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Drama Club advances to Dramafest semifinals Group wins awards for performance of 'Volpone'

By Courtney Fraser
INDEPENDENT EDITOR

Members of the Drama Club progressed through to the Semi-Final competition of Dramafest after their qualifying performance of "Volpone" at the preliminary rounds.

Throughout the day on Feb. 28, eight schools from the North Shore came to Manchester-Essex to perform.

"Volpone," meaning "fox" in Italian, is a play about a very rich man who tricks all of his friends into thinking they are going to get his money in his will.

The traditional commedia dell'arte has characters who mimic the behaviors of several animals such as the dove, crow, and vulture.

The performance is a Renaissance comedy that has been modified to fit the time frame of 40 minutes.

Auditions for "Volpone" were held in early December. Since then, actors and managers have been rehearsing four times a week after school.

Director Elizabeth Edgerton has been working with the Drama Club for roughly eight years. During her career as the director, she has led

'It's a great experience for our students to see different kinds of drama and different theatre departments.'

-ELIZABETH EDGERTON



MARY BUCKLEY-HARMON PHOTO

Members of the Drama Club act in this year's Dramafest production of 'Volpone.' Students spent months rehearsing after school before performing the play in the preliminary round of competition. The group advanced to semi-finals and several students won awards for their performances.

drama students to finals twice. "It's a great experience for our students to see different kinds of drama and different

theatre departments. The competition pushes our students to do really well," Edgerton said. Assisting Edgerton in directing

the play is junior Chelsea Rose, who has made the Drama Club a large part of her high school. CONTINUED ON PAGE 4

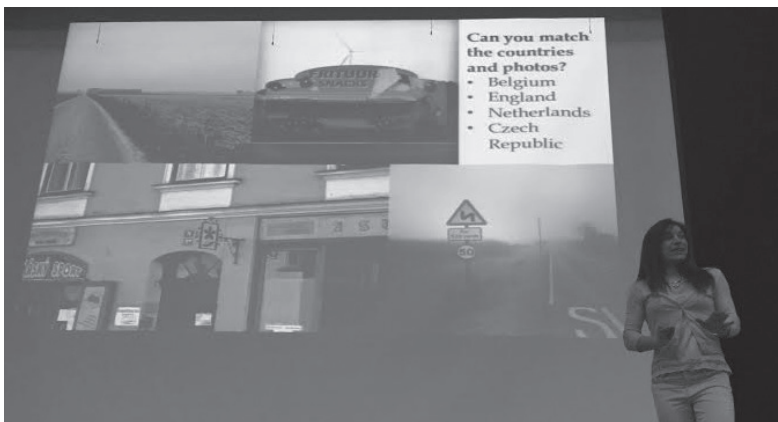
Foreign language classes attend International Week presentations

By Amber Paré
INDEPENDENT EDITOR

In order to educate students about cultures from across the world, the foreign language department organized International Week at the school the week of March 10 through 13.

According to foreign language department chair Michelle Magana, schools from across Massachusetts celebrate International Week in the second week of March every year.

Magana said that the purpose of International Week is to encourage students to celebrate the importance of speaking different languages, traveling, being adventurous, and learning about other cultures.



AMBER PARE PHOTO

Crystal Anthony presents to students about her trip to Belgium. Foreign language classes attended travel presentations throughout International Week. Students took notes on the talk.

Students enjoyed the change from learning exclusively about French and Spanish countries to learning about other countries as well.

"Instead of learning about life in Spanish or French countries, I got to see what it's like in other countries, which I liked," sophomore David LaForge said.

To celebrate International Week, students attended presentations with their foreign language classes. Presenters included students, parents, faculty, graduates, and community members. Presentations focused on countries including Belgium, China, and Ecuador

Magana expressed her appreciation for former students' returns to the school to speak about their studying abroad.

"Most of our students do not know what it is like to study abroad, and this can spark their interest," she said.

Students were also given activity packets to compete during the week. Each day of the week was dedicated to a different country, and students were encouraged to wear the colors of the country's flag, complete a daily trivia question, and eat the country's food from the cafeteria.

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Department chairs, Puglisi review curricula

By Hannah Riordan
INDEPENDENT EDITOR

As the midpoint of the academic year approaches, Principal Patricia Puglisi said that the year has gone well so far. She noted that the faculty has been doing extra work in order to make

improvements and complete full reviews of the curricula of each department.

"The teachers have just done an amazing job looking at what we offer and if there are other things we can offer," Puglisi said.

Social studies department chair Lauren DuBois said that the department will be doing a significant amount of work to integrate thematic approaches to history into their course catalog.

"We would try to take a big

issue like economics and trace it from 1607 all the way up to today and take a whole quarter to just focus on that, and then we would next quarter take equality or civil rights and do the same thing with it, the idea being that we would be able to make connections to things going on right now in society," she said.

Puglisi said that instructing further into the 21st century and "getting past the Cold War" is one of the objectives of the new curriculum.

In the art department, Puglisi said that teachers are hoping to redesign art classes in a way that will make them more accessible and attractive to students.

"They are looking at ways to make their programs more flexible in terms of scheduling, CONTINUED ON PAGE 4

'The teachers have just done an amazing job looking at what we offer and if there are other things we can offer.'

-PATRICIA PUGLISI

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News Briefs

Lantz runs at nationals

Indoor track senior athlete Olivia Lantz qualified for the indoor track National championship by running under the qualifying standard of 4:57 in her event, the mile. At nationals, she competed in the second of three heats of the mile and placed 5 out of 13 (in her heat) with a time of 5:03.

Lantz competed at the New Balance National Indoor Championships on Sunday, March 15.

"It was definitely a privilege to go, the experience is so unique. I am so thankful to have had the opportunity because it is both exciting and nerve racking at the same time," she said.

SCORE update

In a few weeks the senior class will be leaving school to complete their "Senior Choice Of Related Experience" or S.C.O.R.E. projects.

S.C.O.R.E. projects span over the course of three weeks beginning on April 13 and ending on May 21.

After setting up internships of their choice, seniors created schedules that detailed the key points of their projects.

Throughout his or her experience, each senior will create a presentation and write a research paper.

At the end of their internships, they will present their findings to their advisers and will need to pass in order to graduate.

Despite having to work around busy schedules, Seniors have come up with a variety of projects relating to their intended field of study or employment.

Student lunch meetings provide avenue for student opinions

Meetings proves eye opening for Superintendent Pamela Beaudoin

By Charlie Davis
INDEPENDENT EDITOR

High school student lunch meetings with the superintendent have resumed on a larger scale and have become more organized, according to Superintendent Pam Beaudoin.

Junior Nathan Evans, a participant in the meetings, said the committee now consists of eight students across all grade levels, and will consistently meet on scheduled days throughout the school year.

Compared to years past, in which four or five students would meet, Beaudoin said the new system will help to get more diverse opinions and news across.

"I like making sure that we have students from every grade level... The broader perspective that we have, I can hear a more balanced perspective," she said.

Evans added that he enjoys the meetings because they legitimize students' opinions and thoughts.

"It feels good to have your voice heard by someone in the ad-



CHARLIE DAVIS PHOTO

Students on the superintendent lunch committee discuss school-related issues with the superintendent. The committee meets roughly once a month and aims to influence policy decisions.

ministration because sometimes I think that student views on some topics aren't considered enough," he said.

'It's a way to get info back to [various councils and committees] on what the student perspective is.'

-PAM BEAUDOIN

Beaudoin said that the talks aid her in understanding many of the problems and stresses that students face.

"I'm

a l w a y s interested in hearing about home-life balance and how to model that appropriately. Our

last few discussions have been eye opening for me. I look to [the committee] for ways to address the problem," she said.

Beaudoin said that another issue the group has been helpful in addressing includes substance abuse, and she believes the students on this committee will be able to influence policies.

"It's a way to get info back to school the School Council, back to the leadership team, and back to the School Committee on what the student perspective is," Beaudoin said.

More recently, the committee talked over the issue of how to come up with a solution to the large amount of school days that

were missed due to large amounts of snow. It discussed possibilities such as taking away vacation days and starting school earlier rather than pushing back the last day of school, which would take away from student's summer vacation.

Senior Samantha Woodman, also a member of the student group, said she believes the opinions conveyed at lunch meetings could positively influence future policies.

"It's important that decisions are made with the student body's opinion in mind. In the end policies mostly affect the students, so at the meetings we can tell the administration what the important details are for the kids," she said.

Cafeteria participates in nutrition month, encourages healthy lifestyle through physical activity and eating more nutritious foods at school

Food with natural ingredients, whole grains, critical vitamins served in cafeteria

By Sarah Williams
INDEPENDENT EDITOR

March Nutrition Month offers an opportunity to focus on healthy eating and physical activity at home and at school. The cafeteria especially focuses on emphasizing healthy eating during this time.

Originally, March Nutrition Month was started in 1973 by the American Dietetic Association to bring awareness to healthier lifestyles in a time when processed foods were becoming more commonplace in the average American household.

The school started participating in the event about 10 years ago. Today, kids are still choosing unhealthy yet tastier options over foods that are better for them, according to the school nutrition director Sheila Parisien.

One way the cafeteria attempted to encourage people to choose healthy breakfast options was to put on a breakfast raffle where every time a student ate breakfast, his or her name was entered into a raffle for March 6, and there was a drawing for a winner for a week of free breakfast, one for the middle school and one for the high school. The cafeteria also served



SARAH WILLIAMS PHOTO

During nutrition month, students are encouraged to eat more healthy choices as opposed to processed and unhealthy foods. Here the cafeteria's salad bar is seen. The salad bar offers foods that are unprocessed, locally grown, and that are very tasty.

healthy International Week meals. Throughout the month the cafeteria staff will be focused on stressing what the students are eating. Whether it is a sandwich with whole grain bread or real fruit and Greek yogurt in the smoothies served at breakfast, the staff will encourage healthy eating. Also, healthy

physical activity is encouraged.

"We just want to help kids grow up healthy so they don't have issues later on in life. Teenagers think they're invincible and that they can eat whatever they want," Parisien said.

Although the cafeteria does add more emphasis during March about nutrition, the cafeteria tries

to focus on a having a healthy menu year round as well. Also, the cafeteria features posters such as pictures of the food pyramid that help students to learn and understand what it means to eat healthy, Parisien said.

Examples of healthy food include vegetables grown in the high school garden, whole grains, and other foods based on natural ingredients, Parisien said.

New regulations state that the cafeteria must offer certain fruits and vegetables year round, but Parisien wants the kids to have a choice in what they are eating as long as it's a healthy option, and she encourages students to voice their opinion about what they want to see in the lunchroom so that the foods being eaten are not only healthy, but that are also tasty and likeable.

