

BROWN & GOLD

Haverhill High School

APRIL 2024



Conneely's Corner

The boys were separated from the men at the annual Student-Faculty Basketball Game on Wednesday, April 5. As any reasonable person would have predicted, the faculty triumphed, outdoing the students in both skill and heart. Coach Wane, as expected, put up over 40 points in the paint, and security guard Victor Deaza banked the winning shot off the glass in the final seconds to ice the deal at 73-72. Good effort, boys.

Cinderella's Closet is open to anyone who is looking for gowns, suits, or accessories for prom, and all apparel is free. It will be open in the former Cyber Cafe right after school through the month of April.

The annual Powder Puff game will take place Tuesday, April 23 at 7 p.m. at Trinity Stadium. Junior and senior girls, be on the lookout for sign-ups. Space is limited.

Trivia Night, hosted by Student Council, will take place on Thursday, April 11 from 6-8 in the library. Admission is \$5/person and winners will be rewarded generously.

FAFSA gaffes leave students in the lurch Persistent issues with student-aid rollout takes toll on college-bound Hillie seniors

By Ava Vasquez

HAVERHILL-For students relying on federal student loan help delays in awarding student aid packages is putting college plans on pause. "With FAFSA being

late, there will be doubt as to whether you can go to the school you want to, not because you're not qualified for it but because you can't afford it," said Kate Vivia Romero, a senior at Haverhill High.

FAFSA, the Free Application for Federal Student Aid, helps determine eligibility for college-related federal assistance. Usually

year the U.S. Department of delay seniors have received. Éducation decided to open this form on December 31. This delay was already a set back for many, especially lower-income families who depend on this aid.

According to NPR, the big reason for the delay is that the department is fixing a \$1.8 billion mistake in the FAFSA that could have especially hurt lower-income students, likely discouraging some from enrolling in college. It's a mistake that affects more than 3.1 million students looking to further

The site to access FAFSA has been down half the time, and students were told they shouldn't expect to receive aid information until March, at the earliest, according to Justin Draeger, the president of the National Association of Student Financial Aid Administrators. As of April 2, students waiting on aid packages are still in the dark

Erica Sullivan, a guidance counselor at Haverhill High School, brought up that as a result of the late start, schools were not be receiving the SAI (Student Aid

Index) for applicants until May, at the earliest.

"Award letters are expected to follow shortly thereafter," she said. "Non-refundable deposits are typ-ically due by May 1, so this doesn't give students much time to make decicions or time to make decisions or negotiate award packages with colleges.

From a personal perspective, this writer is set on going to college out of state. But, out-of-state prices for universities are significantly more expensive. So, I am unsure of when, or if, I am able to move. FAFSA's

the decision making process harder.

Kate Vivia Romero echoed how discouraging waiting for FAFSA has

become. "Choosing schools is already a difficult choice to make," she said. "But when you're leaning on a school you really want and know it's more expensive than other options, it adds stress because you already did the hard part of getting in."

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their education. This isn't the only open on October 1, this delayed opening is making **TRAGEDY BEYOND TEXT** INSIDE SPRING IS FOR WATCHING **SPORTS PAGE 2 TEACHER TALES: McINTYRE PAGE 2** CELEBRATE EARTH DAY **BY UPCYCLING** PAGE 3 SHAKING THE WINTER BLUES PAGE 3 ADDRESSING THE DRESS CODE HHS is first school in the nation to pilot groundbreaking Holocaust lesson (OR LACK THEREOF)

Senior Calendar:

Thursday, May 2: Senior trip to In The Game

Thursday, May 16: Early College Graduation, 5 p.m. at NECC.

Tuesday, May 21:

Senior Prom, 6-9 p.m. at the Castleton, Windham, NH

Wednesday, May 22: Last day of classes for seniors; express sign out

Thursday, May 23:

Chapel practice, 8:30 a.m. at the HHS Library

Night of Stars 6:00 p.m. in the Auditorium

Friday, May 24:

Senior Chapel, 9:45 a.m. in the Auditorium

Thursday, May 30:

Graduation practice and senior BBQ, 10:30 a.m. at the stadium

Senior Farewell, 7:00 p.m. at the Stadium

Friday, May 31:

Graduation, 4:45 p.m. at the Stadium

Rain Date: Saturday, June 1

By Emily Miller

Auschwitz-Birkenau centration camps.

first of its kind in America, ever provide. a virtual reality tour of the

HAVERHILL-In the ear- your Eyes," the dark and hor- dents reflecting on the divi- Massachusetts Department ly hours of February 26, 25 rifying tour, takes students sions between people created of Elementary and Second-Haverhill High School up- through the setting of one by humans," shared Craven. ary Education. DeLong is Haverhill High School up- through the setting of one perclassmen became the first of history's most atrocious students in the nation to pilot scenes, giving students a far the live virtual tour of the more intimate and unsettling con- understanding of World War II, and in a way that no his-The tour is the tory lesson or textbook could

John Craven, Head of Armenia," he added. Auschwitz and Birkenau the History Department, Meghan DeLong, to Warsaw and take a tour Concentration camps. The believes that this tour will the District Social Studies of the camp, this way more innovative and impactful become a model to build Coach and a driving force students can experience that experience was produced other history units around behind finding and obtaining same feeling while seated in by The Auschwitz-Birkenau genocide. His belief is that the grant that allowed Haver- a Haverhill classroom," stat-Foundation, a non-profit or- educating the younger gen- hill to participate in this ed DeLong. ganization out of Warsaw, erations will prevent this program, informed Brown Poland that is dedicated to horrific event from happen- & Gold that the school re-

multiple different branches. students. We are hoping that this will

"The way that the education elated to bring such an indepartment is planning, this tensive educational oppor-live tour will branch out into tunity closer to Haverhill's

"This is an experience begin units on other geno- that we want all of our stu-cides such as Rwanda and dents to have," DeLong said. "It's an expensive trip to go

behind finding and obtaining same feeling while seated in

COFFEE HOUSE REGULARS PAGE 4

ADVICE FROM **ALUMNI** PAGE 4

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State pushes for stricter cell phone policies in public schools Neighboring schools, such as Lowell, have already instituted cellphone bans in the classroom

