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RETIRING

Principal Bathras and AP Dr. Jones set to move on from SPHS this year.

FALL SPORTS PREVIEW

Take a look at what's to come for the Falcons this fall sports season.

ADVICE FROM A SENIOR

Get tips from a senior on how to survive high school.

SUMMER TRAVELS

SPHS students explored the country and world this summer.

SEVERNA PARK HIGH
60 ROBINSON ROAD
SEVERNA PARK, MD 21146

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NEWS IN BRIEF

| High Schools | AM Opening | AM Closing | PM Closing |
|-----------------|------------|------------|------------|
| Annapolis HS | 8:30 AM | 3:18 PM | 3:18 PM |
| Arundel HS | 8:30 AM | 3:18 PM | 3:18 PM |
| Broadneck HS | 8:30 AM | 3:18 PM | 3:18 PM |
| Chesapeake HS | 8:30 AM | 3:18 PM | 3:18 PM |
| Crofton HS | 8:30 AM | 3:18 PM | 3:18 PM |
| Glen Burnie HS | 8:30 AM | 3:18 PM | 3:18 PM |
| Meade HS | 8:30 AM | 3:18 PM | 3:18 PM |
| Northeast HS | 8:30 AM | 3:18 PM | 3:18 PM |
| North County HS | 8:30 AM | 3:18 PM | 3:18 PM |
| Old Mill HS | 8:30 AM | 3:18 PM | 3:18 PM |
| Severna Park HS | 8:30 AM | 3:18 PM | 3:18 PM |
| Southern HS | 8:30 AM | 3:18 PM | 3:18 PM |
| South River HS | 8:30 AM | 3:18 PM | 3:18 PM |

NEW BELL SCHEDULE: The new starting time and bell schedules for Anne Arundel County schools have been implemented. With the new start time at 8:30 a.m. and the release time at 3:18 p.m. there's going to be adjustments to with the new schedule. Not only will sports have to start immediately after school,

but now the morning bus pick-up coincides with rush hour. With SPHS prominently situated in the middle of neighborhoods and nearby Ritchie Highway traffic during the eight o'clock rush, and students will have to see if the increased traffic will change their morning routines. PHOTO BY SARAH STERNHAGEN

ESSAY CONTEST WINNERS: The Anne Arundel Bar Foundations Essay Contest announced this year's winners on July 15. The contest has students write an essay predicting how the Supreme Court will rule in an upcoming case, this year the case was *Students for Fair Admissions Inc. v. President & Fellows of Harvard College*,

and the top three places all receive a cash prize. This year SPHS had the honor of not having just one student place in the top three, but having two. Junior Sean William took first place and senior Elliot Gerig took second place, with a young woman from South River taking third. PHOTO COURTESY OF SARAH POOLE



CAPTION: Skills USA in front of the Mariott Marquee in Atlanta, GA after the Skills USA awards ceremony. Chris Ryan and Alyssa Wieland won third in the nation for their competition and won a bronze medal and the team, of Ty Miller, Reilly Miller, Natalie Brand, Chioma Mortanya, Mylia Phippa,

Sydney Henson, Khyla Boodoo and Alyssa Coriano won tenth in the nation. Skills USA is an organization that is supported by 600+ national partners and provides educational programs and competitions to support academic and career education. PHOTO COURTESY: MICHELLE DUGANS



FRONT PAGE CAPTION: With the start of the new school year comes many new changes, a new start and end times, freshman getting adjusted to the school and a changing principal. GRAPHIC BY: MADELYNNE EARTHART

CAPTION: Principal Bathras announced his retirement from AACPS. After 15 years as principal for SPHS and a total of 30 years as an educator and administrator in the county, his time will come to a close at the beginning of 2023. PHOTO BY: MADELYNNE EARHART

LEGACY AT SPHS

Principal Bathras announces his retirement in Jan. 2023, and AP Dr. Linda Jones leaves on Sept. 1.



“I hope I helped others to grow, learn and achieve. I hope I helped to brighten someone’s day, week, year and life. I hope I made a difference along the way in the lives of students, faculty/staff, parents, and in the communities I served.”

PRINCIPAL BATHRAS

Principal Bathras

After 15 years of being principal at Severna Park High School, Principal Patrick Bathras will be retiring Jan. 1, 2023 after winter break. Bathras has been with AACPS for a 30 year long career, starting in 1993 as a teacher after graduating from Towson University. Now, after watching so many classes of students graduate, seeing the school built into a new building and going through a whole pandemic, Bathras is now ready to retire from SPHS.

“After a 30-year career in AACPS, my announcement is bittersweet. As I look back on my 15 years as principal of Severna Park High School, I do so with great pride and thankfulness” Bathras said.

Bathras was the principal for SPHS during many important events and got to witness many accomplishments. Several sport state championships, relocating to a newly built building and going through the COVID pandemic.

