

# The West Wind

November 2009

Cranston High School West

Vol. XLVI No. 2

Check out *The West Wind* and *West Watch* online at <http://cpsed.net/chsw/studentcenter/westwind.htm>

## Swine flu shots on the horizon

by: Andrew DeCataldo  
News Editor

The swine flu epidemic has been a major point of concern at Cranston High School West. But on December 7th, vaccinations for this disease will be administered. At 7:45am, students who handed in their signed forms will be given the H1N1 vaccine.

Already, an anticipated 700 students will be getting the shot on the seventh. With no limit on vaccinations, school nurse, Mrs. Abigail Mollicone says there is enough for everyone.

Cranston West isn't the only school in Cranston administering this vaccine. Cranston High School East and many other grammar schools in the district have already given out the shots to students in their schools.

"[The order of schools] was totally picked at random by a computer," Nurse Mollicone stated. It took Cranston East until 12:30pm to finish administering their shots, but with such a large number of students getting their shots at West,

Mollicone hopes to finish before the end of the school day.

"My mom is making me get it." Senior Rachel McCrystal isn't the only student with this reply. This seems to be the universal answer on why students are getting their swine flu shots at school. But there are still, a few students who are getting their shots based on fear of getting this harsh flu.

"I've had friends who have had the swine flu and got really sick, I don't want to go through the same things they did," said senior Alexandria Hunter. "Hopefully with a lot of people getting the shot, less people will be sick in school."

After the release of several videos on YouTube, regarding cases of people getting Dystonia after receiving their flu shots, many students are afraid of what symptoms may come after getting their swine flu shots.

"The video of this girl who got Dystonia from her flu shot makes me nervous," said junior Sherry Tsang, who is getting her shot at school, but is anxious.

See SHOTS on page 4



Photo provided by Google

Students throughout the city of Cranston have recently been receiving the swine flu vaccinations. Cranston West will receive the shots on December 7th. Please note the media was not allowed to take pictures of flu clinics.

## Honors students provide care at clinics

by: Arianna Colella  
Contributing Reporter

Swine Flu is on the rise this Fall and is spreading quickly. Local schools in Cranston are setting up H1N1 shot clinics for those interested in receiving that shot.

The National Honor Society met a for meeting this month, this is where Mr. Perentin the Society Advisor, explained to the group of students that they would have the opportunity to work at the local clinics as volunteers.

Students and Cranston residents have been signing up quickly to receive the shots. Clinics are expected to be packed due to the shots popularity.

Senior Alyssa DeQuattro was one society member who volunteered at the Woodridge Elementary School clinic. DeQuattro explained that "The school was full with volunteers and Cranston residents, there was plenty community support."

"Although all members are not required to help out, it is required to have a certain number of community service hours to stay in the National Honor Society and this is a good chance to get some hours," said Society President Zach Gaines.

National Honor Society members will help distribute refreshment to the participants of the program and help watch small children who may be present. DeQuattro explained that "This was a perfect way to get some quick easy community service hours."

Zach Gaines also expressed that, "It is not only admirable that the National Honor Society is helping the community, I think it is the start of a relationship between Cranston West students and their community."

For those interested in receiving the shot, the clinic is coming to Cranston West on December 7.



Photo provided by Google

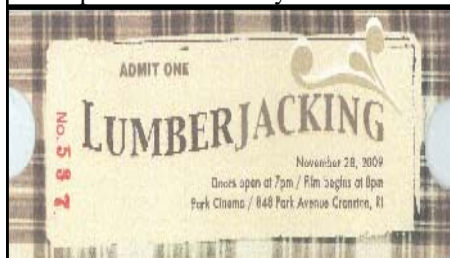
People all over the country have been volunteering their time at swine flu clinics. The Cranston West National Honors Society members are helping out at local elementary schools.

## What's Inside



The Cranston West girls' volleyball team made an outstanding run to the state finals. See page 12 for more.

Cranston West alum Rich Camp produced his first full length feature film and it was shown at the Park Ave. Cinema. See page 10 for pictures and a story.



The Cranston West football team played the annual Thanksgiving Day game against Cranston East. Check out the spread on pages 6 and 7.

CHSW drama students are putting on their production of *Hair* this weekend. See more on page 8.



# **Cranston West Students**

**Best of Luck  
during the 2009-2010  
academic year!!**



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## Roving Reporter

Do you think it is a good idea for the swine flu shot to be given out during school?

Danny Golden,  
freshman-  
“Yes, so that nobody dies from the swine flu.”

