

SPTALON

October



OCTOBER

UPCOMING HORROR MOVIES

Get ready to be spooked this Halloween.

INGRID WELLS

SPHS has their very own county golf champion.

SEASON FOR SPECIAL EFFECTS

Talent that will make you scream.

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TALK TO US



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COVER PHOTO

Girls Varsity Field Hockey get into the SPIRIT of the SPOOKY halloween season. seniors Emily Lamoreaux, Sydney Rowe and Bekah Mayron battle it out against spiritual beings at Kinder Park. Photo by Flynn Prengaman Graphics by Maya Jones

NEWS IN PHOTOS



The SPHS musical "Freaky Friday" will open on Nov. 12. The cast rehearses every day and during tech week leading up to the show they must stay late to run through the show with the SPHS tech crew, stage crew and orchestra pit. Photo by Sarah Sternhagen



After winning the Ravens RISE High School Football Show-down, the Severna Park Falcons got the chance to play their rivals, the Broadneck Bruins in front of Ravens backup quarterback Trace McSorley and countless reporters from all over Maryland. The Broadneck Bruins defeated the Severna Park Falcons 48-14 in the second half, making it their eighth win over the Falcons since 2012. Photo by Sydney Herz



The Severna Park student section came out in camouflage ready to hunt and defeat their longtime sports rivals, the Broadneck Bruins. Seniors Maggie Sale, Domenic Morris and Nolan Zborai were some of the students who led the rest of the student section in chants to support their Falcon football team in the most important game of the season. Photo by Sydney Herz



The marching band accompanies the football team to their games and cheers them on each time. They'll play for the team whenever they score, while the band also competes in their own competitions throughout football season. The season begins in the summer during band camp. Photo by Sarah Sternhagen



The SPHS winter dance concert will be performed by the dance classes and company. SPHS dance coach Kaye Witting and her dance students are already rehearsing the routines for the concert and putting it all together. Photo by Sarah Sternhagen

WHAT HAPPENED TO THE SCHOOL STORE?

The SPHS school store was a staple of school merchandise each year, and in 2021 there will be major changes to how it runs.

Sarah Sternhagen | Staff Writer

If you walk down the halls of SPHS on any given day, there will be dozens of students wearing spirit wear with the school's logo, colors and Severna Park written on their clothes. Many of the spirit wear comes from the school store, this year the store will be run by the Business, Innovation and Leadership program students.

"We are currently in production of all articles of clothing," school store adviser Greg Slack said. "Water bottles, any customization stuff that our business class comes up with. We will essentially stock the store with [the products]."

With so many students out of the building last year, the school store could not function the way it traditionally had. This year, the SPHS signature program students will be running every part of the business.

"We have done shirts for clubs and some athletics," Slack said, "but we have not specifically sold right to [students], like in our school store."

The virtual and hybrid school year didn't let the store open due to the unique turns the school year took. This year the school store, which is attached to the cafeteria, plans to open soon. They'll be able to offer the clothing and other accessories for students to buy.

"We're currently stocking inventory, getting our computer systems up," Slack said, "We should be up and running for at least a dry test run in two weeks." The store will now be called SP Customs, and through the SPHS signature program the students will be taking charge of all aspects of the business. From making the products to marketing and inventory, the students will do all of it.

"This is the first time I think it's ever been tried in the county," Slack said. "The students are manufacturing everything within the school store."

It is a tough task to take on. Though they buy blank tee shirts, the products are designed by students. All the designs are also made by the students in class.



Due to the nature of the last school year, the school store was unable to open. DECA, the club that originally ran the store, disbanded and now the Business, Innovation and Leadership signature program students will be taking charge. "It will be all students running the store," technology teacher Gregory Slack said. "We're essentially starting from the ground floor." A dry test run scheduled soon will help gauge what the students need to adjust in their preparation to keep running the store. Photo by Julia Owens

As for running the store during operating hours, there are plans to either have an intern there during the day, and any volunteers from the business class to work during their lunch period. It will take effort to get the store off the ground, and right now the best thing that can happen is the dry test run goes smoothly.

"It's just all taking baby steps," Slack said, "working our way up to running an efficient store."

