

Students Subsidizing Scholastics

By Victoria Caggiano
Growl Reporter

With all the struggles, excitement, and hard work that go into the college decision-making process for high school seniors also comes the financial aspect of the decision. As high school seniors plan for the future, they must consider loans, scholarships and most importantly, the school that is right for them. If choosing the right school isn't hard enough while considering geography, culture, curriculum, and costs, the current format of learning has made graduates think differently about their choices. Online learning vs. onsite learning has influenced students' decision making when considering the cost of the education versus the overall experience.

Staying motivated is really challenging for high school seniors. Every senior works hard to strike the balance of maximizing their last high school moments while preparing for the future. Beyond the social and academic investments, many students must work part time jobs during the school year and full time jobs during the summer in order to contribute to their forthcoming college tuition bill. For most families, preparing and planning to fund college can be daunting! In addition to working, students assume additional challenges to find scholarships and loans to reduce the overall college bill. Talk about stress for the seniors!

The pandemic has also influenced the college decision process. With many colleges defaulting to online classes in place of physical attendance, the cost consideration for an online experience has led students to consider other options. According to admissions insider Scott Jas-



Growl Photo

Students and families face difficult decisions as students graduate during a global pandemic: remote-learning, in-person classes, big school, small school and how to pay for it all. What is the cost of college education today?

chik, "Thirty-three percent of high school seniors say they would defer or cancel an admittance rather than attend an all-online college. Plus results from other surveys of students and parents."

Similarly, in May of 2020, Carnegie Dartlet surveyed 2,800 high school seniors. The majority of whom were very reluctant to consider a fully online education, and would rather defer, or take a gap year then attend an online college. The results of the survey also found, "Nearly two-thirds of students said that a college making no additional resources available makes them less likely to attend. Adding additional student loan opportunities shifts many to a neutral standing. The other options -- yearlong grants, increased scholarships or reduced

tuition or fees -- were all rated as significantly increasing the likelihood of attending a college."

Another survey conducted by LendingTree attempted to determine how COVID affected parents' abilities to financially support their child's post high school plans. LendingTree surveyed more than 1,000 parents with children under 18 to understand how the COVID-19 pandemic is affecting them. "More parents (almost 50 percent) are reporting a change in their child's post high school plan. Less than half (43 percent) plan to go to a four-year college, down about 7 percent from April 23. It found that 36 percent of parents tapped their child's college fund to help cover expenses due to the financial strain caused by the COVID-19 outbreak."

Choosing a college is a very difficult decision. The challenge of subsidizing tuition costs falls on many students in some way. Whether it is working multiple jobs or student loans or scholarships, the student has a lot to handle. The pandemic has forced online learning to raise additional questions regarding the cost for college. Many students consider a gap year because of social, academic, and financial reasons.

The decision process is personal. There's no right or wrong answer. However, each student and family has a lot of factors to evaluate. In all cases, the rigor and preparation the student puts into the process are apt to better equip the person to be ready for the challenges that lie ahead at college.

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Techniques for Acing Tests

By Victoria Bacchi
Growl Reporter

Have you ever found yourself staring at a computer screen for hours, but feel like you haven't learned anything? At least once in their academic careers, students will struggle to employ efficient studying skills. Exams can be extremely stressful and students can be overwhelmed by the amount of work they have to complete. Instead of figuring out ways to fix the problem, students might procrastinate and put aside their work, which puts them in a precarious position. These five studying techniques will get you ready to tackle any exam and improve your memory, health, comprehension, and confidence.

Space out your studying time

Cramming all of your studying into the day before a test puts too much stress on the brain. It increases

feelings of frustration and fatigue. By allowing time between study sessions, you are able to learn and more importantly retain more information. This method will improve your long-term memory and make studying easier. You can space out your studying by scheduling your sessions and having a plan. Consider other events that may interfere with your study schedule and plan accordingly.

Take breaks

Taking 5-10 minute breaks every hour during studying can help prevent fatigue and keep you focused. It also trains your brain to retain information more efficiently and effectively. It's important to give your brain the time it needs to rest, so that you don't overwork yourself. Make sure to grab a quick snack and drink water during the break to keep your body energized.

Stay away from your phone

Having your phone next to you while you are studying can be a big distraction and the cause of your procrastination. You might be tempted to check any new texts or go on social media. To prevent this, put your phone on silent mode and at the other end of the room. That way, you won't be interrupted by any notifications. You might end up losing track of time and go over your break time limit. In a time when kids are attached to their phones, resisting the urge to use it will make studying more efficient and even decrease study time.