By Raymond Bartimus and Ava Votto

up their cell phones if it High School as of January a lot less strict. means paying more atten- 24, 2024, reads: "No cell Here, s

Lowell High School, and the ic devices) must be turned Should students be "out of media attention it received, off and cell phones must compliance with the class-the question becomes: be put into the designated room expectations," the Would Haverhill consider classroom container. No cell following is prescribed in revamping their policies, es- phone use is allowed while the Student Handbook: for a pecially with DESE provid- out on hall pass during class first offense, the teacher will ing schools with incentives time." to crack down on cell phone

use? useful tools in a pinch but will have his or her phone a third offense, the teacher overall they are a distrac- confiscated, lose the privi- consults with the grade-levtion, kids use them as pac- lege to carry a cell phone in el assistant principal about ifiers," said Jared Long, a school, and the parent will the issue. math teacher at Haverhill need to come collect the hool. phone and discuss the po-According to Low- tential disciplinary action." High School.

HAVERHILL-Are Haver- ell Public Schools, the new The cell phone policy here hill students willing to give cell phone policy at Lowell at Haverhill High School is

Here, students may tion in school? phones in the classroom. use their personal electron-In the aftermath of a Upon entering class, cell ic device in the classroom stricter cell phone policy at phones (and other electron- with "teacher discretion." discuss with student after Additionally, any class; after a second offense, student who "repeatedly vi- the teacher contacts the par-"[Cell phones] can be olates the cell phone policy ent or guardian; and after

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The mission of the Brown & Gold is to provide the Haverhill High School community with accurate, social ly significant, and thoughtful news. As an organization of dedicated, conscientious, and curious journalists we honor and revere our responsibility to ensure that our readers are equipped with all of the necessary information to make the mature and deliberate decisions that are the foundation of rich and ethical lives



Students locked into their phones.

PAGE 3

reaching the most remote ing again. ceived the necessary fund-corners of the world. "This is the kind of ac-"Auschwitz in Front of tivity that will leave our stu-Education Grant from the

The bad kind of extra credit: graduation requirements set to increase Starting next year, Haverhill High School will align with MassCore credit standards

By Emmerson Cerasuolo

HAVERHILL-Starting to attain two more credits to take up to four more semes-

to the principles of Mass- their high school tenure. Core, a state recommended Associate Prin- The Guidance De- help fix some of the issues sCore's policies and princi-program of study intended cipal Victoria Lu believes partment has been hard at like classes being full or ples since 2020.

cumulate 20 total credits selves to that high expec-to graduate. That total has tation, especially if they're "We are being very quires Massachusetts grad-student's choice. "We are being very student's choice."

next year, Hillies will need means students will have to lege." graduate than in years past. ter-long courses for elec- that with this increased this year and we are gonna Glenn Burns and ratified ously not required. As a part of Haverhill tives or two more full-year challenge [students] will be hopefully have a schedule by the School Committee, High School's commitment classes over the duration of able to see themselves in out before the end of the Haverhill Public Schools that these changes have

to align high school work the updated requirements work these last few years students having holes in with college expectations, will provide students with working to make sure the their schedules or missing a 22 credits to graduate: two the school has increased its a beneficial challenge and Classes of 2025, 2026, and week at the start of the year graduation requirement to help to foster accountabili- 2027 are prepared to meet waiting in line."

For many years, asking our students to chal-Haverhill High students lenge themselves," Ms. Lu been working with students The Massachusetts Depart-have been required to ac-cumulate 20 total credits selves to that high expect-ing the new requirements.

PHONES: Continued from page 1



"I don't feel like we have a We should ban cell phones very cohesive phone policy," for whoever is failing three said Dorian Oberstein, an or more classes. They should English teacher at Haverhill have to submit their phone to High School. "I would be in the office," Long said. "Your favor of collecting phones, phone is a privilege not a [but it's challenging with] the right...Social anxiety and scale of the school and stu- interactions are worse with dents coming in late. They the phones because they are can be a useful tool, but they addictions.' can be a distraction. I think Th phones are genuinely an ad- ment of Elementary and Secdiction."

Department feels there needs adopt stricter cell phone polto be a change in the policy icies, providing some fundnoting the addictive nature implement technology to enof cell phones.

"The phone policy at this school is ineffective. about \$800,000 to help dis-

Continued from page 1

FAFSA:

The state Departondary Education (DESE) Mr. Long in the Math is incentivizing districts to force the policies.

DESE has set aside

been increased to 22, which thinking about going to col-selection," she said. "We uates to attain 20 credits.

that role."

intentional about course

tricts implement new or re- and Youth Mental Health." vised cell phone policies, with funding amounts for Victoria Lu explained that the school. DESE's website of the same observations process. notes that up to 300 students that Haverhill's teachers are "In order to make a ten. They can be used to help get up to \$10,000; 301-650 making when it comes to cell change like that, it needs to with work, but they can be a get up to \$15,000; 651-950 phone use. get up to \$15,000; 651-950 phone use. get up to \$20,000; and 951 "I have heard from a School Committee," she said. Marcos Delossantos, and above get up to \$25,000. lot of our own staff members "It is a huge change...It is not another Haverhill High stu-

ic devices while on school or that students struggle with two." property (e.g. pouches, lock- self-control to keep the cell ers, caddies, or other), sup- phone away and that is the stricter cell phone policy was understandable, see who is port other costs associated reason DESE is coming out implemented, it received me- on their phones a lot and put with developing/revising and with this," Ms. Lu said. implementation of practices, "You have to be focused pushback it receive professional development, in order to learn and I feel parents and students. school culture impact, and like active listening is a very the collection and reporting important skill in learning," of data related to implemen- she added. tation.'

tricts in implementing poli- yet to explicitly discuss it. cies/programs and practices tronic devices (cell phones deans but because of the adand similar electronic devic- ministrative changeover, it planned a walk out, which es) by students throughout wasn't something we were never happened. the school day in middle and/ willing to bring forth.' or high schools.'

of the negative impacts on gistics of using them, along a change. academic, social-emotional with how parents would feel sooner rather than later, also ing for districts looking to and mental health outcomes, if they wouldn't be able to from Haverhill High School, I think that phones in the as noted in the recent Unit- access their students during thinks the current policy isn't classroom demolish brain ed States Surgeon General's the day. Advisory on Social Media

Associate Principal their kids," she said.

