

THE WINNACHRONICLE

September 19, 2018

The Student Voice of Winnacunnet High School Since 1985

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Sophomore pursues meteorology career



Courtesy Photo/Tyler Hughes

Tyler Hughes (second from right) was a guest presenter on Weather Underground.



BEN ALLEN

SPORTS EDITOR

Over the summer, sophomore Tyler Hughes appeared live on The Weather Channel in Boston. Hughes entered a contest put on by Lands' End clothing company.

"The contest was to write an essay about why you love learning and meteorology in particular," Hughes said.

Hughes said he wrote about how New England's weather changes frequently and how growing up here has helped configure his meteorology knowledge.

Hughes was selected with three other winners to appear on The Weather Channel.

"They said about 200 people from around the United States entered the contest and four of us won," Hughes said. "The task was to write

an essay about why you love learning and meteorology in particular."

The winners appeared on The Weather Channel to celebrate National Summer Learning Day on July 12.

"In the morning we did a 15 minute Facebook live question-and-answer session with [on camera meteorologist] Chris Bruin," Hughes said. "We then had a tour. Then we eventually were prepped and went on the air."

Hughes said that once he got on live television they did an almost six-minute segment, and were also on an ad for the Weather Channel that ran throughout August.

Hughes said that this was a great experience for him because this is the type of work he wants to pursue.

"Broadcast news and meteorology is definitely the field I want to go into," Hughes said.

Hughes also said how excited he was for the opportunity when he won.

"I was more excited than nervous, to be honest," Hughes said. "They made us feel very comfortable and talked us through where we would go and what we would do."

While the contest happened this year, The Weather Channel has not announced whether or not they will continue it next year.

"It was an amazing experience, and if you are interested in weather, The Weather Channel is the place to be," Hughes said. "I would definitely recommend it to everyone interested."

Hughes said would participate again, but said he was not sure if he would be allowed to in order to give other students a chance.

"I can definitely see myself doing this for my career in the future," Hughes said.

Student Wi-Fi privileges revoked; new rules in effect



FAITH CARRIGG

ARTS & ENTERTAINMENT EDITOR

This year, the 1:1 student Chromebook program is in full effect with all four classes equipped with the computers. Another new change is that students and staff no longer have use of public Wi-Fi. But this didn't stop tech-savvy students from gaining access.

Director of IT services Jason Saltmarsh said that the password getting out was "only a matter of time." Yet, he said he was surprised at how quickly it got around the student body.

"We do have a plan to address it, so by next week we'll have things secured again," Saltmarsh said.

Saltmarsh said that Arrow is currently the only affected network and will be removed.

Currently, all staff and student

school-supplied devices are pre-connected to the networks Arrow and Bow (respectively). Saltmarsh said the policy changed because of money and curriculum needs.

Last year, Saltmarsh found that a good portion of the bandwidth was going to student cell phones and access points were becoming crowded.

"In order to have a more successful 1:1 program, we would have needed to buy more bandwidth," Saltmarsh said. "The need to provide connectivity to cell phones didn't seem to justify higher taxes and more money spent."

Saltmarsh said that the school pays approximately \$40,000 annually for network connectivity. The bandwidth is a key component because there are more than 1,000 students with a Chromebook now that the program is fully integrated.

According to Saltmarsh the

priority is to make sure that there is enough bandwidth to have the 1:1 program work effectively.

"We revised the policy and presented it to the board last spring," Saltmarsh said. "[The policy] says that personal devices will not be used in our wireless network, which catches both staff and student devices."

Devices will soon be connected using a MAC address rather than a password. All other devices will be blocked regardless of passwords. Devices will be connected to a new SSID by the IT department and will go through a "whitelist" process to ensure that the correct devices are given access.

A MAC address, as stated by Quora.com, is "an L2 (link layer) address that allows other computers to send a packet to a specific other computer on the same link layer."

Art wing undergoes renovation



ABIGAIL SALTMARSH

FEATURES EDITOR

Over the summer the Winnacunnet art department underwent renovations to improve the storage and classroom space. These renovations are important for the art students and teachers to improve the way they make art.

Facilities Director Karl Ingoldsby is in charge of the coordination of the renovations for the department.

"The concept of the renovations started during the NEASC school inspections and was one of the action plans brought up during that process in 2012," Ingoldsby said.

The first attempt to bring this up to the voters was this March and it passed. Ingoldsby said the construction actually began the Monday after school ended last year.

"Hopefully by the end of September the renovations will be done," Ingoldsby said. "The only thing we are waiting for now is the cabinetry that was custom designed which should start arriving by September 10. Then we can get more work done."

Ingoldsby said that during the New England Association of Schools and Colleges process it was deemed necessary to increase the storage and classroom space in the art classrooms. This was a needed to change.

To get the art renovations done Ingoldsby said that the contractor has plans to come in at 3:00 p.m. every afternoon and focus on one area at a time to ensure everything is back in place for the next school day, before they leave.

"A plan has been presented to the art teachers with the tentative schedule being approved by them," Ingoldsby said.

AP art student Katherine Shek said that she is still trying to get used to the new classroom style.

Shek said that it will take a while to get used to because everything is in a new place and there are new rules in the classroom.

Shek said that the new rules were put in place to keep the classrooms clean.

"It used to be a tradition that the AP art students would eat lunch in the art rooms and just continue working but now we can't eat in the rooms," Shek said.

This year the classrooms are much more open and there is new storage which Senior AP art student Taylor Nydam said changes the feel of the environment.

"It is all very new still so it doesn't feel as homey as the years before," Nydam said.

MARCHING BAND RETURNS AFTER 20 YEARS



Congratulations to the Winnacunnet Marching Band on their first performance in 20 years. The band played during halftime at the football home opener, Sept. 14.

Way to represent Winnacunnet well!

MEET THE STAFF

THE WINNACHRONICLE

WINNACUNNET HIGH SCHOOL
1 ALUMNI DRIVE, HAMPTON NH 03862
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EDITORS

EDITOR-IN-CHIEF
JENNA MYERS '19

SPORTS EDITOR
BEN ALLEN '19

NEWS EDITOR
KEELYN MCNAMARA '19

FEATURES EDITOR
ABIGAIL SALTMARSH '19

ARTS AND ENTERTAINMENT EDITOR
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PHOTO EDITOR
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ART EDITOR
KATHERINE MORAN '19

STAFF
HALEY BROWN '19
MAX STRATER '21
AMANDA PORTER '21
TYLER HUGHES '21

FACULTY ADVISER
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AFFILIATIONS

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THE WINNACHRONICLE
c/o WHS
1 ALUMNI DRIVE
HAMPTON, NH 03842

OR BY E-MAIL AT:
WINNACHRONICLE@WARRIORS.
WINNACUNNET.ORG



JENNA MYERS
EDITOR-IN-CHIEF

Number of years in Winnachronicle: 4

Favorite Food: raspberries

Other Activites: Student Council, Interact, Swimming



FAITH CARRIGG
ARTS & ENTERTAINMENT EDITOR

Number of years in Winnachronicle: 2

Go-to karaoke song: "9 in the Morning" by Panic! at the Disco

Other Activities: Healthy Warrior Club, Cheerleading



MAX STRATER
STAFF

Number of years in Winnachronicle: 1

Dream Superpower: Reading minds

Other Activities: Soccer, Track



KATHERINE MORAN
ART EDITOR

Number of years in Winnachronicle: 3

Spirit Animal: an otter

Other Activities: Student Council, Math Team, National Honor Society



KEELYN MCNAMARA
NEWS EDITOR

Number of years in Winnachronicle: 2

Go-to karaoke song: "Juju on that Beat" by Zay Hilfigerr

Other Activities: Soccer, Lacrosse, Interact, Girl Up



ABIGAIL SALTMARSH
FEATURES EDITOR

Number of years in Winnachronicle: 2

Spirit Animal: An elephant

Other Activities: Cross Country, Nordic Skiing, Sustainability Club



AMANDA PORTER
STAFF

Number of years in Winnachronicle: 1

Go-to karaoke song:

Other Activities: GSTA, ITS



KATHERINE DESMOND
PHOTOGRAPHER

Number of years in Winnachronicle: 1

Dream Superpower: being invisible

Other Activities: WHTV, Student Council, photography for the football team



BEN ALLEN
SPORTS EDITOR

Number of years in Winnachronicle: 3

Spirit Animal: a panther

Other Activities: Soccer, Basketball, Boys volleyball



HALEY BROWN
STAFF

Number of years in Winnachronicle: 2

Favorite food: Almond butter

Go-to karaoke song: "Firework" by Katy Perry



TYLER HUGHES
STAFF

Number of years in Winnachronicle: 2

Favorite food: chocolate peanut butter ice cream

Other Activities: ITS, Cheerleading, Healthy Warriors Club



MACLEAN BAKER
BUSINESS EDITOR

Number of years in Winnachronicle: 1

Go-to karaoke song: "Hips Don't Lie" by Shakira

Other Activities: Student Council, Interact, Cross Country

OPINIONS

Freshmen shouldn't be pressured about future



JENNA MYERS
EDITOR-IN-CHIEF

With the start of another school year, students all over the country are filing into hallways, grabbing books out of their lockers and scrambling to find a seat before the bell rings.

However, what they don't know is that they've signed up for much more than a high school education; in reality, they now have to deal with a lifetime of stress.

Many older generations remark upon high school as "the time of their lives," but Generation Z is struggling to find the truth in this statement.

Sure, school is a time to expand your knowledge and push your comfort zone, but that becomes harder and harder to do with the increasingly large cloud hanging over students' heads: future plans.

As they move up through the ranks, from freshman to sophomore, junior to senior, they get asked more and

more, "What are your plans for after you graduate? Do you know what you want to do yet? What career options have you explored?"

These questions and the inevitable drawn-out conversations that come with them put so much pressure on teenagers that it is impossible for them to truly figure out the answers.

We are told that high school is a four-year crash course in decision making and by the end of it we need to have a life plan. Then, seeing the immense stress the adults in our lives have now caused us, they try and placate us by giving us resources to "get a head start." All that getting into the process accomplishes is starting the stress at an earlier age.

High school kids should be running around on sports fields, heading to the beach and auditioning for the school musical instead of meeting with expensive college

ors or trying to pad their resume with hours of work for a cause they care nothing about.

So many of the things they get involved in are because they'll look good on applications and not because of the student's genuine interest in the club or organization. This lead to further stress on the students, because it takes up valuable time in which they could be discovering things that they are passionate about.

Instead of asking high schoolers what they want to be when they grow up, instead of focussing valuable time of school curriculum giving career exploration presentation in a sophomore English class, the standard around plans for the future needs to be relaxed.

As a society, there needs to be more time allotted for fun and enjoyment in high school. As soon as people realize that eighteen years is nowhere near enough time to plan the next sixty, high school may go back to being "the time of my life."

Why you should 'Skip the Straw'



ABIGAIL SALTMARSH
FEATURES EDITOR

Skip the Straw seems to be the trend everyone is talking about this year so what is Skip the Straw exactly?

"Skip the Straw is a project of the Blue Ocean Society for Marine Conservation to protect marine life in the Gulf of Maine by educating, encouraging and empowering our Seacoast community to avoid single-use plastics, starting with plastic straws," the Skip the Straw website said.

According to "plasticsbyocean.org," 8 million tons of plastic enter the Ocean every year. Plastic is one of the most harmful things for the environment because it doesn't break down and it never goes away. Most of the plastic produced ends up in the Ocean and into animals bodies.

