

# the TALON

JUNE



## **GOD'S PLAN**

*Behind the scenes of  
Woodwork.*

## **'ROUND THE WORLD**

*Six students share their unique  
cultural backgrounds.*

## **FALCON SWEEP**

*Boys and girls lacrosse bring out  
the broom.*

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**CORRECTIONS (MAY ISSUE):** On the Senior Destinations page, 30 students were incorrectly identified under Xavier University. Rachel Ward will be the only student attending Xavier University next fall. We apologize for incorrectly identifying these students.

## TALK TO US



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## COVER PHOTO

As classes wind down, the last quarterlies are taken and summer creeps closer, the anticipation for the break to come looms. In past years, students took full advantage of summer vacation by swimming, boating and hanging out with friends. "I'm excited for more free time with friends doing the things I love," junior Elliot Skopp said. Photo by Robby Kershaw.



Photo by Samantha Sullivan



Photo by Lifetouch



Photo by Katie Arndt



Photo by Valerie Earhart



As the end of the school year rolls around, so do exciting events such as parking in the senior lot, going on service learning field trips and attending state championship games. After a long year of studying, upperclassmen have started planning their summer activities. "I'm going to be doing an internship at the hospital and working as a lifeguard this summer," junior Anna Marcoon said.

## God's Plan

The annual summer mission trip that inspires the kids of Severna Park.

by Matt Mangano | Features Editor



Youth and advisers put up second floor walls.

Every summer, dozens of kids from the Severna Park area participate in Woodswork, a group that teams up with Woods Memorial Presbyterian Church and Habitat for Humanity to give back to communities across the East Coast. Woods partners with local high schools, churches, and Habitat chapters to provide the best help possible. According to [habitat.org](http://habitat.org), Habitat for Humanity is a global nonprofit dedicated to providing affordable housing for those in need in over 70 countries. “It’s great to see you can make a real difference in the world,” sophomore Holden Tatem said.

This year, Woodswork is going to Salem County, New Jer-

sey. Junior Annabelle Cotton, the co-chairman of the Woodswork Committee, is one of the trip leaders and organizes the logistics of over a hundred student volunteers traveling and building homes. “It’s all about making a lasting difference in the community,” Cotton said.

Although many people from the community have heard of Woodswork, what actually takes place during the trip remains relatively unknown. Because there are so many participants, it is important they stay organized through “work” groups and “small” groups. The work groups are typically four to five kids who each day are paired with an adviser and assigned tasks such as building walls, laying foun-

dations or helping clean up the neighborhood. Small groups consist of up to ten kids and three advisers who meet every evening to discuss spiritual matters and relate the work day to their faith. “Woodswork is a fantastic opportunity to work with my peers while participating in community outreach,” junior Rachel Hartley said.

Woodswork is not as easy as a typical summer camp, as the youth have chores, work for hours beneath the hot sun and endure many other unique challenges on the trip. “The worst part is waking up at 6 a.m.,” Hartley said. Deafeningly loud music is played at the crack of dawn in order to wake everyone up quickly for the long day ahead of them.





Groups usually take pictures after completion of their first wall.



Brothers Jeremy and Hunter Simon put in the work.



Steven Shin led the Harrisburg neighborhood beautification projects.



Youth pose on the second floor of one of the houses at the site.



Even with all the work being done, there is still time for games like volleyball.



Last year Woodwork completed the foundations of three homes in five days.

Once on site, the real work begins. Work groups take off in vans from the high school where they sleep to the job site. There, build leaders are stationed at each of the three houses to be built in Salem County waiting to give orders to construct the homes. Some groups are involved in the community, where they help clean the streets, paint murals and interact with the people in the neighborhoods.

Perhaps the most unique part about Woodwork is the tight bond formed between students during the trip. Carson Sloat, a sophomore on his second trip this summer, has made one friend in particular who has left a lasting impact. For the past three years, graduate Hunt-

er Simon has made benches using scrap wood from the build. “Last year, his senior year, he passed the tradition of building a bench out of the scraps down to me. I love the idea of tradition and it is something I plan on keeping alive throughout my years on Woodwork,” Sloat said.

Woodwork has positively impacted the lives of hundreds of youths, adults and the less fortunate who benefit from their work with Habitat for Humanity. “It’s not just something to put on your resume, post on your Instagram or drop into a conversation to show you’re a ‘good person,’ but it impacts you and the community so much more,” Cotton said.



On the trip, youth and advisers met with the families they were helping.

Woodwork is a very popular mission trip for Severna Park teenagers. Last year, they travelled to Harrisburg, PA, “you’re actually making a difference and that’s what makes [Woodwork] so special,” junior Annabelle Cotton said. Photos by Scott Wiley.

# Panda Express

SPHS students are set to travel to China this summer with Dr. Barbara Segnatelli.

by Connor Killeen | Editor-in-Chief

The end of the school year is quickly approaching and SPHS students are beginning to think about summer vacations. Many students spend their summers at nearby beaches tanning and enjoying the warm weather. However, this year, a handful of SPHS juniors will be flying 7,000 miles to China for a school-sponsored trip.

The traveling begins on July 5, when students will fly from Baltimore, MD to Beijing, China. Over the course of the trip, students will experience the cities of Beijing, Xi'an, Chengdu and Shanghai by way of bullet trains and a Yangtze River cruise. "I want to immerse myself in a non-western, foreign culture and view one of the most ancient civilizations from their own perspective," junior Connor Garmey said.