Former student Nicholas Plummer

appreciates Bathras’ impact, “Mr. Bathras has been pivotal in the successes that SPHS has seen. Through the transition into our new building, to leading Falcons through COVID-19 pandemic, Mr. Bathras has been there for the Falcon community. I enjoyed working with him as a student leader. I wish him the best in retirement,” Plummer, SPHS 2018, MBA Salisbury University 2024 said.

Assistant Principal Dr. Jones

Similarly, Assistant Principal Dr. Linda Jones will also be retiring this year, but much earlier. After watching a new class of freshman enter the building she will be leaving on Sept. 1.

Dr. Jones has been an AP at SPHS for 17 years and an educator for 30 plus years. Her impact on students is long lasting, and former grads still come to visit her to catch up, long after they have graduated.

“To me, Dr. Jones is peace in times of tumult, a caring presence when all you need is someone to feel your frustration, and consummate fountain of sage wisdom and thoughtful counsel whenever called upon. She is a cheerleader, a friend, a confidant and a mentor” Josh Wade, SPHS 2015 and 2022 University of Baltimore Law School graduate said.

Jones sees her impact in service, “Just to serve, promote and encourage the students was the most important...in general being able to support and encourage and help in any way I could -- just to listen [was meaningful]” Dr. Jones said.

BY LINE >>
SARAH STERNHAGEN
CO EDITOR IN CHIEF

CAPTION: Dr. Linda Jones will be leaving SPHS on Sept. 1 after 17 years of service at Severna Park High School. PHOTO BY MADELYNNE EARHART



Go to [SPTALON.COM](https://www.sptalon.com) for a complete interview with Principal Bathras

SUMMER ASSIGNMENTS

The impact summer assignments have on students as the summer ends and the academic school year begins.

Almost every summer of high school students can count on having at least one piece of homework over the break: summer assignments. These can range from reading books, to writing essays, to DeltaMath practice and there's no limit to how many you can be assigned since it's all dependent on specific classes. Many schools have summer assignments to keep students' minds thinking during the months of summer break. Yet for several students having homework over the break defeats the purpose of it being a break.

"The burden of having to do [summer assignments] while relaxing in summer is the worst part for me," senior Bon Bushnell said.

Though the prevalence of summer assignments isn't felt among many students until the last few weeks leading up to the new school year, the short two month break this year has highlighted the annoyance many have with the assignments. At the same time, because of a break lasting more than a month, it's reasonable to want students to keep content fresh in their minds for when they return to school. That way less time is spent on re-teaching.

"I like the DeltaMath [summer assignments] cause they are helpful and quick," senior Kristina Testerman said, "I don't like the English ones because... it forces you to go out and buy a book that you will read once and not enjoy."

Regardless of reasoning, any assignment given over summer break will always be met with groans from students. It is a break, one that many students devote to socializing, relaxing and even their own jobs. Having the freedom to decide what to spend their newly free, seven hours of the day on, makes letting school work interfere seem like it's encroaching on earned time.

"I don't really think they help because people don't really try hard. [They] just want to get them over with and enjoy their summer," Testerman said, "[Students] don't really learn anything."

Summer assignments are a staple of SPHS and they aren't going away anytime



soon, much to the dismay of many students. Of course, there are students who genuinely want to be ready for the new school year. Math practice and assigned reading material can help with that, "It increases students' skill level

BY LINE >>
SARAH STERNHAGEN
CO EDITOR IN CHIEF

“The burden of having to do [summer assignments] while relaxing in summer is the worst part for me.”

BON BUSHNELL

coming in. Students begin thinking in the way we need them to think so they hit the ground running. Many of our courses also offer choice texts, something curriculum doesn't always allow. Students get to read something and explore that with a small group that is sometimes more engaging or more recent. In AP courses, it provides what is needed for those AP tests. AP Lit has an additional text to draw from that can be written on for the test, for example. In general, the more students read, the more their vocabulary and other skills grow" Ms. Bowman, English Department Chair, said.

"If [students] want to learn and improve then they don't mind doing the practice," Bushnell said, "But for other people who just want a break from learning it can really bring them down."

CAPTION: There's a good chance that every year of high school you'll have some kind of summer assignment. Whether it's the typical English reading, math practice or something for an elective, every grade level has a class with a summer assignment. Yet the subtle re-teaching can have its drawbacks, especially considering summer is supposed to be a break. "I like the practice it gives you but it should definitely be optional for students so they don't have extra stress over the summer," Bon Bushnell said. PHOTO BY: SARAH STERNHAGEN

FALL SPORTS PREVIEW

A look at what's to come for the Falcons' fall sports teams.

BY LINE >>
JOHANN BACARISAS
SPORTS EDITOR

Boys Cross Country

Severna Park's cross country team bid farewell to several talented senior athletes last year, but still appears to have a deep roster going into next season. The team looks to continue their dominant performances after winning the 4A state championship last season in sweep in titles for boys cross country, boys indoor track and field and boys outdoor track and field. Liam Hagerty, Cody Smith and Chris Nunn are the men to watch.

