

THE MAGAZINE OF SEVERNA PARK HIGH

DECEMBER



PRINCIPAL ABRUZZO

Mrs. Abruzzo will become SPHS's new principal in 2023.

SIGNING DAY FOR ATHLETES

Read about seniors who are committed to their college of choice for athletics.

TEACHER FEATURE

Teachers talk about what it's like teaching multiple subjects.

← SEVERNA PARK HIGH
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NEWS IN BRIEF



UNIFIED TENNIS
Two years in a row now, the Unified Tennis Team has taken home a state championship. Winning gold on Nov. 1, senior and captain Brendan Dennis said, "It meant a lot to me personally winning states because it's my

last year of Unified Tennis and I am one of the captains so myself and the other captains were very proud to lead them to a win."
PHOTO BY MS. HENDLER

GIRLS CROSS COUNTRY
This year the Girls Cross Country team won the 4A competition and brought back gold to SPHS. Winning on Nov. 12, the team and all Falcons are very proud of our Girls Cross Country team. The women's team secured their third state championship title over a five year

period. The girls final score was 100 points and team time of 1:46:00 which beat second place finish Walter Johnson with 117 points and team time of 1:46:34.
PHOTO BY LIFETOUGH



BOYS CROSS COUNTRY
Also taking home gold this year is the Boys Cross Country team, who won the 4A competition at Hereford on Nov. 12. The team has earned its 14th state title, and continue their three-peat from the 2021-2022 season. The Falcons finished with 102 points

and team time of 1:28:26 to take the championship, with second place Winston Churchill with 112 points and a team time of 1:29:09.
PHOTO BY LIFETOUGH

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FRONT PAGE CAPTION: Mrs. Mermod, Ms. Stahl, Ms. Poole, Mr. Haring and Mr. Witmer all teach across different subjects at SPHS. Read more about

them on page eight. **PHOTO BY NOEL CASTILLO PHOTO ILLUSTRATION BY MADELYNNE EARHART**

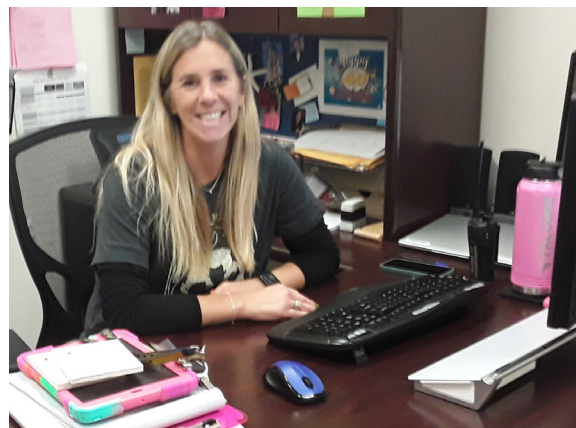
The New Principal of SPHS

Lindsay Abruzzo will be the new Principal of SPHS starting Jan. 2.

BY LINE >>
SARAH STERNHAGEN
CO-EDITOR IN CHIEF

CAPTION: Lindsay Abruzzo has been an Assistant Principal at SPHS for the past twelve years and is well known throughout the school as a staple administrator. Whether seeing her in the morning by the school entrance or at school events, everyone knows who she is. Now she will become the new principal of SPHS on Jan. 2, 2023. "I want to continue our tradition of excellence," Abruzzo said. She is looking forward to her position as principal and will strive to lead the school to excellence. PHOTO BY SARAH STERNHAGEN

After many years serving as an Assistant Principal, Lindsay Abruzzo will become SPHS's new principal on Jan. 2, 2023. Students at SPHS know Abruzzo as a prominent assistant principal; she's here almost everyday and is very involved in the school. Abruzzo started her education career as a math teacher at Broadneck from 2004 to 2010, then became an administrative trainee at Broadneck for a year before coming to SPHS as an assistant principal. Now, after twelve years at SPHS, she will assume the



"I'm just super excited for us to work even closer together...I know that they know that I'll support them, and I feel the same about them, I know that they are going to support me as well."