Junior Lydia Parker is one of many students who has an idea on how to improve food options and create a healthy eating experience.

"I think it would be really cool if they started selling bottled smoothies at lunch during the nutrition month. Kids would definitely enjoy them and they are a healthy alternative to more processed and unhealthy drinks like soda and flavored milk," Parker said.

School Council revises academic integrity policy

By Zack Even
INDEPENDENT EDITOR

In order to gain the information needed to discuss the school's academic integrity policy, the School Council conducted surveys for both students and teachers about cheating.

"The School Council had determined that was going to be the

topic that we focused on for this school year, and as we looked at the [academic integrity] policy, we realized we didn't have enough factual data..." Principal Patricia Puglisi said.

According to junior Megan Clark,

a member of the council, the group adapted a survey they found online then administered it to every student through their advisory group.

Both Puglisi and Clark believed that students would be honest on the anonymous survey, but senior and School Council member Hannah Riordan was less trusting of the results, having heard that some students would lead to stricter school policies, answered dishonestly.

The survey revealed that students' definitions of cheating vary

'The School Council has determined that [academic integrity] was going to be the topic that we focused on for the school year... we realized we didn't have enough data.'

-PATRICIA PUGLISI

wildly; over 100 students answered that they did not view using a cell phone during a test, helping someone else cheat on a test, or turning in papers from an online essay "mill," book, or other source as cheating.

Puglisi saw homework as the area where the most



ZACK EVEN PHOTO

English teacher Debra Isensee collects students' cell phones before every class to prevent cheating.

cheating occurs. According to the survey, about 250 of the 400 students who participated have turned in homework they copied from someone else.

At its most recent meeting, the School Council discussed the results of the survey and began to revise the

policy with that data in mind.

Puglisi noted that while the council is tweaking certain parts of the policy to better align it with the views expressed by both members of the group and survey results.

At its next meeting, the council will focus on the

consequences of cheating.

only two sections, cheating and plagiarism. The upcoming revisions will likely include splitting it up into more specific categories such as collaboration.

At its next meeting, the council will focus on the consequences of cheating.

School offers two new courses to students second semester

By Julia Bonaccorso
INDEPENDENT EDITOR

Two new courses have been offered to students this semester: Biological Anthropology taught by art teacher Caroline Epp and Facing History taught by history teacher John Mullady.

Epp began her course by delving into the study of anthropology in general; Biological Anthropology is "the study of how man became man from primates," she said.

Sophomore Annabelle Lord-Patey, who is currently enrolled in the course, was attracted to Biological Anthropology based on her curiosity about the history of humans and because she "thought that the class would be fun and interesting."

Epp has structured her Biological Anthropology class similarly to her previ-

ous Cultural Anthropology class during which the students had "a lot of discussions."

"It's definitely a nice environment to learn in," Lord-Patey said.

Students are also doing many presentations and projects.

Epp wants her Biological Anthropology students to leave her course with an understanding of "how evolution has affected humans both physically and culturally."

For Lord-Patey, the class thus far is "really exciting, and just the right amount of a challenge for me."

"I look forward to the rest of the semester," she said.

Along with Biological Anthropology, students were offered the opportunity to take John Mullady's new course Facing History.

"Facing History is a program based out of Brookline and is a case study on hu-



JULIA BONACCORSO PHOTO

John Mullady gives lecture on history of the Treaty of Versailles.

man history," Mullady said.

The class is "currently going over the Treaty of Versailles and how it helped lay the foundation for Hitler to rise to power in Germany," he said.

This subject matter is only the beginning of his larger semester study of the Holocaust.

As the semester progresses, the class will be also be covering the "history and the origins

of anti-Semitism, how and why the Nazis were able to rise in power, and what are the different roles that people played in the Holocaust," Mullady said.

Sara Stanton, a junior taking the course, "certainly felt prepared for the class" with her prior history knowledge.

Her experience with history "doesn't necessarily make the class easier, but it does make understanding what is going on in that time and the decisions that were made less complicated," she said.

This is not Mullady's first time teaching the course, "I use to teach Facing History in Wellesley," he said. "Then I took the Facing History course a number of years ago, and it really had an impact on me," Mullady said.

Mullady hopes students taking his second semester course will finish the class with "an understanding that goodness and evil both begin with small steps."

Guidance uses new strategies to plan for postsecondary options

By Oscar Heanue
INDEPENDENT EDITOR

Halfway through the school year, the guidance department under new director Beverly Low has undergone several new initiatives to get students more involved.

"We have been undertaking a number of new programs in order to help out juniors this year. One new tool that we have in addition to Naviance is an online search tool called the College Search Handbook, which is a one-stop shop for all things juniors might need in regards to researching and plan-



OSCAR HEANUE PHOTO

Director of guidance Beverly Low uses Naviance to help students.

ning about schools," Low said.

"We are arranging a college homecoming seminar for the ju-

niors that is scheduled tentatively for March. We think that former students could help the junior

class be better prepared for the application process and for post-secondary planning," D'Amour said.

In addition to the junior class, the department is hoping to get an early start by preparing sophomores, according to Polk.

"We have been going into sophomore classrooms and speaking to them about their plans and trying to get them to think about what they want after high school," she said.

Low also said that the guidance counselors hope to get the sophomores more involved by introducing them to Naviance.

"We have given the sophomores multiple Naviance tasks to

complete by February, including a career orientation quiz," she said.

The department has also been making efforts to meet with students individually.

"While I certainly value organized events, I feel like the most rewarding experiences are the one-on-one meetings I have with students. I feel like that's when I really get a chance to get to do my best guiding students and helping plan for the future," Low said.

Additionally, the department has assembled an 'advisory committee,' consisting of several students and parents seeking to assist guidance on policy issues within the department.

12 students qualify for International DECA Competition

By Tasha Statz-Geary
INDEPENDENT EDITOR

Following the DECA State Competition, the team is now preparing to send 12 students to the International Competition this year.

Overall, 57 Manchester Essex students competed at the state competition. Five students were disqualified for violating school rules.

DECA teacher Dean Martino expressed how hard it was to qualify for Internationals at the State Competition, which was held in Boston from March 12-14.

"This year was the most challenging year to qualify for Internationals. In the past three years Massachusetts DECA enrollment has seen significant growth," he said in an email.

Sophomore and DECA member Liddy DeConato shares a similar sense of pride.

"Being at the competition first-hand, I saw just how hard the competition was. There were so many other really smart, talented students, so I couldn't be prouder of our team members who qualified," she said.

While Martino and the qualifying members are excited to be going to the International Career

Development Conference, which will be held in Orlando, Fla, from April 25-28, they've expressed that they are going to have to prepare extensively.

"It's like going to the Olympics and not knowing what event you're going to have to perform. Our students have to be prepared for every event; they don't find out which one they will have to do until the day of the competition," Martino said.

Junior Jack Hennigan elaborated on what exactly goes into preparing for the competition.



COURTESY OF CAROLINE EPP

DECA students who placed top ten in their categories posed with awards at state competition. Of these students, those who ranked in the top four of each category will move to internationals.

"It seems daunting at first, but after a while I've gotten used to it. We do a lot of practices during class. We're always well-prepared and can handle any event," he said.

Senior Breanna Arnold, who qualified for Internationals, is excited to compete.

"I'm looking forward to being able to compete against students from around the world in Orlando," she said.

Competition results aside, DeConato spoke about how fun the competition was and what a great bonding experience it was.

"Even though I didn't qualify for Internationals, I'm still grateful to have competed. It was fun to spend time with my teammates and celebrate with those who qualified," she said.

Budget accounts for past deficit spending, future need

By Hannah Riordan
INDEPENDENT EDITOR

As they began drafting the budget for fiscal year 2015-2016, administrators decided to attempt

a Proposition 2.5 override in order to sufficiently fund the high school for the coming years.

While an exact number has yet to be set, the override amount will be approximately half a million dollars.

The way town funds and levy limits are constructed, the

budget will require an override in Manchester but not in Essex. In recent years, growth in the student population has created a need for a larger budget.

According to superintendent Pam Beaudoin, the schools have

experienced 26 percent growth over the past seven years.

Budgets have grown at a comparatively small rate, about 3.5 percent, over that same time period despite the increase in the amount

of students that each budget needs to service. Beaudoin said that school

choice was the main source of revenue in the past; it contributed to about \$1 million in revenue. Because of enrollment increases, however, the school no longer has room to add school choice students.

For the past several years, money was taken out of the reserve fund without being replenished, meaning that another concern for this year's budget is being able to leave money in the reserve fund.

"Preserving the program and growing at a moderate rate is where we

ended up," Beaudoin said.

The budget will allow the staffing level to increase again to fill positions that were cut following the 2014-2015 fiscal year.

Superintendent Pamela Beaudoin said that this winter has been very expensive, meaning that the school has had to dip into reserves for snow removal.

If an override was secured this year, according to Beaudoin, administrators could avoid another override for possibly a decade.

Much of the budget increase is centered around the middle school,

where "bubble years" of large class sizes are passing through

the school and creating an increased need for staffing.

One reason why the budget needs an override in Manchester is because the town has already reached its levy limit, whereas Essex can continue to raise taxes without getting voter approval on the ballot. Manchester will need to pose a ballot question in order to raise the taxes needed to fund the override amount.

Beaudoin also said that this winter has been very expensive, meaning that the school has had to dip into reserves in order to pay for maintenance surrounding snow removal, creating a need for more money next year.

Manchester's town meeting will take place on April 6 and Essex's will occur on May 4.

The Manchester budget override will go to a vote on May 19.

CONTINUATIONS



DRAMA FEST

CONTINUED FROM PAGE 1

career. "Drama Club is cool because I've been involved in both acting and directing. The experience is really fun but also overwhelming when it comes

to competition," Rose said.

Competing in Dramafest are 115 High Schools across New England who fight to be one of the 14 schools that perform at the finals in Boston.

"Dramafest is my favorite memory of my high school career. You make friends with almost everyone, and they're all really friendly. One year, I was singing a song in the hallway, and within seconds, almost 20 kids were singing along with me," senior and actor Courtney MacDougall said.

Makeup artists Rose, senior Devon Musgrave-Johnson, freshman Madison Palmer, and sophomore Maya Palmer received awards for excellence in makeup art for the play. Freshman A.J. Rhuda and junior Maddie Shaw won awards but for excellence in performance.

