



JANUARY 2016

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Administration strives for alcohol-free dances

School leaders look for a solution to student intoxication at school events

By Julia Sandquist
News Editor

Over the past few years, the Walpole High School Student Council (StuCo) and administration have effectively worked together to increase school spirit and student participation at various school events. Whether it is at a football game or a school dance, there is always a large turnout of students who are eager to show pride for their school and have a good time while doing it. However, a large number of high school students in one place can have its setbacks: it has facilitated underage teen drinking, especially at school dances. Now, administration and StuCo are working together to find a solution to this drinking problem that occurs at the events they have worked so hard to organize.

In the past few school dances, administration had to remove seven students because they were intoxicated.

To solve this problem, administration met with student council members and school committee members to discuss different options. While a stricter policy of breathalyzing every student who entered a dance to ensure every student in attendance is sober was under consideration, the final decision is to have breathalyzers on hand to only use on students who appear intoxicated.

Administration determined that breathalyzing every student that enters the dance would send the wrong message to students, and it would



Photo/ Max Simons
StuPAC member and WHS junior Hannah Mouradian demonstrates how to correctly use a breathalyzer. This small, portable breathalyzer will be available for use if necessary at school dances.

be unfair to those who came sober.

Walpole High School administration expects to use the breathalyzers sparingly and only when necessary. This policy is similar to the Walpole Police Department's way of handling breathalyzers.

"It would not be done arbitrarily or capriciously and would only be based on reasonable suspicion – specific articulable facts surrounding the matter," said Chief of Police John Carmichael.

"In addition to having a breathalyzer on-hand and using it when necessary, we need to spread the word that drinking cannot and will not be tolerated at dances and increase vigilance among chaperones," said Principal Stephen Imbusch.

Even though administration has

found a solution to deal with intoxicated students at dances, its main goal is to prevent drinking from occurring in the first place. Imbusch and StuCo members agreed that student leaders must step up to discourage their peers from drinking before the dances.

"Incentives need to be established to reward students who exhibit positive behavior at school dances and choose not to drink," said StuCo President Dillon Knight.

School Committee Vice Chair Nancy Gallivan explained that administration needs help from student leaders, for she believes kids are less likely to come drunk if their peers find it unacceptable.

"Students need to recognize that it

is a privilege that requires staff and administrators to give up their free time and that needs to be respected. So maybe the goal should never be to get 100% attendance, but to make sure that the 100% of the people who attend are sober," said Gallivan.

While students were concerned that the annual January Winter Ball would not occur due to previous incidents with drinking at recent dances, administration and StuCo finally decided to set the date for the Winter Ball on January 8, with the expectation that students will not come intoxicated. Imbusch stressed that the Winter Ball is a privilege that is not expected to be further abused. When asked what would happen if the drinking continued, he said, "The only option I will have would be to stop all dances."

However, Imbusch is hopeful that the drinking situation will improve at the next dance with the help of student leaders and staff spreading the word that drinking will not be tolerated.

"I hope that everyone who attends the Winter Ball will be sober and will have a wonderful night out with their friends," he said.

Superintendent Lincoln Lynch agreed that in order to stop drinking once and for all, it is necessary that administration and students start talking about the issue.

"I think any conversation relative to the elimination of student drinking is positive," he said, "Perhaps the most powerful of all conversations will be student to student."

Turkey Shoot features students' original short films

The Second Annual Turkey Shoot fundraises for the Walpole High Film Festival

By Devin McKinney
Staff Writer

Last year, the Walpole High School film department kicked off a new annual event called the Turkey Shoot, which originated as a fall fundraiser for the film festival. The Turkey Shoot is open to everyone, including non-film students and WHS alumni. To compete in the event, crews must get together on the day after Thanksgiving and wait for Michael Alan—the film teacher and festival director—to tweet out the required character, line, and prop, which then starts the 24-hour window they have to finish their three minute movie. Alan believes that the Turkey Shoot does not only benefit the film fest financially, but it also allows people the opportunity to experiment with film making.

"[The Turkey Shoot] is a great way for crews to get their feet wet making a short film. It also gives the alumni an opportunity to make another film," said Alan.

This year, the Turkey Shoot filming process took place on Nov. 26, and the showing of all nine submitted movies was held on Dec. 22. The required components of the each film included the character Cameron Day, an animal control officer, the



Photo/ Ellie Kalemkeridis
The winning movie crew of "The Turtle Shoot," consisting of seniors Bridget Connell, Katie McGovern, Max Simons, Felicia Romeo and Matt Moriarty, as well as junior Meredith LoRusso, poses for a picture.

line "You're right, but you forgot one thing," and a hula hoop as a prop.

Every crew integrated these requirements into their film in a unique way. Some movies such as "Where in the World is Cameron Day?" even featured last year's required Turkey Shoot character, Robin Russell. In addition, the movie "Day and Night" went the route of creating a character called Cameron Night, who opposes Cameron Day.

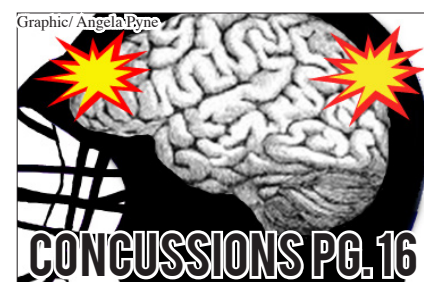
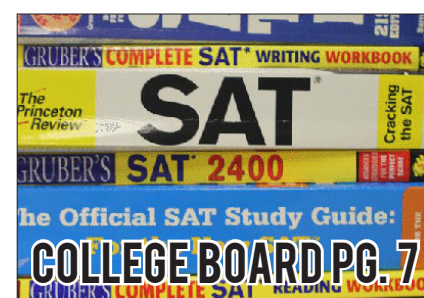
At the end of the showing, the audience voted online for the winner. The winning movie, "The Turtle Shoot," included film students Felicia Romeo, Katie McGovern, Matt Moriarty, Max Simons, Bridget Connell, and Meredith

LoRusso. Their film combined a voice-over narration with short clips to create a film that made the audience laugh.

"I liked [the Turkey Shoot] mostly because of the people I was with," said Meredith LoRusso. "It is really fun when you are with creative people who know how to make [a class requirement] entertaining."

Although this year's Turkey Shoot has come and gone, Alan advocates for people to take part in the Turkey Shoot in the years to come.

"I encourage students who want to be a part of the film festival or just make a fun film with their friends to participate," said Alan.



NEWS

Hypnotist puts senior class in a trance

WHS senior class gets hypnotized with annual visit from Hypnotist Frank Santos Jr.



Under hypnosis, senior Molly Rockwood believed she was a Power Ranger. Rockwood put on a memorable performance and was also a memorable member of the whip dance contest.

By Alyssa Rosen
Staff Writer

Walpole High School hosted its annual hypnotist show on Monday December 22, organized by the Walpole High Student Council (StuCo). Frank Santos Jr., a professional comic hypnotist, led the audience through his entertaining annual event. Upon entering the auditorium, StuCo officers encouraged senior attendees to sign up to be hypnotized. StuCo Advisor Kerry McMenimen then opened the show by announcing the chosen individuals, whom Mr. Santos then later narrowed down to a smaller group. The final group of eight seniors included Molly Rockwood, Sam Chauvin, Drew Cormier, Conor Tracy, Rishab Mathur,

Meghan Coakley, and Joe Feldman. Mr. Santos chose senior Matt Moriarty as a volunteer to assist with the first piece of the show. Santos explained that each time he said the word “good” in his conversation with Moriarty, the boys on stage would believe that Moriarty had emitted a very unpleasant smell, while the girls would smell something amazing like roses or nice cologne. In perhaps the most entertaining portion of the show, Mr. Santos explained to Cormier and Feldman different sets of instructions involving the bathroom, and the resulting scene was quite chaotic. Cormier asked to go to the bathroom and returned with piles of toilet paper he was convinced were bills of money. Feldman would repeatedly run from the stage to the bathroom, only to forget

halfway down the aisle where he was going and return perplexed to the stage. Lastly, Mr. Santos played a few well known tunes to which some of the seniors sang solos. Feldman, thinking he was Taylor Swift, sang “Wildest Dreams,” followed by Chauvin singing to Luke Bryan’s “Shake it For Me.” While Cormier did not know many of the beginning lyrics to Justin Bieber’s “Sorry,” he confidently belted out the chorus and had the rest of the seniors dancing along with him on stage. After Santos brought the seniors back to a conscious state, the eight individuals were able to see videos of themselves that were taken by audience members. Rockwood said, “It felt like a dream, like I remember doing things but I can’t remember why.” Junior Mike Timson, the StuCo member in charge of the hypnotist show this year, said that attendance was lower than expected. “I was very pleased with the performance of Frank Santos Jr., and we hope to have him back next year; however, we will need to address the attendance issue before next year if we want the event to continue in the years to come,” Timson said. Overall, the show not only made the audience laugh, but it unified the Walpole High school community. Moriarty said, “Although Mr. Santos didn’t necessarily perform different acts from last year, the show itself is impressive, and it forces students who are from different social groups together, making the audience laugh at the ridiculous things they do.”