Review and revise

Once a week, review the new material you've learned in class. This can help you understand what concepts you need more help with and what concepts you've mastered. Having a family member or friend quiz you on key concepts and mak-

ing your own study materials, such as practice exam questions and flashcards, are great ways to review. It is crucial to become confident with what you've learned so that the new information you learn the next week won't be as difficult.

Handwrite notes and flashcards

Handwriting allows you to remember the material more effectively than typing on a computer. The sequential hand movements used in handwriting activate large regions of the brain responsible for thinking, language, and working memory. Furthermore, it forces your brain to mentally engage with the information, improving both literacy and reading comprehension, promoting focus. Using this muscular effort to write each word will translate into better retention.

Virtual Learning

By Catherine Fagan
Growl Reporter

Although some teachers and students may not favor virtual learning, there are some amazing benefits. Furthermore, while it may not be here forever, it's nice to revel in some of the benefits virtual-learning provides for now.

Firstly, it gives students a responsibility and independence in their classwork and class times. Before, all we had to do was follow the shuffle of the day at school, but now with independent learning we are given a new level of responsibility. It also gives added flexibility to our schedules and lives.

An added bonus is the opportunity to develop better time management, something all of us need for college. Learning it in high school and perfecting it will be super helpful for when we graduate! All of these skills will benefit us greatly in the future, in school and in life.

Additionally, self-motivation is certainly involved in online learning, demonstrating students' ability to take the classroom home and complete the work. Similar to college courses, online learning is geared towards self-learning, thus requiring motivation and independence to get the work done.

From my own experience, I have definitely bettered my public speaking and communication skills through online learning. Online, especially in Google meets, students have to be outspoken and purposeful communicators. Staying in the cyber-realm, it takes a lot of technical skill to be apt at online learning now. Students are advancing their cyber skills as well as their personal skills, gearing them up for college!

Overall, while we hope online learning is not here to stay, it has some admittedly amazing benefits that I'm sure are preparing students for great things in the next steps of our academic careers.

Take a Break

By Emma Chisholm
Growl Reporter

One addition to the day at Arlington Catholic is the new daily break. It is a fifteen-minute break that allows kids at home to have a screen break and kids in school to take a pause from classes. During this break, students may purchase snacks in the cafeteria and are encouraged to socialize throughout the school building as long as they remain socially distanced.

When asked how they felt about the new break, students gave their feedback, some liking it and some opposing it. One student said, "You can catch up on your schoolwork,

and if you are tired, you can relax your mind." This is a great time to take a few minutes to yourself and be productive. Another student emphasized, "It's good as long as you have something to do." To them, the break is only helpful when they have work to catch up on or plan to meet up with friends, otherwise, it's just 15 minutes to do nothing. Another student said, "It shortens some of our other classes but other than that it's great." Some of the morning classes did get shortened by a couple of minutes but in the end, students enjoy the time off. Overall the reaction to the new break is relatively positive, it gives students time to socialize, get some work done, and take a well-deserved break.



Staff Photo

From seniors to freshmen, AC students and faculty are delighted by the return of breakfast now available during the break. Warm muffins, breakfast sandwiches, and the famous AC bagels are offered daily. Freshmen Sarah Brockman and Christina Arria are shown above.

Easter During a Pandemic

By Nick Carmezin Muniz
Growl Reporter



Photo by Kathryn Van Winkle

Through the hard work of dedicated students and families, the school chapel has been returned to a place of prayer during Lent and the remainder of the school year.

Ever since the commencement of the Coronavirus Pandemic, hundreds of events and festivities (including national and state holidays) have been canceled, postponed, and/or delayed. Now, the Pandemic has been around for a year, and even with the coming of the Covid-19 vaccine, our nation is still moving slowly and cautiously. Since the virus is still rampaging with over 500,000 deaths in the United States, as mentioned by the New York Times, how will Easter intertwine with Covid-19? Easter will come this year, but not the way we are used to. Through social distancing, sanitary measures, and travel restrictions, Easter will return this year more unusual than ever.

As the Pandemic progressed, many guidelines were established in order to prevent it from spreading. Of these was social distancing, which mandated that people stay six-feet apart from each other to ensure that the spread might stop. Easter is a holiday which focuses on a lot of contact. A safe Easter would mandate that children stay 6 feet apart from each other and wear masks. But of course, this would presumably not happen, as holidays in the past during the Covid-19 Pandemic such as Thanksgiving, Halloween, Christmas, and New Years have all been linked to “super-spreader

events,” groupings that led to the virus spreading like wildfire. To aid the distribution of the Coronavirus vaccine, and potentially lessen the spread, the public would have to ensure social distancing.

