

Love Now, Laugh Always

By Catherine Fagan
Cougar Growl Reporter

On Friday, November 8, Arlington Catholic had the wonderful opportunity to see Theofanis Orfanos, a Greek Holocaust Survivor, speak about his experiences and answer student questions. Mr. Orfanos was forced to leave his home, family, and native land at the age of only 15. German forces captured Theo in 1942, and changed his life forever. Mr. Orfanos was brought with other boys to Athens - where they were then transported to Germany. Life from that point on was incredibly difficult, Theo described the mindset stating "Everyday go finish the day, the next one you don't know if you get up or not."

The conditions Mr. Orfanos endured are incomprehensible to 15-year-olds of today - Theo describes a situation where Germans fed the laborers "boiled grass" instead of real food. Maggie Yore, a sophomore at AC, describes hearing Theo's story as "a life-changing experience that made me aware of how blessed I am." The difficulties of Theo's story shocked the system of many students, and made them aware of the simple privileges they enjoy. Additionally, sophomore Stephanie Nyembo stated, "It was hard to hear what he went through, but the way he handled it and lived his life is truly inspirational."

Despite the horrors Theo endured, he was able to keep a positive, present mindset, which led him to the opportunity of escape. With American and French forces closing in on the Germans, Theo's camp was abandoned - giving him the chance of escape. Mr. Orfanos was able to sneak into an outhouse, where he

avoided SS by running and swimming across a frigid lake before he found safety with the French. From there, he traveled to southern Germany to American forces that transported him home. Theo describes his escape in one statement "I don't even believe the story myself." Not many others knew of the difficulties Theo had endured, instead they labeled him a communist.

Following his return, Theo shortly moved to America. There he suf-

fered economic difficulties, language barriers, and social hardships that shaped the man he is today. Despite his obstacles, Mr. Orfanos was able to prosper and became a pillar within his community. Eventually, Theo received his American citizenship - an emotional and well-deserved accomplishment. Theo's journey and life story is one that is filled with hardship and obstacles, but Mr. Orfanos embraced whatever life threw at him and greatly overcame his

issues. Over all of his experiences, Mr. Orfanos reminds himself and family to laugh often and embrace life openly and lovingly. Theo's positivity, kindness, and love were all able to surpass the challenges he faced. The lessons he learned in his lifetime continue to teach generations valuable life lessons about how precious life is and the importance of kindness.



Photo Courtesy of Lindsey Roche

On Friday, November 8, Theofanis Orfanos, a Greek Holocaust survivor spoke with Arlington Catholic High School students about his perspective on life, liberty, and the Holocaust.

Highlights

Faith
Page 1

Community
Page 3

Technology
Page 5

Sports
Page 7

Community
Page 2

Clubs
Page 4

Sports
Page 6

Academics
Page 8

#TeamTrees

By: Emily Cuellar
Cougar Growl Reporter

The #TeamTrees campaign started on October 25th, 2019, when Youtube celebrity MrBeast, a.k.a. Jimmy Donaldson, uploaded a video titled “Planting 20,000,000 Trees, My Biggest Project Ever!” In this video, he described how he and 1,700 fans hand-planted trees. He collaborated with the Arbor Day Foundation which will actually be planting the trees. In this campaign, he asks for his viewers to go out and plant trees, and, if that is not a viable option, for them to donate on the Team-Trees website where one dollar equals one tree.

Donaldson also partnered with former NASA engineer Mark Rober for this project. Rober uploaded his own video titled “Using Drones to Plant 20,000,000 Trees,” where he displayed the innovative technology of Drone-Seed, a company that uses drone technology in order to plant tree seedlings in areas inaccessible to humans. In the video, Rober also explained the importance of trees to his audience. Many other You-

tubers joined in their campaign by uploading videos spreading awareness and educating their audiences.

These Youtubers ranged from all different genres with many different audiences. The popular education channel, The Infographics Show, uploaded a video educating viewers what planting 20,000,000 trees would do for the earth. Many big influencers donated large amounts to the website as well. This includes one of the biggest creators on the platform, Pewdiepie, and Youtube CEO Susan Wojcicki,

who donated \$200,000. Big names such as Elon Musk donated \$1,000,000 with the note “For Treebeard” right under entrepreneur Tobi Lutke who takes the top spot with a \$1,000,001 donation. There have also been many small amounts donated which also helped towards the bigger goal of 20,000,000. This campaign has brought together many powerful and influential creators in order to fight for a cause they all believe is important, keeping the earth’s ecosystem as *treerific* as possible.

FAST FACTS

Studies have shown that being among trees reduces blood pressure as well as lessens stress-related hormones such as cortisol or adrenaline

A single mature tree can release enough oxygen to support two humans.

Trees can absorb potentially harmful pollutants such as sulfur dioxide and carbon monoxide.



Photo by Emma Limerick

Snow covered trees line Cutter Street in Bedford, Massachusetts.

