

# Hallmark Movies: How Do They Affect Us?

By Lucy Gould  
Junior Editor

It's Springtime; girl has a crisis, she moves to small town, she meets boy, they fall in love, they argue but reunite for the sake of an upcoming holiday, and live happily ever after. We all know the story, and it is the plot of every single holiday Hallmark movie.

Most Hallmark movies promote a message of love, family, and finding the joy in the little things in life. Thus, it comes as no surprise that Hallmark was the second most watched network in 2020, according to The Futon Critic. But is that really all there is to Hallmark movies?

Some experts believe that watch-

ing Hallmark movies has significant benefits. According to Pamela Rutledge, behavioral scientist and director of the Media Psychology Research Center and Media Psychology faculty at Fielding Graduate University, "the human brain loves patterns and the predictability is cognitively rewarding. Those predictable story arcs that draw on the standard patterns we recognize from fairytales offer comfort by presenting life as simple and moralistic." Rutledge goes on to say that Hallmark movies allow viewers to "experience the emotions associated with social validation, the yearning for connection, compassion and empathy".

But according to Mental Health Therapist, Laura Bishop, Hall-

mark movies can be detrimental to viewers' mental health. She claims that while Hallmark movies are entertaining on occasion, "prolonged exposure could decrease one's self-esteem by leading to questions like 'Why isn't my life like that?', 'Where is my prince/princess?', 'Where is my dream job?' or even 'Why can't I look this beautiful/handsome when just getting out of bed?'" For many, Hallmark movies are misleading in this way, as the real world is full of more realistic issues and more complex questions, such as 'Why can't I get out of bed at all?'"

So when watching Hallmark movies this year, make sure not to get sucked into the perfectly magical world of Hallmark.



Photo Courtesy of Mia Polston

Arlington Catholic's Best Buddies club collects donations by selling carnations and chocolate for Valentine's Day. Club advisor, Mr. Munroe, says that the large amount they raised would not be possible without the generous donations from Modern Pastry!



## HAPPY GALENTINE'S DAY!

"Galentine's" began in 2010 with Amy Poehler on "Parks and Recreation." While Valentine's day is celebrated on the 14th as a day to spend with a romantic partner, "Galentine's" can be celebrated on February 13th as a day to spend with your close friends. Here are 6 fun ways to spend the holiday with your friends!

1. Brunch
2. Chocolate Night
3. Spa Night
4. DIY Photo booth
5. Movie Night
6. Paint Night



## Highlights

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# The Psychology of Winter

By Nicolas Carmezin Muniz

Wintertime is a strange period of the year, exhibiting both lifeless and festive qualities. One can think of winter almost as a “half empty, half full” analogy. Alas, between shoveling piles of endless snow and traveling with freezing guts, it is a time of constant burden for many. But psychologically, winter creates an odd paradox. Though it is associated with feelings of desolation and sadness, it also is linked with various holidays and celebrations- Christmas, Hanukkah, the New Year, skating, and other snow based activities, all linked to a boost of esteem, social connectedness and much more. Nevertheless, with aspects relating to weather and temperature, how does wintertime make us feel?

Essentially, wintry weather manipulates our minds. Whether by the freezing cold, the mesmerizing snow covered terrain, or even sunlight itself, our minds are heavily influenced. To explain, Seasonal Affective Disorder (SAD) is a condition that may lead to depressive episodes. As defined by Mayo Clinic, “This decrease in sunlight may disrupt your body’s internal clock and lead to feelings of depression... A drop in serotonin, a brain chemical ... that affects mood, might play a role in SAD.”

In addition, Laura Geggel of Live Science states, “It’s possible that warmth helps people with warm



Photo by Kevin Zhang

A winter wonderland photographed by Kevin Zhang for AC’s very own Photography Club during the blizzard at the end of January.

relational creativity, meaning they may feel psychologically closer to other people and more generous toward them. In contrast, cold may stimulate referential, or distant and cold processing, as people may feel more apart from others.”

