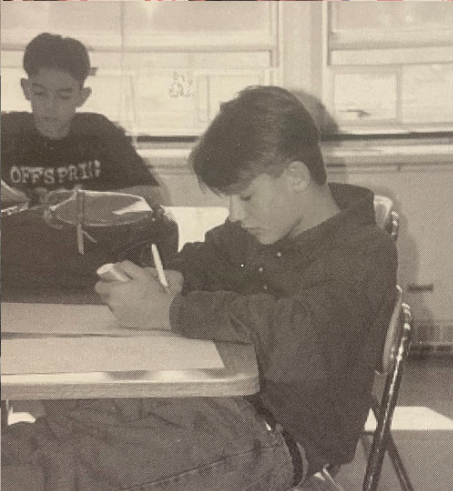
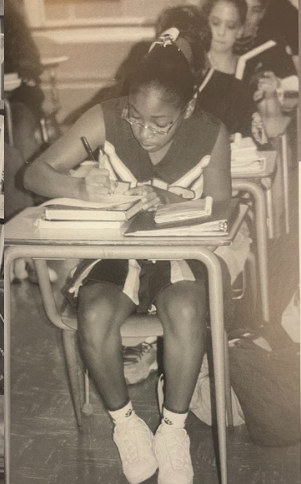


PER ANGUSTA AD AUGUSTA

TOWPATH

LHS NEWSPAPER



THE INSPO BEHIND THE COVER

When I had first pitched my idea of a cover, I had no idea what my plan was. All I knew was that I wanted it to be eye-catching and pull the reader in. I spent the first month getting pictures of the swim team, latin club, the JV volleyball team and more. Anything that made me stop what I was doing and made me think, I snagged photos of. Then when I was in the library I discovered that Mrs. O'Sheehan, our Librarian, has possession of every LHS yearbook since 1930. Inspiration struck. I went through an array of different yearbooks and took as many pictures as I could. I realized that our first Issue's cover had to be welcoming students back but it also had to have a theme to it. The first Issue of the 2022-2023 school year, had to encompass the message of looking forward to looking back. No matter what year you attended Lockport High School, we all share the experience of being a lion.

I would also like to welcome our readers and writers back to the Towpath. I hope you enjoy and appreciate the thought, effort, and dedication everyone who is on the Towpath contributes. And thank you to everyone on our team for coming back for another year or joining. The towpath is for Thinkers, Activists, English 10 honors students looking for an extra credit point, poets, critics, readers, but most importantly it's for those who are passionate. I hope you enjoy this issue and the many more that are to come!

Bella Varecka

Bella Varecka
President of the Towpath





Volume 1

Winter 2022

Issue 1

Sports Injuries

by Jocelyn Velazquez and Madison Fragale

Sure we see the announcements every morning talking about all the accomplishments our athletic teams have done, but what is going on behind these very successful athletes' lives? More than 90 percent of student athletes report a sport related injury. That's around 7 million High School students. These injuries are often associated with these young athletes pushing themselves and doing more than their body can handle. Whether it be in order to not feel like they have let their team down, or wanting to impress college scouts in order to go D1.



Above :Shey Williams, wide receiver/center back

A great example of this would be our wide receiver/center back on the football team Shey Williams. This 2022 fall season Shey had an outstanding season with 39 receiving receptions, 716 receiving yards and 14 receiving TDs with his longest reception being 64 yards! Despite a great season Shey faced troubles with his shoulder, he worked through it until he couldn't do it any longer. Shey tells us the most difficult aspect of the injury was Not being on the field helping his teammates when he knew he could help them if only he was out there. He also feared that scouts wouldn't watch him or be interested any more due to his injury. One of the challenges of being an athlete is knowing when to stop and put your health first before the sport you've been either playing your whole life or fallen in love with. Shey worked very hard completing many exercises down at the school sports trainers office everyday after school. He would do many painful exercises but his love for the game got him through it all. Not once was he not present for his team, he was there regardless of his injury supporting a team he wished he was out there with.

