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Boys', girls' cross-country teams win divisional championship

Two teams triumph for third consecutive year, progress onto All-State meet

By Charlie Davis
INDEPENDENT EDITOR

Members of the boys' and girls' cross-country teams won the Division 6 state qualifier meet for the third year in a row on Nov. 15 and are now moving on to the All-State meet on Nov. 21.

According to girls' coach Mark Dawson, the girls' team ended its season with a record of 9-1, and the boys' team had a record of 8-2.

Both teams also competed at the Cape Ann League Championships on Oct. 31.

The girls' team won the meet, beating Hamilton-Wenham for the first time in 11 years. The boys' team placed fourth at the "highly contested" meet, Dawson said.

The girls' team scored 56



COURTESY OF BRIAN DAVIS

Sophomore Patrick Guinee and senior Charlie Davis, who came in 2nd and 3rd place in the divisional race, as well as freshman Eve Feuerbach, who won her race, run to the finish. Below the girls' and boys' teams pose with their championship trophies, each team's third in three years.

points at the meet, and the boys' team scored 41 points.

Freshman Eve Feuerbach won

the girls' meet, and sophomore Holly Fossa came in 7th place.

On the boys' team, sophomore

Patrick Guinee came in 2nd place, and boys' team captain senior Charlie Davis came in 3rd place.

"I am so proud of the teams for winning three years in a row. It is great to see our hard work pay off," girls' team captain Maura McCormick said.

According to McCormick, the teams focused mainly on speed work in order to prepare for the divisional qualifier meet; this work will continue in the following weeks as the All-State meet approaches.

"We did a lot of distance work early in the season... We are mainly focusing on fine-tuning everything and working on our speed now with shorter runs," she said.

Boys' coach Andrew Migonis, who was named coach of the year for the Cape Ann League, said he believes the teams will compete well at the upcoming All-State meet.

"We are right on par with what we'd expect due to our training... I think our hard work will continue to pay off," he said.

Migonis also said he believes the success of the two teams was due to their ability to "train and race as a team," a skill that he thinks will help them at the state meet.

YRBS results depict behavior levels similar to state averages

By Connor Senay
INDEPENDENT EDITOR

Since the recent return of the Youth Risk Behavior Survey results, there has been discussion among administrators and parents about what can be done in response to the behaviors depicted through these results.

Taken by all high school students in the spring of

2015, the survey asked questions on the topics of mental health, drug and alcohol use, violent behaviors, bullying, sexual activity, motor vehicle safety, and healthy lifestyles.

The results on alcohol and drug use show that 33 percent of high school students had had a drink in the last 30 days, and 21 percent of students had participated in binge

drinking on one or more of those 30 days. This binge-drinking statistic was higher than the reported state average of 19 percent.

Additionally, 40 percent of students have smoked marijuana at least once in their life. These statistics actually illustrate a decrease in usage of drugs and alcohol since 2001, the previous year that the survey was administered here.

Alison Collins, director of student services, analyzed, compared and contrasted the student body's survey results with the

state averages in these areas.

"Our statistics are at or below the state averages, so the information was not surprising as much as concerning. These are important issues for families and schools to address in partnership with each other," Collins said.

Collins also reported that the transition into high school for freshmen caused their statistics to be less than the three grades above.

"Freshmen numbers were typically lower for most high

YRBS SURVEY, page 4

The school anticipates repeating this survey either annually or biannually.

History classes watch presidential debates

Debate viewings illustrate class concepts, promote discussion

By Charlie Davis
INDEPENDENT EDITOR

Presidential debate viewings organized by the history department offer students a unique opportunity to connect curriculum to the real world and to gain insight into the presidential election and American politics, history teacher Jennifer Coleman said.

The debates are typically on weekdays and air at around 9 p.m. So far, students have seen one Democratic debate and one Republican debate. In order to encourage attendance, history teachers offer extra credit to students who watch the debates in class; so far, Coleman said each debate has attracted around 20 students.

Coleman, who teaches AP United States Government and Politics, said that one of the main purposes behind putting on the debate viewings is to educate future voters.

"Many of the students in AP US Gov. will be 18 years old by the time the primaries and gen-



CHARLIE DAVIS PHOTO

Sophomore Dewey Komishane reacts to a statement from Republican candidate Ben Carson during last month's debate.

eral election roll around, so I thought that it would be great for AP US gov to watch the debates to see the candidates

that were out there," she said.

Coleman added that watching debates is simply a part

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News Brief

Indivisibility Club seeks to create unity within community

In an attempt to create a closer community and prevent loneliness among the student population, senior Julia Mitrano has created the Indivisibility Club. “The purpose is to fight isolationism... and we do that through social events, such as gathering a group of kids to go out to dinner or getting people together at a sports event,” Mitrano said.

According to Mitrano, her inspiration for the club came in part from the experience of her sister, a freshman who attended a different middle school.

“There is a large group that is new to the school that doesn’t have a strong connection to the community... so I wanted to make the club to bring everyone together,” she said.

To join the club, students can become a part of the Facebook group or attend a meeting.

Mitrano plans for members to take part in a number of fun activities together but doesn’t want anyone to feel obligated to attend.

“It isn’t really a large commitment; you can just come to as many as you want,” Mitrano said. “I hope we can involve as many students as possible.”

An announcement will be made for the club’s first meeting, which will take place once the fall sports season has ended.

Currently, the Indivisibility Club has 20 people in its Facebook group.

While the group is mostly seniors as it is, Mitrano stressed that it is open to anyone who wants to join.

Green Team learns about marine biology on field trip
Students study invasive crabs, water pollutants, native fish species

By Maura McCormick
INDEPENDENT EDITOR

Green Team members traveled to Winter Island in Salem on Oct. 21 to learn about environmental problems facing marine ecosystems.

Junior Becka Hille, Green Team events coordinator, was mostly in charge of planning the field trip, according to Green Team teacher Eric Magers.

“This is one of the first field trips that I’ve planned. It was a really good learning experience. Trying to figure out logistics was the hardest part,” Hille said.

Once students arrived in Salem, they were divided into two groups. One group went out on a boat, and the other stayed on the beach, sophomore Green Team president Belle Allmendinger said.

Allmendinger said going on the boat was her favorite part of the trip “because you got to go into the Salem Sound area, and you could see Manchester and all the islands.”

One group that went on the boat saw underwater footage of eelgrass and learned its importance in



COURTESY OF GREEN TEAM

Green Team members drag nets through the water near the shore to examine organisms and debris.

the ecosystem according to Hille.

“Eelgrass helps maintain stability near the seashore by anchoring sediment as well as preventing erosion. It also provides food, breeding areas, and protective nurseries for fish, shellfish, crustaceans, and many other sea creatures,”

said junior Maddy Surette.

The group that stayed on the beach wore wader suits so they could pull large nets through the cold ocean water, Hille said.

They found debris, shrimp,

and small fish in the net, she said.

Then they profiled the beach by measuring the level of the water compared to the highest point on a sand bar, according to Allmendinger. This helps to identify the effects of erosion, she said.

The groups then combined for water testing and marine invasives, Magers said.

Hille said students mostly learned the Green Crab and the Asian Crab. They collected these and other invasive species, and the people running the trip killed them.

Some students didn’t feel it was necessary to kill the crabs.

“I didn’t like that they killed the crabs. I thought that was harsh and unfair, but it was in-

teresting hearing about it,” sophomore Sally Pulver said.

Sophomore Chloe Doucette also said killing the crabs was a little harsh, but that it was “necessary in order to have a stable ecosystem.”

Finally, students tested the water quality of a pond and the ocean, Hille said.

“I thought it was interesting how you could add all these chemicals and add purified oxygen to water to figure out how much oxygen water contains and what’s best for different species to live in,” she said.

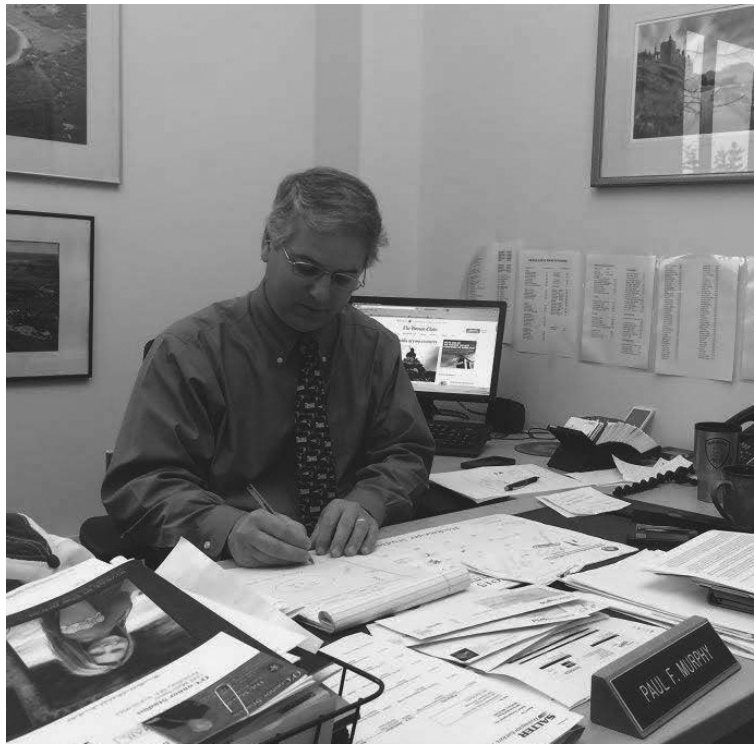
Allmendinger said the trip was successful and interesting overall.

“It was a really hands-on, interactive, fun experience,” she said.

‘It was a really hands-on, interactive, fun experience.’

-BELLE ALLMENDINGER

New Athletic Advisory Committee focuses on student-athlete handbook



COURTNEY FRASER PHOTO

Paul Murphy, the athletic director, is a member of the Athletic Advisory Committee. This is his first year as athletic director.

By Courtney Fraser
INDEPENDENT EDITOR

A newly established Athletic Advisory Committee is working towards building a stronger student-athlete handbook and to increasing communication among members of the athletic community, according to Principal Patricia Puglisi.

During the first meeting in

September, the committee introduced the advisory to the school district. The following meeting in October then focused on improving the student-athlete handbook and the rules and guidelines that come along with being a student athlete, Puglisi said.

“From what we looked at from the handbooks of several other schools, we determined that the information in our handbook

isn’t user friendly,” Puglisi said.

Consequently, the Athletic Advisory Committee will be creating an electronic version of the handbook with in-depth descriptions of several policies.

According to Athletic Director Paul Murphy, focusing on communication in the athletic department of the school is another objective that the committee has.

“We are continuing to review our entire program and its policies. We also want to increase communication between parents, coaches, students, and administration to build the strongest program possible,” Puglisi said.

Currently, Murphy said the school actively uses Mass Scores, Connect Ed., and several other athletic communication websites to connect with the entire community.

“The goal is to provide more transparent communication with all of the stakeholders,” Puglisi said.

Seniors Sydney Christopher and Brendan Driscoll represent the student body by attending the various meetings of the Athletic Advisory.

According to Christopher, “Personally, I think the advisory helps broaden my views

towards the athletic policies that our school implements. It has allowed me to express my opinions towards the athletic department in our school.”

The December agenda for the committee, formulated by Murphy, will not only focus on enhancing communication with the athletic department but will also emphasize and discuss the athletic budget.

“We will be looking at the whole budget. How it’s spent and how it’s allocated with be of great discussion,” Murphy said.

During the December meeting, the Athletic Advisory Committee plans to watch informative presentations given by district members on how the budget is formulated and what challenges the school faces in formulating a balanced, fair athletic budget.

Puglisi said she believes the advisory committee will be beneficial because of the strong combination of people who are a part of it.

“I think it’s going to be a positive experience overall. We have a very collaborative group that is passionate about our athletic program. The goal is constant improvement,” She said.

The committee will meet next in December of 2015.

‘I think that the advisory helps broaden my views towards the athletic policies that our school implements.’

