



**OCTOBER**

### NEW SCHEDULE ISSUES

New start times have caused problems with transportation for students.

### SENIOR CLASS PRESIDENT FEATURE

See Tatum Sale's upcoming plans for the class of 2023.

### THE LAST DANCE

Students had fun at the first homecoming dance since 2019.

### FALL RECIPES

Get in the spirit of autumn with tasty treats.

SEVERNA PARK HIGH  
60 ROBINSON ROAD  
SEVERNA PARK, MD 21146

VOLUME 63  
ISSUE 2

SPTALON.COM

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## NEWS IN BRIEF



**GIRLS SOCCER TEAMS**  
 The girls soccer teams started off strong this year, with the varsity team winning against Crofton High at 4-3, while the junior varsity team also won against Crofton High at 2-0. The rest of the season will keep playing out and

as the team advances into the season, falcons will continue cheering the girls soccer teams on.  
**PHOTO BY SARAH STERNHAGEN**

**ACC STUDENTS COFFEE TIME**  
 The ACC students are providing coffee and all the fix-ins to teachers before school during week. Seniors like Natalie Recor, are using the coffee cart as an opportunity to learn skills in customer service and in working world. The cart is set up in front of the ACC department

and teachers can start being served once the students arrive. **PHOTO BY: MADELYNNE EARHART**



**HOMECOMING KINGS**  
 The Homecoming crowning took place at the dance on Oct. 8 in the CAFE. This year, two men won the distinction of senior homecoming royalty, seniors Brendan Dennis and Jack Miller. The voting occurred the week before through Brightspace for all

seniors, and the highest votes, not by male or female, were crowned the winners. "I was so happy, it was my third year winning, I'm happy to win with Jack and it's a great way to celebrate my last homecoming." Brendan Dennis said. **PHOTO BY KELLEY HALLORAN COTTON**

**FRONT PAGE CAPTION:** It is time to dig out the spooky gear and head to the courtyard which

has been converted to a Halloween themed arena. **PHOTO AND GRAPHIC BY MADELYNNE EARHART**

# Schedule Affecting Buses

## How have the new start and end times affected students?

BY LINE >>  
SARAH STERNHAGEN  
CO-EDITOR IN CHIEF

CAPTION: A graph representing the number of school buses in service, delayed, or not in service in AACPS between the dates of Sept. 15 and Sept. 29 of school days. Data courtesy of AACPS bus route disruptions page. GRAPHIC BY SARAH STERNHAGEN

In the first months of the school year, students and faculty have had to make many adjustments due to the changed start and end times. From more traffic, to overcrowded buses due to consolidated routes and sports being pushed later into the day, everyone has been affected in some way.

Due to the delayed start time, morning traffic coincides with the morning rush roughly around 8 a.m. This has created a backlog along the routes leading to the school, and this year from the start of the school year to Sept 15 an average of 29 unexcused tardies have been issued per day at SPHS, and up to 100 buses have been out of service each day according to the AACPS daily report.

Another issue with morning traffic this year is the consolidating bus routes and how many buses are overfilled with students.

"This is not a situation that any of us want to find ourselves in. Having predictable and reliable transportation to school is something that everybody desires and it's important not just to the students but to the families too," Alex Szachnowicz, chief operating officer for the school district said.

With so many buses out of service constantly,

students who need to get to and from school have to go on a different bus than they're assigned. And with

distance to school using buses, or students not using the assigned consolidated route for a large variety of

AACPS Daily Bus Route Cancellation or Delays



upwards of 100 buses in the county having no service on a given day, that leads to overfilling.

"We do not leave children at their bus stop, it's really an unsafe option. I understand it's not a great option. But [leaving kids at the bus stop is] not a safe option, so we do take them to the school," Szachnowicz said.

Due to the de-comissioning of buses, the Board of Ed. has been partnering with Prismatic Services Inc. on evaluating bus routes and making recommendations to the board on where to consolidate bus routes without exceeding capacity. Yet, overcrowding is still a problem. A number of factors can contribute to this, such as people within the designated walking

their own reasons. Yet, if a student's route is canceled the day of, there is little the student can do if they have no other option available than to get on a different bus.

Part of Maryland Vehicle Law - Rules of the Road in the Miscellaneous Rules states that "A person responsible for pupils on a school bus may not require any pupil to sit on the floor." Yet, there have been reports of students sitting in the aisle due to lacking seat space.

For the foreseeable future, the Board of Ed and the companies that provide buses and drivers to AACPS plan to continue their efforts in recruiting more drivers and maintaining the workforce they already have accumulated.

# FOOTBALL IS BACK

The Severna Park High School team is ready for the new season and thousands of fans are supporting them on their path to victory.

Every fall Friday the student body at Severna Park High School looks forward to the football game that night. Cheering on the team surrounded by good friends and other peers creates a sense of unity between everyone in the student section. As a touchdown is scored and the crowd roars with excitement, everyone is reaching for one common goal: Severna Park winning. "Football games are the best way to have fun and de-stress after a hard week of school," senior Sloane Andrulis says. School can be tough, especially for upperclassmen, so cheering loud and proud for the football team can alleviate much of the school trouble.