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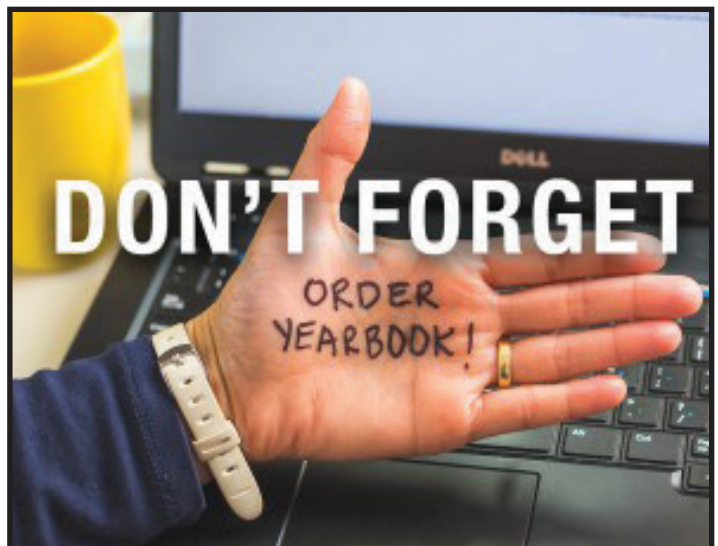


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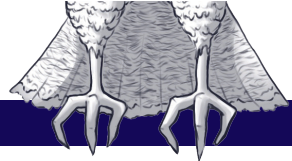
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FEATURES

INGRID WELLS

After playing golf for nearly 15 years, Ingrid Wells celebrates her women's county championship win.

Sydney Herz | Editor-In-Chief



Growing up in the sport of golf, Ingrid Wells has always enjoyed its atmosphere and the friends she has made. At the County Championship, Wells won first, pictured with Coach Buck and Jason Wells. This year, Wells continues to form solid bonds with her teammates and coaches as they work together to bring home wins for SPHS. "My favorite part of being on the team is the people I have met throughout the years," Wells said. "We have grown a strong connection as a team." Photo courtesy of Ingrid Wells.

While the Severna Park Golf Team has won the county championship in years past, their successes usually fall under the radar of the Severna Park community since the golf season occurs at the same time as football season. While other students went home to do homework and get ready to attend other sporting events, senior Ingrid Wells was preparing each day for the matches leading up to the county championship.

Wells began hitting golf balls before she knew how to spell the word itself. At two years old, Wells picked up a club and instantly fell in love. She has developed a passion for it that has carried her through her middle and high school years. She hopes the drive and dedication

will earn her a spot on a Division 1 college golf team.

"I want to try out for a Division 1 golf team," Wells said. "I would love to continue my career in golf."

Wells comes from a golfing family and winning runs in their blood. This victory may bring a bit of déjà vu to the Wells family as Wells' older brother and former SPHS graduate Addison Wells won his county championship when he was a senior as well, making this accomplishment feel even more special for Wells.

"This win feels different because I remember watching my older brother Addison win the county championship," Wells said. "So it was special to me to be able to follow in his footsteps."

Having so many years under her belt, the pres-

FEATURES

sure of this immense goal did not phase Wells one bit. She was able to keep calm despite representing SPHS.

"I was excited to be playing a big role in the championship this year. I was relaxed the whole round because I knew I could handle playing under a lot of stress," Wells said. "I did my usual golf routine so I wasn't nervous during my round."

While this triumph is special to Wells as an individual, golf remains a team sport and the SP Golf Team has been incredibly successful thus far in their fall season.

"We won as a team at Eisenhower, Compass [Pointe] and Renditions," Wells said. "[At county's] we won second overall as a team, we qualified for districts and we will hopefully qualify for states this year [as well]."

Most sports revolve around the team as a whole and in many of these competitive activities, such as football and baseball, you win and lose as one unit. However, golf is unique in the way that it remains a team sport, while also allowing individuals to compete alone. While there are benefits to both types of sports, Wells, who previously participated in field hockey and lacrosse, prefers the type of environment golf creates.

