



Take a Bow!

MHS Winter Season Features Top-Notch Success in Arts and Sports



Cast of *Selkie* (left to right)—Mia Bracchio, Eva Fabian, Amany Ferrimy, Troy Blanchet, Lilly Cassidy, Austin Daron, Abena Ashiagbor, and Anna Keomorokot. Photo credits to Adrianna Arguijo



Girls varsity basketball poses after their state sectional win. The team has since advanced to the state championship. Photo credits Daily News and Wicked Local Staff Photo/Art Illman

Student Production *Selkie* Wins Awards

For her senior project, Kayla Walsh McCarter directed and produced a one-act play to compete in the Massachusetts Educational Theater Guild (METG) High school Festival. The play, *Selkie* by Laurie Brooks, starred seniors and juniors Lilly Cassidy, Troy Blanchette, Austin Daron, Eva Fabian, Amany Ferrimy, Abena Ashiagbor, Anna Keomorokot, and Mia Braccio. Jack Burns and Matthew Clarke operated the light and sound boards. Cynthia Arguijo assisted in artistic design.



The production was entirely student run, with every aspect being created by the crew listed above. It had two performances, one at the Millis High School, and one at Franklin High School for the METG competition. METG includes one act plays produced by 112 member schools across the state of Massachusetts, who go through 3 rounds of competition to select 2 state finalists who will represent Massachusetts in the larger New England Drama Festival. It provides students with the opportunity to collaborate with others who share their passions, grow as artists, and share their hard word beyond the walls of their own schools.

After having the Millis middle school drama club compete at METG for years, this was the first time Millis had an entry at the high school level. The cast and crew of *Selkie* received multiple awards for their hard work. Kayla Walsh McCarter was presented an award for Excellence in Student Directing, Troy Blanchette was presented an All-Star award for Excellence in Acting the role of Tam, and Abena Ashiagbor, Anna Keomorokot, and Mia Braccio were awarded All-Star awards for their depiction of the *Selkie* ensemble.

In the future, the director of the high school drama club, Mrs. Bartley, hopes to continue bringing productions to the METG Festival. Rising seniors with experience in the drama club or an interest in the performing arts can come together to take on individual aspects of the production for their respective senior projects.



Girls Hoop Goes to the Ship by Art Vandelay

Millis Girls Varsity Basketball punched their ticket to the state finals after their 15-point victory over Hoosac Valley last Wednesday in Springfield.



Assistant coach Tom Ingraham says, “We had a great start,” with 22 points in the first quarter, their highest first quarter for the year. “They are a good program and we knew they would give us a tough, physical game, so to win by 15 is pretty surprising.”

Senior captain and TVL All Star Mia Molinari was a big part of matching Hoosac’s physicality. Mia ended with 15 points. “The defense came up big,” said Mia.

Hoosac kept it close down just 5 at half and never let Millis lead by double digits. Ultimately, it came down to Millis protecting the ball well at the end and hitting their foul shots when the Lady Canes had to foul.

Sophomore point guard Lindsey Grattan (20 points) was 10 for 10 at the line in the 4th quarter, each free throw landing like a knife to Hoosac’s hopes. “She came up big. She was clutch,” says Ingraham. Junior Haley Bassett also sank a pair of free throws in the 4th.

“We have been scoring with confidence in the tournament” Ingraham notes, which has been a welcome addition to their already-stout defensive play.

This paper is being sent off print before the Sunday’s championship game and will come out after, but Millis knows it has to contain Springfield International’s 1,000 point scorer. “We hope to limit her to one shot and not let her get offensive rebounds,” says Ingraham. “They’re also very quick, so it’s a difficult mix of strengths to deal with.”

Ingraham says the Mohawks are smart and experienced and have a lot of girls who can adjust to what the opponent’s defense gives us.

Millis will be down a starter, perimeter shooter Liv Hockman, who suffered an ankle injury early in the semi-final game. Her twin sister Ava and Lindsey Grattan will likely see more time.

This trip marks head coach Dave Fallon’s fifth title appearance since 2009. Fallon is 3-1 in state championship games.

We’re Online! Check us out by scanning the QR code below!