These past few weeks have been on and off for the boys of Severna Park Football. Their first game versus Meade High School came out as a 27-20 win from the Falcons. The next game against Crofton was a very close loss of 7-6, "We got humbled this week, but we're making a comeback Friday against North County" senior varsity player Talan Livingston said. Livingston was correct; the Falcons made a huge comeback with a win of 31-24 against North County, even though the team's star quarterback, senior Seamus Patenaude was injured, so the backup quarterback Vince Nguyen was put on the field and ended up playing very well.

Of course, a big win this year came at the homecoming game. The falcons won 7-6 against South River High School, ending spirit week off with a bang and getting everyone in high spirits for the homecoming dance the next day.

In the 2021 season, Severna Park went up against Broadneck, their school rivals. The Baltimore Ravens dance team, and even some football players made an appearance at the Broadneck vs. Severna Park game fully due to all the students hyping up this insane game. The Severna Park Falcons sadly ended up losing a harsh 48-14. That being said, the Falcons are more than determined to finish this season strong.



CAPTION: The fans and players of the Severna Park football team are ready for the upcoming season. "I have high hopes for the team this year, I'm super excited to go to all of the games." Sloane Andrulis says. The student section is prepared to make a loud roar for every touchdown and a chant for every wrong call. PHOTO BY BRENDAN DENNIS

The Falcons finished with a record of 6-3 last season and made it to their first playoff game in 13 years. With the loss of many top-notch graduates such as Trey Smack, a D1 football player at the University of Florida, many fans are wondering

“A lot of the seniors last year really helped lead our team to victory, I don't know if we'll do as well without them.”  
LOLA BLUMENBURG

if the team will do as well as they did last year, "A lot of the seniors last year really helped lead our team to victory, I don't know if we'll do as well without them," senior Lola Blumenberg says. However, current football players are confident in their team's success this year, "I honestly think we just need to focus on this year, the more we don't focus on the seniors from last year the more we'll win," Livingston said.

Football is the main sport that truly brings the school together, going to all the games and letting the players know everyone is rooting for them is a great feeling. The football team is on the rise right now and everyone can't wait to see how far they go this season.

<<BY LINE  
MADI HOLDEN  
STAFF WRITER

# Falcons at Seahawk Invitational Meet Start Strong

Cross Country season starts off strong Hagerty, Glebocki finish 3rd, while JV wins both races.

BY LINE >>  
JOHANN BACARISAS  
SPORTS EDITOR

Severna Park's varsity and JV cross country teams have gotten off to a great start to the 2022-23 season with an impressive performance at South River's Seahawk Invitational meet on Sept. 3. Seniors Liam Hagerty and Cami Glebocki both placed 3rd in the boys' and girls' varsity races, while junior Sarah Kelly and freshman Ty Maddox won the JV races. Severna Park's girls' JV team had an especially dominant race, winning the first through fifth places in the three mile. Severna Park runners Quinn Allison, Brooklyn LaBrier, Abby Crowley and Kathryn Murphy followed Kelly, taking the top five spots in the race. Overall, the Falcons were highly successful at the meet, with both girls' teams and the boys' JV team winning three out of the four races, as well as the boys' varsity team placing second to Loyola-Blakefield High School. Coach Josh Alcombright had a lot to say about this meet as well.

"It's a great meet to open up the season and it begins to paint the picture of how the season will shake out and particularly who are the athletes that will be contending for Varsity spots," Alcombright

said. "It's also a great meet for all the new people to get their first experience with Cross Country. It will also be the site for our County Championships on October 26th."

This year's team looks to replicate the success of last year's dominant performance, which won county, regional and state championships, a first for the school and the state. Alcombright is optimistic about this year's team and hopes to continue the program's success. "The teams are working hard to carry on the tradition of excellence that the past teams have paved," Alcombright said.

The Falcons look to stay on the throne and continue their hot streak at the MPSSAA 4A East Region Championships on Thursday, Nov. 3 at Arundel High School, followed by the MPSSAA 4A State Championship on Saturday, Nov. 12 at Hereford High School. The Falcons are off to a hot start to the 22-23 season, and if this meet is any indication, then we have good things to look forward to this coming season.

CAPTION: The Falcons' boys' varsity team won second place in the three mile, behind Loyola-Blakefield. It's a strong start for the Falcons, looking to recreate last year's success. "As always we will work hard and try to get better everyday," Alcombright said. "Hopefully that will put us in a position to contend for county, region and state titles on both sides." PHOTO BY SPX\_COACH (JOSHUA ALCOMBRIGHT) VIA TWITTER



# Falcon Captains Predict the Season Verdict

As the senior captains Braden Vandenberg and Owen Muldoon have been elected for a heroic position they get to tell us their predictions for the season in play.