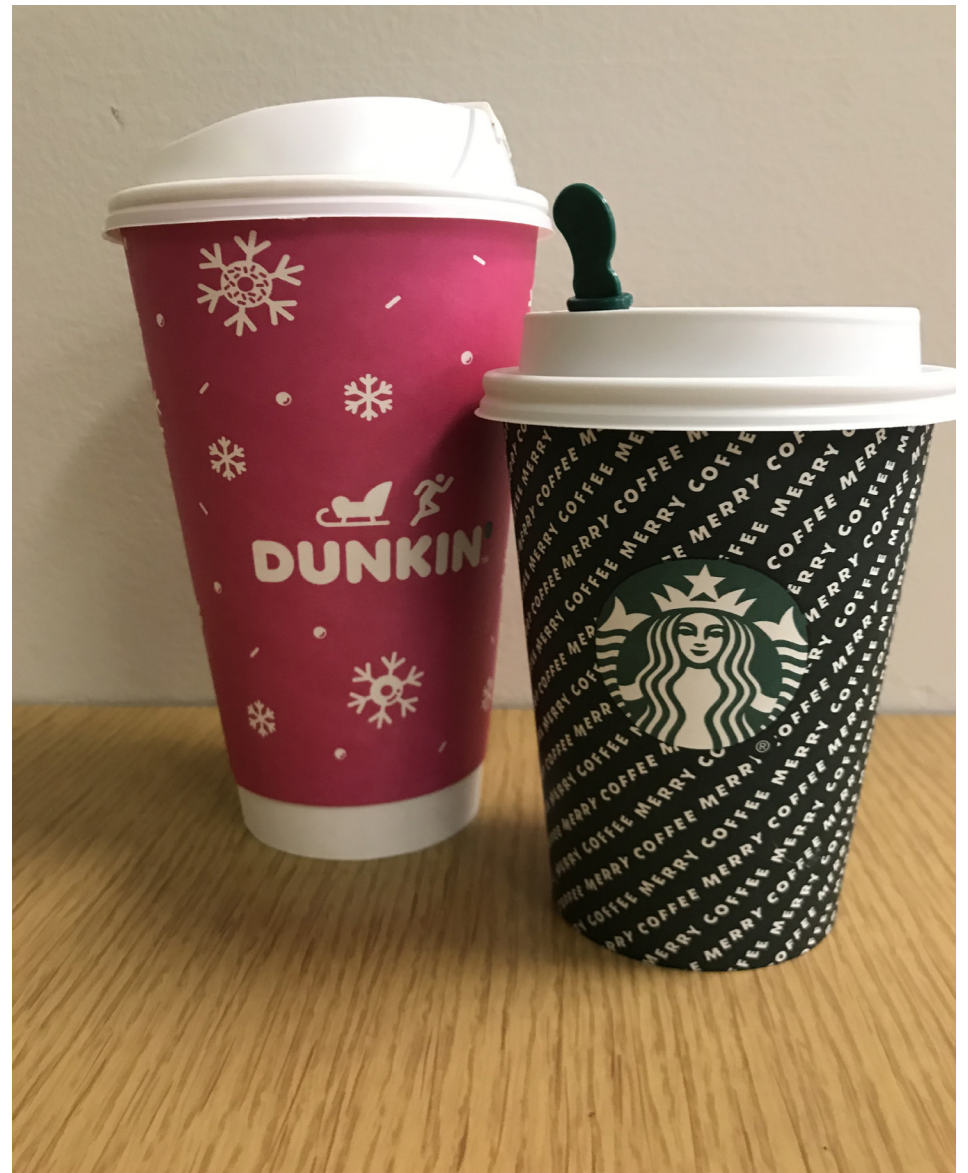


Photo by the Cougar Growl

What is better than a sweet, hot beverage on these cold New England winter mornings? Both Dunkin and Starbucks provide a variety of flavorful choices just a short walk from Arlington Catholic’s front door.

Starbucks v. Dunkin

By Vanessa Lott
Cougar Growl Reporter

On November 1st, Medford Street got a little more festive. Holiday flavors and bright red cups started to fill up the hands of high school students and people running late to work. The favorites of the season, such as the Egnog Latte, the Peppermint Mocha, and the Toasted White Chocolate Mocha, returned after years of success. While new flavors such as the Caramel Brulee Latte and the Chestnut Praline Latte were also added.

Farther down Mass Ave is Starbucks’s biggest competitor, Dunkin. Iced coffees in December with pink and white snowflakes around the side include flavors like Toasted Gingerbread, Frosted White Chocolate, and the classic

Holiday Egnog.

The question that has been asked every year since both companies began: who takes the crown on the holidays? Although Starbucks is closer in proximity to Arlington Catholic, the trip to Dunkin may be worth the walk. Grabbing a Toasted Gingerbread drink before heading to school tastes as if you had a complete breakfast in a cup. Dunkin’s drinks have more variety and they’re never too sweet - and that’s without considering the prices - the perfect balance of holiday flavors mixed with the original blends.