The Crimson Post

The Voice of Millis High School

In this issue:

StuCo’s Winter Pep Rally, Amnesty’s Lettuce Eating Competition.....	2
Cabaret Night.....	2
Club Updates and Advertisements.....	3
Politics: Russia/Ukraine War, Maura Healey, and Speaker of the House....	4
Senior Project Spotlight: Abena’s Cultural Concert.....	5
Senior Project Advertisements.....	5
Senior Project Spotlight: Jane’s Volleyball Tournament.....	5
Winter Track Wrap Up.....	6
School Lunch Chatter.....	6
Chapters 3+4 A Whole New World (fiction).....	7-8

Club Corner

Winter Pep Rally, MHS’s First *By Kaitlyn Richards*

On Friday, February 17, Millis High School had its first-ever winter pep rally. The new rendition of the pep rally is completely different from the traditional event in the fall. The pep rally featured many new games and competitions including a paper airplane competition, a handstand contest, and a hula hoop competition.

The competitions all saw a wide variety of winners with the seniors winning two events and the juniors, sophomores, and freshmen all winning one. The senior class took the lead quickly by winning the knockout contest and the relay race. The other three classes caught up when the junior Jen Scolponeti won the hula hoop contest, sophomore Andy Veres won the three-point shoot-off, and freshman Gabby Kramer won the handstand contest.

By far, one of the student's favorite competitions to watch was the paper airplane competition. The airplanes were judged based on how far they could fly and then how accurately they could hit a target. At the end of the competition, each competitor showed off their plane to the staff. The staff then voted on the winner for best design. The winner of best design by far was senior Frankie Pizzarella’s airplane.

At the rally, each winter sports team and performing arts groups were called down to be recognized by the school. Also, student achievements and the students of the month were announced.

The pep rally was very well received by the students and staff. Sophomore student Abby Wallace said, “I really enjoyed the new winter pep rally. I'm glad that they switched up the games and competitions from the fall rally. It made it more entertaining.” Hopefully, this can become a new annual event for Millis High School.



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Got a story, scoop, or idea for the newspaper? Email us or join us at our lunch meetings on I days in the library

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Photo of last year’s competition courtesy of Ms. Graham and the Yearbook

year’s March Madness.

On March 31, during first and second lunch, anyone from the high school is eligible to enter Amnesty’s lettuce eating contest. Zoe Cabral, the president of Amnesty, told the Crimson Post that they’re “raising money for the Palestinian Children's Relief Fund which provides aid, medical care, and life-saving surgeries to children who have suffered from the Israel-Palestine conflict. More info is available through the QR codes posted throughout the school, or you could come to Amnesty during second lunch on H days to learn more! To participate, you must pay \$5 and you can bring your own salad dressing. We will also accept cash donations of any amount. ‘Lettuce’ protect human rights!”

During last year’s lettuce-eating competition, both lunches cheered for their peers as Mr. Fallon, the advisor of Amnesty, was the announcer during the event. When Alexa McKersie, a student at Millis high, participated in the event last year, she said that “it was a lot harder than I thought it would be! I underestimated how difficult eating a whole piece of lettuce would be.”

Though many students like Alexa struggled to meet the challenge, only one student ended victoriously. Last year, Chloe Verocchi was crowned the “Lettuce Queen” of Millis High School for winning the competition. When asked if she had any strategies, Chloe said that “the tactic to winning is shoving as much lettuce in your mouth as you can.”

Do you think you have what it takes to be our high school’s new Lettuce King or Queen? The Crimson Post, along with the rest of the high school, looks forward to this year’s lettuce-eating contest.

Chorus and Band Crush Cabaret Night!

By Maddie Miga | Mar. 15, 2023

On February tenth, the Millis High School Band and Chorus hosted their annual Cabaret Night! Each year, our talented students perform different Broadway songs while dressing up as characters from a variety of Broadway musicals. In addition, the performance has another tradition of selecting a group of seniors to host this showcase. Abena Ashiagbor, Mia Braccio, and Lilly Cassidy are all part of the class of 2023 and were chosen as this year’s hosts. These three not only did a phenomenal job with their songs, but they also were amazing hosts for the night!

Abena mentioned that “a lot of the songs that we sang, like “my favorite things” and “purple summer,” were really good. All of the soloists, especially Mia Braccio and Mia Young, did a phenomenal job as well. As a senior, I’m definitely sad that it's my last Cabaret but I’m happy us seniors got to end on a good note.”