As of Sept. 21 the Severna Park mens' Falcons soccer team has an undefeated record of 5-0. The season has started off great with their starting goalie Peter Saunders. Their head coach is Ryan Parisi and he has led the Falcons to many victories in the past with his friendly and passionate connection with each and every player. The team consists of 11 seniors all very experienced and determined to finish off their high school season with an outstanding end result.

"We want to use last year's semi-final performance as inspiration for this year as we were so close to our final goal last year. I believe the desire and skillfulness of the team will lead us to great things," senior captain Braden Vandenberg said.

A few kids on the team play for the club team Baltimore Armor and they were ineligible to play both club and high school soccer in past seasons. Consequently, it is their first season playing high school soccer. This could be challenging for the boys to adapt but they are very experienced on the field.

"Having them on the team has been a great addition. They bring competitiveness and talent to the field and have already made great contributions to our suc-

cess so far," senior Andrew Handen said.

Handen has been on the team for the past winning seasons and is able to see the difference in play. The boys are headed on the right path towards victory with the whole team putting in amazing effort. They have always had great records in years past but this line up seems to give the fans the most hope.

"I think it will be a great season, we will be undefeated and end up in the championship," se-

*"We want to use last year's semi-final performance as inspiration for this year as we were so close to our final goal last year. I believe the desire and skillfulness of the team will lead us to great things."*

**BRADEN VANDENBURG**

nior Brad Dulin said.

Dulin joined the team this season and is already enjoying it. He is one of the select few from the Baltimore Armor club and has a great mindset towards this season. The men of the team are very welcoming and can get along with anyone.

"Our prediction for the season will be based on these next few games, but with the bond we have built there is no way we will not succeed," captain Owen Muldoon said.

<<BY LINE  
MEGHAN DEFEQ  
SOCIAL MEDIA EDITOR

CAPTION: The boys stand fierce in preparation for some tough games ahead. Each and every player is more than prepared for how this season will play out and put their heart and souls into this team.  
PHOTO BY: LEE KRIEL



# SENIOR CLASS PRESIDENT TATUM SALE

Learn about Sale's roles and ideas for the upcoming school year with the class of 2023.

Taking on the role of class president can be a tough task. With many duties and responsibilities, this important role is even more demanding when you're in charge of the senior class. Last spring, Tatum Sale was elected by the class of 2023 to lead them throughout their senior year of high school. Sale, a varsity athlete and an exceptional student who knows how to organize and work hard, is up for the challenge and looking forward to getting things done this school year.

It seems as though many people don't even know the responsibilities of the class president. Common duties for the senior class president include organizing student events, presiding over officer meetings and informing students about recent happenings, among many other things. It is a common belief that the Student Government Association and the class office are the same thing, but in reality they are not. "The SGA handles most things dealing with the whole school while the class office handles more class specific things," Sale said. "However they do overlap and work together."

As senior class president, Sale is responsible for planning many activities and organizing ideas for the 2023 graduates. "I think the senior class president is different from other grades because you have more events to plan. Senior year is seen as 'the big year' where you get to do prom and powderpuff and other fun events like that, a last hoorah before life starts coming," Sale said. "So like I said, SGA handles almost all school events so I have not really had a hand in planning homecoming, but prom will be super fun."

Tatum and the other class officers hope to focus on getting everyone involved in school spirit this year. Nothing is set in stone, but she also has some fun ideas about activities such as scavenger hunts, movie nights and picnics.

To the class of 2023, "have fun and



CAPTION: Senior Tatum Sale was elected as 2023 class president last spring, and this is a title that comes with a lot of responsibility and planning. "We have some good ideas going... and I'm excited to see what we can do," Sale said. She is looking forward to the rest of this school year and hopes to make it an enjoyable one for the senior class.

Photos courtesy of Tatum Sale  
PHOTOS COURTESY OF TATUM SALE

get involved while you can," Sale said. "And definitely check Brightspace because more and more things will start happening."

<< BY LINE  
LILLY SPILKER  
CO-EDITOR IN CHIEF

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# BACK TO THE BARBARIC WAYS OF PAYING FOR LUNCH

With school and lunch returning to 'normalcy,' some students, families and even cafeteria staff are irate to learn that meals now cost money.

Despite announcing virtually no official warning, the county has made lunch cost money this year. Lunch is now \$3.00, and breakfast costs \$1.50. The most bewildering part of it all is how students are still receiving the same lunch as the past couple of years, when it was free, but now they must either pay for it or bring their own lunches from home. Most teachers and staff could not even foresee this sudden change, let alone agree with it.

Rebecca Dudley, the head of cafeteria food and delivery management here at school believes that it is not normal for students to have to pay for the same food that was free before. "I think [if] we as a high school bring back a la carte, and they give you kids the reign of how much you wanna buy, like if you want three lunches, as long as you have the money you can," Dudley said. "I think that's when it'll be normal. So my hope is by November they'll re-evaluate and do that. I don't even think it's normal yet, but I'm glad that kids are coming in because I didn't think it would be this many."