"Parents are used to hav-

school year, which will has aligned itself with Mas-overall helped students

MassCore recommends

tional math credit and two "There is the hope lection to be much earlier mer high school principal language which were previ-

on scheduling issues.

She said: "So I think knowing that they need these classes, having our schedule built early, and better ensure that students ty. are prepared for higher ed-ucation and the workforce. If do think there Guidance Counselor Eri-ucation and the workforce. Is something to be said for ca Sullivan shared that the guidance the organization ence, three credits in His-the new requirements. HHS MassCore is not Math, four credits in En-ucation and the workforce. Is something to be said for ca Sullivan shared that the guidance the organization ence, three credits in His-the new requirements. HHS MassCore is not Math, four credits in En-in advance in terms of what classes can run and what

of the kids, they refuse to lis-

"The phone policy is

reason," Marcos said."Peo-

Haverhill High student

"No phones should be allowed in school, they are a

reason why this shouldn't be

This has led to an addi-

ing this unlimited access to very mid [mediocre], and it doesn't work," Felix said.

Ms. Lu noted that "We should enforce it beteligible districts being based DESE is likely promoting changing the cell phone pol- ter and make it stricter. It is on the number of students in new policies based on a lot icy would require a vetting hard to implement because

"In order to make a ten. They can be used to help

These funds can be that cell phones are a big dis- a priority at the moment, but dent, feels like the policy used to "purchase materials traction and that students are I would not be shocked if it here is understandable but to secure student electron- always on their cell phones comes out in the next year or there is room for improvement.

In Lowell, when the dia attention for some of the rules on them, because you "You have to be focused pushback it received from shouldn't punish kids for no

Students in Lowell made ple are ignorant so it's hard a change.org petition advo- to implement, they are too cating against the new, strict- addicted and greedy. If you When asked if the school er policy, with one person on are done with work, you On DESE's website, had recently thought about the petition writing: "They should be able to go on it, but they state that the purpose of issuing a stricter cell phone aren't taking my phone. I'm if not, you do your work. this targeted federally fund- policy, Ms. Lu said the cur- not about to let these teachers ed grant is to support dis- rent administrative team has take my right away because if Rafael Fournier feels like there is a shooter or anything there needs to be a heavy "It did come up last spring I'm not waiting on anybody change in this policy, going that address the use of elec- when I was working with the to give me my things back." as far as suggesting metal

Lowell students also detectors.

In Haverhill, while many distraction," Rafael said."We Ms. Lu explained that students would share similar should have metal detectors. To explain incentiv- last year she and the deans sentiments as those protest- If you get caught, then you izing more restrictive cell had some conversations ing the stricter policies in put it in the office. The prinphone policies, DESE also about lock bags, such as Yon- Lowell, there is at least some cipal should take the phones, cited the "growing evidence dr, and what would be the lo- support amongst students for even on the bus. I see no

Felix Molina, a student implemented, it's laziness.

'The phone policy is devil-like, you know."

AUSCHWITZ:

Continued from page 1

The surest sign of spring There's nothing quite like high-stakes sports in Boston By Thomas Bergeron



Latest FAFSA blunder leaves colleges in 'compromising' position

5 hours ago

Los Angeles Times Opinion: Struggling to get help with college through the FAFSA? Here's why you ...

21 hours ago

frustrations that FAFSA has caused

"Getting in was supposed to be the hard part, but now it's the waiting game with FAFSA," Ava said. "I'm still weighing out my options with my future schools, but it's hard not knowing what schools are going to give me aid. Honestly, I wish FAFSA had figured this out months ago, when it was originally supposed to be done.

"This new update is worse than I thought; of course it had to be our year," Ava added with a laugh.

Litzy Jimenez, an HHS senior, commented on the impact the delay is having on figuring out living situ-

ations. "I was thinking about dorming my freshman year, but not knowing the expenses, it's kinda hard to quickly pack my things and go," Litzy said. "I still don't know if I'm moving and I have to commit by the end of this month. Honestly,

1 day ago Ava Votto added onto the I'm kind of scared. This is already a big change and now I have to make it in less than a month? It's kinda

ridiculous. One of FAFSA's new updates is having separate forms for parents and guard-

ians to fill out. "I have received a ton more questions from parents and guardians on how to fill out the FAFSA." Ms. Sulli-van said. "There is so much uncertainty about it... not knowing what the financial aid packages are and it's now April. That deadline to commit is looming." Ms. Sullivan does offer

some hope for the Class of

2025. "It sounds like FAFSA's

goal is to return to normal next year, to return back to that October first deadline," she said. In the meantime, current seniors are still playing

the waiting game, as we should hear back about financial aid soon... maybe .. hopefully.



FAFS

The results of a quick Google search on FAFSA on April 4

💿 USA Today

Department

20 minutes ago

DP The Denver Post

3 hours ago

The FAFSA mess has eroded

faith in Biden's Education

FAFSA submissions plunge

27% in Colorado amid

world to learn from the mistakes caused from this horrifying moment in history. that this tour is crucial to human hatred is capable of. students around the world as

lieves that with this program Haverhill sets itself apart

is proud that Haverhill is the first to test it.

ference for educators at the and this tour equips students Auschwitz-Birkenau State with a sobering perspective Museum in Poland this past of what it was like." summer, Kempinski began conversing with Wojciech Soczewica, Director General of the Auschwitz-Birkenau that this tour is so vital Foundation. The two worked diligently to bring this program to Haverhill through the help of John Craven, Meghan DeLong and the Curriculum Department.

