



BROWN & GOLD

Haverhill High School

January 2023



Croft's Corner

Principal Soraghan's tenure as interim principal has concluded, but he will return in May until the end of the year. The principal duties have been taken over by Operations Consultant Roland Boucher and Associate Principal Victoria Lu.

The **Drama Club** put on two winter one acts, "Men on Boats" and "Completely, Absolutely Normal," on Friday, January 13th at 7pm and Saturday, January 14th at 2pm and 7pm.

Midterms will take place the week of January 16th.

Second term and first semester are coming to an end on January 27th, and report cards are to be issued on Friday, February 3. Second semester begins on Monday, January 30th as well.

The **Advanced Placement mock exams** for English Literature and English Language are scheduled for January 28th from 7:30-11:30 in the HHS cafeteria and library.

The **Hillie MCJROTC** won three trophies at their last competition.

The **Winter Formal** is making a return this year on January 20th from 6pm-10pm in the HHS cafeteria. Admission is \$8 and tickets are being sold online. Only 600 tickets are available. Students must bring their ID for entry.

The **HHS scholarship portal** is now open for seniors, and will remain open until March 26th. Scholarship applications are limited to 100 words.

Scholarship workshops are being offered by the Guidance Department on January 17th at 10:06am, January 25th at 12:22pm, and February 1st at 1:15pm with an appointment. Check the Class of 2023 Google Classroom for sign up.

The newest addition to HHS extracurriculars, the **HHS Bowling Club a.k.a. The Haverhill High Rollers**, held its first meeting earlier this month. The Haverhill High Rollers roll on Thursday afternoons at 3pm at Academy Lanes. Thanks to the generosity of Ernie DiBurro, club members bowl free

Are physicals a barrier to sports participation?

MIAA-required physicals might contribute to fewer HHS athletes

By Rowan Kelly

HAVERHILL—Free physicals could level the playing field for prospective Haverhill athletes.

Haverhill has made huge strides in the resources offered to students, such as providing free lunch and transportation, as well as waiving sports fees. Despite this, there has been a notable decline in sports participation at the school, with the state requirement for physicals being seen as a

potential barrier.

Haverhill students are required to have an updated physical every three to four years to attend the school. For athletes, they must get a physical every 13 months. At the moment Haverhill does not provide free physicals for students.

Despite Massachusetts state law requiring every resident to have health insurance, the reality is that, for various reasons, not everybody does.

This can create barriers for students, specifically for those who might be undocumented, dealing with parents unaware of the requirement, or whose families just cannot afford to have health insurance at this time.

Although Haverhill Public Schools does not offer free physicals, the Health Department works hard to connect students in need of healthcare to their own "medical

home," according to Sharyn Toulouse, the Northeast Regional School Nurse Consultant.

"I think the best option would be to connect all students to a primary care provider and a medical home," she said. "I think that it is important for all students to know that if they want to play sports, getting a physical shouldn't be a barrier to playing sports. They absolutely need a physical, but

we do have staff that can connect them to a doctor where they can get a physical."

While having a "medical home" for every student is the ideal, it is unrealistic for some students. The school can only do so much to connect students to a doctor, especially if students are dealing with negligent parents and financial problems at home.

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Model United Nations



High school students, Jaylene Viera, Emma Putzig, and McKenna Huesser meeting with middle school Model U.N. delegates.

MUN fosters key skills, connections for middle and high school students

By Allisondra Phipps

HAVERHILL— Middle school students recently got a taste of the big leagues at the Hillie Model United Nations (Hillie MUN) conference at the high school.

Modeled after the United Nations in New York, the Hillie MUN, held December 15 and 16, consisted of 70 middle school students from J.G Whittier, Nettle, Sacred Hearts, Hunking and Consentino. Students made use of the high school auditorium and the mentorship of experienced upperclassmen

to debate current and past global conflicts, such as Genocide in Myanmar, the Cuban Missile Crisis, and Women's Rights in Iran. The 70 middle schoolers were divided into five committees: Security Council, Historical Crisis, Commission on the Status of Women (CSW), United Nations for Indigenous People (UNIPP), and World Health Organization (WHO).

The Hillie Model United Nations conference provides students with the opportunity to practice

civil debate, critical thinking, and problem solving through the lens of real world issues. Exercising such skills early on encourages students to continue the growth of these valuable abilities and creates more thoughtful and scholarly students.

The advisor of the Haverhill High School Model United Nations club, Mrs. Elizabeth Briggs, discussed that both the high school and middle school students learn how to debate and gain problem solving skills through this

experience.

