

Happy Holidays from the



Eagle Times



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Bonny Eagle High School

Standish, Maine 04084

Seniors are Santa's helpers for Project Grad breakfast

From staff reports

The Bonny Eagle Project Graduation Class of 2023 put on the traditional Breakfast with Santa Dec. 3.

The highly successful event, held at the high school, is also one of the group's biggest fundraisers of the year.

About 16 seniors volunteered to help serve food, work the booths and entertain the kids with games and face painting. Fourteen members of the BEHS select chorus entertained the families while they ate breakfast.

According to Brenda Freeman, Project Graduation made \$3,274, thanks to the many families who bought tickets, bought bracelets, and made donations.



Arianna Easter paints the face of one of the many youngsters who came to have breakfast with Santa.
All photos courtesy of Brenda Freeman



Left to right, Darren Haskell, Jacob Schmader, and Zach Myers take a break from their elf duties.



Left to right, Santa's little helpers are: Isabelle Dalrymple, Grace Dixon, and Molly Hamilton.

No more slipping and sliding

New gym floors making a difference

By Brody Taylor

Over the summer Bonny Eagle Middle and Bonny Eagle High School acquired brand new gym floors. Athletes of many sports were thrilled at the sight. The gym floors have been slippery in past years, and this lack of traction led to basketball players not being able to cut and volleyball players slipping.

Since the contractors have laid the new gym floors down, students and teachers have noticed the difference and hope that the floors can remain in great shape. Mr. Joseph Luchini, a Bonny Eagle physical education teacher, stated that he and other teachers are doing their best to emphasize rules in the gym: picking up after yourself, not wearing boots in the gym, and putting mats under items so they do not scuff the floor.

According to Mr. Luchini, the gym floor is 100% better than the old floor, and has increased his ability to teach different games. The old floor was like a skating rink. His favorite part about the new gym floor is the traction it provides for students during games and athletes during events.

Varsity volleyball players Kaitlyn Bartash and Makenzie Gamarsh had very good things to say about the gym as well. In particular they pointed toward the new volleyball lines. The old gym had tape that was peeling halfway through the season. They feel much safer on the gym floor because of the traction it provides and are not as worried about slipping or falling.

Still, not everyone is happy. Some students are angered about not being able to play floor hockey. Mr. Phil Bourassa says floor hockey isn't a great loss to him since his students get injured the most playing floor hockey.

The gym floors will see plenty of basketball action this winter. The boys basketball team christened the court with a win over Deering, 60-49 on Dec. 9, thanks to Elliott Bouchard's 20 points, 22 rebounds, and seven blocked shots.

Girls cross country team wins another trophy

From staff reports

After the team graduated three of its top four runners last year, a championship season was not a lock this fall. But junior Addy Thibodeau won the Class A race in 19:04.08, to lead the Scots to their fourth consecutive state championship on Oct. 28.

Allie Hesler placed third, followed by Kallie Warner (sixth), Marina Violette (ninth), and Gwen Catalano (16th).

"We had girls who bought in to what it took to be a distance athlete," Bonny Eagle Coach Mike Burleson told the *Portland Press Herald*. "We've had 19 girls putting in the work since July. And our 2 through 5 runners' improvement has been unreal."



Addy Thibodeau led the Scots to the big win.



The team is all smiles after their impressive win.

Photos courtesy of Adam Thibodeau

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Skipping class in the bathroom not a victimless crime

By Kaitlyn Bartash

Let me walk you through what was possibly the most traumatic day in my 18 years of life.

It is 12:30pm and I am barely getting through the fifth hour of the day. In fact, senioritis is making it difficult to get through the year as a whole. I grab a pass and I go to the new wing bathrooms to use them for their intended purpose.

However, as I feared would happen, I come across a group of freshmen girls who immediately stop talking upon my arrival. They glare back at me. How dare I enter their sacred skip lounge, the public bathroom?

It is humiliating walking into a bathroom and having the potty party make you feel like you're doing something wrong.

I walk past the stall with three pairs of shoes beneath it and go to the open stall. As I shut the door, chatter resumes. The song "Savage" by Megan Thee Stallion plays. Immediately, I realize they are making a TikTok while I am using the restroom.

With timeless movies such as the 1986 comedy "Ferris Bueller's Day Off" glorifying it, the act of skipping



School bathrooms are the go-to place for class skippers.

Photo by Heather Durdil
via Creative Commons License 2.0

class of a whole school day is nothing new or revolutionary. However, Bueller skipped class to drive a stolen Ferrari through Chicago, while modern-day skippers are simply hiding out in the bathroom.

These students might see this as a victimless crime. They may assume that it does not matter if they spend a large chunk of the school day in the bathrooms, as it only is a disservice to themselves.

But to me and the majority of high school students that do not use the re-

stroom as their social quarters, they make doing your business a nightmare.

It is humiliating walking into a bathroom and having the potty party make you feel like you're doing something wrong. It is painful walking into a bathroom that smells like a scent covered up with cheap perfume. And it is devastating using the restroom and hearing a familiar TikTok song—knowing that your shoes, visible under the stall, may be a background character in their next video.

Students hanging out in the bathrooms is a nuisance for all who enter. I am confused

as to why anyone would want to spend their free time there.

I am not condoning skipping school. However, if you plan to miss class, there are plenty of better places to do so. Go to your favorite teacher! Head into the library (with a pass)! You could even get called out of school and skip at home!

For my sake and others, don't skip class in the bathroom. Or the next time you do I might have to play fart sounds on a loop until it is too awkward for you to stay.

Qatar is the wrong place to hold the men's World Cup

By Héloïse Blanc

Since Nov. 20, countries have been competing for the men's World Cup in Qatar. While it is usually a time to celebrate soccer, the choice of this year's hosting country does not make everyone happy. When you start hearing why, you may too share this belief.

