



NHS Partners with CCSU for Go Baby Go

By Alyssa O'Leary
Redcoat Review Writer

On Friday, March 24 and Saturday, March 25, the National Honor Society had the privilege to host and partake in the Go Baby Go project. Go Baby Go is a program that provides children with mobility impairments a means to move around independently. Such mobility is given to these children through modifying generic ride-on cars.

Twelve students took time out of the day to partner with professors and students from Central Connecticut State University during this two-day project. Instead of just one single vehicle, the students were able to provide two customized ride-on cars to two special girls from the Berlin community, Penelopy and Lily. Modifications were made to the electrical wiring of the vehicle, size adjustments were made specific to the drivers, and the exterior was designed to the likings of the two girls.

Prior to the event, NHS fundraised for supplies and tools needed to make the vehicles. This money went to materials from PVC pipes to vinyl sticker paper in order to make the cars. While items were being collected, the National Honor Society reached out into the community to see if they could support and give a child this program opportunity. NHS came into contact with not just one, but two Berlin



Photo Credit: Mrs. Evans

Berlin student, Penelopy, gets the chance to check out her newly-modified ride-on car.

students with mobility disabilities who were interested in receiving a vehicle. Once it was confirmed that a child would receive a vehicle, a date was set up where a few students would visit the girls at school and play with them. This was done so that the making of the car would become more personal and NHS members could better understand what the girls liked and didn't like.

On project day, the students came

in and assembled the cars according to product instructions. Once this step was completed, NHS welcomed students and staff from CCSU to assist in providing instructions to the changes needed to be made. Physical support and electrical modifications were made. The electrical alterations came first; these included the removal of the reverse function, a change in activation from foot to hand activation, and rearrangement of wiring inside the car.

In terms of physical modifications, seating support, buttons or strings, a seat belt, and stickers are just a few of the things that were added to the two vehicles upon assembly. The majority of what was modified in terms of physical support was done upon the arrival of the child receiving the car; that way it was fitted exactly to their specific needs. The girls arrived with their families to test and ride the vehicles they could now call their own.

It was the hope of the National Honor Society that the personally built ride-on cars could provide the two girls with the chance to just be a kid and turn the attention away from the distraction and barriers physical disabilities can cause. There are very few affordable products out there that allow children at a very young age with mobility issues to move around on their own.

Go Baby Go acknowledges this need and is a great source that brings awareness to mobility disabilities.

Seniors Bid Farewell with Advice

By Ian Saunders
Redcoat Review Writer

As their sophomore and junior years were riddled with COVID-19 precautions, headlines, and developments, the Class of 2023 is leaving Berlin High School, prepared to face their future. Two seniors share about their experiences at BHS, and offer their expert advice.



Samantha Negrao, attending Michigan State University for a degree in Biology (pre-med) shared advice.

What was your best excuse for not turning in your homework? My best excuse was that I forgot. Oftentimes it was true, I would get so overwhelmed with everything else I had to do it would completely slip my mind till that moment in class when the teacher asks for your homework and your heart sinks into your stomach because you realize you forgot it. But because forgetting is not a great excuse, it forced me to become very organized so that if I don't do an assignment, it's not because I simply forgot.

If you could go back in time and change one thing about your high

school career, either academically or socially, what would it be? If I could change one thing about my high school career it would be to get involved more. Looking at what I was involved with in high school it often clumped around the same group of people or subject. If I had expanded what I got involved in, I not only would have grown socially but I would have had so many more experiences and opportunities.

What was one thing that you learned about yourself during your time at BHS? I learned that things won't happen without hard work. What I mean by this is that I will not just be able to put minimum effort into my work and expect the outcome I want. Through middle school and my first two years of high school (due to very interesting circumstances during COVID) I was able to breeze through my work. But, junior year hit and I figured it would be the same, but those A's turned into C's and D's. I quickly realized I will not accomplish my goals without putting effort in. Ever since, I have put 110% effort into my studies, which has not only taught me how to be successful in school, but other aspects of my life. It has also taught me I really enjoy learning.

