

# the INDEPENDENT

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November 17, 2014

## Boys' soccer secures Division IV North title

Team makes program history, advances beyond Sectional tournament into State tournament

By Hannah Riordan  
INDEPENDENT EDITOR

Boys' soccer made program history on Nov. 16 when they defeated St. Mary's 3-2 in 80 minutes of regulation play, 20 minutes of overtime, and penalty kicks. The team qualified for the state tournament with their 6-4-6 regular season record and defeated St. Joseph's Prep, Lowell Catholic, and Mystic Valley before winning against St. Mary's in the North Sectional Finals.

Bilsbury credited the seniors for their "supreme performances" during the postseason game. "Lucas's goal may have been the most impressive goal I've seen in the run of play in quite

some time. Parker was just an incredibly intelligent workhorse who not only assisted Lucas on his goal but shut down, and with George and Antonio, took over the midfield," coach Robbie Bilsbury said.

**'Not only are they the most talented group I've coached, but their team chemistry is way beyond that of any other team I've been involved with.'**

-ROBBIE BILSBURY

Captains said that the team's mentality does not differ when they play in tournament games although Hull said that they have had to work on maintaining focus despite crowd noise.

"In the case of last night [Nov. 16], we went to extra time and penalty kicks because games can't end in a tie. There is a greater sense of urgency because the stakes are higher," senior captain Jack Hay said. Several starting players became injured during the tournament



COURTESY OF MARCO KAPER

The boys' varsity soccer team won the Sectional Division IV North title in a 3-2 game against St. Mary's. Players posed for a picture with coaches Robbie Bilsbury and Jose Sanchez after the game.

and even during the North finals. Bilsbury praised junior Henry Rohner and freshmen Christian Hadaegh and Cole Hay for their "courage... through injury." Rohner, Hadaegh, and Hay all played during portions of

the game despite being hurt during past tournament games and during the Final itself. "We have a lot of depth for each position, so even with a few injuries the starting lineup is still awesome," Edington said.

Goalie Marco Kaper made 15 saves during regular play, and Bilsbury said that the team awarded him Man of the Match. Bilsbury said that in past years the most talented kids on the team

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## Global Issues selects malaria as cause for fundraising

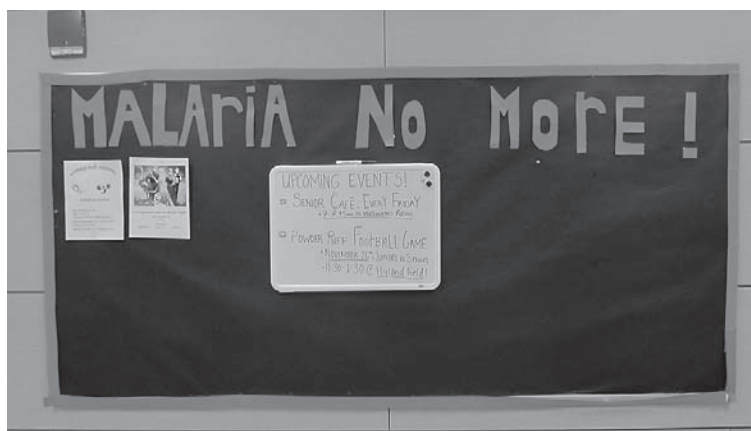
Plans charity events to aid worldwide malaria treatment, prevention

By Hannah Riordan  
INDEPENDENT EDITOR

As it enters its fourth year, the Global Issues classes' Gardner Project has chosen to focus its charitable efforts on eradicating and treating malaria with the organization Malaria No More.

The Global Issues curriculum was formerly content-driven, focusing abstractly on pandemic problems until 2011 when graduate Megan Gardner, for whom the project was later named, suggested to teacher James Wallimann that the class should aim to solve the problems about which it learned.

Senior Steven Ascolillo said that he chose to take Global Issues because of its unique format. "It's a great example of ac-



MEMO.MERSD.ORG

The Global Issues classes' Gardner Project chose to dedicate their fundraising efforts to eradicating and preventing malaria with the NGO Malaria No More. Every dollar donated to the cause will provide medical care that will save lives.

tive learning. We're learning, but we're also doing. We're not just sitting in a classroom taking notes. We're going out and spreading the word about an NGO that's saving lives," Ascolillo said.

Per usual, Wallimann allowed students to select a cause and an NGO through direct democratic vote. Frontrunners that eventually lost to Malaria No More included organizations that would improve access to transportation and education in developing countries.

"Malaria causes 500,000 deaths a year, and we're partner-

ing with the Power of One subgroup, so a dollar saves a life," senior Will Burgess said of the partnership with a specific group within Malaria No More that uses each donated dollar to directly preserve one human life.

Wallimann agreed with students that malaria is a worthwhile issue that deserves to be seriously addressed.

"I think it's something that is, to a certain degree, in the news right now with highly contagious diseases like Ebola being

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## Rounding scale updated, implemented in Aspen

By Charlie Davis  
INDEPENDENT EDITOR

Department chairs and the administration have made the decision to institute the rounding of grades on Aspen. Grades such as an 89.5 or above will now be considered an A minus. Math department Chair Daniel Lundergan said that the new policy is a return to how the school handled grading several years ago.

The policy changed back as a result of a desire to align with the grading policies of high schools around the country, Principal Patricia Puglisi said.

Puglisi added that her experiences at other schools also led her to push for the new policy change. "I haven't worked at a school

where they didn't round up from 0.5. When you look at what's happening at other schools, and our kids are competing against those, I think that we have to consider our standards. Our students work very hard, and we have to show that the best we can," she said.

In addition to the need for students to compete with other high schoolers around the country, Lundergan said it is difficult

**'When you look at what's happening at other schools, and our kids are competing against those, I think that we have to consider our standards.'**

-PATRICIA PUGLISI

for teachers to calculate grades to intervals as small as tenths of a grade point.

"My grading isn't so precise that I can really nail it down to a tenth of a point. It's reasonable that we round unless we have a system that can calculate grades more precisely," he said.

The policy change has been well received among the students.

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News Briefs

Spanish trip

Led by foreign language teacher Robert Bilsbury, Spanish students will visit Spain over April vacation, leaving April 17 and returning nine days later.

The trip will hug the southern coast of Spain, making stops in Madrid, Toledo, Consuegra, Granada, Costa del Sol, Seville, and Cordoba, at which point the group will head back to Madrid and return home.

“So it’s kind of like a big loop, and all of that loop is just really beautiful landscape and also wonderful culture,” Bilsbury said.

The group has a number of activities planned, including numerous guided outings with the tour company, Education First, a flamenco show in Seville, a scavenger hunt in Granada, and even a day trip to Morocco from Costa del Sol.

Animal rights club

Junior class member Erin Carlson has recently started an animal rights club called the SHTA, or Students for the Human Treatment of Animals, that is dedicated to raising awareness of global animal issues and helping local shelters.

Carlson came up with the idea for the club after “thinking about the school’s involvement in animal issues and helping out in different fundraisers,” she said. After consulting her teachers and counselors about the logistics of beginning her own club, “it just took off from there,” she said.

The SHTA is overseen by English teacher Alison Krause and history teacher Shannon Alger.

The club has already begun supply drives for local shelters. At a recent meeting club members decorated donation boxes for collecting recycled newspaper that will be shredded and used by shelters as bedding for animals.

NHS improves tutoring, community service programs

By Charlotte Freed  
INDEPENDENT STAFF

National Honors Society adviser Dr. Maria Burgess, who will continue to lead NHS for the upcoming school year and said she is looking forward to improving the programs that National Honors Society runs, including new community service and tutoring opportunities.

The NHS is run by president Tucker Evans, vice president Jack Hay, treasurer Parker Malarkey, recorder Julia Whitten, and webmaster Lucas Martz.

Burgess, along with Evans, says some of the goals for the year include refining community service and tutoring programs that NHS leads throughout the school.

“We have a whole bunch of fund raising programs going, and we’re trying to start some newer programs that we haven’t done in the past... the big ones are tutoring and differ-

ent community service events. We are hoping to do a ‘Super Service Saturday,’” Evans said.

“Super Service Saturday” is a new community-wide service event that allows members of the NHS to help businesses within Manchester and Essex communities with services that they may need, including clean-ups or organizing stock rooms.

Burgess said she believes that community service is a major part of the group and expects this service program to be successful within the community.

In addition, both Evans and Burgess said they hoped to maintain the success of the tutoring program, which is a two-year old initiative open to grades 6 through 12 every Monday and Thursday after school. They have recognized needed changes in the logistics of the program, including sign-ups for NHS members and required hours.

In order to run the various programs offered, Evans said



SARAH WILLIAMS PHOTO

Olivia Bonaccorso, a senior, helps students at a tutoring session.

the group has several fund raisers to raise money, but bake sales are the most profitable due to their ease and accessibility.

Among her specific goals for the National Honors Society this year, Burgess said she wants to encourage a student-run organization and intersperse more enjoyable group-building

activities among the business meetings held every month.

“As the adviser, I’m trying very hard to have the organization to be successful by the student management... I am really trying to let the officers make the plans and then run it, and I’m trying to make that part a learning experience,” she said.

Sokol prepares for his final band trip to Montreal this March

By Zack Even  
INDEPENDENT EDITOR

For what will be the band’s last trip before director Joseph Sokol’s retirement, students will go to Montreal on March 20.

According to Sokol, the vast majority of the band (62 of the 66 students) will be making the trip along with chaperones Jennifer Coleman, Gillian Polk, and Marion and James Powers.

After arriving in the city, the band will play at Olympic Park.