Students who do not take Chinese classes are attempting to learn some of the language before the trip so that they can communicate when in China. "I've been teaching myself the basics of the language. There are over 30,000 characters and five tones that words can be

pronounced in so it's difficult," Garmey said.

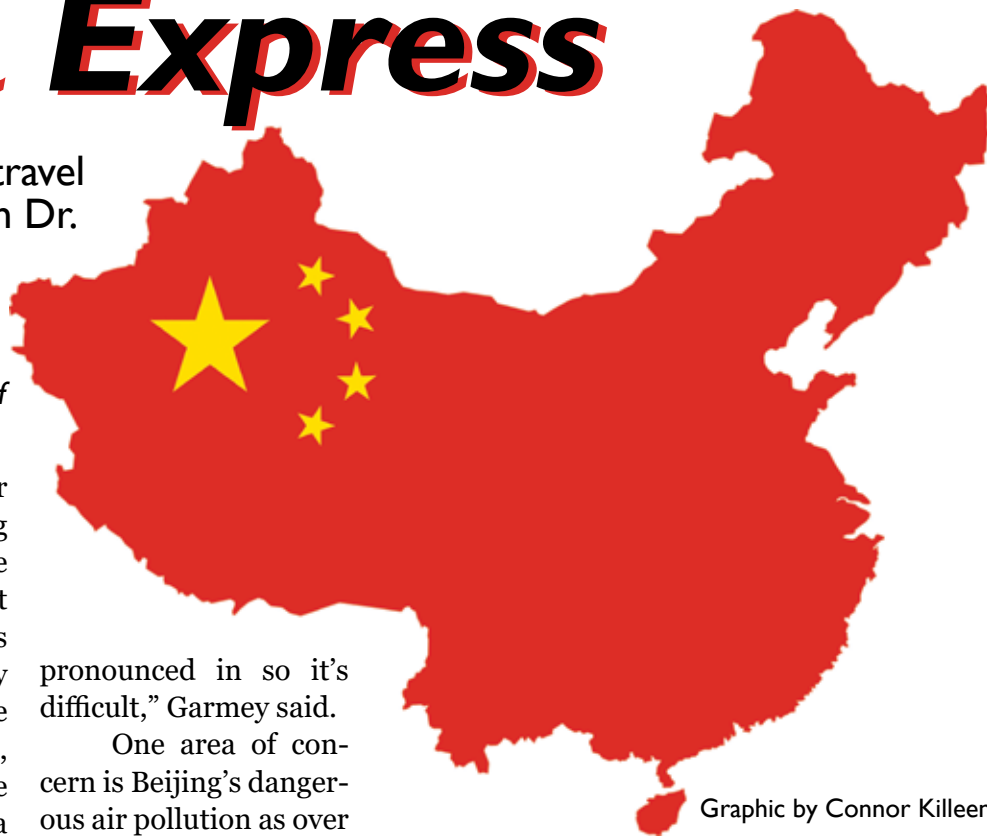
One area of concern is Beijing's dangerous air pollution as over 1.1 million people died in China due to air quality-related illnesses in 2015, according to the World Health Organization. "I am getting N95 masks for the pollution which is very bad in Beijing," Garmey said.

Students are also concerned about how they will manage their digital life while in China. "I am also planning on getting a VPN, which allows me to avoid any internet censorship." Travelers are purchasing VPNs for other reasons as well. "I believe I will be purchasing a VPN because I want to stay on Snapchat to keep my social life together," junior Wyatt Eagleson said.

Additionally, students are already making sure they have all of the supplies needed for the trip next month. "I have been packing dili-

gently according to Dr. Seg's travel guide packing list," Eagleson said.

Students are excited to immerse themselves in China's unique culture, as it is something they have never experienced before. "I am most excited to try the food throughout China, it cannot be even closely replicated anywhere else," Garmey said. Almost every night on the trip, the travelers are scheduled to eat traditional Chinese meals and cuisine. "I felt that it was a trip that was once in a lifetime and I pounced on the opportunity to go," Eagleson said. The students are also looking forward to seeing wildlife, particularly pandas. "I am stoked to see the pandas. I've even heard accusations, though I cannot confirm nor deny, that I get to hold a baby panda," Eagleson said.



Graphic by Connor Killeen



# Our Minds Matter Movement Makes Waves

The student-led movement has sparked a conversation about mental health.

by Carey Cameron | News Editor and Amanda Vu | Opinions Editor



Students and parents gather in downtown Annapolis during an Our Minds Matter rally. The movement was created to address school and county gaps in mental health resources. “By talking about our mental health more and allocating more resources, we were able to take charge and really help ourselves when we felt like no one was able to help us,” Our Minds Matter leader, Sabina Khan said. Photo by Amanda Vu.

Mental health is an often-stigmatized topic, however that is changing. Founded by five SPHS students: Lauren Carlson, Parker Cross, Sabina Khan, Megan Mouldale and Katrina Schultz, Our Minds Matter aims to shatter that stigma surrounding mental health and advocate for more resources for students who would like to seek help.

The movement began in late March after a student suicide that rocked the community. The group of five students wanted to address mental health issues that the county was not, to ensure that the school does not lose another student. “We

can’t keep losing kids. We can’t keep having kids die because of mental health problems,” Cross said. The student body has been generally supportive of the push towards an understanding of mental health. The only backlash, has resulted from a lack of awareness. Some students think that a mental health problem does not exist at SPHS, but the large majority agree “that it’s about time that we start talking about [mental health],” Mouldale said.