"When I was at that conference, I was originally just looking for tours that my Holocaust class could use to further their education. When the idea was presented, to bring this tour to the freshmen of Haverhill, I was overjoyed, " shared Kemp-inski. "I hope that this tour sticks with our freshmen and really puts this time into con-text," he added. The two-hour video tour

is divided into two sections, one focuses on Auschwitz I, and the other section covers Auschwitz II, Birkenau.

historian and tour guide Ag- to and watching real experitakes viewers through gas With the tour having takes viewers through gas chambers, barracks filled with wooden beds, and hospital rooms where cruel experiments took place, all of which added to the gruesome understanding of the Holocaust. The tour also features museum materials such as artwork, survivors' testi- Eyes." monies, historical images, an overhead view by drone,

Theodore Kempinski, legal documents, and other longtime Haverhill High artifacts to deepen viewers' School history teacher and awareness of the heinous nathe brain behind bringing ture of this dark chapter in this tour to Haverhill, be- history.

David Martinez, a from other schools. His hope Haverhill High School ju-is for students around the nior who attended the tour, believes that this tour will be beneficial to students in oment in history. terms of how it advances Kempinski believes students' knowledge of what "I definitely think this it will transform the way stu- tour will be beneficial to dents view genocide, and he students," Martinez said. "There is a striking lack of awareness about the Holo-After attending a con- caust in the United States,

> Liam Jordan, a senior in the Advanced Placement Government class, explained for students because of its shocking revelations.

> "This program was very eye-opening in a way that books and movies can't repli-cate because we see the actual survivors of the Holocaust and the harsh conditions they really lived through," shared Jordán.

Eve Farrell, one of the first freshman students to witness the virtual Auschwitz-Birkenau tour in the comfort of a Haverhill High School classroom, believes that this experience allows these students to realize the truly horrifying reality of the Holocaust and provide context to their learning. "Watching this tour

gave us more context and more information that we can't get from a textbook," Farrell said. "It made us re-Much of the virtual jour-ney is guided by Holocaust in history through listening

such a profound impact on students, Haverhill's Curriculum Department is hoping to continue to secure the funding for similar opportunities and to develop more thorough units and learning experiences around "Auschwitz in Front of your



people think of the coming it-which we are!), at least of spring they jump imme- by the time we were able to diately to flowers, warm peel ourselves from our flat weather, playing frisbee with screens, the weather was ac-their freaking labradoodles tually, or almost, pleasant. in public parks; however, ton playoffs extravaganza!

spective leagues.

for granted: Did you know will be doing the same thing, that since at least 2016— at the same exact time for nearly a decade! —Boston two weeks—talk about culsports fans have been blessed tural cohesion! with nearly two consecutive year, for example, between miserable morning. April 20th, when the NBA— one in concurrent spo we remember!) ultimate- a couple bucks for a wager or ly turned out to be entirely two, responsibly of course.

HAVERHILL-When many wasted (if you're in it to win

Although for many there are some of us who are years the success of our moved by a much more pow- sports teams, which has led erful force and even surer to us being dubbed the City sign of the season: the Bos- of Champions, has made us quite lonely (as it always is at Rather than take to the top), this year we will not the forests to watch the trees be alone in our spring splenbloom and listen to the birds dor. Fans in Denver, Philasing, us fanboys (and girls) delphia, New York, and LA do a quick spring cleaning will also find themselves in of our couches in preparation the throes of what is essenfor our annual two weeks of tially the Mardi Gras of pro Bruins and Celtics compet- sports. We, of course, hope ing in round one of their re- the suffering of these fans in defeat is very, very great Here's a quick and and far exceeds our own, but, beautiful morsel often over- nevertheless, that means that looked and certainly taken tens of millions of people

The Super Bowl might be weeks of high-stakes sports great, but it is but one night, viewing every April? This followed by a cold, bitter, Round one in concurrent sports seaand NHL-playoffs kick off, sons, on the other hand, is and at least April 27th, the the gift that keeps on giving, Bruins and Celtics will play night after night, toying with virtually every night! And our hopes, dreams, priorities, this is no one off! In 2018, for and family relationships. So, example, we got to indulge in as the day lengthens and the 10 evenings of playoff hock- weather warms, make sure to ey and basketball in a 13-day close your blinds so there's span. Although all of this no glare on your tube and time, all of these years (must turn down that heat to save

April is the cruelest month...

-7.S. Eliot

Teacher Tales: Ms. McIntyre on manatees, gardening, and getting down south for a while 'The season is special to me because I get to hear all about my past and current students' future plans!'

Interviewed by Makenzie Hillsgrove

This is the third installment I've developed strong relaof the 2023-2024 school year tionships with my students, of a series dedicated to get-and we've done nearly every-ting to know the illustrious thing we need. It's exciting. educators of HHS beyond When I was the class advisor the classroom.

Hillsgrove: So, Teacher the end of either junior or se-Tales is an ongoing series nior year. we have in the newspaper, give them a certain word, for the end of year activities and hear their stories and because of the nice weather. opinions about it. The word I

McIntyre: Oh boy! Well, classes get to go outside, and Spring is a busy time of the make solar ovens- and of year, especially at Haverhill course eat S'mores. High- in my classes we get ready for the AP Exams, and Hillsgrove: Making S'mores it's also a time where we get was my favorite thing. Being to go outside and do some of outside was a nice break for our labs. Spring connects su- us. per well with some of the science classes I love to teach.

class last year.

McIntyre: It's also a cra-

for 8 years, we were able to do fun events for celebrating

where we talk to teachers, Hillsgrove: Yes, I'm excited

have for you today is: Spring! McIntyre: Yes, it is a super fun time. It's also when my

McIntyre: It really was!

remember or look forward to about Spring?

zy time for the seniors. But McIntyre: Well, I love to McIntyre: Yeah, it's also Spring isn't too stressful. garden. Spring is like my my time to take a minute

From left to right: Makenzie Hillsgrove, Ms. Grace McIntyre, and Meg Gardner

Hillsgrove: Yes, it definite- Hillsgrove: Besides school, dening I'm going to do in the some other locations- it's a the beach. The Spring also ciding where they're going nice time to plan them for brings weather for kayaking, to go, what to study and they

Hillsgrove: That's awesome!

