*Tiger Times* – Issue 2

Teacher Feature: Mrs. Anderson

By Brittany Goulette-North Grosvnerdale ,CT

 Two years ago Tourtellotte acquired a new teacher for the music department. This hard working woman, Mrs. Anderson, has done an amazing amount of work for our music department and Tourtellotte itself. Although we know her as our music teacher, she also has a life of her own. Being a music teacher you might wonder what her favorite music or instrument is. Mrs. Anderson’s favorite genre of music is constantly changing, but at the current time she favors alternative folk music. Some of her favorite bands are Pink Floyd, Dave Mathews, Mumford’s, Beethoven, and Adele. As for her favorite instrument, she enjoys playing the violin, both electric and classic, because it was her first instrument that she started to play at eight years old and was classically trained on it.

It’s not all work and music through, she also has a busy life outside of the classroom. Mrs. Anderson enjoys doing many things, such as mountain climbing. She and her husband are part of the 48 four-thousand footer club, which is a club that climbs all of the four thousand foot mountains in New Hampshire. She and her husband have recently climbed Indian Head, completing 10/48 of the peaks. It’s not all mountains and climbing though, she also enjoys baking, playing in a string quartet and orchestra, composing music, and teaching CCD. Mrs. Anderson and her husband also enjoys to play video games and they are awaiting the release of the new Call of Duty Ghosts.

 Anyone who knows or has attended one of Mrs. Anderson classes knows that she is a busy woman with a true passion for teaching her students. When asking her where all this passion came from, she replied that from past experience, she wanted to inspire people with new techniques and that’s the reason she began teaching to begin with. She continues to teach and enjoys her job after twelve long years because of her desire to share her passion for music with others and make students realize their full potential. Through everything, she does an excellent job running an entire music department alone, along with the complications of the small schools competition between academics, sports, and music.

 Looking at her life form when she was younger might show how she learned to handle such a large burden of work. In her high school experience at Griswold, she was very busy and participated in almost everything she could. Considering her love of music, it’s obvious that she participated in her schools orchestra, band, and chorus. It wasn’t all music though; she also participated in homecoming, prom, and yearbook committee. She also had some athletic background in the mix. She was part of the Griswold’s Athletic Association (GAA), and did cheerleading, where she made it to all nationals senior year.

 **Teacher Feature: Mrs. Carchia**

By: Amber Coporale

Mrs. Carchia, an English teacher, is an energetic and lively person. When Mrs. Carchia was younger, she enjoyed taking long nature walks with the children from her church and her own children. She taught them to identify many types of plants and animals, such as California Wrens and Death Cap mushrooms. Mrs. Carchia attended Prout Memorial High School, which is an all-girls Catholic prep school in Narragansett, RI (nowadays the Prout Memorial High School she attended is a coed IB school called The Prout School). She participated in track her freshman year of high school but, due to lack of transportation, she quit track so that her younger siblings could participate in extracurricular activities. When asked why she quit, Mrs. Carchia had this to say, “Because there were no late busses, and I lived 36 miles away, participating in after-school activities placed a great burden on my parents. Being the eldest child, I was self-sacrificing (That’s right all you middle and youngest children; I am inferring that you’re selfish) and stopped after my first year.” Being a competitive person, gym class was always her favorite class. Another subject she enjoyed was science. After high school, Mrs. Carchia attended Rhode Island College.

Nowadays, Mrs. Carchia enjoys watching movies. Some of her favorite movies are The Quiet Man, The Sound of Music, Fiddler on the Roof, Jaws, Wizard of Oz, Star Wars, Zeffirelli’s Romeo and Juliet, Cyrano de Bergerac, Mean Girls, Moby Dick, Snow White, Seven Samurai, The Searchers, and In the Good Old Summertime. She is also known to show The Matrix to her classes. She also enjoys music. Currently, her favorite song is “What Does the Fox Say?” In her spare time, Mrs. Carchia enjoys gardening. She fruits she enjoys growing include: jostaberries, lingonberries, and medlar. She also loathes cleaning. When the subject of her old classroom was brought up she said, “Anyone who had me as a teacher or entered my disorganized classroom already knows that I loathe cleaning. Ms. Williams, arguably the most organized person I know, experienced eye spasms whenever she entered my lair.”

