

# the INDEPENDENT

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## Spirit Week celebrates enthusiasm of school community

Students decorate school, dress up to increase school spirit, Hornet pride

By Juliette Kelley  
INDEPENDENT EDITOR

Students participated in Spirit Week last month by dressing up for each day of the week to increase enthusiasm for the school and cultivate a collaborative community.

This year, the dress-up days included pajama day, toga day, color day, decades day, and Hornets pride day.

According to Abigail Donnelly, Student Council adviser, students were very enthusiastic about the week.

"My favorite part of Spirit Week is always seeing how excited students get. Everybody just seems so happy and excited to be at school that week, and it's such a great atmosphere," she said.

Donnelly said some of the changes from last year included

adding toga day and changing the hall decorating by giving each class a different theme.

"Last year we had just done a green and white Hornets sort of theme for the hallway, but other schools do themes. So, when we got together as a Student Council, we discussed various themes," she said.

According to junior Rebecca Shan, being able to dress up for school was one of the best parts of the week.

"My favorite part of the week was getting to wear that stuff to school. It's really fun because everyone else is wearing it," she said.

This year, however, some of the classes became slightly too competitive, such as putting up signs that made negative comments towards other classes. This resulted in a change of how Spirit Week was run, Donnelly said.

In the past, the class with the most participation for the week won. This year, any classes which had more than 80 percent of participation got a share of the winnings.

The purpose of Spirit Week is



COURTESY OF MADISON PALMER AND CAROLINE HUNT-EPP

Spirit Week culminated in a pep rally where students were recognized for participating in school sports and clubs. They also competed in games, such as the annual scooter race against teachers.

to celebrate our school community, [and] to come together... When kids get too into it is when they start competing against

each other, class against class, in a more negative fashion... The rule change was almost a reaction, and it's something

we need to look at when we start thinking about next year," Principal Patricia Puglisi said.

SPRIT WEEK, page 3

## School eliminates midterms in hopes of improving student learning

By Shannon Adam  
INDEPENDENT STAFF

Breaking a long-standing traditional practice, the high school

is not having midterm exams this year to shift the focus more on the learning aspect of education rather than on the testing part, Principal Patricia Puglisi said.

"I think the way we look

at student learning has changed over time and that in order to truly assure learning is happening, more frequent learning assessments of students is better," Puglisi said.

Students should learn how to use information in authentic

ways, and midterm exams do not support that effort. "A 90-minute test that is focused solely on content is really not as useful towards developing student learning as maybe use of that content for a project or in some other authentic way," she said.

According to Puglisi, some teachers started moving away from the midterms because of their viewpoint on learning.

Debra Isensee, English department chair, liked to test students' skills midyear and see their progress, but "disliked the stress they caused students and... the work they caused teachers." Having no midterms eliminates a stressful situation

from the school year, she said. Sophomore Genevieve Young agreed. While she does not mind the actual test, having all the midterms in one week is very stressful. "When they are all at the same.

NO MIDTERMS, page 3

## Green Team president senior Belle Allmendinger elected as National Green Schools Society co-president

By Holly Fossa  
INDEPENDENT EDITOR

Senior Belle Allmendinger, president of the Green Team, has been elected co-president of

The National Green School Society. She will be traveling, speaking and advocating new sustainable ideas.

Allmendinger has been a member of the Green Team since her freshman year and was elected president the spring of her freshman year.

"The Green Team has a chapter type of thing [with National Green Schools Society], so I have been working with them most of my high school career," she said.

National Green Schools Society, based in Mansfield Mass., elected Allmendinger as their co-president this September after inviting her to do work

with them last year; she said they wanted to submit legislation regarding water education.

"I took the lead in that with another student, and we wrote a

**'We want to cause a chain reaction in other states so that most states have this week that is dedicated to water education.'**

- BELLE ALLMENDINGER

resolution that would dedicate a week each year to water education in Massachusetts, and since I did a good job with that, they invited me to be co-president," she said.

Allmendinger said she and the other president, Harjap Singh from New Jersey, have a vision to get more people involved on a governmental level.

"We want to cause a chain reaction in other states so that most states have this week that is dedicated to water education," she said.

Boston is hosting a climate conference in the spring, and Allmendinger said she



HOLLY FOSSA PHOTO

Senior Belle Allmendinger, member of Green Team since freshman year, worked with National Green Schools Society last year to promote legislation regarding water education.

hopes to go so she can meet other leaders and innovators.

Allmendinger won the 2017 Outstanding Green Student award, and she was given an honorable mention for the Green Team's performance in a green up

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# Humanitarian League attends Online 4 Good Seminar

Conference intends to teach students how to use social media safely, responsibly

By Sophia Larson  
INDEPENDENT STAFF

Attending the Online 4 Good seminar at WGBH in Boston, the Humanitarian League learned how to use social media for good.

The club includes seniors Rebecca Braimon, Madison Palmer, Nina Prince, and Faith Palermo, and is supervised by English department chair Debra Isensee.

History teacher Lauren DuBois asked the Humanitarian League to attend Online 4 Good to learn to promote tolerance and a healthy school community. History teacher Jessica Tran chaperoned them at the event.

The need to promote tolerance became an issue after an incident

in last year's freshman class during the screening of "Schindler's List" where some discriminatory comments were overheard. This got the administration searching for ways to promote tolerance at Manchester-Essex, and Online 4 Good was discovered as an option, Tran said.

"It got us as a [history] department and the administration thinking about how to cultivate empathy, and understanding, and tolerance amongst our student body. The need for that work became more clear after this particular incident... Online 4 Good was a resource that [Patricia] Puglisi found to promote tolerance, inclusion, and empathy," Tran said.

Palmer talked about the purpose of Online 4 Good and what the group learned from the seminar.

"They want to promote using social media for social good. So they were teaching us how to best utilize social media platforms to empower students and empower good causes," she said.

Each school in attendance was



COURTESY OF REBECCA BRAIMON  
History teacher Jessica Tran accompanied seniors Faith Palermo, Rebecca Braimon, Nina Prince, and Madison Palmer, members of the Humanitarian League, to the Online 4 Good Seminar.

required to come up with a mission statement saying how they would better their community using technology, Palmer said.

"The mission statement for Manchester-Essex is about strengthening the support of the community," she said.

The Humanitarian League will fulfill their mission state-

ment by reaching out to other schools in Essex County and giving students at Manchester-Essex the chance to help Sudanese refugees in Salem, Palmer said.

Online 4 Good also offered students the chance to hear from people who use social media for good in their professions, Braimon said.

"It had Skype calls with in-

fluent people who actually worked in the media offices at the White House, it had panels with people who used people who used social media for political campaigns and radio and stuff like that, and it had a couple keynote speakers like the brother of the founder of the ALS Ice Bucket Challenge," Braimon said.

# Spanish students to travel abroad to Peru over April break

By Mia Cromwell  
INDEPENDENT STAFF

During spring break, 21 members of the Spanish classes, chaperones Lauren Dubois, Margaret Kane, Gloria Tanner, and group coordinator Robert Bilsbury will take an 11-day trip to Peru.

Students will leave on Saturday, April 14, and they will return on Tuesday, April 24.

Since there are only 21 confirmed travelers, Bilsbury said the number

of students enrolled in the trip is not enough for the group to travel alone; however, if three more

students sign up, the group will be separate from other schools.

Junior Annika Dahlin, who is part of the AP Spanish 4 class, decided to sign up for the trip for the experience.

"I am really interested in learning about different cultures, and

I thought it was a great opportunity to practice Spanish and get more fluent," she said.

Through the EF Educational Tours Organization, the group will travel to Lima to see the Sacred Valley, which is a region in Peru's Andean highlands.

**'Going on the trip can be a really cool thing because if you're speaking a lot of Spanish during the day, that's when things can change.'**

- ROBERT BILSBURY



WIKIPEDIA.COM

Students will visit many of Peru's most famous landmarks over April break, including the ancient Incan ruins of Machu Picchu.

In the highlands, students will visit the city of Cusco that was once the capital of the Inca Empire. They will also visit

Machu Picchu, an Incan citadel set in the Andes Mountains.

Senior Garrett Lamothe, a member of the AP Spanish

5 class, expressed his interest in seeing Machu Picchu.

"I am definitely [looking forward] to Machu Picchu. It will be amazing," he said.

The second half of the trip will take place in the Amazon, where students will stay in an Amazon hotel and participate in naturalist activities such as guided hikes.

As a result of the trip, Bilsbury wants the students to become more fluent in Spanish.

"Going on the trip can be a really cool thing because if you're speaking a lot of Spanish during the day, that's when things can change in your brain, and you can actually take some cools steps to becoming more fluent," he said.

