



Redcoat Review

Berlin High School, Berlin CT

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What Will Life Be Like in 100 Years?

By Grace Foster
Redcoat Review Writer

Everyone is always thinking about what is coming next - the end of the school year, graduation, or any upcoming trips that have been on many students' minds. But what about 100 years ahead? Will there be flying cars, a society of cyborgs, or aliens? And just how accurate were the predictions from 100 years ago?

So what does Berlin High predict? Senior Olivia Marolda thinks that by 2123 there will be "an advancement in technology, or a less invasive way to cure cancer." Ironically, the people of 1923 had similar forecasts, that by this time "cancer, tuberculosis, . . . and leprosy will be eradicated." Hopefully Marolda's prediction will be correct by next century.

Sophomore Ella Simcik thinks that "we are going to be able to teleport and fly." Maybe we will even be able to be invisible, or communicate with each other through our minds!

Mrs. Dirkson, an English teacher, thinks that "tech is going to play an even bigger role in our lives." Mrs. Dirkson goes on to explain how we will be "reliant on electricity more so than ever before because of technological advances." Senior Mika Siemiatkoski has a popular prediction of "a bunch more robots."

Freshman Eleanor Henriques remarks on some of the negative things that could be going on in 2123.

"Pollution could be an even bigger problem, and maybe even to the extent of permanently polluted air and the extinction of many animals," Henriques said.



Photo Courtesy of Berlin Historical Society

One hundred years ago, the building pictured above was the site of the Berlin-Peck Library. What other changes might be seen in Berlin over the next 100 years?

The students of BHS have many interesting thoughts about the future, just as people 100 years ago did. Canadian professor, Paul Fairie, shared the following predictions from 1923 in a social media post which was featured in a recent *New York Post* article. He cited a 1923 *Savannah News* article in which the author suggested that "we should worry" about 2023 because "women will probably be shaving their heads!" and "the men will be wearing curls." While that may be true, throughout the century various different hairstyles have become normalized and appreciated.

On the contrary, some people predicted that everyone will be beautiful, that "beauty contests will be unnecessary

as there will be so many beautiful people that it will be almost impossible to select winners."

Clearly, people in 1923 making predictions had many mixed thoughts about this century. Some predictions were nearly spot on, like "watch-size radio telephones will keep everybody in communication with the ends of the earth." It appears that Steve Jobs was not the first one to come up with the idea. Yet another spot-on guess was that the US will have a population of 300 million (331.9 million as of 2021). Perhaps high school students in 100 years will look at this article and write about their predictions for the future as well. Until the end of time, people will always be thinking about their futures, so why not document it?

Spring Concert Will Take on a Classical Theme

By Ian Saunders
Redcoat Review Writer

On April 19, the BHS Concert Band will perform their show titled, "The Greats."

This program is designed to honor the great composers of a woodwind concert band. Under the direction of Mr. Christopher Dresko, the band is set up to perform a complex and intricate concert, with less technical challenges compared to previous years, but with an increased expectation of perfection due to the widely known pieces being performed.

The composers headlining this year's concert are R. Vaughan Williams, Percy Aldridge Grainger, Frank Ticheli, and



Gustav Holst. Mr. Dresko explains that his inspiration came from the intention to "really want students to be exposed to some of the greatest composers out there." He also reflects that "we are usually obsessed with cutting edge and modern, and sometimes we don't take the time to go back and appreciate the classics."

Mr. Dresko would like to have the band explore deeper levels of musicianship and develop an appreciation for exceptional composers.

Ultimately, Mr. Dresko's goal for the BHS Band is to develop a strong, almost family-like community in the coming years, and to get back to the pre-pandemic numbers inside the music program.

The concert will be held on April 19, at the BHS Auditorium with a start time of 7 pm. Tickets are free and everyone is encouraged to come and appreciate classical music in a modern world!