The Drama Club participated in the semi-finals on Mar. 14 at the Montachusett Regional Vo-

ational Technical School; however, the group didn't move on to finals in Boston on Mar. 26-28.

INTERNATIONAL WEEK

CONTINUED FROM PAGE 1

The four featured countries this year were Cuba, Greece, China and Jamaica.

"Completion of the packet varies from teacher to teacher. Some students [compete] against each other, but others may [complete] the packet for extra credit," Magana said.

Students appreciated the efforts the foreign language department made to educate students about cultures as well as the efforts made by the cafeteria staff to prepare traditional dishes from a different country each day.

"Being able to learn about cultures through presentations

[was] great, but I also enjoyed having a chance to answer trivia facts and taste foods I might not have tried otherwise," freshman Rebecca Braimon said.

CURRICULUM REVIEW

CONTINUED FROM PAGE 1

so moving away from specialized classes like ceramics and printmaking and moving to an art lab model, which will provide a broader experience for students in the arts," she said.

The science department may have the capability to add an AP course next year, and this academic year a pilot program went into place that allowed qualified students to take honors biology in 9th grade.

Science department chair Erica Everett said that choosing to take biology freshman year

allows students to take more science electives as sophomores and upperclassmen, and she said she has been impressed with the freshmen in biology this year.

"We hope to be able to offer AP Chemistry after many many years of trying to find some way to teach it. I'm thrilled, because people end up learning more chemistry and bringing that to college, which is really a big help," she said.

English department chair Debra Isensee said that while there are no changes for the upcoming school year, the department will add 15 electives for seniors in the 2016-2017 academic year. Five teachers will teach a different elective each quarter, and seniors will be able to take three different electives based on interest.

Puglisi called all the upcoming changes to the Program of Studies an "evolution" for the school.

"We're pretty excited," she said.

Health Matters

Tackling a healthy lifestyle in fun, new ways

By Courtney Fraser
INDEPENDENT EDITOR

Trends in health and fitness have been circulating through social media as people search for ways to tackle their New Year resolutions of maintaining a healthy lifestyle.

Whether it's starting a new workout program, eating a healthier diet, or closing down the computer screen to get outside, everyone is beginning 2015 with a new, fresh start.

Rising in popularity, the MELT body workout foam roller has been capturing the attention of many who suffer from digestive problems, weight gain, stress, and aching joints.

"MELT now has 1,300 instructors nationwide and a following that includes the Olympic snowboarder Jamie Anderson, who used the method on her feet before winning gold in Sochi, Russia," Julia Lawlor of the New York Times said.

Another popular workout that surfaced with the new year is the POUND Workout that combines cardio interval training with



NUTRIBULLET.COM

The Nutribullet has become a very popular smoothie blender.

drumming to provide a challenging workout.

"The workout fuses cardio, Pilates, isometric movements, plyometrics and isometric poses into a 45-minute series. Burn between 400 and 900+ calories per hour and strengthen and sculpt infrequently used muscles," the Poundfit website explained.

Physical workouts are always a nice way to relieve stress and stay healthy; however, 2015 has introduced new devices that can help maintain a healthy diet.

The Nutribullet System is one of the most popular, top-of-the-line juicers introduced early this year; the device can be purchased online on the Nutribullet

website for \$19.99.

The Nutribullet helps release vital nutrients found in fruits and vegetables to create a nutritious and healthful smoothie.

"This is possible by the cyclonic action of the system made possible by its powerful motor (600+ watts) and cyclonic blades. It does a pretty good job turning your fruits and vegetables into delicious smoothies," the Juicing Diet Works website explained.

This device is not only easy to use but simple to clean up. Additionally, the Nutribullet juices the skin of fruits and vegetables, so all of the vitamins are included in the smoothie.

Green Team attempts to intergrate school, community

By Maddie Conway
INDEPENDENT EDITOR

For several years now, the school has been named the greenest school in the state. In an effort to integrate the ideas of the students and faculty with those of community members, Green Team leader Eric Magers is developing an Advisory Board.

This need for integration has also been felt by the students who work with Magers on the Green Team. "There is a growing need for our school to share its green ideas with the community, and vice versa," freshman Belle Allmendinger said.

The proposed Advisory Board will serve two purposes, according to Magers: to brainstorm solutions to environmental problems facing the school and Cape Ann communities and to get students more involved with the communities.

According to Magers, four Cape Ann communities will be represented in this Advisory Board: Rockport, Gloucester, Essex, and Manchester.

In total there will be 15 people, including the co-presidents of the Green Team, on the board. Most of the members will be adult leaders in the communities.



MADDIE CONWAY PHOTO

MERSD is well known for being a green school, but now the new focus is on extending this knowledge to other communities.

Magers also said that ideas for funding more projects, both in the school and the communities, is high on the agenda for the

Advisory Board.

"We really want to have a conversation about what we can do and how we can do that," he said.

But the main reason for the Advisory Board's creation is to get more students involved with the community and vice versa.

"Getting the community

more involved with the school is important because that way more ideas are generated and the more kids we can get working with community members on environmental problems," he said.

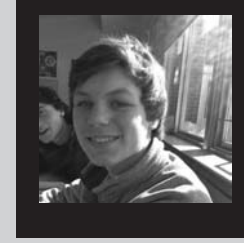
"This is not meant [specifically] for the students, and not [specifically] for the community either. It's meant for everyone," he said.

According to Magers, the only real commitment of the Advisory Board is an open communication with him about possible ideas, but there are evening meetings four times throughout the year.

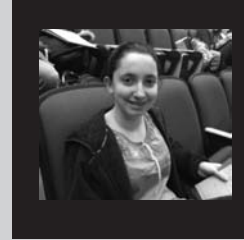
"Hopefully it will make the school a greener place as well," said sophomore Marlaina Fulmer, who is a Green Team Scholar.



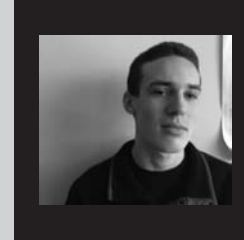
Freshman Emily Clark:
Dwight from "The Office"



Freshman Andrew Milne:
Sean Spencer from "Psych"



Sophomore Jenny Duff:
The Doctor from "Doctor Who"



Sophomore Antonio Gillespie:
Ron Swanson from "Parks & Recreation"

Student Speak

If you could be any TV character, who would you be?

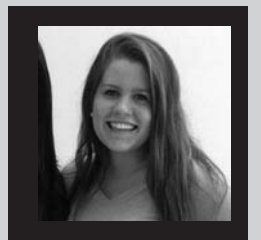
Junior Jenny Cochand:
Khaleesi from "Game of Thrones"



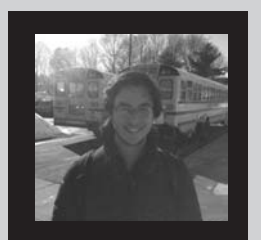
Junior Brad Graves:
Arrow from "Arrow"



Senior Molly Crehan:
Namoi Clark from "90210"



Senior Leo Gallo:
Fez from "That '70s Show"



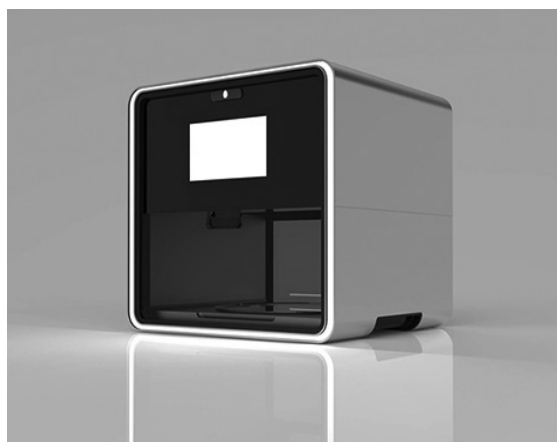


3D printing moves into the kitchen, gains new, culinary uses with Foodini

By Zack Even
INDEPENDENT EDITOR

Natural Machines, the creator of Foodini, is already working on a later model that contains an oven, according to CNN, and hope that Foodini will catch on just as the microwave, once viewed as a futuristic appliance, did.

Unfortunately, this new culinary tool may not be quite as impressive as it first sounds; in other words, a steaming plate of cookies remains unavailable at the push of the button.



INHABITAT.COM

The machine has no oven or mixer. Rather than completely taking over cooking responsibilities, Foodini is meant to eliminate unpleasant and discouraging parts of cooking and baking while allowing for multitasking.

For example, when making a pizza, one would fill provided capsules with dough and sauce. Following a template from an online database where users will be able to share recipes, the machine would then create a pizza, which the user would take out and bake.

Foodini can also create incredible culinary designs. The machine can make cookies, crackers, and more in unique, perfectly formed shapes or draw detailed images using frosting.

“Foodini,” which is being advertised as the world’s first 3D food printer, is nearing completion and will likely cost around \$1,000 upon release.

Student governments fundraise for future events

By Sarah Williams
INDEPENDENT EDITOR

At the beginning of the year, each grade chose their student government leaders to fundraise and organize events for their senior year prom and Senior Week.

In the freshman class, advisers Josh Wladkowski and Kara Brown have been working with the officers Abigail Fitzgibbon, Will Cole, Faith Palermo, and Michael Conlon to raise money for the upcoming years of high school.

So far, they have raised about \$3,000 in varying fundraisers, their most profitable being the candy gram fundraiser which involved the whole school buying candy canes for Christmas.

Possible fundraisers the freshmen have planned are a social with the sophomores, a car wash, more raffles, a movie night, and a neon dance, according to class president Fitzgibbon.

Since it is the first year being on student government for the freshman, they have come across a few issues. “The biggest problem that we have encountered as a group is getting everyone on the same page and coor-

dinating ideas,” Fitzgibbon said.

The sophomore class has raised around \$4,000 in the past six months through smaller fundraisers like bake sales and selling things at different events around town according to sophomore vice president Zoe Brown.

The sophomores also have plans to throw a possible dance and do some raffles to wrap up the year. “It has been great doing student government

this year. I think the group of officers is really organized and we communicate really well with each other,” Brown said.

The junior class has undergone a change in their class adviser because Thomas Durfee left midway through his year to finish up his graduate degree. Coach Bryan Shields and special education teacher Jill Levine took up the positions as the new class advisers.

After three years, the junior class has raised around \$22,000. This year in particular their biggest fundraisers have been the holiday gift wrapping, selling snacks at different sporting events, and the Home-

coming Dance according to class president Sarah Williams.

Some future fundraisers they have planned are a highlighter dance, a babysitting night, more bake sales, and raffles.