Starbucks may take the crown for its fall and Thanksgiving flavors, but do not doubt New England’s very own Dunkin for Christmas time!

ACDC presents

SHREK

April 17 & 18

Spotlight: Climate Change

By Liana Winans
Cougar Growl Reporter

The 2019 Discover Catholic School in New England week at AC was filled with fun happenings for both students and faculty. Events included a lotion / winter-clothing drive organized by Campus Ministry, as well as student and teacher appreciation days. AC also hosted two special guest speakers. On Friday, Mr. Theofanis Orfanos, a Holocaust survivor whose story is told in the the film documentary **Life, Liberty and the Holocaust**, had a Q&A with interested students (see page 1).

Two days prior during the last mod on Tuesday, Campus Ministry invited Mass Audubon leaders Alexandra Vecchio and Paul Kelley to give a Climate Change talk to the freshman and sophomores.

The talk focused on three extremely important topics including: What really is Climate Change; what is being done about it in the world; and how can WE - youth and students - take action on the crisis.

In summary, climate change is a worldwide issue, where ongoing and increasing carbon-emissions have been trapped in the Earth's atmosphere, and like a greenhouse, are contributing to a cycle of greater and greater global warming. Deniers will claim that the warming is simply part of the natural cycle of world climate, but professional and lengthy research has clearly shown that is not the case.

Carbon emissions are chemical reactions that release the element Carbon and take place through:

- corporations burning fossil fuels for heat and other business (ex. coal, oil, natural gas)
- gasoline-powered cars giving off exhaust (as opposed to electric cars like a Tesla- a big investment, but which is actually cost-efficient and arguably a better-driving vehicle)
- deforestation (burning/cutting down) of trees and woods
- industrial buildings not using renewable energy (sun/solar, wind, water-powered, biomass or geothermal) for electrical and other purposes.

And these are just a few!



Photo by Liana Winans
Mass Audubon presenters Alexandra Vecchio and Paul Kelley talk to the freshmen and sophomore students about the concerns of climate change in the gym during Catholic Schools Week.

In order, the countries that emitted the most carbon in 2016 were:

1. China
2. The United States
3. India
4. Russia
5. Japan

Some countries are committing to reduce emissions with deals like The Paris Agreement (signed in 2016 within the United Nations) while other big-name companies like Apple and Amazon are likewise making their own declarations and promises to “Go Green” and make surprisingly affordable and simple changes to use renewable energy. Still other corporations are trying to mitigate climate change by planting millions of trees, which one day will grow and EACH be able to absorb up to 48 pounds of carbon dioxide per year! That is why trees are crucial to our world, and not just as important habitats for animals that maintain many ecosystems’ balance (see page 2).

“Ok,” you may be thinking, “that’s great and all but where do I come in? If all these people are taking action, do I even need to?” The answer is yes. Scarily, although these major steps are being taken, they are not totally successful because not enough CO₂ (Carbon) is being stopped from escaping into our atmosphere. Some small things you can do in your own community or just for yourself are:

- Saving **electricity and water** in your own home by shutting off the lights of a room you’re not in or not spending as long in the shower- this conserves energy and can even lower electric bills
- Cutting **food waste** by eating leftovers, trying to finish

your meal and not throw half-eaten food away! It serves as a great snack or meal the next day. Also, if you have a yard maybe **plant a tree or some other plants**- again, they soak up carbon and strengthen natural ties between you, the earth and other organisms.

- Changing from plastics to other **sustainable materials**, for example instead of plastic straws, get a metal/bamboo one, or plastic eating utensils, there are plenty of alternatives online. There are countless ways to do this one!
- **Eating less meat.** No, this doesn’t mean you have to give up meatballs and bacon forever. It just means that when you can, pass up that McDonald’s Big Mac for the second night in a row and get some delicious pizza instead! This simple decision could cut greenhouse gas emissions by 56%, and would reduce other environmental impacts by 6% to 22%.
- **Walking or biking** to nearby places instead of hitching a ride with someone you know

or driving your own car. It’s fun, and saves a ton of energy not to mention stopping carbon emissions from your car (unless it’s electric!)