Jennifer Mermod of the English department has been teaching in AACPS for over 19 years and has never had a school lunch. Not once. "I know we can go down and buy it but I just never have," Mermod said. "I'm on a streak so I feel like I shouldn't mess it up." Many teachers, like Mermod, always bring lunches from home so the only information about school lunch they get is from their own hungry, dissatisfied students.

"I heard from other students that before the free lunch there were more options, but I know that was something people missed during COVID," Mermod said. "It's hard to have real information when I'm not down there."

Additionally, a genuine concern people had about free lunch was the copious amounts of waste it allowed students to generate.

"I think it made it more accessible, but people were taking advantage of that. Like with the apple juices, when everyone was chugging their apple juices," senior Tyler Dickson said. "And then they would combine every ingredient from the lunch and make gross soups and not eat them, that was a waste."

However, many items were included in Grab-&-Go that most students generally did and still do not like. When asked if he thought there was excessive waste the past couple years, junior Lucas Cropper said "I think definitely, but I also think students were eating a lot more as well. And students would come back [to class] with food from lunch and ready. So today's lunch, I had a slice of pizza, a banana, and some graham crackers. And I could eat another one, I could eat more, I would pay for another one as well. I'm gonna go back to class and my stomach might be angry."

One of the largest issues students have with the situation this year is the sheer lack of options and inclusion on decision-making for what they themselves will have to be eating. Dickson and seniors Liv Edwards and Savannah Drummond are already home by the time lunch comes around, yet their distaste for the minimal amount of options our school has is evident.

"No matter what happens, they need to improve the vegetarian options because those were garbage. I'm pescatarian, but they're not serving fish here. They have like no protein in them, they're kind of gross," Dickson said. "I would also like them to not serve the square pizza in a triangle box."

Juniors like Cullen McShane, Carter Roeger, Lucas Cropper and Anna Reilly deal with "the same four options" every day, and they don't necessarily have time every day to prepare their own lunches from home are a bit more indignant towards the subject.

BY LINE >>  
NOEL CASTILLO  
FEATURES EDITOR

CAPTION: The cost of meals went up for students this year because the county lost its grant to fund free lunches for anyone who wanted it. But with the return of lunch fees, snacks and sides did not return, and the lack of choice has made some upset.  
GRAPHIC BY: MADE-LYNNE EARHART





➔ CAPTION: The snack bars in the lunch lines often hold many items like occasionally ripe bananas, tiny orange juice and milk cartons and dehydrated, bagged vegetables. "This is what I'm telling students to do; say you have a friend who just wants a milk, so many kids go by and don't get a milk. Say for instance that's all you want today, but your buddy came through and got a juice. Get your milk from him," lunch manager Rebecca Dudley said. "That's the only way I know how to do it right now, because they didn't even give us the option on the register to ring you guys up for individual things." PHOTO BY: NOEL CASTILLO

"We're not allowed to go back for seconds, if you spend \$3.00 it should be like a buffet, get as much as you want. Same deal, people got to eat," McShane said. "Sometimes I wake up too late in my house, you know, I got to go to school, got-ta eat."

An example of extra little food items that we don't have the luxury of obtaining anymore are the sour cream and cheese.

"We paid for lunch in 2019, we got cheese and sour cream with our tacos but now when we have the free lunch they don't have the sour cream and cheese. They don't have the option of buying extra things either," Roeger said. "We only have one, so we get what we get and it's not free. It's like having free lunch except it's not free."

