



# The TALON

December

## DECEMBER

### **TIS THE SEASON TO BE GRATEFUL**

*SPHS expresses gratitude over the holidays.*

### **TIPS FOR HOLIDAY STRESS**

*Advice to manage the chaos and the fun.*

### **FALL SPORTS RECAP**






*A season of success for the Falcons.*

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## COVER PHOTO

Many different holidays and celebrations are coming up in December and countless families and friends are embracing the activities and events to go along with them. Graphic by Maya Jones



The fall production of "Freaky Friday" showed the drama department's commitment to their musicals. With such a singing and dancing heavy musical, the cast and crew pulled through practices, rehearsals, and performances to perform for the Severna Park community. Photo by Dawn Elliot



The girls swim team is a large and competitive team. With distances of 200 to 400 yards, endurance is a must, the girls train their strokes by constant practice. For the year round swimmers the preparation has been going on long before tryouts, all of the practice will hopefully pay off this season. Photo by Sarah Sternhagen



With the winter sports season in full swing, the varsity boys basketball team is training hard. At each practice the team drills, strategizes and shoots. They practice from one-on-ones to team scrimmages, but their head coach always makes sure they play like it's a real game. Photo by Sarah Sternhagen



The boys swim team must be able to do the breaststroke, backstroke, butterfly and freestyle to compete. Whether they specialize in one or can do multiple they need to be capable of the basics. Each swimmer trains for form, speed and endurance to compete to the best of their abilities. Photo by Sarah Sternhagen

# ONE ACTS BEGIN

## How do the directors of One Acts prepare for their plays?

Sarah Sternhagen | Staff Writer



The directors of One Acts have been preparing their scripts and working with the actors to put on their student led-plays. This year, five plays, three comedies and two dramas will be performed on Jan. 7 in the auditorium. The directors are working with the cast to memorize lines, stage the scenes and to make the comedic timing perfect. Photo by Sarah Sternhagen

standing of the character they are playing and their emotions, a process that will take work from both Thumma and his actors.

“It’s good because with a small cast, I’m able to focus more on each individual part,” Thumma said.

The story is the most important part of the play, with the characters’ portrayal playing a big part in getting the overall message across. Thumma is excited to show the artistic talent of the school’s students and once again be a part of the tight knit community One Acts creates, since Covid made the theatre productions virtual last year.

Another student director this year is junior Olivia Olson. She will be directing “I Was There,” a play featuring a hard topic for public schools: school shootings. Olson wants to portray as much emotion as possible in her play.

“I’m just looking for someone to portray like, real emotion. Whether it’s fear or anger or sadness or exasperation,” Olson said.

To help the actors portray their characters, Olson will be focusing on both physical and emotional characteristics. Input from the actors themselves will also contribute to how they interpret their characters and what needs to be done so they are portrayed to the audience exactly how the director and the actors feel is best.

“It is such a rough topic,” Olson said. “But I do want people to really feel their characters.”

With such a tense subject, Olson will be looking for as much raw emotion as possible. Accessing emotion in actors will take lots of collaboration and patience on both ends.

With the actors being such an important part of the process, many students try out for an opportunity to be in One Acts. After being chosen they begin working with the director and the other actors to put the play together for opening night.

In between their fall production and the infamous Rock ‘n’ Roll performance, the drama department puts on One Acts. Directed by and casted with students, One Acts are exactly what they sound like: single act plays, normally half an hour long, varying in genre from comedic to dramatic. Student directors can either use an already written script or choose to write their own. With the performances approaching on Jan. 7, each group is rehearsing to make their One Act the best. The student directors chose the actors they wanted for their plays after auditions and then directed the performances from there.

“I want to focus mostly on the story,” junior and student director Deepak Thumma said. “I really want to get the message across.”

Thumma will be directing “Supermarket of Lost,” a drama where a small cast will cope with losing something important to them. The play is largely character driven, meaning the actors must have a deep under-

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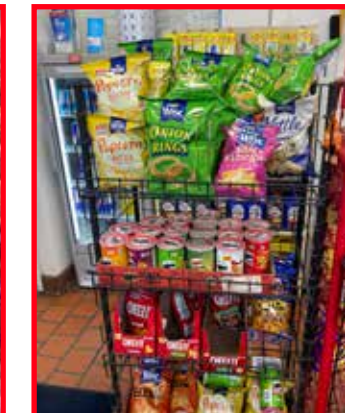
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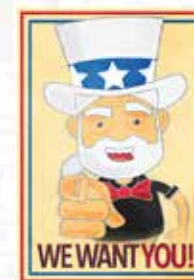
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## BLENDED FAITH HOLIDAY

What it's like celebrating two religions over the holiday season.

Sydney Herz | Editor-In-Chief



We often enjoy multiple traditions, one being seeing Christmas lights in Baltimore every holiday season. Photo by Sydney Herz



A typical holiday evening for our family looks like this. We begin by turning on the Christmas tree and baking some cookies. Then, we stand around the menorah and begin reciting the three blessings of Hanukkah as we light the candles. As the night goes on we let the candles burn and sit together, watching a Christmas classic. Photo by Sydney Herz

As the much awaited holiday season approaches, students prepare for their winter vacations, decorations, baked goods and countless other special traditions enjoyed with their families. For many, the holiday season is a time of joy and comfort, as most of it is spent in the presence of loved ones. Personally, this time of year brings me the most happiness because of the pure cheer felt in the air. But the best part for me is celebrating the differing religious backgrounds of both of my parents: Judaism and Catholicism.

Whenever I inform others of my unique traditions over the holidays, most people highlight the dual-present aspect. However, there is so much more to these celebrations than that.

Whenever I inform others of my unique traditions over the holidays, most people highlight the dual-present aspect. However, there is so much more to these celebrations than that. Growing up, my family chose not to limit my twin brother, Luke, and I to a single faith. Instead, we were free to explore the different religions and decide which one we wished to celebrate when we were ready, or chose not to follow either totally and continue celebrating our dual-faith. Despite the fact that in Judaism, the status is passed down through the mother, which applied to our family in this case, we remained free to find our own path.

