

Go-Karts or No-Karts?

Potential (BIG) Changes to the Annual 8th Grade Go-Kart races

By Gillian Antoinetti

This year, many big adjustments are being made to the annual eighth grade Go-Kart races. For the past 34 years, the 8th grade has participated in the making of go karts. This race consists of eighth grade students forming teams and building their very own go karts as their last fun activity in the middle school. Over the past 10 years there has been a decline in the amount of students participating, so the eighth grade staff has decided to make some changes to this activity.

After many months, the eighth grade team worked together and came up with some solutions. After conversing, the team created a survey for students asking if they would still participate in the go karts if the staff chose the teams. On the survey some questions included "Would you still participate with these changes?" And "How many of you would still want to do it with the new changes?" They also decided that the go karts would not happen if not every student would participate and if they picked the teams. Although there has



From the archives of past Go-Kart races, courtesy of Mrs. Crowley. See if you can find Ms. Madden!

been some changes, some rules have stayed the same. There are still four courses, this includes the "U turn, the "straight away", the "donut", and the "letter Z." Throughout these courses, go karts must have four wheels touching the ground at all times.

The eighth grade team also wants to get the community involved. Doing this would

mean getting volunteers from the community to help build the karts, instead of students going to houses and doing the work. This means all 110 eighth graders must participate and there must be at least 20 parent volunteers that will help each team build their go karts.

Many of the eighth graders were not excited about all the changes, because Go Karts are an eighth grade tradition that students have been looking forward to since entering CPS. Teachers had decided to cancel the Go Karts, but instead they made changes. In addition to teachers picking teams, some other changes to the races include mandatory student participation and mandatory meetings by the teams outside of school.

Ms. Davidson, the eighth grade science teacher, has been helping out with the Go Karts for 21 years. She has been a big part of this activity. Ms. Davidson stated that the main reason why there has been changes to Go Karts this year is because of the decline in student participation. Ms. Davidson had her own opinion on this topic along with all the other eighth grade staff.

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Multi-grade advisories: A change for the better?

By Margaret Culkins

Do you have a good time in advisory? Some people may like advisory, while others think it is boring. Students are stuck with students just in their grade, and it is only for fifteen minutes.

Changing advisory to create mixed grade levels within one room, and increasing advisory time could be the

next big things. For some, the changes may not be a big deal, but one student wasn't thinking about herself, she was thinking about other students.

Eighth grader Alexa Gregg claims she "would not enjoy [the advisory change] because it makes no sense to put different grade kids in the same class." Gregg further emphasized how the advisory

change would lead "brand new sixth graders" to feel lost, and wouldn't give them a "fair chance" of making friends.

Some may think it is a turn for the worst, but others think these new advisories could be a change for the better. I asked Dr. Cohen if he thinks the school will follow through with this plan, and he had a very strong response saying,

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Live to the Truth ~ Cyrus Peirce

March Madness Comes to CPS

By Mimi Belanger



Tournament of Books bracket on display in the CPS lobby.

CPS students and teachers, get your brackets ready! The first ever Tournament of Books just happened this March to encourage everyone to take part and read.

The Tournament of Books is set up similar to the March Madness bracket for college basketball. One side is all mysteries and the other side is personal journeys. Books are paired against each other and you can vote to move your favorite book onto the next round. The winner of one bracket goes against the winner of another bracket until there is only one mystery and one personal journey going against each other. Anyone at CPS can vote for a book, but it is recommended that students read the book before voting. The winning book will be featured on our school website and encouraged to be read if not already read.

Instead of being forced to read these books for a class grade, students now had the chance choose a book and vote for their favorites.

"I've definitely seen a lot more kids interested in reading than normal, I see that a lot more kids wanting to read the books that are in the tournament and the sequels of the books." Mrs. Lombardi explained.

March Madness is something that is very popular across the United States and there are many schools and libraries that are using that idea to get people reading.

"I was looking on social media websites for ways to encourage kids to read and I found this idea," Mrs.

Lombardi remarked.

Lombardi expresses that she'd like to continue this next year but maybe switch up the genres.

"It is usually very stressful when trying to do something new, but I do really like seeing students get excited about reading. I also like seeing the school become much more of a community. If we do end up doing this next year, I would like to make it so that kids would have more time to read or talk about the books."

Basketball fan or not, we should all be fans of books, so start reading and watch your favorite book advance to the championship.

Tournament of Books:

Mystery

Skink No Surrender by Carl Hiaasen
Loot by Jude Watson
The Westing Game by Ellen Raskin,
Theodore Boone: Kid Lawyer by John Grisham
The Egypt Game by Zilpha Keatley Snyder
The Hound of Baskervilles by Arthur Conan Doyle
The Mysterious Benedict Society by Trenton Lee Stewart
The Fall of the Amazing Zalindas by Michael Citrin and Tracy Mack

Personal journey

Homecoming by Cynthia Voigt
The Red Umbrella by Christina Diaz Gonzalez
The Count of Monte Cristo by Alexandre Dumas
Wonder by R. J. Palacio
Revenge of the Whale by Nathaniel Philbrick
I am a Taxi by Deborah Ellis
Kira-Kira by Cynthia Kadhale
I am Malala by Christina Lamb and Malala Yousafzai

The Westing Game and *Wonder* had to duke it out in the semi-finals, with *Wonder* taking home the trophy!

Winner of the 2017 tournament of books is
Wonder by R. J. Palacio.



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"Yes, definitely this has been a priority of mine for a few years now. My last school had an advisory program and it was a great thing for the school." Next year, expect a new advisory schedule and change.

Advisory may become a mixed class of 6th, 7th, and 8th graders. Putting students from different grades in the same advisory will allow multiple students from each grade to interact and work together. This could be a good thing, and could lead students to learn something new about someone they may have never really talked to or seen before. The truth is, nobody will know the reaction of the students until the school follows through with this idea.

Seventh grader Caroline Correia feels as though the new advisories could "be a

good or bad thing," the "bad thing" being if an advisory only has 8th or 6th graders. Correia also notes the benefits of multi-grade advisories, as such may lead students to "make new friends with everybody else, not just kids in [their own] grade."

Dr. Cohen was very proud when saying, "The hope is that once this gets going the 7th and 8th graders can train the 6th graders, along with their teacher. I like it because it will empower students to empower other students." One of the main reasons for multiple grades is that seventh and eighth graders are there to help the sixth graders.

Is advisory too short? Next year, the school might be expanding advisory time to another block during the day. Doing this will leave time to see teachers for

help or get work done that is late. This way, teachers know that students have a set time to get extra help and class extensions. Students will spend more time with their advisory teacher and peers in the class, making it more of a comfortable space in the morning before classes start.

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Mrs. Lombardi's door for the Advisory Spring Door Decorating Contest! 2nd place winner!!!

Photo courtesy of Mrs. Holdgate

The Women's March

By Emerson Milne

On January 21, 2017 a nonviolent march started. Women, not only across America, but the entire globe, came together and marched for women's rights. There was an estimated 470,000 people that marched at D.C. The march was the largest single-day demonstration in US history. The march took place in several places including Washington, D.C., Atlanta, Georgia, London, England, Paris, France, New York City, and Boston, Massachusetts.

The Women's March joined forces with another nonviolent protest. As part of this protest, women would wear pink hats

with cat ears. These two organizations had a mission, to tell the new leader of the United States of America that "Women's rights are human rights," regardless of race, religion, ethnicity, age, immigration status, sexual identity or disability.

Along with the march came a rally. Nationally recognized advocates, entertainers, and other inspired protesters spoke. Gloria Steinem, well-known feminist writer, activist, and organizer, was one of the speakers in DC. In her speech, she thanked many people who were here before her and who

fought for women's rights. Taken from the official transcript of her speech, she said "We are not ranked. And this is a day that will change us forever because we are together. Each of us individually and collectively will never be the same again."

While this march was mostly for women's rights, many protested for other things such as equal pay, immigration reform, healthcare reform, the natural environment, LGBTQ, and Black Lives Matter. There were not only the pink hats that many people wore, but there were also t-shirts with hearts reading "Nasty women", a slam towards newly-elected Trump, based on comments he made about his opponent, Hillary Clinton. Other women carried flags and other signs as symbols of peace and love.

Many people believe that this protest was a success. Only time will tell.



Women's March in Washington, DC

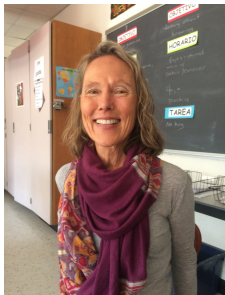
Photo courtesy of ABC News

WORD ON THE STREET

BEFORE FEBRUARY BREAK:

WHAT ARE YOUR PLANS FOR FEBRUARY VACATION?
WHAT ARE YOU MOST LOOKING FORWARD TO?

"I'M GOING TO WEST TEXAS TO MEET ONE OF MY COLLEGE FRIENDS IN BIG BEND NATIONAL PARK. TEXAS IS ONE OF MY SPIRIT HOMES."



MRS. EMACK
SPANISH TEACHER

AFTER FEBRUARY BREAK:

HOW WAS YOUR VACATION? WHAT WAS YOUR FAVORITE PART?

"FANTASTIC! IT'S HARD TO CHOSE MY FAVORITE PART OF THE TRIP BUT ONE OF THE BEST PARTS WAS RIDING A BURRO AND SWIMMING IN THE RIO GRANDE."

"I'M GOING TO NEW ORLEANS AND NEW YORK. I'M MOSTLY EXCITED ABOUT MARDI GRAS."



SASHA COHEN
6TH GRADER

"GOOD. MY FAVORITE PART WAS GOING TO A CONCERT."

"I'M GOING TO MEXICO. LOOKING FORWARD TO SUN AND WARM TEMPERATURES."



