

Suffragette Movement

By Robbie Stevens
Growl Reporter

On the 100th anniversary of the passing of the 19th Amendment ensuring women the right to vote, it is important to reflect upon the history of how it came to be. While historians dispute when to set the start date for women’s suffrage in America, some would say it began in 1776 when Abigail Adams sent a letter to her husband, who was at the time helping to draft the Bill of Rights. In this letter, Adams advised her husband to, “Not forget about the women...” a statement that was met with little enthusiasm and a condescending comment by John Adams.

The movement gained both traction and experience by being part of the successful Abolition movement that called for the immediate end of slavery. The suffragettes still supported abolition despite the movements’ separation. In fact, it was at the first women’s convention featuring prominent women’s suffragists like Lucy Stone, and Abolitionists like Fredrick Douglass and Sojourner Truth, that a new, stronger alliance formed between the two movements. It would have lasting impacts even up to the Civil Rights movement of the 1960’s. However because of discrimination, the movements parted ways, birthing the first women’s rights movements.

1866 After the Civil War, Elizabeth Cady Stanton, Susan B. Anthony, and Fredrick Douglass along with several others established the American Equal Rights Association dedicated to all regardless of race or sex.

1868 Senator S.C. Pomeroy of Kansas introduced the Federal Women’s Suffrage Amendment to Congress which is later ratified,



Photo by Ella Raso

In spring 2020, students in art class were asked to take a picture of themselves recreating a favorite painting or artwork. That assignment inspired this recreation of a 1920s photographs of the suffragette movement.

defining citizens and voters exclusively as male.

1869 Wyoming, then a territory, passes a bill allowing women the right to vote and hold office. When it officially joins the Union in 1890, Wyoming becomes the first state allowing women to vote, with the first woman having voted in Wyoming in twenty years earlier.

1869 The National Woman Suffrage Association, or NWSA, was

founded, centered in New York. The American Woman Suffrage Association, or AWSA, was a more conservative group which focused on amending each individual state’s constitution and started the Women’s Journal which remained in print until the 1930’s.

1870 The 15th Amendment is passed, giving black males the right to vote.

1872 Susan B. Anthony was arrested for illegally casting a ballot for president, having never paid the fine she received. President Grant had already pardoned other women who casted votes. While Anthony received little punishment, the high profile case helped bring the movement to the national spotlight.

1873 Abigail Scott Duniway helped push through laws in Oregon enshrining other women’s rights. In only four years an amendment made its way to Congress marking a step forward, despite it being defeated. It was worded exactly the same as the future 19th Amendment would be.

1890 NWSA and AWSA combined to form the NAWSA which focused on suffrage at a state level with Stanton as its first president.

1900 In this year, three state constitutions allowed women to vote: Colorado, Idaho, and Utah. Women’s suffrage entered mainstream politics as the progressive era began, having larger roles and therefore increased politicization in society. As more states accepted women’s suffrage, the issue was finally supported by a mainstream political party, namely the Bull Moose party, led by Theodore Roosevelt, and by large groups such as the Labor Federation

1916 Jeannette Rankin, from Montana, was elected the first woman in the House of Representatives.

1920 Finally after mass protest in the 1910’s, during the presidency of Woodrow Wilson, the 19th Amendment was approved, granting women the right to vote 140 years after the movement began.

2020 One hundred years after the ratification of the 19th Amendment, President Trump formally pardoned Susan B. Anthony in a symbolic celebration of Women’s Right to vote.

