

the INDEPENDENT

Volume XXV Number 2

Manchester Essex Regional High School 36 Lincoln Street Manchester, MA 01944

November 13, 2018

Restructuring proposal aims to address student behavior, school athletics

Admin. position to be split into academic behavioral dean, athletic director

By Sirine Benali
INDEPENDENT EDITOR

By restructuring the current role of the assistant principal/athletic director, into two positions—an academic behavioral dean and an athletic director—the administration is aiming to address certain needs in both the athletic and behavioral areas, Principal Patricia Puglisi said.

“[The restructuring] has been in progress, in terms of thinking about the need, for a long time. Last year, we had the athletic review, which really reflected some needs to change our practice in athletics and to provide a structure that will give kids more opportunities and a stronger program to develop educational ath-

letics and leadership,” she said.

After the athletics review, an athletics task force identified that an area to address was the role of the athletics director, Puglisi said.

“The Task Force Committee has determined that the Athletic Director at MERSD must be a full-time professional...The Committee considers this recommendation the number one priority for the athletics program...The wide array of leadership, management and day-to-day duties involved demands a professional with full time devotion,” the Athletics Task Force report said.

Additionally, the athletic director would teach some sections of gym and wellness.

“Currently, we have gym classes spanning from 27 students to 35 students. That’s not conducive to really developing those wellness traits that we are looking for, so the position that we’re

RESTRUCTURING, page 3

TEACHER HALLOWEEN CONTEST



COURTESY OF FACULTY

Teachers Mary Buckley-Harmon dressed as Dora the Explorer; Erin Fortunato as Salt Bae; Abigail Donnelly, John Mullady, Lauren DuBois, and Jennifer Coleman as versions of Michael Scott; Daniel Koughan as three-hole-punch Jim; Kristin Umile as Flo; and Amanda Frithsen as Lorelai Gilmore.

Mock election gives students real voting experience

By Mia Cromwell
INDEPENDENT EDITOR

As a way to civically engage students, the AP U.S. Government and Politics class hosted a mock election through the National Student Parent Mock Election program, AP U.S. Government and Politics teacher Jennifer Coleman said.

The mock election took place on Nov. 2 during U block and lunch. The voting booths were set up in the main hallway during U block and outside of the cafeteria during lunch, and students voted using electronic ballots on iPads, she said.

This election simulated the midterm elections that took place on Nov. 6.

AP U.S. Government and Politics students were put in groups of three and four and were assigned to focus on one of four issues



MIA CROMWELL PHOTO

Senior Eve Feuerbach voted at a booth the AP U.S. Government and Politics class set up for the mock election held on Nov. 2.

from this election: the Senate Race, Massachusetts’ 6th Congressional Race, Massachusetts’ Governor Race, and Ballot Question 1, Coleman said.

AP U.S. Government and Politics student senior Lena Brzezinski said students researched either the candidates’ background or Ballot Question 1 in order to learn all the information about the topic.

Once they thoroughly researched the candidates, the stu-

dents created a 30-second to one-minute radio or TV ad, a poster or digital poster, and a candidate handout, Coleman said.

These three works were displayed around the school, posted on a website created for the election, and sent to parents and the community through Principal Patricia Puglisi’s weekly email, she said.

This gave the public access, through an electronic ballot, to

MOCK ELECTION, page 3

Boosters implement fundraisers, increase school spirit

By Olivia Turner
INDEPENDENT STAFF

Dwindling school spirit has spurred the Manchester Essex Athletic Boosters Club to find new ways to fundraise and increase Hornet pride in the 2018-19 school year.

Since the release of a 2017-2018 athletics review, an athletics task force has been implemented to improve sports programs.

Principal Patricia Puglisi said members of the task force have aided in the re-emergence of the Boosters. The club works collaboratively with the school to ensure equitable funding for school sports and provide equipment that the district may be unable to afford.

Puglisi said the Boosters were

able to raise a significant amount of money through advertisements for a program booklet for all fall sports. The booklet has been distributed to fall sports teams and is available in the main office and the canteen.

A Boosters Club membership drive charged a \$25 joining fee to fund several \$1,000 scholarships for the Class of 2019. These scholarships were not available for the Class of 2018 due to a lack of funding.

To aid fall team spirit, the Boosters worked with Jungle Inc. to create an online apparel store for the teams. Proceeds from purchases made on the website help fund the fall sports.

“The goal is to develop pride in our school and to show that pride through things like spirit wear,” Puglisi said. “If we can expand it beyond athletics as they’re doing with some of the other clubs, it will bring a more

BOOSTERS CLUB, page 3

‘The goal is to develop pride in our school and to show that pride through things like spirit wear.’

- PATRICIA PUGLISI

News

Humanitarian League
-page 2
Night of Stars
-page 3

Features

Tower Gardens
-page 4
Alumni Abroad
-page 5

Opinion

GMOs
-page 7
Khashoggi’s Murder
-page 8

Sports

Fall sports
-pages 9-10

Arts

Abby Spinney
-page 11
Chorus/Band
-page 12

News Brief

American Western Literature class attends “The Sisters Brothers”

English teacher Debra Isensee’s American Western literature class attended a screening of the new film “The Sisters Brothers” on Oct. 18, following their study of Western literature throughout first quarter.

The film, based on a novel by the same name, which was published in 2011, follows two brothers, Charlie and Eli Sisters, portrayed by Joaquin Phoenix and John C. Reilly, on their journey through the frontier Northwest United States as they work as assassins.

After reading the novel as a part of the outside reading list for the course, the students were able to use the film to draw comparisons not only to the novel on which it was based, but to others they have read throughout the quarter.

Isensee said she enjoyed showing the students the film because, despite still being set in the past, it modernizes the story and allows students to better comprehend all works of literature about this period.

Principal Patricia Puglisi said learning opportunities such as this help students both in and out of the classroom.

Informational meeting discusses student safety

Manchester and Essex police departments partnered with the high school for a district informational meeting to educate parents and partner with the community to ensure kids are making “safe and healthy decisions,” Principal Patricia Puglisi said.

Manchester Chief of Police Ed Conley said the school should add a school resource officer to strengthen district safety.

He said this position would be the next step to improving school security.

Attendees at the meeting further discussed internal and external safety problems relative to students in the school, specifically involving use of drugs.

Conley said his biggest concern was easy access to illegal substances. Parents should try to avoid keeping drugs and alcohol at home.

Reaching out to parents and the community would promote and reinforce the school’s opinion on drugs, alcohol and other issues.

Green Team scholars grow school sustainability

Junior, senior use projects to improve school’s environment

By Hannah Freeman
INDEPENDENT EDITOR

As a part of their capstone projects, Green Team scholars junior Nils Taylor and senior Annie Martin worked to create opportunities to promote sustainability within the school.

Since the beginning of her sophomore year, Martin has been working toward the goal of providing the school with greenhouses in order to extend the growing season in the school garden.

“Without this project, having the gardens wasn’t working successfully because the summer was the only time we were able to grow vegetables, and school isn’t in session then,” she said.

The project, which cost a total of \$20,000, was funded through grants from the Spaulding Education Fund, Whole Kids Foundation, the Hooper Fund, and the Cape Ann Community Foundation.

The greenhouses will be installed during the second week of Dec. by The Works, a local construction company owned by Jesse DeBenedictis that has offered to work on the project for free.

“[Jesse Benedictis] has been generous to help us with this project. It’s ideal to get this project done before winter break, so the ground isn’t completely fro-



HANNAH FREEMAN PHOTO

On Nov. 9, sophomore Lars Birkeland and Green Team adviser Keith Gray helped plant apple, pear, and plum trees outside on the lawn between the middle and high school. Junior Nils Taylor said this project will provide the cafeteria with fresh fruit.

zen,” Green Team adviser Keith Gray said.

Gray said he hopes the greenhouses will provide the school with more growing opportunities and will help provide more food for the school cafeteria.

“[The greenhouses] will allow the school to serve fresh vegetables further into the school year, which will be really great,” he said.

Taylor has been working on a

project that will similarly impact the school community, installing apple, pear and plum trees on the lawn between the middle and high school.

He said he hopes that the trees will help the community by providing the school with fresh fruit to serve in the cafeteria.

“I think this project...will provide students with fruit grown on property in the cafeteria rather than fruit that is shipped in from

far away,” Taylor said.

The trees were installed on Nov. 9 by various students on the Green Team, after Taylor secured \$2,000 in grant money this past year from the Spaulding Education Fund. The classes worked to plant trees in boxes throughout the day.

“We have been working to install them into the boxes by collaborating with all the Green Team classes,” Taylor said.

Humanitarian League raises money, items for Andover, Lawrence gas explosion victims

Students create food drive competition between U blocks for Salvation Army

By Julia Kaper
INDEPENDENT EDITOR

After its first meetings of the year, the Humanitarian League has delved into new projects, in-

cluding raising money for gas explosion victims and having a food drive for the Open Door Food Pantry, Humanitarian League President Annika Dahlin said.

On Sept. 18, the Humanitarian League began collecting items for the victims of the gas-leak fire that occurred in Andover and Lawrence, Dahlin said.

Vice president Natalie Koopman said they placed a box in the lobby, in which they were collecting non-perishable goods,

clothes, toiletries and monetary donations. They also raised \$130 by having a bake sale at the boys’ varsity soccer game on Sept. 21, she said.

This drive lasted until Sept. 28, after which they took the items to the Salvation Army in Lawrence, Koopman said.

Along with holding drives and supporting local causes, Dahlin said they will also be raising awareness for a specific issue every month.

For example, the Humanitarian League is conducting a food drive from Nov. 5 to Nov. 25, which will benefit the Open Door Food Pantry in Gloucester, Dahlin said.

The food drive is a competition

‘The group is really good at being self-sufficient. I really don’t have to go to any of their meetings because they’re self-starters, and they’re always looking for something to do.’