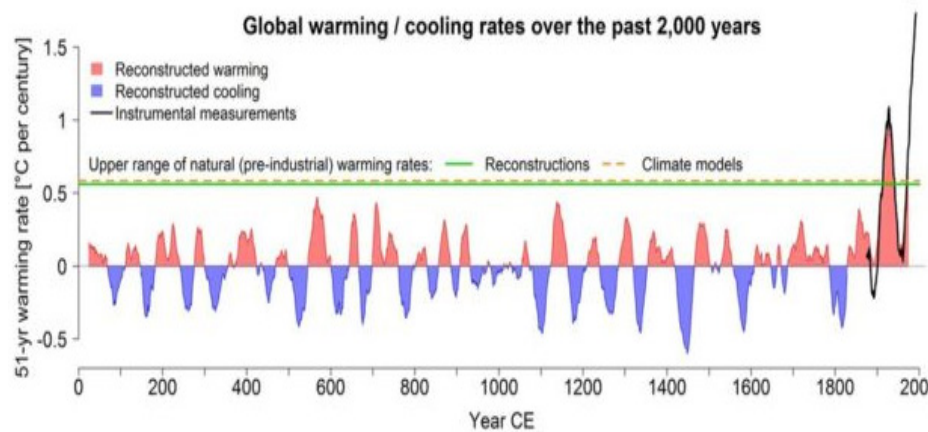
- **Contacting local government representatives** in your town/city/community and talking to them about legislature. It’s a good way to move the action from just your personal habits to affecting more people and having a bigger impact!
- Buying a **reusable water bottle** (metal or sustainable plastic)! Every single-use cheap plastic water bottle like Poland Springs that you don’t buy can save about 409x the energy we use by switching to a reusable one. Also, you can save a ton of money by switching, almost \$3000 annually according to a research study. If you really don’t want to give up on the plastic bottles, simply toss them in a nearby recycling bin when you’re done drinking. That alone can have a hugely positive environmental impact which feels better than chucking it in the trash anyway.

Also, a **Starbucks bonus**: if you bring in a reusable cup from home you will get a 10 cent discount on your drink!

Finally, get creative and research other easy ways you, your family, and friends can make a difference.

The climate is all up to you. Summon your inner Greta Thunberg and get saving!

Contact lwinans@student.achs.net if you’re interested in getting involved and taking action with a group of students already working with a local Mass Audubon club.



University of Bern

The earth has been through natural cycles of warming and cooling throughout its roughly 4.5 billion years of existence, but in the past few years, our irreplaceable planet has heated far beyond the normal pattern, as shown in the graph.

A Polar Bear in New Jersey

By Victoria Caggiano
Cougar Growl Reporter

Coming soon to Arlington Catholic arts is “A Polar Bear in New Jersey.” The story is set in New Jersey in a world where animals are personified, and act like humans. Bears live in suburbs, attend school, and have a government as they are civilized much like humans.

The plot follows one teenage bear named Avinnaq who is played by senior Olivia Copeland. She and her mother, played by senior Bridget Driscoll, live in the Arctic Circle. After Avinnaq is abandoned by her mother, she sets out on her own journey, after her habitat in the Arctic is heavily affected by global climate change. She sets out to start a family and find her own den. Avinnaq ends up in New Jersey after following her malfunctioning compass. She has to learn the rules of

their civilized community, including manners and the community’s way of life. Eventually, Avinnaq is accepted into the community after Officer Finley, played by sophomore Thomas Cahill, takes Avinnaq into his home to exemplify a civilized community. The show brings a comical view of the global effects of climate change.

Those involved in the show hope to bring awareness to issues such as pollution in our world today. To bring the issue into sharper focus, the cast is using recycled items to construct their set (collected at rehearsals) to give a visual representation of how pervasive the pollution issue really is.



Cougar Growl Photo

Krysonia Tavares, Mikayla Donovan, and Arshia Ghai sing “The Climb” at ACDC’s musical review “Wish Upon A Tune” at the Arlington Town Hall on Sunday, November 24, 2019.

A New Year for Mock Trial

By: Thomas Cahill
Cougar Growl Reporter

This year 2020 marks the second competition for the Arlington Catholic Mock Trial team. This team meets after school and during WIN periods to prepare a mock court case, which is then used in

competitions against other schools. One school being the prosecution of the case and the other being the defense. Whichever school argues its position better wins the competition.

The case this year is a civil case. In it, a student is filing a lawsuit against his school which he believes unjustly suspended him.

This student, a talented trumpet player, was a fierce rival with another trumpet player, also a student at his school. When the second trumpet player won a prestigious trumpet award, the first student accused him of cheating, leading to the first student’s suspension. This case revolves around the question of whether or not the school violated

this student’s right to free speech by suspending him.

The Mock Trial is an enjoyable way to learn how to argue a position. I would recommend it to all students, regardless of their interest in law or legal matters.

Video Game Club

By Nick DeBenedictis
Cougar Growl Reporter



Screenshot provided by Jake Abreu

Daisy glides over Daisy Hills on the London Tour in *MarioKart*.

Hey Cougars! Make sure to check out the Video Game Club which meets every Tuesday in the Computer Lab from 2:30 to 3:30. We are happy to have new members and meetings are not mandatory. Come whenever you like: no signups, no strings attached. The club usually plays games on the Nintendo Switch such as *Super Smash Bros* and *MarioKart*. Although we usually play these games, we could

be flexible if you have any games you’d like to play. In the future, we will be able to play some retro games on the *Nintendo GameCube*. We use the projector as a screen so people are pretty spread out. Come down and hang out any time! It’s fine to only stop by once or twice. Some people visit very infrequently. Whenever it fits with your schedule, make sure to check out the Video Game Club!