He is also excited to experience students buying into the idea that they will be speaking a great deal of Spanish and having fun.

Experts on cyberbullying encourage awareness, understanding in school presentations

By Anton Kozyrev  
INDEPENDENT STAFF

Meghan McCoy, Manager of Programs at the Massachusetts Aggression Reduction Center (MARC), delivered a presentation on cyberbullying and communication to the school's freshman and sophomore classes.

McCoy presented to students and faculty during the last class period on Oct. 19, while her colleague Elizabeth Eng-

lander delivered a presentation to parents later that day.

McCoy used a variety of graphics and images in order to make sure her point was understood and used a variety of memorable phrases such as "don't be an egger," as in one who "eggs on" a situation.

She devoted a considerable amount of time to covering social media usage and its benefits along with more negative aspects.

Bullying -- cyberbullying in particular -- is definitely an issue, especially in the United States.

According to stopbullying.gov, 15% of high school students have been electronically bullied in the last year. That number jumps up to 55.2% among LGBTQ students.

A key element of McCoy's presentation involved explaining that one can stop cyberbullying "without getting aggressive," meaning that a bully's power primarily stems from attention and affirmation from other people.

She suggested that simply

speaking out against a bullying situation without escalating it can be one of the most effective ways to counter bullying.

McCoy ensured that her presentation was somewhat informal while still confronting a crucial issue by attempting to speak to students directly.

"Instead of talking down to them, Professor McCoy kept the tone casual and light while still talking about serious content," social studies teacher Jessica Tran said.

Students agreed that McCoy's presentation was relaxed while engaging, helping students to "feel more comfortable."

"She was very relaxed and pretty down to earth; the presentation was more like a person-to-person chat than a big presentation. She kept the conversation respectful," sophomore Mya Harmon said.

Tran said McCoy's approach to presenting about cyberbullying clearly conveyed her message to the audience.



**71%** of high school students witnessed bullying last year

**15%**

of high school students were cyberbullied last year



**55%** of LGBTQ students experience cyberbullying in high school

ABIGAIL FITZGIBBON GRAPHIC

"[S]he didn't come across as lecturing...which made students much more receptive."

"[McCoy] was really effective and strong in her teaching ability... she was able to relate to students pretty easily," Harmon said.

This theme of being relatable permeated into Englander's presentation as well, in which she also covered a variety of topics, including cyberbullying, social media and helping par-

ents understand various tools and ways to navigate school.

Englander also stressed the importance of being "approachable" when interacting with students and children, as it tended to make them more receptive to new information and advice.

"The presentation was so conversational and [Englander] was super easy to listen to; she was relatable and informal," parent Kim Gendron said.

# Students, adults perform at ‘Night of Stars’ talent show

By Holly Fossa  
INDEPENDENT EDITOR

To benefit the Spaulding Education Fund, which works to advance education in the Manchester Essex Regional School District, the ninth annual “Night of Stars” talent show was hosted at the high school to raise money for the group. The “Night of Stars” took place on Sunday, Nov. 12. The Spaulding Education Fund uses the profit from the show toward funding new technology for classrooms, including equipment for science and math programs, and grants that support the music and arts. Co-chair of the Spaulding Education Fund, Tracy Davis, said the show, along with those who sponsored it, raised nearly \$30,000.

**The Spaulding Education Fund uses the profit from the show toward new technology for classrooms, including equipment for science and math programs, and grants that support the music and arts.**

Foreign language teacher Erin Fortunato directed the show for the second year in a row and was helped by sophomore Charlotte Pick, who helped by running the backstage.

The show was led by Masters of Ceremony senior Kevin Albertazzi and junior

Jia Mulvey, who announced more than 40 different performers throughout the night and entertained the crowd with act-transitions written by senior Belle Allmendinger.

The performances covered a wide variety of ages throughout the district.

First-grader Sarah Brunner began the show with her performance of “Do-Re-Mi” by Richard Rogers, accompanied by Chris Jones on the piano.

The acts ranged from first grade to high school seniors as well. Seniors Madonna McGuire, Kayleigh Dunn and Thomas Surette all performed.

McGuire said she is very glad she



Senior Madonna McGuire performs a clarinet solo by Sergei Rachimonioff.



HOLLY FOSSA PHOTOS

Senior Kevin Albertazzi and junior Jia Mulvey act as Masters of Ceremony.

was able to perform her senior year. “I am glad I pushed myself despite my stage fright because I know that if I hadn’t, I would have missed out on a wonderful experience,” she said.

A majority of the performances were either singing or dancing, and some of the acts have performed in the show in previous years.

Sophomore Jenna Cirella, who sang “Landslide” by Fleetwood Mac,

accompanied by Mulvey, has performed in the show for several years.

Cirella said she felt great that she was able to perform again. “As time goes by and I perform at different places, [Night of Stars] is just so special to me,” she said.

After performing in last year’s show, two adults from the community, Emily and John McCavanagh, ended the first act with a surprise performance of “I’ve Got You Babe” by Sonny and Cher.

# A.L.I.C.E. training teaches students what to do in time of crisis

Presentation provides proactive way to defend against intruders, promotes feeling of safety

By Paige Swanson  
INDEPENDENT STAFF

Students recently attended an assembly discussing a program called A.L.I.C.E., which educated them on what to do if there is an active shooter or aggressor in the school.

The training program took place on Sept. 27 after the Commonwealth of Massachusetts released redesigned guidelines for schools. Many of the guidelines which pertained to education about what to do during a highly critical situation.

Principal Patricia Puglisi, who decided on the training, hopes it will make kids feel more secure in school.

**A**LERT  
**L**OCKDOWN  
**I**NFORM  
**C**OUNTER  
**E**VACUATE

“Our goal is to promote a feeling of safety,” she said. “I hope it allows kids to feel more in control of themselves in a time of crisis and more safe as a result of that.”

The acronym A.L.I.C.E. stands for alert, lockdown, inform, counter, evacuate. Local Police Officers Kevin Clary

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ABIGAIL FITZGIBBON GRAPHIC

and Howard Lewis taught students these five actions in the hopes that if a time of crisis does occur, students will follow these steps to keep themselves safe.

“This training gave me a sense of what to do in a situation where I feel powerless,” junior Haley Wolfe said.

The A.L.I.C.E. program differs

from the traditional lockdown-only programs by giving students and teachers a more proactive system for dealing with dangerous intruders.

“I think it will help us keep in mind effective things to do in a time of crisis as opposed to what we had before, which was just hiding in the room,” freshman Will Kenney said.

After students were shown steps they could take to keep themselves safe during the presentation at the A.L.I.C.E. assembly, they returned to their classroom where they talked with fellow students and their teachers about actions they can take in an emergency situation.

“I’d like to think I learned some safety skills and what I can do in a crisis,” Kenney said.

Puglisi said although she never wants there to be a crisis, educating on how to deal with one is important.

“I think it’s important for the entire school community to be aware of some of the options they have for themselves to protect themselves” Puglisi said.

## CONTINUATIONS

### SPIRIT WEEK

CONTINUED FROM PAGE 1

Senior class vice president Belle Allmendinger said she wasn’t sure that the rule change was beneficial because the competition has been a way to get more people involved.

“[The competition] unites each grade and it creates a certain level of competition that went a little overboard. But if it’s done right, it creates healthy competition and everyone goes to games. You want to do that type of stuff,” she said.

Shan agreed. “I didn’t think when they changed the scoring it made the situation better because I feel like classes still went after each other,” she said.

In addition to dressing up based on the themes of the various days, there was also a pep rally at the end of the week in which classes competed in games, such as the annual scooter race in which students compete with teachers.

At the pep rally, students were also recognized for their participation in school activities, including both fall sports and various clubs. Having the clubs stand up was a change from previous years, and Allmendinger thought it was a very positive change.

“I liked that they had the clubs stand up. That was really nice; it was a good change,” Allmendinger said.

The school is planning on doing another Spirit Week next year, Puglisi and Donnelly said.

“We’re definitely planning on another Spirit Week. Student feedback and student participation and Student Council is going to be absolutely indispensable in finding out what students want to do, what students value, and how we can make sure it’s an environment that makes students happy to be here but also feel safe while they’re here,” Donnelly said.

### NO MIDTERMS

CONTINUED FROM PAGE 1

same time, it gets too overwhelming...

having no midterms lowers the stress level significantly,” she said.

The foreign language department is still having midterms despite the change. “Because of the unique nature of our midterm, where we test speaking, reading, writing, grammar [and] listening, we want to test all those skills together,” said Michelle Magaña, the Spanish department chair.

Having midterms each year gives the foreign language teachers an opportunity to talk with one another about how students are doing and where adjustments need to be made.