They are playing in a tower at this venue, and later on, they will get to go up in the tower to see the city from a high vantage point.

“We’ll do at least a 35-40

minute performance,” Sokol said.

While he hasn’t yet planned the entire set, Sokol is excited to play a selection from composer John Williams, including the themes from “Star Wars,” “Jurassic Park,” and “E.T.”

The group will have a tour guide to lead them around the city. Together the band will also ride into the

country. time to explore the city on their own. At one point, they’ll to what’s called a ‘sugar shack’... I think we’re on a sleigh ride to get there,” Sokol said.

At the shack, students will be treated to authentic Canadian treats, such as meat pies and pure maple syrup.

Band members will also have time to explore the city on their own. At one point, they’ll

have time to walk through Old Montreal, the original part of the city, go shopping, and eat.

Students will also have time to walk around at night.

“We usually have curfew around 11 o’clock or so,” Sokol said.

Junior Megan Clark, who plays saxophone in the band, enjoys both the musical social and cultural aspects of visiting a foreign place to play music.

“It’s fun to play in cool and interesting places and travel with people from the school,” she said.

Because the trip will be Sokol’s last, once the band returns, they’ll celebrate.

“We’re going to do something really neat. A surprise [for the students],” Sokol said.

**Band members will also have time to explore the city on their own. At one point they’ll have time to walk through Old Montreal...go shopping, and eat.**

20 debate teams compete at the Tim Averill Invitational Tournament

By Olivia Bonaccorso  
INDEPENDENT STAFF

Halloween weekend was busy for the Manchester Essex Debate and Speech Team who hosted the annual Tim Averill Invitational Tournament.

About 200 students from 20 different schools came to the tournament this year, debate president Nick Albertazzi said.

Debate team members volunteered on both Friday and Saturday under the direction of home tournament director Hannah Riordan.

“The home tournament represents a very important part of the team’s reputation in the debate community,” Riordan said.

Events held at the tournament included Public Forum, Lincoln Douglas, and Policy. Novice LD and Novice Policy were also



ZACK EVEN PHOTO

Public Forum teams compete at the Tim Averill Invitational.

held, but less frequently. “Unlike previous years, we decided to make Novice LD and Novice Policy only occur on Saturday as opposed to on both Friday and Saturday. This allowed for the tournament to run a lot better on Friday because there were fewer events to focus on,”

Albertazzi said. The tournament included a pool

of about 70 Public Forum debate teams who debated about the effects of publicly subsidized sports stadiums on local communities.

Students’ organizational efforts were praised by visiting debate team members as well as by Tim Averill, the Waring School debate coach and founder of the tournament, debate team member Meghan Conway said.

Riordan, with guidance from director of debate Yvonne Robbins, spent months planning the tournament. This year marks the first time that the tournament was run without being overseen by a Manchester Essex debate teacher. “This tournament was a big

**‘The home tournament represents a very important part of the team’s reputation in the debate community’**

-HANNAH RIORDAN

success. The team really came together to keep it running smoothly, especially since no high school teachers were there,” Debate team member Emmett Strack said.

Debaters came from a handful of states including New York, New Jersey and Rhode Island.

A few local teams in attendance included Waring, Newton South, Newton North and Boston Latin.

**FUN FACTS**

- Public Forum was won by the team of Goldsteinn and Silvian of Newton South High School
- Linnea Warburton won the Lincoln Douglas competition
- The Varsity Policy champion was the team of Valdez and Sirois of Bishop Guertin High School

# AP US Government students hold mock election

## Students run detailed campaigns for both houses of Congress, bottle bill

By Devon Musgrave-Johnson  
INDEPENDENT EDITOR

During the weeks leading up to the midterm elections, Jennifer Coleman's AP U.S. Government class ran mock elections throughout the school as an end of quarter project.

The class replicated the campaigns between Martha Coakley and Charlie Baker for governor, Richard Tisei and Seth Moulton for a house seat, and for a "yes" or "no" vote on question 2, the bottle bill.

In order to create this assignment, Coleman talked to other teachers in the same subject area in order to figure out what they had

done in years past. According to Coleman, she used these ideas to create her own project to coincide with the midterm elections.

"This was a really great way to tie what the students were learning in class with what was happening in the outside world," Coleman said. The AP U.S. Government class had just finished their unit on campaigning and elections when the midterm elections took place.

Each of the six groups put up flyers and campaign posters, distributed packets of information on their candidate and made a 30-second announcement to help promote their side. According to Coleman, students in the class worked hard throughout the



DEVON MUSGRAVE-JOHNSON PHOTO

Students vote in the mock midterm election outside of the cafeteria. Students voted for Congressional candidates and on the bottle bill.

entire project and went above and beyond what was expected.

Students in the class also recognized the success of the project. "I think the campaign assignment was really good because it did a lot to raise the awareness of the school and the students about political issues," junior Jack Haynie said.

Polling booths were set up in Coleman's room before school and outside of the cafeteria during all three lunches. Along with running their campaign, students were required to work at least one shift at the booths.

According to Coleman, 39 percent of the student body came to vote. This is slightly higher

than the state average of a 33 percent voter turnout as determined by The Boston Globe.

This project also reached other subject areas, such as Green Team, with the bottle bill and each candidate's proposed environmental policies.

"It was really interesting to work on a project that intertwined with the Green Team, especially since it plays such a big role in our school," said senior Bailey Graves, who was one of the students whose campaign focused on the bottle bill.

After votes were counted by Coleman and her students, it was determined that Baker won the race for governor over Coakley, Moulton won over Tisei, and the decision about the bottle bill was at a stalemate with the same number of votes for each side.

Though Baker and Moulton did end up winning the real elections, the school's opinions about the bottle bill differed from the actual results. In reality, the bottle bill was voted down by a large margin.

## School offers new courses in anthropology; art teacher instructs class

By Ethan Andersen  
INDEPENDENT EDITOR

Anthropology is a newly offered class that is taught by art and anthropology teacher Caroline Hunt-Epp; it is offered at

both the Honors and College Prep level.

According to Hunt-Epp, two courses are offered: Cultural Anthropology taught during the first semester and Biological Anthropology taught during the second semester.

The curricula are not reliant on each other so that students can take just one or both.

Cultural Anthropology focuses on how cultures evolved.

"Instead of saying 'Hindus don't eat cows because of religion,' we will discuss the evolution of cultural traits and why they became so prominent," Hunt-Epp said.

The Biological Anthropology class is focused more on the evolution of humans and will transition into some Medical Anthropology.

Hunt-Epp is normally an art teacher; however, her first of four degrees was in Medical Anthropology.

"I've always really liked anthropology and [the school] knew I had a background in the subject, so they asked me if I wanted to teach it," she said.

Junior Caitlin Malloy expressed her satisfaction with the

class. "Ms. Hunt-Epp is very organized and knows exactly what we are going to do each day, but she keeps it interesting by mixing up the lesson plan to keep it fresh," she said.

Another student in the class, junior Susie Buck, compared the class to her other courses. "It's less of her talking at us, and it's more interactive than my other classes. I really enjoy the class, and I think it's interesting to have more of a social science this year," she said.

Hunt-Epp expressed her excitement over teaching the class. "Anthropology is really interesting because it's where the sciences and humanities come together," she said.

Buck pointed out that students are happy to see the school offer more courses. "I like that the school is giving us more options, and the topic is always interesting," she said.



ETHAN ANDERSEN PHOTO

The anthropology class meets in Caroline Hunt-Epp's room. Students say they appreciate the interactive nature of the class.

### CONTINUATIONS

#### BOYS' SOCCER

CONTINUED FROM PAGE 1  
have wanted to achieve individual success, and that this year's team is quite the "opposite."

Senior captains Parker Edington and Oliver Hull also credited the team's "great" chemistry as a contributor to their success.

"Everyone on the team is really close and extremely supportive of one another," Hull said.

Edington said that the team spent significant time training over the summer in order to build chemistry before the regular season.

"I think that we just enjoy playing for each other," Edington said.

Bilsbury echoed this sentiment, in saying that the players "trust each other and give it [the ball] up knowing that they'll get it back in an even better attacking situation."

"Not only are they the most talented group I've coached, but their team chemistry is way beyond that of any other team I've been involved with. They believe in each other," he said

#### ROUNDING

CONTINUED FROM PAGE 1  
Junior Emmett Strack said that he welcomes the rounding of grades because it better reflects how much work students comparatively put in to class.

"I think that kids are on the brink of letter grades more often than we think. The fact that grades will be rounded will show that kids who have a grade that is just under a 90 worked just as hard as a kid that got a 90.1," he said.

#### GLOBAL ISSUES

CONTINUED FROM PAGE 1  
so prevalent. Even though Malaria spreads through insect bites primarily, it allows us to engage

in discussions that are relevant to the news today," Wallimann said.

Malaria often receives media and celebrity attention at charity events whose proceeds benefit the cause.

Because of the Gardner Project's experience with three other NGOs in years past, Wallimann said that he has learned to fully investigate the legitimacy of the organizations to which the class donates money.

The class does research to ensure that organizations of their choosing use the majority of their funds on the cause and not on operating costs.

This year's fundraising goal of \$10,000 would save 10,000 lives upon accomplishment. Burgess said that any surplus money raised will be donated to Malaria No More to fund the use of nets and pesticide sprays that help eradicate the root causes of malaria.