Girls Cross Country

After placing 4th at last year's 4A state championships, Severna Park's girls cross country team returns with a strong core lineup. Cami Glebocki and Kaylee Jenish are the women to watch and Coach Alcombright has goals for both the boys and girl teams, "Looking to compete for county, region and state titles on both sides" Alcombright said.

Varsity Football

The Falcons will play their first game of the season at Meade High School on Sept. 2, following a 6-3 winning record last season. The Falcons hope to carry over their success into the new season. "We are very confident that this team has the potential plus determination to do well and our goal is another winning season and playoffs," Coach Wright said. "We have some young guys we expect to make an impact right away. On offense, Jack Fish and Ryder Halloran should step in and contribute right away" Coach Marks said.

Golf

With the departure of several senior stars, the Falcons' golf team looks to make a

rebound in 2022. After solid performances in last year's state tournament, the Falcons look to continue improving this coming season. Nathan Clarke won in the first match at Bay Hills and the team finished 4th with a score of 158 in their first match Aug. 19.

Field Hockey

Following a dominant 17-2 regular season and decisive 2-0 win over Churchill in the 4A state championships, Severna Park's Girls field hockey team looks to continue their success for another season after their 25 title win last season and 16th back to back state title.

Boys Soccer

Following a 15-2 record, the Falcons look to continue their success into next season. After an impressive playoff performance against Northwestern that resulted in a 2-1 loss, the boys team first county game is Sept. 13 at Crofton High School.

Girls Soccer

Severna Park's girls soccer will play their first game of the season at home against Tuscarora High School on Sept. 3. Following a 5-3 season capped off by a 1-0 loss to Broadneck last year. Rematch again Bruins is scheduled for Sept. 9 at Broadneck.

Unified Tennis

Following a win at last year's state championship, Severna Park's unified tennis team looks to continue their success. "I'm feeling pretty confident about this season, we won states last year and we definitely work well as a team," senior Elie Major said. The Falcons will play their first match at Chesapeake High School on Sept. 20.

Volleyball

Following a series of preseason scrimmages, the Falcons open the 2022-23 season at Annapolis Area Christian School on Aug. 31. After a strong 12-5 winning season and a brief playoff trip last season. Coach Dunbar said, "With a large contingent of returning players from last year, we expect to be highly competitive."



CAPTION: The Falcons' football team follow a 6-3 season, their first winning season since 2011. After a heartbreaking playoff home loss to North Point, the Falcons seek to bounce back in the coming season. PHOTO COURTESY OF: TYLER HANNESSON

How To Get Through High School Just Fine

Advice from a senior to the class of 2026, 2025 and 2024

Going into high school can be nerve-racking. This isn't unusual and it's exactly how I felt on my first day. However, I soon found out that it isn't so bad. I learned a things not just in class, but a few tricks along the way to get through alright. Here's a list I came up with in hope that you'll get on just fine too. Good luck.

PUT YOUR HEALTH FIRST

Bring around a water bottle to keep hydrated and eat a little something in the morning to fuel your body (if not at home, breakfast is available in the cafeteria before the bell). Please get enough sleep and prioritize your mental health. If you have too much on your plate, remember that it's better to miss a deadline than to overwhelm yourself and risk your health. Sleep it off and get on it tomorrow.

GET ORGANIZED

Decluttering your study environment and keeping track of your assignments can help ease your mind for a work-life balance. Jot down all your assignments, deadlines, assessment dates, club meetings, etc. in your agenda book. This way, you have a visual reminder of everything that needs to be done and you can easily manage your time.

EASE YOUR LOAD

Our school is pretty big. Sometimes you might have to go from one end of the school on the first floor all the way to the other end of the third floor. Not to mention school stairs are rough. You don't want to bring around a heavy backpack. Know what needs to be brought to each class and only bring those things on the appropriate days. I suggest having separate binders for A-days and B-days so you can easily switch them out the night before.

GET INVOLVED

Join clubs. We have a ridiculously large amount of clubs and they're a great way to meet new people with similar interests as you. Being friends with a senior means you'll get extra insight and advice on the rest of your

high school career. Don't be afraid to try something you're not used to either. Get out of that comfort zone and take your pick. Once you've tried a bunch, it's best to just stay in the ones you can juggle.