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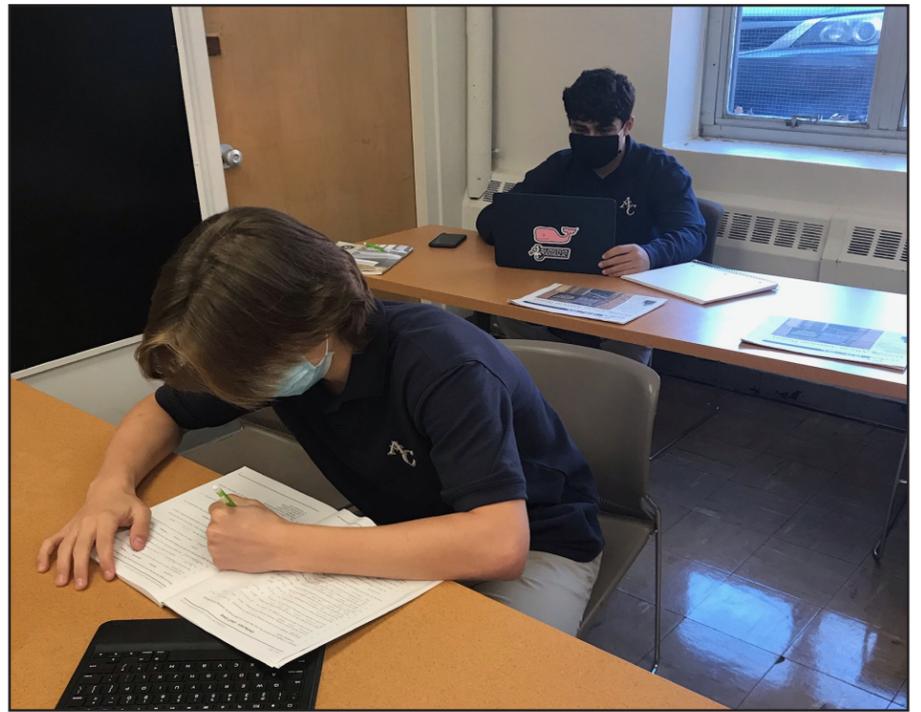
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Parent Advice: Covid

By Tori Caggiano
Growl Reporter

Welcome back to an unexpected school year. As you may remember, I left you eager for the end of year events I talked so much about. Unfortunately, none of that could happen. With an unexpected curve ball throwing our respective worlds upside down, prom and freshman kickball were the least of our concerns. Moving on to the present and most asked question, is it safe to send your kids to school? Arlington Catholic has done everything in their power to make it a safe environment for all students and to find innovative ways to keep the community strong through

hard times, including morning temperature checks and student health surveys. Students cannot enter the building in the morning without this form being completed. Students must remain six feet apart during mask breaks, socially distanced in the lunch rooms, and clean desks and hands before and after each class. Additionally, the school has provided many schedule alternatives and future plans are in place to be ready for any changes and obstacles thrown the school's way. While the future is still unknown, AC is taking many precautions to ensure all students and faculty feel safe as they enter the 2020-2021 school year.



staff photo

Freshmen Pat Mozuch and Luca Zottola work on vocabulary in English class.

Catholic Principles for Voting

By Thomas Cahill
Growl Reporter

It's almost November, and for American Catholics, this means another season of deciding how to use the privilege to vote. We know we have a civil and moral responsibility to use our vote to make our society more equitable and just, but we are not sure how we ought to go about this. Thankfully, the Magisterium of the Catholic Church stands by with its two-thousand year history, ready to give us the principles we need to make the right political decisions. In this article, I will attempt to summarize these principles in an accurate and informative way.

While reading this article, there are a few key points one must keep in mind. First, this is a summary. The actual principles we will be discussing are spelled out in more depth in Church documents like the Catechism of the Catholic Church, Saint John Paul II's encyclical *Evangelium Vitae*, and the United States Conference of Catholic Bishops' *Forming Consciences for Faithful Citizenship*.

Second, political participation for Catholics should not be confined to voting. Many of us (myself included) are not yet old enough to vote, but we can still fight against civil injustice in other ways, like contacting our legislators and praying for an end to an evil.

Third, and most importantly, not

all issues are equally important. Some issues are essential for faithful Catholics to support, while others are referred to as prudential judgements. To give an example of this distinction, all Catholics must agree that we have a moral duty to help the poor, that comes right out of the teachings of Jesus. Catholics can reasonably disagree, however, on what the best way to implement this is, making questions of tax rates and wage law prudential judgments. Since Catholics can reasonably disagree on these prudential issues, this article will primarily focus on the policies that Catholics are called to support.

Before anything else, Catholic voters must ensure that the right to life is protected by law for all persons. As the Catechism of the Catholic Church says in Paragraph 2273, "The inalienable right to life of every innocent human individual is a constitutive element of a civil society and its legislation." If the right to life is not protected for all people, then no other rights matter. This principle means that Catholics must fight against euthanasia of humans, physician-assisted suicide, and abortion. Because abortion kills more human beings than any other single cause of death (based on the number of abortions reported by the pro-abortion Alan Guttmacher Institute), then it is the issue that should weigh most heavily on a Catholic's mind.

While abortion is the most important issue for Catholics to consider,

it is not the only one. When abortion does not play a role in a specific election (if both political candidates running for an office are against legalized abortion, for example), issues of marriage, religious freedom, and caring for the poor take next priority.