DR. COHEN
PRINCIPAL

"MY FEBRUARY VACATION WAS EXCELLENT. I WAS IN MEXICO. MY FAVORITE PART WAS READING FOUR BOOKS BY THE POOL AND STAYING OFF THE GRID WITH NO CELL PHONE, EMAIL, FACEBOOK, INSTAGRAM, OR TWITTER. A TECHNOLOGY-FREE VACATION IN THE SUN."

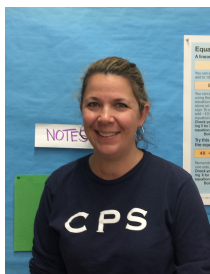
"I'M STAYING HERE. I'M LOOKING FORWARD TO THE NEXT FEBRUARY VACATION"



HERBIE GLOWACKI
8TH GRADER

"IT WAS GREAT. THE BEST PART WAS SLEEPING ALL DAY AND DOING ABSOLUTELY NOTHING."

"FOR FEBRUARY BREAK I'M GOING SKIING WITH MY FAMILY. I'M ALSO READING A BOOK MRS.HICKMAN RECOMMENDED."



MRS. BILLINGS
8TH GRADE TEACHER

"MY VACATION WAS FANTASTIC. MY FAVORITE PART WAS BEING ALONE IN A SPA WITH A FIREPLACE AND A GOOD BOOK."

"I'M GOING TO HANG AROUND HERE TO CATCH UP ON SCHOOL WORK THAT I MISSED THE PAST MONTH. I MIGHT GO TO NEW YORK FOR A COUPLE OF DAYS."



BISHAKA DHAMALA
8TH GRADER

"IT WAS AWESOME! MY FAVORITE PART WAS SLEEPING, WATCHING NETFLIX AND EATING."

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"We just want it to be as close as 100% participation" said Mrs Crowley at the parent meeting. Ms. Davidson furthered the point, advising parents that "Anything that would help kids do it would be a great idea, and we don't want to leave

anybody out." The staff has planned to hold the Go Kart races on Wednesday, June 21, 2017.

This year the eighth graders have yet to find out what will really happen with the exciting activity of building and

racing Go Karts. With the staff still going through the surveys, it looks as though there will be Go Kart races this year.



A blast from the past!

Go-Kart races - June 2013; KD Tornovich's group. Group members (from left to right, right picture): Genevieve Meadows, Marin Churns, Ina Ivanova, Isabelle Roberts, Sierra Gray, Mackenzie Condon and KD Tornovich
Photos courtesy of KD Tornovich



The Sister's March on Nantucket Proves to be Successful and Moving

By Yvie Scarlett

The Women's March was a special event where women from all over the world gathered to celebrate women's rights in the United States. On Nantucket, this event took place on January 21 at The Atheneum on Main Street. The air was cool and the sun was somewhat shining. Marita Scarlett and Barbara Condon were two of the organizers of this event.

Mrs. Scarlett says that she was inspired to help create the march because "I really wanted to get to the march in DC, but when it became apparent that I wasn't going to be able to do that, I started asking if there was going to be a local march." She is passionate about social justice and "the opportunity to come together with like minded people locally..."

There were many activities going on at the march. Allie Sweeney and Susan Bermann sang at the Atheneum in front of about 400 men, women and children. Women wore pink hats with cat ears that people made and sold. People also made, bought, and printed beautiful posters to hold up during the march. Some people created posters about Donald Trump, saying things like "Not my President." Most of the posters had images of women from all different races. Some

had curly hair, some had headscarves and some showed a painting of a torch with many different skin colored hands holding it. During the march, people chanted things like "Women's rights are human rights."

After everyone returned from the march, women read aloud from the Unity Principles. The Unity Principles are a group of writings that state our human rights, and can be found on the Women's March website. The passages on the website are about not only women's rights, but worker's rights, civil rights, disability rights, immigrant rights and a few others.

Scarlett says they read them because "We felt it was important to share our values." She also states that "the fact that we were able to have the Unity Principles read in both English and Spanish..." was her "favorite part of the event."

The local television channel came to the march and filmed some parts of the march. They put the clips together and made a 10 minute program that they aired on Channel 18. Search Nantucket Sister's March on YouTube to watch the film.



Mrs. Singleton reading an excerpt from "The Unity Principles" on the Atheneum porch during the Women's March on Nantucket. Photo courtesy of Marita Scarlett.

To find out more information about this historic event, try searching for the hashtag [#sistersmarchack](#) and [#sistersmarch2017](#) on Instagram, Twitter and Facebook.



Emmae Oberg-Bender and Yvie Scarlett at the Women's March on Nantucket. Photo courtesy of Marita Scarlett



Sports



The Nantucket Dolphin Swim Team Takes Home the Gold

By Emma Davis

The Nantucket Dolphin Swim Team took home the gold for the seventh year in a row at their annual Southeastern Massachusetts Swim League (SEMSL) championship meet. The team has been working hard since the first day of school back in September.

They competed at their home pool against three other teams; the Marshfield Area Swim Club, Willy's East Swim Club, and Makos Swim Club. The meet consisted of two sessions: the first one held on Saturday, March 25 for ages ten and under, and the second one on Sunday, for ages eleven through eighteen. At the end of both, they finished with a total of 2664 points.

The class of 2017 swam for their last season with the Dolphins and/or the Whalers' Swim team this year. Soon to be graduate, Isabelle Roberts, competed in the Championship meet during the Sunday session.

Roberts has been swimming for the Nantucket Dolphins for twelve years now. "Being part of this team has helped me to find my voice." Roberts was always very shy as a child, but the swim team has helped her overcome her shyness. "This has helped me with interviews and just talking to adults in general," says Roberts. "It really helped my way of life."

Roberts recently received a scholarship to Assumption College for her swimming.



Photo courtesy of Jill Roethke

From left to right; Emma Davis, Sara Gazielle, Russell Kathawala, Kevin Johnson, Justin Roethke, Macy Crowell, and Sophie Gerardi.

"I wanted to pursue swimming in college honestly because of the money. But I truly love the feeling of being on a team, and it will definitely help me make friends throughout college."

Roberts is sad to leave the pool this year, especially with being a coach to the younger kids. "The team has so many adorable kids coming up and I just want to be able to watch them grow up and become who I know they will be. I'm going to really miss seeing that through the years."

The team also recently hired a new Head Coach of the Dolphins, Todd Bohannon. Coach Bohannon was previously a coach for the Willy's East Swim Club.

Bohannon recognized the previous success of the team, and was excited to

come to the island to lead the swimmers while emphasizing the things he values in swimming. Bohannon did just that. He added his own little quirks to the program, and improved it. He added new and improved sets to the daily workouts, and changed and/or made new rules at meets and practices.

"The most enjoyable part of being able to coach this team has been seeing the kids improve," reports Bohannon. Under the new coach, new records have been set this season, and confidence has grown. Bohannon considers seeing his swimmers' improvement as "the most rewarding part of being a coach."

Bohannon was very impressed with the team's win this season, but also has some thoughts on what the swimmers need to work on to improve individually next year.

"What we need to work on the most, and can improve on, are things outside the pool." Bohannon thinks that good, healthy nutrition and exercise outside the pool, as well as sleep and recovery are very important to sports in general, and could really help the team. "I think that it's important to look at swim from a 360 degree view, not just what we do in the pool." Coach Bohannon is ready to come back next year and push the swimmers to the best of their abilities.

The Nantucket Dolphin Swim Team has come a long way from the beginning of the season until now, and is shooting to be the 2018 SEMSL Champions next year.

Super Bowl 51 Comeback, Making History!

By Maclaine Willett

The best comeback in Super Bowl history took place in Houston, Texas on February 5, 2017. It was Super Bowl 51, with the New England Patriots facing off against the Atlanta Falcons. Within this game, there were ups, and many downs for New England fans. However, by the end of the game, the Patriots pulled out another triumphant win after being 25 points behind in the third quarter of the game. The score had presented the idea

that New England was going to lose. Most of the Patriots fans had probably given up, went to bed, and changed the channel to Property Brothers. But one thing is for sure; the players for New England definitely had not given up just yet.

The majorly exaggerated hype leading up to this game created the popular attitude that New England was the favored team. Within the two weeks before the Super Bowl, it would have been hard to find a Boston newspaper without this game



Edelman catching the pass thrown from Brady against three other Falcons. Photo courtesy of sportingnews.com

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Comeback, continued from page 6

mentioned somewhere in it. Predictions of Tom Brady, thought of as the GOAT (greatest of all time) in the NFL for quarterbacks, leading his team to victory and taking home his fifth Super Bowl ring were universal. Brady and the Patriots had played very well in the season just before the playoffs, so many thought the Pats would win the Super Bowl with ease. However, the game became closer than the Patriots and their fans expected.

While there were many reasons for such a great comeback, the shift in the players' performances contributed greatly. Many of them had great plays that will be remembered throughout the community of football fans forever, one of the most memorable being that of the wide receiver Julian Edelman's. This fast, powerful player was one of the stars of the game, with many catches and gained yards. In the beginning of the game, he had a bit of a tough time. He dropped some passes, but pulled it together in the second half. His memorable catch in the final stretch of the game with 2:28 minutes to play proves that he was able to pull it together during the halftime respite.

Brady had thrown the ball to the skilled wide receiver, and as the pass was

in the air, a player for Atlanta, Robert Alford, grabbed it, but couldn't pull it in. Then, the lonesome Patriot Edelman fought against three others Falcons, and caught the ball, leaving only a small centimeter between it and the ground. This catch, stumbling from hand to hand, and finally landing in Edelman's grasp will never be forgotten. In addition to Edelman's catch, the game winning touchdown scored by James White in overtime is stuck in the minds of Pats fans. This catch was very important, considering that if he had not scored it, we might have lost the game. Evidently, the pressure to score on the first drive of OT was raining down on the Patriots. But, that did not affect many players, including James White, who managed to score the game-winning touchdown.