“Being on student government is such a great experience. I love the people in it and planning events is fun,” junior class secretary Olivia Tyler said.

With their final months of their schooling coming to an end, the senior class is wrapping up their fundraising with around \$18,000.

At this point in their year, they are busy working out what they want to do for prom, which this year is being held in Tupper Manor at Endicott College. They are still trying to find a DJ, but other than that they are just finalizing a few minor touches according to class president Meghan Conway.

To get to their \$18,000 the senior class officers found their most profitable fundraisers to be the student art auction and a casino night fundraiser they had last year said Conway.

Since it is her final year in student government, Conway offered advice to younger officers.

“The best advice I could give to future class officers would be to start as early as you can and do fundraisers as often as you can. Stay organized and do things that people can be engaged in and excited about,” Conway said.

STUDENT

Profile

Joe
Alibali



By Avery Shaw
INDEPENDENT EDITOR

What is your best class?

AP Comparative Government.

What is your favorite place in the entire world?

New York, NY.

What is your favorite show?

“House of Cards.”

What is your ideal way to spend a Saturday?

Doing anything that doesn’t involve school.

What did you want to be when you were a kid?

Police officer.

What do you want to do when you are an adult?

Go into business.

Who is your favorite celebrity?

Tim Duncan.

What is your best talent?

Procrastination.

Do you have any siblings?

Yes, a brother in 9th grade.

Do you play any sports?

Tennis.

What was your favorite TV show as a kid?

“Spongebob Squarepants.”

What was your favorite movie as a kid?

“Cars.”

What was your favorite book as a kid?

“Diary of a Wimpy Kid.”

What is your favorite genre of music?

Rock.

English teacher returns to classes after maternity leave

By Charlotte Freed
INDEPENDENT STAFF

English teacher Allison Krause has been on maternity leave since the birth of her daughter, Charlotte, on Dec. 28. Krause returns to teaching classes on March 23. During her absence, her classes were taught by substitute teacher Dan Donato.

Krause said she has enjoyed spending time with her daughter since her birth over the December break. She said Charlotte has grown remarkably in the past two months, and Krause has been able to learn the basics of motherhood, from diaper-changing, feeding, and bathing to understanding Charlotte's "personality, likes, and needs."

Sophomore Patrick McTieran, a student in one of Krause's English classes, said that he has missed Krause in her absence but is excited for her and her new

family.

English teacher Debra Isensee expressed similar feelings. As a colleague of Krause and a mother herself, Isensee said it was exciting for her and her coworkers to be with Krause during her pregnancy, especially as there has not been a baby in the department for eight years.

English teacher Mary Buckley-Harmon agreed, adding that Charlotte's birth is part of a cycle that began when Krause was a student in Buckley-Harmon's class.

"I was pregnant with my first daughter when Mrs. Krause was in my tenth-grade class. Now my daughter is a sophomore, and Mrs. Krause has had her first child," Buckley-Harmon said.

Despite major changes and challenges in her daily routine, Krause expressed excitement for her transition back to school and said she is looking forward to seeing her colleagues and students.

"[Returning to school] will be refreshing to have a change of pace... Adjusting will be a challenge, but we have a good plan in place for Charlotte, and I know she will be happy and well taken care of each day. I will have to learn new ways to balance work and home life, but in the end I think this transition will be good for my family," Krause said in an email.

Isensee said it would be interesting to see how Krause adjusts back into her normal routine but is confident that Krause will be more than able to take on the task.

Krause said she has enjoyed spending time with her daughter and learning about the joys, challenges, and surprises of being a mother.

"I feel like I have changed entirely over the past two months. Spending this time at home with my daughter has been an amazing blessing and learning experience," Krause said.



MARY BUCKLEY-HARMON PHOTO

Allison Krause with her daughter Charlotte at home during her 10-week maternity leave. Charlotte was born December 28.

Long-term substitute aims to maintain standards, form relationships

By Amber Paré
INDEPENDENT EDITOR

Long-term substitute Dan Donato temporarily took over English teacher Alison Krause's classes while she was on her maternity leave.

A graduate of St. John's Prep, Donato attended Union College in New York where he majored in English and minored in history. Donato then attended Harvard University and is now attending Northeastern University where he is getting his EDD in education.

Donato is currently in the early stages of writing his dissertation in which he is focusing on the effects of academic and social integration on college persistence.

"I am interested in why about 50% of American student start college and do not finish," he said.

According to Donato, his

FAST FACTS

- **Biggest pet peeve:** When someone uses the word "got" in writing
- **Favorite movie:** "The Matrix"
- **Favorite band:** U2
- **Played rugby in college and graduate school**
- **Has no pets**
- **Enjoys hiking and exercising outside**



AMBER PARÉ PHOTO

After Krause's return, Donato will substitute for Gloria Tanner.

interest in being an English educator was sparked by a teacher whom he had twice while in high school.

Donato's past experience in schools includes being a school

counselor at Mystic Valley Charter School for three years and teaching 8th grade at Salem Academy.

The experience of being a long-term substitute was enjoy-

able for Donato, and he expressed gratitude for his position.

"My experience here has been great... both the students and staff are very friendly and motivated," Donato said.

Students enjoyed their time with Donato and found the transition between the teachers to be easy.

"The change between teachers was really easy, which surprised me. I [could] tell that Mr. Donato [tried] his hardest to

make it as smooth as possible for everyone," sophomore Nicholas Cucuru said.

Donato taught sophomore classes and a freshman class. He believes that he was able to accomplish his initial goals of building

relationships with students and maintaining high academic standards while also learning more about teaching.

"Teaching is one of those things where you continue learning how to do it throughout your career... I have learned a lot from [the faculty] here," he said.

Students appreciate the efforts that Donato made to build relationships and enjoyed having him as a teacher.

"I really liked how he made a big effort to get to know us on his first day here. He has also been engaging and fun while we are learning, so classes [went] well," freshman Taylor Reader said.

Following Krause's return, Donato will be substituting for English teacher Gloria Tanner for a month.

'My experience here has been great. Both students and staff are very friendly and motivated.'

-DAN DONATO

Faculty encourages female students to take part in STEM classes, programs

By Maura McCormick
INDEPENDENT STAFF

In an effort to reduce the gap between men and women in the sciences, faculty members are trying to encourage female students to go into scientific programs and classes.

Julia Whitten, a senior who hopes to study neuroscience, said she notices that there are far fewer females in her scientific courses and programs than males.

She was the only female member of the robotics team up until this year and is the only female currently enrolled in ASR 2.

Principal Patricia Puglisi said she notices fewer female students in classes such as AP Physics or

Computer Science.

To promote the field of science, every year a woman in a scientific profession comes and talks to students who are interested.

Puglisi said the school is partnering with Applied Materials, a manufacturing company in Gloucester, to try to encourage females to go into engineering.

"We unfortunately had a snow day and missed the opportunity to have a panel of woman engineers come and talk about their experience in the engineering and computer science and present to students what offerings we do have here at the high school," she said.

Puglisi hopes to reschedule this event for some time in the spring.

FAST FACTS

Class or program	Number of female students
AP Calculus	9/20
AP Computer Science	2/8
AP Physics	2/14
Math Team	6/16
Robotics	2/12

The number of female students in math and science classes and programs is significantly smaller than the number of male students in the same math and science classes and programs.

Science teacher Maria Burgess said she and other teachers try to demonstrate that women can be successful in scientific fields.

"In my and Ms. Everett's classes, we particularly note the contributions of current and past woman scientists in our bio topics," she said.

Laurel Edington, a graduate of Manchester-Essex and biology major and chemistry minor at Colby College, said her high school teachers supported her decision to pursue science.

"They always pushed me to succeed, helped me obtain internships, and each one took the time outside of class to talk to me about my career aspirations and offered any advice or help they could," she said.

Freshman competes in mustang makeover

Student trains horse in several disciplines for show

By Courtney Fraser
INDEPENDENT EDITOR

Through the Mustang Heritage Foundation and Bureau of Land Management, freshman Katie Donnelly will be participating in the Youth in Yearling Mustang

Makeover at the Topsfield Fairgrounds.

Teenagers with granted applications for the competition will receive a horse between the ages of one and two. The pickup date for the mustang is Apr. 11, 2015.

The horses will be coming to Massachusetts from Montana in the spring.

Donnelly will have approximately 100 days to train the horse for the competition on Aug. 7 and 8.

"I've always been involved in various disciplines involving

horses. I love being around them, and I've always wanted to make a difference and take it farther," Donnelly said.

During training, Donnelly will work towards gaining the mustang's trust. She will be teaching the horse to trail ride, jump over obstacles, and demonstrate showmanship.

'I've always been involved in various disciplines surrounding horses. I love being around them, and I've always wanted to make a difference and take it farther.'

- KATIE DONNELLY

Donnelly shares her riding experience with middle school student Drew Charlton. Together, the two have been riding for roughly six years.

"I think it's really cool that they are bringing the mustangs from Montana to kids like Katie. She is a very outgoing, friendly person. This competition will be an amazing experience for her," Charlton said.

At Candlewood Farm in Ipswich, Donnelly rides her



COURTESY OF KATIE DONNELLY

Freshman Katie Donnelly plans to compete at the Youth in Yearling Mustang Makeover at the Topsfield fair grounds on April 11. She has about six years of experience riding horses.

current horse, Ransom, three to four times a week. In the summer, however, she is at the stable nearly every day.

Having heard about the competition through several conversations with Donnelly, middle school English teacher Vidula

Plante applauded Donnelly's ambition.

"I think Katie is very energetic and willing to take on any challenge with enthusiasm. I feel like the competition is an extension of who she is," Plante said.

To prepare for the competi-

tion, Donnelly has been following through with days of online research about caring for a young horse.

"She will smilingly take on the challenge. I would be surprised if she doesn't succeed," Plante said.

Seniors advise juniors on college application process

By Devon Musgrave-Johnson
INDEPENDENT EDITOR

The college application process can become very terrifying very quickly, but juniors needn't worry as they have a whole class above them willing to offer their advice.

"Get started on your applications as soon as possible, even if you don't know where you are applying." -Cole Spencer

Each summer, students going into their senior year are encouraged to partake in a three-day session offered by the school's



guidance department to begin the common application. This is when the application process should be started by each student, even those who cannot attend the program.

Though the common app is daunting enough the supplements required by each college are the

biggest time eater. Students who wait to start their common app will often find themselves scrambling to finish both their common app and their supplements, and this can lead to sloppy work.

"Go see as many schools as you possibly can; it's the best way to know what type of school fits you best." -Alicia Setzer

Though books such as "The Princeton Review" and "Fiske's Guide" can be an integral part of choosing a college, it can be extremely hard to get a feel for each school without stepping foot on campus.

