

SPORTS SHORTS

(AS OF OCTOBER 25) BY JESSY MALLEY

Volleyball 9-6

"We've come a long way since our team last year and we are looking forward to our tournament game and hoping to make it far." Senior captain Jessy Malley

Football 3-3

"The season's been going really well. We all have a tight bond, We are getting ready for playoffs now. We are doing so much better than last year's team."

Senior captain Bobby Brooks

Girls Soccer 2-10-2

"Our season isn't going as well as we hoped, but I'm glad to have spent my last season with this team" Senior Haley Peck

Field Hockey 4-5-4

"We're competing well and still have a chance to make tournament, which we all hope to do,"

Senior captain Jess Smith

Girls XC 7-0

Patriot League Champs

"All of the races we do are like a workout. Our coach tells us that we only have five big races so racing hard in a league isn't really worth getting hurt over. We use our league races to practice, but this season is the first in school history that we've ever been undefeated and we are really excited to have the title and banner,"

Senior captain Charlotte Nagle

Boys XC 5-2

Patriot League Champs

"I'm really proud of everyone. a lot of the freshman worked really hard to compete. The juniors played a huge part in getting us to qualify. The hard work and knowing how to handle pain really pulled us above the rest of the competition to get us the title." Senior Harrison Clark



Boys soccer team best Silver Lake last week. (photo by Z. Lehan)

Golf 12-4

Patriot League Champs

"Our season went well with only a few tough losses. We got the league title by constantly putting up good scores and putting in our best effort. It was a great season, and went out fighting at sectionals." Junior Matt Marshall

Boys Soccer 12-3-2

Patriot League Champs

"We had a hard-fought match against Hanover and we won 1-0. We worked hard all season, which is allowed us to get the league title. We all are so happy

to be able to have our year hung up on the banner in the gym, especially the seniors, because we are leaving our mark." Senior Trevor Murdock

Cheerleading

First Place in Patriot League

"The season is going great, we got an 86 at our last competition, which was 11 points higher than the second place team (Cohasset) which is basically unheard of to beat a team by so many points. everyone is really happy about the win and we are all so proud"

Sophomore Reilly Fagnant

PHS cross country going for divisional championship

by Kyle Fabrizio

The PHS Titans' Cross-Country will be going for their sixth divisional championship on November 12 in Wrentham. The cross-country team has

already secured the Fisher Division title with a 5-1 record and has a great shot to win the EMASS Division IV Championship. The team has been a nearly a dominant force since the program has started.

The only coach Titans cross-country ever had Greg Zopatti recognizes how the team has always been so dominant. He said," Commitment, high expectations, willingness to work when no

one is looking, and constantly hard work."

Zopatti has often said in practice," It's the way that we train. We train to work with pain so when we are in a race we can deal with pain very well."

Zopatti also said," When people look at the P on our chest they go for you and want to beat you."

The team has always been known for their hard work and dedication to the sport. The team is constantly a threat to win divisional and state championship.

The team's number one runner junior Justin Gaiser said," I think we have so much confidence that we will have really good times and have a shot to win divisionals."



Boys X-C competed against Whitman-Hanson last month.

(photo by C. Radke)

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THE PEMBROKE SENTINEL

LATE OCTOBER 2016 "WE 'BROKE THAT STORY" VOL. 13 ISSUE 2

DOUBLE STANDARDS ARE EVERYWHERE

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PATRIOT LEAGUE CHAMPIONS LISTED IN SPORTS SHORTS

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- 31 October – Halloween
- 3 November – PHS Parent Teacher Conferences 4:30 p.m. – 8:30 p.m.
- 8 November - No School In-Service
- 10 November - Term 1 Grades Close
- 11 November - Veteran's Day
- 10,11 November - "Little Shop of Horrors" 7 p.m.
- 12 November - "Little Shop of Horrors" 2 p.m.
- 21 November – PHS Parent Teacher Conferences 4:30 p.m. – 8:30 p.m.
- 23 November - Early Release Day
- 22- 27 November - Thanksgiving Break
- 2 December - Blacklight Rave 7 p.m.

Check out THE SENTINEL'S NEW website: www.pembrokesentinel.com

Download a FREE QR scanner app at the iTunes or Android App Store and go directly to the Sentinel Online.

