

# Redcoat Review

November 2019 / Issue 1

In this issue... Spirit Week, Sports, and More!

# CCSU A.D. to BHS: Think B4 U Post

By Sam Turgeon and Mason DiMauro Redcoat Review Writers

When social media activist Tom Pincince visited Berlin High School on September 18th, underclassmen received some valuable insight regarding the potential risks of digital activity. Pincince is an Athletic Director at Central Connecticut State University and has given presentations at over 100 schools.

The father of three young daughters, Pincince cited their experiences with social media throughout his presentation to the freshmen and sophomore classes at BHS.

Pincince's presentation covered many topics related to social media, including teens' lack of value in face-to-face connection when compared to past generations, the negative outcomes that can occur from using social media when emotionally frustrated, and the sending of sexually explicit photos.

Leading up to his presentation, Pincince attempted to follow 100 Berlin High School students. He successfully followed 92 students, including 20 who accepted his follow requests. Pincince discussed various ways to combat the negative effects of social media. These include "device-free dinners" at home and the institution of curfews after which one cannot use electronics.

Pincince also reminded students of the acronym #T.H.I.N.K., which stands for true, helpful, inspiring, necessary and kind. Pincince urged students to use this acronym when deciding whether or not they should post something.

When asked what he wanted his most important takeaway to be for students, Pincince spoke about the importance of making sure not to post when angry.

"Taking that 10 minutes, 15 minutes to walk around and cool down a little bit before you respond, that is the biggest thing," Pincince said. He also took time to discuss the inspiration of his social media campaign, noting that his mission started with some of his student athletes at CCSU

Besides wanting to help his student athletes, Pincince said that the "real reason that [he tries] to stay on top of this as much as possible is [his own] kids."

Pincince's message was that social



Photo Submited by Sam Turgeon

Central Connecticut State University Athletic Director Tom Pincince speaks to Grade 9 and Grade 10 students about using social media responsibly.

media can be very scary, so his goal is to provide them with the tools to make optimal decisions and solve a problem should one ever arises.

# Berlin High School Memorializes the late Mr. Smith in Tennis Court Dedication

By Jack Carroll Redcoat Review Writer

This summer, longtime family, friends, students and former athletes of the late Rex Smith reunited at Berlin High School to dedicate the tennis courts in honor of his work and time spent at the high school.

Smith worked as a math teacher at BHS for over 35 years. In addition to teaching, Smith served as an Advisor to the Class of 1987 and the Color Guard, head coach for the boys tennis team and as the Director for the CIAC State Tennis Tournament for many years.

In a ceremony at BHS, which took place on August 8, 2019, the tennis courts were dedicated to Smith with a sign that reads, "Rex Smith Memorial Tennis Courts." After the event, current faculty and students at the high school shared their past experiences and memories of the former teacher and coach.

BHS Principal Eileen Eustis noted that Smith "left his mark at Berlin High School not simply because of the number of years he taught and coached here, but because of the profound impact he had on his students, players and colleagues."

Eustis described the dedication of the tennis courts as a real "testament to his legacy" and went on to highlight that "he certainly taught math, but more importantly he taught life lessons and showed genuine care and concern for his students."

Berlin High School's Athletic Director Jeff Mauri expressed a similar sentiment. "You could tell from the stories how many lives he touched not only in Berlin but across the state," Mauri said. "It was a well deserved honor for Rex. He dedicated his life to the students and athletes at Berlin Public Schools."

James Zovich, a senior at BHS and member of the boys tennis team, remembered Smith for his "unique ability as a coach to take athletes from other sports and teach them the game of tennis so they were able to have fun and enjoy the game."

Zovich also added that Smith's "infectious humor and personality made him the honorable coach, friend and mentor that he was to many in the Berlin Community."

This article first appeared in our local newspaper, the Berlin Citizen, where Jack Carroll is also a contributing writer.



Photo Submitted by Mrs. Thurston

Mrs. Thurston, a Berlin High School Math teacher and longtime friend of Mr. Smith, gives 2019 BHS graduate and tennis standout Jon Trevethan a high five during a dedication ceremony in August. BHS named its tennis courts in honor and memory of the late Mr. Smith.