To begin with, Qatar is one of the main gas exporters in the world and has the largest CO2 emissions level per inhabitants. Carbon dioxide (CO2) is tipping the greenhouse effect out of balance, which results in global warming.

Secondly, the country had to build a lot of new stadiums to host the Cup. Many of them will be destroyed after it ends. The other countries that had offered to host the Cup already had every building necessary to host the players. Qatar was the only one who did not.

Building the facilities used a lot of material and human resources. It cost a lot of money, time, and contributed to pollution.

Then, the Federation Internationale de Football Association (FIFA) raised an issue about hosting the World Cup in Qatar: it is an extremely hot country, where temperatures can reach 100 degrees during the winter. Because

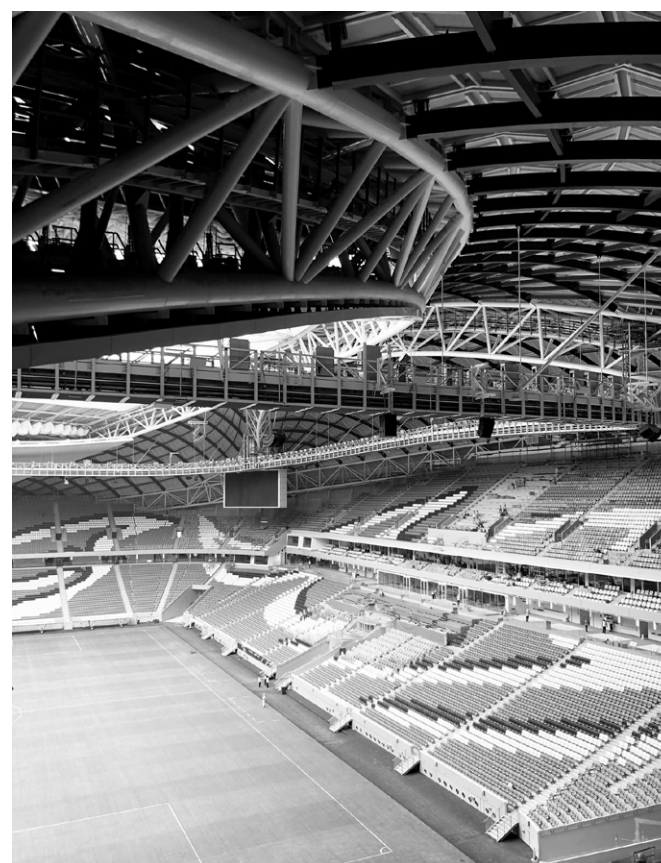
of this, seven stadiums will have air conditioning. Those stadiums all have open roofs. This results in a huge waste of energy because fresh air can escape the stadium.

Thirdly, the country is very small and is not able to host all the supporters that plan to come see the games (around 1.2 million). Many of them will have to sleep in countries near Qatar and will have to take planes back and forth. This makes up 160 flights per day.

In short, FIFA announced that the World Cup in Qatar should create 3.63 million tons of CO2. It is a serious ecological disaster.

Lastly, it is also a human rights disaster. "The Guardian," a British newspaper, published an investigation: more than 6,500 workers have died building the facilities for the World Cup since 2010. They were mostly immigrants from India, Pakistan, Nepal, Bangladesh and Sri Lanka. Most of them died because of injuries from falls at the construction sites, and also from heart failure, suicide, or the heat. Qatar asserted that immigrants worked in good conditions, but they never said how many died.

We should not be accepting this. How many events like this is our earth able to handle? We have to stop this nonsense before it is too late. Some countries have already



Al Janoub Stadium - Al Wakrah

Photo by Gazanfarulla Khan

via Creative Commons 2.0

decided to act against it. During their first game, Germany's team took a symbolic picture with their hands over their mouths to protest the censorship of players who protested the working conditions and human rights violations, and Australia and Denmark declared they were against the World Cup and what happened

in Qatar.

Given all of this, the decision whether to watch the Cup as it heads into its final weekend has been a difficult one. Should we support this? Obviously not. Is boycotting the right decision? Maybe.

One thing is clear. We should never allow this to happen again.

Bonny Eagle honors vets at assembly



A commemorative wreath displayed during the assembly. Dawna Cyr photo



JROTC members conduct flag-folding exercise.

By Amelia McAvoy

On Nov. 10, Bonny Eagle continued its tradition of hosting the annual Veterans Day Assembly. The entire school gathered on the stadium field to honor all those who have served our country, and in particular, to give thanks to veterans from our community who attended the ceremony.

Both the band and chorus performed a catalog of patriotic songs, such as "After the War" and "Armed Forces—The Pride of America!" The Junior Reserve Officer Training Corps performed the Flag Folding Ceremony, and the student

council officers introduced the Missing Man Table.

The Missing Man Table holds a white cloth to symbolize the purity of soldiers' motives when called to serve, a single red rose to symbolize the lives of these missing soldiers, a yellow ribbon to symbolize the hope for their return, a lemon to symbolize their bitter fate, a pinch of salt to symbolize the tears of their loved ones, and a lighted candle to symbolize hope for their return. After the assembly was finished, our six veteran guests were given a reception.



Flanking a Vietnam era veteran are, l. to r., Walter Alexis, Alexis Whitehouse, Ben Stanley, Richard Huff, Lorcan Kennedy, and Shea Dominguez. Staff photo

By the end of the ceremony, there were tears in the eyes of many. Especially for the veterans, the holiday can bring up memories of all that has been lost through war. However, despite the somber tone, the veterans were pleased with the ceremony and expressed gratitude for it being held. The Veterans' Day Assembly is an important event as it gives the school the opportunity to honor and appreciate amazing people in the community. The 2022 Veterans' Day Assembly marks another success in the books!

According to Ava

Holiday gift ideas to take all the guesswork out of giving

By Ava Stoddard

Hello and welcome, newspaper readers! This is my first advice column, an article on what sort of gifts people will like at different ages so you can look like a gift-giving genius! Because, while your family may look at you and think, "All I want for Christmas is you," they already have one of those (they already have you, I mean). So you need to get them the coolest presents.