### GLOBAL ISSUES FUNDRAISERS

- **Powder Puff Football:**
- Nov. 26, 2014
- **Middle School Movie Night:**
- Nov. 21, 2014
- **Student-Teacher Basketball Game:**
- March 2014
- **Penny Wars**
- Winter 2014
- **Senior Cafe**
- Fridays in B113 from 7:00-7:45 a.m.
- **Restaurant Nights**
- Ongoing
- **Lip-Sync Nights**
- Ongoing

# Health Matters

## Technology detrimental to teen health

By Courtney Fraser  
INDEPENDENT STAFF

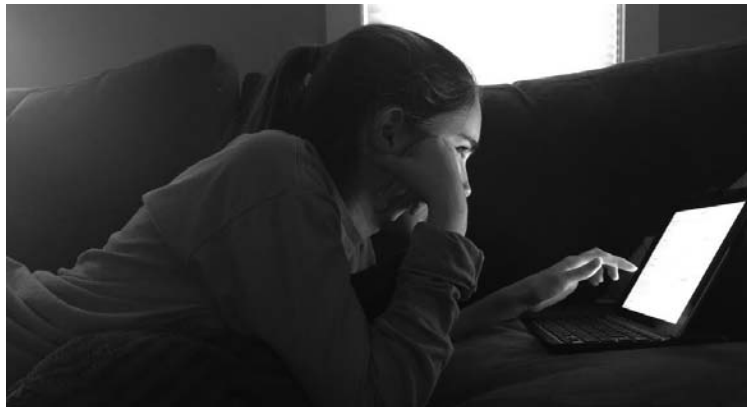
Overly obsessive usage of technology in the lives of teenagers has been proven to be detrimental to their general health and well-being.

Technological devices have constantly been advancing and improving, capturing the interests of young adults. The desire for owning the most up-to-date and relevant iPhone, iPad, or computer has grown among teenagers.

"It's estimated that children ages 8 to 18 spend an average of seven hours a day behind screens; teens send an average of 3,417 text messages each month; and 97 percent of adolescents have at least one electric device in their bedrooms," Lori Leibovich of the Huffington Post said in a recent article about teens on screens.

As teens become more involved with their phones, their general health is poorly affected.

"Teens' sleep can be disrupted by screens because the bright lights that glow from the devices wake up the brain. The light can confuse the brain since our circadian pacemaker does not differentiate between the sun and a computer screen," sleep specialist Michael Deck-



COURTNEY FRASER PHOTO

**Students have been spending more and more time on technology without realizing the detrimental effects it can have on their health and well being, such as lack of sleep and increased anxiety.**

er said in the Huffington Post.

Although time spent looking at a screen may be enjoyable, it's essential to understand the detriments it has to the health of an adolescent.

Experts have concluded that the excessive use of social media will lead to an unhealthy lifestyle for teenagers. The extreme use of technology leads to a wide variety of negative health effects including anxiety.

"Experts worry that the social media and floods of text messages that have become so integral to teenage life are promoting anxiety and lowering self-esteem in the young people who use

them the most," Rachel Ehmke of the Child Mind Institute said.

Low self-esteem and anxiety are resulting factors of cyber bullying and the pressure to fit into societal norms that adolescents see on social media.

Cutting teens' usage of the television, phone, or computer can prevent the possibility of developing inactive lifestyles as well as avoiding unhealthy diets.

"In fact, a study published earlier this month reported that cutting TV and computer time in half helped younger children eat less and lose weight," Health Day reporter Randy Dotinga from Mount Auburn Hospital said.

## Students in individualized physical education classes

By Amber Paré  
INDEPENDENT STAFF

Physical education teacher Eric Magers is promoting participation in lifetime sports by conducting student-run gym classes this semester.

Magers defines lifetime sports as sports that people can participate in for the entirety of their lives rather than just while they are young. Lifetime sports tend not to be team sports.

Unlike in traditional physical education classes, Magers' students choose the activities they will participate in and lead the activities themselves.

Magers said the main goal of allowing students to engage in any type of physical activity is to expand students' horizons and allow them to acquire skills that can be carried on into adulthood.

By encouraging students to engage in lifetime sports rather than solely participating in team sports, Magers hopes to promote life-long physical fitness.

"National statistics show that a small percentage of adults leave high schools, go into collegiate sports, and play team sports throughout their adulthood," Magers said.

According to Magers, the fluid-



AMBER PARÉ PHOTO

**In physical education teacher Eric Magers' class, students choose the activity they do for the block, giving them more freedom in how they spend their time and get exercise.**

ity of the class allows skill development of participants to be individualized. Students have chosen to partake in activities ranging from yoga to speed walking.

This format allows the class to participate in multiple activities at a time, and students can choose to engage in an activity for as long as they want.

Reformatting the way that classes are run originally created some issues for Magers. "It was difficult to make classes entirely centered on lifetime sports, but students adapted," he said.

Students are currently enjoying the new layout of the class because of how it allows individu-

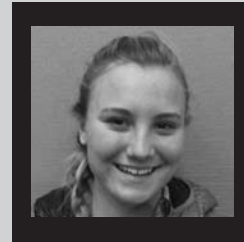
alized learning and participation.

"This new format provides an opportunity for [students] that like one particular sport to be able to participate in it as a group. I also like that it also allows [students] with the same abilities to participate in activities together," freshman Jared Zaval said.

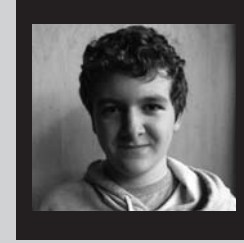
Both Magers and students agree that the new structure of the class promotes more participation because of the focus on student-led activities.

"Participating is a lot more enjoyable because in the past I haven't always liked the sports that the teacher picks in a class," freshman Samantha Booma said.

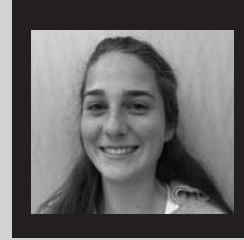
Magers has not yet decided whether or not classes will continue to run this way. "It depends on how students feel about it at the end of a semester and how well it works out," he said.



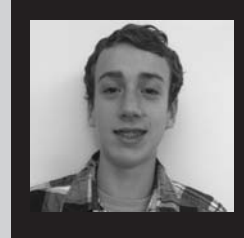
**Freshman  
Katie Donnelley:**  
Go outside in the snow



**Freshman  
Robert Parker:**  
Stay inside



**Sophomore  
Cici Lyne:**  
Watch movies on my couch



**Sophomore  
Matt Kenney:**  
Ski



**What do you do during snowstorms?**

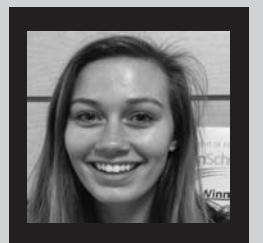
**Junior  
Isabella Hickey:**  
Watch movies



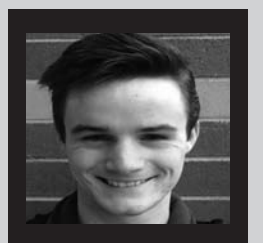
**Junior  
Josh Ward:**  
Shovel and sit inside



**Senior  
Hannah Thorne:**  
Paint and watch Netflix



**Senior  
Cole O'Brien:**  
Go skiing





## Green Scholar completes hydroponics structures

By Natasha Statz-Geary  
INDEPENDENT EDITOR

Senior Green Scholar Justin Eichenberger is entering the final stage of his hydroponics project, having completed ten hydroponics towers thus far.

The hydroponics towers he has built are made from PVC pipes, and they work by providing the roots water with the necessary dissolved nutrients at the bottom of the structure.

Eichenberger and Manchester Essex alum Neil Henry began the project during the summer, and now Eichenberger is continuing their progress during his Scholars project this year.

“We aim to build and design a massive and successful hydroponics garden that will provide a better option for our district’s cafeteria food. We intend to organically grow vegetables that will be more cost efficient, healthy, and ideally better-tasting,” Eichenberger said.

He has received a grant of \$1,500 from the Spaulding Fund in addition to a \$2,500 grant from EBSCO Publishing to pay for the required materials, which Green Scholars Executive Director Eric Magers says has helped significantly.

By the end of Eichenberger’s school year, he hopes to complete 30 more hydroponics towers.

“I think that with hard work I can reach my goals by March. After that, I hope to start growing food in all the towers,” Eichenberger said.

Project adviser and chemistry teacher Keith Gray expresses a similar

sentiment. “We’re hoping to get seeds into the units very shortly. We’re looking at mostly herbs for the start,” he said.

Both Magers and Eichenberger said that the main goal

of the program is to grow healthy food for the school cafeteria to use in a sustainable and innovative way, and they also plan on donating 25% of all food to Action Inc. in Gloucester, a non-profit organization intended to help the disadvantaged.

“We understand that healthy, organic food is often

hard to afford for many, so by donating 25% of our food to the disadvantaged of Cape Ann, we hope to make healthy eating accessible for everyone,” Magers said.

Once the initial goal of building 30 more structures is completed, Magers says he hopes to “attain a small wind turbine to either run or at least offset the energy needed to run the hydroponics towers.”

**‘We aim to build and design a huge hydroponics garden that will provide a better option for our district’s cafeteria food.’**

- JUSTIN EICHENBERGER

## Senior receives trip to China from the Confucius Institute

By Courtney Fraser  
INDEPENDENT STAFF

Awarded for his accomplishments, senior Parker Malarkey was recently selected to travel to China after winning second place in a speech contest through the Confucius Institute last March.

Malarkey boarded his flight on October 14 to travel to a province in Southwestern China called Kunming, known as the “City of Four Springs” for its ideal weather.

He resided in a hotel in Kunming for three weeks as an observer student representing the United States. Malarkey said he submerged himself into the Chinese culture and reflected on its differences towards the United States.