With this said, the true reality of winter is visible; our minds are shifted towards the worst by its temperatures. But, this is only one side of the spectrum, as many of us know that with its pains, win-

ter also brings beauty. Depending on where you live, snow is an aspect of winter that mesmerizes us. To illustrate, HuffPost states, “While rain tends to leave our surroundings in a fog of soggy gray, its frozen counterpart illuminates them, creating idyllic winter wonderlands in their place. The vast white space and dusted evergreen trees have the amazing ability to leave us feeling enchanted to the point where we simply can’t take

our eyes off the landscape before us. We notice every little detail, from the first bird to leave its nest to the first breeze to knock limbs free of their icy cocoons.”

Natural beauty is an aspect of winter that can blind us from its sheer, and occasionally painful, reality. Nature and weather cannot be ignored during this season--wintertime is dangerously beautiful; it invigorates us yet leaves us in a state of sadness.

# The Turtleneck Debate

By Connor Arroyo-Cody and Sophia Jamieson

## Sophia Jamieson: Against Turtlenecks

Turtlenecks. You either love them or hate them. I would agree with the latter. It is inconceivable that anyone thinks this article of clothing is either comforting or aesthetically pleasing.

My first memory and sadly, documented evidence of me wearing a turtleneck is when I was four years old and my mom paired a red turtleneck with a plaid Scottish kilt. This memory evokes feelings of discomfort and major red flags of “fashion faux pas” and “What NOT to wear” fashion blogs.

Turtlenecks are not aesthetically pleasing regardless of your body

type. Whether thin or curvy, your face always looks like it’s being squeezed out of a tube of fabric, much like frosting coming out of a piping bag. It is restrictive, causing some to feel trapped and claustrophobic. It can be itchy and uncomfortable and cause feelings of being strangled. How anyone would agree with this torture baffles me.

Some may argue turtlenecks keep you warm and cozy in the winter. To that, I would say, have you met the more versatile options of an infinity scarf, regular scarf, a vest, or quite simply, invest in a warmer coat!

## Connor Arroyo-Cody: For Turtlenecks

Turtlenecks are a bit of a controversy. Few pieces of clothing can spark arguments like the turtleneck. The turtleneck’s original purpose was one of utility. It was used to keep people warm during the winter months when working in factories.

Today, the turtleneck still maintains this purpose as it is a practical way to keep your neck warm in the winter without the burden of an uncomfortable scarf. It also is a sleek and fashionable way to stay warm.

Who wears scarves indoors? NOBODY! However, a turtleneck would look normal and

fashionable while indoors. Turtleneck haters say that it’s itchy and uncomfortable. On the other hand, wouldn’t you rather deal with itching your neck occasionally when you feel warm.?

This seems like an obvious choice over your neck freezing from the biting cold of winter.

It’s time to stop listening to the turtleneck blasphemy, as they are practically made. So grab one that your grandma got you for Christmas and get out there.



# The Modern World: Too Big to Fail

By Nick DeBenedictis

All across the country, there is a rampant problem with housing insecurity. This dilemma was not started by the pandemic, but was merely exacerbated by it. Roughly 12 million Americans are behind on an average of 5,800 dollars in rent. Before the pandemic, in cities like New York, Los Angeles, and San Francisco, average rent costs for a one-bedroom apartment were often as high as 2,500 dollars a month. Across the entire country, a full-time minimum-wage worker can not afford to rent a one-bedroom apartment. For the foreseeable future these problems will only continue to get worse. Considering that landlords and developers are still making profits, nothing will change.

In January of 2020, the National Alliance to End Homelessness concluded that there were around 580,000 homeless people, and according to the US Census Bureau there were around sixteen million vacant homes during the same period; That means that there were roughly 28 vacant houses for every homeless person. These statistics have definitely changed since January of 2020 but this key issue has been pervasive for decades. The truth is, American families are not

making enough money to cover basic necessities. With the decline of unions throughout the 20th century, labor power has faced a major downturn. Not only do working families have less bargaining power, but also the goal of landlords and developers is merely to make a profit. There are more luxury apartments and homes because the market for such things is much more lucrative.

For as long as the United States has been a country, housing has been treated as a commodity. Just as we purchase other consumer goods, housing is sold on the market as a private good for profit. Housing is not a right and thus Americans have no legal guarantee to shelter. What if this were to change? What if the American government guaranteed shelter to every single person in this country. Currently, it's a tall order, but it's possible. When Americans think of public housing, they think of decrepit drab high rises plagued by underdevelopment. The truth is, these problems do not arise when the government builds housing, it arises when the government does not prioritize housing; It simply lacks funding. To find a contemporary example of such public housing, we can look at the city of Vienna.