And of course, the MVP of the game, Tom Brady, contributed to this miraculous victory. Tom Brady, entering the game with four Super Bowl rings already, the same amount of rings both Eli and Peyton Manning have, was expected to stand out once again. And, he definitely did.

Earlier in the season, this quarterback had been suspended for a total of four games by Roger Goodell. Little did this



Tom Brady getting ready to make a pass.
Photo courtesy of kmov.com

Commissioner of the NFL know that he was going to soon hand the famed Super Bowl trophy to that very same player!

After that devastating suspension for Pats fans, which turned into a huge controversy, Tom Brady proved his worth in Houston. With 43 completions, breaking the record of completions in the NFL, Brady had an outstanding game. This outstanding quarterback also broke the record of passing yards, with the exceptional number of 466 yards. This quarterback was a huge help to leading the Patriots to another Super Bowl victory.

When people think of the beginning of this quarterback's season, having to sit out a total of 4 games, to his Super Bowl comeback, they think of one word: redemption.

Photos courtesy of Mrs. Lombardi



CPS students participate in Harvey Foundation Annual 3v3 Basketball Tournament!



@HarveyFound #hf3v32017



Whaler Hockey's Young Stars

By Jack Wilson

At the first home game, two new players had suited up - #13 and #30. They were the youngest players to ever start in a varsity hockey game. Benjamin (aka B) Jenkinson and James Culkins are 8th graders at CPS, and these players took the ice and played major roles for the NHS hockey team.

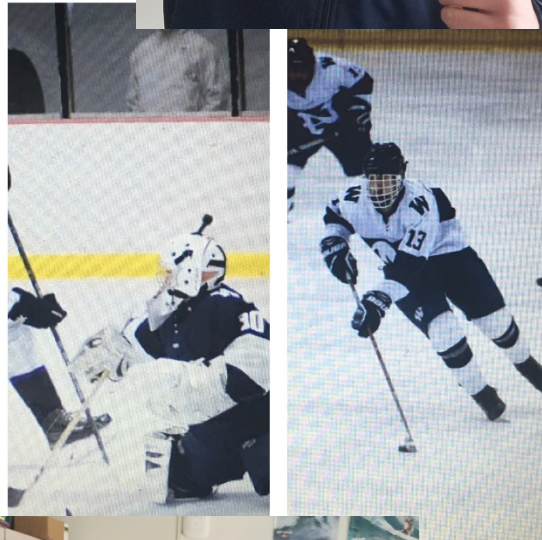
James Culkins played as the starting goalie and had countless saves on net. B Jenkinson is one of the starting line up players and had over 50 points throughout the season. Jenkinson is one of the top scorers in the Whaler's division and averages about three points per game.

The Whalers won the first two playoff games and unfortunately lost the third round. They played against Norwell in the second round and won 5-4 in overtime. Jenkinson scored 2 goals and Culkin's saved over 20 shots in that game.

Neither player realized how much younger they were compared to every other kid on the team. After chatting with both players, they talked about how each of them love the sport.

"It's great to represent your hometown, especially through a sport you love to play," Jenkinson expressed. "Being in eighth grade doesn't mean much, both James and I are equally a part of the team as any other player in the locker room."

B Jenkinson, #13



James Culkins, #30

"Obviously it's a great feeling, but I can't take all the credit. My line, who consists of James Lester and Austin Starr, have worked hard and most of my points come from their hard work," Jenkinson continued, talking about how it felt to be one of the leading goal scorers.

James Culkins was the starting goalie and ended the year with over 80 saves. "It feels great, but there were some scary moments at times, but it always worked out in the end," Culkins said. He went on talking about how his toughest game was against North Quincy. They almost lost, but came back in the third period.

Jenkinson gives credit to "the senior leadership, [it] has been great, with depth from the 1st line to the 4th." He went on and talked about how everyone's skills improved since the beginning of the season.

Culkin's added to Jenkinson's feelings saying, "I think the reason we made it this far is because our team really bonds with one another and has fun while playing."

Finally both players agreed that they were sad that they lost in the third round but look forward to next year, hoping it's going to be just as productive. The future looks bright for the NHS Whaler hockey team!

Surf's Up - My Perspective on the Surf Club

By Alex Johnson

Have you ever imagined yourself floating on top of a wave, catching the sickest tube, or gliding on top of the water feeling like you are practically floating or flying? The feelings that you have when you are riding a wave is simply unexplainable. So if you have imagined doing this, then you should most definitely join the Surf Club!

The Surf Club is a club that meets up and talks about surfing, fun surf trips that we want to take, fundraisers, and totally awesome activities for the

community. The Surf Club spreads the surf culture and environmental peace. The Surf Club also likes to teach and spread the appreciation of nature and the ocean.

The eleven Surf Club members meet up at 2:45 every 2 to 3 weeks in the high school cafeteria. Occasionally the surf club does beach cleanups to make sure that the environment is safe and healthy.

"We had Tucker Harvey, Ryan Webb, Danny Woodruff, Rye Murphy, and Jamie

Bryer. It was a big group of surfers who are now in their late 20's. At that time they were all in school...they wanted to get one [club] started because they had friends from other places. Like Johnny Wheldon, who left to go to California to live there because he wanted to do more surfing. He came back and talked about how they had surfing in their PE classes and he spread the idea that we should have more involvement in surfing as a school." said Tim Psaradelis, Surf Club Advisor. This is how the surf

Boys' U15 Lacrosse Team Looks Forward to Season

By Alex Freeman

The warriors of the U15 boys lacrosse team braved frigid temperatures and 30 mile per hour winds at the Jetties Tennis Courts for their first practice on March 18th. The team all went out there just to pass the ball around a little. This year the U15 team consists of 18 players, mostly eighth graders and some 7th graders. Practices are on all weekdays from 4:00-6:00 at the Nobadeer turf fields and Delta fields. Games usually take place on Sundays and are filled with enthusiasm and eagerness.

The team this year consists of some of the more outstanding former players including, B Jenkinson, Marsh Hickman, and Sam O'Keefe. The coaches this year are Sam Chambers, and Jim Hurd who have both been coaching the sport for many years. They both think very highly of the group of kids they coach and have great predictions for this season. I had



*The 2017
U15 Boys
Youth
Lacrosse
Team*

*Photo courtesy of
Alex Freeman*

the chance to sit down with Coach Chambers and listen to his thoughts and predictions for the season. I asked Sam Chambers what makes our team so good, and he feels the, "key to success is the work ethic and friendly bonds on the team. When you're playing with your friends, in anything, it just makes whatever you are doing a lot more fun and enjoyable." The team still has a lot

of work to do to get ready for more upcoming games and "Start hitting the net!" Coach Hurd explains as his short term goal for this season. A long term goal for this season is "Two words, State Champions," Chambers expressed.

Current day lacrosse is played on a field the size of a football field, with nets that are 6 feet by 6 feet. During games, there are 10 people per team on

see U15 Lacrosse Team, page 17

Recap of the 2016 - 2017 Island Waves Synchro Season

By Audrey Harrington

In November of 2016, the Nantucket Island Waves synchronized skating teams started practice. Both teams, beginner and Open Juvenile, otherwise known as OJ, were excited to start a new season. The beginner team was made up of skaters ranging from 6-8 years old who skated at lower levels, and the OJ team was made up of skaters ranging from 11-15 years old who skated at higher levels.

The Open Juvenile team's theme for this season of competition was "Elvis", and they skated to a medley of Elvis Presley songs. The beginner team's theme was "Hawaiian", so they skated to "Somewhere Over the Rainbow", and "He Mele No Lilo" from *Lilo and Stitch*. As soon as the teams started practicing, their programs were choreographed and over the course of a week or so, both teams had a full program.

The first competition was scheduled to be at the end of November in

Marlborough, MA for the OJ team, and would be followed by three more competitions after that. The Marlborough competition was a one day trip, totaling five hours of travel and seven hours at the rink during the competition. The OJ team did fairly well at this competition, placing fourth out of the eight teams present. After that, the team continued to work hard at practice in preparation for their next competition held in Bourne, MA.

At the beginning of December, there was a show held at the Nantucket Ice Rink for all of the skaters, at all levels, to show off their skills. The coaches and parents agreed that the Annual Christmas Skating Show was a great way for skaters to practice skating in front of an audience.

A week later, both of the teams went to what they consider one of the most exciting competitions of the season, the



*Open Juvenile team leaving Nantucket on their way to Marlborough
Photo courtesy of Monique Harrington*

Cape Cod Classic. The beginner team placed in 2nd out of 4, and the OJ team placed 6th out of 7. After this competition, the OJ team continued their regular practices.

The season for the beginner team was over, but the OJ team still had two more competitions. At the end of December, the OJ team traveled to Lowell, MA. This competition was one of the larger competitions, as it had arena seating and a jumbotron. They competed against 8 teams, once again, placing 6th out of 8.

See Recap, page 15

Attention Dog Lovers!

A review of the novel and film

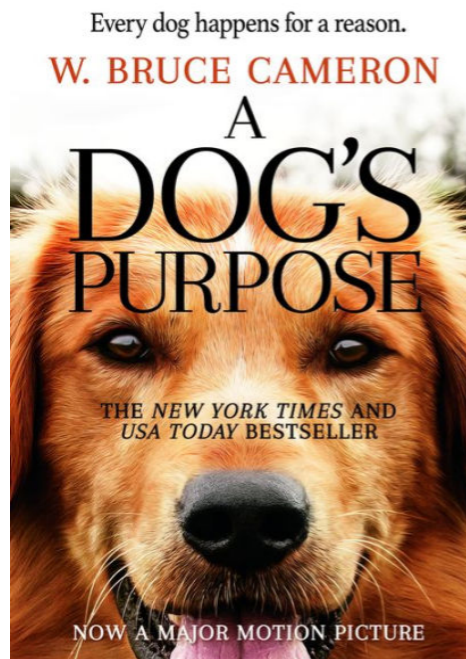
A Dog's Purpose

By Abby Jones

Are you looking for a phenomenal story? Well, *A Dog's Purpose* is a great fit! This heartbreaking story is about a dog as he looks to discover his purpose in life over the course of several lifetimes and owners. Throughout the story, one dog experiences many different lives, each bringing their own conflicts and realizations. The last time he comes back, he meets up with his beloved owner Ethan. In each of his incarnations, the dog, who is grateful of his experiences with his owner, gains deeper understanding as to what a dog's purpose is. By the end of the book and movie, he feels he has fulfilled his purpose of being a dog.