One problem in particular is the insufficiency of resources within Anne Arundel County Public Schools (AACPS). At SPHS “there’s

only five counselors and about 2,000 of us. That’s 360 kids to a counselor, which is a lot higher than the minimum that we’re supposed to have of 250 kids to a counselor,” Mouldale said. The students have repeatedly met with the Board of Education and the County Council in hopes of obtaining more funding and resources for mental health in AACPS. Although the 2019 county budget has already been finalized, the group is hopeful that the attention they are getting will transfer over to more funding next year.

Since March, the leaders organized a march from St. Martin’s-in-the-Field to SPHS, testified multiple times before the Board of Education and the county council and organized a rally in downtown Annapolis. The group plans to continue meeting with politicians, such as County Executive Stuart Pittman and District 33 Delegate, Heather Bagnall. They also plan on pursuing a relationship with other mental health-based advocacy groups, such as Ellie’s Bus. A possibility of creating a student Bill of Rights was introduced by Bagnall, which is something that they hope to pursue in the near future, alongside plans to improve mental health resources for students within the county.

## Junior Year Jitters?

Everything you need to know to prepare for junior year.

by Emily Allgair | Guest Writer and Jared Smith | Guest Writer

### Are 4 APs worth the study hall?

No. Simply, plainly no. While taking four APs gives you priority in scheduling, a study hall is not guaranteed. Many students take four or more, and are stuck with a huge course load and no study hall to help them through it. Often times, study halls are better in theory than in practice. Many kids think they will use the time wisely, when in reality they use it as an opportunity to catch up with friends. If you think about it in the long run, are four college-level classes worth 86 minutes with your friends?

### Should I take the SAT or ACT or both?

Before deciding whether to take the SAT or the ACT, or both, you should consider which subjects you do better in. The SAT has a Reading and Writing section whereas the ACT has a Science and Reading section. Despite these two differences, both SAT and ACT tests include English and Math sections. The requirements of the schools that you may apply to should also be considered when making these testing decisions. Some schools require the SAT, the ACT, both, or are test-score optional.

### Is there such thing as too many extracurriculars?

Yes, since extracurriculars can add to an already hectic workload. While they are good for resumes, or just for fun, they can take up valuable time each week, and are often on help days, preventing you from staying after for academics. Making sure to be in a few extracurriculars should be a goal, but you cannot let it get in the way of your actual schoolwork.



Graphic by Harper White

### Do I have to take all the AP tests just because I am in an AP class?

Not at all. How well you are doing in the class, whether you are retaining the information, and how much that course will affect your future educational path are all valid considerations when deciding whether to take, the test in question. Even if everyone else in your AP class is taking the test, do what is best for you. If you do not think the test is really worth it, save yourself the money and stress.

### When should I ask my teachers for letters of recommendation?

Most teachers and students agree that the best time to ask for letters of recommendation is after AP testing. Once the stresses of testing are over, you can start focusing on your senior year, college and everything else that comes along with it. When you do ask your teachers for recommendation letters, make sure to make it personal: be respectful, ask in person and do not expect their answer to be yes. If they do say yes, be sure to thank them (a “thank you” gift would not hurt).

### Do I have to know what I want to do in my future?

Student’s goals and aspirations change with every new year, and people never stop growing. Knowing what you want to do may help you take classes that could go towards college, but your schedule will be filled with graduation requirements regardless. It is important to go through high school with an open mind about the future, and to be open to all kinds of experiences and ideas. In short, you do not have to know what you want to do with your life at this age, as barely anybody does.



# Mental Health Myths: Debunked

School counselors and Psychology Club officers shed light on mental health myths.

by Amanda Vu | Opinions Editor

**Myth #1: Mental health issues mostly affect women.**

“Mental illness affects all genders. Girls are more likely to seek help so people are more likely to think something is wrong, while men are just supposed to be strong, and it gets to the point where they can’t be and don’t have anything else to turn to,” Vice President of Psychology Club, Lucy Feldman said.

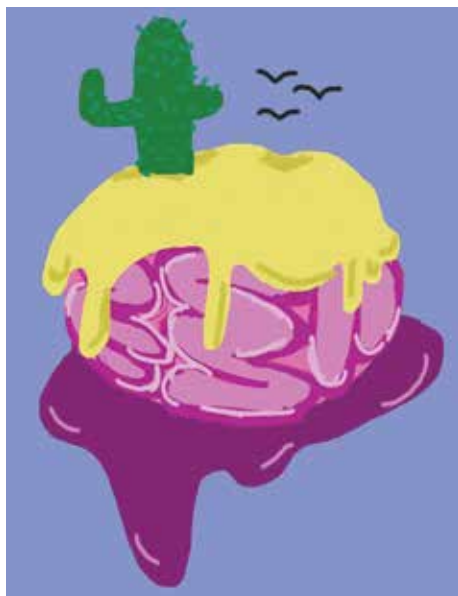
**Myth #2: People who have mental illnesses do not want to get better.**

“Oftentimes emotions come in waves. There is a therapeutic practice called Dialectical Behavior Therapy (DBT) and within DBT there is a skill called ‘Riding the Wave.’ Essentially, negative emotions and mental health wax and wane like waves. At times negative and positive emotions can be more or less impactful. At the worst times, mental health can be debilitating for some making it difficult to want to get better. Most people do want to get better. We do know that someone’s desire and motivation to improve contributes to about 40 percent of therapy effectiveness,” SPHS counselors said.

