



## THE IMPORTANCE OF LEADERSHIP

by: Sophia Gallant

School. 7:30am to 2:04pm. 5 days a week. 180 days a year. Hours of a routine. Math, Science, English, History and so on. If you're like me, this gets boring and redundant. It'll burn you out quicker than the speed of light. Although compulsory education laws require us all to show up, there is a way to find the light at the end of the tunnel. Our school offers an abundance of extracurricular activities. You may think this sounds insignificant and like a waste of time, but this could not be further from the truth!

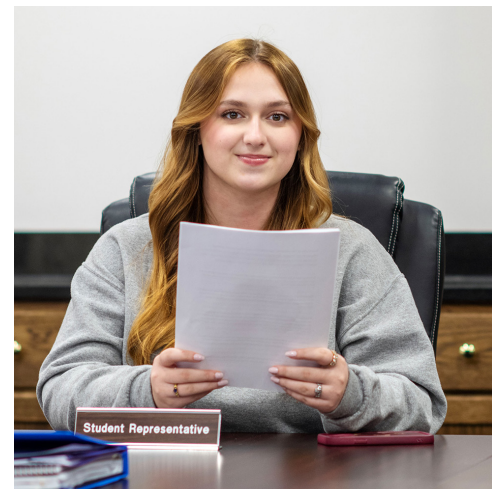
My name is Sophia Gallant, you may know me if you watch school committee meetings or have read the Principal Updates in which I was featured. Or maybe you met me through one of our recruitment efforts, which is more than likely because I enjoy speaking with underclassmen, or even anyone who is interested to listen. But it didn't always start out that way.

During my freshman year, after spending all day learning I just wanted to go home and relax. Why would I join after-school clubs? I thought they looked dorky or nerdy. But by the end of freshman year, I noticed my friends who were in clubs got to go to different events and field trips, which inspired me. Over that summer, I thought about college and my lack of involvement at Shawsheen. I realized I

had to do something. In September of my sophomore year, I sent emails out applying to numerous clubs. I decided to join that Anti-Bullying Club, Math Club, Student Council, Student Cabinet, and Oratory Club.

At first, I was just attending to build up my resume. I saw no other benefits. But this quickly changed. Before I knew it, I was elected as the president of the Anti-Bullying Club. I met numerous amazing people (literally the funniest, kindest, smartest people I have ever met) in Math Club. I got to go on field trips and fundraise with Student Council. I became Shawsheen's youngest student representative through the Student Cabinet. I also became the first person to win a regional oratory competition from Shawsheen in over a decade. Surprisingly, all of this is just the surface of my success. I found more than medals, events, and notoriety in the local paper, I found purpose. Joining clubs and taking part in leadership roles changed the way I view school. It's no longer simply Math, Science, English, and History, school is fun. I earned a spot in the Shawsheen community, and it is the most rewarding feeling. The gratification you feel when you see a difference in the school because of your own actions does not compare to the gratification of getting an A on a test. It is a completely different feeling.

Not to mention, working with my peers helped me a lot. Freshman year I'd get called on in class and go red with hives. I was socially awkward and had little to no friends. I'm only so comfortable sharing this because of the complete turnaround I have personally experienced. Once I got involved, I blossomed. I can now communicate with teachers and peers effectively. I can advocate for myself and even others! I'm not saying you must do as much as I do, but if you are feeling like school is just an endless burn-out cycle, spice it up! If you want to make a change in your high school experience, you can't really do that if you're sitting in a corner waiting to be dusted off. Get out there and shine bright!



**SPRING  
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SCHEDULES**



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**GIRLS  
LACROSSE**



**SOFTBALL**



**TENNIS**



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## NATIONAL HONOR SOCIETY

**Congratulations to the newest inductees  
of the National Honor Society!**

**Class of 2025:**

Madison Chew  
Leila Hurley  
Lauren Mazzei  
Roy Plewa  
Logan Sproul  
Juliana Welch

**Class of 2026:**

Rachel Botte  
Maria Cafaro  
Ava Cailler (*Elected Vice President*)  
Jessica DeChellis  
Jailyn DiNuccio (*Elected President*)  
Sophia DiTonno  
Brendan Ferrone  
Samantha Fisher  
Maura Krueger  
Charlie Mastronardi (*Elected Treasurer*)  
Lily Middleton  
Paige Nickerson  
Maeve O'Brien  
Karina Palencia-Marroquin  
Jacoby Patterson  
Rayssa Pereira  
Olivia Quinn (*Elected Secretary*)  
Christina Rainone  
Kai Rogers  
Isaac Schmidt  
Gemma Sweeney  
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## UPCOMING EVENTS