Fire Within wins national award

The second year club gains national attention for hard work in suicide prevention

By Devin McKinney
Staff Writer

The Fire Within group at Walpole High School is a suicide prevention club focused on bringing awareness to the validity of students’ mental health. The program is a national organization that trains students on how to recognize signs that their peers may be in a dangerous mental place or perhaps contemplating suicide. On Dec. 15, 2015 the students involved in Walpole High’s Fire Within program were recognized nationally for their participation in a social entrepreneurship competition in which they created a planner designed to promote efficient time management—something most, if not all, high schoolers struggle with. Walpole High School is in the top one percent across the state for both graduation rate (98.9%) and attendance rate (97%), and Charles Ferro—the staff adviser for the Fire Within club—believes that these high percentages are due to increased amounts of stress in students. “Students say that in order to achieve [high statistics] kids have a lot of pressure on themselves,” said Ferro. “[That’s why the club decided] time management would be a really good thing to study and look at.” To ameliorate the problem of time management, the students involved in the group created a planner that has all of the components of a regular notebook, but also features motivational quotes as

well as places to take down notes about weekly goals. Last year, the Fire Within planner won a statewide competition involving other Fire Within groups that were assigned the task of creating something to lower stress levels in students. WHS’s group went up against three other schools in Massachusetts and won first place with a prize of \$500, which was used to make and distribute planners to Walpole’s class of 2019. This year, however, the planner was entered into a national competition that recognizes first-year competitors in the social entrepreneurship competition. Walpole High’s Fire Within participants won first prize again; however, this time they beat out schools from across the country—one of those schools being Columbine High School, which came in second place. As previously stated, the club was recognized on Dec. 15 in an after-school ceremony during PLC. At the ceremony, Sarah Gaer—Fire Within leader and suicide prevention specialist—presented the students with a placard that serves as a reminder of their social entrepreneurship victory.



The Fire Within club poses with Principal Imbusch and their national award.

Sturges receives Intercultural Student Language Matters award



By Melanie Weber
Staff Writer

The Massachusetts Foreign Language Association (MaFLA) honored a special teacher from Walpole High School at the annual MaFLA fall conference in Sturbridge, MA on October 31. The Intercultural Student Experiences Language Matters Award is given to any high school teacher of a world language that has been successful in getting his or her students to speak the target language through creative methods and impeccable motivation. The winner must have also provided authentic immersion experiences outside of the classroom that require students to apply their speaking skills. Due to his outstanding planning throughout the Costa Rican exchange program, as well as his talent in implementing culture into his class lessons, Spanish teacher Richard Sturges received this year’s ISE Language Matters Award. “Mr. Sturges comes to class each day with so much life and energy, which makes learning Spanish extremely enjoyable,” said AP Spanish student Sarah Rockwood. In addition to his excellence working throughout the foreign exchange program, Sturges strives to teach the Spanish culture in the classroom. He does ample research looking for current events, online sources, and games to bring culture to life in his classroom. “When I observe Mr. Sturges’ classes, I always see high energy, high engagement, and a commitment on Mr. Sturges’ part to give his students a linguistic workout,” said Osborne. The Massachusetts Foreign Language Association awarded Sturges with \$250 on behalf of his award. Both Sturges’ students and colleagues would agree that he fits the description of the Student Experiences Language Matters Award perfectly.

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

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THE WALPOLE HIGH SCHOOL STUDENTS AND CLASS OF THE MONTH

OCTOBER

Senior

AP LATIN

Meaghan Kratz

Meaghan is doing excellent work in AP Latin so far this year, having gotten the highest grade on our most recent test. But more impressively to me, since last September (2014), Meaghan and I have been meeting once a week after school on Thursdays to read Ancient Greek together. Meaghan has a deep interest in languages and when she found out I used to teach Ancient Greek, she asked if I would do this with her. Meaghan does this out of a real thirst for knowledge and for no credit, something that is rare among high school students.

-Ms. Laura Kay

Junior

ALGEBRA/SPANISH

Cameron Martin

Cam is not only an extremely bright student, but he comes in every day with a huge smile on his face and a kind greeting. He is polite and respectful to everyone in the room and is especially helpful when classmates are having difficulty understanding material. He is such a pleasure to have in class.

-Ms. Rachael Sprague

He is in my Spanish IV class and always comes to class excited and ready to work. Cam is also extremely polite and greets me in the hallway and outside the classroom in Spanish. Cam is a great addition to the classroom and his enthusiasm is infectious.

-Mrs. Elizabeth Flaherty

Sophomore

SPANISH

Christopher Wood

I would like to nominate Chris Wood for October's Student of the Month. Chris has been a stellar student since arriving to Spanish III CP1 in September. He is most always the first to class and greets me with a daily "hola." Chris is a very organized student who takes his studies seriously and is invested in class 100% of the time. He is an example of scholarship to his classmates and is always eager to gain more insight into the Spanish speaking world. I highly recommend him for this honor.

-Mrs. Kathryn Bacon

Freshman

Kayla Garey

Kayla made honor roll as an incoming term I freshman. She is always on top of her assignments. She works hard in class and uses her free time to focus on her drawings since she decided to join the art club after school. She helps students in class when they do not remember what the homework assignment is or if they need help.

-Mrs. Helen Kearns-Martorano

ACTIVITY AWARD

Elizabeth Saunders

Science Olympiad

Elizabeth was the driving force behind our recent successful fundraiser with Texas Roadhouse. Not only did she secure the location, she also secured a raffle basket and led the team in advertising and promotion of the event. She is the epitome of a leader, as she needed little or no direction from the faculty adviser.

-Mrs. Megan Schwartz

CLASS OF THE MONTH

Geometry Essentials

This class has been working extremely hard, and I am excited and encouraged by how much these students have grown and matured both academically and socially since last year. They are on task, take pride in their work, are learning to take more risks and beginning to "think outside the box." I look forward to seeing this group of students each day. They rock!

-Mrs. Karen Baumgartner

CITIZEN OF THE MONTH

Alexander Caskie

We would like to nominate Alex as Citizen of the Month for his work in acting as peer mentor to a student from the Career & Ed Program. Alex is the PE leader for the class and spends quite a bit of time befriending the student, acting as his partner. Alex genuinely enjoys being with the student which is evident in their interactions. He shows affection, giving the student encouraging pats on the shoulder, even demonstrating how a certain handshake is done. Alex is a wonderful kid who sees beyond someone's abilities and is able to make a connection.

NOVEMBER

Senior

GEOMETRY

Silvia Perpinan Matos

One might anticipate that Silvia, a student in the ELL program, might have difficulties in the heavily language-based Geometry course, but this is not the case. Silvia is doing very well in Geometry. Her work ethic is exemplary. Silvia comes to class with her homework completed, she frequently raises her hand to answer questions, and she willingly puts problems on the board. I am so proud of Silvia's accomplishments in Geometry.

Junior

LATIN

Meredith LoRusso

Meredith consistently demonstrates a strong command for the Latin language, and is an eloquent participant in every class discussion. Few can match her zeal for learning about classical antiquity. Her maturity and bonhomie contribute immeasurably to cultivating a productive learning environment in her section of Latin III Honors. Oh, and she gave Quamquam a much needed bath.

Sophomore

SPANISH

Christopher Balzi and Rebecca Smith

I am nominating Christopher and Becca as a TEAM because of the exemplary work they did working together in Spanish class. Last month Chris and Becca collaborated together on classwork, helped each other on homework, quizzed each other on Spanish vocabulary, stayed on task when working independently and demonstrated exceptional leadership for their classmates. They have been a wonderful, positive influence on the class.

Freshman

BIOLOGY

Abigail Rae

Abigail has taken the rigors of this course in stride and met the challenges head on. She is always enthusiastic, positive and eager to learn both Biology and new ways to conquer learning material. She is a pleasure to teach and is a role model for those around her as how to grow as a student. I love her passion and energy, and her daily presence in class is a refreshing reminder of why we challenge our students to help them grow.

ACTIVITY AWARD

Robert Waters

Speech and Debate Team

I am nominating Bobby, who recently broke into a final round at a previous tournament. He placed first in the event of Children's Literature at his very first tournament! In addition to Bobby's award, he should be recognized because he has been very dedicated and diligent all year long, whether it is rehearsing his piece after school with me or another coach, fundraising for the team or making an effort to attend all tournaments. Without a doubt, Bobby should be the November "Extracurricular Activity Award" winner!

-Mrs. Emily Murray

CLASS OF THE MONTH

Homeroom 2313

Mrs. Rachel Jackson

Grade 10 health screenings are a long and tedious state requirement for the health office to complete. This year we are trying something new by doing each homeroom on a PLC day. The students are notified and required to attend on their designated PLC day. The attendance has been suprisingly well but Room 2313 has been stellar! Not only did every one of the students show up for their screenings but they were courteous and polite as well. Thank you Room 2313 for making my job a little easier!

CITIZEN OF THE MONTH

Karishma Patel and Mahika Saxena

When the math department was looking for student representatives to do presentations for the eighth grade Open House I asked one of my calculus classes and Mahika immediately volunteered. When I mentioned it was usually a two person project, Karishma came on board. The two talked to Mr. Passegio then created a Google document brainstorming ideas for the presentation. They talked to the students and parents about their positive math experience at WHS, made them familiar with the type of calculator they would need and even gave a shout out to the Math Team on which they both compete. I am grateful to these two ladies for their service to the WHS math department and the Walpole community.