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A Musical Masterpiece: *The Little Mermaid*

By Eleanor Henriques
Redcoat Review Writer

From March 2 to March 5, the BHS theater department put on Disney's *The Little Mermaid*. Although it followed the plot of the movie that everyone knows and loves, it did have a couple of differences, including the addition of new songs.

The first act follows Ariel's trials and tribulations to becoming a human. One of the differences from the movie was it took a deeper dive exploring many of the characters' emotions. The second act follows Ariel as she tries to navigate the human world with no voice.

Ariel was played by senior Meredith Gendreau, and she enjoyed working with all the different cast members. She worked hard on making sure her portrayal of Ariel was similar to the Ariel that everyone knows and loves.

"Since Ariel is such a well-known character, I had to find a balance," Gendreau said. "I wanted to still embody and embrace her iconic and loved princess qualities, but at the same time, I wanted to make sure my approach was still unique to me."

Gendreau has had multiple singing and acting experiences that helped her to achieve this goal. "I've been acting and singing in musicals since middle school, but additionally, I love to take advantage of all the choral opportunities offered," she explained.

All the experience and work definitely paid off and the audience absolutely loved her portrayal of Ariel.

The musical had many leads and a very important character to the play's production was Ursula, played by senior



Photo Courtesy of Ms. Gileau

The BHS community enjoyed this year's popular musical, *The Little Mermaid*.

Ruth Brown Kirchner. Kirchner said she absolutely loved playing the part and even thought that she could relate to the character.

"Ursula and I are very similar in that we have such large personalities on stage," Kirchner said. "I had so much fun getting to be her this year. I've done theater pretty much all of my life but this has truly been my favorite role."

Kirchner portrayed the villain perfectly. She did an amazing job singing "Poor Unfortunate Souls" which is a hard song to sing because of the low register. Kirchner has had experience through the BHS theater program and she loves how everyone has an amazing love of theater. Overall, she said she had a great time performing the show and is sad to

leave at the end of the year, although she is positive Mr. Boyle will put on an even better show next year.

Every member of the cast and crew of the show had a part to play. Whether it was small or big everyone was a huge part of the show being a success.

"The cast and crew of the shows are always a tight knit community, but this year in particular, we all got super close which made the overall experience so much fun," Gendreau said.

Being a part of theater is something many students choose to do because of the community students build.

"Despite not all of us knowing each other and being close prior to the show, we all left on closing night being some of each other's closest friends," Gendreau said.

New Movies to Enjoy: *Creed III*, *Jesus Revolution*

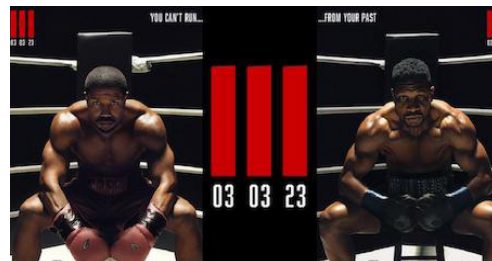
By David Perkins
Redcoat Review Writer

Creed III

You can't run from your past! At least, that's what Adonis Creed has to learn. After retiring from boxing after several successful years and several remarkable victories, Adonis Creed (Michael B. Jordan) has finally settled down with his wife, Bianca (Tessa Thompson), and his daughter, Amara (Mila Davis Kent). However, dark revelations about Adonis' past are about to force him to re-enter the ring.

Damian Anderson (Jonathan Majors), after 18 years in prison, wants to earn the championship title that his closest friend had worked so furiously to obtain. But he is cutthroat, relentless, and willing to kill in order to obtain the title. So each side must prepare, both physically and mentally, for the deadliest boxing match in Creed history.