The Crimson Post would like to congratulate everyone from the chorus and band for a great performance. Special shout out to Abena, Mia B., and Mia Y. on their solos, as well as Kayla Walsh, Amany Ferrimy, and Alyssa and Janice Norton on their duets!

Club Updates by Members

Art Club—There will be a district-wide art show on April 12 in coordination with the music department's solo ensemble.

The artwork will be on display in the cafeteria and the concert will be in the auditorium. 5:00 pm to 8:00 pm Artwork on view in the Cafe. 7:00 pm Performance in the Auditorium. Written by Ms. Haggerty.

Chem Club—On March 7th, the Chem Club made homemade Ricotta and Paneer Cheese. By heating up whole milk, adding lemon juice, and separating the whey and curds after 20 min of rest, we were able to have ricotta cheese. To make the paneer cheese, we put it into a cheese press and let it chill overnight and set in its shape. In addition to cheesemaking, the chem club worked with 3rd graders in learning about calorimetry and flames tests. Next up is making Hard cheese in the next few weeks, and working with more 3rd graders. Written by Alexa McKersie.

The Leos Club just recently made 25 Valentine's Day Bags, each filled with candy, a book, a toy and a pair of mittens, and donated them to Project Just Because in Hopkinton. Our next project is similar with Easter baskets. We will be filling up Easter baskets with similar items and working with the Recreation and Fire Department to donate them to Millis families. is a program that promotes giving back to our community. Written by Mr. Caulfield.

The Student Council held our first ever Winter Pep Rally on February 17th and it was very successful. We are excited to participate in March Madness. Our upcoming events include a half-day assembly in April and elections for our Executive Board positions in May. We'll also have a table at the 8th to 9th Grade Step-Up Night on April 5. Written by Ms. Ziemba.

Terpsicore—Since the annual production of Nutcracker in 2022, Terpsichore has been rehearsing for the annual Spring Show which will be held on May 5th at 7pm in the auditorium. There will be five senior solos, featuring Lindsay Suereth, Maddie Miga, Cynthia Arguijo, Amany Ferrimy, and Mia Braccio, as well as multiple group ensemble pieces. This show includes not only the seniors but also middle and high school students. Terpsichore has also received new swag, courtesy of Amany’s senior project of screen printing. Hope to see you at the Spring Production and Terpsichore would love the support. Written by Wilson Copice.

Have a club update or preview to share? Email our club editor Alexa McKersie alemck23@millisschools.org or attend a meeting on I-days

Club Advertisements

S.H.O.P.

Students Helping Other People

- Do you have an interest in technology?
- Looking to learn more about IT?
- Is IT not your thing, but Ed Tech is?

Millis Public Schools is looking for interested students to become part of a student run tech team. This team will have the opportunity to work closely with our IT team and Director of Digital Learning to serve the school community.

Activities may include: chromebook repair, chromebook loaner management, video tutorial creation, web development, programming, blogging and vlogging, signage (infostream management), and more



Scan the QR code to express interest in joining

Need to clean out your closet?

Donate any extra clothes to the Peer Leaders Thrift Shop!



- Accepting new and gently used clothing
- Drop off donations in Mrs. Dunn's office or Mr. Alconada's room
- Thrift Shop is March 24!!!

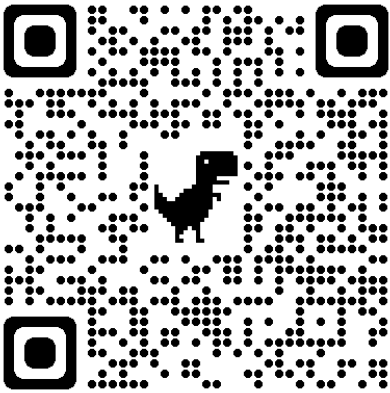




Thank you for the library’s new books!

The library has new books thanks to the generosity of many Millis families and staff members. If you would like to donate, please check out the Amazon wish list by scanning the QR code. Thank you all so much for keeping our readings fresh and new!

-Mr. Carter, Teacher Librarian



THEATRE GROUP / MILLIS

High School and Middle school present...