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EDITORIALS

Americans need to embrace political correctness

Republican front runner, Donald Trump, utilizes anti-political correctness to appeal to average Americans

By Jacqueline Davis
Staff Writer

In recent years, frustration in the American political process has peaked with the two least productive congresses in the nation's history, which are already responsible for one government shut-down and threatening to cause another over Planned Parenthood. As an attempt to distance themselves from this defunct system mired in conflict, the American public has looked to more unpolished politicians who speak their minds, regardless of whom they may be offending. However, this abandonment of political correctness only serves to add to the political turmoil the country faces in the 2016 campaign season.

Donald Trump—a strong proponent of speaking his mind using whatever colorful language he deems necessary—continues to improve in the polls with each offensive comment he makes. Following his call for a travel ban on Muslims entering the United States, Trump supporters praised his willingness to tell it like it is, and he subsequently improved to 41% in the national poll, a 27 point lead over his closest competitor, Ted Cruz. Blaming political correctness for recent terrorist attacks has allowed Trump to spread his message of hate without facing any significant negative consequences and to assert his belief that neither he nor this country has “time for total



Republican Presidential Nominees Ben Carson and Donald Trump both support the abandonment of political correctness.

political correctness,” as if having to recognize other people's humanity is too much of an inconvenience for him.

However, Trump is not the only offender. Ben Carson, Trump's more mumbly opponent, has compared Syrian refugees to “rabid dogs.” Regardless of the idea he was trying to express through this analogy, his rhetoric was intended to monger fear and to excite Americans against a perceived other. Carson argues that political correctness’ “most powerful tool is intimidation,” yet by dismissing political correctness, he intimidates American minority groups into conformity.

During the Dec. 16 Republican debate, discussion revolved around the growing terrorism threat the U.S. faces. Most notably, Cruz argued that the FBI's failure to monitor the San Bernardino terrorist's Facebook page because “the Obama Department of Homeland Security thought it would be inappropriate” and allowed the shooting to happen, but FBI Director James Comey



confirmed that she never openly supported jihadists on social media. Cruz's condemnation of political correctness is poorly supported and represents a widening acceptance of xenophobia.

Cruz also quoted FDR's grandfather: “All horse-thieves are Democrats, but not all Democrats are horse-thieves.” This parallel suggests that not all Muslims are terrorists, but all terrorists are Muslims, which is ultimately untrue, and serves only to increase the Islamophobia running rampant. Moreover, Cruz vividly described his plan for defeating ISIS and suggests that under his leadership, the U.S. would carpet bomb them until the desert glows. He, like Trump, does not care who he offends, and willingly discriminates against an entire religious group in the name of national security.

Politicians have also used the anti-political correctness sentiment to alter the truth to support whichever assertions they want to make. Most notably, Trump concocted a story in which he

argued that some Muslim Americans were celebrating in the streets of New Jersey on 9/11, but there has not been any evidence to support this claim (besides Trump's own firsthand account). Condoning a candidate's insensitive remarks increasingly enables them to distance themselves from the truth until they feel comfortable enough to

lie under the facade of brutal honesty. Despite the presidential candidate's ignorant comments, there remains an inkling of hope. In the wake of Trump's proposed Muslim ban and the onslaught of discriminatory comments, many Americans and politicians have united against these hate messages. Hillary Clinton has used the the ignorance of many of the candidates on her right to appeal to Muslim Americans and calls for a leader who “will stand up against hateful speech.” The movement against political correctness seems to be a movement towards religious intolerance, a justification for public hate, a tool for keeping the oppressed down. Americans—especially politicians—consistently praise the United States as a nation built on immigrants, but still anti-immigrant sentiment continues to grow. Therefore, at this pivotal movement, Americans need to recognize the danger of following these demagogues' message of hate and discrimination and work to create a more tolerant America.

Social media distracts teens from reality

The prominence of social media in today's generation raises the question of whether or not this tool is truly harmful or helpful

By Emily Martin
and Daanya Salmanullah
Assistant News Editor
and Assistant Editorials Editor

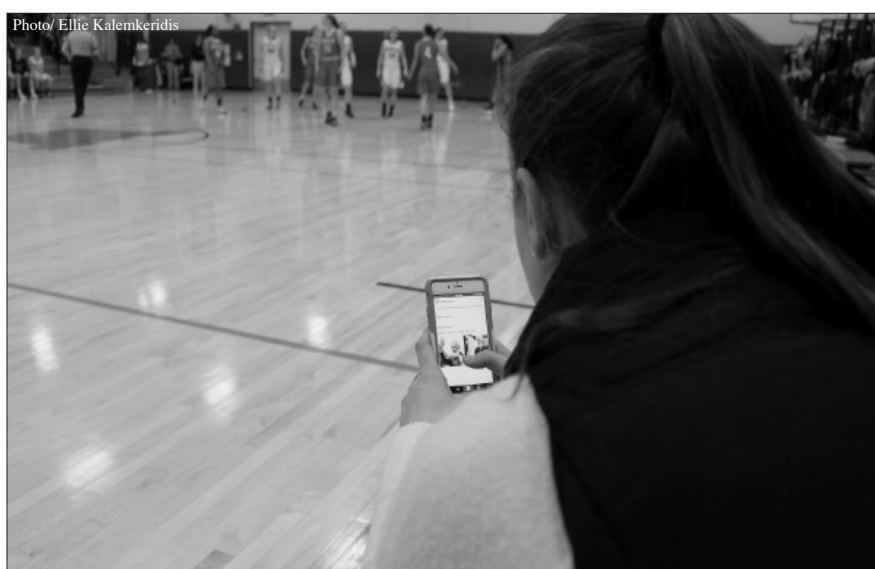
Recently, Essena O'Neill, an Australian public figure who gained fame through Instagram, decided to quit social media and caused a great controversy over the effects of social media on not only those who just use the applications, but are under the scrutiny of the public eye every day. Even though not everyone is considered to be famous on social media, ordinary people—especially teenagers—still feel the effects of being evaluated by their peers on several applications. With this era's teenagers fixated on technology, social media has become a prominent factor in the lives of people around the globe. This confusion brings about several major questions: is social media a beneficial tool? Is it detrimental to the upbringing of future generations? Or do we need to find a balance between using social media and living in the moment?

One of the biggest successes in social media stems from people's ability to alter their images to present a false reality. Applications like Instagram allow users to edit their photos and create an optimal presentation to share with peers and family. Often, these editing tools allow people to show themselves

in a more positive light. These devices allow people to empower themselves to be creative and original and let people develop their own aesthetic that they feel comfortable enough to share with others on a public platform.

Editing a photo in order to enhance or distort reality can sometimes have negative effects. For example, in photojournalism, the credibility of an image that is meant to inform the public is brought into question when something as simple as a filter is applied to the photo. In O'Neill's example, she pledged to quit all social media because of the radical extents she would put her body through to snap the perfect picture—all to get more likes and followers. The importance placed on a virtual following has been the impetus to losing sight of feasible goals within the uses of these media tools.

People fail to realize that photography is not only a means of journalism, but also an art form. Photos function as expedients and present a way to express an idea or feeling without needing to represent a truth. Parallel to this type of photography, surrealism—a style of art commonly depicted through paint mediums—allows the viewer to interpret a truth for him or herself, not holding the artist accountable. Many social media users enjoy using their accounts as an outlet for their creative side, but users



Students are notorious for using their cell phones during social events, from basketball games to hanging out with friends. The use of this technology may distract from truly enjoying life experiences.

must also remember not to focus on the likes of their pictures or the followers of their accounts as a means of how successful they are on social media.

Social media is not a means of validation. Many often define themselves and their “worth” based on the amount of followers or likes they receive; nonetheless, it is up to the user to use social media responsibly, in that they draw their focus away from the likes and the followers, and instead focus on natural and interpersonal relations rather than synthetic ones.

While social media functions as a help-

ful tool, we are still sacrificing personal and first hand experiences as we capture a fleeting moment on our cell phones. When you see a video of your favorite artist performing live, you do not wish to be that person recording the moment. You wish to be experiencing that moment in its most authentic form. Feeling the pulse from the speakers of your favorite song, legs going numb from dancing for hours, embracing the aura filled with pure happiness and adrenaline — free from distraction. Life may fly by, but it is better captured in your memory than an immaterial screen.

Next Sunday Class - Jan 17th 8:45am-3:30p
And 1 Week Class - Feb 15th 8:45am-3:30pm
Next Saturday Class - March 12th 8:45am-3:30pm
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Under New Management

Should students use personal laptops in class?

In recent years, technology has taken over classrooms throughout Massachusetts, with laptops and online textbooks supplementing or even replacing traditional notebooks and paperbacks. Ann Arpin, director of technology integration for Walpole Public Schools, highlighted this technological reality when she said that “chromebooks will become what the pencil is.” While students may benefit from the capabilities of laptops, there is a risk that students distract themselves. Would laptops ultimately do more harm than good in the classroom, or would they prove to be an efficient and useful tool?



By Christian Carr-Locke
Staff Writer

YES, students should use their personal laptops in the classroom. Today, technology plays a dominant role in the academic community. Students use their laptops at home for research purposes, essays and projects. Furthermore, laptops act as an easier way for students to organize and access their notes and documents, as well as educational internet resources.

Schools typically allow students to bring their laptops to school for note-taking purposes. Laptops also serve as a means through which students can access their classroom textbooks and conduct internet-based research. Wouldn't it be easier to keep textbooks in one place, rather than have to lug them around in a backpack all day?

With laptops, students who struggle

to keep up with the fast-paced style of note-taking can take notes in an efficient and organized manner. That being said, students would still have the option of taking notes with a pencil and paper.