As the sixth-largest city in Europe, Vienna stands as a beacon of



Photo by Dominik "Dome" / Flickr

*Alt-Erlaa, a social housing estate in Vienna, proof of the potential that public housing has to have modern architecture and helpful amenities.*

modern urban prosperity. Roughly 62% of the houses in Vienna are publicly owned, what they call "Social Housing". When looking at photos of such buildings they show beautiful modern architecture. Not only are these houses great to look at, but they are cheap to live in, with the average rent in Vienna only coming to about 400 - 600 dollars. These buildings have dozens of public amenities offered to tenants, including laundries, swimming pools,

pharmacies, and much more. It is shocking to imagine living in such a building, considering the state of American urban development.

The key takeaway from this all is that the American government can and must do better for its citizens. Rampant poverty is not an inevitable outcome in society, nor is it the fault of the impoverished. Housing is one of the most important needs, and it is suffering from chronic neglect.

## On Sexism Surrounding Cheerleading

By Mia Polston  
Editor-In-Chief

To most, cheerleading is a bunch of young girls in bouncy costumes and bows. How can this be the picture that comes to mind when in reality cheerleading is an amalgamation of some of the most physically and mentally demanding skills asked of high school and collegiate athletes today? Is this absurd disconnect from fact and fiction due to the lack of public knowledge about cheerleading, or is it due to sexism surrounding the now female dominated sport?

I interviewed Arlington Catholic Cheerleading Captain Alum and current Division I cheerleader at Northeastern, Emma Jordan, with these same questions to find out the truth.

Drawing from her extensive knowledge on psychology and the first hand experience of being a cheerleader, she had a lot to say on the topic, "Well cheer, was originally an all male sport but when women started to join in the late 20's and 30's and do better than the guys, they all quit and created this negative stigma around it."

Don't believe her? Let's check the facts... "The reputation of hav-

ing been a valiant 'cheer-leader' is one of the most valuable things a boy can take away from college. As a title to promotion in professional or public life, it ranks hardly second to that of having been a quarter-back," from an A Nation (1911) article. Not only this, but during their attendance at Yale, "George W. Bush '68, his father George H.W. Bush '48 and his grandfather Prescott Sheldon Bush '16 were all members of the Yale Cheerleading Squad. In these ways, the early cheerleaders truly served as leaders of the Yale community in all aspects of their lives," from a Yale Daily News article titled Cheerleading of the '20s: Epitome of masculinity, proving the outstanding character that cheerleaders were formerly believed to have. Nowadays, you'll find cheerleading costumes titled such things as "Leg Avenue Varsity Babe" and "Sexy Varsity Babe," sexualizing, demeaning and devaluing the sport as a whole.

Ms. Jordan continues saying, "I think there's sexism everywhere in the world, but especially in athletics, and cheerleading is a prime example of that. I've especially felt these effects of sexism when cheerleading is very often demoted to club sport

versus a regular sport in a lot of colleges to avoid giving out scholarships and funding it the way, let's say, hockey or soccer would be. Ignoring that cheerleading is time and time again deemed one of the most dangerous sports in the world."

She's not the only one saying this though, a World's Ultimate (2021) article placed cheerleading as the eighth most dangerous sport above the likes of football, hockey, bull riding, and cliff jumping.

She continues, "I love cheerleading so much, but it gets hard not to wonder sometimes what small programs could achieve if they were given the same opportunities as other (specifically male) sports." I couldn't agree more with Ms. Jordan's statement, which pushed me to ask her what makes her want to look past stigma and lack of opportunity to continue to cheer. She responded, "Something that pushed me to look past sexism surrounding my sport is the feeling after a job well done."

Just as any other sport, athletes, cheerleaders, want to push themselves and their teammates to perform to the best of their ability. Athletes looking to advance themselves and other hard workers around them should greatly consider



Photo courtesy of Deirdre Jordan

*Emma Jordan, Arlington Catholic class of 2020, during the Fall 2019 cheerleading season.*

ending of this sexualized, demeaned and devalued connotation around cheerleading and other female dominated sports by simply reviewing how they speak about and to others.