Area 51: Came and Went

By Brianna Countie
Cougar Growl Reporter

Originally posted on June 27, 2019, the Facebook event titled, “Storm Area 51, They Can’t Stop all of Us,” called people to raid the infamous military base to find out the truth of what is actually behind the walls of Area 51, specifically extraterrestrial life. For those who do not know, Area 51 is a highly classified United States Air Force base located in the state of Nevada.

Since its establishment, many conspiracy theories have been created due to the extreme secrecy kept around the site. The most common theory is that there is evidence of extraterrestrial life and UFO’s that are being stored in it.

Though it only started as poking fun at these theories, the comedic “what if” scenario quickly amassed the attention of millions. After going viral, the event became more and more of a reality and the Facebook user who created the event, Matty Roverts, eventually canceled it and discouraged anyone from actually entering the site. More than two million people checked off

that they were going to the event, but the day of the raid was comparatively underwhelming. Only around 150 people ended up going to the site and 1,500 people went to nearby festivals. The only incidents reported were that two people were arrested, one for trespassing and the other for public intoxication. In the end, no one succeeded in raiding Area 51, but it did leave a lasting impact on the internet’s history.

The Area 51 “raid” was just another example of how impactful the internet can be. Something that started as a simple joke turned into a national phenomenon that caught the attention of major media outlets and the raid was definitely a unique case, as it brought the meme culture into the real world.

In recent years, memes have been a very popular form of content posted on social media. From relatable pictures to viral video challenges, there has been no end to the onslaught of memes that are constantly being poured into the internet, and since viewing or creat-



Photo by Emma Limerick

Freshman Sean Sweeney looks up Area 51.

ing memes has been such a unifying practice, it is the perfect medium to initiate action.

Eventhough the Area 51 raid is an admittedly extreme and humorous example, it shows great potential on how to get a large group of people to unite for a common cause. With memes and internet trends becoming a huge part of people’s source

of entertainment, it is important to look at how those mediums can be used as a force for good and awareness on scales never seen before. With effort and planning, we can take this outrageous Area 51 experience and make true strides for good.

Childhood+

By Karen Nguyen
Cougar Growl Reporter

We all had the same childhood growing up, from watching Disney channel as soon you got home after school to going out with your parents on a Friday night to rent a movie at Blockbuster. We also all grew up watching the same shows on TV, the same movies that premiered in theaters, the same educational system brought on, *etc.* We lived through it all together. It seems like time is passing by quickly now as you reminisce back to those moments when you were younger, happier, less stressed, and just free. Growing up, you look back at your childhood and wish you took the time to enjoy it more instead of taking it for granted.

Teens now find themselves invested in popular streaming services such as Netflix and Hulu while completely cutting off from watching actual television. Technology is getting more innovative and improved as you read this article.

We can find the younger generation immersed with their technology and social media everywhere we look. It seems like yesterday that you were their age watching *iCarly* or playing on your Nintendo DS. We don’t seem to notice how fast time is moving and how we’re forced to move along with it. We get accustomed to the new technological advances and ideas in order to fit in. Wouldn’t it be great to just sit back to relive your childhood, even for just a moment?

That’s where Netflix comes in with bringing back *Victorious* onto their streaming app. The beloved Nickelodeon show was immediately streamed after its release by many loving fans who watched the show when it was originally aired in 2010. For most teens, it’s been nine years since they’ve watched the series. By rewatching the show, teens created hilarious memes and were finally able to understand the adult jokes that were secretly added on. After the release on Netflix, fans wanted more old childhood shows such as *iCarly*, *Wizards of Waverly*



Photo by Emma Limerick

Disney reports 10 million viewers subscribed to Disney+ in the first 24 hours after the new streaming service launched.

Place, *Good Luck Charlie*, and more. This is when Disney decided to step up.

In November 2019, Disney released their own streaming service called ‘Disney Plus’. Disney+ included thousands of Disney-owned TV shows and movies all in one streaming service which made old Disney fans very excited to rewatch their childhood shows again. In addition, Nickelodeon announced that they were making a spinoff on Squidward from *Spongebob*

on Netflix available to their users. Seems like some pretty tense rivalry going on between the two streaming services. This is great news for everyone though since we get to enjoy our old shows but also new spinoffs! Even though it’s 2019 and we’re all getting older and more mature, we’ll be able to feel like a child again while watching old shows that resurface in our lives. So sit back, make yourself some hot chocolate, grab a blanket, and start watching.