“People’s role in relation to the government differentiates from that of the United States. People are so much more deferential, and the government rules with such a tight leash,” he said.

The Confucius Institute run by the Chinese government selected 300 students from 80 different countries to travel to Southwestern China. The goal of the trip was to bring people closer to Chinese culture. Malarkey made several friends and met students from



COURTESY OF PARKER MALARKEY

Senior Parker Malarkey poses in Beijing with other students who traveled with the Confucius Institute program and local residents.

**‘I have been more exposed to Chinese culture through Parker. It’s cool to put in years of work and have an experience that makes it all worth the hard work.’**

-JACK HAY

many different countries while in China and has said that he plans on keeping in touch with them over the school year.

“I was talking to a student from Egypt who couldn’t have a girlfriend and was getting married at 18, and he prayed five times a day,” Parker said. High school Principal Patricia Puglisi admired Malarkey’s travels and found the

experience to be fascinating and simply unmatched.

“It’s an amazing opportunity to be able to spend time in Beijing and travel to other provinces. I was jealous; I wanted to go. I was prompted to watch his competition essay, and I was absolutely amazed at how fluent in the language Parker is,” Puglisi said.

Malarkey’s ambition to devote several years to learning the Chinese language has influenced many students to understand the culture.

“I have been more exposed to Chinese culture through Parker. He has given me a unique perspective of the Chinese culture. It’s cool to put in years of work and have an experience that makes it all worth it,” senior Jack Hay said.

## STUDENT

### John Carter PROFILE



By Connor Senay  
INDEPENDENT EDITOR

### Do you play any sports?

I play tennis on occasion at home.

### What is your favorite genre of music?

I’ll listen to almost anything.

### What is your favorite movie?

“Planes, Trains, and Automobiles.” It’s hilarious.

### What is your favorite TV show?

“The Walking Dead.”

### What is your favorite color and why?

Blue, it reminds me of the ocean.

### What is your favorite vacation that you’ve taken?

Either my trip to the Czech Republic or Switzerland.

### What is your biggest fear?

Not getting into college.

### What is your favorite animal?

I like cats because I know a lot of people with cats.

### Do you have any siblings?

Yes, I have two brothers: Robert and Matt.

### What do you like to do in your free time?

Usually I play board games with my family.

# Setup of AP Programming class changes

By Maura McCormick  
INDEPENDENT STAFF

Unlike in previous years, this year's AP Computer Programming course does not take place during school hours. Instead, three groups of students come in before or after school to learn new material.

Daniel Lundergan, the math department head, teaches the course.

He explained that there were not enough students available during the same block to run the class, but there was enough interest to run it outside of school hours.

One group of students, for example, meets on Thursday mornings at 7 a.m.

Lundergan assigns work every Monday using Edmodo, and that work is due before Sunday.

Students explained that there are pros and cons to the new

system.

"Sometimes it's hard to find time to get the projects done, but for the most part the schedule is so flexible that I've been able to work around other homework and activities," senior Tucker Evans said.

Junior Jenny Cochand said she sometimes has difficulties finishing assignments without in-depth lectures about the new concepts.

Cochand meets with Lundergan and two other students

to discuss the material on Thursday mornings.

She said how this allows her to still have a study hall even though she is taking seven classes.

Evans described what he liked most about the class

so far. "It's great for anyone that likes puzzles and a bit of a challenge," he said

He also explained how he loves that the material builds on itself. "Whatever we learn, we use," he said.

**'I love how I have to think about each program I write and figure out a way to accomplish the end goal.'**

-JENNY COCHAND



MAURA MCCORMICK PHOTO

**Junior James Phelan works with other AP Computer Programming students after school. The out-of-school nature of the curriculum allows students to do work for the class on their own time.**

An aspect of the class that Cochand likes is the problem-solving. "I love how I have to think about each program I write and figure out a way to accomplish the end goal," she said.

Lundergan said that he likes to see how students' skills prog-

ress over time in the class.

"When we first start, the kids can only do simple things, but as we learn more about the concepts, they are able to do much more complex and interesting programs," he said.

There are no requirements to

take the class, but Lundergan said it is preferable if students come in with some background in other math courses or having taken the Computer Programming Introduction Course.

can't wait to experience more," Mastendino said.

## Durfee resigns from PE position to attend graduate school



LYDIA PARKER PHOTO

**Physical Education teacher Thomas Durfee will resign his position in order to pursue higher education.**

By Lydia Parker  
INDEPENDENT STAFF

Physical education teacher and faculty member in the middle and high school since 2013 Thomas Durfee is resigning to attend graduate school after two and a half years of teaching.

In addition to teaching physical education, Durfee has been the advisor to the class of 2016 and its class officers.

Under his guidance, the class of 2016 has hosted many fundraisers for the class's senior prom and senior week activities. "He is the best adviser ever. He has come up with so many great ideas and he has committed so much time to helping us fundraise over the last two and a half years," class of 2016 co-treasurer, Olivia Tyler, said.

When Durfee leaves Manchester-Essex, he hopes to explore a new career path. "I intend

to focus on my graduate degree and my degree for higher education student affairs. I aim to work as an administrator, or within recreation programs on college campuses," Durfee said.

Durfee plans to work with student groups and clubs on campus, advising students like he has done with the class of 2016.

The school is in the process of finding someone to take over Durfee's current classes once he leaves. "Over the next few weeks, they'll be looking," he said.

The junior class will miss having Durfee as an advisor, according to class co-treasurer, Maddy Surette. "It will definitely be different without him. He was always so happy and full of enthusiasm. But I'm looking forward to having Jill Levine and Mr. Shields for our new advisors," Surette said.

He says it is the Manchester-Essex community that he will

miss most. "There is a bunch of great staff, students, and parents that I will miss greatly. I'm especially going to miss the class of 2016," Durfee said.

Working with the class of 2016 has been an especially important part of his time at the high school, Durfee said. "It's been great to get to know the class officers and students," he said.

The class officers, most of whom have worked with Durfee since freshmen year, will miss him as well, according to Tyler. "His positivity and energy has always inspired us as class officers to work hard and be successful," she said.

Durfee said that his favorite fundraiser during his time as an advisor was the student talent show that the class of 2016 hosted last spring. "Seeing all of our hard work pay off and everything come together was so fun and gratifying," he said.

## Faculty visit local high schools for professional development

By Charlie Davis  
INDEPENDENT EDITOR

On a recent professional development day teachers visited local high schools in order to observe other teaching styles and to discuss curriculum.

Teachers used the morning of Nov. 4 to complete observations and then returned to school to share their experiences with the rest of the faculty.

French teacher Erin Fortunato visited the French-focused Waring school.

Fortunato said that the experience would help her to better her own teaching.

"It was such an effective classroom the way they ran it

all...I got a lot of neat ideas...it was refreshing," she said

English teachers visited Phillips Academy Andover and Masconomet.

The math department explored a new method of teaching, according to math teacher Brian Carlson.

"The math department met together and we looked

at different schools' websites, and how different teachers are implementing something called a flipped classroom, which is where students listen to lectures

or watch videos of lessons at home. [In math's case] they then come into class and do the problems," Carlson said.

Carlson added that that the professional development day was beneficial to all teachers as well as helped him to improve his teaching style.

"Hearing from other teachers

that went to different schools, I think that it was a great experience," he said.

Fortunato agreed that the experience was beneficial for the whole faculty.

**'We really enjoyed taking a pause and getting some great ideas from other places.'**

-ERIN FORTUNATO



WARING.COM

**The French-focused Waring school was among the schools visited by faculty on the last professional day.**

"We really enjoyed taking a pause and getting some great ideas from other places," she said.

Junior Jack Haynie believes the knowledge teachers have gained will improve the overall

classroom experience.

"By and large the professional day will be good for students because it will allow teachers to innovate and experiment with new ideas in the classroom," he said.

# Health

## Should the United States be afraid of Ebola?

**Pro**  
Zack Even

Seventy percent. Seven out of every ten people who contract Ebola have died as a result, according to NPR.

But why should that concern us? The U.S. is too developed and too far from afflicted areas like Western Africa for Ebola to pose any substantial threat, right?

Unfortunately, that's incorrect. Even the U.S. is at risk.

While our nation is well prepared in relation to most others, mistakes will still occur (and have). After all, the government cannot test each and every traveler or feverish patient on the unlikely chance he has the illness.

As a country, we've already had nine confirmed cases, according to CDC, and more are all but inevitable.

The disease may seem easy to dismiss because it isn't highly contagious; Ebola is not an airborne disease, meaning it cannot spread simply through air. Instead it is transferred through bodily fluids, including sweat, urine, and blood.

And "bodily fluids" are much easier to come into contact with than one might expect.

Ebola can be spread in an action as simple and well intentioned as shaking a co-worker's sweaty palm.

Additionally, doctors and nurses may not be careful enough when dealing with someone afflicted with Ebola who has not yet been diagnosed, making a typical part of their job, such as drawing blood or taking a urine sample, dangerous.

NPR explains that on average, someone sick with Ebola can spread the disease to 1.5 people. That may seem insignificant, but, if the disease is able to multiply, the number of patients can nonetheless grow exponentially.

Well they may seem to be an absolute worst case scenario for the United States, the Ebola outbreaks in Africa and other parts of the world nonetheless provide important insight into how serious the disease can become. CNN reports that, internationally, over 13,500 have been infected while there have been just under 5,000 deaths.

Even if the American government can keep the virus under control, which it almost surely will be able to, Ebola should still be taken seriously.