Meghan Manzi,  
sophomore-  
“Yes, because if you don’t do it during school, no one would take time out of their day to get the shot.”

Michael Ferranti,  
junior-  
“Yes, because the whole school would get sick if we don’t get them.”

Burphy Segbeyan,  
senior-  
Yes, because you don’t want people sick in school and for people that don’t have health insurance, they can get the shot.”

## Teacher Talk



Do you think students should be allowed to carry water bottles?

Ms. Federman,  
English-  
“It is important to stay hydrated. So, to carry a water bottle and take a sip every now and then is okay. But only water should be allowed.”

Ms. Branca,  
English-  
“Yes, I doesn’t see how it would cause a problem in class, and its more of a distraction to put it away during class.”

Mr. Wilk,  
English-  
“Yes, they should be responsible enough to not spill it as long as they keep them off the desks, than it should not be a problem.”

Mr. Worthington,  
science-  
“Water is necessary for most chemical reactions in the body and in order for the body to be healthy, it needs to breathe out water, and it needs to be replenished.”

## The West Wind



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Published 8 times a year, *The West Wind* is a public forum, with its student editorial board making all decisions concerning its contents. Unsigned editorials express the views of the majority of the editorial board. Letters to the editor are welcome and will be published as space allows. Letters must be signed, although the staff may withhold the name on request. *The West Wind* reserves the right to edit all letters at the editors’ discretion. Opinions in letters are not necessarily those of the staff, nor should any opinion expressed in a public forum be construed as the opinion or policy of the faculty or administration, unless so attributed. Questions, concerns, or letters to the editor should be directed to B1-1.

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## The Prez Box

Hey everyone,  
I hope everyone is getting excited for Winter Ball because it is coming up soon!! Tickets will go on sale the week of December 7th and will be sold the same way as last year. The dance is scheduled for Saturday January 23rd, 2010 at Rhodes on the Pawtuxet. This year’s theme is Circus.  
Student Council will also be holding a Holiday Collection, so feel free to donate some change to a Student Council Member’s can.  
Happy Holidays!!  
-- Lindsay Burrows  
-- Student Council President

Hey Juniors,  
This year feels like it is flying by. I mean, can you believe the holiday season is already upon us?!? We have our prom location and DJ booked and our theme has been selected, I can’t wait! Upon other things, I have been thinking recently and I have decided that a fight between a water buffalo and a mongoose would be totally awesome to see. I have received many opinions about the fight, but the general idea is that the mongoose would brutally annihilate the water buffalo. Also, the original Skittles are far superior to the mixed berry. Have a great holiday season.  
-- Your proud President  
-- Patrick Varone

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# Red and gray going GREEN

**SHOTS**  
(continued)  
from page 1

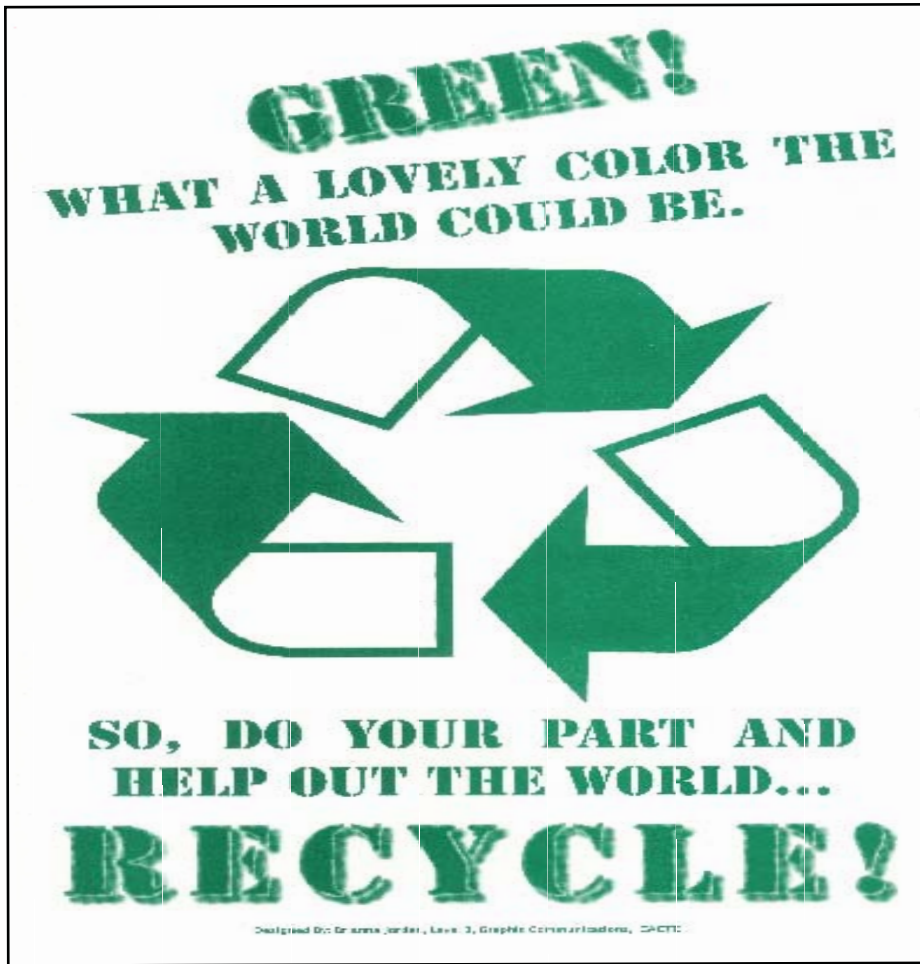
by: **Brittany Furney**  
Staff Reporter