-SYDNEY CHRISTOPHER

US History II changes class to thematic approach

Thematic method creates more effective learning by allowing students to make connections instead of memorizing hard facts

By James Riordan
INDEPENDENT STAFF

Most humanities classes are taught in chronological order. This year’s US History II classes, however, are being run using a different method in which the material is looked at thematically. The history department has considered changing the style

‘It is much easier to connect events to each other this way because sometimes connected events can happen far apart chronologically’

-MAC MCCOY

of the class for a number of years, and they decided to do it for this year’s course. The teachers for the honors and college prep classes have already begun teaching the course material in a thematic manner, and Advanced Placement may follow in the future. Abigail Donnelly, who has been teaching US History II for a number of years,

hopes that this particular method will provide students with more than just concrete facts. “What we wanted to make sure of is that students were finding the course interesting and useful. We wanted to make sure that they understand historical thinking and the major events, not just a litany of facts, figures, and dates,” she said. Donnelly said that the thematic method achieved more efficient and effective learning by teaching students about important historical events while connecting those events instead of requiring students to memorize small details. Throughout the year there will be four or five themes that each encompasses many in-



JAMES RIORDAN PHOTO

History department chair Lauren DuBois teaches her US History II class using the thematic method. The history teachers are hoping that the new method will be adopted by classes of different subjects.

terconnected events covering all of the needed course material. Students have expressed their appreciation for this helpful new approach to learning and are excited about not having to memorize facts, dates, and faces. “It is much easier to connect events to each other this way because sometimes connected events can happen far apart chronologically,” junior Mac McCoy said. Lauren DuBois, history department chair, said that she en-

joys the new approach, but the AP course cannot afford to change yet because it would take a significant amount of work to fit it into the time frame before the AP test. According to Donnelly, the new teaching approach has gone well in her classes so far; however, it has been difficult for her to coordinate with the other US History II teachers because they all want to be on similar schedules, but they have been able to work through it.

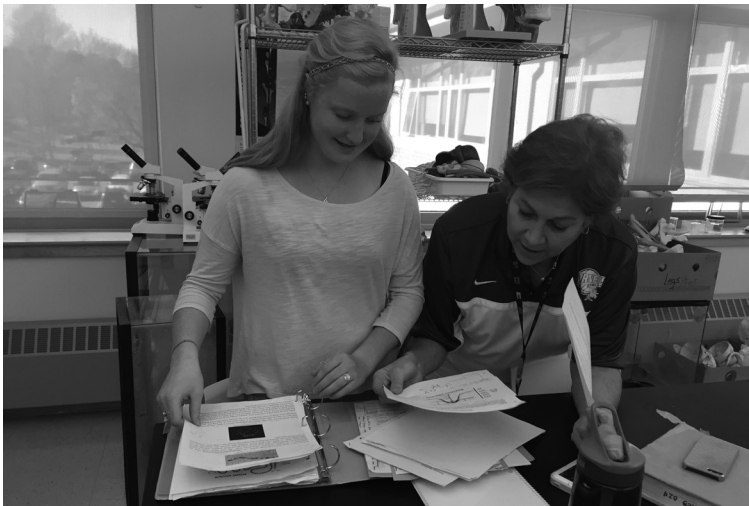
Regarding the future of the history department, DuBois said the US History II teachers would like their course to be an example of a different teaching method that could possibly help guide other classes towards thematic approach. “Next year we are hopefully going to be making all of American history be thematic. Then we want to kind of look at what that would look like in the World History course as well,” DuBois said.

Homework club offers students familiar, quiet place to work

By Emily Clark
INDEPENDENT STAFF

Maria Burgess, the former head of National Honors Society and biology teacher, opened her doors to students in the morning to do homework. Her new club is held in her room at 7 a.m. every Wednesday morning. According to Burgess, she will be there to help students in every subject with their homework. The club offers students an alternative place to come and study instead of the halls to finish any homework. “The reason we decided to hold the club in the morning was because National Honors Society has two days that they stay after school to help kids

with homework. Also, kids who have sport games and practices after school can come in before and get it all done,” she said. Belle Graves, a freshman who attended homework club, thinks it is a great way to get work and studying done, depending on the situation a student is in. “It was very helpful for me to have this option today because I needed help studying for my biology test,” Graves said. She loved having a space to go to get a few extra things done with the help of a teacher. Burgess said her classroom is a place for students to come when they need a healthy, quiet learning environment away from distractions where they can study. She said she is



EMILY CLARK PHOTO

Dr. Maria Burgess runs a homework club Wednesday mornings.

very motivated and wants as many kids to come as possible. “Kids should bring coffee or tea, whatever they want for

their wake-up beverage. I try to bring some muffins or donuts every once and a while to wake people up,” Burgess said.

Lily Pulver, another freshman who attended homework club, thinks that the idea of having this healthy learning space is very helpful. “An aspect I love about this club is that Burgess is there to answer any questions I have about homework. It’s a quiet place to come, and it’s a good use of your morning if you are getting up early anyways. It just helps me get a lot of things done before school starts,” she said. Pulver and Graves both agreed they won’t be ready that early in the morning every Wednesday, but they “loved the fact that the option was there”; whether they go or not depends on the amount of homework they have or if they have any upcoming tests.

Students, adults perform at seventh annual Night of Stars talent show

By Juliette Kelley
INDEPENDENT STAFF

Spaulding Education Fund held its seventh annual talent show fundraiser, A Night of Stars, at the high school on November 15. Since adults were invited to perform this year, there were two adult performances in addition to student performances. Foreign language teacher Robert Bilsbury and his wife Kate Bilsbury played guitar and sang “Angel from Montgomery” by Bonnie Raitt. Parents Emily and John McCavanagh, the other adult act, sang “Islands in the Stream” by Dolly Parton and Kenny Rogers. A Night of Stars is a posi-



JULIETTE KELLY PHOTO

Students of all grade levels perform in Night of Stars talent show.

tive experience for everyone, according to Patricia Puglisi, the principal of the high school. “It’s great that you have elementary, middle, and high school students all displaying their

talents in one show,” she said. Many talents were displayed throughout the night. The most common acts were singing routines. From third grader Tess Carpenter, who sang “Girl on Fire”

by Alicia Keys, all the way to high school senior Chelsea Rose, who sang “Latch” by Sam Smith, all grades were represented. The high school a cappella group, the Soundwaves, also sang. Sophomore Sophia Collins, who is a member of the Soundwaves, said she “was really excited to go up on stage and perform.” Instead of singing, many performers danced. A break dancing performance by elementary school students Ian Carlin, Brian Rosen, and Sam Rizzico as well as a lyrical solo by sixth-grader Ava Pick represented just two of the dance styles that were present throughout the night. For many students, this

was not their first time participating in A Night of Stars. Eighth-grader Jenna Cirella and fifth-grader Paige Garlitz, both who sang, have been part of the show for several years. According to Puglisi, the Spaulding Fund has been a wonderful resource for the school and is very generous. “The Spaulding Fund does a great job of raising funds to support the schools,” she said. The night ended with Masters of Ceremonies Charlie Davis and Oscar Heanue, both seniors, presenting foreign language teacher Erin Fortunato with flowers as thanks for all of her help coordinating and running the show.

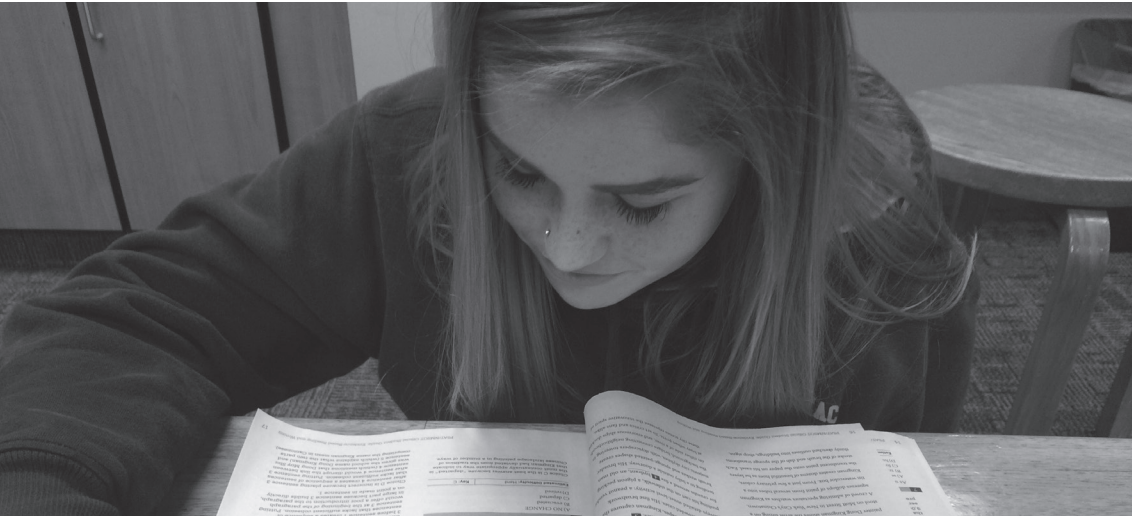
New SAT format raises concern among juniors

Optimized test increases need for preparation; stress levels rise

By Karlie Angelis

INDEPENDENT EDITOR

Juniors have conflicting opinions about the new SATs that will come into play this upcoming spring. The scoring has been changed from 600-2400 to 400-1600 points, and the time has been reduced to three hours, with an extra 50 minutes if a student decides to do the optional essay. Three different readers score the optional essay, and that grade is equated into the overall score. The guessing penalty has also been abandoned, leaving students thrilled. Juniors who took the old PSAT last year and recently took the new one this year found it to be easier and less stressful. “I thought that this year’s PSAT was a lot easier than last year’s, and I am glad that they took out the vocabulary section since I found it fairly difficult last year,” junior Amber Shaw said. The new PSAT no longer rewards students for memorization of definitions and instead tested to see if students can understand words that they are more likely to encounter in life. Additionally, the math section now contains less geometry and more data interpretation and graphs. “There are a number of reasons College Board gives for the redesign. One of the reasons is to make the test more equitable,” guidance counselor Gillian Polk said. Many juniors find the new SATs to be helpful for college since colleges could be more lenient, but some believe that it will create more challenges. “I think it will be helpful since colleges will know it is new, but the main problem is that SAT tutors will be off of their game. They won’t know how to teach students the new SAT because they won’t know what it is like; that is what worries me,” junior Madi Trumble said. “Some standardized testing tutors are against the new test all together,” junior Maddy Stowell said. Many tutors are now urging students to only take the ACT, according to Stowell. According to Polk, the College Board has partnered up with Khan Academy in order to help students prepare.



KARLIE ANGELIS PHOTO

Junior Chloe Doucette was among those who took the new PSAT on October 14, 2015. The class of 2017 is the first to take the new PSAT, and many voiced their thoughts on the new testing format.

Spirit Week’s antics carry mixed response; some question tradition

By Emily Clark

INDEPENDENT EDITOR

Spirit Week culminated in a pep rally at which students were encouraged to show pride in their grade and school. Monday was Color Day, Tuesday was Twin Day, Wednesday was Music Day, Thursday was Decades Day, and Friday was Hornet Pride Day. Abigail Donnelly, a history teacher and the faculty adviser of Student Council, said she was proud about how Spirit Week turned out, because “all the students really got in to it this year.” “I like Spirit Week; I think it is really awesome to see the pride students have not only in their grade but in their school,” Donnelly said. Spirit Week was well received by some of the students, such as senior Jenny Cochand, who also is on Student Council. “I really liked Twin Day this year, because my costume was cute and cozy. I also really liked



MARY BUCKLEY-HARMON PHOTO-

Juniors demonstrate their spirit on Hornet Pride Day. Students enjoyed the experience, but the administration voiced safety concerns.

Decades Day, because the whole class could do it together,” Cochand said. According to her, some aspects of Spirit Week did not meet her expectations. “We had a ton of people out on field trips on Twin Day, so the outcome was actually 47.7 percent; it was disappointing that the school didn’t take that into consideration,” Cochand said. Cochand, however, did have fun and is “ready to crush the juniors for spring Spirit Week,” she said. Lisett Ronchi and Ainsley McLaughlin, both juniors, agreed that some aspects of the week were enjoyable and some were disappointing. “The pep rally on Friday was my favorite part of Spirit Week because I like the competitiveness it brings out in us,” Ronchi said. McLaughlin agreed that her favorite aspect of the week was the pep rally but was also disappointed in the rivalry between the seniors and juniors. “Maybe we should do Spirit Week a little differently next year. I did not like it how the juniors and seniors were pinned against each other, and how the competition got too serious this year,” McLaughlin said. McLaughlin and Cochand were not the only ones dissatisfied in some aspects of Spirit Week; Andy McGilvary, head custodian, was disappointed after hours cleaning up the messes the kids made during the week. “Silly string was the big mess this year, and it is not a good idea for next year. It is still stuck on some things in the gym like the bleach-

‘I like Spirit Week. It is really awesome to see the pride students have not only in their grade but in their school.’