Belittling a disease that has taken so many lives is almost disrespectful, and taking Ebola seriously will only encourage more Americans to help the countries that aren't able to properly treat their patients and to be ready just in case anything goes wrong within our borders.

**Con**  
Oscar Heanue

Every couple of years, when the news cycle is slow, the media picks a different frightening disease to concern the public about. The grosser, scarier, and more exotic the disease seems, the better the story seems, regardless of the actual risk factor for the general population.

By now, most US citizens have probably considered quarantining themselves in fear of contracting Ebola. After all, that is the only natural response when there are seven separate headlines about the disease on the front page of the Washington Post.

However, with all the hype surrounding Ebola, concerned citizens aren't receiving accurate facts. Any major news report about the status of Ebola in America will not state the grand total but rather focus on terrifying individual cases around the country.

While this may make a better story, it is a blatant misrepresentation of the reality of Ebola. The fact of the matter is that only nine Americans have contracted the disease, and in each case the citizen affected had either recently traveled to West Africa or had been caring for an Ebola victim.

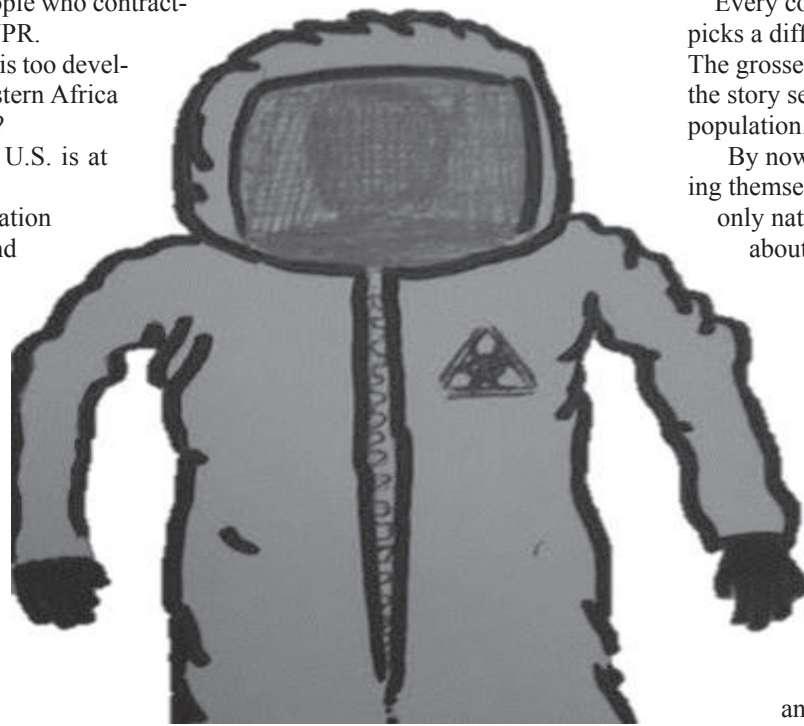
To be clear, Ebola is a serious crisis in the specific areas of West Africa that are being hit the hardest. However, American citizens have little, if anything, to worry about.

Statistically, a healthy American who isn't spending any time in Sierra Leone or in the quarantined sections of a hospital is more likely to be killed by bees, sharks, vending machines, or just about any other day-to-day object than by Ebola.

Of course, news outlets aren't reporting this information, because if people knew how little they have to be worried about, then they would stop tuning in. As a result, the Ebola story has gotten so far out of hand that the government was forced to appoint an Ebola czar to the CDC.

While this measure may seem necessary to avert crisis, there is really no crisis to be averted. Most medical experts project the grand total of Ebola cases in the United States by the end of 2014 to reach just 130 (in a worst-case scenario, of course).

Appointing an Ebola czar is just the government attempting to appease the public on an issue that isn't even an issue. This is a distraction from the real issues, and if people remain focused on unimportant stories like Ebola in the US, it will be harder to address real problems in this country.



ETHAN ANDERSEN ILLUSTRATION

## Stringent website restrictions needlessly block useful resources

By Connor Senay  
INDEPENDENT EDITOR

When students conduct research on the school computers, all too often, sites will be blocked because they are categorized as forbidden subject matter, usually for an illegitimate reason.

This has proven to be a problem in numerous instances, the first being when

we were assigned a quiz on a news article regarding Question 2 for debate class.

The website was wbur.org, the NPR radio station based in Boston, and it was categorized as "Entertainment." Although this categorization is true, the website holds enough

worldly relevance that it should be accessible in school.

Another incident was during French class when teacher Erin Fortunato attempted to pull up a link to a Fiat commercial that applied to our unit of advertising and marketing. The website was denied because it was categorized as pornography.

High school principal Patricia Puglisi explained why this exclu-

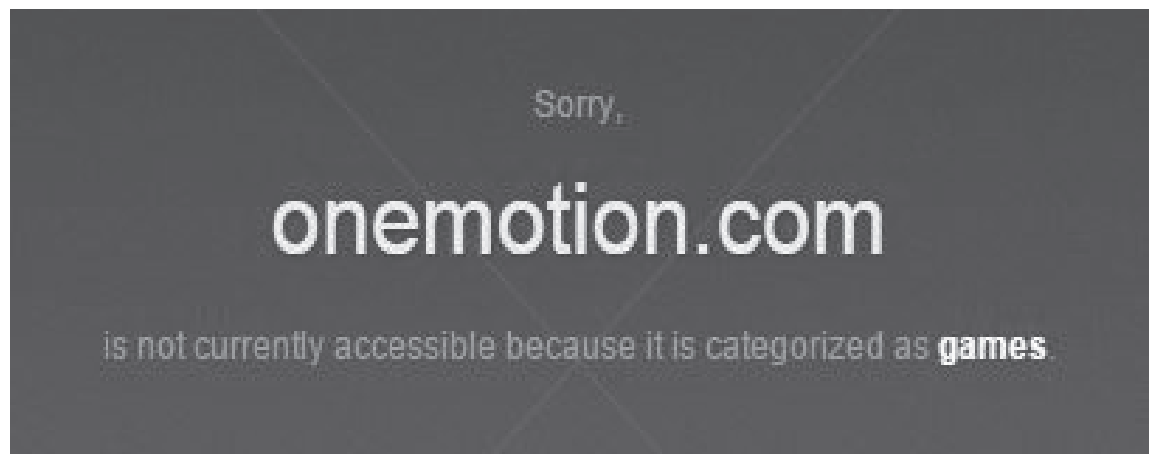
sivity of numerous helpful sites exists.

"I believe it is a keyword that triggers it, and there are different levels of security on the system. A teacher has different filters than students do," Puglisi said.

She also said that high school filtering should be much less of a concern than middle school filtering to keep them focused and on task.

"At the high school level,

**On the whole, the complaints about the website restrictions can be addressed on a case-by-case basis by clicking to send a message to the system operators.**



LIGHTSPEED SYSTEMS

This message pops up on a computer each time someone attempts to access a website that is blocked by Lightspeed Systems, the recently added security system. It has been a hassle when researching.

students are doing research on mature and sophisticated topics. They do need access to sources, but at the same time we don't want to create too many distractions," Puglisi said.

I've tried to access numerous websites for research projects, and an annoyingly large percentage is blocked by the school's internet security system.

This is because John and Stephen Kwiatek, Network Ad-

ministrators and Manager, have installed a new security interface called Lightspeed Systems, and settings may not have been changed to meet requirements.

A significant reason why these certain websites are inaccessible is that, in general, the website has unnecessary content without an educational purpose; in the defense of the school, a new security system tends to be too extensive and broad, so those ad-

justments most likely need to be made to create a more enjoyable Internet experience.

On the whole, the complaints about the website restrictions can be addressed on a case-by-case basis by clicking to send a message to the system operators regarding your need for the website.

For now, the plan is to adjust website restrictions based on specific instances.



## A bittersweet farewell to my field hockey career

By **Natasha Statz-Geary**  
INDEPENDENT EDITOR

During the last five years of school, I've learned how to solve quadratic equations, how to write an essay properly (or at least attempted to do so), and how to conjugate verbs in Spanish in the subjunctive tense.

I've learned the nuances of debate, the conventions of journalism style, and the art of writing grants.

Inside the classroom, I've learned almost everything under the sun, but it's outside of the classroom on the field hockey field that I've learned the importance of mental toughness and reliability.

Prior to joining field hockey in middle school, I had never appreciated what it means to be a part of something bigger than myself and the responsibility that comes with this.

While I've been dancing since preschool, dance is so individual that I could skip a practice and it wouldn't affect other dancers.

In field hockey, the team is completely thrown off if I miss a practice, and knowing this has made me infinitely more responsible.

Along with this, I've gained a sense of mental toughness through practicing even when I feel like I will die if I run for one more minute.

Just as I know I need to run more sprints to be successful in games, I know that in life I will need to put in just a bit more effort to reach my fullest potential.

Apart from all of these important life lessons, field hockey has taught me what it means to be a good sister.

Having grown up with three brothers, I've always been foreign to the concept of sisterhood, but field hockey has filled this void.

My teammates and I cry together, laugh together, win together, and lose together, and no matter the outcome of the game, we always still love each other.

Knowing that my field hockey career is over breaks my heart, but I'm beyond excited for the future of my team.

I had the privilege of playing with so many amazingly talented young players who have bright field hockey seasons ahead of them, and I cannot wait to come home to watch them beat Watertown once and for all.

Field hockey has been a safe haven and second family for me for the last five years, and I never thought I would say this, but I'll actually miss running all the sprints next year.