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Semester One Capstone Exhibition a Success

By Allie Nawalaniec & Alyssa O’Leary
Redcoat Review Writers

On Tuesday, January 17, more than 100 members of the senior class successfully participated in the annual Berlin High Capstone exhibition.

The exhibition was hosted throughout the school day for fellow Berlin High students and staff to view, with an evening presentation for families as well.

Capstone is an individualized course each senior takes for a full semester. It is a graduation requirement for seniors to complete during their last school year. Students are allowed to pick a topic of their choice and demonstrate their knowledge and understanding of that topic. Capstone includes an exhibition booth and a chosen deliverable.

There is an emphasis on choosing

a topic they are passionate about that highlights students’ interests. Students are encouraged to explore topics they may not touch upon during their school experience or may want to revisit.

This event gives students the chance to explain and show what they enjoy and are curious about and gain a better understanding of that subject. Students are given the option of how they would like to present their final project which includes deliverables such as a documentary, a slides presentation, a TedTalk, or a personalized website.

The presentation day is meant to showcase student learning acquired throughout their time in the Berlin Public Schools.

For more information about Capstone, visit <https://bhs.berlinschools.org/academics/capstone>.



Photo Credit: Cara Gileau

Seniors Alivia Halkias, Allie Nawalaniec, and Kailee DiMaio completed their Capstone semester one.

Coach V Legacy Honored with Basketball Court Dedication

By Nadia Malec
Redcoat Review Writer

In December of 2022, one year after former coach and player Mike Veneziano, fondly known as Coach V, lost his long-time battle with cancer, he was honored at Berlin High School with the dedication of the Gibney gym court in his name.

The court was dedicated in a pregame ceremony before the team played Conard High School. The court will now be known as Coach V Court, in memory of him and his legacy here in Berlin.

Coach V made many significant contributions to the basketball program at Berlin High School. He was a coach for the boys basketball team for 13 years, his

last year coaching being the 2020-2021 season. He led the Redcoats to the state tournament 10 times and helped them reach the quarterfinals in 2011 and 2013.

Athletic Director Mr. Francalancia said that the initial idea to dedicate the court to Coach V was a joint effort, a combination of friends, former players and coaches who wanted him to be remembered. He also added that “if you talked with anyone on the boys program the last 15 years he has been around, they would say [Coach V] instilled a strong work ethic with all student athletes. [He was a] compassionate man who pushed student-athletes to work beyond what they thought they can achieve, taught how to be a great competitor while doing



this with class and had a love of the game. But the thing that was most important to him was the relationships he built with his players and team.”

Coach V meant so much to Berlin, not just as the basketball coach but also as a wonderful and amazing person. He truly cared about his players and will forever be remembered. The influence Coach V had on the growth and happiness of his players will never be forgotten and his legacy will forever be in our hearts.

Humans of BHS: Ms. Galasso

By Addison Whiteside
Redcoat Review Writer

This month’s Human of BHS is Janet Galasso, a dedicated art teacher who is in her 12th year of teaching at Berlin High School and has been teaching for 17 years in total.

Having a passion for the arts, Ms. Galasso spent her last two summers of high school working pre-press production at a local print company in her hometown and was editor of her high school yearbook. In college, she worked hard to earn a Bachelors of Fine Arts Degree in Digital Art and Design from Long Island University-Post campus. Galasso then graduated with a Masters in Education from the University of Bridgeport.

Her passion for art and desire to help others, as well as to share her knowledge of art with the future generations, is what essentially motivated Galasso to become an educator. Ms. Galasso feels that helping students get in touch with their creativity is one of the most fun parts about teaching.

Just like the Art Department’s variety of options for students, Ms. Galasso’s background is versatile and therefore, she

offers so much to the students and the Art Department as a whole. She expresses the importance of being a multitasked individual as she explains that “when you are versatile and you get into the job field, it makes you more valuable.”