ASST. PRINCIPAL LINDSAY ABRUZZO

role of principal.

Since Abruzzo will become principal halfway through the school year, she and current Principal Bathras have been working together on decisions to ensure the transition is smooth. Part of the process is introducing Abruzzo to the responsibilities of the principal, as they oversee aspects of the school versus the more specialized duties of the assistant principals.

"As the principal you are where everything stops. As an AP [you're] in charge of different departments, or parking, athletics. The principal's in charge of everything that the assistant principals are in charge of, and then some," Abruzzo said.

Abruzzo knows it's important for her to get used to the position so that when she becomes principal, the transition is seamless. Right now she and Bathras act as a team until Bathras leaves, and they take lead on different aspects of the job depending on how it affects the school.

"We make decisions together. If it's a current decision he's the lead, if it's a fu-

ture decision I'm the lead," Abruzzo said.

"He's entrusted me with a lot of things over the years and so I've kind of had a little taste of every part of the assistant principal position, which then I know what that entails going into the principal position."

Abruzzo is looking forward to her new role. Though most aspects of the school will remain the same after she becomes principal, Abruzzo's leadership will still put its own mark on the school. One of Abruzzo's goals moving forward is incorporating the ideas of all staff into goals for SPHS.

"[I aim to] work with all the people we already have in place, all of our teacher leaders, and hear their ideas moving forward," Abruzzo said. "I definitely want to hear where we are and where our leaders would like to see us go."

Being at SPHS so long, Abruzzo has seen the school go through many changes, from moving into a new building to dealing with the unprecedented Covid-19 pandemic, she knows the school and its students well.

"I've worked with most of these people for 12 years, but I'm just super excited for us to work even closer together," Abruzzo said. "I know that they know that I'll support them, and I feel the same about them, I know that they are going to support me as well."

When students come back from winter break they will have said goodbye to Principal Bathras and hello to Principal Abruzzo. But no matter what, SPHS will still retain its unique personality.

SIGNING DAY FOR COMMITTED SEVERNA PARK ATHLETES

Senior Falcons made their college commitments official on Nov. 9.



Nov. 9 was a very special day for many Severna Park athletes who plan to continue their sport at the collegiate level. Across the country, committed athletes took a huge step in their academic and athletic careers, signing their National Letters of Intent. The NLI is a contract that student-athletes sign once they have officially committed to an NCAA college and are accepting their scholarship offer.

There are also signing days in the winter and spring that athletes can participate in, depending on their sport and prospective school. Many commits; however, especially those headed to play Division I, sign in the early signing period.

This year's signing day ceremony at SPHS was held at the stadium, where students were accompanied by family members, friends and coaches.

Severna Park's class of 2023 has many student-athletes who plan to play a sport collegiately next year, and it is likely that even more students will commit before heading off to college. Not every committed student-athlete was at this ceremony, but the ones who did attend represented lacrosse, field hockey, soccer and swimming & diving.

Committed to play field hockey in college next year, Charley Kramer will head to Boston College, Ava Drexler-Amey to James Madison University, Meredith Schepens to Holy Cross and Maddie Evans to Lafayette.

The extensive list of Falcons who will continue their lacrosse career at the collegiate level includes senior Maddy Goger who plans to play at Columbia Univer-

sity, Karli Kirchenheiter at the University of Louisville, Liv Tramontana and Sophia Miller at San Diego State University, Charlotte Diez at Villanova University, Stella Bordone at Lafayette College, Lilly Spilker at Penn State University, Sophia Bordone at Embry-Riddle Aeronautical University, Sam Koppe and Regan McDonnell at Salisbury University and Molly Goeller at York College. Additionally, Ashby Shepherd is committed to play lacrosse at Towson University, Jackson Elms at Limestone University, Talan Livingston at Salisbury University, Bret Hussey at St. Mary's College of Maryland, Kevin Bredeck at UMBC and Evan Stroble at Mercer University.

Signing for soccer at the SPHS signing day ceremony was Ava Schultz who is headed to the College of William and Mary and Sydney Holmes who plans to play at the University of Rochester.