Featuring the directorial debut of Michael B. Jordan, *Creed III* is phenomenally well-paced, allowing for top notch character development, and remarkably choreographed fight scenes. The soundtrack is composed by Joseph Shirley, blending intricate and workout-inspiring scores with songs from dozens of different artists, and building anticipation for every scene, especially the training montage.



The cinematography was by Kramer Morgenthau, who provides absolutely gorgeous mountain shots and sequences. As of April 15, *Creed III* has domestically produced over \$58.7 million, and has already earned over \$100 million worldwide! Overall, *Creed III* is an absolutely masterful gut-punch of a film, and is highly recommended as a must watch.

Jesus Revolution

Directed by Joe Erwin and Brent McCorkle, and composed by Brent McCorkle, *Jesus Revolution* is the inspiring true story set within the troubling era of the early 1970s.

America is divided, with the teenage generation constantly obtaining illegal substances and looking for peace and love in the wrong places. However, everything changes when a man named Lonnie Frisbee (Jonathan Rourmie), helps pastor Chuck Smith (Kelsey Grammer) discover how to open the doors to the different, the troubled, and the youth.

The well-paced and historically ac-

curate film depicts the spiritual awakening of thousands of young Americans throughout the late 1960s and early 1970s. The film also cleverly interprets the theme of inclusivity: that despite all differences, everyone can be united under one church!

As of April 15, *Jesus Revolution* has passed \$30.5 million domestically, and it is unknown at this time the initial global estimate. Overall, *Jesus Revolution* is a phenomenal film that raises interesting philosophical questions about the existence and revelations of God, and is highly recommended as a must-watch.



Chemicals Released After Train Derailment

By Ian Saunders
Redcoat Review Writer

In East Palestine, Ohio, a train carrying millions of pounds of hazardous and carcinogenic chemicals derailed on February 3. The train company, Norfolk Southern, hosted a controlled burn of the hazardous chemicals, and claimed it was possible for residents to return to their homes soon after.

According to *PBS News*, as residents slowly returned to their homes, not only did they experience extreme eye irritation and sickness, they also found thousands of animals becoming sick and dying. After evaluating these issues, the Environmental Protection Agency encouraged residents to only use bottled water rather than the standard tap water, as more than 3,500 fish were killed by the chemical runoff into various waterways.

Some of the chemicals that were found on the train include vinyl chloride (used for making PVC products and known to be highly toxic and carcinogenic), isobutylene (used in the production of rubber, antioxidants, and plane gasoline), as well as Benzene, which is known to be a very hazardous chemical that can, according to the New Jersey Department of Public Health, cause genetic mutations. Other harmful chemicals were also present on the train that may also cause various types of cancers and make people violently sick.

The most concerning chemical in the controlled burning was vinyl chloride. With a simple formula of two carbon atoms, three hydrogen atoms, and one chlorine atom, it can pose dangerous risks to those who are exposed to it in the liquid and gas form. From the research from B.F. Goodrich Chemical Company in Avon Lake, Ohio, as well as the Dow Chemical Company, when burned, vinyl chloride produces hydrochloric acid. This is the primary concern as it enters the atmosphere in higher concentration (122



Photo Credit: Tannen Maury/EPA

The controlled burn of vinyl chloride after the derailment released cancer-causing dioxins into the air and on the ground near East Palestine, Ohio.

parts per million) compared to the other chemicals that were on the train.

Mr. Brendan Wilkosz, a Chemistry teacher at Berlin High School and Professor at the University of Connecticut, who has a Bachelors in Chemistry and a Masters in Education from UConn, and a Masters in Chemistry from St. Joseph's University, explains that "burning the released vinyl chloride was probably the most complete and efficient methodology to chemically alter and help disperse the toxins from the hazardous wreck. Unfortunately, a likely product of the combustion process was hydrogen monochloride (HCl), which creates hydrochloric acid (HCl (aq)) upon being dissolved in water."