Although Mrs. Carchia no longer works at Tourtellotte, she fondly remembers all of her former students and keeps in touch with many of them. When asked what her favorite memory of Tourtellotte is, she couldn’t pick just one. She enjoyed any day where her students were actively participating in her classes. She reflects upon her classes acting out scenes from plays such as *Romeo and Juliet, Julius Caesar, and A Streetcar Named Desire*. She enjoyed scoping out Mr. O’Brien’s math classroom with her coworkers and trying to get out of boring faculty meetings with Ms. Daigle. Mrs. Carchia also remembers attending prom this past year and enjoyed seeing everyone dressed up. Mrs. Carchia is remembered by all of the students she impacted. She made a difference in the lives of many of us and has been greatly missed. For me personally, Mrs. Carchia is my favorite teacher that I ever had while at Tourtellotte. She is not only an amazing teacher, but a genuinely nice person. Mrs. Carchia truly cares about her students and wants to see all of them succeed. She gives this advice to all of her former students, “Get involved in after-school clubs, play sports, show school spirit. Greet every person you pass in the morning with a smile. Don’t work if you don’t have to. If you are working to pay for gas or clothes, stop working, and apply yourself, fiercely, to your studies. See every class as an opportunity to learn more. Since you brought up The Matrix, I will leave you with this quote. Imagine each of your teachers saying this to you. “I'm trying to free your mind, (Neo). But I can only show you the door. You're the one that has to walk through it.””

Mr. Daigle

Written by Jessica Wheeler

Mr. Daigle has been the art teacher at Tourtellotte Memorial High School for 14 years. He is the kindest and most creative thinking teacher that Tourtellotte has ever had. He loves art because he finds it meaningful and inspiring. Mr. Daigle thought that becoming a teacher would be helpful and satisfying and he says, "And it's true!". He went to several different colleges, but for art school he went to Rhode Island School of Design. Mr. Daigle is has sculpted a statue of Abraham Lincoln, unfortunately it has melted and fallen apart two summers in a row. He is now trying to think of an athlete to sculpt, yet he can't let Lincoln go. Mr. Daigle would never want to leave Tourtellotte, but someday would like to teach college. If he was not working as a school teacher he would like to be working at a gallery or a museum. His number one most proudest achievement is making a difference with students and having the experience of teaching over 10,000 students throughout his entire career. Artists Picasso and Claude Monet have inspired him the most. "Impression Sunrise" by Claude Monet is Mr. Daigle's favorite piece of artwork. "When I saw the image in college, I had no previous experience of knowledge of art. This painting changed the direction of my life. Claude Monet got up at four in the morning and painted the impression of the sun rise, over the water in London, England. I never knew someone could paint like this. It is a stunning image and gave the title of the artwork 'Impression Sunrise'. It was after seeing this image I decided to study art as a lifetime quest."





What is Kale?
Written by Jessica Wheeler

What is kale? Many people don't know what kale is or what the health benefits are. Kale is a leafy green vegetable that is now gaining popularity over spinach. It is recognized for being exceptionally rich in nutrients, health benefits, and delicious flavor when cooked properly. Kale is part of the Brassica family, which includes cabbage, collards, broccoli, and Brussels sprouts. Kale is high in fiber and many other vitamins and minerals. One cup of chopped up kale contains 33 calories, 9% of the daily value of calcium, 206% of vitamin A, 134% of vitamin C, and a colossal amount of 684% of vitamin K. According to the American Journal of Clinical Nutrition eating a diet that is rich in vitamin K can reduce the risk of developing cancer. There are many different ways in preparing kale, such as smoothies, soups, stir-fries, etc. A delicious way to prepare and eat kale in a replacement of spinach would be to cover and cook a pound of chopped kale with a few garlic cloves and 2 tablespoons olive oil for 5 minutes; season with salt, pepper, and a tablespoon of red wine vinegar. Another way to eat kale would be a smoothie, most people are scared to try it because they're afraid of a bitter taste. Kale smoothies are actually very sweet when the right ingredients are added, such as pineapple and blueberries or mixed berries.