Liam Cahill, a La Salle University swimming and diving commit and Camryn Raines, a Siena College swimming and diving commit, also signed at the ceremony.

Severna Park's top players are looking forward to taking their game to the next level in college, furthering their academic and athletic skill.

←
CAPTION: Many proud SPHS athletes signed their National Letter of Intent of Nov. 9, making their college commitments official. They look forward to continuing their academic career in college next year. "It was a great feeling to sign on Signing Day," senior Karli Kirchenheiter said. "It made me even more excited for next year."
PHOTO BY: AMELIA GOGGER

<<BY LINE
LILLY SPILKER
CO-EDITOR IN CHIEF



**Check our
SPHS
Winter
Sports
preview here!**

New Year, New Resolutions

Students share both past and present New Year's resolutions.

BY LINE >>
SOPHIA MILLER
STAFF WRITERS

Every new year comes with new goals and objectives. Jan. 1 marks not only the turning of the calendar, but also lifestyle changes for many. Whether big or small, New Year's resolutions can often hold people accountable for improving their mental and or physical health.

Sophomore Isabella Van Gieson plans to focus on her mental wellness. For her goal last year, she focused on improving that part of her life. "Last year my New Year's resolution was to live a more balanced life. I tend to obsess over certain aspects of my life and have them be perfect. So instead I worry less about the things I can't control. I have definitely accomplished last year's resolution," Van Gieson said. For this upcoming year, Van Gieson has decided to stay on the path of bettering her mental health but more towards others. "This year my New Year's resolution will be to show more gratitude to everyone in my life. This could include writing thank you cards or even going out of my way to acknowledge people for their kindness," Van Gieson said.

Senior Olivia Tramontana likes to focus on bettering herself through her actions as well. Her primary goal last year was on her academics. "Last year was probably to stay focused and motivated to do my school work and I did accomplish it," Tramontana said. For her goal this year, Tramontana is also involving her peers as well as family. "This year would be to spend more time outside and with my friends and family," Tramontana said.

Senior Owen Muldoon also has a similar goal. "My New Year's resolution last year was to spend more time with my family outdoors, since we had not since quarantine," Muldoon said. Reflecting on the past year, he decided upon this goal and accomplished it. "I accomplished it by going on more walks with my parents and traveling to outdoor themed vacations," Muldoon said. For his goal this year he has decided to "stop using my phone as much

and be more connected to what's happening in front of me," Muldoon said.

For many, the goal for 2023 involves prioritizing their health. Two of many seniors at Severna Park discuss how their goals for both last and this year are to focus on this. "My New Year's resolution last year was to workout and go to the gym more. I did accomplish this slightly but wish I did it more. This year my resolution is going to be to eat healthier and create better habits in school to get prepared for college next year," Bret Hussey said.

"My New Year's resolution from last year was to stick to exercising and drink more water throughout the year. I am going to have the same goal this year so I can stay healthy. I think it's important to make New Year's resolutions to keep you motivated to do great things in the new year," senior Rylan McDonald said.

New Year's resolutions, although not always accomplished, are a good way to start the upcoming year with a positive mindset. They allow you to reflect on what you have completed or improved on, as well as what you may need to focus more on the next year.

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EARN MERITS HELP US!

SEVERNA PARK'S FAVORITE MEMORIES OF 2022

SPHS students look back on some of their best moments from this past year.

BY LINE >>
LILLY SPILKER
CO-EDITOR IN CHIEF

CAPTION:
PHOTOS COURTESY
OF MATT SCHISLER,
KOLBY LEDFORD AND
MEGHAN WEST

“My favorite part of the year was being with my soccer team and getting to make new memories with them and having team dinners together. Moments like these are ones I will never forget.”
SOPHOMORE MATT SCHISLER



“My favorite memory of 2022 was going to country concerts with my friends at Merriweather.”
SENIOR KARLI KIRCHENHEITER

“Homecoming with my friends was one of my best memories from 2022.”
JUNIOR KOLBY LEDFORD

