

The Bulldog Edition



Women's March on Washington



From left to right (in front): Eva Clues and Elisa Membreno in Washington during the march.

Sophomore Elisa Membreno tells us of the reaction to Donald Trump's inauguration.

By Elia Membreno ('19)

Following President Trump's inauguration on January 20th, millions of people around the world took to the streets to stand up for their civil rights. On Saturday, January 21st, demonstrations known as Women's Marches occurred everywhere from South Africa to Paris to Portland, Maine. In Washington, D.C. alone, hundreds of thousands of protesters of different races, genders, views, and backgrounds gathered to march in solidarity on our country's capital. Armed with signs, chants, and trademark pink hats, marchers crowded the National Mall and

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Portland Boys Win Consecutive Title



Portland senior John Bento shows off the Gold Ball to his classmates.

Junior Quinn Clarke shares the statistics of the recent win for the PHS Boys Basketball team.

By Quinn Clarke ('18)

On March 4, the Portland High Boys Basketball team repeated as Class AA state champions, defeating South Portland 60-38 to claim the title in a rematch of last year's final. The team was lead by junior Terion Moss, who scored 22 points, grabbed 9 rebounds, and dished out 3 assists. Portland received solid contributions in the game from Griffin Foley and Pedro Fonseca, who scored nine points each, and Charlie Lyall (8 points, 11 rebounds). The game saw the Bulldogs jump out to an early lead and never look back. The win capped off a 19-2 season and avenged a January loss to South Portland. Coach Joe Russo,

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High Hopes for the Class of 2021

Freshmen Dora Chaison-Lapine describes the goals for next year's freshmen.

By Dora Chaison-Lapine ('20)

In January, Portland High School held its annual open house for prospective incoming students and their parents. The night was geared mostly towards parents, because a couple of weeks later, PHS held "shadow week," which provided more student-specific information and simulated part of an actual high school day. The purpose of the events was to make students feel comfortable going through a daily routine as a part of PHS and to "showcase what PHS has to offer to kids and parents so they can make an informed decision while choosing their high school," said Ms. Lee-Winship, a PHS freshman history teacher.

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High Hopes for the Class of 2021

Over the last few years, enrollment at Portland High has been down. The staff and students hoped to fix this issue by making sure the school is presented in the best light possible. This year, instead of the standard information presentation and tour for the open house, the student leaders decided to make an exciting change by introducing a new "choose your own adventure" atmosphere.

The night was split into three sessions. Sessions included question and answer forums by alumni and current students as well as a performance by the percussion ensemble, ninth grade combo, and jazz band. Eighth graders and their families were encouraged to talk to students and staff and to explore the school in order to get a sense of its layout and its landmarks. Destinations for informational "drop-in visits" included Maker Space, the Wellness Center, the health center, the guidance office, science labs, and the forensic lab. The biggest hit was the ninth grade wing, where families were able to talk to students' potential teachers.

In addition to the drop-ins, kids were directed to the gym, where there were tables set up to help them learn more about sports, clubs, and activities pertaining to their interests. The atmosphere of the open gym was to "encourage kids talking to kids," said ninth grade advisor Ms. Obare. The tables were set up with candy and colorful signs, anything to make the visitors feel welcomed and supported while gathering information about how to get involved. "It definitely made an impact on my son, and afterwards, he and his friends reconsidered their options for high school," said Ms. Small, the parent of an eighth grader.

Ms. Obare realized that the "choose your own adventure" approach might be difficult for some kids. Looking back on the event, she reflected, "If your first experience in a new place is 'go explore,' some people might like that and take it on, and some people might be overwhelmed." She and the student leaders will be taking this into consideration when planning future events.

Although it is still too soon to determine whether the changes paid off, the feedback so far has been nothing but positive. Ms. Small added, "I thought it was great, and I heard from my son's friend's parents that they enjoyed it too." March 10th is the day when the eighth graders will make their decisions for high school. The staff and student body are hopeful that they made a positive impact on the middle schoolers and their families.

The Impact of Trump's Immigration Ban at PHS

Junior Caitriona Moran shows the effects of Donald Trump's Immigration Ban.