The grammar and writing/reading section of the foreign language midterm will continue to be administered during the regular class time, Puglisi said.

The speaking portion will take place in a class directly before U block, so that there will be enough time to fit in all speaking exams, she said, since in past years the speaking portion had been given during the 90-minute midterm block.

As a result of not having midterms, the English department opted to have a

cumulative final exam. The other departments have yet to decide if they are going to test the material from the entire year.

The final exam is worth 10 percent of the final grade average.

Puglisi hopes that having no midterms will increase student engagement and learning and help provide students with skills that they will need for college and work in the future.

“That needs to be our focus, not a 150-question test,” Puglisi said.

### BELLE ALLMENDINGER

CONTINUED FROM PAGE 1

challenge where schools go green through efforts such as waste and water reduction.

Allmendinger described her experience of being elected to National Green Schools Society as “just awesome.”

“I was really excited [when I was elected], and it’s weird to think about because it’s a national organization. I am getting to connect with all of these people from different states,” she said.

## New Gardner Project raises money for non-government organization One Sight

Multiple community fundraising events, eyeglass drives throughout school year will bring in donations to provide eye care internationally

By Emily Clark  
INDEPENDENT EDITOR

Every year the Global Issues class finds a non-government organization, or NGO, to fund throughout the year, and this year the students chose One Sight, an organization that raises money to provide eye exams and glasses globally to those who are in need.

“They take used glasses, refurbish them, and give them to underdeveloped countries and other places where children need eye glasses. They work with LensCrafters and several other stores to do drives through their businesses, and in addition to that they take funds and donations,” said history and Global Issues teacher James Wallimann.

Throughout the year the class will work to collect money and run eyeglass drives for One Sight through various events.

“So far we have planned a Power Puff game for Nov. 17 against Hamilton Wenham, a ping pong tournament on Nov. 2, several beach game competitions throughout the year, a road race with no date booked yet, restaurant nights once a month, the Friday café, and a rummage sale as well,” Wallimann said.

The restaurant nights will take place throughout the year and Cape Ann Pizza, Woodman’s, Bravo, and The Farm are already booked, senior Clara Tuttle said.

The ping pong tournament was the first event to take place, and senior Andrew Milne and Wal-



EMILY CLARK PHOTO

Seniors in Global Issues discuss plans for the upcoming spikeball tournament aiming to fundraise for the organization One Sight.

limann agreed it was a success, bringing in around \$110 in funds raised.

“It was a great event, and everyone had fun. Although it was quick, it was successful, and the winner took home a \$25 gift card to Calas. We are looking forward to the next one in the spring,” Milne said.

Besides raising money, the

class aims to collect eye glasses. The class will call various stores and have put a bin in the school for students to drop off old glasses.

According to OneSight.org, just \$30 “means an eye exam, a pair of glasses, and a brighter future.” Global Issues aims to achieve this goal in any way, Wallimann said.

## Revised SCORE guidelines aim to create more enjoyable senior internships in fourth quarter

By Paige Swanson  
INDEPENDENT STAFF

Due to recent changes, seniors this year will complete their SCORE projects under different guidelines than in past years.

“For this year there is no research paper. The only requirements are the internship for five weeks, the status reports that are weekly, and a 15-minute presentation at the end,” said James Wallimann, the director of the SCORE program.

Wallimann said with the changes to the guidelines there will be a “huge reduction” in work for both students and teachers.

Although the amount of work students have to complete has decreased, the quality of their work should not decrease. In fact, Wallimann said the quality of work should be higher.

“Our level of expectation for quality of work is higher,” Wallimann said.

Wallimann said these changes were made after reflecting on past students’ work and looking at internship programs other schools offer. He and Principal

Patricia Puglisi suspected that students were doing the research paper last minute and were rushing their work, which caused stress for the students about their projects.

“They weren’t putting the effort into the research papers that needed to be put in,” Wallimann said.

The new SCORE guidelines will relieve some of the stress that it has previously put on students and their schedules in past years, 2017 graduate Meehan Irose said.

“Having weekly check-ins instead of a research paper would have been great... [the check-ins] would have allowed for more immersion in the internship experience rather than just working to fill a research paper and then having to dread life in the outside world,” he said.

Students who will be completing SCORE this year are optimistic about the multiple changes to the program from previous years.

“I think it’s going to be a lot less stressful... we’ll probably get to enjoy our internships more,” senior Ellie Taraska said.

Taraska said students will also be able to fit the project more easily into their full schedules.

“It can be really stressful with homework and studying for AP’s, so a paper would take up a lot of that time. Now we don’t have to do it,” Taraska said.

Wallimann is hopeful that the new guidelines this year

will provide a more enjoyable SCORE experience for both students and teachers.

“[SCORE] is really about students going out and figuring out what works for their life because they are becoming adults,” Wallimann said.

**‘[SCORE] is really about students going out and figuring out what works for their life because they are becoming adults.’**

-JAMES WALLIMANN

# GUESS WHO?

TEACHER/STAFF EDITION

**How long have you been a teacher here?**

17 years

**Where did you grow up?**

Wisconsin

**What is your favorite place you’ve visited?**

Wyoming

**What is your favorite TV show?**

“Anderson Cooper 360”

**Who is your favorite music artist?**

Eilen Jewell

**What is your favorite type of food?**

Indian

**What is your favorite breakfast food?**

Eggs over easy

**What is the best ice cream flavor?**

Chocolate cayenne pepper

**What is your biggest pet peeve?**

When people talk too much

**Are you messy or organized?**

Messy

**Are you normally late or on time?**

On time

**What scares you the most?**

“When I die, there was something that I should’ve done that I didn’t do because I was too afraid to do it.”

**What is your weirdest hobby?**

Birdwatching

**What word describes your personality the best?**

Mock-serious

Answer can be found at the bottom of Page 12



This year the expectation for level of work is higher. Students may be expected to redo certain aspects of their project.

• Five-week internship  
(30 hours per week)



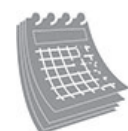
• Five-week internship  
(30 hours per week)

• 15-minute presentation



• 15-minute presentation

• Weekly status reports



• Weekly status reports

• 6-to-10-page research paper



# New student comes from Dublin, Ireland

By Sofia Gillespie  
INDEPENDENT STAFF

New sophomore Olivia Mariotti has traveled from Ireland to Manchester.

She has transitioned from an all-girls Catholic school in Dublin and is very excited for the year to come.

Mariotti has noted her new school to be different than her previous school in Ireland.

“Compared to my high school, it’s so different; it’s kind of like a movie for me. Private girls school was uniform and really Catholic... and this school is huge for me,” Mariotti said.

Mariotti is taking both Spanish and French this year. She will be playing on the tennis team in the spring and is still deciding on whether or not to play basketball.

She is taking time to get used to some American aspects of school. “The units in chemistry are a bit different,” she said. “For English, a lot of the spellings are different in Ireland,” she said.

She has observed some differences among Americans and Irish. “Girls here are really friendly and have made an effort to reach out to me,” Mariotti said. “People from Ireland are more closed and keep to themselves whereas Americans are much more outgoing.”

Cameron Kelly, a friend to Mariotti from Ireland, visited her friend in Manchester. Similar to Mariotti, Kelly felt that Americans were different from the Irish.



SOPIA GILLESPIE PHOTO

**Sophomore Mia Cromwell and new sophomore Olivia Mariotti, who came from Ireland, discuss chemistry homework in U block.**

“I feel like everyone is happier here,” Kelly said.

History teacher Jennifer Coleman is currently teaching U.S. History to Mariotti. “From my teacher perspective she seems to be fitting in in our class and our community wonderfully,” she said.

Mariotti’s fresh perspective is contributing well to Coleman’s class. “She brings a unique perspective to the classroom. There tends to be very homogeneous opinions amongst students at MERHS, but Olivia is great because she’s a fresh set of eyes particularly in American history because she’s not been indoctrinated in American ideals her whole life,” Coleman said.

Sophomore Christina Bullock, a close friend to Mariotti, said, “It’s fun to show her Ameri-

can things like football games, American foods, American expressions, and things like the Topsfield Fair.”

Mariotti will finish the year in Manchester and may return to Ireland next year.

### FUN FACTS

- **Favorite musician: Ed Sheeran**
- **Favorite place in America: San Francisco**
- **Favorite American restaurant: Chipotle**
- **Favorite American clothing store: Lululemon**

# New Irish student describes life in Ireland versus the United States

By Sophie Larson  
INDEPENDENT STAFF

Senior Katelyn O’Brien is new to Manchester-Essex, leaving her private school and her town of Lisgoold, Ireland, this August when her father’s job moved to the U.S.

She noted some major differences from school here and her school in Ireland, including the length of the day, which is significantly longer in Ireland.