Similar to social distancing, sanitary measures would definitely have to take place if Easter were to be celebrated. One particular event, the Easter egg hunt would change drastically, as the hunt would have to be narrowed to family only, as many families will celebrate like this on Easter as backed by CNN: “With people under various restrictions on movement, including stay-at-home orders and self-isolation,

families are devising alternative ways to observe the spring holidays. They include streaming online Easter church services, hosting virtual Passover Seder dinners, holding family-only egg hunts in the backyard and more.” When buying or sorting the eggs and its contents for the hunt, sanitize them. Another idea for a safe Easter egg hunt is to sanitize the eggs before hiding them and after they are collected, just to ensure extra safety.

Traditional activities this Easter will be very limited, apart from the Easter egg hunt, religious celebrations, egg painting, feasts, chocolate eggs, and cultural activities will all

be limited or restricted. The virus has made everything difficult, especially our yearly festivities, as Easter itself, a day full of religious and traditional events will be changed. Religious celebrations for one would still be accessible as it is an important public celebration, while less important events such as the Easter egg hunt and the distribution of eggs may all be under harsh guidelines that make it still possible to celebrate. As medical professionals reiterated during this crisis, we need to enforce these rules even more, as each day the United States increases its cases drastically. Lesser events need to either be canceled or modified, with ideas being to do it virtually or to enforce pandemic restrictions while celebrating.

In essence, Easter can be celebrated, but due to the serious state the United States is in, it will be more different to us than ever before. Easter will be affected by social distancing, sanitary precautions, and restrictions on certain traditions.

The virus has really changed society’s experience during holidays, but to stay safe, everyone must contribute to reduce the chances of super-spreader events this Easter. Overall, in order to maintain a safe Easter, we must put safety over fun, to protect everyone during these trying times.



Photo Lynn Wianans

The AC Students for Life group attended the Boston March for Life on January 28, a week after the 48th anniversary of the Supreme Court Decision Roe V. Wade, which legalized abortion in the United States. (From left to right: Natalia Kay, Thomas Cahill, Kevin Cahill, and Liana Winans.)

Campus Ministry

By Lucy Gould
Growl Reporter

Campus Ministry is a program focused on the spiritual development of each student. Run by Ms. Chou, Ms. Franchini, and Sister Barbara, Campus Ministry has hosted a variety of events this year. Some of those events include monthly dialogues, prayer services, and fund drives. Ms. Chou explains that “in some cases, [the decision] is driven by student requests” for example, the Her Drive. But in other cases, My Brother’s Table, the decision is “motivated by a desire to unite our whole school.”

In addition, Ms. Chou emphasized that the campus ministers “pay attention to ways in which students might have the opportunity to better

understand values like the common good, preferential option for the poor, solidarity, and subsidiarity” when making their decision.

Recently in February, Erin Leahy and her friends organized the Her Drive after learning that “poverty and feminine hygiene items are among the most neglected donations shelters receive.” The Drive ended up receiving “7,581 total donations from both schools and individual collections.” If you are interested in getting more involved with the Her Drive please visit herdrive.org for more information and if you would like to get involved with Campus Ministry please contact Ms. Chou (lchou@achs.net), Ms. Franchini (jfranchini@achs.net), or Sister Barbara (sbarbara@achs.net).

How to Survive a Shark Attack

By Liana Winans
Growl Reporter

It's the middle of summer, and you're out enjoying a nice warm swim—let's say somewhere off the Cape. Suddenly, you see a fin cutting through the waves toward you. You hear people shouting from the shore, which now seems much too far away, frantically warning you to get out of the water. You're being circled by a shark! What in the world should you do? Well, here are some quick tips that might come in handy if you ever have the misfortune to find yourself in such a scary situation:

Preventative measures

Do not go into the ocean if you're bleeding or have any open cuts.

Sharks' skin has openings that act like nostrils, enabling them to smell blood $\frac{1}{3}$ of a mile away. As predators, they are attracted to blood, as you probably know. You do not want to be attracting sharks to you in the sea.

Do not wear bright-colored clothing, and shiny or reflective accessories like jewelry or watches. This is known to attract sharks, who could be curious, or could mistake it for fish scales.

Do not swim at dusk or dawn. These are sharks' natural feeding times—their hunting instincts are heightened, and they are hungry, looking for prey.

Don't swim too far from shore alone or into warm water. There is safety in numbers. Sharks tend to stay in deeper water where they can more comfortably swim, and Great White Sharks in particular like warmer waters, which is a factor in their increased numbers near Massachusetts beaches.

Avoid waters being fished and those with a lot of bait fishes. When you're mixed in closely with shark prey, you could become their prey too!