Santa tell me... what I should get people for Christmas? Sorry about all the music references, but you've got to get used to that.

First up in order of age is: Babies, aka age 0-2.

This is the section for you if you are getting a present for a baby, or a mother about to have a baby.

Amazon suggests that personalized name baby blankets are all the rage in the baby world right now.

Also, multiple sources say that a specific wooden shopping cart with holes to fit shapes in is very popular.

There is also a nesting rainbow that's been a cool toy for the babies, as well as a toy called Nate the teddy bear that looks like it has a lot of sensory stuff on it.

Baby books are always appreciated. There's "I Love You to the Moon and Back," along with books such as "Bathe the Cat," and the classic, "Chicka, Chicka, Boom, Boom," and many more.

But here's an idea: if you sew, knit, quilt or crochet, you can make a baby blanket or a hat. Everyone loves a home-made gift that comes from the heart!

Next up: gifts for kids ages 3-7, aka "little kids."

You could buy him or her a tiny Mercedes. I mean, come on. What 5-year old doesn't want to ride in a tiny Mercedes?!

Or a couch. Made. Specifically. For. Fort building. SAY WHAT?!

How about a Junior coffee maker? Yeah, this kid is going to be a Mercedes-drivin', couch-ownin' barista.

Or, if coffee is not their thing, try a tin tea party set with a carrying case.

After all that caffeine, kids might need a calming toy companion like Purrble. The child pets it to calm it down. and that, in turn, is supposed to calm the child down! Nice concept, in my opinion, even if it is a little pricey.

Big kid gifts up next!

Crazy Forts building set—a boredom buster, am I right or am I right?

FurReal Friends and Little Live Pets are very popular, in my household at least. And honestly if you are a parent and your kid has been begging for a certain type



Courtesy of www.proflowers.com

of pet, you can probably get the robot version from one of these brands. One year I was asking my mom for a guinea pig or hamster and when she saw the "Little Live" guinea pigs, she said, "Now that's a pet I can get behind" (Although this year, the guinea pigs' prices are THROUGH THE ROOF).

There's also Rainbow Hight Dolls. (Again, not cheap). They are a type of doll sought after by collectors of all ages.

And, don't forget to look at what the person already enjoys: Sports stuff? Fun! "Amazing Science," which is a book for kids to learn about, what else, SCIENCE.

How about craft stuff? DIY bracelet stuff, DIY squishies, and even sewing-made-easier!

Then, there are video games. (Switch, games, VR stuff, etc), Trendy fidgets—slime, squishies, pop it... DIY squishies?! IT'S A THING!

It's all up to you. That's a lot of pressure.

Fourth is teen gifts.

Yes. I said it. The thing you've been dreading this whole time... shopping for a teenager! Dun dun dunnn! The thing is, the teen might want things they enjoy doing, but they think those things are too immature, and then you get that thing for them and they are like, "How old do you think I am?" That is an issue. But with this article as a guide, you've got this!

On my personal wishlist, I am asking for a karaoke machine, and I am asking for "Tony Moly Ready Set Glow!" skin-care face masks and Lemonhead Houdini Spacepaste (FACE GLITTER)

Other ideas are...

Super cool Tessie Canopy for their bed! Sooo cool. Unofficial Tik Tok cookbook—need I say more, Gen Z?

LED strip lights... is there anything more trendy? No really, someone tell me. This is basically the entire vibe of our generation.

Ice globes—are your eyes tired-looking? Does SAD6 make you get up way too early? The answer is yes.

BIRTH DATE SCENTED ZODIAC CANDLES!!

Exeric 10-foot phone charger. Hm, I know too many teens who would survive stranded on an island with nothing but this.

Next, gifts for Mom!

Perfume (although, it might be insulting) I really don't know honestly. Moms can be mysterious!

Coffee/tea/mugs

Baking stuff, like muffin mix, pots and pans, and spatulas because everyone wants to give their mom a gift just to make the kids food!

Phone case.

Slippers (moms are nicer when they are comfy)

Candy! Everyone loves candy!

Art from you because moms love heartfelt gifts.

Or, like I usually do, you can crochet or knit something for mom.

Last but not least, gifts for Dads

Coffee/tea/mugs

An energy drink! Yes! Shopping can be that simple! Candy, because candy is a nice gift for everyone.

A sweater

A phone case.

Gift cards to somewhere

A cheap video game or money for a video game.

A drawing you did! GO HEARTFELT GIFTS! And, don't forget to crochet!!!!

Ingredients for his favorite dinner! Why not get dinner out of this gift-giving thing?

Well, that was my very first "According to Ava" article and I hope you enjoyed it. But just because these are in sections based on age doesn't mean you are too old for a present you want. I may know someone who is asking for something in the 'tween' section and they are a teen. That's okay! These are rough guesses, but only you know what to get the person because YOU know them best. And I hope this helped you decide what to buy people if you're still struggling. Have some happy holidays folks!

Ava Out.

Facing challenges is the best part of coaching

By Amelia McAvoy

For Coach Danielle Pinkham, being a head coach at the school where she teaches has always been her goal. Now, after years of volunteer youth coaching in high school, interning on her old high school team in college, and assistant coaching at Southern Maine Community college, that dream is a reality.

Last year, after the previous head coach of the varsity girls' basketball team, Mr. Scott Regan, experienced a health scare, the position opened up. Already working at the school, Ms Pinkham heard about the job as soon as it was available. While the decision to leave SMCC was "bittersweet," she knew the opportunity was too good to pass up.

After submitting her resume, Ms Pinkham and three other applicants for the job were interviewed by Athletic Director, Mr. Eric Curtis, and a committee of his choosing. Typically, for any varsity head coach position, Mr. Curtis creates a committee made up of a member of the athletic staff, a few kids from the team, and occasionally another administrator. He says, "Ultimately, it's my decision, but I like to have a committee to make the call."