Walpole High School teachers recognize the impact of different Google resources and the sharing capabilities associated with each one. The learning environment becomes more collaborative when students use their laptops as they can use the aforementioned resources to share documents or add to one another's notes during class.

Now, one may argue that laptops are a distracting force for students. Students may check how their fantasy teams are doing while class is going on, right? However, this isn't middle school anymore: high school students are young adults getting ready for college. If students choose to check their twitter, then they will suffer the consequences when test day rolls around. School regulation of social media is an option to prevent students from accessing those distracting alternatives to note-taking.

While laptops in the classroom may be untraditional, they offer students an ease through which they can conduct their note taking or other classroom activities. Students who continuously lose their notes and papers can keep all their notes in one organized file on their laptop. When students get to college they constantly use their laptops, so why shouldn't they get in the habit of doing so in high school?



By Andrea Traietti
Lead Reporter

NO, students should not be allowed to use their laptops in the classroom because they are simply too distracting. In a quiet classroom, the sound of thirty kids typing away on their chromebooks is enough to drive even the most focused students absolutely crazy. Even visually, in a dark classroom the laptops, each of which most likely displaying a different website, present more entertaining focus points than a slideshow of endless notes does. There really is no way for a teacher to know whether a student incessantly typing on his or her computer is diligently taking notes or mindlessly scrolling through social media websites. Even if they are used just for taking notes, laptops in the classroom will prove to be a major distraction taking

away from students' overall learning.

Besides the fact that they sidetrack students, laptops already play too much of a role in modern education. Through Google Docs, Google Classroom, x2, and other educational websites such as Lynda or Edmodo, technology has gathered a growing presence in the classroom. While these sites are often very helpful and have a generally positive impact on learning, they are used extremely frequently. Short amounts of time 'unplugged' from the computer during the school day can do no harm to students. Additionally, time spent in the classroom without being distracted by light from the screen, sounds of typing, and the compulsive need to check social media will help students to retain information and focus on learning and note-taking. In 2003, Stanford University's study on laptops in the classroom by Helene Hembrooke and Geri Gay revealed that students who had open laptops in the classroom performed significantly poorer than those who had closed laptops.

Overall, while laptops can be a great resource for many students outside—and often inside—the classroom, they are too much of a distraction to have a beneficial effect on learning when allowed in class. Allowing students to choose where and when not to use their laptops will decrease focus and overall retention of information in the classroom.

College Board may be harming more than helping

Issues from high expenses to late scores create difficulties for students

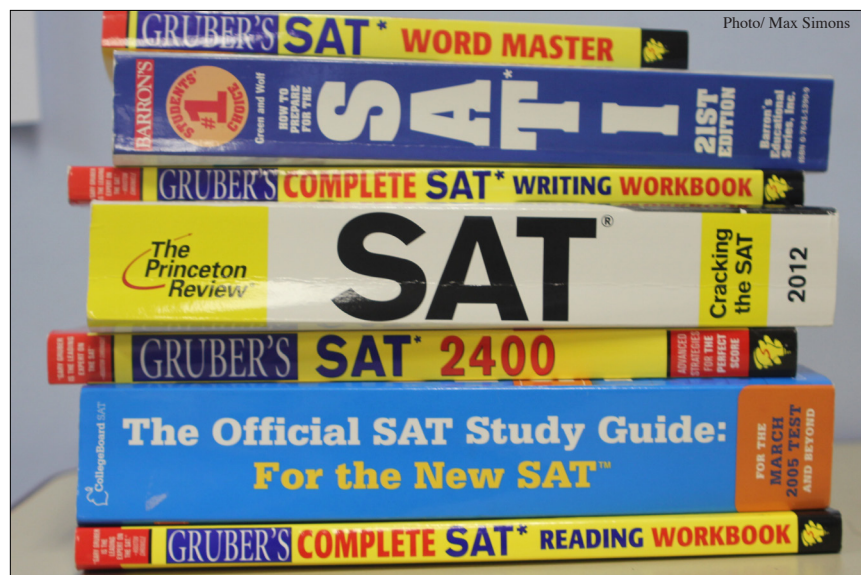
By Lauren Wigren
Editorials Editor

The first semester of senior year can make or break a student looking to attend college. With first-quarter grades to maintain, college applications to polish, and final opportunities to better standardized test scores, seniors have enough on their plate to keep them on edge until that first acceptance letter arrives. They usually can rely on their teachers, guidance counselors, and online accounts to lessen the burden and ensure that their supplement materials will arrive on time.

This year, however, many seniors experienced far more stress than necessary, as College Board, the infamous SAT company, experienced technical difficulties that delayed the delivery of thousands of students' SAT scores to their top colleges. Concern arose regarding College Board's ability to deliver scores by the November 1 early action deadline, and for some students, these fears came true.

According to patch.com, College Board generates a profit of \$62,000,000 annually from students who require their services for college admission, so it is not asking too much to expect that they provide these services in an organized and efficient manner. "They had one job," said senior Allison Cullen, "Why weren't they prepared?"

College Board's lack of preparation this past fall has raised some major concerns: Why does College Board have to play such an integral role in a student's college admissions process,



and why are they making so much money despite their incompetence?

While many schools have adopted a test-optional policy, the majority of students will still need to take a standardized test and submit their scores to at least one of their schools. With countless workbooks and prep classes geared towards College Board's SAT, the majority of students feel confident that they can succeed on the SAT and opt to take it at least once, already spending \$54.50. If these scores aren't satisfactory, students will likely opt to take it a second, or even a third time, spending the same amount of money on each attempt. Finally, if a student decides that their scores are satisfactory, or if they are applying to a school that requires standardized test scores, College Board will charge them an additional \$11 (or \$30 for quicker delivery) to send scores.

By the end of the admissions process, it is quite likely that a student will have spent over a hundred dollars—a combination of having taken multiple tests and sending scores to multiple schools—simply to fulfill the admissions requirement. College is already expensive: tuition, fees, applications—students should not be forced to bear a heavier financial burden for the test-taking step of the application process.

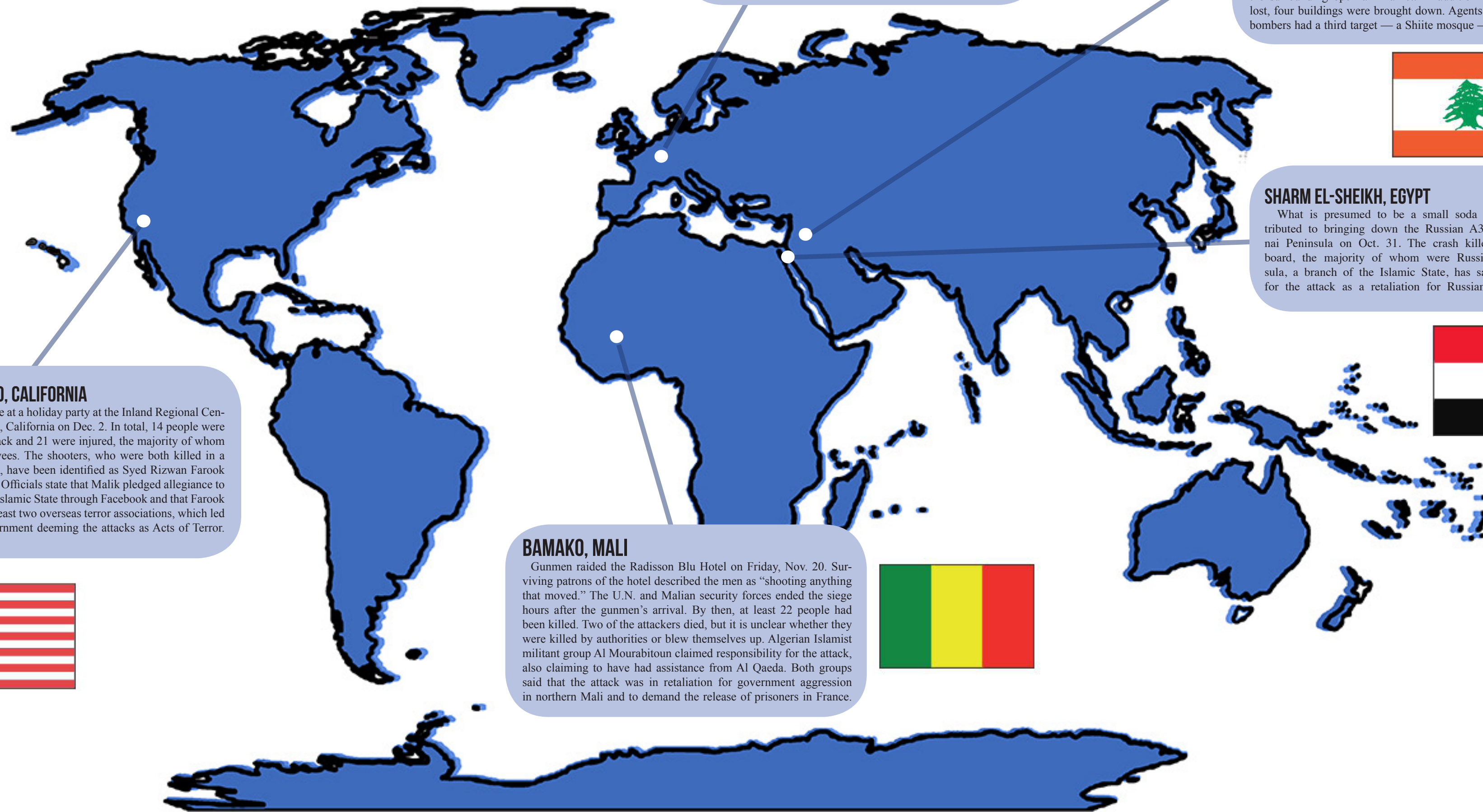
If students must continue to use College Board's services, they should at least be guaranteed a painless process. Between a brand new SAT without many prep options available and their apparent technical difficulties that prevented them from delivering students' scores on time, College Board is causing some major difficulties, all while making millions. The new SAT will be administered for the first time in

March, and will be based on the common core standards—putting students in low-income districts as well as students who are new to the curriculum at a disadvantage. How can these students possibly succeed if they lack the necessary resources to prepare for the test?

