

New Year, New Me

By Victoria Caggiano
Cougar Growl Reporter

“New year, new me,” as most say as they ring in the New Year, making promises to change or to better themselves. A resolution is an act of resolving or determining upon an action. New Year’s resolutions surprisingly go back farther than expected—they come from Roman religious origins. Romans imagined their god, Janus, looking backward into the old year and forward into the new year. They would make promises to their god at the start of each year. Janus gives her name to January therefore having the new year start that month. The Romans would pay their dues and return borrowed objects.

Most people promise to eat better, or be more organized, whether it be school or work. After an informal survey, over 70 percent of people don’t stick to their resolutions. The common reason for not keeping these promises is that people say “There’s no time,” or “I’m too busy.” By making these promises to ourselves, we need to stick with them.

When choosing a resolution, in order to really stick with it, be realistic and choose something that is possible for you to better yourself and the people around you. Hopefully, with the support of others, you will find sticking with your resolution less of an obligation. These promises began by people wanting to do right by themselves and their god. This is much like today, as we all make promises for ourselves as we countdown the seconds to 2019.

Word of the Year

Each year, Webster dictionary names one word as the most looked up or consulted. This year, students in Mrs. Billings’ classes created their own words of the year. After a vote, the winning word is. . .

Drip

Definition: An adjective used to describe your outfit, accessories, and overall style; similar to swag.

Reasoning: the term “drip” started in the Hip-Hop community; it was used by artists to describe their designer clothing, jewelry, and other accessories that are considered “stylish.” The word has become widely used among people -- especially teens.

Sentence: The outfit he has on is drip.

To discover Webster’s word of the year or the day, visit Webster. com. To learn more about words that are making an impact at AC, see one of Mrs. Billings’ students.

What is your
New Years
Resolution?



“To make a final decision about college”
-Angela Caggiano ‘19



“To make honor roll”
- Caroline Buckley ‘20



“To do well this hockey season” - Fitzzy Somerville ‘21



“To not get injured during anymore sports seasons” - Maggie Milne ‘22

2019: Year of the Pig

By Tianxiang (Mike) Xie
Guest Reporter

The Spring Festival is a traditional festival of the motherland, also known as the New Year, the first year. The Spring Festival, on February 5th this year, is a festival of reunion of the Chinese nation. People are reunited with their loved ones as much as possible on this day. Everyone has a reunion dinner and watches the Spring Festival party together. The Spring Festival is a farewell to the old year, welcoming the new year, reviewing and summarizing the past, looking forward to the future.

On this day, people have to wear new clothes, which symbolizes a new year and a new look. The elders will send a red envelope with money to the younger generation to express their blessings. Firecrackers and beautiful fireworks will paint the night sky with vibrant colors. When the 12 o’clock bell rings, we will know that the new year is here.



Photo Courtesy of Tianxiang Xie

Shanghai preparing for Chinese New Year.

2019亥猪年

春节是我国的传统节日，又称新春，岁首。春节是中华民族阖家团圆的节日，人们在这一天都尽可能的和亲人团聚，大家一起吃团圆饭，一起看春节晚会。春节是告别旧的一年，迎接新的一年，对过去的回顾与总结，对未来的展望与期盼。在这一天，人们都要穿上新衣服，寓意着新一年，新气象。长辈会给晚辈发红包表示祝福。还会放烟花，放鞭炮，绚丽的烟花将夜空染成了七彩的颜色。当12点的钟声响起，我们就知道；新的一年，到来了。

College Tours Provide Insight

By Maddy Murphy
Cougar Growl Reporter

Not knowing where to tour colleges can be one of the more stressful things you face in your upperclassmen years of high school. Junior year can be the most hectic of a person’s high school career. Between SAT prep, studying, clubs, and sports, finding the time to even tour a school might be too much. If you are feeling lost, hopefully this article can be the beacon of light to the start of your journey.

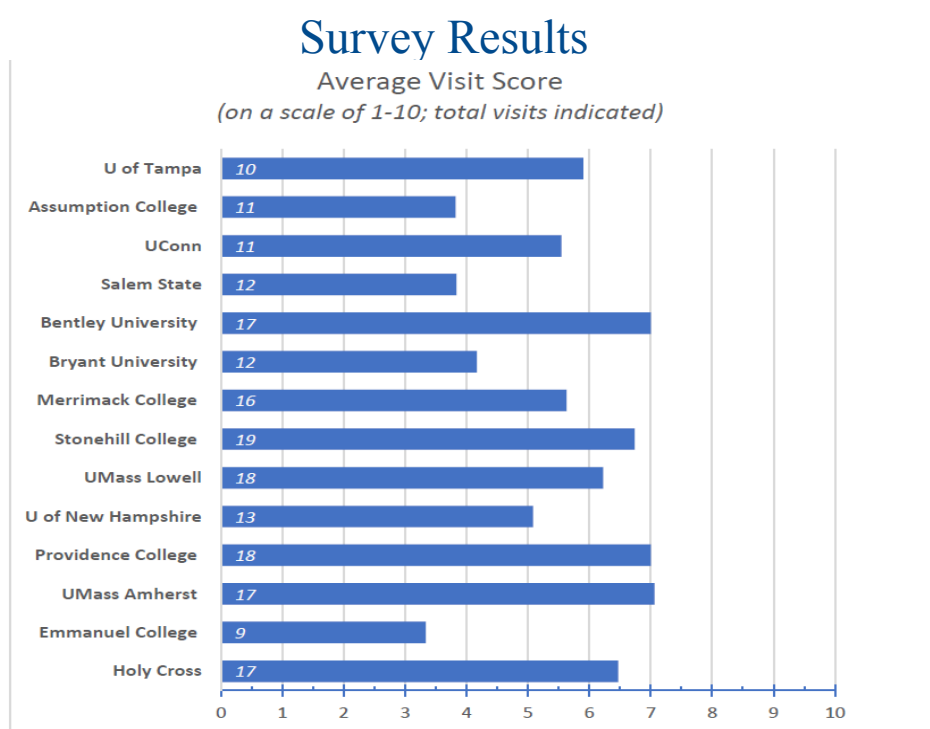
University of Massachusetts Amherst, located in Amherst, Massachusetts, holds 28,635 students with an acceptance rate of 58%. UMass Amherst’s net price is annually \$30,069. Some of their “Points of Pride” are their rigorous academic standards and large student social life. UMass Amherst accepts on average a GPA of 3.73 (on a 4.0 scale) and a SAT score roughly averaging 1290 and above. “I loved the big campus and the food was really good,” reported an AC junior. UMass Amherst’s cafeteria has been awarded ‘best food’ three years in a row.