Through her advanced pottery classes, mixed media classes, research in a variety of cutting-edge techniques and efforts to keep up to date with her technology skills, Ms. Galasso accomplished just that. Despite her background in Digital Art and Design, this variety of foundational classes Ms. Galasso took as part of her degree allowed her to learn how to be adaptable in the workforce.

Ms. Galasso expresses that “sharing [her] passion and love for the arts hopefully creates a spark in somebody else, whether they want to go into the arts as a hobby that benefits their personal growth and development, as an added form of income, or as a full time career.”

Throughout her tenure in the Art Department here at BHS, Ms. Galasso hopes that students will get a taste for what they really love because she and Mrs. Miller in the Art Department have much to offer such as: drawing, painting, digital art, 2-D design, 3-D design,



Photo Credit: Alivia Halkias

Ms. Galasso has been at BHS for the past 12 years sharing her passion for art.

photography, pottery, and jewelry and metalsmithing classes, as well as college level courses in UConn ECE Drawing and AP Studio Art and Design in three strands: Drawing/Painting, 2-D Design and 3D Design.

Ms. Galasso works to keep her hands in the skills that are current to today through freelancing and working on her Etsy shop. Overall, Ms. Galasso brings passion and variety to the Art Department and BHS is lucky to have her!

Wrestlers Enjoy Exciting, Successful Season

By Sara Langford
Redcoat Review Writer

The 2022-2023 wrestling season for girls and boys has been an outstanding one. This year defied the status quo, with more girls now on the wrestling team. They had a fantastic season because of several positive contributions, including those from the three senior captains for the boys team.

Landon Vieira, who is a captain along with Nico Koops and Caleb Orde, said there have been noticeable changes to the team. He explained there has not only been an increase of women on the team, but also that BHS has officially begun to phase out of Covid-19 restrictions.

Vieira's sophomore year was especially hard, because that year was the start of Covid and everything was put on hold. He explained that it was tough at first during the transition to having restrictions. There were various aspects of the sport that needed to be modified. For example, the CCA tournament was canceled as a result of the unexpected pandemic. Now, the teams have returned to normal and there aren't any more limits.

Through February 9, the team was 18-3 and won the CCC South with a 6-0 record. They finished 5th among teams at the CCC Championship Meet. Nick Ebrahimi took second, and Vieira and Aidan DeJesus took third. Collin Sullivan took fourth. Orde, Conlan Simard, and Hiram Sepulveda placed sixth.

Although Covid had a major impact on the teams, the amount of athletes on both the boys and girls teams have increased since 2019. On the boys team, there used to be approximately 20 students, but now it's closer to 40. The amount of girls on the wrestling team has grown as well.

"I'm glad more people are discovering this sport," Vieira said. "It really shows how inclusive wrestling is."

As well as Covid, there have also been other struggles that the teams have encountered. One challenge has been cutting weight. Cutting weight is the process of losing weight in order to qualify for a certain weight class. This can get difficult and there are many wrestlers that struggle with reaching



Photo Courtesy of Friends of Berlin Wrestling

The wrestling team poses during Senior Night. The team has had a lot to celebrate this year. Pictured from the left, Meghan Bresh and Jackie Chase. And from left in the back row: Bryson Blair, Julia Arcila, Olivia Wotjusik, Mary Morley, Hamza Mourabit. In the front row, Malcolm Ferguson, Caleb Orde, Nico Koops and Landon Vieira.

their desired weight class. However, Vieira noted that wrestlers are hard workers who are always looking for ways to persevere. Vieira explained that his personal biggest challenge was how it can be more stressful as a senior, but it's also more exciting because he can help underclassmen.

As for the girls team, Mary Morley is one of the senior captains who has been on the BHS wrestling team since she was a freshman. While she is not new to the team, there are a few new faces. This includes Olivia Wojtusik, Julia Arcila, Sybella Landrie, and Adrianna Varricchio.

This year there was one girls tournament. If there is a female wrestler in their specific weight class, the girls will wrestle one another. If not, they wrestle a male.