Responsive measures

1. **Don't panic!** This is a biggie. I know it's no easy task, but it's critical to survival. Without being able to think calmly and logically, your chances of getting to safety unharmed greatly diminish.
2. **No sudden movements**—thrashing, splashing, or fast frenzied swimming. Sharks are apex predators, and they're extremely good at what they do, which is hunting prey. They have very sensitive hearing and special receptors that can detect movement (electrical

pulses) from animals around them. Erratic movements like those listed may seem like those wounded animals to them, and they will come to investigate you as potential food.

3. **Maintain eye contact.** As the shark swims around you, keep your head on a swivel and look straight at them. Sharks will try "surprise attacks" from behind or below, so they'll be less likely to go in for a charge and bite if they sense you watching them.
4. **Stay big... OR get small (depending).** If a shark is in attack mode, make yourself as big as possible in the water, to intimidate and gain the shark's respect. But if the shark seems to simply be passing, stay small and roll up into a ball. If a shark sees you as a competitor for its food source, that can be one reason it attacks you—you don't want to give the shark any reasons to be interested in you if it hasn't even noticed you!
5. **Don't play dead.** This isn't a bear; it's a shark. If you find yourself in an aggressive encounter, use anything you might have on you as a weapon (GoPro stick, snorkel, sharp rod, *etc.*) or if you

have nothing but your own body, punch, kick and poke at sensitive spots (best ones: eyes and gills), but be careful where you aim! The nose has a mouth right under it, so it's not the most ideal place to try to hit.

6. **Cut off the angles.** Try to get into a position where the shark can't get behind you; keep your back to something like a coral reef. Then you've only got one direction to look and you're protected from behind. But do NOT get between the shark and open ocean, then you've become an obstacle in the shark's way, which could trigger an attack.
7. **Slowly back away.** When possible, swim calmly backward (reverse breaststroke and without splashing) to get into shallower water/a boat, OR wade/walk slowly backwards to shore, while your eyes stay on the shark.

Escape is your automatic first instinct when you encounter a shark, but don't forget to keep your wits about you and don't panic (review to step one). Remember, staying calm is your best bet to survive, not immediately getting away—because you simply CANNOT outswim a shark!

Long-term Effects of Capitol Riots

By Robbie Stevens
Growl Reporter

For the purposes of this article it does not matter whether former President Trump purposely incited the riots nor is this an article of condemnation. This is an article not about politics but about society and the effects popular perception can have in changing and threatening America and its democracy.

America's crisis, and the risk of what it can become, closely parallels the fall of the Roman Republic. The Gracchi brothers, rich aristocrats who became populist politicians with careers that shattered traditions which had protected the Republic, laid the foundation for the fall of the Republic, at the hands of people like Julius Caesar, to autocracy.

Mark Twain's famous words "history doesn't repeat itself but it rhymes," is the centerpiece to understanding here, as when peo-

ple's circumstances are similar, they will often respond in similar ways. Americans have to bear in mind the consequences of their actions, to know for better or worse what might be on the broader stage of humanity and society.

This is not to say the fall of the Roman empire will happen in America, but history can serve as a cautionary tale. Being cognizant of a threat is the responsibility of a democratically-elected group of Representatives. Securing democracy will require an active effort from all elected officials to unilaterally condemn any threat to democracy. Americans, in turn, share the responsibility to insist actions that undermine democracy will not be tolerated. Resistance and condemnation can discourage actions like those of the Gracchi brothers and modern people who violently seek to upset the foundations of America.



Photo by Gillian Ambrosia

Otis Memorial Cemetery in Bourne, Massachusetts on Veterans Day. Every year, volunteers from across Massachusetts join to decorate the cemetery with American flags to honor those who have served our country.

American Healthcare: What Can we do to be Better?

By Nicholas DeBenedictis
Growl Reporter

American healthcare is very advanced, but a vast number of Americans are left out because of the exorbitant cost. The United States pays twice as much as the average OECD country—an organization of nations that have comparable economies. The gap between the US and the OECD continues to grow. If paying more for healthcare meant better healthcare, the cost would make sense, but sadly this is not the case.

Americans pay more for healthcare yet America has the lowest life expectancy among the OECD; people often avoid necessary hospital or physician visits just to save money. Not only do Americans avoid hospital visits but since 35% of Americans are under/uninsured, they are unable to get regular mandatory health screenings. Hospitals like Boston Children's Hospital have access to the highest quality of medical tools, yet America still performs the worst in categories like Life-Expectancy and Long-Term Health Conditions. America clearly has the means to provide treatment; it is the cost of the treatment that is the problem. The United States spends the most in the private sector among the OECD and this falls much harder on the lower classes.