While it might seem as if I am painting a picture of my family as a faith-oriented family, I think it is important to note that neither me nor my brother have ever attended church or synagogue. Even with being brought up under two religions, I did not truly understand either one of them. So in my junior year of high school, I took a comparative religions class to further understand the exceptional characteristics of all religions. This class solidified my choice to practice Judaism in my future, celebrating more than just Hanukkah.

Let it be known; however, that this will never stop me from over-decorating on Christmas or enjoying waking up on Dec. 25 with a Christmas tree in my living room and holiday tunes playing in the background. This is the one thing I have noticed from being brought up under two faiths. Choosing one was never pushed onto me; I was never forced to believe one thing or the other. Instead, I was able to develop my own meaning and importance of the holidays. Being dual-faithed has taught me that the holidays, for me, are a time for family and spending time together.

We will still light the menorah on Nov. 29 and put up our Christmas tree on Dec. 1. But we will do so as a family, and in my book, that's the best part of being part of a blended faith family. I am able to celebrate all aspects of my family and enjoy every part of what makes us unique. And so, from my dual-faithed family to yours, we hope you have a safe and joyous holiday season and a happy new year.



## IDENTITIES VOLUME 2: SIBLINGS

Students with siblings explore what it's like to attend school together.

Noel Castillo | Features Editor

Junior Caroline Bresson walks through the hallway on her way to her next class, when she spots her younger brother Will. He also sees her, and as they pass they give each other a high five and carry on with their day.

While people may think going to school with an older sibling worsens the experience because they can easily overshadow the other's existence, Caroline Bresson says otherwise. Currently, she shares her experiences with her younger brother and doesn't mind it one bit; she actually enjoys having him around.

"Will and I get along very well since we are both in marching band," Caroline Bresson said. "So we do a lot of the same things and have similar friend groups."

Similarly, senior Julia Owens and her sister Sydney Owens have a good relationship at school and their limited interactions only benefit each other.

"My sister and I do hang out during Falcon Block sometimes," Julia Owens said. "That is fun because we can talk during the day and chill out together for a little."

Another misconception people

might have is that being a younger sibling makes it harder to forge one's own identity, or be known for their own accomplishments. Sophomore Sydney Owens hasn't had any struggles with being her own person and doesn't think it should be an issue for other sibling pairs either.

"I am my own person at the school and while I have been asked a few times if I have an older sister, I've never been treated like just her younger sibling," Sydney Owens said. "I personally don't feel the need to forge any type of identity to feel different and set apart from my sister as we are a few years apart and are into different activities."

Caroline Bresson does feel as though people know Will as "Caroline's brother" because she's older, but it's not necessarily a bad thing. James Fallon believes whether someone associates him with his brothers depends on what grade the person is in.

"It depends, if it's people in [Michael and Tommy's] grade [they know me as their brother]," James Fallon said. "But in my grade and older grades they know me as me."

Another experience any student with older siblings can identify with is when a teacher recognizes their last name and is automatically com-

elled to ask if they're "so-and-so's younger sibling."

"I think I have only had one teacher ask if I have an older sibling," Sydney Owens said. "But I have never been compared or treated differently for it."

A family can argue and have their differences normally, but at school, a lot of siblings seemingly get along and are there to support each other.

"It's helpful," James Fallon said. "Because you know that they are someone that you can always trust."

Bresson and her brothers pose for a family picture in front of a lion statue. Photo by Caroline Bresson



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## LARRY SELLS: THE VOICE OF THE FALCONS

The story behind SPHS' announcer.

Zachary McGrath | Business Manager

For many, the start of the weekend is going to a Friday football game. And while the numbers, players and students change year after year, there has been one constant for the past 20 years: Larry Sells. Sells, an inductee into the Severna Park Athletics Hall of Fame, has become a fixture of Severna Park Athletics and announcing "another first Falcon down" for 20 years.

Sells has been rooted in the area for a long time, living here for around 35 years. His two sons, David and Tom, attended SPHS and played on the football team. During his son David's freshman year at a football cookout, Sells learned that there was an opening to be the announcer for football games. Sells had experience in commentating as a color commentator, someone that helps the main commentator with the play-by-play, in Indiana during college, so he volunteered to be the Severna Park announcer. While his youngest son graduated from SPHS in 2009, he continues to have an impact on the community. As the announcer, he wants to "do whatever [he] can to make each game that [he's] the announcer for special...I don't want to miss a moment, I don't want to miss a number, I don't want to miss a player because I want it to be the most special game for those kids," Sells said.

While many students know Sells for being an announcer, he is a highly visible member of the community, so much so that he is often called the Mayor of Severna Park. Sells has served on numerous boards, such as the Shipley's Choice homeowners board of directors, Severna Park Chamber of Commerce, Green Hornets board of directors and board member of the Pasadena Business Association, just to name a few. When asked how he became known as the mayor of Severna Park, he said that it was simply due to getting out there into the community and "being associated with all these local events and people."

Sells is also a major fundraiser and organizer for local and large charities. He has

Sells' catchphrase, "And that's another Falcon first down," has become synonymous with his announcing career. Outside of announcing, Sells is also an accomplished philanthropist, raising money for numerous causes all over Severna Park. Photo by Larry Sells Consulting



worked to raise money for members of the community, SPHS athletics and cancer research. He has also raised hundreds of thousands of dollars for numerous other causes and sells t-shirts depicting his famous catch phrase, with all profits going to cancer research.

Many Falcons and fans may assume that there isn't much involved in announcing football games, but that couldn't be farther from the truth. At any given game, Sells could have two assistants up in the press box helping him put everything together. According to Sells, there's a few things you need to know as an announcer: "what down it is, what time it is, what distance it is, where the ball is spotted and all that has to happen before the next play."

Sells comes back year after year, even due to the high-stress environment that comes along with being the announcer because he "loves every team and every year." He wants to make sure for players that it "feels like it was special and if those kids never play in college, [that it] feel[s] like a college experience for them."

Reflecting on his time as an announcer, Sells said that he wants "people to say he was really behind these teams, that dude bled Vegas Gold and blue," and "be able to say he was a pretty good guy."