### BHS Students Meet with United Nations Diplomat

By Jack Carroll Redcoat Review Writer

Earlier this month Berlin High School's Model United Nations club traveled to New York City for a meeting with the Second Secretary of the Permanent Mission of the Republic of Poland to the United Nations, Karolina Krywulak.

Model United Nations, or MUN, which has been running for three years at Berlin High School, is an academic program that gives students nationwide the opportunity to learn about the structure and functions of the intergovernmental organization, the United Nations, through conference debate and team collaboration to develop solutions to global issues.

The trip to New York was run in connection with the World Affairs Council of Connecticut. Each year high school students and MUN participants from around the state attend the New York Trip to interview real diplomats to the United Nations in preparation for the annual conference held in December at the University of Hartford.



Photo Submitted by Jack Carroll

Senior Jack Carroll and BHS members of the Model UN Club on a recent outing to New York City.

At this year's conference Berlin High School will be representing the country of Poland, and the club is preparing to represent the viewpoints and beliefs of Poland in their conference committees: International Trade Facilitation, Prison Reform, Human Trafficking, Biological Warfare, Plastic Pollution, Industry, Opioid Crisis, Nuclear Energy, Security Council, and the Treaty of Versailles.

In their meeting with the Polish

diplomat, BHS students discussed Poland's involvement in the World Trade Organization (WTO); Poland's efforts to reduce human trafficking; Poland's stance towards the regulation of private industries; and Poland's environmental concerns.

Audrey Feldman, a senior at Berlin High School and a member of the Model United Nations club, left the following comments on the group's trip: "There are thousands of Model UN clubs around the country, but we are fortunate enough to be among the few that can actually visit New York City and meet with real ambassadors. This provides a lot of perspective that is helpful when representing our country, Poland, in committee."

Mahad Khan, a senior at Berlin High School and a first year member of Model United Nations at BHS, described the club's meeting in New York as an "eye opening experience" and that he "didn't expect to learn so much."

Prior to meeting the UN Diplomat of Poland, the Model UN club visited The Metropolitan Museum of Art and explored the works of some of the world's most famous artists.

### Boys Cross Country Undergoes Historic Season

By Matt Tierney and Tim Lewis Redcoat Review Writers

As the "dog days" of summer came to a close, the BHS Cross Country team began the process of preseason workouts. Since then, the boys team has placed 6th at the 41st Windham Invitational, 3rd at the Winding Trails Invitational, 2nd at the Wickham Invitational and 6th in the Class MM championship.

Despite those impressive placements, their biggest achievement was a record of 12-2, which netted them their first CCC South Colonial Division title since moving to the division in 2009.

Going into the season, Berlin knew that in order to capture the banner, they would need to defeat Middletown, their longtime rival. Led by Michael Parzych, the Redcoats labored through a close meet, narrowly defeating Middletown by a score of 27-30. After handily beating several rival teams, including Lewis Mills, Plainville and Maloney, this victory solidified the title.

The JV Team also enjoyed incredible success, notching 2nd place finishes in both the Windham Invitational and the Winding Trails Invitational. Freshman Xander Gabor won the boys JV race at Winding Trails, whereas Alex Miloszewski and Marino Fanelli finished inside the top

When asking team captain Ryan Munch how the group overcame adversity, Munch said, "When the team faced setbacks such as injuries and losing great runners from last year, we continued to have a good mindset: work hard and avoid making excuses. If someone was having a bad race or a varsity runner was unable to race due to injury, another person on the



Photo Submitted by Matt Tierney

The Berlin High School Cross Country team pictured from left to right: Coach Elizabeth Fengler, junior Tim Lewis, freshman Austin Vale da Serra, seniors Ryan Munch, Michael Parzych and Nick Parzych, junior Chris Bantle, and sophomore Ben Fisher.

team would step up that day and score points for us. We were able to use our success to motivate us, and as a result, we only lost to one team in our conference."

None of this success came easily to the team as they were always the underdogs. With Coach Fengler taking control of the team, the group did not really know what to expect. However, they were determined to prove all the doubters wrong and chase success.

One of the team's best attributes was first year coach Elizabeth Fengler. Fengler, an accomplished 5k runner, took control of the team in August and immediately made an impact. When asked about how her first year went, she

said the team was "welcoming to having a girl as a coach who has had experience running at the higher levels in high school [with appearances at] All Conference and New England [as a] runner. I knew I shouldn't change a lot of traditions and keep what was there in place."