So is there a solution? One of the current proposals is Senator Sanders' healthcare plan, Medicare For All. Senator Sanders claims that Medicare For All reduces costs and gives Americans free access to healthcare. Skeptics assert that the public sector cannot fund such an idealistic plan and this plan would only reduce the quality of healthcare and increase the price. In a recent Koch Brother's backed study, Mecatus conceded Medicare For All would actually lower the cost of healthcare, reducing the amount the U.S. spends on healthcare by more than two-trillion dollars as well as reducing prescription drug

costs by more than eight-hundred billion over the next ten years. The price of healthcare would then go down and individual wages for hospital workers would go up. Currently, 35% of Americans are not receiving sufficient healthcare. To narrow the gap, a plan that utilizes taxes while providing the middle and lower class with more disposable income is a strong contender. With progressive taxation, no new money would need to be taken from Americans, and the poor would suffer much less. Multiple peer-reviewed studies, including studies done at the University of California, have formed an academic consensus that such a plan is fiscally feasible. Medicare For All is one such plan that would not only lower the price of healthcare but also, as Senator Sanders outlines, create stable access to healthcare for all Americans. Under a new system, healthcare could be funded by those who can afford healthcare and lift the burden off of the middle and lower class. Medicare For All only has 14 co-sponsors currently so another solution could be a bipartisan collaboration to greatly reform the healthcare system. At the moment nobody has come forward with another significant reform of American healthcare.

America has access to the greatest amount of wealth. Yet, Americans still pay more money for worse health outcomes. The answer should seem clear, multiple countries have moved past the healthcare issue, but the U.S. still lags. This would not be a huge expense and would even save money. Healthcare would only be a drop in the ocean of economic spending. Any comprehensive health care reform plan would have the potential to improve the lives of many, and Senator Sanders' plan is only one solution. It's impossible to tell if it will work out perfectly but there must be an answer because American healthcare can be better.

Gheel: Improving Mental Health Services

By Lily Fitzgerald
Growl Editor

The culture surrounding mental health is a slippery slope in the United States, with stigma still surrounding disorders present today. Great strides have been made in the recent decades to destigmatize seeking therapy and to gain better treatment for those with mental illness. But there is still a fear factor around mental health, with many people viewing sufferers of disorders like schizophrenia or bipolar disorder as dangerous and not functioning members of society—a concern for a country with some of the highest cases of mental health disorders. The United States still has work to do to reverse the stigma surrounding mental health, and the question is—what else can we do to create change? Perhaps a Belgian town whose practices have created a helpful and safe environment for the mentally ill holds the answers.

For 700 years, Gheel has been a refuge for the mentally ill with its citizens welcoming them into their homes and caring for them. This isn't a treatment or a therapy by any means. These people aren't called patients—but guests or boarders—and are treated like members of the family. They aren't treated like they are scary or outcasts, but are treated like functioning members of society and neighbors—accepting their “eccentric” or “abnormal” behavior instead of treating them like spectacles.

The boarding program is run by the public psychiatric hospital in Gheel, where eligible patients are selected to take part. Patients are screened first for any dangerous tendencies or if they have any pedophilic nature before being considered. They then receive an evaluation where a trained professional assesses whether or not they would be a good fit for the program. Those with certain disorders like schizophrenia are also medicated before being introduced to

the program to ensure they won't harm people or themselves now that the medical staff won't be watching them.

After all the screenings and precautions, the boarders are matched with a foster family—that often-times takes care of them for the rest of their lives. The patients may go back to the hospital for weeks at a time if problems with their medication arise. Otherwise they are treated like intrinsic members of the family, with foster family members like Arthur Shouten remarking “I could not think of living without him, because he's part of the family”

Beyond all the facts and statistics, the benefits for the boarders—the 250 that live in Gheel—all get a sense of belonging and happiness from the program, that they don't get from standard hospitalization. People like Mark, a 32 year old man suffering from schizophrenia, have found the boarding program better for their treatment than the hospitals. He tells an interviewer that at the hospital “all they do is give me pills” and that he doesn't feel truly cared for. But at his foster home of four years “you really get someone here who cares for you.”

Treatment for mental disorders isn't just about therapy and pills—it's also about a healthy environment and love. Gheel is doing something right in those regards. The United States even considered a similar program at the Eastern State Hospital in Virginia—but deemed it too “revolutionary” to implement. Is it time to reconsider? Is America now ready for a “revolutionary” program for dealing with mental health? Maybe it is time for us to look to Gheel for some inspiration or maybe it's not. But the truth is, Gheel is, has been, and will continue to be a sanctuary for those with mental illness and disorders.