At her school in Ireland she would “be in school for 8 a.m. and then I would be in school all day but for an hour break at like 4:30-5:30 p.m. I would stay in until 9 p.m. And I would go in on Saturdays, probably for a half day. So I might get in at 9 p.m. and stay until 1p.m. I would do the same on Sunday as well,” O’Brien said.

She is not playing any sports at Manchester-Essex, but at her school in Ireland she played tennis, Gaelic football, and Tae Kwon Do, O’Brien said.

She also described the differences in culture she has noticed between the U.S. and Ireland.

“The food is so different. Everything [is different] it just tastes [different]. The food is really good here. Potatoes are so different, chocolate is different, bread is so different. Basically everything is, even the meat. And the drinks you have such a variety of drinks,” O’Brien said.

She explained that chocolate in the U.S. is more “oily and



SOPIE LARSON PHOTO

**Senior Katelyn O’Brien, who is new this year from Ireland, and senior Emery Coggeshall review a PowerPoint in U block.**

tastes fake,” and bread in the U.S. “is so dry and tasteless,” O’Brien said.

On top of differences in food, she also found that the climate in the U.S. is not at all like Ireland.

“It’s colder [in Ireland], and it’s the same all the time. We don’t really have seasons and a lot of rain, wet, damp, dull climate. Here, even though it’s raining it’s still bright and dry. The air is dry, it’s not clammy,” O’Brien said.

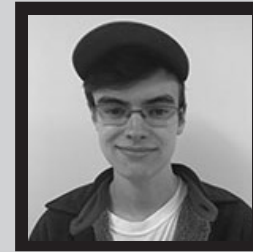
She has also noticed the contrasts between people in Ireland versus the U.S.

“People are really friendly here. I think it would be easier to move from Ireland to America than to move from America to Ireland. There’s so much variety here whereas in Ireland you’re mainly Irish, so when you get a new person, it’s really special. So

### FUN FACTS

- **Favorite food: potatoes or “chips”**
- **Favorite move: “Warrior” because it is “sad but really good”**
- **Favorite movie genre: Pop**

when I moved away, it was a big deal because no one really leaves Ireland,” O’Brien said.



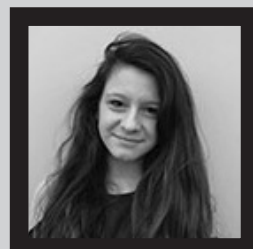
**Senior Kevin Albertazzi:**  
“One of our Thanksgiving traditions is I get to watch all my older relatives argue about stupid things with one another.”



**Junior Eve Feuerbach:**  
“The day after Thanksgiving my family and I have a movie night, and we eat all the leftovers, and we just have a good time. We’ve done it ever since I was a wee one.”



**Freshman Eli Heanue:**  
“On Thanksgiving we run a 10K in the morning before we get to eat anything. It’s amazing.”



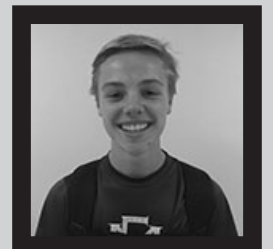
**Sophomore Maria Xhalia:**  
“On Thanksgiving we usually go to Canada. We will usually go to Niagara Falls, then we go to a restaurant or some little bar to eat for lunch, and then we go to museums or something fun for the day. At night we have Thanksgiving meal. After the Thanksgiving meal the kids watch Christmas movies, and the adults leave to go to a casino.”



## What is one of your Thanksgiving traditions?

**Sophomore Lars Arntsen:**

“We play a card game. Everyone starts with two hats, and the winner at the end has about 80 hats on, so it’s pretty goofy, pretty funny.”



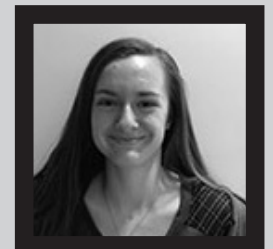
**Freshman Jessie Miller:**

“I go to a family farm in Dracon, Mass. and I feed baby cows. I go with my sister Bridget Miller, who is a sophomore. It’s my great-aunt’s house, and the farm has been passed down through generations.”



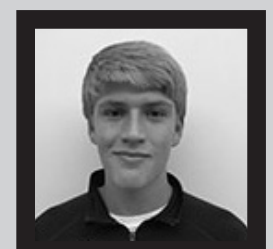
**Senior Ellie Taraska:**

“My family started this tradition where we make leaf projects every year. You hang them on your window and it kind of tints the sunlight and turns the room red.”



**Junior Colton Tosi:**

“We go to a shooting range with my whole family; cousins and uncles, parents, and grandparents. Everyone shoots and we all shoot at the same time.”



ENGLISH: Allison Krause



**Lit:** "Lit means it's awesome. 'The Crucible' is such a great play. It's seriously lit." ✓

**Fire:** "Fire is usually used in combination with the word straight. So something is 'straight fire' if it's, like, legit. For example, 'Abby wrote the most amazing literary analysis. It was straight fire!'" ✓

**Shook:** "That probably means that you're like unnerved by something. Like, 'I haven't studied at all for this calculus test. It has me shook.'" ✓

**Basic:** "Oh, basic I know. Like, 'Ms. Krause is so obsessed with pumpkin spice lattes. She is seriously basic.'" ✓

**Rip:** "Rip is when you're really strong. Like, 'I've been working out. I'm seriously ripped.'" ✗

POINTS: 4/5 **B**

# Know Your Slang?

## Teacher Edition

Are teachers as out of touch as students think they are?

By Abigail Fitzgibbon  
INDEPENDENT EDITOR

### THE WORDS

"Lit"

awesome or amazing in any way

"Fire"

describes something intensely amazing

"Gucci"

good or under control

"Shook"

rattled after a traumatic or awesome experience

"Basic"

boring or standard like a preppy suburban girl

"Rip"

exclamation used during an unfortunate situation

SPANISH: Robert Bilsbury



**Lit:** "Lit means in some way you're inebriated. 'Those kids were totally lit that night at that party.'" ✓

**Fire:** "That's a situation you don't want to deal with. You shouldn't ask Mia or Jade who the better soccer player is 'cause that's fire.'" ✗

**Shook:** "I feel like it's similar to fire. That's something that's really cool, and I like it a lot." ✗

**Basic:** "It's like something that everyone should know... I'm old." ✗

**Rip:** "It sounds like something good... maybe not. (Tell everyone I'm 46-years-old and out of touch.) When I was young, if something was a rip, you got cheated out of it." ✗

POINTS: 1/5 **F**

SCIENCE: Josh Wladkowski



**Lit:** "Like after an awesome party where a bunch of crazy stuff happened, you're like 'Oh, that was lit.'" ✓

**Fire:** "Something maybe hot or trending like the awesomeness of my socks." ✓

**Shook:** "To cross someone over in basketball" ✗

**Basic:** "Something that contains a lot of hydroxide ions" ✗

**Rip:** "Smoking?" ✗

POINTS: 2/5 **F**

Teachers get points for right answers. The winning teacher gets to call him or herself the coolest.

MATH: David Alger



**Lit:** "It means awesome, but it's definitely a drug reference." ✓

**Fire:** "Uh, you're fired?" ✗

**Shook:** "Like upset? For example, 'Dude, I got pulled over this morning. I'm so shook.'" ✓

**Basic:** "That's the first programming language developed in 1985." ✗

**Rip:** "Is it like drive around? No, that's whip!" ✗

POINTS: 2/5 **F**

HISTORY: Jennifer Coleman



**Lit:** "Cool! Like, 'That party this weekend was so lit.' Or does it mean drunk?! Like, 'Hey, let's get lit.' Oh no!" ✓

**Fire:** "It's good, for example, 'That Kenny Chesney concert this weekend was on fire. It was so good and fresh.'" ✓

**Shook:** "Oh, like you're shaken up by something, but you're just too lame to say 'shaken,' so you say 'shook.'" ✓

**Basic:** "Being basic means that you wear Ugg boots with a black North Face jacket." ✓

**Rip:** "It's bad 'cause you're dead. I got a 37 on my math test, and now I'm rip." ✓

POINTS: 5/5 **A+ WINNER!!!**

# Spirit Week

## Should the classes compete?

**Pro**

**Austin Paré**

Spirit Week is a way for classes to come together, be creative, and enjoy being a part of the school community.

Students are able to dress up in costumes different than their normal attire in a competition that allows their class to receive money for their class funds.

Without the competition, students feel as if dressing up does not count at all. The entire point of competition is to incentivize people to participate in the specific day's theme.

Senior Benjamin McGroder said Spirit Week should be competitive because the competitiveness makes school more enjoyable for students.

"Not only does competing with other classes make individuals want to win more, but it also promotes each class to come together," McGroder said.