According to the United States Conference of Catholic Bishops, "The marriage of a man and a woman is the foundation of the family and an essential core element of a flourishing society (USCCB.org)." As stated in the Catechism of the Catholic Church, "The family is the community in which, from childhood, one can learn moral values, begin to honor God, and make good use of freedom." As Catholics, we must defend the institution of marriage so that the family can flourish. Likewise, we have a duty to protect the freedom of all to seek the truth by fighting for religious freedom. Increasingly, oppositions to core Catholic beliefs are present in the political sphere. As Catholics, we must ensure that no laws are passed that prevent Catholics (or other religious groups) from practicing their faith in word and action.

On top of this, we have a duty to take care of the materially poor, to make sure they have the resources they need to survive in a dignified way. While this can be done through individual charitable outreach, we must also make sure public policy "prioritize[s] the poorest and most vulnerable among us," ensuring that they have an opportunity to improve

their material situations (USCCB).

All these issues should weigh on a Catholic's mind when entering the voting booth. These are the primary issues for Catholics to consider in voting season. While this does not cover everything, it provides Catholics with some of the information needed to make informed, faithful political decisions.

AC's Cutest Pet CONTEST

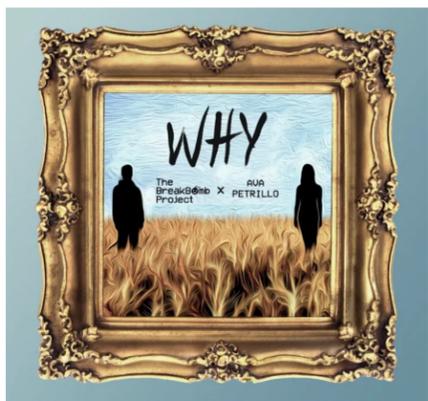


photo courtesy of Gillian Ambrosia

Send your pet's best picture
to
kvanwinkle@student.achs.net
before
November 12th
put
"Cutest Pet Contest"
in the subject line.

Student News

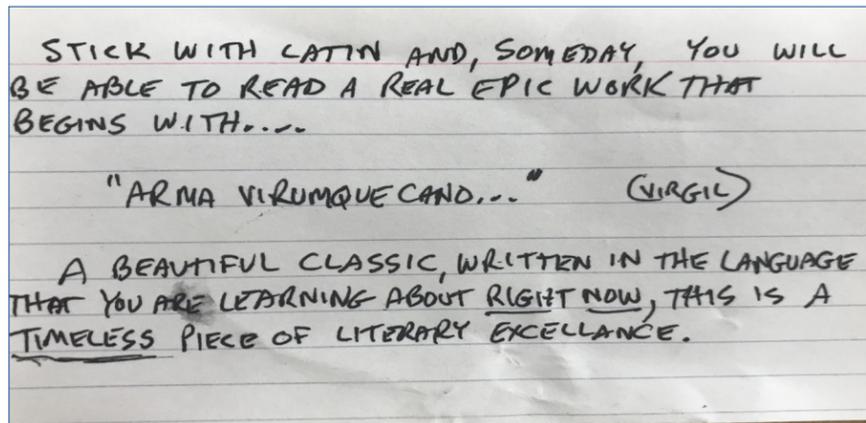
Junior Ava Patrillo released two new songs at the end of September, bringing her hits total to five singles and one EP. Ava's newest hit, "Why" with the Breakbomb Project had over 11,000 listens on Spotify in just a few short days and was featured on Friday Crat-ediggers editorial playlist. Check out "Why," "Any Longer Now" and more music by Ava on Spotify.



Vetus Litteras

By Jerry Gendall
Guest Contributor

Over seven years ago, I enrolled in my first Latin class at Saint Agnes School. I immediately fell in love with the language and the culture surrounding it, and thus when it came time to choose my courses for the following year, I chose to further my education in the subject, despite the fact that my Latin teacher at the time was retiring. During my summer break between sixth and seventh grade, I had a conversation with a neighbor of mine who graduated high school in the early nineteen-sixties, and had taken Latin all those years ago. I had told him that I was in a Latin class and he was taken aback on how enthusiastic I was. The next time he saw me, he told me that he wanted to give me something. That something was an index card which read: "Stick with Latin and, someday, you will be able to read a real epic work that begins with..."