When picking coaches, Mr. Curtis says he looks for confidence and an ability to connect with the players. Mr. Curtis says that when he first went into coaching 20 years ago, players seemed to relate better to older people as mentors. Now, he believes "the last few years, kids are relating better to younger people." In his opinion, these connections have driven kids today to

hold more respect for the coaches they can more easily relate to.

Applying this knowledge to the current girls' basketball program, he hopes that Coach Pinkham will bring "some youth and excitement to the program."

One of the biggest challenges the girls' basketball program faces this season is numbers. With only nine girls on the varsity roster and fewer on the JV team, it is evident the program has taken a hit in the past few years. Mr. Curtis believes that, in part, this can be attributed to the pandemic.

"Kids started working. They like the money; they like the freedom," he explains. His solution so far has been "trying to make connections with kids" and "reassuring them that they're really good; they're fun to watch."

Coach Pinkham plans to keep kids invested in the game by attending as many middle school games as possible with her team. She also will try to accumulate more interest in the lower grades by holding a youth clinic this January.

However, despite low numbers, Coach Pinkham and her staff are raring to go this season. Coach Pinkham is joined by assistant varsity coach, Coach Bodwell, and JV coach, Coach Dyer. Fresh out of college, Coach Bodwell heard about the job through an old coach who thought it would be a great opportunity for her. Looking for a change in life, Coach Dyer transitioned after 16 years as a florist to an ed tech and coach here at Bonny Eagle.

All three coaches have been playing basketball since before they can remember and are excited to share their passion



Coach Pinkham.

Staff photo

with their players. Coach Pinkham's personal favorite part of basketball is "the competitiveness" and "the atmosphere that it brings."

Assistant Bodwell's favorite part is defense. Both are components that the coaching staff is trying to emphasize this season. Because Coach Pinkham is used to coaching at the collegiate level, she is "so used to [the shot clock] that [she's] going to bring some of that faster pace, wanting to score mentality."

She also hopes to change expectations on defense. In the past, the team has run a zone, but they are going to work on transitioning to man-on-man defense.

The staff isn't just focused on the mechanics of the game, though. One of Coach Pinkham's biggest aspirations for the season, along with constant improvement is "building confidence in all the players."

Part of building confidence includes building relationships, both between

the coaches and players, and among the players themselves. A large portion of success in basketball can be attributed to how well the team is able to communicate with one another. As Coach Bodwell puts it, "Those friendships are so important and [they] will translate on the court."

Bonds with the coaches are equally important. The difference between a good and bad coach can make or break a player, which is why it is so important to Coach Pinkham to be the one to build up her players. She believes that "having a coach that builds you up is so crucial to fulfilling your potential."

And potential this team has. After 15 years on and off as a part of the girls basketball program, Mr. Regan has watched this group of girls play since they first touched a basketball. He describes them as "a great group of young ladies" who he is sure that "the effort and hard work they are going to give will be second to none."

Hopefully, with a dedicated group of girls and a young, enthusiastic coaching staff filling Mr. Regan's shoes, the team will continue to improve this season and strengthen the program.

Ember Hastings, a senior leader on the team, expresses that although she will miss Mr. Regan, who has coached her since her freshman year, she believes Coach Pinkham is "a great fit for the team we have." Even in just the first few weeks of practice she could tell Coach Pinkham "puts her all into coaching." Ember is glad she gets to spend her last year with the new coach and knows that, if nothing else, they "are definitely going to make this season fun!"

With half the season gone, time for some NFL awards predictions!

By Zach Myers

More than halfway through the NFL season, there have been their fair share of surprises, disappointment, and excitement. Now seems like a great time to determine which NFL stars should win respective awards.

Most Valuable Player: Everyone, but mostly quarterbacks, strive for this award. This year's MVP should be Philadelphia Eagles QB **Jalen Hurts**. Up until Week 10 of the season, he had been an undefeated quarterback and has been performing even better than his playoff season last year.

His QB rating is nearly 20 points higher, his touchdown numbers through 12 weeks have eclipsed his total amount from last season, and he should eclipse last year's passing yards total in the coming weeks.

The arrival of new star wideout AJ Brown has certainly helped, but let's not disregard Hurts. He's made a monumental leap ever since his inconsistent rookie season and has led the Eagles back to possible Super Bowl contention like Carson Wentz did in 2017. Early in the season though, I definitely wouldn't have thought of Hurts as an MVP candidate, but now that he's leading the hottest team in the league, he deserves the award.

Offensive Player of the Year: Although this season hasn't showcased as much high powered offense as usual, there have still been some great weapons.



At far left, Eagles QB Jalen Hurts should win MVP. At left, his coach, Nick Sirianni, should win Coach of the Year.

Photos by All-Pro Reels via Wikimedia Commons

The winner should be Miami Dolphins wide receiver **Tyreek Hill**. He has always been an offensive juggernaut with Patrick Mahomes in Kansas City and has been in this conversation before, but he has now stepped his game up even more with Tua Tagovailoa in Miami.

He has set a career high in receiving yards with 1,379 and is projected to have the first 2,000 yard season in this category. He also made history as the fastest receiver to 1,000 yards in a season in NFL history. He has been an integral part of the Dolphins breakout season and even in the midst of other breakout performances for young players, he deserves this award.

Defensive Player of the Year: There are many candidates for this award, as there has been more of a defensive effort this season, but the award should go to New England Patriots linebacker **Matt Judon**. No, I am not biased as a Patriots fan; he has been performing at a higher level than at any time in his career. He currently leads the NFL in sacks with 13 and is set to surpass his career high in

the stat. He has been a valuable part of a Patriots defense that is one of the best in the NFL. He has double digit sacks in nearly every game, and the pressure he forces almost always causes an opposing quarterback to either throw the ball away, throw an interception, or make some other ridiculous decision. That is exactly what a DPOY sounds like: making an impact at all points of the game, and that is exactly what Judon does.