Plastic straws are one of the worst forms of plastic. The straws are one-use plastic item that are countlessly and carelessly used everyday. All plastic takes hundreds of years to break down and they never biodegrade.

Plastic straws are in the top ten list for things picked up during beach clean ups. Straws are in the top ten

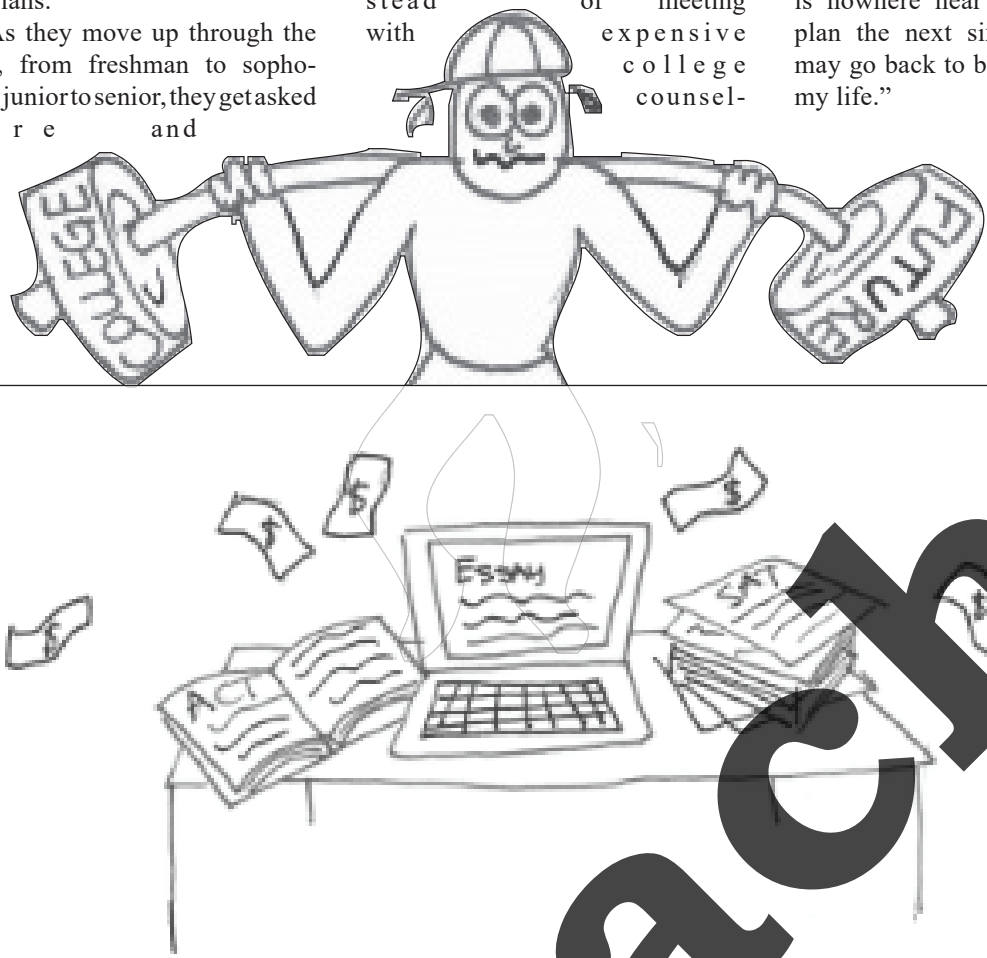
items collected during the Ocean Conservancy's International Coastal Cleanup. Volunteers have picked up more than 9 million straws from beaches over the past over 30 year history of the International Coastal Cleanup In United States.

In the United States, people use 500 million straws every day. Straws are used for about twenty minutes before they are thrown away and never recycled.

It is hard for people to see how one little straw can make a big difference in the world. Straws are everywhere in the Ocean and are impacting people, wildlife, and nature. Every single straw in the Ocean can make a difference and impact an animals life.

The best way to reduce this problem is to stop using plastic straws, use nothing at all or something different. This concept is what the Skip the Straw campaign is all about. Many local businesses have become more environmentally conscious and have started using paper straws or not giving out straws.

The Skip the Straw campaign is becoming so important to the environment. By signing up on the campaign and committing to not using straws it is helping. Every single person can make a difference in the small actions they do.



Deshaun Watson

Nothing was worse than starting Deshaun Watson in fantasy this week. Someone who has been said to be a future MVP of the league definitely did not show up week 1. Although Patriots fans were rooting against Watson, it ruined many fantasy owners week one games.

Heat

Everybody loves summer but the heat wave earlier this year got many people wishing for cooler weather. Heat as summer comes to a close is extremely overrated especially if you're in the upper C wing. Cool air can only be found in very few classrooms making it harder to focus during school then it already is. The heat this year has even caused sports practice cancellations throughout the first couple weeks of school.

Excessive snow

Although many are wishing for cooler weather, no one could possibly be excited for the over excessive amount of snow that could be in store for this year. Most residents of New England love skiing but there needs to be a line drawn at some point. Especially if shoveling has to become a part of your agenda.

Getting Enough Sleep

If getting enough sleep isn't a priority make it one. Maybe the most underrated thing amongst them all is getting enough sleep. Without sleep no one can function during the day and won't have enough energy to make it through the day.



MAX STRATER
STAFF

Cold Weather

Almost everyone doesn't want summer to end but would it be such a terrible thing? Cold weather is great and almost everything that comes with it. Who doesn't love hitting the slopes all winter especially because of how close by many mountains are to our area. The school also offers many great sports opportunities to keep you entertained all winter.

Showers

Something else that many take for granted is taking showers. Besides the fact that they make you smell much better in general, it's a time to debrief and think as well as important for daily hygiene and overall gives a feeling of cleanliness.

STUDENTS SPEND SUMMER ON GLOBAL SERVICE TRIPS

Rademacher heightens safety and security in Haiti



KEELYN MCNAMARA

NEWS EDITOR

Junior Annie Rademacher got her summer started by helping out those in need. Rademacher spent ten days in Haiti as a part of a service trip put on by Global Leadership Adventures (GLA).

Rademacher was inspired to go on a service trip after Winnacunnet's World Travel day and hearing a presentation done by Science teacher Charlotte Scott, who traveled to Haiti after the devastating earthquake in 2010.

"I saw the presentation during world travel day and it really moved me," Rademacher said. "I even started crying, there were a lot of the pictures of malnourished kids. A few hours later I was dead set on doing a service trip"

Rademacher sought out GLA after hearing about others who did service trips through them. Rademacher hadn't planned on going to Haiti but knew she wanted to help out and travel to the Caribbean. Haiti was the only country that spoke French as one of their official languages. A French student, Rademacher said she believed this to be a good fit as she would be able to communicate on a basic level.

"The language in Haiti sounded the same as French but everything was spelt phonetically," Rademacher said. "It's also a little bit different because the language is mixed with African languages."

The trip focused on improving global health and bringing safety and security to impoverished communities in Haiti.

Rademacher and her GLA group embarked on several projects to help the achieve their goal of improving global health. GLA put on two medical brigades, one in Limonade and another in Cape Haitian. They targeted the poorest areas and people most in need like the elderly or children. A local doctor was on staff to help diagnose and prescribe medicine.

"We'd have a local doctor, Doctor Dayton, who spoke French Haitian and English, who taught us a lot," Rademacher said. "There were different stations that we'd work at, I was at consultations so I'd be asking, 'Hi, what's your name, age, just the basics.'"

Rademacher said that then the local doctor would then listen to their symptoms and would diagnose them. Rademacher was also in charge of writing down prescriptions so that the patient

would be correctly prescribed what they needed. While the medical brigades were not accommodated for all types of diseases, they were outfitted for the most common illnesses like the common cold or flu.

"It was completely free consultations," Rademacher said. "The local doctors would pick patients that were the most in need and impoverished. There's very few doctors in Haiti, there's a big demand for them."

Four of the days the service group built a vocation school in Blue Hills. At the school Haitians would learn how to do certain trades like construction, plumbing and other necessary skills. This school would give back to the community by producing skilled workers and allow for infrastructure growth and rehabilitation.

"It teaches people how to work and gets them working," Rademacher said. "The community we built it in, Blue Hills, was basically 100 percent unemployed."

When Rademacher's GLA group arrived at the location of the school a wooden skeleton had already been made. They built the walls of the school from recycled plastic bottles, chicken wire and cement. Rademacher's group was just the first session of four that was a part of GLA's global health initiative. Throughout the summer other GLA groups went to Haiti and continue the work started by Rademacher's group.

Rademacher noted some of the biggest similarities between the United States and Haiti were the clothing that Haitians wore. Many of the clothing were name brand as they had been donated by large companies like Aeropostale. Unfortunately the dumping of popular brand clothing can have a negative impact.

"Nongovernment organizations come and dump second hand clothing there," Rademacher said. "On one hand it's not bad to donate but it's just bad for the weavers and the people that make clothes. They go out of business because no one has to pay for clothing anymore."

This was a big example of Paternalism and one of the big themes that Rademacher's group explored. Paternalism is when countries with more authority, big charities or organizations are in control of smaller countries. These less developed countries begin to rely heavily on the free hand outs from their "parent country" which in return stunts their economic and individual growth.

"They taught us You can't look down on these people, you need to educate them," Rademacher said. "You need to teach them how to help themselves."

Garrison spends summer helping people of Fiji



KEELYN MCNAMARA

NEWS EDITOR

Senior Brianna Garrison, spent three weeks of her summer exploring and helping the people of Fiji. Garrison teamed up with the Global Leadership Adventures organization which brings people from all over the world together to help those in need. This is Garrison's second service trip with GLA, the first being a trip to Belize.

"I originally wanted to go on this missions trip because I fell in love with the one I did the year before," Garrison said. "I also had always wanted to go to Fiji."

Garrison said she hadn't known much about Fiji before the trip and that it was an eye opening experience.

"I didn't know that there were poorer parts of the country because it always sounded like a place where celebrities went to vacation," Garrison said. "This made me want to go because I wanted to see all of the culture and the reality of the country on top of helping the people that live there."

The GLA mission was to improve the quality of life for Fijian communities through improving agriculture, education and rain water sustainability. Garrison and 30 other high schoolers from around the world, all a part of the GLA mission group, worked closely with the Fijian community members and children. The group spent three days on each project in order to directly impact the villages in Fiji.

"The main goal of this trip was to better the lives of Fijian communities, although, everyone on the trip had their own mindsets," said Garrison. "For me, my goals were to explore a different part of the world, learn the culture, try new things, help people, better the education, and expand myself as a person."

Garrison said first project was to create a community garden that surrounding communities could use for food to eat and to earn a source of income by selling the crops. Garrison planted all different types of crops that the GLA community had organized for the group.

Garrison said her second service project involved working with Fijian school children giving them basic lessons and improving each child's education. Fijian teachers were also advised on the trip by the GLA group about teaching strategies and were given supplies for their classes. Garrison and her group were able to make strong connections with the all the students they taught.