"Arma virumque cano..." (Virgil) A beautiful classic, written in the language you are learning about right now, this is a timeless piece of literary excellence." About a month or two later, I first met Mr. Binus who became my new Latin teacher. Fast forward six years to my senior year of high school. Mr. Binus is still my Latin teacher, and the first homework assignment of the year was to read and translate the opening passage from my textbook—that passage was the open-

ing to the Aeneid. I looked at the first line: "Arma virumque cano" and had a serious case of déjà vu. Then I realized that I had read those very words years ago. Remembering that I put that note in my dresser drawer, I went looking for it. Surer than anything, there it was. I took it back to my desk, held it next to my textbook, and had a quick laugh to myself—because I stuck with Latin, I was now able to read a real epic work of timeless literary excellence.

Influential Hispanic American Figures in History and Today

César Estrada Chávez

Mikayla Donovan
Guest Contributor

"Once social change begins, it cannot be reversed. You cannot uneducate the person who has learned to read. You cannot humiliate the person who feels pride. You cannot oppress the people who are not afraid anymore."

César Estrada Chávez was a Latino American civil rights activist born March 31, 1927 in Yuma, AZ. He is known worldwide for his contributions towards improving worker's rights and giving back power to the people. Chávez was inspired both by Martin Luther King Jr. and Mahatma Gandhi's nonviolent methods of resistance and is widely known for his peaceful protests, hunger strikes, marches, and boycotts. One of César's infamous boycotts, the Delano grape strike, caused millions of people around the world to stop purchasing and eating grapes from the Delano grape industry. This boycott sparked change and resulted in the passage of the California Agricultural Labor

Relations Act of 1975. Chávez is also famous for co-founding the National Farm Workers Association, which later merged to become the United Farm Workers labor union. Today, the UFW has many union contracts with our country's largest companies that protect thousands of farm workers nation-wide. "Nunca eres lo suficientemente fuerte como para no necesitar ayuda" or, "you are never strong enough that you don't need help", is one of Chávez's well-known quotes in which he emphasized the importance of teamwork and collaboration that had to be upheld during their protests for equal rights. Overall, César Estrada Chávez is famous for giving a voice to the voiceless and for putting power back into the hands of the people. Chávez is an influential figure in our society because of all of the hard work and dedication he put towards providing workers with better rights and the great strides he made in the 1960's still remain highly impactful today.

Alexandria Ocasio-Cortez

Chloe Renik
Guest Contributor

If you have any interest in politics, it is likely you've heard of Alexandria Ocasio-Cortez, more commonly known as, AOC. Ocasio-Cortez is a Puerto Rican woman from the Bronx who grew up surrounded by inequality. AOC went on to become the youngest woman ever elected to the U.S. Congress.

In a short period of time, she went from working two jobs to finding a large social media presence upon representing New York in Congress. She received two degrees from Boston University and is well known for advocating for human rights. Later on, she worked for the National Hispanic Institute and helped to organize the Bronx's Latino youth by instituting community leadership and college preparedness programs.

Furthermore, she has consistently advocated for granting Puerto Ricans further civil rights. She has fought for voting rights for Puerto Ricans, more disaster relief, and

has addressed the federal government's unwillingness to address Puerto Rico's political status. At the same time, AOC supports an "anti-poverty" society where all people have access to childcare, medicare, education, and legal support to those seeking citizenship through the process of decriminalization.

Growing up in the Bronx, she has personal connections to issues impacting working class people, and has stood with indigenous communities and other areas like Flint, Michigan, that experienced a water crisis. AOC has continued to be an activist for social, economic, racial, and environmental justice.

It is clear that Alexandria Ocasio-Cortez will continue to be a household name, and her political career has only just begun.

How to Survive Wild Situations

By Liana Winans
Grawl Reporter

It's almost November, and in this technologically dependent world, many people have grown up with smartphones, with GPS, and in urban areas or otherwise modern, settled places. Usually, you're never more than a quick text away from civilization, but when you are, you know how to safely return. But imagine if you were to be suddenly thrust into an unknown, uncivilized place, unprepared and alone. Say your car breaks down while driving at night in unknown locations... you get lost during a hike in the wilderness... your ship is swept away by a storm at sea... your plane goes down and you're one of the only survivors. Countless instances can turn your life upside down, forcing you to think about the bare necessities that you barely gave thought to before. You'll soon be thinking less of your next selfie or destination but rather your next meal and where to sleep! Would you be able to navigate your way through your perilous new life, at least until rescued or returned, relatively unscathed? Should you ever find yourself in a survival situation of the like, here are some tips and important information to keep in mind.

First things first: find WATER! This is a biggie, as the average human can rarely survive more than 72 hours without it. If you find any water in nature, you must purify before drinking it no matter how "clean" it looks - or run the risk of contracting some nasty bacterial (or other) illnesses such as dysentery. Rivers, lakes, small streams, and rainfall are the most reliable sources of water. To purify drinking water, the easiest way is to boil it. To boil the water you will need fire.