Holy Cross is considered as one of the greatest Catholic colleges in the US, competing against Boston College and Notre Dame. Holy Cross has roughly 3,020 attending. This

Worcester college accepts a GPA average of 3.81 and a SAT score of 1300. Holy Cross is a tougher school to get into with an imposing acceptance rate of 37%. All sports teams are Division I, which is very impressive because they are such a small school. The school’s annual net price is \$49,980. An AC Senior told the Cougar Growl they “Loved: Jesuit identity, scenery, community, medium size.”

Stonehill College is a small Catholic school located in Easton, Massachusetts with a total student population of 2,498 and an acceptance rate of 75.2%. Incoming students average a 3.34 GPA and SAT scores (of 1100) are optional. “The programs they offer are relevant to what I want to study, and it’s easy to combine majors and minors for a specialized study programs. The sports teams are great too.” said an AC Senior. Their annual net price is \$42,729, but do not fret: out of 1500 colleges, Stonehill is rated in the top 10% of best value in US colleges for your tuition dollar.

“UMass Lowell is a fantastic school with so many options regarding career choice and the campus is really nice and inviting,” said an AC junior. University Of Massachusetts Lowell has an acceptance rate of 56.8% and an in-state tuition of \$13,427. They currently house 17,849 students. UML pri-



Juniors and seniors rated college tour experiences on a scale from 1-10, the total visits each school received is reflected inside the bars.

marily accepts students with a 3.29 GPA and above, only requiring a SAT score of 1100. UMass Lowell has over 100 undergraduate majors.

Providence College, located in Providence, Rhode Island, is getting increasingly more competitive as the years go by with an acceptance rate of 56.8%. You must have a minimum GPA of 3.41. Providence College has optional SAT scores, but if your score is 1140 or above its highly recommend to submit. “I loved that everyone on the campus came off as very friendly and that the guide knew a lot of

people around campus. I also liked the size of the school and campus. It was very casual,” expressed an AC Senior. Providence College’s sticker price is \$64,984 a year. PC’s most popular major is biology followed by business.

College tours can only be described as a hit or a miss. It may be boring and overall absolutely terrible, but they can also be the most exciting and the first page to your new chapter in life. Thank you to everyone who participated in this survey and vocalized their opinion.

SAIL Club offers Leadership

By Samantha Klein
SAIL Vice-President

As one of Arlington Catholic’s most popular student-led organizations, the SAIL (Student Ambassador Internship League) Club reflects on a successful first semester.

The club is comprised of 102 highly motivated juniors and seniors. The objectives of SAIL include publicizing Arlington Catholic within the community and raising funds for the school. SAIL also works alongside Campus Ministry at parish events to represent Arlington Catholic in the St. Agnes community. In addition, SAIL members organize fundraisers with current students, faculty, parents, and alumni.

Starting in September, the organization prepared for a hectic three months. After extensive planning for the fall open houses, SAIL members led individual tours to families on October 4th

and November 4th. Each tour ran for about 30 minutes and included brief overviews of the core academic subjects, sports, and clubs. Thanks to the SAIL members’ considerable knowledge of Arlington Catholic, families were able to ask questions about the school and learn more about the high school admissions process.

All SAIL members are assigned to at least one of five committees: Phone-a-thon, Social Media, Event Scheduling, March Madness, and Senior Spirit Tassel. Within each committee, there are chairpersons who lead the group and report back to faculty.

The Smilin’ and Dialin’ Phone-a-thon event was held on November 27th in collaboration with the AC Development Office. Because tuition does not fully cover the expense of educating each student at Arlington Catholic, fundraising is necessary. SAIL members called parents and alumni by phone to ask

for gifts to support AC students. The event was a huge success — \$2100 was raised by SAIL! Congratulations to Karina Hananian and Abby Flaherty for the highest number of pledges!

The Social Media Committee revolves around the Giving Tuesday movement. Members are asked to design their own campaign by expressing a story. They use photographs and videos to capture the story and encourage individuals to share, like and comment. Facebook Live makes it easy for the audience to support the cause.

The Event Scheduling Committee coordinates tours for families who are unable to attend the open houses. The members of this committee spend their study periods or lunchtime to guide tours. The students also organize activities for Accepted Students Night (held in the spring) and Orientation.

March Madness is the greatest opportunity for Arlington Catho-

lic to raise funds. Members of this committee brainstorm prizes for alumni and parents to donate during the month of March.

The Senior Tassel Challenge members promote fundraising for graduating seniors. As these students donate an amount equal to their commencement year (i.e., \$20.19), they will receive a tassel to wear at graduation. All proceeds will be distributed to anywhere in the school that students want! The challenge will begin in January and last until commencement.