- DEBRA ISENSEE



ELIZABETH KLEBART PHOTO

Junior Genevieve Young and seniors Sophie Larson, Clara Davis, and August Kahle raised \$130 at a bake sale the Humanitarian League held at the boys’ varsity soccer game on Sept. 21. They are holding a food drive between U blocks from Nov. 5 to Nov. 25.

between U blocks, and the class that brings in the most food will earn a free journal entry, Dahlin said.

Koopman also said that one of their goals this year is to collaborate with the GSA, since advocating for LGBTQ rights is a humanitarian issue.

Humanitarian League adviser Debra Isensee said that the group is extremely self-driven, coming up with ideas and organizing the details all themselves.

“This group is really good at being self-sufficient. I really

don’t have to go to any of their meetings because they’re self-starters, and they’re always looking for something to do,” she said.

Throughout the year, the club will continue to support local causes, focusing on bettering the community in any way they can, Dahlin said.

Koopman also said students can still join the Humanitarian League. “Anyone who wants to help promote causes that would better our community should really join the group,” she said.

Night of Stars displays local students' talent, raises \$28,500 for Spaulding Education Fund

10th anniversary of fundraiser includes variety of acts, abilities

By Charlotte Pick
INDEPENDENT EDITOR

With Spaulding Education Fund co-chair Tracy Davis returning to organize the fundraiser, the Night of Stars Talent Show held the performance that marked its 10th anniversary.

Since 2008, the Spaulding Education Fund has run the talent show, which gives students from Manchester and Essex a chance to showcase their abilities on stage.

Davis has been working with the Spaulding Education Fund for five years, and throughout that time she has been closely involved with the planning and organization of Night of Stars.

"For my real job, I produce large-scale events and handle public relations for

various clients. I enjoy helping to organize [Night of Stars] each year. It is a fun way to use my professional expertise to support my greater community," she said.

Davis said the talent show raised \$28,500 this year; this amount includes ticket sales as well as donations from sponsors. This money will be used to fund Spaulding Education Fund grants this fall.

"The show this year was a great success," Davis said. "We were in awe of the incredible talent, and as usual we greatly appreciated the community's support of the show."

High school teacher Erin Fortunato has also been involved in the stage-managing aspect of the show.

"It has been great to see the show evolve throughout the years," she said.

Fortunato said the show gives students an outlet and opportunity to showcase a variety of talents.

"Although I wish more high school students were involved, I think it is also a great opportunity for students in younger

'We were in awe of the incredible talent, and as usual we greatly appreciated the community's support of the show.'

- TRACY DAVIS



COURTESY OF KJ CARVALHO

Junior Molly Brady, who has performed for nine years in the Night of Stars talent show, and senior Ryan O'Connell perform a duet of "Revenge" by XXXTentacion.

grades," she said.

This year, the show presented 32 acts, which included a performance from the SoundWaves and a presentation by the robotics group. The team programmed a robot to put on a brief performance which was followed by a question and answer session between the team and the audience.

One of the acts this year featured junior Molly Brady who sang "No One" by Alicia

Keys while also playing the guitar. Brady has participated in Night of Stars for nine years, and during this time she performed both singing and dancing acts while also helping back stage for one performance.

"I think because Night of Stars is open to people of all ages, it allows for a variety of different performances and for people to perform whatever talent they want," Brady said.

3-D printers to foster new learning methods in STEM classes

By Anton Kozyrev
INDEPENDENT EDITOR

With the aid of the Spaulding Education Fund, the school has acquired several 3-D printers in order to allow STEM students to better understand the connection between computer code and the physical result, STEM teacher Steven Cogger said.

The school has acquired several 3-D printers with the aid of the Spaulding Education Fund to give STEM students a better understanding of the connection between computer code and the physical result.

"[What] I wanted to do in CAD was to make it so students could build their parts – CAD is designing on a computer in a

two-dimensional space ... [and] they can apply this in a 3-D form with the printer. This kind of tactile learning is really important," he said.

Cogger said he hopes students will be better equipped to understand how their code can translate to the real world and that students will realize how objects can have physical mistakes and flaws.

When objects are printed using a 3-D printer, mistakes and errors are physical and easier to spot, junior Isaac Notte said.

"As soon as you 3-D print something, it becomes much easier to spot your mistakes and find something to improve upon," he said.

The 3-D printers' capabilities can also

be applied to other areas, such as the improvement of interdisciplinary learning, Cogger said.

In particular, he envisions a "Maker Space" in which students and teachers from other classrooms can use the 3-D printers to augment learning in their own classes.

"Interdisciplinary learning starts with the idea of a Maker Space. Lots of colleges have them. The idea is you could be a non-engineering student, but you might want to make something – and 3-D printing allows you to do that," Cogger said.

Principal Patricia Puglisi expressed support for the Maker Space and said it is important to foster interdisciplinary learning.

"I'm psyched about the Maker Space. Mr. Cogger has done a fantastic job of trying new ideas in the classroom like making more authentic experiences, partnering with other classes, and reaching out to universities for support," she said.

The addition of the 3-D printers is one of the numerous non-budget programs through which Spaulding supports learning in the school, Puglisi said.

"Spaulding has been a tremendous supporter of MERHS. They've provided for so many projects – different tools for biotechnology, hydroponic towers for Green Team, and they helped with the development of the library into the learning commons," she said.

CONTINUATIONS

RESTRUCTURING

CONTINUED FROM PAGE 1

proposing will include two sections of P-E/Wellness so that we can reduce those sizes," Puglisi said.

The other component to the restructuring would be the position of the academic behavioral dean, which would help address changes in behavioral health such as rising depression rates in teenagers.

"[K]ids are coming to school with significant social and emotional concerns... Having the behavioral side of the dean would provide... supports to students where interventions can happen prior to there being a significant concern with kids... We have an adjustment counselor who works very, very hard and meets with students non-stop all day," Puglisi said.

High school adjustment counselor Holly Brabson said such social and emotional concerns can have an impact on how students perform at school.

"When [students] do experience, something—whether it's a loss of an important person in their life, a divorce at home, a conflict with a friend they've been with forever, a breakup in a relationship, or coming out and not getting the support that they need—sometimes we see that in the grades, too. As a school, we need to be sen-

sitive to that...[n]ot just academically, but also emotionally," she said.

Regarding the academic portion of the proposed position, Puglisi said, "We need really strong leadership in terms of promoting transformative education and really creating an atmosphere, again, for student opportunity and student learning."

Paul Murphy, who held the assistant principal position for 21 years, and declined to comment, took on the dual role of assistant principal and athletic director in 2015.

"That's a lot for one person to do, I think," Brabson said.

Both the proposed academic behavioral dean and athletic director would hold 10-month positions, meaning they wouldn't work during the summer. The proposal won't add to the budget, Puglisi said.

"We're looking district-wide to be able to support the financial component of this change within administrator funds available and within the teaching sections that are available," she said.

Puglisi said "every person can be considered" for the proposed positions.

The specific job descriptions are currently being written but first need to be approved by the School Committee before they are released, Puglisi said.

MOCK ELECTION

CONTINUED FROM PAGE 1

vote in the mock election using information from the students' projects, Coleman said.

Brzezinski said her group sided with yes on Ballot Question 1, which was about whether nurses should have patient limits.

The results of the election showed 283 people participated, which Coleman said was a high voter turnout.

Charlie Baker won the Governor Race with 69.3 percent of the vote, and Elizabeth Warren won the Senate Race with 53.9 percent of the vote.

Seth Moulton won the 6th Congressional Race with 63.7 percent of the vote, and Ballot Question 1 failed with 73.9 percent of the votes against it, according to Coleman.

She said this mock election allowed students to learn the significance of voting.

"[Students] are the next generation of American voters, so I think it's really important for students to practice being civically engaged so then when they become 18-years-old, they've already had that practice, and they're prepared to be participants in our democracy," Coleman said.

AP U.S. Government and Politics student Finn Kiernan said the election was beneficial because it attracted students in-

terests toward government issues.

"I think it benefits our school because it gets kids active. It gets kids to be more attentive to what's happening in our state," Kiernan said.

BOOSTERS

CONTINUED FROM PAGE 1

focused celebration of our school."

Puglisi said the Boosters will make another store for winter sports, adding other extracurriculars like DECA, Debate, Green Team, SoundWaves, and band.

As part of the changes, the Boosters have organized caravans to grow attendance and spirit at some sports games.

"We are doing the best that we can to try to get the people and the kids that are participating [in sports] to come and cheer on their buddies and fellow students," Boosters member Donna Furse said.

On Friday, Sept. 21, the Boosters invited all students to meet outside of the school. More than 20 students and parents painted faces and decorated five to eight cars with chalk before departing for Rockport and Essex Tech to watch the girls' varsity soccer and football games.

Furse is encouraged by the effects the caravans appear to have had on Hornet pride. "All in all, it's looking like ME spirit is coming back," she said.