Every piece of plastic ever made is still on this earth. If everything was recycled we would be able to stop production of plastic or at least slow it down. Former Cranston West students Brianna Jordan and Olivia Harrison got together and collaborated to write a letter to Mr. Knowlton about starting a Recycling Club.

"It's a little piece of helping the environment, saving school money and something to get active in the school system" says Brianna Jordan.

Every Thursday on a non-common planning day in C2-6 there will be meetings held to start saving the environment. They will be making posters that will be hung above every recycling bin in the school and will be posting a video in all four lunches to show what this new club is all about.

"Hopefully the students will recognize the sign and want to recycle." Brianna states. She says we need to "get the word out their and have people participate. It's something were going to have to work on, but it is worth it."



Dystonia is a neurological movement disorder in which sustained muscle contractions cause twisting and repetitive movements or abnormal postures. Doctors say that there is a one in a million chance in getting this disorder, but regardless, it is one reason many students are not getting their swine flu shots.

Nurse Mollicone said that students should have nothing to worry about with these shots. The only people who should not get their swine flu shots are those allergic to eggs, gelatin or formaldehyde. After each student gets there shot they are allowed up to fifteen minutes to rest.

With papers coming in every day, and seasonal flu shots administered on November 23, the nurses office is extremely busy. Mollicone even has help from students attending the Community College of Rhode Island. Although, Mollicone did say that students complaining they feel ill aren't going to her office as much as they had in the past month. "Things are fairly back to normal."

With all forms due on November 25, any student who did not return their completed form will not be allowed to receive the shot at school. Mollicone asks all students who are getting their shots on the seventh to please wear short sleeves.

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# Quad pond to be renovated

by: **Marissa Manfredo**  
Feature Editor

Many students have eaten outside in the Cranston west quad before instead of the traditional lunchrooms. The "quad" is just an open area of space in the center of the school that has a few picnic tables, grass, trees, and what used to be a flowing pond. A science teacher at West, Mr. Blake, has been wanting to remodel this old pond in the quad for quite some time now.

Mr. Blake and some of his science classes started to raise money for this upcoming project of remodeling the pond in the quad a while back. There were a few complications that got in the way in which made it impossible to continue their fundraising. Because of this, they had to give back the money that was raised.

Now, with everything back to normal, Mr. Blake is starting the pond plans back up. The goals for this program is to make a year round ecosystem the would house trees, plants and other aquatic amphibians such as Koi, shubunkin, along with some fancy goldfish.

The final project potentially will be a fenced in flowing water system that would be deep, unlike the current one, so

it would be able to stay running throughout the year.

"A pond system would be a wonderful living system that would allow us to do all of the academic expectations with real world situations. Its all about the science," as said by Mr. Blake.

In the science classroom, there are currently 32 fish tanks that the students care for. Mr. Blake has had been wanting to do this project with the Career and technical program Aquaculture, which is run by Mr. Baker.

"In the lab you learn the concepts and theory, and outside you take the concepts and put what was learned into practice," as said by Mr. Baker, the Career and Technical Aquaculture teacher.

Having these aquaculture classes work together on such a project would make it function as best as possible. The design, along with waterfall type system could help the beautification of the quad.

Other teachers could also get involved with the plans along with the teaching of the students about the science involved with the project. This whole idea takes a scientific approach to hands-on education, making science relevant, meaningful, and important.



