

The Greylock Echo

Graduation Edition

Mount Greylock - Williamstown, MA

June 11, 2022

Pledge of Allegiance Returns to MG

By LUCY MCWEENY

On March 23rd, the Mount Greylock Regional School District reinstituted the Pledge of Allegiance for the first time in two years. The Pledge of Allegiance has been a tradition for public schools across America for decades. However, the recitation of the pledge has recently faced criticism throughout the country, including at Mount Greylock.

The recitation of the Pledge of Allegiance in school was discontinued when the Mount Greylock Regional School District switched to remote learning in the spring of 2020. Principal Jacob Schutz said, "We stopped doing it during COVID because we weren't all together, and I think it slipped everybody's mind."

However, Schutz said, "when somebody brought it up and referred us to one of the Mass General Laws, we reacquainted ourselves with [the law] which talks about doing it every day." Since March 23rd, the pledge has been recited over the intercom at Mount Greylock every morning during the first period. Students retain the right to engage or not engage with the pledge.

The pledge was originally written in 1892 by socialist minister Francis Bellamy and published in *The Youth's Companion*, the largest American children's magazine at the time. The *Companion* was looking to boost subscription sales and sought to appeal to the American's patriotic fervor by propagating the pledge, as well as distributing American flags to every school.

Bellamy was tasked with arranging a patriotic program for American schools, which was meant to coincide with the 400th anniversary of Christopher Columbus' arrival in present day America. Bellamy successfully lobbied Congress to endorse the school ceremony, which was mainly centered around a new salute for schoolchildren to recite.

Bellamy wrote the original Pledge of Allegiance, which was recited for the first time in the nationwide 1892 Columbus Day ceremony. However, the pledge we recite today is not the same as its original form, which reads, "I pledge allegiance to my Flag and the Republic for which it stands, one nation, indivisible, with liberty and justice for all."

Not until 1923 were the words "the Flag of the United States of America" added to the pledge. This addition was made for a National Flag Conference, presided over by the American Legion and the Daughters of the American Revolution, mainly to clarify what flag was being saluted for immigrant children.

The pledge was formally adopted by Congress in 1942, but

by then had gained a powerful role in public schools across the country. Some state legislatures already required students to recite it every day.

In 1954, Congress, encouraged by President Dwight Eisenhower, added the words "under God" to the pledge, creating the pledge recited in schools today. These words were added during the Cold War, and were largely a response to Communism and the threats of the Soviet Union, a nation who at the time placed an emphasis on atheism.

Since the introduction of the pledge to American public schools, there have been numerous Supreme Court cases challenging the constitutionality of the pledge, as well as whether or not students are allowed to sit and refrain from reciting it.

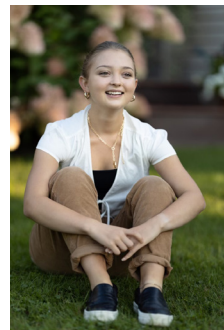
The first of these cases was *Minersville School District v. Gobitis* in 1935. This case centered around Billy and Lillian Gobitis, Jehovah's Witnesses who were expelled from their elementary school in Pennsylvania for refusing to recite the pledge. The Supreme Court ruled against

Photo Courtesy of Molly Sullivan



2 in 650: Interviews with Graduation Speakers

By LUCY IGOE



Photos Courtesy of Schwarzer and Welch

Every year, the student body and staff each choose one speaker for Graduation. Alayna Schwarzer, president of NHS and a member of Peer Team and School Council, was chosen by the student body, and Anthony Welch, a member of the baseball team, an Eagle scout, and robotics team captain, was chosen by the staff. The Echo sat down with both speakers to discuss their time here at Mount Greylock.

Echo: What is one of your favorite memories from Greylock?

Schwarzer: I don't know if I have a favorite memory from Mount Greylock. Two years of memory making [due to COVID-19] kind of got taken away. Very broadly, I think remembering the culture at games will probably stick with me. As a seventh grader, going to the football games and walking the trails in the woods, before it was outlawed, was such a fun thing and I remember being so excited about it. The medieval fair was really a slay and I think that was one of the high points for the grade.

Welch: Of all the moments there are a few which stick out. I would say my favorite memories of being in school are jamming out and making music with my friends in the music lab after returning full time in the spring of junior year.

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NEWS

Robotics Club Competes in Regional Competitions

By ARTHUR MILLET

This year, the Robotics Club at Mount Greylock competed in their first competitions since COVID-19. In the fall, the team kicked off the year by attending the annual day-long competition where teams use a robot built in the previous spring. In January, FIRST Robotics, the organization that runs the Robotics competitions, announced the challenges and game rules for the year. The Robotics team had six weeks to build the robot, practice driving it, and discuss their strategy before the spring competition season. Both spring competitions were in March: the first at Western New England University in Springfield, Massachusetts and the second at Revere High School in Revere, MA.

"I like how open the challenges are because they require so much creativity in both design and complex strategy," junior Beatrice Pedroni said. "Everyone also has the opportunity to focus on the parts they are most interested in and learn about others."

On the day of both competitions, teams from schools all across New England arrived to compete. There are a series of short matches where teams complete different tasks with their robot to score points. This is done several times to determine which teams can complete the most tasks without breaking certain constraints.

"Robotics competitions are like a professional sporting event," senior captain Anthony Welch said. "All 40 or so teams bring as many

kids as they can and pack the stands. It is the highest energy event I've been to."

In the first competition, the Mount Greylock Robotics team placed 7th, and in their second competition, they ranked 35th on the weekend but failed to move on in the competition after an unlucky draw, according to Welch.

"[Competitions] are super fun because everyone can be involved in scouting out the other teams matches as well as being on the drive team or the pit crew. There is a huge satisfaction in being able to compete with your finished robot even if you're not very good," Welch said.

The club values teamwork and general awareness during the match as just as important as the actual building and effectiveness of the robot. Learning to work with your hands and electronics is also an important skill learned both during preparation and during competitions. "I remember being intimidated as a seventh grader because I didn't even know what the tools everyone was using were called, but I have learned so much through participating since then," said Pedroni.

When asked what he enjoyed about Robotics club, junior Cailean

Fippinger said, "I think that we all learn important things about working with our hands using power tools and electronics. We also have a very good team dynamic, which I really enjoy."

"My favorite part of the Robotics team is the collaboration and interpersonal relationships that you build throughout the season and the competitions," Welch said. ♦



Photo Courtesy of Anthony Welch

Student Art Featured at MASS MoCA Invitational

By CHARLOTTE HOLUBAR

After a two year hiatus for the Massachusetts Museum of Contemporary Art Teen Invitational, hundreds of community members gathered for the 2022 exhibit. A total of 300 pieces of art were highlighted from eight high schools on April 29th in the invitational's 10th year.

The invitational was first organized by the Eclipse Mill and then transitioned to MASS MoCA. The event, hosted on a Friday night, typically lasts a little over two hours with a reception and awards ceremony. Awards are granted in various categories that include the Berkshire Eagle Grant, Gold awards, Grand Prize winners, and Grand Prize finalists. The student's artwork stays hung up in MASS MoCA that weekend and then has the opportunity to be moved into the Milne Public Library for the month of May.

After a tumultuous few years, Mount Greylock art teacher Jane DeSomma felt that the student's expressive space became limited. She wanted to curate artwork for the invitational to be true to the student's self. "I was definitely looking for expressive content, and there was a lot of it," DeSomma said.

Among the sixty Mount Greylock art pieces, MASS MoCA chose nineteen Mount Greylock students for the Gold Awards and one for the highly selective Grand Prize. Senior Teague Murphy was one of three artists at the invitational chosen for the Grand Prize. His piece, "Strike on Innocents," was a three-foot-tall

model of the first civilian building bombed in Ukraine. He worked for two blocks of school everyday in DeSomma's art room to construct the piece.

"I spent well over a month of time working on my piece," said Murphy. He started constructing "Strike on Innocents" by carefully building styrofoam to form the walls. After remaining highly attentive to the structure while combining his interest in architecture, Murphy went on to paint details like broken windows and bricks.

"I wanted to use the three dimensional objects, and I had leftover styrofoam that I wanted to construct," Murphy said. "The war in Ukraine and the invasion seemed like something where I could build a model and show a story through using my hands and construct a physical art piece."

The Mount Greylock art department was rewarded \$1,100 for the Gold and Grand Prize winners, while also having the second-highest number of students receiving awards during the ceremony. Along with the cash prizes awarded to the schools, students won year long family passes to MASS MoCA to help inspire future artwork.

DeSomma expressed excitement over her students' success and how that correlates to a successful art program at Mount Greylock. "We really are an art department now, and that feels triumphant," DeSomma said. From Karen

Stack's photography and video classes, to Lisa Mendel's mosaics and glass electives, to Desomma's painting and studio art electives, Mount Greylock has established and grown a department dedicated to creativity for students. ♦

The Echo would like to congratulate the following Mount Greylock students who were recognized at the invitational.

Gold Award

Freshmen: Jameson Bayliss, Vera de Jong, Noah Klompus, Polly Rhie
Sophomores: Marlee Alpi, Lily Catelotti, Hans Chundekad, Lila Cohen-McFall, Frida Hellman, Phoebe Hughes
Juniors: Clarissa Louis
Seniors: Cam Barzousky, Jordyn Beaulieu, Samantha Garzone, Simon Klompus, Felicia La Roche, Julie Lawson, Madison MacHaffie, Piper Schulman

Grand Prize

Senior Teague Murphy

Murphy's piece and other senior art can be found on page 5.