Offensive Rookie of the Year: This category isn't quite as loaded as in previous years, but Seattle Seahawks running back **Kenneth Walker** stands out. He wasn't slated to even start this season, but he filled in after Rashaad Penny suffered a season-ending injury. He has since become one of the best young runningbacks in the NFL. He has 613 rushing yards this season and is averaging nearly 5 yards a carry while being a part of a surprising Seahawks team slated to make the playoffs.

While Geno Smith at quarterback obviously will get the hype, Walker has also been a phenomenal part of this

team due to his versatility and speed. While he has regressed in recent weeks, he should bring up his game as the playoffs near and the Seahawks attempt to justify the Russell Wilson trade

Defensive rookie of the year: There is really only one contender for this award and I think the winner this year will be New York Jets Defensive back **Ahmad "Sauce" Gardner**. Sauce Gardner has been one of the most popular players this season, not just because he wore a cheesehead after a win vs. the Packers, but also because of his brilliant play. The Jets have had a resurgence so far, going 7-4 and are primed for a playoff berth in a stacked AFC East. This is due to the play of the stud rookie corner. He has two interceptions and currently leads the league in passes defended with 14. When looking at advanced stats, he is also one of the best cover corners, allowing the 6th lowest catch rate in the NFL and 7th fewest passer rating, along with breaking up the most passes in the NFL. On a young Jets roster that is surprisingly in contention, Gardner is the best. He has led the defense to be ranked 4th in the NFL and he should improve as the season goes along.

Comeback Player of the Year: No one wants to win this award, but the winner gets great admiration for winning it. One candidate was Seahawks QB Geno Smith, but I'm choosing Titans RB **Derrick Henry**. He was arguably

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New health assistant likes connecting with students

By Andrew Plummer

Mrs. Larissa Emery is the new health assistant at Bonny Eagle High school. However, medicine isn't her only talent. She's also an artist.

Mrs. Emery started off as a young artist like her mother, getting into clay-works as well as pottery. While attempting to pursue her career in art, she eventually had "the starved artist" realization that she needed a career that could pay the bills.

Mrs. Emery decided she would enjoy pursuing a career in medical occupations, as she stated it "feels like a more personal kind of art."

"I started working at Spring Harbor

a number of years ago, working with adults, but I found I enjoyed working with the adolescents," she stated. "I worked there in inpatient psychiatry in a clinical role." She added that "towards the end of my time there I became the person who oversaw the pediatric education program," which is a place for children and young adolescents who still need to get education while they are in Spring Harbor Hospital.

Mrs. Emery continued working at Spring Harbor until around the time COVID-19 hit. She began working in the field of addiction therapy/medicine in Oct. 2020, but she found this new position to be "a lot, I was ready for some

slow down in my life, ready for something that was a little more consistent with my kids...I was working around the clock."

When Mrs. Emery saw the health assistant position at BEHS, she felt like it was a good fit because of her experience with kids and critical work. She's found her new position to be rather nice, especially when students stop in to say hello or talk to her about how their day is going.

Still, she hasn't put away her pottery tools. She owns two art studios, one in Hollis and one in Limington. For now, though, she says, "If I want to eat, I need a real job."



Medicine feels like a more personal kind of art to Mrs. Emery. Staff photo

Reading choices and reasons to read about this year at Bonny Eagle

By Xochitl Pope

Although many people choose to spend their time on their phones or some other device, Bonny Eagle still has many students who like to read. Furthermore, the librarians and English teachers have tried to make reading more interesting by supplying students with engaging new titles. As people who know what students are interested in reading, our librarians have noticed interesting new reading trends that have become popular lately.

In order to make reading a more regular thing with students, the literacy specialist at BEHS, Mrs. Susan Strong, has taken it upon herself to start a new reading rewards system called BE Reads for all students to participate in. This starts at the beginning of Trimester 2 and will continue all the way through the trimester.

These new rewards will hopefully prompt more students to put down their phones and pick up a book for a chance to be entered in a raffle to win fun prizes.

"It's just a way to encourage students to read and celebrate those who are already reading," explained Mrs. Strong.



Graphic novels have their own section in the school library. Staff photo

Whether you are reading a book for a class or just for your own enjoyment, you can enter this raffle. The goal is to get students excited about reading and help them set up healthy habits.

So what should you read? One thing that has made reading more accessible and engaging to students is the remaking of classic books in the form of graphic novels, which the librarians say have been very popular lately.

"What's really super popular is the remakes of classics...It's just a fun, easy way to read it. I find that people really

like it," said Ms. Delia Musto, the assistant librarian. Among these graphic novels are familiar titles such as, *The Giver*, *To Kill a Mockingbird*, *The Great Gatsby* and many more famous renditions of texts.

While most of the time the librarians don't get many book requests, they do have a small group of students who continue to come in and check books out on a regular basis.

"It's that group of readers you get to know and then you know what they're maybe looking for," says Ms. Musto.

The librarians' efforts to get students to read more can be seen as soon as you walk in the library, with the most popular titles being displayed prominently. Works on important social events, interesting takes on classics and other fun reads make up the menagerie of literature that resides in the library.

Having teachers and librarians that are interested in what students are reading really helps students become more engaged with the material and want to read more due to the support that they receive.

I have noticed this too, as a student who likes to read. I've enjoyed receiving recommendations and support from teachers throughout not just middle school, but also in high school as well.

Having teachers who promote good reading habits in their students helps many to make space for reading in their lives, which really pays off in the end.

Even though the librarians don't have much to do with what books get read in

English classes, they still are able to help guide students to choose books that best suit their interests. This would include helping students pick out independent choice reading books for English class or making sure there are enough copies of certain books in the library.

Ms. Diana Waters, an English teacher, shared some of her favorite titles to read in class and what her favorite units to teach are.