Photo by Marissa Manfredo

The pond in the quadrangle at Cranston West will finally be renovated by Mr. Blake and a few of his science students.

# Is water a necessity for students in school?

by: **James Downing**  
Staff Reporter

"Your body is estimated to be about 60 to 70 percent water. Blood is mostly water, and your muscles, lungs, and brain all contain a lot of water. Your body needs water to regulate body temperature and to provide the means for nutrients to travel to all your organs," according to <http://nutrition.about.com>. This is a major reason that people need to

stay hydrated throughout the day.

How much water should the average person drink? "If you weigh 160 pounds, you should drink at least 80 ounces of water per day. If you exercise you should drink another eight-ounce glass of water for every 20 minutes you are active." (<http://nutrition.about.com>) This seems like a simple task but throughout the school day, the school's vending machines are off. This means that students have to resort to drinking out of water

fountains. The machines being off affect not only the students, but also the sales of the vending machines and the student body's health.

Students should not be forced to drink out of public water fountain between classes. The fountains are filled with germs. Contamination can occur by even touching the fountain to turn it on. Athletes also are known to spit in the water fountains and it is not out of the ordinary to see gum in the fountains either.

Water bottles were not always banned from the halls of Cranston West. In the 2006 school year, Mr. Knowlton's first year as principal, he noticed a problem with trash everywhere and spills. So he decided to put the vending machines on to timers. Machines are only on before school after school and during lunch. Mr. Knowlton said, "the school was a trash heap." He noticed the problem before he was even principal. He said, "if students want water passes they are easy enough

to get."

Vice Principal Striano also opposes the idea of water bottle use. When asked of her overall feeling about the topic she said, "With freedom comes responsibility, if water was allowed in class then it would lead to soda then lead to coffee." Students at Cranston west "will overstep boundaries," according to Striano.

Mrs. Mollicone, the school nurse, was asked a series of questions regarding the water issues. She commented by saying, "Students should be able to drink water but I know that they would try to bring in other drinks. Those students ruin it for everyone."

Is there a loop hole in the system? Yes, to get a water pass, the only thing that you need to do is get a note from your doctor saying you need to drink water throughout the day. To avoid paying a visit to your doctor and paying co-payments you can have a note faxed.



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# Bolts strike Falcons on Turkey



by: Nick Sczerbinski  
Editor-In-Chief

Every year, on the last Thursday of November, people usually think of the three T's, Thanksgiving, turkey, and tradition. On Thanksgiving Day in 2009, the Cranston West and Cranston East football teams took part in a battle that had to do with teamwork, trenches, and turnovers.

Unfortunately for the Falcons, they lost many of the battles throughout the game, and eventually the Bolts won the war with a 30-19 victory at Cranston Stadium.

The star of the game on both sides of the ball was Cranston East's Jamal Jean-Pierre. Jean-Pierre has three touchdowns, one receiving, one punt return, and one fumble recovery for a score.

The Falcons defense, led by Cranston West defensive MVP Colin Esposito, seemed to have no answer for Jean-Pierre or senior Albert Duran who had two rushing touchdowns for the Bolts.

West trailed 12-0 after the first quarter, but a double-sided attack from Brent Champagne and a timely long-ball from QB Matt Rousseau, put the Falcons on top at halftime.

An interception by Champagne led to a possession on which he would



## Day; even series at 19 wins each

score West's first touchdown of the game. The Bolts were stalled on offense and on the ensuing possession, Rousseau threw a perfect ball to CHSW offensive MVP Kane Terilli, who streaked down the field for a 60-yard score to end the half.

An interception by Rousseau early in the second half led to a Duran touchdown, putting East up 18-14.

Jean-Pierre showed off his lightning bolt speed by taking a Nick DeMarco punt back for a touchdown return on the next Cranston West possession, giving the Bolts a 24-14 lead that would prove to be enough to even this historic series at 19 wins for each side.

Rousseau led his team down the field and ran the ball in for a rushing score with ten minutes remaining.

However, Duran took over the field on East's possession and carried the ball seven times on the way to the end zone. The final Duran touchdown gave East the 30-19 lead which turned out to be the final score.

Cranston West head coach Steve Stoehr was not upset with his team's effort throughout the game or the season, "We had a very young team this year and they gained a lot of experience. The senior class taught them to work hard and no one on this team quit. There is nothing bad to say at all."



# Hair ready to take center stage

by: Adam Carbone  
Contributing Reporter

We all know all of the work that is put into the plays that are put on every year for Cranston West by the theater program. But when you think of theater you think of mostly the months of work of rehearsal and acting/directing. Well, one should also think goes on behind the scenes of the set. I'm going to give you a look behind the scenes of the Hippie world of Hair.