# Imaginary Gardens: Arlington Catholic's Most Interesting Club

By Trevor Sheehan

Imaginary Gardens has been a significant club at Arlington Catholic for many years now. It is a great club for any student at Arlington Catholic who wants to express himself or herself. Last week, I sat down with Ms. Dever, faculty advisor for the club, to learn more about the club and its goals.

What's interesting about Imaginary Gardens is its origin story and how the club has got to where it is today. According to Ms. Dever, the club has been around for a significant amount of time, yet the actual date in which the club was created is unknown. However, Ms. Dever explains that the original founder of the club was Mr. Tallon, a former teacher at Arlington Catholic who has passed away. When Mr. Tallon left Arlington Catholic, the club went on pause until Ms. Dever restarted the magazine in 2012 with her honors English class.

According to Ms. Dever, the main purpose of imaginary gardens is "to highlight the talents of our writers and artists and cultivate an appreciation for arts, specifically language and writing." If you have



Photo Courtesy of Trevor Sheehan

*Imaginary Gardens is a school literary magazine that highlights the talents of Arlington Catholic's students, giving them an opportunity to publish their work.*

ever written a poem, essay, or any type of writing and want to share that body of work with others, then this club is for you. The good thing about Imaginary Garden is that it is "not a must meet club," meaning that students don't have to always feel obliged to attend every meeting. The majority of the magazine's meetings consist of reviewing submissions that were given to the club

and determining whether or not they can go into the magazine. Ms. Dever describes the meeting process as a "slow start at the beginning of the year," but "it picks up when [the students] figure out the art and design of the magazine."

So far, the goals of Imaginary Gardens this year is to find senior leaders and gain more underclassmen club members. Since the club

is so low key, not a lot of people have found interest in the club, unlike ACDC and the *Cougar Growl*. The club doesn't meet every week, so the club lacks interest and devoted members. Unfortunately, last year's COVID schedule didn't help the club either, making meetings both difficult and less frequent which limited new membership.

Why should a student at Arlington Catholic join Imaginary Gardens? What makes Imaginary Gardens different from every other club at Arlington Catholic is that the club is a great place in which any student can express him or herself artistically through writing, speech, or photography. Additionally, the fact that Imaginary Gardens isn't a mandatory meeting club makes the club enjoyable for its members. A student can come by every so often and share the body of work he or she has made. In general high school is so demanding; students have so much pressure and feel like everything they do here matters. Imaginary Gardens is the opposite; it is a place where students can relax while also expressing their creative side. Now that you know what Imaginary Gardens is, will you join the magazine?

# Arlington Catholic's Adventure Club

By Nico Russo

The Adventure Club at Arlington Catholic consists of adventure and fun to allow students to get away from their books and get outside to experience new things.

The club is run by Mr. Fullerton, who says that there are about 25 kids signed up for the club but each club trip usually takes 10 to 15 students. This is because some students have other school events, aren't interested in the activity, or it's just too far for them. The club was previously the rock climbing club, but was updated and changed into the Adventure Club this year, so they could be open to more activities.

The first adventure they went on as a club was rock climbing. They went on the day of student SATs after the seniors finished their test. Mr. Fullerton said the kids had a good time on this trip and were able to unleash their energy after taking the the long and stressful standardized test.

The second adventure they did was archery. The rules were the

same as paintball, but instead of using paintball guns they shot each other with safe bows and arrows. According to Mr. Fullerton. "This was a fun activity and the kids loved going on this trip." One of the students that attended this trip was Lane Beliveau. Lane said, "This trip was great and was an awesome way to spend time with my friends. It was a good time and I would definitely do it again."

Mr. Fullerton enjoys running this club and is happy with the group of kids he was able to get together. They are full of energy, always excited, and cooperative during the activities.

The club is planning to go kayaking as their next group activity. You do not have to be a part of the adventure club in order to go on the club's adventure. Anyone is welcome to sign up and go, as long as you get a permission slip and have it signed by your parents. You can find the activity permission slips in the paper bin in front of Mr. Fullerton's room on the right side of the door.