The Pembroke Sentinel is a monthly student publication of Pembroke High School in Pembroke, Massachusetts, 80 Learning Lane 02359. The purpose of this paper is to provide the students and faculty with information regarding current affairs and upcoming events and to explain, analyze, and interpret news concerning the Pembroke Community. The paper also serves as a forum for students to openly and freely express their views and opinions. All editorials are written by the Pembroke Sentinel staff. The Pembroke Sentinel reserves the right to edit wordy material or withhold the publication of any letters. Any letters to the editor can be submitted to staff members or to the paper adviser, Mr. J. S. Turley. No letter should exceed 200 words and must all be signed by the writer.

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COVER: Pumpkins painted by Best Buddies are on display in the main office. (photo by S. Dyer).

Injury bug hits Titan gridders

by Aidan Geary

The Titan Football team continues to impress despite season altering losses. After the 28-9 win over North Quincy, the football team has a record of 3-2, which is extremely better than last year's record of 0-11.

However, the Titans have suffered some huge losses along the way as well.

Primarily senior captains Kyle Murphy and Bobby Brooks. Defensive tackle Kyle Murphy broke his foot during the game against Scituate September 30. Running back Bobby Brooks had emergency surgery on his calf for acute compartment syndrome. Both players will miss the remainder of the season.

Other players on the team feel that younger players will have to step up, as both layers started both on defense and offense. Brooks led the team in

touchdowns and rushing yards, with seven touchdowns and 557 yards.

Sophomore quarterback Jack Kelley thinks the team will be able to continue strong despite the loss of Brooks. Kelley said, "Next man up system, but we'll be sad we don't have him".

"The team will get exponentially better as the season goes"
RB Bobby Brooks

Assistant coach James Rooney believes the team has been doing their best without Murphy. Rooney said "Murphy isn't player you can just replace, but the people who have been filling in have gotten better every day"

Due to the lack of running backs, more players will be seeing the field more often, junior Nick Lane believes he's ready, Lane said, "Yes I believe I'm prepared to step up now that Bobby's gone."

Brooks also thinks the team will continue to get better as the season goes on, Brooks said "The team will get exponentially better as the season goes"

Boys soccer locks down Patriot League title

by Brandon Murdock

The Titans are leading the Fisher Division with an 8-3-1 record as of October 12. The boys' soccer team has worked together to be successful as part of the system that second year coach Adam Scott is trying to establish, which is starting to get familiar with the players and it is showing in their performances.

Coach Scott said, "It's a good group of guys, wonderful boys and they are good role models to the youth development in Pembroke."

If anyone could put fear in the hearts of the Titans, it's Hanover because they are

right behind the Titans in the standings and are a strong and aggressive team. They are not a great skill team, but they'll put the ball in the box and try to win every 50/50 ball. The thing that is pushing the boys to play so well is commitment, everyone is committed to each other and committed to the school.

"Something that could hold us back is our unity, we sometimes don't work together and that could cost us in the tournament," said Scott.

Trevor Murdock is leading the way with six goals and six assists leading the team and the league. Senior captain Murdock

Turf worries injured athletes

by Finley Gough

Pembroke High School student athletes are getting injuries due to the condition of the PHS home turf field affecting home games and practices.

From football to lacrosse, the PHS turf endures a lot of use and damage from high school athletes in addition to weekend youth games taken place there.

Although PHS student athletes use the turf the majority of the time, the community is also opened to using the turf for events and fundraisers contributing to the poor condition of the turf.

Sophomore lacrosse player Aidan Geary fractured his ankle during a Skipjack's Lacrosse Club practice on the PHS turf last spring.

Geary said, "During the practice I tripped on the hash marks that were sticking up on the turf."

According to athletes the turf's carpet is loose, the seams are tearing, the hash

marks are ripped revealing sections of cement, and the amount of debris and rocks on the turf shows the poor maintaining of the field by the community.

According to Geary, "PHS should use most of their sports budget towards the terrible, 2 out of 10 turf."

Sophomore student athlete Colin Newton said, "I think we need a new turf so student athlete injuries will become less of an occurrence."

Athletic Trainer Dawn D'Onofrio said, "I am definitely in favor of replacing the turf. I know it is in need of being replaced and there was talk last year about it being done for this year."

Turf related injuries are instigating talk around the Pembroke community, discussing the possibility and cost of a new turf field and track.

In the Pembroke Mariner October 5 issue, Shannon Gallagher wrote an article based on the school committee holding back on the vote for a new turf field and track.