# STAFF EDITORIAL

## Tragedy highlights community strength, unity

Over the past few years, our community has been forced to grapple with large-scale tragedies from which we are somewhat removed. Aurora, Sandy Hook, and the Boston Marathon bombing, though all poignant in their sheer occurrence, did not entirely disrupt daily life in Manchester and Essex.

In contrast, the sudden death of junior Andrew Rennie affected the entire local community more immediately, more personally, and more deeply.

Administrators, teachers, and students alike had to confront their paralyzing grief mere hours after they heard of the death; some were notified of the tragedy upon direction to the auditorium for an emergency meeting

as they entered school on the morning of Tuesday, Oct. 14.

Despite the near impossibility of minimizing such acute pain early on in the mourning process, the administration handled the 14th as well as it possibly could have.

### The decision to hold a meeting for the entire school at the beginning of first block was a smart one, for it allowed the community to begin to grieve collectively.

The decision to hold a meeting for the entire high school at the beginning of first block was a smart one, for it allowed the community to begin to grieve collectively as early as possible.

Following Principal Patricia Puglisi's well-delivered speech to students and teachers, a professional grief counselor's words appropriately cautioned the school against judging others for their expressions of grief. Perhaps most importantly, the counselor encour-

aged students to avoid viewing sadness as a competition.

First block teachers took students back to classrooms and continued the day in a variety of ways. Some classes sat in silence and some tried to openly address their feelings while others attempted to maintain normalcy, and many even transitioned between a combination of the three to cope with the loss.

Above all, teachers and administrators created a safe place to grieve without shame or judgment. In the weeks after Rennie's death, the administration continued to aid the community's healing through the postponement of the PSAT, the extension of Quarter 1, and consistent reminders about the availability of school resources to help combat grief and mental health struggles. Administrators also created

spaces that allowed students especially to manifest love and support for Rennie. The first floor workroom became an area in which students could write him messages on adhesive notes; the school passed these notes on to Rennie's family.

Students took to social media to document their feelings; these forums allowed for powerful expressions of affection and support.

Yik Yak, infamous among adults for alleged bullying and negative anonymous activity,

### Administrators also created spaces that allowed students especially to manifest love and support for Rennie.

became a constant stream of posts supporting those who knew and loved Rennie.

In the face of an enormous tragedy, our school united, reminding us to appreciate each other and to appreciate the caring community in which we live and learn.

## Social media changes human communication and behavior

By **Amber Paré**  
INDEPENDENT STAFF

In a time run by technology, social media is becoming increasingly popular among people of all age groups, causing it to impede upon both social interaction and everyday lives of people.

With social media readily accessible to most people, it is significantly easier for users to log on to a website to interact with one another rather than meeting face-to-face.

According to Medical News Today, about 63% of Americans that use Facebook log on at least once a day, and about 40% of American Facebook users log on more than once a day.

Facebook, however, is not the only social media website

or app commonly used by the world's population. Other popular websites and apps include Instagram, Snapchat, and YikYak.

Social media has also led to cyber bullying among its adolescent users. Internet safety organization Enough is Enough claims that 95% of teenagers have witnessed cyber bullying, and 33% of teenagers have been victims of cyber bullying.

ASAP Science points out that one of the most interesting studies about the negative effects of social media states that brain scans of people using social media are

similar to those of people with drug dependency.

According to the study, the use of social media triggers a release of dopamine, making the

### ASAP Science points out that about 30% of face-to-face conversations are self-involved, but in comparison, 80% of communication through social media is self-involved.

user associate websites such as Facebook with feelings of happiness.

These effects on our brain chemistry are changing other aspects of people's lives as well, making

users become increasingly self-centered.

ASAP Science points out

that about 30% of face-to-face conversations are self-involved, but 80% of social media communication is self-involved.

Users are not only becoming more self-centered as a result of social media, they are also experiencing other negative behavioral changes as well. Anxiety UK reported that 51% of users experienced negative changes such as trouble sleeping and relationship issues as a result of using social media.

These behavioral changes affect both the users of social media and people around them, putting a strain on social interaction.

Using social media in moderation is not entirely negative, but the fact that it impedes upon physical interaction and changes the way that people operate outweighs any positive aspects.

## the INDEPENDENT

**Editors in chief**  
Hannah Riordan  
Natasha Statz-Geary

**News Editor**  
Charlie Davis

**Features Editors**  
Oscar Heanue  
Sarah Williams

**Opinion Editor**  
Connor Senay

**Arts Editors**  
Zack Even  
Devon Musgrave-Johnson

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



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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.

### Staff

Julia Bonaccorso  
Olivia Bonaccorso  
Madeline Conway  
Courtney Fraser  
Charlotte Freed  
Maura McCormick  
Amber Paré  
Lydia Parker  
Avery Shaw

**Sports Editor**  
Ethan Andersen

**Faculty Adviser**  
Mary Buckley-Harmon

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# Football team prepares for final Thanksgiving game

By Connor Senay  
INDEPENDENT EDITOR

Just one game away from the conclusion of the 2014 season, the football team enters the Thanksgiving game with a 2-8 record.

The team has done well considering how much of it is made up of younger and less experienced players, according to coach Mike Athanas.

"We've been in a few games where it

could have gone either way, and some mistakes were made here and there. For being as young as we were, however, I think the season on the whole has gone very well so far," Athanas said.

Although they posted a losing

record this season, this is not an accurate reflection of the team's performance because of what obstacles they were forced to face, senior captain Craig Carter said.

"We played a lot of great teams, and there was one hundred percent effort exerted, but often times, we didn't come out with the win. I'm proud of the guys and our level of play, and I don't think the record demonstrates how talented our team really is," Carter said.

**'It's been great to play alongside these new team members and see how far they've progressed...'**

-BRET WILLIAMS

Senior captain Bret Williams thought the team showed a lot of development over the course of the season, which he feels is all the team can really ask for with a group of mostly younger players.

"It's been great to play alongside these new team members and see how far they've



CONNOR SENAY PHOTO

Senior Craig Carter awaits the snap in the third quarter of the team's win against Greater Lowell.

progressed over the course of the season," Williams said.

Williams said the team is watching game film from Georgetown to prepare for Thursday's game.

"Based on the film that we watch, we will formulate a plan afterwards on how to take on Georgetown," Williams said.

Athanas said there's no

drastic change between preparing for this game or any other that they've played this season.

"We know what we are going to do. We will try to run our offense the same as usual by balancing everything up and go out and play hard on Thanksgiving. That's what we're here for," he said.

Carter wasn't able to play

Georgetown at the beginning of the season due to his concussion, so he said he really hopes to play his best game possible.

"I am looking to dominate and have all hands on deck, and I hope the rest of the team will be as well because it means so much to get the win as a senior on Thanksgiving," Carter said.

# Girls' field hockey team enjoys another successful season

By Oscar Heanue  
INDEPENDENT EDITOR

After a long season resulting in a first round state tournament appearance, the girls' field hockey team had their season come to a close following a 1-0 loss to Triton.

Despite the team's early exit, the girls were still able to improve over the course of the season and achieve a number of their goals by the end of the year, according to senior captains Meghan Conway and Annie DeConto.

"By the end of the season, we had made it to tournament, and we had improved immensely in terms of stick skills, speed, and communication," Conway said.

The girls attributed the bulk of their success to their team's togetherness.

"We had a tough start to the season, but I think our team chemistry turned us around and



COURTESY OF PHEBE BIGGAR

The girls' field hockey team hosts a Senior Night to honor its graduating players at a home game versus Ipswich, ending in a tie.

helped us to get through the second half," DeConto said.

According to DeConto, the team's success this year bodes well for the future of the field

hockey program, as the younger members of the team all contributed heavily to the team's success.

"We had an awesome team this year. There were a lot of underclassmen who real-

ly stepped up and contributed to the team," DeConto said.

Junior halfback Julia Bonaccorso said that the team's success helped create a sense of community and foster a team environment.

"The field hockey community

is very close knit. In the huddles, instead of saying 'score' or the name of our team the way that

**'In the huddles, instead of saying 'score' or the name of our team the way some teams do, we yell 'family.' On the whole, I feel really close and connected to the rest of the field hockey team.'**

-JULIA BONACCORSO

some teams do, we would yell 'family.' On the whole, I feel really close and connected to the rest of the field hockey team," Bonaccorso said.

Along with a positive group dynamic, the girls enjoyed a successful season. "After this year, I can honestly say I couldn't be prouder to be a field hockey captain," Conway said.

Coach Kara Beauregard was not available for comment.

# Golf finishes strong season due to experience, composure

By Avery Shaw  
INDEPENDENT STAFF

With an 11-2 record, the golf team placed second in the Baker Division of the Cape Ann League

and second overall in the 12-team League. They also qualified for the State Tournament for the fifth consecutive year.

"This record and this performance is a culmination

of the progress of the last four years. Our season records have steadily moved toward the win column as our players have individually improved," coach Jane McConnell said.

McConnell credits the suc-

cess of the team to the experience that a majority of the golfers have and the attitude of the team.

"This is the strongest team in our 15-year history. I believe it is because of the mature mental composure that I see in the

golfers. They exemplify confidence, resilience and trust," she said.

Senior captain Cam Tuttle said he was proud of how much his team achieved.

"It is always fun to be on a successful team. All the positive energy was fun to be around, and although we didn't accomplish all of our goals, I am impressed with my teammates," Tuttle said.