Photo Courtesy of Lisa Simmons

*Lane Beliveau and Nick DeBenidictis having fun on the AC Adventure Club archery trip to Archery Games Boston.*



*Donna(top left) and Cheryl(top right) introduce their new baby sisters to a camera.*

# It's A Twin Thing

By Cassie Collier

Here at Arlington Catholic, we often see twins in the building and non-twins might wonder what it could be like to have a twin. Coming from a family of twins I've seen firsthand how it can cause both wanted and unwanted attention.

Twins seem to run in my family. Barbara and Richard Gedrimas, my grandparents, had two sets of twins. All girls. Seems like a lot of work, in my opinion. One is set of identicals, Cheryl Gedrimas and Donna Begin and one is set of fraternal, my mother Lynn Collier and Laura Collier.

You're probably wondering why my mom and her twin have the same last name, right? It's because they married a set of brothers. This makes my family seem way closer than most families. Lynn Collier explains "Our family is not large but is somewhat unique as there are four sets of twins in the immediate family." This makes my family special because it is unique to have that many twins in a single family.

Lynn Collier's fraternal

twin, Laura, had a set of identical twin boys named Cam and Chris. Lynn had fraternal boy-girl twins, Tommy and Cassie (Me). This being said, we are considered "double first cousins."

Double cousins occur when two siblings marry two siblings from another family, making their children double cousins. They essentially share 25% of their DNA makeup with one another. This is the same quantity of DNA a child would share with a half-sibling, an aunt or uncle, or a grandparent. It is twice the amount of DNA that first cousins would generally share, hence the name.

Tommy Collier, my brother, insists "I just consider you to be a regular sister, and I don't think of our relationship any differently than any other relationship between siblings. But it is pretty cool to have someone that is the exact same age, and it has its perks." Some perks are that we think very alike, and sometimes have strange but funny twin telepathy moments. Another fun perk is that on our birth-

day there is no excuse for us to get a lame cake; there always has to be double.

Ever since we were little, we were never in the same classes when we went to the same school for our own independence. Once we realized we were separating for high school, we didn't really care that much because we are such independent people. It's always good to separate your identity from someone who is that close to you.

When Tommy and I were born, we had apparent differences. He had blue eyes and blonde hair, while I had green eyes and brown hair. We didn't look like twins growing up, but we most definitely felt it.

When being introduced to people as a twin, the most common question is always, "What's it like to grow up as a twin?" Cam Collier stated that "being a twin is like having a lifelong best friend and soulmate. However, I've realized just how lucky I am to be a twin. I have learned and experienced a lot from having this perspective and would not be the person I am without Chris."



*Photo by Kelly Collier  
Fraternal twins Cassandra (left), AC senior, and her brother Thomas (right) Collier.*



*Photo courtesy of Meghan Ivester  
AC Freshmen and twins Jayney Ivester (left) and Meghan Ivester (right) before their volleyball game.*



## Who Am I:

# Katie Boyle and her Five Year Journey with Arlington Catholic's Girl's Hockey Team

By Trevor Sheehan

Now that the winter sports season is finally in full swing, Arlington Catholic senior Katie Boyle is ready to embark on her final year with the girls hockey team. For Katie Boyle, the passion for hockey was always there inside her family. Boyle remembers her father taking her to free skates as a young girl and motivating her into actually playing the sport of hockey.

At first, Boyle was hesitant, but after watching her younger brother play the sport, she finally made the decision to start hockey in the third grade. What keeps Katie Boyle skating are her current and former teammates and the friendships she has made throughout the sport. "It made me keep going to the rink night after night. They made me push myself and do better in both games and practices," Boyle states.

Katie Boyle has been playing hockey for Arlington Catholic since she was in the 8th grade, so it is safe to say that she has dealt with a lot of ups and downs when it comes to the program. During her 8th grade season, Boyle addressed that there were many obstacles that she and the rest of the team dealt with. The biggest obstacle was learning how to adapt to a new coach's system and developing a sense of trust with the coach. After her tough eighth grade season, Boyle and the rest of the team returned next year, showing "grit" and im-

provement. Going into Boyle's sophomore season, however, things got a lot better and the girls team achieved much more success. Katie Boyle credits a lot of this success to Natalie Flynn, Arlington Catholic's current girls hockey coach. "I ultimately gained so much confidence and skill through her guidance on the ice," Boyle proclaimed.