Throughout his time as an announcer, his favorite moments were watching Jackson Merrill play, when he called the baseball game that led to the first Falcon State Championship for baseball and saying his favorite catch phrase, "'and that's another Falcon' and the entire state screams 'first down.' That's pretty cool," Sells said.



## COACH PELLICANI Longtime Falcon coach and teacher Coach P.

Michael Nobile | Staff Writer

Coach Pellicani, better known as Coach P, is the head basketball coach of the boys varsity basketball team and a gym teacher at SPHS.



Coach P coached the Falcons during one of the most important games of the season against Broadneck and works with them fulltime. He makes adjustments on the court in order to help his team as much as possible towards a win. Photo courtesy Coach Pellicani, Graphic by Zachary McGrath

**Q:** Where did you start your coaching career?

**A:** I actually started coaching when I was still a student at the University of Maine, but my first head coaching job was actually in the US Virgin Islands on the island of St. Thomas.

**Q:** Did you have any motivation for wanting to start coaching in college?

**A:** I played for a great coach in high school who was actually the first coach that Rick Petino would hire when he was hired to become the head coach at Boston University. It was Bob Brown and I played for Bob Brown. [He] was my role model which made me decide, you know what, I want to do that.

**Q:** How long have you been coaching?

**A:** Oh my, lets just say a long time. I used to assign a number to it, but when I heard the number in my head, I said that makes me sound really really old. So let's just say a really long time.

**Q:** How did you become connected with some of the greatest college coaches ever like Coach K and Roy Williams?

**A:** When [I] came back from the Virgin Islands, my first job was at a school called Maine Central Institute. Throughout the '80s it was the number one prep school in the country. I had almost 90 kids go Division 1, six All Americans, three go to the NBA and three [who] are currently coaching in the NBA. With the quality of our players, coaches would fly in and they would have to stay overnight. Rather than them eating hotel food, my wife would invite them for dinner and I think all of them accepted. At dinner I would pick their brains and take many notes. I mean here we have Coach K, Jim Boheim, Roy Williams and John Chaney sitting in my living room and after dinner I'm just quizzing them. Overall it was a great experience.

**Q:** Do you have any personal or team traditions after picking up a big win?

**A:** Enjoy it because [the] next day we have to move on to the next one.

**Q:** How do you think the team is looking this year?

**A:** Well I don't want to be on the cover of Madden or Sports Illustrated which can sometimes have the potential to go sideways, but we have the potential to be pretty good this year. We have a lot of depth, size and players at every position who can shoot it. I think we can be pretty good.

"Thankful for my family -- I love them so much, with a special spot for Maddy, Elliott, Cami and Lonny."  
Mrs. Earhart

"I AM GRATEFUL FOR KETCHUP."  
ABBY MAGYAROSI



"I'm thankful for the warm welcome I've received from the staff and students here!"  
Mrs. Wilson

"This season I am grateful for the cozy weather."  
Grace Marburger



"I am grateful for being able to take new adventures everyday."  
Lily McCulloch

"I am thankful for the culture and spirit of my co-workers and students who make every day a joy to come to work. I am thankful for my students who show that they care about the issues facing the world today and their willingness to be active in solving them one problem at a time. Leadership Institute and Chick-fil-A Leader Academy I am looking at you!"  
Mrs. Barnstead

"I'm grateful for my friends and family."  
Caroline Mago

Ginger Harrision | Social Media and Online Editor  
It's important to remember what you're grateful for, and not just when the holiday season rolls around. Students and faculty at SPHS kick off the holidays by listing some of the things they are thankful for.

"I am beyond thankful for the kindness both students and staff have shown me, it has truly made my first year at SPHS so wonderful."  
Mrs. Taylor

"I'm grateful for all the beauty on our Earth and the ability to experience it."  
Sarah Smith



"Supportive colleagues who understand the importance of flexibility and empathy for the adults in the building in addition to being flexible and empathetic with students."  
Ms. Holman

"My sons, my dog, my **WONDERFUL** department and the opportunity to teach the students at SPHS."  
Ms. Stahl



"The perseverance of our students and staff."  
Coach Buck

"Teaching in such a supportive and education-focused community."  
Dr. Segnatelli



"I am grateful for the people who have given me the opportunities to be who I am."  
Lucy Fasick