By Caitriona Moran ('18)

On November 8, 2016, American politics changed dramatically when Republicans seized control of both the House of Representatives and the Senate, and Donald Trump was elected President. Despite losing the popular vote to Hillary Clinton, Trump earned the requisite 270 electoral votes to capture the election. Trump's platform -- promising cutbacks on government spending and promoting an agenda that favors strict immigration and abortion control and relaxed gun policies -- was a source of controversy throughout his campaign. Fears of liberals were confirmed just days after his inauguration on January 20, when President Trump passed an immigration ban limiting the number of refugees from countries with high rates of terrorism that can enter America.

Donald Trump's signature on the immigration ban.



The ban has hit close to home at Portland High, where many members of the diverse student body hail from nations affected by Trump's policy. Students have engaged in dialogues within classes about the matter, and last month, a peaceful rally was organized to demonstrate the solidarity of the PHS community. Junior Ella Altidor rooted her distaste for the ban in the idea that the United States was founded as a place where citizens could practice all means of religion without being persecuted. "I am

infuriated and disgusted that our president would enact a ban that goes against everything this country stands for," said Altidor.

"This ban is not making the United States a safer country. It's only uprooting families and taking away the fundamental rights that America claims to offer to all different people" Junior Ashley Chadbourne was also surprised and angered.

"It is unimaginable thinking about the frustrations of people who

were in the process of immigration and had to sacrifice so much to know they can't anymore." President Trump is rumored to be announcing another immigration order within the next few weeks. It is unclear whether or not he will be lifting the current ban and allowing immigration from all countries once again. Many PHS students and their families will anxiously await the ruling.

Portland Boys Win Consecutive Title Cont.

Senior Charlie Lyall when cutting down the net after the victory.

who has led the team to three state championships in the past four seasons, is pleased with the state of his program. "We haven't gone back-to-back and it's not easy to do". Like their coach, the players could not be happier with their recent success. Senior Charlie Lyall said, "I've had it both ways. I've won and lost, and this is a lot better." Portland hopes its good fortune can carry over into next year, as they only graduate four seniors from their varsity roster.

The state game capped an outstanding season for Moss, who was awarded first team all-SMAA honors and who was named Most Outstanding Player of the Class AA North tournament. Moss averaged 17.6 points, 4.7 rebounds, 3.6 assists, and 3.7 steals per game in his outstanding year. Moss humbly credits his success to the team. "My responsibility this year was to run the offense and put the team first" he says. In addition to these honors, Terion was able to win the coveted Gatorade Maine Boys basketball player of the year. This award is given not only to a player who shows athletic excellence, but also academic achievement and a strong character. Moss joins Tyler Emmons (2005) as the only portland players to win this award. An adequate way for Terion, and the bulldog basketball team, to cap an amazing season.



Women's March on Washington Cont.

surrounding areas, the same areas where, just one day earlier, supporters of the newly-elected President gathered to witness his inauguration.

The March on Washington was officially scheduled to begin at 1:00 on the afternoon of January 21st following three hours of speeches. The unexpectedly large turnout, however, complicated the original plans, and the march did not begin until closer to 3:00. Speakers ranged from well-known activists to people who simply wanted to express their feelings, and the speeches touched on everything from women's rights to black immigrant rights.

activist Gloria Steinem and actress year old Mexican immigrant "It was an opportunity to stand up for what I believe in," said Clews. "When an opportunity like that arises, there is no reason you shouldn't take it." Eva is one of several Portland High School students, including myself, who participated in the Women's March on Washington. "It was many individuals unified for a empowering," Eva said, "to see so inspiring to be a part of something common cause." And I agree. It is surrounded by people you know nothing about other than that they too desire change. "I was emotional the whole day," said Emeline Avignon, another Portland High School marcher. "I was overwhelmed with empowerment, happiness, love, strength, and a strange sense of kinship with all the strangers."



This attitude reflects on what the march did exceedingly well: it brought complete strangers together and created a unified body of people. In our current society, it is important to remember that this kind of unity still exists. While many aspects of the country may be divided, we still possess the strength to stand together in recognition of our civil rights.

