

A New Favorite Hobby: Houseplants

Krysonia Tavares
Reporter

As the world moves through the pandemic, plant sales and care have become a new global hobby. Plants make dressing up living rooms easy and fun as many were stuck inside. When people couldn't go outside, they brought the outside in with this inexpensive way to occupy free time.

Before COVID, basic front yard gardening was common. For example, lilies are typically planted around the beginning of spring. Lavender is popular because it's such a forgiving plant in the changing New England weather while helping all the other plants thrive because it is a good source of pollen for our bee friends. Hydrangeas are loved for their lushness and vibrant colors that add depth and volume to a garden. For a greener touch, boxwood is a common choice because, like Edward Scissorhands, many like to sculpt shapes along a walkway or path.

Since COVID, Arlington Catholic teachers have increased bringing plants into their classroom making it feel more like home. For example, Ms. Kelly added a snake plant and pothos plant to her classroom collection. Ms. Kelly has always been fond of plants saying, "I was into some sort of planting like vegetable gardening in the summer. But over quarantine, I got many plants and enjoyed it far more," and she is not the only one. Mrs. Secor has a purple orchid with three bulbs and so does Ms. Dooley. I guess great minds really do think alike.

However, growing plants can be quite simple even for those who have a tendency to neglect them. Pothos are a great beginner plant because they don't rely



Photo by Ella Raso

What a beautiful scene of greenery! Ms. Kelly's plants bring a sense of new life to her classroom this school year.

heavily on sunlight and need minimal watering. Even if it's watered every other week or when the soil dries up, the plant will still thrive.

Another type of plant that is quite easy and fun to grow is the succulent. Most cost around \$5. They are accustomed to very little watering and can survive easily without any sunlight.

For the slightly more advanced gardener, roses are a durable plant once they've established a good foundation, the vines will eventu-

ally turn to wood making acclimation easier while enabling the plant to bloom in cooler temperatures.

Planting has become achievable even for plant killers; many have turned to container planting because some rocky regions lack the rich soil necessary for growing more fragile plants.

Weather isn't a barrier anymore. Early Girl tomatoes can grow inside a home. Despite taking a bit longer to produce fruit, it's worth the wait.

Approaching Christmas, Poinsettia makes a nice gift and is easily recognizable as a Christmas staple. If taken care of, they can last one to two years in moderately dry soil to prevent root rot.

Now might be the time to consider taking on a new hobby and transform the inside into the outdoors.

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Nicholas Debenedictis
Opinion Editor

The impossible has seemingly become possible: The United States has pulled out of Afghanistan; America's forever war has drawn to a close. But, it is important to note what brought about such a brutal war that claimed more than two-hundred thousand lives. Why was Afghanistan so important to the United States? The United States stayed in Afghanistan for twenty years and the perceived stability that three presidents wanted to bring to the area with a prolonged occupation was never realized. This unstable regime was installed by the United States which galvanized local populations against the United States. What led to, and inevitably justified, the occupation and chaos that ensued? I will attempt to explain the deep complexities of the situation.

The beginning is much earlier than the September Eleventh attacks. Afghanistan's prelude started in 1978, with the Saur Revolution. The People's Democratic Party of Afghanistan (PDPA) overthrew the feudal nobility that had been in power for sixty years. The new government instituted land reform, equality for women, legalization of trade unions, and a sweeping literacy campaign. Despite all this, the PDPA was a threat to American interests in the natural resources in the region, and the Cold War was at its peak. The new Afghan government replaced an autocratic regime, but this new government would not sell its natural resources for cheap. Afghanistan, being on the border of the Soviet Union made it easier for Afghanistan to receive Soviet support, in order to balance American opposition. As with other wars during this period, it was a proxy war—Ameri-

The Modern World: The Graveyard of Empires



Illustration by Mike Xie

Student art feature: Mike Xie, class of '22, depicts a moonlight nature scene in his masterful illustration.

can influence vs. Soviet influence. During this war, the CIA had conducted Operation Cyclone. Operation Cyclone's mission was to block the Soviet Army and prevent their advance into the territory. America collaborated with Islamic extremists and funneled billions of dollars to train, fund, and arm the various Islamic extremist groups into becoming the Afghan Mujahideen. Journalist Ahmed Rashid writes about the conflict, saying, "Some 35,000 Muslim radicals, from 40 Islamic countries joined Afghanistan's fight between 1982-1992... Afghan people don't have a history of being religious zealots." The United States historically supported demagogues in its fight against anything resembling socialism; Pinochet in Chile, Batista

in Cuba, and the Shah in Iran. In America's quest to defeat the Soviet Union, it funded none other than Osama Bin Laden as a key figure in the training of the Mujahideen.