Alongside school counselors, the Psychology Club is working to highlight the importance of mental health. This past year, they have had guest speakers and promoted discussions on social media. “We hope to be able to promote positive change and offer education about mental health,” President of Psychology Club, Maya Kang said. Graphic by Natalie Castillo.

**Myth #3: People with mental health disorders are constantly in danger of hurting themselves.**

“Having fleeting thoughts of suicide occur relatively frequently among teenagers. According to the 2011 Youth Risk and Behavior Survey, over the course of a one-year period, 15.8 percent of teens reported thoughts of suicide. This is a self-report which may indicate that more have thoughts, but do not report them. However, in reality less than 2 percent of teens surveyed hurt themselves to the point of requiring medical intervention. All thoughts should be taken seriously, but not everyone that has thoughts has a diagnosed mental health disorder,” SPHS counselors said.



**Myth #4: Mental illness is a personal failure.**

“Absolutely not. Mental health diagnoses in many instances are actually hereditary. Just like having blue eyes, mental health conditions can be genetic. Research tells us that 50 percent of our happiness is determined by our genes. The good news is that 40 percent of our happiness depends on what we choose to make of it, and 10 percent of happiness is circumstantial,” SPHS counselors said.

**Myth #5: You cannot prevent mental health problems.**

“All people have the possibility to improve mental health. In fact, there is a whole field devoted to creating more mentally thriving individuals based on increasing things like positive emotion, meaning and purpose in life, relationships, goal setting and engagement in daily tasks. This field is called Positive Psychology. Everyone can take the opportunity to become healthier in the mind and body. Just as we exercise at the gym to stay healthier and to live longer, we can use Positive Psychology interventions to exercise our brain and some of these brain exercises can do the same thing as running,” SPHS counselors said.

For me, gun control has always been a “no brainer” issue. If there is something that is constantly a threat to everyone’s safety, why wouldn’t we put restrictions on it? I get it: the Constitution gives you the right to bear arms, and you are entitled to exercise those rights. However, in the Preamble to the Constitution, it also says that we must provide for the common defense. In my opinion, providing for the common defense means protecting children from being mowed down by AR-15s in their schools. A common misconception is that gun control supporters believe that all guns should be banned. This is

entirely not the case, as the word control means exactly what it implies: regulations. We simply want there to be regulations that ensure our safety in our places of learning. The United States has 120.5 guns per 100 people, which is the highest total and per capita number in the world. Twenty-two percent of Americans own one or more guns. Consequential to these statistics is the fact that Americans are 10 times more likely to be killed by guns than many other developed countries, so I feel as if it is very clear that there is a problem that requires immediate and effective change. Australia, a developed country, enacted strict

gun control laws after multiple mass shootings and has seen incredible effects. In 2017, their homicide rate was the lowest it had been in 25 years. Clearly, gun control CAN be effective, but only if the parties are able to compromise. A common argument against gun control is that those who commit gun violence crimes struggle with mental health issues, but those same people fail to put forward or advocate for mental health legislation. If it is truly a mental health problem, then why don’t legislators put their money where their mouth is and create programs to increase mental health funding?

## PRO

by Megan Mouldale | Guest Writer

# GUN CONTROL

by Jeremy Simon | Guest Writer

## CON

Guns have been a part of the American lifestyle since the establishment of the United States. Citizens have, and should always have, the right to bear arms. Law enforcement can't always be there to save you fast enough, so you may have to save yourself. On Georgian campuses, you can carry a gun for protection because a fairly recent law, known as The Campus Safety Act, allows you to carry a licensed gun around. In one case, a young woman was walking alone to her car at night after a long day of classes, and she was attacked. Thankfully for the small pistol she kept in her purse legally, she was able to protect her life and live an-

other day. Guns are used millions of times a year to protect and save lives and if they save one life, that's all that should matter. If these citizens did not have these tools to protect them, the story could have ended differently, with the bad guy walking away unharmed. All the time, guns are sold undetected on the streets illegally. These are called ghost guns, which are counterfeit guns made in other countries, with no serial number or way of tracing the gun to owner. After asking 287,000 prisoners in 2016 where they got the guns they used, 90 percent of them “did not obtain it from a gun store” and less than one percent obtained it

from a gun show. Guns secure the people's unalienable human rights of life, liberty and the pursuit of happiness. Gun ownership of the people ensures safety in a corrupt government. All over the world there are corrupt governments that will attack their own people or treat them unfairly, like they aren't even humans. In all of those places, the government has stripped away their rights to own guns so they are left defenseless against power, such as the current situation in Venezuela. The government took away their guns and are now attacking their own people and they have no way of protecting themselves.



# A Student's Guide to Summer Employment

SPHS students discuss their current jobs in the Severna Park and Annapolis area.

by Sydney Herz | Guest Writer

As the summer months approach, more students find themselves in need of cash, leading them to wonder where they can or would like to work. There are many restaurants, stores and businesses in the area that are willing to hire teenagers; Rita's, Jenos Steaks, Homestead Gardens, Brightview Senior Living and Level A Small Plates Lounge.

A common hangout for many people in Severna Park is Rita's, the little Italian ice shop. Senior Emily Shoults has worked at Rita's since the summer before her freshman year and is now the manager. "It's really not a hard job, it's pretty easy," Shoults said. "My boss is super lenient with days off and when you can work." Working there offers the opportunity to improve interpersonal skills, practice customer service and learn how to use the register. "It's a really good first job, anyone can do it," Shoults said.