Pineapple Blueberry Kale Smoothie

Ingredients
3 ounces vanilla nonfat Greek yogurt
1 tablespoon almond butter (optional)
1/2 cup fresh or frozen blueberries
1/2 cup fresh or frozen pineapple
1 cup kale
3/4 cup water (or ice cubes)

Directions
Place all the ingredients in a blender and mix until smooth.
Enjoy immediately.
Makes one serving.

Best Athletic Director EVER
By:Nicole Dion

October 3, 2013

Many people know Tourtellotte’s athletic director, and girls soccer coach,  Deborah Spinelli. However, not many people know too much about how she got her position and some of the great things she has done for Tourtellotte. Deb has worked for Tourtellotte since 1983, 30 years and been the girls soccer, basketball, softball, and track coach. In that time she has won 219 soccer games and only lost 108. She got the position as athletic director because the former director had a stroke and was unable to fulfill his duties, she originally was planning on being a temporary replacement but that was not the case. Deb says the highlight of her coaching career here at Tourtellotte was when her 1993/1994 girls soccer team was undefeated and won the state championship against their rivals from Ellington. However, before Mrs. Spinelli worked at Tourtellotte she played track, basketball, and semiprofessional field hockey. As a whole Deb has achieved many great accomplishments, some of which include: being the coach of the year for the state of Connecticut in 2009, in 2005 she was a finalist for the National high school soccer coach of the year, she received the distinguished service award in 2010, president of the NECONN organization for 15 years, and many more. Deb says her closest friend her at Tourtellotte was former nurse Barbra Lesneski who retired last year. However, when Deb was asked when she would retire she responded with “ Never, they’re going to find me in the
corner of my office dead.”

iPhone 5s

By :Brittany Goulette-, North Grosvenordale, CT

     The new iPhone 5 was released September 10, 2013 and has many new features added on
  to improve the old Apple technology. The new iPhone has new features, such as,
  the new fingerprint scanner, larger storage of up to 64GB,a new Apple A7 chip,
  and improved camera. The finger scanner was added primarily for quick unlocking
  of the phone, but could be compatible with apps. The sizes of storage on the
  iPhone 5s are also made larger and you have the three options of 16, 32, or
  64GB of data. There's also a new A7 chip in the new iPhone. This chip is said
  to make the new phone twice as fast and fur it better graphics. Lastly, the
  camera has had a few alterations that give better quality pictures, stability,
  and takes faster pictures capture moving moments too. Although the appearance
  and size has not varied from the old iPhone 5 since Apple only changes that
  every two years.

     With a new iPhone also comes the new iOS update. The new iOS 7 has
  completely changes the iPhones old appearance with a new look for all the apps
  and things, such as, the camera and pictures. With all new programs, the first
  things you hear about are all the bugs with it. When looking at problems from
  hackers being able to get past the pass code, to iMessage not sending messages.
  This long list of problems has led to the release of the iOS 7.0.1 and iOS
7.0.2, which fixed some if these bugs.

Penny Races

By Amber Coporale

Throughout the month of October, the Tourtellotte Memorial High School Music Department is hosting a penny race fundraiser. In this fundraiser, all four grades are competing against each other. In order to win the competition, the grades must place coins into jars that are in the cafeteria. The grade with the most points wins. Points are determined by using the following system:

1 penny= 1 point

1 nickle= -5 points

1 dime= -10 points

1 quarter= -25 points

1 dollar bill= 50 points

1 five dollar bill= 100 points

1 ten dollar bill= 250 points

1 twenty dollar bill= 1500 points

The winning grade will win a movie for the last two periods of the day on Halloween. The fundraiser will run from October 7- October 29. As of October 9, the sophomore class is winning. Following behind are the freshmen. Next, the seniors. And finally, the juniors are in last place.