Student Diversity Council: How Arlington Catholic Celebrated Black History Month

By Jane Stephan
Growl Reporter

Since the 1970s, February has been recognized as Black History Month in the United States. This February, AC celebrated Black History throughout the month with extra help from the school’s Student Diversity Council (SDC), which is new to AC this year. It is led by

Gabbie Bilong, Krysonia Tavares, Eloise Jean-Marie, Ann Phan, and Mrs. Billings.

You may have noticed a new selection of music playing over the loudspeaker before class started on the days when you’re in person. The playlist is dedicated to playing songs by black artists that highlight their experience. The playlist was created by Zih Nche with help

from Ms. Yankell. Also, the AC administration hung up posters in the hallways showing historical figures who advocated against racism and contributed to the Civil Rights movement, such as Rosa Parks and Jackie Robinson.

Student volunteers and members of the SDC recorded themselves reading poems by black authors, to be watched at the beginning of

English classes. SDC volunteers also read picture books to St. Agnes Students from Tuesday, the 23rd to Friday, the 26th. The books were also by black authors, helping to teach the elementary school students about Black History Month.

If the SDC has caught your interest, they meet during WIN on Thursdays in Mrs. Billings’ Room (Room 106).

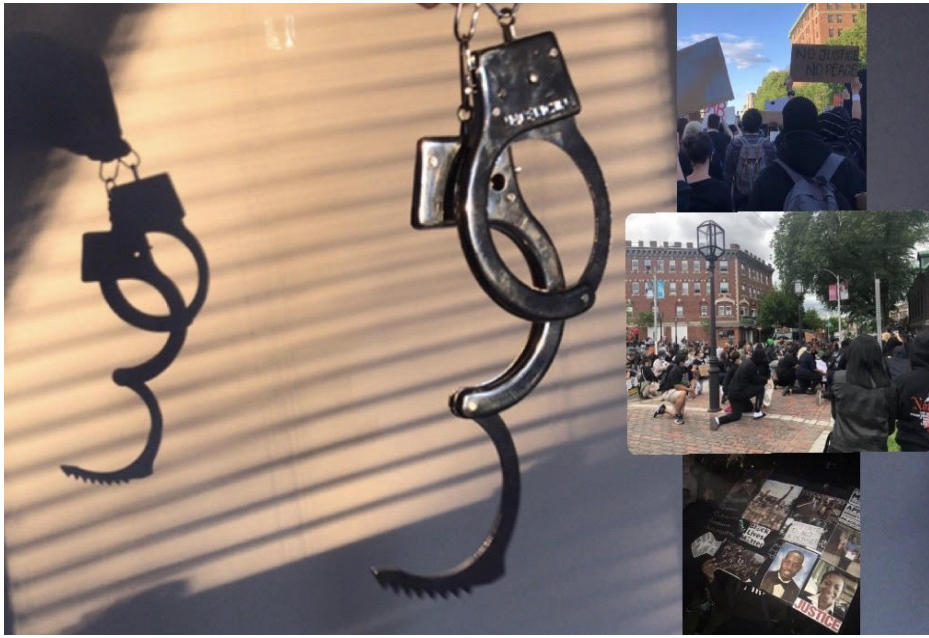


photo collage courtesy of Marline Jean-Marie

The photo collage was created by Marline Jean-Marie featuring photos by herself and friends Sara Joujoute, Chloe Renik, and Zih Nche. The photos were taken during the Black Lives Matter rallies during summer 2020.

Confined

By Marline Jean-Marie
AC Poet

Look up,
Look down.

Look around,
Don’t make a sound.

Alter your hair so it looks like theirs,
Bleach your skin so it can be deemed fair.

Shrink so they can grow,
Ignore what you’ve seen & absorb what they say to know.

Forget your ancestors & drop what you believe,
‘cause adopting their views is something to achieve.

Stay in line and listen,
Don’t you dare try to speak up as your face is pressed against the concrete
and the sun makes your spilt
blood glisten.

Take the hits,
Take the spits,
Learn to patch your wounds like the generations before you have with
your racially designated medical kit.

Ignore the pain,
Hope for it to all go away.

Pretend that you’re blind to it all ‘cause ignorance is bliss,
Pray that you’re not another one of Eden’s children blessed with Death’s
kiss.

Arlington Catholic Drama Club

By Reese DeVincent
Growl Reporter

“What is the AC community going to love the most about the Ready When You Are! production?”

“What’s not to love about our students singing, dancing, and making music....and laughing....and having fun? But I imagine that what people will love most is simply being together. It has been over a year since the last ACDC show -- since students, parents, teachers, family and friends have attended theatre in the same room. This year, our room happens to be the municipal parking lot. We are so excited to create an outdoor arts event specially designed for the 2020-2021 school year. In addition to inspirational performances, there will be music, food trucks, raffles, and general merriment. The songs in “Ready When You Are!” were chosen because they celebrate and honor a-year-in-the-life of our students. They capture their feelings of loss and fear, and speak to their struggle to meet sometimes impossible expectations, but also give rise to their diverse voices, as well as remind us of their resiliency and unrelenting optimism.”