Within the article the school committee chairman Mike Tropeano said, "[The turf field and track project] will cost up to \$1.2 million."

"Turf fields generally have a 10 to 15-year life cycle. The current high school track and field was installed 13 years ago and is in the need of repair," said Tropeano.

Although all seem to be on board for the installation of a new PHS turf field and track, the school committee decided to hold off on the vote on October 18 and "plans to re-submit the proposal in the spring, after taking additional time to research alternative funding options," said Tropeano.

Several students went to practice their instruments with other students from schools from across the state, and

Students Explore the Revolution

by Marisalyn Biagini

The history department took sophomore students on a trip to the Freedom Trail on October 20 and 26.

The Freedom Trail allows students take a guided tour throughout famous Boston sites that play a pivotal role in the revolutionary generation. Teachers, actors, and historians dressed in full colonial costumes took students down the trail. The guides took on the roles of specific individuals that lived during the times of the revolutionary period. To end this eventful trip, the students had lunch at the famous Faneuil Hall. They went Mikes Pastry's for dessert.

History teacher Ned Gould said, "It's a great opportunity for students to learn about the pre-revolution. It also ties into what they're learning in class."

Taking a field trip allows students to further examine historical importance outside of a regular class room environment. There is much more hands-on learning and it provides a better understanding of the curriculum.

"Field trips are always a memorable experience, it re-

ally helps students visualize and get a feel for what life was like during the revolution," said history teacher Jamie Johannsen.

According to Education-Next, studies have shown that field trips help students possess more knowledge of art, critical thinking skills, historical empathy, level of tolerance, and overall taste in culture.

Although field trips can be expensive this guided tour only cost students \$20, which included the tour itself and transportation. Most students would agree that the cost of a field trip is worth it for the new experience.

"We got to see where famous people from the revolution used to live. It was really cool to see how everything has changed since then," said senior Molly McLaughlin who attended the trip in 2014.



Sophomores dabbled on the bus. (photo by staff)

Home invasion shocks locals

by Tayla Jarvis

A local home invasion in the Bryantville area on September 29, led to a drug investigation. This news put many people in shock and disrupted many normal daily routines.

A Pembroke police officer Mike Horvath said, "The Pembroke police was called to assist the Hanson police. It was reported there was a home invasion that just occurred and the four men responsible fled the home and were possibly in the woods behind the home."

Officer Horvath said, "A perimeter was set up and K-9's were deployed. Two men were caught within a short time. The two other men were presume out of the area after a lengthy search."

The armed break-in led detectives to open a drug investigation after fentanyl was found in the Hanson home. Officer Horvath said, "Since I started police work in August 2005, the drug problem has escalated to a disturbing rate."

Senior Cam Judkins, is a resident of Lantern Lane in Pembroke where one of the home invasions took place. Judkins said, "I first heard about the invasion in school and wasn't

too worried. Once I got home and saw state police, police from Pembroke and surrounding towns, the SWAT team, and helicopters circling over my neighborhood I realized there was a serious problem and was scared for my own safety."

The two other men still being on the loose effected all Pembroke schools. When the buses arrived from Pembroke Community Middle School to pick up students from the high school, all students who were already on the bus were told to go into the high school's cafeteria until police give further notice.

Sophomore Aidan Geary said, "It took me about an hour and a half to get out of the school because we had to wait for the buses to reload and clear out."

Andrea Logan from the main office said, "I thought it was really great that teachers who could have gone home at the regular time decided to stay and come down to help out with everything that was going on. I think having everyone go into the cafeteria went well. Even though all the kids didn't know what was going on they did a good job listening and doing what they were told."

Social media affects the news

by Madison Doescher

News of events such as the clown sightings, Hurricane Matthew, and even the current presidential race are largely spread through social media.

For example, @Clown-Sighting on Twitter immediately updates its followers on the location of clowns and their activity through clips and photos—no matter how disturbing.

Social media is revamping the way news is spread.

Approximately 64 percent of US adults use Facebook and at least half of them use it as a news source. Therefore, Facebook alone provides news to 30 percent of the adult population in the US. YouTube and Twitter follow close behind.

According to a Facebook News Consumer Survey, users primarily view news on entertainment, local events and people, and sports.

Although social media news is helpful, it is not always reliable. Often times the public is lazy and ignorant when questioning the source of what is displayed as reality.

Journalism teacher Joseph Turley said, "If your mother says she loves you, get another source. I would always advise them [students] to look it up and find it repeated."