Cross Country Check

By: Liana Winans
Cougar Growl Reporter

The AC Cross Country team had a very successful season, which ended for most runners after the State (or Divisional) meet, on November 9. Both the girls' and boys' teams also had many new members join the team. Returning 8th grader Erin Moran once again led the girls, finishing 1st overall in the CCL meet and was named regular season CCL MVP! Other varsity runners include Maura Kirkpatrick, Liana Winans, Colleen Simmons, Natalia Kay, Emily Moran, and Sorcha Donnelley. The girls' team finished their regular season with a stellar record of 6 wins and only 2 losses: to Spellman (who won League Championship and was undefeated), and Bishop Fenwick at Menotomy- AC's home course by a crushing 1 point! At the State Meet in Wrentham, the girls placed 12th for Division 5. The boys likewise had a strong team this year, though smaller than previous years with only nine runners: Sean Kay, Jimmy Brown, Connor Hamilton, Teddy Cinella, Owen Venturelli, Nathan Dougherty, Zach Tamaro, Aiden Tong, and Jay Yuan. Returning senior and lead athlete Sean Kay ran very successfully, even after an unfortunate injury that delayed his season. He raced for the first time this fall at the dual meet vs. Fenwick and Lowell Catholic at Menotomy halfway through

“The girls’ team finishes their regular season with a stellar record of 6 wins and 2 losses”

the season, winning. The boys' team ended with a season record of 2 wins and 6 losses, but will continue to grow competitively for next season. They finished 19th in the division at the State Meet, and Sean won overall for D5, qualifying for All-States! In the All-State meet at Gardner Municipal Golf Course, Sean beat all competition and even had the fastest time of the day for either division. He went on to run in the cross-country Footlocker meet sponsored by New Balance on November 30 in Bronx, NY, finishing 18th overall for the championship boys race. Erin Moran also made the All-State meet by placing 7th in the Division (at the State meet), but did not compete due to a conflict with her club team and Junior Olympics. Congratulations to everyone who ran cross country this year- it takes dedication to run miles in 90-degree sweltering weather, and hills when it's freezing, windy, and rainy, in a span of two or so months! But, of course, there are many more perfectly sunny and easy days... in case I'm scaring you off! Joking aside, if you've never run before or haven't run on a team yet, I would strongly suggest trying out for no-cut, inclusive, and relaxed cross country, winter track, or spring track. It's a ton of fun and a cool way to meet new people, show AC school spirit, and discover new talents within yourself!



Photo Courtesy of Reese DeVincent

The girls soccer team at their annual banquet, held at the Arlington Sons of Italy lodge on November 5th.

Goals for Girls

By: Reese DeVincent
Cougar Growl Reporter

The Girls Varsity soccer season at Arlington Catholic comes to a close on their memorable 2019 season. They walked onto the field every game, ready to work hard and bring home a win. Coach Munroe, one of the head coaches of the team said, “We had a hard season, but we played our best every single game”. This year, they welcomed several underclassmen players to the team, as well as parted ways with 4 unforgettable seniors (Captain Ellie Carson, Captain Hannah Cox, Sophia Scapicchio, and Marissa Cutone). Coach Munroe said, “I had an awesome time coaching and will miss the seniors very much. I look forward to seeing everyone next year.”

Although the team wasn't able to make it to the playoffs, they had some amazing accomplishments

throughout the season. One that definitely made them as well as their coaches proud was breaking Bishop Fenwick's winning streak.

The team demonstrated determination throughout the entire season with their outstanding skill and performance on the field. In addition, sophomore Shelly Donahue and junior Nicole Simmons were named this season's CCL All-Stars because of the dedication they displayed towards soccer and their teammates. Nicole states, “Even though we didn't get the result we hoped for, it was still a great season. I love this team and I know that next year we will be able to build on the foundation that we worked so hard to create this season.” The girls overall set goals and went after them. Doing this, they grew as a team and will set more goals for the future. They cannot wait to come back stronger next season!

Powderpuff Football



Photo Courtesy of Coach Dempsey

Varsity girls race into action at an early-season cross country meet vs. St. Joe's Prep and Austin Prep. The course was a 5K on dirt, grass, and pavement around the St. Joe's Prep campus.



Photo by Gabrielle Fernandes

Quarterback Emily Murdock racing to score a touchdown for the junior class at the annual Powderpuff game at the AC turf on Tuesday, November 26, 2019. The seniors remain long-standing champions.

Skiing Top Ten

By Sean Sweeney
Cougar Growl Reporter

The 2019-20 ski season has many incredible products, events and other notable things in store. This list showcases ten of those things (and is in no particular order).