There are several ways to go about making FIRE, most of which require patience, effort, and usually practice (a good time to start is now!). The first and simplest way is pretty obvious - use matches on hand, or a lighter if you have one. If those conveniences are unavailable, your next best option is the "flint and steel" method... even if you do not have actual flint and steel, the back of a knife, iron, or even two suitable rocks that you strike briskly together will create a spark(s). This way of starting a fire will generally take trial and error. Another way is to magnify the sun's rays to such a finite point and degree that your



Photo by Liana Winans

A wilderness survival shelter in progress: a double lean-to made from long, dead branches and sticks, using the overhanging tree for support and the axis on which to lay the other materials

tinder will begin to smoke and birth a flame. To magnify, using glass, lenses, or a broken piece of clear ice may be sufficient. Once the spark ignites on the tinder, which may take some tedious time, you may have to blow gently on it to grow and light it into a flame instead of just smoke. Tinder is the extremely flammable "nest" for the sparks you create and is how you grow a flame into a fire which will then start to burn your kindling and real firewood, or fuel. What is it? Ideally - peeled bark shavings, dry grasses or reeds, some birds nest material, dry sawdust, or cloth. The best kindling can be found almost anywhere: small DRY sticks, dry pine needles, and other types of softwood such as pine, fir, and cedar. For your fuel, you want long-lasting hardwoods like oak, maple, and ash. Unlike the kindling, they should be cut into thicker and larger sections of wood, not little twigs or shavings.

Now you can boil and clean your drinking water. To do this, use makeshift tongs (bent sapling branch) or another lifting tool to put several stones (size dependent on the amount of water) into a hot fire. After heating them for 10-15 minutes, you then place them into a container (bark, wood, pottery, a plastic-lined pit, or any other suitable one you have on hand) filled with water and boil it for one minute - you will see bubbles on the surface. Then remove the stones, wait for the water to settle and cool, then get hydrated!

Now there is never a good reason to starve in the wilderness, as nature provides more FOOD for humans than we can ever imagine. These edible resources come in the form of both plants and animals. Fishing, trapping, hunting, and gathering are your best bets. While not incredibly easy, when done well they should result in a satisfying, filling, and oftentimes delicious meal. I would recommend researching types of edible plant species in areas that you are going to or will likely be in, so you will be prepared to find and eat them. Pocket knives or other kinds are very handy to have and are really a much-needed tool for many survival endeavors.

SHELTER is a necessity in the wild where exposure claims approximately 2000 people each year in the U.S. Although, some consider building them perhaps the simplest and most "fun" part of survival - I mean, who hasn't stacked some logs/branches against a tree for a lean-to or made a little teepee in their local woods at one point or another just for kicks? Caves and places out of the way of water are good. Carefully packed snow, if it's that season, can be a well-insulated shelter. Otherwise, just do what you can with branches and cooperate with natural structures already nearby, waterproofing with leaves, branches, or any artificial materials you may have on hand to keep warm. Beware of carbon monoxide poisoning, which is brought on by frighteningly common errors, such

as not having enough ventilation in a tightly closed space (tent, shelter, or even automobiles) where there is a fire or stove burning.

To enhance your chances of rescue, navigation, or orientation, try your best to figure out where you are. Take note of the terrain, your surroundings (woods, ocean, desert, plains?) and any standout landmarks. To gain your bearings, watch the sun - east is approximately where it rises and west is around where it sets. Smoke signals, flares, and SOS signs are helpful in being rescued. Bringing a whistle and COMPASS along wherever you go is an extremely worthy precaution.

It's never too early or too late to start "practicing" these skills and gaining knowledge. Who knows, perhaps one day this information will help YOU keep yourself ALIVE!

Check out these survival books:

- **How to Stay Alive in the Woods**, by Bradfor Angier
- **Primitive Technology**, by John Plant
- **Hatchet**, by Gary Paulsen
- **My Side of the Mountain**, by Jean Craighead George



Photo courtesy of Coach Balliro

Senior night at the first game on October 3rd. From left to right are seniors Martha Moroney, Nicole Simmons, Katherine O'Donovan, Quinn Mustone, Bella Deines, Jenna Markwarth, Katie McGee, Bianca Burke, MC Flynn, and Nikoletta Tavitian.