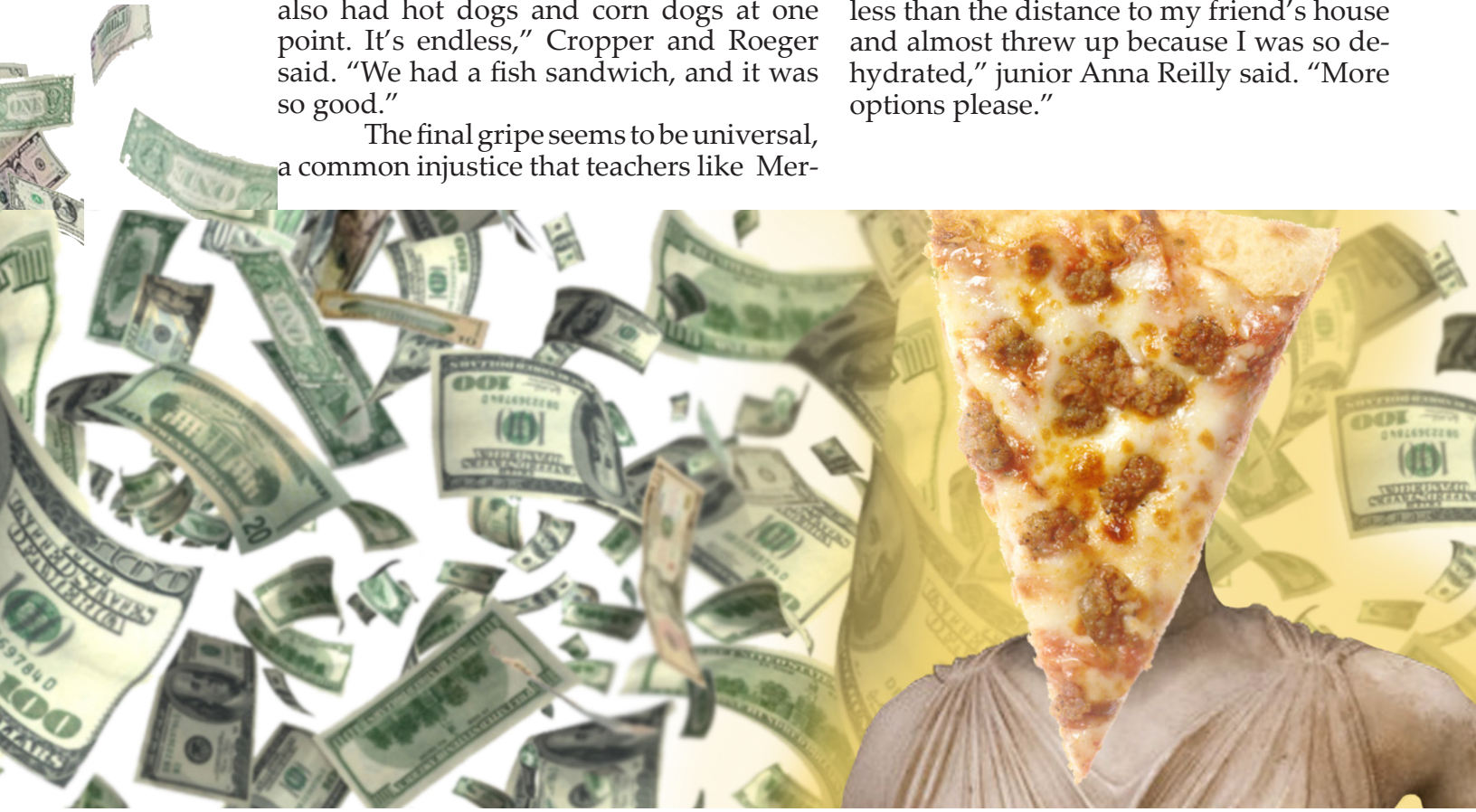
Roeger and Cropper can remember a time when they served double or even triple the amount of options they have now.

"We never get quesadillas anymore, spicy chicken, French toast, pancakes, we also had hot dogs and corn dogs at one point. It's endless," Cropper and Roeger said. "We had a fish sandwich, and it was so good."

The final gripe seems to be universal, a common injustice that teachers like Mer-

mond and students like Edwards and Reilly must deal with daily is the lack of free, quality water. Sure, we have vending machines with options for drinks, but the water costs more than a dollar and the other beverages are a bit more pricey. And does anyone know if we are even supposed to be drinking directly from water fountains?

"Milk sucks, give us water. Why does water cost \$1.10? Nobody likes water fountains, there's a sign above them that says don't use them. The other day I ran less than the distance to my friend's house and almost threw up because I was so dehydrated," junior Anna Reilly said. "More options please."



# FALCON'S LAST DANCE

How long has it been since the student's last school dance?

Homecoming is one of the most memorable parts of high school for some, and this was the first time in three years that there was to be a dance once again. For our Seniors, their last dance was their freshman year, juniors and sophomores never and freshman the 8th grade dance. Although many Falcon's did have a "Foco" for the past few years, students were very excited to finally get to enjoy the true high school homecoming experience.

Since many juniors' had never had the chance to go to a dance, it made them all the more grateful to have one now. "I [was] most excited to get together with everyone and see what it is actually like to go to a real school dance," junior Francesca Dunoyer said.

"This year I guess I'm just excited to experience what a high school homecoming is like. Even though we've done focos with pictures and everything for the past few years, it didn't feel official or at least how I thought it would feel. It was really fun dressing nice and taking pictures with everyone and it was probably my favorite part of foco, but I'm glad we finally [got] to do it for real this time," junior Jeffery Chukwu said.

Homecoming is a time where all students, no matter the friend group or grade, get to have fun as a school. "This year [I was] most excited to make memories with my friends I haven't made yet," sophomore Matt Schisler said. "My favorite part about homecoming is getting together with



CAPTION: Many students were able to have traditional photos this homecoming. They got together with friends and made memories. Above the seniors and juniors were able to make great photos together. PHOTO COURTESY OF ANASTASIA GOBOT

everyone in my grade that I haven't talked to in awhile." For senior Bret Hussey, he also appreciated the events leading up to the dance.

"My favorite part about homecoming is either the pep rally or just going to pictures and taking a bunch of pictures with my friends and hanging out. This year I [was] most excited for all the football games and just making my last year one to not forget," Hussey said.

