebels must take place to erase harmful Confederate connections to our name. The Walpole School Committee decided to now promote the Rebel as a person who is rebellious, but stands for positive change. The committee tasked Principal Stephen Imbusch with leading the Rebel Rebranding meetings. At these meetings, students, parents, administration, and community members face the challenge of erasing the Confederate flag from our town and its message from our name.

There are a few basic problems with the decision to rebrand rather than remove. First of all, we must acknowledge our past. We cannot simply cover up the racist undertones that our town had for years as if they never existed. Recognition of our mistakes is crucial to healing and earning back respect from other towns. Rebranding would keep intact the name that many look to as a source of pride; however, school pride is completely trumped by the concept of others being hurt, excluded, or angered by the name. The act of rebranding is a double edged sword: it is an attempt to fix our image, yet also a stubborn refusal to acknowledge all that we have done wrong. That being said, due to the fact that we have had very little administrative action concerning the Rebels and

the flag for a long time, this spur of change must be fostered as much as possible. Because the rebranding is the only option on the table right now, we should give it full support until it either fails or succeeds.

Although we are moving in the right direction by attempting change, an issue still remains: there are no strategies, no guidelines, no forms of measurement for the project. Rebranding the Rebel name is an unprecedented project. Who decides if the name has been successfully cleared of its hurtful connotation? Is there a time frame for this change to take place? If nothing changes with our town's mindset and reputation, will more drastic steps be taken?

Perhaps the reason why these questions remain unanswered is because the Walpole School Committee feels the Rebel Rebranding attendees should be the ones to organize guidelines. After all, they are the ones who will be following them. But at the first meeting on September 22, the conversation barely touched upon rebranding, much less how to accurately judge a change. Discussions centered around the Confederate flag itself, and why or why not the Rebel name should change. While these are important topics, they are not relevant to the topic at hand. Such concerns should be brought up at School Committee meetings rather than meetings specifically for the rebranding action. At future meetings,

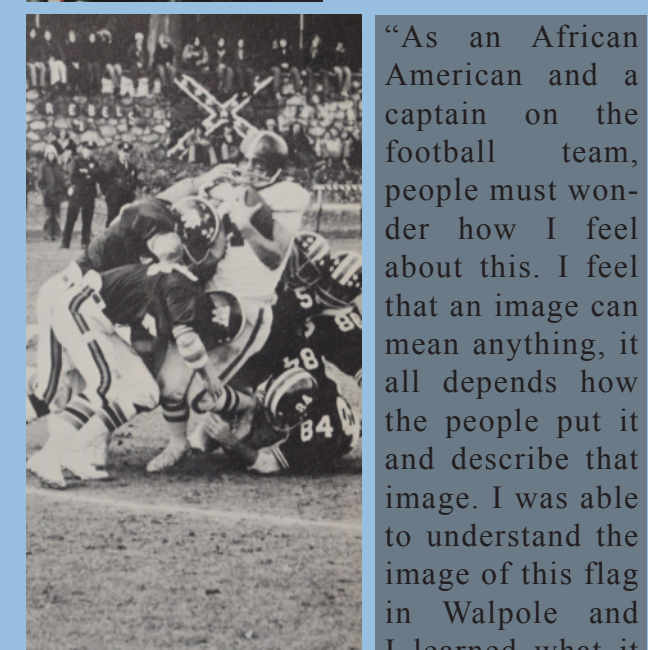
discussions must stay on topic so that actual change can take place. If not, we are simply continuing to argue, thereby dragging on our history of not taking action. Having a rebranding effort that fails to get things done is as bad as doing nothing at all.

Requirements need to be set, a plan of action should be fleshed out, and the rebranding needs to be thoroughly supported. Walpolians need to step up and make positive change in order to wipe out what is blatantly wrong, because the future of the Rebel name lies with the community. We have been handed the opportunity to redeem ourselves and fix our reputation.