April break.

those vacations!

family and I went to Clear- bit more motivated- includwater Beach where we actu- ing myself! ally got the opportunity to swim with manatees.

cool and exciting.

were long grasses coming up because we won't be here. from the bottom, it was sort of shallow, and very murky. Hillsgrove: Exactly. After My daughters and I weren't this spring, the seniors will expecting that, but it was still be out! so fun!

time to plan all of the gar- Whether it's to Florida, or to Busch Gardens, of course future plans! They start decanoeing and other outdoor start to finalize their ideas. activities. I definitely like So, it's super exciting to me. Hillsgrove: Tell me about warmer weather, so when the weather starts to change, I **Hillsgrove:** It definitely is. find that everyone is a little

Hillsgrove: Oh, definitely.

Hillsgrove: That sounds so McIntyre: Yes, Spring is beautiful. I think it's ener-**McIntyre:** Yeah! That was start blooming, all of the an activity I decided to do plants coming up. Even here with my daughters. It's at the school, the orchards kind've crazy because you start getting prepared. Some think that water would be of the classes even help with nice and clear, but it was that. To me, spring is the time anything but that! There to prepare for the summer,

McIntyre: I know! Only a Hillsgrove: Oh I bet! Tell me couple more months. The more about your vacations. cause I get to hear all about McInytre: We've also been my past and current students

April is the perfect month for upcycling

By Taylor Lewis

HAVERHILL-One of the many or shipped off to third world wonders of spring is how it inspires many people to renew their focus on becoming as eco-friendly as possible to combat the climate crisis. Whether it is the awe-inspiring blooming of lilacs and forsythia or simply the celebration of Earth Day, there are endless opportuni-ties to reflect upon one's own impact on the beautiful natural world and generate some ways to help Mother Nature in her Herculean efforts to stay as clean and healthy as possible. One of those ways is upcycling, especially clothes.

Upcycling, in short, is finding creative ways to reuse or repurpose waste or unwanted materials, turning, for example, scrap wood into lawn furniture or decorations or old t-shirts into blankets. Finding ways to upcycle clothing is particularly important because the production and disposal of textiles, or clothing and its materials, is extremely detrimental to the environment.

Each year, tons of clothing are purchased from cheap fast-fashion online sites like Amazon, Temu and SHEIN. Because of the poor quality and trendy looks. micro-trend spirit behind the Using unconventional into patches for holes, and us-clothes, they are often quickly materials for fashion is not only ing broken ceramic to decorate tossed into landfills and burned seen on TV, many towns hold a rusty side table can all be

countries. Not only does this waste money and energy, it is responsible for 10-percent of our annual carbon footprint according to ClimateTrade. This has led to many communities, including Haverhill, to ban the trashing of clothes as textile waste pollutes groundwater during decomposition. This has encouraged its inhabitants to donate to drives and thrift stores.

For years, instead of throwing dated clothes and materials out, many environmentalists and fashion creators have used the method of upcycling to avoid producing too much waste.

To increase the reach and people's awareness of the benefits of upcycling those who participate in the practice and eco-activists have pushed to share this method on social media platforms, one of which being on NBC's Project Runway.

In the recurring Unconventional Materials Challenge, designers use materials like plastic water bottles and pool floaties to create beautiful and

annual runway shows presenting their inhabitants upcycling and fashion capabilities. Each year in June, Groveland holds a runway show named Rubbish to Runway at Veasey Park. This year, profits are dedicated to re-

wilding efforts and public arts. Upcycling doesn't only work to create sustainable fashion, but also can be a useful method for turning trash into usable materials and decor.

Many creators on TikTok, like Pretty Little Flips and Ashley, have shown off their upcycling capabilities by posting their upcycled projects daily. For example, a \$10 table turned modern

By upcycling, these creators inspire their audience to take the sustainable approach to decorating their homes.

Upcycling may seem like a daunting task, but this is not the case. Most projects can be done on the floor of your home with the purchase of a few tools.

Creating flower vases out of painted glass coke bottles, transforming wine bottle corks into bobbers for your next fishing trip, sewing old pieces of run-down clothing

done relatively easily at home alongside a YouTube tutorial.

While promoting sustainability, upcycling also promotes creativity and, for some, can act as a distraction from ill feelings, especially during the winter months where depres-sion is at an all-time high. This is a proven science, studied by many different psychologists, like The American Psychiatric Association. They write about the positive link between innovation and well-being. "Americans who rate their

mental health as very good or excellent tend to engage in creative activities more frequently than those who rate their mental health as fair or poor."

By creating these works, not only are you serving the environment by reducing the amount of trash that enters landfills, you can also potentially distract yourself from the burdens that infiltrate the mind, especially during college admissions season.

This Earth Day, pick up the most favorable piece of trash you can find around the house and turn it into some thing usable. You may find that you're interested in activities you never thought to try.



Willing oneself out of winter's blues **OPINION**: Let's dress to impress

By Emily Fusco

HAVERHILL-As I start- was applying and audition- we move into spring, I look HAVERHILL-With here, it is only a matt here, it is only a matt

By Makenzie Hillsgrove

and plan family vacations. McIntyre: Last year, my

the last few days of sum- a topic I always refused to and realize that everything I mer warmth, I was excited even bring up before this felt was completely normal. for what was to come. As I year. moved through the colder seasons, however, things just ed to be a dancer. However, for relationships to change got worse, and worse...and saying, "I want to be a danc- and senioritis to kick in and worse.

cold are all characteristics of not a very specific career. on yourself and not under winter and symbols of sadness. Despite this, I usually how to help. teel a sense of calm and hap-piness under the small drop- longer and longer everyday, a representation of new belets of occasional rain. How- and all my attention was ginnings and starting fresh. ever, this year's rain has felt focused on the desk I was Just the other day more like a downpour of golf balls than those little drops I miss so much.

ate the things that happen life changes in general, my been pushing away, which is in their lives with the day, friends seemed farther and month, or season they happened in. For me, this year, winter was my worst enemy. The cliche is that senior for what seems like years. To ious to sit by myself but I've year is the best year of high top it off I had lunch all by learned that it doesn't matter school, and while this may myself. Luckily I was able to who you sit with or don't sit be true for many, it's not true sit in a class during my lunch with at lunch. Nothing that for everyone, including me.

gust 28 and everything was somehow I still felt lonely. "normal," everything was After these long er people's opinions. I saw good. After all, I usually feel days, even getting to dance, lunch as my chance to take Each day, I picked out my as dance always seemed to all my work done, meaning I house. could eat dinner and shower and boy was I right.

and erything that was once good I had to make time. became bad.

the house in the mornings to frustration. make it to school on time.