Furthermore, when Wilkosz was asked if he thinks that it was the correct decision to burn the chemicals spilled. However, "...the area will need regular monitoring to ensure safety in the environment for the foreseeable future."

Wilkosz elaborated on the importance of understanding chemistry when it comes to national and international

hazardous events. He explained that with these tragic events, increased safety precautions have also been put in place. Additionally, Wilkosz explained that the train derailment has left "negative impacts on the physical environment, wildlife, and humans in the immediate area." Wilkosz also elaborated that the hazardous events over the past couple of years (Flint's ongoing water crisis and the ammonium nitrate explosion in Lebanon in 2020) "...underscore the need to provide relevant chemical education opportunities for the general public, so that they can make informed decisions about their own safety and well-being."

According to CNN, the week of February 17, the Biden Administration deployed medical professionals from the Department of Public Health to assess the aftermath of the various chemical spills. While there was aid coming from the Biden Administration, various class action lawsuits have been filed against Norfolk Southern, with claims of negligence that led to the train derailment and the resulting environmental impacts.

Biden Administration Approves \$8.4 Billion Oil Drilling Project

By Ian Saunders
Redcoat Review Writer

On March 14, 2023, the Biden Administration approved the controversial Willow oil drilling project in Alaska. This project shocked many climate activists as Biden promised not to drill on federal lands during the 2020 election. The administration's approval now sets the stage for increasing public attention and court battles to ensue.

The drilling is planned to take place in Alaska, primarily from the National Petroleum Reserves. Many Alaskan politicians and natives have hailed the project as something that will vitalize the economy, produce numerous jobs for the people, and combat the rising price of oil. However, the economic benefits come at the cost of combatting global warming.

According to CNN, there are around 600 million barrels of oil inside the reserve, which would in turn produce 9.2 million metric tons of carbon dioxide into the atmosphere per year. This is equivalent to adding two million gas-fueled cars to the roads.

Due to the large volume of oil and carbon dioxide that will be released in the coming decades, environmentalists petitioned the White House and contacted their representatives to express their disdain for the proposed project. In total, there were 1 million letters sent to the administration and 5 million petition signatures.

The environmental law group Earthjustice, based in San Francisco, has pushed the administration to deny all aspects of the proposal. According to their website, Earthjustice aims to protect human health, preserve places



Photo Courtesy of Getty Images

containing wildlife, promote clean energy, and to combat environmentally damaging endeavors. Earthjustice filed suit against the Willow Project on March 14, 2023, primarily based on Biden's goals to reduce carbon dioxide production by 2030, which the project ultimately contradicts. Earthjustice also claims that the approval of the Willow Project also defies the Endangered Species Act due to global warming's impact on ecology across the globe, according to CNN.

On April 4, 2023, federal Judge Sharon Gleason ruled to move forward with the drilling despite growing opposition.



Upbeat Makes Changes to May Weekend

By Nadia Malec
Redcoat Review Writer

For over 20 years, Upbeat members and leaders have spent three weekends per year at Camp Woodstock for leadership training. Throughout the year, these weekends occur in October, March, and May.

In October, participants focus on team building, inter-grade bonding, and introductions to the Upbeat program. In March, teens focus primarily on public speaking, with many workshops that help improve student skills and make them more confident. In May, teens focus on team-building skills and bonding between program members. To conclude the year, in May, Upbeat members say goodbye and good luck to senior members and welcome the incoming junior leaders.

However, the 2023 May weekend will not be held at Camp Woodstock. Ms. Sheel Patel, the director of Upbeat, and other Upbeat leaders have made the executive decision to stop going to Camp Woodstock and carry on similar traditions at a new camp, Camp Jewell in Colebrook, CT.

“While we are sad to leave our old home away from home, we are excited to



Photo Courtesy of Camp Jewell

The new location for Upbeat is Camp Jewell in Colebrook.

make new memories and foster positive relationships with our new camp,” Patel said.