NEWS

Spring Drama Hits the Stage

By OLIVIA MCKEON

On May 12, Mount Greylock's production of *The Lion, the Witch and the Wardrobe* premiered to the community. The show lasted two nights and was put on by students participating in the Spring Drama Club.

Rehearsals for the show began in March after the completion of the winter season. When asked about how the show was chosen, eighth grader Yeshe Rai said, "We talked to our director about things we wanted in the show, like stage combat, and he chose the play."

Fellow cast member Ari Steward added, "In coming up with the production we got to know each other through improvisation games that would probably help to get a sense of our personalities in some way."

Once this group of students had collaborated with director James Barry to choose a staged version of *The Lion, the Witch and the Wardrobe*, they set to work making the production come to life.

Many members of the cast expressed some of the challenges they overcame to make the May performances possible. Senior Malina Woodbury, who portrayed the character of Susan, noted, "Some of the major challenges were working with COVID-19 still going on, and our tech week being one of the busy weeks with MCAS and AP exams."

Others in the cast discussed the technical challenges faced during the show such as the difficulty in putting together such an intricate

set with many props and the relatively short time that the actors had to memorize lines.

One of the most significant aspects of the overall process was the collaboration between cast and crew members. Alexander Briggs, who played several roles in the play, said, "The cast really worked together to help create the



Photo Courtesy of Lindsey von Holtz

scenes. We also helped one another with learning our lines."

"The cast did a remarkable job collaborating and bouncing ideas off of each other," junior Bella Jannini said. "I was so stunned to see such lovely work and outstanding accomplishments in a short amount of time."

After all of this hard work, opening night finally arrived. The cast was pleased by the turnout and the audience's response to the show both nights it was performed. Eighth grader

Frances Evans, who portrayed Lucy, said, "I don't know how [the audience] felt about it, but we all got a lot of applause!"

When discussing the final product, the members of the Spring Drama all seemed to agree with one another. Rai said, "I think it turned out really well. I was glad to see people enjoying it; we spent a lot of time on it."

While this production was a first for some of the members of the cast, it was also the end of some student's Mount Greylock careers in theater. Woodbury, who plans to attend Elms College in the fall, finished her acting at Mount Greylock with *The Lion, the Witch and the Wardrobe*. "I was really sad this is my last production at Mount Greylock. However I was really happy to go out with a bang as this is one of the best shows I've been in," Woodbury said.

Cast members returning to Mount Greylock next year expressed interest in participating in the Spring Drama again.

"I would absolutely do the spring drama again," Steward said. "I met a lot of great people and had a lot of fun doing it. Spring drama definitely made my spring better and gave me something to do rather than staying at home doing mostly nothing."

"Acting has been such a huge part of my life for several years," Jannini said. "It warms my heart and fills me with joy to be on stage." ♦

Gina Riggins '09 Returns to Greylock

By KNOWL STROUD

In mid-May, Gina Riggins, Mount Greylock class of 2009, visited Mount Greylock to speak to students regarding her career path as an automation engineer and her journey to executive roles as a Black woman in STEM.

Although she was originally scheduled to speak during last year's Zoom series, a power outage prevented Riggins from attending. This year, with help from the SEE Fund, Riggins was able to share her story in person to middle and high school students.

Riggins came to Mount Greylock as an A Better Chance (ABC) scholar. The ABC program is a national nonprofit organization that aims to bring people of color from low socioeconomic backgrounds to top public high schools in the United States.

Starting with her time at Greylock and with the A Better Chance program, Riggins recounted her experiences as a member of the lacrosse team, basketball team, dance team, and as the Greylock boys basketball team manager. She also talked about various community service projects and extracurriculars she participated in, including the Kousaka African dance program at Williams College.

As an ABC student, Riggins also had experiences that were unique to her program. "Every Sunday through Thursday, we were required to study from 7:00pm to 9:30. At that time, I hated it. But currently, I understand how doing things

consecutively and staying consistent at it really gets you far in life and I think that definitely prepared me for college."

Following graduation, Riggins attended Union College in Schenectady, New York. She earned a master's degree in Electrical and Computer Engineering at Purdue School of Engineering. Soon after, she moved into a new job at Eli Lilly and Company, a Fortune 500 global healthcare leader, where she has worked her way up over the past decade to her current position as a senior manager. Throughout her time at the company, one of Riggins' favorite elements has been travel. She has traveled to 25 countries, including a semester at Czech Technical University and time in France and Romania.

Riggins highlighted how community service opportunities at Greylock translated very well into the wider world, both "in corporate America and just in [her] personal life." In Indianapolis, Riggins is the program coordinator for a minority engineering program, the lead facilitator for a seventh grade electrical engineering class, and a volunteer for Red Cross programs. In addition, her company takes one day off each year "to just give back to the community and beautify Indianapolis."

However, despite all her success, Riggins closed by sharing the challenges she has faced as a woman in a STEM field. Often being the only woman of color in a room, Riggins said,

"People will try to talk over you, or maybe they'll reiterate a question that you already said or an answer that you already stated. And when a man says it, sometimes they listen more."

For Riggins, the most powerful tool in overcoming this bias has been reminding herself that "you're in a room for a reason" and continuing to be vocal: "Sometimes for women, it's a little bit harder. But you have to remember to just take your seat at the table, ask the appropriate questions, and make your presence known." ♦

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NEWS

Graduation Speakers

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Echo: What have you learned from your time at Greylock?

Schwarzer: To park with my side mirrors. That way I can back in and go 15 until I hit the curb.

Welch: My time at Greylock taught me to make the most of a bad situation and to not shy away from a challenge set in front of me. I developed relationships with mentors within and outside of the school community. The opportunities with which I was presented have prepared me for the maturity and cooperation of adulthood.

Echo: These past years have been weird because of the pandemic, how would you describe your high school experience?

Schwarzer: I think our grade is pretty interesting in terms of who we are as people. Because we lost two years of character development as a grade, I think we all became more developed individually. I do think that this is beneficial in the long run because we won't have maybe as many identity crises post-high school. It is weird because our last full year was our first year of high school, so we were still getting used to the idea of not being middle schoolers at that point. And now we're leaving. So I think the bittersweetness of graduation is maybe a bit more bitter, because now we have to deal with recognizing what we missed out on. I do think that despite it all, this year has been pretty good. I think we all kind of recognize the weirdness of our graduation.

Welch: If I had to pick one word I would describe my high school experience as suboptimal. COVID robbed us of not only a full year of classes but put a hole in the school spirit. Pep rallies are a thing of the past and dances were missed. There are many activities I remember from middle school that made Greylock Greylock that the kids in the school now have no knowledge of. However, the pandemic strengthened my existing friendships, and I value the skills to overcome the adversity the unfortunate circumstances of the last few years gave me.

Echo: Any parting words before you graduate?

Schwarzer: Even though a lot of our high school experience got interrupted, I'm incredibly proud of how far we've come as individuals.

Welch: The advice I would share with the remaining classes at Mount Greylock is to not be afraid to do what makes you uncomfortable and to never settle. And, if there is ever a sports game or school event you are debating about going to, go and cheer people on. ♦

MG Alum Wins State House Primary

By JENNAH SIMPSON

Anthony Bellmon, class of 2008 Mount Greylock graduate, has won a spot on the ballot for the Pennsylvania State Legislature come the 2022 midterm elections. He will appear as the Democratic Candidate for the 203rd Legislative District, which is located in Philadelphia. Bellmon decided to run because incumbent Democrat Isabella Fitzgerald will represent a different district, as redistricting has occurred due to population changes. This leaves an anticipated spot open in the district, which Bellmon is looking to fill.

Bellmon won the Democratic primary with 47.4 percent of the vote, beating Heather Miller and Yusuf Jackson. He garnered a total of 2,416 votes. He had 969, or 18.6 percent, more votes than the second place candidate. Bellmon will not face a Republican challenger in the general election in November. As of right now, his is the only name on the ballot.

Bellmon was endorsed by several major groups and politicians. According to his Instagram, @bellmonforpa, he was endorsed by the Pennsylvania American Federation of Labor and Congress of Industrial Organizations, the Pennsylvania Staff Nurses and Allied Professionals, the teacher's union in Philadelphia, and the Philadelphia Firefighters and Paramedics Union.

He also received endorsements from two members of the Federal House of Representatives: Dwight Evans, representative for Pennsylvania's Third Congressional District, and Brendan Boyle, representative for Pennsylvania's Second Congressional District. Bellmon currently works on Boyle's staff.

Bellmon attended Mount Greylock through the A Better Chance (ABC) Program. The ABC Program, which ended at Mount Greylock in 2015, aimed to bring disadvantaged students of color to the top public high schools in the country. Bellmon is originally from the Philadelphia area. Bellmon was a track captain in his years at Mount Greylock, and he also played on the basketball team. He was a representative on the student council for all four of his high school years. Bellmon was also a student board member for the Sustaining Educational Excellence Fund, the SEE fund, which provides grants for student projects and activities as well as administration requests.