Before I knew it, I

Therefore, they don't know

sitting in that amplified my after a long overwhelming back pain.

Partly due to my busy schedfarther out of reach, which sucked. I haven't hung out lunch and sitting in the cafe with a friend out of school to eat it. I was always so anxveryone, including me. period with people I knew, so happens in high school mat-I started school on Au- I wouldn't "be alone"...but ters when you leave, so why

good. My classes were good, my life's passion, seemed a break or catch up on any friends were good, weather hard, which was really frus- homework or choreography I was good, things were good. trating and confusing for me need done. outfit for the day the night be my comfort place. The again to plan my outfits for before, which made my winter is when dance starts the day and grab something mornings calm and slow. I to get busy. Choreography for breakfast, even if it's was motivated to get myself is in full swing, extra re- small. My college applica-ready and eat a good break- hearsals are scheduled on the tions are done (which I'm fast that would keep my weekends, and by the end of very happy about), the pasenergy for the day. I would the week I spent more time sion I have for dance is recome home from school with dancing than I did at my own turning, and I'm finally feel-

This year, though, after dance without worrying as much as I love dance, my are steps taken to try and feel

weather got colder, ev- dance (I don't have time), but the first important step.

It became harder lonely, and frustrated, at my- has taught me is to not let and harder to wake up for self and others, which is very the small negatives in life, school in the mornings, I unlike me, which was more no matter how inconvenient would wear sweats and some saddening. I was ashamed they are, overly influence kind of hoodie everyday, and of the way I carried myself the way you act or present I would then miss breakfast through space this past win-yourself. Remember that the because I was running out of ter which only added to my sad, gray days of winter are

As the season changes and is around the corner!

senior year is a hard year. It's I have always want- normal to be overwhelmed er," to my parents sparked for life to feel like it's falling Rain, snow, and being some arguments because it's apart. It's normal to be hard stand everything you're feeling and why you're feeling it.

Just the other day.

day at dance and school broke down. I let myself People usually associ- ule, but also with the way feel all of the emotions I had something I do often.

started making

I make the effort ing more like myself.

All of these actions about anything else. Things body was just tired. good again. It isn't going to seemed too good to be true, I was trying to figure out happen overnight but I'm when I had time to do home- trying, and making the effort As the seasons changed work in between school and to make necessary changes is

What this rollercoast I felt overwhelmed, er of the past few months temporary. After all, spring

HAVERHILL-With April icked, I tried to awake, only it's hard to imagine that oth-here, it is only a matter of time to realize this was my reality, for so we hope) before the first this was the hallway at Haver-hints of summer and warmer hill High School. weather arrive, bringing with them tanner skin, lighter hair, longer days, and plentiful out-door activities, as well as the timeless and most consistent sign of spring: dress-code battles. Nothing quite says "May" like discussions about how wide a tank top strap is or how short shorts can be and, based on the extremely concise fashion statements being made throughout the winter, I expect the advent of spring to really heat things up. However, rather than just

bash the questionable apparel decisions of young women (another ancient pastime), I figured I'd take advantage of this propriety party to broad-en our perspective and highlight the connection between failure and fashion.

In a recent article in the

Wall Street Journal, for ex-ample, columnist Ray Smith rattled off a number of apparel items that send mes āges of competence, confidence, and influence, you know, things such as blazers, pencil skirts, and adult pants. Smith says, "Let's take a look at two scenarios. For example, in a competition over a real estate asset- one would be wearing a suit, whilst another in comfy casual attire. Those in suits would provide bigger scale thinking, whilst their casual counterparts mention small details... which directly correlate to a so-called "big boss" versus lower level man-agement." In short, what you wear sends a message, and the message being sent by so many in our hallways is: I'm even lower than lower-man-agement, I can't even man-age. Period. He went on to ex

Despite the litany of experts pointing out the cor-relation between our dress and our capabilities, the idea of looking presentable seems increasingly elusive to our generation.

Just yesterday, I was walking down what I thought was the 200's hallway, but You're confident and outgo-then the bell rang and I sud- ing, but I have no reason to denly found myself in a traf- be. I'd rather wear pajama fic jam on the Victoria Secret pants everyday, so people runway. Once that cleared, as know to leave me alone. if in a dream, I somehow end-ed up at a paiama party fail

this was the hallway at Haver-hill High School. These students in sleep

wear are supposed to be our future doctors, lawyers, nurs-es, teachers, even baristas. How are we supposed to cure cancer, solve crimes, and make cold brew when we can barely dress ourselves prop-erly in the morning? Do you remember when wearing an absurd amount of long lay-ered tank tops was on trend? Now, we seem to be wearing clothes that should be fea-tured on the HBO show "Euphoria.

While some students' wardrobes contain a surplus of corsets, bralettes, and exof corsets, bralettes, and ex-tremely cropped tops, others have attired themselves in sweatshirts, sweatpants, and of course Cookie Monster pajama pants. High school is supposedly a place for us to grow, so why do we find ourselves stuck in childhood, wearing clothes that aven Lit wearing clothes that even Little Sprouts would deem unac-ceptable? It doesn't seem to be a decision that proves us to be prepared for "the real world."

In one class I visited in the process of "researching" for this article, nearly half of the young men in the class were decked head to toe in sweatpants, or even better-pajama pants that look like pajama pants that fook the they went through a paper coach potatoes, and octor you hard in the morning. Can it be that hard to put

To go even further, I talk-ed to one of the boys to under-stand the thinking behind his uber comfy aesthetic. Senior Dylan Marini said

"Nobody in this school holds enough value for me to want

He went on to explain that his dress doesn't determine his academic success, but rather the way he interacts with his fellow classmates. "I think there is a correla-

tion between the way I dress and my social performance. I think when you dress up... you look good and feel good.