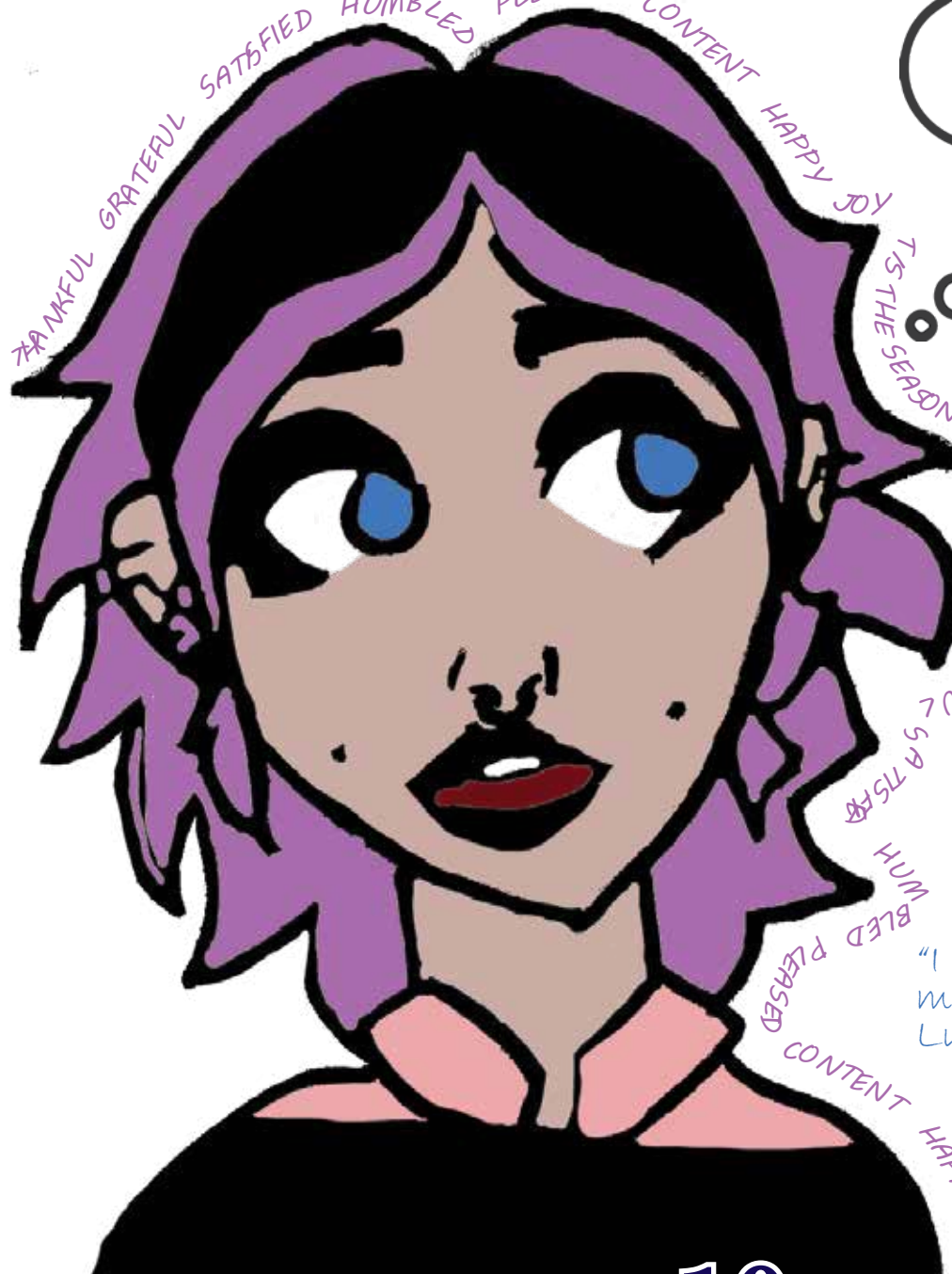
This holiday season, students at Severna Park High School are grateful for many things, whether that's getting to see family and friends after the long Covid year or just being thankful for the cooler weather. Whatever it may be, there are lots of things to be thankful for this year, even if it's the little things. "After being isolated from friends and family for a year and [a] half, it has made me appreciate that everyday human interaction that we missed out on," senior Bella Hodnett-Ortiz said. Graphics by Madelynne Earhart

"I'm grateful for family and friends, who have made such a positive impact on my life. Their compassion and warmth makes the holidays this season something to look forward to."  
Natalie Kelly

"I am thankful for my family and for the opportunities I have been given in my life. I am grateful for everything I have learned in life and everything that life has taught me."  
Mrs. Williams

## 'TIS THE SEASON TO BE THANKFUL

Finding something to be thankful for in this season is a sure way to find joy in the holidays.



## “ETERNALS” REVIEW

An ambitious movie with a subpar ending.

Johann Bacarisas | Opinions Editor

“Eternals” was released on Nov. 5, 2021 and was directed by Chloe Zhao. The movie follows the story of the Eternals, a group of immortal aliens tasked with protecting Earth from the threat of the Deviants, a dangerous group of predatory aliens. The nearly three hour movie is heavily ambitious, with many working parts involved in the story which made it so the ending couldn’t live up to its potential.

“Eternals” is the newest movie in Marvel’s Phase 4 and is unique against others of its genre. The film maintains a careful balancing act of telling multiple stories at once, one taking place thousands of years in the past and one in the present. “Eternals” is also forced to split screen time between ten characters and while it struggles at times to give adequate focus and storytelling to each character, the movie does an excellent job of developing the plot. Certain characters, however, were not likable, no matter how hard the movie tried to focus on them. Furthermore, a few characters are even written out of the ending for questionable reasons.

Director Chloe Zhao also made the unfortunate decision of introducing a character after they were killed off, making the plot somewhat confusing. The movie also suffers from an overabundance of subplots, to the point where at the end of the film, the original story is put completely to the side and abandoned for a new story introduced late in the movie. The three conflicting subplots make the final scenes feel rushed and cluttered, causing the very important part of the story to be disappointing and underwhelming.

Despite the ending, the movie does many things right. It perfectly illustrates the struggle and consequences of immortality and how a race of near-gods can be just as human and fallible as we are. The journey of each Eternal and their eventual split, as well as the catalyst for their separation, is portrayed very well in the film. The effects and CGI in the movie are very well made and realistic, along with intense action scenes that are the highlights of the movie. The actors have great chemistry and seem to work well together, with Kit Harrington making the

most of his limited screen time in his introductory appearance.

With all things taken into consideration, “Eternals” deserves a 7/10. The movie had great moments throughout, but suffered from too many issues that dragged it down, and the ending was an unsatisfying finish to the 3-hour marathon of a film. “Eternals” has two post-credit scenes with huge consequences for the future of the MCU, featuring two major cameos teasing future projects. Even though “Eternals” didn’t quite live up to expectations, there is much more waiting around the corner, with “Spider-Man: No Way Home” releasing on Dec. 17, which is sure to give fans an experience to remember.



“Eternals” is the third movie to be released in Marvel’s Phase 4 slate of movies. “Eternals” stars Gemma Chan, Richard Madden, Angelina Jolie, Salma Hayek and Barry Keoghan is directed by Academy Award-winning director Chloe Zhao. Photo by Marvel Studios

## HANDLING HOLIDAY STRESS

The holiday season can get very stressful, so here are some tips on how to manage the chaos.

Julia Owens | Managing Editor

**T**he holidays are a nerve racking time of year for most people, but there are some things you can do to help alleviate the stress. The main thing is to have a plan. Even a loose plan is better than nothing at all.