Although the girls team has lost a lot of seniors from last year, girls that Boyle has played with for four years in a row, Katie Boyle and the rest of the seniors won't let this disrupt their goals for the season. "Unfortunately we lost so many seniors last year so we are a young team. This means that I and the rest of the seniors have to grow and get closer with the underclassmen," stated Boyle.

So far, it seems as if the team has bonded pretty nicely. In their first game and home opener against St. Josephs and Mount Alvernia, the Cougars were victorious, winning five to one. Katie Boyle helped contribute, scoring her first of the season. Boyle went on to say after the victory that "two of our four goal scorers had their first high school goal which is always a great experience to see. Considering it was our first game we showed great communication and passing."

This hopefully will be the first of many great wins for the Cougars Girls Hockey team this year as the 2021-2022 season begins.



Photo courtesy of Lauren Boyle

Katie Boyle looking for a pass during a Varsity Girls Hockey game during the 2020-2021 season.

# Indoor Track

By Erin Moran

Things are looking up for the AC Indoor Track team now that meets are getting back to normal. After what has felt like the longest year, the team has returned to indoor facilities and multi-team meets.

During the first meet back at the Reggie Lewis Center, since February 2020, the team looked strong. Junior Nathan Dougherty broke a personal record in the mile, finishing 1st in his heat and 5th overall in the league with a time of 5:08. The 4x200 female relay team finished 1st in the league with a time of 1:56.07.

The AC Indoor Track boys 4x200 team is made up of Donny MacMillan '22, Niko Ceppi '22, Devin Santillana '22, and Cole Souza '23.

of Gabby Bi-long '22, Tristan Loughlin '24, Isadora Marques '22, and Annika Westberg '23. The team has only improved from that first competition and has worked hard to do well each meet they attend.

The girls team, including runners Lucy Hogan '24, Izzy Marques '22, Maddie Connelly '24, and Tristan Loughlin '24 placed 8th in the State Relay meet, scoring top 6 in four different events.

The boys 4x200 team, made up of Devin Santillana '22, Cole Souza '23, Donny MacMillan '22, and Niko Ceppi '22, is ranked 4th in the league with a time of 1:40.51.

Although there are still mask and spectator restrictions, the team per-



Photo Courtesy of Mr. Killion

severed and did not let anything affect their long awaited season. The team's full schedule of invitationals and meets wasn't for nothing. Many of the athletes on the team have met the high standards to represent AC in the State Divisional meet.

The team is led by Matt Killion, Serena McNary and David Wilcox, coaches who have put in time and hard work to help keep the sport safe and enjoyable.

Sophomore Erin Shortell says that "in the short time I have been a part of the team I have been welcomed by all, and have created bonds with people I would have never crossed paths with otherwise. The team is such a fun and enjoyable environment that I am lucky to be a part of." The team spans across all grades making the future of the team very promising.

Congratulations to all the athletes and their accomplishments this season and AC is looking forward to next year.