"I didn't go to the march," Portland High School student Cecilia Ritter said regretfully. "Looking at it from the outside, it was amazing to see how many people in our community care." I would urge anyone, regardless of the cause, to take any available opportunity to stand up for what you believe in. Participate in rallies, and wear your pink hats. While it may not seem like what you are doing is making a difference, it is these small acts of courage that give us all hope for a brighter tomorrow.

PHS Environmental Club Receives Exiting Grant

Junior Sam Mermin writes about how the new grant the Environmental Club received will help them clean up the PHS courtyard.

By Sam Mermin ('18)

Though overgrown and unused for years, the PHS courtyard is about to receive a makeover and become a clean, useful space for students. Environmental Club has been diligently maintaining the area all year, and the transformation process recently received some much-needed assistance in the form of a Portland Trails grant worth \$2000. As junior Aidan Richman explained, the club has a chance to do something “invigorating and creative,” and if

The PHS courtyard.



they succeed, the end result will be a fantastic new area in which PHS students spend time. The substantial funding speeds up the timetable of the project and presents various opportunities that were previously unfeasible. Although no decision has been made as to what the space will become, it’s not for a lack of ideas, and the grant will allow the club to purchase better tools for cleaning the area up as well as possible accessories like tables and benches.

The club’s two advisors, Ms. Martin and Ms. Braceras, applied for a grant to fund a project to beautify the

courtyard a few months ago, and they were fortunate enough to be selected to receive the Student Based Learning grant from Portland Trails. They have since been in discussions an architect who is willing to donate her time and ideas to the courtyard project. With significant funding and professional assistance, Environmental Club has the potential to make incredible changes in the courtyard.

Students around the school are excited about the new space. Junior Will Denton is optimistic about the potential impact of the grant. Other students have shared specific ideas about the project. Some have suggested turning the courtyard into a space for students to eat lunch, and others think it would make a nice outdoor workspace for students to use during study halls.

Environmental Club’s work is exciting, and the new version of the courtyard will likely be a noticeable change in the look and feel of the school. Ms. Martin said she is “delighted to have some funding to create a serene back-to-nature space,” and junior Aaron Hoekstra added that the renovation of the courtyard is “about making a positive change in our school as well as the community.” The club’s president, junior Morgan Kierstead, explained that the primary goal of Environmental Club is simply “to make Portland High School more environmentally friendly.” Establishing a quiet patch of natural beauty and serenity within PHS will go a long way toward achieving that goal.

Corcoran Takes the Reins of Girls Basketball

Junior Will Snyder tells us of the new coach for the girls basketball team.

By Will Snyder ('18)

The Portland High girls basketball team hired a new coach, Gerry Corcoran, midway through the season. An excellent basketball player in his own right, Coach Corcoran has begun the task of turning the program around after a two-win season.

Corcoran played four years of basketball for B.C. High, where he competed against future NBA star Patrick Ewing for a state championship. He went on to play for Northeastern University alongside Celtic great Reggie Lewis. The duo contributed to the four most successful years the program has ever seen, leading the Huskies to four appearances in the NCAA tournament. Corcoran was drafted by the Celtics in the seventh round of the NBA draft and ended up finishing his career playing professionally overseas.

Corcoran began coaching high school basketball at the JV level before taking over the varsity program at his alma mater, B.C. High. He has coaching experience at five colleges under his belt as well, including UMass Boston in 1997 and Deane College from 2002-2005.

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Seeing the Gray at Portland High

Sophomore Jaidyn Appel illustrates what the civil rights team does at PHS.

By Jaidyn Appel ('19)

While the country has never seemed more polarized, such division is not evident as one walks through the halls of Portland High. The Civil Rights Team, advised by social worker Ms. Payson, sees this lack of debate and discussion as a problem. “We want people to be aware that talking about controversial topics is okay”, she says.

Leading up to and following the 2016 election, the discourse surrounding topics like race, gender, disability and class was controversial day-to-day news channel discussion. But it was not a particularly common topic in school. Ms. Payson believes students’ social choices are partly to blame for this lack of communication: students separate into like-minded friend groups, and therefore do not have the opportunity to share contrasting points of view with their peers.