After graduating from Mount Greylock, Bellmon attended The George Washington University in Washington, D.C. where he received a Bachelor's Degree in Government. Upon returning to the Philadelphia area, he taught middle school math and became an assistant Dean of students. He transitioned to working

for Congressman Boyle in 2015, initially serving as a Senior Advisor and case worker. Bellmon also formed a Political Action Committee (PAC) called Millennials in Action. Millennials in Action was formed to inspire young people in the Philadelphia area to have a seat at the table in politics. They also serve as a bridge between young people and the government and work to raise voter turnout rates in minority communities in the swing state of Pennsylvania.

Bellmon also recently worked for the Biden campaign in the 2020 presidential election. He was a field leader for the Southeast Pennsylvania region, which

turned out to be fairly important to the Biden campaign. In November of 2020, it was part of a batch of ballots that came in from Philadelphia and other regions in Southeast Pennsylvania that led to several major news stations calling the election in Biden's favor.

Bellmon has made several trips back to MG since graduating, albeit virtually. Last year, the Greylock Multicultural Student Union hosted a series where various alumni of the ABC Program gave schoolwide talks. Other speakers during the series included Earl

Edwards ('06), Gina Riggins ('09), Demaris Bailey ('05), and Elianny Camillo Edwards ('07).

Bellmon has also spoken to Mount Greylock's Register, Educate, Vote (REV) club. He gave talks in February and November of 2021 in addition to his school wide presentation in April of 2021. Much of his talk to the school was focused on his experience working for the Biden campaign and working on Capitol Hill. He spoke about his favorite moment on the Hill, when the American Rescue Plan was passed into law. When speaking to REV in November of 2021, Bellmon answered questions about his own personal experiences, such as being a man of color on Capitol Hill and his experience as a Mount Greylock student. As REV is the club surrounding political involvement, he also answered questions about how young people can get involved in politics and discussed the current political polarization.

According to his campaign website, the four main issues which Bellmon, if elected, plans to work on are Cleaner and Safer Communities, Education and Workforce Development, Mental Health Services and Access, and Senior Citizens and Care (bellmonforpa.com). Bellmon's midterm election, as well as all midterm voting, will be on Tuesday, November 8. ♦



Photo Courtesy of Bellmon for PA

NEWS & FEATURES

Williamstown Holds Town Elections

By JOSIE SMITH

On Tuesday, May 12th, Williamstown residents voted in the town election. The main contested races of the year were the Select Board race, with three candidates running for two seats, and the Planning Board Race, which featured two candidates for one seat.

The Williamstown Select Board serves as a governing body which makes town decisions. There are monthly meetings where town members can voice their concerns and questions. According to the Williamstown Boards and Committees webpage, these duties also include “a variety of statutory functions related to water, sewer, alcoholic beverage licenses, fuel storage permits, cemeteries, parks, and roads.”

Jane Patton and Randall Fippinger won the two Select Board seats. Patton has served on the Select Board for 3 consecutive terms and was reelected to a fourth term this year. Patton received 921 votes and will continue to serve as the only woman on the Select Board. The vote count between Randall Fippinger and Bilal Ansari was close, but ultimately Fippinger came out on top with 881 votes, while Ansari received 677 votes. 1,483 residents voted out of 4,926 registered voters in the town of Williamstown.

Patton lives in Williamstown with her wife and two daughters, and she is also the general manager at Taconic Golf Club. Fippinger is the visiting artist producer and outreach manager at the Williams College ‘62 Center. He is also the chairman of the Diversity, Inclusion, and Racial Equality (DIRE) committee. Patton and Ansari have also served on this committee, which was created in 2020.

In the Planning Board election, Ken Kuttner won with 869 votes while Carin DeMayo-Wall received 552 votes. Kuttner is a professor of economics at Williams College. Speaking on his plans for his term on the Planning Board, specifically housing costs in Williamstown, Kuttner said, “There aren’t many housing options within the financial reach of people like Mount Greylock teachers. Partly because there’s so little new building going on, and the houses that are being built are so expensive. At the same time, existing houses are being bought up and turned into Airbnbs or used as second homes.”

The other part of Kuttner’s plan addresses the overall operation of the Board. “To help us make more thoughtful recommendations, I would like to see more data and analysis used in the planning process,” Kuttner said. “I would also like to see the Board do more in terms of community outreach: explaining to the public the pros and cons of different zoning policies, soliciting their ideas and input, etc.”

Regarding what he is looking forward to for his term on the Planning Board, Kuttner said, “First, working closely with the other four members of the Planning Board and with our incredibly talented Town Planner, Andrew Groff. Second, getting to know and collaborating with other town officials, especially the Select Board members. And third, learning more about the town.”

Mount Greylock Senior Henry Art worked on Bilal Ansari’s campaign for the Select Board. Art said, “Although [Ansari] didn’t win, it was a very well run campaign and there is still a lot of support for him in the community.” Although Art is not yet old enough to vote, he was active in the school the day of the election, educating people about the candidates and holding signs on Cole Avenue in support of Ansari. ♦

Senior Art Features

Both Murphy and LaRoche’s pieces won awards at the MASS MoCA Teen Invitational. Lawson’s piece is a sequel to the piece she submitted in the last Echo edition. Lawson also won an award for a different piece she created.



Strike on Innocents by TEAGUE MURPHY

Artist’s Statement: *Strike on Innocents* is a three foot tall model of the first civilian building bombed in Ukraine comprised of recycled styrofoam. ♦



By JULIANN LAWSON

Artist’s Statement: My last piece of art made with graphite was a face, so now she gets a body. ♦



Freedom for Ukraine by FELICIA LAROCHE

Artist’s Statement: My art piece is titled “Freedom for Ukraine” in thought and prayer of the country. This is a glass fused art piece using frit, stringers, and glass of the Ukrainian flag colors. My inspiration for this piece was actually from a previous butterfly I had made in Mrs. Mendel’s class. When I showed my family the art I had made, my grandmother asked me if I could make her one of the colors of the Ukrainian flag. She said she wanted it to be “the freedom of the Ukrainian people flying away.” I grew to love this piece of artwork because it is not only beautiful but can be very easily broken...I wanted my art to be not only a metaphor of the country of Ukraine but also a symbol reminding us of those who were killed and affected by the violent acts upon them. ♦

NEWS & FEATURES

An Interview with Christian Sullivan

By DREW SCANLON AND
QUINLAN REPETTO

In November of 2021, senior Christian Sullivan was awarded the Mount Greylock Superintendent's Award. The Massachusetts Association of School Superintendents' Academic Excellence Award goes to one member of the senior class each year for demonstrating achievement in academics and community leadership. The Echo sat down with Sullivan to talk about his high school experiences.

E: How did you find out about the award?

Christian Sullivan: I found out about the award when my guidance counselor told me that she had very generously nominated me and that Dr. McCandless had accepted my nomination. I then had the privilege to speak briefly at the presentation of the award during a school committee meeting and to thank Dr. McCandless, Mrs. Maselli, and a few other individuals who nominated me and presented the award.

E: When did you start at Mount Greylock?

CS: I started at Greylock in 7th grade after one year at Williamstown Elementary.

E: What do you do outside of school?

CS: I've tried to get involved in a range of activities and extracurriculars. I've played soccer my entire life, and being part of the Greylock soccer team has been one of the most rewarding and influential experiences I've had over the past six years. I am a four year member of the MG Student Council, as well as a member of REV and YES club. Outside of school, I enjoy playing sports with my younger brother, spending time outdoors, and hanging out with friends.

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Strizzi To Retire After 21 Years

By KRISHIV MALHOTRA

Susan Strizzi, the current eighth grade science teacher and the eighth grade team leader, will be retiring at the end of this school year.

Strizzi started her career in the early 1990s after graduating from college with an undergraduate degree in nutrition. At first, Strizzi managed the cafeteria and also educated sports teams at Mount Greylock about nutrition.

"I enjoyed my experience working with students, so I decided to get my teaching certificate," said Strizzi. After receiving her teaching certificate, she started teaching at Searles Middle School in Great Barrington for 2 years. After working at Searles, Strizzi then went to Adams Memorial Middle School and taught there for three years.

"My goal had always been to get back to Mount Greylock," said Strizzi.

When the opportunity arose for Strizzi to work at Greylock, she jumped at the chance. Strizzi started as a high school teacher and then transitioned to her current position as the eighth-grade science teacher and team leader.

This year is her twenty-first year teaching at Greylock. "I have enjoyed my teaching career, especially working with all of my students," said Strizzi.

Strizzi has had a long journey at Greylock, but that journey has been full of joyful experiences: "I feel great joy when a student 'gets it' or asks a thoughtful question. I also feel joy when I run into someone at the grocery store and they

say, "Do you remember me?" You were my teacher."

While this fills her with the most joy, it is also one of the reasons why Strizzi is retiring. She feels that she should move on, and she wants someone new, young, and energetic to take over the job.

Luca Mellow-Barrels, a current 8th grade student of Mrs. Strizzi, said, "I learned a lot from Mrs. Strizzi, and I think it's great to have a new teacher for the position, but I also think she will be missed."

Anthony Welch is a current 12th grader and will be graduating this year. "It's been a while since Mrs. Strizzi's class, but I remember always being engaged, enjoying class, and never having a shortage of laughs. She will be missed by the Greylock community."

After retiring, Strizzi will be working part-time at the summer camp Overland, and she is also planning to travel the U.S. Strizzi will be done teaching when school ends, but will still be in the building until September 30th. She will be working out of the library under Mr. Schutz's discretion doing projects and subbing.