On a positive note, psychology teacher George Jackson said, "Subscribing to a reputable source is a really good way to get current news... you do have to fish through to find reputable sources though."

SPORTS OPINION

The End of an Era: Ortiz retires after 20 seasons

by Tyler Eggers

David Ortiz laced up for the Red Sox one last time as his outstanding and marvelous career finally drew to a close on Monday, October 10.

The big designated hitter ended his career with 541 home runs, 2472 hits and three World Series rings, sure Hall of Fame numbers.

As well as being a good player, Ortiz was a good person, too. He was one of the main advocates for the Jimmy Fund, Make-A-Wish and his own charity, the David Ortiz Children's Fund, which gives kids in New England and the Dominican Republic pediatric services that they don't normally have or afford.

"Any man that has his own charity is a really good guy",

said freshman Sox fan Zack Lehan.

Ortiz was also a child of Boston. Although from the Dominican Republic he adopted the city as his own and fell in love with it after spending 14 seasons here. The fans knew he was loyal and a hometown hero.

Red Sox fan senior Tara Foley said, "It's so sad, I cannot believe that a Boston sports icon is retiring. There wasn't a dry eye in Fenway when he left the field for the last time"

That is true, even Ortiz himself had the waterworks when exiting Fenway park for the last time.

Speaking of tears, Pembroke high math teacher Eric Flaherty said, "I cry at night".

The 2017 Red Sox season will be the first one people under the age of 14 see without

EDITORIAL Think for Yourself

In just a few weeks, Americans will be voting in quite possibly the most important presidential election in years. Although many people aren't happy about the presidential candidates this year, there are other issues on the ballot to be aware of as well. There are other races and statewide questions which will have far reaching and long term impacts.

The questions include whether or not another casino should be built in Massachusetts, whether 12 charter schools should be built in the state, containment methods for farm animals, and legalization of marijuana.

Voters may not be in favor of either Clinton or Trump winning the race, but you still need to vote anyway.

If you're eligible to vote this year, here are some pieces of advice the Sentinel wants to give you before you vote:

-Be sure that you are educated in the subject matter.
-Don't pick up the ballot and choose a random answer or candidate just to say you voted.

-Do your own research.

Become familiar with both of the candidates as well as the other issues on the ballot and make up your own mind as to who you want to vote for. Think for yourself and don't let the media affect your decision.

There are so many celebrities endorsing each candidate, and no matter how much you look up to a celebrity who may be supporting one of the candidates,

Vote For Yourself. Make the decision on your own and decide who YOU think is best to be president.

Ortiz many fans will miss the "Large Father". The impact Papi had on baseball is tremendous. PHS librarian and Sox fanatic Kathy Venuto said "It was an emo-

tional end to an era. He's been a great hometown guy through many different Boston tragedies over the years, he will be missed as a person, a player, and a leader."



Ortiz hit 541 homeruns for the Red Sox and Twins. (photo courtesy Creative Commons)

Double Standards are Everywhere - Why is it acceptable for one group and not others to do anything?

by Justin Gaiser

There once was a very popular event at PHS where male students would dress in swimsuits, get oiled up and compete for the crown of King Titan.

What would happen if girls had a pageant where they did the same thing?

Double standards have existed for just about as far back as anyone can remember, but it has only been in recent years that they have become a pressing issue. In today's rapidly changing society, it is becoming more possible for one person to be just as capable as any other regardless of – in most cases – gender, race, sexuality, and so on. It is because of this ideal that double standards have begun to oppress certain people.

Many people understand what double standards are, but do not know that they

go by that name. They are rules or expectations that are unfairly applied to some groups but not others. For example, it is accepted that females can wear skirts, but not so much when a male wears one.

Simple things such as the way one dresses are not particularly harmful in the long run, but the problem with double standards is that there are so many and they are engrined in people's consciousness. This makes it so people cannot do what they want to because of social pressure.

Sandra Kim, in her article "Why Everyday Feminism is for Everyone," on the Feminism and equality advocacy website Everyday Feminism .com, said, "For example, men are expected to not express their feelings because real 'boys don't cry.' They're socially

encouraged to only express their fear, pain, and stress in the form of anger and violence. Another example is how, due to traditional gender roles, society thinks women are automatically better parents than men, despite the numerous examples of bad mothers and great fathers. Feminism believes each person should stand on their own merit – not by how much they conform to social norms and ideals."