-ABIGAIL DONNELLY

‘I do not like how the juniors and seniors were pitted against each other.’

-AINSLEY MCLAUGHLIN

CONTINUATIONS

DEBATE VIEWINGS continued from page 1

of a citizen’s democratic duty and will help students of all ages become more prepared to vote. “Everyone has the right to vote. Watching the debates is just part of that; you need to be an educated voter to go out and use this privilege,” Coleman said. Watching the debates in the classroom helps students to make sense of the information that the students see all over social media, Coleman said. Senior Joe Alibali, a student in Coleman’s government class, said watching the debates with classmates and teachers made viewings more meaningful. “Watching them at school made me better understand many of the issues brought up. This is prob-

ably because when I watch them at home I’m usually distracted, but at school I was much more attentive. I really noticed what the candidates were saying,” he said. Junior Mac McCoy, who is also in Coleman’s class, said he thinks watching the debates at school is fun and a great way to apply concepts covered in class. “I didn’t expect it to be enjoyable at first, but it really is fun to see how everyone reacts. It’s also interesting that a lot of what we are learning in class is happening right now in the presidential race,” McCoy said.

YRBS SURVEY continued from page 1

risk behaviors; then the results were more consistent in grades 10-12. Additionally, the absence of the seniors [who left early and missed the survey] may represent inconsistencies, but we can infer the overall results based on the similar results of the higher grades,” Collins said. Looking to the future, Collins said the school anticipates repeating this survey on a regular basis, either annually or biannually. Principal Patricia Puglisi also spoke on the results of the survey, noting that the mental and social-emotional health results were the most alarming. For mental health, 22 percent of students felt sad or hopeless for more than two weeks at one point in the last 12 months, and

11 percent of students seriously considered a suicide attempt. Nineteen students, or five percent, made at least one suicide attempt within the last 12 months. “These were consistent with the state average; normally, more girls tend to report intense emotional distress, but in our school, there was an even amount reported by boys and girls. We are considering seeking a grant from the state to develop programs on social-emotional health,” she said. Puglisi said the next step is to reflect on the numbers and brainstorm ways to relieve student stress in order to see positive change. “There are three levels of intervention: school-wide, targeted groups, and one-on-one interventions that may require out-of-school assistance. It’s important to develop partnerships

COMING SOON

- **Bell Schedule Committee update**
- **Winter sports previews**
- **Teachers shadow students**
- **Math Team update**
- **Toy Drive**

Health Matters



Steps to take to keep your skin healthy in winter

By Sarah Williams
INDEPENDENT EDITOR

Temperatures outside have begun to cool down, and much like the rest of the animals at this time, you should start getting your body and skin ready for the long winter ahead as well.

Generally, the winter means less exercise outside, less fresh salads and raw foods, and less focus on protecting one’s skin. To combat these issues there are a number of steps you can take.

Your skin sometimes needs a little help doing its job well and staying glowing and staying healthy. You should stock up on a good moisturizing cream such as Clinique’s Dramatically different moisturizing lotion between \$14.50 and \$26, depending on size. Vaseline Body Serum at \$4.87 is also very strong lotion if the weather is especially dry.

Along with moisturizing, do not forget to apply sunscreen, especially once the snow starts falling. The sun may not be as hot, but it can still cause damage over time and reflect off of the snow. Sun Bum which costs \$15.99 is a sunscreen which smells like coconuts, vanilla, and a taste of summer.

Of course, the cheapest way



WIKI COMMONS PHOTO

Eating fresh citrus fruits in the winter helps replenish your skin.

to keep the skin glowing is to drink a lot of water. Try to get at least eight glasses of water a day.

Cutting back on dehydrating drinks like caffeine and carbonated water can also help you retain the rejuvenation and toxin washing qualities that water brings.

When it gets especially cold, cutting back on the long hot showers and soaking in warm baths, however tempting it may be, will help as well. Hot water

promotes excess dryness and dehydration. Not using soaps and instead opting for shower gels will also help the skin retain its moisture.

The last step one can take to stay healthy from the inside out during the winter is to remember to eat fresh fruits like citrus fruits and pomegranates; and vegetables like cabbage, brussel sprouts, winter squash, and potatoes; and get healthy fats from fish and dairy.

Green Team sponsors Food Day, brings in local food

By Charlotte Freed
INDEPENDENT EDITOR

Senior Paige Lafferty and freshman Annie Martin are focused on a project working on maintaining a sustainable dining hall and garden within the school. The two Green Team members behind the project set up a table during lunch to inform students about the goals of Food Day, which was October 23.

Food Day is a national event in which people are encouraged to learn about where their food comes from and also how to be more health conscious of their food.

Lafferty said the goal of the in-school event was to help students become more aware of what they are consuming on a daily basis and learn some of the benefits of local food, such as better taste.

“For Food Day, we wanted to get local food to come in from local farmers’ markets... and we had local businesses come in to promote a greener diet,” Martin said.

At the event, a local chef prepared food that was donated by nearby farms, Woodman’s donated chowder, and Fresh Catch



COURTESY OF PAIGE LAFFERTY

Sophomore Joseph Cirone, junior Chloe Doucette, and seniors Nick Warren and Paige Lafferty teach students about the local food available and the benefits of eating healthy fresh produce.

Fish brought locally caught had-dock to the school.

Lafferty said these donations allowed students to see what local food businesses have to offer and how fresh the products are.

Green Team adviser Eric Magers said the goal behind the student Green Team projects in general is to teach leadership, project management, and sustainability through experiential education.

Magers said every year two students focus their project around Food Day and healthy

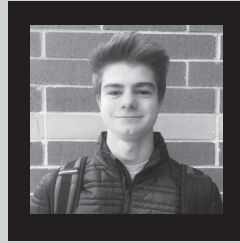
eating, and this year, Lafferty and Martin have been successful in educating the community about pesticide- and herbicide-free and organic food.

Looking further into the year, Lafferty said she hopes to develop “Meatless Mondays” in the dining hall because “excessive meat consumption is not only harmful to human bodies, but it produces a lot of methane, which impacts the environment much more than most people realize.”

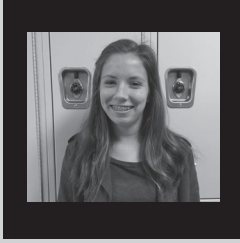
Martin said she has not been in touch with local food industries in the past, and this project allowed her to gain more knowledge about the importance of local food. Lafferty and Martin will be hosting additional events to educate students.



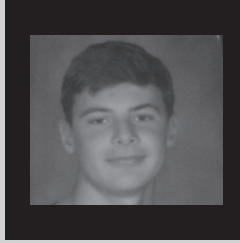
Freshman Austin Woodman-Paré:
“Linus because he’s shy and has a cute blanket and believes in the Great Pumpkin.”



Freshman Jack Furber:
“Charlie Brown because he’s a really great guy.”



Sophomore Holly Fossa:
“Schroeder because he’s really good at playing the piano.”



Sophomore Jackson Levendusky:
“Snoopy because he’s good at flying his doghouse.”

Student Speak

Who is your favorite “Peanuts” character and why?

Junior Niamh Dalton:
“Lucy because she’s sassy.”



Junior Matt Kenney:
“Snoopy because he makes fun of how ridiculous the other characters can look, and because he’s always pretending to be someone else.”



Senior Megan Clark:
“Snoopy because he’s cute and sleeps outside the doghouse and is good friends with Woodstock the bird.”



Senior Derek Walker:
“Snoopy because I like dogs.”





Snapchat’s new features keep application fresh

By Ethan Andersen
INDEPENDENT EDITOR

Although many may be well satisfied with the popular application Snapchat, the company has made impressive improvements to its interface.

The introduction of “lenses” on the Snapchat camera allows users to transform their face into an assortment of appearances.

By simply tapping and holding the screen while a face in is frame, the application locks onto the face and adds one of many effects.

To select the effect, users can scroll through a selection of seven choices. These lenses are updated daily, adding new appeal to the fun of Snapchat. Customers now can enjoy the excitement of a new lens each day.

The lenses are interactive and prompt users to do simple movements to make them come alive. For example, the raise of an eye-



ETHAN ANDERSEN PHOTO
Snapchat users can now choose from an array of fun lenses, that morph users’ faces and add interesting graphics.

allowed people to send their friends a frightening message.

In addition to lenses, Snapchat recently added a collection of



ETHAN ANDERSEN PHOTO
Snapchat offers both free lenses and multiple lenses available to purchase for 99 cents.

adjusts the pitch of noises.

Lastly, a rewind function allows users to reverse a video. This effect can be an amazing tool for sending a hilarious Snapchat.

Snapchat is clearly trying to keep their consumers satisfied. Although it is generally a non-traditional form of social media, it is becoming more popular.

With innovations such as lenses and video filters, the company is ensuring that they maintain their reputation as one of the most enjoyed applications available.

The introduction of “lenses” on the Snapchat camera allows users to transform their face in its frame.

The effects overall vary from subtle to apparent. Some

slightly alter the face or simply add cartoon text while others can cover the face entirely.

Usually seasonal, the lenses give users the ability to send a funny, or perhaps spooky, holiday picture. On the days leading up to Halloween, scary effects

video filters to their interface. These filters allow users to rearrange the time frames of their videos.

One option is a

slow-motion style video. This can be useful when wanting to show something interesting in slow motion or making a friend’s voice sound funny.

The second option is a fast forward effect that makes the video twice as fast and

Students pursue languages outside of school

By Maddie Conway
INDEPENDENT EDITOR

Most students take French and Spanish, but a few students are unable to take those classes or just have an interest in other languages. They turn to school-sponsored classes through Middlebury College or programs found in other local schools.

The foreign language department encourages students to learn languages outside of those offered at school. “There are millions of languages spoken by billions of people. French and Spanish are only two of these, and in a world that is seeking to be more globally interconnected, studying other languages gives students an appreciation for all those diverse cultures,” foreign language teacher Erin Fortunato said.

According to Fortunato, students who choose to add extra work to their schedules have a certain determination, focus, and independence.

The Middlebury classes are set up in a similar way to a school classroom, with vo-



COURTESY OF MADISON PALMER
Students can learn languages beyond those offered in school using various language programs at local schools.

cabulary lists, grammar lessons, and cultural videos.

Students said that the common reason that made them decide to pursue another language was an interest that was piqued by past experi-

ence or people that they knew well. “At my previous school, German was one of the languages that was offered, so once I learned of the Middle-

bury opportunity, I jumped on it,” junior Maya Palmer said.

Palmer said she likes the culture lessons because they put the language into perspective.

In addition to culture videos, Middlebury provides students with pieces from authors who were native speakers of the target language.

According to senior Preston Lee, who studies Mandarin, this is his favorite part of the program. “I love reading the poems and learning extra vocabulary through them,” he said.

Middlebury only offers courses in French, Spanish, German, and Mandarin, so junior Julia Potter, who wanted to learn American Sign Language along with fellow juniors Nellie Boling and Jenny Duff, turned to the Beverly School for the Deaf.

“The classes are on Monday nights, and our teacher is deaf, and therefore doesn’t speak, so the class is intensive immersion,” she said.

The fact that her teacher discourages talking has made her more aware of the culture of American Sign Language, Potter said, and she appreciates the opportunities with which her study of American Sign Language has presented her.

The foreign language department encourages students to learn languages outside of those offered at school.

STUDENT PROFILE

Noah
Smith



By Will Heslop
INDEPENDENT EDITOR

Favorite sport?
Basketball.

Favorite school subject?
Physics.

Recent Jobs?
Two years ago I was a dishwasher at C.K. Pearl, last year I worked construction at Northern Essex Ltd.