Bichet qualified into In-

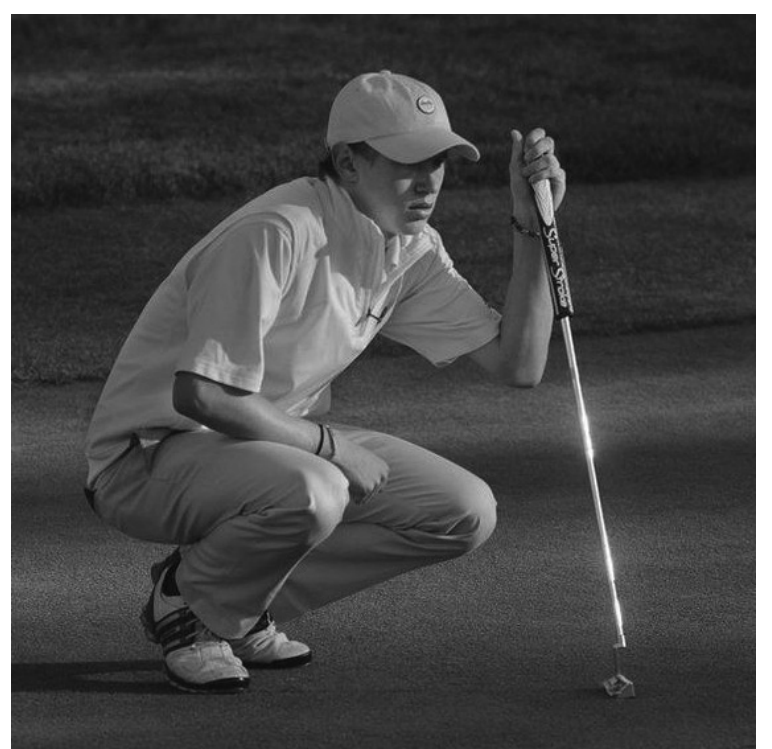
dividual State Finals and tied for 9th place in the field of the 88 top players from all across the state in Division III.

He consistently anchored the No. 1 position on the team in every match and was selected by the coaches as the Baker Division Player of the Year and 1st Team All Star, McConnell said.

"I'm glad I could end my high school golf years on such a high note," Bichet said.

While the team's goals of going undefeated weren't met, McConnell was still satisfied with the team's performance.

"We did well, but we never quite got to a point where all of us were playing our best at the same time. I knew we would make it to States, but I was hoping/thinking that we would make the State Finals. At State Qualifiers not all of us played our best, so we didn't advance, but overall I wasn't disappointed with our performance," she said.



COURTESY OF HENRI BICHET

Senior Ben Bichet, who was chosen by the league's coaches as the Baker Division Player of the Year, decides how to tackle a shot.

# Girls' soccer sets sights on qualifying for tournament next season

By Charles Davis  
INDEPENDENT EDITOR

Girls' soccer finished the season on a positive note by achieving a record of 2-2-2 in the final six games, according to coach Bryan Shields.

The team's final season record was 2-14-2, near equal to last year's record of 2-12-4.

This season, Shields said the team's biggest strength lay in its ability to communicate well.

"Our team's biggest strength was our communication and ability to play as a team. We really played well as a team this year," he said.

The team highlighted these strengths in its final games and will look to use them to accomplish its goals next fall, Shields said.

Junior captain Bella Mastendino agreed about the team's strengths, saying that the team's



COURTESY OF EVELYN LANTZ

The girls' soccer team gathered after the last game of the season.

ability to play as a unit only got better as the season progressed.

"We were able to work more like a team the more that we practiced, and the improvement showed in our final games," Mastendino said.

Shields said that the team has many key players that will be returning next year, including Mastendino, junior Maddie Shaw, freshmen Maggie Delisio and Hadleigh Richard, and sophomores Courtney Holley and Bridget Kiernan.

Next year, the team aims to qualify for the state tournament.

"As is our goal for every season we want to qualify for the state tournament. We finished the

season with a .500 record, which would have qualified us if we had been able to maintain it throughout the season," Shields said.

**'Our team's biggest strength was our communication and ability to play as a team.'**

-BRYAN SHIELDS

Junior Jenny Cochand, who managed the team this year while sidelined with an injury, believes that next year, the defensive line will be its strongest asset.

"After watching the team all season, I think

that next year our back line is going to shut teams down. They solidified our system this year and let in far fewer goals as in years past, so I'm excited to play with such a strong defense next season," she said.

# Cross country defends Division Championship title

By Ethan Andersen  
INDEPENDENT EDITOR

Both boys' and girls' cross country teams placed first at their Divisional race for the second year in a row while also placing 5th at the All-State meet.

According to coach Andrew Migonis, the boys finished the regular season with a winning record of 8-2, and the girls' team finished their season 9-1.

"Last year the boys placed ninth at All-States and the girls got

second; even though the girls dropped a couple spots, we still met our goal of having both teams in the top five," Migonis said.

"Our finish at Division Two All-States was the highest in program history. What

makes our team strong is that we have a very small spread for our scoring runners; from our first runner to our fifth, the difference in time is minimal," junior captain Charlie Davis said.

With the loss of a key senior last year and an injury to junior Meghan Clark, Migonis believes the girls' team could have performed better, but he is proud nonetheless.

Senior captain Olivia Lantz agrees. "The girls' team's performance this season was very surprising. We thought we would not have a team nearly as strong as last years, but every girl stepped up and gave it her all," she said.

"Losing a key runner in Fiona Davis was definitely a blow throughout the season, but finishing first in our division fifth at All-States is

**'Our goal was to earn top five at States and that's exactly what we did.'**

-CAMERON HOLLEY



COURTESY OF BRIAN DAVIS

Members of the boys' cross country team run together in the race in a meet against rivals Ipswich.

still a strong result," she said. Davis emphasized that his team's growth came from great coaching. "This year we had even more targeted training, which allowed us to be more prepared for the post season races like CALs, Divisionals, and All States," he said.

The teams both matched up nicely against local rivals at the All-State Meet. According to Migonis, the boys beat Masconomet, Hamilton Wenham, and Ipswich. The girls lost to Hamilton Wenham.

According to the coaches, both teams will be losing key players at the end of this season.

"We've had a great season, and we are really excited, but we are losing some important runners next year," Migonis said, referring to seniors Cameron Holley, Parker Malarkey, Campell Fackre, Olivia Lantz, and Julia Whitten.

"We'll be looking for team leaders and folks to step up," Migonis said.



COURTESY OF BRIAN DAVIS

Sophomores Niamh Dalton (left) and Maura McCormick (forefront) running at Divisionals.



COURTESY OF BRIAN DAVIS

The boys' and girls' cross country teams display their metals and trophies after win at Divisionals.

## Flying Lotus contemplates mortality on inspired 'You're Dead'

By Oscar Heanue  
INDEPENDENT EDITOR

With hip-hop MCs gaining more and more wealth and prominence, the days of putting producers in the limelight may be coming to a close.

It's been more than a decade since instrumental tapes like DJ Shadow's critical darling "Endtroducing," Pete Rock's New York hip-hop classic "Petestrumentals," and the late J Dilla's final masterpiece "Donuts" became staples in the rap community.

In a world where the rapper has become the ultimate front man in popular music, underground producer Flying Lotus has consistently gone against the grain. Recently, FlyLo unveiled his third mostly instrumental project, "You're Dead," to widespread critical acclaim.

His most cohesive and complex project to date, "You're Dead," diversifies FlyLo's musical styles while narrowing his usually vast array of themes down



FLYING-LOTUS.COM

**"You're Dead" contains thoughtful guest verses from talented rappers including both Snoop Dogg and Kendrick Lamar.**

to a single focal point: death. The album's 20 short tracks flow seamlessly into each other, giving the listener a consistent and immersive experience as they explore the album's many styles and

take on the project's many messages about dying and the afterlife.

The project begins with a quick succession of four minute-long tracks: "Theme," "Tesla," "Cold Dead," and "Fkn Dead." Over the course of the four songs, FlyLo demonstrates his multi-faceted production style, moving from a cinematic chord progression to a Theolonius Monk-esque jazz piano rambling.

FlyLo furthers the album's dark themes through the first of the project's three vocal tracks, "Never Catch Me," a collaboration with Compton rapper Kendrick Lamar. In his verse, Lamar proclaims, "I can see the darkness in me and it's quite amazing/ Life and death is no mystery and I want to taste it/ Step inside of my mind and you'll find curiosity, animosity/ High philosophy,

hyper prophesied meditation."

The rest of the project's guest features expand upon Kendrick's reflection on mortality. On "Dead Man's Tetris," Snoop Dogg, another West Coast legend, remembers losing a friend, saying, "Hold my hand, laying in the bed/ Family crying, they think he's dead/ No jokes, no hoax/ Felt his palm, he had no pulse."

Despite the impressive vocal performances

from FlyLo's talented collaborators, the highlight of the album comes on an instrumental track, "Coronus, the Terminator." Originally intended for Pittsburgh MC Mac Miller, FlyLo instead chose to keep the song instrumental and released it as one of the album's two singles. The slow, melodic build represents a turning point to a more inspirational and reflective portion of the album.

**In a world where the rapper has become the ultimate frontman in popular music, Flying Lotus has consistently gone against the grain.**

## 'Birdman' questions difference between art and reality with thrilling results

By Zack Even  
INDEPENDENT EDITOR

Viewers be warned: "Birdman" is not the start of another lucrative Marvel franchise, as the name may suggest.

Instead, the film is a personal, wild, and imaginative look at a fictional actor, Riggan Thomson (Michael Keaton), who once played a caped hero but has since faded into obscurity.

To reclaim the celebrity status he once held, Thomson decides to write, direct, and star in a Broadway play.