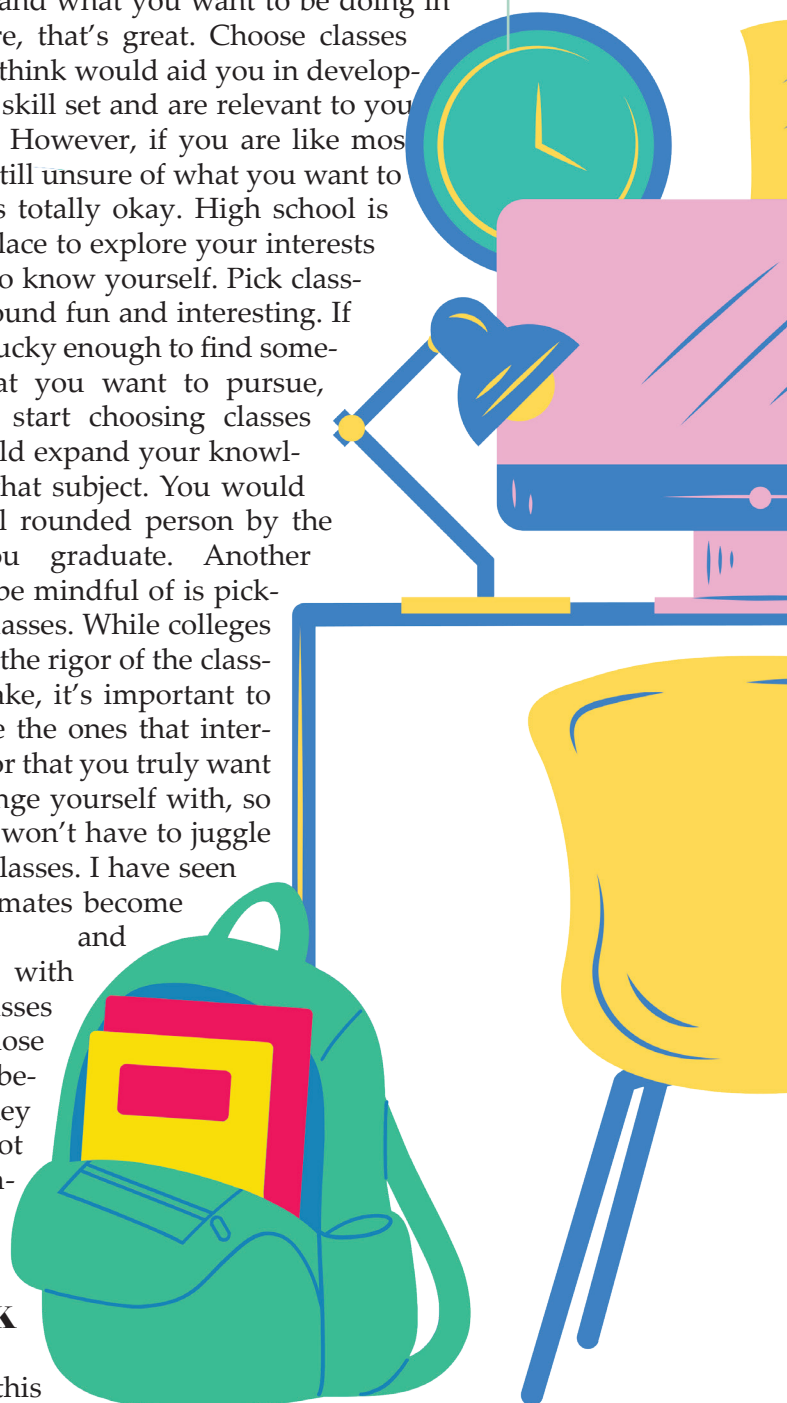
BE INTENTIONAL

If you are someone that knows exactly what you like and what you want to be doing in the future, that's great. Choose classes that you think would aid you in developing your skill set and are relevant to your interests. However, if you are like most and are still unsure of what you want to do, that's totally okay. High school is a great place to explore your interests and get to know yourself. Pick classes that sound fun and interesting. If you are lucky enough to find something that you want to pursue, you can start choosing classes that would expand your knowledge of that subject. You would be a well rounded person by the time you graduate. Another thing to be mindful of is picking AP classes. While colleges consider the rigor of the classes you take, it's important to only take the ones that interest you, or that you truly want to challenge yourself with, so that you won't have to juggle five AP classes. I have seen my classmates become unhappy and stressed with the classes they chose to take because they were not intentional.

SPEAK UP

I mean this

BY LINE >>
ANASTASIA GOBOT
OPINIONS EDITOR



in a social setting and academically. Bullying these days doesn't happen like in the movies -- it can be really subtle. You will meet people that won't be so great and are uncomfortable to be with. It's important to recognize when you feel this way about a person and set boundaries. If this person continues to cross these boundaries, find someone to help out. A lot of teachers really care. On the academic side, you should really take advantage of Advisory and Falcon Block. Take redos when you need to and don't be afraid to ask questions. It's better to feel dumb asking a question rather than not asking and never knowing the answer. One way you can

feel more comfortable asking questions is by building positive relationships with the teachers and staff. Get to know your counselors too so they can put a face to a name and will be more likely to help you out. These relationships will greatly benefit you when the time comes to ask for letters of recommendation.

BE PRESENT

It's true what they say: high school goes by in the blink of an eye. Participate in spirit weeks even if you might think it's embarrassing. Go to a football game, even just once. Go to homecoming, watch

our school musicals, talk to the people in your classes and wave to everyone you know in the halls. You should cherish these next four years because you can't get this time back.

other tips



If you're a picky eater, bring your own lunch.



The library is a great place to study, and they have lots of great books, including full manga collections.



Some Falcon Block sign ups fill up quickly (i.e. the library) and chromebooks can get slow, so it can be helpful to sign up using your phone.