The theater design and production class is where all of the behind the scenes work take place. "The students are involved in all aspects of design and production, from choosing colors, to lighting to choosing props and decorations," said Mr. Durigan, one of the teachers in the team taught design and production class.

This class is a team taught class. It is taught by the theater teacher, Mrs. Vitulli and the woodshop teacher, Mr. Durigan. Mrs. Vitulli's job is the creative part of it and she is involved in how the environment should look. Mr. Durigan's job is to meet her vision and teach students how to make the props and build the set, he is the physical half of it.

"The students are familiarized with the story and the style of Hair.

They watch the Broadway production on video and observe the mood and environment. The next step is researching and Brainstorming. The students sketch through trial and error and create an earthy, mystical, physical environment," said Mrs. Vitulli.

The students also have to prepare the stage and work through as much of the design elements and production aspects as possible. "To utilize time to the best of our ability and to design the set," continued Mrs. Vitulli.

The price of the production also came up, from the royalties (the cost to obtain permission to produce the play) to lighting, rental costs, costume, custodial services and technical expertise. The total cost comes out to around \$15,000.

Mr. Durigan added that every production has a certain budget. Sometimes we buy things, sometimes we rent them or even find things as well as kids bringing things in.

"The stage is slowly but surely coming along," said Mrs. Vitulli.

The play starts on December 4th and goes through December 6th. Show your support for the theater program and the school by buying a ticket for the show before it's too late. \$10 in advance and \$12 at the door.

Cranston High School West Theatre  
Presents

# HAIR

The American Tribal Love-Rock Musical

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Friday, December 4: 7:30pm  
Saturday, December 5: 7:30pm  
Sunday, December 6: 2:00pm

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Photo provided by CHSW Drama

Rated PG-13 Due to mature content

The Cranston High School West production of *Hair: The American Tribal Love Rock Musical* will take place the weekend of December 4th-6th at CHSW.



Photo by Alex Ferri

The cast of *Hair*, shown above during one of their final rehearsals, has been working long and hard to produce what should be a terrific show. The performances will be December 4th and 5th at 7:30 p.m. and December 6th at 2:00 p.m. All performances are at Cranston High School West.

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## Hair cast does work on stage and in community

Story from  
CHSW Drama

The Theater Program at West is busy preparing for its' upcoming production of Hair (The American Tribal Love - Rock Musical), first produced in the 1960's. Under the direction of Ms. Vitulli, with over 80 students participating as cast, crew, and band members, Hair explores the counter-culture and anti-war movement prevalent at the time through exciting rock music.

This show addresses the forces that shaped America in the 1960's and invites you to "Let the Sun Shine In" as we remember and connect to the turbulent times that Americans faced as a nation. Providing the cast with meaningful historical information to understand the social context of the play, Ms. Luther-Morris, social studies teacher, delivered a powerful and insightful lesson to the cast.

Mr. Durigan, heads the set construction team and, Ms. Bruzzi, art

teacher, offers her expertise to create the visual environment. Through S.T.A.G.E. (Support Theater Advancement and Growth in Education), parents provide valuable leadership in fund raising, ticket sales, concessions, and production supervision.

The cast of Hair extends the play's powerful message of social consciousness through its' ongoing efforts to clean up our neighboring Meshanicut Lake and upcoming performance at a Veteran's Home, in Bristol, Rhode Island in late November.

Performance dates are December 4 and 5 at 7:30PM and December 6 at 2PM. Tickets are \$10 in advance and \$12 at the door for all performances. Reservations can be made by calling 944-5551 or through our new theater link found on our school's home page.

Due to some mature content, it might not be suitable for audience members under the age of 13. Parental discretion is advised.

MUTUAL CORNELL  
ENVIRONMENTAL

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# Finance class goes for three straight

by: Rachel Smith  
Contributing Reporter

A new program was brought to West in the last four years, involving students in the finance class called the Stock Market Game competition, which, is organized mainly by SIFMA along with other organizations. SIFMA stands for Securities Industry and Financial Markets Association.

In E-4, Mrs. Palumbo teaches computer literacy and two finance classes. After lessons took place in the finance classes about stock and trade and what may be good and bad choices, it was time for the game. Students of the two finance classes were given user names and passwords and logged onto the web site, [www.stockmarketgame.org/](http://www.stockmarketgame.org/).