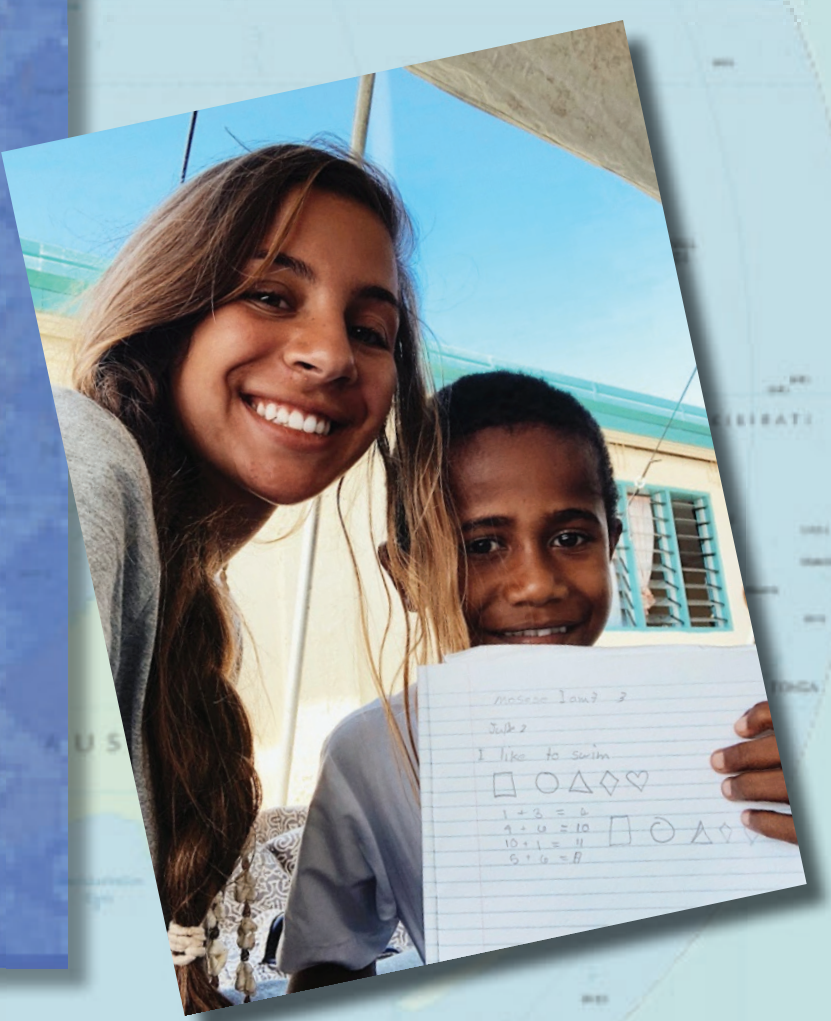
"We did a lot of one on one work with children of all ages teaching them basic math, vocabulary, how to read and how to write," Garrison said. "All of my teammates and I developed so many relationships with them it was hard to say goodbye."

Lastly Garrison and her team helped the Fijian communities with rain water sustainability. They made a large cement fresh water tank for the community by collecting lots of sand and gravel and mixing it with water. Garrison and her team also fixed houses in the community with gutters for rain collection. Garrison said that while it was the most labor intensive, it was the most impactful project for the people of Fiji.

"One day while my group was working on our cement water tank, the ladies of the village made us a whole table of food with everything I could possibly imagine," Garrison said. "They could've used this food for their families or for the rest of the community but instead it was a way of them thanking us for our hard work."

While the GLA group did go on fun excursions on the weekends like snorkeling and swimming, Garrison's said that giving back to the community, changed her.

"My favorite part was knowing what I did for the people that aren't as fortunate as we are here in America and the way it made me feel," Garrison said. "I will forever try to devote myself to others after this trip. Knowing that I can make a positive impact on someone's life or when they are dealing with a hard time has become a passion of mine."



Spread by Jenna Myers
Photos from Annie Rademacher and Brianna Garrison



Winnacunnet implements new grading system



AMANDA PORTER
STAFF

Winnacunnet High School has developed a new grading policy to implement this year. In the new system, every course at WHS will calculate to 90 percent of the grade is summative and 10 percent is formative. Summative is tests, projects and other larger assignments, while formative is homework and smaller assignments.

“The school’s job is to make sure that students have the best foot forward going into college.” Curriculum Coordinator David Hobbs said.

In an effort to develop a thorough grading policy, Hobbs explained that parent surveys were sent out, where information about what parents are and aren’t looking at was collected. Administrators were sent to University of New Hampshire (UNH) and spent the day with the Admissions Department. During that visit, he said the administrators viewed fictional college applications and transcripts that were desired by UNH.

This information was taken and a system, dubbed the “Dual Gradebook” by Hobbs, was created. The system can report in a competency based way and generate a traditional GPA and transcripts. Hobbs said that this allows Winnacunnet High School to generate a more desirable transcript, depending upon what a specific college wants.

“In terms of policy, not much has changed, the reporting mechanism has changed.” Hobbs said.

The Powerschool interface has not undergone changes in terms of appearance. An overall grade for each assignment will be displayed.

“Most of the categories that we once had are still in place. Much of the biology that we have taught is in place,” Science teacher Shani Scarponi said. “I’d say the big difference would be how the percentages break down.” Going from a 50 percent, 30 percent and 20 percent to a 90 percent and 10 percent.

“The student will be able to unpack the grade. Click an arrow icon and the competencies that were assessed will be shown,” Hobbs stated. “A teacher can go into Powerschool and look at standards to see what the class is doing well on and what a class isn’t doing well on.”

Hobbs demonstrated how a teacher could go into Powerschool to check how the class is doing overall. “I’m looking at this and I know one kid is less than sufficient in blocking colors. So maybe I need to reteach that or maybe I need to

all. Get through the whole year and then I can reflect back on how it was different. Whether it was more or less or equally effective.”

Hobbs said he is able to get a more accurate larger picture of success in Winnacunnet by looking across classes and pinpointing whether or not a majority of students are comprehending a topic.

“Across all sixteen sections of Algebra, if there is a lot of trouble with polynomials, let’s bring it up in a department meeting,” Hobbs said. “Let’s do some work on how we’re approaching the topic or concept and hopefully that’s going to translate into more effective teaching and learning, but also interventions with kids who are struggling.”

The policy is universal across all courses. This aids in decreasing some confusion when there are multiple policies for different classes. Students will not have to worry about remembering several policies for specific classes.

During early development of the policy, it was demoed at Winnacunnet as well as the sending schools, Lincoln Akerman, Seabrook Middle School, Hampton Academy and North Hampton School. The sending schools could adopt the policy.

“K-12 could have all the same policy. The sending schools adopting the new policy can help prepare students for Winnacunnet, because the grading policy won’t change from school to school,” Hobbs said. “The content might change, but the way we report it would be consistent.”

“I’m of the mindset that something needs to be given time to go through the motions,” Scarponi said. “Since my course is a full year long, in order for me to tell if something is more effective, I have to get through it all. Get through the whole year and then I can reflect back on how it was different. Whether it was more or less or equally effective.”

go approach the student.” Hobbs said.

English Department Team Leader Gabrielle Borden is excited for the new system. “It makes it really clear for the students. In that case, a student may do poorly on the writing piece but they’ve really grasped and they’re able to comprehend the reading,” Borden said. “And so there we’re able to isolate where they are faltering or where they might need more help.”

“I feel like it is too early to tell,” Scarponi said, regarding the effectiveness of the new way of grading. “I’m of the mindset that something needs to be given time to go through the motions. Since my course is a full year long, in order for me to tell if something is more effective, I have to get through it

New updated security system

HALEY BROWN

AMANDA PORTER

The Winnacunnet board members decided to install an updated security system throughout the campus.

There are new cameras that replaced the old ones that now have higher resolution.

Alarms were also installed into certain doors to notify the front office if people open them when class is in session, this means student’s may not let people in. The doors that they were installed in the classrooms that lead outside, Tech Ed Building and the F wing. None of the main entrance doors are alarmed in the building.

During after school hours, all doors are then alarmed in case of burglary.

All of the computers that have access to the system, were updated with computer programming code. Some of the classroom doors also have emergency alarms built into them, incase someone were to try and break in.

Winnacunnet’s Resource Officer James Deluca was granted access to the security system to monitor what goes on in the school due to safety precautions.

“The ability to search for certain things through the cameras has become less time consuming due to the updated computer program,” Deluca said. “We don’t have to look through a whole day’s worth of film to find what we are looking for because the cameras have motion detectors which can help us with a

certain situation.”

Door handles have been updated to be more sturdy so that they cannot be removed. The alarms and cameras were installed during the last week of school, this previous summer.

Winnacunnet’s Assistant Principal Mike Daboul also possesses access to the new security system.

“The system has better functionality. Before the cameras were either fixed or they were constantly moved in a different position,” Daboul said. “There are fewer blind spots, we can see everything we need to see.”

Accounts for access to the security system are made and given out by Jason Saltmarsh, the Tech Coordinator at Winnacunnet. Accounts are only available for the core administrator team, athletics department, police department and the facilities director.

The police department is granted access in case a serious situation is taking place at Winnacunnet. Since they have access, they are able to pull up the security footage and figure the best way to react.

“The school administration took notice during the past couple of years that Winnacunnet needed to update the security system,” Daboul said.

On March 13, 2018, a ballot voting for the town took place and updating the security system at Winnacunnet was one of the main priorities for an outcome.

The Security system was purchased from the FTG Technology Company.

“The FTG companies engineer, implement and manage enterprise class technology solutions including telephony, networking, video and security,” The FTG Technologies website states. “The FTG team will develop a plan to optimize, implement and monitor your communications networks, including both voice and data applications, to ensure your critical business applications run at peak efficiency and maximum availability.”



Staff Photo/Amanda Porter
Security alarm on emergency exit

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Cases of Legionnaires’ diseases linked to Hampton Beach resorts

 **KEELYN MCNAMARA**
NEWS EDITOR

Hampton Beach is a popular summer vacation spot, with thousands of tourist flocking to the arcades, motels, ocean and boardwalk. Each week brings new renters and more people. Not only does Hampton Beach draw in visitors from surrounding states and Canada but many locals also spend their days at hampton beach as employees to the restaurants, arcades and water slides.

A recent outbreak in Legionnaires disease on Hampton Beach has left many locals and visitors concerned for their health.

Despite the advisory against visiting Hampton Beach, Angelina Labroad, Manager at Casino Ice Cream did not notice much of a difference in business after the bacteria outbreak.

“As a business owner, I don’t think it has affected our sales much,” Labroad said. “I believe that it’s more so affecting the hotels and motels in the area.”

Legionnaires disease is a severe form of pneumonia. It is an infection in the lungs caused by a bacteria known as Legionella. This bacteria can contaminate microscopic water droplets and enter the lungs when this water vapor is inhaled. Flu like symptoms occur within two to ten days of inhaling the bacteria, which then can progress into more serious symptoms like shortness of breath, chest pain and mental confusion.

“As a person that lives locally and working on the beach I don’t feel too nervous or cau-

tious about it, I feel completely secure at work.” Labroad said. “It’s definitely still a concern because people are being diagnosed with it and a has person died from it but I don’t think people are educated enough on it so that’s why they’re still staying in the hotels.”

Fifteen people have been diagnosed with the disease, with twelve of the fifteen being hospitalized. An elderly man who was diagnosed has died due to complications from the disease. Nine of the fourteen people who were diagnosed, stated they had stayed at the Sands Resort on Ashworth Ave. Two women who contracted the disease and stayed at the Sands Resort have filed a lawsuit against the hotel.

“We would also like everyone to know that we have estimated that between 3000 – 4000 men, women, teenagers, and children have been here at the Sands during the month of August,” The Sands Resort said in a statement to the public. “Although, to date, 9 individuals who contracted Legionnaires disease have visited the Sands, it does not prove in any way that they got the illness due to their stay at the Sands.”