"Playing as an individual is less stressful be-

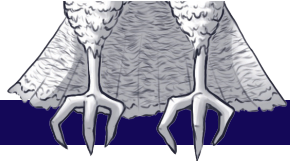
cause you only have to focus on your own score, while playing as a [team] can be nerve wracking," Wells said. "You never know what will happen, everyone has their good and bad days in golf, so it's important to just play your own game one shot at a time."

The Severna Park Golf Team celebrated their win at the county championship with their most recent victory and prepared for the district championship at Hobbits Glen on Oct. 4, where all six golfers qualified for the state championship set to take place on Oct. 25 at the University of Maryland. Make sure to keep an eye out for the golfers who are guaranteed to make the Severna Park community proud at their next matches.



Above: Finishing first, Severna Park's golf team seniors celebrate their final District Championship as a team as their season comes to a close. Pictured left to right: Luke Herz, Emily Screws, Liam Mahoney, Ingrid Wells and Tucker McDonough. Photo courtesy of Sydney Herz.

Left: Ingrid Wells receives her first District Championship medal at the end of her round on Oct. 4. All six golfers, DA Regala, Liam Mahoney, Nathan Clarke, Tucker McDonough, Ingrid Wells and Emily Screws qualified for the State Championship on Oct. 25 at the University of Maryland. Photo courtesy of Ingrid Wells.



IDENTITIES VOLUME 1: NEW STUDENTS

New students in Severna Park share their mixed experiences and opinions about SPHS and its people.

Noel Castillo | Features Editor

Many students who have lived in Severna Park their entire lives may never experience moving schools or even venturing far outside of Maryland. However, there are at least a few students each year who must leave their friends, sports, clubs and entire lives behind. No two people face the same exact situations, but being the “new kid” is never a walk in the park.

Elizabeth Grace Vandergriff moved here from Sparrows Point in Baltimore County and enrolled during online school. She wasn’t really worried about making new friends since having to try a new learning format kept her busy, but she made quite a few troubling observations on the local population over time.

“The people where I used to live and the people at Severna Park are extremely different. I have met a lot of ‘stuck up’ people here that I would’ve never met where I used to live,” Vandergriff said. “People have an entirely different economic status that changes their personality drastically. No one really goes out of their way to reach out to new people and everyone has friend groups already built that they aren’t willing to expand.”

Although everyone has different experiences when it comes to being the new kid, Vandergriff is not alone. Isabella Williams moved from Atholton and its ROTC program recently, saying that being the new kid is “worse than being a freshman.”

“Atholton was like my home. They were my family,” Williams said. “Here people are nicer, but



Jason Gillespie has transferred to different schools several times at different points in his young life and has recently moved to Severna Park. He currently attends SPHS as a freshman and has already had a few positive encounters. “It was a little awkward at first I’ll be honest, but the kids are pretty easy to get along with because I made a couple friends on the second day,” Gillespie said. “I felt really comfortable for sure.”
Photo by Noel Castillo

they are very strict and picky.”

One of the newest students at SPHS, Gillespie coming from Falston, Maryland, has had a good time adjusting to the temporary MISA testing schedule and preparing for this year’s normal schedule with Falcon Block and homeroom. However, he still feels slightly uneasy.

“I feel like I’m being watched, all eyes are on me,” Gillespie said. “But you kinda get used to it.” Aside from the initial butterfly-filled stomach and anxious energies swirling through the air with the excitement of opportunity, it seems that at the very least Gillespie sees moving to this school as a welcome change.

“I don’t really miss my old school because the kids were really mean there, they were pretty hard to get along with and the education system was really difficult for me to care about,” Gillespie said. “There were more athletes and everything. I don’t know, it was more sports oriented than actual education. Here it seems like they put a lot more thought into the education system.”

FEATURES

SPECIAL EFFECTS SEASON

Materials, tools and how to get started.

Zoe Philip | Staff Writer

It's that spooky time of year. Halloween is such a fun holiday and everyone celebrates it a little differently. There are many different ways to get into character, from traditional methods like costumes to more detailed special effects. Personally I started getting into special effects after needing to do makeup for a dance performance a few years ago, and soon realized what a fun hobby it was. There are many different effects and looks you can complete with a pretty small variety of tools, so the possibilities to what you can replicate or create are endless. For now, here are some ideas, tips and tricks to get you started.