Make your bed every morning. You will have accomplished something the moment you wake up and it will get you motivated to finish things later in the day.



Always have a backup plan for transportation if you are a bus rider. Last year there were buses that never came or were late and you would have had to share a cramped bus.



Once you're a junior, spend time in the counselor's office.



Express yourself as you are and you'll find your people, especially in a school as big as ours.

counselors

Ms. Tate (Students A-Col)
Ms. Singer (Students Com-Gra)
Mr. Yi (Students Gre-Lej)
Ms. Nichols (Students Lek-Per)
Ms. Ruhf (Students Pes-Ste)
Ms. Brown (Students Sti-Z)
Ms. Meyers (School Psychologist)

Link to Counseling Center Emails and Appointments



CAPTION: High school can seem a bit daunting, and you're not alone. Everyone feels nervous about transitioning into this new environment. But as long as you follow these tips, you'll get through these next four years. GRAPHICS BY: ANASTASIA GOBOT



SCHOOL CLUBS TO MAKE YOU FEEL WELCOME

High school is hard enough; why not join clubs to make some friends that have the same interests as you?

club for you. Sci-Fi club is one of those things where if you are a fan of something, you are bound to find someone with the

same interest as you. So many students call this club home because of the activities. DND campaigns, video games tournaments, and watch parties are just a few of the things that make this club unique. It's a great place to spark a conversation with someone about your favorite characters or whatever your fan heart desires. You can definitely find your people here.

Key Club

Key Club is a little bit of a lesser known club, but still nevertheless a great place to find friends. Key club is all about community service and leadership in your community. It's a positive place to find people who are passionate about helping others. The club is very welcoming and is like other clubs in the community service scene. Students come together for projects that will help others. These projects can be both in and outside of school. Key club is the perfect spot to find people who are passionate about helping others.

If you have a specific interest, there's bound to be a place for you. Make this year of high school a great one that you spend with new friends. The year will be up before you know it so make this time last. Just remember when joining these clubs that you need to be yourself. That's the only way you're going to find true friends.

CHECK OUT THE MASTER CLUB LIST ON THE BACK PAGE

BY LINE >>
MADELYNNE EARHART
GRAPHICS/PHOTO
EDITOR

CAPTION: School is the place to find your place. Whether you're interested in video games, painting, or singing, there's a place for you in Severna Park High School. Finding friends is a lot easier with clubs that have your interests in mind. Find your people and make high school the best it can be. GRAPHIC BY: MADELYNNE EARHART

Welcome to your newest year of high school. This year is going to be one to remember, so why not try to enjoy this year in a club with a welcoming community? While this might not be the complete list of clubs that have some awesome members, you should definitely check out the Falcon Block sign ups for clubs that might interest you. In the meantime, here are some clubs that are known for the great communities they build.

Theater

It really is a great place to make friends. The great thing about theater is that you don't have to get on stage and sing in order to be a part of it. You can join the stage crew and help make sets, design costumes or help the actors with their makeup. If none of that seems to pique your interest, there's also improv. They play improvisation games and scenarios during Falcon Block and after school. They also do shows, but you don't need to do the shows if you just want to make friends and play the games. Theater is very welcoming and a great place to make friends.

Sci-Fi Club

Calling all video gamers, DND players, anime watchers, and all around fanatics. This is the



large accomplishment in mind. “A couple of my friends, our dads and I went out west to Mount Whitney, California, to hike the highest mountain in the continental United States,” Muldoon said. “The hike itself was three days and very intense, but the views while climbing and the vast wildlife seen along the way made it so worth it. And completing the climb made it so worth it.”

Every summer, numerous Severna Park teens travel across the country for sports, with tournaments, camps, college visits, prospect days, and more. The summer season is a crucial recruiting period that many SPHS athletes go through. Senior Karli Kirchenheiter is committed to play lacrosse at the University of Louisville next year, and played in a tournament in Lake Placid, New York with other committed players this summer. “It’s a really

FALCONS’ SUMMER TRAVEL

Take a look at some SPHS students’ favorite vacations from this summer.

BY LINE >>
LILLY SPILKER
CO EDITOR IN CHIEF

CAPTION: Summer break felt a bit shorter than usual this year, but Severna Park students made the most of their time off. Falcons are now looking back on their favorite vacations and travel memories from this summer. “We started my trip to Greece in Agios Nikolaos, then went to Aegina, and ended in Athens,” senior Sophia Miller said. “I went cliff jumping and exploring, enjoyed the blue water, beautiful views, and amazing food, and spent time with loved ones. I can’t wait to go back next summer.” PHOTO COURTESY: SOPHIA MILLER

Summer this year is a bit shorter than most Severna Park students are used to, as school ended in late June and starts back up again before Labor Day.

Senior Sophia Miller ventured across the world on vacation with family. “We go to Greece about every three years because that’s where all my Mom’s family is from and my grandfather runs a charter company there,” Miller said. “It is so beautiful there and it’s really special to get to see my relatives every few years and experience their simplistic way of living. Every time I go I meet about ten new family members, and their generosity is unmatched, not to mention the amazing food. I always leave Greece wishing I could stay forever. Luckily, next year for my senior trip I’m going back with two of my friends. I hope to share my love and appreciation of the beautiful country with them.”