"One of my favorite [units]...is teaching *Lord of the Flies* because there's a lot of activities about social norms and social groups and how humans would react in a situation being stuck on an island like that," she explained.

Within her classes, she encourages her students to read more by giving them class reading assignments and individual choice reading books that help students figure out what genre they are most interested in.

Mrs. Strong also tries to promote reading in her classroom, which she feels has been well received by her students and has created a group of students who are compelled to read on their own.

"In my classes I really make a point of having students read stories that they relate to," she says, explaining the reading habits in her class.

No matter where or what you choose to read, your teachers and librarians are always happy to see you enjoying a book and are excited when their students develop new reading habits instead of just being on their phones.

Students starting to discover the joys of meditating

By Ava Stoddard

If you have Mr. Tom Noonan as an English teacher, you won't just be learning how to write argumentative essays. You'll also be getting some lessons in how to meditate. Mr. Noonan says that studies have proved that meditation helps with your stress levels, your heart rate, and your ability to sort "mental furniture" by which he means stress and anxiety. He also says it helps with being compassionate.

He thinks people who hate meditation have a deep misunderstanding about it. He says that meditation is "not about clearing your mind of all thought...Your mind is wired to worry, to stress, to protect you. But you get to a point where it's relaxing."

Mr. Noonan also says that people who

hate meditation are the people who need it most. They have buried tension they are afraid to reveal.

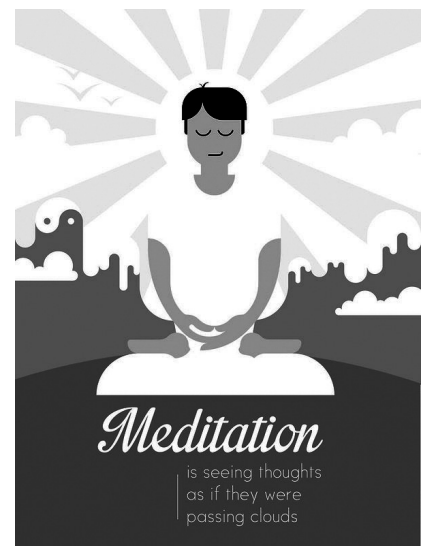
Apparently, as students will learn, there are many types of meditation. You can focus on breath, or, you can visualize a person who is suffering. You can tell them you care and that you wish them well, again and again. (You can also do this with politicians!)

The meditation Mr. Noonan does most with students is called a body scan. You start with the top of your head and think deeply about each part of your body, and then imagine breathing through that limb. He said kids have told him that they recognize stress when they do this.

Also, there are guided meditations students can use on their own. For example, you can get Insight Timer, which

is what we use in class. It's free on Apple and Android devices. There are add-ons you can buy, but in Mr. Noonan's opinion, they are not necessary. He advises that Insight Timer is a good app to begin with because you can choose from thousands of guided meditations, some of which include music, and some of which are voiced by well-known celebrities.

You don't have to use an app, though. For class meditation time, Mr. Noonan puts his phone on his desk, and then he selects a bell to begin the meditation. Students do not sit on the floor in a cross-legged position. They simply sit at their desks, close their eyes, and enjoy some quiet, peaceful time away from all thoughts of argumentative essays.



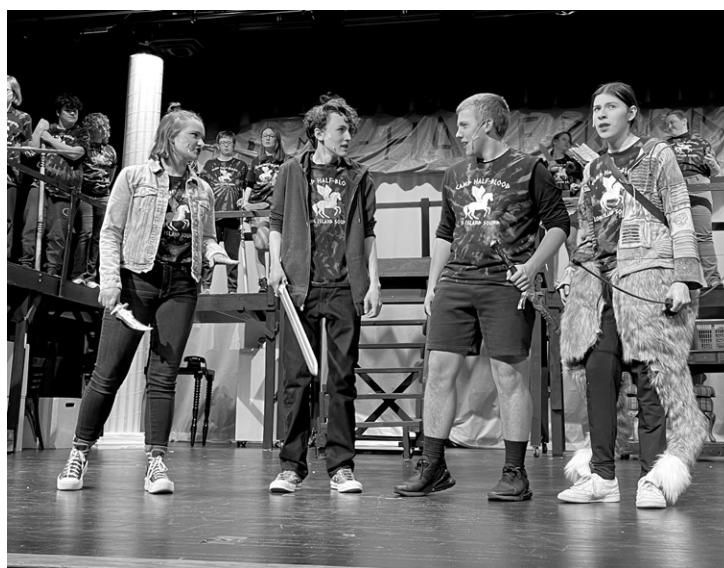
Meditation can help everyone, says Mr. Noonan.

Illustration by Lilawa Studio via Creative Commons

A mythical, musical adventure that captivates audiences



Eli Reiss as Mr. D (Dionysus)



Left to right, Tracy Lind (Annabeth), Bryan Dunphy (Percy Jackson), Max Creedon (Luke), and Jacob Piche (Grover).
All photos courtesy of Ms. Pills-



A few of the many cast members during one of the many musical numbers.



Jacob Piche gets a laugh during this scene.

From staff reports

With a cast of close to 30 and a crew of almost 50, the Bonny Eagle drama club put on the lively musical adaptation of the popular 2005 book, *The Lightning Thief*, on Nov. 18 and 19.

The plot revolves around Percy Jackson, the half-blood son of a Greek god, who has just discovered supernatural powers he can't control, along with a destiny he doesn't want.

The story centers on the theft of Zeus's master lightning bolt. When Percy becomes the prime suspect, he sets out on a quest to find the lightning bolt and return it in an effort to clear his name and prevent a war between the gods.

Predictably, the quest involves lots of mythical monsters, such as Medusa, Cyclops, and the Minotaur. There's also a daring trip to the Underworld and back. In addition, Percy must solve the riddle of the Oracle, which warns him of betrayal by a friend.

As in all classic quests, Percy learns some valuable lessons along the way, including how to come to terms with the father who abandoned him.