Aside from the new SAT, students already applying to colleges are facing serious College Board-related setbacks as well. As a result of the delayed scores, some students did not meet the early action deadline and were pushed into regular decision. "I missed the deadline for more than one school because of College Board's issues with my scores," said senior Catherine Shivers. For these students hoping to receive early action benefits, College Board's incompetence prevented them from reaching their goal, and now they are facing the consequences for someone else's incompetence.

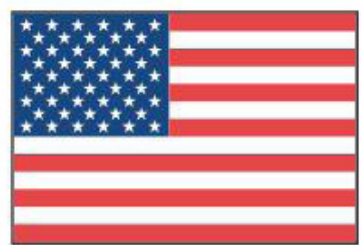
Many students are working hard to be accepted to college. Among their responsibilities are essays, applications, and academic performance, so they should receive an adequate amount of help delivering their supplement materials, and should not be punished for mistakes they did not make. Since College Board is making so much money off of students, the SAT process should be fair, and the delivery of scores efficient. If mistakes still occur, colleges should look to other means of obtaining information from students, rather than penalize them. Why add to the stress of a student working rigorously and efficiently to meet the deadline and be accepted?

World News: TERRORISM



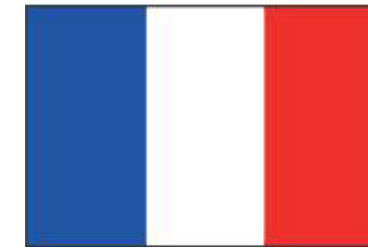
SAN BERNADINO, CALIFORNIA

A couple opened fire at a holiday party at the Inland Regional Center in San Bernadino, California on Dec. 2. In total, 14 people were killed during the attack and 21 were injured, the majority of whom were county employees. The shooters, who were both killed in a shootout with police, have been identified as Syed Rizwan Farook and Tashfeen Malik. Officials state that Malik pledged allegiance to the self-proclaimed Islamic State through Facebook and that Farook had contact with at least two overseas terror associations, which led to the Federal Government deeming the attacks as Acts of Terror.



PARIS, FRANCE

Friday Nov. 13 proved truly tragic when a restaurant, a concert hall and a stadium were attacked in Paris, France by gunmen and suicide bombers. 129 people have been confirmed dead since the attacks. Recently, the self-proclaimed Islamic State of Iraq and Syria was determined the terrorist group responsible for the massacres. On Wednesday, Nov. 18, Belgian and French security agencies conducted a raid in Saint-Denis, a Parisian suburb, because of a phone communication indicating that the suspected ringleader of the Paris attacks, Abdelhamid Abaaoud, was there. Abaaoud has since been killed.



BEIRUT, LEBANON

Suicide bombers killed 43 people and wounded 239 more in Beirut, the Lebanese capital, on Nov. 12. A would-be suicide bomber who survived the attack and declared that Isis was the culprit. The survivor, who was captured by authorities, also explained that he and three other attackers arrived to Lebanon from Syria three days prior. The explosions occurred 500 feet apart over a span of 5 minutes in the Bourj al-Barajneh district in southern Beirut, shaking the surrounding open air market. In addition to the human lives lost, four buildings were brought down. Agents also found that the bombers had a third target — a Shiite mosque — which was saved.



SHARM EL-SHEIKH, EGYPT

What is presumed to be a small soda can bomb can be attributed to bringing down the Russian A321 airliner in the Sinai Peninsula on Oct. 31. The crash killed all 224 people on board, the majority of whom were Russian. The Sinai Peninsula, a branch of the Islamic State, has said it was responsible for the attack as a retaliation for Russian air strikes in Syria.



BAMAKO, MALI

Gunmen raided the Radisson Blu Hotel on Friday, Nov. 20. Surviving patrons of the hotel described the men as “shooting anything that moved.” The U.N. and Malian security forces ended the siege hours after the gunmen’s arrival. By then, at least 22 people had been killed. Two of the attackers died, but it is unclear whether they were killed by authorities or blew themselves up. Algerian Islamist militant group Al Mourabitoun claimed responsibility for the attack, also claiming to have had assistance from Al Qaeda. Both groups said that the attack was in retaliation for government aggression in northern Mali and to demand the release of prisoners in France.



Watching the world from Walpole: How terrorism has changed people’s perceptions of the east

By Daanya Salmanullaah
Assistant Editorials Editor
EDITORIAL

Following the attacks in Paris on Nov. 13, the world has become especially vigilant when it comes to its Muslim inhabitants. With the self-proclaimed “Islamic State” quickly claiming responsibility for the attack, many members of the western world have developed the ideal that people from nations that terrorists stem from and those who follow the religions that terrorists claim to follow are all terrorists; however, the people of Islamic nations are more than the terrorist identities placed on them by media and the Western world.

Now I admit that the band of countries from the Middle East into western Asia is not the safest

place in the world, but it is more of a threat to itself than to the rest of the world. The countries that terrorists stem from are the ones that are most affected by these malicious groups. Worldwide, Iraq was the worst-affected country by terrorism, accounting for 34% of terrorism-related fatalities in 2013, with Afghanistan ranked next with 17.3%, and Pakistan ranked third with 13.1%. Aside from the nine most terrorist-infested countries, the rest of the world in total makes up 10% of terror attacks. America’s irrational fear of people who originate from stereotypically violent nations brings about a new problem of its own: islamophobia.

One of the biggest causes of islamophobia is premeditated bias structured primarily off of myth and misinformation, the biggest misinformant being politics. Whether you are a Democrat, Republican,

or neither, you should not let the assumed ideal of your political orientation define your standard on one of this generation’s most controversial topics. Currently, many prominent figures are claiming that the Islamic religion is distinctly a religion of violence. They are claiming that the Quran, the Islamic book that calls for “Mercy, Peace, and Compassion” 355 times, is asking for war. You mustn’t let these biased claims of fact guide your opinion. The Republican party specifically has developed an anti-islamic sentiment contrary to its most recognized member George W. Bush, who categorized an issue like that of ISIS explicitly just a few years ago: “We do not fight against Islam. We fight against evil. The war against terrorism is not a war against Muslims, nor is it a war against Arabs. It’s a war against evil people who conduct crimes against innocent people.

That’s not what Islam is about. Islam is peace.”

Flight attendants deny influential women like Tahera Ahmad soda cans because of the fear that they will be used as weapons. Police arrest inventive children like Ahmed Mohamed out of the fear that they are making bombs. The truth is that Islam is a religion that reprises the Torah and Gospels that all speak of the same God. Whether you believe in God or not, there are myriad similarities between people from stereotypically terrorist nations and those from America.

Muslims are being dehumanized and jumbled into one large group characterized by hatred just because they have different ideals than those of western countries. People are all just people and it’s about time that we, as humans, stop discriminating against each other with useless motives. Each and every person should be held to the same standards,

which call for equal categorization and punishment of any murderer or criminal unlike how it is now. If a Muslim man shoots in a public zone, the whole religion is blamed. If a Christian man shoots in a public zone, he is deemed a mentally troubled lone wolf. What happened to all men are created equal?

Calling someone a terrorist or making fun of them because they are from a place where terror runs rampant is not going to solve any problems. In fact, insulting a whole religion of people — about 1.6 billion people, or 23% of the world’s population, to be exact — will create more problems if anything. Muslims are not all terrorists like Americans are not all in the KKK. Just because violent people are claiming to identify with a certain religion does not mean that everyone who follows that same religion believes in those same corrupt ideas. No

one should be defined by someone else’s identity.

Even though Walpole is close to a major city like Boston, it is still a small town. Because of its isolated nature, it is especially important that we remain educated members of society in order to be free of insular viewpoints like those that present these ideals of racism and islamophobia. Take the chance to learn about the lives of your Muslim peers. Learn first hand what it’s like to be them, and I am sure you will discover information that could completely alter your point of view. Read different newspapers from all around the world — there are many sides to every story. Try to find out what they are. After all, if we let our perceptions become bigoted and start attacking people because of the illusion that they are worse than us because of their beliefs or origins, we will be no better than the terrorists themselves.

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A & E

Veganism Q&A: *Senior Matt Moriarty embraces new healthy lifestyle of veganism*

By Emily Luong
A & E Editor

Veganism is the practice of abstaining from animal products in one's diet and in one's everyday life for health, environmental, or moral reasons. Across the country, many people are choosing to become vegan due to a collective awareness of how food is prepared and its origins, as well as health reasons. In the following Q&A, Walpole High senior Matt Moriarty discusses his experiences as a vegan.

The Rebellion: Why did you decide to become a vegan and what was your diet before becoming one?