Along with a new camp come some new rules and regulations. May Weekend will be invitation-only, due to a limit on how many students can attend. A favorable change is that the new Upbeat camp will include things that haven’t been available in Camp Woodstock in the past, like zip lines and boating in canoes.

“A big positive change that is a result of this is that we will be working with the Camp’s YMCA staff, where they will assist with running team building work-

shops,” Patel said.

Students had positive reactions to the change. Junior Jacob Miller said he was “very happy about this change because [he has] gone to this camp before for boy scouts” and had a very positive experience.

Senior Anna Butrimus said “it’s definitely bittersweet knowing we won’t be going back to Woodstock, but hopefully going to a new camp will make my last Upbeat weekend one to remember!”

Camp Woodstock has been a large part of the Upbeat program for the past 20 years, but we are excited to see what doors Camp Jewell opens!

Seniors Reflect on Past 4 Years, Leave Advice

What advice would you give to incoming freshmen? One of the pieces of advice I wish I had been told going into high school is that you need to find your balance. Learning how to balance school, friends, extracurriculars, work, family, and personal time is really important. Without that you will find yourself drowning or not accomplishing what you know you can. Within that you need to learn how to manage your time.



Use your time in class, use your study halls to do homework. Use the time you are stuck in school to do school work, so when you are home you are able to get that school life balance, and relax.

I also would say take a deep breath. High school can be very stressful, if you need support, reach out and get it, there are so many great resources at BHS—take full advantage of them. Also, take advantage of all the fun stuff BHS has to offer. Go to the football games, join a club, go to homecoming, prom, participate in the pep-rallies. Everything is more fun the more enthusiasm you put into it. In the end, enjoy high school. Don’t stress over the little things, let them go. Focus on the big picture. Focus on the friends who make you feel the best, who lift you up. Focus on being the best person you can be.

Ishani Patel, attending the University of Connecticut for a degree in Allied Health, also has some advice.

If you could go back in time and

change one thing about your high school career, either academically or socially, what would it be? If I could change one thing about my high school career, I would definitely have taken some time off of my academics last year. I felt that last year especially, I was taking some classes that challenged me a lot, and even though it was important to me to do well in those classes, I wish I had spent more time with my friends. In the grand scheme of things, in 20 years, it really won’t matter how we spent our time in high school, but I definitely think that hanging out with my friends more would have helped a lot with that stress of school and those difficult classes in the moment and during the school year.

What class do you think every student should at least try to take? The main class that I think every student should try to take is UConn Seminar in Academic Writing. I took this class in my junior year with Ms. Portal and it made me such a better writer than any other high school English class ever did. I also got UConn credit for it, so now as a college freshman, I won’t have to take it!

Before taking this class, I thought that my writing skills were really strong, but while I was taking it and after having finished it, I realized that the class actually made me think so much more about how I was writing and it pushed me further than I thought I could go in my writing skills. It made me think more deeply about the information I was putting into my essays, how I was researching, how I was structuring my essays, and how I was organizing myself and my time as a student. It was also a lot more fun to-

wards the end of the year, and after seeing my growth in the class over the span of the school year, I definitely felt a sense of accomplishment in my writing and myself.

What advice would you give to incoming freshmen?

The advice I would give to an incoming freshman would be to create the experience that you want to have. Because of the clubs I joined and the activities I did, I made so many fun memories and good friends. If I hadn’t done those things, I don’t think I would have had as good of an experience as I did/do now. Hindsight is 20/20; even though the classes might seem difficult now, your friends might be difficult to deal with, and everything seems like a lot to handle, in a couple of years, you’re really only going to remember the best parts of your experience in high school, so try to make it enjoyable for yourself!



The last piece of advice I would give is, don’t take everything (including yourself) so seriously. For some reason, high school has become romanticized to the point where it’s supposed to be ‘some of the best years of your life.’ Yes, you should have fun with your friends and be involved. But just because you don’t have a massive friend group or perfect grades doesn’t mean that your high school experience was/is ‘bad.’ Enjoy the moments you have with the people around you and try to get through it the best you can. Even if you don’t have the ‘perfect’ high school experience, it will still be worth enjoying.