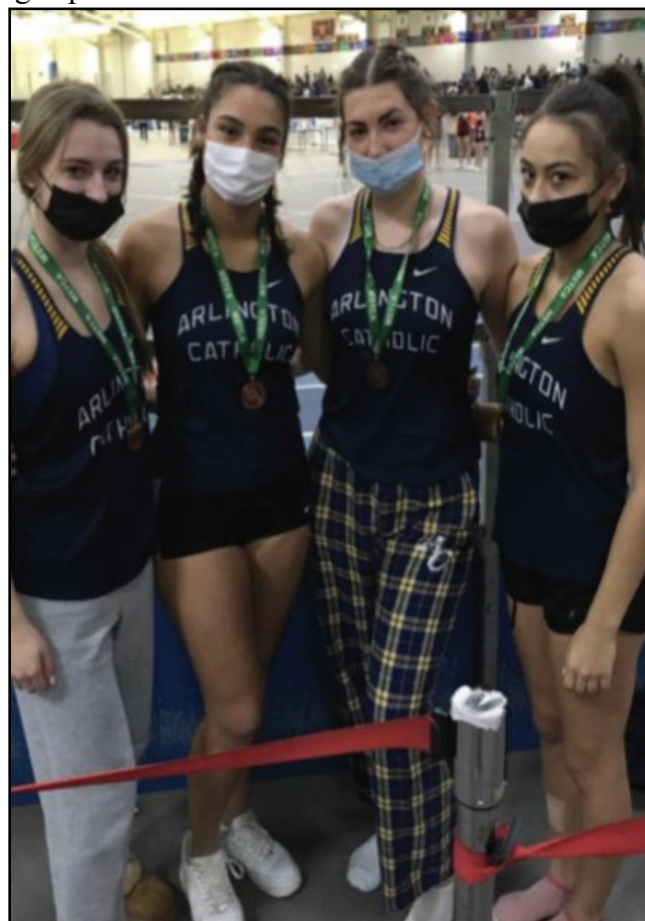


Photo Courtesy of Mr. Killion

Members of the AC Indoor Track girls team. Left to right: Lucy Hogan '24, Izzy Marques '22, Maddie Connelly '24, and Tristan Loughlin '24.



Lucy's

## Literary Legion: Indie Author Panel

By Lucy Gould  
Junior Editor

On January 18th, Cary Memorial Library in Lexington hosted an author panel moderated by yours truly! The panel included three amazing independently published authors, Brianne Wik, Renee Dugan, and Kathryn Marie. Topics ranged from the general "How do you get published?" to the specific "How do you find a cover artist?" The discussion spanned over wide ranging topics at the front of most aspiring authors' minds.

One of my favorite questions from the panel came not from myself, but from when the audience was allowed to ask their own questions: How do you find your community? This question is so personal to me because if someone had told me even six months ago that I would be moderating a panel of my own creation, I wouldn't have believed them. It is so surreal that I have author friends who are willing to hop onto a zoom and answer my questions. And that is really what the whole writing community is about. Wik, Dugan, and Marie all agreed during the panel that young writers really have to just ask for help and that is so incredibly true. I am only friends with these amazing authors because I kept DMing them, asking their advice, saying hi, participating in the magic of the writing community.

There are so many writers already out there, and many of them are so willing to give advice if asked. So even though I was only the moderator, I would answer this question by saying: reach out and your community will grow from there.

The full panel is available for viewing on the Cary Memorial Library YouTube channel.

## Celebrating Black History

By Krysonia Tavares

In January of 2022, the Women's Quarters Program chose to place Maya Angelou, African-American poet, on the new US quarter. This action was proposed to honor American women as March, Women's

history month, approaches. The recent Maya Angelou Quarter is the first coin in the American Women Quarters Program. However, this is also in light of Black History Month, February. Maya Angelou is the first black woman to be pictured on an American

coin. Angelou was chosen to be on the coin due to respect for her acting, outstanding and moving poetry as well as her symbolic nature and social activism efforts.

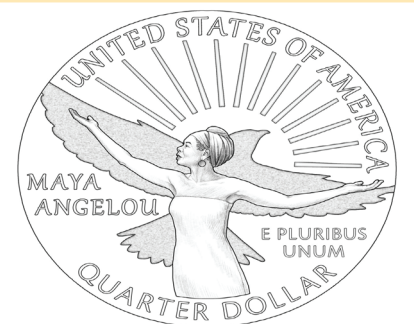


Photo Courtesy of the US Mint  
The quarter's design was inspired by Angelou's "Caged Bird" Poem.

# Getting Your License

By Liam Gilligan

## Step 1: Drivers Ed

-The first step to getting your license is to take Driver Education or "Drivers Ed"

-You must make sure the course is approved by the DMV

-A minimum of 30 classroom hours are mandatory

## Step 2: Permit Exam

-Use your Driver's Handbook you receive from Drivers Ed to study

-You must go to the DMV in person to take an eye exam and have your picture taken

-Due to Covid the exam may be available to take at home

## Step 3: Practice

-After obtaining your permit you are required to complete 12 behind the wheel hours with an instructor

-You are also required to do 6 hours of backseat observation

-Your parents are required to do a 2 hour course as well to help teach with instruction

-With your parents you are required to complete 40 hours of driving and at least 6 must be at night, you can log these hours in your book you receive upon passing your permit exam

## Step 4: Passing your 'Behind the Wheel' Exam

-Upon arriving you must present your Driver Education and Driver Training certificates and a parent/guardian signature

-You must also bring proof of car insurance

-Remain calm and remember the skills taught to you

## Step 5: Passing

-Congratulations, you now hold a provisional license!