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### MEDICAL CORNER: IVF

MEDICAL ASSISTING SENIOR, NISHTHA LAMSAL TAKES TIME TO TEACH US ABOUT THE MEDICAL PROCEDURE, IN VITRO FERTILIZATION

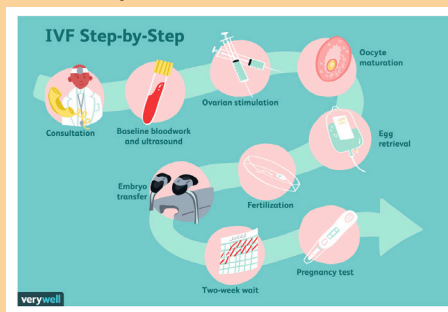
By Nishtha Lamsal

According to the article "In Vitro Fertilization (IVF)" created by Mayo Clinic Staff, In Vitro Fertilization is a method for people with fertility problems that can induce pregnancy. It may also be used to deter the transmission of genetic problems to a child. Mature eggs are allocated from the ovaries to be fertilized by sperm in a laboratory. This procedure has now become the most effective assisted reproductive technology and has paved the way for many families. Nonetheless, it is imperative to understand all that goes with IVF, such as its purposes, risks, steps, and whether to have it or not.

Infertility is when couples are unable to conceive and may be caused by fallopian tube damage, ovulation disorders, endometriosis, uterine fibroids, issues with sperm, unexplained infertility, and prior surgeries like tubal ligation. In Vitro Fertilization can help with this, along with allowing those with genetic disorders to pass them on to their children. One course of action that is run through IVF is preimplantation genetic testing, which permits the screening of embryos for certain genetic issues. This aids in lessening the risks for the next generation from inheriting the disorder.

Intrinsically, there are several ways in which infertility may develop. Harm or obstruction to the fallopian tubes may occur. It becomes difficult for an egg to get fertilized or for an embryo to journey to the uterus. Many ovulation disorders are characterized by infrequent or absent ovulation, which in turn decreases the accessibility of eggs for fertilization by sperm. Growth of tissue like the uterine lining may grow outside the uterus and affect the ovaries, uterus, and fallopian tubes. Benign tumors in the uterus, or uterine fibroids, are prevalent in those in their 30s or 40s. These can impede the affixing of a fertilized egg to the uterine lining. Past tubal ligation surgeries are distinguished by the cutting or occlusion of the fallopian tubes to hinder pregnancy. Those who undergo this surgery may

want to have children in the future, and IVF gives them the opportunity to do so. Infertility can be an idiopathic condition; it is described when standard tests are unable to recognize the underlying origin of infertility.



However helpful IVF can be it has risks like any other medical procedure. There are both short-term and long-term health problems that must be considered. The risks involved are stress, issues with the egg retrieval process, ovarian hyperstimulation syndrome, miscarriage, ectopic pregnancies, multiple pregnancies, birth defects, premature delivery, low birth weight, and a bit of an increase in gaining certain cancers.

Those who have gone through IVF may experience troubles afterwards. Stress from the procedure can impact a person's physical and mental health. It can also come from expenses, for example, a single IVF cycle may cost \$15,000 or more. Complications stemming from the egg retrieval procedure add an additional layer of concern. Using ultrasound images to guide a needle through the vaginal canal and into the follicle-containing sacs risks bleeding, infection, or damage to adjacent organs like the bowel or bladder. Ovarian hyperstimulation syndrome is when the ovaries become swollen and painful. This may occur due to the fertility medications employed during the process. Miscarriages are another source of concern, as 15% of women in their 20s and over 50% of those in their 40s are likely to get a miscarriage. An ectopic pregnancy is when a fertilized

### STAFF SPOTLIGHT

– MS. SCIARRATTA –

by: Sophia Gallant

I would like to highlight one of Shawsheen's finest faculty member, Ms. Lauren Sciaratta. She grew up in Somerville, Massachusetts and graduated from the cosmetology program of Somerville High in 1989. Her love for cosmetology began as a child when she would accompany her mother during her hair appointments. There she was able to sweep, sort rollers, and tidy the salon, among other mundane tasks. She admired the stylist's talent and skills as well as the strong relationship and trust with clients. She recalls the stylist juggling multiple clients at once yet still creating beautiful work.