Following the violent clashes and Soviet withdrawal, the Taliban would establish control in 1996. The Union Oil Company of California (Unocal) along with the Clinton Administration promoted the Taliban as the stability America needed to establish oil pipelines in the region. Unocal had a covert meeting with the Taliban that attempted to negotiate the establishment of an oil pipeline. Despite friendly formal relations, the Taliban was secretly harboring Osama Bin Laden who shortly after the meeting declared Jihad, because of America's support in the Israeli occupation of

Palestine, the ties to the deaths in Palestine, Lebanon, Iraq, and the extent of foreign influence in the Middle East. As a result of the failure of negotiations to establish an oil pipeline, the U.S. was looking for a reason to invade. Shortly after the inauguration of George W. Bush, the United States was delivered the perfect excuse: the September Eleventh attacks. The need to invade Afghanistan was forged by the United States government because the Taliban was willing to capture and extradite Bin Laden as soon as American bombing in the region began. For twenty years, the United States would occupy the region, and the same regime from before the war stands as the remaining governing force in the region.

Thinking Pink

Emma Chisholm
Reporter

Arlington Catholic, like the White House, dedicated a day to cancer awareness. On Friday, October 15, Arlington Catholic had Pink Day, which allowed students to be out of dress code and wear pink in support of the fight against cancer. Originally organized by Sister Barbara and the National Honor Society (NHS), this annual day began with supporting breast cancer, but has since changed to support all types of cancer awareness. In the likeness

of true Arlington Catholic spirit, an extra effort was made this year through the work of senior Alex Hanaian. Alex designed 'Think Pink' shirts, which furthered the awareness of cancer and Arlington Catholic's support of the cause. It allowed even more donations to be made in addition to the separate donations collected during WIN. All proceeds were donated to the American Cancer Society. Arlington Catholic showed their support for this cause as an extension of the efforts in Washington D.C., spreading awareness throughout the whole month of October and beyond.



Photo by Christina Arria

Pink Tag Day – AC students wear pink to express their support for Breast Cancer Awareness. Daniel Ridlon, Ryan Porcaro, Tyler Nelson, Aidan Kiely, Antonio Pescara, Sarah Brockman, Grace Finnerty, Derek Baldassarre, Lucas Caruso, Sean Boyle, Ema Battista, Isabella Pacheco, Gillian Ambrosia, Anna Jancsics, Casie Penachio, Emma Chisholm are pictured.

The Indigenous Horizon

Nicholas Carmezin Muniz
Reporter

Have you ever stared into the infinite plain, the unending horizon, and noticed how delicately and gradually each cloud changes color? The unending Autumn; the leaves that rise from below. The leaves that rise from the lakes, and scatter amongst the 4 winds. It is they who are the evening sky, they are who inherit this land From the Cherokee to the Navajo, They are the stewards of the tributaries and terrains of this sacred land.

What does it mean to be a Native American?
To be a relic of the past?
An outsider in one's own homeland?
No.

One does not need to be Native American to understand, That being a Native American is an honor, it is a crown for the spirit. It isn't the side character in a cowboy movie, or being part of an "uncultured" society of the Western World, being Native American is a privilege. A grain of sand in the desert of indigenous wisdom; the wisdom of the great ancestors, and the heart of every spirit that wanders this land.

Yet, still, the eagle of division splits reality. The negative stereotypes incised by its callous talons leave no mark, but rather a cycle of poverty.

So let us take up our hands, and applaud for this collection of tribes, who throughout the days of the colonies, have felt the whip of slavery and discrimination. Let us applaud for this group, who lead the way for so many going through tough times, and let us applaud, for those who pioneered and gave inspiration to those Native Americans who face poverty and misfortune.

For Tommy Orange, the author who has raised the honor of what it means to be indigenous. For Deb Haaland, the cabinet secretary who showed the public, that any American can take office.

Let us acknowledge those who have suffered, Who have felt the pain of the arrow of injustice, and rejoice for our Native American brothers and sisters. May the light of the evening horizon, jut out into eternity, reaping prosperity from the crimson sky, the life-sustaining maize, that the Native Americans taught the colonists to grow.

As the four winds circulate around this land, may those with the honor of being a Native American, receive the warmth from all our gratitude, and never give in to any form of unjust social conformity, for the orange glare of the indigenous horizon shall never be dimmed.