“It was so much fun when my friends and I all went to Avalon, NJ this summer.”
SENIOR MEGHAN WEST

“Me and a couple of my friends and our dads went west to Mount Whitney California, to hike the highest mountain in the continental United States. The hike itself was three days and very intense, but the views while climbing and the vast wildlife seen along it made it so worth it. And completing the climb was extremely fulfilling.”
SENIOR OWEN MULDOON

“Winning the state championship in cross country was a great moment. It is the team’s fifth consecutive title.”
SENIOR SEAN SULLIVAN

“One of my favorite memories was when my friends and I ran a haunted house on Halloween.”
JUNIOR ANGEL SANTIAGO CRUZ



“My favorite memory was when my beach friends and I all took a day trip to Assateague Island because it was so fun to surf and hang out with them all day!”
SENIOR SOPHIA BORDONE

“I took some really fun trips to Ocean City with my friends this summer. It was a lot of fun to spend time with them and be at the beach.”
JUNIOR ANDREW CAMPBELL



“My favorite memory from 2022 was either going to Hawaii with my family or playing varsity soccer with amazing friends!”
FRESHMAN EMERSON SCOTT

Giving Back Linda

A non-profit organization provides warm clothing and other necessities on Christmas Eve. Volunteer in person by bringing these resources and onto trucks that shelter or donate.

Toys for Tots!

Some families might not afford toys for the Christmas. Toys for Tots is a program that collects old toys and donates them to families in need.

Anne Arundel County

During the holidays, food banks need the most help. Volunteer with a friend to make a difference in your community.



Linda's

Toys for Tots



Food

3 WAYS TO GIVE BACK

HOLIDAY GIFT LIST

Some things to ask for during the 2022, holidays and activities and charities to do to help the less fortunate.

The holidays are truly the most wonderful time of the year. With the snow beginning to fall, decorations going up, taking a break from school and spending time with your relatives, it is something everyone looks forward to. Giving and receiving presents are one of the best parts of the holidays, but the struggle of finding gifts can be a stressor. Need ideas or inspiration for what to get someone? Read to find some examples of gift ideas for people in your life who you value.

MOM

- Candle
- Mug
- Jewelry (necklaces, earrings, rings)
- Picture frame with a family photo
- New makeup

You can get most of these items locally. The Cottage has great jewelry options that cater to mothers. Candles or any type of lotion/perfume can be found at Bath and Body Works, which is always a staple during the holidays. Good places to buy makeup can be anywhere, like a Target or Ulta.

SIBLINGS

- Blankets
- Journal
- Skincare
- Football Jersey
- Xbox gift card
- New wallet

These examples of what to get your sibling during the holidays can be found at Target or Bath and Body Works. Dick's will also have several items, but a gift card can be purchased at any local grocery store.

DAD

- Baseball hat (a college or their favorite NFL team)
- Gloves, beanies, socks
- Books
- New Airpod case or new phone case
- Water bottle

You can find these items in stores like Dick's Sporting Goods and Target. For a cheaper alternative, Five Below has great options for apparel like socks and beanies; they also have great choices of books or phone cases.

FRIENDS

- Gift cards
- Photo board
- Matching jewelry
- Mini camera/disposable camera
- Pajama pants

Many of these items can be found at Target or Five Below. Mini or disposable cameras in my friend group personally have become very popular, as you can capture moments with your friends that you will cherish.

<< BY LINE
STELLA BORDONE
STAFF WRITER

CAPTION: The lead up to Christmas morning is almost better than the actual thing. "The fact that all my siblings who live in different states are able to be in one room for Christmas morning is really special," senior Meghan DeFeo said. "It is always fun to catch up and give gifts to each other."