Marini took the words ed up at a pajama party full right out of our generation's of boys in slippers and fuzzy mouth. We simply do not care pants, their hair unkempt, about how we look, dress or their faces covered with even present ourselves. Based patchy, scraggly beards. Pan- on his personal experience,

Gen-Z to become a swarm of flies, constantly nagging for attention, but doing nothing to deserve it. I mean, we don't even have the decency to "look" ready, nevermind being actually prepared for class.

After roaming the halls of the school, I also noticed the absurd amount of mostly male students who have yet to male students who have yet to be spotted with a backpack, or even a tote bag, and have instead replaced that with their chromebook "satchel." Not only does this look, in light terms, "trashy," it re-minds me of the countless assignments they likely have missing in Google Classroom of that very chromebook. But. of that very chromebook. But, after all, who knows if there is actually a chromebook in that bag, perhaps giant headphones they use to ig-nore their teachers' lectures, a gallon sized water bottle filled with magic "water," or even a shiesty that they'll so happen to throw on right af-ter school to film a YouTube video where they destroy Burlington Coat Factory. If this is what we're deciding to do in our free time, it's clear that individuals who dress the way they do are doomed, liv-ing their lives as unemployed

up a presentable front?

An average person would easily be able to answer this rather simple ques-tion with an exciting "Yes!" tion with an exciting "Yes!" But, yet again it's clear that "presentable" can only go so far when political correctness and extreme sensitivity have made even the topic of dress codes taboo and insensitive.

In short, our school is filled with a variety of people an, of course, fashion choic-es. From modest to hottest, bedtime to nighttime in the city, our dress code has been a consistent issue—and one that is not nearly talked about prouch of load in our proenough, at least in any pro-ductive way. Maybe it's time to reestablish some standards, especially if we're in the business of preparting students for a world that isn't going to be give them nearly as many excuses the schools have, and do.

APRIL 2024

Coffee House Is Their Cup of Tea

HAVERHILL-Coffee House is always a big hit when it comes to Haverhill High School, with so many people showing off their talents, such as spoken word, poetry, singing, playing an instrument, etc. This school has an abundance of talent! Brown & Gold spoke to several performers and asked them a few questions regarding their performances, fondest memories, and how to handle the pressure when it comes to performing in front of an audience.

Emma Serverius, Class of '25

What do you usually perform at Coffee House and why are you passionate about it?

I write songs a lot. That's been my hobby for the past three years and since I write songs a lot I perform them. Usually at Coffee House I would do a song that I wrote and I'll play it on my guitar. I choose to perform, because I'm a performer at heart since I'm performing at different things and not only is coffeehouse an extension of that, it also helps with my anxiety and getting over that stage fright.



moment at Coffee House?

I think that after every Coffee House it's a very magical and loving environment. This was the last coffeehouse in December and I had just finished singing my song and one of the adults came up to me and told me to "don't ever stop and keep doing what you love.

How do you handle the pressure of performing?

I truly have fun with the whole performance because with Coffee House I think a lot of performances that get the most love are ones that are having fun, For example Sophia DeFrank and Lincoln Bohanan when they sang the

cause of how much fun they had. Doing something that I enjoy doing and I don't do it because I think other people will enjoy it. I do it for myself.

Zachary Colten, English teacher

What do you usually perform at Coffee House and why are you passionate about it?

I usually perform rap songs that I write. I have been writing my own indepen-dent songs for a few years now, coming on 10 years. I started when I was a Junior in high school. I started doing the raps at Coffee House, because I like to give kids an example of what they can do with the skills they have in terms of performance and showing off their talents for other people and there is something to be said for inspiring and motivating others to try and be passionate about it. I think modeling that for students is a great way to inspire them to do it themselves.

What is the most memorable moment at Coffee House?

think the most memorable moment at coffeehouse



mance with a couple of other people of the Rent perfor-mance of "Over The Moon" and they were all dressed up and there was this amazing interpretive dance and a rendition of that "Rent" classic poetry and I'm passionate so they really did justice to that.

How do you handle the pressure of performing?

I have gotten a lot of stage anxiety before. I did do mu-sical theater all throughout high school and I remember getting anxiety and forgetting a line on stage when I was in a production of "Ro-meo and Juilet" and I know how terrifying it can be. So really worked on breath a lot and to really control my What is the most memorable Bonanan when they sang the Spongebob Christmas song. Everybody remembers it be-

up to Coffee House, I know what song I'm going to be doing and rehearsed it. Writing the songs I feel a little bit more connected to the material so I find that it is not as hard as if I were performing one I didn't write. I think preparation is key and really try to control my breathing and really being present and having fun in the moment the audience will really buy into that.

Emily Fermin, Class of '24

What do you usually perform at Coffee House and why are you passionate about it?

What I perform the most is about it, because my sophomore year English teacher used to run the Spoken Word Club, and she said that I would be interested so I gave it a shot and that's really what brought me into it.

What is the most memorable moment at Coffee House?

It has to be my first Coffee House and when I performed I was really scared because it was still hybrid and after I performed I felt so happy and I gotta sit back down and



a memorable moment.

How do you handle the pressure of performing?

I typically go with my friends so they'll be there and we will be making jokes which relaxes me because public speaking isn't my biggest strength so I think just being there with my friends beforehand helps remove the pressure that 1 might mess

The next Coffee House is on May 15 from 7-9 p.m. Pay attention to announcements or watch the walls of HHS for more details.

> Interviewed by Isabella Budd

A Glimpse Into the Future: Recent Grads Discuss Freshman Year in College

By Sara Tucker

As the final term of the school year begins and the end of high school nears for seniors, the coming months will be filled with anxiety and anticipation for seniors looking ahead to college. Though it can be a stressful time, having the advice from some current college students could prove helpful. To help guide soon-to-ne HHS graduates into this uncertain future, Brown & Gold interviewed three alumni from the Class of 2023 now living it up at college, offering their advice for the Class of 2024.