Recently, the friendly competition has become an ugly battle between classes, especially between the junior and senior classes.

History teacher Abigail Donnelly said the students have gotten carried away these past few years.

"[Some students] forget that [Spirit Week] is about building up school spirit as a whole. Ideally, students would rely on one another, rather than tearing down another group or provoking rancor," she said.

Although there have been issues with Spirit Week in the past, especially this year, these issues can easily be solved with punishments of students who take the competition too far — such as detention given to students who skipped class to protest.

There is a fine line between competition and having fun, and this line needs to be reiterated to the classes.

Signs that promote negative attitudes towards other classes, such as saying "sophomores suck," should not be allowed, but the juniors and seniors, as well as the freshmen and sophomores, should continue to compete against each other.

Students should be allowed to compete, but if a student starts a protest or belittles another class, the other students participating who have not done anything wrong should not be penalized.

The goal of Spirit Week is to have fun as a community. It should have a combination of both competition and having fun without taking the competition too far.

With added guidelines and rules, Spirit Week can still be competitive and fun, but the students would be limited on what is and what is not okay to do.

**Con**

**James Riordan**

Spirit Week is meant to be a fun experience that brings classes together. In the past few years, however, the competition aspect has gotten a little out of hand, and in the end Spirit Week does not need to be competitive to achieve its goal of boosting school spirit and class unity.

First of all, the student body is lucky to have Spirit Week to begin with, as it would certainly be easier for the faculty members and class officers who work so hard to organize it to do nothing. Many students take the week for granted and consider it a right instead of a privilege, which is both spoiled and unreasonable.

Along the same lines, students should be grateful for the opportunity to show up to school in comfy pajamas or a toga and would be motivated to do so regardless of a scoring system or competitive element.

In fact, the competition does more to turn the classes against each other and build tension between the classes than it does to unify the grades themselves.

In the past few years, there have been multiple instances in which friends from separate classes have gotten in fights or stopped speaking to each other due to what they deemed an unjust conclusion to Spirit Week.

This year specifically was a fantastic example of both the problems the competition can cause and the reason why it is unnecessary.

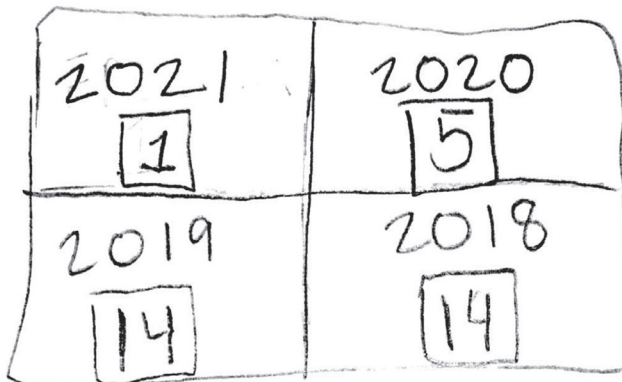
After students from other classes destroyed the senior hallway, a large percentage of the senior class formed a "protest" after lunch in that hallway and refused to go to class. Eventually, administration told the students to either go to class or leave, so they all walked out the door.

This was a gross overreaction to the situation and led to the cancellation of the competition aspect

of the week. Although many students were quite disappointed, the lack of competition did not have much of an effect on the rest of the week.

With a few days still left, a majority of students continued to dress up and participate in the festivities, proving that it is the motivation from peers and not the looming prize that influences students' decisions.

Getting rid of the competitive nature of Spirit Week would allow students to still have fun dressing up, while inspiring more school pride between grades instead of overly intense rivalries.



AUSTIN PARE ILLUSTRATION

## Kneeling during national anthem does not disrespect U.S. veterans, military

By Julia Kaper  
INDEPENDENT STAFF

Kneeling during the national anthem is not disrespectful to the servicemen and women of the United States because of the First Amendment rights that all Americans possess.

Last year, San Francisco 49ers player Colin Kaepernick sparked huge controversy by kneeling instead of standing while the national anthem was played before a game. Many other professional athletes are following his lead.

According to The New Yorker, athletes are kneeling to push for racial equality and draw attention to police brutality around the country.

This movement has caused backlash because many people view the action of kneeling as disrespectful to the United States in general and to servicemen and women who fought to protect the country's freedom, according to

CNN.

However, it is not disrespectful because it is their First Amendment right to be able to protest.

The First Amendment of the Constitution states that Congress cannot make a law "abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble."

It is these professional athletes' constitutional right to peacefully protest racial inequality in the criminal justice system by kneeling instead of standing during the national anthem.

Many veterans take offense at players kneeling during the national anthem even though the players are not breaking any rules. They view it as disrespect to the flag that stands for the freedom they risked their lives for.

"Having a right to do something does not make it the right



KELLY/COMMONS.WIKIMEDIA.ORG

**Oakland Raiders teammates kneel during the national anthem before the game against the Washington Redskins at FedEx Field.**

thing to do," National American Legion Commander Denise Rohan said, according to The American Legion.

"There are many ways to protest, but the national anthem

should be our moment to stand together as one United States of America," she said.

However, these non-violent protests are not disrespectful to soldiers. American soldiers made

enormous sacrifices so ordinary citizens could have freedom, which is the same freedom being exercised by players who choose to kneel.

Veterans should not be offended by professional athletes who exercise their First Amendment right to protest because it shows their sacrifices paid off.

Scooby Axson, an African-American who served in the U.S. Army for 16 years, is one of many veterans who is standing up for these players' First Amendment rights, according to Sports Illustrated.

"I served to protect our freedom of speech. I didn't dodge bullets and mortars in Iraq and land mines in Bosnia numerous times to have people get upset when others, especially NFL players, exercise their constitutional right to protest," he said in an interview with Sports Illustrated.

## STAFF EDITORIAL

## Sports activities consume too much time, cause stress

Team dinners, 'spirit' bags, snacks add to athletes' packed schedules

As sports become more time-consuming with "spirit," team dinners, and long practices, the administration should encourage teams to scale back stress from sports and focus on academics.

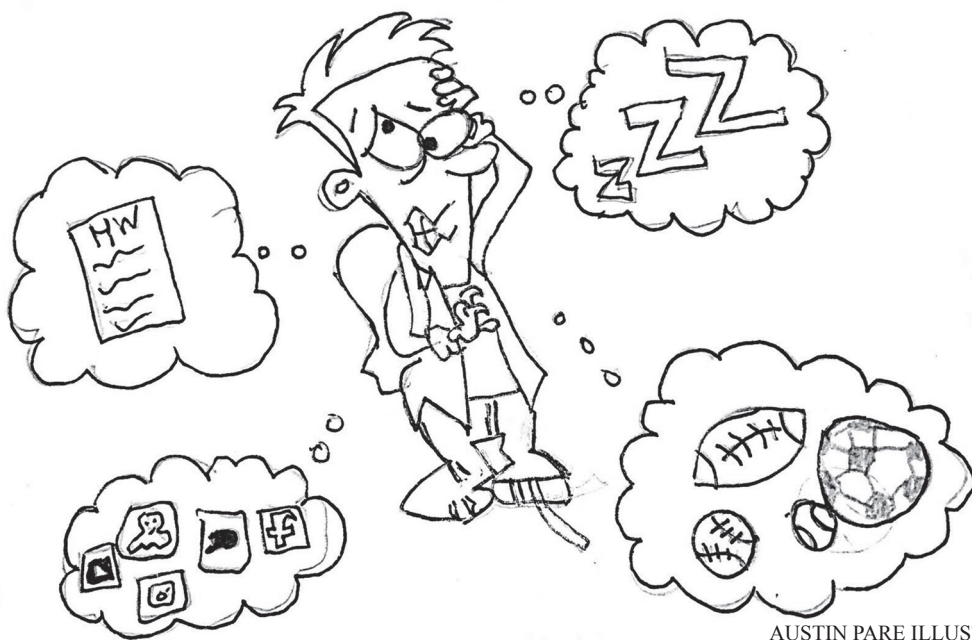
In the past several years, extra commitments like team dinners have increased time devoted to sports.

Because team dinners usually follow a two-hour practice and involve a lot of coordination to drive players to the host's house, the whole event lasts several hours, taking time away from homework and sleep.

Recently, the field hockey and soccer teams have started hosting team dinners before every match. Given the demanding sports schedule, team dinners may occur three times a week.

Principal Patricia Puglisi agreed that team dinners are so frequent they may become burdensome to athletes.

"It might be more meaningful if the dinners occur before big games or just once a week, but when it's three times a week, that can become difficult for kids who are already stretched too far," she said.



AUSTIN PARE ILLUSTRATION

Athletic Director Paul Murphy said that players are not penalized for skipping a team dinner. Most players, however, feel obligated to go.