TGOM presents Disney and Cameron Mackintosh's



MARY POPPINS

Musical

based on the stories of P.L. Travers and the Walt Disney Film

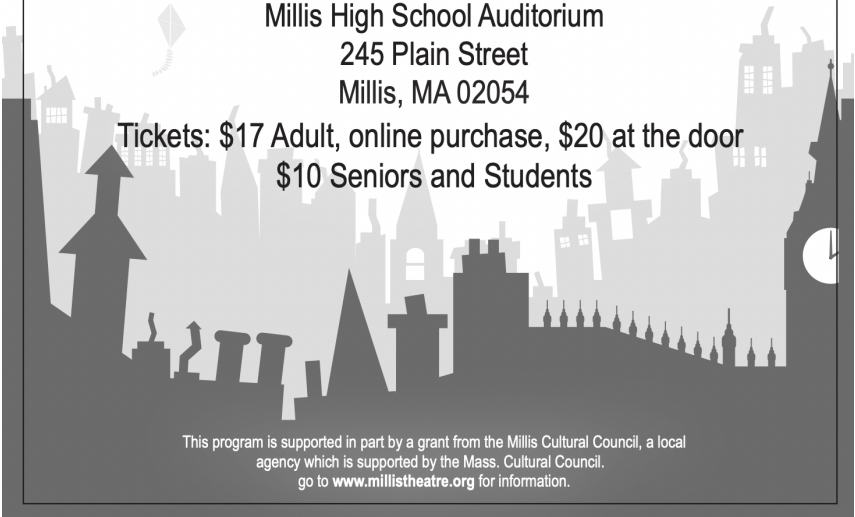
Director: M.S. AtKisson, Music Director: M. Femino, Choreographer: S. Copice

March 24, 25, 31 and April 1, 2023 @ 7:00 p.m.

Millis High School Auditorium
245 Plain Street
Millis, MA 02054

Tickets: \$17 Adult, online purchase, \$20 at the door
\$10 Seniors and Students

This program is supported in part by a grant from the Millis Cultural Council, a local agency which is supported by the Mass. Cultural Council.
go to www.millistheatre.org for information.



Politics

A year of conflict: A look into the Russia-Ukraine war

By Kaitlyn Richards

It has officially been over one year of the long-running war between Russia and Ukraine. The Russian forces officially invaded Ukraine on February 24, 2022. Ukraine and Russia have had a strong animosity with each other ever since the Soviet Union controlled the nation. Under Soviet rule, Ukraine was constantly bombarded with violence, brutality, and injustice. Russia hasn't stopped since. Ukraine declared its independence from Russia in August of 1991 but in 2014, Russia annexed the Ukrainian region of Crimea.

Once the Russian forces crossed the Ukrainian borders last February, they naturally gravitated toward the capital city of Ukraine. Kyiv is the most populous city in Ukraine but it has also been one of the most attacked cities during the war. Sadly, eight thousand people have died and thirteen thousand people have been injured throughout the year of fighting.

The deadliest fighting spot of the war by far has been in the city of Bakhmut in Ukraine. Over the past few weeks, over one thousand Russian soldiers have lost their lives during the fighting. The city of Bakhmut is on the eastern border of Ukraine and very close to Russia's western border. As of right now, the main strategic purpose for the fighting in Bakhmut is to weaken the Russian troops for any future combat.

“Most of the current events stem from history and to really understand what is happening right now there is a background story that needs to be told,” said history teacher Ms. Ziemba when asked if schools should teach current events. “Particularly in Russia and Ukraine, it is important to know about the Soviet Union and Russia's history of imperialism.”

Most of the Ukrainian refugees relocated to Poland. In the past year, over 10 million refugees crossed the Polish border. The population in cities such as Rzeszów and Warsaw have seen a significant increase in their population since the war started. The United States has been providing Ukraine with aid by sending weapons and supplies across seas.

Ukrainian President Volodymyr Zelensky, is trying anything that he can to get his country some help. Polls show that over fifty percent of the Ukrainian population wish to join either the NATO alliance or the European Nation. Hopefully, Russia will resolve the conflict in Ukraine in the near future.