Medical Club is sponsoring a Breast Cancer Awareness fundraiser…

Trending Now: Beauty

By: Amber Coporale

Finally, runways have debuted wearable makeup trends for this fall. For years, runway make up has been over the top and colorful. This season, however, designers have left crazy, over the top makeup behind in favor of more wearable trends. One of the biggest trends in makeup this season is the classic cat eye. Some new twists on this look include using violet or ice blue eyeliner to create the cat eye or using black eyeliner and adding a few small dots to your lower lash line. Two new eye shadow colors to try this month are prune and pumpkin. Apply pumpkin shadow to your lid and blend away any harsh edges with your finger. For prune eye shadow, keep it more subtle by using it on the outer v of your eye lids. Matte grey eye shadow is also a growing trend. Apply this shade along your upper and lower lash lines for a subtle smoky look. Glitter is also a trend this fall. For a more subdued look, apply a glitter eye shadow in a light color to the center of your lids and along the inner corners of your eyes to make your eyes appear brighter. Red lips are always a fall staple and this fall is no exception. To add a twist to your classic red lip, try a matte shade instead of a satin or pearl shade. Another popular lip color is red wine. This color is more dramatic than your typical red, and will make a statement wherever you go.

The Attendance Grant

By Jessica Gatineau

In March of 2013, a group of TMHS faculty, known as T.E.A.M (Thompson Education Attendance Model), met to discuss an attendance grant offered by the Office of Policy and Management of the Criminal Justice Policy and Planning Division. The T.E.A.M group consisted of assistant principal Mr. Pisaturo, English teacher Ms. Williams, parent Mrs. Tupaj, physical education teacher Mr. Prentiss, science teacher Mr. Poirier, language arts intervention teacher Ms. Daigle, statistics teacher Mr. Child, and school psychologist Ms. Mercier. The goal of this team was to reward good behavior and maintain an average daily attendance (ADA) rate of 95%, which is a 1.1% ADA increase from 2011-2012. The team had also gathered a group of students to interview and gather input on as to why some students did not attend school regularly. Students reported feeling unsafe or bullied was a general reason for why some students chose not to attend school. The students also reported that guest speakers were effective and well-received by the student body. After the interviews the T.E.A.M brainstormed ideas for guest speakers. The student committee agreed with the T.E.A.M that inviting back a New York detective who had spoken about cyber bullying and internet safety.

What Does This Grant Means For Us Students?

The money from this grant will be going to rewarding good attendance and behavior, so long as the student body keeps an average daily attendance (ADA) of 95%. Some of the money will also be going to clubs and the activity period for supplies. So, during first quarter there will be a movie day. Second quarter Midnight Madness will be returning with discounted tickets to individual students who meet the 95% ADA goal. Third quarter there will be another movie day and fourth quarter there will be a field day, run by Miss Daigle and Mrs. Ouillette. Also there will be privileged parking spaces for three students with the best attendance and will be determined by a lottery system. Another bonus is that at the end of first quarter there will be a 15 minute break period in the morning on odd days for a couple weeks at a time, but only if there is a 95% ADA. So……COME TO SCHOOL PEOPLE!!!!

TTR – Tourtellotte Tiger Radio! By Diana Cabrera

With communication now a days being so important, the high school would like for students to have the opportunity to communicate to people on a social level. So offering a student run radio station is the perfect way in doing so.

Tiger radio station is something that is being offered for the first time ever here at Tourtellotte. This project is being run by Mr. O’Brien and other facility. The radio station is going to be up and running for the second half of the school year. It is a radio station that will be heard in the town of Thompson. This radio station is unique because it will be student run. Students will now have the opportunity to talk about issues that are school appropriate. Students can say what is on ther mind and what is happening around Tourtellotte.

Mr. O’Brien wants to have students with study halls to fill in the slots. It will be student run. If it is possible Mr. O’Brien would like to have a shown after school if students are willing to. This would give everyone the opportunity to get to know what is happening in the community. Another exciting piece about the Tiger radio station will be for students to go to local games and record the scores. Then the next day people in town would have the opportunity to hear what happened in yesterday’s game.

Since this is new all students with a study hall are eligible to take part in this exciting process. See Mr. O’Brien for details.