Not going quite as far away from home, many SPHS students traveled around the United States. Some visited loved ones, including senior Liv Tramontana who visited family in Massachusetts. “I love going to Massachusetts in the summer because I get to go to the beach with my cousins and play spikeball,” Tramontana said. “I also love biking to get ice cream and seeing the seals at Chatham Fish Pier. It’s so much fun.”

Some had specific goals in their travels, like senior Owen Muldoon who had a

cool town because it is where the 1980 Winter Olympics took place, and the lake is so beautiful and clear,” Kirchenheiter said. “It was fun having the opportunity to play with my future college teammates and get closer with them.”

And of course, a great deal of students go on vacation just to relax and have fun. “I went to Disney this summer, and I loved the trip very much,” senior Cole Rogers said. “I got to spend time with my family and I rode a lot of rides, but the Guardians of the Galaxy ride was my favorite.”

Falcons are always flocking to Ocean City, Bethany Beach and other local beaches throughout the summer. It only takes about two hours to get to this spot, which makes it an easy getaway destination.

“I love living in Ocean City during the summer because it’s fun to have a change of scenery and there is a lot to do,” senior Stella Bordone said. “I have a job here and I also enjoy going to the beach everyday with my friends that I’ve known since I was five.”

Yearbook News: Dates to Remember

UNDERCLASSMEN PORTRAITS

Sept. 20 and 21 (in English classes)
Make Up: Oct. 18

*Check class Brightspace link for important information

*Send photos to: sphsmembers@gmail.com

SENIOR PORTRAITS

Sept. 10: Legacy Studio Only
Sept. 12 and 14: Black Box

Sept. 16: CAFE

Oct. 10 and 11: Black Box

Purchase
2022
Yearbook
Here



Senior
Portrait
Appointment
Link



JUNIOR YEAR: PROSPECTIVE AND RETROSPECTIVE THOUGHTS

Incoming and outgoing juniors share their thoughts and opinions on the school year ahead.

The upcoming 2022-2023 school year is already bringing changes to high schoolers' lives and it hasn't even started. Modifications like starting an entire hour later in the morning and also starting school back up before Labor Day forces students and teachers alike to adapt in order to not fall behind on these changes. Junior Claire Gray works at Blend ed Essentials, a local shop where people can make soaps and candles with all sorts of fascinating scents.

"I think it's going to be annoying, I think that I'll get the same amount of sleep," Gray said. "And it's gonna be annoying getting off an hour later to be able to do things like work."

Many kids are predicting that the schedule change will call for schedule adjustments at fast food joints or retail shops where students work. This could affect which days and the amount of hours students will be getting. However, jobs are not the only thing that the new schedule change will impact.

"It's definitely going to affect how elementary schoolers get back home," junior Nolan Bailey said. "Because a lot of high schoolers have to pick up their younger siblings, which isn't possible anymore."

Despite the numerous changes that students and teachers will have to adapt to, many kids are trying not to let these worry and prevent them from having a blast this summer.

"I went to Peru and it was really cool leaving the continent," junior Tristan Alcott said. "But I guess that won't help me later in the year."

While many kids enjoy going out of town and traveling to exotic locations with wildly different cultures, some prefer staying home, relaxing and mentally preparing themselves for another year of hard work.

"I've done nothing," senior Bennett Terhune said. "Just rotting, mostly, in my house."

Others, like junior Rachael Casper are actually stoked for their third year in high school, saying that "there are many things to



look forward to." Such as new teachers and making friends. Recently, Casper joined the Falcon Flight club to get more involved in school activities and helping people through fundraisers.

"I'm a part of Falcon Flight which specializes in tutoring and helps students to feel more comfortable in our school," Casper said. "I hope to see some more students this year join and attend our club."

Junior year is a very crucial year and a turning point in students' lives. The workload seems to increase triplefold, drama between friends escalates and activities like sports, jobs and simply managing school work can become very overwhelming. But all of this can be put on hold if you need some time to catch up with your life. If you don't stop to enjoy the people around you and the amazing things you are capable of, time will undoubtedly pass you by and will not wait for anyone to catch up.

"Honestly it's gonna be weird thinking that my friends are seniors now. It happened way too fast," Terhune said. "When I was a freshman, thinking we were going to be seniors was crazy."

BY LINE >>
NOEL CASTILLO
FEATURES EDITOR

CAPTION: From left to right, juniors Nolan Bailey (standing), Ian Ireland, Kaden Spiegel-Johnson, and Tristan Alcott (middle) on a tour of Washington for Alcott's birthday. "It was Tristan's birthday and we went to D.C. for dinner in a limo" Bailey said. "But before we went to dinner, we went around to some monuments." Alcott and Baileys' tour extravaganza is just an example of fun and wild activities students partake in during their off-time.
PHOTO BY KRYSTAL ALCOTT

AP CLASS NECESSITIES

As school approaches, preparing for classes, especially AP, can be very stressful. Necessities for these classes can range from a variety of things.