's Legacy:

organization that clothes, food and to the homeless. You can volunteer helping organize and packing them ship out to several on their website.

ght not be able to their children this for Tots collects tes them to fami-

nty Food Bank:

ays is when food most volunteers. friend or two to in your commu-

's Legacy



Bank

<< BY LINE
ISABELLA JOYCE
STAFF WRITER

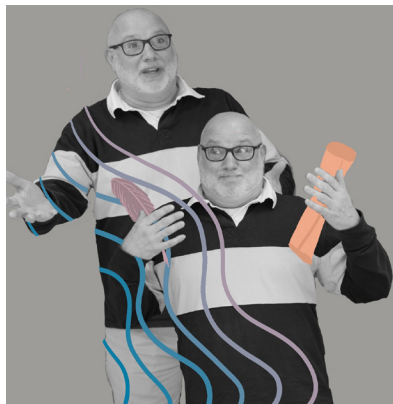
CK THIS HOLIDAY SEASON

TEACHING MULTIPLE SUBJECTS

A comparison between social studies and other core departments.

Many teachers in the building have known that they wanted to be teachers for a long time and have interesting stories about how they realized their passion for teaching. Teachers must take a general education or “become a teacher test” in addition to the certain subject they wish to teach.

For example, physics teacher Garth Witmer, who has been teaching for 10 years, had to take grad classes to work toward getting his certification in addition to a second general education test, all while



working towards his master’s degree.

“When I was in college, I was a TA for biomechanics and I didn’t hate that,” Witmer said. “So I was like, huh, maybe I could do that as a job then.” In addition to teaching honors physics, Witmer teaches standard exercise science, so he teaches standard, honors and AP classes.

“So I get a little bit of everything,” Witmer said. “I kinda like it, it’s a nice

change of pace, a little more relaxed too.”

Similarly, the science department chair, Teresa Stahl also went through a process of ob-



taining her master’s degree while working towards her science and general education certifications.

“I’ve taught all aspects of biology from ninth grade to AP Bio. And I’ve also taught a lot of electives; I’ve taught human physiology, forensic science, marine biology [and] I taught paramedic biology up in Baltimore county. I’ve also done summer school where I taught math, so I’ve done a bunch,” Stahl said. “As department chair, I make sure the teachers have all the supplies they need, and try to get all the resources they could need. I kinda act as a liaison between administration and the teachers. I also work with other department chairs at other high schools, making sure we’re all communicating within all of the schools.”

Jennifer Mermod, an English teacher of 19 years, currently teaches standard

English 12 and AP Language. However, she started out by volunteering at an elementary school after realizing she was good at teaching and has taught all grade levels in high school.

“I did not find satisfaction in grading papers where if they start with a capital letter and end with a period, that’s good,” Mermod said. “I needed more of the intellectual stimulation that the older grades can provide.”

Finally, Mark Haring, Heather Allam and Sarah Poole teach US History, Psychology and US/Comparative Government respectively. “I’ve taught every core subject in social studies,” Allam said. “That’s government, US History, World History, AP Euro, AP World, AP Psych and sociology.” Surprisingly enough, those are some of the same courses Haring and Poole have taught in the past.

“Here’s the thing, I’ve been to a lot of different buildings and I’ve worked with a lot of different teachers, but the kids are all the



“TEACHING MULTIPLE SUBJECTS”
CONTINUED ON PAGE 12

BY LINE >>
NOEL CASTILLO
FEATURES EDITOR

CAPTION: Mr. Haring, Mrs. Allam and Mrs. Poole are social studies teachers who have taught many different subjects, but currently specialize in teaching their specific fields of history, psychology and government. “I was always going to be a teacher, that’s been my entire life,” Allam said. “But in college, I switched from elementary to secondary education and that was mostly because I loved history more than anything and I wanted to teach that.”
PHOTO BY NOEL CASTILLO

HOW TO CLEAN YOUR CLOSET

Declutter for the New Year and give away for the holidays.

As is tradition preparing for the new year, everyone makes resolutions in hopes of renewing themselves. For some, it might be to learn a new language or start eating healthier. Personally, I would like to renew my closet. Every crevice is stuffed with clothes I haven't worn since middle school, and I can't even find some of my long lost favorite pieces under the piles of fast fashion trends I fell victim to during lockdown. If you're in a similar situation, there is no need to fret. I have created a list of steps, a how-to, on cleaning out your closet.