"I feel fortunate to have worked with such great young people and the colleagues I have worked with over the years," said Strizzi. "I will miss that, but at the same time, I am looking forward to a new chapter in my life." ♦

"I feel great joy when a student 'gets it' or asks a thoughtful question. I also feel joy when I run into someone at the grocery store and they say, 'Do you remember me? You were my teacher.'" - Sue Strizzi

Student Government Results

The Mount Greylock Student Council runs student government elections every year in May. Elected students will serve during the 2022-23 school year.

Rising Senior Class

President: Olivia McKeon
Vice President: Jennah Simpson
Secretary: Kiersten Simpson
Treasurer: Will Marsh
Student Council: Annie Art, Matteo Chang, Altan McIntosh, Jane Skavlem, Molly Sullivan

Rising Junior Class

President: Vincent Welch
Vice President: Judge Martin
Secretary: Ava Anagnos
Treasurer: Grace Winters
Student Council: Mira Boyer, Matthew Daley, Caleb Low, Lucy McWeeny, Celina Savage

Rising Sophomore Class

President: Gavin Hetherington
Vice President: Niara Steward
Secretary: Vera de Jong
Treasurer: Charlotte Coody
Student Council: Aleksei Chang, Charlotte Holubar, Polly Rhie, Zeke Singer, Knowl Stroud

Rising Freshman Class

President: Frances Evans
Vice President: Shubham Devre
Secretary: Antonia Wied
Treasurer: Ruby Dufour
Student Council: Everett Crowe, Nora Lopez, Krishiv Malhotra, Natasha Nugent, Mateo Whalen-Loux

Internal Student Council Elections

President: Annie Art
Vice President: Altan McIntosh
Secretary: Mira Boyer
Treasurer: Zeke Singer
Parliamentarian: Caleb Low
Press and Social Media Manager: Molly Sullivan

School Council Representatives (two year terms)

Amelia Madrigal
Ceci Malone
Celina Savage

NEWS & FEATURES

Pledge of Allegiance Returns to MG

Continued from Page 1

them and upheld the mandatory flag salute and pledge recitation, ruling that public schools could legally compel students to recite the Pledge of Allegiance and expel them if they refused.

Three years later, following an uptick in violence against Jehovah's Witnesses in America, the Supreme Court reversed the Gobitis decision in *West Virginia State Board of Education v. Barnette*, ruling that students could not be forced to recite the pledge.

While today students are still not required to recite the pledge or salute the flag, forty-six states have laws requiring public schools to incorporate the pledge into their day, including Massachusetts. The Massachusetts law states, "Each teacher at the commencement of the first class of each day in all grades in all public schools shall lead the class in a group recitation of the 'Pledge of Allegiance to the Flag.'"

With the return to reciting the pledge at Mount Greylock, this law subjects teachers to the pledge more so than the students, who retain the right to sit. English teacher Blair Dils noted the contradictions within Massachusetts state law regarding the pledge. "On one hand, there is a state law that says we're supposed to lead the pledge, but there is also a state law that says no employer can force their employee to say the pledge," he said.

Dils added, "We did go away from it for awhile, and it does feel outdated to stand up and pledge your undying devotion to the flag. It

doesn't really seem to resonate with the students of this community."

Like Dils, many teachers find fault with the practice, but state law makes their freedom of expression slightly more complicated than that of their students.

Before COVID-19 caused Mount Greylock to go remote, reciting the pledge seemed like a way of life for many students. After two years of not doing so, however, many students have newfound hesitations regarding not only their own participation in reciting the pledge but the place of the pledge in schools at all.

For sophomore Maggie Nichols, time away from reciting the pledge has given her the opportunity to reflect on what it means to her. She said, "I feel like we were treating it as this outdated thing, and now all of a sudden we're bringing it back." Nichols's main issue lies within the ideals outlined in the pledge. "We set those ideals, but did we set them in earnest? Were they really applying to everyone?" she asked.

Similarly, sophomore Liam Berryman said, "I feel like [the pledge] promotes a blindness to the atrocities the United States has committed in the past. It's like something out of a dictatorship where you have to pledge your allegiance to that dictatorship. It's become ingrained."

Many students, while finding fault with the pledge in general, still respect other students' decisions to stand. Junior Annie Art said, "I think that saying the pledge is a strange practice,

but I know that some people value this tradition and I don't have a problem with them saying it."

Freshman Claire Burrow said, "I think the fact that our country has a pledge to our loyalty in general is a bit iffy, and I personally choose not to stand for it."

While there has certainly been a move away from the Pledge of Allegiance at Mount Greylock, some students still find importance in this practice. Sophomore Tyler Hynes-Drumm said, "I stand for it just because I have a lot of family members that are in the military, so I think I stand out of respect for them."

Sophomore Jenner Kittle feels unmoved by either fellow classmates' reactions to the pledge or the temporary lapse in reciting it these past two years. He said, "I have always done it, and there's no reason for me not to stand for it. I like living in this country, so why not?"

While the state law leaves little opportunity for Mount Greylock to stop reciting the pledge anytime in the near future, parts of the student body seem to slowly be moving away from this recitation that has been so prominent in their school careers.

Conflicting ideas regarding the pledge have arisen during these past few weeks, but it has also fostered opportunities for students to have discussions and share their views. Schutz said, "If anything, hopefully it gives students a chance to reflect on what that means to them." ♦

Williams College Students Create Website of Mount Greylock Mental Health Resources

By MOLLY SULLIVAN

Over the months of April and May, four Williams College students came into the building to survey high school student groups about their mental health and access to treatment and resources. The four college seniors, majoring in public health, were researching for their capstone project. The results were a fully functioning website made for Mount Greylock students, with links to over 100 resources related to mental health and well-being.

The four college students met with the Peer Resource Team and the Greylock Multicultural Student Union to have discussions about mental health at Mount Greylock specifically. The group also consulted the Counseling Office. The college students eventually presented the website to the Peer Team and asked for final recommendations. The website has been featured in the MGRS Weekly newsletter and is available for student, teacher, and community use.

"We learned that there is a lack of awareness about specific mental health conditions, particularly anxiety, and available mental health resources," the college students wrote regarding Mount Greylock. "To address this gap, we decided to collaborate with the MGRS counseling office and the student Peer Team to create

this mental health resource guide."

"The groups felt both welcoming and informative," junior Altan McIntosh said. "The first meeting was mostly centered around getting information; thus a lot of it was the Williams students asking us questions about Greylock and us answering them to the best of our ability."

The website includes 7 pillars of resources: Resources at School, Crisis Hotlines, Inpatient Services, Outpatient Services, Community Resources, Self-Help Resources, and LGBTQ+ Resources. Each pillar has an extensive list of opportunities and treatment options that students and community members can view.

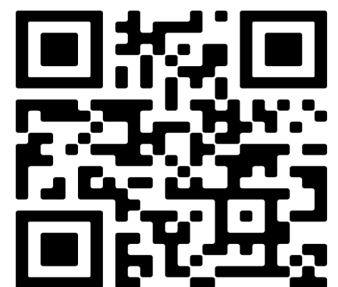
McIntosh said the college students found the resources, while the Greylock students made suggestions and talked about the issues in the Greylock community. "My role in the groups was more centered around providing specific information about Greylock and what it's like being a student there. Questions like what problems students face and the various ways we can combat them were the questions I responded to the most."

The website can be followed down many different paths for resources related to specific disorders and needs. In the general resources tab,

the Berkshire Psychotherapy Network page can be found. This website lists more than 45 therapists in the area and groups sessions that are available to the public.

"If [the website] is consistently shown and many people know it exists, I think it could be very helpful in providing resources for students that are struggling," McIntosh said.

On the website, the college students wrote that the product meant more to them than just a senior project. "Our hope is that this website starts more conversations about mental health at MGRS and makes finding mental health support a bit easier." ♦



Mental Health Resource Website

FEATURES

Celebrating 50 Years of Title IX

By MOLLY SULLIVAN

This year marks the 50th anniversary of the federal civil rights law known as Title IX. The law prohibits discrimination based on sex in education and activities that receive federal funding. The Echo interviewed two former Mount Greylock female athletes to discuss their unique experiences at Mount Greylock and in their communities.

Susan Hiser (Chick), class of 1982, played field hockey, soccer, and softball at Mount Greylock. After her junior year, field hockey was discontinued at Mount Greylock, and Hiser played soccer in her senior fall. Hiser went on to play field hockey and lacrosse at Bates College, and now resides in Ohio with her husband. She has spent time coaching field hockey and lacrosse in youth and private school leagues.

Echo: Welcome, Sue! Thanks for speaking with us. Do you have any memories, as a female athlete, of a difference in the way you were treated or viewed?

Sue Hiser: I don't think so. I think Williamstown and Mount Greylock were pretty good about that. I mean, we're a fairly educated town, and with Williams there it helped. It would have been nice if we had ice hockey for girls, that kind of stuff, but we didn't. No place did really, but things have turned around. It just didn't happen back then. It was post Title IX, so we did fine. We had some of the worst uniforms in the world. Everybody wore them, the gym uniforms, and then it changed probably by ninth grade; we could wear what we brought, so it wasn't a big deal.

E: Do you see a difference in the way female athletes are treated now, or is it just the same?