The month of November is Indigenous Peoples' and Native American and Alaska Native Heritage month! During November, we recognize Native Americans' original inhabitation to North America, and celebrate Indigenous contributions to society and American history, along with their culture, strength, and resilience.

La beauté du notre dame Carthage

Lina Saadau
French Student

Translation:

Je jure par la magie de tes yeux
verts
Elle est un beau jardin
Et un printemps qui ne fane pas
Mon corps a de l'éclat
Elle est la rose des champs
Ses oiseaux font plaisir
Ses fleurs guident le printemps
Depuis l'époque de l'andalousie
Elle est la beauté de l'orientale de
l'Arabie
Ses mers cristal aux bel azurs
époustouflant
Et les géants montagnes d'Orsale
Tunisienne qui ravivent les âmes
errantes
Sans oublier la magies des dunes
de Sahara
Qui ne laisse personne indifférent
Ses dunes blancs qui te fait oublier
l'existant et l'inexistant
Et tous ses palmeraies et ses dattes
tombantes
On dirait des anges dansant sur la
voix d'un dieu si puissant
Finissant avec les mosquées qui
appellent au nom du dieu
Chaque lever du soleil qui bénisse
tes yeux.
C'est la reine de l'Afrique et la
sultane du monde Arabe, c'est la
Tunisie.

I swear by the magic of your green eyes,
She is a beautiful garden,
And a springtime that doesn't fade.
My body gets goosebumps.
She is the rose of the field.
Her birds please the senses.
Her flowers guide the spring.
Since the time of Andalusia,
She is the beauty of western Arabia.
Her crystal waters imbued by spectacularly beautiful azure blues
And the giant Tunisian mountains of Orsale revive errant souls
Without forgetting the magic of the dunes of the Sahara
That leave no one indifferent.
Its white dunes make you forget what exists and what doesn't,
And all its palm trees and its falling dates,
Appear like angels dancing on the voice of a powerful god,
Ending with the mosques which call out the name of god.
Each sunrise blesses the eyes.
She is the queen of Africa and the sultan of the Arab world.
She is Tunisia.

ACDC Christmas

Catherine Fagan
Reporter

Ready to get your Santa hats on? Yes, it may be November but ACDC is in the Christmas spirit, preparing for their Christmas Musical Review! With the Christmas show coming in December, the cast and crew are already rehearsing for the jolly musical spectacular. To celebrate the holiday season, ACDC has decided to put on a Christmas musical that is full of Santa Clauses, fun dances, and all your favorite Christmas tunes. Ranging from *Jingle Bells* to *Where Are You Christmas* to *Santa*

Claus is Coming to Town; the show has something for everyone! Inspired by the need for cheer during in these difficult times, Ms. Yankell and Mrs. Billings have assembled this performance to bring out the elf in all of us. The production will be coming to the Arlington Town Hall on December 11th at 7 PM. You can help support the cast and crew leading up to the performance by wearing ACDC stickers and helping out with other arts around the school! If you would like to join the crew, (cast is already closed) please see Mrs. Billings in 106!



Photo by Ella Raso

You better watch out – ACDC rehearses a variety of Christmas jams at the Regent Theatre that will blow the crowd away in their upcoming ACDC Christmas Spectacular in December.

The SAS After School Program

Victoria Bacchi
Feature Editor

Children spend approximately 25% of their waking hours in school and having programs available that provide learning opportunities and enrichment activities are crucial to their education. Starting this year, St. Agnes School offers an after school program to improve students' learning and to allow students to continue their social interactions outside of the normal school day. I conducted an interview with Mr. Doherty, the After School Coordinator, who provided me with information about the organization.

On average, there are 50 kids enrolled in the program, ranging from four (kindergarten) to 11 years old (5th grade). The hours of the program are 2:30-5:30 every day, which provides flexibility for some St. Agnes parents who are not able to pick up their children at normal dismissal time. During a typical after school day students will eat snacks, receive help on homework and participate in indoor activities. Afterward, students will go outside, when it is permitted, to play games and relax. Upon return, they complete their assignments and clean the classrooms. Activities differ for the students based on age; the younger children watch academic videos, play with counting blocks, and color while the older children help the younger children with homework, participate in sing-alongs and dances, and play numerous outdoor games.