Testings done by the Center for Disease Control and Prevention (CDC) showed the legionella bacteria on shower and faucet heads, a hot tub, water heater and outdoor shower hose in the hotel as well as the Harris Sea Ranch Motel. The New Hampshire Department of Health and Human services ordered the Sands Hotel to put all guests on notice and to take care of the problem immediately. The hotel also hired the environmental consultant firm

EHS America to fix the problem.

“I have issued this order to ensure the health of guests and visitors of the establishment, as well as the health of Hampton residents and visitors,” NH Department of Health and Human Services Jeffrey A. Meyers said in a statement. “The Sands Resort will immediately notify current and future guests of the Legionella outbreak and take steps to remediate the premise plumbing system in order to mitigate the risk to the public’s health.”

The Sands Resort criticized the CDC for their testing methods.

They said in their statement they they do not believe the CDC let the water run long enough to get an accurate reading. They also challenged the CDC to test the Aquarian water company’s new water meter that was installed last March.

“The CDC tested water, on August 29, in 4 units, and there were preliminary findings from a test called Polymerase Chain Reaction. The PCR test, which looks for DNA specific to legionella bacteria, showed positive in 3 units,” the Sands Resort said in their statement. “However, the test cannot determine

if the bacteria is dead or active. It very well could be dead and inactive.”

Clean up efforts began on Tuesday, Sep. 4. The Sands was required to continue testing until the DHHS confirms that they have reduced the transmission of legionella. High heat flushing of the hotel’s waterways removed the biofilm within the pipes that can house bacteria like Legionella.

“We will continue to cooperate with all authorities as we strive to protect and take care of all our guests, visitors, and staff,” Sands resort said in their statement



Staff Photo / **Alisyn McNamara**
The Sands Resort, located on Ashworth Ave. is one of the hotels in the Hampton area infected with Legionnaires disease.

What the Class of 2022 needs to know about being successful

 **AMANDA PORTER**
STAFF

With the beginning of a new year, Winnacunnet High School welcomed another group of freshmen. Entering a new school can be challenging, especially one as large as Winnacunnet.

Freshman Seminar teacher Erica Cutts described the class of 2022 as “energetic and optimistic.”

“They are inquisitive and want to know how to be a part of the community at Winnacunnet,” Cutts said.

Cutts stated that freshman students should know all of their options and opportunities at Winnacunnet in an effort to become a “well-rounded” student. Cutts named electives, ELOs, clubs

and sports as some possible options for freshman students.

Freshman Administrator Amy Hood, who was hired this year, stressed that the most important thing freshman students can do to be successful is to branch out from small groups and not get “pigeon-holed.” Freshmen need to meet new people while in high school.

“The biggest thing of Winnacunnet or truly any high school is to get involved,” Hood said. “If you’re not involved, then you’re missing out on the high school experience.”

Sophomore Tawny Marshall stressed the importance of being able to adapt and change when coming into high school.

“It’s very important that you

should realize that when you go into high school that you’re not going to leave with the same people that you walked in with,” Marshall said. “So it’s fine to change any sort of friend group you were in in middle school.”

Hood stressed that her advice comes from a place of sympathy.

“I’m coming in as a freshman just like them,” she said. “They have to stay positive about this whole thing because the more that they stay positive, the better that their four years are going to be.”

Hood’s list of locations that freshman students should familiarize themselves with included her office located by the dining hall and the front office. She said she has made a point to stand outside her office to make it easier to find for students.

“I have found that during this first week of introducing students to Winnacunnet, that a lot of them haven’t realized that one of the big differences between middle school and high school is that they actually have to check in at the front office,” Hood said. “If they come in late, they have to have a note that their parents actually have to sign. It’s very different, the responsibilities between middle school and high school.”

Knowing where the general classes are will make navigating the school much easier, Hood said. Asking questions will aid students in getting through this first year.

Marshall stated that the easiest part of her freshman year was navigating the school. The most

challenging part was focusing on herself, which she said she believes was a very important thing to do.

“Turning in my homework and knowing that I have to work on my own stuff by myself,” Marshall said. “[Teachers] are there to help but they’re not going to make sure that you finished all your homework or anything; you have to do that on your own.”

Marshall’s words echo the fact that it is not a teacher’s job to chase down a student, but a student’s job to take responsibility for themselves.

Adults are here, if you need help. So ask questions,” Hood said. “If someone like myself, who is new, doesn’t necessarily know the answer, then students can ask another adult to be able to find the answer.”

Professional golfer Tadd Fujikawa became the first men’s professional golfer to come out as gay. He said he knows not everyone will accept him, but he hopes other golfers will follow in his footsteps.

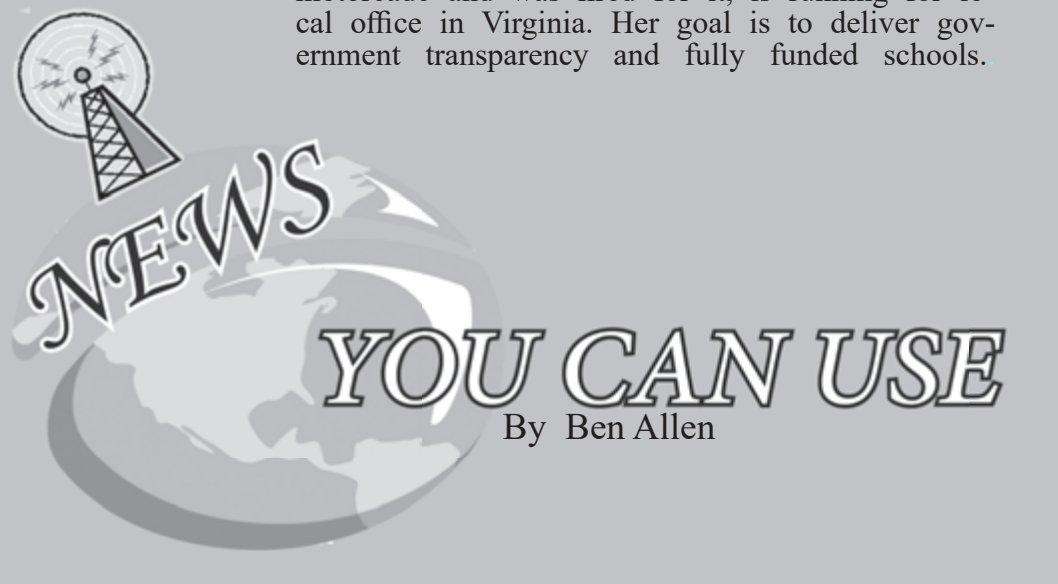
Apple announced a new Apple Watch that will alert emergency services if you have taken a hard fall and are immobile for over one minute. Apple also announced new phones as well, the iPhone XS and the iPhone XS Max.

Japan presented a proposal to legalize whaling across the world. Whalers in Japan illegally killed at least 330 whales this past year, more than 100 of them pregnant females. Whale populations would be in extreme danger if this was legalized, but the proposal has been condemned by many nations around the world already.

Nike recieved mixed reviews from many people after they made Black Lives Matter member, Colin Kaepernick, their centerpiece for their 30th year anniversary. While many major athletes such as LeBron James, Kevin Durant and Serena Williams supported Nike, others such as President Donald Trump questioned Nike’s actions. Some people even went so far to burn their shoes and cut the Nike swoosh out of their socks.

As Hurricane Florence closed in on the Southeastern United States, it brought 80 MPH winds with it. Millions of people have been forced to evacuate the area as a storm surge of 9-13 feet occurred

Juli Briskman, who famously flipped off Trump’s motorcade and was fired for it, is running for local office in Virginia. Her goal is to deliver government transparency and fully funded schools.



NEWS
YOU CAN USE
By Ben Allen



ROTC helps SONH

Cadets raise more than 4,000 dollars to support two Seacoast athletes



FAITH CARRIGG
ARTS & ENTERTAINMENT EDITOR

From last spring into this fall, Winnacunnet's MCJROTC program has supported two athletes in the Special Olympics New Hampshire (SONH).

Mary Conroy is the president of the SONH and her role is to oversee everything. She was first introduced to the Special Olympics when she worked at a camp for people with disabilities during her college time. Conroy joined the staff after college and time with the Peace Corps and has been there for over 30 years.

SONH currently has 3,500 athletes, 3,500 volun-

teers and 12 staff members, according to Conroy.

"The [WHS MCJROTC] kids are great and understand the importance of what they do has on the lives of our athletes," Conroy said.

Winnacunnet MCJROTC Lieutenant Colonel Michael Antonio was approached by Conroy about volunteering for the summer games for SONH after the 2018 SONH Penguin Plunge.

"She also asked if we could adopt Bayzil and Kora and fundraise [the] \$2,000 for each athlete necessary to send them to the 2018 USA Special Olympic Games being held in Seattle, WA."

The cadets raised over \$4,400 for Kora and Bayzil through multiple fundrais-

ers last spring. From May 31-June 2, cadets also stayed overnight at the University of New Hampshire helping event coordinators, setting up, helping athletes and other preparations for the Summer games. There were over 700 athletes participating in the games. The cadets learned a lot and would gladly volunteer again.

Sophomore Mason Rapke and Junior Joshua Brady were participating cadets for the events.

"Helping all the people made me feel good because we contributed a lot of time and hard work to make the SONH games a success. Our being there also made the SONH athletes happy because they saw how much

effort we put into something they enjoy," said Rapke.

"I think what other cadets and myself learned and gained from SONH is how big of an impact a group of cadets can have on people in our community," said Brady.

Kora, one of the athletes that the WHSMCJROTC adopted and fundraised for, participated in 'Team Athletics' in the Seattle games and took part in multiple track and field events, including the 100 and 200 meter dash. Kora won gold in the 100 meter dash.

"I look forward to competing with Team Exeter next Spring at the regional competition in Exeter and at the State competition at UNH!" Kora said.



SPORTS

Abood enters his new role as Athletic Director



Aaron Abood outside directing sports activities.

Staff Photo/Katherine Desmond



BEN ALLEN
SPORTS EDITOR

At the end of the last year, long time Winnacunnet Athletic Director Carol Dozibrin decided she would officially retire. Assistant Principal Aaron Abood applied with 28 others for the job with the hopes of filling that role.

“About 36 showed interest, with 28 filling out complete applications,” Principal William McGowan said. “We interviewed 8 total for the job.”

McGowan said Abood stood out immediately because of his great relationships with students and faculty.

“He has lots of experience coaching high school sports,” McGowan said. “He has great communication skills and I could see that when he worked alongside me as an assistant principal.”

Abood was awarded the job over the summer and officially became the new Athletic Director at the start of this school year.

“I love high school sports and I have had great experiences coaching and playing high school sports in my lifetime,” Abood said.

Abood coached varsity basketball, baseball and tennis at Manchester Memorial high school before he came to

Winnacunnet. “I have a lot of experience coaching multiple sports in high school,” Abood said. “This is something I really wanted to do.”

Abood said he will remain the varsity baseball coach at Winnacunnet and stressed the fact that he would not give preferential treatment to baseball or softball because of this.

“I have to make sure everything is still running smoothly,” Abood said. “I won’t give preferential treatment to baseball or softball just because I am the baseball coach.”

Abood also said he was not thinking about making changes this year and is just trying to settle in.

“I am just trying to get the lay of the land this year and there is a lot I need to learn,” Abood said. “Down the road there will be possible changes but not any major changes this year.”

Abood said he believed he was a good fit for this job because of his experience and relationships with the coaches and athletes.

Abood also talked about the fact that his organization skills will also be helpful with this new job position.