Right across the street from Rita's is Jenos Steaks, an eatery where employees cannot be afraid to get a little dirty. Sophomore Carson Barrett is one of these employees who does pretty much everything including cooking, cleaning, taking orders and answering the phone. "It's fun to work here but it's also serious," Barrett said. Working at Jenos Steaks requires a variety

of skills to perform the job properly and get the most out of the hours working there. "You have to be able to focus a lot and be able to multi-task," Barrett said.

Down the street at Homestead Gardens, many student employees spend their afternoons helping customers with plant and soil questions. Sophomore Macey Scott is a cashier at Homestead Gardens. "I like all the people here, we all get along very well," Scott said. The students who work at Homestead Gardens usually go in right after school and get paid about \$9.25 an hour while under the age of eighteen. "It's a good place to work and not too hard," Scott said.

Across from Severna Park Middle School is Brightview Senior Living, a hot new spot for teenagers to hang out with friends as they work. It might not seem like the ideal place to spend time, but many SPHS students like junior Jake Powell chose the job solely for the pay and to be with friends. "It's a low-stress job and you get to know the residents because you see them everyday," Powell said. Due to the large facility, there are numerous jobs to do, such as setting up, waiting tables and cleaning the kitchen and dining room. "Apply immediately because they are hiring lots of new people for the expansion,"

Powell said.

Not too far from Severna Park is a small restaurant in downtown Annapolis known as Level, A Small Plates Lounge. It has jobs not many SPHS students know about. Junior Parker Cross is a hostess at Level and loves all of the perks that come with it. "For a lot of the jobs here when you're training you get way under minimum wage, whereas at my job I started at above minimum wage" Cross said. Occasionally, Cross gets bored on slow days, but otherwise has fun at her job. "I like all the workers, they're all really nice," Cross said.



As the school year comes to a close, many students will begin looking for summer jobs. During the past few years, numerous teens have chosen to work at Brightview Senior Living. "It's a low-stress job and you get to know the residents because you see them everyday," junior Jake Powell said. Graphic by Connor Killeen.

# FEATURES



Renata Stanescu, Romania



Mehul Sachdev, India



Brittany Seda, Mexico

## **‘Round the World**

Students who bring a variety of cultures to Severna Park.

*by Greer Long | Editor-in-Chief*



Isabella Cropper, Italy



Hyun-Joon Lee, Korea



Salma Abushi, Jordan



It is no secret that Severna Park lacks in diversity, as the SPHS student body is 84 percent white. Among the small percentage of minorities, there are students of many different ethnicities, ranging from Korean to Indian to Mexican. After speaking to these students regarding their unique experiences, I gained insight into their cultural backgrounds. In hopes of spreading cultural awareness and celebrating diversity, I have compiled a series of their personal stories to share with the rest of you.

### **Renata Stanescu**

Sophomore Renata Stanescu is from Romania and moved to the U.S. only three years ago. Stanescu was born in the U.S., making her a citizen, however her parents are not. “My mom had a green card which allowed her to work and live here legally, so after I was born we went back [to Romania] due to my dad’s job,” she said. Stanescu came back to the U.S. three years ago, but her mom had to return to Romania once her visa expired. Stanescu lives here in Severna Park with her godparents, and her dad visits about four times a year. Technology helps her keep in touch with both her family and the Romanian language. “I speak to my family a lot on FaceTime and I watch the [Romanian] news on my phone,” Stanescu said. Stanescu travels to Romania every winter break, and takes a month-long trip during the summer. “Being part of two different cultures has made me more globalized, I’m able to understand more people and their cultures,” she said. “In Europe you’re exposed

to more cultures since you’re living in such small countries. Here, it’s just the U.S. and the states aren’t that different.”

### **Mehul Sachdev**

Junior Mehul Sachdev’s parents both originated from New Delhi, India. His dad immigrated to the U.S. in 1988, after his freshman year of college, while his mom came to the states during the 1990s after attending medical school in India. “Immigration from India to America really sprouted in the latter half of the twentieth century,” Sachdev said. Sachdev is fluent in Hindi and can speak, read and write it. Every Sunday, Sachdev attends a Hindu religious service in Montgomery County. “It’s definitely a divide between living here and going there because in Montgomery County and Howard County there’s a pretty large Indian population, whereas here it’s just me and a few others,” he said. Sachdev has visited India multiple times, most recently in 2016. “It’s always something that I kind of dread at first, but as I stay there and experience it, not only do I feel more in touch with my culture, I appreciate the different way of life that they have there,” he said. The suburban infrastructure of Severna Park is visibly different than that of India’s populous cities. “I’ve had the opportunity to visit both the smaller towns of India as well as the highly-populated cities like Mumbai,” he said. Being part of a different culture allows Sachdev to set himself apart from others in a positive way. “I’m able to dedicate myself and feel more of a connection with it because I’m one of

the only ones in this area who has that to say about themselves, who can say that they’re Hindu and can speak Hindi,” Sachdev said.

### **Brittany Seda**

Sophomore Brittany Seda was born in Michoacán, Mexico, immigrating to the U.S. when she was only six years old. “We moved here for better education, better jobs, basically the many reasons why immigrants come here,” Seda said. Seda is fluent in Spanish and is currently learning Portuguese, a similar language. When she came to the U.S. with Spanish as her first language, Seda had to learn English through an afterschool program. “I started it in first grade and stopped around seventh grade because that’s when I became confident in my English-speaking,” she said. Last year, Seda had a quinceañera, a Hispanic celebration for when a girl turns fifteen years old. “I loved having a mariachi band there and getting to pick out a dress,” she said. Living in the typical suburban area of Severna Park, Seda and her family stay in touch with their culture through food and music. “We always listen to the same music and we speak Spanish in my house,” she said. Seda visited Mexico several times in elementary school, and plans on traveling there again this summer to see family. The differences between American and Latino culture are something that Seda sees regularly. “Having people over my house is so different than me going to other friends’ houses because of our culture,” she said.