### STAY ORGANIZED:

You can start by making a list of what kind of gifts you will be giving. You can put it in spreadsheet form, which allows you to put the status next to it. These statuses can be labeled as “need to order,” “ordered” “delivered” and “wrapped.” Start by writing down the people that you need to get presents for, then put your ideas for gifts in the column next to the ideas.



### MAKE A BUDGET:

In the spreadsheet you can also put how much you want to spend per person. Budgeting is a great tool because most teenagers don’t have a ton of disposable money.

### MAKE A TIMELINE:

Doing things last minute can lead to stress, especially when everyone is scrambling to get gifts, finish their holiday shopping and wrap each present. Getting tasks done beforehand makes the holidays more enjoyable and gives you more time to relax. It may help to make the dates for when you want to have gifts wrapped, when you want to order everything by and anything else that you find helpful.

At this point you may not be able to get things shipped because of the shipping issues, so you may have to get creative. Look online to see if they have the item in stock before you go all the way to the store, and if you decide to go in-store, make sure you plan out time to do so.

### DEALING WITH FAMILY:

Family can be a stressor for some people, so trying to prepare ahead of time can be beneficial. Try to set realistic expectations and do your best to prepare for possible issues that may arise.

Hopefully, these tips will help you soak in all the joy of the holiday season and stress as little as possible in preparing.

*Having wrapping done early can take some of the stress away from last minute preparations. Another added bonus is that it looks great having things under the tree and it can help to build excitement for the holidays. Photo by Julia Owens*



## PLANTS AND YOUR HEALTH

How including plants in your life can affect your physical and mental wellbeing.

Zoe Philip | Staff Writer

Not everyone has a green thumb, but plants that shouldn't discourage you from having one. Studies such as the one completed by Hillside 2019, have shown that plants can improve anything from focus and attention span to relieving stress and anxiety. Some plants are much easier to keep alive such as snake plants or succulents, but for now here are some of the ways that plants can help you to live a healthier lifestyle.



This is a snake plant otherwise known as Sansevieria trifasciata. It is known to be one of the harder to kill plants available and has very simple overall care. When it comes to plants helping your health, anything counts, so start small and learn to grow your green thumb. Photo by Zoe Philip

### PHYSICAL EFFECTS OF PLANTS

Air pollution is already known to be a large problem, but did you know indoor air pollution can be several times higher than outdoors? Scientists have found 300 plus chemicals in indoor air that can cause a multitude of symptoms, to throat irritation and headaches. Plants can help clean these chemicals from the air while also producing their own, helping to keep your office or home cleaner and you healthier during daily life. Plants may help prevent you from getting sick as often, as they are known to remove dust and particulates from the air, decreasing the intensity or likelihood of dry eyes and runny noses.

### MENTAL EFFECTS OF PLANTS

Gardening is often thought of as a calming pastime, but there is a scientific reason for why you feel the way you do when sniffing flowers. When planting or even just smelling plants, your senses are engaged, from your hands buried in the soil to the smell of flowers permeating your nose. According to Hillside Atlanta, a study on plants, your cortisol levels drop when you smell a flower like a magnolia, essentially calming you and helping your body to function more effectively. This later places less stress on you mentally as you feel less affected by physical factors that would increase anxiety, like memory loss and increased blood pressure, which can be helped by decreased cortisol. Gardening also helps people to feel accomplished, from a flower finally blooming to getting a full harvest, happiness levels are directly linked to the confidence boost that comes with the rewards of gardening.

### CONCLUSION

Although this sounds great in concept, there is the minor issue of keeping plants alive to see your work and care come to fruition. You don't need to start with a full garden to get a little dopamine rush, all it takes is one plant to start off. Simple plants like String of Pearls or Pilea are great starter plants until you can figure out which ones work best for you. It is also very simple to do your own research to find what greenery works best for the circumstances you have in your home or office. Good luck and get to growing that green thumb.

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## THANKSGIVING BUT MADE IT FRIENDSGIVING WITH A BONUS RECIPE!

Traditions through families in Severna Park for the holiday season now pass over to relationships with friends.

Meghan DeFeo | Staff Writer

Friendsgiving is a tradition peer groups have during the holiday season to meet with their friends and have a feast. Just like the classic Thanksgiving meal, each person brings items of food or drinks to participate in the feast.

"My favorite part is seeing what everyone brings and being able to try everyone's homemade food," junior Lola Blumenberg said.

According to students, each Friendsgiving is different. Some can vary from having fast foods or store bought foods to bringing delicious homemade recipes. The main idea is the contribution everyone makes in order to create the event and to be able to see close friends outside of school for a yummy gathering. This has been a tradition for years in many different friend groups and clubs.

"Sometimes we will bring home cooked meals or just pick something up from the store," junior Rylan McDonald said. "In recent years it has been a variety of all of the above."

Students enjoy the time being together and taking part in other activities during this tradition. Some of these activities include photoshoots and games. People of all ages and genders take part in the Friendsgiving tradition.



Students on Thanksgiving break eat, celebrate and meet with friends and family. Friend groups across the school spend thanksgiving with their families and want to see friends. This creates the so-called Friendsgiving. Photo by Meghan DeFeo

ing tradition.

"Last year I went to a Friendsgiving and got to see all my friends during covid, it was nice to interact safely while being stuck in quarantine" junior Nick Patrick said.

Friendsgiving is an opportunity to get creative with recipes for foods and treats. Some students get super into following the classic traditional foods of Friendsgiving-having turkey, mashed potatoes and stuffing. They'll also decorate and dress up similar to that of the traditional Thanksgiving Day, but with friends.

"My friends and I all brought classic Thanksgiving foods and desserts to eat and played games after, it was super fun," sophomore Eleni Puzas said.

The best part is that each friend group has different traditions and plans for their Friendsgiving. Friendsgiving is a great tradition to take part in in order to be able to spend time with your friends while on a break from school. It gives students a reason to get out of bed and enjoy the time on their break.