To combat this problem, the Civil Rights Team, which consists of sixteen students, came up with the See the Gray project. The mission of the project is to see the gray area when it comes to controversial topics, and to think of more than just black and white when discussing subjects that

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Corcoran Takes the Reins of Girls Basketball Cont.

After taking a small break from basketball, he was hired as the head coach of the Cape Cod Frenzy, a professional team in the ABA, in 2007. Corcoran eventually moved to Maine with his family, and in 2016 landed the head coaching job for PHS Girls Basketball, thanks to his connection with Athletic Director Rob O'Leary.

Coaching a team is tough, especially when a coach takes over halfway through the season. Corcoran adjusted well, however, and successfully improved the team, leading them to wins in three of their last four games. That run alone tied the team's win total from the previous season.

The players seem to enjoy the presence of their new coach. "He brought a great new sense of positivity and energy to the team," said Shayla Eubanks, a junior.

Senior captain Taylor Sargent praised Corcoran for having "brought out the best in everyone," and being "exactly what Portland High School girls basketball needed."

When asked about his experience so far with Portland, Corcoran said he was thankful for the kind people that made up the Portland community, especially his players. He added they were better "students of the game" than any boys he had coached, and that this made coaching them easy and enjoyable. Along with high praise for the team's four seniors, Corcoran expressed his excitement for the potential of the young talent on the team. It seems that Portland's girls basketball program is in good hands.



Coach Corcoran talking to the girls basketball team.



Seeing the Gray at Portland High Cont.

many people find uncomfortable. The group started the project by hanging up posters around the school and wearing gray ribbons in order to pique the curiosity of students. The success of this phase of the plan has been noticeable. In the halls and online, many students showed their intrigue in the mysterious project. Though the message has not yet been received by the entire school, feedback thus far on the Civil Rights Team's efforts has been positive.

When asked about her thoughts on the See the Gray project, sophomore Elisa Membreno felt it was important. "A big part of PHS is the community we create. I think See the Gray could help unify the student body and allow us to further understand one another." Junior Anna Garrett shared a similar view. "I think this project is a really great idea. Although it may be hard, it's important to address issues that may make people feel uncomfortable."

The project has even gained some publicity outside of school. Sophomore Kaspar Wilder penned an editorial about it for the Portland Press Herald.

While the project has been relatively successful in its early stages, Ms. Payson acknowledges that there is plenty of work that still needs to be done. The Civil Rights team would like to get other student leadership groups on board in order to further spread the message and get more people wearing ribbons.

While the basic mission of the project is to create comfortable discussion surrounding topics like race, class, gender, sexual orientation, religion, and disability, Ms. Payson's ultimate goal is for the school to reach such a level of understanding that the project is unnecessary and "every student and faculty member is comfortable talking to someone they haven't before."

The Civil Rights Team's See the Gray project may be uncomfortable at first, but students and faculty alike will eventually find that it could be exactly what the school needs.

Students, teachers, and administrators should all talk with each other about these "uncomfortable" topics, and all of

Portland High should strive to See the Gray.



From left to right: are Christina Donato, Tasha Tracy, Sophie Payson (advisor), Xavier Botanna (superintendent), and Alex Witkoski. Not pictured is member Kaspar Wilder.

Portland High School is a Music Melting Pot

Freshmen Alex Millones describes the musical aspects and classes at Portland.

By Alex Millones ('20)

The bell rings. You grab your bag and head for the door. You put your headphones in and everything just feels smooth and flawless. You wave to your friends, they are listening to music too. The two red double doors of the band room close behind you with a thud. Are you trying to earn your fine arts credits? Do you want a fun, simple, class or activity that is a break from the traditional studying and reading? If you are asking these questions, read closely, there is much to learn.

PHS offers a variety of classes for students interested in any kind of music. The goal of these classes, no matter the type of music that they focus on, is to provide a stress-free and enjoyable period of time amid a hectic school day. The feeling that music provides, that satisfaction, is what the PHS music scene is meant to inspire.

Sophomore Josh Ying experiences that satisfaction as a part of Band. "I like having a less-stressful class at the end of the day," said Ying. "You get to meet new people and hang out with them". While Band is composed primarily of wind and percussion instruments, Orchestra is a full-year strings class that rehearses once a week in the evening with students from other high schools.