“While it will be a tough job I believe it will be a really cool and fun job,” Abood said. “I am really excited and really want to be here.”

FALL SPORTS CAPTAINS

Girls Soccer



Alisyn McNamara (left), Keelyn McNamara, Caitlin Trott (right) and Tess Rodgers

“It is an honor to help lead such a talented and enthusiastic team. The team has always had a good dynamic and I think that we have the potential to go far this year.”

~ Caitlin Trott

Football



Eli Witham (pictured), Joe MacDougall and Jordan Fuller

Boys XC



Hayden O’Hara (left) and Austin Denis (right)

“I like being the captain of this team because we all get along and have fun.”
~ Ben Allen

Boys Soccer



Ben Allen, Brennan Kittredge (pictured) and Danny Webb-McClain

“I’m excited to get to lead the team in a different way than I have before.”
~ Abigail Saltmarsh

Field Hockey



Lauren Alkire (pictured), Savanah Sigman and Nikki Tredwell

“The best part about being a captain is getting to be a good role model for the younger players”

~ Alisyn McNamara

Volleyball



Grace Cooper, Audrey Simmons (pictured), and Emily Wheeler

Girls XC



Abigail Saltmarsh (pictured) and Emily Eaton

Golf



Rowan Perkins (pictured) and Joe Barbieri

Cheerleading



Laurel Miller (right), Alyssa Cestone and Alexandra Russell (left)

Two freshmen made fall varsity sports teams



MAX STRATER
STAFF

Both players have proved they are willing to work as hard as the upperclassmen, as well as learn from them. Freshman take fall varsity sports by storm as two freshman got permanent or swing spots on varsity teams. Freshman soccer players Hunter Holland and Lily Pleau got high praise from boys varsity soccer coach Nick Rowe and girls varsity soccer coach Nick O'Brien. Pleau earned a spot on the girls varsity soccer team and Holland is a swing player for boys varsity. Both coaches say they look for coachable players who bring maximum effort to practice and games.

O'Brien said he isn't concerned about the age difference and it isn't a factor to him.

"I'm gonna take the best players, age is not a factor," O'Brien said.

As for boys soccer, Rowe said that Holland's knowledge of the game is at a varsity level.

"He has soccer a soccer IQ at a varsity level".



Freshman Hunter Holland warming up before a game.

"A freshman at varsity level is very rare, I've only had four including Hunter," Rowe said. Coach Rowe stated he wanted

Hunter to gain experience at this level to bring back next year. "The idea is that he is playing at the varsity level so for when he

plays in the JV games he can play at a varsity pace," Rowe said.

O'Brien said he wants Pleau to take away as much from this

season as possible.

"Sixteen game varsity season is a grind." O'Brien said

"I want her to soak up as much as she can from this senior class and how to manage her time and emotion as well as physicality." And Pleau as of recently has earned a spot in the girls varsity starting lineup.

Pleau said her experience so far has been a great opportunity.

"It's awesome, it gives me a great opportunity to play at a high level and learn from all the experienced players."

Holland says that practicing with varsity is a challenge.

"It's insane but also difficult because everyone is taller than me but I still keep up and do everything I can," he said.

Both players first take about their experience on varsity so far is what both coaches were hoping they would take away. Both freshman said they have different personal goals they both hope to improve as players and help their team win. And Pleau as of recently has earned a spot in the girls starting lineup. Making both coaches hopes and expectations so far satisfied.

Staff Photo/**Katherine Desmond**

Winnacunnet students make Nike showcase baseball team

Four underclassmen stand out for an elite opportunity with Seacoast United



MAX STRATER
STAFF

For four Winnacunnet students baseball isn't just a once a year sport. Freshman Joe Allen, Zach Fredericks and Hunter Chase and sophomore Brady Annis play for an elite Nike New England baseball team that helps showcase their skills to colleges.

Allen said it was very challenging to make the team.

"It was very competitive and there were a lot of kids trying out," Allen said. "I was honored and extremely happy when I made the team."

Allen also said that he was honored and happy when he found out he had overcome the competition at tryouts to earn a spot on the team

Although the competition was high

"I knew I could make it so I was pretty confident going into the tryout. So I wasn't surprised when I made it," said Fredericks.

So he was confident going into the tryout and wasn't surprised when he made the team because of his experience and skill.

All four boys have played on high skill level teams in the past so they're all familiar on how it feels to play other very skilled players

"I have been playing AAU and competitive baseball since I was 8 or 9 years old" Chase said.



Freshman Joe Allen preparing to field a ground ball during an AAU game last year.

All of the boys said there main focused mainly on baseball year round.

Although most of them do played other sports, they all agreed upon the fact that fact that baseball is the sport they focus on the most.

"Baseball is my main sport but basketball is my number two." Said Allen.

Thankfully all the boys will be playing for Winnacunnet this year as Annis is returning from pitching in JV games as well as

varsity games. Knowing what the competition level is is Annis says the competition was strong for him last year because of the age differential.

"High School is really good competition since I'm playing

against kids three years older than me and two times bigger." said Annis.

For Winnacunnet baseball it seems as if the future is now, but can the young stars lead the program to a winning record?

Courtesy Photo/**Joe Allen**

Girls varsity soccer has three new coaches this season



Staff Photo/**Katherine Desmond**

New coach Gregory Connors directs players from the sideline at a practice.



MAX STRATER
STAFF

As the girls soccer program continues to expand and and to succeed in recent years, the program needs more coaches to help on every team. One replacement coach, one assistant junior varsity

coach, and one assistant varsity coach brought the total to three new coaches

Jess Lieberman is a new assistant varsity coach. Head varsity coach Nick O'Brien said that Leberman is very organized.

"Jess is a physical therapist and also an experienced coach so she brings lots of knowledge and

it's almost like having another trainer," O'Brien said. "She has a lot to bring to the table "

Coach O'Brien said Shannon Feeley is a good fit as the new assistant JV coach.

"She played at Worcester State and has a really great knowledge of the game," O'Brien said. "She is very observant about what's

going on in the game around her."

Coach O'Brien also praised Greg Connors, who is the reserves coach and a science teacher here ar Winnacunnet.

"He teaches here, [he] played at Exeter, he understands the game well and is very enthusiastic about teaching the game," O'Brien said.

Although Connors played at Exeter he said that he was glad his team beat Exeter 2-1 this year.

"It's fun to be on both sides," Connors said. "There's a mutual respect because you know they'll be good and it will be competitive."

Coach O'Brien said that coach Connors is a true teacher whether it be on the soccer field or in the classroom.

Coach O'Brien said he is very thankful to have such a full and amazing staff this year.

"This is the most complete staff I've ever had in 10 years of coaching."

He said he hopes they can be this complete for many years to come. Coach O'Brien said he wants to improve the program as every season passes.

"Everyday we're driven to succeed and we drive to get better," O'Brien said.

He said he tries to pass this point to all of his players and coaches, but he said the main focus he tries to make clear to new players and coaches is the need to improve.

"We try to get better everyday, and not just as players but coaches too, and how [we] can get better overall as players and coaches," O'Brien said.

Coach O'Brien's focus is leaving the past in the past and improving players, coaches and the program as a whole. With new coaches bringing valuable skills to the program that's exactly what has been done with these additions to the program.

FEATURES

New Environmental Science class



ABIGAIL SALTMARSH
FEATURES EDITOR

Winnacunnet has added two more classes this year including Advanced Placement Environmental Science class. The class takes place during two different blocks with about twelve students in each class. The class is taught by Science teacher Barbara Reid.

According to the college board website, “The goal of the AP Environmental Science course is to provide you with the scientific principles, concepts, and methodologies required to understand the interrelationships of the natural world, to identify and analyze environmental problems both natural and human-made, to evaluate the relative risks associated with these problems, and to examine alternative solutions for resolving and/or preventing them.”

Reid said that she went to many classes over the summer to learn more about the course and how to teach AP classes.

“I went to a summer institute that is put on by the college board all about AP classes,” Reid said.

The AP class takes a lot of work to organize the schedule and plan for every class.

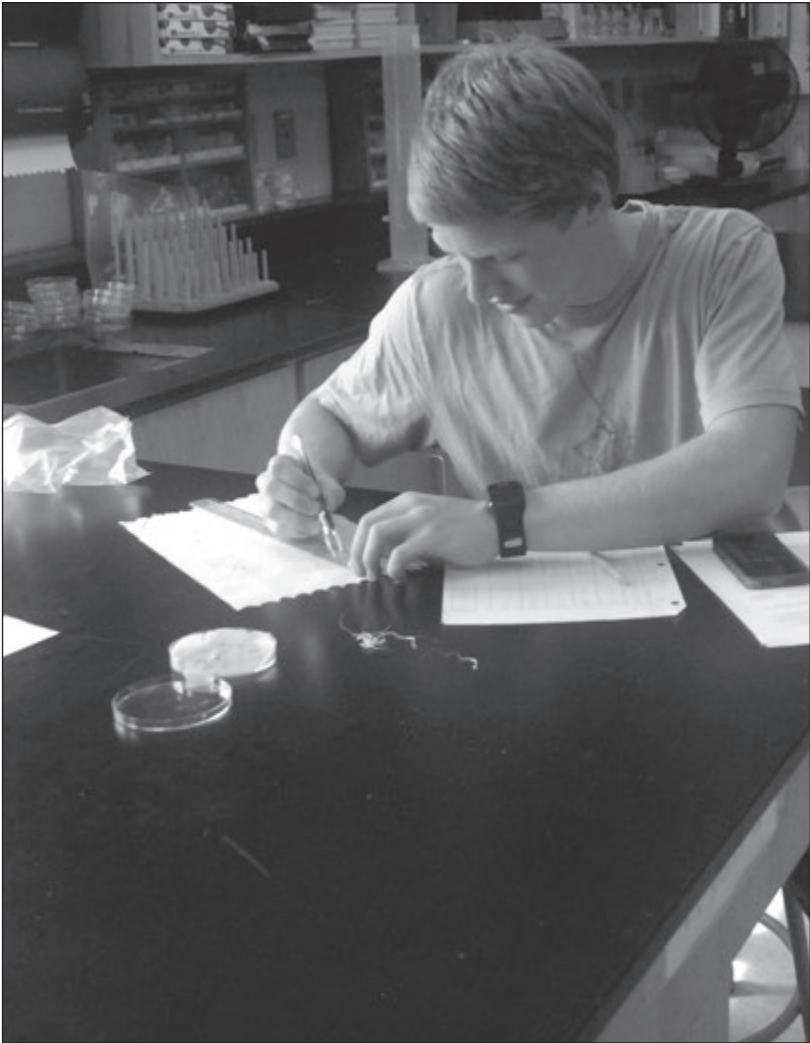
“I spent a lot of my own time pulling together what activities I wanted the students to do,” Reid said. “I have a vision of what I wanted it to be then I just had to pull the pieces all together.”

Reid said that so far she loves the class and is so happy that it is not an option for students. She is happy to be able to teach what she went to school for.

“My degree is in environmental science and I worked in the field,” Reid said.

Senior Katherine Shek said that she was excited to take the class because she thinks it is something very important to learn about.

“I chose to take environmen-



Staff Photo/**Alisyn McNamara**
Junior Noah Taracena performs an experiment in AP Environmental Science

tal science because I think we as a young generation need to come together and start thinking about the consequences of our actions,” Shek said.

Some other students enrolled in the class say that they were excited to have this as a class because they are looking into environmental science as a possible major.