MATERIALS

To start off, you need something to make wounds, scars or bruises. Both of the materials I use have a wax base, and function as a putty that can be used to create depth in wounds or injuries. I prefer Mehron's Scarwax, since it is the easiest to manipulate, but Synwax is a slightly more durable alternative that works well if you plan on your work getting bumped around. You can make your own at home with vaseline and flour using a one to three ratio that works just as well as onbrand Scarwax.



TOOLS

Tools used for clay or other craft supplies work well to shape and blend your wax into your desired shapes. Sharp edged tools can be used to create the indent of the wound and rounder tools can help blend the wax into the surrounding skin. You can also use vaseline to help stop the wax from getting pushed around or sticking to your tools.

FINISHING TOUCHES

Finally, there are more minor details that can be added such as bruising, redness or other signs of irritation around the wound. If you're just starting out you can use darker reds and purples from a simple eyeshadow palette to create bruising. If you want to invest in an actual special effects palette, Ben Nye's EW-4 Master Bruise wheel has six oil



based pigments that work great on wax or normal skin textures. If you are making a cut, you can use red food dye and corn syrup as a quick option for fake blood, or get Mehron's Coagulated Blood Gel if you're going to be using it long term.



These are staples for beginner special effects artists. I purchased the scarwax and blood around two years ago and they are still working well. The Ben Nye palette was one of the first products I ever got, and still barely has a dent in it even after a couple years. Photo by Zoe Philip

THE COMMUNITY

There is a surprisingly large community surrounding special effects that I wasn't even aware of until I created my own account to share my work. If special effects is something you are interested in or want to learn about, there are plenty of people to connect with and gain advice from, whether that means widening your reach on social media, or just improving your techniques in general. These artists are all really excited about their work, meeting new people, and helping those new to the craft to improve theirs. So if you're looking to grow your skills, get connected to other artists, and get to know the craft, there is a world of possibilities for you to explore.



NEW HORROR MOVIES

Five new horror movies coming out this month.

by Johann Bacarisas | Opinions and Entertainment Editor

Halloween is right around the corner, and as a time-honored tradition of this holiday, a swarm of horror movies follow right behind. Whether you're looking to spend some time with your friends, or scare yourself to death alone in your basement, here's a list of new horror movies coming out this month.

"HALLOWEEN KILLS"

"Halloween Kills" is the sequel to 2018's "Halloween" movie and released in theaters on Oct. 15. Notorious serial killer Michael Myers is on the hunt once again, but this time he's not the only one hunting. Survivor Laurie Strode leads a group of survivors of Michael Myers' original massacre, and are hunting him down to end his reign of terror for good. The Halloween franchise's trademark gore and suspense promises a terrifying roller coaster ride of a movie sure to keep you on the edge of your seat. Starring Jamie Lee Curtis and Kyle Richards and directed by David Gordon Green.

"LAST NIGHT IN SOHO"

Director Edgar Wright returns with a psychological thriller in "Last Night in Soho." When a down on her luck fashion designer is mysteriously sent to the 1960s, she encounters a young, aspiring singer. But the glamorous double life she leads hides a dark secret, and she soon finds herself in over her head. Releasing in theaters on Oct. 27, the movie's trailer reveals a dark, chilling tale guaranteed to make you fear your own reflection. Starring Anya

Taylor-Joy and Thomasin McKenzie.

"COMING HOME IN THE DARK"

"Coming Home in the Dark" was released on Oct. 1 and is in theaters now. When a teacher and his family take a road trip, a group of merciless attackers turn their trip into a terrifying fight for their lives, forcing the teacher to confront the ghosts of his past. Based on the bone-chilling short story by Owen Marshall, the movie is sure to keep you on the edge of your seat. Directed by James Ashcroft and starring Matthias Luafutu and Miriama McDowell.

"BLACK AS NIGHT"

Studio Blumhouse's newest Amazon Original movie was released on Prime Video on Oct. 1. Fifteen years after New Orleans was hit hard by Hurricane Katrina, an insecure 15 year old finds her own strength and confidence as she leads a group of friends in a battle against vampires preying on the people of New Orleans. Director Maritte Lee Go combines the horror genre with a classic coming of age story sure to uplift the audience. Starring Asjha Cooper, Theodus Cane and Mason Beauchamp, "Black as Night" is now available to stream on Prime Video.