"I'm used to wrestling boys," Morley said. "When wrestling a boy, I have to wrestle in a different way than if I were wrestling a girl because they are stronger. I hope wrestling will keep growing and I hope more girls start from a young age and are able to have the opportunity to do a sport that makes everyone feel like they belong."

Morley, who has been wrestling since

she was in second grade, said the sport has grown more in popularity and there is a lot more competition.

"I enjoy the sport itself, I love wrestling and I'm glad I started at such a young age because wrestling makes me really happy," Morley said.

"I also love the bond you form with your teammates. Everyone is so close and we all have a really good time going out there and having a match. Even though practices are hard we all have a really good time because we all become really really close."

The wrestlers agree that the sport is very good for training your body and keeping active. Overall, there have been various changes to both teams in the past few seasons. As the years progress, wrestlers hope to see more people interested in joining the sport.

Although they have encountered some struggles throughout the season, they've learned how to persevere through tough challenges. The wrestlers are proud of their outstanding team, hard work, and improvements this year.

Bengiovanni, Glasson Join Coaching Ranks

By Katie Tierney, Nadia Malec, and Maddie Lazzara
Redcoat Review Writers

As longtime track and field coaches Coach Soucy and Coach Forman took a break for the indoor track season, Berlin High School brought in two new coaches to fill their shoes. Coach James Bengiovanni and Coach Devin Glasson, along with returning Coach Putman, have got the Indoor Track season well underway.



James Bengiovanni is the team's new Head Coach, but specializes with distance runners. "Coach B," as students

call him, is a Berlin resident. Both of his children attended Berlin High and participated in athletics, like indoor track. Bengiovanni said that his passion for running came from when his daughter told him she wanted to join the McGee track team and he hasn't stopped running since.

Up until this past year, Coach Bengiovanni worked at Hartford Magnet Trinity College Academy as a librarian and as a math teacher. He coached the cross country and track teams at Hartford. His coaching specialty at his former school was distance and long jump.

Devin Glasson is the team's new assistant coach, who specializes in throwing. Coach Glasson came from a previous coaching job at Canton High School, his alma mater, where he coached cross country and track and field. When in high-

school he ran in cross country, wrestled, and threw on the track and field team. Glasson went on to be a collegiate athlete at Dickinson College, throwing shot put, discus, hammer, and weight. He graduated in 2018 with a degree in History and has been coaching since.

Glasson still competes in the Nutmeg State Games and the occasional indoor meet, continuing to set personal records and goals. His main goal for this indoor season is to establish good habits and basics that all the athletes can use for future success, along with getting as many athletes to make States or meet their own goals as possible.

"I see a lot of potential on the team," said Glasson. "I'm excited to see everyone find their hidden talents and exceed their expectations for themselves."



From Darkness to Light at the Movies:

Devotion, The Whale & A Man Called Otto

By David Perkins
Redcoat Review Writer

Devotion

An awe-inspiring true story set in the most forgotten conflict in U.S history, *Devotion* is the story of Jesse Brown (Johnathan Majors), as he struggles to overcome both the war and the discriminatory era of the 1950s. Joining him on this difficult journey is Lieutenant Tom Hudner (Glen Powell), Brown's fellow fighter pilot.



Together, they fly and fight their way across multiple fronts, including providing air support for trapped U.S troops. Directed by J.D. Diller, the film does a phenomenal job of depicting the casual discrimination and gritty fighting that happened during the 1950s, and, with the composed soundtrack by Chanda Dancy, truly allows the audience to immerse themselves in the experiences of the 50's. So far, *Devotion* has made \$21.1 million at the box office, making it a severely underrated film highly worth watching!

A Man Called Otto

Based on the bestselling Swedish novel *A Man Called Ove*, *A Man Called Otto* follows Otto Anderson

(Tom Hanks), one of the grumpiest men in America, as he struggles to adapt to constant changes in his neighborhood. However, something else is lurking behind the scowl, as he has continually tried to take his own life. However, when a new family moves in across the neighborhood, Otto has to learn how to let the past go and to accept new people into his life, including Marisol (Mariana Trevino), Jimmy (Cameron Britton), and Malcolm (Mack Bayda). Directed by Marc Foster, the film is incredibly well-paced, allowing the viewer to invest legitimate emotion into all of the characters.