AP Environmental Science students build their own sustainable food systems

Class uses tower gardens, grows kale, basil, lettuce

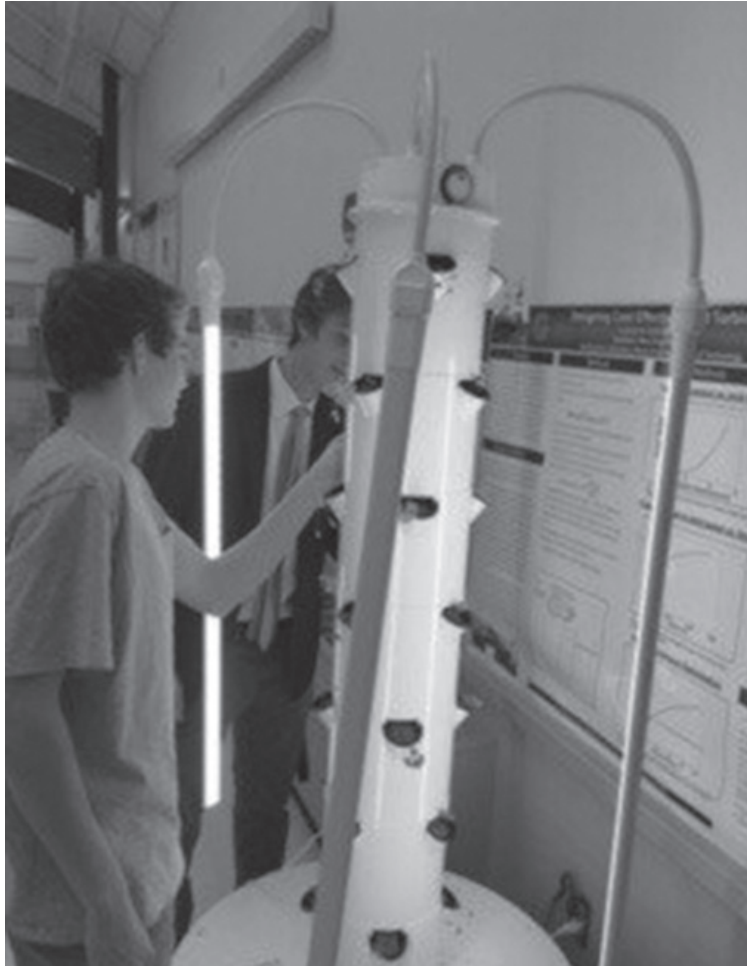
By Katherine Fitzgibbon
INDEPENDENT STAFF

Students in AP Environmental Science (APES) are currently investigating a sustainable method of agriculture known as aeroponics, a plant-cultivation technique in which the roots hang suspended in the air while a nutrient solution is delivered to them through a fine mist.

Led by science teacher Keith Hartan, students have built two Tower Gardens, which are vertical growing systems, and are currently growing basil, lettuce, and kale. The class started this project at the beginning of the school year and will soon be growing tomatoes and microgreens as well. Both systems were the result of a Spaulding grant.

Tower Garden can grow up to 20 vegetables, fruits, herbs and flowers. Using aeroponics, the same technology NASA uses, they grow plants with only water and nutrients rather than dirt. The system can be placed indoors or outdoors.

The growing system requires sunlight (or grow lights), electricity, water, and less than three square feet. The tower uses a closed-loop system technology to recycle all of its nutrients and water. Plants grown in this system do not suffer from pest



COURTESY OF KRISTIN UMILE

Seniors Max Hahn and Jake Donovan are helping to grow kale, lettuce, and basil in tower gardens in AP Environmental Science. The class will soon grow tomatoes and microgreens.

problems, weed overgrowth, or diseases.

The tower is sold as a kit that includes a germination tray, rockwool cubes, vermiculite, net pots, seed starter kit, pump, timer, drain tube, plant food, pH test kit, pH adjusters, and a measuring cup.

Senior Max Hahn said the AP class was evenly split between builders and people collecting data. Hahn, who was one of the eight people who helped build the Tower Gardens, said it took 20 minutes to build the tower structure and 20 more minutes to

put the plants inside.

Hahn said he has enjoyed the project so far, as it teaches students how plants are able to grow and how different factors can either help or hurt their growth.

"It'd say it's a pretty exciting project. It's fun to see all of the plants growing and check out their progress," he said.

Senior Molly Field said each week a new group is assigned for the plants. The students have to measure the pH, and they have to measure the water level to the top of it, and then they have to take pictures of the plants and

also getting necessary community service hours.

Dr. Steven Gillespie, a psychiatrist with whom Bourbon volunteers with, said experiences like this are vital for students

who want to work in the medical industry in their future.

"It's so important to get a feel for experiences like this before committing to such a demanding career...

I also think it's nice for our patients to see a young, energetic face in the hospital helping out; young volunteers always seem to make the patients happier and more relaxed," he said.

Junior volunteers at Addison Gilbert Hospital, learns about nursing career

Student helps nurses and doctors, experiences hospital environment

By Sofia Gillespie
INDEPENDENT EDITOR

Junior Madison Bourbon, who said she hopes to pursue a career in nursing, volunteers at the senior adult unit of Addison Gilbert Hospital in Gloucester, once a week after school.

She said she helps at the unit by talking with the patients and helping the nursing staff with what they need.

"I basically just sit with the

patients and talk with them; I do whatever I can to help," she said.

Bourbon said she hopes this experience will expose her to how the medical field works.

"I think this is a good way to immerse myself into the hospital environment... I hope to learn about how the doctors and nurses do their jobs every day," she said.

Bourbon said she enjoys the experience and finds it rewarding to help patients in need while

'I think [volunteering] is a good way to immerse myself into the hospital environment... I hope to learn about how the doctors and nurses do their jobs every day.'

- MADISON BOURBON

Bourbon said guidance director Beverly Low helped her organize this volunteering opportunity.

Low said many hospitals and other organizations, looking

for student volunteers, reach out to her and the other guidance counselors. She said it is important for students to be exposed to opportunities that can help them

understand potential careers.

"Whenever possible, we try to connect students to opportunities like this... Students who come to college with a little bit of real work experience or who have



SOFIA GILLESPIE PHOTO

Junior Madison Bourbon said she finds helping patients at Addison Gilbert Hospital to be a rewarding experience.

figured out what they like and what they are good at tend to do better and be more successful," she said.

GUESS WHO?

TEACHER/STAFF EDITION

How long have you been a teacher here?

20 years

Where did you grow up?

Born in Lynn, Mass., but grew up in Topsfield, Mass.

What is your favorite place you've visited?

Argentina

What is your favorite thing to watch on TV?

Boston sports teams

Who is your favorite music artist?

Ani DiFranco and Beck

What is your favorite type of food?

Seafood

What is your favorite breakfast food?

Bacon

What is your biggest pet peeve?

"The four-way stop sign when people don't take turns, and the BMW thinks that they can go ahead of you and not wait their turn."

Are you messy or organized?

Messy

What scares you the most?

Losing family

What is your favorite thing to do on a fall day?

Hike

What word describes your personality the best?

Extroverted

Answer can be found at the bottom of Page 12

write a report about what's going on with them, she said.

Teacher Keith Hartan said the plants are being used for both scientific investigation and human consumption.

"We'll probably make a salad, but the idea is that we would donate [the vegetables] to the cafeteria downstairs," he said.

The Tower Garden project applies to several different subjects

the students are currently studying, Hartan said.

"It addresses the recycling of nutrients, important nutrients, like nitrogen and phosphorus," he said. "It addresses primary productivity, which is the efficiency by which plants convert light energy to chemical energy. It also addresses food production and sustainable food production."

ALUMNI ABROAD

Charlotte Freed experiences different culture during semester in Dakar, Senegal

New experiences in non-western society teach alum patience, flexibility, open-mindedness

By Paige Swanson
INDEPENDENT EDITOR

Charlotte Freed, a 2016 graduate and a junior at Hamilton College, is currently studying abroad in Dakar, Senegal, and will travel to Spain for her next semester.

Freed said she hoped to study abroad since she was in high school because she wanted an experience that would help her develop her language skills.

“Senegal is a French-colonized country and few people speak English, so it was an opportunity for me to immerse myself in French and also learn the local language, Wolof. Out of all the French-speaking countries, I decided that I wanted to push myself and go to a country that would give me a different experience than if I went to

Europe. I am traveling to Spain next semester to study, so I wanted to have two contrasting cultural experiences,” she wrote in an email.

In Senegal, Freed said she is interning with a group called Réseau Siggil Jigéen, which translates to Network of Empowered Women in English. This group works to empower Senegalese women and provide for their health and security.

Through her internship and the time she has spent in Senegal, Freed said she has learned a lot about the culture and has come to appreciate it.

“Since [Senegal] is a developing country, there aren’t the same amenities that I would expect in America. The water and electricity does not always work, which is definitely a challenge because of the heat. I could write a long list of all of the ways Senegal is different—culturally, politically, and in day-to-day life, but, in the end, it is an extremely welcoming country with a very friendly population, and I have really enjoyed being in such a warm culture,” she wrote.

Although Freed does like the culture in Senegal, she said



COURTESY OF CHARLOTTE FREED

2016 graduate Charlotte Freed chose to study in Senegal during her first semester in order to have a unique experience that would further develop her French language skills before going to Spain.

some aspects of it are hard for her to accept.

“There is definitely an interesting gender dynamic here. Women are expected to do the cooking and cleaning, and Islamic law allows men to have up to four wives. Homosexual acts are illegal, and I know a lot of students on the trip have had to hide their sexuality from their families. It is important to respect the culture, but there are definitely some parts of the culture that I personally do not think are

right,” she wrote.

Living in a developing country has also taught Freed to be easy-going and non-judgemental, she wrote.

“I have learned that patience, the ability to adapt and be flexible, and being open minded is an important part of studying abroad, especially in a country that isn’t Western. Coming from America, where expectations are very high and everything tends to work smoothly, I had to learn to leave my expectations and judg-

ments at the door,” Freed wrote.

Although Senegal is drastically different from America, Freed said encountering new experiences is one of her favorite parts about studying abroad.

“My favorite part of studying abroad is having the opportunity to meet new people and explore things that we don’t have in America. I love going to fabric or food markets... and having the opportunity to learn from Senegalese professors,” she wrote.

Zack Even travels to Kyoto, Japan, through Columbia University

By Paige Swanson
INDEPENDENT EDITOR

Zack Even, 2016 graduate and a junior at Brown University, is studying Japanese language, religion, and film at Doshisha University in Kyoto, Japan, through the Kyoto Consortium for Japanese Studies, which is a Columbia University program.

Even said he wanted to study abroad in order to take advantage of the opportunities he had in college to pursue a semester in another country. He said he chose to travel to Japan because of his ongoing interest in Japanese food and culture.