With immense help from St. Agnes/AC faculty and volunteers, students in the after school program are supported and encouraged to enhance their learning and participate in activities with their new peers. At the beginning of the school year, AC students were given the opportunity to apply to volunteer; all were chosen based on their academic reputation. St. Agnes and AC teachers have worked together, especially these past years, by dedicating themselves to the students' education and ensuring that each student is properly cared for. This structure has proven to be effective as the after school program runs smoothly.

St. Agnes' new after school program is an essential resource for St. Agnes families that fosters social and physical interaction and an academic environment while providing parents with the opportunity for their children to stay with caring and attentive teachers and volunteers beyond the normal school day. The diverse number of students and the different vigorous activities throughout the program allow students to interact with their peers in new and exciting ways. Additionally, after school aids with their homework, offering more learning time for students to understand their course work.

This new after school program benefits the entire St. Agnes community and is a valuable addition to the school. If someone you know is interested in enrolling their child in the St. Agnes after school program, please contact afterschool@stagnes.us.



Photo Courtesy of Lisa Simmons

Saint Agnes students break for a snack in the cafeteria before heading outside for some exercise, fun, and play.

I Think, Therefore I'm a Philosopher!

Liana Winans
Reporter

The word "philosophy" might conjure up images of old men stroking their beards, sitting pensively, and thinking about perplexing abstract ideas. However, this isn't necessarily true because you don't need a beard to be a philosopher! Thinking has become somewhat of a forgotten art these days. Sure, we think about what we want to buy for lunch, and how we're going to study for our next test, and maybe even follow a few news headlines. But honest, critical, intelligent, and original thinking is largely missing from our society. Civil conversa-

tions around many ideas, especially controversies, are nearly unheard of these days. Philosophy, the study of reality, nature, and knowledge, is all about learning how to think, not what to think. That is where true wisdom grows. If more people become "philosophers" -- that is, learn how to debate with logic, clarity, and a common will to get to the truth -- there would be much more peace and justice in the world. If you'd like to indulge in a friendly conversation about what interests or confuses you about our society, I encourage you to check out AC's new Philosophy Club and contact Ms. Dooley (odooley@achs.net) or Mr. Skerry (sskerry@achs.net) for more information!

Best Buddies

Jimmy Ball
Reporter

Best buddies is a nonprofit organization dedicated to establishing a global volunteer movement that creates opportunities for one-on-one friendships, leadership development, and inclusive living for people with disabilities. The Best Buddies movement has gotten help from Arlington Catholic High School Senior, Andre Perez, and has thrived. Just a little over two weeks ago, Andre partook in a 50 mile bike ride along with his cousin, Owen Mattingly, to raise money for the Best Buddies movement.

I was able to ask Andre what it was

like biking all those miles, and what exactly his motivation was to join the Best Buddies movement: "Let's just say it was pretty tough man, those miles took a toll on my legs, but it was well worth it," said Perez. "I first heard about Best Buddies on the internet after seeing Tom Brady playing in a football game for the organization. I then decided that it would be a good idea to join the movement and to help further the push to help those with disabilities. I decided to do the bike ride with my cousin because we both enjoy the hobby of biking." Andre completed his 50 mile ride, after biking over the course of 4 hours, and was able to raise over \$3,000 for the Best Buddies movement.



Photo Courtesy of Andre Perez

Arlington Catholic High School Senior, Andre Perez, and his cousin, Owen Mattingly, rode 50 miles to raise money for Best Buddies on October 10, 2021.



Lucy's Literary Legion

Lucy Gould
Junior Editor

While indie authors (authors who are self published) may not be as well known, that doesn't mean they aren't just as talented. Renee Dugan is certainly no exception. In her fantasy series *The Starchaser Saga* she spins an adventuresome, romantic, epic, twisty, and heart-tugging narrative that hooks readers from the first chapter. Within the series are common and well-loved tropes including: found family, enemies to lovers, and a secret power that can help save the world.

I had the privilege of connecting with Dugan through Instagram (@reneeduganwriting) and was able to ask her a few questions. Obviously I asked what her favorite character was and she told me either Thorne or Ari. "Thorne because he's such a fun tortured soul to write. Ari because her spiritual journey meant so much personally to [Dugan]." I then asked what the hardest things about writing the series was because she often advises writers on her Instagram how to do their story justice. Dugan confided that "doing justice to the pain the characters go through, and honoring the high stakes without sacrificing [her] love for a heartwarming ending" was the most difficult for her.

The fifth book in the series of seven, *Bloodsinger*, releases on December 7th, 2021, and Dugan says the thing from the release of the book that she is most looking forward to is "people yelling at [her] for the epilogue."