STEP 1: Count to three and just do it.

STEP 2: Gather any necessary materials. You will be doing a lot of sorting, so it is useful to have a few trash bags or boxes on standby. Gloves could be useful if your closet is just that messy. Music would make the task less excruciating.

STEP 3: Section out your closet. Tackle one area at a time to prevent overwhelming yourself. If your closet has some sort of system, you're already ahead of the game. If you don't, that's on you.

STEP 4: Prepare two boxes, bags or piles. Separate your clothes into "KEEP" and "DONATE." That's

right. We're giving during the season of giving.

STEP 5: Search frantically for your basics, favorites and pieces you wear often and immediately put them in the "KEEP" bunch. Basics include pieces like jeans, plain white or black shirts, a button-up, tank tops and anything else you use to build the foundation of an outfit. You definitely want to keep these in your closet; they allow for versatility in your outfits.

STEP 6: Identify any fast fashion trend pieces you fell victim to. It's okay, there's no need to be ashamed.

Just put them in the box and never speak of it again. Unless, of course, you really like them. There's also no shame in that. Style is subjective.

STEP 7: Throw any other pieces that no longer suit your taste in the "DONATE" box, as well as those that have stains or rips you can't do anything about anymore.

STEP 8: Repeat steps 5-7 for each section of your closet.

STEP 9: Make sure the clothes you choose fit you. It's not healthy to keep a pair of jeans that don't fit and tell yourself that you'll fit into them someday. Comfortability and a good image of your own body matters the most.

STEP 10: Clean any clothes you're keeping if needed.

STEP 11: Organize your closet. Now that you have less to work with, this should be a breeze. You can organize by color, by item or however you like. As long as you understand your closet, then it's good enough.

STEP 12: Admire your closet and give yourself a pat on the back.

STEP 13: Donate your clothes. Now that you have a box (or boxes) filled with clothes you have no use for, here are a few organizations you could help make a difference:



Planet Aid: Unlike many charities, this organization actually accepts donations that are ripped, holey and stained. Their goal is to help developing countries by providing them with textiles to sell and reuse, while protecting the environment too.

Free the Girls: Donate your bras to Free the Girls, who give them to sex trafficking survivors abroad. These women can also sell them to make some income

BY LINE >>
ANASTASIA GOBOT
OPINIONS EDITOR

CAPTION: If you're like me, your closet is probably a mess. Now is the perfect season to tidy up. Follow these steps to do something good this time of year.

GRAPHICS BY:
ANASTASIA GOBOT

THE SPHS INSTAGRAM ACCOUNTS

We've all seen the accounts in our recommended, but what is it like to run one?

We've all seen them. The SPHS Instagram accounts are always in our recommended feeds. Gossip pages, positive sayings, advice columns and even open backpack sightings are just a few of the accounts our high school students have made. Have you ever wondered what it's like to run one of these accounts? Well let me tell you, it's not as easy as it looks.

We all know the one, the only Dr. Love. And if you don't know his account, you must not have Instagram. Dr. Love, otherwise known as sophomore Owen Cress, bases his account around giving love advice to the students of SPHS. He collects these pleas for advice through an anonymous Google form and posts them to his account followed by a caption filled with heartfelt advice for the student. Cress said, "Dr. Love started as a little joke between friends. My sister had some tacky heart glasses, and I decided to get a laugh out of my friends and call myself a love doctor, despite my track record of a miserable and solitary love life. I expected Dr. Love to be a one-and-done gag, but people kept calling up Dr. Love for their questions to be answered. It was only natural for the Dr. Love Instagram account to enter the scene." The Dr. Love Instagram has really taken off since the account was made, grossing over 530 followers. "I love helping people with their problems. Someone had to stick up for the clueless ones, and I'm proud to be SPHS's love doctor," Cress said.