- 10 Kicking things off at number ten is Bretton Woods' new gondola. Set to open this season this 8 passenger, 17 tower lift can deliver its passengers to the peak in 5 minutes (if it is traveling its usual 13 miles per hour).
- 9 Next at number nine is FIS 2020 without Marcel Hirscher. Hirscher was arguably the best in the world and mainly competed in the slalom and giant slalom disciplines. He retired this past summer leaving fans in shock.
- 8 At number eight is K2's mindbender line, specifically its boots. Pow-erlock Spyne walk technology allows for 50 degrees of motion, it has a softer TPU for fast entry and exit. The boot is stiff and is meant for more experienced skiers.
- 7 Coming in at number seven is Atomic's Vantage line. This line of skis are always on the leading edge of technology utilizing titanium tank mesh and other technologies like it to better the skier's experience. There is a wide variety of different skis for all skiers and conditions, whether it be a powder surfer or a carver for the groomers it can be found in the Vantage line.
- 6 From one ski to another, the Renounce Citadel makes the list at number six. This ski is definitely built for powder and back country skiing. Even though the ski is big, it is still lightweight and it uses new technology to cut chatter significantly.
- 5 The Poc obex spin BC is the number five entry. This helmet has many innovative ideas and technological concepts like SPIN padding; this padding is silicon based and can protect the wearer from a variety of mishaps by "adapting" to the hit and flexing accordingly. Vent placement has been upgraded, and there are communication ear pads that can be bought separately and used as a radio.
- 4 Next at number four are Full Tilt boots, an up and coming competitor for the boot industry. Their boots are for more experienced skiers and use many new features for better performance, one of these features is a ribbed tongue that helps the boot flex, another is the adjustable flex that lets you control your experience. These are all mountain boots and can be used on wide varieties of conditions.
- 3 At number three, the Savor line from Atomic takes the cake. This line is made for beginners and focuses on confidence and convenience. The line is perfect for those who want high quality gear to start out with.
- 2 Placing at number two are Smith's mag goggles. These high quality optics utilize magnets that can be used to change lenses for different conditions. The latest product uses 4D technology for better vision. The glass at the bottom is tapered, this change gives the user 20% better vision.
- 1 Finally, at number one is Carv. Carv is a smart ski instructor that is placed in your boot as a sole and collects data to help you better your technique.

AC's Lady Cougars

By: Mia Polston
Cougar Growl Reporter

Guess who's coming back to settle the score? On Saturday, November 9, Arlington Catholic's cheerleading team went to Austin Prep to compete in the CCLs against Lowell Catholic, Arch-Bishop Williams, and the hosts, Austin Prep. Our girls looked great out there, especially with the confidence boost from some students

and fellow athletes who came to watch and cheer them on! The girls loved having students there and hope for even more to cheer them on next year! The girls lost a tough one, but you can count on them to compete this winter, and bring a little pep to your step. I'm sure we'll be seeing a lot more from them soon, especially with their determination.

AC Cougar Quarterback Plays Bigger Role

By Krysonia Tavers
Cougar Growl Reporter

I met with Paul Hammond Arlington Catholic's very own quarterback. I asked Paul, "What role do you play on the team? And is there anyone on the team who inspires you most?" The student athlete expressed he "leads" on the offensive side of the game. Paul is expected to call offensive plays, make sure teammates are in the proper position and keep the team in good spirits. He had later mentioned that Terry Cousin, his little brother, and teammate at Arlington Catholic, "inspires him." Terry is one of the reasons Paul is trying to set the stage for what a good football player should hold himself to. Paul hopes to inspire Terry, to follow in his footsteps and to achieve his own goals just as his brother is doing.

Support AC Hockey

By Andrew Hickey and
Casey Conneely
Guest Reporters

The AC Hockey season is finally here, so come support the boys' and girls' hockey teams this season. With all of the hard work the teams have put in before their season started, the teams are eager to step on the ice. Both the teams will play an astonishing 20 games this season, and 16 will be home games at Ed Burns Arena; hearing the cheers in the crowd would be a great start to the games, so come show your support by being loud, proud and respectful as you cheer on your Cougars! If players have the support of the fans, they can make it a memorable season for all the seniors to leave on. Both teams will be making a push for the playoffs and with the support of family and friends, can generate a (cougar) crazy atmosphere.



Cougar Growl photo

Senior Caroline Buckley and AC Lady Cougars warm-up for the pep rally on November 26.

School Start Time

By: Robert Stevens
Cougar Growl Reporter

For years, school start times have been the bane of students everywhere, waking up early to trudge to school, often only half awake. Recently though, more studies have begun to back the classic morning cry of school beginning later. In a paper in *Science Advances*, researchers studied the effects of school start time by using wrist monitors. When school start times were delayed, students got more sleep and did not stay up later as many would believe.

According to the study, students had significantly more sleep duration when wake up times were more in line with the natural adolescent wake up time. According to Gideon Dunster, a Graduate student from the College of Wooster and recipient of many scientific awards, "Research to date has shown that the circadian rhythms (the cyclical rhythms that maintain our 'internal clocks') of adolescents are simply fundamentally different from those of adults and children." This means that the time a teenager's body naturally wants to go to sleep and wake up is functionally different than adults and children. According to Horacio de la Iglesia, the article's author and professor of biology,

"To ask a teen to be up and alert at 7:30 a.m. is like asking an adult to be active and alert at 5:30 a.m." To get to school, students have to be up even earlier. I personally wake up at 6:45, which going by that math is the equivalent of asking an adult to be awake and begin to prepare for the day at 4:45 a.m. I live relatively close to the school, so for some it is even earlier.

According to Dunster, "All of the studies of adolescent sleep patterns in the United States are showing that the time at which teens generally fall asleep is biologically determined." Having school start times so early means students cannot get enough sleep, as their bodies will try to prevent them from falling asleep at a time that it deems too early. Not to mention with extracurricular activities and homework, getting enough sleep on some nights will be harder or be completely impossible. Additionally, much of our homework requires technology which delays our internal clocks and further delays our ability to sleep on late study and homework nights. All this can lead to struggling in school, as we are inhibited in our ability to learn and work when sleep deprived. As many have experienced, this can lead to further sleep deprivation which could in the long-term decrease grades, sports performance, and health.