“I knew I wanted to go abroad going into sophomore year, so I decided to take Japanese because I thought it would be really cool to go to Japan. I’ve always liked Japanese culture and Japanese food, but I’d never been [to Japan], and I wanted to go somewhere that was dramatically different from the U.S. and what I’m used to,” Even said by phone.

Even said he is staying with a somewhat unconventional Japanese family, which is made up of



2016 graduate Zack Even lives in Kyoto, Japan with a host family, which has allowed him to experience Japanese culture and apply knowledge he has learned in his classes to his life in Japan.

a mother and father in their 60s, their 20-year-old son, and their two 30-year-old daughters, one of whom just gave birth.

Living with a host family has helped Even adjust to Japanese culture, he said.

“It hasn’t been too difficult to adjust. I’ve only spent a year learning the language, so my Japanese definitely still has

a long way to go, but I’m living with a host family that is very welcoming and easy-going,” he said.

In addition to helping him



COURTESY OF ZACK EVEN

adjust, Even said living with his host family has allowed him to experience Japanese culture.

“I enjoyed going this little farmers market outside the city in Nara. My host mom was just finding me all these things to eat, and it was cool to be in that environment, which I definitely would not have been in if not for the fact that I’m living with a host family,” he said.

Even said another helpful aspect to learning about Japanese language and culture has been his ability to use the information that he has learned in his classes in everyday life.

“I get to practice Japanese so much outside of class, so with everything I gain in class, I can communicate a little bit more.

That aspect is really cool. With the Japanese religion class, I’m living in Kyoto, and in Kyoto there are tons of shrines and temples, so walking around I’ll see things that I learned about in class,” he said.

Outside of academics, Even said he has been able to learn about Japanese cooking. He said he has made a few meals with his host family and has helped fold Gyoza, which is a type of Japanese dumpling.

The most important thing Even said he has learned is about how easy it is to make connections with others, regardless of the language barrier.

“Even if I can’t communicate with people, which is often the case because my Japanese is still

at a very low level, I can still relate to them and form some kind of bond,” he said.

In addition to being able to make connections with the Japanese people, Even said he has been able to get to know the students he is studying with, who come from all around the country, which is one of his favorite parts about studying abroad.

“Everyone in the program came to Japan for different reasons, so it’s a really interesting group,” he said.

Even said visiting a monkey park was another one of his favorite parts of the semester.

“I really like monkeys, and there’s this park a little bit outside of the city. You hike up a bit, and then there are monkeys all around. It’s almost like a reverse zoo because you can go inside this house, and they’ll climb over all the windows so you can feed them... That was definitely a highlight,” he said.

The ability to travel within Japan is something Even said he is thankful for.

“I’ve been able to travel in the area a little bit, and we have a lot of three-day weekends which is nice because we have a lot of class during the week, but that gives us some freedom. One three-day weekend I visited Hong Kong, and we have fall break coming up and I’m going to Bangkok,” he said.

School store will provide DECA students with real business experience

Store will likely open before holiday break

By Mia Cromwell
INDEPENDENT EDITOR

In order to integrate the functions of running a business into the curriculum through a hands-on approach to learning, the DECA program plans to create a school store, DECA teacher Dean Martino said.

The store will be located in the current athletic closet, at the corner of the main and dining room hallway, where it will be built into a fully functioning retail operation with new floors, walls, display racks, counter space, lighting, and a register system, he said.

The administration and the building facilities staff will determine the construction process once DECA creates a formal plan, Martino said.

He said the classes' goal is to complete the school store before the holiday break.

DECA chapter officials Jake D'Ambrosio, Hannah Oettinger and DECA president Olivia Mitrano are attempting to finance the store through fundraising, Martino said.

D'Ambrosio said the store will sell lanyards, T-shirts, and other apparel items created through the companies Jungle and Custom Ink, and DECA



MIA CROMWELL PHOTO

The school store will be created in the current athletic closet.

plans on hosting a survey to find out from the students what merchandise they want to sell.

Oettinger said the store will be a platform for student entrepreneurs to display their own clothing designs.

She also said students will be able to rent out calculators, computer chargers, phone chargers, batteries, and other necessary school supplies for a cost of a few dollars per day.

The store will run similarly to a small retail company because the store will apply the functions of starting a business, including all the features of management, Martino said.

Mitrano said DECA students will run the store during school events or their free blocks during the day for community service

hours or voluntary work, and they will be able to utilize their DECA skills through a real-world example.

"I think [the store] is going to help the business classes a lot because then they can actually apply what they learn to an actual business," Mitrano said.

All proceeds from the store will fund DECA's expensive tournament costs, Oettinger said.

Martino said the store will give future student an interactive, real-life business experience.

"The school store is a perpetuity model of learning. This is just the beginning. The infancy of the venture, and the efforts of this year's students will serve as a legacy of learning opportunity for those students that follow," he said.

Partners in Development organization uses whole life transformation model to impact lives around the world

By Sirine Benali
INDEPENDENT EDITOR

Pushing people out of extreme poverty in Guatemala, Mississippi, Haiti, and Peru, Partners in Development (PID) is a non-profit organization in Ipswich that uses a whole-life transformation model to improve the lives of those around the globe.

"Our role is to help people living in extreme poverty to be able to use particular services that we provide so that they can get out of extreme poverty to have an entirely different future for their kids and for their family," said Gale Hull, president and co-founder of PID.

PID helps such populations through a set of programs addressing education, economic development, safe housing, and medical care. These programs combine to form the whole-life transformation model, according to PID's website.

"When we put all of those [programs] together, we end up seeing people that came into our program eating four meals a week to having kids that graduated from university, own their own house, and own their own business that is totally separate from Partners in Development... Our goal is to give people tools so that they can use them and get out of poverty," Hull said.

Taking it one step further,



COURTESY OF ALLIE McCORMACK

Partners in Development from Ipswich, Mass., raised \$50,000 in October to help people living in impoverished communities.

PID also offers a Social Justice Program to those living in extreme poverty that is open to anyone who wants to learn about social justice, said Rosita Maeks-Anderson, former office manager and currently involved with PID's programs abroad.

"Social justice addresses the political and educational systems that are the reason why we have people living in these conditions in the first place. While it is wonderful to have a charity helping the lives of those today, it's so important to address the system," she said.

To fundraise for all the programs, PID held their 18th annual benefit on Oct. 20 and raised \$50,000, Maeks-Anderson said.

"[A] purpose of the annual benefit is to...make sure that all those who donate or participate in our offerings, such as service trips, have a place to gather, get together, and be excited about Partners in Development,"

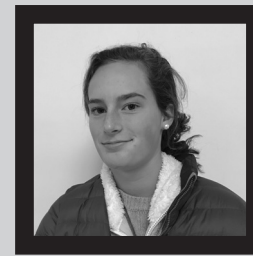
Maeks-Anderson said.

Either through the annual benefit, the programs, or service trips that PID offers, there are many ways to become involved with the organization and its cause, said Tali Marcelin, assistant director.

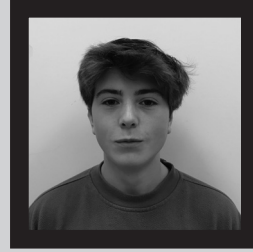
"I know that a lot of people like to give back or help out, but they don't know how to get involved. PID has so many different ways that you can get involved...When people call and ask, it sometimes ends up being a perfect match," she said.

PID is always looking for new volunteers that can positively help the impact of the organization, Maeks-Anderson said.

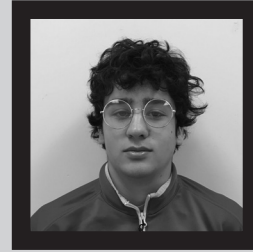
"We're really looking for committed and passionate students who are looking to make a difference and learn about extreme poverty...If you're someone who genuinely wants to help and make a difference, it is possible to do that at Partners in Development," she said.



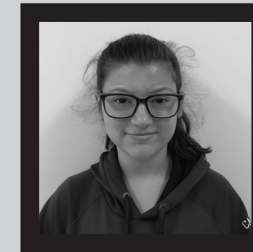
Freshman Augusta Taylor:
"I like walking my dog outside in the fall because it's very relaxing."



Freshman Teddy Delisio:
"My favorite outdoor fall activity is picking apples because it's fun."



Sophomore Josef Vytopil:
"My favorite thing to do outside in the fall is running for cross-country. There's nothing that fun about it, but something just makes me want to do it."



Sophomore Kendall Carvalho:
"I like going to corn mazes in the fall because you get lost with your friends, and it ends up being really fun."



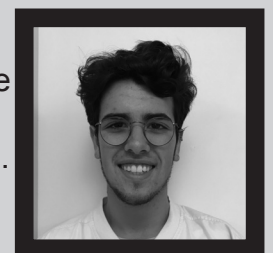
What is your favorite outdoor fall activity?



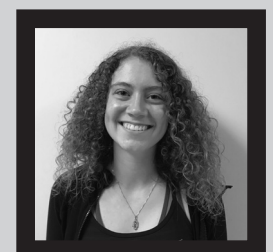
Junior Nils Taylor:
"My favorite outdoor activity is playing tennis because it's something I've been doing for a while, and it's really fun."



Junior Claire Gendron:
"My favorite outdoor fall activity is picking out pumpkins and then getting apple-cider donuts."



Senior Jake D'Ambrosio:
"I like leaf peeping. I love driving through the countryside and seeing all the beautiful leaves and the different colors. I also love haunted houses because I love a nice, little scare!"



Senior August Kahle:
"I like going to the haunted corn maze because I can go with my friends, and it's a really good time."

GMOs

Are genetically modified foods a better alternative?

Pro

Eli Heanue

Genetically modified organisms (GMOs) are living structures such as fruits, vegetables, and other plant products that have undergone change artificially in order to alter their physical properties. These changes improve them and make them a healthier alternative to non-GMOs.

GMOs are commonly thought of as unhealthy because they are not natural; however, in a study done by Stanford University, there was no strong evidence showing either GMOs or natural plants as more likely to carry health risks for people that consumed them.

