



The Pulse

Volume 1: Quarter 1

Arundel High School's Official Student News Source

Fall 2017

Opinion: Stop hating Adam Sandler

By Laura Bonnington

When the name Adam Sandler is brought up, there are three possible responses that occur: 1. Omg! I love him he's the best! 2. *disappointed sigh* or 3. How could you like such an un-talented and unfunny person?

I would categorize myself under #1; Adam Sandler helped shape my childhood. I grew up watching Billy Madison and Mr. Deeds and Happy Gilmore on ABC Family, along with reruns of his Saturday Night Live sketches. Most of the time I didn't even understand the humor, I just knew my siblings found it funny so it was automatically funny to 8-year-old me. We grew up speaking the language of Adam Sandler, purely in his silly voices and movie quotes.

After his first five major movies, Adam Sandler began to lose his rep. People who were once fans turned and decided that he was inherently unfunny and just a **Read the full story at arundelhighnews.com**



Photo by Maddie McLean

Different sports, different hype: how Arundel athletes prepare for their big games

By Joseph Chaves
And Rianna Overton

From football to basketball to wrestling, no two sports are exactly the same, and no two hype-up methods are either. In any sport, the ultimate goal before a game is for the players to adequately prepare themselves. The proper hype-up technique can do wonders for a player's performance—and for the scoreboard.

Joseph Chaves, an Arundel High School wrestler, has his own way of preparing himself, and it all starts

with weigh-ins.

Weigh-ins are a crucial component of wrestling. If a player is overweight, even by the smallest ounce, they aren't allowed to wrestle. To make sure he's losing weight in a healthy way, Chaves' diet consists of fruits, greens, some protein, and a little bit of carbs.

"Before weigh-ins, I don't put anything in my body that would make me gain weight or wouldn't help me make weight," he said. "I try to lose as much water weight as I can."

Chaves said that once he makes weight, he goes back to eating and drinking as normal.

"After that, I zone out into my own world and start warming up and focus on the moves that I want to work on to get that win." Chaves' routine has paid off; his record for the 2016-2017 wrestling season is 33-11.

Arundel basketball player Rianna Overton has a very different hype up routine for before her games. Prior to **Read the full story at arundelhighnews.com**

Stranger Things 2 review [spoilers]: new faces and unanswered questions

By Katrionna Covert

The highly anticipated Stranger Things 2 premiered on Netflix October 27th, picking up a few days before Halloween 1984. The new season debuted a flood of new characters, and left some mysteries unresolved.

The opening scene takes place in Pittsburgh, and reveals the first character new to the show, Kali (Linnea Berthelsen). She appears to have unique abilities similar to Eleven, which implies her connections to Hawkins Lab. Back in Hawkins, the boys (Noah Schnapp, Finn Wolfhard, Caleb McLaughlin, and Gaten Matarazzo) discover a mysterious new character under the username "MadMax" (Sadie Sink), who immediately sets **Read the full story at arundelhighnews.com**

Meet some of the new additions to the Arundel High staff

By Sierra McFarlane,
Madison McLean
and Imonni Johnson

This 2017-2018 school year, just as new students join the student body, 8 new teachers join the Arundel High School faculty.

They've come from different high schools and one from a hotel. A vast amount of Arundel's new staff mainly teach the courses English, Math, Spanish, and Culinary Arts. The new additions bring a variety of new ideas and methods to the school that weren't there before. Questions were asked to most of the latest instructors about their previous years and how they enjoy t-

heir year so far at Arundel.

Name
Liz DePriest

Teaching
Honors English 9 and 12, and American Film Studies

College and major
Valparaiso University in Indiana for her undergrad major in English and Secondary Education and University of Maryland for her PhD and Masters in English

Before they came to Arundel
Taught at Northern High in Calvert County (04 - 08) and in between teaching college at UMD

How is the faculty?
The faculty has been "very welcoming from the time I

interviewed here; I just felt really at ease with everybody. Like, one of the reasons I wanted to come back was because when you teach at the college level, you know the people in your department and don't really collaborate to teach, and you don't get to know them on a personal level really unless you choose to. So when I came back, I knew I wanted to find a school that had the teachers get along with each other and committed to the school and just showing up to work, teaching their kids, and going home."

Name
Trisha DiStefano

Teaching



Honors English 9 and Daily English 10

College and major
Arundel Alum that went to Anne Arundel Community College and did General Studies, then transferred to UMD and studied English for Bachelors and Teaching for Masters

Before they came to Arundel

Taught at Eastern High School, 45 minutes away **How is the school so far?** "Awesome; Arundel is a lot more truth and people are more realistic."

Read the full story at arundelhighnews.com



Photo by SaintelDaily

Wildcats with Wands combats the real-life Voldemort behind emotional abuse

By Rachel Heller

While Arundel Senior Journey Brown-Saintel won't be casting spells or attending Hogwarts anytime soon, she and many other students in her community are more similar to fictional wizard Harry Potter than one may realize.

"The boy who lived" didn't lead a life of just quidditch games and magic potions. Harry Potter experienced a reality that Brown-Saintel is all-too familiar with. This is one that she, along with her club, Wildcats with Wands, is striving to destigmatize: emotional neglect and psychological abuse.

Founder and president of Wildcats with Wands, Brown-Saintel's club is an extension of the Harry Potter Alliance, an international organization that combines activism with literature. Through the Harry Potter Alliance, school chapters of the likes of Wildcats with Wands can create projects centered upon activism and receive grants to help them reach fruition.

Brown-Saintel expressed eagerness at the possibility

of putting a worthwhile initiative in motion. "I was like, 'Oh, I should do something super, super cool!'" she said. "I thought a really important problem was psychological abuse and emotional neglect."