The game resembles the real life stock market. On the web site students do research on stocks and are able to buy and trade stocks and shares for the competition. The practice game started on October, 12 and will end on December, 18. The official game will start in January and end in April.

Elizabeth Reidel is the Stock Market Game coordinator from SIFMA and presented all participants of the game a letter welcoming everyone to the competition. She explains the rules of the game and how the program will be played out.

Competing this year are 267 schools from the state of Rhode Island, ranging from elementary to college level education. Some of those school's include, Central Falls, Westerly, East Providence, and Hendriken. At the end of every week the students are ranked by their current standings based from their stock.

"The ultimate goal of the competition," explained Mrs. Palumbo, "is to instill in young people long term investing strategies and to teach investing for the future for the young students." The competition wraps in a great time and experience with education. "It's fun and at the same time it brings in investing principles for life," Palumbo said.

"The game is intense and it keeps my focus, especially for the experience. It's great for teens because it's real world material and Mrs. Palumbo should definitely continue doing the game every year," stated finance student, Steve Beneduce.

At the end of the final game there are awards presented in the spring at a Newport mansion. They give out awards for the whole state of Rhode Island from levels elementary to college. Winning students, teachers and their schools receive banners, visa gift cards or trophies. Mrs. Palumbo has won the 2007-2008 and the 2008-2009 games. "I am hoping for a third winner this year," said Palumbo.



Photo by Rachel Smith  
Finance students (left to right) Lindsey Langley, Alex Palmieri, Kelsey Hannigan, Monica Mouradjian, and Alexa Scognamiglio along with Mrs. Palumbo, will participate in the Stock Market Game this year.

# Two legendary performers take center stage again

## Jay-Z releases Blueprint III

by: Frank Meyers  
Staff Reporter

Jay-Z released his eleventh straight album titled The Blueprint III in September of 2009. The album was originally to be released in 2008 but Jay-Z did not want to rush the album.

The wait was well worth it and Jay-Z has again shown his dominance in the hip-hop industry. The album contains two hit singles, "Run This Town" ft. Kanye West and Rihanna, and "Empire State of Mind" featuring Alicia Keys.

He also has several collaborations on the album with many other very talented artists such as Drake, Young Jeezy, Pharrell, and J. Cole. Also all of the tracks are produced by three powers in hip-hop; Swizz Beats, Timbaland and Kanye West.

Jay-Z has become more mature on this album than his previous album. This album focuses on his

achievements in the hip-hop world and as a business man.

His word play is greater on this album than on, The Black Album. This new found fire and hunger in his tracks matched with the amazing sound and flow incorporated by Kanye West, Swizz Beats, and Kanye make for what could be his eleventh platinum album.

The greatest song on the album is "Venus vs. Mars" where Jay portrays the differences between men and women. He shows how they are completely different but how the need for the other is still the same, while still keeping up his amazing word play.

He's not only the biggest rapper of all time, but he's also one of the last big pop stars. Jay-Z is a rapper that even your mom knows and whose every album is an event to be reckoned with and he remains hip-hop's architect with his third plan for other rappers to follow.

## Creed reunites

by: Philip D'Ercole  
Staff Reporter

One of the best Christian rock bands, Creed, is back. Creed is an American rock band from Tallahassee, Florida that became popular in the late 1990's and early 2000's. The band would later disassemble in 2004 after three multi-platinum albums. They sold 26 million records in the United States alone.

After Creed broke up, the singer, Scott Stapp, went on to create his own CD and the rest of the band members assembled with a new singer and made 2 albums. The band was named Alter Bridge. They played rock similar to Creed but with more guitar solos and a more metal edge to the song writing.

Rumor has it that Creed broke up because Stapp had alcohol and drug issues. Scott Stapp's solo CD wasn't as successful as he would have hoped which put him in financial ruin. A reunion was then sought out by Stapp's management but Alter Bridge was gaining popularity

and CD sales were high so the only reason they would consider a reunion would be for money.....lots of it!!!

As fate would have it, the singer from Alter Bridge, Myles Kennedy, accepted an offer to sing in the current incarnation of Led Zeppelin and agreed to finish their world tour with them. If the reunion was going to happen, this was the time to do it. So Creed decided to reform for one more CD and a summer tour.

The new CD by Creed was called Full Circle. They went on tour over the summer and made an appearance at the Comcast center in Massachusetts. The concert was awesome with Creed playing all of their past hits plus the new songs. The band looked like they were having a great time playing together again.

No one knows how long Creed is going to last but the new CD is great and should cover all of the financial problems Scott Stapp had. I hope they will stay together but you never know. But for now at least, Creed is back!!!