Matt Moriarty: I decided to become a vegan because I read a book during my freshman year called "The Kind Diet" by Alicia Silverstone about how the meat industry from which we get our food affects the environment and our health. Before becoming a vegan, I dabbled in vegetarianism but I dropped it when I was in eighth grade. Then freshman year it was revived when I read "The Kind Diet" and I learned about the realities of food production.

R: What are the pros and cons of being vegan?

MM: Many people think that vegans are really limited in their food choices, but veganism definitely helps expand them. When you are a vegan, you learn about all these foods that are out there from different countries. Also, by focusing on vitamins and nutrients, you get more of a complete and balanced diet because you're not completely relying on animal sources to get those nutrients. The worst parts are the stigmas. People always ask where I get my protein from. In society, people are trained to think that meat is the only source of nutrients. Also, some people personally feel attacked and believe that I think that I am better than them but I am a vegan just for myself and the environment.

R: Do you think that the high school cafeteria provides enough vegan-friendly options?

MM: Yes I definitely think so. I don't think that they're anything special, but the school cafeteria has the salad bar, and the cafeteria had a vegetarian week earlier this year. It was a great thing because as a society, we need to become less dependent on animal-based food and focus on whole foods and a plant-based diet. I think that the cafeteria is doing a good job, but I think that it can definitely be better and make things like the vegetarian week a permanent option.

R: Are there any cookbooks, websites, and/or TV shows that you draw inspiration from?

MM: There's a really cool blog online called ohsheglows.com. The woman behind the blog, Angela Liddon, has really good recipes. I also find inspiration on onegreenplanet.org. In addition to reading websites, a lot of inspiration is just going to grocery stores and seeing what products I can try today.



Moriarty finds foods that fit his diet at grocery stores such as Stop and Shop and Big Y, despite the common misconception that only high end grocery stores such as Whole Foods offer a wide range of vegetarian or vegan options.

R: When shopping for vegan products or eating out, what are some grocery stores or restaurants that you go to?

MM: I think that mainstream stores like Big Y, Shaw's, and Stop and Shop are becoming more balanced in terms of their options, and their organic sections are becoming bigger. Whole Foods is also a good option. In terms of restaurants, it is really hard today to find a good vegan option because they have decent vegetarian options but not a lot of vegan options especially in the suburbs. But The Farmer in the Dell in Walpole is very accommodating.

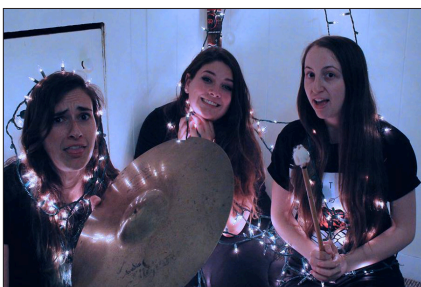
R: What advice could you give to people who are interested in going vegan?

MM: Going vegan means there is a lot of pre-planning and meal prepping, especially on a Sunday night, when you have to get food organized for the week. Also, reading up on veganism and getting more information is important. You have to learn about the stigmas of veganism so that you are ready to defend yourself if someone tries to say something negative about it.

Alumni musicians: *Recent local graduates put talents to use with bands and solo careers*

By Natalie Luongo
A & E Editor

SELF TITLED



All three members of the band Self Titled went to Walpole High School—Jess Gromada and Glynnis Brennan graduated with the Class of 2012 and Ali Ajemian with the Class of 2013. They were all involved with music programs during their time at WHS.

After meeting in high school, all three enrolled in college and went on hiatus. They reunited this spring and have been releasing covers of songs. Despite conflicting schedules, they wrote five songs so far and are recording their first EP.

"As long as you're having fun and you like the music you're making, then that's all that really matters," said Gromada.

"We make it work," says Brennan, despite the all-female group's struggle to be taken seriously amidst the sexism in the music industry. Brennan advises students who are interested in music to take chances. Self Titled is ready to take chances too, as they seek to play more shows and release their first EP.

Self Titled's latest singles can be found at <http://bandselftitled.bandcamp.com/>.

MARIA EARBINO



After graduating in 2014, Maria Earbino decided to focus on her passion and talent for music. In high school, Earbino was involved in musical activities such as coffeehouses, music classes, and the Film Festival.

"[WHS] is without a doubt the reason I am the musician I am today...anywhere else, I definitely would not have had the opportunities I did," she said.

Earbino now spends time writing, practicing, recording, and playing new content. The time she has taken off from school has helped her lyrics become deeper and more raw, she says.

Despite all of her progress, though, she still faces obstacles.

"The hardest part of this journey is the constant rejection and judgment I've received...for following what I really want to do. It's been a lot to take in," she said.

Even as she faces doubt, Earbino's level of comfort with music—she has been playing piano and singing since childhood—keeps her grounded.

The first song from her EP, "Pillow," can be found on her Bandcamp, online at <http://whynox.bandcamp.com/>.

FIRE|DRIVE



Although Delaney Morrissey, Molly Millette (WHS Class of 2015), and Haley Senft did not participate in music programs at their high schools, they have been passionate about music for years. However, since enrolling in college, the band members have committed themselves to their music, recently releasing their first EP and making plans to tour.

FIRE|DRIVE writes from their personal experiences, as the trio struggles with family and friends who are less than supportive, gaining inspiration from their surroundings and the bands they grew up listening to—staples including Paramore and PVRIS.

"It is really hard to stay positive about it when you have those negative voices trying to beat you down," said Morrissey.

Millette stressed the importance of staying true to oneself.

"Don't waste your time being unhappy," they said. "I know it's hard and it feels like you can't, but just be yourself...people will follow." FIRE|DRIVE's first EP can be found on their Bandcamp at <http://firedriveband.bandcamp.com/>.

BAY FACTION



Bay Faction members James McDermott, Kris Roman, and Connor Godfrey (WHS Class of 2013) did not know each other before starting their band. The latter two responded to a post by McDermott looking for local musicians in late 2013. Since then, the band has solidified its identity as an innovator in the Boston indie rock scene. All three members attend Berklee College of Music and take inspiration from Boston as well as the alternative and rock bands they admire.

Connor Godfrey is the only member of Bay Faction that attended Walpole High School, but he cites Falker as one of the reasons he chose to make music.

"[Falker] inspired me and is one of the reasons I chose to pursue music as a career," said Godfrey, who enjoyed music from an early age and later played in the high school band. Bay Faction's last album, "Bay Faction," can be found at <http://bayfaction.com/>.

A week without my iPhone

By Andrea Traietti
Lead Reporter

It was no Walden Pond, but my week without a phone has opened my eyes to not only the negative aspects of technology, but also its multiple useful qualities. Now, I can see my phone as a functional and helpful (and often times simply entertaining) technological tool rather than a mode of connection to those around me, a good view to have on a piece of technology that has such a ubiquitous presence in modern society.

Sunday



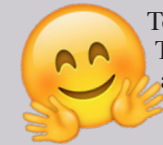
I shut my phone off last night at 11. Looking at the words “slide to power off,” I got slightly stressed and pathetically checked Instagram one more time. I haven’t had the feeling that I need to check my phone; I would characterize it more as a craving in a weird way. I find myself weirdly looking forward to volleyball practice later because I can find out from my friends what I’ve missed. Is this an early sign of desperation setting in? I’m not sure.

Monday

I’ve been too busy to be on my phone at all today. I do, however, want to check my messages because I hate missing texts and not being able to reply to them. Also, when I think of a witty comment that I want to tell to my friends, I can’t tell them because usually what I have to say would be unworthy and probably kind of weird for a special phone call.



Tuesday



Today, I’ve just found other ways to be distracted. The time I spent on my phone after school wasn’t actually due to an “addiction” to it, as my parents would say, but because it was an opportunity for me to do nothing, and after school I’m so sick of thinking that I just want to do absolutely nothing. My parents told me tonight that they think I’m more “conversational and loving” now that I can’t use my phone. I don’t see much of a change in my personality, but I think I have been more talkative with my family than I typically would be.

Wednesday

Today’s newest outlets for distraction included reading various New York Times articles and watching old SNL episodes. At this point it’s just a hassle to not have my phone as a mode of communication and discussion. I feel bad that my parents are worried about my whereabouts; they text my friends if they’re wondering when I’ll be home. On the plus side, I do think I’m more involved in everyday conversation. I find myself talking more to my family and friends, even though my phone limits the possibility of talking with them through text. In other news, I transitioned to emailing my friends rather than texting them. A quote from one of my emailing companions sums up this unconventional mode of friendly communication: “The homely misunderstandings and miscommunications of email are so candid and sincere. I love it.” Relatable, right???



Thursday



Today, I found myself frustrated by the lack of a phone at the most random times. There are some instances I just really want to use my phone, like when I get out of practice or when I’m leaving certain classes. It has become an impulse for me to check my phone after short periods of time when I’ve been away from it. This, in turn, has led me to start examining the role of my phone as a social crutch. It’s oddly alarming to me that I use my phone in awkward situations when I don’t have anything to say or I don’t feel like talking. Specifically, when I’m at lunch, the people around me are using their phones and in certain situations I instinctively want to use mine, only because that’s what everyone else is doing.

Friday

Today has been the hardest day by far without my phone, because after school on Friday I literally just go home and use my phone for an hour or so because I don’t have to do any homework and I’m typically too tired to physically stand up. I’m so stressed that I’m going to miss what my friends are planning on doing tonight that I emailed them. [I thought about actually giving them a phone call, but I’m not sure we’re ready for that kind of commitment yet, if you know what I mean.]