I highly recommend checking Renee Dugan out if you are looking for a fantastic series. If you are interested in watching a zoom panel on January 18, 2022 featuring Dugan alongside two other indie authors on all things self publishing, please check out Cary Memorial Library's website to sign up!

"I'm so thankful for everyone who has invested any time at all in this series! It means the world to me!" -- Dugan

Students Adjusting to "Normal Life"

Tori Caggiano
Reporter

Prior to the 2020 pandemic, having a busy schedule and constantly being on the move was the norm for most students of all ages. Students wake up to attend school for 6 hours then attend sports practices, games, or clubs until late afternoon or night, then go home, eat dinner, do school work, shower, and somehow manage to get it all done and do it all again the next day.

As life shifted when in lockdown, uncertainty and isolation caused a rise in cases of decreasing mental health among youth. According to CPR News, "There has been a 10

percent increase in patients coming to the emergency department with concerns for suicide or an actual attempt between 2019 and 2020. (Nationwide there's been a rise in youth mental health-related visits.) Not only is the hospital seeing more suicide attempts, but it's also treating kids with more severe mental health issues in its pediatric intensive care unit."

As normal has become a reality again, with the exception of mask-wearing, life is back on track. For students, it is hard to resume their routine as if life never paused. Without much sympathy from administrators of schools, students are struggling to keep up with their previous routine. CPR News also

reports "Some adults worry about a powder keg of anxiety as more students cycle back into school. Although there's light at the end of the pandemic tunnel now, some counselors report many children and teens are feeling emotionally, mentally, and physically exhausted. It's unclear right now whether the steps the state and some schools are taking will be enough to meet the need."

Although it is exciting to participate in all the wonderful things prior to the pandemic, students need guidance to find balance and adjust to normal life. Students need to ease into correct study skills, an overload of work, on top of balancing extracurriculars.

New Faces at ACHS

Liam Gilligan
Reporter

During the 2021-2022 school year, we welcome several new faces along with our freshman class and

Bridge Academy. Here are some people you should know.



Ms.
Dooley

Why did you decide to come to AC?

From the moment I first spoke with members of the AC community, I could tell that it was very special. I decided to come to AC because I could tell that the community here is rooted in love and mutual support of one another.

What subjects do you teach or what is your position here at our school?

I currently teach theology for freshmen, sophomores, and juniors!

What led you to your current profession?

A lot of prayer! I went to school for psychology with the goal of becoming an adolescent mental health counselor. After getting involved with my campus ministry in college, I discovered a passion for theology that I wanted to explore in graduate school. I realized I wanted to combine my love for supporting teens with my passion for theology.

What impact are you looking to make on our community?

I would love to make Christ tangible here at AC. My life has been completely transformed by my encounter with God and I want to give others the chance to have that encounter as well. In particular, I hope to bring a lot of joy to the AC community. High school is HARD and people can always use some more laughs and smiles.



Father
Alwin

Why did you decide to come to AC?

I am originally from India. I graduated with a philosophy degree and bachelor's degree in Physics in India before I came to the USA. Cardinal Sean gave me the scholarship to study at St. John's Seminary Brighton. I graduated from St. John's this past May. Cardinal Sean ordained me and I was appointed in Arlington as a parochial vicar in June 2021, and Fr. Marc asked me to be a chaplain. So, it is my privilege and honor to be the chaplain and minister to these young students

What led you to your current profession?

I did my schooling in three different Catholic schools in India. The Salesian priests and nuns who taught me inspired me to join the seminary to become a priest. One of the charisms of the Salesian priests is to work closely with the young people to enhance both their spiritual and intellectual dimensions. The friendly demeanor and the dedicated lives of the priests I encountered in my school days inspired me to be a priest and serve young men and women.

What impact are you looking to make on our community?

I would love to bring the joy of the priesthood to our students. God gives me this opportunity to bring these young students closer to Christ.



Mr.
Chun

Why did you decide to come to AC?

The thing about AC that jumped out to me was the size of the school. The student body, faculty, administration, and entire school community were all of a smaller, more personal size, and I really like that. I attended a small high school as well, so I was very familiar with the benefits of a smaller community where everyone gets to know each other relatively quickly.

What subjects do you teach or what is your position here at our school?

I'm a teacher in the Math Department. This year I'm teaching Geometry, AP Statistics and AP Computer Science Principles.

What led you to your current profession?