SH: I have a son who graduated from college last year and my daughter swam in high school. I worked for high school boosters for years. If anything, it's monetary. It's expensive to do sports, not for the person, but to be safe, to pay officials and do all the stuff. It's hard for towns to support that. They need to have money coming in to be able to do the extra things they want to do. I think it takes a lot more than just the school budget in a lot of places now for boys and girls.

E: Have you played sports since high school or was high school the end of your career?

SH: I went to Bates College, and I hadn't played field hockey in years, so I wasn't thinking about it. My roommate was like, you gotta go, there's this girl down the hall that you should go play with and I did. I played for four years and loved it, and some of my best friends I met on that team. Then, one of the captains of field hockey at Bates my freshman year was also the captain of the lacrosse team and taught us how to play lacrosse, so then I played lacrosse, too. I picked it up in college. And then after college, one of my friends from high school got me to play in a women's soccer league.

E: Do you have any remaining connections to high school teammates or coaches or any kind of things that happened during that time in terms of athletics?

SH: Our high school field hockey coach was Gerry Zelfer and she was a PE teacher, and then she had some kind of medical issues so she stopped coaching before the last year. Gerry Zelfer was wonderful. She actually wrote me a note when I was in college saying, 'You're doing great. I'm so proud.' Liza [Barrett] and I, and we have many mutual friends, actually some of them are probably in Williamstown who played on that field hockey team. Definitely my college friends, too. Those are the people you spend all your time with. Unfortunately, now I live in Ohio, so I don't see people as much as I used to. But my husband is an athletic director at a college, so athletics is a big part of our life.

E: You said you had a female field hockey coach in high school. Was that pretty rare to have a female coach? Do you think having a female coach in high school had an impact on anything?

SH: I don't think it was rare. It's funny; when I used to go to summer field hockey camps, there were actually males there which was more unusual, but they were European. They came from England because not a lot of guys in America play. We do have a US team but not very many men play it. It's usually women. Yeah, I think [having a female coach] shows you that you can be in charge of something, you can be a leader. Definitely. She was great. I really liked her. The soccer coach, he was a guy, Tim Chapman, and the softball coach was just a woman that came part time.

E: Do you know the reason behind why field hockey was stopped after your junior year?

SH: Well, there weren't a lot of teams to play, and they were looking into playing New York teams, which was kind of ridiculous. There were only four teams in the old Berkshire County league, so it was very limited. And then, this Proposition 2½ passed in the state of Massachusetts, which limited money that schools could levy from the town, so certainly they had to make cuts and I think because there weren't a lot of other teams, it was the thing to cut.

Liza Barrett (Burdick), class of 1982, ran cross country, played basketball, and ran track at Mount Greylock. In her ninth grade year, Barrett and four others started the girls cross country team at Mount Greylock. Barrett went on to play basketball at Wesleyan University and started the women's rugby club there. Barrett lives in Williamstown with her husband and family and is Mount Greylock's school librarian.

Echo: Hello Mrs. Barrett, thanks for joining us! When you were in high school, did you feel that female sports looked the same as

male sports?

Liza Barrett: When I was in high school, there had been a men's cross country team for many years, and in my ninth grade year, I started the female cross country team. We were told we could just run with the JV boys if we wanted to join the team, but I wanted there to be a girls team. I found four other people to do it with me, and we were the only team in Berkshire County that year, in 1979. We didn't have other teams to compete against so we did run with the boys, but it was cool because we were a team, because there were five of us who could score, and once the county was over, we went to Western Mass, and there were female teams. We competed and at one point we came in fourth in Western Mass, and then we went to states all four years. By the time I graduated, every single school in the county had a female team, so we really started that. And it was because my brother, Scott Burdick, ran, and I wanted to run too. So I started the team. Track was an incredibly fun experience and I feel like we were all treated the same. It was this big, male and female team. But basketball, everybody went to the men's games and nobody came to our games. As a basketball player, it felt different. It was like, 'Why doesn't anyone want to come to our games?' It just felt like the men's team was all that and nobody cared about ours.

E: Did you feel that male athletes, male teachers, other males in the community treated you differently as a female athlete?

LB: Coaches were fabulous. Coach Gerard was the cross country coach for both teams and he was great. Our track coaches were awesome. I loved my basketball coach, Coach Chapman. I remember there being great support for wanting to start the cross country team. And I remember nobody caring about girls basketball, but we were really bad, so that might have been part of it. I definitely identified as an athlete and felt respected as a female student athlete, by my peers and my teachers and coaches. I can't speak for anyone else. Something that was really helpful was that all the boys on the cross country team in high school were my best friends, and they were incredibly supportive. I wonder, looking back, if they had not been supportive whether I would have pursued it because they were my friends. If they were like, 'Oh, don't do it,' I wonder as a female if I would have felt pressured not to do it, because they were all my best friends and obviously you don't want to go against them. But thankfully they were really supportive. And we ended up having an incredible four years running together, so I'm lucky in that way.

E: Would you say that in terms of differences between then and now there has been a big change in female sports?

LB: Yeah, it does feel different. Back then, there were opportunities for boys to do things outside of seasons, in summer, in leagues, and there was absolutely nothing for females in Berkshire County if you wanted to play sports outside of

FEATURES

Senior Destinations

Note: This list of students includes only those who were in school to grant the Echo permission to publish their plans.

Zoe Armet - University of Vermont

Henry Art - Davidson College following a gap year at National Outdoor Leadership School (NOLS)

Alex Axt - University of Tennessee

Adriel Benko - Skidmore College

Eddie Brannan - Boston University

William Broadwell - Rensselaer Polytechnic Institute

Jillian Bump - Russell Sage College

Jack Cangelosi - University of Massachusetts Boston

Jack Catelotti - Rensselaer Polytechnic Institute

Cayden Conry - Rensselaer Polytechnic Institute

Takiera Darrow - University of California Los Angeles

Christian Doucette - University of Maine at Farmington

Maisie Dufour - Michigan State University

Diego Galvez - University of Massachusetts Amherst

Samantha Garzone - University of Massachusetts Amherst

Caroline Gillette - Berkshire Community College

Ryan Goss - University of Rochester

Luca Hirsch - Northwestern University

Landen Jamula - McCann Technical Postsecondary School

Matthew Johnson - Berkshire Community College

Simon Klompus - Bates College

Mia La Frazia - Pratt Institute

Rosario Larios-Sontay - University of Massachusetts Amherst

Felicia LaRoche - Rhode Island College

Juliann Lawson - Quinnipiac University

Tessa Leveque - Marist College

Madison MacHaffie - University of Massachusetts Amherst

Thomas Martin IV - University of Indianapolis

Preston Maruk - Western New England University

Catherine McAllister - Dickinson College

Karissa McInerney - St. John's University Queens Campus

Eleanor McPartland - Smith College

Jamie-Lee Meintjes - Berkeley City College following a gap year in Australia

Isaiah Mejias - United States Marines

Livia Morales - New York University

Teague Murphy - Roger Williams University

Maya Niemeyer - Bryant University

Derek Paris - University of Maryland, Baltimore County

Tej Patel - Boston University

Sarah Reynolds - Adelphi University

Jamie Rhinemiller - University of Rhode Island

Lily Rorke - Endicott College

Emma Sandstrom - Williams College

Piper Schulman - Bennington College

Alayna Schwarzer - Northeastern University

Aireanna Shaw - Albertus Magnus College

Mackenzie Sheehy - Duke University

Samantha Slick - St. John's University Queens Campus

Josephine Smith - University of Vermont

Christian Sullivan - Bowdoin College

Kate Swann - Williams College

Jesse Tague - Quinnipiac University

David Tatro - Berkshire Community College

Alexis Toomey - Mount Holyoke College

Cameron Turner - Berkshire Community College

Lauren Voorhies - Berkshire Community College

Rona Wang - Massachusetts Institute of Technology

Anthony Welch - Massachusetts Maritime Academy

Parker Winters - Framingham State University

Malina Woodbury - Elms College

SPORTS

Mounties Find Success in State Tournament

By ARTHUR MILLET AND EMMA SANDSTROM

This year, the Mount Greylock athletic teams have proven to be especially successful participants in MIAA State tournaments. In the fall, the girls cross country running team won states and the girls volleyball team made it to the semi finals of the states tournament. In the winter season, the boys nordic skiing team won states and the girls nordic skiing team came in third in the tournament.

Many athletes and coaches emphasize team chemistry as the key to tournament success. "I have been a member of many sports teams here at Greylock during my last six years, and the key thing that I have noticed is that teams succeed more when everyone is in good spirits and enjoys each other's company," said Volleyball senior Tessa Leveque.

"The trust that our team had in one another is the defining factor of what allowed us to go as far as we did," sophomore Volleyball player Celina Savage said. "It allowed us complete confidence on the court which can define a game."

The girls cross country program has made it to the state tournament many years in a row, and sends the top seven athletes to race each time. Junior cross country runner Annie Art said, "I am so proud of the cross country team for our hard work and perseverance. Through the hiccups of the season, our team was always able to keep each other laughing," said Art.

Cross country senior captain Kate Swann echoed a similar sentiment. For Swann, the state

tournament is a collaborative goal which forces the team to come together in both emotional and physical ways.

"States extends the season by a few weeks, so the team gets to become even closer as we run together more, go on long bus rides to the race courses, and go through such a stressful and exciting time together," said Swann. She added that "love you all no matter what" is the team's motto, and they "make sure to emphasize that on the day of states to create the most calming and loving environment."