In 2015, we are in agreement that the Confederate flag is an unacceptable excuse for school pride. So please, if you love your town, remove any sign of the flag from your life. Take it off of your bedroom wall, or your license plate, or your social media profile picture. Do not buy flags to drape on your back or wave at football games. We are past that. You call yourself a Rebel? Let's see you fight against the lingering bit of injustice that remains in our town, hidden under our name. Let's see the Walpole community fight against a past definition that no longer represents who we are. Let's see a fight for change, kindness, and respect, qualities of a true Rebel. If the effort fails, the removal of the name Rebels becomes a serious possibility.



"I think that if people are voicing their discomfort with the name, that is reason enough; we should change the name purely out of compassion towards them... Tradition can be important, but its importance becomes trivial when weighed against the feelings of a large subset of our community."
-Josh Cofsky, WHS alumni



"As an African American and a captain on the football team, people must wonder how I feel about this. I feel that an image can mean anything, it all depends how the people put it and describe that image. I was able to understand the image of this flag in Walpole and I learned what it is to be a Rebel."
-Loveindjy Salvant, football captain



Music

By Emily Luong
Class of 2016

TOP 5 BEST SUMMER MUSIC RELEASES:

Florence + The Machine: *How Big, How Blue, How Beautiful* (May 29)



Florence + The Machine returned to the music scene with *How Big, How Blue, How Beautiful*. Known for her commanding and compelling voice, Florence Welch delivers again on her third release with theatrical choruses on “Ship to Wreck” and “What Kind of Man.” Dangerous romances and inner demons along with brass instrumentals and piano chords are the perfect combination.

Tori Kelly: *Unbreakable Smile* (June 23)

Tori Kelly’s VMA performance concluded an eventful year for the songstress. Following a 2010 American Idol disappointment, her debut *Unbreakable Smile* proves to the industry that she did not let the setback hinder her career. Songs such as “Nobody Love” and “Should’ve Been Us” quickly rose on the Billboard charts. The album’s R&B and soul undertones with Kelly’s powerful and passionate vocals contribute to her success.



Halsey: *Badlands* (August 28)



Rising to fame almost overnight, singer Halsey (Ashley Frangipane) delivers a debut rooted in electro and indie pop that has listeners belting “New Americana,” the unofficial anthem of the summer. Halsey produced a hauntingly beautiful, yet fierce album that touches on depression, low self-esteem, and broken relationships against a background of catchy synthesizers and the occasional guitar riff. Headlining her own tour this fall, she will soon take the music industry by storm with tracks like “Haunting,” and “Young God.”

The Weeknd: *Beauty Behind the Madness* (August 28)

Abel Tesfaye, better known as R&B sensation The Weeknd, has accumulated many triumphs over just a few years. He has collaborated with stars like Ariana Grande and Sia and produced two commercially successful albums. This summer’s *Beauty Behind the Madness* adds to the singer’s growing image. The Weeknd takes influences from 80’s music while forging a new path into the genre of R&B. Hit single “Can’t Feel My Face” pays tribute to artists such as David Bowie and Prince.



Panic! At the Disco: “Death of a Bachelor” (September 1)

Following Panic! At the Disco’s last release, *Too Weird to Live, Too Rare to Die!*, founding member Spencer Smith left the band and the group faced uncertainty on whether it would continue to produce music. Despite their rumoured disbandment, the band released hit “Hallelujah” in April and premiered another single, “Death of a Bachelor,” on an Apple Music broadcast. “Death of a Bachelor” showcases lead singer Brendon Urie’s dynamic vocal talent, and its jazz influences display the band’s innovation.

Top 5 Most Anticipated Music Releases:

- Selena Gomez:** *Revival* (October 9)
- Ellie Goulding:** *Delirium* (November 6)
- Adele:** 25 (Release Date TBA)
- Coldplay:** *A Head Full of Dreams* (Release Date TBA)
- Lorde:** (Album Title and Release Date TBA)

Top 5 Worst Summer Music Releases:

- Carly Rae Jepsen:** *Emotion* (June 23)
- Demi Lovato:** “Cool for the Summer” (July 1)
- Owl City:** *Mobile Orchestra* (July 10)
- Justin Bieber:** “What Do You Mean” (August 28)
- Miley Cyrus:** *Miley Cyrus and Her Dead Petz* (August 30)

Movies

By Natalie Luongo
Class of 2016

TOP 5 BEST SUMMER MOVIE RELEASES:

***Me and Earl and the Dying Girl* (June 12)**

Me and Earl and the Dying Girl was a quiet early-summer release that won awards at Sundance but did not make headlines. The film focuses on an awkward teenage boy who befriends a girl with cancer. However, this is no *The Fault in Our Stars*; *Me and Earl* is dryly funny and subtly tragic, with nods to Wes Anderson’s style. It may be another indie high school movie in the same vein as *The Perks of Being a Wallflower*, but it is a great one.