Mrs. Billings, director

Jaida Croak, sophomore

Jack Mcwethy, junior

Mray Kate Flynn, senior

Nicole Simmons, senior

“The AC community is going to love the excitement of the Ready When You Are Production.”

“The AC community is going to love the excitement of the Jersey Boys. Be Ready.”

“With a combination of different faces, talents, and songs, I think the AC Community will love the variation in the the Ready When You Are production.”

“The AC community is going to love the involvement from a wide variety of students, and the show will be a great way for everyone to come together in these difficult circumstances.”

Finally Fall II

By Mia Polston
Junior Editor

After months of waiting, practices being put off due to COVID restrictions and recommendations, and students wondering if they'd ever have their sports season, fall sports are finally back! Fall 2 is off to a great start with football kicking off March 12th, fall cheerleading March 1st, and winter track March 13th. It was definitely hard for fall athletes to watch everyone else have their season. Sports are where most people make their first friends in high school, leaving the freshmen in a tough position without sports at the beginning of the year. Grace Constantine says, "I am very

excited for the fall 2 season to start. Though it is an unusual season, and we don't get the normal Friday night fall football games this year, I am glad we found a way to still have a season. Going to practice gives me a sense of normalcy again which gives me motivation and hope for the future." We as a school are very lucky to even be having sports with how unpredictable these times are, but we should be very grateful, not only for ourselves but the current seniors. Last year, seniors missing their final spring season was hard for them and everyone since we knew how badly they deserved a final great season, which is something Fall 2 is giving our current seniors. We have to remember



Photo courtesy of Katherine Curran

Girls Hockey players (left to right) Megan Walsh, Katherine Curran, Jenna Noonan, Maggie Milne, and Coach Jamie. In the front is Chelsea Chamberlain

that in order to have the season we want, and the season the seniors deserve, we have to stay safe and be

careful about COVID restrictions. It is only fair with the opportunity we have been given!

AC Football

By Jimmy Ball and Arshia Ghai
Growl Contributors

Arlington Catholic football is officially kicking off for the 2021 season! Due to COVID-19, there have been some major changes that can be seen this football season. Players wearing masks, socially distanced fans at games, as well as the fall sport now being pushed all the way back to starting on February 20th. The Cougars have now been practicing for a couple of weeks, and look to take on Austin Prep on March 12th to kick off the season. Three of the team's players were interviewed: Paul Hammond '21, David Rufo '22, and Anthony Hall '22.

Paul Hammond was asked what it's been like to be a first time captain leading some of the younger players on how to win hard games: "Well...let's just say that it's been

an amazing experience, taking responsibility for leading this high potential team to try and get to the next level." David Rufo shared what it's been like gaining 55 lbs in the last 14 months and how the transition from 1 position (kicker) to now taking on 3 positions (kicker, linebacker, and running back). "It took lots of high calorie dieting and an insane amount of training in the gym," says David, "And taking responsibility for more than one position has made me love the game even more!" And finally, Anthony Hall experienced what it's been like joining the football team as a first time player in his junior year. "It's been great," says Hall, "Captains like Paul, Manny, and Malachi have been great, welcoming me to the team and always teaching me about the game."

AC Hockey

By Tommy Peterson
Growl Contributor

The 2020-2021 Arlington Catholic boys hockey season was certainly one that everyone will remember. In late November, the boys were still wondering whether or not they were going to have a season, and if so, what were the costs? However, the news broke that the MIAA will be having a boys hockey season. Tryouts started December 8th, but the returning varsity players were split into two groups due to the numbers restriction on the ice. After the first week, the team would have its first setback of the year. They had to sit out for the next two weeks due to a positive coronavirus test within the program. However, the team

was able to overcome that setback and continue playing. The team continued their season, but was halted once again due to the coronavirus. After the 10 day period, the boys came out flying as they tied the number eight ranked team in the state, Saint Mary's. The boys would play one more game against Bishop Feehan before the CCL Cup playoff games. The team finished fourth in the CCL and made it to the semi-final CCL Cup game against Saint Mary's. The team came out hard but fell short by a score of 5-1. Even though this year was filled with many setbacks and challenges, the AC community thanks the seniors, and will be ready when the puck drops next season.