Madison is the team's captain and many girls look up to her. She began visiting our athletic trainer to strengthen her shoulder and to relieve pain. She isn't really sure about continuing the sport in her collegiate career but she has a great love for all her teammates and always prioritizes them! According to Fragale, "swimming has been very draining physically" she is not planning on continuing to swim in college. Students are definitely feeling pressure to compete even when they are not up to the task physically. This can create a worse injury and issues like anxiety. Perhaps the pressure they feel needs to be addressed by coaches because in reality nothing should be more important than a student's physical and emotional well being.



Above: Girls swimming and diving team practicing

Left: They representing breast cancer awareness by wearing pink while playing



Dark History: Thanksgiving

By Olivia Hufnagel

Most people have only been told part of the truth about the history behind Thanksgiving. So take a seat, this is a bloody one. Thanksgiving is a U.S tradition which is a time for giving thanks and spending time with friends and family... and of course the food. Children in America typically learn of the pilgrims that helped establish the Plymouth colony. As it is told, friendly Native Americans came in and taught the Colonists how to survive in the "New World" and they all lived happily ever after.

In reality, celebrations and peace that are talked about were a hoax. The real story behind the much loved holiday is much darker than what you'd expect.

Starting with the not so gruesome events, the first exaggeration we've been told is the element of the feast. It is unlikely that the Europeans and Native Americans had anything more than a couple clams and vegetables. Where did the idea that the Thanksgiving feast was a huge meal come from? I have no clue. As the Europeans continued to stay with the Natives they became allies and fought off the French together but this friendship did not last long. More and more colonists came over the "New World" taking up the majority of the land and pushing the Native Americans out. As these new people came over they brought with them a disease in which they called "Indian Fever". This disease killed 90% of the Wamponoag civilization.

The English then decided to declare war on the Wamponoag people. The war was devastating and bloody, making this one of the most gruesome events between the Native Americans and Colonists in the early years of history.

Tips for balancing school and extracurricular activities

by Laurel Creamer

Most students at LHS are a part of extracurricular activities like sports and clubs. This can be a challenging task to do while also balancing school. Here are some tips to help you thrive in school while balancing sports and clubs.



Girls swimming and diving above

- **Taking a non -negotiable hour per night to go through school work and do homework**

It's easy to say that you'll get around to your school work but sometimes we really don't feel like it after a long day. It is important even when you are tired to take a small amount of time each night no matter what to look over schoolwork.

- **Taking advantage of study halls**

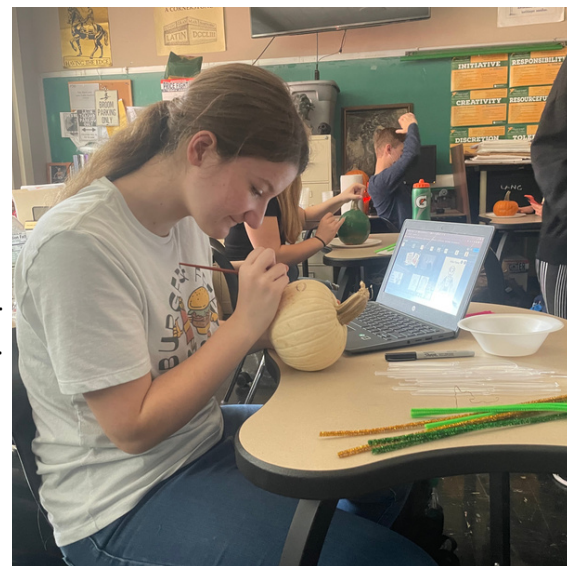
Some people don't have the time after school to get through all of their school work because of how busy they are. Instead of going on your phone during study halls and early releases, take this time to get done work during school while you are still motivated instead of later at night when you are put out for the day.

- **Getting enough sleep**

The average teenager needs 8-10 hours of sleep per 24 hours. Getting less than this is not enough to be well rested. More and more students are falling asleep during class because of lack of sleep. Your mind can not process material when it is not fully rested so it is very important to go to bed at a time that will give you enough sleep.

- **Academics always come first**

It is important to be involved in extracurriculars for school because it gets you involved socially and is beneficial for many people. School should always be your number one priority. School and grades are the primary thing colleges are looking at. You must learn to balance both but academics must come first.