The big challenge with making school start times later centers around the issue of school end times being later.

One of the counterpoints is that schools are worried that it will affect after-school activities, but it is likely that as time passes start times of extracurricular activities will be delayed to conform with student bodies. This is the case locally at the Arlington Public School District which is changing start times. Along with that, more time will be freed up as less homework will be needed for classes to reinforce topics as they will be better learned in class by a better rested student body.

Another point is after-school jobs may be less available to students. Additionally, school may still interfere with student-employees if they participate in extracurricular activities, or work may not conform at all. On the other hand, some students could see their work availability increase because of less hours spent doing homework. Overall, this is a really challenging problem to speculate on and depends on the type of work involved.

To this I propose a compromise: make school start times later yet

school end times remain the same. If 5-7 minutes of each class can be sacrificed, 25 to 35 minutes of sleep could be added to students sleep schedules in the morning. This, in turn, could make students healthier, both physically and mentally as well as more attentive.

As local schools Arlington High and Winchester High experiment with later start times, the students at AC will be watching to see how they make the transition.

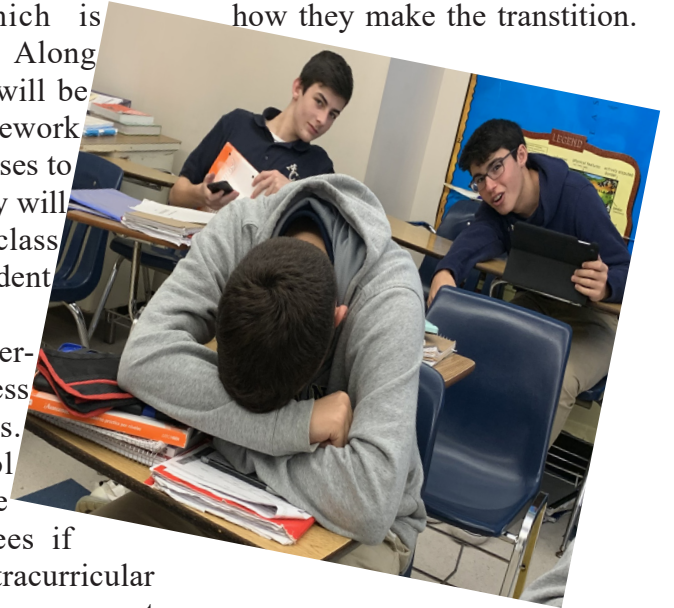


Photo by Emma Limerick

Freshmen Nick Gallagher and Alex Nalbandyan point out a sleepy student.

Parent Advice: Midterms

By Tori Caggiano
Cougar Growl Reporter

Parents, I'm back. With midterms quickly approaching and second term almost over, students are extremely overwhelmed. In addition to all other extracurricular activities, midterms week is stressful and seems to go by slower than any other week. It also happens to create a sort of epidemic of the common cold throughout the school, there is no avoiding it. Winter sports have begun as well! Get those jackets out so you can sit through your child's freezing games.

Here we are in middle of the year, though it may come with the most stress, because teachers are trying to get as much work done with the limited time they have with us because of several breaks and snow days (our favorite!). Time management is key to success this time of year. Don't let it become overwhelming to you or your



Photo by Emma Limerick

AC students use WIN period to study for tests and to finish homework when not at a club meeting.

student, there is a light at the end of the tunnel!

All the hard work pays off and fun end of year events like the semi-formal, prom, pep rallies, and freshman kickball tournament begin to happen. These big events are eagerly anticipated all year. The

year is going by at a blink of an eye and before you know it your student will be another year into highschool, another year older, more mature.

Encourage your child to work hard but to also enjoy it and grow and learn from each and every challenge and experience.

Cougar Growl Contributors

Advisor: Mrs. Heidi Gould

Editors: Lily Fitzgerald ('21)
Kathryn VanWinkle ('21)

Jake Abreu ('23)
Allison Brosnahan ('21)
Thomas Cahill ('22)
Casey Conneely ('21)
Terry Cousin ('22)
Emily Cuellar ('20)
Nicholas DeBenedictis ('22)
Reese DeVincent ('21)
Catherine Fagan ('22)
Gabrielle Fernandes ('21)
Arshia Ghai ('22)
Brianna Countie ('20)
Paul Hammond ('21)
Andrew Hickey ('21)
Emma Limerick ('23)
Vanessa Lott ('21)
Karen Nguyen ('20)
Kelly Nguyen ('22)
Immanuel Osgood ('21)
Mia Polston ('23)
Robert Stevens ('23)
Sean Sweeney ('23)
Krysonia Tavares ('22)
Liana Winans ('22)

Email: hgould@achs.net