"What it does for middle schoolers is gives them a chance to geek out about some sophisticated topics and do some research. They have to read up on their country and their position on a topic. They have to think about their committee, what their committee does and does not do. They have to think about negotiating with perfect strangers and how to solve problems.

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Hillies Shop builds skills, community

Mrs. Evans and Mr. Johnson backbone city's flagship school store

By Jaylene Viera



HAVERHILL— In between the clutter of the cafeteria and the quiet solitude of the library, there's a little shop: Hillies Shop.

Inside this store is an array of sweaters, shirts, hats, and knick-knacks, all adorning the beloved Hillie "H." But if you look closer, peeling your eyes from the alluring merchandise, you'll find the real power of the Hillies Shop: Jennifer Evans, Don Johnson, and their students, the figures who run the store behind the scenes.

Both teachers were working for the Haverhill district for years before managing our school store.

"I've been running the store for seven years," stated Johnson, "I was in the system for several years before I came into

this position."

Evans' story is similar. "I started with the district in 2001 in a different school, and I would come here with some of my students. We would help open the shop," Evans recalled. "That's kind of how I got introduced to the school and became the 'Hillies Shop lady'."

Throughout their high school experiences, thousands of Hillies will consistently pass by the modest shop, perhaps peering through the glass and admiring the Hillie swag, but be too afraid to actually go inside. They may, however, regret not getting to know the store better. The history is much richer than most would think.

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Brown & Gold
The mission of the Brown & Gold is to provide the Haverhill High School community with accurate, socially 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.

HILLIE MUN:

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HHS MUN mentors Noelle Gregoire, Meg Gardner, and T.J. Taylor

They're learning how to debate, they're learning formal debate language, they're talking about sophisticated topics and they have to be polite-ish," joked Briggs

Mrs. Briggs also discussed the lengthy planning process of this event, as the organizers, including herself, care deeply about making this event beneficial for its attendees.

"I got the chance to be the advisor of Model UN, following my predecessor Mr. Simmons, and we look forward to this

event. We actually started building this conference last spring, thinking about what topics and committees we want to choose and then we selected our chairs, got ready, and started recruiting the advisors at the middle schools to pull those resources together," explained Briggs.

President of the Haverhill High School Model United Nations club and organizer of Hillie MUN, senior Noelle Gregoire, believes that Model U.N. helps to foster crucial life skills.

"Both the high school-

ers and middle schoolers are able to develop confidence and leadership skills as they are coaching and delegating," Gregoire said

Gregoire also commented on the benefits of familiarizing middle school students with the high school environment and the impact of Hillie MUN on the future growth of Haverhill High School's Model United Nations Club.

"As the middle schoolers are learning about Model UN, they are getting a taste of the high school's curriculum. Since they are able to come into the high school for two days, they're given the opportunity to observe the high school routine and its general environment," Gregoire said. "The students are also able to see the activities the high school Model UN participates in, including the yearly New York City Model UN conference (NHSMUN)."

Past committee chair and current Haverhill High School Model United Nations Club member Kai'ri Bohanan agrees that Hillie MUN not only impacts the middle school students but also positively affects their high school counterparts.

"Hillie MUN gives us almost adult responsibilities, we are in charge of a group of students and

we help them explore their assigned topics," Bohanan said.

Bohanan also reinforced that bringing middle schoolers together with older peers builds beneficial networking skills.

"Hillie MUN gives valuable connections to potential incoming students," Bohanan said.

Kaleigh Davoli, a Hunking eighth grader, who served as Nikita Khrushchev of the Soviet Union on the Historical Crisis Committee and winner of the 'Head Delegate' title at this year's Hillie MUN, commented on her experience at Hillie MUN.

"I think that [participating in the Hillie MUN conference] is really helping us learn to speak in a debate and also just how to

speaking publicly in general," Davoli said. "It's teaching us how to defend our ideas and take ownership of something that's really important in the world," Davoli said, adding, "[It's also teaching us] how we can think critically about them and form our own opinions."

One of the middle school students, Graydon England, an eighth grader from Hunking Middle School who attended the conference as China on the Security Council, remarked that this conference helped him solidify his aspirations to continue his participation in the Model United Nations club during high school.

"I've always liked debating so I knew Model United Nations was going

to be good for me, and I definitely want to do it in high school," England said

Model United Nations has a long history of reaching out to students and equipping them with life-enhancing skills.

The Model United Nations program has been running at the high school for over twenty years. The HHS chapter is part of the nationwide National Model United Nations (NMUN), created in 1927 as a simulation of the Atlantic section of the League of Nations. Over the last century it has grown and branched off into the National High School Model United Nations (NHSMUN) that was named its own non-profit entity in 1978.



Middle school delegates vote on a resolution in the HHS library.