AC Girls Soccer Adds New Style

By Alex Costa
Growl Reporter

This fall, the Cougar girls take off sprinting into another exciting season of soccer! Coming off of a rocky 6-9-4 season, the Cougars look to bounce back and it all starts this October. The season is looking very different due to Covid-19 this year and the MIAA made some very game changing rule adjustments this offseason. I spoke with Coach John Balliro about the new rules. Coach Balliro said "It's a very different

style of soccer that will involve a lot more skill and a lot more speed. It will be less about body contact or strength. We as a team will have to focus more on training with the basics like dribbling and passing."

The Arlington Catholic Girls Soccer Team recently added J.V. Coach Brittany Fulgione, an Arlington Catholic Graduate, Class of 2014. The Cougars look forward to using her youthful and experienced style of play to their advantage on the field this fall. With little time to prepare for the season, the girls

have come together and bonded like never before. They have practiced 5-6 days per week in the moments leading up to their home opener. Katherine O'Donovan, Varsity Team Captain, said, "As a team we are looking prepared and I am excited to have a bounce back year and make a push for the playoffs." The team has been working really hard to change the way people look at Arlington Catholic Girls Soccer as they try to bring back a strong and winning atmosphere here at AC.

The season gets underway Oc-

tober 3rd at home on the AC "pit" against Bishop Stang High School. Our Cougars have been extremely determined and I'm sure that will show week after week this fall. With a strong junior class and a senior class filled with leaders, AC Girls Soccer has a lot of potential. Altogether, good luck to the Cougar Girls as well as Coaches Balliro & Fulgione for the rest of the fall season as well!!

Big Week for AC Golf Team

By Thomas Peterson
Guest Contributor

The Arlington Catholic Golf team got their season off to a great start after going 3-1 in their first four matches. The Golf team opened the season with a loss at Bishop Feehan High School 218-182. The Cougars had no time to dwell on the loss because they faced the Spartans of

Saint Mary's in a home and home series. The Spartans, winning the state championship three years in a row, were certainly going to be a tough test for the Cougars. However, the Cougars bounced back to win at Winchester Country club on Wednesday, defeating the Spartans 173-167. Contributing to the win was junior Andrew Christopher, with a solid 30 point performance.

The next day featured the Cougars playing in the second half of the series against Saint Mary's. The Cougars traveled to Tedesco Country Club and won 186-161. Contributing to the win were senior captains Nick Mercer and Chris Skambas with 36 and 32 points, respectively. Chris said after the match that it was "a great win for our team and it is hopefully something we can build

on." The Cougars look to carry the momentum into next week with a match against Saint Joseph Prep at Newton Commonwealth Golf Course, followed by three matches later in the week against Archbishop Williams, Bishop Feehan, and Saint Mary's.



“I learned how to dunk.”
- Paulo Neto (‘21)



“I learned how to cook.”
- Addison O’Donovan (‘24)



“I learned how to get better at ping pong.”
- Louis Bottari (‘24)



“I learned how to paint.”
- Isabelle Pazzia (‘21)



“I learned to dunk.”
- Roc Gaston (‘23)



“I learned how to tie dye clothes.”
- Kylie McCarthy (‘21)



“I learned how to fish.”
- Cole Souza (‘23)



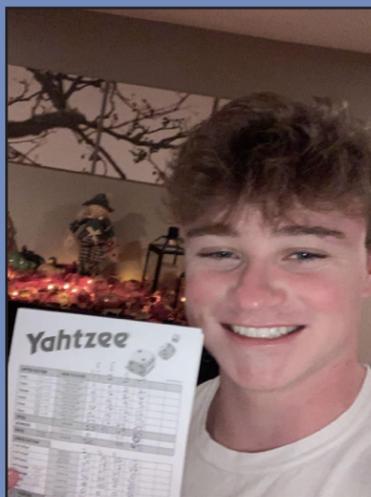
“I learned how to juggle a soccer ball.”
- Annika Westburg (‘23)

What new skills have you learned during Covid-19?