The most popular singing class at Portland is Chorus, a year-long class taught by Ms. Sawtelle. This year, Chorus is performing songs with cultural ties to Africa. Mr. Thibault runs an acapella club named Barque, which is open to new members. Mr. Thibault lauds the group's performances last year. "We performed last year at the Red Claws, at senior farewell assembly, and onstage with the rock band Foreigner in front of thousands of people," he said. Mr. Thibault looks forward to promoting the group at more public gigs this year.

The beauty of music is getting to share what you like with others, the way you might with Spotify, Apple Music or SoundCloud. PHS even offers a class just for that! Music Appreciation is a half-year course that discusses the subtleties of musical composition and sharing. Students engage in hands-on activities like writing their own music and exposing themselves to new genres.

Other popular courses teach students to master specific instruments for themselves. Guitar and Piano Fundamentals, Intermediate Guitar and Piano, and Percussion Ensemble are pressure-free classes that welcome beginners and educate students without forcing them to pay for lessons.

An additional benefit of all of these classes is their flexibility: the option to choose either a full-year or semester-long course makes it easy to fit whichever class a student wants to take into a busy schedule. Another option, Open Studio, allows students to pop in and out of the music room just to play or sing without signing up for class. There are guitars, pianos and drums available for anyone to play. Students can jam out or learn to play music together by forming a combo--a group that meets in the music room with Mrs. Sawtelle during Bulldog Block or after school. It is really that easy to get involved. Mrs. Sawtelle explains, "I'll do everything I can do help make these combos possible."

The music scene at Portland is rapidly expanding to include more and more members, and there are so many ways to become involved and pursue a hobby or discover a new passion. Do not hesitate to try one of these fantastic options. You won't regret it.



Students during band practice.

Thanks to ELL Teachers

Senior Zahra Abukar thanks her ELL teachers that have helped her.

Ms. Ann Murray



By Zahra Abukar ('17)

I want to share how grateful I am to my teachers in the ELL (English Language Learner) department at Portland High School. ELL is a program for students who are new to this country and who are learning English. I was new to this country two years ago; I did not speak English. I was in the ELL program for two years before I moved into mainstream classes. When a student achieves a certain level of English, the student starts taking classes with English first language speakers. I'm grateful to our ELL teachers because they changed my life by teaching me English. These are the people who made the difference: Ms. Julie Wise was the first person I met from the ELL program. She is a problem solver and nice history teacher. Ms. Chris Mitchell was my primary English teacher and my favorite. She helped me with the basics and I'm stronger because of her. Mr. Thomas Tallarico's class was my second home in PHS; he was tried to speak Somali and Arabic to make me feel welcome in his class- room. Mr. Steve Dyro was my reading and writing teacher, and I liked how he used to give us quizzes every day when his class was ending. Mr. Rohan Henry was an inspiration to me because he understood some of our challenges and he helped a lot of us. Ms. Ann Murray was my last ELL teacher and she made sure I was ready for the next level. I remember standing in front of PHS on my first day of school knowing no English and now I'll graduate in a few months speaking English proficiently. It has been an amazing three years and I'm grateful to my teachers who helped me along the way. THANK YOU!



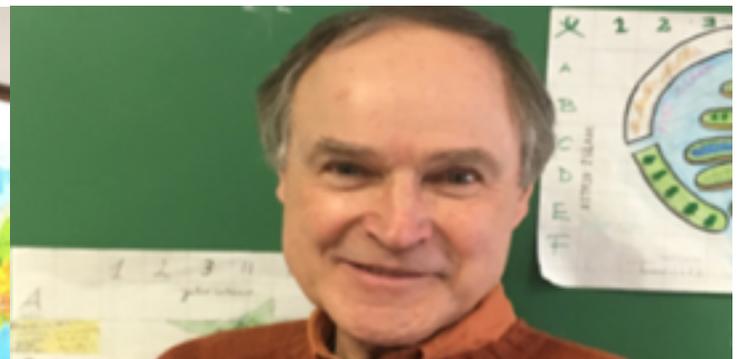
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The Bulldog Edition



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On behalf of the entire staff, thank you for reading this issue of the Bulldog Edition.