“I was excited to take this class because I am interested in studying environmental science or some time of conservation science and this is the first type of class at Winnacunnet that could prepare me for that,” Senior Maddie Pender said. “I also think that it is important to take classes that teach us about our impact on the environment so that

childrens can improve their actions to help future generations.”

Reid said that from all of the students there seems to be a lot of positivity. She said that everyone seems to be engaged and that is important to me.

The environment is very important and Reid said that she is happy to be teaching what she thinks is one of the most important things that is on our plate as a society.

“If we really want to be proactive in making positive changes we have to be informed and that starts now,” Reid said. “The younger you become informed the more capable as a citizen you will be in making positive change.

Council Connection



Hello Winnacunnet, my name is Mac Baker and I am this year’s Student Body President. Currently in Student Council we are working on planning Exeter Week. This week’s spirit week will include Decades Day on Monday, Twin Day on Tuesday, America Day on Wednesday, Character Day on Thursday, and Class Color Day on Friday.

Following up our spirit week is the Exeter Game Saturday afternoon. This year we are working with Exeter’s student council to help out with New Hampshire Tackles Hunger. Bringing canned goods to the game will give you free admission and donate to the total for Winnacunnet. With enough participation, we can beat Exeter athletically and charitably. All cans collected will be brought to local food pantries to help feed the hungry.

Another upcoming Student Council Event is the Class of 2019 Comic book show. After a hugely successful first show in the Spring, the Class of 2019 Officers have chosen to have another one. This show will be taking place in the cafeteria on Saturday the 22nd. Please come and support your Seniors as they fundraise for various events. Comic books, collectible items, and concessions will be available.

The Student Council is also preparing for NHASC activities this year. Starting on October 9th, all of the officers and a few associate members will be going to Camp Lincoln to discuss community service opportunities and participate in team building activities. This day is always a lot of fun and the council members are extremely excited.

When describing usage of Siri with Apple AirPods, the software website describes the AI as “your favorite personal assistant”

There is a 54 percent chance that teenage marriages last 10 years

The bell in Big Ben clock tower weighs 15.1 tons

It is illegal to own just one guinea pig in Switzerland

Bahaman island Abaco is the “Hurricane Capital of the Caribbean”

In ancient Roman mythology, the founders of Rome are a set of twins named Romulus and Remus

As of November 2016 there are more male than female journalists



Philophobia is the fear of love

There are three different types of jealousy: reactive, suspicious and delusional.

Scientists have discovered translucent fish in the Atacama Trench

When someone experiences extreme love, their serotonin levels lower.

The planet Earth is the only one not named after a Roman god/goddess

In Star Wars: Return of the Jedi the Ewoks were originally supposed to be Wookies

The zodiac originated in Babylon, 2nd millennium BCE and influenced by Ancient Greek, Roman, and Egyptian culture

In 1499, a contract was written giving the author the responsibility of proofreading their work shortly after the invention of the modern movable printer in 1439 A.D.

When pregnant, a woman’s brain will shrink and take 6 months to go back to its original size

Popular video viewing app Youtube was founded by Chad Hurley, Steve Chen and Jawed Karim



FAITH CARRIGG
ARTS & ENTERTAINMENT EDITOR

A group of cats is called a clowder

Bats are the only mammals capable of flight

Although counseling and psychotherapy are very similar, they are different because of the amount of time required for both treatments to work

Kathie Lee Gifford sang the national anthem for the Portland Sea Dogs’ first season in 1994

Brass doorknobs are self-disinfecting

Popular video game Fortnite has been downloaded about sixty million times as of May 2018.

Meet the New Staff Members

Katherine Ash- English

Written by Abigail Saltmarsh



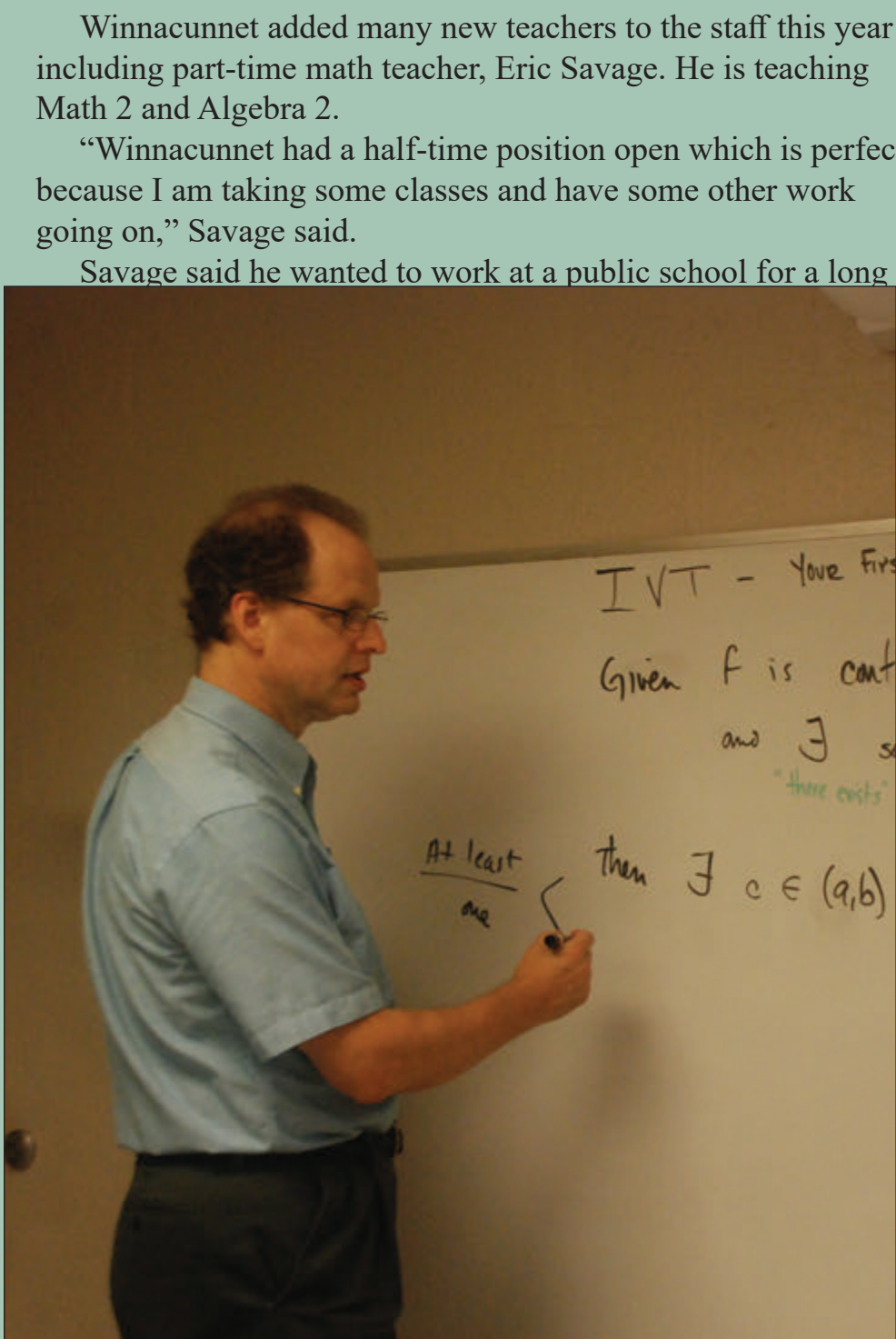
Staff Photo/Jenna Myers

The Winnacunnet English department welcomed back Katherine Ash to the department this year. Ash was an intern here eight years ago and said she is happy to be back teaching where she started. “I already knew that I loved the school and I already knew so many things about working here during that internship eight years ago,” Ash said. Ash said that she loves the school and feels very welcomed and comfortable being here and teaching. “I have already had really great experiences with the kids and the staff,” Ash said. “Things are going really well.” Ash said that she used to be a teacher in Windham and loved working there but when she had a baby last year it became important to her family that they lived closer to work. “When this job opened up I knew that I had to apply and I

was very excited about the possibility,” Ash said. Ash said that one of her main hobbies outside of school is rock climbing. “I’ve been rock climbing for about four years mostly top rope, but a little bouldering too,” Ash said. “I only climb indoors at this point, typically at MetroRock in Newburyport. Sometimes I make the trip up to Scarborough, to go to Salt Pump Climbing Company, or to Concord, to climb at EvoRock.” Ash said that being a part of the community she works in has always been important to her and Winnacunnet has always seemed like the best option. “I also really wanted to work in a school that was closer so that I could attend plays, concerts, and supporting events and be apart of the community that I couldn’t do if I was farther away,” Ash said. Ash said that she has already started to feel more at home and has already start to feel like more like apart of the community. “Winnacunnet just felt like it was more of a home to me then Windham could be based on the distance and I am so glad that I made that decision,” Ash said. Ash said that she is excited to have the feeling of established traditions at Winnacunnet. “On the freshman first day when we did the pep rally it was really cool hearing all of the cheers and I am really excited to see how those traditions are something I get to be apart of,” Ash said. This year Ash is teaching a large variety of classes including Freshman Seminar, Freshman English, Senior English, World Lit and Public Speaking. Ash had been local for most of her life. She went to Oyster River for high school and said that she enjoyed the experience. “Then I went to University of New Hampshire and went back to UNH twice to get more degrees my first one was in environmental education which I ended up loving the education component part of it and wanted to teach in a more formal setting so I went back for my English Education degree,” Ash said.

Eric Savage- Math

Written by Abigail Saltmarsh



Staff Photo/Jenna Myers

time. He said that previously he worked at private schools for most of his career. “Since I’ve taught in private schools, I have been open to either public or private school, especially given the quality of the public schools in this area,” Savage said. “That said, one of the advantages of working in public schools is the connection with the local community that is often missing from a private school that draws students from a larger geographic area.” Savage said that he has worked in many different places and is happy for the return back to New Hampshire after starting his career in Connecticut. Savage was born and raised locally in Exeter. He went to Rensselaer Polytechnic Institute for his undergraduate degree in Mathematics and Cornell University for his graduate degree in Operations Research. “I grew up in Exeter so I went to Exeter High School then I went to college in New York,” Savage said. “I worked at a boarding school in Connecticut a couple of years after grad-school next I worked at Bishop Guertin, and then I took a detour and I was an actuary for about a decade now I am coming back to teaching,” Savage said. “I was a teacher at portsmouth christian academy and I was a permanent substitute at exeter high school.” Savage said that hiking with his daughter is one of his favorite activities to do. Savage said that his daughter hiked all of the White Mountain peaks this summer so they have started hiking in Vermont and Maine. He also really enjoys theater but has not been doing that recently because he has been very busy. “We managed to hike six peaks in one week,” Savage said. Savage said that he loves how nice and welcoming the math department is as a whole. “The other teachers have been very helpful so it’s a very supportive department,” Savage said. “I am looking forward to a good year.”