She noted that in the Harry Potter series, Harry's last remaining relatives, the Dursleys, are emotionally and psychologically abusive towards the young wizard. Looking to combat this abuse in a real-life context, Brown-Saintel named Wildcats with Wands' project, "Down with the Dursleys."

When deciding to focus the project on psychological abuse and emotional neglect, Brown-Saintel considered the heavy stigma and lack of awareness surrounding such forms of abuse, often resulting in the abused remaining silent.

"With emotional abuse, awful things happen—they get anxiety, paranoia—but people find it strange because they don't see physical scars. And then it just becomes a cycle, because nobody wants to help them because they're afraid of what

nobody understands," Brown-Saintel said.

Along with people in her community, Brown-Saintel has gone through her own instances of emotional neglect and psychological abuse. While her experiences may be in the past, she is frequently reminded of the abuse's existence for others. "I'll find friends and family members who seem to be displaying signs of it, and I'll be like, oh right, this is still a thing going on," she said. "I don't want people to forget that."

She feels that the added literary elements of "Down with the Dursleys" will further enhance the project's goals. "One of the things that I love about literature is that you can find connections that you often don't find in the real world, sometimes even in media," she said. "Harry Potter was never physically abused, he was only psychologically abused, and people can connect to that a lot."

Although "Down with the Dursleys" has yet to be fully **Read the full story at arundelhighnews.com**

Five students share what they're most excited for in 'The Last Jedi'

By Laura Bonnington

With "The Last Jedi" hitting theaters later this month, it's time to get excited!

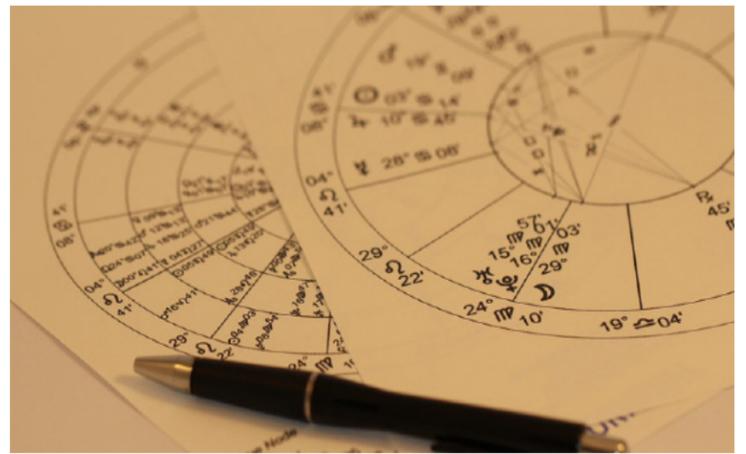
"I'm hyped for the new Star Wars because then we'll get some closure as to this whole argument about who Rey's dad actually is," said Sophomore Matt Hodge.

It is believed that "The Last Jedi" will give everyone the answers they've been waiting two years to hear: who is Rey related to? Is she the daughter of Luke? How about Han and Leia? Could Rey be Obi-Wan's granddaughter? All we know is th-

at last year, in an interview with "Time Out London," Daisy Ridley, Rey, said she believes Rey's parentage was answered in "The Force Awakens." However, it's questionable if the writers would make a plot point this large so obvious. There always has to be some type of dramatic reveal in these movies.

"I'm just really excited to see where Rey is from. Hopefully they'll say she's Luke's daughter or something, I'm just really excited **Read the full story at arundelhighnews.com**

Astrology peaks in popularity among current generation



By Tay Cheema

You might be familiar with astrology or horoscopes—maybe even zodiac signs. You might also know that astrologers believe that the positioning of the stars and planets affects a person's character. Ultimately, astrology and zodiac signs are based off of theories, opinions, and stereotypes. Your zodiac sign is perceived as an essence of your personality determined by your birth month. It may sound like an absurd concept, but to the vast majority of the current generation, astrology is a captivating idea.

Opinions and views on astrology vary. Some believe that astrology consists of factual acknowledgements of a person's true self. Others believe that the concept is baseless, made up to fit a person's imagination and how they wish to perceive their personality. Regardless, astrology posts are scattered across the internet and the most popular social media platforms, strongly favored by the modern-day generation in comparison to previous age groups.

However, the power of the **Read the full story at arundelhighnews.com**



Scan this code on SnapChat to be directed to The Pulse at arundelhighnews.com

Follow The Pulse on Twitter @Arundel_Pulse

Want to contribute your own articles?

The Pulse is a joint effort of Arundel's Newspaper/Media Production/Journalism classes, and the Arundel Student Journalists club. Arundel Student Journalists club meets every Tuesday during Pride Period in Mr. Perraud's room (F104). If you cannot be in the classes or the club, but still want to contribute, articles and article ideas may be sent to The Pulse's editor-in-chief or sp-

orts editor's contact information, listed below.

Rachel Heller,
editor-in-chief:
parisheller24@gmail.com

Jordan Johnson,
sports editor:
monsterjman27@gmail.com

Never miss a story: check out arundelhighnews.com and see what else Arundel's student journalists are reporting...

Arundel Football 2017 by the numbers

"The Wildcats had players . . . considered to be some of the best players within the county and possibly the state."

Arundel science students go to NASA

"They take all different types of backgrounds . . . You don't have to be an astronomer to work at NASA."

Review: Arundel Theater students shine in Fall One Acts

"What awaited them was a physical embodiment of the pure ingenuity and talent of Arundel Theater students."

Coding comes alive in Arundel's Intro to Robotics class

"See coding come to life instead of just . . . on the screen."