Even visits to schools that

seem extremely different from others on a list can provide important feedback to what type of school is best for each student.

"If you are being recruited by a school, learn as much information as you can early on." -Katie Furber

Universities can start looking for student athletes as early as their sophomore or freshman year in high school, and they will often do anything they can to rope potential athletes in. It is important for anyone being looked at by a school to become well educated about the school as quickly as possible in order to help make decisions under pressure.

"Make a separate email for colleges. Otherwise things can get spammy and overwhelming very quickly." -Andy Creighton

Many juniors are surely already experiencing the phenomenon that is the hoard of college emails that come in each day. Many schools know nothing about the students they are contacting besides their PSAT scores and are simply trying to advertise to the biggest group possible.

In order to avoid becoming overwhelmed and lost in all of these emails, a new account separate from an everyday one will work wonders in organization and maintaining sanity.

ACT, SAT tests contain key differences, similarities

By Olivia Bonaccorso
INDEPENDENT EDITOR

With more and more colleges accepting the ACT as well as the SAT, it can be difficult to decide which test will capitalize on a student's strengths. Both tests are costly to take and difficult to prepare for; therefore, it is important to know which test is a better fit in order to maximize outcomes.

The ACT or American College Test contains four sections: Math, Science, Reading and an optional writing section. ACT test sessions are 3 hours and twenty five minutes long. The Princeton Review explains

that the three required sections are made up of multiple choice questions while the sciences as well as the reading sections purely test comprehension.

The SAT or Scholastic Aptitude Test has four sections: Critical Reading, Mathematics, English, and a required writing section. Taking the test takes 3 hours and forty five minutes.

According to Kaplan Test Prep, the Critical Reading contains questions regarding comprehension and sentence completion.

'While the ACT is more straightforward and concrete, the SAT is more abstract and broad.'

The English part of the test also has a sub sections for vocabulary. In principal, the ACT tests more

what people learn in school while the SAT tests reasoning and verbal abilities. While the ACT is more straightforward and concrete, the SAT is more

abstract and broad.

Students who are more apt to remember things from class instead of problem solving an unfamiliar question should take the ACT, while students who rely less on memorization and tend

to excel at reasoning should take the SAT.

The ACT is taken in four separate sections while the SAT is comprised of 10 sections that switch off between Mathematics, Critical Reading and English. College Board explains that while the ACT is scored by the number of correct answers, making it worthwhile to guess, the SAT penalizes test takers for wrong answers, allowing students to skip questions with no harm or benefit.

Another key difference between the tests is their approach to their math sections. Both tests include arithmetic, geometry, algebra and algebra II, the ACT, however, also includes trigonometry. This

doesn't make the ACT math inherently more difficult, just more comprehensive.

Aside from the differences in the math section, the tests also vary in their reporting of scores. The SAT is scored by section on a scale of 200-800. Adding up the point value of each section gives students a total scored out of 2400. Essays are scored from 0-12 and influence the total score.

The ACT is scored by section as well. Each section is scored from 1-36 and the Math, Science and Reading scores are averaged to create a composite score also out of 36. The essay is scored from 0-12 and does not affect the composite score.

Athletics

Should sports practices over break be mandatory?

Pro

Ethan Andersen

When signing up for spring sports, students may neglect to realize that vacations abroad are not a viable option.

Most spring sports hold mandatory practices during April break, meaning student athletes must stay nearby or they may risk their position on the team.

Many believe that this is the only time for families to go on vacation without falling behind on school work, so why is practice necessary?

The rule is a school-wide policy that is followed by all members of the Cape Ann League. According to Athletic Director Kelly Porcaro, the members of the league voted on the policy and it has been implemented ever since 2007.

In order to complete an entire season, it is necessary to allow scheduling of games and meets over vacations.

Porcaro stated that scheduling events over vacation allows athletes with a more physically tolling sport to have a longer rest in between games. Without those extra weeks placed into the schedule, games could be as frequent as three days apart.

Even if students miss an opportunity to go somewhere exotic for vacation, they need to realize that they made a commitment when they signed up for the team.

The vacation periods are an excellent time to get ahead of the competition or to improve personal or team goals while some opponents are enjoying their lazy vacation.

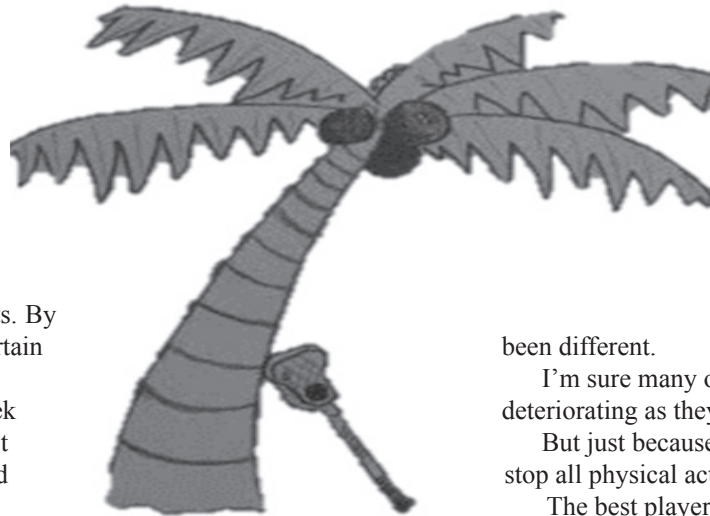
Practices over break are not only important to improving but also maintaining results. By missing over a week of practice, athletes are certain to regress in fitness levels.

For any serious athlete, practicing every week is essential to achieving goals. One of the most important factors in any sport is fitness levels, and training helps reach them.

Athletes should not be quick to complain about losing out on vacation. The school policy was implemented with good intentions.

The truth is, mandatory practices over the vacation weeks are beneficial, at least in the long run. Without them, student athletes would not be competing at the level they are.

Many should see this rule as a blessing rather than a curse, and not become angry so quickly.



ETHAN ANDERSEN ILLUSTRATION

Con

Julia Bonaccorso

School breaks are meant to be exactly that: a break.

Whether it be from academics, clubs, or sports, every student needs time off to relax and refuel so that he or she feel ready and able to return to the vigorous routine of school and sports when vacation week is over.

Unfortunately, for winter and spring athletes, this is not the case.

Mandatory sports practices over vacations are a school wide-policy followed by all members of the Cape Ann League.

The idea was voted on by all members of the league in 2007, and the rule has been enforced ever since.

But why should only coaches and athletic directors have a say in whether or not athletes should have to practice over their vacations?

In my experience as a student athlete, the coach is rarely physically active in practices with his or her team.

Not that a coach would be expected to do the drills with his or her players, but by only directing the practice, he or she is not experiencing the same physical stress as his or her team.

Therefore when it came time to make the decision of whether or not to hold practice over vacation the coaches would have had a difficult time empathizing with a tired student athlete in much need of a break.

When making decisions like this, Cape Ann League should certainly have a panel of student athletes vote on the same question so that both the coach and player are represented.

Had this been the case when enforcing practices over break were voted on, the outcome probably would've

been different.

I'm sure many of the league coaches were worried about their player's fitness deteriorating as they were sitting on a beach in Hawaii.

But just because there's no mandatory practice doesn't mean the athlete will stop all physical activity.

The best players are those who are dedicated to both their team and to maintaining their health to maximize their results on the field or the court.

These team members will make an effort to stay in shape even if they're on vacation, both because they're motivated and because they know their team will suffer if they don't.

Without the break, athletes are being pushed to their physical limit, which could lead to injury.

Giving players a break from practice gives their bodies much needed time to rest allowing them to return to play the next week rested, replenished, and able to perform to their full potential.

School seeks to ban practice of co-officers in student government

By Lydia Parker
INDEPENDENT EDITOR

Student elected class officers risk losing the ability enjoyed during the past few years to

expand the government positions to include multiple officers per position.

The practice of co-officers has been called

under question for violating the rules regarding each grade's student government, and students may be forced in the coming years to elect only one class officer per position rather than multiple officers per position.

Principal Patricia Puglisi and the Student Council recently found official guidelines for the structure of student government in the high school that had previously remained unknown and

not followed for several years.

The flaw in this tighter observance of the regulations of student government and its elections is that the practice of allowing co-officers in a position

greatly benefits a grade's student government. More ideas are shared and turned into action, and the entire functioning of the student government is improved.

As evidenced by the current senior and junior classes, co-presidents, secretaries, and treasurers do not harm the workings of the student government. In fact, they make fundraising efforts easier. With more people committed to the student government, the number of contributions to events such as bake sales increase, as do the number of volunteers at fundraising events.

Many students are deterred

Allowing co-officers can only benefit a class and increase its funds.



OLIVIA BONACCORSO PHOTO

Devon Musgrave-Johnson, Andy Creighton, and Meghan Conway all share senior class presidency.

from running for a position in the student government for fear of losing in the election. With the practice of co-officers that occurs currently, more students are able to become a part of student government and help their classes.

The only argument against this practice is that it goes against the set guidelines for the workings of the student governments in the

high school. However, as these rules were not followed during the previous and current years, there is no point in following the flawed rules now.

The fact that the current senior class is permitted to graduate with three presidents should force the school to allow this same practice with the student governments of other grades in

the future.

Allowing co-officers can only benefit a class and increase its funds for senior year activities. Depriving the student governments of the future of their ability to expand the number of officers per position would effectively stunt the progress and success of every student government.



Fifty Shades of Sexism

By Natasha Statz-Geary
INDEPENDENT EDITOR

I would like to start off by saying that I am deeply ashamed that I spent \$10 to watch this sexist movie in the dark and grime of the Gloucester Cinema.

This is not a love story even though it's been marketed as one; it's a dark, disturbing portrayal of a profoundly troubled, controlling man manipulating a weak college student to become his sex slave and leave behind her promising career.

The duration of the film was a whirlwind of turning 50 shades of red during the raunchier scenes, trying to ignore the middle-aged couple canoodling in front of me, and questioning why all these married women were here in the first place.

As not to dwell on the over-hyped sexual endeavors of the movie, I will instead explain why this movie is completely devoid of any real affection.

As a 17-year-old, I obviously have a deep understanding of what true love is, all of which I attained from watching Nicholas Sparks movies while eating my feelings.

According to Nicholas Sparks, true love is full of laughter, beach walks, patience, row boat rides, support, ice cream, and happiness.