Throughout their SAIL experience, members have adopted numerous management skills that they will apply in the future. “SAIL has brought lifelong friends and great leadership opportunities that I am lucky to have in college and beyond.” — Matthew Smith, SAIL president.

Meet Our New Parish Priests

By Lily Fitzgerald
Cougar Growl Reporter

Over the next few editions, the Cougar Growl will share a series of interviews with the new priests, allowing you to know more about them, especially if you're too shy to start a conversation with them. Each new addition will have two or three questions for Father Michael, Father Robert, and Father Mark, for your enjoyment. Make sure to always pick up a newspaper the moment it comes out to check out the interviews.

*some responses were edited for grammar and length purposes.

Where did you grow up?

Father Mark: I was raised in Billerica.

Father Michael: I'm not sure that's happened yet, but some say in Needham, MA.

Father Robert: I grew up in India.

What inspired you to be a priest? What was your family and friends' reactions to your choice to be a priest?

Father Mark: I was inspired to become a priest by several people during my life, My pastor, Father Joe, teachers at Austin Prep, and especially my girlfriend, Regina, during my sophomore year at

Seton Hall, who helped me discern the call through prayer, to be a single person in service to God. My father was not thrilled at first that I made the choice to become a priest. This changed and my family and friends were, and are, most supportive.

Father Michael: I was inspired by multiple events (one of which occurred during a retreat in my senior year of high school) which prompted me to begin to think about offering everything to God. This idea was put off at first, because I had a girlfriend at the time, and saw my future with her, but this changed when I did a spring break trip to the Broth-

erhood of Hope's house, where I began to see myself doing this. Most people thought it was crazy that anyone would become a priest, but when they thought about me becoming one they said it made sense.

Father Robert: I was inspired by priest's dedication and sacrifice for evangelization, to preach the word of God and to do God's work for God's people. My family and friends encouraged my choice to become a priest.

Father Mark is often available in the chapel during WIN block, see your email for more information.

Valiant Women in Faith

By Grace O'Connell
Guest Reporter

On Thursday, November 8th, I accompanied the girls in the junior class to the annual junior retreat as a retreat leader. I, as well as other female leaders in the senior class, were chosen to be group mentors and I feel so lucky to have been able to take part in this day of reflection. The retreat was based around the idea of a valiant woman. Merriam-Webster defines valiant as "possessing or acting with bravery or boldness: courageous" and "marked by, exhibiting, or carried out with courage or determination: heroic."

Throughout the day, the idea and characteristics of a valiant woman were incorporated into every activity. Students were encouraged to reflect on valiant women in their lives and how they, themselves, are valiant women. The day consisted of faith, honesty, openness, and support. Throughout the day, students switched between being all together and in small groups.

As a group, we heard witness talks from Ms. Franchini, a theology teacher, and Hannah, a senior student and retreat leader. These two woman bravely told stories of something negative they had experienced, how it affected them mentally, emotionally, and physically, how God supported them through their struggle and how they discovered they were valiant women. These personal accounts displayed courage, vulnerability, and strength,



Photo by Mrs. Mustone

Students meet in small groups to reflect on the relationships in their lives.

that I and the other students admired and took to our small groups.

In small groups, junior girls and their retreat leaders discussed their relationship with God, as well as their relationships with friends, families, partners, and more. My group was a mix of many different girls with different interests, some having never talked to one another before. Despite not everyone being best friends, my group was unified by our womanhood and our respect for one another. It was moving to see the openness of students sharing an inner conflict or a personal hard-

ship in their lives, and the support the rest of the group gave to each group member who shared.

Towards the end of the day, all of the junior girls, retreat leaders, and adults joined one another in the chapel for a special activity. Each student was given a candle, the lights were turned off, and everybody was instructed to be silent. Ms. Heston started off, naming a valiant woman in her life and used her lit candle to light Ms. Mustone's candle who then named a valiant woman in her life and passed the flame along. Each student's candle was lit and

names of valiant women were pronounced. The room went from pitch black to lit up as each student named a courageous, brave, and determined woman in their life. This moment was unforgettable and truly moving.

Overall, the day was beautiful and inspiring, displaying the great love and support within the Arlington Catholic community. The junior retreat is something all students can look forward to, and all past students will remember forever.



Don't let your team be left on the sideline. Become a COUGAR GROWL sports reporter.

AC athletes and fans are strongly encouraged to send photos and captions. These pictures could be featured in the the school newspaper or the BOSTON GLOBE sports page or online.

Contact:
TheCougarGrowl@achs.net for more information or see Mrs. Gould in room 103.

Thanksgiving Football

By Andrew Metellus
Cougar Growl Reporter

Arguably the biggest game of the season for the Arlington Catholic Football team, which was unfortunately moved--last-minute-- to Thanksgiving Eve due to “unplayable weather conditions”, was played against its all-time rival, Arlington High School. This may possibly be the last bout between the two high schools as next year Arlington Catholic will continue the Thanksgiving tradition against divisional rival Shawsheen Valley Tech, and Arlington High will be

facing off against Waltham High. The reasoning for the change is currently unknown to players, but it could be presumed that due to past conflicts on and off the field this change was necessary.

Before the game, first year head coach, Anthony Petrelis, gave a powerful speech to the Cougars and the locker room was roaring with shouts of readiness. The game began and the Arlington Catholic Cougars came out hot, with senior captain Riley Donovan on fire for the first and second halves, making crucial passes for multiple Cougar touchdowns.