HILLIES SHOP:

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A look inside the Hillies Shop.

Before Covid, the variety and functionality of the shop was much different, offering not just apparel but candy, snacks, drinks, and, most importantly, community.

After the pandemic, just like many small businesses, the Hillies Shop was forced to exchange a lot of their goods for merchandise that followed the Covid guidelines.

"The candy was initially what would draw students in," stated Evans. "Nobody really noticed us or the students running it, but then it really grew. It helped them connect with the students who worked here. It was a community."

As one looks deeper into the history of the shop, it's easier to see that it was never about the profits. The Hillies Shop was an opportunity to get the students who run the shop to learn, interact, and connect with their peers. As Evans succinctly summed up, it was truly a community.

"It's one of its kind, the only one in the district," Johnson exclaimed, and shared his gratitude for the good memories the school store continues to provide.

"The students who work here learn a variety of valid skills (ex. folding, finance, cleaning), and I

have a lot of good memories of students who come out of this program."

The world is still dealing with the effects of the pandemic, but Johnson and Evans are still working hard to keep the shop running smoothly with a variety of new products available. Even though prices have increased, such as sweaters going from \$30 to \$35, the quality of the products still warrants the cost. Each piece is crafted, folded, and displayed with an enormous amount of love from the shop owners. Both of the teachers said that their favorite products would have to be the hoodies. Hoodies are one of the staples of the store, and some of the most original merchandise that they provide.

As Evans stated, "We tried to change our designs every year but with Covid not so much. We're trying to bring that back, and we're always open for suggestions."

The Hillie Shop is open every day from 9-1. Feel free to visit the store every now and then. Take a look at the products, say hello to the workers, and take in one of the many prides of the school, all thanks to Mr. Johnson and Mrs. Evans.

The show goes on in director's absence

With Mrs. Melissa Allen on maternity leave, two faculty members step up

By Maya Bennett

HAVERHILL—Over the past several years the HHS Drama Club has established itself as one of the most productive and successful student endeavors. Under the guidance of Mrs. Melissa Allen, the Drama Club has produced over 20 shows, most to sold out audiences, and placed in the Massachusetts Educational Theatre Guild (METG) competition.

However, with Mrs. Allen being out on maternity leave this year, the members were left in suspense, wondering how exactly the show would go on.

Senior Celia Schoenfeld, the club's secretary and stage manager, spoke to the Hillie thespians' initial trepidation and the massive void Mrs. Allen's absence has left to fill.

"Mrs. Allen leaving was definitely a hard change to stomach. She is one of those teachers who takes time to get to know you, forms lasting bonds with her students, and checks up on you when you're not your usual self," said Schoenfeld.

Luckily, there is no dearth of experience or talent in the Drama Club itself and countless supportive and talented educators at the high school, such as Mr. Matthew Lima and Mr. Zachary Colten, who have stepped up and seized the opportunity to



Matthew Lima

test out their own directorial skills.

Despite the obvious learning curve required of two first-time directors and a herd of avid actors separated from their trusty guide, everyone seems to have risen to the occasion.

According to senior Claire O'Malley, the experience may not be without challenges but has certainly been rewarding.

"It's been a bit of a challenge adjusting to the difference, but not an unpleasant experience; both of the one acts are coming along nicely," O'Malley explained. "I think that what we all are learning in this experience is how to adjust to a change in leadership and how to adapt our expectations to a new person, even if it is the same job"

Senior Katie Erwin also spoke positively of the fruits of adaptation and how the experience has helped everyone involved to learn and grow.

"Learning to adapt and work through changes is a huge part of

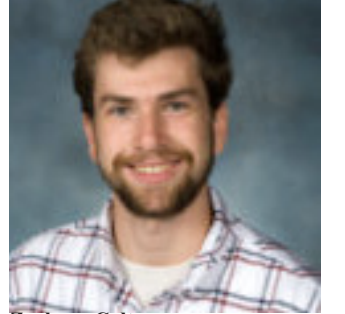
theater and performance, and I think this change in leadership has presented a valuable opportunity to strengthen those skills behind the scenes, which in turn allows us to utilize those skills more on stage," Erwin said.

Mr. Lima, who teaches film studies and has served as the Drama Club's technical adviser for the last four years, will be directing "Completely, Absolutely Normal" by Bradley Walton. With his background in film making and his participation in doing tech for past shows such as "Our Town, This Is A Test," and "The Wizard of Oz," this isn't necessarily his first rodeo, even if it's his first go as a director.

While touching on the obstacles that he faced during his time as director, Lima strived to bring out all the different shades and hues that his show offers while calling attention to the reality of it all.