Are you playing any school sports?
No fall sports, but I will be playing basketball this winter and tennis this spring.

Thoughts on junior year?
I like it because I have more control over the classes I can take, but there is a ridiculous amount of homework.

Ideas for what you want to do when you’re older?
Structural engineer.

Favorite TV show?
“Game of Thrones.”

Favorite holiday?
Fourth of July because every year my whole family goes to my Uncle John’s house and play horseshoes and go swimming. I also catch a bunch of lobsters beforehand and we all have lobster for lunch.

Favorite hobby outside of school?
Playing spikeball with friends.

Where are you looking to go to college?
Georgia Tech.

Favorite type of music?
Pretty much anything by Van Morrison.

Favorite athlete?
Ray Allen.

Last book you read?
“The Great Gatsby” for English.

Last place went on vacation?
Martha’s Vineyard.

Have you ever been out of the country?
Yes, I’ve been to the Bahamas.

Sophomore Donnelly competes in Extreme Mustang Makeover



COURTESY OF KATIE DONNELLY & SUDDENLY STILL PHOTOGRAPHY

Sophomore Katie Donnelly walks her horse, Nala, whom she received from the Extreme Mustang Makeover competition in the summer of 2015. Nala now lives with Donnelly in Essex.

By Abigail Fitzgibbon
INDEPENDENT STAFF

Sophomore Katie Donnelly has been riding horses since age 6, but this summer she took on a completely new challenge, training a horse that has never been touched by people.

Donnelly participated in Extreme Mustang Makeover, a program designed to take thousands of horses from the Nevada area to be trained and eventually adopted by people up to the challenge, said Donnelly.

She and other participants in the youth division were given 120 days to train their horses before competing in August.

Before meeting her horse, Donnelly said she was nervous about meeting and adopting an untrained mustang.

“[My horse] was difficult for the first week at least. She showed signs of aggression, but it was only because she was just scared and was trying to defend

herself,” she said.

After meeting her horse, which she named Nala, Donnelly boarded her at a farm in Ipswich, and she raised over \$2,400 to do so.

The most important thing Donnelly could do to train Nala was spend time with her. “Any time that I had any off-time, I would be out there...sometimes just sitting on the fence watching her and other times just trying to connect with her,” Donnelly said.

On the morning of the competition on Aug. 6, Donnelly brought Nala to the Fair grounds. “I was terrified and just filled with adrenaline because there were some things that I had literally just taught her the day before,” she said.

Teachers John Mullady and Shannon Alger both attended the competition after hearing about the program from Donnelly.

“The calm demeanor and confidence that Katie and some of the other kids displayed in the arena was most impressive,” Mullady said.

Donnelly’s favorite part of the process was the competition because she was met the other competitors she had been following on blogs dedicated to the training program.

Alger agreed that the competition was quite remarkable.

“I thought the people were very brave to get these enormous, wild animals and try to handle them and try to get them to trust them, given they had no prior exposure,” Alger said.

‘I thought these people were very brave to get these enormous, wild animals.’

-SHANNON ALGER

Teachers devote personal time to writing college recommendation letters

Recs reveal unique side of students noticed by teachers

By Sarah Williams
INDEPENDENT EDITOR

A key component of the college application process is the letter of recommendation that students get from one or two of their teachers.

While students may feel overwhelmed by their applications, teachers also have their fair share of work to do when writing the recommendations which, are not required for them to do.

“It’s certainly extra work, but I like sitting down and thinking about the students that I’ve had and students that I can write a good recommendation about,” history department chair Lauren DuBois said.

In general, each recommendation takes between an hour to two hours an essay, but some teachers like physics teacher

Joshua Wladkowski can finish them in 20 minutes if they have a lot to say.

Teachers set aside much of their time to write between three to 27, depending on the teacher, and often create a schedule as to when they are going to do them.

“I have to sit down a brainstorm, and then I’ll go back to it and actually write it, and then I’ll go back three or four more times,” French teacher Erin Fortunato said.

They may also do them in different times of the year, such as in the summer when they have more time.

Recommendations are meant to show a side of the student that

the college application reader wouldn’t be able to already pick up on from everything else they have turned in. It gives a picture of the student through the eyes of someone else.

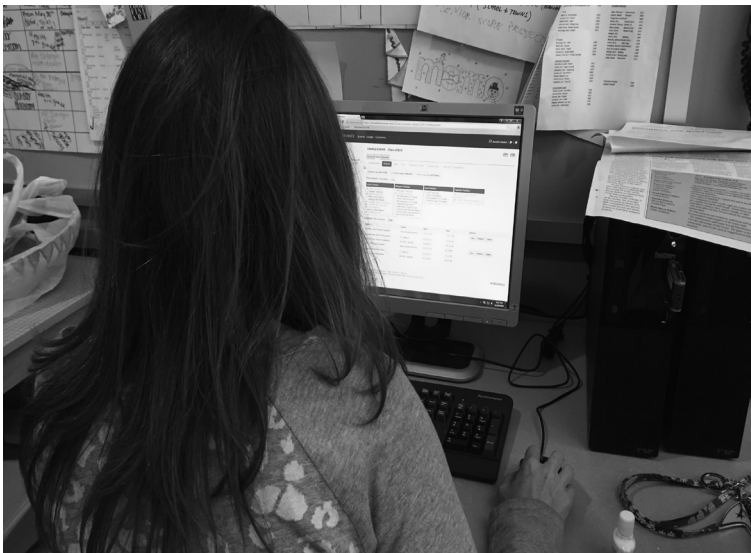
“[It’s easy] if they are for students I know very well and have stuff to say about them, like stories I could tell. You want to give something unique to what they have written on their essay or transcript already. But it’s stressful,” Fortunato said

Some letters of recommendations for students who do not connect with the teacher can be more generic.

“I have found ways to say positive things about kids,

‘It’s certainly extra work, but I like sitting down and thinking about the students that I’ve had and students I can write a good recommendation about.’

-LAUREN DUBOIS



SARAH WILLIAMS PHOTO

Although teachers aren’t required to write college application recommendations, they write anywhere from three to 27 letters.

maybe like, this person may have struggled in my class, but they’re great in all these other places. And I have turned people down to say I maybe don’t feel comfortable writing this for you,” Fortunato said.

Sometimes teachers will also

just find a way to rephrase a possibly negative aspect.

“There is always some way to write in a way that is not necessarily negative; for example, they struggled but they came after school a lot for help,” Wladkowski said.

Swim team walks for immunodeficiency in support of teammate Rautio

By Oscar Heanue
INDEPENDENT EDITOR

In an effort to support teammate Nathaniel Rautio, the swim team is fighting to raise awareness of autoimmune disorders.

Rautio, a senior, suffers from both common variable immune deficiency (CVID) and Evans syndrome, autoimmune deficiencies that weaken his ability to fight infection and lead to the destruction of blood cells.

Although there is currently no cure for either condition, there are treatments available to help control the damaging effects.

“I get an infusion once a week of immunoglobulin, which is basically like other people’s immune systems,” Rautio said.

The swim team, of which Rautio is still an active member, has begun campaigning to raise awareness and support Nathaniel, particularly through walks against primary immunodeficiency disorders.

“Nathaniel’s mom asked if the swim team wanted to participate in the IDF walk. This was the first time we found out specifically what Nathaniel was going through, and so we participated and walked as team Manchester-by-the-Sea,” senior captain Erin Carlson said.

His teammates were quick

to rally support, according to senior captain James Phelan.

“We found out about it through Nathaniel’s mom and our coach, and the captains spread the word quickly around the team to gather support for it,” Phelan said.

Although the team has only participated in one immunodeficiency walk, team captains say that they have plans to do more to raise awareness in the future.

“We are hoping to have a fundraiser night at one of our meets this upcoming season to

‘It’s been nice having people support me and my condition.’

-NATHANIEL RAUTIO

support Nathaniel,” Carlson said.

Phelan added that the team has been active in making donations to the Primary Immunodeficiency Foundation, as well as making other efforts to support their teammate.

“The walk was the biggest thing we’ve done as a team, but there have also been donations to the foundation that ran the walk. On top of that, we are all friends, and have hoped that our friendship has helped to support Nathaniel in what he’s going through,” Phelan said.

Rautio said he appreciates his teammates’ efforts.

“It’s been nice having people support me and my condition,” Rautio said.



OSCAR HEANUE PHOTO

Senior Nathaniel Rautio suffers from common variable immune deficiency and Evans syndrome but receives helpful donations from teammates.

Kendall McCormick

Kendall McCormick, who graduated in 2014, chose McGill University in Montreal for the fun college environment stemming from the city’s vibrant international culture. McCormick said she enjoys being on the crew team, which she began participating in her freshman year.



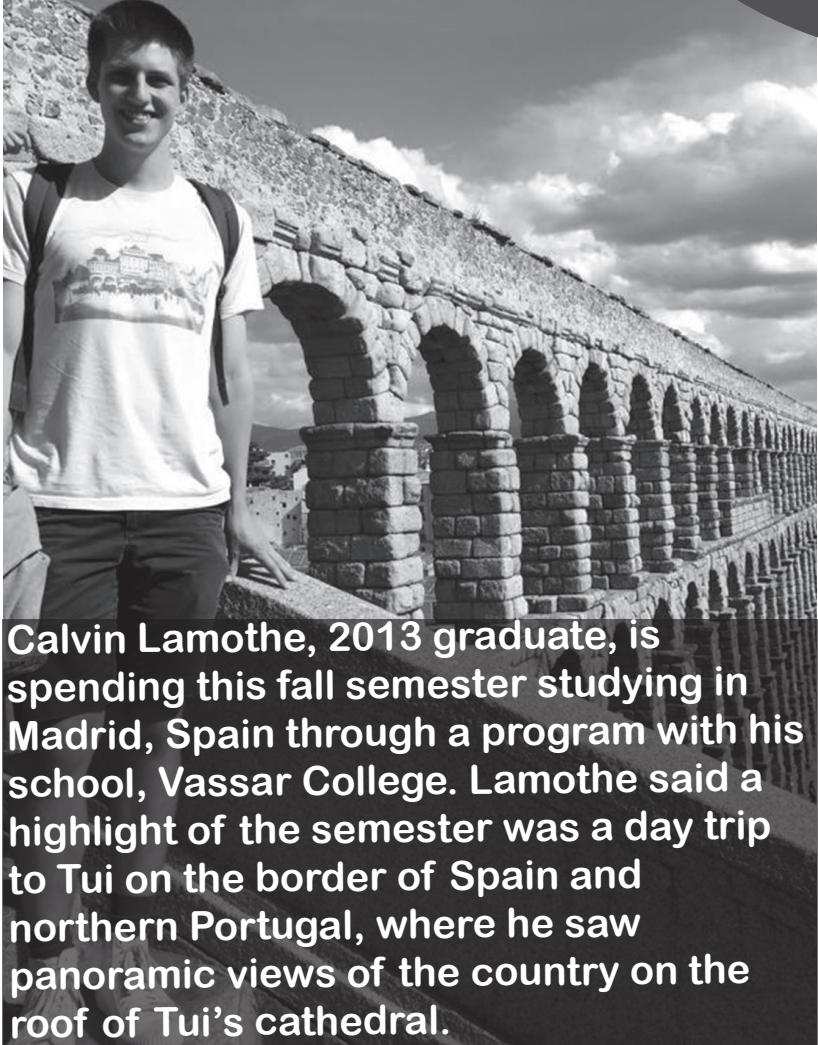
Oliver Hull

Oliver Hull, who graduated in 2015, is in Cape Town, South Africa, for three months volunteering as a soccer coach and teaching preschool. Hull is attending the University of Maryland starting in the fall of 2016.



Alumni
Abroad!

Calvin Lamothe



Calvin Lamothe, 2013 graduate, is spending this fall semester studying in Madrid, Spain through a program with his school, Vassar College. Lamothe said a highlight of the semester was a day trip to Tui on the border of Spain and northern Portugal, where he saw panoramic views of the country on the roof of Tui’s cathedral.

Olivia Mastendino



Olivia Mastendino, graduate of 2013, said she loves studying at Trinity College’s campus in Dublin, Ireland. The international school has allowed her to make friends from all over the world, and she enjoys the freedom to travel all over Europe easily.