Many Falcons loved to see all their friends dressed up for the special occasion as well. "My favorite part of homecoming [was] having our whole grade in the same place at once, it is fun to see everyone dressed up," senior Kali Kirchenheiter said.

Of course in a three year span many of our Falcons have evolved and changed a lot. "I think I have become much more mature, and I have found my really close friends," Dunoyer said. "Since my last homecoming dance I've become more mature and have grown to understand taking pictures isn't as bad because they create memories you won't forget," Schisler said.

Severna Park high school got the homecoming they had missed these past few years. From voting on homecoming court, to winning the homecoming football game and the dance itself, this year was a great reintroduction to homecoming after a long time away.



<< BY LINE SOPHIA MILLER STAFF WRITER  
CAPTION: COVID affected many aspects of life for high schoolers, including the ability to have school dances. "My last dance was freshman year which is why it's going to be very different going to the dance as a senior because we went from being the youngest kids there to the oldest," senior Karli Kirchenheiter said. PHOTO BY ANASTASIA GOBOT

# FALCONS FULL SPIRIT

Here are some photos from the 2022 Homecoming game and dance.

BY LINE >>  
SARAH STERNHAGEN  
CO-EDITOR IN CHIEF

CAPTION: TOP TO RIGHT:  
Ashlyn Morris, Stella Bordone, James Uy, Madelynne Earhart, Sierra Lane, Annabel Eplinga, Jillian Zuckley, Colin Brazil, Samantha Koppe, Sloane Andrulis, Stella Bordone, Lola Blumenberg, Madi Holden, Meghan DeFeo, Gabe Doxley, Christian Beisler, Cullen McShane, Ben Larkin, Parker Smith, Collin Brazil, Tucker Legnon.  
PHOTOS COURTESY OF THE TALON STAFF



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# FOREIGN STUDENTS

SPHS welcomes Silvia Capitiano and Daida Rico among other foreign exchange students this year.



by Americans' love for football. Every

Friday, students come together to dress in a specific theme, ranging from a pink or black out to a camo theme. Like Capitiano, senior Daida Rico also noticed how unusual the football culture was.

Imagine coming into a new school with unfamiliar faces, new lifestyles, in a different country, all at the young age of 17. It can be nerve-wracking yet exciting to have the opportunity to chase your dreams. This became a reality for foreign exchange students here. Crossing oceans, leaving your family for a year and uprooting your life to experience culture in the US.

Senior Silvia Capitiano is an Italian exchange student from Milan, Italy. She enjoys art class and she appreciates American music, including Lana Del Ray.

Back home, Capitiano has one brother she hasn't seen for several months. Leaving your home to go overseas can be challenging. According to the American Counseling Association, 43% of international students say they feel homesick multiple times a week.

She feels that the welcoming environment has made it easy for her to make friends. "Everyone is friendly here," Capitiano said. "The teachers here are very friendly, they are not friendly at all in Italy... here it's more laid back," She was caught off guard

Rico, another foreign exchange student, is from Murcia, a town in south-eastern Spain.

"We don't have football in Spain, we have soccer and rugby," Rico said. "In Spain we give a lot of importance to soccer and here not very much. It's not taken seriously." After their year in America they both plan to return home.

"I have to do another year of high school in Italy because we have five years, and then I want to go to university," Capitiano said.

Rico has no siblings in Spain, but she misses her family from time to time. "I start to miss my parents during some months and around Christmas," Rico said.

Rico's favorite class is Ms. Wess' AP Art History. "Back home, school is easier," Rico said. "But I have to study more than in Spain because it's in English, so I have to understand everything." In Spain they stay in the same classroom and different teachers come in. "You are with them the

whole day in Spain, and we are very close, but here you care more about who's in your classes."

Rico explained that it was easy to make friends here, similarly to Capitiano. "For me, it was pretty easy because I made some friends before the start of school," Rico said. She doesn't keep in touch with her friends from Spain very frequently. "We can talk whenever we want, but I don't usually talk with my friends," Rico said. "I don't really care, you can always come back."

Furthermore, Rico wishes to continue her future education in Spain. "I want to go to college, but in Spain," Rico said. "Because college in Spain is cheaper."

In the States, college tuition is rising by the year due to inflation and other factors. The average yearly college tuition can range from \$20,000 to \$60,000. This can put families in tough situations, as it is a

BY LINE >>  
BELLA JOYCE  
STAFF WRITER

Daida Rico (left) and Silvia Capitiano (right) are seniors at SPHS. Adjusting to a new school in a foreign country can be challenging. "I get homesick sometimes," Capitiano said. Both students mentioned how easy it was to make friends in SPHS. "For me, it was pretty easy because I made some friends before the start of school," Rico said. PHOTO BY: ISABELLA JOYCE GRAPHIC BY: MAD- ELYNNE EARTHART

"FOREIGN STUDENTS"  
CONTINUED ON BACK


# COMFY COZY RECIPES FOR FALL

Three comfort dishes to expand your palate and encourage a sustainable diet.