"ANTLERS"

Produced by Guillermo Del Toro and directed by Scott Cooper, "Antlers" is a supernatural thriller based on the book "The Quiet Boy," by



With Halloween rapidly approaching, decorations around the neighborhood have popped up. Decorations range from simple carved pumpkins to elaborate decorations like this yard. One of the most heavily decorated houses in Carrollton Manor, this house is sure to steal the show this Halloween. Photo by Krista Nasr

Nick Antosca. The story centers around a small town in Oregon, where a middle-school teacher and her brother, the local sheriff, have strange suspicions about a boy at her school. However, not everything is as it seems, and a mysterious creature runs rampant through the town. A new take on the classic monster movie genre, this movie promises a terrifying trip through the woods. Starring Keri Russell, Jesse Plemons and Jeremy T. Thomas, "Antlers" released in theaters on Oct. 15.

However you spend your Halloween, it's sure to be much different this year. But with movie theaters reopening across the country, and many streaming services offering new movies, celebrating Halloween by going out and catching a movie with your friends or staying home on the couch would be great ways to spend the holiday.

TIPS FOR THE SCHOOL YEAR FROM A SENIOR

Here are some tips and tricks that help me get through the school year.

Julia Owens | Managing Editor

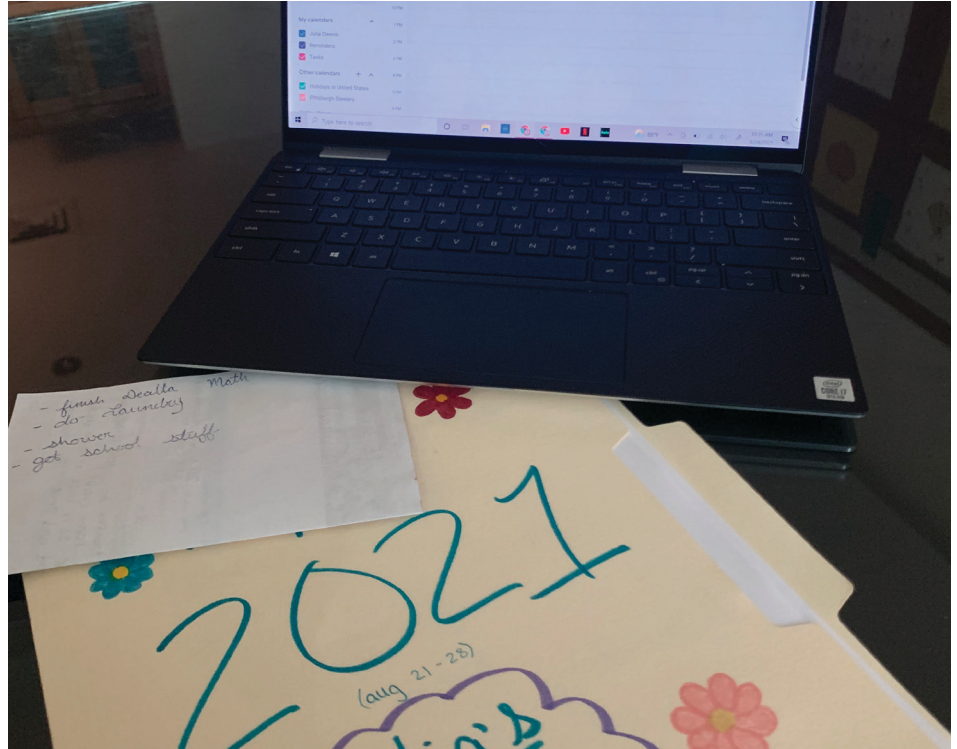
After a year and a half of on-line or hybrid school, there has been readjusting when it comes to getting back to in person classes. Here are some tips that might help you.

PLAN AHEAD:

My first piece of advice is to make sure you are not doing things last minute. For example, plan out when you will do assignments so you are less inclined to procrastinate. I look at my Google Calendar at the start of the week and plan out everything for the week. One thing that I have learned with planning is that plans can be flexible.