***Inside Out* (June 19)**

Hands down the best animated movie of the year, this film is geared toward both kids and adults. It is a nostalgic and funny look at a young girl’s life as she moves away from her friends and discovers the obstacles of growing up – through the eyes of her personified emotions. The message, that it’s OK to be sad, is undoubtedly touching for anyone who misses their childhood. Amy Poehler and Mindy Kaling are engaging in the lead roles.

***Trainwreck* (July 17)**

Amy Schumer continues a successful year with an untraditional summer rom-com. She stars as a modern woman with commitment issues and a possible drinking problem, when she meets a sports journalist who wants more than a one-night stand. Schumer’s brand of feminist humor has wide appeal, and she puts a new spin on the “grown-up stuck in college” trope that has, until now, been monopolized by men. LeBron James and John Cena also star.

***Southpaw* (July 24)**

This boxing flick seems to be a typical fighting film about the comeback of a disgraced underdog. However, Jake Gyllenhaal delivers an unforgettable performance as a fighter who, after his wife dies, sabotages his career and relationship with his daughter. The gritty fight scenes and the heartbreaking devotion with which Gyllenhaal plays boxer Billy Hope make for a deeply moving film as he tries to regain his glory.

***Straight Outta Compton* (August 14)**

This summer blockbuster drew crowds from every background, but it was special for fans of hip hop and N.W.A. Biopics usually focus on traditional celebrities and politicians, so a film chronicling the rise of five hip hop pioneers is a welcome change. *Compton* offers a look into the lives of Dr. Dre, Eazy-E, and Ice Cube, giving background to their music and protests against the police who unfairly targeted them. The captivating film shows how a fundamental part of today’s culture became so popular.

Top 5 Worst Summer Movies: Top 5 Most Anticipated Movie Releases:

- Minions* (July 10)
- Paper Towns* (July 24)
- Vacation* (July 29)
- American Ultra* (August 21)
- We Are Your Friends* (August 28)

- Legend* (October 2)
- The Martian* (October 2)
- Room* (October 16)
- Brooklyn* (November 6)
- The Danish Girl* (November 27)

Concerts

By Rebecca Boyajian
Class of 2017

Top 5 Best Summer Concerts:

- Taylor Swift:** The 1989 World Tour
- Openers:** HAIM, Shawn Mendes, and Vance Joy
- One Direction:** On The Road Again
- Openers:** Icona Pop
- Bleachers and Charli XCX:** Charli and Jack Do America Tour
- Nicki Minaj:** The Pinkprint Tour
- Openers:** Meek Mill, Tinashe, Rae Sremmurd, and Dej Loaf
- 5 Seconds of Summer:** Rock Out With Your Socks Out
- Openers:** Hey Violet

Top 5 Most Anticipated Concerts:

- The Neighbourhood** (October 5 @ House of Blues Boston)
- Halsey** (October 24 @ House of Blues Boston)
- Marina and The Diamonds** (November 4 @ House of Blues Boston)
- ODESZA** (November 14 @ House of Blues Boston)
- The 1975** (December 3 @ House of Blues Boston)

SPORTS

Love never fails: the comeback story of Kyra Arsenault

By Delaney Murphy
Class of 2017

One year ago at the 2014 Frank Kelley Cross Country Invitational – a 5k race at the Wrentham Development Center – everything was going well for then junior Kyra Arsenault until “in the last mile [she] felt a pop.” She still finished the varsity race and placed 25th to medal with a time of 21:35. A couple days later though, when the pain in her foot refused to go away, a doctor showed her the x-ray that revealed the stress fracture in her foot – a fracture that sidelined Arsenault for the rest of her Cross Country season and the majority of her winter and spring track season.