In the first incarnation, as a mutt named Toby, he is born with three other puppies. In the second rebirth, he turns into a Golden Retriever named Bailey. While all the incarnations of the dog love Ethan, their owner, Bailey seems to especially love Ethan. In the third rebirth, the dog turns into Ellie, a female German Shepherd and search and rescue dog.

The book and movie have very different endings, reading and watching will provide the readers with two vastly different experiences. Having the opportunity of reading and watching *A Dog's Purpose* was an amazing experience. Personally, I prefer the movie more than the book. The movie was much more emotional and I felt as if I were really involved, while the book made me feel like I was hearing a story, not living it. I enjoy being able to picture myself as the main character in novels, but I couldn't in this book. The book and movie both have the same overview, but have little differences along the way. Ethan and his love interest, Hannah, meet in two different ways, which makes the whole story different. In the movie, Ethan goes to a fair in his grandparents' town as a teenager and Bailey runs to Hannah, startling her by putting his snout under her skirt. Ethan and Hannah then spend the day together at the fair getting to know each other and soon begin to date.



The cover of the novel *A Dog's Purpose* by W. Bruce Cameron

In the book, Ethan stays at his grandparents' house for the summer as a kid and Hannah, who lives down the street, shows up with some brownies for the family. The young kids are awkward with each other and begin to date as they get older.

Another big difference occurs at the end of the story, where Ethan meets up with Bailey again. In the movie, Buddy makes Ethan recognize him as Bailey by getting the old football and performing the trick that Ethan taught him. Ethan switches the collar that says "Buddy" with the old one that has Bailey's name on it. In the book, Ethan takes in Buddy and loves him like he did Bailey, but he does not recognize that this is his childhood dog reincarnated. This story was amazing, and I definitely recommend both the book and the movie, but the movie over the book.

Photo below (from left to right) - Waverly Brannigan, Jahime Peters, Joshane Lyttle, Gabe Bouchard and Renny Waddell
Photo to the right (from left to right) - Renny Waddell, Waverly Brannigan, Bella Cutone and Gabe Bouchard



Spirit Week - Twinning!!!

From Left to right: Mrs. Billings, Ms. Davidson, Amy McAveety and Aslyn Ray



The 6th Grade teachers "Dress for Success" for the MCAS! Left to right: Mrs. Mailloux, Ms. Beale, Mrs. Madden, Mrs. Avery, Mrs. Condon, Ms. Clarkson and Mr. Lucas

Kinetic or Potential???





Above: Veritas editors Stefan Silverio and Caroline Richards join Whalers' Watch assistant editor KD Tornovich and NPS School Committee member Pauline Proch for a "Cheers and Jeers" session with the newspaper classes about our first publication.

Below: The seventh and eighth grade newspaper staff pose for a picture during an all staff meeting; Photos courtesy of Rebecca Hickman



WHAT THE SIGNS ARE THINKING IN THE MORNING!!!

ARIES- "LET'S GO TO SCHOOL!"
TAURUS- "JUST A FEW MORE MINUTES."
GEMINI- "WHERE'S MY PHONE?"
CANCER- "DID I HAVE TO DO ANY HOMEWORK LAST NIGHT?"
LEO- "AM I AWAKE?"
VIRGO- "I'M TIRED, CAN I JUST STAY HOME?"
LIBRA- "UGH, WHAT AM I GONNA WEAR!"
SCORPIO- "I HONESTLY COULD CARE LESS RIGHT NOW!"
SAGITTARIUS- "HOW DID I GET HERE?"
CAPRICORN- " UGH, I BETTER GET UP NOW OR ELSE I'M GONNA BE LATE."
AQUARIUS- "CAN I PLEASE BE INVISIBLE TODAY?"
PISCES- "IS IT NAP TIME YET?"

Gone

An Intriguing Fantasy
 A book review by Aslyn Ray

Imagine you're in school and everything is normal, then in the blink of an eye, everyone over the age of 15 vanishes. For Sam Temple, Astrid Ellison, Quinn Gaither and many other Perdido Beach kids, just this happened. Many of them are scared as they have to learn to live on their own, and yet, even without parents, they still make it through the rough times. This amazing novel, *Gone*, was published in 2008 and is written by Michael Grant. Michael Grant has also written six other books for this series.

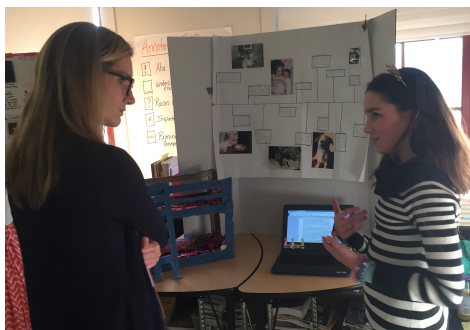
Sam, Astrid, and Quinn go through many ups and downs. As they set out to explore an area called the "Fallout Alley Youth Zone" (FAYZ), they start to realize that they are cut off from the outside world. As they are investigating the area around the nuclear power plant, they discover Astrid's brother, the severely autistic, four-year-old Pete, along with a map. This map, marking radiation patterns from a 15-year-old explosion at the plant, lines up exactly with an energy barrier they're trapped in. This energy barrier is very harmful, no one knows why it's like this. When they touch the barrier it feels like they had just stuck their hands into an active volcano. As the story goes on the reader gets to know Sam, Astrid, and Quinn and experiences their journey as they try to find a way to stop the FAYZ.

The author of *Gone*, Michael Grant, guides you through an incredible story about a couple of teens in a small town, trapped by an mysterious barrier. The story of Sam, Astrid and Quinn takes you through their journey of learning to live on their own, through their sadness, hopes, traumas, fears, and triumphs. Once you begin reading this riveting tale about growing up and figuring things out on your own, you will not be able to put it down. Throughout the entire novel, up until the last sentence, *Gone* will have you recognizing the similarities between yourself and the characters, no matter your age.

See *Gone*, page 18



Cover of *Gone*, by Michael Grant



Left & below: The PBL class showcases their personal journeys. Ms. Madden chatting with Caroline Freedman; Grant Beebe & Tadgh Cawley; Maryann Vasquez
 Photos from Mrs. Crowley





A Day in the Life of a 7th Grader

By Silas Moore



It's the Monday after vacation and the clouds cover the sky. The students returning from their warm and tropical vacations get the shock of 50 degree weather. A few trudge in the doors after being rudely awakened to go to school. School begins with the loud noise of chatting kids, squeaking sneakers, and students pouring through the lobby doors trying to find their friends. The students are talking about their vacations, what they did and where they went. Students scream in frustration and kick their lockers. They walk away as the bell rings at 7:45.

All students spend 15 minutes in advisory. At 8:00 A.M, some students rise from their seats in advisory, and I head to Mrs. Benson's for math class. The class is learning pre-algebra, struggling to get back into our routine. Mrs. Benson passes out progress reports and while some kids slam them over on their desks, others beam with pride. They are learning something new, and half the kids get the problems and the other half beg and plead for help. Then, Mrs. Benson hands out a packet and the class get straight to work. Time seems to fly and before we know it, we are whisked off to our encore.

In Spanish, we are learning verbs and how to describe our schedule. Our teacher is Mrs. Emack, and she makes the language easy to understand. Some people just use Google Translate, but there are others who actually study to understand. We learn a few new verbs

and we play a game. Then we take out a worksheet and do a few problems. The class is easy, and when we are done we sit and talk about sports games and who we think will win for March Madness.

It's already 9:40 and I need to get to Mrs. Lombardi's for English. We walk all the way down the hall laughing and talking until we get to her class. I go to my seat and take out my independent reading book. Once everyone arrives to class, she starts the class with silent and sustained reading, where we read for 20 minutes. When we are done, Mrs. Lombardi tells us that we are working in our podcasts and we get into our groups. We do a little research and finally make up our minds on what we are going to do. We glance up at the clock and realize that it is already time to go, so we pack our bags and head to science class.

Mrs. Egan is the teacher of this class and we are learning about the classification of living things. Mrs. Egan tells us to make a Google drawing of the diagram she handed us. It's a fun class because I get to work in a group in the back of the room. In total we make four Google drawings and then we have to start 20 Brainpops. I look at the long row of Brainpop quizzes and want to cry. I sit there feeling sorry for myself and stare at the clock. Eventually it's time for the lunch recess mix.

During the transition some run to their favorite tables to claim them and save seats. Others wait by the cafeteria doors

to go outside. Lunch is a quick period, and when the kids are done eating, they pack up and leave.

Now the kids run and mill through the hallways until they get to their D block class, which for me is history. The teacher of history is Mr. Sortevik, and he is very strict-no fooling around with him. It's lots of fun because we get to watch a video. The class is learning about famous Greek influences. We are also learning about The Battle of Troy. Mr. Sortevik is very funny and his students like him. Sometimes he starts screaming about something random and off topic, and it makes us all laugh. We are drawing pictures of old relics and learning what they were used for. Mr. Sortevik is very smart and is a very good teacher. On a day like today, Mr. Sortevik told us a story about Troy. And, since we were such good listeners, he decided to give us cookies. Now class is over and the grade flows throughout the hallway to their next class.

After D block, I have E block with Mrs. MacVicar, who teaches writing. As soon as the pupils walk into the room they see a picture on the board which they are told to write about. When they are done the students get to share their answers. Mrs. MacVicar is a nice teacher and she is teaching us about prepositional phrases. Mrs. McVicar tells the students to open up a Google Doc and take notes. Then she shows them a slideshow and tells them what to write.