WRITE THINGS DOWN:

The best advice I can give for high school students is to write things down. There are schedules, classes, homework, and more to remember. Trying to remember everything in your head is difficult because you will end up forgetting something. I suggest writing down your homework, things you need for school and after-school activities. You don't necessarily have to use the agenda that the school gives you if that format doesn't work well for you. For instance, I use a combination of Google Calendar and a planner that I bought online to keep track of all of my activities and school-related work. The style of writing things down doesn't matter as long as it works for you.



Writing things down is a great way to stay organized during this school year. I use google calendar, paper lists and folders to keep things organized. Photo by Julia Owens

TALK TO YOUR COUNSELOR OR TEACHERS:

If you have any questions about the school year, feel free to ask your counselor. You can stop by the counseling center and schedule an appointment with them. They can help you with class planning, coping skills for dealing with school, or just things going on in your personal life.

Many teachers are willing to help and work with you if you reach out to them ahead of time. It depends on the teacher and how lenient they are. One thing that I have found is that teachers tend to

be more understanding if you go to them before the assignment due date.

TRY NOT TO STRESS:

There are quite a few things in high school that you can't control and being prepared with skills will help to make the stressful school year feel much calmer. Knowing coping strategies and skills can help you deal with anything this year throws at you.



STAIR RUN

The flights of stairs provides a work out for students.

Maya Jones | Graphics Editor

Once students returned to the building in the fall a return to three flights of stairs was waiting. Graphic and photo by Maya Jones

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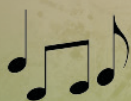
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UNDEFEATED IS A NORM UNIFIED TENNIS

The Unified Tennis team has an insane record and strives to be the best.

Meghan DeFeo / Staff Writer

Severna Park has had the unified sports teams playing for many years with SPHS teacher Nadine Hendler running the team. Unified sports is a program to help special needs get an opportunity to play sports in an intense league. Not only does Hendler run the unified tennis team, she also runs the Unified Bocce and bowling teams. Students deeply enjoy the aspects of meeting new people playing sports and having fun that come with participating in unified sports.

Unified sports have fewer practices and fewer games than other teams at the school which gives students an opportunity to take part in an activity with a shorter time commitment.

Junior Savanna Riley's favorite part about the unified tennis team is "making new friends and being able to participate in games." On the Unified Tennis team you get assigned a partner based on their skills and the way they interact with one another. This is a perfect opportunity to make new friends while working together with one another at each match and practice. Unified Tennis has practices or games every Tuesday and Thursday.

Players appreciate this schedule since it gives them time for other activities and allows them to have something to look forward to every other day. "I loved having [tennis on] Tuesdays and Thursdays," junior Abby Reed said. "It gave me so much time during the week and it was always fun having a match the day before a Friday."

Unified Tennis has tryouts in early September to determine who is fit for the team and who brings a positive attitude to all events. Tryouts are competitive like any other team at Severna Park High and matches occur right after tryouts end. This season, the team had a total of three matches, with one match being away and two taking place at the Severna Park home courts. The eight tennis courts are newly built and give plenty



The Unified Tennis team is one of the many teams offered at Severna Park High School. What makes them so special? The Unified Tennis team has been undefeated for many years. "Playing on a team that wins is super fun," junior Sloane Andrulis said, "because it gives us a great feeling and makes everyone happy." Photo by Meghan DeFeo

of space for many students to take part in the program.

A benefit of Unified Tennis is that it brings students from grades together. Some students have been taking part in Unified Tennis since freshman year, and others are newly joined. "Our practices are super fun," senior Ryan Laughlin said. "I've played since sophomore year and could not be happier with the decision I made to play." Laughlin has been partnered up with a new teammate each year and has had many opportunities to build lasting relationships with these new friends.

As a whole, the Unified program has been able to balance fun and hard work in order to come home champions at their matches. Students get a once in a lifetime chance to experience this amazing team. With the main focus of enjoying themselves while still playing a sport they enjoy. Overall during matches, students are encouraged to spread love to every team while maintaining friendly rivalries.