Looking towards the future, Fengler is optimistic and noted that she is "hoping everyone can step it up, looking for emergence of Tim Lewis, Chris Bantle, and Ben Fisher to get their times closer together."

In all, the Cross Country season for the boys team proved to be successful with a strong winning record and a CCC South Colonial Division title to bring home.

# Lights, Camera, Action: BHS Annual Cabaret Builds Excitement for upcoming Les Misérables

Special to the Redcoat Review

The Berlin High School musical program kicked off the year with their annual Cabaret fundraiser on Friday, October 25th.

Students from all grades had the opportunity to perform any musical theater song as a solo, duet or small group. The chorus performed group songs from the musicals Kiss Me Kate, Newsies, Sister Act and Memphis.

New this year, all members of the chorus performed group songs in hopes of synthesizing the theater department and the music department. In total, families and friends in the audience raised over \$2,000 through a bake sale and raffle, which will be used to fund both the spring musical and a new choral program scholarship.

Mr. Tyler Boyle, the school's musical director, is excited to perform the well known show Les Misérables (school edition) for the 2020 spring musical, though he noted that it is going to take a great deal of time and dedication, which he knows his students will bring.

Being a historical piece, Mr. Boyle is ready to put Berlin High School's spin on



Photo Courtesy of Mrs. Ferland

The Berlin High School musical program showcases its talent in the annual Cabaret on October 25th. All proceeds from the evening benefit the spring musical as well as provide funding for a scholarship for a BHS senior.

Senior Dawson Trotman stated that he is really excited to be performing *Les* Misérables because it conveys a message he thinks this community needs to hear right now. His favorite quote from the musical is, "To love another person is to see the face of God."

Trotman's interpretation is that we should love one another daily and make it a priority instead of it just being in the back of our brains. He is excited to work with everyone to create a meaningful and fun production. Mark your calendars to come see Les Misérables on March 6-8!

# New Law Designed to Curb Teen Vaping

By Monica Padykula Special to the Redcoat Review

Administrative staff at Berlin High School continue to execute rules and regulations to remind students of the dangers of vaping. According to the FDA, 1.3 million more high school students use e-cigarettes now than in 2017. Berlin High School students are unfortunately included in this statistic. As of October 1, 2019 students must be aware of the new law that passed regarding e-cigarettes. Yet despite this law, many teenagers are still defiant towards the suggestion to stop

The state of Connecticut introduced the "Tobacco 21" law on October 1, 2019, which raises the minimum age to purchase cigarettes, e-cigarettes, vaping and other tobacco products from 18 to 21. BHS Student Resource Officer Steve Kostka mentioned that "this law is necessary to prevent young people from considering smoking but also to make it harder for students who do it." While most students do not buy the products themselves, an anonymous student who used to vape confirmed that they "usually have their friends who are over 18 purchase them."

The Tobacco 21 law will now make the products more difficult to acquire, thus helping them defeat their addiction. An anonymous student was questioned

if they have stopped vaping and they confidently said, "Yes. It is not as hard as people make it out to be. Exercise and water help a ton. You just have to do your absolute best to keep your mind off of it and remind yourself that you're doing yourself a massive favor.

The Tobacco 21 Law will also remind students of the health consequences of vaping. Mrs. Carbonell, BHS nurse, adds that "The effects of vaping on a teen's body are very different in every case depending on what the students are vaping. Many of the substances are purchased online from different countries. Some are using pods that have been refilled with added harmful ingredients.

"Pods have a high nicotine level along with heavy metals and cancer-causing chemicals. We haven't even begun to see the effects that vaping will have on the body and respiratory system. We have seen an increase in collapsed lung associated with vaping, vital signs that cannot be brought to normal levels, infection of the lining of the lungs, and the first death in Connecticut associated with vaping."

The administration is aware of the various dangers, and Officer Kostka comments that the only reason why he enforces the mandate is because he

He adds, "I don't have an incentive. I

"We haven't even begun to see the effects that vaping will have on the body and respiratory svstem."

Mrs. Carbonell, BHS School Nurse

want to educate students who want to be educated."