The soundtrack is composed by Thomas Newman, featuring original songs by Rita Wilson, Sebastian Yatra, and David Hodges, whose soundtrack blends perfectly with the theme of the film!

So far, *A Man Called Otto* has made \$8.4 million internationally, and \$4.3 million domestically, leading to a total of \$12.7 million globally.

Overall, *A Man Called Otto* is an emotional rollercoaster, and is a must watch.

(If you are struggling with depression

or suicidal urges, call the Suicide Hotline [dial 988] and talk to a therapist or a school counselor. And remember that you are loved and appreciated.)

The Whale

Directed by Darren Aronofsky and composed by Rob Simenson, *The Whale* is an emotionally heavy-impacting film starring Brendan Fraser as Charlie, an overweight English teacher who is dying as a result of congestive heart failure.

On top of that, his daughter, Ellie (Sadie Sink), and the rest of his family are severely dysfunctional, and his entire objective is to mend the broken bonds between him and the rest of his family.



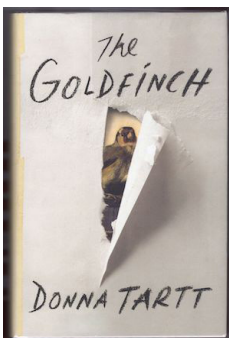
The film addresses extremely controversial subjects, including obesity, the existence of God, and drug addiction. The cinematography is by Matthew Libatique, and the simplicity of it allows for greater storytelling, and for incredible foreshadowing describing the finale.

Overall, *The Whale* has made a remarkable \$17.2 million domestically and internationally! Brendan Fraser and Sadie Sink provide an uncompromisingly incredible emotional rollercoaster, which is why *The Whale* is an absolute must-watch.

The Goldfinch: a Complex Novel

By Ian Saunders
Redcoat Review Writer

Written in 2013 by Donna Tartt, the Pulitzer Prize winning book titled *The Goldfinch* is a dense, detail-oriented paragon. Tartt, who has published three books in her 31-year writing career, has developed a cult-like following due to her notorious and easily recognizable writing style. Tartt takes inspiration from authors Charles Dickens, George Orwell, and Vladimir Nabokov, who are all recognized for their immense cultural impact due to their highly acclaimed literature.



Theodore Decker, the main character, suffers from the death of his mother after a terrorist attack at the Metropolitan Museum of Art, as well as the neglect and abandonment of his father. The terrorist attack at the museum slowly unfolds into him stealing the oil and canvas masterpiece painting of Carel Fabritius titled *The Goldfinch*.

Theo, with his mother dead and father out in Las Vegas, then gets taken in by a wealthy New York family who is notorious for their antique curation, art collection, as well as their avid philanthropy. There, Decker discovers his passion and

dedication towards the Dutch Golden Age of art.

After his time in New York, Decker moves to Las Vegas with his gambling-addicted father and stays there for many months. Theo develops a complex and life-long relationship with a character named Boris, which will leave a permanent impact on Theo's understanding of the world and his development as a character. This is definitely the most extensive plot development throughout the novel, as Theo's time in Las Vegas explores the falsehood present in reality and the false hopes that people give themselves, which ultimately ends with Theo going back to New York due to fears of being put into the foster care system due to his father's death.

When Decker leaves for New York, a rather unfortunate time jump occurs and the reader now finds him in his adult years still in New York, except he is now addicted to prescription drugs.

The Goldfinch is over 700 pages, and it can be dense or overwhelming at various points, but the bildungsroman transforms into a coherent message regarding classical art and its place in a modern world. If anyone enjoys detail-oriented writing, Tartt is the perfect author to explore. Consistently captivating, *The Goldfinch* exposes the reader to a world beyond their own that is soon filled with art, money, crime, and a plethora of different settings and characters that make the story all the more complex.