Stacey Zubiel & Maureen Shea

Written by Amanda Porter



Staff Photo/Katherine Desmond

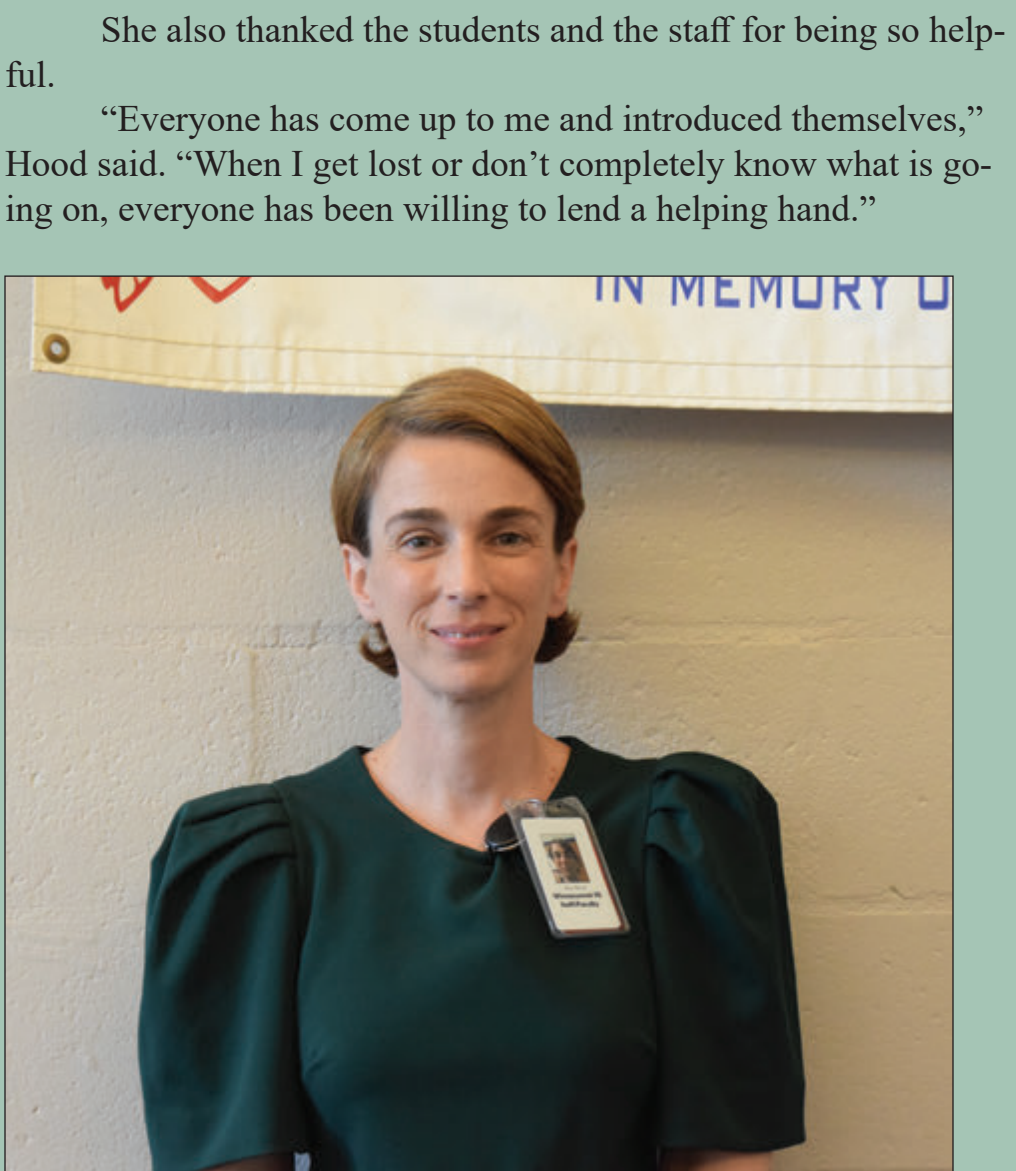
Shea pictured on right, Zubiel pictured on left.

Due to two retirements in the library, Winnacunnet High School welcomed Maureen Shea and Stacey Zubiel to the library staff. Shea is working at the circulation desk as the Librarian Facilitator and Zubiel is the new Library Assistant. “The Library Assistant is more of a full-time position and it has more responsibilities relative to the library, such as cataloging and getting our books together,” Library Director Linda Osborne explained. “[Zubiel] is my backup.” As the Library Facilitator, Osborne said that Shea is the “front face to the library” She’s checking that students are signed in. Shea grew up in Hampton and is an alumna of Winnacunnet High School. Before joining Winnacunnet’s library, Shea was a librarian for the Department of Defense Education Activity (DoDEA). She explained DoDEA consisted of schools all over the world that support our military dependence. Shea worked for the DoDEA for the last twenty years. She said she resided in Germany and taught disabled preschoolers. Then she taught nearly everything to middle school students in England. Her final location with the DoDEA was in Ankara, Turkey, where she said she was employed as a librarian. According to the DoDEA’s website, educators are responsible for planning, directing, coordinating, and managing prekindergarten through 12th grade educational programs on behalf of the Department of Defense (DoD). “I was in Germany for seven years and we knew the army post that we were attached to was going to close, as many bases do occasionally,” Shea said. “If the military stations close the teachers need to go somewhere else.” When the base closed, she applied to both Iceland and England. The Iceland base closed so Shea went to England. While with the DoDEA in England Shea earned her Master’s degree in Library Science. “I had the opportunity to go to Turkey. That was kind of a different setup where it’s actually the U.S. State Department that wants an American school in another country.” Shea stated. After World War II, already established schools for military

children were organized into the DoDEA. The DoDEA is global. They operate in 8 districts located in 11 foreign countries, 7 states, Guam, and Puerto Rico. Approximately 15,000 employees who serve more than 72,000 children of active duty military and DoD civilian families. Zubiel worked part-time in the library of North Shore Community College in Danvers, Massachusetts. This is her first position at a high school library. Shea and Zubiel said they enjoy working as librarians in the Winnacunnet library. “Everybody is super nice and we have so many great resources that we get to offer,” Zubiel said. “it’s a really great experience so far.” Zubiel is positioned in the library from 7 A.M. to 2 P.M. Shea is in the library in the afternoon.

Amy Hood- Administration

Written by Jenna Myers



Staff Photo/Katherine Desmond

Out of the many faces introduced to the Winnacunnet community at the start of the year, new assistant principal Amy Hood stands out. Her office is tucked away into a corner beside the dining hall, but more often than not, she is walking the hallways and interacting with the Winnacunnet community. Hood now oversees the science department and the freshman class. She brings with her more than a decade of experience in education. After going to college, Hood started out as a middle school teacher. She then transitioned to elementary education, while also teaching adult education on the side. She did this for twelve years in Unity, NH. Eventually she was promoted to the director of this program and while occupying this position, she earned her degree in administration. “I have a background in working with at risk students,” Hood said. “This really inspired me to pursue an administration career, as I wanted to make a difference in the school.” When asked what drew her to Winnacunnet, Hood replied that she loves working with diverse groups of students. “There is a ton of activity happening at Winnacunnet,” Hood said. “There is so many different points of view at this school, and I am excited to see where I can fit into the mix.” So far, Hood’s time at Winnacunnet has included shadowing, observations of teachers and other administrators and learning the ropes. “The best part of Winnacunnet is the amount of opportunities students have to get involved,” Hood said. “It is a unique factor that is very different from the other schools I have worked at. [Winnacunnet] has a Latin program, and a Thespian Society and many other things that are rare to find at the high school level.”

She also thanked the students and the staff for being so helpful. “Everyone has come up to me and introduced themselves,” Hood said. “When I get lost or don’t completely know what is going on, everyone has been willing to lend a helping hand.”

New Intro to Flight class

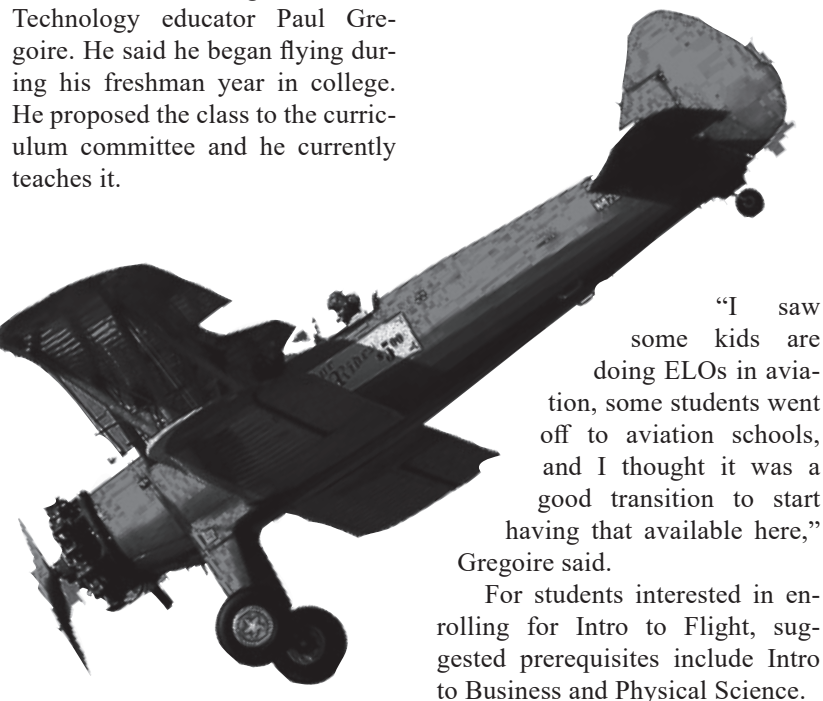
 **FAITH CARRIGG**
ARTS & ENTERTAINMENT
EDITOR

Winnacunnet High School has many courses available for its students, and this year marks the beginning of Business/Technology class Intro to Flight.

Intro to Flight focuses on introducing students to the world of aviation and is recommended for grades 10-12. Curriculum Coordinator David Hobbs said this course is designed to give students a basic understanding of aviation knowledge.

“We have a teacher with a particular interest and expertise of flight, Mr. Gregoire. He has the flight license [so that was] a driving factor,” Hobbs said.

The course originated with Technology educator Paul Gregoire. He said he began flying during his freshman year in college. He proposed the class to the curriculum committee and he currently teaches it.



“I’ve always had an interest in aviation,” Gregoire said. “I just thought that there was some interest being generated by students.”

Hobbs said he saw the potential in linking up the course with the ELO program. He said the course can be used as a stepping stone for students interested in an ELO with ‘aviation companies and airport personnel.’

“Theoretically, [a student] could take some Intro to Flight class and then move into getting their pilot’s license through an ELO or internship,” Hobbs said.

Gregoire’s flight instructor at the airfield started showing interest as well. There are ground schools in the nearby area.

“I saw some kids are doing ELOs in aviation, some students went off to aviation schools, and I thought it was a good transition to start having that available here,” Gregoire said.

For students interested in enrolling for Intro to Flight, suggested prerequisites include Intro to Business and Physical Science.

Allaire completes music therapy ELO



Courtesy Photo/**Andie Allaire**
Senior Andie Allaire recently expanded her ELO to begin work with senior citizens in an effort to help dementia.

 **HALEY BROWN**
STAFF

Senior Andie Allaire has been involved in a learning based ELO with music and memory therapy.

“I get to have a head start toward what I want to pursue as my career,” Allaire said.

During her fifth block, Allaire said she will be able to visit local nursing homes to help out senior citizens.

“For example I will be making iPod shuffles for them based off of each specific person’s personality,” Allaire said. “The music is able to help their memory and diseases like Alzheimer’s and dementia.”

Allaire stated that she had decided to do this as an ELO due to her limited amount of time outside of school. Before Allaire will meet with the elderly, she will research about other projects that can pro-

mote memory regain rather than just the iPod project.

“School was a perfect opportunity for me to further my information on something im interested in because I have dance about 20 hours a week,” Allaire said.

The website of Musictherapy.org states that Music Therapy is the clinical and evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship by a credentialed professional who has completed an approved music therapy program.