**FUN RECIPE: THANKSGIVING TURKEY COOKIES:** Roll (16.5 oz) refrigerated Pillsbury™ Sugar Cookie Dough or 1 package (16 oz) refrigerated Pillsbury™ Ready To Bake!™ Sugar Cookie Dough (24 Count), 2/3cup chocolate creamy frosting (from 16 oz container), Candy corn, Orange decorating icing, M&M's® Minis™ chocolate candy, Black decorating gel Steps Bake cookies as directed on roll or package. Cool completely, about 15 minutes. Spoon chocolate frosting into 1-quart freezer storage bag; seal bag. Cut off the tiny bottom corner of the bag. On each cookie, pipe frosting on the outer edge of half of the cookie. Arrange candy corn over frosting for feathers. Pipe orange icing onto each cookie to resemble turkey face and feet. Use orange icing to attach baking bits to the turkey's face for eyes. Pipe black gel on baking bits for centers of eyes.



## A LOOK INTO SEVERNA PARK'S SHOT PUT TEAM

After nearly a year and a half since the last winter season, the shot put team is looking to have a dominant season.

Zachary McGrath | Business Manager

Shot put is a peculiar sport. Since antiquity, shot put has been a popular sport, being one of the original ancient Olympic events. In a match, numerous independent throwers pick up a 6 to 16 pound metal ball and try to throw it as far as possible. Though it seems simple, the beauty of shot put are the thousands of intricacies of technique and styles it takes to succeed in the sport. Athletes need to learn how to perfectly execute technique, while putting as much strength into throwing the ball as possible. In this unique sport, numerous Falcons on the team work together in the hope to achieve success.

Nearly every shot put practice at Severna Park High School starts the same: the throwers arrive at the stadium after a school day, mull around for a few minutes and then head over to the far side of the stadium with the sprinting team to do a dynamic warm up. Afterwards, the throwers break into their own group and start practicing. Depending on the day, this could include a rigorous athletic rope routine or technique session. While the throwers are practicing, you can hear their distinctive nicknames, given to them by senior teammates, like Beatles, Beefer and Stripes. "Every thrower gets a nickname, like a rite of passage, when they get onto the team." Michael Cingel said, a sophomore and first-year member. The uniqueness and specialty of the sport leads to a small team, only around a dozen in total. Due to the small team setting, the throwers are a close-knit group. Four year veteran, Brandon Kiefer said that he enjoys going to practice because "people on the team are really good and it's a fun environment. Everyone is super supportive."

Looking towards the meets of the indoor season, many throwers are optimistic of their season. Four year veteran and Captain Chris Chapman is optimistic for the upcoming months due to the positive and uplifting culture within the team. While the throwers train and work together, the sport is a individual sport. However, that

doesn't stop the throwers from supporting their teammates. "The atmosphere is extremely relaxed and the attitude of everyone on the team is great," Chapman said.

While it may not be the most big-ticket sports team we have, the throwing team is a small, wonderful slice of the Severna Park community. Every weekday, students from all over Severna Park High School come together and put in hours of work to succeed. With their teammates and a supportive atmosphere, the throwers on the track and field team are ready to thrive during the winter season.



Indoor track and field athletes warm up before practice. Every weekday during the Winter sports season, throwers warm up with their fellow track athletes, then break off and begin practicing and working on technique. Photo by Sarah Sternhagen

## RECAP OF FALL SPORTS PLAYOFFS

See where the Falcons' season ended in each fall sport.

Lilly Spilker | Sports Editor



Among many successful fall sports seasons for Severna Park, field hockey won the state championship game. The Falcons claimed their 25th state title and plan to keep the momentum going in upcoming seasons. "Our team worked so hard all season," junior field hockey player Charlotte Diez said. "It felt amazing to win states and see that all that hard work paid off." Photo by Charlotte Diez



Severna Park's Unified tennis team has always been a successful program for the Falcons, and this year they went as far as winning the state championship. Unified tennis is a sport that brings many students together and builds lasting relationships, and the Falcons are looking forward to furthering this next year. "I could not be happier with the decision I made to play," senior Ryan Laughlin said. Photo by Nadine Hendler

The fall sports season ended for all Severna Park teams, with varying amounts of success.

Falcons football started the season out strong with our first winning record in a long time. Football's regular season record was 6-2, and the team happily reached the playoffs. But the season unfortunately ended early after a 28-0 loss against North Point in our first playoff game on Nov. 12.

Boys soccer also had a successful season,

but lost to Northwestern High School, 2-1, in the state semi-final game. The Falcons' season ended in overtime on Nov. 13 after a tough match. Additionally, in a strong battle, girls soccer lost to rival Broadneck 1-0 in the regional championship on Nov 2.

Volleyball lost against Leonardtown 3-0 in the second round of playoffs on Nov 8.

While girls cross country placed fourth in the state championship, boys cross country won the state championship, earning their fourth straight state title with 56 points. Severna Park's

five runners, James Glebocki, Eddie Sullivan, Tyler Canaday, Ronan Byrne and Liam Hagerty all placed in the top 20.

Unified tennis was also among the state champions, winning gold and silver in their final meet.

Severna Park field hockey won the state championship game 2-0

on Nov. 13 vs. Churchill, with senior Delanie Abere and junior Ava Drexler-Amey each earning one goal. Due to Covid, the last time a field hockey state championship game was held was 2019.

Severna Park also took the win then, and extended its state title record to 25.

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## SIGNING DAY FOR ATHLETES

Falcons made their college commitments official on November 11.

Lilly Spilker | Sports Editor

On November 11, many students throughout Anne Arundel County took a huge step in their athletic and academic career, by signing their National Letters of Intent. Severna Park held a Signing Day ceremony to celebrate the event. The ceremony was held outside, as SPHS was keeping Covid safety precautions in mind. Coaches and families were present, supporting their athletes. Division I and Division II committed players signed their National Letters of Intent, and Division III commits will sign later in the year.

"I was really excited to sign," senior Theresa Bragg said. "It was fun making it official!" Bragg is a basketball and lacrosse player for Severna Park, and is headed to play Division I lacrosse at the University of Florida next year.

Twelve athletes signed, representing lacrosse, cross country, field hockey and volleyball. It was momentous for many of these players to move towards the next chapter of their athletic careers, while honoring their high school achievements.