WINTER SPORTS ARE COMING BACK!

After missing out on a winter sports season last year, the Falcons are excited to start back up this November.

Lilly Spilker / Sports Editor

Due to COVID-19 restrictions, Severna Park High School missed out on winter sports last year but the Falcons are gearing up to play again this November. The upcoming winter sports teams show promise for a successful season.

Many athletes were disappointed that they missed out on winter sports last year, along with all of the fun moments that come in a season.

"I was really sad we didn't get the chance to have a season last year," junior swimmer Maddy Goger said. "We all enjoy it so much and were so bummed when we found out we wouldn't be able to swim."

Many players were unhappy that they missed the opportunity to make new friends within their teams, so they are looking forward to growing close bonds within the season this year.

"Since basketball is usually a smaller team of about 12 girls it's really fun because we get to be super close," junior basketball player Karli Kirchenheiter said. "I'm really excited to get to know the younger girls better after missing out on a season with them."

The Severna Park winter teams haven't officially played together since February and March of 2020, so players are doing whatever they can to get ready, individually and together.

"We have been able to do summer and fall league games which is a great opportunity to get comfortable playing with the girls before tryouts," Kirchenheiter said. "We also try to play pickup games and practices at the middle school when we can, just to get the rust off."

It isn't just basketball that has been putting in the extra hours, other sports including indoor track and wrestling have been working towards a winter season, finally.

"The coaches tried to keep us engaged through Google meets and posting workouts to do on our own," junior indoor track athlete Katie Griffith said. "We have trained individually, and many of us do outdoor track

and cross country which helps."

It may be a bit of a rebuilding year for some of the winter programs, considering all the time they had apart from each other.

"There are only a few seniors this year so it will be a very young team," Kirchenheiter said. "The sophomores trying out will have no experience with a real high school basketball season and many of the juniors only have one year of JV basketball under their belt, so it will be a big transition."

Hesitancy aside, the athletes are feeling hopeful about their seasons. All winter sports had some success last season, in 2020. Girls basketball was regional champions and made it to the state quarterfinal, girls indoor track won county championships, boys basketball made it to playoffs, swimming had regional and state champions, and wrestling had state champions.

"I think our season will be really great" Goger said. "We won regionals in 2020 and that was so much fun. We also had a ton of people at the state championships which was a blast. I hope we can do that again since it felt great to win something we worked so hard for. We should also have a goal of getting to know each other really well since we couldn't do that last year."

Across the board, all sports are putting an emphasis on team chemistry this year.

"The team is always close, this year especially though I think what we do outside of the court will be important," junior basketball player Owen Muldoon said. "From getting food after practice or just hanging out. Getting to know the newer guys, along with rebuilding bonds with the older players will be extremely important to our overall success."

The team chemistry will play a major role in how each team's season goes, and how well each player will work together.

"Our team goal is just to get better as a team," wrestler Charlie Deegan said. "We are going to get

more people who want to join wrestling to do it, since it is a very fun sport that many overlook because of its difficulty. I'm looking forward to having a season and getting back into the rhythm of things."

Many athletes are finding a new found appreciation for their winter sport, after going without it for about a year and a half.

"This season will be different because last year we were reminded of how much we love high school swimming," Goger said. "We are all super grateful and excited to have a season this year."



Dean King graduated in 2021, but the last wrestling match he participated in was his junior year, during the winter 2019-2020 season. The 2020 winter season was canceled due to COVID-19. Photo by Lifetouch

BOYS VARSITY SOCCER

The boys soccer program is red hot.

Michael Nobilio | Staff Writer

The Severna Park boys soccer team, led by Head Coach Ryan Parisi, has been on fire recently. With state playoffs right around the corner, it's time to take a look at their season so far.

The SP boys varsity soccer team is often a solid team winning a total of three state championships. The Falcons have gathered seven wins this season, and one loss. The team has appeared as nearly unstoppable, starting the season off on a five game win streak. The team captains are forward Gus Bachman and goalie Brandon Asch, both of whom encompass the team's values of hard work, respect, and determination.

The only loss of the year came in a hard fought battle against Broadneck on Sept. 30. The 3-2 game was back and forth, with Broadneck taking the lead late in the second half. Though this loss was tough, the Falcons bounced back quick, with a 3-2

win against South River in double overtime.