See *A Day in the Life*, page 20

Advisories, continued from page 3

"I hope it lasts forever. I think that the best middle schools in the country have an advisory schedule. If we want to be one of the best we should use this program. Whatever we come up with we will keep improving over time. It is not just me, there are a group of teachers from all over the school helping to pursue this program. I am excited about the possibilities this program could bring. Most of the teachers agree that the kids

will like this," the last words from Dr. Cohen on the exciting new plans.

Now the questions are: Would you have a better time in advisory if the school followed through with this plan- advisory being a classroom for all grades? How about having longer advisory blocks with extra time to work?

No one knows the outcome until the school gives it a try.



Mr. Sortevik's Advisory

Arts and Living

Amy's Declassified School Survival Guide! Part II

By Amy McAveety

When was the last time you used your phone? 5 minutes ago? An hour ago? According to a survey in NY Daily News, 84 percent of people worldwide say they couldn't go a single day without their mobile device in their hand.

The first mobile phone was invented in 1973, so what did people do before that? "How did one survive?" you might ask. They actually communicated with people face to face. There was no such thing as online dating, facetimeing, or social media. Fifty years ago, teenagers talked in person - they actually had to leave the house in order to see their friends. When our parents were kids and they wanted to see their friends, they would either call them up on their one telephone in their house, or walk down the street and knock on their door. Nowadays, a majority of teens just sit in their rooms all day Snapchatting, constantly checking their social media platforms, and texting, too

lazy to actually socialize. Back in the day, there was no "like my instagram" or "streak." They would actually talk to each other and they lived their lives to the fullest. We are all just staring into a box with wifi hoping someone will like our pictures. It's not just teens; adults are guilty of this too. It's saddening to think of what this generation has come to.

Teens are spending as much as one third of their days on electronics. According to Common Sense Media, the average amount of hours a day spent staring at a screen for teens is 9 hours. A common thought might be - what could they possibly be doing all that time? Social media is an extremely popular way for teens to pass the time today. The most popular social media platforms are Instagram, Snapchat, Twitter and Youtube. Social media has its pros and cons. Cons being cyber

bullying, stalking, peer pressure, and being exposed to inappropriate websites or profiles at a young age. Pros being education - Chromebooks are a great advantage that people didn't have 30 years ago. There's also having a wide audience to express your voice and opinion. Social media is an easy way to get your thoughts out into the world, make great friends, and maybe even one day, become famous.

All in all, electronics can be good, and they can be bad. Don't forget how Google is always there to translate something from a different language and answer your dumb questions. But don't spend too much time on your devices! Go outside! Talk to someone in person! Life is short, and your phone will always be there, but your family and friends won't. So enjoy life in the moment a take a break from your screens!

-Amy McAveety

A Volleyball crisis!

A short story, by Angelica Oviedo-Fermin

Prologue

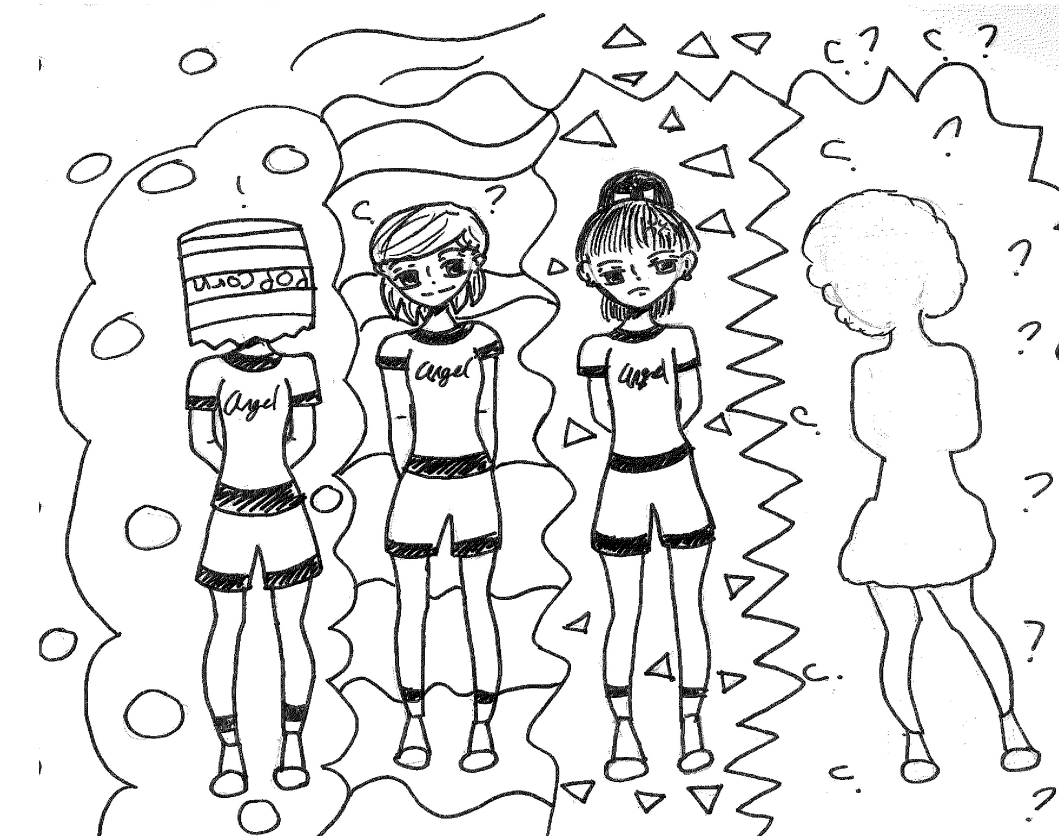
On a small island in the Pacific Ocean lived a young, witty, odd girl named Evelyn Diamond, who always wore an empty popcorn bag on her head. She had a brother named Simon, and two best friends, Amy and Jess. Simon, unlike his sister, was very popular but, also unlike his sister he didn't talk much. Amy was sort of a wild child in her own way, and some people thought she was just insane. Jess was calm and collected; she was smart but, strangely, not the smartest in the group. Little did these four know, they were about to undergo the most dangerous of adventures.

Part 1

It was a beautiful evening on the island of Oahu located on the Hawaiian island chain, when Evelyn Diamond was walking home with Amy.

"Ahhhhhhhhhhhhhhhhhhhhhhhhhhhhhhhhhh! I can't believe Dad made me walk home! See, this is exactly why I said he needs a new car!" groaned Evelyn Diamond.

"Seriously Eve? it's not a big deal, the bus just dropped us off at our stop. Your house is only 10 minutes away. Mine, on the other hand is half an hour from the stop!" replied Amy.



Original artwork by Angelica Oviedo-Fermin

"Yeah, I know, I'm sorry, but at least it's Friday. Still, I HATE taking the bus! The people on it are always staring at me! It's really creepy!" said Evelyn with a frown on her face.

"Well, maybe people wouldn't stare at you if you didn't wear that popcorn bag on your head. Seriously, you're attached to the

wierdest things," Amy scolded. She had hurt Evelyn's feelings.

"Sorry. Anyway, let's change the subject. Um, why couldn't Jess come with us?"

"She had volleyball practice," she said. "One of the balls had been popped with only a dot of red nail polish, or at least it smelled like nail polish. They have to find

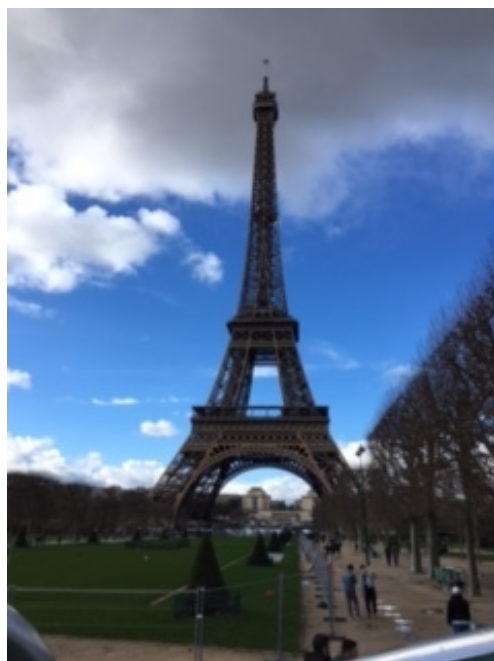
My Adventure to France

By Arielle Holmes

It was the Friday before winter vacation, and the whole school was bubbling with excitement. Some people were going someplace warm, some people were going someplace cold, and some people were just staying on Nantucket and chilling.

Me? I was going to France! The beautiful European country 3,496 miles away from the small island of Nantucket. I am going to run you through getting to France - my personal journey, and some of my favorite memories from the trip.

My alarm buzzed at 4:40 in the morning on the first Saturday of winter break. I was more than excited! The energy pulled me out of bed. A two hour boat ride later and I was on Cape Cod, Massachusetts. After some driving in my car stuffed with suitcases, and my family, we made it to the Boston Logan International Airport. It was around 1 in the afternoon. Our flight wasn't until about six o'clock in the evening, but my family loves to be early. We parked and walked into the airport. It was huge and busy with people! I was so excited, arriving here was like kick-starting the vacation. We checked our bags with our airline Aer(Air) Lingus. It is an Irish airline that my family and I took to Ireland and France, and back. I had never gone on an Irish plane before. Honestly, I was really excited to hear the flight attendants accents.



The Eiffel Tower

Photo courtesy of Arielle Holmes

Uh oh, I thought. Security. The most boring time of my life. Don't get me wrong, the line was not even that bad. But from my other traveling experiences, security is terrible. We got through it and walked to our gate. Since we were so early, there was no one there, which was very nice since it allowed us to spread out, charge our electronics, and chill.