Oh, and dying simultaneously like in "The Notebook," killing your girlfriend's abusive husband a la "Safe Haven," and saving someone from being killed in Iraq because he saw a picture of you as in "The Lucky One," but those are the easy parts of love.

"Fifty Shades of Grey" has none of this.

If anything, their relationship shows many signs of abuse: he stalks her, enters her apartment without permission, refuses to connect with her on an emotional level, gets jealous way too easily, manipulates her by buying her lavish gifts, and worst of all gives her a contract which she must live by that controls what she eats, wears, and does.

Furthermore, this movie perpetuates age-old gender roles that feminists have been fighting for decades: men dominating women and women working to please their partners with no reciprocity.

This is not love. Love is gentle, patient, and emotionally fulfilling... according to Nicholas Sparks.

"Fifty Shades of Grey" is none of this, and no amount of whips and other "toys" can turn their troubling relationship into true love.

STAFF EDITORIAL

Ethics of journalism: Why lying doesn't pay off

Honesty is the best policy. Especially when one is reporting breaking news to millions of viewers around the world, stretching the truth for personal gains should not even cross one's mind.

Brian Williams, one of the head reporters for NBC News, can most likely confirm that lying about his own helicopter being shot down was not worth a six-month suspension without pay.

The aftermath of Williams' actions spanned further than just personal consequences. Stepping down from his position on the board of directors of the Congressional Medal of Honor Foundation as well as losing 700 million viewers from NBC have already damaged his reputation.

Accepting the responsibility of telling the truth should be a prerequisite to holding an occupation of such magnitude. The



Brian Williams has been suspended from NBC Nightly News after lying about his own helicopter being shot down by enemy fire.

power of TV does not make one invincible simply by fabrication of the truth, as much as some would like to believe.

Ethical reporting doesn't just apply to television news anchors. On a much smaller scale, a high school newspaper may be an eas-

ier medium to publish little white lies, but enough gossip happens in a high school atmosphere that word would get around, and the truth would come out.

News that is worth reporting is usually riveting enough, and fibbing detracts from one's moral

character as well as the public's trust, so sprinkling lies into journalism yields no real reward.

The latter ruins journalistic integrity. Reporting the news in an honest, whole-hearted fashion allows the audience to absorb the gravity of the situation while having all the details presented in front of them.

Reporters may go undercover to investigate a certain lead and thus alter their image as well as identity, but as extreme as this may be, this type of deception does not hurt the audience and rather acts a facilitator to report the truth.

In order to make sense of the lying game in journalism, one must understand the ethical code that should be followed when reporting worldwide news. Being honest about one's findings in reports would make the people trust what is said exponentially more.

Unfair time differences prevent preparation for AP testing

By Hannah Riordan
INDEPENDENT EDITOR

For an organization that prides itself so strongly on uniformity, it's surprising that the College Board has yet to standardize one important factor: the amount of school days that occur before an AP test.

Regional school start dates vary dramatically, but AP tests all occur on the same day. Schools that start earlier have a significant advantage in increased time to prepare for the tests.

Atlanta public schools started on Aug. 4 this year while Boston public schools started on Sept. 4, meaning that students in Atlanta had a full extra month of preparation.

In the fast-paced world of AP, a month is nothing to be sniffed at. Each class has a large curriculum, and covering everything is

imperative in order for students to succeed on the test.

Snow days compound this timing issue, as many New England schools have lost more than a full week of school due to weather-related cancellations.

This disparity in school days leading up to AP tests is fundamentally unfair. The wording of language-based tests is certainly formulated to avoid regional bias, and the amount of time students have to prepare for their exams should be too.

Schools that start in early August can spend more time on each unit, allowing students to better understand the material. They are also likely to have more time to review in the weeks lead-

ing up to the AP test.

On the other hand, schools that start in late August and early September may have to rush to adequately cover all the material in time, and in some cases may forego review in order to finish the course curriculum in time for the test.

The College Board already develops multiple forms of every test for makeup administrations and non-continental territories like Puerto Rico.

AP test writers could certainly split the country into two regions based on school start dates and develop separate calendars for each region accounting for the expected number of school days and write one additional form of each test.

This would equalize the playing field and eliminate the confounding variable of different amounts of preparation time.

Schools that start in early August can spend more time on each unit's material.

Week 2

Test Date	Morning (8 AM)
Monday May 11	AP Biology AP Music Theory
Tuesday May 12	AP United States Govern Politics
Wednesday May 13	AP English Language ar Composition
Thursday May 14	AP Comparative Govern Politics AP World History
Friday May 15	AP Human Geography AP Microeconomics

COLLEGEBOARD.COM

Despite differences in school start dates and days lost to snow days, all AP tests unfairly occur on the same day nationwide.

the INDEPENDENT

Editors in chief
Hannah Riordan
Natasha Statz-Geary

News Editors
Julia Bonaccorso
Olivia Bonaccorso
Charlie Davis
Courtney Fraser
Lydia Parker

Features Editors
Charlotte Freed
Sarah Williams

Opinion Editors
Maura McCormick
Amber Paré
Connor Senay

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



Arts Editors
Zack Even
Devon Musgrave-Johnson

Sports Editors
Ethan Andersen
Maddie Conway
Oscar Heanue
Avery Shaw

Faculty Adviser
Mary Buckley-Harmon

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The Independent is published monthly throughout the school year. It is a product of the Manchester-Essex Regional High School Journalism class. Editorial space is available to all MERHS students, faculty, and community members.

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

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

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

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

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

Unusual amounts of snow warrant disposal on Singing Beach

By Maura McCormick
INDEPENDENT EDITOR

Although it may receive criticism for its environmental harms, disposing of snow on Singing Beach in extreme cases, such as this winter, is a necessary action.

The snow this year caused problems for Manchester.

Students cannot walk to school because of covered sidewalks, causing lines of traffic to get to school

in the morning. This issue has pushed the start time of school instruction back around 15 minutes most mornings.

Drivers have difficulty looking around snow banks when making turns and passing other cars on narrow snow-lined

streets.

The unsafe conditions on roads also negatively affect the safety of runners on the track team, who use the roads to train.

“[Running] is definitely more dangerous. Exiting streets and taking turns on the roads can be blind for cars, which means we have to be very careful. Running on snow also allows for slip-

ping, which could lead to injury,” senior captain Olivia Lantz said.

Most years, when there was less snow, the snow has

been placed in the Singing Beach parking lot.

“Many times the lot has been two-thirds full or three-fourths full, with some parking still available,” Tom Kehoe, chairman of the Board of Selectmen said in an email.

This issue has pushed the start time of school instruction back around 15 minutes most mornings.



MAURA MCCORMICK PHOTO

The Board of Selectmen decided to deposit snow on Singing Beach once the parking lot was filled.

This year, however, the Singing Beach parking lot is completely full, as well as most of the Masconomo lot. Because of this issue, the town was forced to place snow on Singing Beach, where the tide can wash it away.

According to the Massachu-

setts Department of Environmental Protection, the environmental issue with disposing of snow on the beach is that it is not just snow, but also dirt, trash, and pollutants that are swept up with it. However, the town worked to minimize this negative effect as much as possible.

“The snow disposed of on the beach was clean. There was very little salt or sand in this snow, and it had not sat long in areas where it picked up heavy metals or other contaminants from vehicles,” Carol Murray, the department of public works director, said in an email.

Online learning allows students to reduce stress before large exams

By Maddie Conway
INDEPENDENT EDITOR

With the missed school days piling up almost as high as the snow itself, many schools across the Northeast are scrambling

to make up all the days before the end of June, and teachers are scrambling to teach all of the information they have to before tests like MCAS and AP exams.

Online learning doesn't shorten the amount of days public schools have to make up. However, it prevents the struggle

to finish teaching information before testing deadlines.

Schools from Virginia to New Hampshire and Vermont have begun “holding class” during snow days.

How the schools choose to relay the information to students

Assignments given to students on the snow days include videos to watch and take notes on, which is similar to the practice of flipped-classroom learning.

varies by school. Some, like Peninsula Catholic High School in Virginia, according to an NPR article on the topic, give their

students school-owned computers to use for instruction, but more commonly, teachers will just assign homework online and expect students to have that

completed by the next class.

Assignments given to students on the snow days include videos to watch and take notes on, which is similar to the practice of flipped-classroom learning.

In all schools where “e-learning days” have been on trial, anybody who has Internet connection issues is temporarily exempt from the work, but they must make it up.

Students argue against instruction during snow days, often complaining that the online class time ruins the day off, which must still be made up at the end of the year.

However, cramming information into students' brains a week before standardized tests places more stress on teachers and students than a day of online learning.



MADDIE CONWAY PHOTO

Online work lessens setbacks in lesson plans during snow days.

Some standardized tests have flexible schedules that allow for changes due to inclement weather, but most do not.

This year, MCAS has been extended a week due to the snow,

but the AP tests, scheduled in May, have not been moved.

Schools that have not been negatively affected by weather have more days to prepare for standardized tests.

Parents who refuse to vaccinate their children put thousands at risk



WIKIMEDIA COMMONS

Despite the fact that most vaccines have a 90%-99% effectiveness rate, some parents choose to not vaccinate their children.

By Amber Paré
INDEPENDENT EDITOR

After the recent measles outbreak in the US, there has been controversy over whether or not parents should be required to vaccinate their children.

Vaccines have been effective in preventing illnesses. According to The Centers for Disease Control, over 322 million cases of childhood illnesses have been prevented due to vaccines in the period of 1994 to 2014.

Though vaccines given to children cannot completely guarantee a child not contracting an illness, The American Academy of Pediatrics reports that most vaccines have a 90%-99% effectiveness rate.

Some parents display concerns about the safety of vac-

cines, but those who do often do not fully look into research done about vaccinations.

The CDC states that in order for a vaccine to be licensed, it must be tested to guarantee its safety. Testing a vaccine can sometimes take 10 years, and vaccines are still monitored for safety while they are in use.

The most common claim made against vaccines is that they lead to autism; however, this allegation has been disproven multiple times by credible researchers.

Andrew Wakefield, the gastroenterologist who first established the theory that autism and vaccines were linked, was disproven by “at least seven large studies in major medical journals,” according to parents.com.

National Geographic also reports that Wakefield's theory

was disproven yet again, causing him to lose his medical license in 2010 after it was deemed that his research was “an elaborate fraud.”

Parents who refuse to vaccinate their children are putting both their children's lives and the lives of thousands of others at risk.

According to parents.com, people who have certain allergies, young children, and those undergoing chemotherapy cannot receive vaccinations and are therefore put at risk of contracting a potentially fatal illness from someone who has not been vaccinated.