"The challenge, I think, specific to my show, is navigating the complicated questions of representing different types of people with different sexual orientations and gender identities and being true to that in a cast that is diverse," said Lima.

Zachary Colten, who has been teaching English at the high school for the last three years, will be



Zachary Colten

directing "Men On Boats" by Jaclyn Backhaus. Colten was previously involved in HHS' production of "The Wizard of Oz" as a movement coach. Colten was an avid actor in high school and studied theater in college at Framingham State University.

Speaking to his first experience as a director, Colten highlighted the expansion of his responsibilities moving from the stage to behind it.

"I think that the big challenge of any show is making it from the idea to the fully-realized production, incorporating the set, and the lighting, and costumes- all the technical elements that go beyond just doing the work with the actors," said Colten.

The winter one acts "Completely, Absolutely Normal" and "Men on Boats" were performed on January 13th at 7pm and January 14th at 2pm and 7pm. "Men on Boats" will also be the play performed by the Drama Club at the annual METG competition in March.

Student forums make return

Civic-minded students, staff hoping new year brings new solutions to school issues

By Grace Grauwiler

HAVERHILL— On Friday, December 23 roughly forty students and staff members gathered in the library to conduct the newest rendition of the Student Forum.

The forums are designed to focus on and foster student advocacy and agency. Students gather with their peers, staff members, and administrators to discuss what students view to be pressing issues at the school, such as bullying and increasing academic pressure, and collaborate to generate effective solutions to these issues.

Anna Sabella, long-time English teacher and chair of the high school's social-emotional learning (SEL) team, is spearheading the program's revitalization. When the "Student Voice Forums" petered out last year and then ended with the res-

ignation of former principal Jason Meland, Sabella dedicated herself to rebooting what she finds to be a very important endeavor.

"[It's] an opportunity for students to actually work together to come up with solutions," Sabella said. "I think our students are our biggest stakeholders, our stakeholders. They matter a lot, and I really appreciate all that our kids do and all that our kids are capable of, and it's always great to see them come together in a positive way."

Sabella used the data retrieved from the Views of Climate and Learning (VOCAL) survey administered during the spring 2022 MCAS. The survey included a variety of general questions, such as how students felt they were treated by their teachers, the degree to which stu-

dents felt they were protected from bullying, and other questions regarding the school environment at large.

Students who helped facilitate the forum used questions from the VOCAL survey to guide and start conversations within their groups.

"We really want to walk away with some tangible things that we can do to improve the overall climate and culture here," said Sabella.

HHS has administered other student forums in the past; however, many students and teachers who attended these forums believe that they consisted of a lot of complaining from students, and weren't met with effective solutions.

Sabella confirmed these concerns.

"I have been to a couple of those student forums last year," Sabella said,

"and it just seemed like a lot of people sharing their experiences, but there weren't really opportunities to offer solutions."

Senior Sheeba Nabiryo, who attended multiple student forums in previous years and helped facilitate the most recent forum, added, "I don't really think they were effective in the organization of them. It would eventually just turn into a venting session."

Sabella acknowledged that there have already been a lot of improvements made in the high school since last year but believes there can always be more.

Due to inclement weather on the day of the first forum, Sabella said the turnout was not what she had hoped; however, she plans to hold another student forum in the spring.



Teacher Tales: Mr. Jordan, tell us a story about birthdays...

“And it was the greatest adventure of my life, because I was with my mom.”

Interviewed by Jaylene Viera

Viera: Okay, can you just state your name for me?

Jordan: Tom Jordan, Mr. Jordan

Viera: Okay, and what do you teach at HHS?

Jordan: History and Psychology.

Viera: Okay, so I've actually celebrated quite a few birthdays this winter and there are more to come, so I think today your word will be “birthdays.”

Jordan: I was five years old...

Viera: [laughter]

Jordan: I was in nursery school, my best friend was Hank Dickson. Me and Hank were like best buds, and his birthday was coming up for the weekend. And there I was, ready to go. Sunday my mom drove me over and into the house I go. Now, I wasn't a real bright bulb at that time. It seemed like a kind of fine birthday, except it was a weird party because I was the only one there. And then we played pin the tail on the donkey, but there were already some tails on the donkey. Then when we cut the cake, the cake was already half gone.

Viera: Oh my god.

Jordan: So I just thought that was weird, but I was five. And then like, uh, about two years later I was in a fight with my older brother. And you know how you just bring up the garbage on people when

you fight? You're just like: “yeah? Well your mother's a—”, right?

Viera: Actually, nowadays, that's called “airing people out.” Like you air somebody out.