"It felt great to sign," senior Eddie Sullivan said. "Especially to do it with my teammates that I've been friends with for years."

Sullivan plans to run cross country and track and field at Boston College next year. For some athletes, it had always been a dream to play their sport in college. With talent, hard work and dedication, many of them reached this goal. "I knew I wanted to play lacrosse in college since I was little," Bragg said. "My mom played in college, and I was always around lacrosse and started playing when I was young."

Aside from Bragg and Sullivan, the other athletes who signed their National Letter of Intent include Flynn Prengamann, Delanie Abere, Gen Mullervy, Emily Lameroux, Sarah Krause, Maggie Sale, James Glebocki, Tyler Canaday, Joaquin Villagomez and Zoe Day for lacrosse, cross country and field hockey.

"I chose Boston College because the city of Boston is amazing," Sullivan said. "And it is a school that I know I can get a great education from."

Being a part of a sports program adds even

more factors to choosing college. Student athletes must keep in mind the coaching style, team atmosphere, skill level of the program and much more. "I really liked the coaches, they were super nice and welcoming even when I met them and talked through Zoom," Bragg said. "I was lucky enough to visit Florida's campus and as soon as I got there I knew it's where I wanted to go."

Severna Park's top athletes are looking forward to taking their game to the collegiate level next year, furthering their academic and athletic skill.



Severna Park had many proud athletes signing their National Letter of Intent on November 11, the school's Signing Day. Many Falcons are looking forward to continuing their athletic career in college, including Theresa Bragg, who is pictured. "I'm looking forward to making new friends and competing against some of the top competition in the country," Boston College commit Eddie Sullivan said. Photo by Theresa Bragg

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### BOYS BASKETBALL

12/20	vs. Old Mill	Varsity 5 PM	AWAY
		JV 3:45 PM	HOME
12/22	vs. Southern	Varsity at 7 PM	HOME
		JV 3:45 PM	AWAY
1/4	vs. Meade	Varsity at 5 PM	AWAY
		JV 3:45 PM	AWAY
1/6	vs. Chesapeake	Varsity at 5:45 PM	HOME
		JV 4 PM	HOME
1/11	vs. South River	Varsity at 5 PM	HOME
		JV 3:45 PM	HOME
1/14	vs. Broadneck	Varsity at 7 PM	AWAY
		JV 3:45 PM	HOME
1/18	vs. Annapolis	Varsity at 5 PM	HOME
		JV 3:45 PM	HOME
1/21	vs. Crofton	Varsity at 7 PM	HOME
		JV 3:45 PM	AWAY
1/25	vs. North County	Varsity at 5 PM	HOME
		JV 3:45 PM	AWAY
1/28	vs. Arundel	Varsity at 7 PM	AWAY
		JV 3:45 PM	HOME
2/1	vs. Glen Burnie	Varsity at 5 PM	AWAY
		JV 3:45 PM	AWAY
2/4	vs. Southern	Varsity at 7 PM	AWAY
		JV 3:45 PM	HOME
2/8	vs. Annapolis	Varsity at 5 PM	AWAY
		JV 3:45 PM	AWAY
2/11	vs. South River	Varsity at 7 PM	AWAY
		JV 3:45 PM	HOME
2/14	vs. Long Reach	Varsity at 7 PM	HOME
		JV 3:45 PM	HOME
2/16	vs. Broadneck	Varsity at 7 PM	HOME
		JV at 3:45 PM	AWAY

### GIRLS BASKETBALL

12/20	vs. Old Mill	Varsity 5 PM	AWAY
		JV 3:45 PM	AWAY
12/22	vs. Southern	Varsity at 5 PM	HOME
		JV 3:45 PM	HOME
12/29	John Carroll @Pallotti	Varsity at 5:30 PM	
1/4	vs. Meade	Varsity at 5 PM	HOME
		JV 3:45 PM	HOME

### GIRLS BASKETBALL (CONT.)

1/5	vs. Severn School	Varsity at 5:45 PM	AWAY
		JV 4 PM	AWAY
1/7	vs. St. Mary's	Varsity at 6 PM	HOME
		JV at 4:30 PM	HOME
1/11	vs. South River	Varsity at 6:30 PM	HOME
		JV 5 PM	HOME
1/14	vs. Broadneck	Varsity at 5 PM	AWAY
		JV 3:45 PM	AWAY
1/18	vs. Annapolis	Varsity at 5 PM	AWAY
		JV 3:45 PM	AWAY
1/21	vs. Crofton	Varsity at 5 PM	HOME
		JV 3:45 PM	HOME
1/25	vs. North County	Varsity at 5 PM	AWAY
		JV 3:45 PM	AWAY
1/28	vs. Arundel	Varsity at 5 PM	AWAY
		JV 3:45 PM	AWAY
2/1	vs. Glen Burnie	Varsity at 5 PM	HOME
		JV 3:45 PM	HOME
2/4	vs. Southern	Varsity at 5 PM	AWAY
		JV 3:45 PM	AWAY
2/8	vs. Annapolis	Varsity at 5 PM	HOME
		JV 3:45 PM	HOME
2/11	vs. South River	Varsity at 5 PM	AWAY
		JV 3:45 PM	AWAY
2/14	vs. Liberty	Varsity at 5:30 PM	HOME
		JV 4 PM	HOME
2/16	vs. Broadneck	Varsity at 5 PM	HOME
		JV at 3:45 PM	HOME

### INDOOR TRACK AND FIELD

12/21	vs. Howard County	PGSLC	
12/28	vs. AA County Invitational	PGSLC	
1/07	vs Intercouty Meet	PGSLC	
1/15	vs. Virginia Showcase	Virginia Beach	
1/17	vs. Last Chance Meet	PGSLC	
1/19	vs. County Championship	PGSLC	
1/29	vs. Ocean Breeze Invitational	Ocean Breeze Complex	
2/5	vs. East Coast Championships	Virginia Beach	

### SWIMMING

12/17	vs. Chesapeake and Northeast	Arundel Swim Center, 6:30 PM
1/7	vs. Annapolist and Old Mill	Arundel Swim Center, 6:30 PM
1/14	vs. Meade and South River	Arundel Swim Center, 6:30 PM
1/28	vs. South River and Broadneck	Arundel Swim Center, 6:30 PM