The Cougars went to the locker room more hyped up than they had been all season, as they were moments away from defeating AHS. But the worst was to come and an interception was thrown by the Cougars. The momentum shifted towards AHS as they turned that interception into a touchdown. The Cougars had one last chance to make a comeback after being down just one point. Unfortunately, the Cougars turned over the ball in the last minutes of the game and they fell in heart-crushing fashion to AHS, 21-20.

Varsity Boys Basketball

By Chris Paul
Guest Reporter

The Boy's Varsity Basketball Team started the season December 11th against Bishop Fenwick, with mostly seniors in the starting lineup, as is typical for most games. They are: Jack Connaughton, Joe Greenwood, T.J. Magliozzi and Packy Bradley-Cooney while junior Cam Garber slots in at center. The other seniors on the team are Jeff Orelus, Sean Simmons, Givaughn

Beaubrun, Lambert Nyembo and Chandler Garcia. There is only one sophomore, Kyle Alcy, on the team and two freshmen, Chris Paul and Dimitry Philippe. The last game of the regular season is February 19th, followed by the Hamilton Wenham Tournament. Come see us play, we need and love all the support. Go Cougars!



Photo Courtesy of Chris Paul

The varsity boys basketball team lines up on the home court for an early season photo.

Powder Puff Football

By Kathryn Van Winkle
Cougar Growl Reporter

On November 28, our Juniors and Seniors took the field for AC's annual Powder Puff Football game. After being mentored by our own AC football players, the girls were ready to see which grade would come out victorious. As per tradition, our Juniors wore blue and our seniors wore black.

At 2:45, the teams took their marks. Although they faced weather that felt like a frigid 32 degrees, the Seniors came out swinging with a 75 yard touchdown. A few plays later, the Juniors were penalized after a senior was tackled to the ground, which foreshadowed their only touchdown in the first half

being voided. Even with a member of their team being injured, the Seniors persisted, scoring again, which--before the half--made the score 12-0. After halftime, the Seniors wasted no time in scoring their third touchdown, pushing their lead to 18. After 5 plays, the Juniors scored their first upheld touchdown of the game which made the score 18-6. Sadly for them, the Seniors countered a few minutes later by again increasing their lead back to 18 points. After the return, the Seniors and Juniors formed a black and blue pile at the 50. In the end, the Seniors scored again in the final minutes of the game making the final score 30-6.

No matter the score, all of the players did a wonderful job and



Photo by Kathryn Van Winkle

Senior Erin Donlan receives a pass from the senior's quarterback, Katie Regan

exhibited excellent sportsmanship. Our gracious boys' football players were both great refs and mentors.

We thank everyone for their hard work and participation. Till next time Cougars!

Serving Up One Last Ride

By Bianca Burke
Cougar Growl Reporter

Bang! The gun shatters the The Arlington Catholic Girls Varsity Volleyball Team, who just finished a very successful and enduring season. The team ended its season on a nail-biting loss to Burlington High School in the semi-finals of the Division II North State Tournament. The Lady Cougars were defeated in their first set 25-22, but came back in the second set with a ferocious win, 26-24. Unfortunately, the Devils fought back in the third and fourth sets, defeating the Cougars 25-21

“I’m sad the season’s over because I’m going to miss playing volleyball with the seniors and this team.”
-Caroline Macri ‘21

in both sets. Led by captains Katrina Perez, Mari Ball, and Kristen O’Keefe, the team finished its season with a remarkable record of 21-2. Not only did the girls gain this well-deserved record, but they also achieved their season’s goal of becoming Central Catholic League Champions. The team played with pride, skill, and joy all throughout its season and could not be more deserving of this title. Although their incredible 2018 season has just ended, the Lady Cougars are hungry for their next season, in hopes of becoming the 2019 Division II North State Champions.



Photo taken by Coach Killian
The Varsity Volleyball Team at one of their greatest defeats against Winchester High School.

Indoor Track is Back; Mrs. Dever’s Long Run

By Connor Hamilton
Guest Reporter

Winter sports are back and that means indoor track is running back, every other sport’s punishment. The track team is looking forward to yet another season and hoping for a good record for the combined boys’ and girls’ team. This team will be coached by Mr. Killion; Father Michael for distance; and Coach John, Coach Serena, and Father Michael for sprints. There have been a lot of new runners joining and they look ready to take on the competition. Their first meet will be on Tuesday December 11 at the Reggie Lewis Center, where all the meets are held. While on the topic of running, we had one of our own teachers, Mrs. Dever, running the New York Marathon on November

4. This Marathon is one of the “Six Major Marathons of the World,” the other marathons being The Boston Marathon, Chicago Marathon, London Marathon; Tokyo Marathon, and Berlin Marathon. Mrs. Dever ran a 5-hour 45 minute race which comes out to be a 12-minute mile pace, which is amazing. Mrs. Dever was able to achieve this time by running through all the boroughs of New York, starting in Staten Island, going through Brooklyn, then Queens. After Queens is The Bronx, and she finished up in Manhattan. But she didn’t do it alone. Over 60,000 people from around the world came to participate in this great event. So, we say, “Keep up the great running Mrs. Dever!” and good luck to the track team.