Ukrainian President Volodymyr Zelensky, Photo by BBC news



Photo courtesy of Nancy Lane/The Boston Herald via AP, Pool

Massachusetts Takes Big Step Towards Progression

By Macy Cyr

Massachusetts welcomed Maura Healey as governor on January 5, 2023. Not only the first elected woman as governor, but the first openly lesbian governor in Massachusetts. Healey is accompanied by her lieutenant governor Kim Driscoll, as they are Massachusetts’s first elected female team.

Senator Karen Spilka, the president of the senate expressed, “Today is a historic day in our commonwealth’s history. As only the third woman senate president in our history, it is a distinct honor and privilege to administer the oath of office to the first elected woman governor of the commonwealth.” She then continues, “And that’s not all, It Doesn’t end there. The first woman team elected governor and lieutenant governor.”

Prior, Healey has been in Massachusetts since college: first graduating from Harvard in 1992 and then Northeastern University in 1998 with a doctorate’s degree in law. She was later elected Attorney General in 2014 and again in 2018. Her platform is focused on housing, public transportation, the clean energy economy, and job training.

The inauguration took place during the first joint session of 2023 and of the 193rd general court where members of both the house and senate gathered to welcome these women. Members of all political parties were visibly enthusiastic about the arrival of Healey. Crowded by representatives waiting to shake her hand and congratulate her, it was almost difficult to walk to the front of the room.

Starting at 11:45, the almost 2 hour event brought a look at what it was like to be in the room of the legislature during such an event. With a few recesses, the pledge of allegiance, national anthem, and prayer to god, this meeting that seems to be a pattern from the past was a step into progression.

In her speech after being sworn in, Healey expresses her love for the state. Lucky enough to hear her long line of family from Massachusetts, we also hear her convey how this state has brought such amazing opportunities for her, “We were the first to guarantee that healthcare is universal, and 20 years later that love is too.” Assuming that Maura Healey is proud of herself and her state, she should be just as proud of how she is stepping into this vital job in our state legislature.

“She seems like a really fun person. It’s cool to see a person like her represent this demographic in our government,” sophomore Logan Manning said.

Chaos: McCarthy Eventually Triumphant in Historic House Vote

By Kaitlyn Richards

The United States House of Representatives failed to elect a new Speaker of the House on their first ballot for the first time in over 100 years. Republican Congressman Kevin McCarthy attempted fifteen times to win the Speaker position. McCarthy remained confident throughout the four days in his ability to convince GOP “rebels” into voting for him.

On the third day of debate, Republicans in opposition to McCarthy faced backlash from their fellow GOP members. The GOP opposition was frustrated with the lack of decisions being made on the floor. The controversial adjournment after the first day of debating further fueled their frustration with McCarthy. Some Republicans including Lauren Boebert, a representative from Colorado, and Bob Good, a representative from Virginia, stated that they would “never vote” for McCarthy to be Speaker of the House. Fortunately, after the third day, McCarthy was even closer to winning the election.

On Saturday, January 7th, the final day of debate, there was huge turmoil between McCarthy and Florida Congressman Matt Gaetz as he was the last vote needed for McCarthy to clinch the position. With the frustration and exhaustion that built up over the week, some members of the House were seen lunging at Gaetz in anger.

“The Speaker of the House elections were extremely chaotic to watch. At points it got very confusing to understand what was going on. A streamlined election would have been much better.” said sophomore student Avery Covitz about the election.

The Democrats remained consistent in voting for minority party leader, Congressman Hakeem Jeffries of New York, in allegiance to their political party. This was the complete opposite for the GOP who voted all over the place. At times during the multiple votes, the Republicans nominated more than two Speaker of the House contenders. Also, to delay the votes even more, some Republican representatives voted for former President Donald Trump or voted “present.”

“Historically the election has always been quicker,” said history teacher Ms. Ziemba when asked her thoughts about the election. “It always goes with the flow. Each party has who they want in mind to be their leader. The number of days this election took was definitely unprecedented.”

When asked about the chaos on the House floor, Ms. Ziemba recalled the time when Nancy Pelosi was elected Speaker. “When former Speaker Pelosi was elected, there might have been a few no votes from the Democrats but she had plenty of votes and it was a smooth down-to-business transition. This time it was very awkward. There was verbal hostility on the floor and there were some very close physical encounters.”

President Biden seemed to be watching the election closely as the decision will have a huge impact on his legislative priorities. The House went four whole days without having any representatives because no members could be sworn in without a Speaker.