A 2015 captain for Walpole Girls Cross Country, Kyra returned to her pre-injury form over this summer. She has finished not only as the second Walpole finisher in both league meets so far, but she also redeemed herself at the 2015 Frank Kelley Invite on Saturday, September 26 by running a time of 20:48 – almost a minute faster than last year.

“Kyra has been a key member of the varsity team and the team’s overall success thus far in the season is largely based on her recovery and perseverance through her injury,” said Girls Cross Country Coach Jamie O’Leary. “Her drive and determination is a lesson all the girl’s on the team can strive to learn from.”

As captain, Arsenault uses both her injury experience and her sincere enthusiasm to lead her teammates. Arsenault even permanently tattooed one of her favorite lessons from the recovery process on her wrist: “Love never fails.”

Citing the love of her teammates and friends, the love of her parents, and



ABOVE: At practice Kyra shows off her new tattoo that says “love never fails.”

the love of her coaches and teachers, Kyra said, “Love was what was important and what got me through it all.”

Unlike many athletes who get sidelined for 4-6 weeks, her recovery took nine long months. As the 2014 Cross Country season came to a close, and with winter track rapidly approaching, Kyra was cleared to run by her doctor. Despite the orders to ease back into running, Kyra felt the pressure of the three month training gap between her and her teammates. With the fear of falling even farther behind, Kyra ignored her doctor’s wishes.

“I tried to come back too fast and re-stress-fractured it,” she said.

Unable to do much of any physical activity after the re-fracture, Kyra refused to let that stop her from attending every meet and every practice.

“I realized I had other ways to con-

tribute,” Kyra said, and contribute she did – by scoring meets, assisting the coaches, biking in the weight room, and cheering on her teammates.

“It was also really special to be able to sit on the sidelines and watch the girls I love do great things,” said Kyra. “It brought me a whole new perspective.”

However, while everyone publicly saw the usual happy-go-lucky Kyra, the one who remained optimistic about recovery, the one who made sure she yelled and cheered for every race, she struggled more privately with her injury.

“It was the worst feeling watching everyone being able to do what you are passionate about and love so much,” she said. “I remember wanting to give up, to just hop on a train and go somewhere so I wouldn’t have to deal with my problems.”

During spring track, her doctor gave Arsenault the go-ahead to run.

This time around though, Kyra eased slowly back into running, in order to avoid re-injuring her foot yet again.

“Her recovery was hard and slow,” Girls Track Coach Conor Cashman said. “We took spring very slow by having her run two laps at a time every other day for weeks. Slowly and steadily, she came back.”

With her enthusiastic personality, Arsenault begged Coach Cashman for her return to be in the Two Mile, a long and hard 8 laps around a track. After weeks of her slow return, Coach Cashman conceded and added Kyra to Two Mile lineup for Walpole’s last meet of the season, a meet they won 87-48 against Dedham. Because Dedham had no athletes in the Two Mile, the meet was the perfect opportunity for Kyra’s first and last race of her junior track season.

Kyra finished the race with a time of 13:50, almost a minute slower off her previous 12:55 personal best.

“[The race was] a huge personal accomplishment for her after not competing for nine months,” said Cashman.

“I started crying when I finished,” Kyra said. “As I ran, every one of my teammates were cheering me on, the same way they were when I couldn’t run and all of the parents and coaches and I knew that it wouldn’t have happened without them.”

Looking back on her year long injury and triumphant recovery, Kyra chooses not remember the injury as a frustrating or dismal time; instead, she thinks of the whole thing as a learning experience.

“It was really all a blessing in disguise,” Kyra explained. “I’ve learned a lot from losing running. It’s what taught me that I set my own limits,” and that sometimes “life is good even when it doesn’t seem like it.”

Porkers rebuild after short stint in 2014 playoffs



ABOVE: Junior captain Melanie Weber clears the ball on a defensive corner.