I also happen to be one of the SPHS accounts, but I'm definitely not as popular as the Dr. Love account. I run the SPHS affirmations account, where I edit things that I want to "manifest" into existence on Picsart, a photo editing app. I started it last year as something I would do when I was bored during class. I love editing photos, but I've found that I'm not very good at posting daily. It's hard to find motivation sometimes, and it's hard to figure out what exactly to post. Accounts like Dr. Love rely on other accounts to interact in



order to post, and I rely on events happening around the school. For example, when everyone was late to school when the year first started because of the schedule change, I made a post about that because I knew people would relate to it. Sometimes I also rely on myself for posts, like when someone is being too slow in the hallways I would find myself making a post hoping people would be quicker when I'm trying to get to class.

Cress knows some people might only know him as Dr. Love. "I've met a lot of new people, that's for sure. I have people from all grades spotting me in the hallways and asking me for my "expert" advice on their romantic endeavors. Some people only know me as Dr. Love, and that's okay," Cress said.

If you're trying to start your own SPHS account, there are a few things you should consider beforehand. According to Dr. Love, "...you shouldn't expect or even want fans. You should care about the craft enough to, despite everything, make something cool. Fame and glory are par for the course with a popular account, but you can't let it get to your head. You can't just be satisfied with a little bit. You need to act like you have no hype at all. That's where effort comes from, that's where passion begins."

<<BY LINE
MADELYNNE EARHART
PHOTO & GRAPHIC
EDITOR

CAPTION: Running one of these accounts is a lot of fun, but it can also be hard trying to post daily to keep engagement up. I find myself wanting that instant dopamine from getting engagement on my posts but I feel unmotivated or I don't know what to post. I'm sure it's even harder for accounts like Dr. Love who rely on engagement in order to have something to post. "The biggest threat to novelty Instagram accounts is the authors getting bored or not getting that sweet, sweet satisfaction of likes on your post. Hype only runs as far as the people building hype are willing to take it, so even if your content seems boring or unoriginal, as long as you stay motivated you'll have fans" sophomore Owen Cress said.
PHOTO BY
MADELYNNE
EARHART

STAYCATION OR VACATION?

Severna Park students tell us how they spend their winter break.

BY LINE >>
MEGHAN DEFEO
SOCIAL MEDIA
EDITOR

A long awaited and well deserved break for many high schoolers would be winter break. The month of December is full of holidays and exciting activities. Whether it is skiing, holiday traditions, snowboarding, seeing family, relaxing, traveling, ect. everyone seems to enjoy the longest of the breaks, winter break.

It seems to be a big hit for families to head somewhere warm while the average temperature in Severna Park is usually near the 30s. Students like senior Karli Kirchenheitler enjoy going to Florida over winter break, stating she loves "getting to travel with my whole family while my siblings are home from college. It's a great change of scenery and awesome change of weather."

It has been a tradition in Kirchenheitlers' family to visit her grandparents in Florida with her four older siblings and parents. This is great because she does not always have the opportunity to see all of her siblings at once.

Junior Nate Noceri to is also "excited for the long break from school and to get to visit my family in Florida."

Senior Emily Prensky usually spends time heading to "Disney because it is my favorite Christmas vacation. It's perfect weather and you really feel like you are having a tradition-



al Christmas because the whole place is decorated and themed for Christmas."

Other students travel world wide. Senior Andrew Myers is going on a "family trip to Iceland, and it has been a place my family have wanted to go to for a while now. I would say I'm excited to go because of the landscape and I get to go snowmobiling."

Senior Sloane Andrulis had the opportunity to go to the Bahamas last break. She "loved getting tan" and being able to "distance myself from the hard Advanced Placement classes I was taking part in, it was a breath of fresh air."

On the other hand, there are Falcons who prefer staying local or even a car ride away instead of a plane. Senior Tucker Smack is looking forward to "skiing with my friends, we go every year and it is always so exciting and a great time."

Along with Smack, freshman Brady Holden is excited to ski out west. He goes "all the way to Colorado to ski on some of the best slopes in the U.S."

While there are many opportunities, staying home in the comfort of friends and families is what some prefer. Juniors Ally Williams and Rory Jenkins have been living on the same street for awhile and are looking forward to "hanging out over break" and being able to spend time with their siblings "coming home from college."