I'd been wrestling with the idea of moving into the teaching profession for a while. The parts of my previous jobs that I liked the most were when I was helping younger people to grow, develop, and challenge themselves academically, intellectually, and personally.

What impact are you looking to make on our community?

The part of school life that I haven't jumped into yet is the non-academic side of things, whether that be athletics or extracurricular clubs. I've been impressed with the breadth of club activities here at AC, and getting more involved in those is definitely on my to-do list.



Who Am I: Tommy Peterson and the Success of Arlington Catholic's Golf Team

Trevor Sheehan
Reporter

It has been over five years since Arlington Catholic made a state tournament appearance, but, after a strong 2020 campaign, a sense of hope and optimism entered golf captain, Tommy Peterson. Going into the 2021 season, Tommy Peterson and the rest of the Arlington Catholic golf team had one goal in mind: returning to the state tournament. Before the golf season, Peterson and fellow golf captain, Andrew Christopher, spent their entire summer at the golf course, constantly working to improve their game. For Tommy Peterson, golf has been a passion for not only him, but for his entire family. Peterson recalls watching both his cousin and older brother win 51 straight high school golf matches, a streak that lasted over 5 years. The golfing success of Peterson's cousin and older brother motivated Tommy into becoming just as good as they were, if not better. "That was one of my main motives going into the season, I wanted to be better than they were from an individual standpoint," stated Peterson. Entering the season, the path for Arlington Catholic to make the state tournament was easier said than done, as the Cougars lost their first match of the season to Belmont High School. This loss proved to be a "rude awakening," as Peterson described it, however, the team didn't let this adversity bother them whatsoever.

Following their first match, Arlington Catholic went on to win seven out of their nine matches. During this stretch, Tommy Peterson started his senior season strong, averaging two over par 38 in his first six matches. This feat resulted in Peterson winning Arlington Catholic's "Student of the Week" award. On October 13th, Arlington Catholic broke their five year state tournament drought, defeating Bishop Fenwick on their home golf course. "Overall, this season has been the best one yet. I don't think Andrew and I could ask for a better team, or season," Peterson expressed. With their state tournament goal accomplished, Arlington Catholic's new goal for the 2021 golf season is to win and advance into the Division 2, North State Championship game, hoping to win it all.

Great Season for AC Golf Team

By Riley Reardon
Reporter

The AC Cougars golf team began this year with a hot start of 5-1, losing their opening match to out-of-league Belmont High. The Cougars had crucial wins against a strong Bishop Feehan team, as well as their league rivals St. Mary's of Lynn. Both being home wins at Winchester Country Club. The Cougars were then given their first in-league loss of the year to Archbishop Williams at a tough Granite Links course 148-140. The Cougars would then have back to back wins against St. Joe's in a home-and-home series, led by senior co-captains Tommy Peterson and Andrew Christopher combining for 70 points in the away meeting. The Cougars lost a close match against Austin Prep at Winchester 142-137 putting their overall record at 7-4 and in-league record at 7-2. The team then hit a rough patch losing there next three matches starting with a loss to a hot 9-1 Austin Prep team at

Hillview Country Club. However the next day was the hardest of all the losses the team had this year. Looking to come back from their loss earlier in the season at Archbishop Williams the Cougs had a strong 20 point lead early in the scoring but it ended up coming down to the last match and the Cougars lost in a controversial 1 point match 137-136. Senior Tommy Peterson later said "That was the one I felt we really needed and it slipped out of our hands." At this point the Cougars needed two wins in their last five matches to qualify for the state tournament, a goal the team was determined to get. It would be difficult however seeing as how they had Bishop Stang in their next meeting. Stang was (and ended up finishing) undefeated and beat the Cougars by 80 points. So now the goal was two out of four. The Cougars got a crucial win the next day against Bishop Fenwick at Fresh Pond Golf Course 165-149. The goal then became one out of three. The next week the Cougars went down to Bishop Feehan and were given

a tough loss leaving them at 8-8 and 8-6 in the league. The Cougs chance at States came down to two matches, away against Bishop Fenwick and away against their league rivals St. Mary's. Coach Sarmiento said before the match against Fenwick, "I know we only need one of the two but this is really the one we need the most." The one they needed was the one they got. Led by Senior Tommy Peterson (31 points) and Sophomore Riley Reardon (34 points) the Cougars were able to beat the Crusaders 180-175 putting them in the State Tournament for the first time in five years. Senior Brady O'Connor later said during the team's celebratory dinner, "We got 'em." The Cougars would end the regular season off with a sweet victory over the Spartans of St. Mary's putting their overall record at 10-8 and league record at 10-6. (At the time of writing this article, the state tournament had not yet been played.)