Students are slowly accepting advice and realizing the importance of caring. A student who started vaping at the beginning of junior year admits, "The truth is, vaping creates a persona or false identity. When someone vapes, they most of the time are doing other illegal things, and when people know, they think differently about this person. It creates a rebellious, disobedient image. I can admit, even I was attracted to this image of 'not caring', but let me tell you, it's more important to care."

In efforts to reduce the number of students who are vaping, Berlin High School will continue to enforce its drugfree policy. Luckily, the Tobacco 21 law contributes to keeping adolescents safe, but because this is an issue outside of Berlin High School, there is no clear solution.

Making teens aware of the reality of doing this can only do so much. It is in the hands of the students to break habits.

# This Year's Spirit Week Hallway Rundown!

By Gina Scalaro Special to the Redcoat Review

With a new school year comes a new set of hallways during Spirit Week. Students from each grade prepared hallways corresponding to a certain theme of their choosing.

The freshmen went with the theme of the action packed *Incredibles*, and the sophomores decided to go with the vivacious theme of *Pixar*. The freshmen hallway was filled with lifesize characters and well thought out details. The sophomores were able to incorporate a wide variety of *Pixar* movies like *Monsters Inc.*, *Inside Out* and *Finding Nemo*.

The upperclassmen continued to push themselves, coming a long way since their freshman year. The juniors tackled the theme of the drive-in movie premiere of the 80's classic *Ghostbusters*, and the seniors turned their hallway into scenes from the infamous *Nightmare Before Christmas*.

The junior class had many interactive portions in their hallway, from building light up movie marquees to running a fully functioning concession stand; and they even built a life size, detailed car out of wood to replicate the iconic ECTO-1 mobile in *Ghostbusters*. The senior hallway was filled with eye-catching three dimensional characters, Christmas trees and even a viewing area to watch the *Nightmare Before Christmas* to give the full effect of the movie.

Every grade stayed until 10 p.m. on the night before the big reveal, putting in their all and paying attention to every last detail. The day of the reveal, most grades came in at 6 a.m. and put the final touches on their hallways, even cooking up some popcorn and cotton candy for the walk through. All of the teachers in the school had the opportunity to vote, making it a fairer voting process as opposed to previous years. Students had to wait until the end of the Pep Rally the following day to find out which grade had received the coveted title of "Best Hallway."

Mr. Recore kept everyone in suspense during the announcement, starting off by saying it was very close between first and second place. The freshmen placed fourth and the sophomores placed third, which is the usual placing when looking at recent years. Nevertheless, the underclassmen did an amazing job pulling off well-known, elaborate themes!

The long awaited moment finally came when Mr. Recore announced the first place winner. After looking back



Photo Submitted by Gina Scalaro

Teachers Ms. Masterson and Ms. Dumas in the junior class' car. Looks like the ghosts drove it before they did and left a bit of a



Photo Submitted by Gina Scalaro

Seniors Sal Cultrera and Cenzo Dastoli pose in the senior hallway. The seniors' theme for their hallway this year was "*The Nightmare Before Christmas*." While the hallway was done very well, first place went to the junior class.

and forth between the upperclassmen, leaving everyone on the edge of the seats, the seniors were named second, meaning the juniors had won first place.

Both grades put in a tremendous amount of effort, but the juniors truly made a name for themselves and came together. Through hallway preparation and Spirit Week, the juniors were able to become more unified than they had been before this school year and feel more like a family.

Congratulations to all grades for their outstanding work; we're looking forward to what next year's hallways will bring!









# Decision 2019: Kaczynski Re-Elected Mayor

By Justin Lamoureux Redcoat Review Writer

The nation may be gearing up for its next presidential campaign, but here in Berlin, residents just made another crucial decision: who will serve as mayor for the next two years? Republican incumbent Mark Kaczynski won re-election, defeating Democratic opponent Karen Pagliaro to secure a third term in office.

According to the *Hartford Courant*, Kaczynski received 3,134 votes, compared to 2,150 for Pagliaro: a margin of eighteen points (59-41). Turnout was relatively low with The Office of Secretary of State Denise Merrill reporting that only 33% of registered voters cast a ballot.

During the campaign, Kaczynski boasted his administrative record, which

includes an improved town infrastructure, safer schools and the introduction of many new jobs and businesses to Berlin. Pagliaro, who has served on the town council for the past two years, argued that Kaczynski and the Republican administration have not done enough to support the town's schools, families, or seniors. She likewise expressed concerns over the school system's budget and the present condition of the town's senior center.