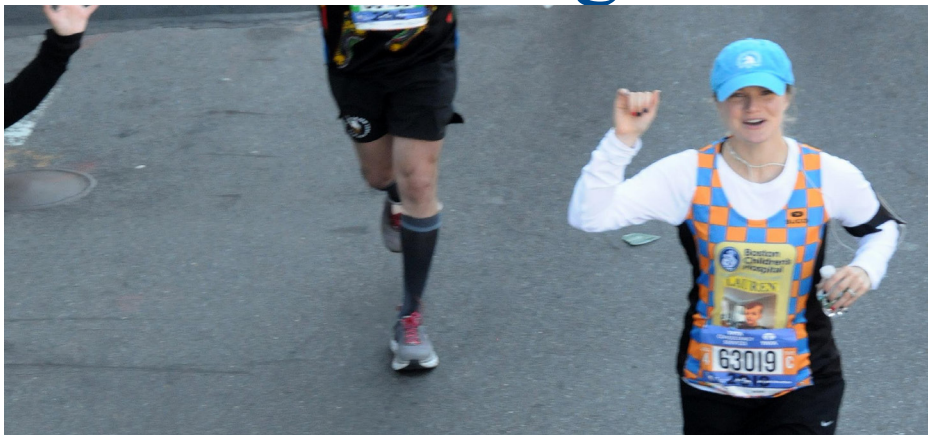


Photo Courtesy of Mrs. Dever
AC English Teacher Mrs. Dever crosses the finish line in the New York Marathon. This is her third run to raise money for The Children’s Hospital Miles for Miracles group. The Miles for Miracles runners raised in total more than \$400,000 dollars by running in the New York City Marathon this year. According to Boston Children’s Hospital, “funds help Boston Children’s change the future of healthcare for every child, here and around the world. Through the Every Child Fund, we treat the whole child, support families and fund research to end all childhood diseases.” Learn more about this and other opportunities to give at Children’s Hospital by visiting <http://giving.childrenshospital.org/>.



Photo Courtesy of Ms. Delaria
Lansdowne Street on the night of Game 2 of the World Series in Boston.

Red Sox Win Series

By Arlene Guerra
Cougar Growl Reporter

“A true Red Sox fan believes in the team but has a little bit of hesitation” said Patricia McShane. Since the Red Sox were in both the American League Championship Series (ALCS) and in the World Series (WS), I began following and learned a lot about baseball along the way. So much so that I felt like I had been watching the team since opening day. When the team opened the playoffs against New York Yankees, Red Sox fans knew that they were in for quite a treat in the division series. After beating long-time rivals the Yankees, all that was in the way of the 2018 ALCS title were the Houston Astros. During Game 4 of the ALCS, Boston’s Mookie Bett

was trying catching a ball, but a fan was trying to catch it too. Because of fan interference , the play was called an out which changed the game’s momentum and could have cost the Astros the game. The Red Sox won the game 8-6 giving them a 3 games to 1 lead over the Astros. After winning ALCS title, the Red Sox moved on to the WS against the Los Angeles Dodgers. After taking the first two games in Boston, the Red Sox lost Game 3 in extra innings. Game 3 broke not 1, but 2 records being the longest game, 7 hours and 20 mins, and most innings, 18, in WS history. The Red Sox recovered and won the next two games, winning the WS 4 games to 1. In the end, a little hesitation went a long way.

Homework Club: Tutoring & Community

By Andra Preda
Cougar Growl Reporter

What is Homework Club? This club is a gathering of Arlington Catholic students who volunteer one hour each Thursday to tutor St. Agnes students with their homework. In addition to creating a quiet learning environment for the younger students, Homework Club provides an excellent opportunity for interaction between St. Agnes and Arlington Catholic students.

While AC students pass on their knowledge to the younger children, they learn about the children themselves and their interests, strengths, and backgrounds. Every week, the AC tu-

tors ask what homework needs to be completed, and what the students are especially in need of learning. The St. Agnes students, too, are enthusiastic about this academic opportunity.

Ultimately, Homework Club is a group of students—both high school and middle school—who

look forward to enrichment and learning. Every week, St. Agnes students learn from AC students, and the AC students learn from them as well. As high school students, we learn about our middle school community and

the diverse body that we hope to one day see at Arlington Catholic.

“It is nice to be able to interact with St. Agnes kids, especially in their preparation for high school.”

Maddie Cox '20

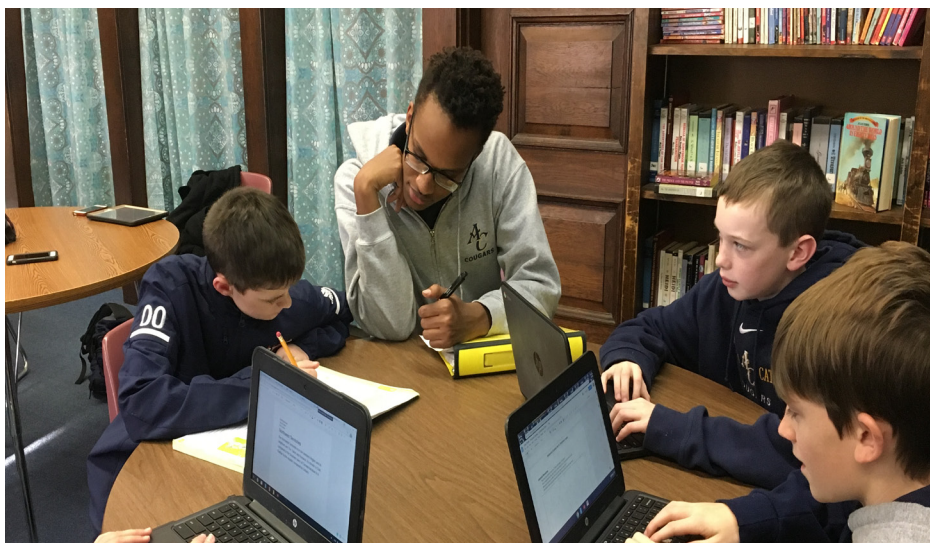


Photo Courtesy of Mrs. Keirnan

Arlington Catholic student works with Saint Agnes students at the library in Saint Agnes School.