CAPTION: Many have holiday traditions like this one, which is captured on Martha's vineyard at a Christmas parade of Madi Holden, Sloane Andrulis, and Meghan DeFeo. Many students enjoy traditions like parades, cookie making, decorating, and activities while on break or vacation. PHOTO BY MEGHAN DEFEO

YEARBOOK PHOTOS
WE NEED PHOTOS OF YOU FOR THE YEARBOOK.
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WARM WINTER RECIPES

More recipes to keep you warm during the cold months.

These are some winter favourites of mine, I often make the Pasta al Pomodoro Fritto when I need something filling, the Pistachio Amaretti for friends and family or to go with tea and coffee. Tasty things don't always have to be complex; however if you put love and time into them, they will always be a success. Mangiamo mi amici!

PASTA AL POMODORO FRITTO

Ingredients:

- 100 grams capellini pasta
- Water
- Salt+Pepper
- 1 tsp minced garlic
- 1 tbsp olive oil
- ½ cup heavy cream
- ½ cup milk of choice
- ½ chopped medium onion
- 3-5 halved small rainbow cherry tomatoes
- 1 tbsp tomato sauce (I used jarred sauce)

Directions:

1. Start by boiling around 3 cups of water in a pot with a pinch of salt.
2. Once at a small boil (not roaring) place in the pasta and stir until completely submerged in the water. Reduce heat slightly and let cook for 5-8 minutes.
3. In the meantime, start by oiling a pan and adding the garlic and onion, cook until fragrant and browned slightly.
4. Place halved tomatoes face side down into the garlic oil and let cook until browned.
5. Then, add in tomato sauce, heavy cream, milk, and pepper to taste.
6. Cook until thickened; once thickened, reduce heat to a simmer and add in pasta+combine.

Makes one portion

PISTACHIO AMARETTI

Ingredients:

- 1 cup flour or almond flour
- 1 cup ground pistachios (unsalted raw and deshelled)
- ¾ cup granulated sugar
- powdered sugar (about 1 cup)
- 2 eggs
- ½ tsp vanilla extract
- ½ tsp almond extract
- ½ tsp baking powder
- ¼ tsp salt
- 1 drop green food coloring



Directions:

1. Combine egg, granulated sugar, vanilla and almond extracts, and food coloring in a medium bowl. Mix well.
 2. In a different bowl, combine flour, pistachios, baking powder and salt.
 3. Combine step 1 and 2 bowls into one bowl and mix until a very sticky dough consistency
 4. Heat oven to 325 degrees
 5. Get out one baking sheet lined with parchment paper and place powdered sugar into a shallow bowl.
 6. Take a spoon and scoop out the amount of dough you want each cookie to be, then place into powdered sugar and roll around until lightly coated with powdered sugar.
 7. Repeat step 6 until all dough has been used.
 8. Place in the oven and bake for 15 minutes
- Makes 6 large cookies (12 small)*



<<BY LINE
MIA TOCCO
STAFF WRITER

CAPTION: If you want more cooking inspiration, look no further! Here are two warm and comforting recipes, perfect for winter. Whether you are making these for friends and family or yourself, the effort will be well worth it as it will result in something wonderfully delicious. All of these recipes are vegetarian and relatively simple. PHOTOS BY MIA TOCCO



**MORE
RECIPES
AT
SPTALON**



"TEACHING MULTIPLE SUBJECTS" CONTINUED FROM PAGE 8

same, like all the same," Poole said. "And people will be like, oh, Severna Park is so much different than North County. And maybe demographically you are, but your attitudes and behaviors are the same... people are people, teenagers are teenagers."

Every teacher has their story about how they got into teaching, and some of them didn't ever expect to teach long term in the first place.

"Originally, I knew I wanted to do something with science but I didn't know what. I thought about doing law school and even medical school. I didn't come into teaching planning to be a teacher long term," Stahl said. "In fact my dad was a science teacher, and I would've always said I don't want to be a science teacher. But after working in the schools and with kids I realized that I love it. And I've stuck with it for all these years."