



# The High School View

The High School View is staffed and prepared entirely by students from the Martha's Vineyard Regional High School, and published on their behalf by The Martha's Vineyard Times, with the generous assistance of the sponsors whose names appear below.

## Yossi Monahan inspired a zest for life

BY NIKEYA TANKARD  
AND PICKLE EVILLE

The Island community is mourning the loss of former Martha's Vineyard Regional High School (MVRHS) student and current senior Yossi Monahan. Yossi grew up in Aquinnah and attended the Chilmark School, West Tisbury School, and the high school for his first two years before moving to Colorado.

Yossi's close friend, senior Jack Carbon, reflected on the first time he met Yossi. "I had no one to go on the Zipper with at the [Agricultural] Fair, and he had no one to go with," Jack said. "We went seven times in a row until he projectile-vomited all of his corn dogs, and then proceeded to be, like, 'Let's hit this bad boy again!' I was, like, Finally I

have someone I can go on the Zipper with 300 times!"

Jack added, "Yossi did what he wanted. If he had an idea and you were lucky enough to be involved with it, it was always memorable."

A memorial service for Yossi was held in Colorado on Dec. 9. The service was broadcast via Zoom, with friends gathering at the EMS Building and Pathways in Chilmark to connect with one another and watch the service.

His Spanish teacher, Erin Slossberg, said, "Yossi was always curious about the world. Sometimes it was extreme sports, like rock climbing. He had the opportunity to do a lot of travel, and experience nature."

Friend and senior Rosie Degregorio said Yossi taught her how to rock climb, fish, make



COURTESY MARIA THIBODEAU

Yossi Monahan was a member of the class of 2024.

arrows, and play the guitar. "He really impacted what I would come to do in my life," she said. "I grew to love these things, things that I would never have come to appreciate without him."

In addition to time spent swimming for the high school team, Yossi loved to sail. He was a member of the sailing team, took maritime studies at MVRHS, and worked for SailMV over the summer. Friend, teammate, and senior Lyla Solway said, "He showed up every single day, and was one of the most committed people I knew. He genuinely could get in a boat with anybody and make it work ... He would make sailing with anybody the most positive experience he could."

SailMV Executive Director Andrew Nutton was Yossi's sailing coach and maritime studies teacher. He said, "He was always ready to go, with his wide-brimmed hat bounc-

ing up and down ... He always had a smile on his face, and was willing to put a real shift in if asked."

Yossi was known as a welcoming person, both in and out of the sailboat. Friend and senior Henry Coogan pointed out how he prioritized making sure people felt included. "I remember sophomore year there were a couple of kids [in our class] who never sat next to anyone," he said. "Yossi would always make it a point to talk to them and partner up with them."

Rosie said Yossi deeply valued and held onto his Island connections after moving to Colorado. "It didn't matter what he was doing, where he was, or who he was with," she said. "Whenever I would call, he would always pick up. He was always there for me when I was having a hard time. No one really was there for me like he was, even after we were far apart." HSV

## Sleep schedules contribute to health struggles

BY ANINA GARVIN  
AND PICKLE EVILLE

At Martha's Vineyard Regional High School (MVRHS), the bell rings at 7:40 am to signal the start of the first class of the day. Four classes, a flex period, and one lunch later, the last bell signals the end of the regular school day at 2:05 pm. Throughout the school day, it's not unusual to see groggy students who struggle to stay awake in class.

According to the Centers for Disease Control (CDC), the average high school student in the U.S. gets between two and four hours less than the recommended eight to 10 hours of sleep per night. A study done by the CDC in 2015 showed that 72 percent of students don't get enough sleep on school nights. There

are many contributing factors to the teen sleep shortage — extracurricular and homework commitments that cut into sleep, late night screen time used for entertainment or gaming, or even the lack of an established sleep routine that can make it difficult to fall asleep.

School administrators and teachers acknowledge that sleep deprivation among students — and resulting problems such as inattentiveness or attempting to sleep in class — is a common problem that can impact learning and overall mental health.

"Lack of sleep contributes to decrease in focus, increase in symptoms of depression and potentially anxiety, not completing schoolwork on time, irritability, and physical ailments," said school adjustment counselor Amy Lilavois.

Senior Connor Graves has noticed how not getting enough sleep affects his behavior. "I'm definitely a little snappier sometimes. I'm not thinking before I speak as much as I should, and I'm just being a little bit more rash," he said.

Mood isn't the only thing that changes significantly; there are also physical signs. School nurse Mike Savoy says it's clear when a student hasn't had enough sleep. "You can see bags under their eyes; they're pale, tired. It's pretty obvious now that I've seen it a lot in adolescents," he said.

Senior Rebecca Mandelli has noticed these physical signs of sleep deprivation as well. "Personally, when I don't get a lot of sleep, my eye bags are way worse. I just look tired. And I see it in other people too," she said.

Rebecca also feels that a lack

of sleep leads directly to subpar athletic performance. She said, "I'm not going to lift as heavy as I want to at the gym, or I'm not going to have as much strength to get up from my butterfly to stop the puck [during hockey practice]."

As part of their overall wellness programming, MVRHS is working to inform students

on the benefits of healthy sleep habits. Lilavois has been working to establish a Mental Wellness and Skills Group, a support group that will meet twice a week to talk about mental wellness — including the importance of sleep.

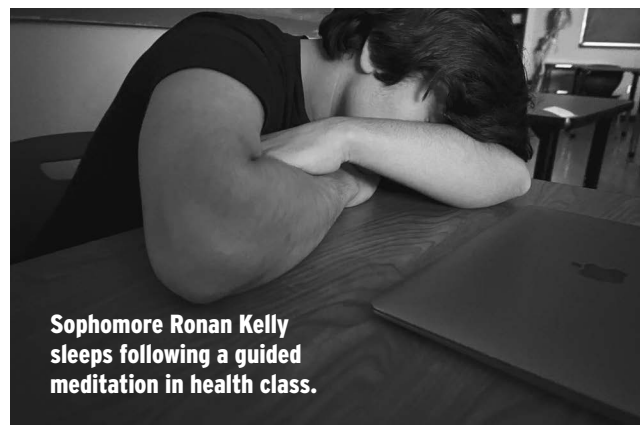
Inevitably, teens don't always make healthy choices when it comes to getting to

bed at night. "Students think that they have techniques that are going to decrease that excessive worry or stress, when it could be adding to the problem," Amy said, adding that things like social media and vaping can trick students into thinking they are relaxing, when in fact these things do the opposite: They create a false sense of tranquility that can actually disrupt sleep.

Being able to stay awake and alert during the school day is often a product of small, positive changes.

"Mindfulness practices and a calming evening routine before bed are helpful for students who struggle with excessive worry when trying to fall asleep," said Lilavois.

When it comes to establishing a healthier sleep routine, Rebecca also recommends starting small: "If you're going to bed every day at 1 am, try to go to bed tomorrow at 12:45, and the next night at 12:30." HSV



Sophomore Ronan Kelly sleeps following a guided meditation in health class.


ANINA GARVIN

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