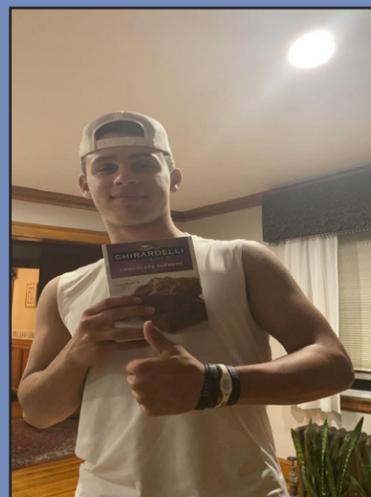
By: Reese DeVincent
Growl Reporter



“I learned how to make pizza.”
- Rachel Murphy (‘22)



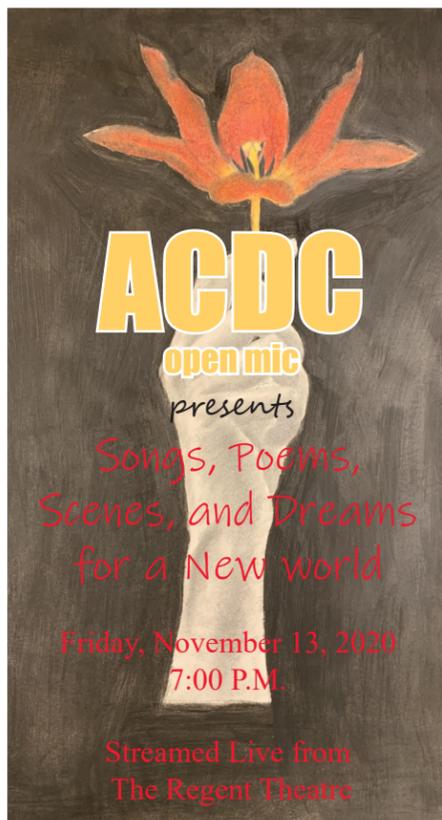
“I learned how to play Yahtzee.”
- David Rufo (‘22)



“I learned how to bake.”
- Chris Klein (‘22)



“I learned how to crochet.”
- Ms. Davey (faculty)



Scientist Storyteller Visits AC

By Krysonia Tavares
Growl Reporter

One September 25, Dr. Rafael Luna gave a talk at AC moderated by juniors Brendan Shortell and Krysonia Tavares. Dr. Luna informed us all about his scientific technique of storytelling that he discovered during his early years of college. The technique places scientific reactions into a story arc (setting, stakes, rising action, and resolution) found in movies. According to student Eloise Jean-Marie, “The presentation was very interesting, and it was amazing

how Dr. Luna was able to link *The Lion King*, a children’s classic to AP Chemistry.”

Also, Dr. Luna shared how scientific writing has afforded him the opportunity to travel to many parts of the world to share his findings and successes. Just like many of us, Dr. Luna struggled with chemistry in college to the point that he almost failed. By using his talent of storytelling, he has been able to adapt, overcome, and inspire.



Photo Courtesy of Dr. Luna

Dr. Rafael Luna is the author of *The Art of Scientific Storytelling*

Words on Bathroom Walls: A Review

By Kathryn Van Winkle
Growl Reporter

One in four people in the U.S. suffers from mental illness, but it is not something often addressed in our society. There is this deep ingrained stigma around these “invisible” illnesses because some believe that they are used as scapegoats so people do not have to work as hard. That is hardly the case. The movie *Words on Bathroom Walls* follows high school senior Adam Petrazzelli as he transfers to a new school after a psychotic break caused by his schizophrenia. Adam has been cooking since his father left and is studying to get into culinary school, cooking works as his outlet as well as a way to ground himself. It is hard enough to transfer to a new school halfway through senior year

let alone add see and hear things that do not exist. On top of that, he is a test subject for a new trial drug with unknown side effects. What will happen when the things that make him feel grounded are at risk? Is his struggle to be seen as “normal” worth giving up the things that he loves?

This movie was one that made me think and feel things I had never felt or thought about. Although the movie discusses a heavy subject matter, it isn’t gloomy or boring but entertaining and filled with humor. The movie adopts different points of view: one follows the storyline while the other shows his meetings with his psychiatrist which gives us his thoughts and emotions towards the storyline of the movie. Adam himself is also a very relatable character and is portrayed as such. His clothes change throughout

the movie and double as a way to reflect his self-confidence level at that point in the movie. He is seen as vulnerable, scared, and demonstrates the ups and downs caused by mental illnesses. The movie gives the audience a chance to understand what it is truly like to have an illness no one can see. Adam once remarks that everyone is in a rush to grant cancer kids wishes, but to get rid of kids with schizophrenia. That was something I had never thought about before...Are people seen differently depending on their illnesses?