-Remember to follow the rules of a provisional license and the rules of the road, and always be safe.

## Student Spotlight: Ava Petrillo

By Lilli O'Mahony

This quarter the *Growl* shines a spotlight on senior Ava Petrillo. Petrillo is a talented artist who composes songs, sings, and plays the piano and guitar. When I asked Ava what inspired her to start making music, she said, "I've always liked music. When I was younger, I was brought up with a lot of oldies. I started playing the piano then guitar came later and that's what kept me pursuing it." And that is exactly what she did. Ava has gone on to attend camps at Berklee College of Music through which she was able to participate in bands. Ava also told me that she has been releasing music for a while now, "Some of it does really well and other times it doesn't do

as good. It depends on the material, the song, the music, and the lyrics. Some people just don't like the vibe and that's totally okay." However, what seems to follow with creating music is awards, and when I asked Ava about some that she has received she told me that she received a certificate from Berklee and she considers her streams, listeners, and supporters of her music a reward itself. With all these accomplishments, I wondered how much her teachers motivated her. Ava said, "Teachers I had growing up always were excited and supported me. I had a teacher in 5th grade, Ms. McCormick. She was someone who I always went to for advice, help, and for good times. We are still



Photo Courtesy of Bella Petrillo

Arlington Catholic senior, Ava Petrillo.

close and I am in contact with her. There are many other teachers who have inspired me and always motivated me." The inspiration and dedication Ava has received from those around her seem to have played a big role in her achievements and will continue to as she grows as an artist. AC is excited to see what more you can do, Ava!

# Swinging into Theaters Near You!

By Liana Winans

**SPOILER ALERT:** Do not read any further if you haven't seen *Spider-Man: No Way Home*.

Our friendly neighborhood Spider-Man swung back into theaters this past December for his third Marvel-Sony installment! Ticket sales shot through the roof for opening weekend and it quickly became clear that *Spider-Man: No Way Home* was an MCU film to rival the blockbuster *Avengers: Endgame*. Now, it has far exceeded the \$1B global box office mark and is the 4th highest-grossing domestic film of all time.

*No Way Home* picked up right where *Far From Home* left off, with Peter's identity as Spider-Man being revealed publicly by villain Mysterio. Doctor Strange then accidentally breaks open the Multiverse trying to help Peter, forcing him to deal with the chaos that ensues.

The movie is packed with thrilling action scenes, relatable themes of friendship, love, and even college admissions. But its introduction of Sony's old Spider-Men (Tobey Maguire and Andrew Garfield), although fun for fans, ended up sacrificing important plot points for Tom Holland's Peter in favor of wrapping up the others' stories. For instance, Tobey preventing Tom from killing Green Goblin in a fit of vengeance thwarted a moment for the latter's meaningful character development. Nevertheless, apart from those nitpicky

faults, *No Way Home* is very well done; the chemistry among central trio Peter, MJ, and Ned provoking laughs and applause throughout. The digital imagery is impressive, especially for the final battle



Photo Courtesy of Lynn Winans

*Liana Winans stand in front of movie poster on opening night at the AMC IMAX theater.*

scene, and Peter's struggle to save instead of slay the villains is both inspiring and riveting by turns.

Once again, Marvel has delivered the goods and *No Way Home* has successfully clinched a spot as one of the best-loved superhero films in the franchise. Now that our "Peter Parker" is entirely forgotten, what will his future hold? Will Spidey meet Venom, whose entrance into the MCU was hinted at in a post-credit scene? Stick around the theaters a little longer to find out!

# Mini Magic: Chilly Class

By Missy Skehan  
Art Director



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Photo Courtesy of Teresa DeBenedictis

*Senior Nicholas DeBenedictis holds up the official Kennebunkport Town Flag, that he designed, in front of the Kennebunkport Town Hall.*