BY LINE >>  
MIA TOCCO  
STAFF WRITER

Comfort foods are stigmatized for being unhealthy, but they don't have to be. I created three fall-inspired comfort dishes to expand your palate and encourage a sustainable diet. Rosemary Pumpkin Savory Pancakes for breakfast, Panino al Bruschetta for lunch and for dinner, Spicy Radish Soup. All of these dishes are vegetarian and relatively simple to recreate. Mangiamo!

## Panino al Bruschetta



Ingredients: ½ baguette (cut into 4 inch long pieces), 1 roma tomato, olive oil, salt, pepper, dried basil, 2 slices of mozzarella (large and quartered), ½ cup shredded cheese

Directions: Set stove to medium heat and heat oil and chopped tomato on a pan. Add basil, salt and pepper to taste\* After the tomatoes are browned, add them to a small bowl with all of the cheese. Mix.


Toast the baguette and add cheese and tomato concoction to the bottom slice of the baguette.

Heat until the cheese is melted and bread is browned on a pan or in a panini press.

Serve and enjoy!



## Spicy Radish Soup



makes 4 servings

Ingredients: 1 quart of low sodium veggie stock, 4 mushrooms, ½ white onion, 5 baby carrots, 2 stalks celery, 1 tsp minced garlic, 8 radishes, ½ large sweet potato, 1 bay leaf, thyme, red pepper powder and flakes, pepper, olive oil.

Directions: Slice mushrooms, chop onion, carrots, celery and sweet potato. Slice and then halve radishes.


On medium heat in a pot, add oil, onions, pepper and garlic, wait until fragrant to add all of the vegetables and more oil if needed.

Once mushrooms are squishy and browned, add veggie stock, bay leaf, and spices. Mix every 5 minutes until at a boil.

Once at a boil lower to low-medium heat and then cook for 10 more minutes untouched. Serve and enjoy!



## Rosemary Pumpkin Savory Pancakes



makes 6 pancakes

Ingredients: 1 box of Jiffy Corn Muffin Mix, 1 egg, ¼ cup milk, ½ cup canned pumpkin, ½ cup chopped rosemary, olive-oil butter

Directions: Add Jiffy Mix and rosemary into a large bowl and slightly mix. Mix in egg until a chunky paste is formed.

Knead in pumpkin with a spatula until the pumpkin is evenly distributed.

Add milk and whisk until smooth.

Melt olive-oil butter on a small pan at low-medium heat.

Once melted, pour a ½ cup of batter onto the center of the pan.

Cook until the top of the pancake is slightly matted and bubbles form throughout.

Flip with a spatula and cook for around 30-45 more seconds.

Remove from the pan and then repeat until the batter is gone

Serve with honey/maple syrup and enjoy!



Cooking isn't for everyone, but if you enjoy cooking or the results of it, try these three fall-inspired comfort food recipes. Impress your friends and family with an original and healthy alternative to processed comfort food. Whether you try them out while watching a scary movie or on a rainy morning, they bring a taste of home and happiness. PHOTOS and GRAPHICS AND PHOTOS BY: MIA TOCCO

# HOW TO FIND YOUR PERFECT HALLOWEEN COSTUME

There's so many great costume ideas out there that it's hard to narrow them down, so here are some to get you on the right track.

**A**re you tired of your friends talking about what they're going to be for Halloween when you have no idea what you're going to be? Do you walk down the aisles of Spirit Halloween, overwhelmed by all of the choices? Well look no further, because I'm here to help. Halloween can feel like a fashion contest sometimes, so it's important to have fun when choosing your costume. Here are a few places you can start.

## **Pinterest**

Pinterest is full of great ideas for Halloween costumes. One quick search gives you a ton of trends for costumes this year. You could compile all of the ideas you like into one board to keep track of everything you like. You could even pin some accessories or props you like to help narrow down the search. When you eventually have a costume in mind, you could search it up to see other people's version of it.

## **The Shows and Movies You Enjoy**

Do you have a favorite movie? What about a favorite TV show? If you do, there's going to be at least one character you're interested in. The nice thing is, there's probably a pre-made costume just for that character. When choosing a Halloween costume, it's important to choose something you like because it's no fun to be something you don't want to be. If you like "Grey's Anatomy," buy some scrubs and make an ID for yourself that says "Grey Sloan Memorial Hospital." If you like Marvel movies, dress up like your favorite superhero. The possibilities are endless.

## **Group Costumes**

Maybe you don't want to go



BY LINE >>  
MADELYNNE  
EARHART  
PHOTO & GRAPHIC  
EDITOR

CAPTION: Halloween has always been my favorite holiday. I've always been pretty creative with my costume ideas, this year in particular I was a butterfly. This was a homemade costume and I think I rocked it. Homemade costumes are both cost effective and they look great, so don't feel bad about making your own costume.  
PHOTO COURTESY:  
MADELYNNE EARHART



trick-or-treating alone this Halloween. Grab a couple of friends and brainstorm some ideas together. There's so many group costume ideas and the nice thing is, they don't need to be super specific; you just need to be matching. A group of friends could be Charlie's Angels or just a group of angels and people would still get the idea. The cool thing about group costumes is that you don't all need to wear the same exact costume. Everyone could have their own interpretation or style. Why not spend Halloween with your friends?