“The researchers found little significant difference in health benefits between organic and conventional foods,” said Michelle Brandt in a review of the study, an associate director for Stanford Medical School’s Office of Communication and Public Affairs.

In fact, some genetically modified plants have been engineered to contain higher amounts of certain nutrients such as calcium, protein, or folate in order to make them healthier.

“There is no nutritional difference between GMOs and their non-GMO counterpart unless the nutritional content of the genetically modified crops has been intentionally modified,” gmoanswers.com writes.

GMOs have also reduced the use of pesticides by creating stronger, more durable fruits and vegetables that are more resistant to insects.

According to the website gmoanswers.com, GMOs have lowered pesticide spraying over the last two decades by 8.1 percent.

Farmers prefer GMOs because they produce a higher crop yield due to their ability to survive in harsher environments and their durability for transportation.

“Because GMOs can be created with specific traits, farmers can access seeds that can succeed in their unique environment,” said Diego Flammini, a news writer, on the website farms.com.

GMOs are also a potential solution to the problem of food waste. According to fooddialogues.com, genetically engineered food products can be designed to resist bruising during shipping and handling. This allows GMO foods to have longer shelf lives, which prevents stores from continuously throwing away rotting unhealthy fruit and buying more.

GMOs also serve as hope for malnourished people in third world countries. Because genetically modified plants have a higher crop yield and a longer shelf life, implementing them into poor countries would feed many more people.

Con

Julia Kaper

Due to their negative impact on the environment and the lack of evidence regarding their long-term effects on humans, genetically modified organisms must be avoided.

GMOs are living organisms whose genetic material has been artificially manipulated in a laboratory through genetic engineering. According to nongmoproject.org, more than 80% of all genetically modified crops grown worldwide have been specially engineered for herbicide tolerance.

Using these herbicide-tolerant crops has allowed farmers to switch from traditional herbicides to glyphosate, which is categorized as a probable carcinogen by the World Health Organization.

The use of glyphosate may also lead some weeds to develop a partial resistance to herbicides over time, according to the Harvard Graduate School of Arts and Sciences.

These weeds would require higher amounts of glyphosate and other herbicides to keep them in check, and consequently, it would lead to an increase in the use of herbicides, which would adversely impact the environment.

According to nongmoproject.org, the use of toxic herbicides is 15 times as great as it was when GMOs were first introduced.

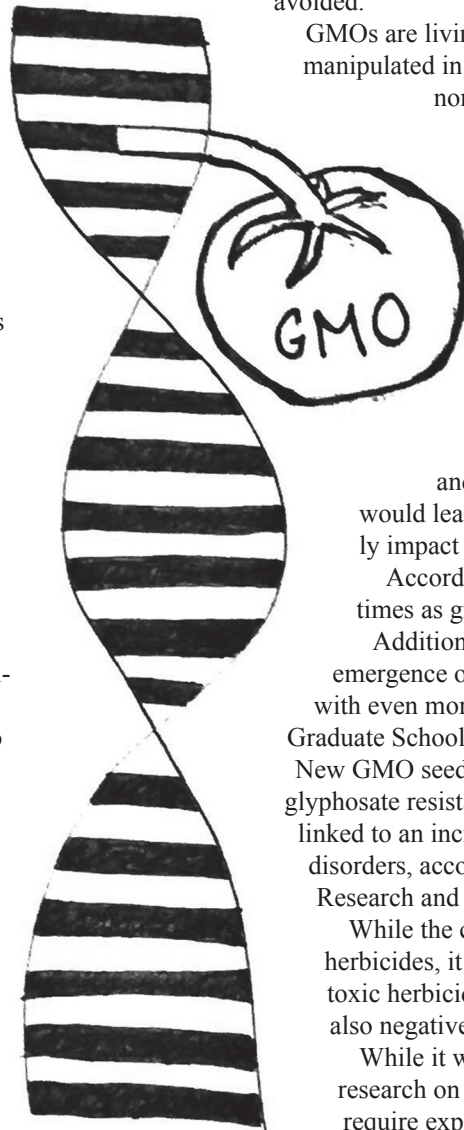
Additionally, genetically modified crops also are responsible for the emergence of “superweeds” and “superbugs,” which can only be killed with even more toxic poisons such as 2,4-D, according to the Harvard Graduate School of Arts and Sciences.

New GMO seeds have been developed to be resistant to 2,4-D while still being glyphosate resistant. The EPA approved these seeds in 2014, but 2,4-D has been linked to an increase in non-Hodgkin’s lymphoma and many neurological disorders, according to research in the International Journal of Environmental Research and Public Health.

While the creation of GMOs was not intended to increase the use of herbicides, it did result in an increased use of glyphosate, 2,4-D and other toxic herbicides, which not only damage the environment, but they may also negatively impact human health in the long term.

While it would be possible to conduct more extensive and conclusive research on the long-term health effects of GMOs in humans, it would require expensive decades of study of hundreds of thousands of GMO consumers and their non-GMO counterparts.

Due to the apparent negative impact on the environment, we must avoid GMOs, at least until their effect on humans is clearly known.



SOPHIA LARSON ILLUSTRATION

US must invest in new infrastructure

Intelligent highways pave way to future

By Domino Morris
INDEPENDENT STAFF

More money and effort should be put into improving new infrastructure in the U.S., such as intelligent highways. They are the next big step forward.

China, Sweden, and the U.S. are beginning to develop intelligent highways. The main priority of an intelligent highway is to increase safety and energy efficiency. New components such as solar panels for energy and magnetic sensors to keep cars in line would be added to the pavement, according to www.electronicdesign.com.

According to theguardian.com, Sweden is focusing on energy efficiency by testing out electrified roads and is aiming to have a fossil-fuel-free infrastructure by 2030. Energy would be transferred between rails in the road and cars. Each car would pay for the amount of electricity they used which is monitored by the system.

In addition to creating pavement to charge cars, the Chinese are developing photovoltaic pavement which acts as a road made of solar panels to charge street lights and traffic lights, according to www.atimes.com.

According to The Denver Post, the U.S. is currently developing a project in Denver to create an intelligent highway, but there have been no signs of

improvement or success with the technology because the construction process is lengthy. The Colorado Department of Transportation estimates the building will last from July 2018 to 2022.

New infrastructure and intelligent highways can improve the world’s environment. They would allow for fewer fossil fuels to be emitted. According

to the United States Environmental Protection Agency, more than 55% of nitrogen oxides emitted in the U.S. are due to transportation.

Besides being beneficial to the environment, intelligent highways also improve safety.

According to a report done by the National Highway Traffic Safety Administration, there were a total of 7,277,000 vehicle

Improving the nation’s infrastructure is the next step towards a successful, safe and less polluted future.



KOMUNES/COMMONS.WIKIMEDIA.ORG

The U.S. government currently has plans to make the I-70 highway in Denver, Colo., an intelligent highway, but the process is lengthy, so there has been no sign of improvement so far.

accidents in 2016 in the U.S. When an accident occurs, the technology can explain what happened.

Because of this, intelligent highways can keep the traffic flowing continuously and help avoid accidents.

President Donald Trump has recognized the need for new technology such as intelligent

highways. He tweeted, “The only one to fix the infrastructure of our country is me,” yet his \$200 billion plans have not yet shown significant improvement.

The benefits of intelligent highways are reason enough to invest more into it. Improving the nation’s infrastructure is the next step towards a successful, safe and less polluted future.

STAFF EDITORIAL

Trump's lack of reaction to Khashoggi murder threatens democracy

Freedom of speech depends on presidential response to Saudi actions

President Donald Trump has recently addressed the murder of Saudi journalist Jamal Khashoggi by stating that the culprits will be held responsible, but he refused to blame Saudi Crown Prince Mohammed for the murder.

This is a big mistake.

Trump must properly address this extrajudicial killing and silencing of free speech by confronting Prince Mohammed. If he does not do so, the consequences could be dire.

Most alarmingly, Saudi Arabia was not truthful to the United States, which is one of its closest allies.

Saudi officials had repeatedly said that “[Khashoggi] left the consulate alive” and that they did not know his whereabouts.

However, the rhetoric has since changed – now, the Saudi government claims that Khashoggi was indeed killed in the Saudi consulate, but that



SOPHIA LARSON ILLUSTRATION

it was on the orders of one of Prince Mohammed's closest military officials, unbeknownst to Mohammed.

Such a lack of transparency does not bode well for the maintenance of trust between allies.

The United States must also protect the fundamentals of

democracy abroad, and an attack on the free press is an attack on democracy itself. Allowing this to go unnoticed will only serve to embolden anti-democratic sentiments.

According to ABC News, Trump initially suggested “a method of severe punishment”

if Saudi Arabia is found guilty of this heinous murder, to which Saudi officials have pledged to “respond with ever greater actions.”

Allowing for Saudi Arabia to prevent the U.S. from maintaining democracy in the world sends a message to other nations – that

the U.S. is incapable of protecting democracy globally.

In a blow to the idea of a free press, Trump has suggested that it may not be worth risking the United States' arms deals with Saudi Arabia over Khashoggi's murder.

According to Fortune Magazine, the \$110 billion Saudi arms deal that Trump mentions is eclipsed by deals even with nations as relatively small as Switzerland.

Trump's touting of the Saudi deal seems to be merely an attempt to justify his inaction.

This displays a desire to simply maintain a particular quantity of deals at any cost, without any regard for implications regarding the First Amendment, which guarantees protection of the free press.

According to the Washington Post, other nations such as Germany have chosen to halt their deals with Saudi Arabia – sending a strong message in favor of democracy.

It is imperative that President Trump put aside the issues of partisanship and instead focus on performing his duty as president of the United States – protecting democracy and freedom of speech.

Art classes foster creativity, self-expression; should be new requirement for graduation

By Sofia Gillespie
INDEPENDENT EDITOR

High school students should be required to take a minimum of one art class during their high school years as these classes encourage types of creativity that other classes don't.