Jordan: Well, I got aired out because my brother said: “Oh yeah? Well when you went to Hank Dickson's birthday party mom screwed up. It was on Saturday and she took you on a Sunday!” And I was like—Ma-Ma-Mom

Viera: [laughter] Wow.

Jordan: And I went crying to my mother because what the hell? Can you imagine how embarrassing that was?

Viera: That is so embarrassing!

Jordan: I show up to this kid's house a day late to the party, right? And I'm sure my mom must've been mortified. Either she realized it when it was time for us to go and she called them and must have been like: ‘My kid will die if he doesn't go to this birthday party.’ And they were like: ‘Okay, we'll just pretend.’ Or she just pulled up without reading the invitation, and just dropped me off and didn't even know.

Viera: Well, poor Mommy Jordan, I bet, y'know, she just wanted the best for you in that situation.

Jordan: She probably did, I don't know-

Viera: Well, what number



kid were you?

Jordan: Four out of seven, she didn't know my name. My name was Jimmy-Michael-Tommy.

Viera: Jimmy-Michael-Tommy?

Jordan: Well, she said the first name and then the next one, and eventually she got down to the name of me. Sometimes she said Jimmy-Michael-Mary-Beth-Tommy. But she never went past Tommy. Because then she would've gone down to Jennifer and Laurie.

Viera: So clearly you weren't the favorite?

Jordan: I was barely known!

Viera: Do you truly believe that?

Jordan: Yeah.

Viera: Yeah?

Jordan: I mean she was nice and all, but god she had six kids in eight years. Can you blame her?

Viera: Do you think that might've been one of the most embarrassing moments of your childhood?

Jordan: Uh, it was embarrassing at the time, but not really anything impactful.

Viera: Yeah? Do you think that you would do the same thing, if you had forgotten to bring your daughter to a birthday party?

ty? Would you call them up and say “Um...Hey?”

Jordan: [laughter] Yeah!

Viera: “Please do it again!”

Jordan: I would've paid the other kids to come back, just to make sure.

Viera: Do you think that now, when you look back at that situation, you view that differently than as a child?

Jordan: Yeah.

Viera: Yeah definitely?

Jordan: Yeah. I do love my mother very much, she just had so many kids. For her 80th birthday, we were all trying to figure out our favorite moments. And this is a pathetic story, but I'm gonna tell you anyway. My mom, she and I were driving my brother to camp. We dropped him off at camp and then we got lost on the way home. We ran out of gas, so we had to knock on weirdos' doors to get gas. And it was the greatest adventure of my life, because I was with my mom.

Viera: That's so sweet!

Jordan: And she didn't remember it at all.

Viera: Yeah, that happens a lot, things are impactful to a child but as an adult not so much.

Jordan: That's right.

Viera: Yeah, like one time, my dad forgot my

brother at home when me and my dad were just super hungry. So me and my dad went to Wendy's, completely forgetting that my brother existed. My dad doesn't remember but we always remind him.

Jordan: By the way parents, and I can say this as a parent, we hate that. My kids will be like: ‘I remember, Dad, when you did this, this, this and that!’ And I'm just like Jesus, why do you remember that but you don't remember to clean your damn room!

Viera: I don't know, I think what you find impactful is completely different than what a child finds impactful. At least you know that the greatest memory that you have of your mom is positive and not negative, and that you can look back on even negative memories fondly, or even with humor. Like her forgetting a birthday party.

Jordan: Alright did this just turn into a therapy session? Are you still a reporter?

Viera: [laughter] Yes, I am! This is a discussion, this is real. Teachers Tales, check it out.

Jordan: [laughter]

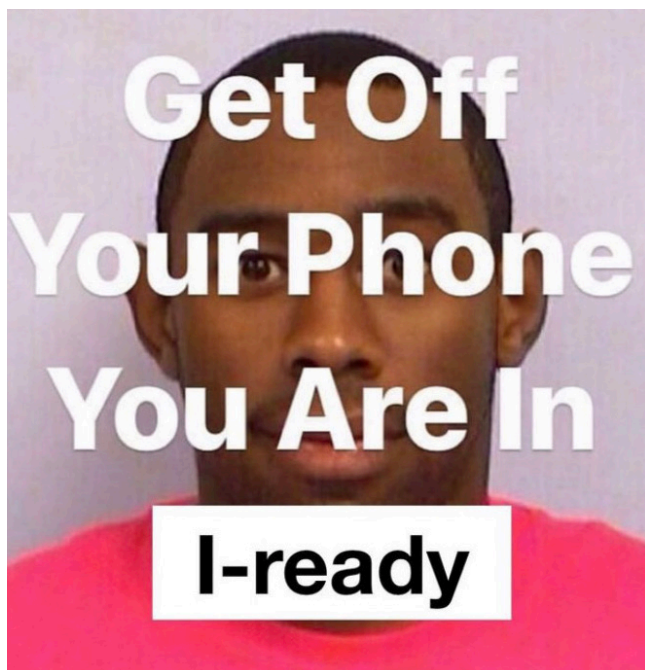
Viera: Okay. Well, thank you very much for this lovely interview.