School Spirit

Should the school have spirit week next year?

Pro

Will Heslop

In the world of busy schedules and rigorous workloads, any form of rest is more than welcome. If only there was some way that students could get a little bit of a break. Spirit week offers just this, and for this reason it should continue as a yearly tradition.

Spirit week is a great way to break up the monotonous schedules that all students have undertaken. Simply having this week makes the early part of the year far less taxing, and it helps take students’ minds off of their studies.

By having spirit week early in the year, it makes the transition from the summer to the challenging school year a lot easier. It is a great way to relax and regroup just over a month into the year.

This tradition also offers a very unique opportunity for students in the high school to come together. By supporting the great sports teams at the school, there is a great sense of community.

While it may seem like the classes are more divided by the end of the week, having the entire student body dressing up in absolutely ridiculous costumes promotes a strong sense of unity and togetherness.

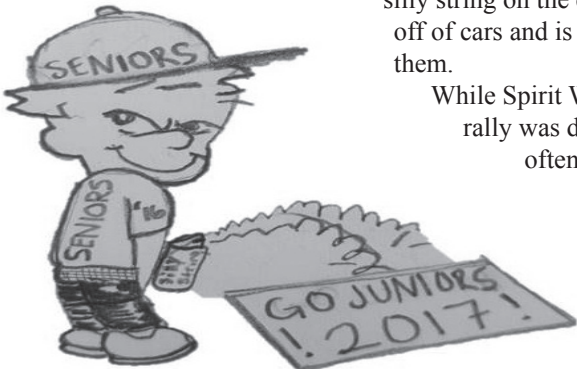
Aside from this added camaraderie, spirit week is great for the middle schoolers. By combining the pep rally with middle schoolers, they get a sneak peak of what high school is like.

In response to some of the criticisms to this year’s festivities, most of the concerns can be addressed without having to get rid of the entire week. There definitely were some problems, but this does not mean that spirit week should be gotten rid of entirely.

The thematic nature of spirit week works well, but there is clearly a need for costumes to be somewhat restricted. Problems involving rollerblades and the general trashing of the gymnasium need to be addressed.

There could be some sort of screening process for costumes, and this way, problems with various outfits being too distracting or inappropriate would be ironed out.

Without spirit week, the school would lose a part of its wonderful sense of community, which is one of the things that makes it so great. Spirit week is an integral tradition and the school, and it should be maintained at all costs.



ETHAN ANDERSEN ILLUSTRATION

Con

Maddie Conway

School pep rallies and Spirit Week are supposed to make students excited for school sports, especially those that are continuing their season in championships, but they often get too intense and should not be allowed.

They’re not meant to trash the school, be a danger to students and faculty alike, or produce animosity between the juniors and seniors; however, that’s exactly what happened this year.

Students brought silly string to school and sprayed each other, lockers, and hallways with it. Students were left cleaning silly string out of the insides of their lockers, their hair, and their cars; but custodians had to scour the silly string from the school corridors and floor. They also had to pick up the posters and other decorations left behind in the gymnasium.

Students ignored privacy rights as penciled lockers were opened in order to spray silly string on the contents within. Silly string has been known to take the paint off of cars and is difficult to remove from thin pages of textbooks without ripping them.

While Spirit Week was destructive to school and personal property, the pep rally was dangerous. Two activities used platform scooters, and students often rode the scooters head-first or fell off of them. One person even crashed into band equipment.

Math teacher Richard Brown noted that the danger present in the pep rally was a common concern among teachers. “I really like the idea of a pep rally because students need to have a way to have fun, but when the activities get dangerous, the pep rally ceases to be fun because it is no longer safe,” he said.

Another safety hazard was the use of scooters and roller blades that were a part of some seniors’ costumes. “I saw students wearing roller blades heading for the stairs and was very concerned for their safety,” Brown said. Assistant Principal Paul Murphy later banned the roller blades.

Competition is accepted and encouraged during Spirit Week, but it escalated to a point where juniors were trash-talked on Facebook, had their posters ripped down, and were sprayed with silly string. Additionally, juniors were booed, had “Juniors suck!” written with chalk on parking lots, and had their lockers broken into.

Such behavior does not contribute to the kind of atmosphere a school-wide Spirit Week seeks to create, so Spirit Week and the ending pep rally should no longer be held.

Adopting vegan lifestyle improves personal, environmental health

Essential nutrients and proteins are easily obtainable through substitutes for animal, dairy products

By Lydia Parker
INDEPENDENT EDITOR

Adopting a vegan diet is a great way to both improve personal health and help make the Earth a healthier environment for all of its inhabitants.

According to an article written by Christian Nordqvist in Medical News Today, “Vegans, in addition to being vegetarian, do not use other animal products and by-products such as eggs, dairy products, honey, leather, fur, silk, wool, cosmetics, and soaps derived from animal products.”

The personal health benefits of becoming vegan are numerous. According to Nordqvist, “Eating animal fats and proteins has been shown in studies to raise a person’s risk of developing cancer, diabetes, rheumatoid

arthritis, hypertension, heart disease, and a number of other illnesses and conditions.”

Humans can very easily obtain the nutrients and proteins that our bodies need without the consumption of animal products like milk and eggs. Soy, coconut and almond milk are healthy

substitutes for milk that provide equal nutritional value.

There are also substitutes for meat products that are increasingly accessible for vegans. Food brands such as Boca and Gardein make following a vegan diet affordable and easy.

Contrary to popular belief, humans don’t need to consume animal products like milk. According to Nordqvist, “The fat and protein content of cow’s milk is very different from human milk - vegans say that we are not designed for consuming

cow’s milk.”

Adopting a vegan diet and cutting meat out of the picture can have a big impact on the body. According to Nordqvist, “Another U.S study involving half-a-million people found that red meat and processed meat eaters died prematurely more frequently than other people.”

The vegan lifestyle can influence the development of certain illnesses. Nordqvist references an article in Food Technology, writing, “Plant-based diets either minimize or completely eliminate people’s genetic propensity to developing chronic diseases, such as diabetes type 2, cardiovascular disease, and cancer.”

A vegan lifestyle can also help improve the environment and the lives of animals.

According to Nordqvist, many vegans believe that livestock farms are accelerating the erosion of topsoil and wasting resources. “A vegan believes that producing food through animal



COMMONS.WIKIMEDIA.ORG

Vegan pancakes are just one of many delicious options for vegans.

farming is inefficient, because animal feed production takes up a lot of land, fertilizer, water, and other resources,” he writes.

The commercial meat and animal product industries are also notorious for animal cruelty and mistreatment. Furthering the reason for the switch to a vegan lifestyle, Nordqvist writes, “Part

of the reason is a belief in the absolute right of animals to exist freely without human interference, but also because many commercially-raised egg-laying chickens and dairy cows are slaughtered when their productivity declines with age - this is even the case with free range animals.”



Cap on testing creates benefits, preserves time for learning

By Connor Senay
INDEPENDENT EDITOR

In response to the pressure of high-stakes testing in public schools, President Obama’s administration called for a reduction in testing inside classrooms. The cap on assessment asserts that no more than two percent of instruction time in classrooms shall be spent taking tests in order to spend more time on lessons rather than test prep. Testing was made a key part of the Common Core standards initiated by 48 state leaders in 2009. As Obama continued to push the importance of standardized tests to win money for states in the Race to the Top program, liberals and conservatives banded together to topple this concept of increased test implementation. It is not only in the political realm that testing is believed to be undercutting the purpose of education. According to the New York Times, a study conducted by the National Assessment of Educational Progress found no evidence that time spent on tests improves academic performance. While testing is a tool that was once used to assess knowledge for a unit, new editions of standardized tests like the SAT and MCAS are being released that leave parents and students with a difficult choice on which look better for colleges or adhere to the student’s strengths. “Because so many actors are adopting and requiring tests, you often find a whole portfolio of tests not being very strategic...It results in a fair amount of redundancy and overlap,” said Michael Casserly, the executive director of the Council of the Great City Schools, in the New York Times. Additionally, states like Florida have made efforts to reduce testing, so the ambiguous wording of the testing cap has created a problem for the state. According to the Sun Sentinel, the introduction of Florida Standards Assessments caused educators to say they have no faith in the tests’ fairness. In light of Florida’s struggle with limits on testing, Obama said students should only take exams to help them achieve success. This call to limit testing is only a suggestion, leaving current state standards unchanged. The Obama administration’s cap is a step in the right direction to preserve time for lessons and eliminate standardized test confusion.

STAFF EDITORIAL

Confusing new bell schedule proves to be a nuisance

Changes in this year’s schedule have caused large amounts of confusion among students, who seldom know where their next class is. The containment of A and B block within the first two blocks of the day, a concept introduced to benefit teachers working part time, has disrupted the rotating pattern that the schedule has followed for years, leaving students unable to assume what block they have next without constantly checking their schedules. This confusion interrupts the school day. “It’s a pain, because no one knows what block is next because the schedule doesn’t have a pattern to follow,” junior Chloe Doucette said. “You always have to look and see what block it is.” Such confusion has led to various problems for the student body: For example, many students go to the wrong classes and lunches, missing valuable



FRITZ SPOFFORD PHOTO

Students have found this year’s schedule confusing due to the lack of patterns. Next year’s schedule needs to be more predictable. time and disrupting class. Over two months into the year, students should have their bearings by now. They should be able to go from class to class with a basic knowledge of their schedules without having to constantly consult their printed

copies. The fact that the schedule has changed is not the issue; the lack of pattern is what is causing most students to trip up. The first half of the day works fine: The alternation between A and B going first, then C, with D block taking up the space left by a dropped block is easy enough for students to understand. The real issue lies within the anarchy of the class ordering following C block during the second half of the day. “The blocks that rotate after C were confusing to me at first, so I would always think we were going in a certain order and just completely mess up what blocks I had,” junior Emily Yakubowskas said. “I kept forgetting that study hall would sometimes be lunch block twice in one week, and I would always end up going to math by accident.” “The schedule is a nuisance,” Doucette said. “I really hope the school is considering revising it next year.” This year’s schedule is only a pilot, and it will be changed next year. Next year’s version needs to be more predictable than this year’s so that students can get to class on time without any confusion.

Fitness testing does not need to be graded, required in any gym classes

Testing negatively affects students, makes non-athletic individuals insecure

By Juliette Kelley
INDEPENDENT STAFF

Recently, in order to assess students’ overall fitness levels, many gym classes at the school have been implementing fitness testing, which can be a negative experience for some students. Because it can be negative, fitness testing should not be required. If it must be mandatory, however, students should not be graded. According to athletic director and Assistant Principal Paul Murphy, fitness testing grades are based on effort, not students’ physical abilities. However, there is a pass-

fail basis based on one’s ability. Being athletic is a characteristic that cannot necessarily be taught, so some students fail in the sense that they do not meet the general fitness standards measured by fitness testing. If students do not “pass” the test, it can cause them to feel insecure. Physical education teacher Eric Magers said, “It’s important to do [fitness testing] in a way not to shame kids.” However, if students’ athleticism is being labeled as pass or fail, students will likely feel inferior if they fail the test. Although this can be an indication they need to exercise more, it is not right to label a student as unathletic because he or she did not meet the general athletic standards. If students cannot meet the general standard, it may also be because of injuries or health is-

sues. According to Murphy, any injured student is excused from the testing. However, injuries do not necessarily encompass other health issues students may not feel comfortable informing the school about. They may fail because teachers are not informed that these students are not in optimal health. Despite the negative pass or fail grading system, fitness testing can be important because “it’s good [to make] well-rounded individuals,” Murphy said. It also teaches students exercise other than through team sports, according to Magers. For these reasons, the best option regarding fitness testing

in schools is to make it voluntary for students. If students were curious about their physical fitness or wished to try different types of exercise, they could take the tests. Students who felt insecure or were not in optimal health would not be required to take the test. If a school felt fitness testing was absolutely necessary, a better approach than the current system would be to not attach any type of grade to it. If there was a problem with a student’s fitness that needed to be discussed, the student would be addressed separately. Fitness testing should not be required, but if it is, it should not be graded.