Photo Courtesy of Mrs. Benedetti

The Mock Trial Team at Woburn District Court House.

Mock Trial

By: Liana Winans
Growl Reporter

The AC Mock Trial team is open to all AC students, and is a fun way to learn how the court system works and “practice law” with your friends and other high schoolers. It is a pretty low time commitment, and the most work is around the actual Mock Trial in mid-January. The carrying out of justice by the people is an essential function of the U.S. government, and upholds American citizens’ freedom. This is why it is so important to have some knowledge of the law. Even if you don’t become a lawyer, chances are you’ll serve jury duty someday. That is a privilege, but also a great responsibility that has real effects on people’s lives.

Just recently, the team took a field trip to Woburn District Court, where they sat in on cases, got to see a jury, talked with judges, and met Mr. Vinny Piro, the chief Probation Officer. Each of them stressed the fact of how so many teenagers get into trouble with the law/court over drunk driving and

drug incidents. It may all seem like fun and games until the consequences for you or your friends become harsh, and very real. Afterwards, the students got to stop by Gail Ann’s to relax before heading off to 4th lunch at school.

The team meets a couple times a month after school or during WIN block, where they discuss the case and different aspects of arguing law. The 2018 mock case involves a police officer who shoots and kills the immigrant cousin of Grey Humansky, because they look almost identical. Grey had a court summons for a crime, but it accidentally got sent to his cousin’s house instead. The cousin doesn’t speak English, so when the police arrest him, he doesn’t understand and the police thinks he’s being uncooperative and potentially harmful. Interested to find out who is responsible or perhaps even determine the solution yourself? Stop by Mrs. Benedetti’s room for more information! Right now, the team has over a dozen participants, from freshmen to seniors. See Mrs. Benedetti if you would like to learn more or find out when sign ups will be for next year.

Fashion Club

By Sabrina Claude
Club President

The FIDM Fashion Club is sponsored by the Fashion Institute of Design & Merchandising. This club mentors creative high school students who want to pursue careers in the fashion, beauty, and entertainment industries. In this club, there will be many activities such as sketching, DIY crafts, sewing, discussions and fashion styling, and much more. This isn’t just fashion, but rather this is an opportunity for anyone to pursue whatever it is that they are passionate about in the world of art and design. This is also an great opportunity for members to compete for scholarship opportunities if interested. Each member in the club gets to compete to earn a \$4000 scholarship award and compete for junior and senior scholarships. Not only will we do activities but we get to plan field trips, fundraising events and possibly invite guest speakers. The club started recently and it is great and interesting so far. Anybody’s creative career can start now. We encourage everyone to participate in this fun experience. Our goal is to create a place where people can



connect through creativity, be open minded, respectful, and most importantly have fun! No experience needed and it’s just for fun! The fashion club meets the second and fourth Wednesday after school in room in room 312, the computer lab.

The Greatest Show Women

By Francesca Volante
Cougar Growl Reporter

On November 17th, Arlington Catholic Drama Club performed its fall musical revue “The Greatest Show Women.” The performance, inspired by the Greatest Showman, featured Broadway songs highlighting female empowerment. It was a full house at Arlington Town Hall. Songs from musicals such as Hamilton, Wicked, Hair-spray, Mamma Mia and of course, the Greatest Showman, were some fan favorites. The show even included two songs from Into the Woods which will be performed in the spring. The freshman through senior magicians, acrobats and ring leaders had a blast performing the circus-themed review. We would like to thank Mrs. Billings, Ms. Jenison, Mr. Scalise, Ms. Kearnan, ACDC parents, Theater Arts Class, crew, and our audience for making this show be able to happen!



ACDC performers sing “You Will Be Found,” a special song highlighting the seniors.

Coming Soon

Into the Woods is a musical that intertwines fairy tale characters from the Brother’s Grimm. The characters venture into the woods to fulfill their personal wishes and wants. However, will they get their “happily ever after” they wished for so badly? The performance will be in April.



Photo courtesy of Saint Agnes School

Carol and the Belles

By Thomas Cahill
Cougar Growl Reporter

On December 7th and 8th, Saint Agnes School performed Carol and the Belles. The play is set in 1954, and follows one restaurant’s Christmas preparations. Through song and laughter, Saint Agness students show the true meaning of the season isn’t music and fame, but a baby born in a simple manger.

In the photo above Eddy Jordan, the businessman (middle), Timmy Sullivan, the owner of the restaurant (left), and Brendan Cahill, the chef (right), illustrate the three wise men of the Nativity scene.

ACDC’s Twist on Coriolanus

By Shannon Labuza
Guest Reporter

Every year the Arlington Catholic Drama Club participates in the Massachusetts Educational Theater Guild High School Drama Festival where schools compete with each other by performing forty-minute plays. During the preliminary rounds, six high schools are brought together to compete and three move on to the semi-final round. ACDC has moved on to the semi-finals in 2010 with the performance of The Superheroine Monologues; in 2016 with the performance of The Staggering Heartbreak of Jasmine Merriwether; and last year with the performance of Faustus. This year’s performance is Coriolanus: the story of a female Roman general and fierce warrior named Caius Marcius who carries her army to victory against her enemy, Aufidius and her Vols-cian army. Marcius is then tasked to bear the events that follow her victory and the newfound responsibilities in Rome, and is forced to deal with the consequences of her own decisions and the decisions of others. The show is placed in a post-apocalyptic female-

centric future that was caused by the destruction of society. Caius Marcius/Coriolanus, is played by Shannon Labuza. Marcius’ enemy, Tullus Aufidius, is played by Destiny DiMarco Davila. Marcius’ mother, Volumnia, is played by Sean Donovan. Marcius’ wife, Virgilia, is played by Olivia Copeland. Marcius’ friend, Cominius, is played by Bridget Driscoll. The Roman Tribunes, Brutus and Sicinius, are played by Francesca Volante and Sophia Scappichio respectively. The Vols-cian Soldier (Gary) is played by Sam Aluia. Our amazing director is Ms. Kearnan and our assistant director is Sophie Pratt. Our stage manager is Francesca Volante and our assistant stage manager is Isabella Rego. The Drama Festival is always a fierce competition, but is an amazing experience filled with friendships, teamwork, learning, respect, and a shared love and enjoyment of theater.