Currently our school does not have this requirement, but many high schools have implemented it. Many colleges require that applicants have taken at least one or two semesters of an art class, and even if art classes are not directly required in the application, students applying to a specific college with one or more art classes on their resume can help them to seem like well-

rounded candidates.

An art class would not have to be limited to classes focused on drawing and painting; it could include any class ranging from music theory to digital design. Classes that allow for artistic expression and creativity would be sufficient for a requirement; this would allow for students to be more creative instead of being forced to take one specific art class.

Research by the College Board has indicated that students who have taken art classes statistically tend to perform better on standardized tests, and they also tend to have higher academic grades.

Art classes also give students an opportunity to be creative and express themselves, whereas many required classes, such as math classes, have limited opportunities for students to be creative.

Art teacher Tamera Burns said she would support an art requirement for all students. She said it is important for students to understand art and its history because it is so prevalent to all other realms of education.

“If you don't have arts in the mix, you're missing an enormous opportunity to have more well-rounded individuals... I want students to appreciate art in all of its possibilities and to become sensitive individuals,” she said.

Exposure to art and its history would benefit students here because many of them come from a privileged community of



SOPHIA GILLESPIE PHOTO

Freshmen Isabel Lundstrom and Lily Zschau work on printmaking and graphic design in Art Lab class. Art classes foster creativity and better cognitive reasoning in students.

similar backgrounds and similar socioeconomic statuses.

Even if students are initially not interested in taking an art class, being exposed to the arts

will help them to have a greater perspective and to have opportunities to be creative; some students may even end up enjoying it.

Editors-in-chief

Sirine Benali
Austin Woodman-Paré

News Editor

Mia Cromwell

Features Editors

Hannah Freeman
Sofia Gillespie
Paige Swanson

Opinion Editors

Julia Kaper
Anton Kozyrev

Arts Editors

Sophia Larson
Charlotte Pick

the
INDEPENDENT

Manchester-Essex Regional High School
36 Lincoln St, Manchester MA 01944
978-526-4412 newspaper@mersd.org
online at <http://www.merhs.mersd.org/domain/702>



Staff

Jenna Cirella
Thymen de Widt
Isabella DiPasquale
Katherine Fitzgibbon
Eli Heanue
Madeline Lai
Domino Morris
Olivia Turner

Faculty Adviser

Mary Buckley-Harmon

Follow us on Twitter:
@MERHSjournalism

The Independent is published monthly throughout the school year. It is a product of the Manchester-Essex Regional High School Journalism class.

Editorial space is available to all MERHS students, faculty, and community members.

All submissions must be signed and put in the newspaper mailbox in the front office of MERHS.

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

Cromwell, Bowen, O'Brien, Hase emphasize sportsmanship on field

By Thymen de Widt
INDEPENDENT STAFF

With an overall record of 15-3-2, the girls' soccer team won the Cape Ann League title and fought their way into the Division IV state tournament led by senior captains Jade Cromwell, Claire O'Brien, Jillian Bowen, and sophomore Dasa Hase.

This is the first year that the team has won the Cape Ann League championship. They also made it to the North Finals for the second time, losing 1-2 against Amesbury.

Coach Luke Cosgrove said the team has had a fantastic season.

"The [girls] have worked very hard, and they definitely deserve

it. We have had some tough games, so I am very proud of the team as a whole," he said.

Sophomore Elizabeth Loring said that Cromwell and O'Brien have led by attitude throughout the season.

"I think that both Jade and Claire have been awesome leaders this season. They [promoted] positive energy during games and practices," she said.

Cosgrove agreed that the two have shown great sportsmanship and attitude on and off the field.

"They have definitely been leaders on the field. Even when we are down, everything is positive, everything is uplifting," Cosgrove said.

'The [girls] have worked very hard, and they definitely deserve it.'

-LUKE COSGROVE



COURTESY OF ALEX HASE

Sophomore Dasa Hase is a key player during games throughout their season. She has been one of the team's leaders for scoring and has contributed to the team's success, said coach Luke Cosgrove.

Cromwell said that she tries her best to have a good influence on the team by getting them motivated.

"We have had some tough matches, and I try to stay as positive as possible, even when we are losing," she said.

Hase and Bowen, also lead-

ers for the team, have been key players in games throughout the season, Cosgrove said.

"They are both excellent players and have scored about half of the season's goals. When one scores a goal, the other one sets it up. They definitely feed off of each other," he said.

Bowen said the team has worked very hard as a whole and has improved a lot since the beginning of the season.

"We had a great season [this year]. The team has played very well overall, and I am very excited that we won the CAL championship!" she said.

Seniors work hard, motivate team

Leaders Strack, Wilson encourage teammates, push players to success

By Austin Woodman-Paré
INDEPENDENT EDITOR

With a record of 9-3-4, the boys' soccer team won the Cape Ann League Championship under the leadership of two seniors Dylan Wilson and Atticus Strack.

The team lost with a score of 4-3 the first round of the Division IV tournament against Lynn Tech.

"It was a hard loss for us because we made it farther in the tournament last year. We fought

hard," senior Atticus Takayesu said.

Coach Robert Bilsbury said both Wilson and Strack demonstrate "great communication" on and off the field.

"I think the team has been successful because of the leadership we have on the field. Besides the captains, Strack and Wilson help the team work so well together. I have never had a team that communicates with each other so well," he said.

Strack said the team is excited to win the Cape Ann League Championship for the third year in a row.

"Our season went really well this year because we were all communicating together. Our team is made up of a lot of



AUSTIN WOODMAN-PARÉ PHOTO

Senior Dylan Wilson is a motivator for the team because he spreads positivity on the field, said coach Robert Bilsbury.

seniors, and we know how to work with each other. We work on holding the ball defensively so our strikers are able to score," he said.

Bilsbury said Wilson is one

player who is always encouraging his teammates.

"He gives [the team] pep talks, gives the entire team energy, and he gets each player to where they need to be. He is so right in, that

if you go into a match not ready to play, like getting scored on early, he gets us ready and prepared to play. He always gets us into the right mindset," Bilsbury said.

Bilsbury also said Strack is the "best communicator" the team has had.

"It really helps that he is the center midfielder position because he is able to communicate at both ends of the field. He connects the defense to the attack by communicating, and he does it really well," he said.

Wilson said he and Strack are two seniors who are extremely vocal but are not captains on the team.

"Atti has a really loud and powerful voice that really helps direct the boys. He's really good at telling players where to be and what to do," Wilson said.

Strack said Wilson is a "huge motivator for the team" and said he is always spreading positivity.

Impact players help team prepare for annual Thanksgiving game

By Jenna Cirella
INDEPENDENT STAFF

Led by senior captains Ryan O'Connell and Noah Rawson, the football team continues to prepare for the annual Thanksgiving game, despite their elimination from the playoffs due to forfeiting their first three games, varsity coach Jeff Hutton said.

With a current record of

3-5-0, winning three weeks in a row, the team has their last game on Thanksgiving against their rival Georgetown.

Hutton is very proud of all of the players on the team and said that because of the low numbers, everyone has to contribute to the team.

"Our three [senior] captains, Ryan O'Connell, Noah Rawson, and Bobby Beardsley, were pretty good at their positions this year. If I had to choose one guy, Rockport senior captain Noah Rawson would be the most impactful player on the team. He is so good on offense and defense and would be someone

that teams have to plan for every week," Hutton said.

Rawson is proud of how dedicated his teammates have been this season.

"I've really had to step up my performance as a captain this year. The team has needed me to play well, and I've given my all on every play and it is paying off," he said.

Hutton said O'Connell is the emotional support and the energy of the team, keeping the team positive, even when the odds were against them on the field.

"Ever since he was a freshman and sophomore, he was the rah-

'The team has needed me to play well, and I've given my all on every play and it is paying off.'

-NOAH RAWSON



COURTESY OF CATHY GLASS

Senior captains Ryan O'Connell, Noah Rawson, and Bobby Beardsley have impacted the team by always cheering their teammates on, said coach Jeff Hutton.

rah guy," Hutton said.

O'Connell said he has enjoyed playing on the team for the past four years and hopes he can keep the energy of the team strong through the rest of the season. He said he is very thankful for the bonds that he created with

his teammates this season.

"The guys wearing these jerseys are the guys you want to have bonds with for the rest of your life. If they can have your back with the numbers we have, they'll have your back for the rest of your life," he said.

Five field hockey players win Cape Ann League All-Star awards

Captains, key players help team through positive mindset in games, practices

By Charlotte Pick
INDEPENDENT EDITOR

After five players won Cape Ann League All-Star awards, the girls' field hockey team ended the season with a 0-1 loss against Watertown during the finals of the Division II playoffs; the team ended the season with a 15-1-5 record overall.

Varsity field hockey coach Kara Crovo said the players who received awards had a large impact on the team this year. These

players include senior captains Annika Dahlin and Christina Calandra, juniors Christina Bullock and Bridget Twombly, and sophomore Lily Athanas.

"[Christina] came up with big saves this year, and her stats are reflective of that; she was player of the year for our conference," Crovo said.

She also said Dahlin and Athanas were strong on defense and in the midfield this year.

Other league all-stars Bullock and Twombly won their awards for their performance on the offensive line.

"They did a really nice job

scoring goals and giving momentum to the forward line," Crovo said.

Dahlin and Calandra identified one another as key players on the team.

"[Annika] does a really great job on the weak side of the field, and she does a nice job tackling and pushing people away from the inside," Calandra said.

Crovo said in addition to strong skill sets, sportsmanship is also essential during practices and games.

"Sometimes spirit and attitude are more important than your skill," she said.

Calandra and Dahlin said ju-

'Sometime spirit and attitude are more important than your skill.'

- KARA CROVO



COURTESY OF VICKI DONNELLAN

Junior Bridget Twombly had a major impact on the team through her ability to score goals as an offender, coach Kara Crovo said.

nior Isabell Amigo, Bullock, and Athanas exhibited great sportsmanship that stood out throughout the season.