McCarthy promised the Republicans to tackle budget issues in future House bills. These issues are not currently on the Democrat’s agenda. McCarthy’s view on the budget may also cause further problems down the road for the other representatives. On the final day of debate, McCarthy was able to get the required votes needed to win the Speaker election and he and the other representatives were sworn in that night.

Senior Project Spotlights

Culture Concert Coming Up! *by Maddie Miga*

On April 6th, Abena Ashiagbor’s Cultural Concert will take place at Millis High School. As part of her senior project, Abena plans on showcasing a variety of traditions from people with different ethnicities and backgrounds. Not only is Abena’s passion for the arts highlighted in her senior project, but her intent for the showcase is truly inspiring.

When asked about her concert, Abena brought up how one of the main reasons she chose this project was “because of how our school is mainly white, and I think it’s important to have representation for a lot of POC (people of color). For the few POC that do go to our school, I feel like sometimes being in a mainly white environment makes it hard to navigate and can make some POC feel uncomfortable with fully expressing themselves.

“Facing discrimination can hinder some POC’s self-expression, self-identity, and finding out who they are. This discrimination also makes it hard for them to connect with themselves because their culture is associated with so much negativity and bullying. As someone who has faced discrimination in the past, I wish I had the confidence to stand up for myself and my culture.

“I really hope that this concert brings a lot of POC a sense of pride in who they are, and that non-POCs develop a better appreciation for other cultures. I really want this showcase to be a very immersive experience, and I’m very passionate and excited about the day of the show. I would love it if this concert really leaves a mark on people, and I hope that people look back at this with a sense that they were able to learn something.”

The concert will feature a variety of musicians, singers, and dance groups that represent cultures from around the world. Abena’s concert begins at 6:00 pm, with tickets costing \$10 for adults and \$7 for students and seniors. Best of luck to Abena and all the performers!

Millis High School Presents:

CULTURAL CONCERT



April 6th from 6-9pm

Adults \$10

Students and Seniors \$7

(food included)

ATTENTION SENIORS

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Fill out a few questions to have the Newspaper spread word about your project!



Senior Project Blood Drive!



@Millis High School Gym

March 17th 2023 12pm → 5pm

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Must Be 16 or older to Donate

Either:

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Help save lives. Give blood.



Jane Connors’s Senior Project Success

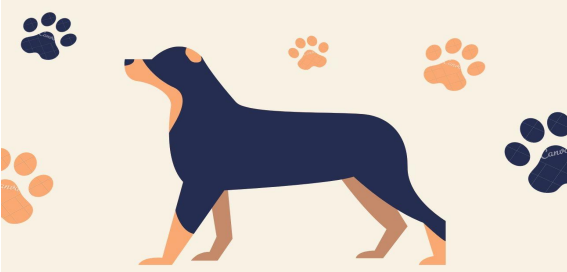
By Macy Cyr

The best way to get everyone excited for the boy’s volleyball season is a school volleyball tournament. Jane Connors’s senior project to renovate the girl’s locker room is funded by the volleyball tournament held March 16th.

Six teams played after school in a double elimination bracket for the prize of candy and a Santa Fe gift card. Players ranged from students who know volleyball as a fun backyard game to students who play for the school or even club teams. In the end, team 1800 won. This team consisted of the boys senior volleyball players: Sam Goncalves, Dom Diaz, Andrew Maher, Ryan Petrush, Oscar Alves, and Luke Bennett. Volleyball is a continuously growing sport with the number of players increasing each season, and the number of fans increasing with them.

Jane said, “I think that the tournament was overall really fun and was a good way to raise money in an interactive and exciting way. I also am planning on using the money to renovate the girls locker room so having a volleyball tournament really ties in with the renovations going on for the girl’s future teams.”





LEAH ABRAHAM'S SENIOR PROJECT

5K DOG WALK

All proceeds go to the organization No Dogs Left Behind

SUNDAY, MARCH 26TH, 10AM

OAK GROVE FARM, MILLIS MA

Registration QR code below along with venmo 10 dollars for participation "Roundate April 1st 10am"

Questions or concerns please contact Leah 617-949-6611 leahabraham02@gmail.com

Sports

Winter track wraps up with PRs abound

by Riley Sullivan

The Varsity Winter Track and Field Team, run by Coach Fitzgerald, Coach Maher, and Coach Hofhoag celebrated Millis seniors at Reggie Lewis Center in Boston on January 27th. While the indoor track team is unable to do the traditional sports senior nights like other sports teams, we were able to recognize them with posters, gifts, and some photos. We have 9 seniors who finished out their impressive winter track and field careers, seven of which started back in the 7th grade.