The original rock score moved as fast as the action on stage, to the delight of the audiences at all three weekend performances.

Manning brothers make watching football fun

By Zachary Myers

Last year, famous former quarterbacks and brothers Peyton and Eli Manning started their own football telecast. Their Manningcast debuted on various Monday Night Footballs throughout last season on ESPN2, as opposed to the official gamecast on ESPN. I've been watching this broadcast regularly, and I have thoroughly enjoyed it. It is a great viewing.

Peyton and Eli are obviously famous for playing in the NFL. Peyton is a Hall Of Famer with five MVP titles and two Super Bowl wins, while his younger brother Eli won two Super Bowls with the New York Giants.

Their broadcast is not exactly like other sports casts. They are quite literally watching the game like millions of other people around the country are and just talking about football and life in general.

When they do break down a play, they do it in style. Some of the most memorable moments involved Eli shaking his hips like "Shakira," Peyton describing how he talked to his offensive line, and Peyton wearing Eli's Ole Miss college jersey. I've also found it amusing how human they seem. Their reactions during the game, especially Peyton's, emulate what I feel sometimes when watching football. I'll be screaming at the TV, "do this or do that," and I see a lot of that in this broadcast.

Another great part of this broad-



Peyton Manning, left, and Eli Manning, second from right, have always found ways to stay connected off the field. Photo by SDK, via Creative Commons 2.0

cast is that the Mannings bring on celebrity special guests. These are not all former football players. Some of their most famous non-athlete guests have included comedian Kevin Hart, actor Dwayne "The Rock" Johnson, and former president Barack Obama.

Some of the more memorable celebrity moments were the profane language from former NFLers Marshawn Lynch and Shannon Sharpe in separate appearances, the fake T-Rex statue behind Dwayne Johnson, and the reaction to the game-winning touchdown in the very first Manningcast by Russell Wilson and the two brothers.

Whenever the brothers bring on their celebrity guests, the broadcast instantly becomes twice as funny as it originally was because they always try to make it as light hearted of an exchange as possible. It just makes the whole experience that much better.

The alternate telecast has also been popular with fans, as according to the

staff of Barrett Sports Media, 1.5 million viewers watched the Week 1 Manningcast of this season, which was nearly double the 805,000 from last year's debut.

BSM's data has also shown that Manningcasts have accounted for the 10 most-viewed alternate ESPN telecasts. The most viewed of these telecasts was a Chiefs-Giants game from Monday night of last season, with 1.96 million viewers.

There is only one more Manningcast scheduled in 2022 They'll be broadcasting the Rams at Packers game on Dec. 19. However, the brothers will also broadcast one of the wild card games for the postseason, which ever one falls on Monday night.

Even with viewership declining this season, it is still an entertaining broadcast. The two Mannings bring something to NFL broadcasts that has rarely been done. I encourage football fans to view this broadcast at least once and see for themselves how entertaining it is.

Predictions continued from page 4

the best running back last season, with 937 rushing yards and 10 touchdowns before suffering a season-ending broken foot. Usually, players have a hard time coming back from these injuries, but Henry has not only come back, he is better than ever. He is currently second in the NFL in rushing and has 80+ rushing yards in all but three games.

All of the Titans wins have been by under 10 points and in all of their wins, he has been the most productive offensive player. He has been one of the most proficient NFL players this season.

Coach of the Year: The obvious nominee this year is Andy Reid, coach of the Chiefs. But this season I'm going with the Eagles' **Nick Sirianni**. Previously the offensive coordinator of the Colts, last season he led Philadelphia to a 9-8 record. This season he has fully surpassed expectations. The Eagles are currently atop the NFC East with a 11-1 record and have the 4th best offense in terms of total yardage in the NFL. They also have the 5th best defense and it has been lead by Sirianni. He has led a huge improvement of Jalen Hurts' talent and has commanded one of the best offenses in the NFL this season. Sirianni deserves it because no one expected the Eagles to be performing at the level they currently are.



David Harbour, seen here at a 2017 Comic Con event in San Diego, stars in this thriller.

Photo by Gage Skidmore
via Creative Commons 2.0

Violent Night a bloody-good Christmas film

By Abigail Cormier

Santa makes an unconventional return to theaters this December in the newest thriller *Violent Night*. *Stranger Things* star David Harbour plays Santa Claus where he fights an elite team of mercenaries to save a young girl, her family, and the spirit of Christmas.

Director Tommy Wirkola, a Norwegian filmmaker, in an interview with ET Canada stated that, "When I read that script, the first thing I said was, 'I was born to make this film.'"

The film was predicted to make \$11 million in the box office upon its release Dec. 2, and that was

more than achieved. Within a week, the film had made over \$20 million in the US alone.

The movie takes place on Christmas Eve at the largest and most secure private estate in the country. The story starts off with a dysfunctional couple and their young daughter, Trudy Lightstone. Trudy, named after her self-made billionaire grandmother, finds herself struggling to believe in the magic of Christmas.

The family is having a get together for all the relatives, and there are many caterers and other workers to help the family celebrate. With the night fast approaching, the party

takes a sharp turn.

The estate is overtaken by mercenaries in a search for a hidden fortune. Whether or not there is a vendetta or simply an unstoppable greed, you have to watch and see.

The movie is action filled, keeping the audience waiting on the edge of their seat, wondering what is going to happen next.

The plot is nonlinear, giving a look at Santa before the red coat and a world without Christmas.

For those who love thrillers and Christmas, this is an absolute must watch. Despite this, the film is rated R, for vulgar language, sexual references, and bloody violence.

Which Rush gives the best rush? Inquiring minds want to know

By Kaitlyn Bartash

Parents and doctors hate it; Bonny Eagle students love it. In recent years the colorful drink referred to as an Aroma Joe's Rush has exploded in popularity. For students looking for an overpriced drink with an impressive amount of sugar and an even more impressive lack of nutritional value, the AJ's Rush delivers.