"[Isabell and Christina] have really stepped up as leaders this season and also talked more during our games and circles," Dahlin said.

When describing the team as a whole, Crovo said all of the

players have been very enthusiastic and positive throughout the season.

"I don't feel like there is anyone in particular here or there [with the best sportsmanship]. I think it comes in waves, so when someone's feeling down because they made a mistake, someone is always there to pick them up," she said.

Influential players contribute to golf team's attitude, performance

Key team members help boost morale through enthusiasm, sportsmanship

By Sirine Benali
INDEPENDENT EDITOR

Even though the golf team ended with a record of 4-9, they had an outstanding season with the new and returning players contributing to team spirit and performance, head coach Hollis French said.

"It is a great team, with a lot of good spirit and camaraderie. The team's attitude was really good this season. Nobody seemed too high or low when we won or lost, so it was

nice to see a team that is good, balanced, and having fun regardless of the record," French said.

French said the matches that the team lost were very close,

'It is a great team with a lot of good spirit. The team's attitude was really good this season.'

-HOLLIS FRENCH

but the team's attitude was still positive. Junior captain Mason Paccone said sophomore Charlie Gendron's positive attitude helped the rest of the team maintain this positive attitude.

"[Charlie] is a good spirit player. He just keeps everyone happy even when we are playing



HOLLIS FRENCH PHOTO

Coach Hollis French said sophomore Charlie Gendron has helped the team with his ability to cheer up the rest of his teammates.

down... [He] keeps his head up and tries to cheer everyone up," Paccone said.

Another player that helped

keep a positive attitude for the team was Stephen Curcuro, whom French said was also influential for the team's perfor-

mance, even though he was new to the school and team this year.

"[Stephen] has played a lot of golf in his life and it shows—he was our strongest player this season and, more importantly, he was a great teammate and leader....He was a great all-around teammate in every sense of the word," he said.

Even though this year many of the senior players will graduate, junior captain Ian Taliaferro said there is potential for the team.

"We didn't perform like we all thought we would, and our team didn't do the best we possibly could. But, next year I think that we'll have a pretty good team. Our sportsmanship, attitude, and enthusiasm was really good this year, which is a good thing since I feel like we are all now motivated to succeed next season," he said.

Seniors Feuerbach, Carter contribute leadership, skill set to cross country team

By Sophia Larson
INDEPENDENT EDITOR

Throughout this cross country season, senior captains Matt Carter and Eve Feuerbach have proven to be valuable assets to the team through their leadership and perseverance, co-head coach Mark Dawson said.

Although the team does not have a winning record, the girls' team with a record of 1-9-0 and the boys' team with a 4-6-0 record, they are more focused on specific individual improvement, he said.

Carter aids in this individual improvement and leads the team by example and is always enthusiastic during practice, Dawson said.

"Matt is quieter, but his style

as a leader is shown in his willingness to work hard. He wants to be at practice to get the most from his workouts, and he is usually the one to get the ball rolling during practice," he said.

Fellow team member, sophomore Will Kenney, also attributed Carter's leadership to his demonstrated work ethic.

"He's a veteran on the team, and everyone looks up to Matt

Carter. He works very hard; everything that he's done he's worked for," he said.

Carter also said his time spent on the team allows him to be a better leader.

"I've been running for a long time, and I think I am responsible as a leader," he said.

Also a leader, Feuerbach is the number one girl in terms of time and is planning on going to college for running, she said.

When going into a race, Feuerbach has a method to keep her nerves in control and to run her best race, she said.

"I try not to think about [the race] too much because I psych myself out sometimes. I also try

'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



SOPHIA LARSON PHOTO

Seniors Eve Feuerbach and Matt Carter have contributed to the team through their leadership and perseverance.

to visualize the course which my coaches say is helpful," Feuerbach said.

During practices, Feuerbach remains self-motivated while also motivating her fellow team members, she said.

"I put in a lot of effort into [team] workouts, and I don't give up. During workouts I try to stay as positive as I can and cheer on

other people," she said.

Team motivation is a major focus in practices, and Feuerbach helps the team come together through tough losses, Dawson said.

"Her stability has helped other athletes put perspective on their performance and running, as well as how to cope with difficult outcomes," he said.

AP studio art students reflect on summer work during class

Critiques help artists improve, create strong portfolios

By Isabella Dipasquale
INDEPENDENT STAFF

AP studio art students completed six pieces over the summer in order to expose them to a broad range of styles.

High school art teacher Tamera Burns said that during the school year, students will be expected to complete 36 pieces of art, so summer assignments help take the pressure off of students when producing the pieces needed for a successful portfolio.

Burns said AP studio art summer work is essential in order to prepare for the AP exam at the end of the year. She noted that some students prefer to work from direct observation, while others choose to work from memory.

"It's always really interesting for me to see the choices they make, and I am always really excited to see what they do," Burns said.

Senior Brianna Pappas said

summer work is a great way to exercise one's artistic ability and get the mind thinking.

"It's not as tedious as some people may think because a lot of the time I would find myself out in the world and just recording what I saw onto paper and just bringing that into my art," Pappas said.

Senior Haley Wolfe said the summer work was a great creative outlet.

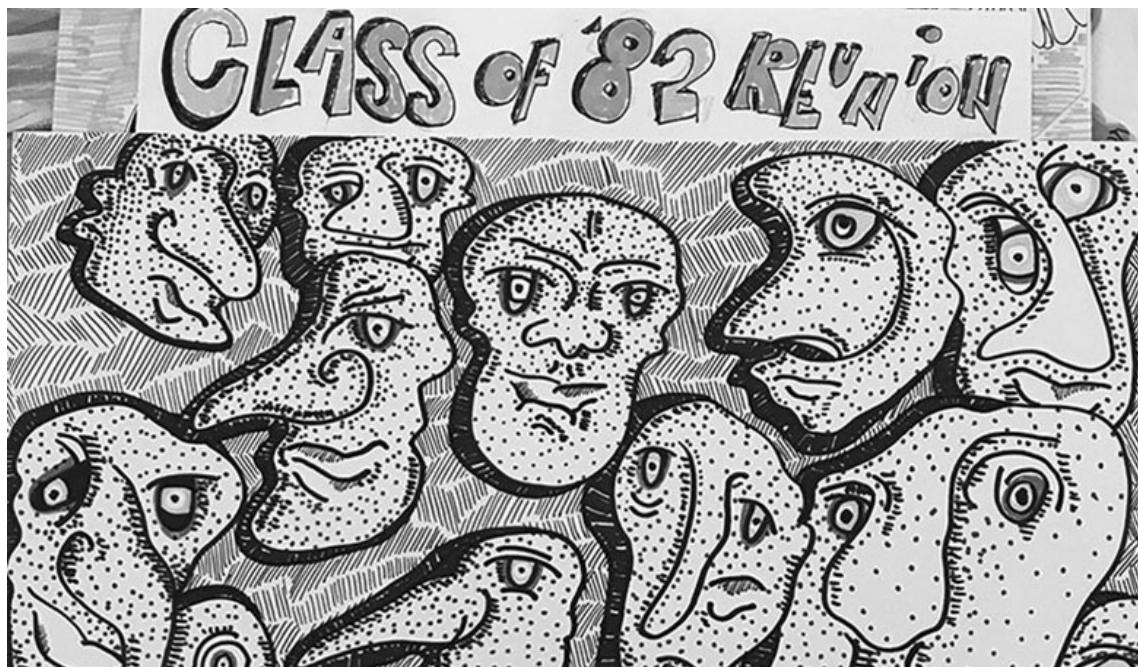
"I was happy to have an excuse to do art because I don't think I would have done nearly as much art over the summer if I didn't have summer work," Wolfe said.

Wolfe said she enjoys message pieces and finds that cartoons are a quick and easy way to get a message across.

Over the summer, Wolfe completed a piece called, "Class of '82 Reunion," a cartoon that depicted random, misshapen heads.

"I tried to add a little humor to it," Wolfe said.

Junior Naomi Franklin said she



ISABELLA DIPASQUALE PHOTO

Senior Haley Wolfe often uses cartoons to convey a message in her artwork. One of her summer work pieces, "Class of '82," depicts an array of random, misshapen heads drawn using a sharpie.

often gets inspiration for her art from dreams. One of her favorite pieces she created this summer was a watercolor painting based off a dream she had in which she was in an abandoned playground, next to a woman with fox mask.

"I found it unique among the

several weird dreams that I've had because it had a solid plot to it, which I thought was really weird," Franklin said.

Part of the AP studio art course students find helpful is critiquing each other's art. Students are able to share work and receive advice.

"[When critiquing work] you learn that you are not alone; you know, everyone struggles and hates their work sometimes, and they don't know what to do when they're stuck, but once you get in that small group, it becomes your little family," Pappas said.

Junior pursues career as makeup artist

Spinney hopes to become social media influencer through Instagram

By Austin Woodman-Paré
INDEPENDENT EDITOR

After spending years going through her mother's and her grandmother's makeup, junior Abby Spinney hopes to use social media to become a beauty influencer.

Spinney said she created an Instagram account and a YouTube channel to post videos and pictures of makeup looks she has done on her friends and herself.

"Right now my Instagram account, which has the username abbyspinneybeauty, is nearing

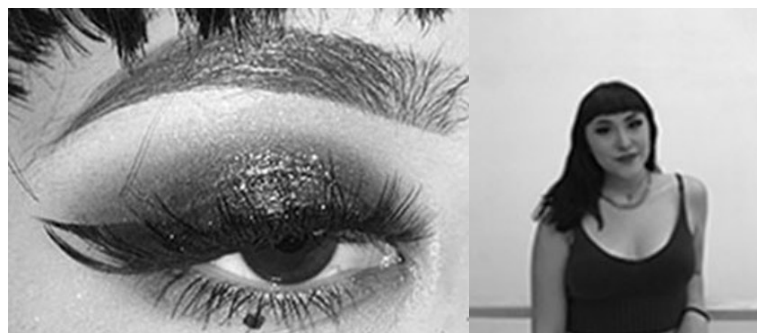
100 followers. I hope the account will help me increase my followers. I put hashtags under all of my photos, hoping that people will come across my posts and follow me," she said.