# FEATURES

## Isabella Cropper

Sophomore Isabella Cropper was born in Maryland, but her mom is originally from Venice, Italy, having emigrated to the U.S. about 20 years ago. Cropper speaks Italian fluently and is currently taking AP Italian Language and Culture as an online class. “We go to Italy every single year for summer vacation and I have relatives in Italy so I’ll FaceTime them and talk to them,” she said. Although Cropper was not always so comfortable with her mom’s Italian roots, she now appreciates having a unique cultural experience growing up. “I started to embrace it, I was like ‘this makes me different,’ I’m bilingual and not a lot of people can say that,” she said. Cropper’s exposure to both American and Italian culture has allowed her to see differences between the social attitudes of each. “I feel like in American culture people are a lot more uptight but in Italian culture I feel like people are very laid back,” she said.

## Hyun-Joon Lee

Although his parents were born in Korea, junior Hyun-Joon Lee was born in Ontario, Canada. Lee was just two years old when he and his family immigrated to the U.S. “We moved here for more opportunities, probably for me and my brother,” Lee said. Lee is fluent in the Korean language, and even volunteered at a Korean school his sophomore year. “I probably don’t speak English at all at my house, it’s all Korean,” he said. Lee has visited his family in Korea twice, once in third grade and again in fifth grade. Lee enjoys being part of the Korean culture, as it allows him to differentiate himself from others. “I think it brings another aspect to my character... just because Severna Park is predominantly white,” he said.

## Salma Abushi

Sophomore Salma Abushi’s family is originally from Palestine, but moved to Jordan before she was born. Abushi’s parents came to the U.S. when they were about twenty years old because of the flourishing economy and job opportunities. When she was young, Abushi and her family moved back and forth from Jordan to the U.S. multiple times. Arabic is Abushi’s first language, and she can speak and write it fluently. “We only speak Arabic in the house because my parents want us to maintain the language,” she said. Abushi and her family visit Jordan every summer to see family. “I like visiting because it’s really different from where I live here... over there I live in the city and you always have something to do,” she said. Abushi enjoys being part of both Arab and American culture. “I feel like I can experience two different types of lifestyles because over there, they live completely different,” she said.



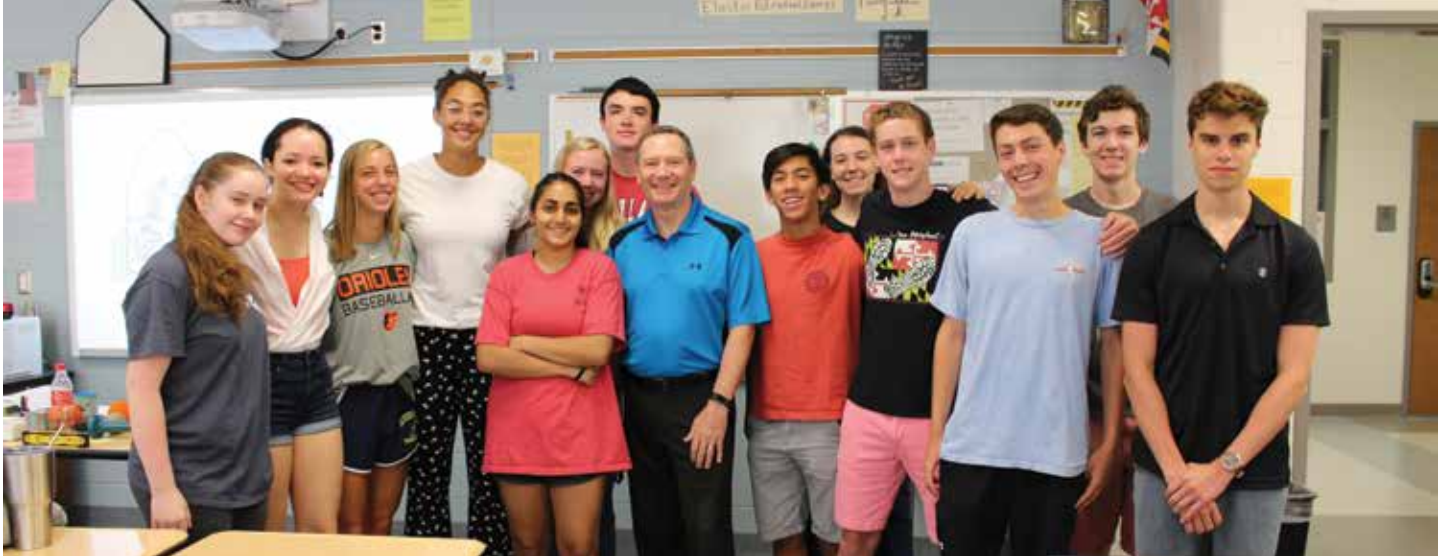
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# SPHS Teachers Say Farewell

Several teachers will be leaving as the school year comes to a close.

by Campbell Haney | Staff Writer



Barry Hopkins poses with his first period AP Physics class. Hopkins has been a teacher at SPHS for 25 years. "I will miss my time in the classroom with the students at this school the most," Hopkins said. Photo by Greer Long.