JOIN THE REDCOAT REVIEW

Are you looking for a way to get involved? Are you interested in a club that will help you to grow as a writer, build character or establish new connections and friendships? Maybe you are heading into your junior or senior year and are looking for activities that will help you build your resume. Or maybe you are an underclassman who is looking for a way to help contribute to the Berlin High School community and establish yourself. The *Redcoat Review* may be the perfect opportunity for you.

The *Redcoat Review* school newspaper meets weekly in the Library Media Center and published four issues per year. The student writers are guided throughout the writing process by their peers as well as the advisors of the club.

Students are encouraged to find story ideas that interest them and impact the school or Berlin community. There is a lot of flexibility in what a student can write about, and a lot of support in writing a publishable article.

If you are interested in learning more, contact one of the advisors: Ms. Jones, Mrs. Joslyn or Mrs. Rice. You can also contact one of the student writers and ask for more information. Or come to the Library any Monday at 2:15 pm and join our meeting. New members are always welcome.

Back to Three Lunch Waves

By Katie Tierney
Redcoat Review Writer

As the second semester began, Berlin High School initiated another change revolving around the lunch schedule.

In the beginning of the school year, lunch waves were adjusted from approximately twenty-two minutes, to thirty minutes because of new Connecticut legislation requiring teachers to have 30-minute lunches. There was positive feedback from this accommodation revolving around longer lunches, as students were pleased with the additional time to eat.

This second semester has eliminated one lunch wave, as now there are only three waves total. The time of lunch has remained the same, but now custodians have 16 minutes in between lunch waves to clean the cafeteria. Prior to this, there was little time for the custodians to clean.

There have been mixed emotions about only three lunch waves from amongst the students. Sophomore Zuzana Dabek has had a negative experience on the change.

“There are way too many people in the

Behind the Scenes: Mrs. Kennure Brings a Wealth of Experience to the Science Department at BHS

By Ian Saunders
Redcoat Review Writer

Here at Berlin High School, many highly qualified staff members operate behind the scenes despite their wealth of experience and knowledge that make them valuable resources. One of these people is Mrs. Nancy Kennure, a Science Paraprofessional.

Kennure ensures that all of the labs and equipment are correct and functioning throughout the science department. She is also responsible for setting up the labs and researching new methods to ensure that experiments run smoothly. Kennure also makes chemical solutions, disposes of chemical waste, and consistently keeps track of all chemicals. But before her time at BHS, Kennure was involved with complex cancer research, as well as working for a non-profit organization.



Kennure spent her college years at St. Bonaventure University in western New York, which was close to her hometown of Buffalo. Her major in Biology and concentration in Microbiology allowed her to participate in a research project in the area of mycology, which is the study of fungus. Her time at Bonaventure left her with a good education, great memories and a close group of friends whom she still remains in contact with today. Once she left her close-knit community in western New York, she came to Con-



Photo Credit: Nora Ritchie edited by Isabella Yagmin

The cafeteria at BHS is a busier place after the schedule changed back to three lunch waves.

lunchwaves now, and it makes me feel like I have to rush to lunch to get a seat.” However, sophomore Kate Roberti has not had a bad experience.

“I haven’t had a problem with the number of people in my waves,” she said. “Lunch is still the same amount of time, so it doesn’t matter.”

Principal Eustis said the main reason the lunch waves were originally put in place was “as a mitigation strategy for COVID,” and prior to this we always had three lunch waves. There were many

factors that influenced this change mid-year, such as “fewer classes needing to split time” and “it created 18 additional duty periods putting increased pressure on staff.”

Administration was planning on transitioning back to three lunch waves this coming school year, but opted on starting immediately in the second semester as “there are more positives than negatives.”

As the semester progresses, we hope to become more acquainted with this modification.

necticut, where she entered into academic research at UConn in Farmington.