Latin Club painting pumpkins for halloween above



Girls volley ball

- **Knowing when it's too much**

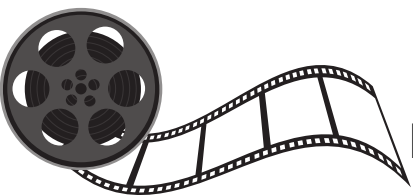
If you are struggling in school because of clubs and sports, ask for help from someone you trust to figure out how to balance both. When it becomes too much to do both it is okay to take a break or not continue in a club or sport. There is a negative stereotype behind quitting clubs and sports. Being able to balance both and continue to achieve good grades is not easy. It is okay to stop when you are struggling because it is worse to continue and do poorly academically.

The World As One **by Mel Rashko**

Humans have existed for about 300,000 years. The human race, when considered a single entity, has seen great amounts of growth and development over time. So many things have changed since the beginning of the human race, some for better, some for worse. But even with all of the change that has already occurred, there are still so many possible developments that could happen.

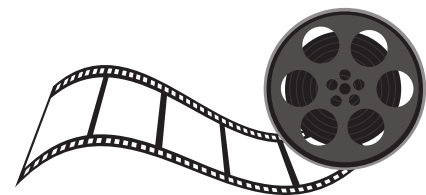
We live in a world and in a time where issues are prevalent. Some nations lack basic human rights for certain groups, whether that be on the basis of sex, gender, race, sexuality, etc. Recently, we have watched as rights were taken away from people in the U.S. No matter how you stand on any of the issues that have been debated, you cannot deny seeing the outrage and pain, and even possibly feeling it yourself, of the groups affected by these decisions. These are not issues that are isolated to any nation or country, though. These issues can be found all over the world, no matter where you are. And the issues are not limited to those of human rights. Climate change is one great example of an issue that has a basis not of human rights. No matter, it is still a huge issue which should not lack conversation around it. There are so many issues that all cannot be gone into depth about in this singular article, but research is always possible on issues you are curious to learn more about.

But then, there is the question, what are we to do about these numerous issues afflicting our world? Is there anything we can do? To the latter question, there almost always is. This can range from giving speeches, as the well known Martin Luther King Jr did, to protests, such as those of the brave people of Iran had done recently. But if that is too much, there are always other options. This includes simply spreading awareness and speaking of issues you are passionate about, to possibly bring attention to them by someone who can do more. It also includes voting and signing petitions (when you are of legal age) and donating. Overall, this article is not to bring sadness, stress, or even hopelessness to the reader. No, it is to encourage you to act, to fight, to do what you feel is right to make a difference. It is to tell you that, no matter who you are, you can change something, even if it is small. With your help, we can move towards making the world work as one.



Movies you won't regret watching

Grace Peracciny & Nico Radwanski



Black Panther: Wakanda Forever

After the devastating passing of Chadwick Boseman, who portrayed T'Challa in the well known Marvel movie *Black Panther*, fans were left wondering if the sequel they had all hoped for would ever be pursued. When in May of 2021, almost a year after Chadwick's passing, the release of *Wakanda Forever* was revealed. The emotion-filled tribute to Chadwick expresses the sorrows of Wakanda's people as they grieve the death of their beloved King. Eventually bringing them together, and shielding Wakanda from the dangers that await them in the wake of this tragedy.

Don't Worry Darling

If you are in search of movies that will leave your mind flooded with theories to contemplate, then viewing *Don't Worry Darling* will be well worth your time. The chilling psychological thriller starring Florence Pugh and Harry Styles highlights the lives of Alice and Jack, a newly wed couple leading a picture perfect lifestyle in "Victory", a tight knit community housing men who spend their days working on a top-secret project. While Jack attends his job at headquarters, Alice is left with the other wives to soak in the luxury and serenity the town offers. During her time alone, Alice begins to experience the unexplainable, hinting at something far more sinister lurking in her seemingly flawless life. Unfolding unthinkable secrets, Alice fights to unveil the truth hiding within "Victory's" walls.