By Ben Brownsword
Class of 2016

With only 16 players and just three seniors, the 2015 Porkers have their thinnest and youngest squad in several years. The freshman team has ten players and the JV team has just nine. After 11 seniors departed last season, younger players have been forced to step up on the varsity team. Despite the low numbers, the undefeated team has no shortage of motivation. They are out for vengeance this year, after their bid to repeat as state champions in 2014 was shockingly cut short by #13 seed Wellesley in penalty strokes.

So far, the shorter bench has paid off in the form of eight wins in seven games and the #4 rank in the state, according to the Boston Globe. The Porkers have not only won or tied

every game thus far, but the games they have won they triumphed convincingly. Through the opening six games, Walpole has scored 34 goals and let up just 5. The dominant attack, led by sophomore Celia Walsh and junior captain Melanie Weber, averaged almost six goals per game.

Walpole opened up their season with wins against Natick and Newton North, with a combined score of 12-1 in the two games. However, their next game was the biggest test of their early season. They were playing at home against Wellesley, an exact rematch of their shocking playoff loss ten months ago. Weber opened the scoring with under ten minutes to go in the half, then sophomore Christine Murray put in another early in the second half to make the score 2-0



ABOVE: Sophomore Celia Walsh races down the sideline past the Wellesley defense to shoot on goal.

in Walpole’s favor, which would end up being the final score.

“Nothing is going to get back that loss [in the playoffs], but winning was definitely some sweet revenge,” said Weber.

In the attack, Walsh has dominated the offensive end. A player who was called up for the tournament last year, Walsh has progressed enormously in her sophomore year. So far, she is second in the Bay State League with nine goals and four assists through seven games. She has paired well with Weber, who is right behind her with one less goal and equal assists thus far.

As efficient as the offense has been, the main reason for the Porkers’ success has been their stout defense.

“I’ve been really impressed with how [senior captain] Sarah Rockwood, [junior] Megan Fisher, [junior] Emma Flynn and [sophomore] Saylor Mur-

phy have played,” said junior Sophia Giovaniello, “the fact that they’ve never let up more than two goals a game really helps out the offense.”

A big part of the Rebels’ defensive success has been underclassmen and players new to the position. A new player who has had a solid defensive impact is Emma Flynn, who played offense for the first two years of high school, only transitioning to defense in her junior year.

“I’ve really enjoyed the move to defense,” said Flynn, “I know I’m making more of an impact than I did on offense.”

Players like Walsh and Flynn have stepped up or changed roles due to the low numbers but only a deep tournament run will redeem Walpole’s status as a perennial threat in Division 1, and the Porkers will be looking to do exactly that this November.

SPORTS

Emily Martin qualifies for Eventing Championship

By Emily O'Connell
Class of 2017

Last year, junior Emily Martin traveled to North Carolina on June 21 to compete in the New Balance Spring Track Nationals where she competed in the 4x800M. Earlier that season, Emily and her teammates broke the school record further qualifying them for nationals with a time of 9:38.52. While Emily is known at Walpole High as a Rebel track star, some may not know that she is equally talented in another sport as well: Horseback Riding. On Sunday, September 27, at the University of New Hampshire, Emily officially qualified for next year's American Eventing Championship. "It is a really exciting accomplishment, and I'm really happy to have made it," she said. This achievement has been a lifelong goal for the versatile teenager. Emily has been riding since she was five years old. "When I was younger, my mom was reluctant to let me start riding because she thought I would not be able to do it," said Emily. "After she saw what focus I had, she knew I could continue." Emily trains with her ten-year-old



ABOVE: Junior Emily Martin rides her horse, Polson, in preparation for the competition season.