"All of our guys were definitely disappointed in the result of the match [against Broadneck], but some of the more experienced players on the team kept everybody's heads up and made sure we learned from it," outside back Owen Muldoon said. "I think [we] really regained our focus and stride for the South River game, and it was definitely shown in our improvements from the previous week."

It's this type of attitude that has gotten the Falcons to this point in the season. The team works to learn from their mistakes and apply this to the next game.

With only four games left in regular season, the team hopes to keep up their success, likely giving them a top seed in playoffs. The remaining opponents left for the Falcons are Old Mill, Arundel, Annapolis and Northeast.

This team has had a very



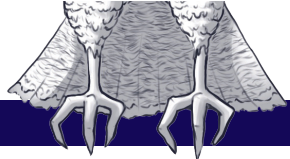
The Severna Park boys varsity team photo. Photo by Lee Kriel

successful season thus far, most of which stems from the way the team practices.

"If it's a game or an early morning practice," Muldoon said. "we always keep the same intensity which stems from our coaches and seniors." The Falcons keep in mind that the way they practice transfers to games. SP is hopeful about the rest of their season.

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APPLE PIE

Ingredients (Pie Crust)

2/4 cups of flour
 3/4 tsp salt
 2/3 cup shortening
 8-10 tbsp of cold water

In medium bowl, stir together flour and salt. Using a pastry blender (or fork) cut in shortening until pieces are pea sized. Sprinkle 1 tablespoon of water over mixture and mix. Repeat 8-10 times until dough forms a ball. Transfer pastry to turn into two balls. Use a 9x9 pie plate and roll out dough into a circle. Pinch and twist dough on edges. Poke holes in the base of the dough. Then put sugar at the bottom of pie for sweetness. Add pie filling (below) and place second pastry on top. Pressing edges together. Bake 425 for 40-45 minutes. Let pie cool completely before serving.

Ingredients (Pie Filling)

3 pounds of apples (7-9) baking apples, peeled, cored and cubed
 1 tbsp of lemon juice
 1/2 cup brown sugar
 1/4 white sugar
 1 1/2 tsp cinnamon
 1/4 tsp nutmeg
 Pinch salt
 2 tble cornstarch
 2 tsp vanilla
 2 tbsp butter

Add apples, lemon juice, brown sugar, white sugar, cinnamon, nutmeg and salt to pot. Stir together and let macerate at room temperature for 15 minutes. Turn the heat on medium and begin to cook apples. Stirring occasionally to cook apples evenly. Cook about 10 minutes. Create a slurry in separate bowl of cornstarch and 2 tbsp water. Pour slurry into apples and stir until thickened. Remove from heat and stir in vanilla and butter. Let cool, then add to pie crust.



Freshman Elliott Earhart spends his free time cooking at home, including the pie recipe his grandmother gave him. His first pie "was [at] Christmas, and I wanted to give my grandparents something I knew they would like," Earhart said. Photo by Valerie Earhart

APPLE SLUSHIE

Ingredients

3 cups ice
 2 cups apple cider
 1/2 tsp ground cinnamon
 1/4 tsp ground nutmeg
 1/8 tsp ground nutmeg
 Cinnamon stick for garnish

Directions

Throw everything into the blender and blend until smooth. Serve cold.

APPLE CAKE

Ingredients

2 cups sugar
 1 1/2 cups oil
 juice of 1/2 lemon
 2 tsp vanilla
 2 eggs
 3 cups flour
 1 1/2 tsp baking soda
 1 tsp salt
 3 cups chopped apples (no skin)
 1 cup nuts

Combine white sugar, oil, juice of lemon, vanilla, and eggs. Add flour, baking soda, salt. Mix well. Fold in apples, nuts. Place in a 9x9 or 9x13 pan that has been greased. Place in a 325 oven for 90 minutes. Remove from oven and cool -- and cut into squares. Leave in pan.

Topping

Combine and boil for two minutes, 1/2 cup brown sugar, 1/2 cup of butter, 1/8 cup of milk, 1 tsp of vanilla. Pour over cake.



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