Assemble The Web: Graphic Novel Book Reviews

By David Perkins
Redcoat Review Writer

Avengers Assemble!

There was an idea to bring together a group of remarkable people. To see if they could become something more. To fight the foes that no singular hero could stand against alone. Together, they are the Avengers!

From the dawn of time to the end of Infinity. From the prime Earth to across all realities in the multiverse, the Avengers must assemble to defend the God Quarry from two of the deadliest villains across all of space, time, and reality: The Doom Above All, the most powerful variant of Doctor Doom across the multiverse, and the Council of Red, a massive demonic army commanded by Mephisto.

Written by Jason Aaron, with artwork by Javier Garron, Aaron Kuder, James Towe, Bryan Hitch, and more, the narrative for this storyline is strong, if slightly messy. The cast is massive, and it is difficult to give each character an emotional sendoff, but Jason Aaron does it well. There are significant moments for every character, and the action is bombastic. The plot is understandable and provides what the anticipation was expecting: a massive and grandiose multiversal war, and isn't meant to be something that is drowned out in decades of lore and continuity.

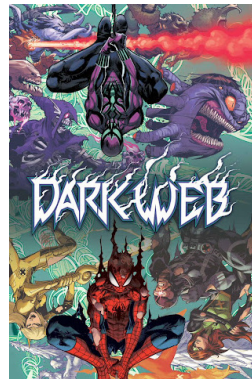
There are similar writing parallels between *Avengers Assemble* and DC comics *Crisis on Infinite Earths*, released



in 1985. It is one grand, multiversal conflict, uniting heroes from the past, present, and future in order to battle a danger threatening to consume everything. Overall, *Avengers Assemble* is a colossal but fun high-stakes storyline, and is highly recommended as a must read in order to start reading Avengers comics.

Dark Web!

Madelyn Pryor and Ben Reilly, the most powerful clones of Jean Grey and Peter Parker, have forged an alliance, hoping to conquer New York and finally obliterate the originals, who have passed down vast quantities of trauma and guilt onto them. Therefore, Spider Man and the X-Men must join forces in order to finally put an end to the



“Clone Wars” once and for all.

Spearheaded by Zeb Wells, with artwork by Adam Kubert, Bryan Hitch, and more, *Dark Web* is widely considered by Spider Man fans to be the worst Marvel crossover event of the last several decades. Narratively, the story is structured in an interesting manner, often removing the emotional stakes and transforming them into mini-series, such as the much more acclaimed Gold Goblin mini-series by Christopher Cantwell and Lan Medina.

This was frustrating for readers because the main miniseries contained no emotional substance or stakes, removing the connection the audience should have to characters. The comedic aspects of this crossover are also difficult to comprehend, with obscenely dark moments overshadowed by unnecessary comedic humor and anger-inducing comedy. With so many different tie-in books, it is extremely difficult to successfully follow the entire event, with key moments and plot elements happening in different books, overall removing any sense of continuity or joy for those who only choose to read one section of the event.

While the narrative is frustrating, the artwork is still gorgeous, with industry legends like Bryan Hitch, Adam Kubert, and Phil Noto providing interesting fight sequences, using their own unique art-styles. But even the artwork from three critically acclaimed artists is not enough to turn *Dark Web* into a must-read.

New Pitching Rules in Baseball Prove Controversial

By Tyler Bergstrom
21st Century Journalism Writer

In Major League Baseball, there are several rules being added with the goal of making the game better. This is causing chaos throughout the league and media. It will be interesting to see how the season plays out with new rules for the players.

Major League Baseball recently added a pitch clock to speed the game up. The rule only gives pitchers 15 seconds to throw a pitch with no runners on base and 20 seconds to throw a pitch with runners on base. Critics are hoping this will speed up the pace of the game and make it more entertaining for the fans.