horse, Polson, at the Norfolk Hunt Pony Club. The pair have been together for two and a half years; however, when Emily first acquired Polson, he was not at the same skill level he is at now. "I worked really hard to train him," she said. "It was a really interesting experience because I was learning what he was learning, all at the same time." As an Arena 1 eventer, Emily competes in dressage, cross country, and show jumping. During dressage, the judges

look for balance, rhythm, and obedience of the horse. Cross country focuses on the horse's endurance and quality of performance over a long period of time. Lastly, show jumping centers on the accuracy of the horses jumps. Emily's ability to improve quickly has brought her dramatic success. When she competed on September 13 in the Novice Division at King Oak Farm in Southampton MA, she successfully placed fifth overall and second in the

division. A few weeks later at the University of New Hampshire Horse Trials, Emily went from placing fifth in her category in Southampton to placing second and only 3.3 points away from first. The Novice division consists of maintaining a certain height and speed throughout the event, and her category includes dressage, cross country and show jumping. Competing at UNH was the first time that her horse Polson double cleared during both show jumping and cross country. In other words, he acquired no time faults, he did not knock down any rails, and he had no jump refusals. "I felt confident in his conditioning and Polson made a big improvement on his score for cross country," said Emily. In the years to come, Emily has high hopes for her and Polson. She is working to improve her ranking as an eventer. Despite being a national competitor for track, Emily is now making her name known as a successful contender in horseback riding. In two weeks, she hopes that she and Polson will keep improving at their next event in Sherborn. They will continue to train and work to their goals as a pair. Emily said, "I could not have asked for a better horse as my teammate."

FOOTBALL (2-1)

Photo/ Alex Otero

With quarterback Tyler Berkland out with upper body injury, after Friday's loss to Milton (28-7), the Rebels look to get back on track against Norwood. Senior running back Steve Cuqua has maintained scoring streak in each of Walpole's last three games.

Photo/ Mandy Skully

REBEL ROUNDUP

Fall Sports Overall Record: 27-5-9

GOLF (7-1)

Photo/ Alex Otero

Seven straight wins in a row, against Wellesley, Catholic Memorial, Weymouth, Milton, Natick, Dedham, and Braintree, Walpole is determined to keep adding tallies to the win column. Rebel Golf takes on Brookline on October 5.

BOYS SOCCER (3-2-4)

The Rebels have garnered ten points so far this season, well on their way to the tournament. With shutdown defense and an unstoppable offense, Walpole has outplayed their last three opponents: Catholic Memorial (4-0), Needham (0-0), and rival Norwood (5-1). Needham, who is the #1 team in Massachusetts according to The Boston Globe, could not pass through Walpole's stout defensive line of seniors Ian Fair, Ryan Kickham, Ben Lucas, Nick Randall, and sophomore Kevin Sullivan.

Photo/ Ellie Kalemkeridis

GIRLS SOCCER (3-3-1)

Goal scoring is the Rebels' biggest issue this year. Each Rebel win has had only a one goal differential (Brookline 2-1, Milton 1-0, and Dedham 1-0). In their defeats, Walpole has only scored a combined one goal, for the team failed to notch a goal against Natick (0-3), Needham (0-3), and only one against Wellesley (2-1). Long story short, the Lady Rebels need to liven up their offense, quickly.

Photo/ Maeve O'Connor

GIRLS CROSS COUNTRY (5-0)

Girls Cross Country has brought home win after win in each of their meets this season. In addition, at the Wrentham Invitational Meet on Saturday, September 27, the freshman girls earned four medals. Senior Captain Alyssa Murphy also finished the Division 1 5k race with a time of 19:56, fifteenth overall in the varsity race.

Photo/ BJ Burke

SWIMMING AND DIVING (3-2)

The Rebels struggled to stay consistent, as the team has not won more than a match in a row. Despite a loss to Marshfield on Friday, September 25 (96-91), sophomore Andrew Gubanov qualified for the 50 yard freestyle for states, which will take place mid-November. Walpole Swimming and Diving takes on Weymouth on Friday, October 2.

Photo/ Maeve O'Connor

BOYS CROSS COUNTRY (2-3)

Boys Cross Country ends the first month of the season with a losing record. Due to weather, Walpole's meet was postponed to October 28, leaving the boys unable to improve their record. Walpole faces off against Brookline and Norwood on Wednesday, October 7.

Photo/ Brenna Manning

VOLLEYBALL (2-7)

Throughout this season, Rebels Volleyball has struggled to win games. Having won two matches this season, Brookline (3-1) and Dedham (3-0), Walpole is looking for a rhythm before the season is too far gone. However, with their victory against Norwood (3-1), Walpole has hopefully found their rhythm.