Jordan: You're welcome.

Go to HHS? There's a meme for that!

Popular student Instagram accounts keep community informed, laughing

By Noelle Gregoire



HAVERTHILL— During i-Ready testing back in December, some students were able to smile through the pain, thanks to memes shared on a popular Instagram account dedicated to poking fun at the shared, sometimes baffling experience of going to Haverhill High School.

Over the past five years, the concept of creating social media accounts centered around one's school news and updates has grown in popularity. Current Instagram accounts, such as ‘hillierap’ and ‘haverhill.high_memes,’ have followings of hundreds to thousands of students, parents and alumni. Together, the two accounts have accumulated roughly 2,500 followers.

These accounts deliver school-related news, usually ironically, in order to lighten up the happenings at Haverhill High. As the years go on, teenagers are leaning away from traditional news sources and are reaching for quick and satirical forms of news.

In a recent post from ‘haverhill.high_memes’ on December 13, a satirical meme informed students about i-Ready testing, while also promoting the culture of Haverhill

High. The post featured a reminder to remain off their phone while there was i-Ready testing with a commonly used meme photo of Tyler the Creator. The post was captioned with “Get Off Your Phone You Are In I-Ready” in order to catch people off guard when scrolling through Instagram.

The organizer of the social media page, who wishes to remain anonymous to prohibit undue influence and interference with the account, stated the purpose of the account has evolved over the years. “Over time, the account turned into a meme news source but originally it was to mock the culture of HHS and joke about the happenings of HHS,” the organizer said.

During the 2020-2021 school year, different students started to run the page, and with that, the delivery method of the posts shifted.

Many students have viewed the Instagram account as a news source. Carrigan MacLeod, a senior, said she initially learned about the HHS canceling its participation in the Kiss 108 Turkey Toss through the account. “I found out about the

Kiss 108 Turkey Toss being canceled for Haverhill High before the email was sent out to the seniors,” MacLeod said. “The HHS meme account was the first to post and has always been reliable in the past.”

Students will often repost or send the posts to other students to share the news posted by these pages.

The account ‘haverhill.high_memes’ was created in April of 2019 by HHS alum Tommy Jordan. The current organizer of ‘haverhill.high_memes’ reported that the account was originally passed down by Jordan.

“I was close to him and he told me to ‘pass the torch’ to an underclassman,” the current organizer said. “We are related by our humor.”

Numerous other accounts have been created over the years. An account called “hillierap” on Instagram has been a prime news source for HHS students. The posts report mainly on days off from school and sports games. Recently, posts will feature the theme of the student section for the boys' hockey games and other essential info with the caption stating “PACK THE



VET.”

The first post on December 28, 2021 stated “send hillie news.” Since then, the account has grown to 1,090 followers. The account was created to share student victories and celebrations with a large amount of student participation to run the page.

The page was originally inspired by the Instagram account ‘rap,’ which is a pop culture social media news source with 10.9 million followers.

Every year since 2019, there have been Instagram accounts that report on Hillie seniors commitment to colleges, work or military. This year the account ‘hhs_2023_colleges’ has over 200 followers and posts a senior's college, senior photo and major.

The organizer of the Haverhill High meme account celebrated how many accounts have emerged.

“The other [social media] accounts are awesome,” the organizer said. “The accounts were made to bring light to HHS culture and they definitely have over the years.”

Beating Winter Depression 101 Don't waste the winter hibernating

by Avery Becker

The winter loses most of its romantic charm after the holidays are over. Christmas trees are thrown away, colored lights are tucked back into basements, and seasonal depression starts to seep into our souls. We turn to movies, hot chocolate, and fuzzy socks, but what if there was a way to revive our icy hearts and get us to February break with (most of) our sanity intact, while appreciating the outdoors and actually enjoying the season?

Here are three things to try this winter to thaw your soul and feel a little more alive.

1. Walk to a park or a school playground in the middle of a blizzard.

There's nothing that caters more to our inner child than a good-old-fashioned swing set. And during a blizzard? Get off your couch, pack on the layers, (maybe grab a friend or younger sibling?) and step outside while the wind is sending gusts of snow into your face. Nighttime is preferred. Trekking to a cold swingset might not seem the most pleasurable of activities, but you'll feel like the last lone survivor on Earth – besides the plow trucks of course. Life will feel worth living in the quiet and peace of night, and for a moment you'll forget about everything except the snow and your cold nose.