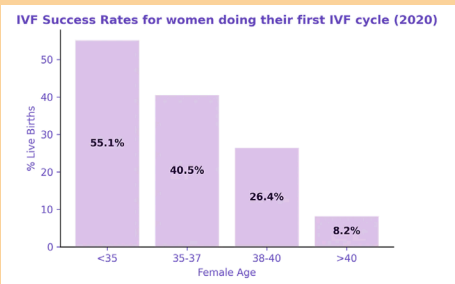
Ms. Sciaratta was the first individual in her family to graduate from a vocational high school, and it was frowned upon. Despite her passion for cosmetology, her parents disapproved of her going the vocational route. Though it took endurance and a fight, Sciaratta was permitted to study cosmetology under the condition she remained in college path courses.

In the beginning, she struggled socially and dreaded attending school. However, once she joined the cosmetology program, her opinions shifted. She then looked forward to school and loved her peers and curriculum. By joining the program, she felt enlightened and revived, regaining a passion for education. Her instructors would often take the class on field trips to the Boston hair shows. She remembers vividly how "included and supported this program made me feel." As soon as she earned her license, she jumped right into the industry! She began as an assistant on Newbury Street at a salon called Avanti. Within about a year she became a trainer for new employees. This sparked her interest in education, as she enjoyed seeing her students succeed. After a few years, she became an Education Manager for Revlon Professional Products for New England and upper state New York. There she worked alongside district managers and local distributors to host events and classes. She would conduct hands-on experiments in labs on the different products and would report the findings to salons and distributors. However, education was a growing passion. In 2017, Sciaratta began the process of



### Medical Corner: IVF, continued

egg is affixed outside of the uterus and can pose a challenge for the viability of the embryo. Multiple pregnancies, birth defects, premature delivery, and low birth weight are all risks that are undoubtedly heightened in rate compared to natural conception. Initial studies linked certain egg stimulation medications to ovarian tumors, but newly required research has mostly dismissed the risks of breast, endometrial, cervical, or ovarian cancer after IVF.



Before embarking on an IVF cycle, one needs to be prepared. A reputable fertility clinic, success rates, treatment approaches, and the cost of it all must be considered. There are many such screening tests that are performed to test a couple for IVF. Another factor that should be discussed is the number of embryos to be transferred.

Usually, an IVF cycle spans 2-3 weeks, and there are many steps to follow. The first step is the treatment to make mature eggs. This is where hormones are delivered to the body to stimulate the ovaries into making multiple eggs. Next, there is egg retrieval, where mature eggs are obtained from the ovaries through a slightly invasive procedure called transvaginal ultrasound aspiration. Now, a semen sample is needed to acquire sperm. After that, eggs are fertilized with the sperm sample through conventional insemination or intracytoplasmic sperm injection (ICSI). Finally, as many embryos as desired are placed into the uterus with the use of a catheter.

Fertilization occurs in two separate ways. One way is through conventional insemination, where sperm and mature eggs join and are then maintained in a carefully regulated environment called the incubator. Another way is through intracytoplasmic sperm injection, in which healthy sperm is introduced into each mature egg. This type of technique is

continually used in cases where there are issues with semen quality or quantity. It may also be implemented if prior attempts at fertilization through IVF were futile (Mayo Clinic Staff).

According to the article "What is IVF?" by Planned Parenthood staff, after the procedure, people are asked to go back to their consistent lifestyles but to be cautious about side effects. These include mild cramping, breast tenderness, bloating, and constipation. Anything concerning, especially discomfort, should be reported to the hospital. There is no telling if something may impact the chance of pregnancy (Planned Parenthood staff).

In the article "In Vitro Fertilization (IVF), the Mayo Clinic maintains that typically a blood test is given around twelve days after the egg retrieval to see if the procedure was successful. If it was, they are then meant to go to for prenatal care. If not, there will be deliberation as to another IVF cycle. Success rests on maternal age, embryonic status, reproductive history, the cause of infertility, and lifestyle factors (Mayo Clinic Staff).

Although IVF is not without its risks, it is deemed an incredible procedure by those who would otherwise be unable to become pregnant with their partner. It is imperative to keep in mind that issues regarding side effects, costs, and mental pressures may weigh on those who are considering doing the series of procedures. If not, there is a chance for a happy family and a life full of adventures!