Five hours later, we were boarding our plane. This flight was six hours long. Ugh. I found my seat next to my sister Danielle and this other lady who was a complete stranger. I started playing around with the small plane tv in front of me. It was pretty cool, it had games, music, movies and information about the flight. We lifted off through the sky. It was so exhilarating and it made my stomach

churn!

I watched some shows and listened to music. The plane tv had a very wide selection of music which was helpful. While that was all fine and relaxing, I started slightly dozing off. It really wasn't even that late at night, but the plane and staying in my seat for so long was really making me tired. I did end up sleeping a little on that plane, but trust me, I hate sleeping on planes. There is no way to lay down and every move you make you have to make sure you're not squeezing the life out of the person next to you!

The captain landed the plane and there we were, in Ireland! I was very excited because I had never gone there before. Even though it was only a layover it was still cool. We waited for our flight for about three hours, roaming the airport, and just laying around our gate. When those three hours were over we boarded, yet another, Aer Lingus plane. This flight would only be around an hour or so. Thank goodness! I don't know if I had it in me to do another six hour flight.

For this plane ride I basically just roamed on my phone playing games, just trying to get through. Like I said, I could not really sleep, even though I knew I should rest and shut my eyes, but I wanted to see if anything would happen. Nothing. Oh well!

See *France*, page 15

Does Nutella Really Cause Cancer?

By Sonia Dhar

Imagine waking up in the morning and making toast. Then from your cupboard, you grab a jar. Just as the toast pops out of the toaster, you unscrew the jar and take out a butter knife. Quickly, you take your toast out of the toaster and placed it on the counter. Afterward, you dip your butter knife into the jar and spread the smooth paste across the toast. You take a bite and it is both chocolatey and creamy, but also crispy from the toast. This is Nutella, a world-loved chocolate hazelnut spread.

In 2014, Nutella celebrated its 50th birthday and it and other Ferrero products are now sold in over 160 countries.

It all began in Piedmont, Italy. During and after World War Two, there was a limited supply of cocoa. Pietro Ferrero, a pastry chef, invented a delicious paste containing hazelnuts, sugar and only a small amount of cocoa. He called it 'Giandujot' and shaped it into a loaf that could be sliced.

On May 14, 1946, he officially founded the Ferrero Company and they made a



See *Nutella*, page 19

Recap, continued from page 9

Lastly, the OJ team went to Hershey, Pennsylvania for the Eastern Sectionals. Easterns is a huge competition, and like Lowell, it has arena seating and a jumbotron. One of the teams that competed was the Skyliners from New York. They were one of the biggest teams that competed and they won 1st place at almost every level. The OJ team competed against 8 teams and placed in 6th for the last time.

France, continued from page 14

I arrived in France sooner than I thought! It was around eight in the morning, but it felt like two AM. The airport was huge! Instead of escalators, there were moving floors. There were tubes in the middle of the airport getting you to whatever gate you wanted. The tubes that went up hill were the ones with the moving floors. I swear every step I took I was about to fall straight on my back! They were really fun and very different from what I have ever "rode" on before.

My family and I left the airport in our rental car. It looked like a Honda silver mini van but the back was a square. It looked hilarious! We found our hotel, which was the Marriot, and had brunch at the small market they supplied. We then went to the pool for a little bit and scoped out our hotel.

Here are some highlights of my trip that I will remember forever!

Day 1: My family and I jumped into our box car and drove two hours to the town of Versailles (Ver-sigh). It is a beautiful town filled with shops and restaurants, gorgeous churches and the breathtaking Le Chateau de Versailles (The Castle of Versailles).

We walked up to the castle only to find that, sadly, we could not go inside but we could look through the gates. The castle is gold - literally. Unbelievable details of gold covered the castle, like ornaments on a Christmas tree. Since it was raining that day the castle was covered in a wet gloss of water, creating a shiny look. The sight was amazing.

Overall, it was a pretty great season. Captain Amanda Mack feels, "Although we had some minor mistakes throughout the season, we will just learn from them and become even stronger."

Everyone also enjoyed traveling together and becoming closer as a team, Mack stated the team got closer because "We were all together and having fun." They are already looking forward to the next season.



*Beginner Synchro team leaving Nantucket on their way to compete in Bourne, MA.
Photo courtesy of Monique Harrington*

Day 3: Eiffel Tower day! We drove two hours to get to Paris. We parked near the tower, to make sure we didn't lose our car! My family and I checked out the beautiful sight at a little park area and took some pictures.

It was surreal seeing the Eiffel Tower, I had always dreamed of seeing it, and now my dream had come true! We had an hour or two to spare before our tour guide brought us in the tower. We decided we would go to a cafe and go souvenir shopping. Once our tour guide arrived we began the tour.

Each leg of the tower is the size of a restaurant, and if you stand under it you can see all the way up. We took the elevator to two of the three floors. The first floor had an amazing view. You could see the whole town for miles and miles.

We then took the elevator all the way to the top. Looking out and down you felt like you were standing on top of the world. Hundreds of more miles were visible. Your mindset was in the clouds, and so were you! It was an amazing day.



*The Holmes sisters at Euro Disney
Photo courtesy of Arielle Holmes*

Day 4: My last memory was on Thursday, when my family and I went to the Louvre. The Louvre is a huge museum with the world's history in it. The courtyard of le Louvre was filled with people and tour buses.

We found our tour guide and headed in. There was a room for tourists to put their coats and bags and personal belongings. After seeing this room, I was surprised and very impressed by the security.

We walked our way through most of the museum seeing and learning the history of the Greeks through the amazing statues of glorious gods. We learned about French history through amazing paintings, textures flawlessly painted. We learned about Catholic and Christian life through paintings as big as the wall of a house! There were even stone walls bordering a room of the museum from a fortress created thousands of years ago!

To me all of these things were amazing, but one of the most awesome things that I saw was the Mona Lisa. It was behind bulletproof glass, and you could not get very close to it, but still unforgettable!

The whole vacation was amazingly fun! Everyday a new memory was made. I learned so much new history, saw so many beautiful buildings and paintings, ate the best food, and experienced so much more!

After all of this, my one traveler's tip would be to make sure every day, no matter where you are, or what you are doing, is filled with memories that will last forever! Au revoir!

Plants vs. Zombies: Garden

Warfare 2 Proves to be a winner!

By Filip Rudkowski

In the game Plants vs. Zombies: Garden Warfare 2, for the first time ever, the plants are on the attack to reclaim Suburbia from the zombies. The game features quite a roster of maps and game modes to play on, as well as a diverse cast of characters catered to different people's playstyles.

The gameplay (the tactical aspects of a videogame), in my opinion, is pretty good, with events like mystery portals, hero showcases, and community challenges that show up for a limited amount of time for people to participate in. The maps themselves are fun to play on, and are located in areas like the Coliseum, a factory, and a theme park based on time travel.

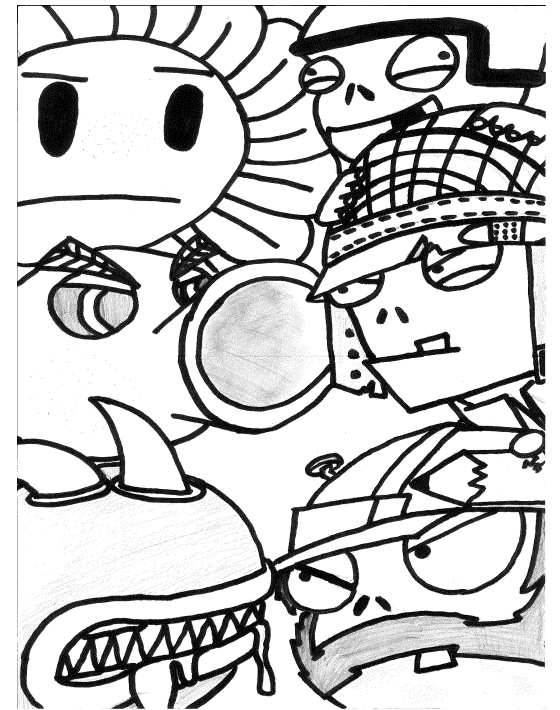
The amount of game modes that you're able to play on are very fun. With

Filip's Video Game Review

the popular playing modes such as Turf Takeover and near ever-lasting Gnome Bomb make the game more enjoyable and diverse.

And how could I forget to mention the Backyard Battleground? This is basically the home menu, however, it doubles as a large battleground you can mess around in with your friends. Players may also find exciting secrets within the Battleground. A mini game available in the Backyard, "Delivery Missions", may give you a new challenges to complete. Depending on which side you're on, you are able to do ten missions for two separate NPCs (Non-player characters) in-game while being transformed into either a goat, or a Chomper plant.

All in all, I would rate this game a 4.5/5, mainly because of things like



Original artwork by Filip Rudkowski, depicting some of the characters in the game. Z-Mech Imp is in the upper-right hand corner.

character balancings and the sort. Besides that, I do enjoy this game and hope to see improvements to certain characters in the future.

How to stay on top of school work

By Quinn LeBrecht

It's no secret that school can get a little hectic when deadlines roll around. For example, when it comes to organizing, you might lose important things. Luckily for you, there are so many ways to stay on top of school work and be organized while doing it.

The number one tip most people would give is to do your homework as soon as you get home. It's not ideal, because I'm sure the last thing you want to do after 6 hours of work is to do more. It helps you from procrastinating until the very last minute. So, grab yourself a snack, take out your work and get started. Again, this will help a lot in giving you more time to do other things like sit on the couch and do nothing for hours.

Another tip that helps me a lot is working in a clean environment. If you do homework in your room like me, it is best to clean up. You have so much on your mind already that this is just one less thing to worry about.

A tip that was actually given to me by a friend (it actually works) is to set your work as a reminder in your phone for when you get home. If you're like me and don't do your homework right away, this



Gillian and Bella showing off a few hacks!
Whalers' Watch staff photo

helps a lot. Set the reminder as soon as you get home, so in a few hours when you're done doing nothing, you will know exactly what needs to be done.