The film starts off a few days before previews for the play begin, and the entire cast is on edge. The audience follows characters as they frantically walk through the cramped theater, winding down hallways and up staircases.

The claustrophobic, almost feverish feeling of the setting is amplified by director Alejandro Iñárritu's unique decision

to film nearly the entire movie so that it feels like one continuous take, a technique normally considered daring when it's utilized for just a few minutes.

Where other directors would cut and move on to a new angle, Iñárritu's camera spins around the actor or finds a new target to follow through the maze-like set. The results are both dizzying and dazzling.

While the cinematography in "Birdman" may be the film's most innovative and impressive aspect, the visuals aren't used as a crutch. The film is already peppered with phenomenal actors, including Keaton, who gives a startlingly strong performance, Edward Norton, Emma Stone, and Zack Galifianakis, but because of the film's unique style of long, uncut takes, the actors are pushed to new limits.

When situations become uncomfortable, the unwavering camera forces the audience and the actors to endure the awkward-



BIRDMANTHEMOVIE.COM

**Michael Keaton is Riggan Thomson, an actor who was once famous for playing the titular hero and hopes to rise again, in one of the many powerful performances present in "Birdman."**

ness. The scenes feel authentic, posing a question asked in many ways throughout "Birdman," "What separates art from reality?"

Keaton can connect to Thomson on a real level, smudging the

line between the two; Keaton's career has plateaued since Batman in the early '90s, and, much like the play for Thomson, "Birdman" represents a chance for Keaton to return to that peak.

When Thomson grumbles after noticing Robert Downey Jr. (star of the "Iron Man" franchise) on television, it's hard not to wonder if Keaton would have responded in the exact same way.

Norton, in a masterful performance, plays Mike Shiner, a pretentious but talented theater actor. Shiner is fine spouting off lies about his life to the New York Times yet refuses to drink dyed water, downing real alcohol instead as he insists that theater is the only place where truth exists.

This focus culminates in a thrilling penultimate sequence in which Thomson balances on the fine line between art and reality, dealing with his ego on-stage. Keaton sells it every hurried pace of the way, all with the camera tagging close behind.

## Half Baked Café offers unique, delicious pastries despite modest exterior

By Olivia Bonaccorso  
INDEPENDENT STAFF

In the heart of Beverly Farms lies an unassuming brick building donning a whimsical sign reading "Half Baked." If the tall glass windows and modern decor don't draw you in, then the smell of freshly baked donuts surely will.

Half Baked Café's claim to fame is their locally sourced, seasonal ingredients. They are present in everything from their donuts and cupcakes to their salads and sandwiches.

Almost everything sold at Half Baked is made in-house. Their sandwich variety boasts freshly baked breads, house made pickles and cured meats; and all of their products are completely nut-free.



OLIVIA BONACCORSO PHOTO

**Half Baked sells donut flavors you may not be able to find anywhere else, including bacon maple, "raised glaze," and "Beverly Cream."**

Sandwiches and salads are surely a hit, but the real gem of the Half Baked Café's menu is their donut selection.

Each morning, employees wake up early to bake an array of donuts. Menu staples include the bacon maple donut, the "raised glaze," and the "Beverly Cream" donut.

As the seasons change, so do the donut flavors. Pumpkin do-

nuts appear on the shelves in mid fall. Summer and spring bring strawberry lemonade donuts and winter some holiday favorites such as chocolate peppermint.

On a good day, you will be able to find a salted toffee cinnamon roll among the many racks of donuts. Although it sounds odd, it is worth the risk. This cinnamon roll is the perfect balance of sweet, buttery and salty. You can't go wrong.

If you aren't in the mood for a donut, then try one of Half Baked's cupcakes or bars. Cupcakes are topped with generous swirls of frosting. Some popular cupcake flavors include classic chocolate and vanilla as well as cookies and cream.

Not in the mood for cake? Go for one of Half Baked's seasonal bar flavors. As we approach the

holiday season, Half Baked is expected to bring back its chocolate peppermint brownie bar. Be sure to stop in and grab this treat sometime this December.

Amid baked goods and warm beverages, children and parents alike spend afternoons in the posh chairs of the café eating and chatting, discussing what goodies to bring home.

The cost of fresh, homemade food, however, does not come cheap. Donuts can cost upwards of \$2.

Although Half Baked's prices are quite a bit higher than your typical breakfast or lunch spot, for such high quality, unique food it is well worth the expense.

Stop by Half Baked Café Tuesday through Friday from 7 a.m. to 4:30 p.m. or Saturday to Sunday 8 a.m. to 3 p.m.

# 'Big Hero 6' proves Disney and Marvel are a perfect combination

By Devon Musgrave-Johnson  
INDEPENDENT EDITOR

Walt Disney Studios and Marvel Studios may not appear to have too much in common, but they are actually the same company. Along with LucasFilm and Pixar, Marvel is owned by Disney.

Until recently, this merger had been mainly financial, but "Big Hero 6" may be the start of a new era for the two companies.

"Big Hero 6" was first published as a Marvel three-part miniseries in 1998. It centered on a government agency in Japan trying to recruit superheroes, specifically a 13-year-old genius named Hiro.

Though all the main characters from the series made it onto the big screen in Disney's adaptation, not much else did. The film didn't stick to the original story; and it may not be such a bad thing. "Big Hero 6" has brought in both Marvel and Disney fans alike and is receiving rave reviews from both sides.

These reviews were well deserved. The film has thoroughly



DISNEY.COM

**Disney's version of the story is different from the original comic, but it manages to retain the sense of action and adventure.**

fleshed out characters despite being rather fast paced, and it manages to hit moments that range from hilarious to extremely heartfelt.

The story may be Marvel, but the film is without a doubt Disney. The animation style is the same that was used in the popular princess films "Frozen"

and "Tangled," and the story was just as fun. Even the parts of the film that seemed predict-

able were outrageously fun to watch. The film was undoubtedly darker than a typical Disney film, but it still retained the magical charm that all Disney films have.

Disney gave a few nods to its source material throughout the film. "Big Hero 6" involves the much loved Stan Lee cameo featured in almost every recent Marvel movie, and it features an end credit scene.

Overall, the combination of these two epic companies could usher in a new era of fun films with a generous amount of both heart and depth.

**The story may be Marvel, but the film is Disney.**

## WEBsurfer

By Connor Senay  
INDEPENDENT EDITOR



## Fantasy Sports Network

Fantasy Sports Network is the one-stop place to go for all fantasy news, updates, and advice on who to play and who to pick up off of the waiver wire. The website gives every fantasy team what it needs in a time of desperation, whether that be making a last-minute lineup decision or finding out the verdict of an injured player. A useful feature of the site is the drop-down menu that displays top one hundred rankings overall and at each individual position for the four major fantasy sports: football, basketball, hockey, and baseball. FSN is ideal to help guide your fantasy season to success.

## Nick Reboot

Nick Reboot combines every episode of classic Nickelodeon shows since the 1980s on to one website for nostalgic purposes. Even the commercial breaks are exactly as they were in the past two decades. The home page is a constant stream of randomly assorted old shows, but if you create an account and subscribe (price varies), you can access the On Demand portion of the website, which allows you to choose what show you watch at any given time. Nickelodeon had numerous popular, quality TV shows in their prime, so why not relive them all with just a few clicks?

## WhoSampled.com

WhoSampled gives the source of various samples for over 279,000 songs. The front page features popular samples, displaying the new song that samples an older or lesser known song. If you create an account, you can contribute sample links that you know of and view other contributors. Four tabs on the front page divide hot new songs that have samples, artists who sample frequently, the top rated songs with samples, and the latest submission links. Another key feature is the ability to browse by genre under "Browse," and "Charts" keeps track of the most influential tracks and artists based on samples.

## What to...

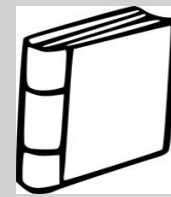


### Watch:

TV  
"Reign"-- The CW

Websites like Netflix are why kids do not finish their homework on time. With so many shows to watch and so many hours to spend exploring the movie and TV world, it can sometimes be overwhelming. But in order to possibly quicken the process of choosing a show, check out the television series called "Reign."

"Reign" is about Mary Stuart, Queen of Scots, in 1557 France. It follows her daily problems in trying to stay alive in the cutthroat world of the royal court. The show from The CW channel is most notable, though, because not only is it fast-paced and constantly leaving the viewer hanging, but it also has beautiful costumes and an entertaining romantic aspect to it.

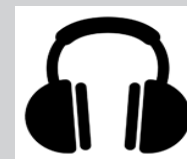


### Read:

#### Books

"Style" and "Beauty" -- Lauren Conrad

With so much homework and after school activities, it can be hard to find time to pick up a good book, so for something quick and easy to read, I recommend Lauren Conrad's books "Style" and "Beauty." These two books are basically large magazines with many tips and ideas for anyone who is into fashion or beauty. Lauren Conrad runs a website, and three different clothing lines, and she practically represents the more elegant and preppy sides of the fashion world, so her books are always a great go-to for a quick, easy read.



### Listen To:

#### Album

"Take Me to Church" -- Hozier

Hozier's album called "Take Me to Church" has recently gained popularity for its hit "Take Me to Church," the song, which the album was named after, "Take Me to Church" is not the only beautiful song on his album, though. Hozier has many great soft pieces as well as an assemblage of methodic and instrumental pieces. His singer/songwriter sounds have a soothing mesmerizing effect that will leave the listener relaxed and soothed. His album would most likely fall under the alternative or folk section in music.

By Sarah Williams, Independent Editor