"You don't have to go, but you feel the pressure because you're part of the team," Puglisi said.

Team dinners would be more special if they were held only a few times during the season before big games. Team captains should consider reducing the number of dinners per season.

Besides the team dinners, players also face the burden of making "spirit," bags of candy, chips, granola bars, fruit, and sugary drinks, for game days. On a rotating schedule, players on the varsity girls' field hockey

and soccer teams purchase "spirit" bags, snacks, and drinks for separate games at least three times each season.

Buying "spirit" snacks—multiple bags of chips and other processed foods—and drinks—usually Gatorades or juice boxes—for a team of over 20 players is expensive and time consuming, sophomore field hockey player Bridget Twombly said.

"I do feel like it sometimes is a big expense. Maybe [players should] just do spirit, not snack and drink as well," she said.

Murphy said he is concerned about both the price, which can be up to 100 dollars, and the unhealthy food in "spirit."

"I'm concerned a little bit.

I do see what they put in there, and there's a lot of garbage in my opinion. I'd like to see it more nutritious," he said.

While some teams are increasing time commitment through spirit-related activities like dinners and "spirit," football players face long hours just going to practice.

Although there is no MIAA rule limiting practice time, Murphy has established a rule that sports practices cannot exceed two hours.

Football practices, however, almost always exceed two hours on Monday and Tuesday nights, senior football captain Jackson Rice said.

"We'll often do a film session, a lift, and then a practice, so

that could take up to three and a half hours," he said.

Football's increase in commitment goes along with an overall trend of greater emphasis on athletics that is detrimental to the balance between academics and extracurriculars, Puglisi said.

"There needs to be a balanced between [academics and athletics] so kids don't feel overextended," she said.

Junior captain of the girls' soccer team, Jade Cromwell, said that the time commitment of sports helps student learn time management.

"If you can't manage your time, you shouldn't do the sport," she said.

Students, however, should not be discouraged from participating due to these additional obligations. The school should make sports more manageable for students by cutting back on extra stress and time commitments.

Although the administration has no direct jurisdiction over team dinners and "spirit," the athletic director should enforce two-hour practices and issue a statement encouraging teams to limit extra commitments.

"I can certainly suggest we cut it back," Murphy said.

To create a better balance between athletics and academics, the administration should take a closer look at sports' time commitments and suggest that teams limit the stress of added obligations.

## Rocketbook Wave Notebook can help classes reduce paper use

By Mia Cromwell  
INDEPENDENT STAFF

Teachers who are trying to minimize paper use in their classrooms should consider using the Rocketbook Wave Notebook to maintain the benefits handwriting creates while remaining mostly paperless.

With the Rocketbook Wave Notebook, students can save paper and handwrite as well. If classes use this product, they will be essentially paperless, besides assessments. Costing only

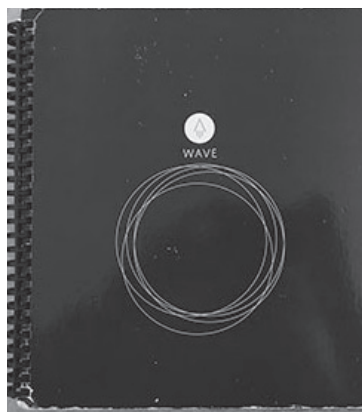
\$27, the notebook is affordable for almost all students to buy.

Students take notes with a Frixion erasable pen on the paper in the notebook. At the bottom of every page, there are seven icons that can be crossed off; each icon represents a different place in the cloud.

After every page of notes is completed, students cross off the icon that corresponds to where they want their work to be sent. The Rocketbook app is then used to scan and upload the files; students will hover their phone over the page, and the app will take a photo of it.

Students press the "send" button to export their documents when they are finished scanning all their notes.

Once the notebook is completely filled up, after only a



**The Rocketbook Wave Notebook provides an alternative to a completely paperless classroom.**

four-minute microwave with a mug on top, the writing is erased entirely.

Being able to handwrite information and then access it online will benefit students because

they will be more organized with less paper but will also gain all the benefits from writing with pen and paper.

Spanish teacher Margaret Kane sees the importance handwriting assignments bring to students.

Kane attempted to become paperless, but she changed her mind because she learned from a reading-based learning disabilities course that the tactile experience of using a paper and pencil better simulates part of the brain.

For these reasons, Kane isn't ready to become completely paperless, but she is working to reduce the amount of paper her class uses, especially pertaining to handouts.

The Rocketbook Notebook would function in Kane's class-

room because the brain would continue to be stimulated from handwriting assignments, but the notebook would also save paper.

Math teacher Richard Brown said math students need to dig in with their pencil and paper a little more than other classes.

"Math is kind of a subject where you really do need to have your paper. [and] you need to use your pencil and really get involved with the work," he said.

Using the notebook would allow Brown's students to interact with the work because math problems can be viewed on the screen and then worked out by hand in the notebook.

The notebook would help all the students because only one notebook would be needed in all their classes, which would help them remain organized.

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The Independent reserves the right not to print letters and to edit the content for clarity and length. While letters can be critical of an individual's actions, they cannot slander or libel.

The staff editorial may be considered the opinion of the staff of The Independent.

By-line opinions are written by individual staff members and should not be considered representative of the entire staff.

The Independent staff hopes that all Manchester and Essex citizens will take advantage of this forum. The paper is meant to serve the school community, and we are open to suggestions to help it better serve its purposes.

# Sophomore, seniors lead team to successful season

## Boys' soccer team loses to Boston International, Division IV North Final

By Austin Paré  
INDEPENDENT EDITOR

After becoming the CAL Baker League champions for the second year in a row, the boys' soccer team advanced in the tournament to play Boston International high school where they lost 3-0.

In preparation for the tournament, coach Robert Bilsbury said the team needed to be reinforced with good habits in order to be successful.

"[In order to win the first game in the tournament], we combined technical skills with tactical decision making as well as working on our fitness during practices," Bilsbury said.

Senior captain James Riordan said the team was successful because they had a large number

of players.

"We had a pretty deep team because we had a number of kids who could come off the bench and play whatever position we needed them to play," he said.

Bilsbury also said freshman Kellen Furse was a leader in mentality on the field, which helped the team win the first tournament game.

"[Kellen] is always focused on doing his job. He is unselfish, and he never gets down on himself when he makes a

mistake," Bilsbury said.

Riordan agreed with Bilsbury and said Kellen is a player who never gives up.

"Kellen is an amazing player who plays physically, and he is in great shape. He is a leader, and his actions do not go unnoticed," Riordan said.

**'[James Riordan] is the player that everyone looks up to. He always has something positive to say.'**

- ROBERT BILSBURY



AUSTIN PARÉ PHOTO

Senior captain James Riordan and sophomore Kellen Furse pose as influential members of the boys' soccer team. According to Coach Bilsbury, Riordan is a great role model and Furse is a team leader.

Furse said he works hard to set an example for the whole team.

Bilsbury and Furse agree that Riordan displays excellent sportsmanship on the team by congratulating teammates on the plays that they did well.

"[James] is the player that everyone looks up to. He always has something positive to say no matter what mistake a player has made," Furse said.

Riordan said he tries to help his teammates stay positive especially when they talk back to

referees.

"We had some issues with yellow cards this season because some players would talk back to refs, so I take it upon myself to talk respectfully to the refs and calm everyone down," Riordan said.

# Football accomplishes goals, works on winning record in season

## Leaders help team prepare for Thanksgiving Day game

By Emily Clark  
INDEPENDENT EDITOR

Although out of the playoffs, the football team aims to achieve a winning record, which would include winning Thanksgiving, varsity coach Jeff Hutton said.

The current record is 5-5, so if the team beats Georgetown on Thanksgiving, a winning record is still a possibility.

After losing 44-0 to St. Mary's in the MIAA Division 7 North Quarterfinals, the team was put in a consolation bracket, playing teams such as O' Bryant and Tech Boston Academy. They won 48-12 against O' Bryant



COURTESY OF TOM PALLAZOLA

Five football team seniors line up after they defeated Northeast High School: Andrew Hantzopoulos, Cosmo Pallazola, Lake Fleming, captain Jackson Rice, and Jackson Levendusky. Not pictured is senior captain running back, Robbie Sarmanian.

and 48-22 against Tech Boston Academy.

Hutton is proud of the team for making it to the playoffs and

thinks many of the players stood out this year.

"Senior Lake Fleming really started to figure it out on the

field. He had 100 yards receiving in the game against O' Bryant and played great defense all year. Also junior Ryan O' Connell

has had a great season. Unfortunately he has missed the last few games due to a shoulder injury, but we are hoping he gets cleared for Thanksgiving," Hutton said.