Therapy through music is not just helpful towards regaining memory but it is also able to promote mental wellness, reduce stress, alleviate pain, express feelings, improve communication and help with promoting physical rehabilitation.

Last year Allaire was participating in an internship with a music therapist named Cacia King

Winnacunnet welcomes foreign students

 **TYLER HUGHES**
STAFF

Winnacunnet welcomed two foreign exchange students this year. Sophomore Bruno Motczinski is from Germany, and junior Mateo Acuña is from Spain. Both Motczinski and Acuña said they are excited to meet new people and for the year to come.

“I think the school and the different language are most exciting,” Motczinski said.

Acuña said he is excited to make new friends for the “experience” that comes from living one year in another country. He is from Madrid, which is the capital city of Spain.

“Everything is different,” he said. “[Madrid] is a city. Everything is closer than here. everyone lives in apartments, and there’s no beach.”

In contrast, Motczinski is from a town in North Germany.

“I live in Stralsund, a little town with 60,000 inhabitants in the North of Germany near the Baltic Sea,” he said.

In comparison, Hampton, which is the largest of the four towns that make up the Winnacunnet school district, has a population of only about 15,000 people.

Both Motczinski and Acuña said that Winnacunnet, New Hampshire, and The United States in general have been welcoming to them.

“Most Americans are very friendly,” Motczinski said. “That’s very nice.”

Acuña echoed that as well. He said the student body of Winnacunnet has been especially welcoming.



Courtesy Photo/**Lucas Rayder**
Mateo Acuña (right) stands with Kaitlyn Stewart (center) and Lucas Rayder (left).

“When you talk to someone, [they] always respond with a smile,” Acuña said. “You know people know that I am from Spain so I don’t understand everything and they find the way to make me feel more comfortable.”

He learned of the opportunity after a family member participated in a foreign exchange student program as well.

“My cousin did the same four years ago and my mom was like

“that is a very useful experience to learn English,” he said.

Both boys also play soccer on the Winnacunnet JV team.

“The different sports teams are awesome,” Motczinski said. “I don’t have that in Germany; there is a nice cohesion [on the team].”

Motczinski is staying with Sophomore Josie Coleman and her family for the year, while Acuña is staying with Sophomore Lucas Rayder and his family.

Exeter Week Spirit Days

9/24 to 9/28

Monday:
Decades Day

Tuesday:
Twin Day

Wednesday:
Camouflage/America Day

Thursday:
Character Day

Friday:
Class Color Day



Arts & Entertainment



Annual Seafood Festival proves successful once again



BEN ALLEN
SPORTS EDITOR

Every year, Hampton beach organizes the Hampton Beach Seafood Festival the weekend after Labor Day. Seafood Festival has been going on since 1988, and has been listed in the top 100 events in America fourteen times by the American Bus Association.

Last year, over 150,000 people attended the festival over the course

of the weekend.

“This was my fourth time working the Seafood Festival,” senior Melissa Rooney said. “I used to work at a lemonade stand, now I work at Casino Fast Food.”

While many local businesses and restaurants rent out booths, all of the stores that normally operate on Hampton Beach were still open.

This gave a large variety of things to eat and buy.

More than 50 of the Seacoasts restaurants provided booths, over 80 arts and crafts vendors attended,

and there were even two stages of 15 bands and orchestras.

“It is really fun, there is a variety of people that come from different places,” Rooney said.

Although you can get many types or non-seafood items, many booths find themselves changing their menus around to apply to the festival’s crowd.

“We change our whole menu for around for Seafood Festival to apply more to the seafood theme,” Rooney said. “We want to make our items stand out from the other ven-

dors.”

While many students work at various places during Seafood Fest, many students find themselves going just for fun as well.

“This was my second time going to Seafood Fest,” freshman Liam Considine said. “The food is definitely the best part, especially the fried clams.”

This year, there was a lobster roll eating competition on Saturday, along with a huge fireworks display. On Sunday, there was a huge Skydiving extravaganza put on by Sky-

dive New England.

“It is a super fun environment,” sophomore Lucas Schaake said. “The skydiving is a cool way to wrap up the weekend on Sunday evening, everyone stopped working and watched together.”

Schaake also said he has been attending Seafood Fest his whole life as his family owns an ice cream stand on Hampton Beach.

“There is so many different types of food that you find yourself always eating, even if you are not actually hungry,” Schaake said.

Pontbriand earns Eagle Scout ranking, refurbishes Winnacunnet flagpole



KEELYN McNAMARA
NEWS EDITOR

This summer, junior Seth Pontbriand achieved the highest rank of boy scouts by finishing his Eagle Scout project. This marked the accomplishment of Pontbriand’s ten-year goal. These projects are the highest culminating achievement of the boy scouts and take not only time but dedication. Pontbriand said that usually these projects involve construction or building something of value for a community.

“This project is the most complicated requirement for a Life Scout to complete before advancing to Scouting’s highest rank, the rank of Eagle Scout,” Pontbriand said. “The Eagle scout candidate is in charge of obtaining permission for the project, organizing the fundraising, and often leading his troop and other available helpers in a construction project of sorts.”

Pontbriand took on the task of refurbishing Winnacunnet’s flagpole pad outside of the Auditorium. Pontbriand removed all the bricks from the existing walkway, except those that were engraved and the small garden that was beneath the pole. He

replaced it with a circular patio representing a compass and surrounded with a small garden.

“The circle patio will eventually have the letters of the four cardinal directions inscribed on the outermost ring of stones,” Pontbriand said. “We are currently engraving these stones, so we have blanks in for them right now.”

The whole focus of the project is to better the community around you not just the scouting organization.

“I wanted to do something for Winnacunnet, since it’s been such an influential school in my family,” Pontbriand said. “Two of my aunts went here, my dad went here, even my pastor went here, my kids will probably go here too. I wanted to leave something behind that would have a lasting enhancement on the look of the school, a symbol of Winnacunnet pride and beauty.”

Pontbriand said he was inspired to take on this project after talking with Winnacunnet’s Facilities director, Karla Ingoldsby, about construction service projects that Winnacunnet might benefit from. Pontbriand said that Ingoldsby suggested he either paved the grassy area outside the Cafeteria or redesign the flag pad green outside the front of the school.

“I liked the latter because it gave me more creative liberty and I liked the frontal location better,” Pontbriand said. “Then it was just a matter of coming up with the design.”

Pontbriand said accomplishing this huge undertaking was a symbol of his faith and the help of others. Pontbriand credits his faith and said that he was grateful for the many people who supported him like his parents, his church, those who donated to his project. He said he is grateful for all the blessings of generosity he received. For Pontbriand the flagpole pad will not only represent an achievement but will be a symbol of encouragement and strength

“So, on a rough day at school, I can walk past this green and be encouraged, remembering that the God I serve is faithful,” Pontbriand said. “He helped me overcome big obstacles to finish this.”

Pontbriand said the Friends of Winnacunnet Foundation was a huge supporter in his project. He received a 2,500 dollar grant from the foundation. Pontbriand also received monetary support from Hampton Rotary, the Winnacunnet Alumni Association, and American Legion Post 35.

“Considering the short notice I gave [Friends of Winnacunnet Foun-

dation], and my unorthodox application for the grant, I was not expecting quite that much, but it was a very nice surprise,” Pontbriand said.

This money was used to fund the patio and walkway bricks used in Pontbriand’s design. The money also went toward an information stone that will honor Jerry McConnell and Jack Ford who were the founding members of the Friends of Winnacunnet that have passed away.

Pontbriand said that he felt a mix of relief, pride and happiness after completing his project.

“I kept walking around the green and looking at it from different angles, making sure it was actually done, and my mom, of course, wanted to take a million pictures,” Pontbriand said. “Now I’m more determined. We have some extra funds left over, so I would like to see if we can get something planted in the gardens soon.”

By the end of the project Pontbriand said that he not only learned a lot of technical knowledge about landscaping but also about himself.

Reflecting on his journey, Pontbriand said he gained self confidence, problem solving skills and to approach challenges with a positive attitude.

“This project has helped me to



Staff Photo/**Faith Carrigg**

Pontbriand carefully removed and replaced bricks and designed a circular brick compass around the flagpole (above).

find a happy medium, enough confidence to lead assertively, but also the recognition of the mistakes that I have made which remind me that I do still need to listen to the council of others,” Pontbriand said.

on your sign?
comic by Katherine Moran

September horoscopes: what pet should you adopt based on your sign?

written by Jenna Myers

Aries- Cat
You are very loyal but sometimes come off as a little aggressive. Like cats, you sometimes struggle to properly display your affection for other people, but deep down you really care about them.

Taurus- Hamster
Hamsters are super energetic and fun to interact with, and you are too! Taurus tend to be outgoing and friendly, and always willing to try new things. A hamster is easily transported around and can come with you on your many adventures.

Gemini- Hermit Crab
As a Gemini, you can be hesitant to fully commit to things, and hermit crabs are the perfect way to ease yourself into a role with more responsibility. Learning to take care of something other than yourself can help you grow and mature as a person.

Cancer- Lizard
Lizards are extremely cold-blooded animals and they take a while to warm up to people, literally and metaphorically. It can also take you some time to feel comfortable around people and a lizard will share some of your burdens.

Leo- Bunny
Rabbits are extremely intelligent and love to figure new things out, just like you. As a Leo, you are very inquisitive and love to solve puzzles. You can expand your knowledge with the help of your new little buddy.

Virgo- Fish
Fish are very low-maintenance pets and because you are so busy, you don't have time for anything that would take more of your effort. Fish don't require a ton of upkeep but are still able to be loyal companions. Have fun arranging the tank and decorating with personal touches.

Libra- Parrot
As a Libra, you are a stellar communicator and can easily find the words you need to elaborate on your arguments. Instead of trying to dominate every conversation, however, you may need to take a step back and let other say their piece. Having a parrot will give you someone to bounce all of your ideas off of without the fear of over-sharing in a conversation.

Scorpio- Turtle
As a Scorpio, you are very shy and sometimes want to retreat into your shell. Turtles are the perfect pet for you to adopt because they are very chill and slow paced, and they embody the life you want to have.

Sagittarius- Chickens
Sagittarius are very practical people, and the perfect pet for you would be a chicken. Chickens lay eggs and are very useful, so you will be able to justify getting a pet.

Capricorn- Hedgehog
Hedgehogs are one of a kind animals who have carved out their niche in the animal kingdom. You have made your mark on those around you and they recognize your unique impact on their lives.

Aquarius- Snake
You are an extremely intelligent individual and love to figure out the problems put in front of you. Snakes are adept at adapting to their surroundings and having one would help you see the challenges put in front of you in a different light.

Pisces- Dog
As a Pisces, there is a high chance that you struggle to keep the same friend group for long periods of time. You get angered easily and accuse many people of disloyalty. In order to curb your temper, consider getting a dog, who will always be loyal to you. This will lead to some relief from the high-stress environment of your personal life.

HOW TO THRIFT SHOP FOR CLOTHES

1.

Spread by Haley Brown
Pictures by Katherine Desmond



Start with a certain price range that you are willing to spend. Most items at thrift stores are priced from a dollar to ten dollars in the clothing section.

2.



Find the perfect fit. You can do this by trying your selected items on in a fitting room. If there are no fitting rooms provided, then feel free to try them on over your clothes.

3.



Search for good prices that fits your budget. The sections in the store are not based off of price.

4.



It's always great to search high and low to find hidden items that will have more value to you than other items in the store.

5.



After you have finished your searching, do not forget to go to the cashier and purchase your items.