One other helpful bit of information is on the first month or so of school, set your phone wallpaper as your schedule. You can usually find it on Aspen, so screenshot it and set it all up. Although you cannot use your phone during school, just check in the morning either on the bus or in the car. You can also do this on your Chromebook. Just go to Aspen, find your schedule, hit Ctrl+Shift and the little button on the top that is a rectangle with two lines and highlight the whole page to screen shot and then

set that as your computer wallpaper.

Organization is key to being successful in school and keeping good grades. A really big organization tip lots of people use is to keep an accordion folder labeled with all your classes. This easily helps you find what needs to be done for all of your classes.

You would think this next one would be a given, but a lot of people don't utilize this strategy. Use your locker!!! It was given to you for a reason, you don't need all of your binders for one class so put some away!

Speaking of lockers, it really does help to keep a few non school-related things in there. This could include a sweatshirt for when it gets cold, or if your friend needs one. Keep snacks in there, nothing that could go bad or rot or stink up the whole school. Something like chips or something are a great thing to keep in there if you didn't eat breakfast that morning or forgot lunch.

Those are just a few, but very helpful and crucial tips and organization hacks to help keep you on top of your grades and have it stay that way. Hope these help!

Hacking your way through CPS *By Bella Cutone*

School...

It's definitely not a favorite among students, but here are some easy "hacks" on how to survive it!

Everyone knows there's that one teacher who makes their tests, like, ten million pages long, and I'm pretty sure they do it just to watch you suffer.

Hack #1: While studying for this test, chew a different flavor of gum than you would normally chew. Just as you're starting the test, start to chew the same gum you were chewing while studying. This will jog your memory back to when you were preparing for the test.

Hack #2: Everyone knows that one person who always asks for pencils, but NEVER gives them back. To ensure that you finally get your pencils back, mark the bottoms of the pencils with nail polish or anything that seems to stick out, so you know which pencils are yours.

This next one is a LIFESAVER.

Hack #3: While giving a presentation for a class, set up one of your friends to

ask a really hard question towards the end of the presentation. You will already know the answer to the question and your teacher will be very impressed...you're welcome.

I've doubted this next hack for a long time, but surprisingly it works!

Hack #4: Wrote on a white board with permanent marker and suffered the wrath of your teacher? Quickly color over it with dry erase marker and wipe away...the marker is now non-existent!

Hack #5: This last hack is as simple as eating an apple. If you have to stay up late and study, eat an apple! According to Cornell University, "apples contain a high amount of vitamins, phytonutrients, antioxidants and fiber, which keep the body going.....apples contain no caffeine but instead have about 13 grams of natural sugar." This has a similar effect as coffee since, vitamins from the apple are released slowly throughout the body, making you feel more awake. Not only will the apples keep you up but, are also the perfect late night



A few of the things you'll need for Bella's hacks

snack!

While chatting with fellow eighth grader Ruby Dupont, she let me know that she was a little annoyed that she had not known these.

"If I had known these when coming into middle school, my middle school experience would have been like ten times easier. I want to try some of these out."

Middle school is definitely not the easiest thing in the world, but hopefully a few of these hacks will make things a little less stressful.

U15 Lacrosse Team, continued from page 9

the field, nine players and one goalie. Three players are "attack", three are "middies", and three are "defense".

The team relished in their first victory on Sunday, April 2, at the Delta fields. The Sandwich U15 team traveled over here to face Nantucket's fury. Nantucket came out with the lead right after the first face-off when B Jenkinson took the ball down the field and scored. Many other goals were scored by our team including Jack Gammons, and many great saves were made by goalie George Boucher. The game ended with a nine to five win, and everyone played very hard and fast.

Jack Wilson (attack), a veteran lacrosse player states "I hope it is a very productive season, and I think it will be."

Will Halik (defense) looks forward to being on the field and, "Start winning again!"

Last year, the U15 team went

undefeated for regular season games and advanced deep in the "select" round, the more advanced and competitive games.

If last season is any indication, this year will prove to be equally as successful, if not better!

Volleyball Crisis... continued from page 13

who the culprit is," giggled Evelyn. "She *really* wants to find out who the culprit is."

The next morning, Amy and Evelyn went to Kailua Beach Park to watch Jess and the rest of the volleyball team play against a team from the enemy school. At the end of every game the two schools always got into fights.

The game ended in a draw, so Jess decided to stay after to get more practice in for the rematch, Amy and Evelyn stayed with her. However, to Jess' dismay all of the volleyballs were popped.

"Wow that's strange! What kind of person would do that? That is just such waste of time!" whined Jess.

"Totally! I wonder what kind of noise it made?" questioned Evelyn.

"Seriously, that's the question you ask?" replied Amy, her neck and right hand coming forward. "Anyway let's get going home, it'll start to get dark soon."

"Yeah, you're right. Let's." Jess agreed.

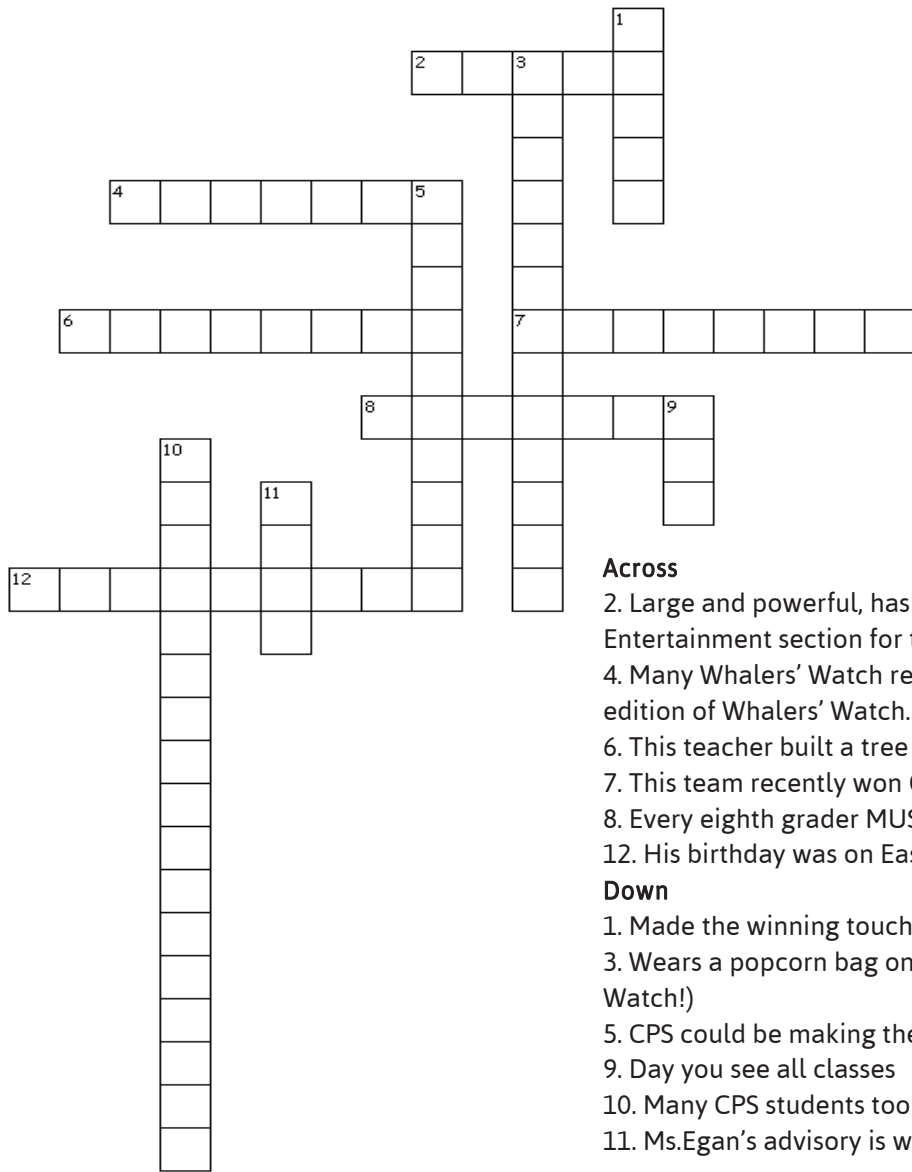
After school the next day, Jess went to the storage room to get the bag of volleyballs for practice, but instead, she discovered something peculiar. All the balls had popped, just like they had on the beach! What a weird coincidence, she thought.

Jess' anger made her infamous for getting her into some major trouble, it was not to be taken lightly. Which is why she went on a rampage after she found a dozen threat letters in her locker about shutting down the volleyball team.

See Volleyball Crisis, page 18

WHALEERS' WATCH CROSSWORD PUZZLE

Read the paper to find
(most of) the answers!



Across

- 2. Large and powerful, has 7 variations and is controlled by a small reanimated corpse (Reference our Entertainment section for this one!)
- 4. Many Whalers' Watch readers may be taking a break from this popular (and delicious) spread after this edition of Whalers' Watch...
- 6. This teacher built a tree and put it outside her door in hopes of winning some points for Brant Point
- 7. This team recently won Championships!
- 8. Every eighth grader MUST participate in this for it to remain a tradition
- 12. His birthday was on Easter this year (and he WON'T let you forget it)

Down

- 1. Made the winning touchdown for the Patriots during Superbowl 51
- 3. Wears a popcorn bag on their head (hint: read the entertainment section of this edition of Whalers' Watch!)
- 5. CPS could be making these multi-grade next year
- 9. Day you see all classes
- 10. Many CPS students took part in this event by reading and voting
- 11. Ms.Egan's advisory is working on finishing this children's movie, slowly but surely

A Volleyball crisis! continued from page 17

First the volleyballs, now this!? One especially stood out, "SHUT DOWN THE VOLLYBALL TEAM OR ELSE I WON'T STOP WITH THE BALLS!"