This rule has become controversial because baseball has never had a pitch clock. The media is getting all over it and many people want the rule to be changed back. This is understood because baseball had the same rules for so many years and it is just really different with the new rules. It will be interesting to see how the rule works and how people react to it.

Pitchers around baseball are reacting in different ways because this has already caused a lot of things to happen with the players.

For example, Max Scherzer told the *Associated Press*, “really, the power the pitcher has now - I can totally dictate pace.” Scherzer thinks that pitchers have a major advantage because he feels like he can control the pace of the game. It helped the game move and he can keep the hitters off balance if they are taking



Photo Courtesy of USA Today Sports
Max Scherzer is just one pitcher feeling the effects of the new pitching rule in Major League Baseball.

too much time. He felt like the game was going more at his pace because he was able to control the opposing hitters. He knows that hitters don't like it when the pitcher moves at their own pace.

It can be tough to adjust to how the pitcher is throwing. The article says, “That was fine with Scherzer, who held the ball for more than 10 seconds before delivering the next pitch as Chavis had to remain in the batter's box, no matter the level of his impatience” (Associated Press). Scherzer even found ways to use the clock to his advantage when a hitter was forced to stay in the box without calling a timeout.

Many think these clocks are a good thing but there are also others with different opinions. Hitters are reacting completely differently to this because they feel like it is unfair because the pitchers can hurry them up way more. The batters

now only have a few seconds to get into the box and the pitchers can manipulate the hitters using this new rule.

In an article by Ben Church, Atlanta Braves hitter Cal Conley said he was very confused during a game because he thought that the pitcher was taking too much time when in reality it was him taking up too much time.

The article states, “Braves shortstop Cal Conley was called out on strikes for not being set in the batter's box in time on Saturday against the Red Sox.” In the game, it was a full count on Conley and there was a time violation. Conley thought that he had been given first base because of a pitch clock violation. Although he thought this, strike three was actually called on him. He was very unsure of what had happened because of the situation of the game. Other people on the team were questioning why he had gotten called out. This made fans and players question why this was a rule because of the way that it was changing the game.

There are also other things coming with the 2023 season. For example, there will be a much shorter hitting clock for the batters so they will only have around 8 seconds to step out of the batter's box. There will also be a rule where there can be no shifts because it was ruining hitters' chances. The MLB is changing the rules because they want to make the game more entertaining and fast paced to bring in more fans. This will help the MLB gain popularity and bring in more revenue.



FIRST Robotics Team Makes it to Semifinals

By Brookelyn Johnson
21st Century Journalism

From the stands surrounding the field at the FIRST Robotics Waterbury competition, Berlin's FIRST Robotics team cheers in excitement as their robot makes it onto the charging station with only five seconds to spare. The drivers in the field sigh in relief after completing that nerve-racking match.

Every year, FIRST Robotics teams from all over the state and world, if they get far enough, come to compete in several competitions. Students are challenged to design a team brand, raise funds, and build and program industrial-size robots to compete against similar competitors in a complicated field game. All of this needs to be done under a limited time frame with restricted resources. It's an opportunity for students to experience real-world engineering. This is definitely a phenomenal learning experience for future engineers!

The process of building a robot takes many components. FIRST Robotics teams are made up of subteams with multiple different jobs during competition. The Berlin FIRST Robotics team The TechnoNuts, consists of mechanical, CAD, programming, electrical, and marketing teams.

The CAD (Computer-aided design) team designs the robot using the program Solidworks, and makes dimensions to give to the mechanical team. CAD also helps to solve problems related to the design and functionality of the robot. The mechanical team learns to properly use workshop machinery and use these skills to create and assemble components of the robot. The electrical team wires everything in the robot, including the motors and the motor controllers. The marketing team helps with public relations, fundraising, along with media and communications. This whole process goes into building, testing, and competing with the robot in competition.