2. Wake up early and visit a local coffee shop.

Winter mornings are bright, clean, and best viewed through a coffee shop window. Bundled up at a wooden table with a cup of coffee steaming the glass in front of you,

even a random January morning can feel out of the ordinary. Watch the cars going by on a gritty side street of downtown if you stop at Wicked Big Cafe in Haverhill, piles of slushy snow clumped at the curbs. People-watch babies in strollers, 30-somethings walking briskly to their cars, construction workers getting their coffee before the day starts. It's the feeling of being a piece in a jigsaw puzzle, an infinite sense of expanding, of time outside of your own.

3. Ice skating

Plug Pond, Lake Saltonstall, Crystal Lake, Kenozza Lake, Lake Pentucket, or even the Haverhill High skating rink are just a few of the spots where you can ice skate this winter. Find a pair of ice skates on Facebook Marketplace, borrow some from a friend, or rent them, and get out there! Whether you're graceful, fast, or absolutely terrible at skating, everyone can find joy in the thrill of gliding across the ice. Personally, ice skating challenges me to do something that terrifies me, pushing me to get better at something that does not come naturally. Just make sure the ice is thick enough!

You can't complain about feeling like a corpse between January and March this year if you don't try at least one thing on this list. Go out of your comfort zone a little and embrace the cold; you might be surprised by how much you enjoy it. Trust me, it could mean the difference between simply surviving this winter and actually thriving.

OPINION: Hillies love the humanities, but at what cost?

By Sheeba Nabiryo

HAVERTHILL— It's January, and many senior Haverhill High students are sending in college applications, or receiving their decisions and either jumping for joy or wallowing in disappointment (unless of course you're Mark Zuckerberg getting into Harvard, who is rumored to have responded with complete indifference).

It's easy to get caught up in the excitement of finding out you "got in," a phrase that makes being admitted into an institution of higher education sound more like a bank heist. However, this riveting acceptance letter also comes with the financial aid letter, a piece of paper that will either elevate or dampen your excitement depending on

whether or not your dream school gave you enough money to actually attend. For those who wish to go to elite colleges in the fall to pursue their passion, the reality of what that degree will cost them can be a rude awakening if they aren't going into a lucrative field.

Majors in the humanities: English, history, or the arts (basically your stereotypical struggling artists, undercompensated teachers and humble social workers) tend to be the most impacted by this disparity in compensation. On the other hand, Science, Technology, Engineering and Mathematics (STEM) majors, such as biology, computer science or software development, tend to be pretty well-off.

The Bureau of Labor Statistics, as part of its 2022 Occupational Employment and Wage Statistics report, found that, overall, STEM occupations saw an annual mean wage of \$100,900, compared with \$55,260 for non-STEM occupations. An article published by Northeastern University stated that on average, the initial starting salary of those who graduate with STEM degrees is "\$10,000 to \$30,000 more per year than those who studied the humanities."

It is true that humanities majors do close this gap over time. However, you will likely have to get another degree after your bachelor's to do what a STEM major likely will make right out of the gate. Many students who may

have majored in a humanities-related field have been deterred by these grim financial prospects. According to the Integrated Postsecondary Education Data System, in 2020, the number of college students graduating with a degree in the humanities fell for the eighth straight year to under 200,000. This is less than half of the number of STEM degrees awarded that year, which was 429,298.

Isn't all that just inspirational?

Despite all this, we cannot forget the value that a humanities-based education holds. The analytical thinking, critical thinking and communication skills that one gains from a liberal arts education should be just as valu-

able as being able to type 1s and 0s on a keyboard. A world with no reverence for the humanities is one that allows for zero free thought and expression and makes people vulnerable to incendiary messaging that leads to things like Jan. 6, 2021. STEM fields may seemingly have more practical applications in the "real world," but the humanities shape the culture of it. And it's not that people don't care to learn it, but that everyone around us is constantly telling us not to.

Throughout this process, one thing has become apparent to me: the purpose of a college education is not what I initially envisioned. I've been trudging through my high school career, motivated

only by the belief that by the end of it I'll be able to go to college and study whatever I want, thousands of miles away from my parents, with a diverse group of other highly motivated and highly inebriated true scholars, making my dreams come true. Unfortunately, what should be a transformative time of growth has become a game of trying to guess what piece of paper will translate into the most pay.

Whether or not you end up following your heart despite the risks, or choosing something else for the financial security it brings, it's a shame that one of, if not the biggest, decision that we will ever make in our lives may never truly be our own.

PHYSICALS:

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But providing free physicals does create a financial burden on the district that would need to be addressed.