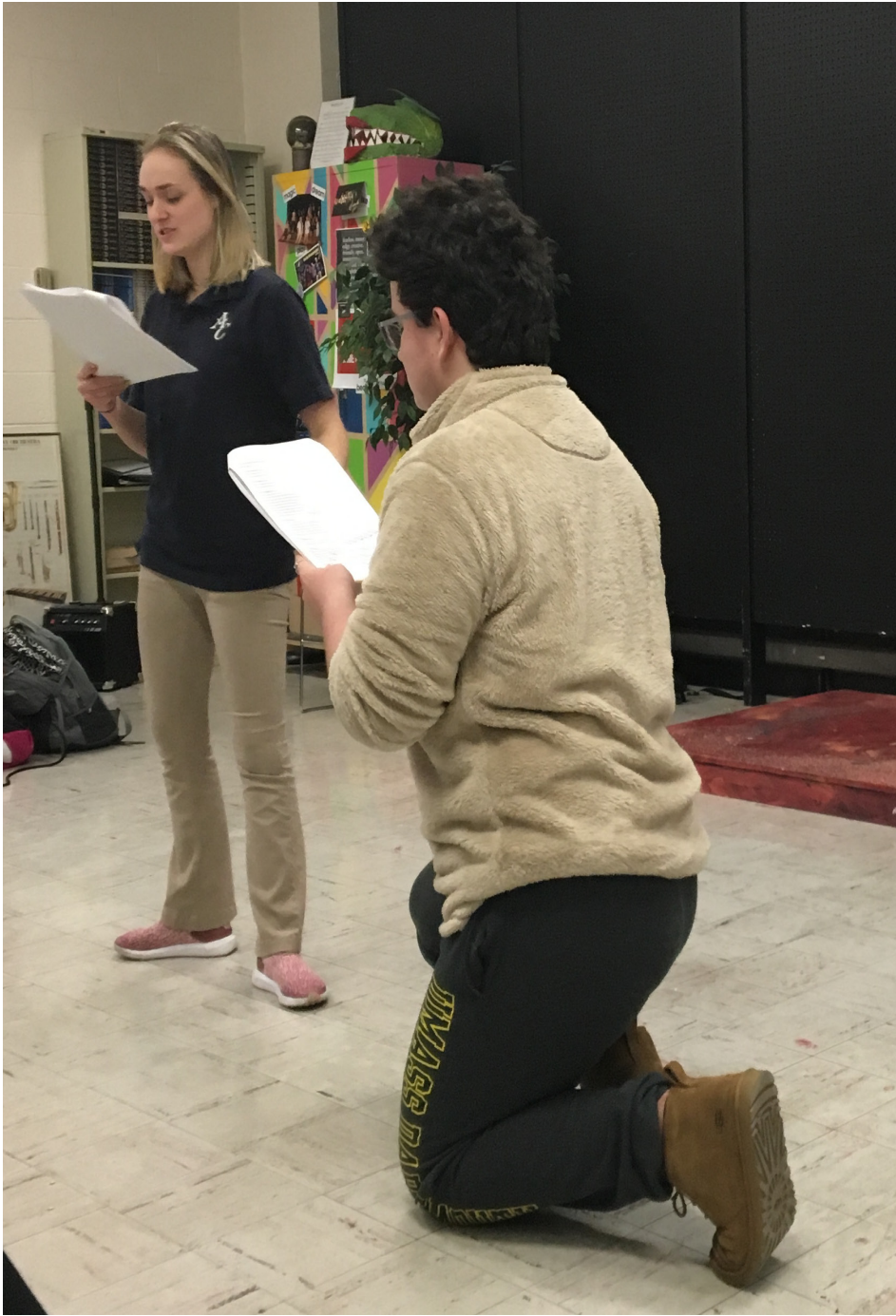


Photo courtesy of Shannon Labuza

Volumnia, played by Sean Donovan, pleading Coriolanus, played by Shannon Labuza, to come home to Rome.

Best Albums of 2018

By Moesha Dubuche and Nicole Ferrero
Cougar Growl Reporters

It is commonly accepted that 2018 was the year of the most highly anticipated albums to date. With all of this in mind, a survey was sent out to the student body of Arlington Catholic High School to answer the question: What was the album of the year?

According to a schoolwide vote, the top three albums of the year included *Astroworld* by Travis Scott, *Scorpion* by Drake, and *Shawn Mendes* by Shawn Mendes.

From Travis Scott’s *Astroworld*, the songs, “Stargazing,” “Sicko Mode,” and “Carousel” were considered the best on the album, according to their highest ranking on the Billboard Top 100. “Stargazing” delivered the out-of-this-world message that Scott was trying to convey in this album. This song has a mix of intense beats with consecutive bursts of sound that help transport the listeners to Astroworld. Rapping was a change of pace considering the artist’s roots in singing. “Sicko Mode” was arguably a radio hit with the dynamic duo of Scott and rapper, Drake. Scott has completely different sounds in this song because Scott explores intense rap, while Drake subtly raps. A mixture of these two sounds creates a striking contrast that is a must-listen. “Carousel” sounded like Travis’ usual melodic sound. The song didn’t stand-out in a significant way, however, the out-of-this-world sound was exactly what Travis was trying to accomplish.