Spinney said she learned all of her techniques through continuous practice as well as watching beauty guru tutorials on YouTube.

"I am fully self-taught. I started doing glam styles on myself last year because I never had the right kinds of products before. Since I've gotten new materials, my looks have improved. I've also practiced doing more subtle looks on my friends and other clients," she said.

Spinney said she wants to become a social media influencer.

"I want to become a reliable



COURTESY OF ABBY SPINNEY AUSTIN WOODMAN-PARÉ PHOTO

Pictured above is a blue holo smokey eye by junior Abby Spinney; she uses a variety of makeup brands to complete her looks.

influencer. My inspiration, Jeffrey Star, is an internet influencer who does makeup reviews, tutorials, and he even has his own makeup line. If he can do it after he started from the bottom, I can do it," she said.

Spinney said she plans on going to cosmetology school in the future.

"I hope that being a makeup artist will be my career. I am looking into the Paul Mitchell

School of Beauty in Rhode Island for college. They also have one in Boston that I want to look at as well," she said.

Spinney said she is able to make money because she charges \$20 per look.

She has also spent over \$1,000 on makeup products over the years.

"I use drugstore and high end makeup. My favorite brands are Misfit Beauty Cosmetics, Jeffree

Star Cosmetics, Morph, Lime Crime, Fenty Beauty, and Anastasia Beverly Hills," she said.

Junior Maria Xhalia said she asked Spinney to do her makeup because she loved her previous looks.

"It is obvious that Abby is extremely talented. I never could do my own makeup like that, and trying to do makeup on someone else is extremely difficult. It only took her an hour to do my makeup. I don't know how she does it," Xhalia said.

Junior Sam Cawley said Spinney will likely succeed because of her constant determination.

"I'm really happy that she is following her passions. I can tell that she has a drive that I don't see in other people. She has a talent and passion for makeup, which I think will ultimately allow her to succeed," she said.

State conference provides insight for NAHS chapter

By Hannah Freeman
INDEPENDENT EDITOR

National Art Honor Society (NAHS) officers attended the Massachusetts NAHS State Conference at Braintree High School on Oct. 20, an event that brought chapters from throughout the state together to discuss new ideas.

Senior officer Haley Wolfe said the conference helped both her and the other officers, junior Spencer Meek and senior Belle Graves, set goals for this year.

"We met with other schools to discuss what they do, to get



HANNAH FREEMAN PHOTOS

NAHS officers seniors Haley Wolfe and Belle Graves and junior Spencer Meek attended the state conference for NAHS chapters across Massachusetts; they were able to obtain advice and new ideas.

inspired, and to look at how we can improve things within our own chapter," she said.

The event was organized into two breakout sessions, which allowed students to interact with chapter members and advisers in smaller groups, NAHS adviser Tamera Burns said.

"During the brainstorming sessions, students got to brainstorm ideas and help form new ideas to apply within their own chapters, which was really beneficial for us in considering future projects and policies of NAHS," she said.

The officers also had ideas

reinforced by the positive experiences other students said they had with similar projects.

"We have been discussing working on a project with the Green Team. The conference... really helped us with this idea, as other students said they had success collaborating with other

groups at their schools like the Green Team," Meek said.

The officers are planning to use recycled materials, collected by the Green Team, in order to create a collective art piece that will be displayed in the school, he said.

This was the school's first time in attendance, and the officers said they hope to attend again to gain insight and ideas for the future.

"It was a really rewarding day. To see all the students working together and getting excited about art was gratifying. It was the first time attending for the three board members that went, so I think they were pleasantly surprised and got a lot out of the experience, so I'm really proud of them," Burns said.

'Alias Grace,' uses mystery to create psychological thriller

Period piece tells story of convicted murderer, reveals failings of mind, truth, character

By Sophia Larson
INDEPENDENT EDITOR

Based on true events and the novel by Margaret Atwood, the Netflix mini-series "Alias Grace" is a psychological thriller which makes use of the mysteries of the mind to demonstrate the elusive nature of truth.

"Alias Grace" takes place in Canada in 1858, 15 years after the murders the main character Grace (Sarah Gadon) is a convicted of committing. It follows Grace as she recounts her life leading up to the time of the killings, which she mysteriously cannot remember, to a psychologist named Dr. Simon Jordan (Edward Holcroft).

When her story begins, Grace is a young Irish immigrant dealing with the loss of her mother



NETFLIX.COM

Netflix released the series "Alias Grace" on Sept. 27, 2017. The Netflix Original delves into the mysteries of the mind and of truth where physical evidence is limited due to the time period.

and living with her abusive father. When Grace's father kicks her out, she is forced to work as a maid.

It is in this period of her life when the first mystery of Grace's mind is revealed and thus the idiosyncratic nature of recollection and truth.

After her best friend Mary dies due to complications with an abortion, she begins to hear Mary's voice whispering to Grace to "let me in."

Then, Grace faints and is unconscious for three days. When she wakes, she believes she is Mary and frantically searches for

Grace before passing out again.

Here the audience begins to truly realize that Grace may be an unreliable narrator in the story of her own life. The audience is left to read between the lines of Grace's memory and presentation of her character.

When Grace moves into a new

house, the house where she would allegedly murder two people, Grace's recollection of events becomes more erratic.

The audience mirrors the role of Dr. Jordan, who has to reconcile the gaps in Grace's story with the wise, likeable person she has constructed herself into.

Through the use of first person narration as Grace recounts events from her past, the audience is left to wonder whether Grace is the person she appears to be, whether she is telling her own version of the truth or is simply serving her own self-interest.

The story is not told from the point of view of an omniscient camera, but from the word of the characters.

This form of storytelling is completely reliant on whether the character is telling the truth or not. Moreover, it is completely reliant on whether the narrator is sane or not.

"Alias Grace" shows the viewer that the truth can be a subjective and malleable thing and, sometimes, to determine it absolutely is impossible.

Chorus, band prepare for performances in upcoming winter season

By Eli Heanue
INDEPENDENT STAFF

In an effort to feature young talent in the North Shore area, the Cape Ann Symphony Holiday Pops have invited the Chorus to perform in their concert, Chorus teacher Donna O'Neill said.

"The Symphony really wanted to add something new to enlighten the audience about the importance of music education," O'Neill said.

The chorus will be performing the songs "Do You Hear What I Hear" and "E Pluribus Unum," which is Latin for "out of many, one," and they will also join the orchestra for a piece afterwards.

"The most important part for the students is their own pieces. The children are extremely excited for the concert," O'Neill said.

O'Neill said the chorus held extra rehearsals on Halloween and one after school to prepare for the symphony.

Junior Breno Santos said he is excited for the concert and said the chorus is determined to perfect their music for the performance.

"We practice songs again and again during chorus to make sure we refine the littlest parts of the piece to make sure it's the best it can be. A lot of the time people won't notice but to us and Ms.



ELI HEANUE PHOTO

Band director Joe Janack leads the high school band during rehearsal. The band works in preparation for events this winter.

O'Neill we know how hard we all worked to make the songs sound great," Santos said.

The SoundWaves, and the capella group run by O'Neill, are

also preparing for their upcoming performance.

O'Neill said the SoundWaves currently have 11 members, eight of them new.

"There is a good mix of students from all four grades and a lot of promising young talent," O'Neill said.

the band is preparing for performances in the season.

"The band has played at two of the football games and we are going to play at six basketball games this winter," band teacher Joe Janack said.

Janack said the band members have been working hard leading up to their performance at the winter concert.

"The students are probably most excited to a song called 'Christmas'. The song features a narrator and tells a story of Krampus, who is similar to the opposite of Santa," Janack said.

Senior Will Russo gave his opinion.

"The songs we are working on are very interesting pieces, and we're mainly doing a lot of local performances," Russo said.

Cell phone apps help users increase productivity

By Madeline Lai
INDEPENDENT STAFF

By combatting cell phone addiction with apps and features that help to set screen time limits or temporarily block distracting apps productivity can be increased.

One of the apps on the market that can help to keep people off their phones is Forest, which allows the user to set a timer for a certain amount of minutes. During the set time, all other apps are off limits.

The app, which costs \$1.99,

prevents people from getting distracted by other apps with a virtual tree that grows over time. If the user cheats and attempts to log back into any apps that are off-limits, the tree dies.

On the Forest app preview, the developer Seekrtech Co., Ltd. writes, "The sense of achievement and responsibility will encourage you to stay away from your phone, and will help you make better use of your time."

This app also provides motivation to increase productivity with a reward of virtual coins at the end of the allotted time, which can help cellphone users to break

the habit of checking their phone so often.

Sophomore Jessie Miller uses the Forest app frequently in order to increase her efficiency and productivity after school.

'It keeps me from getting distracted by Instagram, Snapchat, and VSCO.'

- JESSIE MILLER

"[Forest] helps me do my homework and focus on studying. It keeps me from getting distracted by [apps such as] Instagram, Snapchat, and VSCO," Miller said.

There are more than a few options

on the market designed for people who are looking to resist their cell phone addiction, such as the new Screen Time tools that are now available for Apple product users with the iOS 12 update.

These features assist users with



FORESTAPP.COM

On the Forest app users can plant a tree, which grows as the user refrains from using other distracting apps on their phone.

habits of cellphone dependence by setting time at night when certain apps are off-limits or tracking users' screen time and setting restrictions on the amount of time each app is available per day.

According to the Apple press

release announced on June 4, 2018, users can make more informed decisions about how they use their devices, and the tools are great for everyone to better understand and manage their cell phone usage.