Senior captain Robbie Sarmanian has also had a great season, breaking the school record for most rushing yards in a career and possibly breaking the record for most rushing yards in one season, Hutton said.

"The season was a roller coaster ride. We had many ups

and downs, but in the end all of our goals are still achievable. It's sad to see the season fly by so fast, but I am proud of the way

we battled every game," Sarmanian said.

Fleming also enjoyed the season and is sad to see it ending.

"Our seeding for the tournament was disappointing. We were seeded eighth but easily beat the sixth and seventh seeds in the consolation games,

which is due to our difficult regular season. However, this was my first year playing football since freshman year, and I was really glad I was able to come out this year and contribute to the team," he said.

**'The season was a roller coaster ride. We had many ups and downs, but in the end all of our goals are still achievable.'**

- ROBBIE SARMANIAN

# Delisio, Lantz work hard, motivate team

By Heather Holley  
INDEPENDENT EDITOR

With a record of 9-5-4, the girls' soccer team fought their way through the season, making it to the tournament alongside two leaders both on and off the field, senior Maggy Delisio and junior Abby Lantz.

Many of Delisio's teammates have agreed that she is a majorly impactful player on the field. Senior Summer Burroughs explained how Delisio shows her leadership.

"Her attitude during the games is always 100 percent positive, and she never backs down. She is

always trying her hardest on the field, and her skillset on the field is just impeccable," Burroughs said.

Coach Luke Cosgrove agreed Delisio proved to be a leader on the field this season.

"Maggy is a great leader who is fearless, never gives up, and leads by example with hard work. She's a great role model to her teammates

and to the underclassmen on the team," he said.

Delisio explained her job as both a leader and a player.

"I try to keep perpetuating the positivity for everyone regardless

of scores. As a center back, my job is basically not to let them score. It isn't always the prettiest plays all of the time, but I strive to be effective in not letting the other team score," Delisio said.

Lantz, another leader on the team, was a key source of motivation and spirit for her teammates. Junior Brigid Edgerton explained the importance of Lantz's role on the team.

"She's definitely the loudest one on the team and is always able to get everyone pumped up. She is probably the closest friend to most of the kids on the team. Abby will goof around sometimes, yet she knows

**'I try to keep perpetuating the positivity for everyone regardless of scores.'**

- MAGGY DELISIO



COURTESY OF ALEX HASE

Senior captain Maggy Delisio follows through her free kick in the girls' home soccer game against Masconomet High School.

when to be serious," Edgerton said.

Senior Abigail Fitzgibbon agreed that Lantz always does a great job of hyping the team up for games and being super enthusiastic about everything, leaving everyone motivated to go out and win the game.

Cosgrove shared similar feelings about Lantz.

"Abby has a personality that really rubs off on her teammates in a positive way. She always picks the team up when times get tough and elevates her teammates to play their best," he said.

Lantz explained that with so much pressure on the outcome of a game, playing time, and nerves, it is easy for her teammates to get inside their own heads.

## Key players influence golf team's performance, improvement

### Golf team displays promising future with strong group of underclassmen

By **Sirine Benali**  
INDEPENDENT EDITOR

Achieving one of the season's goals to win the sportsmanship trophy, the golf team has ended its season with a record of 5-0-8 and hopes to improve next season.

The team set out at the beginning of the year to win the trophy and to make it to the state playoffs; this season, they were able to win the sportsmanship trophy, sophomore Spencer Meek said.

Despite not making it to the playoffs, the team is young and made up of mostly sophomores and freshmen, so it will be able to improve in the future,

coach Hollis French said.

"We have a really strong nucleus of young players who improved a lot this year and hopefully that will position us for good success down the road," he said.

Regarding this season, French noted senior captain Mitch Paccone as being an influential player to the team's performance and growth.

"In every sense of the word he was the captain; he was our number one player in every single match, he hit by far away the strongest results, [and]

he was first team all league. Mitch was by far the strongest and most important leader on the team," French said.

**'We have a really strong nucleus of young players who improved a lot this year, and hopefully that will position us for good success down the road.'**

- HOLLIS FRENCH



COURTESY OF HOLLIS FRENCH

Senior captain Mitch Paccone led the golf team to a successful season with his dedication and strong leadership skills. He motivated younger golfers, acting as a strong role model for them.

This season was Paccone's last year on the team. He hopes that the younger players become leaders on the team next season.

"Hopefully people fill my shoes next year," he said.

Paccone noted Meek as an influential player for the team during the season.

"At the beginning of the year

[Meek] didn't really play too much but as the year went on he got better and better and started scoring a lot of points for us at the end of the year and helped us out a lot," he said.

Meek also believes he improved during the season and hopes to improve more next season by practicing over the

summer.

"I started this year off at the bottom of our team... I actually made my way up to the second position close to the end of the year. I felt like I was doing pretty well... I think just going out and playing in the summer, getting back into it would probably make me that much better," he said.

## Team leaders help players advance to tournament

By **Abigail Fitzgibbon**  
INDEPENDENT EDITOR

After reaching their goals of winning the Cape Ann League and remaining undefeated, the members of the field hockey team advanced to the state final, losing to Watertown 1-0, coach Kara Crovo said.

The team finished the regular season with a 17-0-1 record. After defeating rival Lynnfield 2-0 in the quarterfinals, the team advanced to the semifinals and beat Triton 2-1 on Nov. 7, Crovo said.

In addition to team achievements, the team's captains, seniors Chanel Bullock and Samantha Booma and junior Christina Calandra, were named first-team All-Stars. Junior Annika Dahlin and sophomore

Christina Bullock were second-team All-Stars, Calandra said.

Crovo said the team focused on tournament-specific practices like 7 vs. 7 drills if games were to go into overtime.

Besides technical improvement, Calandra said she wanted the team to focus on attitude in the tournament.

"Every game is single-elimination, so you have to think that this is the last time playing," she said.

Senior captain Samantha Booma agreed attitude on the field was a major factor in the tournament, especially since the team faced few setbacks in the regular season.

"We were able to recover from our tie... It's good to be down and know that feeling. We



ABIGAIL FITZGIBBON PHOTO

Senior captains Chanel Bullock and Samantha Booma and freshman Anna Coyne displayed teamwork on and off the field.

haven't been exposed to losing very much or being down," Booma said.

The team was anxious about the loss of seven starters from last year, but strong leadership from the captains helped bring the team together and make the season a success, Crovo said.

Bullock, who was named Player of the Year, led the team

with her skill on the field, Crovo said.

"She's worked really hard off-season as well as with her teammates. [Player of the Year] is really something she deserves, and she really stood out this year," she said.

Calandra was also impactful in games in how she encourages her teammates and boosts

morale, Crovo said.

"Christina is very motivating. You always hear her. She's always pumping her teammates up, telling them where to be," she said.

Calandra said she built team spirit from her position as goalkeeper.

"I really like to give some good halftime talks, especially if we are not playing our best. I'll just remind everybody who we are and what we stand for as a team and what we look like when we're playing really well," she said.

Bullock said the team's well-rounded strength helped them in the game against Watertown, during which Watertown scored in the last few minutes to win the game.

"There's not one person that dominates our team. Players are strong in all positions, which is really going to help us advance," Bullock said.

## Cross country team reflects on this year's season, highlights overall success, key players

### Key players on the cross country team lead teammates to a successful season

By **Bridget Miller**  
INDEPENDENT STAFF

Senior Nick Notte and sophomore Olivia Ford have been key members of this year's cross country team through their determination and commitment.

Coach Mark Dawson said both players bring different strengths to the table and team players.

As captain this year, Notte has taken on an important leadership role and is working really hard to lead by example, Ford said.

Sophomore Lars Arntsen agreed, saying, "Nick has been



COURTESY OF SHANNON FORD

Sophomore Olivia Ford helped to lead her team to a successful season with her hard work.

a great example for the younger runners and has really turned it up this year."

Notte's goals for this year were to keep a strong unified

team as well as focus on the second half of each race, and according to Whittey, he achieved that.

Dawson said sophomore Olivia Ford has also been a key member of the team through her consistency.

Her consistency has allowed the team to succeed in meets, as it is very important to have five runners cross the finish line first, and as the third, fourth, or fifth runner depending on the meet, Ford allows that to happen, Whittey said.

"We needed Olivia to be in that role of finishing strong and closing that gap, and she definitely did that," Dawson said.

Ford said she has really pushed herself this season, and she credits the team's ability to work together and push each

other to her improvement.

"I'm really hard on myself, so that motivates me to do my best," she said.

The boys' team closed the season with a league record of 4-6-0 while the girls' team finished with a 7-3-0 record.

A highlight for both teams this season was moving up in rank.