Kennure’s time at UConn allowed her to gain valuable experience in a working research laboratory including public presentation skills, working with complex science equipment, maintaining cell cultures, and working in collaboration with other scientists. In Kennure’s opinion, the only drawbacks to academic research are the competition for limited funding which leads to the constant need to publish, and salary.

After leaving her position at UConn, Kennure transitioned to Bayer Pharmaceuticals in West Haven. During her 13 years at Bayer, she worked with a team that helped develop a cancer treatment that is still present on the pharmaceutical market today.

Comparing her time in pharmaceutical research to working in academic research, led to her opinion that academic research is more focused on basic research with the end product about possible collaborations and publications. This realization would mean that research projects could get cut if they were not going to lead to a result that could be profitable. This can be frustrating especially if you put a lot of time and effort into a project that is eliminated.

Kennure also explains that “research pays well, but it is not a 9 to 5 job. Sometimes I would go in on weekends. I would go home, eat, and then immediately go back,” she said.

Kennure left her 13 year position at Bayer and dedicated herself to her family until she found a new path in education. The BioBus was a non-profit educational outreach program that traveled around to

different Connecticut schools and allowed students and staff to participate in science experiments. This ultimately helped to advance students’ understanding of science and what it is like to work in a science laboratory. Kennure’s time on the BioBus led her into the sphere of academia once again, but now in a different position. She loved being involved with students and to get them excited and become more interested in science. Unfortunately, the BioBus came to a halt once the local economy declined and funding for the program ended.

That is when, in 2013, Mrs. Kennure entered Berlin High School. She explains that despite the differences in research and education, she enjoys her time at the high school, particularly when she gets to stay after school and help with students who are making up missed labs or researching their own topics through independent studies.

To end, I asked Mrs. Kennure if there was one other field that she would have entered if she could do it over again. Not surprisingly, they were all related to a form of science. Kennure initially wanted to be a nurse, as her mom and aunt were. But once she was introduced to the laboratory, she fell in love. However, Kennure did mention that Forensic Science would be her top choice if given the chance to repeat her career.

For other BHS students who aspire to enter into science, Kennure explains that unexpected things can happen and can lead you down different pathways. She encourages students to stay motivated despite the competitive nature of the scientific field and keep an open mind as you pursue a career.



Redcoats React as Hamlin Makes Recovery

By Eleanor Henriques
Redcoat Review Writer

On January 2, 2023, Damar Hamlin, a rookie NFL football player on the Buffalo Bills, went into cardiac arrest in the middle of a game. According to multiple news outlets, Hamlin had no previous health issues, which led to questions regarding the safety of contact sports on young players' physical health. Due to the publicity of the event, many BHS students have comments regarding what happened.

At the 57th Superbowl in February, Hamlin was honored in the pre-game ceremony by being brought out onto the field. During his entire recovery process, he has gotten a lot of support from fans and even people that don't watch football. The incident was highly publicized and many students at BHS were aware and talking about his situation.

"Everyone on social media is talking about it," Berlin High senior David Perkins said. Even though David admitted he doesn't really watch football, he still knew the details based on the enormity of the situation.

Medical professionals say that the fact this happened to Hamlin is very rare as the football had to hit an exact spot at an exact point in the heartbeat to cause cardiac arrest. It was diagnosed as commotio cordis according to NBC News. Based on information from the Cleveland Clinic, commotio cordis is when an abnormal heart rhythm and cardiac arrest occur simultaneously due to the impact of an object at a particular point when the heart is in a critical position while pumping blood.

BHS freshman Alex Ahlquist said he does not think the appeal for playing football will change as a result of this terrible event.



Photo Credit: Associated Press

Before the Super Bowl game, Buffalo Bills rookie Damar Hamlin got a chance to hug and thank the first responders for saving his life.

"They aren't going to change anything about the way they play because football is their life," Ahlquist said. Many people may agree and think that this is a one time thing. A lot of teens are relying on football to get into the college they want to go to, and for them it may be worth the risk.