Double standards do not only affect gender. There are also preconceived ideas and expectations about different races, sexualities, ages, and

intellects. However, it seems that the ones surrounding genders are the most impactful.

George Jackson, psychology teacher at Pembroke High School, said, "The gender double standards are most harmful to society. It covers half of the population. In terms of education, boys have a hard time adjusting because the teachers expect them to sit still. They hold the same standards to female students as to males. It is unfair to hold eight year old boys to eight year old girls. They have a lot more energy on average and some of them

there is a double standard, they don't know they're doing anything wrong. Also, I think they will always exist. When I enforce the rules I get called names, but when a male teacher does they are just considered strict and can still be considered nice. I don't think we could be rid of double standards. They are based off of people's opinions and you will never have everyone believe the same thing."

Males and females alike are kept from doing what they want or need to do. They are excluded from certain activities or ideals because of double standards, and this keeps them from expressing themselves or doing their job.

It also seems like double standards are not going anywhere any time soon. They have been around for so long and are such a great part of people's beliefs that it is

unlikely to change.

Riley Larsen, a junior at Pembroke High School, said, "Personally, I have to say double standards aren't much of a problem. Girls wear what they want because they like to wear that, and so do boys. I don't think I want to see a guy in short-shorts. Even if we do correct them, new ones are just going to come in and it will be a never-ending cycle. It would be tough to get rid of them. You would have to have a really big group of popular, well-known people to speak out against it."

Molly Hanrahan, also a junior, said, "Well, girls can do things, but guys can't. You know, 'boys will be boys,' and everything? I don't think double standards are a problem. It's not like what anyone is saying will hurt you. I also don't think it is worth our time to fix them because I don't care what people think."



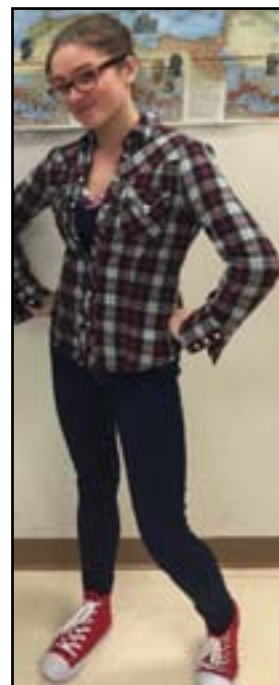
It would be tough to get rid of them. You would have to have a really big group of popular, well-known people to speak out against it." **Riley Larsen, junior**

start to get frustrated." Kristen Kelley, Pembroke's new assistant principal, said, "All double standards are unfair. I think people worry because they think one thing and there are consequences for another. When they don't know

SENTINEL SAYS... "What kinds of Double Standards have you seen here at Pembroke High school?"

(Feature by S. Dyer)

Zach Reggio, sophomore, said, "Okay so for example, if I smile at at say Kate Moorhead, she would smile and wave back. But, if I smile and wave at Mike Byrne he'd make a weird face or just ignore me completely."

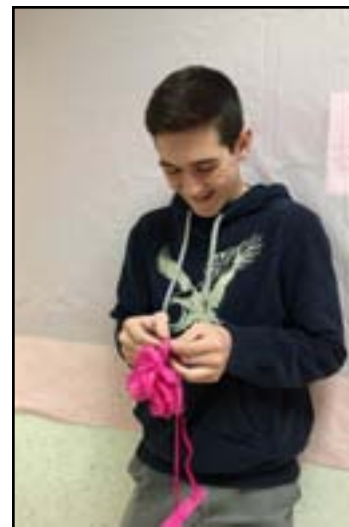


Sam Sparrow, junior, said, "For some reason, teachers tend to favor the students that take longer with tests. As a fast test taker myself, it's quite disheartening when you finish a test and the teacher sends those disapproving vibes that make you second guess your entire existence. Why does me being smart and being good at tests put me below those who take longer and appear to be more thorough? Especially when I still do well on tests! Shouldn't teachers be encouraging my success, even if it's not through the method that they deem best fit?"



Nicole Blathras, a senior, said, "I don't think that there are any double standards at Pembroke High School"

Brendan McLaughlin, senior, said, "In a teacher's classroom one time, we were going over a test. My friend was involved in a club that the teacher led after school and I wasn't.



On this test we both got the same question wrong and we both put the same wrong answer. Except, I got five points off for my wrong answer and he only got one point off."