The best option regarding fitness testing in schools is to make it voluntary.

the **INDEPENDENT**

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Guns on Campus would not prevent school shootings

Better mental healthcare, more stringent gun laws would better protect students

By Amber Paré
INDEPENDENT EDITOR

As school shootings continue to occur across the country, some people think having guns on campus would protect students. This, however, is not true.

According to writer Joe Gunter with BBC news, data from October shows that 294 mass shootings have occurred in the United States this year, and 45 of these shootings have occurred at schools.

Guns on campus won't solve this prominent issue.

Dr. Dewey G. Cornell, a clinical psychologist and professor at the University of Virginia, said in an interview with Washington Post that students are more likely to be killed outside of school than inside of school.

Because school shootings are rare, it would be a waste of taxpayers' money to buy guns or security systems for campuses.

Cornell also said that the shooter often needed mental healthcare and didn't get it.

Rather than changing security in schools, what needs to change is mental healthcare.

By making mental healthcare accessible to everyone, more people will seek treatment for mental illnesses. This could decrease shootings.

Gun restrictions could also decrease shootings.

Dr. Jeffery Swanson, a professor in behavioral sciences at Duke University, said in an interview with propublica.org that federal laws are "under-inclusive" and don't keep guns from all dangerous people.

According to Swanson, not all mental health records are checked with current background check systems, so some people who shouldn't own guns can get them. Also, people with violent tendencies can buy guns secretly.

Stricter gun laws will in-



WIKIMEDIA COMMONS PHOTO
After the Sandy Hook shooting, people marched in favor of stricter gun laws to prevent violence.

crease safety on the whole.

Keepgunsoffcampus.org also says that at colleges where guns are present, crime rates increase.

While this does not show that guns on campus lead to violence, it shows that guns do not directly lessen violence on campuses.

The best solutions to gun violence are to provide mental healthcare to those who need it and restrict gun ownership.



WIKIMEDIA COMMONS PHOTO
The hearing to investigate a terrorist attack in Benghazi, Lybia, lasted nearly 11 hours and attacked Hilary Clinton's campaign.

Benghazi committee strays off topic

By Abby Fitzgibbon
INDEPENDENT STAFF

Now that the presidential election is less than a year away, candidates are scrambling for the lead, and Hilary Clinton's Benghazi hearing is a testament to just how far a political party will go to impact the polls.

On Oct. 22, Clinton testified in a public hearing for the House Select Committee on Benghazi. The committee formed last year to investigate the terrorist attack in Benghazi, Libya that killed four Americans, according to Joe Klein, columnist for Time Magazine.

However, the Benghazi hearing was not truly concerned with investigating the attack.

The committee, which is made up of mainly Republicans, damaged Clinton's presidential campaign. By giving Clinton negative press, Clinton's competition in the Republican Party can injure her campaign, raising Republican candidates' rankings.

The hearing was outrageously long, nearly 11 hours, according to Stephen Collinson, reporter for CNN. This grueling "marathon" of a hearing aimed to find a way to force Clinton to err instead of receiving an informed report from her.

According to a CNN poll, 72 percent of Americans believe that the committee on Benghazi has political goals instead of ethical. These political motivations deter from the purpose of the hearings and make them less legitimate.

Even House Majority Leader Rep. Kevin McCarthy admitted that the committee's main aim was to hurt Clinton's campaign, according to Paul Waldman, an opinion blogger for The Washington Post.

The Benghazi attacks have been inflated to damage Clinton's images, which is disrespectful to those who died in the attacks.

"Clinton was no more in charge of State Department security than she was of building maintenance," Washington Post writer Richard Cohen said.

The Benghazi hearings are a waste of time and taxpayer money and are unfair to Clinton for attempting to damage her campaign.

The hearing cost more than a ridiculous \$4.5 million, according to Marina Fang, politics editor for The Huffington Post.

Instead of trying to harm Clinton's campaign through this hearing, Republicans on the committee should channel their efforts into helping their own candidates.

Electoral college strays from democratic values, proves useless, out of date

By Julia Bonaccorso
INDEPENDENT EDITOR

Each presidential election raises the same question: Why does the outdated, useless system of the Electoral College still exist?

Created in 1788, the Electoral College is part of the original US Constitution and was dreamed up by history's very own set of Mean Girls: the Founding Fathers.

No, they didn't wear pink every Wednesday during the Constitutional Convention, but the Fathers did align with a slightly modified version of Regina George's classic catchphrase changes to the Electoral College have made it entirely useless.

Now, delegates from each state cast their vote in accordance with the popular vote in their state, which creates a redundant result but can still cause occasional upset.

As in many elections, a candidate can win the popular vote but lose in the Electoral College and therefore lose overall.

In a government that claims to be "by the people, for the people," this contradictory practice of discarding the popular vote is entirely bogus.

In a government that claims to be "by the people, for the people," this contradictory practice of discarding the popular vote is entirely bogus.

Not only would it be infinitely easier and less confusing to elect the president based on majority verdict, it's simply more logical for America's system of government.

In a democracy where every citizen has a say in his or her government, it makes sense that the president be elected directly based on the desires of the majority, not by an outdated, useless system.

If the Electoral College serves one function, it prevents elections in which the initial vote does not determine a clear winner.

However, it is still possible for a tie to result in the electoral vote as well, which the 12th Amendment addresses by giving the House of Representatives the power to elect the next president and the Senate similar power to elect the vice president.

If this system is used to resolve ties in the Electoral College, why can't the same system be used the in the result of a tie in the popular vote?

As the country grows and changes, customs such as the Electoral College need to change as well.

Football depends on final chance to solidify winning record

Thanksgiving game against rival team Georgetown will be decisive

By Ethan Andersen
INDEPENDENT EDITOR

Wrapping up the postseason with a record of 5-5, the football team is looking to the annual Thanksgiving match against rivals Georgetown to solidify a winning record.

Senior captain Chris Carr expressed his pride in the team's performance during

postseason, despite not making playoffs.

"It stinks to not qualify for the playoffs, and it's tough to have a schedule packed with teams that are a division above you, but we won 2 of 3 consolation games against teams that are in our division, so there's

definitely something to be proud of there," he said.

Fellow captain, senior Jack Hennigan, explained why he thinks the team struggled to qualify for the playoffs.

"We had a lot of potential and the beginning of the season

and had opportunities to have a great season, but too many time we beat ourselves with mistakes or penalties," he said.

After a tough 12-6 loss to Austin Prep, the team still has the opportunity to meet a couple of its goals from the beginning of the season.

"Our goals were to win the league, make playoffs, have a winning record, and win on Thanksgiving. We still have a

'It would be nice to go out on a high note and give the team some momentum going into next year.'
-Chris Carr



COURTESY OF STEVEN OSTROVITZ

The defensive line faces off against Austin Prep during the team's 12-6 loss earlier this November.

shot at two of those, and hopefully it all comes together at our final game," head coach Jeff Hutton said.

The annual Thanksgiving game will determine if the team will end the season with a winning record. Hennigan believes this match will be no problem.

"It is bittersweet to be playing my last high school football game, but we played a great game against them the first time

we met, and they haven't had much success this season. We all believe that we shouldn't have a problem getting the win," he said.

Hutton is more cautious about the outcome of the match because he knows from experience that anything can happen in rivalry games.

"We're all excited to play Georgetown, and we did well against them earlier, but any-

thing can happen in these games and record is not necessarily a predictor for who will win," he said.

Carr identified this game as the "most important" of the season and said a win will be crucial to this year's success, and also next season's.

"It would be nice to go out on a high note and give the team some momentum going into next year," he said.

Loss in quarter final knocks boys' soccer out of state tournament

By Charlie Davis
INDEPENDENT EDITOR

After finishing the regular season with a record of 7-5-4 in the Cape Ann League, the boys' soccer team made a state tournament run in the Division IV North bracket.

The boys defeated Rockport in the first round of the tournament, but was knocked out by Lowell Catholic in the quarterfinals.

According to coach Robert Bilsbury, it was special to beat "arch-rival" Rockport in the tournament.

Senior captain George Lantz said that he was also happy with the team's win against Rockport, but Lantz said the game against

Lowell Catholic could have easily had a different result.

"[Rockport] was a great game for us. We played hard and I think we deserved the win. Lowell Catholic was a tough game. We played well and created a lot of chances but unfortunately they capitalized on their opportunities and we didn't," Lantz said.

Bilsbury said that the team was able to achieve its success this year because of a unique team chemistry and atmosphere.

"From all of my 17 years of coaching, I just feel like this group was on the same page more than any other team I've coached. Everyone came with an awesome attitude of 'Hey, let's

work, let's get better every day,'" he said.

Bilsbury also said the depth of the team's bench players as well as the starting lineup was a major strength.

Senior captain Emmett Strack also said depth was a key component of the team's playing style.

"We had so many strong players in the starting lineup, and our bench was full of capable players that we could sub in and feel confident that they would bring intensity," Strack said.

Bilsbury said the experience the bench players gained this year will pay off next season.

"A lot of the returning players will all have varsity minutes and varsity experience, so we're ready to get after it [next season]. We won't experience the same growing pains that other teams will," he said.

'This group was on the same page more than any other team I've coached.'
-Rob Bilsbury



COURTESY OF KARA HERSEY

Senior Liam Crossen shoots in a tournament game vs. Rockport.

Girls' soccer makes strong run in state tournament, first qualification for program

By Lydia Parker
INDEPENDENT EDITOR

Girls' varsity soccer ended their season with a 1-0 loss against Saint Mary's in the Division 4 State Tournament Finals.

As the first girls' soccer team to qualify for the state tournament in the history of Manchester-Essex, the team has made school history. According to the team captains, they accomplished almost all of the goals set at the beginning of the season.

"I'd say that we accomplished a lot of our goals. We played the best season of soccer that Manchester-Essex girls' varsity has ever seen, and we did it by playing as one unit," senior and captain Bella Mastendino said.

According to Mastendino, every member of the team, regardless of grade level, worked hard



COURTESY OF KAREN CLARK

Freshman Abby Lantz dribbles at the Georgetown defense during a 4-0 win away. Lantz has been vital to the team's success.

to help the team during the season. "Even freshmen were really stepping up and being leaders. We actually had five freshmen-starters all season," she said.

Senior and captain Maddie Shaw shared the same feelings of pride and is thankful for her

experience as a captain.

"Getting to be a captain of the team this year was such a privilege. We worked with girls that were driven and focused, and that really affected the outcomes of our games. I couldn't have asked for a better group of

girls to call my team," she said.

While both captains express sadness at the end of their season with the team, they have high hopes for the future of the team.

"I am very sad about not being able to play with these girls for another year, but I also know that they will be doing great things next year, and I am honored to have been a part of it," Mastendino said.

She also emphasized the improved teamwork that developed this season. "This year we focused more on team mentality, and it really showed," Mastendino said.

The Division 4 North Finals game against Saint Mary's was a challenging one for the team, according to the captains. The team gave up one unanswered goal to Saint Mary's in the last 10 minutes of the game, ending the most successful season in the

program's history.

Coach Bryan Shields expressed how special his experience was coaching during a spectacular year.

"It's been years in the making, as this is my fourth year coaching the team. We knew that we had a lot of talent, and we knew that we were building and moving in the right direction, and I think that we're still moving in the right direction. I'm excited to see where the team goes next year," he said.

He also attributed much the team's success to the determination and the leadership of the seniors.

"I'm very proud of the seniors. They really stuck with the program for all four years and worked hard. They deserved to win, and I'm proud that they were able to do so a lot this season," he said.

Field hockey’s strong season comes to end

Cape Ann League Champions lose to rival Watertown in division tournament

By Avery Shaw
INDEPENDENT EDITOR

With a record of 17-2-2, the field hockey team ended their season after a 4-0 loss against Watertown in the Division 2 North Finals championship, the team’s seventh appearance in the past nine seasons.

“We knew Watertown was going to be good, of course. But we couldn’t help getting our hopes up. I really thought this might be the year we would beat them,” Crovo said.

Junior Liddy Deconto attributed their loss to the significant lead that Watertown had by the end of the first half.

“They definitely focused on their offense, and the game turned physical pretty fast. Five minutes in you could tell that we had to adjust our approach to the game. It was in the first half that they scored three goals,” Deconto said.