Saturday

When I got my phone back this morning, I had hundreds of text messages to catch up on and spent roughly 45 minutes skimming through photos I missed on Instagram. I guess even Twitter recognized my extended absence, kindly filling me in on “what I missed while I was away.” It’s a relief to be able to text my parents when I need to. And of course I’m happy that I can text my friends again. However, looking back on the week as a whole, I can’t say I missed social media. There’s something refreshing about not having that compulsive need to hit refresh. And so I think the main thing I’ve learned this week is that I’m not really that dependent on my phone. In fact, I think in general this has been a really enjoyable experience. I could definitely see another technology detox in my future, when I really need one. Just not right now.



Staff members use modern slang

The Rebellion sent a survey to all of the faculty at Walpole High, to see how up-to-date they are with modern day slang. Here is what some of WHS’s staff thought modern slang words mean:

By Natalie Luongo
A & E Editor

Low-Key

[lō-kee]. Adjective/adverb. to have little emphasis; to keep things secret; secretly or discretely.

“Low-key, your mischief knows no bounds!” said Thor, Prince of Asgard, as he foiled his brother’s underhanded plan.”

- Michael Alan

“I low-key want to go to the movies this weekend.”

- Laura Kay

Spill the tea

[spil-thē-tee]. Phrase. when one tells an especially juicy bit of gossip.

“My friend brought up his hatred of all things conservative in front of my Republican dad. She really spilled the tea on that one.”

- Christine Giblin

“Dude, you spilled tea all over my parade!”

- Gordon Strick

Aesthetic

[es-the-tik]. Adjective. Coordination of one’s surroundings to be pleasing to the eye.

“She is possessed of an unusual aesthetic that renders her aesthetically unusual.”

- Gordon Strick

“Hey, dude, those basic hacks think they’re aesthetic.”

- Michael Alan

Ship

[ship]. Noun/verb. Short for romantic relationship; to endorse a romantic relationship.

“It’s hard to ship any couple in The Walking Dead, since you know people are just going to die and leave their boy-friends/girlfriends sad.”

- Christine Giblin

“I use UPS to ship my packages.”

- James Connolly

Salty

[sòl-tē]. Adjective. A person who is bitter; a person who is a little bit angry or upset.

“Things might have gotten salty if the principal hadn’t showed up.”

- William Powers

“Why is Ms. Sprague’s attitude so salty today?”

- Rachael Sprague

Goals

[gòlz]. Noun. When someone or something is beautiful and perfect, the whole package.

“#teachergoals”

- John O’Leary

“Ms. Culliton has Farmer and the Dell for lunch. Literal lunch goals.”

- Bailey Tighe

Photos/ Ellie Kalemkeridis



“They are like so low-key and chill homie.”

- Ashley Prickel, Music



“All my students like to spill the tea to me, because they think I’ve got some chill.”

- Bailey Tighe, English

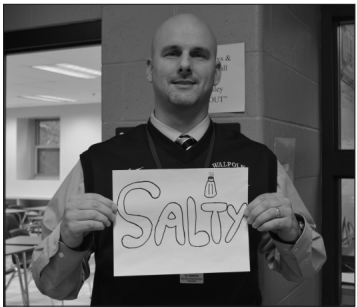


“My polo shirts and khakis are straight aesthetic.”

- James Connolly, Grad Point



“I shipped Katniss and Peeta.” - Laura Kay, Latin



“After his bae threw shade at him, Joe was a little salty.”

- David St. Martin, Math



“There’s this adorable old couple at the Dunkie’s on 1A every morning. I see how their love has lasted and I’m like, ‘Goals.’”

- Christine Giblin, English



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SPORTS

Playing for Walpole versus playing for a club team

Taking a look at the differences in experiences of students playing a sport for Walpole or for a club team

By David Moser
Sports Editor

Upon entering high school, students are faced with many decisions, from which classes to take to which clothes to wear. For the students who play sports during high school, there is one more decision: should they play their sport for Walpole High's team or for a club team? During the season, some clubs only allow their players to play exclusively for that one team, and high school sports have practices or games after every school day and sometimes on Saturdays. With these limitations, along with the mountains of homework that students receive, playing both high school and club is often difficult. As a result, student athletes are faced with the tough choice of choosing an activity in which to participate.

Deciding what team to try out for can depend on what works best for the individual. Sophomore midfielder Lucas Ferrera played for the New England Football Club his freshman year, while during his sophomore year, he came back to play for coach Delaney on WHS's boys soccer team. "It was mostly because of the scheduling conflicts," Ferrera said.

Students who want to play basketball can either try out for the high school's team or for Walpole's recreational league, but not both. In this case, Rec functions mainly as a club for kids who are looking to play but did not make one of Walpole High's teams.

"Both [high school and Rec] are very fun and intense, but are different experiences. Players should be able to play both so to get more experience playing the sport," said Junior James Randall, who has played both WHS and Rec basketball.

The team aspect is what persuades most kids to play for WHS. They want to be able to make school history alongside their peers.

"I like the team aspect. Being on a team and being with friends is why I want to play for Walpole," said senior Hiromi Kondo, a prime example of a student athlete who switched from a club team to Walpole High's team. She joined Walpole High's gymnastics team this year after competing individually for Paradise Gymnastics since she was in sixth grade. Kondo brings experience to the WHS team, who failed to win a single match last year (0-9).

On the other hand, some students play club so that they can be more



Photo/ David Moser

Junior James Randall dribbles the ball during Monday's practice at Walpole's boys varsity basketball team.

easily scouted for college teams. Club teams serve as a platform for players to showcase their skills and talent while also playing for fun.

Senior Sarah Rockwood is another example of a student athlete at Walpole High who has experience playing both club and Walpole. She is one of the few athletes to actually play both at the same time. Rockwood has been playing for the field hockey club, Lead the Way, since she was in seventh grade, on top of playing for Walpole High's Porkers since sixth grade.

"I play club because I want to play

[field hockey] in college, so I knew that playing club would help me achieve that goal." Rockwood added, "I knew it would be a challenge to do both, but practicing my own skills with club, and then focusing more on the team aspect at WHS would both help."

While playing club or high school sports can have very different benefits, they both provide the opportunity for athletes to participate in the sports they enjoy. The decision lies in what the student is looking to get out of high school experiences and what the student sees for his or her athletic future.

Team traditions

Gymnastics team welcomes Kondo

During a sports season, many Walpole teams have traditions in order to maintain their chemistry on and off of the field. Some traditions, like team dinners, are universal throughout all sports. However, most teams have traditions that are wholly unique to them. Here is a look at some of the original traditions of sports teams at WHS.

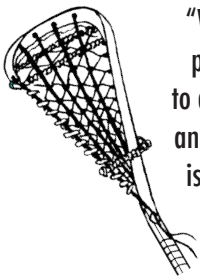


"When we have our hardest practice workouts, the whole team wears pink shorts."

-Senior Christian Carr-Locke,
Boys Cross Country

"Before every game this year, we listened to 'Forgot About Dre' by Dr. Dre in the health room, and then when our coach came in he started rapping the lyrics."

-Senior Ian Fair, Boys Soccer

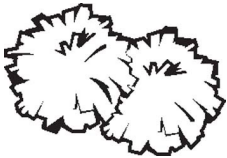


"We put tape on the lower part of our left pinky before every game so when we get to a tough point in the game we look down and remember that everyone has the tape, is part of the team, and is working hard."

-Junior Sophia Giovaniello,
Girls Lacrosse

"Before every competition, Chloe [O'Hara] leads us in a prayer and we do one jumping jack for every member of the team."

-Junior Katie Mazzotta,
Cheerleading



By Ben Brownsword
Sports Editor

"We do a cheer before every game called 'When the Porkers Take the Field.' The captains share inspirational quotes and then we listen to some trap music and get after it."

-Junior Melanie Weber,
Field Hockey

By Sophia Giovaniello
Staff Writer

After a season full of losses last year, the Walpole High gymnastics team looks to improve this year with the addition of healthy athletes and first-time members. The Rebels hope that the addition of senior Hiromi Kondo will help them get their first win in over a year. Although Walpole Gymnastics lost their first 2 meets of the year to Framingham and Wellesley, Kondo garnered many points for Walpole.

Kondo has been participating in club gymnastics since second grade and started competing beyond Paradise Gymnastics meets in sixth grade. From sixth grade through

her sophomore year of high school, Kondo scored well enough at her regional meet to participate in the USAIGC World Championship meet, which showcases young gymnasts from the U.S. and a few other countries. This year, however, she decided to compete for Walpole High's team, a group that contains few upperclassmen. Kondo earned 32.65 points for the Rebels in her opening meet, but the Rebels still lost to Framingham.

"This year the team is looking better with many new girls that bring many new skills. [Kondo] brings skills to every event from her many years of experience. I expect that she will help us increase our scores to help us win," junior Elyse Good said.

She competed for the Rebels in all four events: floor, beam, bars, and vault. She placed first on beam with a score of 8.45, out of ten possible points, and placed second for vault with a score of 8.3. These high scores helped Kondo to earn the highest all around score in the meet, a 32.65.

The loss to Wellesley this year on December 21 was a similar meet with a final score of 129-115.45. The Rebels improved their score from last year versus Wellesley, which was 130.1-113.35.



Photo/ Max Simons

The 2015-2016 season is senior Hiromi Kondo's first on the Walpole High gymnastics team. Previously, Kondo participated in gymnastics at Paradise Gymnastics in Walpole and attended national gymnastics competitions.