As the 2018-19 school year comes to a close, several SPHS teachers plan to retire from their teaching careers. Part of the World and Classical Language Department, Honors and AP Spanish teacher Alicia Diaz will be retiring after over two decades of teaching here at SPHS. Following her 27-year long teaching career, Diaz reflects on her favorite memories of being a teacher. "I will miss the students, I have had students in the past that I love; they are polite and respectful and went on to become bilingual," Diaz said. During retirement, Diaz plans to focus on her health and keep busy by taking writing classes. "I have always enjoyed writing so I plan to focus on that during my retirement," Diaz said.

Honors and AP Physics teacher Barry Hopkins will retire after 25

years of teaching at SPHS. Hopkins attended University of Massachusetts and Johns Hopkins University for his masters degree. Hopkins previously taught at both Southern High School and Meade High School, for a total of 44 years of teaching. Hopkins reflected on his favorite memories as a physics teacher at SPHS. "In the past our physics class would take a trip in the spring to an amusement park to ride the roller coasters and other rides. We would measure the speed and acceleration, but we would also have fun at the same time," Hopkins said. During retirement, Hopkins plans to travel and spend more time with his grandchildren. "I will miss my time in the classroom with the students at this school the most," Hopkins said.

Athletic Director Dave Lanham will also be stepping down at the end of the school year. After five years of working at SPHS, Lanham will be moving to Weston, FL to continue his career. Lanham reflects on his favorite memories from the past five years, "[I enjoyed] the opening of the new school, the gymnasium and the outdoor facilities and watching the playoff runs towards playing in the State Championships," he said. Lanham plans to work as an athletic administrator at a local university or high school once he is settled in Florida. "I have been blessed to work with so many outstanding student-athletes, coaches, mentors and other athletic administrators within AACPS Athletics," Lanham said.

# SPHS Tennis takes Regionals and States

CoEd Varsity Tennis comes in fifth place at the state tournament.

by Campbell Haney | Staff Writer

The SPHS CoEd varsity tennis team competed in the regional championship at Annapolis High School on May 16 and May 18. Each team competed in the categories of boys singles, girls singles, boys doubles, girls doubles and mixed doubles.

In boys singles, senior Andrew Province advanced to the finals against Gamer from Broadneck. In girls singles, junior Liza Yannone advanced to the quarter finals to play against Brown from Glen Burnie. “This year was my first year trying out and I love it. I love making friends on the team and also meeting people from other teams,” Yannone said.

In boys doubles, senior Jacob Herman and senior Kyler Norton advanced to the finals to play against Garner and Callow from Broadneck. In girls doubles, senior Abby Moghtader and junior Miriam Moghtader won in the finals against Lusby and Murphy from South River. In mixed doubles, junior Luke Mudd and junior Olivia Altman advanced to the semi-finals

Junior Olivia Altman volleys in mixed doubles. Altman has been playing tennis since she was five years old and enjoys the game. “I liked spending time with my teammates in and out of practice this year and going to games with them,” Altman said. Photo by Lifetouch.

to play Cassidy and Brown from Broadneck. “The most important thing for our team was to practice consistently and we kept most of our regular starters at practice to prepare us for states,” Mudd said.

On May 25, the tennis team competed in the state tournament in the 4A East Division at the Wilde Lake Tennis Center. Abby Moghtader and Miriam Moghtader won in the girls double’s finals against Radha Patel and Jhanvee Patel from Northeast. Herman and Nor-

ton also competed in the state tournament and played against Ryan He and Haydn Gwyn-Blair in the quarterfinals. The 2019 State Tennis Tournament came to a historic close with first-ever state champion teams in each of the four classifications and in all five events. Overall, SPHS finished in fifth place with a total of 30 points. “My favorite part of the season was having the opportunity to play and having the team there to support each other,” Mudd said.



# Track and Field States Results

An overview of the track and field athletes who performed well at states.

by Nick Carparelli | Sports Media Manager



On May 24 and May 25, the SPHS boys and girls track and field teams competed in the state championship at Morgan State University. The boys team came away with a solid third place finish overall with 37 events scored and the girls finished in sixth place with 40 events scored.

The boys and girls had a number of athletes compete in the 800 meter run. For the boys, senior Alex Chaisson placed second with a time of 1:54.74 and sophomore Carson Sloat finished ninth. On the girls side, junior Sophia Zell finished third with a time of 2:18.57. Junior Brenna Mullaney finished tenth while senior Emily Knight finished eleventh.

Knight headlined the 1600 meter run when she finished first with a time of 5:02.45. This fall, she will be running track at the University of Tennessee. Senior Gar-

risson Clark, who will continue his running career at the United States Naval Academy next year, finished sixth in the boys race with a time of 4:26.84.

In the 3200 meter run, Clark finished second with a time of 9:15.16. Senior Nathan Vandemeulebroecke and freshman Nick Benedict also raced in the event. On the girls side, Zell finished fifth and junior Grace Cambon finished eleventh in the race.

Junior Sarah Adams, sophomore Janice Chukwu, sophomore Claire Kintzley and freshman Shania Johnson competed in the 4x200 meter relay where four people race, running 200 meters each. The girls finished in fourteenth place with a time of 1:47.41. Also, in the 4x400 meter relay, Knight, Mullaney, Zell and sophomore Olivia Wright finished eleventh with a time of 4:09.72. "As a whole, I think the

Emily Knight, Brenna Mullaney, Sophia Zell and Olivia Wright get hydrated before running the 4x400 meter relay. The girls placed eleventh in the event. "After winning multiple meets, I think track had an amazing season," sophomore Janice Chukwu said. Photo by Lifetouch.

team did very well. Although we did not win states overall, we still had individuals and relays win their races. I think we had an amazing season," Chukwu said.