Calvin DeLude, a junior, said he was watching the game live, and actually turned it off right before it happened.

"I got a text from my friend, and he said, 'I think one of the players just died on the field.'" DeLude said. "I thought that he was just exaggerating, but then my father comes in and says, did you see that one of the Bills' players had to have CPR on the field, and I was shocked. I turned the game back on and stayed up late that night. It was really upsetting to see because football used to be such a fun, happy event and for it to go that bad that quickly is insane."

It really puts in perspective how dangerous the sport could be. Unlike David and Alex, Calvin believes that the people that want to play football could decrease as a result of this.

"I love football, I haven't played it in a few years, but really one of the biggest reasons I quit was because of the risk of injury," he said. "I want to be able to live a long, happy life and I don't want to have to live my life differently because of something, like an injury, that I suffered from playing high school football."

Hamlin is thankfully getting better, but he still suffered something really traumatic. People's opinions seem to vary whether this will impact football or not. Many people may decide playing football is not worth the risk while others may think this incident was just a fluke and do not think they have to worry, because the benefits outweigh the drawbacks. Either way, Hamlin has made a great recovery.

Veterans Day Helps Us Honor Those Who Serve

By Grace Foster
Redcoat Review Writer

With over 300 Veterans on the Wall of Honor in Berlin, it's clear to see that Veterans Day is of great importance to our community. This past fall, on Veterans Day, BHS hosted a variety of tributes to those who have served our country to ensure that their dedication and bravery is not forgotten.

On November 10, 2022, Berlin High School hosted a town-wide ceremony to commemorate local heroes. The ceremony started with various speeches from veterans, followed by the band and chorus performing patriotic tunes from each branch of the military. In addition to that evening celebration, Berlin also showed strong support for active service members by hosting a collection of care packages and helpful items for Boxes to Boots, a nonprofit organization.

Founded in 2016, Boxes to Boots was created to "hopefully bring smiles to our soldiers who cannot be home with their families for the holidays." It was founded by Karen Cote, who began sending care packages overseas every Thanksgiving after her son was deployed to Kuwait in 2015.

Berlin's Upbeat and Interact Club program offered their support, with students volunteering at different events to take pictures, and pack care kits for soldiers overseas. Social studies teachers Mr. Cronk and Ms. Jones organized a Veterans Day panel to educate students as veterans shared their stories. Nine veterans from different branches of the military joined in person and virtually to discuss their unique experiences with students from 20 different classes.

Chuck Jones, a retired U.S. Navy Senior Chief, shared that Veterans Day is a day for everyone to "celebrate and pay tribute to all veterans who have served our country. Having a dedicated day to honor all veterans allows us to pay special attention to Memorial Day which honors all those veterans that gave their all and never returned."

If you have a veteran or someone currently in the military in your life, it is a good idea to talk to them, ask them questions about their time in the military or just thank them for their service.

"I feel that sharing experiences with students not only gives you an idea of what we have been through personally, but also a small taste of what you might

experience if you decided to join the military," added Jones. "Each one of us contributes to history, no matter how small or how large that contribution is."

Though Veterans Day has passed, making time to remember, thank, and support veterans is always appreciated. Boxes to Boots collects snacks like granola bars, cookies, peanut butter, and more. They also collect items that can keep soldiers occupied such as small toys, sudoku and crossword puzzles, and of course, necessities like socks and hygiene products.

If you wish to donate, their location is 28 Chamberlain Hwy, Berlin. Looking ahead to next year, individuals can also donate to Flags of Appreciation Day which lets people show their appreciation for a veteran, or someone currently in the military.

By donating \$10, you get to have an American flag personalized and displayed in Veterans' Memorial Park on Veterans Day. The proceeds go towards the mailing costs for the care packages being sent overseas, so it is a great way to show one's support.

More information can be found on their website: boxestoboos.org.