When asked about the challenges of providing free physicals, Katrina Sullivan, the Pentucket Lake School nurse, noted the source of the funding would need to be identified.

"How will this be funded?" she asked. "Are the providers donating their time, or is the district paying for the physicals out of pocket?"

Along with the finances, Sullivan noted some of the other challenges creating this resource would present.

"Some of the difficulties would be finding providers with availability to see students for physicals for free," Sullivan said. "Providers are overbur-

dened post Covid and are dealing with staffing shortages and may not be able to accommodate the visits."

Also, Sullivan said there would need to be "buy-in" from students to make the resource worth the cost and logistics.

"Do they see the value in having a physical exam and will they follow through with the appointment if one is made for them?" Sullivan said.

While these concerns are valid, and there really is no way to tell if students will take advantage of such a resource, similar Massachusetts communities have been successful, both in the past and the present, with providing free physicals.

Boston Public Schools offered free pre-season physicals back in August of this year. More than 70

students took advantage of the opportunity. Students from all fall sports were eligible for an easily accessible free physical, which took place as a one-day event at Madison Park Technical High School in Roxbury.

The Boston Public Schools provided this opportunity in partnership with the Mass General Brigham Sports Medicine team, and this was the third time that this resource was provided for these students.

Michael Maguire, head coach of the cross country and track and field teams at Haverhill High School, said the district provided this opportunity to students many years ago.

"I don't think we've had the free physicals for at least like 15 years, it used to be before every sports season," Maguire said. "I understand why we are encouraging student athletes to have



Longtime teacher and track and field coach Mike Maguire shooting the breeze during brief break.

a relationship with their own doctor and get their physicals that way, but I also think to expedite the process and get students to have their paperwork done in time, I'd be in favor of looking into doing the free physicals again."

If Haverhill was able

to provide these opportunities in the past, it might boil down to a question of will power to provide these opportunities again. Not only is providing free physicals an overall beneficial resource, it will make it more equitable for students hoping to try out

for sports. Furthermore, it just makes the preparation for the sports seasons much easier.

"We have to be in compliance with the MIAA rules and make sure everyone is healthy and ready to compete," Maguire said.

For The Ones Who Came Before Us

The following essay is the second installment in a series paying tribute to the legacy of influential family members.

"Minister. Spy. Poet."

My grandfather, Alan, is a wine-drinking, eyepatch-wearing puppet master who is also a former spy and reverend, a husband of 50 years, and the superintendent of a retirement community in Florida. As soon as he moved there he practically seized control of the place, quickly becoming the leader amongst the residents. When we visit, there will be incoming calls over the answering machine from 80-to-90-year olds, the connection crackling as they ask my grandpa why the dinner menu changed or to complain that the WiFi isn't working.

But years ago, he was just another kid from Massachusetts, growing up in various towns: South Deerfield, Housatonic, North Leominster, and Milford, having brief run-ins with the Irish mob. His father was a reverend, his mother went to the University of Maine in the 30s; his childhood was



filled with books, church, music and mischief.

He went to Syracuse for college, majored in English, and was the president of his fraternity. He also did theater, acting in various plays, a passion he has still, but the role he talks about most is Schroeder from "You're a Good Man, Charlie

Brown." Walt Whitman once said "I am large, I contain multitudes." He could have been describing Grandpa...

The Vietnam War was getting heated when he was finishing up his master's degree in library sciences at Simmons College. Instead of being drafted into the Army,

he enlisted in the Navy before going to Officer Candidate School. He went on to language school, learning to speak six or seven languages. In the late 60s after finishing language school, he was approached by the mysterious higher-ups and they told him he was being sent to Vietnam as a

Naval Intelligence Officer, so he became a spy.

He's told me countless stories of his time in Vietnam. He's a natural storyteller, lighting up every room when he begins recounting his tales. He'll tell again and again of times on hot Vietnam nights when he would steal alcohol from the

Officers Club to sell on the black market. Or when he stole a Jeep, slightly inebriated, and took it for a bumpy joyride. War is only as fun as you make it, I suppose.

Shortly after the war was over he met my grandma. They got married, he became a reverend, and they had my mom, aunt and uncle, and in his spare time he managed to get a PhD in theology. He has always been quite the character, and this has only been amplified in his retirement years. He's part of a wine and bourbon club and samples such drinks often. He does improv and publishes his own books. He goes on podcasts discussing religion and war. He's become somewhat of a puppet master, whipping the puppet out on special occasions, bringing out the little green felt man with a knowing smirk on his face, a dry laugh that reflects in his eyes. I can't imagine who anyone in my family would be without him.

— Sasha Orr



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