Smile

Smile describes the pending trauma that awaits psychologists, and how a patient's problems become theirs as well. Dr. Rose Cotter gets assigned a patient who sees versions of people they know with a creepy -- you guessed it -- smile on their face. The movie incorporates supernatural elements along with the great pain that Rose is facing. After the patient carves a smile into their face and ends their life, Rose begins to have similar visions herself. The film was reminiscent of earlier psychological thrillers and horror movies, like *Black Swan*, with mind bending twists that will leave your stomach in knots. It's not often nowadays that movies will give you a good scare, but *Smile* sure does.

Barbarian

If you've ever wanted to just sit down and watch a wild movie with no previous knowledge of the plot beforehand, this is the movie for you -- but I would also suggest stopping your reading here! *Barbarian*, starring Bill Skarsgård, famous for the role of Pennywise the Clown, and Georgina Campbell, explores the peril of motherhood and how even in abnormal and consequential relationships, motherly instincts can overpower any taught or learned behavior. The movie begins with an AirBnB mix-up, where two people get scheduled for the same night. All is well, until the toilet paper runs out and a trip to the eerie basement is needed. One of them finds a hidden door in the basement wall, and lets just say that absolute hell breaks loose. In the seemingly endless corridors, a creature who is the product of an unfortunate and evil cycle of pregnancy begins to see the AirBnB guests as her children. Although the movie is made to view her as the villain, the ending lets her more caring side shine through. She was depicted as a creature who chased their victims, but the truth is that she just wanted to hold them and protect them from the dangers of the world.

WHAT TEACHER ARE YOU?!

POP QUIZ

WHAT'S YOUR STYLE?

- A. PLAID / FALL ESC.
- B. COMFY
- C. ATHLETIC/GOLF/COUNTRY CLUB ESC.
- D. COMFY WITH A HINT OF KINDNESS

WHATS YOUR IDEAL VACATION?

- A. EUROPE
- B. CABIN IN THE WOODS & LAKE
- C. ANYTHING THATS CAREFREE
- D. ADIRONDACKS

FAVORITE MOVIE GENRE?

- A. COMEDY
- B. DRAMA
- C. SITCOM
- D. HORROR

FAVORITE MUSIC ARTISTS?

- A. CAKE
- B. THE TRAGICALLY HIP
- C. DAVE MATTHEWS BAND
- D. QUEEN

PICK ONE!! BOOK, EXPERIMENT, PHOTOGRAPH, OR GUITAR?.

- A. BOOK
- B. PHOTOGRAPH
- C. GUITAR
- D. EXPERIMENT

DESCRIBE YOURSELF IN ONE WORD!

- A. BOOK
- B. FUN
- C. GENUINE
- D. PATIENT



A. YOU'RE MR. GUNSOLUS!



B. YOU'RE MRS. THRALL!



C. YOU'RE MR. CERONE!



D. YOU'RE MRS. O'SHEEHAN!

LHS Review of "Puffs" the Fall Play

By Olivia Liermo

"Puffs" is a hilarious take on a story we already know and love. The play was originally written by Matt Cox and was directed at Lockport High School by Ms. Nicolette Navarro. All of our actors did an amazing job of portraying their characters and telling this well-loved story from the perspective of the lesser-known students at the school of magic and magic, the Puffs.

The show is a fun, fast-paced look at the characters' 7 years of school that leaves everyone in the audience laughing and cheering along with the Puffs. The narrator (Cecilia Millen) guides the audience through the story in a quick 90-ish minutes and introduces us to the characters Wayne (Logan Feszczyszyn), Oliver (Daniel Hill), and Megan (Olivia Hufnagel). They experience friendship, exams, awkward crushes, school dances, and of course, an evil dark wizard. Wayne gets through his journey at school with the help of his friends and the Puffs leader, Cedric (Bishop Christy). Cedric shows him that it's okay to be a Puff and even though the school sees them as failures, it doesn't mean that they have to be. As the show progresses, we get to know some of the other Puffs as well as some characters you probably already know, including Mr. Voldy, Blondo Malfoy, Hermeoone, and Harry.

All the students involved in the show did an amazing job, including freshmen, Izabella Jacobs, Josephine Millen, Leah Siskey, and Henry Sosebee. Great performances were also turned in by our seniors, Bishop Christy, Yaneliz Collazo, Cameron Craggs, and Noor Rahmany. All four actors did a phenomenal job in their last play on the LHS stage.