Ultimately, Berlin voters opted for a continuation of the growth and progress we have seen during the last four years. As the town itself drifts further to the right, Republicans maintain their supremacy in the political realm, at least on the municipal level.

#### Mark Kaczynski (Republican)

Education: University of Connecticut (B.A., Political Science), Pepperdine University School of Law (J.D.)

Occupation: Security Director, Connecticut Pharmaceutical Solutions, Retired from the U.S. Department of Justice in 2014 after 30 years of service, Director of the Drug Enforcement Administration

Political Experience: Mayor of Berlin (since 2015), Town Planning & Zoning Commission (1999-2015)

Raised in Berlin; attended Berlin High School. Later returned to Berlin in 1998 Married; has one son who is currently attending the University of Rhode Island

#### Pultizer Winning Author Visits BHS

By Samantha Goode and Lyla Bennett Redcoat Review Writers

On October 22nd, author Jake Halpern visited Berlin High School to speak with students and staff. He shared powerful messages regarding central ideas that are present throughout his works, which can easily relate to real life.

Halpern is a journalist and a bestselling author. The 2018 Pulitzer prize winner has many bestselling books such as his nonfiction titles that include Fame Junkies: The Hidden Truths Behind America's Favorite Addiction, Braving Home, and Bad Paper: Chasing Debt from Wall Street to the Underworld. Additionally, Halpern has written for numerous publications, including the New York Times, The New Yorker and the Wall Street Journal.

In company with Personal Finance, Accounting, and Economics classes, Halpern presented information about America's debt crisis through his experience writing about his hometown in Buffalo, New York, also known as the epicenter for American debt. He gave students a look inside his book, called *Bad Paper*, which is based on real events. Halpern explained the concept of buying and selling uncollected debt for pennies on the dollar. He left students with important information about staying up on payments and how debt can rack up very quickly. This is very real for students since most seniors are considering taking out student loans to pay for college.

All Grade 9 students received a presentation from Halpern about his experiences with a local refugee family, which directly relates to the immigration themes students study in The World and Its People class. Halpern told personal stories about his own family's experience with seeking asylum as well as his work with writing about a Syrian family that came to the United States to seek refuge. He wrote about that family in a comic strip that ran in the *New York Times* and he won the Pulitzer Prize for his piece.



Photo Submitted by Mrs. Rice Author Jake Halpern shares a laugh with the Creative Writing students in the Library Media Center during his recent visit to BHS.

Halpern started his day instructing a writing workshop session with students taking Creative Writing focusing on skills he uses to write his fiction novels. Halpern discussed the writing process with students and talked to them about the elements in a fiction story. His fiction includes a young adult book called *Nightfall*.

With his broad areas of experience, Halpern was able to provide diverse presentations that were relevant to many students in different areas of study.

#### **Meet Our Staff**

The Redcoat Review staff includes a variety of writers, photographers and graphic designers. Students may contribute regularly or simply submit a special one-time report.

In this issue, the following Redcoat Review students contributed: Seniors Jack Carroll, Jake Holmes and Justin Lamoureux, Juniors Samantha Goode, Sam Turgeon, Nick Spinali, Mason DiMauro, Matt Tierney, Tim Lewis and Tyler Rice and sophomores Lyla Bennett and Ayesha Naru.

The Redcoat Review typically meets on Mondays in the Virtual Reality room or at the Library Mac computers. We also work virtually through Schoology and welcome new contributors.

If you are interested in joining or would like more information on being a member of the Redcoat Review, please contact Mrs. Rice or Mrs. Glass.

#### Redcoat Review Staff Attends SCSU Journalism Day



Photo Courtesy of Mr. Rudy

On October 25, 2019, members of the *Redcoat Review* staff participated in High School Journalism Day at Southern Connecticut State University. Students participated in workshops and met with experts in the field. Pictured from left, Juniors Tyler Rice, Matt Tierney, Nick Spinali, Tim Lewis, Mason DiMauro, Sam Turgeon, Samantha Goode and sophomore Lyla Bennett.



Photo Submitted by Jessica Boucher

Pictured from left to right is Berlin High School junior Makayla Gorski, senior Lyzi Litwinko, senior Jordan Barber, junior Jessica Boucher and senior Alexis Kumm is making the play on the ball.