Photo Credit: Riley Reardon

Senior Tommy Peterson about to tee off at Winchester Country club in a match against Archbishop Williams High School on October 6th.

AC Volleyball: Hard Work for a Cause

Erin Moran
Reporter

The Fall 2021 season for the Arlington Catholic Volleyball teams ended on a high note, despite the challenges that some preexisting COVID-19 protocols provided, the girls pushed through and finished strong! Both teams worked hard against the difficult teams in the league by practicing and building strong bonds on and off the court. Captains Maggie Milne, Ally O'Keefe, and Kara MacDonald led the varsity squad to a 12-6 record, and JV, lead by sophomore captain Jacqueline Murdock, ended with a 6-12 record. The girls pushed themselves each game and worked together to finish the season off strong. Not only are our Cougars great athletes, but also advocates for suicide prevention. The teams worked with the American Foundation for Suicide Prevention to raise money and at-

tention to this growing problem. All the proceeds raised went to the "Out of the Darkness" suicide prevention walk team. They played a charity game against Lynnfield that ended in a Cougar victory of 3-1! As the season comes to end, Varsity continues to play further into the fall due to the fact that they won 10+ games. The Varsity team has been gearing up to play in the State Tournament which will be a challenge, but sophomore Addison O'Donovan says that "We are ranked very high and we have improved a lot so I'm excited to be able to play because we have the ability to perform very well and advance far." The girls are ranked 6th in Division 4 statewide due to the high number of wins in their regular season. Congratulations to the volleyball team for victories against Abington and Ursuline in their first two MIAA state playoff games!



Photo By Jake Ferraco

The AC Varsity volleyball team in the Cougar Den: Coach Mae Driscoll, Kara Macdonald, Addison O'Donovan, Nora Svendsen, Cailin Cinella, Michelle Costa, Dani Tully, Ellie Wright, Natalie Dougherty, Makenzie Williams, Rachel Murphy, Ali O'Keefe, Maggie Milne, and Katie Riley.

AC Football Player: Brendan Bertolami

Arshia Ghai
Sports Editor

For this interview, I am here with Brendan Bertolami talking about his football career and his amazing game against Bishop Stan, where he scored four touchdowns that led to an incredible second win of the season and first league win in 2021-2022!

How long have you been playing football?

I've been playing football since I was five.

What made you get into football in the first place?

I got into football because my dad loved the Patriots.

What positions have you played throughout your life and what do you currently play for AC?

I used to play center when I was little, but now I play running back and linebacker.

Wow! Four touchdowns in one game! How did that make you feel?

After four touchdowns, I felt like Derrick Henry on the Titans.

What motivated you to perform so well in that game?

My motivation was that it was my first game back after a week off from a sprained shoulder.

Since the season has ended, what has been one of your favorite memories and what will you miss the most?

My favorite memories have been working with the coach. One thing I am going to miss is the amazing seniors I got to play with.

Was this the most touchdowns you have gotten in one game?

Yes, four is the most I've ever scored in a game.

Student Spotlight: Ellie Wright

Lilli O'Mahoney
News Editor

This edition of the *Growl* Newspaper would like to shine a spotlight on Arlington Catholic junior, Ellie Wright. Ellie is a competitive figure skater and has been skating since she was seven years old! She skates with her team, Team Excel, at the Skating Club of Boston, which competes at the intermediate level where they were very successful last year. One of her favorite memories with her team was when she was competing. She recalled "We were skating at sectionals and during our routine, a girl half fell but two of my other teammates pulled her right back up. Somehow when she'd tripped, she got her ice skate blade caught in the skirt of her dress. She skated on one foot down for the next part of the routine. One of the girls picked her up then kicked her skirt loose. We still got 3rd place!" With the courage and empowerment instilled on Ellie and her fellow teammates by their coaches, they

have participated in many competitions such as the Cape Cod Classic, Easterns (sectionals), and the Boston Synchronized Skating Classic. When I asked Ellie who motivated her to skate, she said "I think my dad inspired me to skate. He put me and my brother into skating lessons when we were little", additionally, she stays motivated by her teammates, coaches, and mother, who always ensures she works hard and keeps her head up. Furthermore, Ellie also acknowledged the dedication to one another she and her teammates have for each other, saying "My teammates have always picked me up when I'm down, sometimes literally. They encourage me to keep trying even when I'm struggling with a certain move and tell me when I do well. They are such a positive group of people and I am lucky to have them." Her passion for skating is evident by the numerous practices with her team as well as the nine to ten hours a week she dedicates to training. Arlington Catholic is very proud to have such a talented athlete among its students!