When discussing other elements of racing at a state tournament, cross country coach Hilary Greene said, "choosing the race strategy can also be challenging." However, it would seem that the girls cross country team has developed a successful strategy. "Mount Greylock has had a legacy for winning state tournaments," said Coach Greene.

The girls volleyball team also had a successful fall season, making it to the semi finals of their state tournament for the first time in history. After a loss in the finals of the Western Mass tournament, the team entered the state tournament with a heightened sense of motivation.

"We knew what we were capable of and just wanted to show everyone what we could do, so we really left it all on the court for our state games," said Leveque.

In the winter season, the boys nordic ski team competed in states for the first time since 2020.

The team's win in 2022 boosted their record to 20 total program state tournament wins.

Senior captain Parker Winters said, "Winning states was huge for the entire team, because last year we lost vital members of the team and so many more people had to step up to get it done. As Scott Burdick would say, 'we don't rebuild, we reload,' and that came true this year."

The team was led by Quinn McDermott, who placed first this winter at the MIAA Nordic Ski Championships at Prospect Mountain.

"That state championship plaque means that we accomplished the goal that we set out for and grew as a team. I think everyone on that team also grew as a person through the experience," said Winters.

The girls nordic team also completed a successful winter season as they achieved third place in the state tournament.

"The girls team was really close and built each other up through practices and races. I was proud watching our success as we grew as skiers and people all season long. Long term, I hope to see the same closeness and perseverance that I saw this season," said Lainey Gill.

All of the teams look to continue their success and maintain their close community into next school year and future seasons. "I am so excited to work together to become the best team and community we can be. Our history of success really makes me excited about future seasons," said Art. ♦

Athlete Spotlight: Jack Cangelosi

By QUINLAN REPETTO

The Echo sat down with senior Jack Cangelosi, who recently completed a 14-4 regular season with the Mount Greylock baseball team. Backed by Cangelosi's no-hitter, the team won the Western Massachusetts Class C final against Frontier on June 1. Cangelosi plans to continue playing baseball at University of Massachusetts Boston, where he hopes to pitch for the team.

Echo: Tell me a little bit about yourself.

Jack Cangelosi: My name's Jack Cangelosi, I'm a pitcher for the Mount Greylock baseball team, and next year I'm going to play baseball at UMass Boston.

E: You mentioned you are going to play baseball at UMass Boston, what do you think that is going to be like?

JC: I'm playing in Boston, so right in the city, and hopefully I'll be able to pitch a bit my freshman year. I'm excited to be in a different atmosphere, it's definitely going to be different in the city. I've met a lot of the guys there, too, and I'm excited to get to work with them.

E: Do you have any other hobbies besides baseball?

JC: I'm mostly just a big baseball guy, though I play video games sometimes. I've recently taken up reading a lot more; I really enjoy reading.

E: How is your current baseball season going? What is your record?

JC: It's gone well so far. We finished the regular season 14-4. Unfortunately, we lost our final regular season game the other day, but we're just going to move past that. We're excited to move past that, and I think we can do some special stuff this year.

E: When did you first play baseball? How did you decide to start playing it?

JC: I first started probably when I was around five. My grandfather got me into playing it a lot. None of my parents played baseball, so my grandfather got me into it. I just fell in love with the game and I've been playing it ever since.

E: Have you enjoyed your time with the Mount Greylock baseball team?

JC: Yeah, definitely. I loved it. It's a great atmosphere and a great culture, year-round a lot of great people all the time, all the coaches are great. No complaints.

E: Do you have any words of advice for younger athletes, baseball or otherwise?

JC: Definitely get to know your coaches well. Just try to enjoy it as much as you possibly can, because it truly is a special experience and I

think everyone has something they can take away from it. It's definitely going to help you improve as a player if you're part of the program. ♦



Photo Courtesy of Jack Cangelosi

SPORTS & OPINIONS

Breakfast in a Breeze

By RAFAEL MELLOW-BARTELS

Are you ever about to miss the bus but you still have not had anything to eat? This is a spot that we have all, unfortunately, found ourselves in at some point in our high school careers. While it can be challenging when we are all on the run, it is important for everyone to have a filling breakfast, even if it takes up some of your time in the morning. Not sure what to make? Never fear! Here are some nutritious, delicious, and easy options for your morning!

Your first option is yogurt. It is very simple, yet you can make it as complicated as you want it to be. When you need a quick breakfast option that does not require much preparation, yogurt is a great choice. Plain yogurt can be great if you have a fun flavor like strawberry, or my personal favorite: black cherry. While it is quick, it may not end up being the most interesting breakfast. If you have a little bit more time and are willing to spend that time on breakfast, I suggest adding different toppings onto your yogurt. Fruit is a great option that adds flavor

and is healthy. Blueberries and strawberries are some of the most popular fruits for yogurt, but you can add any type of fruit that you want. Everyone has unique tastes! Other toppings to add to yogurt are granola and nuts. Granola and nuts can add a little extra crunch to your yogurt, and they are both a great source of protein and vitamins.

Cereal is both flavorful and quick to make. There are so many different flavors of cereal for whatever you are feeling at the moment. Some are sugary and sweet while others are considered more "healthy." All you have to do to make cereal is put the cereal and milk into a bowl and then eat it. Cereal is possibly the easiest breakfast to make.

Oatmeal is another quick meal to prepare and so easy that even the most inexperienced chef can make it. Making oatmeal from scratch will take a while to make, but a really fast way is to use instant oatmeal. Instant oatmeal takes only about two minutes to make. First you add

milk or water to your oats, and then you put it in the microwave for about 90 seconds. It is that easy. Oatmeal is also a healthy option as it has a good amount of fiber, protein, and vitamins B and E. Cereal and oatmeal are the perfect choices for a timely breakfast.

Bagels are a great option, but they do take a little bit more effort and time to make. A bagel provides a lot of protein and it completely fills you up. To make a bagel, all you need to do is place the bagel in the toaster and wait for four to five minutes. If you want to add more flavor to a bagel, some options are cream cheese or butter.

If you are deciding if you should skip breakfast because you are rushing to get to school tomorrow, just think back to these great options. Yogurt, cereal, oatmeal, and bagels take a very short amount of time, come in many varieties, and can be very healthy for you. Having a good breakfast is a great way to start your day. ♦

Nine Greylock Teams Compete in Spring Season

By ANDREW PETROPULOS

On March 21st, spring sports began at Mount Greylock. Baseball, Lacrosse, and Softball are competing in new leagues that expand beyond Berkshire County, while Tennis, Track, and Unified Track are still competing in the county.

This spring sports season has been a return to normalcy for many athletes. Sophomore Lacrosse player Jamie Sweren said, "It's been much better this year because last year we had to wear masks for some of the practices. It really just wasn't great with a mask and a mouthguard and everything. It's a lot easier to see each other and communicate without them."

The girls Lacrosse team ended the regular season 15-3. Earlier in the season, Junior Sarah Pumbo won iBerkshires Athlete of the Week after a game against Granby where she won 13 draws. The team is coached by Jeff Stripp and led by senior captains Mackenzie Sheehy, Tessa Leveque, and Zoe Armet.

"I'm enjoying the team dynamic and being able to captain the team alongside Zoe and Mackenzie," Leveque said. "We are really starting to click as a team, and I think the rest of the season and the tournament will be a great showcase of this team's abilities."

This year, Mount Greylock boys Lacrosse players are competing on a cooperative team with Hoosac Valley. The team ended their regular season undefeated with a record of 17-0. They will compete in the state tournament later this month.

After multiple postponed games, the Baseball team opened the season with a 5-1 win over Mount Everett. Senior captain Jack Cangelosi struck out 14 batters and allowed only one run. Cangelosi also had an RBI triple in the seventh inning to round out his performance. Fellow senior captain Derek Paris threw a perfect game in the quarterfinals of the Western Massachusetts Class C tournament against Franklin County Technical School, and the team went on

to win the Western Mass finals 10-0 backed by Cangelosi's no-hitter on June 1st.

The Baseball team ended the regular season with a record of 14-4 and they are preparing for the state tournament later this month. When asked about the season, Cangelosi responded, "It's going fantastic, we want to win the state championship. I think we work really well together as a team and we are all excited to keep going with the season."

The Softball team received a new field this year, but many games have been rescheduled because of unplayable conditions. The team has 23 girls this year, an increase compared to last year's 10. The Softball team had a regular season record of 11-7 and will also compete in the state tournament later this month.

"I like having the JV team because then we get support at our games but we can also go and support them when we have double-headers," junior captain Emma Newberry said. Newberry captains the team along with three other juniors: Brodi Rosier, Abbey Whitley, and Kamryn Sweet. Newberry won iBerkshires Athlete of the Week after a game against Mahar with three home runs and 11 RBIs. Later in the season, in a win against Drury, Newberry and Sweet had two home runs each. Newberry has a .683 batting average, and Sweet continues to perform on the mound with 11 strikeouts in an earlier game in May.

The Mount Greylock boys Tennis team ended the regular season 9-5, with seventh grader Tate Carothers leading the way at first singles. Josh Rudin has also performed at second singles, and other pairs have rotated throughout the remaining single and doubles spots.