After the first half, Manchester Essex attempted to address

their weaknesses, senior captain Charlotte Freed said.

“We focused on opening things up in the second half. We started passing the ball much quicker, and we did much better. And because every goal scored was off of a corner chance, the defense really tried to keep it a tighter game,” she said.

The Hornets managed to earn five corner chances and restrained Watertown to just 3 in the second half.

“I think our energy in the second half had them a little flustered. They were definitely shocked to see the ball in our possession for most of the game,” Deconto said.

Freed said after the game the team was very upset by the end to their season.

“Most seniors were crying. I was crying. But it wasn’t just because we lost. It was more because I am going to miss this team so much, and I can’t believe I had just finished my last game



COURTESY OF TARA LYNE

The field hockey team regularly wins the Cape Ann League; they have the best record in the League. Since 2007, however, the team’s season has ended in the Division 2 Finalist Tournament. This year, the team won against rival Triton but lost 4-0 in the second game to Watertown, another large rival.

with them,” she said.

Crovo viewed the year as a success, despite the disappointing loss.

“We had three goals: to win the Cape Ann League, to make it to Finals, and then to win the Finals. We accomplished two out of our three goals. One game should not take away from our amazing season,” Crovo said.

Crovo and Deconto said they

are both are hopeful for a strong team next year because they have talented underclassmen.

“We are losing some of our key players, but our juniors are super strong,” Deconto said.

Golf team emphasizes improvement, fun, finishes season 5-8

Team wins Old Cape Ann Classic Tournament

By Julia Bonaccorso
INDEPENDENT EDITOR

The golf team ended their season with a final record of 5-8 and an overall emphasis on improvement, camaraderie, and positivity, according to head coach Hollis French.

Like most sports, golf is a game of constant improvement, and through hard work and collaboration, the boys improved a great deal by the end of the season, French said.

“Our number one priority was to have fun, and I’m pretty



JULIA BONACCORSO PHOTO

Seniors, such as McKenzie Woodman, helped the team finish with a record 5-8 as well as win the Old Cape Ann Classic Tournament.

sure we achieved that,” he said.

French was impressed with the team’s positivity after matches as well as how much this “terrific group of players” supported each other and enjoyed

each other’s company.

However, when it comes to putting and chipping, the team “could have been sharper this year,” he said.

Despite a stronger focus on

skills, French is planning on keeping next year’s golf program very similar to the current one.

For next year’s players, Captain Alex Beckmann advises them to “focus on having fun and that winning isn’t everything. Stay positive,” he said.

As for the graduating captain, this season marked his fifth and final year on the varsity golf team, which has been an extraordinary run for him, according to French.

Regularly the top scorer in matches, Beckmann’s performance throughout the season earned him several honors including a spot in the both the Cape Ann league all-star tournament and the state championships.

“I had a goal at the beginning of the season to help the team win as many matches as pos-

sible and to qualify for the state tournament. We won 5 matches and I qualified so I was happy,” Beckmann said.

Though he will miss playing golf in high school, Beckmann said there is a good chance he will be playing in college and throughout his entire life.

It wasn’t only Beckmann who earned recognition this season, however.

The team’s three other seniors Brad Graves, McKenzie Woodman, and Matt Donnelly also had outstanding play this year, according to French.

The highlights of the season were the team’s victory over Masconomet and its narrow win in the Old Cape Ann Classic Tournament, neither of which could’ve been achieved without the help of the four seniors, French said.

SPORTS OPINION

Freshmen, sophomores who play school sports should not need to take gym



EMILY CLARK PHOTO

Sophomores Summer Burroughs and Taylor Reader participate in gym classes from which they should be exempt because they receive enough exercise through school sports.

By Emily Clark
INDEPENDENT STAFF

Currently, juniors and seniors are exempt from physical education class if they participate in school sports. Freshman and sophomores, if they participate in high school sports, should be included in that rule.

Massachusetts law states that students in public schools must take four years of physical education courses; however, Principal Patricia Puglisi said this law can be adapted.

The high school proposed a new format where the seniors and juniors who play sports or exercise on their own do not need to take gym.

“We worked with the state to come up with a compromise where we would maintain the program we have in place for freshmen and sophomores, and then we would implement a plan with alternate pathways for juniors and seniors to fulfill the gym requirements, either playing a sport or 40 hours of exercise,” Puglisi said.

According to Puglisi, some schools offer four years of health for everyone,

and the students who play sports don’t need to take gym. There is no reason our school cannot provide this format for everyone; the school can suggest a new idea to the state again.

These schools have the best of both worlds. They cut out wasted time, which could be used for a study hall or another class of interest, for those students who already exercise in school sports, yet the students still got the large benefits which stem from health

class.

According to Puglisi, the health program is necessary for freshmen and sophomores to learn about stress reduction and time management.

Students should go to health classes to address these issues that affect their lives, but if students are already exercising, there is no need for the exercise component.

Junior and senior athletes are exercising no more than the freshmen and sophomore athletes. Age should not indicate who takes gym and who does not; that should be chosen by the amount students exercise, and underclassmen should be exempt.

WINTER MOVIE PREVIEW

Family-Friendly



PIXAR.COM

“The Good Dinosaur” - November 25

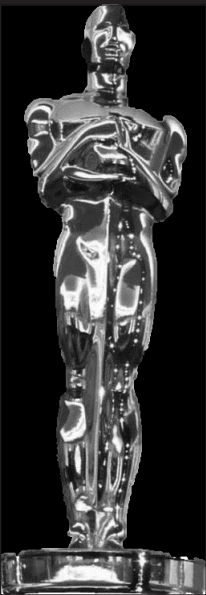
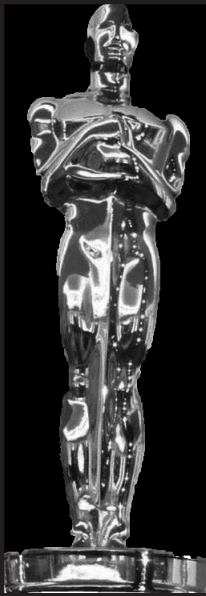
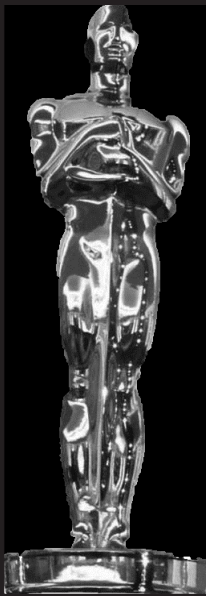
Following a string of mediocre movies (at least relative to their normal output), Pixar returned to form with the heartfelt “Inside Out,” reassuring their adult and child fans alike that the studio hasn’t lost its magic touch. “The Good Dinosaur” likely will not reach that same level, especially given the years it spent in development hell and numerous last minute story and acting changes. Yet, at the very least, the film should offer a unique story, portraying a parallel universe in which the meteor that killed off the dinosaurs narrowly missed the Earth. That ambitious and highly original concept will be difficult to pull off, featuring a talking Apatosaurus and a little boy that’s more canine than human, but the visuals promise to impress. In order to capture gargantuan canyons and vast plains, the Pixar team layered animation over photographic backgrounds, an innovative idea with an astonishing impact in the trailers released so far.



STARWARS.COM

“Star Wars: The Force Awakens” - December 18

So far, Disney has done an incredible job building anticipation for the next “Star Wars” installment with limited teasers that avoid plot details altogether. Longtime fans will enter the premiere with next to no information outside of the leading actors and brief descriptions of their roles. Not only is the film’s cast of rising stars incredibly strong, including Oscar Isaac (“Inside Llewyn Davis”), Adam Driver (“Girls”), and John Boyega (“Attack the Block”), but the experience of director J.J. Abrams (“Star Trek,” “Lost”) should reassure fans that the future of the franchise is bright.



LORENJAVIER/FICKR.COM

Oscar Bait



SPOTLIGHTTHEFILM.COM

“Spotlight” - November 20

In a season full of star-studded, Oscar-bait pictures, few films are gaining the traction of “Spotlight.” Telling the true story of the Boston Globe’s uncovering of the Catholic Church’s massive child molestation scandal, the film boasts an all-star cast. Mark Ruffalo, Rachel McAdams, Michael Keaton, John Slattery, and Stanley Tucci star in the film, which is directed by Tom McCarthy (“The Station Agent”). From its powerful subject matter to its impressive cast and crew, “Spotlight” has the potential to be one of the year’s most impactful films.



ANOMALISA.COM

“Anomalisa” - December 30

While claymation may typically be reserved for films targeted at younger audiences, filmmaker Charlie Kaufman’s “Anomalisa” hopes to test the boundaries of what stop-motion can achieve. The R-rated epic seeks out to capture a uniquely human element as it tackles the tedium and mundanity of day-to-day life. Kaufman, who is known for such films as “Eternal Sunshine of the Spotless Mind” and “Being John Malkovich,” is not one to shy away from cinematic adventure. In “Anomalisa,” Kaufman promises one of the most innovative, interesting, and intriguingly human film experiences of 2015.

For Grown-Ups

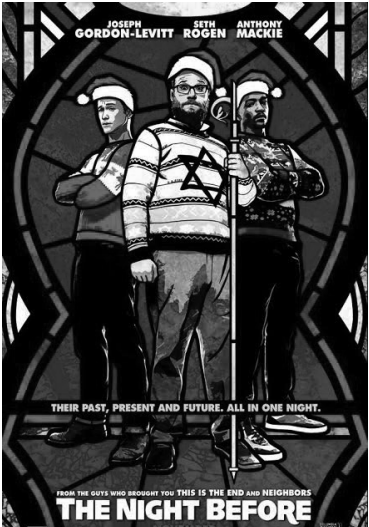


THEHATEFULEIGHT.COM

“The Hateful 8”- December 25

Quentin Tarantino’s newest extravaganza almost didn’t happen: after someone leaked the script last year, he claimed to be abandoning the project, considering publishing the screenplay as a novel but nothing more. Fortunately, Tarantino changed his mind, and “Hateful Eight” appears to be his most indulgent film to date. The movie’s shot in “glorious” (according to every one of the film’s posters and teasers) 70mm film, an abandoned gauge only some theaters can even play. Tarantino has even promised extra footage to those who visit theaters with

the proper equipment to show the movie in its proper format. The film follows eight outlaws and oddballs who are forced to coexist in a cozy cabin during a blizzard. Given Tarantino’s well-known penchant for steadily building violence, the cramped setting should only lead to a wonderfully unbearable level of tension. Boasting a cast including Tarantino favorites like Michael Madsen and Samuel L. Jackson as well as new faces (at least, for his films) like Bruce Dern, the film promises to be another entertaining romp on par with the likes of “Django Unchained” or “Inglourious Basterds.”



SONYPICTURES.COM

“The Night Before”- November 20

Despite his role in “Steve Jobs,” it doesn’t look like Seth Rogen is ready to fully stray from the world of comedy just yet. The belly-laughing stoner star of “Knocked Up,” “Pineapple Express,” and “This is the End” is making his return to the comedy game just in time for the holidays. In “The Night Before,” Rogen teams up with “50/50” costar Joseph Gordon-Levitt and action star Anthony Mackie to pay three best friends enjoying a night of Christmas Eve debauchery. Featuring cameos from stars ranging from Mindy Kaling to Kanye West, “The Night Before” promises to be one of the holiday season’s funniest and most festive films.

Art students participate in The Big Draw, display progress publicly

Yearly event helps students showcase the importance of drawing in daily life

By Amber Paré
INDEPENDENT EDITOR

Students in the foundational drawing and AP portfolio classes participated in an event called The Big Draw in order to show the importance drawing in one’s life, according to art teacher Tamera Burns.

Burns said that the event, which took place this year from Oct. 26 to Nov. 2, occurs yearly in countries throughout the world, and many high schools participate in it as a way to highlight the impact drawing has on people’s lives.

In order for students to participate in The Big Draw, Burns set up easels in the hallway on the first floor for students to stand and work at during class time.

Rather than giving students a specific assignment to complete

with their drawings, Burns said she gave them the freedom to choose their subjects.

According to Burns, she decided to have students working on easels in the hallways so they would be standing as they worked.

“It is important to have students get out of the classroom and stand. So much of education is sedentary, and art is something that you need your whole being to be involved in,” she said.