The boys' team moved from the No. 6 position in the league to No. 5, while

the girls' team moved from the No. 4 position to No. 3.

Both coaches credit this success to the team's overall determination and their "quality over quantity," Dawson said.

"Although we have a smaller team, everyone puts in the work, shows up ready to run and tries their best, and I think that is something that makes this team so competitive," he said.

**'Although we have a smaller team, everyone puts in the work, shows up ready to run and tries their best, and I think that is something that makes this team so competitive.'**

- MARK DAWSON

# Art students create portraits of significant people in their lives

Community enjoys hyperrealistic artwork in main lobby

By Hannah Freeman  
INDEPENDENT STAFF

For the past three weeks, students in Portfolio One, Portfolio Two, and AP Studio Art worked to master hyper-realism through drawings of someone they cared about.

The goal of the assignment was for students to learn how to use technology to develop uber-realistic drawings of someone who was significant to them, art teacher Tamera Burns said.

In order to achieve this goal, the students looked at realism pieces by artist Richard Estes and used his techniques to mimic his style of hyper-realism, Burns



HANNAH FREEMAN PHOTOS

**Art students had three weeks to draw hyperrealistic portraits of significant individuals in their lives. Senior Randall Doane's drawing in particular made an impression on both students and staff.**

said.

They began with a five by seven inch photo of the person they drew and then worked to create an image that looked as realistic and similar to the photograph of their subject as possible.

The students reflected on both their own work and the work of

others throughout the process. Burns said helped them to focus on the areas they needed to improve throughout the rest of the project.

"I think [the students] had a lot of success with this assignment because they were all personally invested in it," she said.

Senior Randall Doane said both she and her classmates enjoyed working on this project.

"I really felt like everybody did a great job of representing the person they chose," Doane said.

Doane chose to draw her grandfather for the assignment. "I chose [him] because he did pass

away but was a big part of my life as long as he was around I wanted to capture a time when he was really happy," she said, "I wanted to capture a smile in his eyes."

Members of the community said they were impressed by how real this portrait appears.

"Doane's portrait is incredible. It truly looks like a photograph," math teacher David Alger said.

All members of the school community have had the opportunity to view the portraits, which have been hanging in the main lobby for the past week.

"All the portraits look really amazing. I definitely can't draw anything like that," sophomore Jes McDonald said.

Math teacher Richard Brown said he is also impressed by the talent of the students.

"The portraits allow me to see different side of students I otherwise wouldn't normally get to see," he said. "At first I thought they were photos!"

## Pink's album 'Beautiful Trauma' takes listeners on emotional rollercoaster

By Shannon Adam  
INDEPENDENT STAFF

After five years of relative silence, Pink released her long-awaited seventh studio album, "Beautiful Trauma," on October 13.

Simultaneously, the singer (née Alecia Moore) gave her fans a behind-the-scenes look at the of making her album in a 30-minute documentary called "On the Record: P!NK."

After coming back from her "The Truth about Love" tour in 2013, she took a break from the spotlight, but not from writing songs. During her five-year break she wrote over 50 songs, she said in a radio interview with Elvis Duran.

While she was not writing songs, Pink was busy raising her 6-year-old daughter Willow and her 9-month-old son Jameson with her husband, Carey Hart.

Her family and love life play a dominant role in the new album.



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**Pink's emotional album "Beautiful Trauma" shows her vulnerable side as she describes personal hardships in her life.**

The 13-track album highlights her 16-year relationship with Hart in the title track "Beautiful Trauma" and "Whatever You Want," describing their tumultuous journey.

While Pink is famous for her pop-rock music, this album is more mature and emotional than her previous ones. Ballads like "You Get My Love" and "But We

Lost It" showcase her vocals and demonstrate her willingness to show her vulnerable side.

"Barbies" talks about a carefree childhood without any worries and how "it would be nice to go back there for a second when the world was simpler," Pink said in the documentary.

"We all feel like that when the pressure is mounting, and we have these responsibilities and the weight of the world...and you just want to go back to playing in your room," she said.

With most of the songs on the calmer side, "Revenge" is a rap song, a new territory for the 38-year-old. Joining her on this track is her only guest-star, Eminem.

During her time off, Pink wrote some songs for movies like her 12th track of the album called "Wild Hearts Can't Be Broken," originally written for the movie "Suffragette."

While it did not end up being used in the movie, Pink explained

the inspiration behind the song: "You have to fight for what's rightly yours, which is rights and respect and love and kindness and compassion," she said.

The powerful lyrics such as "There's not enough rope to tie me down. There's not enough tape to shut this mouth" resonate with people, especially amidst the recent scandals about the treatment of women.

Her pointed lyrics are also evident in her single "What About Us." The political rally cry is directed at the current administration, asking what about the ordinary people: "What about us? What about all the times you said you had the answers?"

The album may have disappointed fan who expected a typical Pink pop-rock album, but as with her life, Pink's music has evolved and matured with time.

"I have been traveling like a gypsy for so long, and now I am home," she said.

## 'Morning After' builds upon R&B duo dvsn's debut album, points to bright future

By James Riordan  
INDEPENDENT EDITOR

Lesser-known Canadian R&B duo dvsn, which is pronounced "division," is quickly gaining recognition after the release of their second studio album. Since coming out on October 13, "Morning After" has built upon their modest previous success and provided listeners with a fluid and cohesive album.

The group is made up of Daniel Daley and Paul Jefferies, and their first big break came after signing to Drake's OVO Sound label last February. Just a month later, they released their debut album, made up mostly of previous singles, titled "Sept. 5th."

While the collection boasted a few excellent tracks, the fact

that it was just a few singles thrown together and sold as album made it feel inconsistent and disjointed.

"Morning After," however, completely addresses this, as it is strong throughout and feels far more connected from start to finish.

All 13 tracks build on the best elements from the last album and leave the less polished aspects behind. The well-crafted melodies, airy vocals, and precise beats present throughout truly bring the collection together.

Although both the first and last songs, "Run Away" and "Conversations in a Diner," are

two of the weakest overall due to their lack of creativity, the middle of the album lulls listeners into a comfortable yet intriguing groove.

And while most of the tracks stayed true to their previous works, they did show more maturity and versatility. More instrumentally complex songs such as "Mood" and "Can't Wait" display the duo's

ability to produce both modern R&B and alternative styles such as jazz.

Lyrical, the album could be more impactful and original, but for now they seem to be more focused on the music than the wording itself.

With lines like "I know you still think about me way up

**'Morning After' has built upon their modest previous success.**



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**After the album topped out at 38 on the US Billboard 200, R&B duo dvsn is starting to make a name for themselves as a band.**

there all alone" in the chorus of "Think About Me," romance is certainly the overarching topic, and advancing the song writing would be a logical next step in

their progression.

If they continue to release versatile works like "Morning After," it will not be long until they are a household name.

# Students with Style



## Jake D'ambrosio

"I feel like my style is kind of different. It's kind of rocker; it's sort of edgy. I like this beige jacket because it's kind of out of the style that Manchester usually has. Usually I shop online, but if I do go to the mall, I'll go to Forever 21 or H&M," he said.



## Thymen de Widt

"I like this casual, button-down shirt because I like to look kind of formal but not too formal. I wore this outfit today because I just happened to find it in my closet. I shop the most at Macy's or Nordstrom," he said.



## Alex Nunes

"I would say that my style is a mix of laid-back casual but also kind of edgy at the same time. I usually shop at Hollister, or sometimes I'll go thrift shopping. I also get a lot of clothes from my sisters because they grew up in the '90s. I like this skirt and tall boots combo because it is a nice way to be fall-y but also cool temperature-wise at the same time," she said.



## Faith Burroughs

"I like ripped jeans like these... they are cute and go well with almost any outfit. I would say my style is pretty basic... I get most of my clothes from Brandy Melville or my sister's closet," she said.



## Jia Mulvey

"My style is comfy but cute, I guess, like these flowy pants I got at a hand-me-down store. I try to look respectable in school but also do my own thing. It kind of depends on what I'm feeling on that day. Sometimes I'll dress nicer than this, but sometimes I won't. I shop the most at American Eagle and thrift shops," she said.



## Abby Spinney

"I would say that my style is more on the edgier side, as you can see by this jean jacket. I definitely try to keep on trend, but I don't go shopping that often. Definitely a lot of people would say that it's sometimes gothic or dark sometimes. Forever 21 is a solid place [to go shopping]. I can always find something there," she said.



## Kellen Furse

"I like wearing this jacket because it's sporty, but it is still super comfortable. I would say my sense of fashion is pretty good. I like wearing khakis a lot as well," he said.

By Julia Kaper, Independent Staff

Answer to Guess Who? Debra Isensee