A.J. Quetta

By Tyler Venturelli
Growl Reporter

On January 26, 2021 in a hockey game between Bishop Feehan High School and Pope Francis Prep, tragedy struck as Bishop Feehan player, A.J. Quetta, collided head-first into the boards, causing a very serious spinal cord injury. Immediately after the accident occurred, A.J. and his family were surrounded with support by the hockey community. Soon after the accident, friends of the Quetta family started a fundraising group called "A.J.'s Army" with the intention of providing long term financial support to assist A.J.'s immediate family. A GoFundMe was started, as the family needed all of the financial support they could get to help treat an injury as debilitating as this one, and the community supporting A.J. went above and beyond to help his family. At the end of February the GoFundMe, originally set with a goal of \$10,000, was over \$955,000, which doesn't include

the \$100,000 dollar donation from the Boston Bruins, and the numerous other successful fundraising attempts by the Bruins organization. Along with financial support, the hockey community hung A.J.'s number 10 jersey above their benches, and wore decals and other items with the number 10 and the Bishop Feehan shamrock and colors. A.J. spent his first month of recovery at Boston's Mass General Hospital, and will spend the rest of his recovery process in a specialized therapy program in Atlanta, Georgia. Before departing to Atlanta, A.J. shared a video on social media thanking everyone for their support and saying "I don't have words to describe how awesome you people are and how supportive you've been for me. You all give me a reason to keep pushing and keep fighting. It's awesome." Although the accident was very scary and tragic, it shows how one serious incident can bring everyone together to help a common cause, and how generous people are to those in need.



Photo courtesy of Tommy Peterson

Boys Hockey players Matt Brown, Jared Russell, Luke Ramsay, Michael Flynn, Carson Priante and Pete Sanford at the first CCL Cup game.

Top 5 Local Eats

By Vanessa Lott
Growl Reporter

As seniors are deciding their colleges and our high school experience is coming to a close, we look back on the past four years of memories. That quick pickup coffee before school, those 15 minute snacks between practice, a meal after the game, a half-day lunch with your friends after school: the Arlington Center has created many of our countless school memories without us even realizing. So, with a poll taken from a few of our class of 2021, here are the top 5 food places in Arlington Center, ranked.

Starting off with number five, **5** Abbott's Frozen Custard. Using their secret family recipe, some of the smoothest, creamiest, and most delicious custard is created. But the ice cream isn't the star of the show. What really puts Abbott's on the map are the delicious flurries. Your choice of custard perfectly blended with any topping you desire. It will definitely satisfy your sweet tooth!

4 Number four, Brickstone Cafe and Pizzeria. Chicken, salads, wings, subs, calzones; all the food you can imagine, but best known for the pizza. A two slice combo on a classic paper plate with a drink to

go is the most popular choice, and what makes it rank as one of the best.

3 Number three, Starbucks. A classic choice, and the easiest one to make. Whether it's a coffee to keep you going, picking up your seasonal fall flavor, or a secret menu TikTok drink to spice it up once and a while, it's always around the corner and a common stop for all AC kids and staff!

2 Number two, La Victoria Taqueria! A food shop that serves Mexican Street food created from passed down family recipes. The most popular item with AC students is the cheese quesadilla with chicken filling. That pressed warm tortilla with well-seasoned chicken and perfectly melted cheese is a rightfully earned favorite.

1 Ultimately, the number one spot goes to none other than Gail Ann's Coffee Shop. The well-known clear iced coffee cup with the mocha stuck to the sides and light brown goodness in the middle is a given AC drink, along with the perfect small white bag fit for a donut! As the slogan says, "Old Fashioned Goodness!"



Photo Courtesy of Lilli O'Mahony

Elizabeth Price, Dinah Cummiskey, Lilli O'Mahony, and Chris Guerrier walking in Arlington to Cheer Practice which started on March 3rd.

Cheers to You

By Mrs. Gould
Growl Advisor

This is the final edition for the graduating seniors of 2021. You have all shown tremendous grace, courage, and fortitude during this unprecedented school year. It has been our privilege to celebrate your stories and honor your voices through the *Cougar Growl*. At the end of this year, our editors, Kathryn Van Winkle and Lily Fitzgerald will graduate with your number.

Lily and Katie have been writers for the school newspaper since they were in sixth grade as vital mem-

bers for the *Saint Agnes Chronicle*. Over the past four years at Arlington Catholic, they have grown into roles as leaders, mentors, and editors for the *Growl*. While they have been indispensable and remain irreplaceable, Katie and Lily have built an enduring legacy with nearly 40 current club members.

Katie and Lily, on behalf of the entire *Growl* team, congratulations on all of your success, best wishes in all you do, and thank you for being spectacular you.

COMICS

Mini Magic: Chatty Tree



By Missy Skehan

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