One event the Berlin FIRST Robotics team attended was the NE FIRST Waterbury District Event. Many teams from around the state went to this competition. This year is special for the Berlin FIRST Robotics team because 2023 is the TechnoNuts' 30-year anniversary.

There are many different things that go into the process of this competition. From the volunteers to the drivers, every



Photo Credit: Theo Wolski

person has a role, and no matter what, everyone has fun. The way competitions are set up can be slightly intimidating at first, however it becomes a lot more clear after experiencing it for the first time.

The actual robotics teams spend most of the time in the "pits." The pits are what people call the space where the actual robot is placed while it isn't in competition. This is the space where team members will work on fixing any mistakes or broken parts as well as where different teams will communicate with each other. When the robot is needed for competition, the robot and the team members will move onto the field.

The actual matches between the different teams is the interesting part. In a competition there are two alliances. Each alliance has three robots from different teams. Every team competes against and with many of the other teams at the competition.

Teams earn ranking points during the qualifying matches which will then average out at the end to determine where each team stands on the leader board. After the qualifying matches the teams go into playoffs. In the playoffs the top eight teams can pick another two teams to be in their alliance. After team picking is over, the playoffs will begin. The alliance that makes it to the end wins the competition and all three teams will get respected banners and awards.

The Berlin FIRST Robotics Team, the TechnoNuts, put an overall great effort

into their first competition this year. They were picked as the second team of alliance number 6 with East Lyme's team, the TechnoTicks, and Wilby High School's team, Project W.

After making it to semifinals however, they were eliminated in their second round with a score of 89 to 97, placing 30th out of 38 teams. Not only are the matches appealing, but the social aspect is also a very welcoming part of the competition.

Michael Avino, the CAD lead and the main driver for the Berlin FIRST Robotics team, says that "spending time with friends building a robot together is so much fun. It's amazing going to competition and talking to the other teams because all of them love being there and helping out with their team."

The overall energy of these competitions is always vibrant and positive. Many teams show their spirit by wearing costumes, holding signs, waving flags and cheering loudly for their team. The volunteers, as well as other teams, are all very welcoming to newcomers. Everyone that goes to these competitions has the opportunity to bond over a shared interest for engineering and robotics.

As the award ceremony comes to an end, the Berlin FIRST Robotics team walks out of the school, feeling accomplished. Knowing that all their hard work for the past couple of weeks was for this day. No matter what placing they got or awards they didn't receive, the experience of competition and the overall growth from this season is where it really matters.

Sudor Taino: a Mix of Fitness and Community

By Madelyn Lazzara
Redcoat Review Writer

In September 2020, Karla Medina relocated her fitness studio, Sudor Taino, to Berlin in hopes of spreading her passion for fitness while offering an aesthetically pleasing and sanitary experience.

Opened in 2008, the studio is family owned by former police officers and offers many different types of training. Medina has trained police recruits at the CT Police Academy and has trained instructors internationally. Their name - Sudor Taino - has a deep meaning, rooted in the culture of the studio. "Sudor" means sweat in Spanish and "Taino" refers to an Indian tribe located in Puerto Rico. Karla Medina was even featured in "Latinas In Business," a magazine focused on empowering the Latino business community.

The studio offers thirty to forty-minute classes, while specialty classes are an hour. The schedule and content are changed every two to three months to make the experience for all customers fresh and engaging. Classes fall into five categories: Hard Core Workouts, Innovation, Versatility, Rejuvenation, and Specialty. Members pick which category they would like and find a class that is right for them!

Interested in checking out the studio and becoming a "tribe member?" Sudor Taino can be found at 220 Berlin Turnpike in Berlin, CT or at their website at sudor-taino.com.



Photo Courtesy of Team 155

Ryan Scaranuzzo is pictured with Nutty, Team 155's mascot, at a competition at Wilby High School in Waterbury in March.