BY LINE >>
MEGHAN DEFEO
ONLINE/SOCIAL
MEDIA EDITOR

With school is in session many students are stressing about upcoming classes, assignments, college applications and much more. A big thing for upcoming sophomores and juniors is the stress and preparation of taking AP classes. AP classes are very quickly paced and the information has to be absorbed faster than ever, this prepares the students to take the AP exam in hopes of earning college credits. Although AP classes tend to be very challenging it is nothing to be scared of considering many tips and tricks can help you succeed.

One of the biggest tips while taking on the challenge of AP classes would be to prioritize. Prioritizing with a busy schedule and a heavy workload is definitely important when figuring out your schedule with sports, activities, school work and free time. The best advice to give would be making To Do lists rapidly to prioritize and lay out everything you need to get done within your set goal. Prioritizing free time is also important to give yourself a break.

"Having an agenda and writing down lists of my work for AP classes really made me way more organized and productive. I am not sure how I could have done well if I had no lists," senior Sloane Andrulis said.

Another big necessity for taking up the challenge of AP classes would be to not stress yourself out and leave room for relaxation, free time and spending time with friends. AP classes can definitely be stressful and a big workload but it is always important to never stress yourself out too much. When choosing classes do not overload your schedule, it is not worth it. Having time to focus on yourself and friends is very important. The stress built up from fixating on AP classes will make your work ethic and grades worse. Mentally you al-

ways need room for breaks and sleep. Putting enough effort while also leaving this time for yourself will help you succeed through these challenging classes.

"After school some days I would take a nap and honestly it helped me so much, I felt so much better doing my schoolwork and more focused," senior Lola Blumenberg said.

Being prepared for these classes is also important to focus on. Having organized separate binders will help you out a ton. Organization is key. Having only one binder or folder can make things very messy and disorganized. Color coding, putting stickers or designs on items can be very helpful when trying to keep everything organized. Binders can be stressful to switch in the morning so instead switch your binders right before bed. Having one folder for just homework has also helped just in case you forget to switch binders, so you'll always have your homework ready.

"Being organized improved my grades and work ethic times a million, I am so glad I used color coordination," Blumenberg said.

CAPTION: Students Sophia Bordone, Maggie Mullervey and Meghan DeFeo have to focus intensely when being in AP classes to keep up with the quick pace of the work, this is in preparation for the AP exams at the end of the year. Hard work is a big task being taken on by these students and prepares them for college. PHOTO BY: MEGHAN DEFEO



CLUB SCHEDULE

Most clubs at SPHS meet during the Falcon Block, which is designated before fourth period.

**Students should check weekly SIGN UP GENIUS for most up to date club information and in the event of schedule changes.*

AP Spanish Language Club (Bak)
Mondays Weekly Room 266

Art Club (Wess)
1st Monday Room 242

Baseball Club (Kandra/Sasse)
2nd/4th Friday Room 314

Best Buddies All (Fish/Morris)
3rd Thursday Room 146

Best Buddies Officers (Fish/Morris)
1st Thursday Room 201

Brass (Kilby)
Tuesdays Weekly Room 192

Chess Club (Bertinatti)
Tuesdays/Thursdays Weekly Room 308

Chick-fil-A Leadership (Barnstead)
1st/3rd Monday Room 304

Chinese Club (Zhou)
3rd Thursday; 3rd Friday Room 201

Choir Class Sectional (Metcalf)
Tuesdays Weekly Room 190

Combined Chorus Sectional (Metcalf)
2nd/3rd/4th Monday Room 190

Creative Writing Club All (Downey)
1st/3rd Thursday Room 207

Creative Writing Club Officers (Downey)
1st Friday Room 207

Debate Club (Buhler)
1st Monday Room 318

Entrepreneurship Club (Barnstead)
2nd/4th Tuesday Room 304

Environmental (Green) Club (Mordovancey)
Tuesdays Weekly Room 167

Equity Club (Mermod)
2nd/4th Tuesday Room 220

eSports (Lowman)
Mondays Weekly Room 315

Falcon Flight (Gardner)
Daily TBD

Film Club (Harrington)
1st/3rd Tuesday Room 206

Fishing Club (Derlink)
Tuesdays Weekly Room 148

Football Academic Support
Daily TBD

French Club All (Auchincloss)
2nd/3rd/4th Thursday Room 267

French Club Officers (Auchincloss)
1st Thursday Room 267

GSA: Falcon Pride (Doucette/Moskowitz)
Monday Weekly Room 345

GSA: Falcon Pride (Doucette/Moskowitz)
'24 and '23; 2nd/3rd/4th Monday Room 345 (Class of '24 and '23)

GSA: Falcon Pride (Doucette/Moskowitz)
'25 and '26; 2nd/3rd/4th Monday Room 203 (Class of '25 and '26)