## **Closet Costume**

Halloween doesn't always have to mean going to the store or going Online and buying something you'll only

be going to wear for one night. You could always pull something together from your very own closet. Being on a budget doesn't mean you can't have a fabulous costume, it just means you have to get a little more creative. Maybe you could take an old shirt and draw something on it with a fabric marker. Take an old head band and hot glue something to the top of it. Some of the best costumes are cost effective.

I hope these ideas help you figure out what you want to be for Halloween this year. Remember that Halloween is not just about being something you're not, but it's also about being comfortable, safe and creative.

# ICONIC HALLOWEEN MOVIES YOU HAVE TO REWATCH

There's nothing like reliving your childhood and eating Halloween candy you probably just bought.

BY LINE >>  
ANASTASIA GOBOT  
OPINIONS EDITOR



ternationally, it's a Studio Ghibli masterpiece. It has uncanny spirits, adventure, relevant themes like the loss of innocence and beautiful animation. The first time I watched the movie, it felt like a fever dream in the best way possible.

## "Corpse Bride" (2005)

Stop-motion animation and Halloween movies are the perfect match. Excuse me, I retract that statement. Tim Burton, Johnny Depp and Helena Bonham Carter making a Halloween stop-motion movie is perfection. The plot, the careful expressions and the fun music are beautifully stitched together in this movie made for all the hopeless romantics that will be eating candy without significant others on the 31st.

Scary movies aren't for everyone, and definitely not for me. So in the month of horror flicks and haunted houses, how does one survive?

You stick to the basics of course. Here are five Halloween movies from your childhood to rewatch so you can enjoy October without the stress of nail-biting suspense.

## "Monster House" (2006)

I might have lied. From the chilling atmosphere of the film's setting to the twist, this movie still scares me. I had to include this movie onto the list nonetheless because of its humor, great story and charming characters.

## "Coraline" (2009)

You know I had to put this one in. Though the Other Mother may have given some kids a few nightmares, it's hard not to admit that this movie is one for the books. It's imaginative, quirky, has great foreshadowing and it delivers a sense of disturbing intensity throughout.

## "Spirited Away" (2001)

This movie may not be as well known among our school's demographic, but in-



## "Scooby-Doo" (2002)

I'm talking about the live-action movie, obviously. Though the CGI is not the best, this movie takes the wackiest of turns and the Mystery, Inc. gang could not have been better casted.

Not to mention, Rowan Atkinson plays the role of their foe. Full of comedy, it still manages to reel you in with the plot and just the right amount of suspense.

CAPTION: Scary movies aren't your speed? No worries. There's no shame in looking back at the kid-friendly Halloween movies you used to watch. Here's a watch list to help you drown out the shrill, overly suspenseful music of horror movies playing nowadays. GRAPHICS BY: ANASTASIA GOBOT



# FALL EVENTS

## FIELD OF SCREAMS

Olney, Maryland  
Haunted trail and other haunted activities  
Open Thursday-Sunday



LOHR'S ORCHARD  
Churchville, Maryland  
Apple Picking  
Open until the end of the season from 10 a.m.-5:30 p.m.



## FRIGHT FEST

Six Flags America  
Bowie, Maryland  
Open Friday-Sunday  
Ends Oct. 30



## MARYLAND CORN MAZE

Gambrills, Maryland  
Open weekends  
10 a.m.-6 p.m.  
(Varied dates)



## TERROR TRAIL

Gamrills, MD  
Friday, Saturday  
7:30 p.m.-10 p.m.  
Sunday  
open 24 hrs



## RENAISSANCE FESTIVAL

Crownsville, Maryland  
Every Saturday and Sunday, 10 a.m.-7 p.m.  
Open until Oct. 23



## "FOREIGN STUDENTS" CONTINUED FROM PAGE 12

big investment. Additionally, in Spain, students don't ally, in Spain, students don't get to choose their classes like students here.

"You can choose the classes you want to take here, in Spain they just give you the classes," Rico said. The States are such a desirable place to further your learning opportunities because you can tailor to your dreams and pursue the subjects you actually want to learn.

So far, Silvia Capitano and Daida Rico are adjusting just fine. Their ease in making friends is telling of how welcoming our community can be, which is a valuable thing. Foreign exchange students can strengthen our school's sense of community by adding regional diversity.



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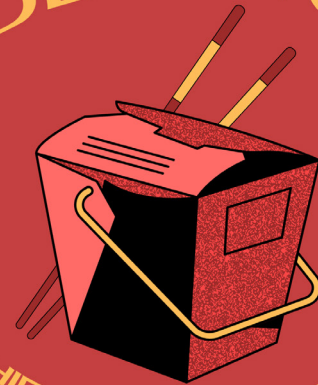
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