From Drake’s *Scorpion*, the songs, “Nice for What,” “Nonstop,” and “God’s Plan” were con-

sidered the best on the 24-song album, according to their highest ranking on the Billboard Top 100. “Nice For What” is the hit single that everyone expected from Drake, but not in a negative way. It was a change of pace for the artist who mostly sings, because most of his radio hits do not compare to the intense rapping of this song. “Nonstop” was another front-liner of this album because it demonstrates Drake’s rapping abilities once again. This is definitely a song for fans of rap and beat drops. “God’s Plan” is another hit song by Drake, but was made popular due to the music video’s almost one-billion views. This song explained how to perform God’s work by giving back to the community, which is what Drake did in the music video, by giving money to families and schools in need. Not only is this a song you would want to hear on the radio, but it’s a song that has ties to an uplifting message.

From Shawn Mendes’ album, *Shawn Mendes*, the songs “Lost in Japan,” “In My Blood,” and “Nervous” were considered the best on the album, according to their highest ranking on the Billboard Top 100. “Lost in Japan” is both a heartfelt and upbeat love song that we needed. The upbeat tone compliments Mendes’ uniquely soft yet powerful voice. “In My Blood” is the perfect breakthrough song. Mendes conveys the way to take his insecurities and manifest them into his strengths, which makes the hit so relatable with a powerful message. “Nervous” allows listeners to see through Mendes’ point of view, which gives insight on Mendes’ reserved personality that contrasts with one strikingly upbeat song.

Top Songs (according to Billboard Top 100)

Astroworld:

- Stargazing
- Sicko Mode
- Carousel

Scorpion:

- Nice For What
- Nonstop
- God’s Plan

Shawn Mendes:

- Lost in Japan
- In My Blood
- Nervous

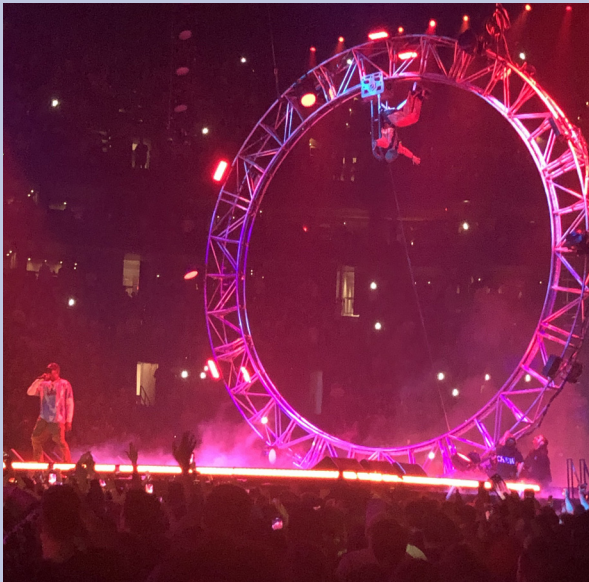


Photo Courtesy of Sarah Nolan
Travis Scott performing at the TD Garden in December.

Cougar Growl Contributors

Editors: Moesha Dubuche (‘19)
Maddy Murphy (‘19)
Mr. Andrew Palmacci

Bianca Burke (‘21)
Victoria Caggiano (‘22)
Thomas Cahill (‘22)
Sabrina Claude (‘19)
Lily Fitzgerald (‘21)
Arlene Guerra (‘19)
Connor Hamilton (‘20)
Samantha Klein (‘22)
Andrew Metellus (‘19)
Grace O’Connell (‘22)
Chris Paul (‘22)
Andra Preda (‘19)
Kathryn Van Winkle (‘21)
Tianxian Xie (‘22)
Liana Winans (‘22)
Francesca Volante (‘19)
Sannon Labuza (‘19)
Nicole Ferrero (‘19)

Advisor: Mrs. Heidi Gould

Email:
thecougargrowl@achs.net

Women of Science Club

By Kathryn Van Winkle
Cougar Growl Reporter

The Women of Science Club is for students who want to expand their knowledge of science disciplines and learn about science careers. The club had its first meeting Monday, December 3rd, where each student made their own bouncy ball and as a whole they came up with the club description and goals. The club will meet on the 3rd WIN Wednesday and once a month after school on a Monday. New members are welcome. Our activities include conducting experiments, performing science-related activities, improving our analytical skills and maybe even welcoming guest speakers.

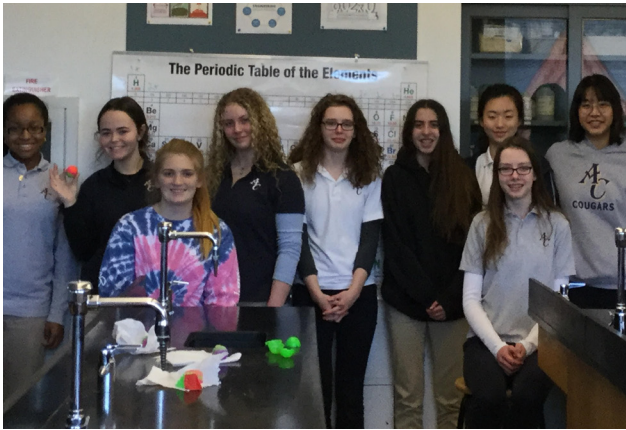


Photo Courtesy of Ms. Towle
Women of Science Club members used the chemical reactions between a rubber material and water which bind the pieces to create a bouncy ball.