Maya Bennett, Emmanuel *College*, Neuroscience and Theater Major

Which class at HHS helped you most with the transition to college? How did that particular class help?

My AP Language and Com sion. And when it comes to the essays/writing that we did, that level of thinking is super helpful when writing pursued in college longer college-level papers.



from 8 a.m. - 8:30 p.m. I wake up at 7 a.m. and I have three classes that day at 8 a.m., 10:50 a.m., and 4:30 p.m. In between classes, I have senate for the Student Government Association and other related meetings that keep me busy on camcourse load and the style of to ft in the course, I have to fit in breakfast, lunch college-level courses where the teacher lectures but there's also room for group work and full class discusto fit in breakfast, lunch rest of the day.

hard going into a new chapter in life that's so unknown and specific to each individual. So it's best to try to be true to yourself as much as possible. Not only will it help you find your true friends, but it'll help you figure out what you want to do post college and beyond.

Sheeba Nabiryo, *UMass Lowell*, Psychology Major

Which class at HHS helped you most with the transition to college? How did that particular class help?

I feel like there were actually - few classes that prepared me for college! definitely AP Literature and AP Language are up there though. The writing skills you learn in AP Language and Composition especially have been helpful, as I've had to write a lot of essays this year.

What was the biggest sur-

ably how much free time I had. In high school it was so easy to imagine college being this super stressful, all consuming thing (which it totally 100 percent is at times!), but especially when it was first starting out I had way more time on my hands than I was used to since there isn't a 7-hour school day anymore. So time-management has been really important for me in making sure I'm using that time effectively, but it's a change that I'm definitely enjoying more than high school.



ule for the rest of my week is more open than last semester. That does mean my Tuesdays and Thursdays are busy and long though, with my first class being at 9 in the morning and my last one ending at 5. I usually spend my time when I'm not in class studying in the library, and I have mock trial meet-

be afraid to talk to people and make friends, but you have to remember that literally everyone is new and going through the same thing. so go to campus events, join clubs, go to parties if that's your thing. just really socialize and get to know as many people as you can. The first few people you meet in college don't have to be your forever friends (they probably won't be), but just getting in the habit of putting yourself out there is going to be beneficial in the long run. I see at least one friend everywhere I go now because I talked to everyone at the beginning of school.

Joysmer Minaya Heredia, Bridgewater State Universi*ty*, Accounting Major

Which class at HHS helped vou most with the transition to college? How did that particular class help?

I think both AP Language and AP Literature were the best classes for transitioning What is something new you into college. Both of the

on yourself and your abili-

to succeeding in university.

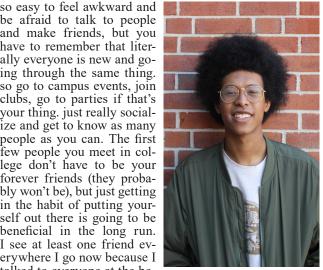
What was the biggest sur-

Around midterms and finals,

things may get a little hectic,

writing

lege?



is you really get to dictate your own schedule and what you do. On most days I'll have class early in the morning and spend the rest of the day around campus at various clubs or in Bridgewater shopping and finding out more about the city. Once you get settled you realize that you have the freedom to do whatever you want in the day.

What was the biggest surprise when you came to college?

The thing that surprised me the most was definitely the fact that college "popularity" isn't the same as it is in high school. That one person that everyone knows just doesn't exist in college regardless of how big or small your school is, and it doesn't seem to be as important now as it was back then.

What does your day-to-day schedule look like?

My day-to-day schedule totally depends on the day of *coming freshmen*? the week. For example, Tuesdays are my busiest day of

What is something new you

Well considering that I was never in Student Council when I was at Haverhill High, I would've never thought that I would join the Student Government Association (SGA) here at Emmanuel. I'm currently the class of 2027 treasurer, and I'm actually looking to be appointed as the new executive treasurer for all of SGA. It's a lot of work being a treasurer, and I had to learn so much about being an elected leader on campus, but it's really nice knowing that I'm making a difference for students, so it keeps me going.

What is your advice for in-

My advice, as corny as it sounds, is to be your most the week, as it roughly goes authentic unique self. It's

What does your day-to-day schedule look like?

My day to day schedule looks a little different every week, but it's been very different from high school, I'll say that. This semester I was able to pull off making all my classes only on Tuesdays and Thursdays, so my sched-

pursued in college?

Something I'm pursuing now that I previously hadn't thought of is mock trial! I joined the mock trial team here on a whim back in the fall and it's been one of the best decisions I've ever made. I even ran for an e-board position for it and I'm the communications chair now, which was a huge surprise to me, and I'm really excited to see how our season goes next year. That's another thing I would advise incoming freshmen on too: join clubs!!! My teammates est friends this year, and it's but at the end of the day, it helped me discover a new is pretty manageable. It all passion that I wasn't able comes down to how much to explore as much in high you want to pass at the end of the day. school!

What is your advice for in- What does your day-to-day coming freshmen? Advice I would give to in- schedule look like?

coming freshmen is to really put yourself out there. Especially in the beginning, it's

classes really encourage pursued in college? critical thinking and relying

I think across this first year on campus I have been inty, two crucial components creasingly interested in global cultures and how they They also helped improve differ from ours. Thankfully my writing skills both with Bridgewater has plenty of classes covering this ranga time limit and long-form ing from exploring nations and cultures through music and international politics prise when you came to colaround the world. It's opened my eyes on how people live differently from me and has My biggest surprise was that the workload is not too different from high school. allowed me to continue research on my own time.

> What is your advice for incoming freshmen?

> My advice to incoming freshmen is to get involved on campus as much as you can. Join a club or two, talk to professors and enjoy your time on campus. While it's stock advice it really opens doors for you and makes



Journalism starts with heart.

It's a privilege to be part of a community that looks out for one another and lifts each other up when needed. At Pentucket Bank, we're proud to support the Haverhill High School Brown & Gold newspaper. Thank you for showing us passion in action- and what students can accomplish when we all pitch in.

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