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# West alum takes over Park Cinema

## Rich Camp's first full-length feature film *Lumberjacking*



by: **Andrew DeCataldo**  
News Editor

On November 28, the new and improved Park Cinema was open for business. The first event to take place at this newly renovated establishment was the world premier of Cranston High School West, class of 2005 alum, Rich Camp's full length feature film, "Lumberjacking."

This movie was a tail of Elwood, a lumberjack in the 1960's who refused to make the change from axe to chainsaw. He then gets fired for his refusal to follow his boss's rules, and decides he is sick of society and moves into the forest.

This movie was Rich Camp's first full-length film, and was a very successful attempt. It was easy to tell that a lot of time, thought, and patience went into producing this film.

It took an overall six months to complete this film, and with set backs, such as Elwood's (played by 2005 Cranston West Alum, Frank Iacobucci) girlfriend being pregnant, mostly every member of production having an outside job, and only being able to work 4 days a week, makes the movie even



more impressive.

"It was a lot of fun working with Rich Camp and the entire cast and crew. I was very happy with the final product when I saw it Saturday night," said Matt Zuena, another 2005 Cranston West Alum, played Bud, a co-worker of Elwood.

The premiere dragged in 1,000 people, and with the Park Cinema holding up to 1,150 people, the premier was nearly a full house. Director Rich Camp was very pleased with the turn out of the public. "It was really nice seeing the community come together to support us."

This isn't the last Cranston will be seeing of Rich Camp and his crew. Camp is already in the works on another film. Pre-production is planned to begin in January 2010. With such a successful turnout of his first movie, I'm sure the Park Cinema will be more than pleased to show another Rich Camp original.

For anyone who is still interested in seeing "Lumberjacking," the DVD will be released very soon.

Keep your eyes open for Rich Camp. He might turn out to be something big, and it all started in Media Studies at Cranston High School West.

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# Two defending champs lead West into winter sports season

by: **Frank Meyers**  
Staff Reporter

The weather is cooling down but the winter sports at Cranston High School West are just starting to heat up.

The wrestling team is looking for their fifth straight D-I state championship. Led by seniors Cory Giblin, Colin Esposito, and Ryan Dolan the team looks to be in great shape to accomplish this amazing task. Dolan said, "We lost a lot of good wrestlers in Nick O'Connell, Shawn Giblin, and John Coleman but we got a lot of new guys that will have to step up and shoulder the load for us this year."

Boys hockey is looking good this year. After winning the D-IA state championship last year the falcons have moved up to D-1. Senior, Michael ST. Lawrence said, "We love that we finally got moved up to D-1 and we're going to take states again this year."

Girls hockey also has big expectations. The lady falcons will be teaming up with the girls from east again this year and the Thunder Birds are looking good. "We plan on making the playoffs and having a lot of fun on the way," said senior, Alisha Mattera.

The boys basketball team will need a lot of work this year due to the loss of Gian Papa and Ethan Smith to graduation, while also losing Dean Grasso, Sam Morgan, and Zach Fraielli to school transfers. Several varsity guys returning such as Bryan Yarce and Vincent Cortellessa should keep the

falcons in the playoff hunt. Cortellessa believes "There will be a deep playoff run."

Girls indoor track is looking good as usual, even with the lack of throwers the depth they have in their sprinting and distance team the lady falcons look to run away with division. Senior captain, Arianna Colella said, "We have a lot of the cross country girls coming back to take the distance spots, we hope to get our sprinters back up, and Alyssa DeQuattro coming back off of injury should bring us a lot of points."

The boys indoor track team is also looking good this season due to a strong distance team led by captains Bobby Allen and Barrett Wall. That along with a very strong throwing core led by captain, Frank Meyers and junior, Joe Riccardi, and good sprinters should allow the falcons to take the division. Captain Bobby Allen said, "The goal is taking states."

The swim team at west has high expectations with several good swimmers for the boys' and girls' team including seniors Sabrina Poulos, Marissa Manfredo, David Kwetkowski, and junior Xavier Ferland. Kwetkowski believes that the team will, "Win divisions."

The girls basketball team has high hopes this season. They have many returning seniors including Ariana DeSimone, Ashley Signorello, and Nicole Nadich. Nadich thinks that the team is "going all the way" and "will be a strong playoff contender at worst."



Photos from West Wind Archives

(Top) After winning their fourth straight state title last season, the wrestling team looks for a five-peat. Also, (bottom), the Lady Falcon basketball team looks to have a successful season.