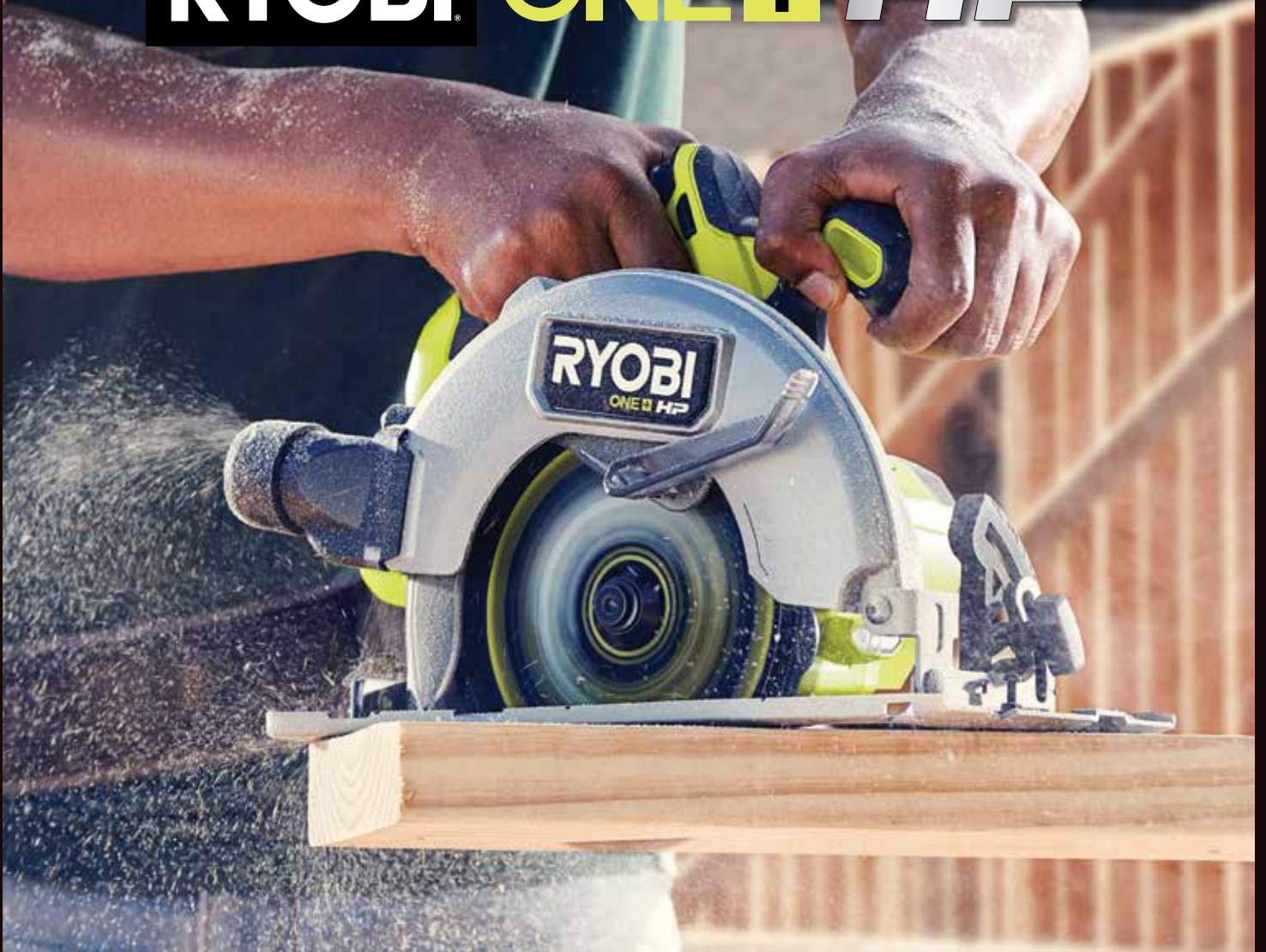
### UNIFIED BOWLING

1/7	vs. Chesapeake and Marly Glen	Severna Park Lanes, 3:30 PM
1/14	vs. Northeast, Southern and Meade	at Greenway Lanes, 3:30 PM
2/4	vs. South River and Chesapeake	Science Center at Severna Park Lanes, 3:30 PM
2/10	County Tournament	vs. Chesapeake and Marley Glen at Severna Park Lanes 3:30 PM

### WRESTLING

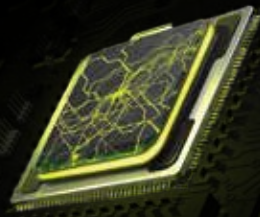
12/21	vs. Crofton and Southern	at 4:30 PM	HOME
1/5	vs. Meade	Varsity 6 PM	HOME
		JV 5:30 PM	
1/6	vs. LaPlata	Varsity 6 PM	HOME
		JV 5:30 PM	HOME
1/8	vs. Rodeo at Northeast	JV 9 AM	AWAY
1/12	vs. Chesapeake	Varsity 6 PM	AWAY
		JV 5:30 PM	AWAY
1/14	vs. Arundel	Varsity 6 PM	AWAY
		JV 5:30 PM	AWAY
1/19	vs. Glen Burnie	Varsity 6 PM	AWAY
		JV 5:30 PM	AWAY
1/21	Tournament, Winter Mills	HS Varsity 6 PM	AWAY
1/22	Tournament, Winter Mills	HS Varsity 9 AM	AWAY
1/26	vs. Northeast	Varsity 6 PM	AWAY
		JV 5:30 PM	AWAY
1/28	vs. Annapolis	Varsity 6 PM	HOME
		JV 5:30 PM	HOME
2/4	vs. Severn	Varsity 6 PM	HOME
		JV 5:30 PM	HOME
2/5	vs. Rodeo at Southern	JV 9 AM	AWAY
2/18	Courty Championships		
2/19	County Championships		
2/25	Regional Championships		

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