All parents must immunize their children and realize the benefits that vaccinations bring for both children themselves as well as people around them who cannot be vaccinated.

BOYS' TENNIS

Coach: Robert Bilsbury

Captains: Seniors Michael Fuca, Winston Feuerbach, and Justin Eichenberger

Record last year: 16-0

Goals: Focus on each member of the team and work to improve individual play.

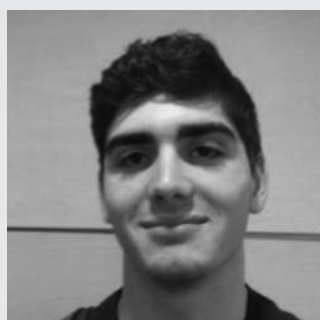
Impact players: Seniors Michael Fuca, Justin Eichenberger, and Winston Feuerbach, and junior Walter Komishane.

Coach's quote: "The strength and depth of our team will be the key to our success this year."

Captain's quote: "Ultimately our goal is to win a Division 4 State title, but in order to do that, we are going to need to keep our focus and not get complacent."-Senior Winston Feuerbach

"I am looking forward to another great season with a skilled squad, and hopefully we can go undefeated once again."

-- Senior Justin Eichenberger



Michael Fuca



Winston Feuerbach



Justin Eichenberger

GIRLS' TENNIS



Avery St. Sauveur

Coach: Ken Rawson

Captain: Senior Avery St. Sauveur

Record last year: 13-3

Goals: For every team member to improve individually and for the team to perform up to its full potential

Impact players: Juniors Caisi Calandra, Erin Carlson, Sara Stanton, sophomore Sally Pulver, and freshman Chanel Bullock.

Coach's quote: "Tennis is a fun sport, but the competitive aspect of the team format and representing [Manchester Essex] pushes my enthusiasm right over the top."

Captain's quote: "I think building up team chemistry is extraordinarily important... we have always been a cohesive force, and I think that is often the key to our success."

--Senior Avery St. Sauveur

TRACK

Coaches: Jeff Destino, Austin Souza

Captains: Not yet elected.

Record last year: Boys': 6-0, Girls': 2-4

Goals: To defend the conference victory for the boys' team as well as contend for the conference championship on the girls' side.

Impact players: Boys: Seniors Aidan Lyons, Ben Bichet, juniors Charlie Davis and Nathan Evans, Girls: Senior Olivia Lantz, junior Megan Clark, sophomore Niamh Dalton

Coach's quote: "The girls' team in general has really gotten better and better... I think for the first time in the program's history we can contend for a championship."

Athlete's quote: "The goal past going undefeated is always going to be qualifying as many people as we can for division and state meets."

-- Junior Charlie Davis



Charlie Davis



Olivia Lantz

BOYS' LACROSSE

Coaches: John McCavanagh and Steve Driscoll

Captains: Junior Jack Hennigan

Record last year: 7-12

Goals: To make the state tournament, develop youth talent.

Impact players: Senior Chris McAuliff, juniors Jack Hennigan and Chris DiFluri, and freshman Patrick Guinee

Coach's quote: "We have a lot of work to do before the season starts. If we work now it will pay off down the road." --Steve Driscoll

Captain's quote: "Hopefully we can reach our goal of making the state tournament this year, which we've missed out on the past couple of years."--Junior Jack Hennigan



Jack Hennigan

GIRLS' LACROSSE



Maya Heath



Katie Furber

Coach: Sarah Holch

Captains: Seniors Maya Heath and Katie Furber

Record last year: 9-7-0

Goals: To win more games and beat the teams that they almost triumphed over last season, despite losing four important team members.

Impact players: Seniors Maya Heath, Katie Furber, and junior Jenny Cochand

Captain's quote: "This season, we are looking forward to having fun and coming back and beating the teams that we almost beat last year."-- Senior Katie Furber
"We definitely lost a lot of key players from last year, but we still have a really strong team."

--Senior Maya Heath

Coach's quote: "The field's wide open... There is so much opportunity for people to step up this year... We have such a solid group... they are ready to go."

SAILING

Coach: Kieran O'Connell

Captains: Senior Cam Holley and junior Ethan Andersen

Record last year: 15-2

Goals: To win States and the Massachusetts Bay League, qualify for Nationals

Impact players: Seniors Cam Holley and Lucas Martz, junior Ethan Andersen, sophomore Gillian Winn

Coach's quote: "I've heard a lot of positive things about these kids; I can't wait to help them achieve their goals."--Kieran O'Connell

Captain's quote: "Despite losing the coach who we've had for five years, I believe that what he's taught us about diligence and work ethic will translate to the new lessons we learn under Coach O'Connell."--Senior Cam Holley

"Even though we lost some key members, we still have a starting varsity lineup that has been sailing together for over four years that I think is capable of winning States again." --Junior Ethan Andersen



Cam Holley



Ethan Andersen

BASEBALL

Coach: James Weed

Captains: Seniors Craig Carter and Dominic Cirone and junior Brandon Bartlett

Record last year: 5-15

Goals: Beat last year's record and qualify for the state tournament.

Impact players: Seniors Craig Carter and Dominic Cirone, junior Brandon Bartlett, and freshman Robbie Sarmanian

Coach's quote: "We need to control what we can control. Being prepared for each game and bringing our intensity will result in positive outcomes."

Captains' quotes: "I think defense is something we could to improve on. We have a lot of talent, but until we focus on that, we won't find the wins we want."

--Junior Brandon Bartlett

"We have a great group of guys; the team chemistry is great and I couldn't ask for any more."--Senior Craig Carter



Craig Carter



Brandon Bartlett



Dominic Cirone

SOFTBALL



Samantha Woodman



Bailey Graves

Coaches: Michael Harrison, Vinnie D'Amour, and Phil Lusk

Captain: Seniors Samantha Woodman and Bailey Graves

Record last year: 9-11

Goals: Get to the playoffs, strengthen the team, and collaborate more with the community

Impact players: Seniors Samantha Woodman, Bailey Graves, Megan Conway, and Nina Manzo, junior Molly Lynch, and sophomore Melanie Carter

Coach's quote: "What we're trying to do here is build up the program...not only at the school but also in the community."

--Michael Harrison

Captains' quotes: "We almost went into the playoffs last year, but we lost by one game, so we really want to improve upon that record."--Senior Bailey Graves

"Overall, we just want to have a better record than last year."--Senior Samantha Woodman

ULTIMATE FRISBEE

Coach: Eric Magers

Captains: Sophomores David LaForge and Tyler Malik

Goals: Develop the team and improve. The team would love to make the state tournament.

Impact players: Junior Oscar Heanue and sophomores David LaForge and Tyler Malik

Coach's quote: "My main focus with Ultimate is to provide kids with a fun, alternative sport that they can continue to play past high school. Very few kids continue to play traditional sports after high school or college. I want to give them something they can play throughout their lives."

Captains' quotes: "I think that with hard work we can definitely earn some wins in our games. Last year we did pretty well, and it would be nice to get to that level this year."--Sophomore David LaForge

"I would say that my main goals are to get outside, to have fun while working as a team, and to improve our Frisbee skills."--Sophomore Tyler Malik



Tyler Malik



David LaForge

'Kingsman' proves worthwhile for fun-loving moviegoers

By Devon Musgrave-Johnson
INDEPENDENT EDITOR

When "Kingsman: The Secret Service" premiered the same weekend as the infamous "50 Shades of Grey," it at first seemed like the movie was to be taken over by its competition. Thankfully, the star-studded cast and action-filled trailers managed to bring in well-deserved crowds.

Although the film, rated R for violence, language, and sexual content, is certainly no Oscar nom, the cartoonish level of violence and comic book worthy characters allow the film to successfully entertain audiences.

Colin Firth leads the way as Harry Hart, codename Galahad, a sophisticated and well trained spy seeking to recruit the young Eggsy, played by Taron Egerton, to the secret spy organization known as the Kingsmen.

Though Samuel L. Jackson

creates a hilarious yet menacing character in Valentine, a tech genius who seeks to cleanse the world in a less than orthodox fashion, the true standout is Firth.

Firth, age 54, is most well-known for his dramatic roles in historical films or his rather sweet roles in romantic com-

The film seems to know exactly what it is: a love letter to old school spy films and a truly good time.

edies, so to play a super spy trained to kill was a dramatic leap for the actor. Firth absolutely nails as Galahad and manages to delight and entertain audiences with his proper yet deadly skills.

Not only was the casting for "Kingsman" brilliant, but the script is as well. The film seems to know exactly what it is: a love letter to old school spy films and

a truly good time.

The film features many references to spy films and TV shows both old and new (Eggsy even has a pug named Jack Bauer). This reminds audiences not to take the film too seriously but never takes viewers too far out of the film.

Moreover, the action sequences are stunning to watch. Director Mathew Vaughn took a much different approach to his action scenes than the popularized shaky-cam that has become a staple of modern action films by keeping his action scenes, such as the film's new take on the standard bar fight, smooth and easy to follow. (Thank goodness!)

Instead of relying on a shaky camera to hide sloppy choreography or bad acting, Vaughn made sure that his actors were well prepared for their roles, fight scenes included. This element, along with the inside jokes and interesting concept, provides a refreshing change of pace from the typical modern action film.



KINGSMANMOVIE.COM

Director Matthew Vaughn plays off of an established genre in 'Kingsman,' simultaneously poking fun at and paying homage to spy films like he did with superhero movies in 2010's 'Kick-Ass.'

Lone Gull Coffee House offers eclectic mix of beverages, pastries, and more



LONEGULLCOFFEEHOUSE.COM

The Lone Gull's welcoming atmosphere is enhanced by its friendly service and comfortable seating.

By Olivia Bonaccorso
INDEPENDENT EDITOR

The Lone Gull Coffee House at 146 Main Street in Gloucester is a cozy spot with dark walls,

expansive windows and comfortable seating.

In the back corner of the coffee house is a small alcove with large couches and chairs that serves as the perfect place to enjoy a beverage or some food and read a book.

Their menu boasts a variety of hot and cold drinks, smoothies, pastries and sandwiches. Along with many of the traditional coffee drinks such as cappuccinos and espressos, the Lone Gull also serves tea lattes.

The mint matcha latte is

a mixture of milk, mint green tea powder and the customer's choice of sugar or honey as sweetener. At the same cost as a regular latte of \$2.95, this drink is a refreshing, healthy alternative to a traditional latte.

Popular cold beverages include iced tea and lemonade, which can be enhanced by any of one of the Lone Gull's flavor syrups. Iced tea is \$2.05 for a medium and a few extra cents for additional flavor.