# Boys' hockey moves up after championship season



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by: **Dan Palmisciano**  
Sports Editor

Last year, the Cranston West Falcon boys' hockey team won the Division-1A championship by sweeping the Barrington Eagles in the finals. This year, they along with Burriville and Division 2 champions Smithfield will move up to Division 1.

They will play an 18 game schedule in which they play all six teams, three times each. The teams include reigning champion Mount St. Charles, Hendriken, LaSalle, Moses Brown, Burriville and Smithfield. Although the teams are very skilled, coach Mike Boyajian Jr. is very optimistic. "I think we'll have

a great year," said Boyajian, "We can hold our own in that division."

Not only coaches, but players alike have confidence in the team's performance. Not only that, but their expectations haven't changed at all. "Our expectations are to go to the championship and win it," said senior Andy Ruggiero, "The move didn't change a thing."

The move to Division 1 is most certainly not an easy one, but the coaches and players have a lot of confidence in the team and their abilities. If they play anything like they did last year, they should do just fine in Division 1, and the players feel the same way. Said Ruggiero, "We should definitely have a winning season."

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# URI sets stage for volleyball finale



Photo by Scott Dressler

The Cranston West Lady Falcons volleyball fell just short in the state finals after an outstanding 2009 campaign.

by: Nick Sczerbinski  
Editor-In-Chief

On Saturday November 14th, 2009, the Cranston West girls' volleyball team squared off against the Mount St. Charles spikers in the Division 2 state championship match at the Ryan Center.

Both teams finished the regular season with a record of 15-1, with each team's loss coming to one another. After the two teams tied for first in Division 2, it was expected that they would meet again at the University of Rhode Island.

West swept Westerly and Barrington in the second and third rounds of the playoff after sitting through a first round bye. This all led up to the eventual clash with the Mounties.

The Lady Falcons came out firing to start the match as they won the first game of the day. However, Mount did not quit and they proceeded to take the next two games from West, which forced the Falcons to have to win the final two games in order to win the title.

The Falcons fought hard under pressure in game four and they beat the Mounties 25-11, forcing a final fifth game to decide the champion.

The final game started off a close battle but Mount turned out an all-star performance and clinched the title with a 15-8 final game victory.

Senior Ariana Desimone led the Lady Falcons through the thrilling match with 6 kills, 16 digs, and 18 assists.

## Athlete Alley: Ariana Desimone



Photo by Scott Dressler

Graduating senior Ariana Desimone used her experience to lead the Lady Falcons to the Rhode Island State Championship this year.

by: Dan Palmisciano  
Sports Editor

Ariana DeSimone is a senior at Cranston High School West, and a captain for the volleyball team. Yet she isn't at West every day, as she participates in the CCRI running start program. In order to be in this program, one has to first off be accepted, be a high school senior, and be recommended by one's guidance counselor. DeSimone still plays volleyball here at West, even though she takes classes elsewhere.

The girls' volleyball team finished in the state finals this season with a record of 15-1, placing them in second in Division II North. Ariana was one of the captains that helped lead the team, and she was impressed with the teams' play. "We played very well," said DeSimone "When we had to play well, we did really good."

The team had a lot of momentum going into the playoffs, and they got a nice break with a first round bye. In the second round, they faced Westerly and beat them 3-0. "We played really, really well, probably the best we've played all season," said DeSimone.

The second round was against Barrington who suffered the same fate as Westerly, losing 3-0. DeSimone had 18 assists and 2 aces that game. "As a set-

ter, she was responsible for running our offense as well as playing defensive positions," said head coach Tom Ferri.

So with that win, West got their spot in the championship against Mount Saint Charles. The girls' took game one, but fell back after losing the next two. Still, they kept pushing and blew out Mount 25-11 in game four. "Ariana exemplified true qualities of a captain, such as character, leadership, determination, intensity, hustle and toughness," said coach Ferri.

With the games tied at 2-2, a fifth game would decide the state championship. Unfortunately, Mount proved to be too much, winning the final game 15-8, winning them the state championship. Even though Ariana's senior year at West ended with a championship loss, she went out with a bang. She put up 6 kills, 16 digs and 18 assists in the finals. "Ariana's overall play was very much a contributing factor to the success of our team this year," said Ferri.

Ariana is not taking classes here at West, but she has definitely made her presence known through West volleyball. She will be missed greatly for her excellent play for volleyball. "I'm definitely going to miss West," said DeSimone.

Hopefully she will continue to play volleyball in college and play just as well as she did here at Cranston West.

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