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#### Images

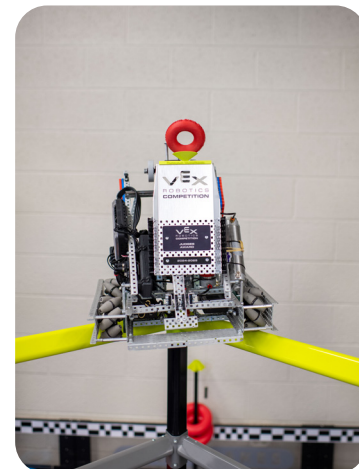
"IVF Success Rates by Age in 2022 - United States Data." [Fertilityspace.io](https://fertilityspace.io)

### Staff Spotlight, continued

obtaining a teaching license. She reached out to Shawsheen Tech to inquire if they needed a substitute teacher. At first, she was "on-call." She remembers the staff being, "friendly and helpful." She especially emphasizes the support of the cosmetology teachers at the time, Mrs. Koch, Mrs. McKenzie, and Ms. Cawley. Ms. Cawley would often check in with her and support her during the application process. Sciarratta will "forever be grateful to her." However, she taught full time at Medford Vocational Technical High School and also experienced substituting at other schools. Yet, she was thrilled to come back to Shawsheen in 2023 for many reasons. She highlights the values, environment, reputation, and culture at Shawsheen. When asked about her goals here, she replies, "my goal is to equip students with the skills, knowledge, and confidence they need to succeed in cosmetology. Practical skills are important, but they go hand and hand with work ethics, problem solving abilities, and adaptability that is essential for success in the workplace." This response just emphasizes her values as a person, employee, and mentor. At Shawsheen, she enjoys advising the Anti-Bullying club and taking advantage of extra professional development programs. She loves collaborating with other teachers, local businesses, and students here at Shawsheen Tech. Sciarratta also is enthused that her students have access to the latest tools and technology as well as willingness to engage in community service.

Her students see her endless efforts to make the curriculum fun. She often finds creative ways to jazz up her lessons by adding themes or backstory. For example, she recently coordinated a table full of styles from Oscar winning movies to correlate with the 2025 Oscars. She also worked with her sophomore group to put together a cardboard Gondola to support the Traveling Ram's trip to Italy this March. Her persistence and adventurous nature are truly admirable. However, she also displays compassion and empathy for her students. She consistently checks in with them and is always someone her students can rely on. Sciarratta's performance is exceptional, and she contributes to Shawsheen Tech like no other. I have never seen someone put so much kindness, endurance and thought into her work, and therefore, she deserves the praise and appreciation of a Shawsheen Highlight. On behalf of the school, we hope to continue to see her positivity throughout the coming years!

# SHAWSHEEN ROBOTICS



## SKILLSUSA DISTRICT MEDALISTS!

On Thursday March 13th, 156 Shawsheen students competed for a chance to move on to the SkillsUSA state conference in April. Shawsheen Tech students competed against students at Essex Tech, Greater Lowell, Greater Lawrence, Nashoba Tech, Salem High and Whittier. Congratulations to the following students on their medals and good luck to those who qualified to compete at States!

### GOLD MEDALS

Basic Health Care Skills - Alyssa Costantiello  
CNC Turning Specialist - Isaac Schmidt  
Graphic Imaging Sublimation - Devyn Donnelly  
Industrial Motor Control - Maria Cafaro  
Masonry - Autumn Halas  
Medical Terminology - Nishtha Lamsal  
Plumbing - Michael Ware  
Power Equipment - Jason Flavin  
Screen Print - Jessica DeChellis  
Technical Drafting - Haley Ricker

### TEAM WORKS

Carpenter - Brendan Ingersoll  
Electrician - Dale Gardner  
Mason - Madeline Long  
Plumber - Thomas Peterson

### HEALTH KNOWLEDGE BOWL

Corrine Foley  
Melissa Lavine  
Kylie McLaughlin  
Alaina Powell

### SILVER MEDALS

Architectural Drafting - Sydney MacPherson  
CNC Milling Specialist- Jonathan Hureau  
CNC Turning Specialist -Paxton Saluto Weeks  
Collision Damage Appraisal - Roy Plewa  
Dental Assistant- JailyN DiNuccio  
First Aid/CPR - Eleanor Gouthro  
Masonry -William Trach  
Nail Care - Isabella Souza  
Plumbing - Matt Kilfoyle  
Screen Print - Phoebe Cameron  
Technical Drafting - Aidan Boutot

### AUTOMATED MANUFACTURING TECH

Machinist - Aiden Bain  
Machinist - Anthony Pellegrino  
Drafter - Delaney Ward

### BRONZE MEDALS

Architectural Drafting - Seth Ruchalski

### AUTOMATED MANUFACTURING TECH

Machinist - Sean Morgan  
Machinist - Tucker Robinson  
Drafter- Maximus Hussey-Cerqueira