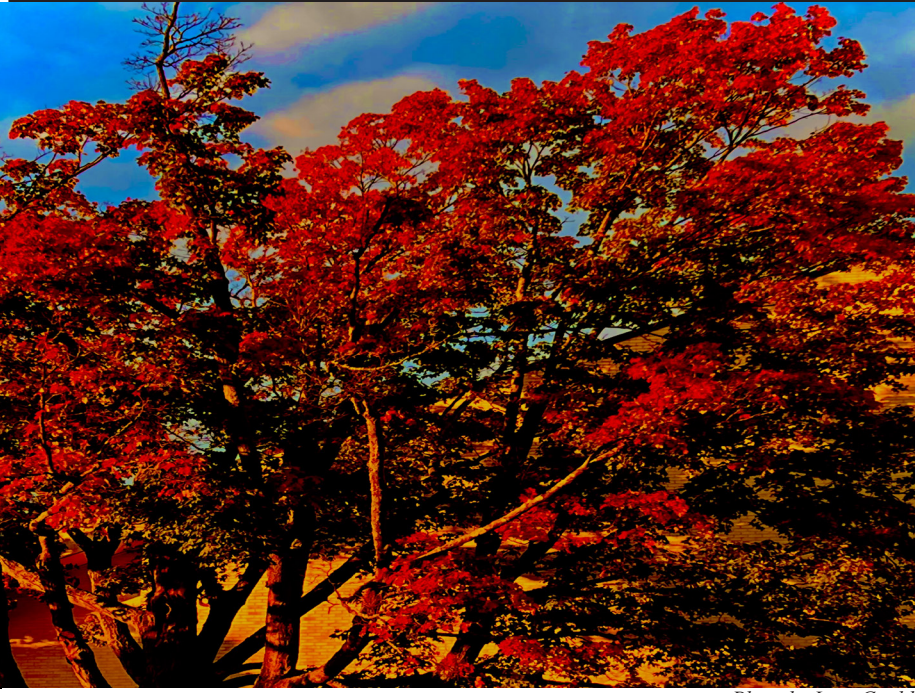


Photo by Lucy Gould

Photography club meets on the fourth Friday each month. For more information, see Mrs. Morrissey.

Thanksgiving Orange Honey Cake

Mia Polston
Editor-in-Chief

In my small family, traditions are rare, so it's very important to have something personal for every season to ring in the holiday spirit. This orange honey cake recipe is what I do every Thanksgiving to get excited for the season!

Get a box of white cake mix... it's cheating but it's good.

- 3 whole eggs
- 1 cup of water
- 1 stick unsalted butter
- 1 cup orange blossom (or regular) honey
- 1 tablespoon cinnamon
- ½ tablespoon nutmeg

Mix the ingredients together, add to a square cake pan and bake at 360 degrees!

For the glaze use 2/3 cup confectioners sugar and 1/3 cup orange juice, put it on top of the cake after it has cooled, sprinkle cinnamon sugar on top, and enjoy!

College Corner

Catherine Fagan
Reporter

Hey parents, it's fall, and that means back to school, hay-rides, and college applications. Do you have a student applying to college? The *Growl* is here to help you through! College applications can be as much of a stress on parents as it is on students, between organizing college tours, submitting applications, financing tuition, and making sure your child is on track. Therefore, there are some very simple techniques you can implement in your weekly schedule that can make a significant difference in the process. Firstly, you can plan a weekly meeting to sit down with your child to talk about, organize, and complete college tasks. Moreover, you can go onto the Se-

nior Guidance Google Classroom for numerous resources such as scholarships, tutorials on navigating Common App and Naviance, and contact information for guidance counselors and schools. To ease worry of financial weight and time constraints, many schools are now offering virtual tours. This is a great way to see the schools, meet students, and enjoy a Q&A session for anything you need to know. Thus, no travel or payment is needed - easy peasy! Finally, just setting some time to talk to your child about school and what they need from you is greatly appreciated. Sometimes, it is frustrating and stressful with all of these things looming over our heads, and a conversation is the best remedy. Good luck with your applications and college planning!

Mini Magic: Surprise!

Missy Skehan
Art Director



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