Improv (Germanos)
Tuesday/Thursday Weekly Room 185

Impulse Literary Magazine (Bowman)
1st/3rd Monday Room 212

It's Academic (Goldberg)
Mondays Weekly Room 333

Jam Land (Kilby)
Mondays Weekly Room 192

Jazz Band (Kilby)
Fridays Weekly Room 192

Key Club All (Meadows/Stahl)
2nd/3rd/4th Monday Room 366

Key Club Officers (Meadows/Stahl)
1st Monday Room 366

Leadership 3 (Colon)
Tuesdays/Thursdays Weekly Room 303

Leadership 3 (Colon)
Wednesdays/Fridays Weekly Room 304

Marine Biology Club (Greenlee)
Tuesdays Weekly Room 341

Math Honor Society (Lowman/McIntyre)
4th Monday; 4th Tuesday Room 329 (Monday)
Room 315 (Tuesday)

Math Team (Kintzley)
Mondays Weekly Room 319

Model UN (Poole)
Thursdays Weekly Room 334

National Art Honor Society (Dattlebaum)
Tuesdays Weekly Room 243

National Business Honor Society (Colon)
Wednesdays Weekly Room 303

National English Honor Society (Hill, S.)
3rd Tuesday Room 214

National History Day (Poole)
Wednesdays Weekly Room 334

National Honor Society Officers (Sneek)
1st Monday Room 268

Newspaper (Earhart)
3rd Monday (after school) Room 244

NHS Tutoring (Sneek)
Tues-Fri Weekly 2nd/3rd/4th Mondays Room 268

One Love (Hendler)
3rd Monday Room 114

Psychology Club All (Allam)
3rd/4th Friday Room 222

Psychology Club Officers (Allam)
1st Friday Room 222

Puzzle Club (Mermod)
1st/3rd Tuesday Room 220

Red Cross (Harrington)
32nd/4th Tuesday Room 206

Rho Kappa National Honor Society (Haring)
4th Wednesday Room 224

Robotics (Bernstein)
Mondays Weekly Room 157

S2SP (Meyer)
Fridays Counseling Department

STAR (Jackson)
3rd Tuesday Room CCC

Sailing Club (Hill, B.)
Wednesdays Weekly Room 321

Sci Fi Club (Boorman/Sanders)
Fridays Weekly Room 321, 313

Sci Fi Club (Boorman)
Fridays Weekly (after school) CAFÉ (3:18 pm-6 p.m.)

Sci Fi Leadership (Boorman)
Mondays Weekly Room 321

Science National Honor Society All (Cosh/Potter)
2nd Tuesday Room 364

Science National Honor Society Officers (Cosh/Potter)
1st Thursday Room 364

Service Learning (Barnstead)
2nd/4th Monday Room 304

SGA (Bowman)
2nd/4th Thursday Room 210

Skills USA All (Dugans/Angerer)
Wednesdays Weekly Room 154

Skills USA Officers (Dugans/Angerer)
Fridays Weekly Room 154

Slam Poetry Club (Fonte)
1st/3rd Wednesdays Room 205

SOL Sectional (Metcalf)
Fridays Weekly Room 190

SP Customs (Slack)
Mondays Weekly Room 170

Space Explorations (Smith)
Fridays Weekly Room 164

Spanish Club All (Sneek/Bak)
4th Friday Room 268

Spanish Club Officers (Sneek/Bak)
1st/2nd/3rd Friday Room 268

Spanish Lit Club (Fernandez-Sanchez)
2nd/4th Thursday Room 258

Spanish Honor Society (Posada)
1st/3rd Thursday Room 256

SPHS Book Club (Fitzgerald/Hill, S.)
1st Thursday Media Center

Star Wars Club (Ward)
Wednesdays Room 159

Strings (Kilby)
Thursdays Weekly Room 192

Thespians Officers (Germanos)
4th Friday Room 250

Thespians All (Germanos)
1st Monday Room 250

Treble Choir Sectional (Metcalf)
Thursdays Weekly Room 190

Tri-M Honor Society (Kilby)
1st Monday Room 192

Vocal Ensemble Sectional (Metcalf)
Wednesdays Weekly Room 190

Volleyball Club (Dunbar)
Fridays Weekly Room 336

What's New in Sports (Hendler)
2nd Monday Room 114

Women in STEM (Mills)
1st/3rd Thursday Room 165

Woodwinds (Kilby)
Wednesdays Weekly Room 192

Workout Club (Miller/Marks, L.)
Fridays Weekly Room 325 and 213

Wrestling Club (Bryden)
Fridays Weekly Room 232

Yearbook (Earhart)
1st Monday (after school) Room 244

Young Democrats (Mermod)
1st/3rd Friday Room 220

Young Republicans (Box)
1st Wednesdays Room 262

Sign Up Weekly

Students will sign up for Falcon Blocks for club meetings, help from teachers or study hall at the beginning of each week through Brightspace link (Sign Up Genius).

Students are expected to attend the slot and room they signed up for each Falcon Block.

***Falcon Block scheduled prior to 4th period**