They misspelled volleyball! Jess finally calmed down and walked to the student council room down the hall. Whether she talked with the president, or the vice president, it was a mystery.

"Okay you need to do something about this!" barked Jess. She slammed her hands on Simon's desk as he crossed his legs.

"Okay calm down, you didn't even tell us what you're here about." Simon said to the vice president Jellal. Simon, Evelyn's brother, was the student council president.

"Why are talking to him?! I'm the one in a crisis!" shouted Jess. She was losing it all over again.

Just then Jellal cleared his throat, *Ahem* "OKAY, CALM DOWN, YOU DIDN'T EVEN TELL US WHAT YOU'RE HERE ABOUT."

Jess was stunned. Amy ran after her and fell backwards while opening the door, Jellal was so loud. Simon knew they only

had one way to find out who did this. They were obviously trying to stop people from playing volleyball, but why? Only one person could figure it out,

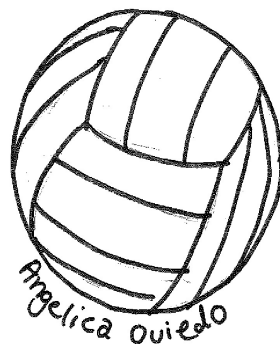
"Bring her to me," commanded Simon, it sounded so demanding. Jellal was about to repeat it,

"BRIN-" Jess cut him off.

"IT'S ALRIGHT! I think Simon was loud enough, Jellal!"

Jess and Amy knew they could only wait for her to arrive at the student council room. Just then the doors flew open and there she was...

Be sure to pick up the next edition of Whalers' Watch for Part 2!



Gone, continued from page 11

I would recommend this intriguing story to anyone who loves to read, or a stranger I saw on the street- it's just that amazing. For anyone who hasn't read a book in long time, I recommend this book to get back on track. There are six other books in this series and I can almost guarantee that you'll want to keep reading. *Gone* proves to be a truly life-changing book, that leads readers to reflect upon their own life, as it successfully captures all the human emotions in one fascinating and dramatic tale.



The full series by Michael Grant

Nutella, continued from page 14

new and improved product called "SuperCrema" in 1951. In 1964, Ferrero's son, Michele, through trial and error, created the enjoyable, creamy Nutella that countless people still enjoy today.

One day, in January of 2017, I walked into to school to everyone telling me that Nutella causes cancer. I, personally, have always loved the spread and was very skeptical, so I decided I would find out for myself.

The European Food Safety Authority (EFSA) has discovered that when palm oil is heated at temperatures over 393°F, it produces glycidyl fatty acid esters. Glycidyl fatty acid esters are the main cancer worry, as they may promote cancer risks.

What does that have to do with Nutella, you might ask? The spread is made out of many ingredients, but it is mostly comprised of sugar, palm oil, hazelnuts, and skim milk. Palm oil was the ingredient that started all of the rumours about Nutella causing cancer.

In Italy, a large chain supermarket started to remove over 200 products after being informed about what the EFSA had found out. The confusion began when people thought that Nutella was one of those products.

The official Nutella Twitter account (@NutellaGlobal) confirmed that this was not true. On January 13, they tweeted "News that #Nutella is being pulled from shelves in Italy is completely FALSE: some retailers are marketing palm oil free products."

Furthermore, "Claims that #Nutella can give you cancer are irresponsible and ridiculous. Health and safety of consumers are absolute priorities for us." The EFSA had not advised consumers to stop eating Nutella, and that further research was needed to verify the dangers of the palm oil in Nutella.

So, to Nutella lovers across the globe, don't worry - Nutella does not cause cancer!



Surf's Up, continued from page 8

club initially began.

The Surf Club started up again when Maya Kotalack was in school, but fell apart once she graduated in 2014. Psaradelis explains, "Mia Kotalac was a huge part in that, she kind of brought the second wave of the surf club back in."

"Initially it was a club back in 2006, that was the first year we had it, myself and Mr Little [currently a teacher at the New School]," continues Psaradelis. This year is the third time it's been a club since 2006. Surf Club President Tyler Wheeler, NHS Senior, and Surf Club Vice President Luke Johnson, NHS junior, brought it back. Johnson and Wheeler reestablished the surf club to share the love and passion they have for the ocean and surfing. Being fortunate to live on an island, one is never too far from the a beautiful beach.

Johnson is passionate about surfing and the Surf Club. When asked what his goals are for the surf club, he stated, "the Surf Club's goals are to encourage people to start surfing and take care of the environment."

Johnson and Psaradelis share similar goals. "...our major goal this year is to create longevity, start a momentum of getting students who aren't just concerned of this year but about building a club that is going to last...spreading the surf culture and environmental peace," Psaradelis elaborated.



Luke Johnson, Surf Club VP, getting some serious air in Costa Rica! Photo courtesy of Lu Johnson

The Surf club is trying to accomplish many different things, for example a movie at the Starlight Theater. The club tries its best to keep the environment and ecosystems of Nantucket from getting polluted.

Mr. Psaradelis says that he would love for middle schoolers, like myself, to join the club so when next year comes we will be able to say that this is our second year in the Surf Club, and be able to help out the club more. "Initially my goal was to share the love for surfing to people who were interested in it. And help support young people that wanted to start surfing or get better at surfing," he remarked.

The Club hopes to accomplish all these goals before the year ends. I joined this club because I enjoy surfing in my free time and it sounded super fun. So if you love the ocean, surfing, and keeping the environment safe and healthy then you should join the Surf Club.



Tim Psaradelis, CPS Math Intervention teacher, and NHS Surf Club Advisor

What is a Horoscope?

A Horoscope is a prediction of one's future based off of the month in which they were born. The predictions below are based off of the alignment of certain stars and planets, and the random thoughts and predictions in my head.

Aquarius (January 20- February 18): May is a month of improvement for Aquarius. Getting help with that one subject that you may struggle with is very important. Also the love of penguins will be very important this month, which will make you be very conscious about global warming.



M

A

Pisces (February 19-March 20): The lovely month of May will be hectic for Pisces. You will be rushing around so much it could lead to a big embarrassment. You will be able to recover by having your pet turtle comfort you through this. Also grades in English may seem to be at a current low point.



Y

Aries (March 21-April 19): An adventure is waiting for Aries during the lovely weather of May. The month may start off by wondering what their favorite type of cheese, exotic fruit, or favorite type of pickles they will learn to love (There are too many to choose from). Through this love of food it could lead to doing less homework, and causing the teachers to wonder why they are eating pickles instead of doing homework.



H

O

R

Taurus (April 20- May 21): During the month of May, Taurus will be focused on their goals whether it be during CPS sports such as soccer, lacrosse, etc. There is also the chance a Taurus goal could be to run the mile in PE without trying to collapse at the end, or to get their grades up for that one class they are currently failing.



O

S

C

O

Gemini (May 22- June 21): Gemini might have trouble choosing if breakfast is more important than doing homework during this busy month of May. Missing the bus or ride to school may happen more than just once. Due to the several days of being tardy, Mrs. Holdgate may even already have your tardy slip ready before you walk in the door.



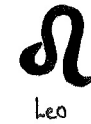
P

Cancer (June 22-July 22): In the future Cancer's grades will go up and down as their supply of pencils do. Although there will be much improvement in grades there will most likely be that day where everything goes down, even you! Falling for some reason is a big but random occurrence this month. Whether it's you trip and fall over someone's backpack or you trip over your dog when you take it on a walk. Somehow falling will happen, but there is always a reason to get back up.



E

S



Leo (July 23-August 22): This month is going to be very lucky for Leo. Leo will be very lucky and strong trying to not get sick from all of the other fever infested students. You will also be wondering why random objects are shaped the way they are. For example the water bottle! Why isn't it shaped like a circle or a square?! How would you even describe the shape of a water bottle?



Virgo (August 23-September 22): The month of May for Virgo will be an intense month with a very serious opinion on how frogs actually turn blue in the winter. Although many may think this is not even possible, with a Virgo's imagination he/she can convince anyone that octopus is actually a vegetable not an animal. This will cause all of the 8th graders to succeed with their MCAS testing in science. The key during this month is to remain confident and with only good thoughts.



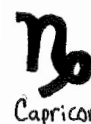
Libra (September 23-October 22): The color of green will be in Libra's interest this month, even though St. Patrick's Day is over...Libra just got in the spirit. To continue, Libra will be interested in the making of cupcakes with specifically 1 tablespoon of chocolate and three pink sprinkles. When being this specific it can lead to much success in a culinary career.



Scorpio (October 23-November 21): During May for Scorpio changes will happen due to the lack of carrots being eaten every day. Carrots are important because they improve your eyesight which can lead to maybe reading 5 books this month. Reading can improve your brain function for waking up super early for no reason.



Sagittarius (November 22-December 21): History is going to occur this May for Sagittarius! May will be the month where history is that is very important. Why may you ask? Well because this month you are going to be making history! Being motivated for the month of May will make you successful in not forgetting to work on your essay for English!



Capricorn (December 22- January 19): Awaiting in the future for Capricorn he/she will be very dependent on their left foot this May. The left foot is very important to have because without it it would be hard to walk to the fridge to get a slice of pizza. Speaking of pizza, you will enjoy pizza almost every day at lunch with all of your Capricorn friends.

All astrological symbols were hand drawn by Lily Hunter.

A Day in the Life, continued from page 12

After that, she lets the kids play Quizlet live for the remainder of the class.

After E block, it's almost the end of the day, and the students take the walk to their second encore. As Mrs. Byrne's students file into her room, they take their scripts out of their bags. Mrs. Byrne teaches theater and the class is doing a

play called "Bottom of the Lake." They learn blocking and practice their lines. Each group is called up and they dissect their scenes, and little by little master them. At 2:15 Mrs. Byrne tells us to pack up and put our scripts away.

At 2:20 the bell rings and the students run out the door. The hallway turns into

a rat's nest of kids running to the gym and the busses.

Until tomorrow.....