For a bit more of a substantial cold drink, try one of Lone Gull's smoothies, which sell for \$4.33. Choices range from the a green tea smoothie which has green tea, bananas, strawberries and a choice of milk or soy milk, to the "Chilly Gull," which is a frozen cappuccino with the customer's choice of espresso,

mocha, white mocha or caramel blended in.

Lone Gull also offers a variety of pastries which range from \$1.50 to \$3.40; a few staples are scones, fudge brownies and bagels. Scones bread and bar

Choices range from a green tea smoothie to the 'Chilly Gull,' a frozen cappuccino.

flavors vary depending on the season.

To make a meal out of a trip to Lone Gull, try one of their housemade sandwiches. Their selection includes a BLT and turkey and bacon sandwich. Each costs \$6.33.

Their menu also accommodates the vegetarian customer with a vegetable sandwich or a classic grilled cheese.

The prices at Lone Gull are fair and service is quick and friendly. Parking can sometimes be difficult, so be sure to be ready to walk a short distance from the car to the restaurant.

Drake's newest album creates hype from surprise release, not quality tracks

By Oscar Heanue
INDEPENDENT EDITOR

Theories are swirling about Drake's latest project, an unannounced mixtape released as an album that sold 495,000 copies in its first three days.

Some fans believe Drake released the project for purchase in order to get out of a contractual obligation with Cash Money records. Others simply believe Drake was attempting to prove that he could sell any project that boasted his name. However, with all the mystique surrounding the release of the album, no one seems to be asking the question of whether it was worth releasing.

Prior to "If You're Reading This It's Too Late," Drake was coming off the release of two of the biggest hip-hop albums of the decade in "Take Care" and "Nothing Was the Same." His critical and commercial success has continued with major singles such as "0 to 100" and high-profile features on YG's "Who Do You Love," ILoveMakonnen's "Tuesday," and Nicki Minaj's "Truffle Butter."

With his commercial and critical success at an all-time high, Drake seemed poised to take the title of best rapper alive in the eyes of the general public. "If You're Reading This," however, calls serious questions to Drake's claim that he is the voice of hip-hop in this generation.

IF YOU'RE
READING
THIS IT'S
TOO LATE

DRAKEOFFICIAL.COM

Drake's newest set of songs, released without warning, may have been acceptable as a free mixtape but fails as a full-fledged album due to lazy lyrics and lackluster beats.

The album sports a hastily put together hand-written cover, perhaps to emphasize the

project's spontaneous release. Unfortunately, the album's production and lyrical quality reveal themselves throughout to be equally shoddy.

While the production credits boast big names such as PartyNextDoor, Boi-1da, and, of course, Drake's in-house producer Noah "40" Shebib, most of the beats throughout the album feel like cheap throw-aways. Beats such as "Legend" prove inexcusably boring for a major release while others, such as "Madonna," feel cluttered and poorly layered.

Though Boi-1da does come through with interesting and inventive beats on the few tracks that boast his name, the instrumentals are wasted on some

of the most lazy and repetitive verses of Drake's career.

On "6 God," listeners are subjected to careless and meaningless rhymes about the city of Toronto haphazardly thrown together.

At one point in his verse, Drake ends four consecutive lines in "thing" with no internal rhyme, blatantly disregarding the technical and lyrical ability that it so vital to the art of hip-hop.

The project sees few ups and downs, as the entire album amounts to nothing more than a lazily assembled mass of ad-libs and Toronto Raptors shout-outs. Though he may proclaim himself the greatest rapper alive, "If You're Reading This" does nothing to back up that statement.

The return of 'House of Cards' excites while doing little else

By Zack Even
INDEPENDENT EDITOR

When compared to the 15-second Netflix delay that binge-watchers are usually forced to wait between episodes, the one-year gaps between seasons of "House of Cards" can feel far more like centuries.

Yet, despite the show's long absence, little has changed since last season's finale. Season 3 picks up only days after Francis Underwood, Kevin Spacey's calculating political pragmatist, assumes the presidency.

The new season introduces nearly no new characters, although certain secondary and even tertiary characters pop up in new, unexpected ways, including Solicitor General Heather Dunbar and hacker Gavin Orsay.

While an array of new characters often represents the writers' struggle to remain fresh, Season 3's abundance of familiar faces actually makes the show seem somewhat stale.

The few additions that are made result in some of the best moments of the new season. Russian president Viktor Petrov, one of the few newcomers, is a charismatic Putin lookalike, and his visit to the White House and negotiations with Underwood make for the best moments of the season.

Unfortunately, Petrov's presence isn't enough to balance out the flatness of Season 3. The ruth-



NETFLIX.COM

While the latest season of 'House of Cards' offers some solid entertainment, it is not as strong nor as artful as previous ones.

less personalities of Underwood and his equally ambitious wife, Claire (Robin Wright), allow for basically no character development; any sympathetic actions from the two simply feel false.

Additionally, Francis Underwood's unlikability and lack of moral ambiguity serve to separate him from the likes of other acclaimed anti-heroes.

While the upper echelon of TV leads is populated by dense, morally conflicted men whose actions allow the viewer to reflect on those of their own (think Don Draper and Tony Soprano), Underwood is far too extreme and ruthless to act as a mirror.

Every one of his actions is arguably corrupt, raising no ethical questions. While viewers may have been shocked when an anti-hero like Walter White looked on, conflicted but motionless, as his partner's girlfriend overdosed, they'd be more surprised if Underwood decided to save her.

One aspect of the show that rightfully remains unchanged is its dark tone and slick cinematography, smartly borrowed from the show's executive producer David Fincher. The colors in each episode are toned down, a style that fits in perfectly with the show's shady feel.

While the visuals are fantastic, "House of Cards" has grown to rely on its appearance far too much to maintain its status as a quality series. In the same way Underwood's actions evoke no moral dilemmas, the new season has nothing substantial to say about the political issues or even rampant corruption it portrays.

Binge-watching may in fact be the best way to view the new episodes not due to the season's complex storyline but because, as a viewing style, it leaves little time for the viewer to absorb what they've seen and realize that the episodes offer nothing more than solid entertainment.

WEBsurfer

By Connor Senay
INDEPENDENT EDITOR



Haiku Deck

Haiku Deck will completely change the way we make slideshow presentation. As a high school student, you have undoubtedly exhausted every single slide layout on Google Slides, PowerPoint, and even Prezi. Visual appeal is critical to catch the attention of the viewer, and presentations made with Haiku Deck are aesthetically pleasing on another level. Mashable, an online news site, hails Haiku Deck as "the Instagram of pitch decks," and Time Magazine claims it will "make us all look like creative geniuses." With that kind of praise from national enterprises, imagine what your teachers will think when you proudly display a Haiku Deck presentation and amaze the class. Simply create an account online or download the app to begin today.

My Script Font

My Script Font adds that personal touch to a typed essay where not one of the essays has visual self-expression. By writing out the alphabet on a piece of paper, you can upload the scanned image to your computer hard drive and install it into Microsoft Word. For brevity, a quick sentence to write out instead of each individual letter is "the quick brown fox jumped over the lazy dog." Make sure each letter is both capitalized and lowercase. As counterintuitive as it may be, just take out your computer and type in your new, personal handwriting font.

Find the Invisible Cow

Find The Invisible Cow will creep into the back of your mind as your motivation to be productive slowly slips away. If you've ever played the "Hot/Cold Game," this game will elicit childhood memories that will spark hours of entertainment on this website. A voice shouts "COW" as you move in closer proximity to the invisible bovine. Speaking from personal experience, I've probably clocked a total of four hours finding the invisible cow out of sheer boredom. Procrastination is a serious problem, and although I do not condone it, you should play this game upon contraction of the crippling academic sickness.

What to...

Watch:

TV "Silicon Valley" Season 2

"Office Space" creator Mike Judge's latest cult hit, "Silicon Valley," returns April 15, picking up where the action of season one left off. "Silicon Valley" follows the exploits of 20-something engineer Richard Hendrix (played by Internet sketch comedy star Thomas Middledich) and his tech startup company, Pied Piper. Hendrix and his team of fellow engineers, played by the hilarious Martin Starr and Kumail Nanjiani, attempt to take over Silicon Valley and please their eccentric venture capitalist backers. The show has quickly become a critical darling, taking home the Golden Globe for best comedy series in its first season. It looks poised to keep its hot streak going as the cast and crew returns for Season 2.

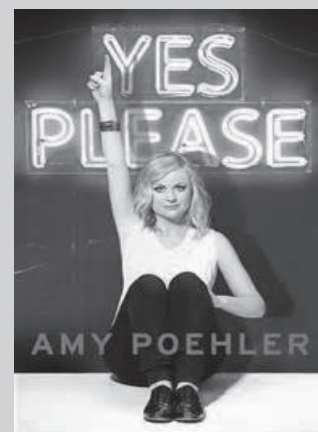


SILICONVALLEY.COM

Read:

Book "Yes Please" by Amy Poehler

With "Parks & Recreation" finishing up its last season, TV's top comedienne is moving on to tackle new mediums. Following



AMYSAYSYESPLEASE.COM

in the footsteps of SNL co-star and friend Tina Fey, Amy Poehler has released her first book, an amalgamation of personal stories and advice reminiscent of Fey's "Bossypants." The book received four stars from Barnes and Noble and the Huffington post. Fans of "Parks & Recreation" and "Saturday Night Live" who have enjoyed Poehler's past comedic efforts will love the goofy and sincere Poehler-esque comedy of "Yes Please."

Listen To:

Album "Sremmlife" Rae Sremmurd

No one could have predicted the meteoric rise of Atlanta duo Rae Sremmurd. While critics initially dismissed the pair as a gimmicky one-hit wonder, Sremmurd has shown critics and fans that they aren't going anywhere. Since dropping their debut single "No Flex Zone" in early 2014, the fun-loving brothers have owned the rap charts as well as the Southern trap scene. Their debut project, "Sremmlife," cements the group as a heavy-weight in the hip-hop community. Featuring mainly beats composed by the duo's mentor and label-mate, super-producer Mike Will Made It, the album bumps with heavy basslines and rising synths from start to finish. Although it's impossible to ignore smash hits like "No Type," the album's deeper cuts prove equally electrifying. Fans looking for the group to showcase their range may like the slower, more melodic track "This Could Be Us," while those simply looking for a good time will enjoy more generic turn-up tunes such as "Up Like Trump," "Y.N.O.," and the frat party anthem "Safe Sex, Paychecks."



SREMMLIFE.COM

By Oscar Heanue, Independent Editor