The girls Tennis team has posted a 10-4 record this season. The team is led by singles players Mai O'Connor and Mia Patrick. In a recent iBerkshires article, coach John Jacobbe said O'Connor and Patrick will likely continue

to battle for the first singles spot throughout the year.

Both the boys and girls Track teams completed an undefeated season with a record of 4-0. Both teams have competed at the Berkshire County Invitationals, West Central meet, and the State tournament in the postseason.

"Honestly, I love the people and the community with Track," senior Jack Catelotti said. "It's what I look forward to every year. We are really like a family, compared to the other sports I participate in. I also enjoy just being able to hangout with people and have fun working out."

The girls and boys Track team both competed in the Division 6 state tournament at the end of May. Catelotti, Matteo Chang, Jackson Powell, and Preston Maruk took first place in the 4-by-100 relay at the meet. Senior Cameron Turner placed third in javelin, and sophomores Jenner Kittle and Judge Martin scored for their team in the javelin and shot put, respectively.

The Unified Track team had a successful inaugural season, led by Coach Harry Trites. More information about their season can be found in an article on the *Echo* website. ♦



Photo Courtesy of Jack Catelotti

OPINIONS

Celebrity Activism: Does it Help or Hurt?

By KIERSTEN SIMPSON

As someone who has lived through times of immense political turmoil and through the age of social media, I have watched celebrities try and fail and try and fail again to keep up with the times and stay progressive. I have seen the cast of Grey's Anatomy do poorly executed "Day of Silence" videos, and I watched the dumpster fire that was Gal Gadot's celebrity cover of "Imagine" at the start of the pandemic. Both of these were, naturally, very poorly received. This is not because these celebrities weren't trying to aid the cause — they absolutely were. It's just that it is difficult for celebrities to truly grasp most issues, especially when those issues do not directly affect them.

Take, for instance, Taylor Swift's 2019 single "You Need to Calm Down." I love Swift, but I do not think this is a very good activist song. In a song from a straight woman about gay rights, the lyrics, "And I ain't trying to mess with your self-expression/But I've learned the lesson that stressin'/And obsessin' 'bout somebody else is no fun/And snakes and stones never broke my bones," do nothing but center the narrative around her. LGBTQIA+ discrimination is not a petty internet fight; it is a real-world problem with real world consequences, especially in more conservative states.

There are some songs, such as Swift's "Nothing New," where centering the narrative around

herself is 100% okay, as she is discussing issues relevant to her. "Nothing New" is about Swift's own experiences as a young woman in the spotlight. However, when singing and advocating for a marginalized group that she is not a part of, Swift comparing their struggles to her own reads as tone deaf.

Millionaires suggesting that we "imagine no possessions" from their multi-million dollar homes as people struggle to make ends meet in an age with record unemployment does not bring comfort.

There are also, of course, situations where celebrities are allowed to center themselves. In the wake of the Supreme Court leak regarding the overturning of Roe v. Wade, the court case which legalizes abortions, American singer Phoebe Bridgers took to Instagram and Twitter to share that she had an abortion. Something similar happened in 2021, when Sandra Oh spoke about her experiences as an Asian woman in the midst of the Stop Asian Hate movement. When celebri-

ties are part of the group that is being oppressed, it feels far more appropriate for them to center themselves.

On the other hand, some moments have been much less appropriate. The performance of "Imagine" to inspire people during the pandemic was particularly poorly received, even though it featured plenty of famous faces. These famous faces did not truly understand the problems that lower income communities were facing in the wake of the start of the pandemic. Millionaires suggesting that we "imagine no possessions" from their multi-million dollar homes as people struggle to make ends meet in an age with record unemployment does not bring comfort. It simply reminds us of their privilege.

This is not to say that celebrities should not speak out on political issues; the aforementioned Swift doubled voter registration for 18-24 year olds when she spoke out on the importance of voting before the 2018 midterm in Tennessee. A few weeks ago, a list of celebrities passed a petition around on Instagram that said they supported Roe v. Wade and opposed its overturning. The issue is that when celebrities try to speak for the masses — whether that means writing a song meant to represent a community they are not a part of or singing to insert unfounded optimism into a dreary situation — it only alienates them more. ♦

Why We Need Roe v. Wade

By CELINA SAVAGE

Contraceptives fail, rape and sexual assaults occur, and unplanned pregnancies happen. These are realities of life that affect many people in our society. As a person with ovaries and a uterus, I would like a choice in what my body is forced to go through. I understand that people may not agree with everything I write, but these are my words, and it is illogical for us to sacrifice communal liberties, like free speech, to appease the individual. That is the fundamental mantra, it seems, of the United States, and yet, to our communal fury and dismay, a minority opinion is set to eliminate the wishes of the majority.

Roe v. Wade was a decision made by the Supreme Court in January of 1973, allowing women across the country the federal and constitutional right to an abortion. Although controversy over this decision has ensued, today we have reached a place where the Supreme Court could eliminate this decision, and the rights it provides to Americans, altogether. The fact that *Roe v. Wade* furthered women's sexual, economic and social liberation and autonomy is undeniable. Before then, women faced mass infection and potential death if they got an abortion due to the lack of available, safe, and legal abortion treatments.

According to 2022 data from the Pew Research Center, 74% of Americans ages eighteen to twenty-nine agree that abortion should be legal in all or most cases. Our generation's opinion being disregarded this blatantly and unapologetically is troubling, especially since we are the next generation of childbearers.

Our government is supposedly representative and "for the people," yet it does not represent me. As someone who is unable to vote and whose voice is not incredibly influential in our community, I have found it personally frustrating to find ways to fight my rights being stripped from me. It is a helpless feeling to see liberties that protect my safety as a woman, and my option to prioritize anything over my ability to procreate, disappear in front of my eyes. The predicted overturning of *Roe v. Wade* is ultimately telling me that no matter how strong my intellect, no matter how influential and helpful I could be in the future of our community, my ability to carry and raise a child is my only useful function.

Regardless of varying opinions, the act of carrying a pregnancy to term has an extreme and even traumatic effect on the body. By itself, that should warrant a choice of whether or not a person wants to put their body through that process. This is not a process that anyone else should force someone to go through, no matter what political and ideological opinions someone has about it.

Another issue that infuriates me is the lack of separation between church and state in these discussions. I do not personally believe that life begins at conception, but I respect the opinion of those who do. What I do not respect, however, is when my life and my liberties are being encroached upon by religious beliefs that I do not align myself with. There is a large difference between asking others to respect your religion or culture and demanding others to abide by it. I

find it incredibly shocking that, living in a nation that preaches tolerance and acceptance, it still seems that the "acceptable" behavior is set by a white, traditional Christian viewpoint.

I will continue to respect those with different religious ideologies, as that is a moral duty and shows basic human decency, but I will never respect those who force others to conform to their beliefs. Why should someone be conscripted into a situation based on an ideology that they do not agree with? There is no logic to that, and the idea of this situation happening to me is nauseating. Pro-choice is not synonymous with being pro-death; rather, it provides women the freedom to be more than their reproductive organs and ensures protection of their health and wellbeing.

For 50 years we have had a right to abortion in this country. I truly cannot imagine living without this right that we grew up with, and one which our parents grew up with. This country will be taking an enormous step backwards if we lose access to this fundamental freedom. ♦

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Goodbye Letters from the Editors

By EMMA SANDSTROM AND MACKENZIE SHEEHY

To the members of the Mount Greylock community,

When I first assumed the role of Editor, I was primarily excited about having the opportunity to help lead and cultivate a crew of passionate writers and truth tellers. Mind you, I'm no #materialgirl, but I would be lying if I said I wasn't also enthusiastic about being in possession of the famous *Echo* laptop.

For years, I had watched it be passed down from EIC to EIC, and for years I wondered with eager anticipation whether or not I would have the privilege to carry it myself one day. The laptop, I had always been told, came with great responsibility. Sure, I had to be careful with it, but the larger responsibility came with promising to be an amplifier. I had to demand our stories were told, amplify the stories of my peers, and dig for the stories that were bubbling beneath the surface. This was a responsibility that I desperately wanted.

Once I was granted the laptop, my first (self-inflicted) duty was to dig (like any respectable investigative journalist) into the deep, dark depths of the computer. Among the folders and files in the Drive, I found articles dating back to 2008, sweet messages between former editors, and hidden notes of encouragement waiting to be found.

In my many years as a member of our school's newspaper, I can think of nothing more emblematic of the *Echo* community than the hidden gems that I found on that laptop. The *Echo* has not only provided me with the

opportunity to share the stories that pervade Greylock, but has also granted me an intimate relationship with my school and town. Some of my most prized relationships have been cultivated by the *Echo* through interviews, trips to the printers, and 2 AM Face-Time sob sessions over last minute layout issues. The *Echo* is a truly special publication — one that I wholeheartedly believe has changed my life.

To the *Echo* crew: congratulations on another successful year as a publication. This year we expanded into unexplored realms of media, took leaps of faith, and broke barriers. I have found great joy in watching each and every one of you come into your roles as editors and writers, and I have been filled with gratitude for you every day. And to our new EIC, Molly, I have no doubt that the *Echo* will flourish in your hands.

To my classmates: It has been an honor to grow up with you for these past six years, and for some of you, these past twelve. Our high school experience has been far from normal, but we made it through together. I could not ask for a better class to graduate alongside.