One of Walpole Gymnastics captains, senior Kaitlin Porter, spoke of Kondo's addition to the team. "[Kondo] will really help the team this year. She can help wherever needed and do whatever is asked of her," Porter said, "She competed all around [against Framingham], and probably will all season, which is great for the team. She really brings a lot of depth, and everyone is working well together, so I have a really positive outlook for the season."

This year the Rebels look to bounce back from last year as they regain players that were injured last season. With the additions of Kondo and freshman Jacqui Mulcahy, the Rebels have gained more experience through the years of club gymnastics both have done.

"I would say the team is a lot stronger this year than last year because there are less people injured and we are gaining experience," Kondo said. "My best asset to the team is probably my experience and level of skills I have been able to develop over many years of competing."

About coming to play for Walpole's gymnastics team, Kondo said, "Part of the reason I joined the Walpole High team is because I love team sports. It is really nice to have another team sport in addition to soccer."

CONCUSSED

Walpole's youth starts exploring ways to avoid head injuries in the future by joining the new flag football league

By Andrea Traietti
Lead Reporter

Football is undoubtedly one of America's favorite sports. In fact, football is ingrained within American culture and tradition, and its impact reaches beyond athletics. The football quarterback is always the quintessence of manliness and athleticism in movies; fathers eagerly teach their young sons to throw a football in the backyard; and, of course, every Sunday, families gather not so much for church or dinner, but to watch the best football games on television. However, new statistics and research have revealed that America's most beloved sport may not be its safest.

Concussion discussion has grown to be a ubiquitous topic in the sports world. Even outside of the realm of athletics, in science and even the media, concussions and other brain injuries have become an increasingly popular topic of discussion. From the NFL's donation to brain research to the new movie "Concussion," starring Will Smith, it seems as though these brain injuries have taken a forefront in sports, medicine, the media, and pop culture. It's no surprise now to see how new research and information have created change in Walpole and its neighboring towns.

One in 30 youth football players, ages 5 to 14 years old, will suffer at least one concussion per season. New statistics and recent research—research that proves the more contact hits one experiences, the more likely he or she is to obtain a concussion—has certainly had an impact for parents of young athletes. Nationally, Pop Warner youth football registration decreased by 9.5 percent in 2013.

"I have recommended to anyone who asks to keep their kid away from youth football," said former Auburn youth football coach Matt Stencel, whose sons opted for other sports after one suffered a concussion. "There are so many other sports and activities that kids have available to them that football doesn't

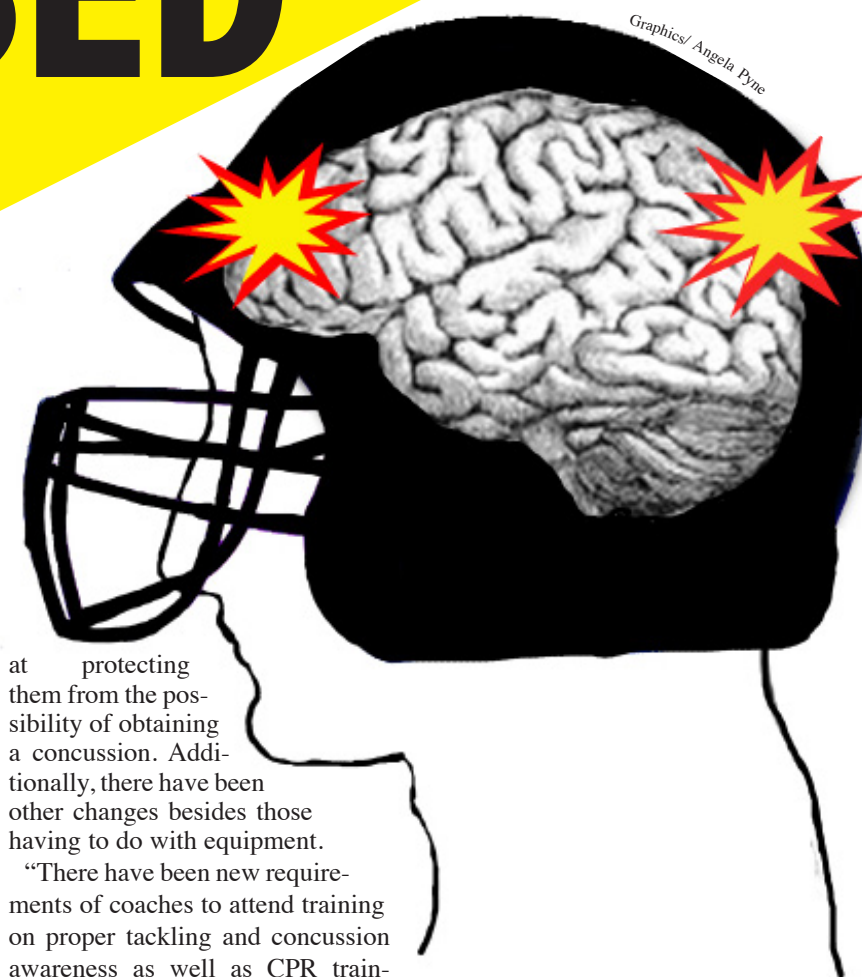
need to be an option." Some parents are opting for a non-contact version of the sport: flag football. "Our decision for switching [our son] Shane was that he enjoyed so many other sports and was very bright, so we didn't want to chance his future with a head injury," said Kelly Weber. "He played Pop Warner football one season when he was in 3rd grade and has played flag ever since."

In fact, flag football is becoming increasingly popular across the nation. The National Football League launched "NFL Flag," a program of Play 60. The program is for boys and girls ages 5-17. Coaches can sign up to bring the sponsored program—a way for kids to play non-contact sports while wearing official NFL gear—to their communities.

Locally, flag football has become more popular. The Bay State Flag Football League, a program of "NFL Flag" run out of Xaverian Brothers High School in Westwood, includes boys and girls from kindergarten to eighth grade. Last year, the league sold out to eager youth players, and registration is already open for the 2016 fall season.

However, many parents choose to keep their kids in regular, full-contact youth football, as even these leagues have undergone improvements in terms of safety. In fact, registration for Walpole Youth football is at an all-time high, with waitlists for four of the grade levels. "Changes have been made to the way we have our players tackle, and we teach them to make contact with their shoulders instead of hitting with their heads," said Jim Cooney, President of Walpole Youth Football. "We have also invested in new helmets that are designed to limit the impact on a player's head. The program has replaced all of our older helmets with the newer style helmets and all our helmets are sent out at the end of each season to be recertified that they meet the most recent standards." Cooney additionally notes the changes in education for coaches: "We are required to have concussion training, and each season the American Youth Football & Cheer League requires all our coaches to take a continuing education course on keeping the game safe."

High school level football is also changing. For example, the Rebels football players wear new helmets, aimed



at protecting them from the possibility of obtaining a concussion. Additionally, there have been other changes besides those having to do with equipment.

"There have been new requirements of coaches to attend training on proper tackling and concussion awareness as well as CPR training," said Tom McCarthy, coach of the varsity football team at Milton High School. McCarthy has coached for seven years, three at the youth level and four at the high school level. "I do believe that there has been success with the training of coaches and educating the kids playing that it is important to report head injuries," said McCarthy.

On the other hand, could concussions simply be the latest sports-related safety concern? "I have been hearing for years the concerns from parents regarding injuries and football," said McCarthy, "however the main topic recently is concussions, whereas just a few years ago it was knee and leg injuries." While you can suffer just about any injury from any sport, it is hard to ignore the rising number of concussions. A broken leg can heal, but new research shows that a concussion can cause brain damage that may not go away.

Revolutionary research by Dr. Bennet Omalu, the medical examiner who performed an autopsy on former NFL player Mike Webster, recently tied head injuries NFL players obtained during their careers to their later diagnoses of chronic traumatic encephalopathy, or CTE. CTE is a degenerative disease of the brain, with symptoms including memory loss, confusion, aggression, depression, anxiety, suicidality, and, eventually, progressive dementia. The disease is linked to people who have experienced repetitive brain trauma, including concussions. The NFL recently donated 30 million dollars in funding

for medical research to the Foundation for the National Institutes of Health.

An estimated 4 to 5 million concussions occur annually. While football is, for obvious reasons, the sport where most of these head injuries are obtained, the concussion issue is not one isolated within the sport of football. For girls, high school soccer is the leading sport in terms of number of concussions obtained. Specific to Walpole High, sports-related concussions tallied to 25 last year; this year, there have already been 16 reported.

For the first time this year, Walpole High has made baseline concussion testing a requirement for all athletes, not just those participating in contact sports. Prior to participating in any sport, all student-athletes must complete the online Immediate Post-Concussion Assessment and Cognitive Testing, or ImPACT. The ImPACT test helps coaches, trainers, and doctors track athletes' recoveries from concussions; additionally, because the test tracks cognitive abilities, it can help determine when players can safely return to the game.

The various impacts new research has had on football prove that one of America's favorite sports is currently in a process of change. Developments to the game encompass everything from equipment, to coaching and education, to playing with different strategies. From youth leagues to the NFL, these adaptations are helping to shape an overall safer sport.



42% of high schools have athletic trainers



Two million high school athletes suffer from sports-related injuries a year



Pop Warner youth football saw a 9.5% decrease in participants in 2013

23,612 youth athletes have quit Pop Warner since 2013