I am no stranger to the AJ's Rush. I catch myself in the Standish Aroma Joe's line more than I should before school, not sure if the line will take so long that I will be late to my first class of the day (Sorry, Ms. B.K.).

For over a year I have not strayed very far from the first rush I ever tried - a plain watermelon. I've tried a few other flavors, but that has always been my favorite. I'm a woman of specific taste.

However, when there are 47 flavor syrups that you can mix and match - which leads to 10,737,573 possible combinations for a 24-ounce Rush. I figure I should branch out and try new Rushes.

What better way to do so than by asking three similarly addicted Bonny Eagle High School students for their Rush orders?

Here are the expert opinions on three Rushes ordered by real students.



BEACH BUM



GREEN ALIEN



ROCK-IT-POP®

These are three of the traditional AJ's Rush flavors. But you can concoct your own Rush from any combination of 47 syrups.

Staff screenshots from the Aroma Joe's online menu

Emma Revie, senior: strawberry, blueberry, vanilla

"It has the perfect amount of sweetness and tanginess. It sounds rancid, but I promise it's not."

The expert rating: 9/10

This was a lot better than I was expecting it to be. I'm not a big fan of blueberry, but coupled with the strawberry syrup and the vanilla syrup the flavor was balanced out. The tartness of the blueberry actually tones down the strawberry flavoring I usually consider to be too sweet, making it feel like it has more of a mature taste. For that reason

I would definitely order this one again.

Brody Taylor, sophomore: pineapple, cherry

"It tastes good."

The expert rating: 7/10

I have to agree with Brody, a man of few words. It does taste good. I was almost dreading this one because I really dislike the taste of artificial cherry, but was delightfully surprised. The cherry flavor did not overpower the pineapple the way I thought it would, even if I could still taste it.

They actually blended quite nicely

together. I probably would not get this again because I personally dislike cherry flavoring, but I would recommend this to someone who does.

Cadence Howard, senior: chocolate, white chocolate, peanut butter

"It gives me a good kick in the morning."

The expert rating: 4/10

For a drink Cadence had me try just to make me miserable, it was surprisingly not bad. I would not go as far as saying it was surprisingly good, but it almost tasted like a liquid tootsie roll, which wasn't terrible.

I would even give it a 6/10 if it weren't for the unsettling aftertaste I could not put my finger on. Would I order this again? Absolutely not. I do not think I could handle the embarrassment of asking them to put chocolate syrup in an energy drink just for the rush to be subpar. However, I would absolutely defend it if someone criticized the fact Aroma Joes makes chocolate rushes.

So, whether you are new to Aroma Joes or a veteran, there is a seemingly endless list of possible rush combinations you could try.

I urge people who enjoy Aroma Joe's Rushes to branch out and try new flavors. You might be surprised by what you enjoy.

It's not too late to discover this well-done, animated fantasy series from Disney

By Lydia Coyle

When I heard that the first episode of the third and final season of *The Owl House* was finally out, I knew I had to watch it. And wow, was I in for a wild ride.

After the huge cliffhanger at the end of season 2, my friends and I ate this new episode up. I know I enjoyed it, and so did they.

The story was beautiful, even if it had some pacing issues, or things that felt a little glossed over. But considering that Disney cut the season three short because of its heavily plot-oriented nature, rather than the episodic shows Disney prefers, it's doing pretty well at getting around to everything. Everything feels covered, and fits well in the narrative.

It's hard to explain specifically what this episode did well without treading into

heavy spoiler territory, because there's a lot of that in this episode.

But what it does is nail every aspect of the story. It was a heavy emotional roller coaster from beginning to end, and it took genuine effort not to cry multiple times, preventing both happy tears, and sad tears.

Now I can imagine there are those reading this who have no idea what *The Owl House* is and are wondering "What is *The Owl House* and why should I care?"

Well, *The Owl House* is an episodic, animated series created by Dana Terrace available on Disney+, with select episodes available on the official Disney Youtube Channel.

It follows a teenage, bisexual girl named Luz Noceda who enters a demon realm to and assumes supernatural powers, which she accidentally discov-

ers while trying to avoid the pressures to act normal in her home realm.

The show is well renowned for its LGBTQIA+ representation and for its portrayal of physical and mental disability, grief, and trauma. It won a Peabody Award before the third season began.

I don't watch nor do I like most cartoons and animated features. They don't grab my attention or remain interesting enough for me to remain invested in. However, *The Owl House* had my attention from episode one. The premise seems pretty cliché: "Teenage Girl Accidentally Discovers Fantasy World." But the execution? Absolutely wonderful.

With hilarious characters combined with a compelling storyline that slowly grows darker and darker as the show progresses, it's absolutely one



Could this be the magic portal into the demon realm in Disney's *The Owl House*?

Photo by Roy Niswanger/CC 2.0

of the best pieces of media that I've ever consumed. It is right alongside Rick Riordan's collection of works and Chris Colfer's *The Land of Stories* book series.

I'd recommend *The Owl House* to any avid consumer of the fantasy genre, or to just anyone looking for something new to explore.

**Happy Holidays
to everyone at BEHS
from the staff
of the Eagle Times!**

We Ask BE

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December 2022

What's the worst Christmas movie ever?

Photos and reporting by Abigail Cormier and Charlotte McAvoy



"Krampus."
Irene Ruiz Buceta, junior



"A Charley Brown Christmas."
Mr. Alonso



A Hallmark movie, "Let it Snow."
Emma Revie



"Santa Clause. Tim Allen is a terrible actor!"
Mr. Newcomb



"Nightmare Before Christmas."
Connor Cormier, junior



"Frosty the Snowman 2."
Brady Jackson, sophomore

"Anything Hallmark. They are all the same. The girl comes back to her hometown to save her parents' dying business and meets her old crush."
Mr. Fox



"It's a Wonderful Life because I had to watch the play."
Sophia Gaudiano, sophomore