I leave you with this plea: no matter where you end up next, never stop spreading your stories and demanding that your voice be heard. And for younger students: join the *Echo*. I hear it's a special group.

With Love,
Emma ♦

To the Greylock community,

When I went to my first *Echo* meeting as a sophomore, I was ecstatic at the thought of joining my first real club, desperate to get right down to the serious business of journalism. Forty-five minutes later, I had written a fake news story about turkeys loose in the school. Needless to say, I was very unsure where my *Echo* journey would take me.

Now, three years later, this newspaper has transformed my high school experience. I never imagined that I would gain so much knowledge and skill while also growing as a person. Most importantly, I have gotten to interview and talk to individuals in our community who I never would have interacted with normally. It exposed me to the world like never before as I became more cognizant of my surroundings.

As my time at Mount Greylock draws to a close, I find myself increasingly thankful for the memories this place has brought me, the people it has introduced me to, and the person it has made me. It hasn't been easy, but the reward has been greater than the struggle.

There are so many individuals to thank that I cannot possibly put them all, but to those I forget, thank you for making my time here such an incredible experience.

To my *Echo* staff members this year, thank you for putting up with me. Your constant dedication and hard work was

invaluable. Continue with your creativity and passion toward journalism.

To my fellow seniors, what a wild ride it has been. We constantly talk about having only one normal year of high school as ninth graders, but we persevered through it all. All of us have grown in our own unique ways, but we have unified as a class in times of triumph and times of stress. I know the future is bright for all of you, and I will look back on our time together with fondness.

Finally, to our successor, Molly Sullivan, I am so proud and honored to have watched you grow up as part of the *Echo* staff. I know you will lead well at the helm with grace and kindness as you do in all areas of life.

In closing, I offer my congratulations to the Class of 2022 and my best wishes to the rest of the Greylock community. I cannot possibly thank my teachers, staff members, and peers for making my experience memorable and formative. In your future endeavors, follow your passions and seek out what brings you joy. My best advice to offer? Join the *Echo*.

Best,
Mackenzie ♦

Sullivan Interview

Continued from Page 6

E: What do you like most about Greylock?

CS: I love that at Greylock, teachers are very accessible to students and passionate about their subjects. As I've seen through some of my extracurriculars, staff and faculty do tons of work behind the scenes to improve students' experiences and the MG community.

E: What are your plans for next year?

CS: I'm headed off to Bowdoin College in Brunswick, Maine. I'm hoping to major in Earth and Oceanographic Science, Biology, or Environmental Studies.

E: What are you excited about for the future?

CS: I'm super excited to be able to do more hands-on research in college labs and in the field. I'm also excited to take courses in subjects that I've never experienced before and to explore Maine in general.

E: Do you have a favorite memory at Greylock?

CS: I have tons of great memories at Greylock. I played in two particularly memorable Greylock soccer comebacks against Lenox with huge crowds that I'll remember for years to come. In the classroom, I'll always remember a few chemistry labs that went sideways quickly with my lab partner Tej. And of course, the highly competitive "AP Gym" class has been a highlight of my senior year as well.

E: What will you miss most about Mount Greylock?

CS: I'll undoubtedly miss the friends I've made over the past six years at Greylock and all of the connections I've formed that have prepared me outstandingly for the next four years. It's certainly difficult to find a more compassionate and ambitious high school community, and I'll value the experiences I've had at Greylock for years to come. ♦



Photo Courtesy of
Christian Sullivan

ETC.

Doctor Strange Film Messy But Unique

By KIERSTEN SIMPSON

I, like many people, am slowly growing tired of every Marvel Cinematic Universe (MCU) film following the same mold. *Spider-Man: Homecoming* (2017) and *Ant-Man* (2015) feel like copy-pastes of one another in terms of tone and theme. Because these movies feel repetitive, they tend to be less interesting. Why would I watch a new Marvel movie when I know that it will feel the exact same as the last 24 movies?

After watching the highly anticipated *Doctor Strange in the Multiverse of Madness* twice, I can say that it does not follow the typical MCU model. The film, directed by Sam Raimi, is certainly a big-budget Hollywood film — the clearly expensive CGI and cast of A-list stars makes that obvious, but it does not feel like your typical Marvel Cinematic Universe film.

Visually speaking, the film feels something like a fever dream: Elizabeth Olsen climbs out of a gong and Benedict Cumberbatch appears as a dead version of his titular character. This chaotic plotline definitely helps break up the monotony of the typical Marvel movie mold. When movies like *Avengers: Endgame* and *Thor: Ragnarok* use CGI, it is only to create effects otherwise impossible to make. This film, on the other hand, uses CGI to further the physicality of their characters, which is a refreshing change.

One of the film's weak spots came from its lack of general storytelling capabilities. The film insists on taking the viewer on sidequests in an effort to help explain Doctor Strange's morality, and provides a potentially unwanted look into Doctor Strange's chaotic relationship with America. I also felt that the pacing throughout the film was off; the first hour is arguably too slow, followed by a very quick mid-section, and concludes with a far too drawn out ending. The film seldom reached a happy medium, and when it did, the audience was too busy trying to process everything that happened to truly appreciate it. I felt that I only truly picked up on the nuance that Raimi was trying to provide on

my second time around. It was still a generally enjoyable film, but the flaws within the story distracted me from its more positive elements.

The film's real Achilles heel is its characterization. I have always felt iffy about Elizabeth Olsen's Wanda Maximoff/Scarlet Witch; in the comics, the character is Jewish and of Romani descent, but in the Marvel Cinematic Universe she willingly joins a pseudo-Nazi organization. While Elizabeth Olsen's acting was wonderful (juggling a scared mother and a corrupted witch is no easy feat), her characterization felt off. When we last saw the Scarlet Witch in *WandaVision*, she was a woman at peace with death who, while clearly upset with the way her life turned out, would not hurt a fly. The Scarlet Witch that we see in *Multiverse of Madness* is much more scornful, angry, and ready to kill a child. The basic plot hinges on the Scarlet Witch chasing down a teenager with powers that could help her. While this could be explained away by the long lasting effects of messy and complicated grief, I think this change in character is actually due to the creative team of *Multiverse of Madness* not watching *WandaVision*.

Doctor Strange in the Multiverse of Madness is not a perfect film. It is messy, its characterization does not feel in line with the developed Marvel Cinematic Universe lore, and it definitely could have been better executed. However, the fact that it is different from the typical Marvel movie makes it an enjoyable watch. Watching *Black Widow* and *Spider-Man: No Way Home* was fun, but any other characters could have been in those situations. *Doctor Strange in the Multiverse of Madness* was uniquely Doctor Strange, uniquely America Chavez, and uniquely Wanda Maximoff. This uniqueness is partially what led to the faults in the film, but trying something new often means it won't be perfect. At least this film felt original, which Marvel movies have not been in a very long time. ♦

Title IX*Continued from Page 8*

your school teams. My sister was the first one to play on the boys Little League teams. There were a lot of barriers being broken in Berkshire County at that time. There's always some people who don't like that change, like a girl on the boys Little League team, but so many people were also proud and embraced it. We were fighting for teams and positions and a voice, and now it just seems that the opportunities are there and there's all the club and travel. There just weren't youth girls teams. My dad coached my brothers in youth basketball, and he used to let my sister and I practice and do warm ups with them.

E: So did you start playing basketball in middle school?

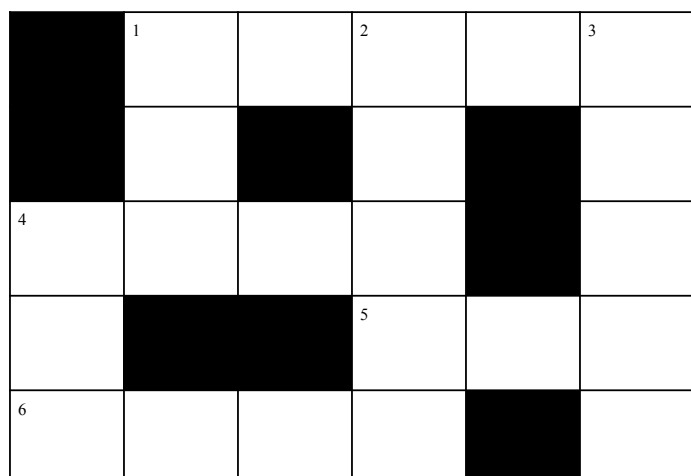
LB: Yeah, seventh grade. That was my first team. I had no youth basketball to play, but I practiced with my brothers. No competitive play until seventh grade, it just didn't exist.

E: Do you have any remaining connections to teammates, coaches?

LB: My best friend from high school was on the basketball team with me and we're still really close. The original cross country crew, we stay in touch. Just being a high school female athlete was just a huge part of my existence. I went on to Wesleyan to play women's basketball and actually started the women's rugby club there. There was men's rugby at Wesleyan and we wanted a women's rugby club. So we started that and I played fall and spring rugby and had total support to start that there as well. My sports have been a huge part of my lifelong connections. And while it was a time of change and barrier breaking, it was an exciting time to be a female athlete, because you felt like you were starting to matter. ♦

Mini Crossword

Created by EZRA HOLZAPFEL



ACROSS

- History buff or fruit snack
- Cap and _____
- WES mascot
- Summit

DOWN

- Cindy Lou ____
- South County losers
- Where Shebar patrols
- What you can't see in Powerschool

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