Some students found the adjustment to working while standing difficult, but most students appreciated the opportunity to get out of the classroom, according to sophomore Nina Prince.

“I had to adapt to standing while I draw, which was kind of hard to get used to. I got more comfortable drawing standing up as the week went on though, so I was happy with my piece once it



AMBER PARÉ PHOTO

The works of freshman Kaya Crandall, sophomore Randall Doane, and freshman Hayley Wolfe were among those featured in The Big Draw, an event celebrated by the high school art classes.

was finished,” Prince said.

Burns said that she also chose to have students working in the hallways during class time because it would allow their progress throughout the week to be displayed.

According to junior Emily Parker, displaying students’ pieces throughout the week made each student strive to do his or her best work.

“I think my drawing came out so well because I felt pressure to make it as good as possible. People could see my progress as the week went on instead of just looking at the final piece,” Parker said.

Students wrote statements of inspiration to accompany their drawings and explain their artistic inspirations and creative processes, Burns said.

Ellie Goulding’s ‘Delirium’ pulsates with pulsating beats, hazy synths



ELLIEGOULDING.COM

Electronic superstar Ellie Goulding’s new studio album “Delirium” marks an attempt to deviate from the vocalist’s previous projects in order to create a radio-friendly pop sound.

By Fritz Spofford
INDEPENDENT STAFF

Despite pop ambitions and bubblegum lyrics, Ellie Goulding’s “Delirium” isn’t much of a departure from her former works.

Goulding has said that she views the album as “an experiment,” working with a wide array of writers and producers including Max Martin, Greg Kurstin, Ryan Tedder, and Joe Kearns, in an attempt to venture in a different direction from her previous efforts and construct “a big pop album.”

“Delirium” is a pop album, but it also isn’t. It begins with “Intro (Delirium),” an operatic, premonitory two minutes of soaring vocals and passion-ridden strings reminiscent of the desolate grandeur of her 2012 epic “Halcyon.”

Thematically, the album that follows is as pop as can be. Hardly any of the songs fall on a subject matter other than love, sex, and dancing, likely to maintain a running theme.

The production weaves in and out of pop, too, both for better and worse: Max Martin mega-hit “Love Me Like You Do” is a synth-drenched dream, while the reggae-esque “Keep On Dancin’” is burdened by one of those pesky, inescapable whistle hooks that plague many a Flo Rida track.

Goulding has never truly broken off of the electronic backbone of her musical catalogue, only branching out into different outlying genres. 2010’s “Lights” delved into electronica’s more ambient and disco-heavy sides. 2012’s “Halcyon” spent many tracks immersed the majesty and ethereality of orchestral strings and a grand piano.

“Delirium” takes time to explore, too, from the urban-tinged finger snaps of “Don’t Need Nobody” to the acoustic beginning of “Devotion.”

Ultimately, however, “Delirium” is a collection of pop bangers coated in trance-inducing synths and aggressive, slamming beats. The production is more delusion-on-the-dance-floor than sugar rush, but the lyrics hold true to pop standards.

The album has high points regardless: “Around U” is a frantic ‘80s synthpop valentine, “Scream It Out” an anthemic ode to self-expression that somehow feels fresh despite hackneyed lyrics. Each song on the album, while it may not sound completely different from any of the others, is its own vibrant entity.

The production weaves in and out of pop... both for better and worse.

Five Corners Deli and Café sells variety of tasty breakfast, lunch options

By Maura McCormick
INDEPENDENT EDITOR

Offering both lunch and breakfast fare, The Five Corners Deli and Café, located in Ipswich, is a quaint spot with a vast selection of foods.

Although prices are on the expensive side, the atmosphere and quality of food make the experience worth the extra money.

For breakfast the Five Corners has dozens of options, from blueberry pancakes (\$6.50) to eggs benedict (\$7.95).

The menu also offers versatility by providing a “make your own” option for omelets, costing \$5.50 with an additional 50 cents for each vegetable or cheese and an additional \$1for bacon,

sausage or ham.

Omelets are made with three farm fresh eggs and are a delicious brunch option.

For those who prefer a smaller breakfast or snack, the café also offers baked goods such as pumpkin bread, banana bread, blueberry cake, and muffins for \$2.25 each.

Unlike many breakfast restaurants on the North Shore, such as the Depot Diner or Sugar Magnolias, there is never a long wait to get a table at the Five Corners, and service is quick.

When in a rush, however, customers can call ahead of time at 978-356-2100 for an even quicker pick up.

The deli also offers an extensive menu of sandwiches, wraps,

and soups for lunch such as chicken salad (\$6.45), and grilled cheese (\$3.95).

All sandwiches are served on white, wheat, sourdough, multi-grain, light rye, pumpernickel or pita bread. Wrap options include white, wheat, spinach, and tomato.

The Five Corners also has a salad bar with the option of up to six toppings for a small (\$5.50) and up to eight toppings for a large (\$7.50).

Some toppings available include shredded carrots, mushrooms, sunflower seeds, and feta cheese.

The restaurant also has a large drinks menu, including hot beverages such as teas and coffee, vending machine drinks such



MAURA MCCORMICK PHOTO

Located in downtown Ipswich, the quaint Five Corners Deli offers a fun spot for affordable and delicious breakfast and lunch options.

as sodas and juices, and smoothies (\$5.95).

The café offers 18 different smoothie flavors including strawberry, chocolate, and mango.

The Five Corners Deli and Café is open from 8 a.m. to 3 p.m. Monday through Friday and 7:30 a.m. to 3 p.m. on Saturdays and Sundays.

Hyperglow offers unique concert experience

EDM music tour’s social scene appeals to teenagers

By Sarah Williams
INDEPENDENT EDITOR

Filled with a madness of dancing and jumping neon people, Hyperglow is an unforgettable experience that immerses you in high energy music and live performances of dancers, acrobats, DJs, and musicians.

Hyperglow is a touring concert that focuses on EDM music and brings in featured DJs as their featured artists.

Hyperglow is not for those looking to sit down, however. The experience features a very tightly squeezed dance floor and everyone socializes and makes friends quickly.

“I personally love the excitement of [Hyperglow’s] mosh pits and loud music, which isn’t for everyone. The dancers were spraying whipped cream and smoke on the people in the front, which added a whole new level,” said senior Olivia Tyler, who recently went.

Dancers will perform on stage as the crowd dances wildly below. Intense dance circles are created every other minute in some areas on the dance floor.

Tickets cost on average \$35 per person to get into a 16 or older venue. The tour goes around the country annually and has most recently been through Massachusetts.

The general attire is white and neon clothing that will glow. Girls tend to wear spandex-like materials and tank tops as it gets very hot in the buildings the dances are normally



COURTESY OF HYPERGLOW

The annual Hyperglow tour takes place on a dance floor lit by a black light. The crowds dress in white and neon colors that glow in the light.

hosted in, such as the Palladium in Worcester.

It is best to bring some money with you for water as well and place it somewhere on you where you will not lose it because there is rarely storage available.

Hyperglow is also a great place to meet people your age as well from all over the state. “Something I love are the people there. Everyone comes from across Massachusetts, so you find

yourself meeting all sorts of people that approach you to become friends, add you on social media, or just chat with you in line,” Tyler said.

WEBsurfer

By Connor Senay
INDEPENDENT EDITOR



Vice Sports

Vice Sports gives sports fans the complete package in a news website: score reports, personal interviews inside the life of athletes, and even features articles on topics such as “how to catch a match fixer.” With a simplistic layout, the front page consists of three categories: Featured Article, Sports Videos, and Features, descending down the page in that order. In the toolbar, readers can sift through articles by sport, video vs. print, read about UFC or MMA news in “Fightland,” or enter “The Clubhouse” to get the inside scoop on popular athletes and their life outside the game. Receiving a Webby Award as the preferred site in the Sports category, Vice Sports brings professional athletes closer to their fans at home.

Funny Or Die

Funny Or Die prides itself on its name. Essentially, if you don’t believe their videos and articles are funny, you have no sense of humor. Obviously, not all of their material is hilarious, so right below each piece, they have an option bar where you can vote for whether or not what you just saw was funny, or it was not humorous at all and should die. Founded by Will Ferrell and Adam McKay, Funny Or Die definitely has comedy in their wheelhouse. Whether you want to surf the site by endless scrolling or browse based on celebrities, new articles, and Hall of Fame Videos, Funny Or Die provides comic relief at any given moment.

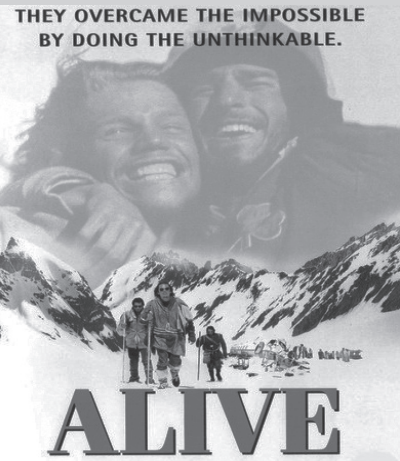
Sortie En Mer

A Trip Out to Sea, or Sortie En Mer, is an ocean survival experience unlike any other. Upon entering the online game, you, named Julian, are out on a sailboat with your friend Charles. He emerges from the cabin, requesting that he take the wheel while you adjust the sails. As you tend to the ropes, the jib suddenly swings your way and knocks you off the boat, leaving you stranded out to sea as Charles struggles to sail back towards you. In order to stay afloat and be seen again, you must vigorously scroll down with the mouse, so using an attachable mouse is preferable. The journey continues as you swim to Charles’ boat in an intense fight for survival.

What to...

Watch: Movie “Alive”

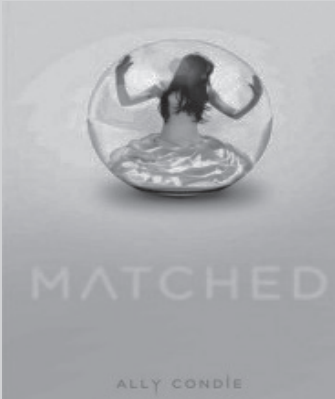
The survival film of a group of men who suffered a plane crash in the Andes Mountains will have your eyes glued to the television screen. In 1993, “Alive” was released to the public, illustrating the true story of a triumph of the human spirit. After a plane crash on their flight to Chile, a group of men managed to survive the harsh winters in the high altitudes of the Andes Mountains in the wreckage of their aircraft. Living off wine, chocolate, and the bodies of the deceased, three men manage to maintain hope through times of desperation. The film is directed by Frank Marshall and features actors Ethan Hawke, Vincent Spano, and Josh Hamilton. As a result of the extreme violence portrayed in the film, “Alive” is an R rated thriller. It has a run time of 123 minutes, which is enough for the audience to understand the importance of courage and optimism during times of despair.



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Read: Book

“Matched” by Allyson Condie



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This page-turning dystopia has readers on edge as they learn about the life of 17-year-old Cassie Reyes. In her tightly controlled society, people are “matched” with their life-long partners, and fortunately enough, Cassie is matched with her best friend, Xander Carrow. The story takes a turn when she finds herself matched with a complete stranger that she is forced to meet, Ky Markham. Author Allyson Condie describes the futuristic society where everything is controlled by officials who tell the community what to wear, who they love, where they work, and how they die. The storyline deals with complex and mature themes; it’s filled with a wide range of language, too, with admirable and inspirational characters that will influence your personal self in a positive light. All 366 pages of the first science-fiction novel in the trilogy are filled with romance, sacrifice, and frustration that leave readers on their toes.

Listen To: Band Haim

In 2006, the three sister trio named Haim surfaced in the musical world of American pop rock. The band features singers Este, Danielle, and Alana Haim from Los Angeles. Together, they have released eight albums, the most popular album being “Days Are Gone,” which was announced to the public in 2013. The album features



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a blend of ‘70s and ‘80s soft rock with the rhythmic beats of ‘90s R&B. Their songs “Falling” and “Forever” are filled with empowering lyrics that provide motivational messages of staying strong during hard times. The fast-paced, upbeat rhythms carry a bright and uplifting mood for the audience. Listeners, too, are inspired to pull through challenging moments and take risks.

By Courtney Fraser, Independent Editor