Next was the 4x800 meter relay where both the boys and girls claimed first place in the event. The boys team included Chaisson, senior Josh Mercado, sophomore Jack Muldoon and sophomore Carson Sloat with a time of 8:02.14, edging out Paint Branch High School by 0.14 seconds. The girls team, lead by Knight, junior Allysa Combs, Mullaney and Zell, finished with a time of 9:28.96, beating Walter Johnson High School by over ten seconds.

The "field" part of the meet proceeded with senior JoJo Kelliher placing third in the high jump competition. Junior Andrew Weinstein did the long jump event and placed tenth overall. Kintzley competed in the triple jump and also finished tenth overall. For the pole vault competition, Adams placed first for the girls and junior Matthew Tagle placed seventh on the boys side. "I think everyone did great this year because we improved throughout the season," Johnson said.



# Falcon Sweep

Both boys and girls lacrosse finish the season as state champions.

by Colin DeFeo | Sports Editor



The seniors pose together after winning the state championship for the fourth consecutive year. The boys seemed to have excellent team chemistry this past season. "Our team chemistry was solid since the beginning of the season, whether it was the offense or defense. We all knew our tendencies and what we liked and through hours of efficient practice, we perfected our talents," junior Casey Fox said. Photo by Katie Arndt.

On May 22, the SPHS boys and girls lacrosse teams each won their respective state championship. The boys beat Howard High School 9-6, and the girls beat Dulaney High School 10-5. After having a successful season, both teams had a combined one loss. The boys were defeated early in the season by Archbishop Spalding High School, and the girls went undefeated the entire season. This was a significant revenge season for the girls since losing the state championship game two years ago and not making it to the final game last year.

The season was a success for

both teams, as the boys were able to defend their state title and the girls added to their historic success. The boys had a younger offense than one the team has seen in a long time, however it ended up contributing to their success. "Our team chemistry was solid since the beginning of the season, whether it was the offense or defense. We all knew our tendencies and what we liked and through hours of efficient practice, we perfected our talents," junior Casey Fox said. The girls had a very similar situation in regards to team chemistry. "Everyone had fun every single practice and coaches were super close with the players,"

junior Julia Putzi said.

After winning the past three state championships, the boys were comfortable entering the final game. "I believed we had the ability to win the state championship this year and as a team we were able to play together and accomplish this," junior Cameron Bear said. Despite the girls not coming into the states game as defending champions like the boys, they had other motivations that drove their success. "After losing sophomore year in states, it really fired us up last season and this season to get back to that game and get redemption. Us seniors knew we only had one last shot to

The girls celebrate their win after the state championship game against Dulaney High School. Last year, the girls did not make it to the final game, making this year's win even more significant. "Winning the title is an unexplainable feeling. Pure happiness, all night. We have worked so hard for this title and it felt amazing just to step on the field that night," sophomore Kaila Stasulli said. Photo courtesy of Camryn Chew.

do it," senior Alex Miller said.

This season, the playoff bracket was changed so that SPHS had to play tougher opposing teams such as Broadneck and Churchill in order to make it to the final game. The girls fought through the playoffs with an intense mentality. "Our playoff run was very strong, we played extremely good teams and we worked hard at practice every day. During the playoffs we studied every opposing team in order to make sure every game was perfectly executed and to make sure that we played to our full potential," junior Camryn Chew said. In the quarter finals, the boys played Broadneck who has been a past rival. The team then rematched Churchill, last year's states game opponent, in the semifinals, and was able to secure the title again. "Playoffs went as we planned, I've been here before and I just had to do my job so the team could come out with another win," sophomore Colin Shadowens said.

During the regular season, the girls defeated Dulaney 20-6, but they knew that they could not go into the state championship game with an arrogant attitude. "Before the game I was really nervous but super excited, we came out confident but also composed and that was the key to success for us," junior Sophie Grazioli said. While



the girls played a team they had previously beat, the boys faced off against Howard, who they had not played during the regular season. Although these past matchups were seemingly factors to another state title for the boys, they also went into the game with fiery attitudes like the girls. "Going into the final game, I was extremely anxious, but I knew that my team, especially my defense and captain Shane Carr had my back, as well as our entire student section," Fox said.

Although securing the state title has become a recurring event for the boys, the sensation of winning it all never changes. "Winning the title never gets old. This one might've been the most special one because it is the one that belongs to our senior class and the one that completed the sweep of the state titles over my high school career," senior Shane Carr said. Winning the final game has not been as frequent for the girls in recent times, but the feeling of earning a state ti-

tle will always be similar. "Winning the title is an unexplainable feeling. Pure happiness, all night. We have worked so hard for this title and it felt amazing just to step on the field that night," sophomore Kaila Stasulli said.

Continuing the tradition is an obvious goal for the boys, and if they win again next year, it would be their fifth consecutive state title. "I am happy to put on for the Severna Park community, and next season we know what we want and what we have to do to get it," junior Mikie Harmeyer said. This is just the beginning of the girls' historical path, and they are already getting ready to overcome any adversity in the coming years. "Although we will lose seven starters and 11 seniors next year, we will still be chasing the opportunity to win states back-to-back years," Putzi said.

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