But even with all its humor and jokes, you will need tissues. The movie does not diminish the highs of his life and it definitely does not sugar coat the lows. You will cry and your heart will ache because anyone who has ever felt ignored or alone will relate to scenes in

this movie. It is heart-wrenching and painful, but I also believe that seeing it will do so much good for its audience. It is unapologetic and honest, what our society needs this day and age. I would highly recommend this movie to anyone and everyone. I learned a lot about the struggles of those who suffer silently and the effects their illness has on them. I learned about the toxicity of “normalcy,” and that if you are given a choice between being yourself or following what is expected, you should choose to stand out. And most importantly, on letting people in, “You have to let people discover all your dark and twisty places inside” because the ones who love you will accept your dark and twisty places too.

Diversity Council: Empowering Students

By Gabby Bilong
Guest Contributor

Diversity Council is a committee that seeks to be a space where students of any race, gender, socioeconomic status, and political affiliation can safely communicate. It was formed in response to transfer and freshman students, specifically, desiring a space where they can feel comfortable and welcome. Eloise Jean-Marie, Krysonia Tavares, and I formed this council to empower all students.

Students can use this space to let go of any emotions that are either bothering them or holding them back. Moreover, we endeavor to bring the student body closer together as a whole. At Diversity Council, we not only talk about the

topics named above, but also plan to host guest speakers and organize events to bring awareness to issues in our school and society.

Students of color at Arlington Catholic have already created videos discussing racial issues within our school that have not only touched the hearts of faculty, but also opened their eyes to challenges faced by students at AC. This is just one small example of what we plan to do more of in the future.

Our goal is to meet during WIN and discuss issues within our community collectively, while also creating a more welcoming environment where students feel empowered enough to get involved.

In the future, we hope to extend our council to St. Agnes to allow lower and middle school students

the opportunity to feel the same engagement students at Arlington Catholic feel. Beyond St. Agnes, the Diversity Council would love to collaborate with other Catholic high schools in the area, to see how they handle similar outreach within their school communities.

If anything written here interests you, feel free to reach out to either Eloise Jean-Marie, Krysonia Tavares, or Gabby Bilong for more information about the Diversity Council.

Climate Awareness Club

Ready to stand up for your future and our planet? Want to help make a difference at Arlington Catholic?

Then come join AC’s very first Climate Awareness Club!

This club is aiming to make AC an eco-friendly and environmentally aware atmosphere. We hope to bring together like-minded students who will help make positive changes here at our school and in our community.

For more information, check out our google classroom page!
(code:norx7an)

The Mandalorian: A Review

By Kevin Cahill and Lucy Gould
Growl Reporters

The Disney+ original, *The Mandalorian*, first premiered on November 12, 2019. Starring Pedro Pascal and Gina Carano, this award-winning TV series has reached more than 40 million Star Wars fans and non-fans alike. In this live-action TV show, Disney tries a new strategy: instead of making a series about a well-known main character, they introduce a new character...

Mando (a nickname given to the Mandalorian). This series follows Mando, a Mandalorian bounty hunter, as he gets involved in a high paying job that takes an unexpected turn leading him to question everything he knows. Now, almost a year after *The Mandalorian* debuted, Disney+ has announced that Season 2: Episode 1 will be released on October 30th.

How The Pandemic Changed Streaming

By Catherine Fagan
Growl Reporter

Back when quarantine first started in March, there wasn't much to do except sit in front of a TV screen. That is exactly what happened to most of the world, with streaming services soaring nearly 1/3 since last year. The pandemic completely altered the way we consume media, making it more prevalent and forcing companies to reimagine releases. For example, many major film companies - such as Disney - created their own streaming platforms and released movies there. Moreover, 12 million people joined a streaming service during this 6 month period alone! With that in mind, flexible streaming services such as Roku are seeing business

spike, and the already steady decline of cable is quickening. More than ever, people are consuming more media daily - with an average of 6 hours in front of a screen. People are now spending roughly 40 hours a week tuned into some form of entertainment, which equates to an average work week. Instead of seeing an absurd decline in numbers, media services are doing better than ever before. Without new-age technology, none of this would be possible and media companies would not be able to adapt. Not only has the pandemic changed our world, it has also completely changed what we conceived media to be - embracing 21st century technology fully.

Viewing habits during lockdown



Adults spent nearly **6 and a half hours a day** watching TV and online video (or 45 hours a week)



1 hour 11 minutes per day spent watching streaming services, **double** what it was before the pandemic



12 million customers signed up to new services like Netflix, Amazon Prime and Disney+



Viewing figures for video streaming services up **71%** on 2019

Data gathered by ofcom and originally published on BBC.com

COMICS

Mini Magic: Blazing Sneeze



Comic by Missy Skehan

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The Cougar Growl is the official student newspaper of Arlington Catholic.

New members are always welcome.

See Mrs. Gould in room 103 to join.