Freshman Leah Siskey

At the beginning of the show, the Puffs are portrayed as the losers of the school who can't do magic and often get bullied, but by the end we see that being a puff isn't so bad and that even though they often fail, they shouldn't take it to heart because failure can be a good thing. Whether it's winning the tasks like Cedric, or not being able to do magic like Oliver, the show compares everyday relatable issues to the puff's own struggles throughout the play. The show serves as a great reminder that although we might have our differences or our own issues, it's always important to know that ultimately you should continue to persevere.

**An exclusive interview
with the cast is on the
next page!**

Interview with the Cast of "Puffs"

By Eva Conley

With the fall season already here Lockport, high school students have had a stressful and exciting start. I think I can speak for all students at LHS that we are ready to see the high school's fall play; "Puffs" directed by Aaron Mossell teacher Miss. Nicolette Navarro.

Though I cannot say much about the play in itself I can give you words from all of the actors in the play I have interviewed and director Miss. Navarro. With words from our actors we get to see what this production is really about.

When asking Miss. Navarro why "Puffs" she stated "I am a huge Harry Potter nerd." and reminisces on her love for the books. Obviously the biggest part of the play is the actors that make it. Navarro says; "that when looking for actors for this show I specifically look for actors who are willing to go for it, meaning that they are fearless and will go for the silliest and most stupid choices as this show is heavily comedic and revolves around a lot of improv. As well as smart people who will think about their character(s)". At Aaron Mossell Junior High School Navarro has directed musicals, and I was curious on how she got into directing. She explains that when she was in highschool she did a lot of acting and in college she got more into directing, which led her to be able to run her own theater company. Watching the actors rehearsal was amazing and even though it was not fully complete with a couple bumps Navarro states; "Theater magic happens and it will come together no matter how it looks right now."

I was able to speak to the actors in the play when asked what the production "Puffs" means to them, Logan Feszczyszyn (Wayne Hopkins) and Cecilia Millen (Narrator) states "It's a play for the people who never got to be the main character in their own life."

Olivia Hufnagel (Meghan Jones) and Daniel Hill (Oliver Rivers)- Who play main characters alongside each other both have different methods to getting into these characters Olivia states "Honestly I think of super mean girls in high school movies that are like 'Oh my God, you are such a dweeb' when preparing for Meghan's role". Whereas Daniel says that his character is natural for him. Both play close knit roles so it was interesting to hear how different their methods for getting into character are.



Daniel Hill and Logan Feszczyszyn portraying their characters
Oliver Rivers and Wayne Hopkins

Bishop Christy (Cedric, Mr. Voldy)- With his final play here at LHS when asked what the best part of being in theater is he says “Oh my God it's always the ‘its a community’ thing but no, it really is great to know these different people as different characters how they can express themselves in different ways than they usually do.”

Esme Schaus (Hannah, first headmaster), Gianna Remigio (Sally Perks, Helga, Frenchie) and Jaeden Harrington (Leann, Ginny) When asked if being in a play is worth it they all responded with similar answers all saying yes it can be strenuous especially with schoolwork however you create friendships and long lasting memories of the show. Freshman such as Leah Siskey (Prof. McDee, prof. Sprout), Izzie Jacobs (Blondo Malfoy, Bippy), Josephine Millen (Suzy Bones, Harry Potter), all say they are all excited but also nervous for their first production at Lockport High school's theater but are excited non the less.

After these words I heard from the actors I can definitely say that everyone should be excited for the fall 2022 play at Lockport High school; ‘Puffs’. Good luck to all the cast and crew!



On the left: Cast of Puffs performing on stage at their last show



Lockport High School



Towpath Staff

*Eva Conley
Nico Radwanski
Laurel Creamer
Layla Tucker
Athena Horn
Bella Varecka
Anthony Bernardi
Olivia Hufnagel
Mel Rashko
Jocelyn Velazquez
Isabella Spencer
Madison Fragle
Grace Peracciny
Olivia Liermo
Mr. Gunsolus*