### BRONZE MEDALS , CONT.

Basic Health Care Skills- Lorraina Raposa  
Carpentry- Mary Schmidt  
Collision Repair Tech -Paul Lambardo  
Cosmetology (over 500 hours)-Stephanie MacKeen  
First Aid/CPR- Rachel Botte  
Graphic Communications- Spencer Talbot  
Masonry- Megan Steeves  
Medical Terminology -Isabella Molina  
Mobile Robotics - Brendan Ferrone  
Mobile Robotics - Alyvia Rowsky  
Nursing Assisting- Kylie Plowman  
Plumbing- Josh Powderly  
Sheet Metal- Madison Fay

### HEALTH KOWLEDGE BOWL

Gianna Peach  
Evangeline Schwartzkopf  
Maura Krueger  
Ava Cailler

### TEAM WORKS

Carpenter - Harry Kinsella  
Electrician - Nolan Ally  
Mason - Jackson Goldman  
Plumber - Owen Gallant



*SKILLSUSA DISTRICT MEDALISTS!*





***VARSITY SPRING SPORTS***





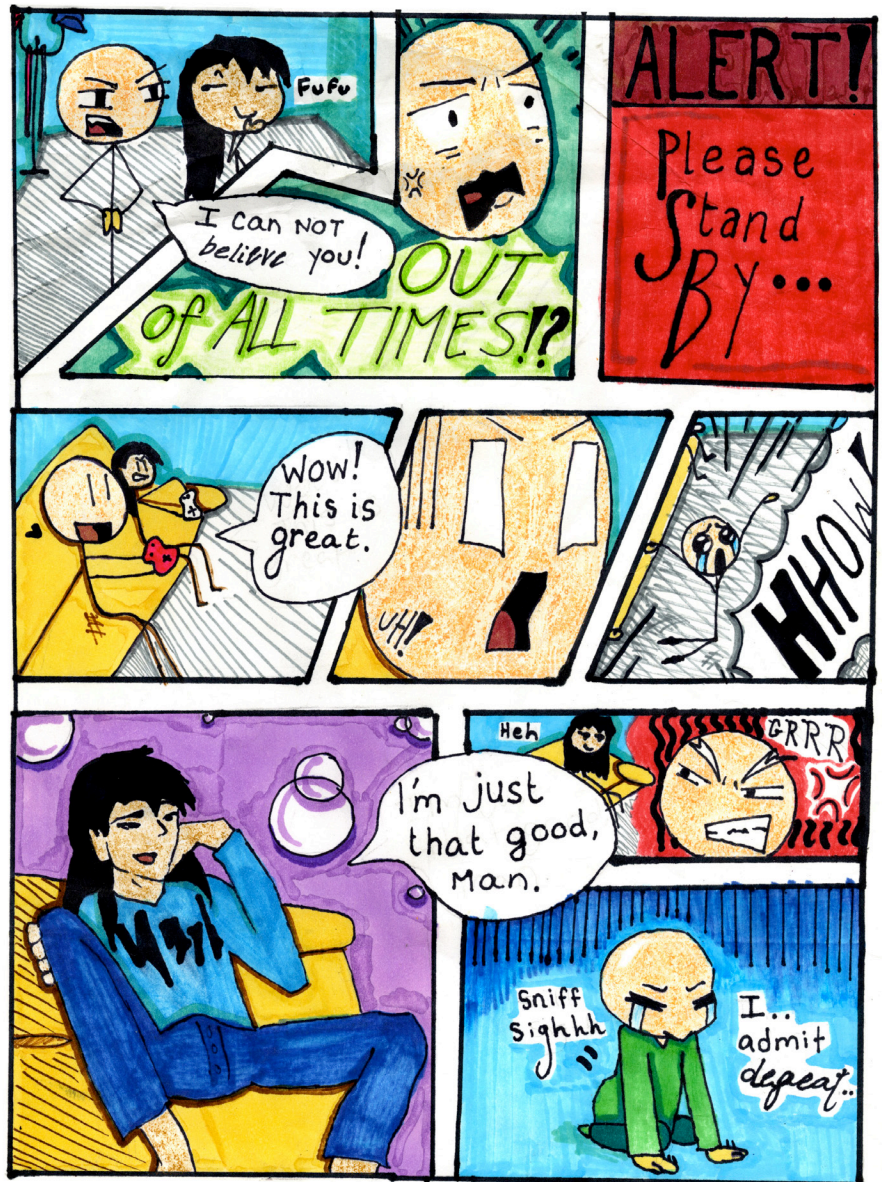
## WINTER SPORTS

By Madeline Manning



## THE GREAT DEFEAT

By Ava Dicrescenzo



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