For the girls, we have our two Captains, Mackenzie Sullivan and Norah Sugrue. While Sugrue has run the 55M and 300M in the past years, Norah focused on competing in the shot put this season and had a career PR of 23’ 4.5, which she accomplished this season. Sullivan ran for Varsity in both the 55M (PR 8.68) and 300M (PR 50.98) all through High school and regularly placed over the years. Sullivan also ran the first leg of the sprint medley and the 2x200 at the State relay meet earlier this month alongside some talented up-and-coming underclassmen. Both girls were notable Captains for two years and great leaders for our team.

Brooke Whelan and Jane Connors are our other two senior girls for winter track. Whelan proudly competed and tried different events throughout her indoor track and field years, however, her focus and success was with the 55M hurdles (PR 10.78). Connor’s event is shot put with an impressive PR of 27’ 11. Jane rightfully earned TVL All Star and placed at several meets throughout the season.

We had 5 Senior boys this season. Two are Captains Jack Borst and Jack Burns. Burns competed in the 55M (PR 7.53), long jump (PR 16’ 5), and the 55M hurdles (PR 9.55) and placed at several meets this season. He is a 2-year captain as well and has been a great support for our younger members. Borst cleaned up throughout his years on indoor track running the 55M (PR 6.97) and the 300M (PR 37.72). He has broken his own Millis school record in the 300 three times this season. He is a 2-time TVL All Star and made it to states his Junior and Senior year for both events.

Also competing for Millis this season were seniors, Joe Bouret, Ryan Leone, and Andrew Maher. Bouret has done different events throughout the years but focused on the 55M (PR 7.56) and the shot put (PR 32’ 11.75) for his Senior year. Leone put his effort into the 1000M (PR 3.06:65) and placed at several meets throughout this season. Maher, our 3rd Senior All star, threw the shot put with a PR 36’ 5.75 and earned the 3rd most points for Millis this Winter Track season.

The Season wrapped up with Borst and junior Ben McCarthy (also a TVL All Star) heading off to the D5 State Track Meet on February 16th. A lot of impressive personal records as well as a school record was made this season. “There were lots of amazing performances this season, but the icing on the cake is all the laughs, memories, and great friendships that were made!” said Coach Fitz. Thank you to our Seniors for your hard work and dedication throughout the years.



Left to right: (top row) Andrew Maher, Jackson Borst, Jack Burns, Ryan Leone, and Joe Bouret (bottom) Jane Connors, Mackenzie Sullivan, Norah Sugrue, and Brook Whelan

Sudoku: You must have the numbers 1-9 in each row, column, and square.

Spicy Chicken Tops School Lunch Hits

By Riley Sullivan

During lunch, students come swarming in from classes to get in line for the meals made by our beloved cafeteria staff. The hustle and bustle can, at times, be frustrating as students are impatiently waiting for what seems like days to get their lunches. The biggest hits for lunch have been the spicy chicken sandwich with tater tots or french fries and the create-your-own sandwich bar.

The sandwich bar is always the longest line during lunch because of the time it takes to choose how you want to customize your meal and the large demand for it.



“Personally, I’m a big fan of the sandwich bar, because it has a lot of options. I can switch it up everyday,” said sophomore Olivia Fong.

The sandwich bar options include lettuce, tomatoes, pickles, cheese, turkey, ham, etc. You can put any of these items into your sandwich and the patterns are endless.

The spicy chicken sandwich is a big hit despite being put in plastic wrappers causing the bread to get slightly soggy from the condensation. The chicken is always cooked well and the spice adds a nice kick. The crunchy tater tots are something everyone is dying to get their hands on. They are always cooked to perfection and students can’t get enough of them.

The cafeteria staff is always working hard to produce the best food they can while using the materials given to them. Thank you to our fantastic workers for their dedication to getting the students fed in a timely fashion.

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