### Girls Volleyball Reach 2nd Round

By Ayesha Naru Redcoat Review Writer

The Berlin High School Volleyball team reached the second round of the CIAC state tournament with a 3-1 win over Wolcott, but lost 3-1 to Nonnewaug on Wednesday, November 13th, marking the end to their season.

Here are some observations from one of their games from earlier in the season. On Sept. 23, the Redcoats showed off their talents in their ongoing play before falling

to Platt High School from Meriden, 3-1. Berlin High demonstrated creative moves and presented themselves as a strong and enthusiastic team during their game. Many of the players used team efforts to ace, which is serving the ball and scoring a point without allowing the other team to return it, and assist the ball towards one another in an attempt to keep the game at its pace.

The Redcoats, coached by Angela Kumm, finished their season 10-13.

### Dedication to remember Tyler Cop

By Jake Holmes Special to the Redcoat Review

On September 20th, the Berlin Redcoat football team dedicated the evening to the life of Tyler Alan Cop after a 41-0 win against Bulkeley High School. Cop was a student at Berlin who lost his life on July 16th, 2015.

This ceremony featured speeches from Mark Holmes and Head Coach Joe Aresimowicz and included many tears, much laughter, and beautiful memories of Cop. The football team also premiered a new award, aptly named the Tyler Cop Award, which is given to the player that exhibits the most love for the game of football. The Cop family was also gifted a framed Tyler Cop football jersey.



Photo Submitted by Jake Holmes

Mark Holmes addresses the Berlin High football team as they honor the memory of Tyler Cop.

The Berlin High School community has come together on several occasions to honor Cop's life, including the TCop 3v3 Basketball tournament and the TCop Golf Tournament.

### Cancellieri, Parzych Run in State Open

By Nick Spinali Redcoat Review Writer

Berlin High School seniors Juliana Cancellieri and Michael Parzych both concluded their cross country careers with appearances in the 2019 CIAC State Open Championship on November 1.

This was Cancellieri's third consecutive appearance in the State Open race. With a 5K (3.11 mile) time of 20:47.0, Cancellieri placed 60th of 180 qualified runners. She finished 8th in the 2019 CIAC Division M Championship, leading the girl's team to a third place finish. This was her third top-five showing in the state championships in

Cancellieri's high school career, where she also became the only Berlin runner to have three All-State selections to her name.

This was also Parzych's third consecutive appearance in the State Open race. Finishing with a time of 17:15.0, Parzych placed 56th of 205 qualified runners. He set a new personal record in the CIAC Division MM Championships the week before with a time of 16:51.0, good enough for a 5th place finish. In the same race, Parzych led the boys team to an overall 6th place finish while also guiding Berlin to a CCC Colonial South championship.

## Spotlight on New Teacher

By Lyla Bennett Redcoat Review Writer

To kick off the new 2019-2020 school year, we welcome a number of new faculty members. In order to get to know these new teachers, a questionnaire was set up for them to answer.

In each issue, the *Redcoat Review* staff will pick one new staff member to interview.

This issue's spotlight staff member is Mr. Christopher Wisniewski, a Biology teacher at Berlin High School.

"I did not know

What made you choose BHS?

much about Berlin coming in. I knew that it was a good school, I knew it was a nice town, but not much more than that. What really

sold me was my initial interviews, seeing how welcoming my new potential colleagues would be, welcoming me into a department, welcoming me into a school.

"I have been on some interviews where you are going to be on your own, a 'here is the textbook, good luck' type situation. It was a very warm, welcoming community, and I felt like it would be a good place to work and a good place to teach."

Where did you previously work?

"Prior to this, I was teaching at Southern Connecticut State University in the bio department."

What was the most difficult part of settling into BHS?

"Everything that goes on behind the scenes. All of the paperwork, all of the extra documents, the extra materials that are required for outside the classroom. All the procedures, and literally, all of the paperwork. The best parts of my day is when I am inside of the classroom teaching and working with all of you, but it is everything that goes on behind the scenes, it can get hectic at times."

What is your favorite part of working here so far?

"My students. I do not have one bad class, all of my classes are really good. They are good students academically, and socially as well.

"They are kids I can just sit down with and have a conversation about sports, about coming events, whatever it may be. The best parts of my day are hanging out with my classes."