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Cross-contamination complicates composting initiative

Green Team implements new dining hall waste procedures, educates students on composting

By Fiona Davis
INDEPENDENT EDITOR

While composting has been a major component of the Green Team's environmental efforts, the school has been unable to compost waste from the dining hall for one year, according to Green Team director Eric Magers.

"We produce 15-16 barrels a day. Three are trash and recycling, and the rest is compostable, but we can't compost anything because of cross contamination," Magers said.

The company hired to collect the school's compost, Black Earth Compost, began charging \$50 extra for picking up the waste due to the large amount of non-compostable materials in the compost barrels, Magers said.

"For our compost to be picked

up, we need it to be 98 or 99 percent compostable," he said.

Food, bowls, trays, napkins, paper bags, and milk cartons are all compostable, but students continue to put plastic utensils and bags into the compost bins, according to Green Team waste management coordinator and junior Justin Eichenberger.

"Kids didn't really care about the system and that carried on to this year, and now we are trying to resolve this," he said.

'We are hoping kids will begin to be invested in helping us compost.'

-CAM HOLLEY

According to junior Cam Holley, Green Team waste management coordinator, students in the elementary schools have been more successful with composting than those in the high school because high

school students have not been educated to care about the process from a young age.

"It is all just about education. Most kids haven't



FIONA DAVIS PHOTO

Senior Green Team member Mike Davis directs sophomore McKenzie Woodman as he approaches the waste bins in the dining hall as part of the Green Team's new initiative to reduce waste at lunch.

been directly taught what waste goes where," he said.

On Oct. 28, the Green Team took the first step toward educating students by posting Green Scholars at the waste barrels in the dining hall, according to Holley.

"We are hoping kids will begin to be invested in helping us compost," he said.

Sophomore Nathan Evans said the scholars helped him understand where his waste should go.

"The kids standing at the

barrels made it less confusing than before," he said.

Holley said the Green Team's efforts in the first week of scholar monitoring reduced the school's waste by 1100 gallons.

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Guidance plans new programs, meets with students

By Sarah Williams
INDEPENDENT STAFF

Sherri Lewis, director of guidance, talked about how excited she was this year to have all of the new guidance programs up and running.

With new staff, new programs and, "exciting new things," this year is sure to be a good one, according to Lewis.

Guidance has been able to meet with all grade levels in groups of English and social studies classes,



SARAH WILLIAMS PHOTO

Members of the freshman class work on their Naviance accounts during their meeting with the guidance department this year.

to get the students to start planning for their futures through the Naviance program.

Guidance has been able to meet with all grade levels in groups to get students to start planning for their futures through the Naviance program.

Guidance is hoping this year to bring more students through their doors to get them asking ques-

tions about what they'd like to do with their life and where to start.

"We're also doing something

new this year. We're doing a junior seminar series for students and for parents, which will be offered pretty much on an every month basis," Lewis said about the juniors.

Guidance has also been urging the seniors to do early admission, she said.

"A lot of our seniors, I'd say, probably about a third of them, are applying early to colleges so they are off and running with that," she said.

In recent events, such as Parent Night for the sophomores, guidance talked about

Teachers volunteer at Danvers during funeral

By Fiona Davis
INDEPENDENT EDITOR

When Danvers High School reached out to school administration looking for educators to cover classes on the day of Danvers teacher Colleen Ritzer's funeral, math department chair Daniel Lundergan, Principal Patricia Puglisi, history teacher James Walliman, and Spanish teacher Robert Bilsbury all volunteered to support Danvers.

"A lot of people volunteered to go help out...my son is a student at Danvers

High, and I know a lot of the kids, and I thought it would be good for them to have a familiar face there...this was one very small way that we thought we could help them out," Lundergan said.

According to him, schools from across the North Shore sent teachers and posters to Danvers on Monday Oct. 28.

"There were people from all over helping out...it helps the kids and the staff know that, yes, this is a tough time, but there are people on their side to help them get through it," he said.

Walliman, also a Danvers

resident whose children are in the Danvers school system, said showing compassion to the Danvers community will aid in the healing process.

"It is important, when you have the opportunity,

to help people go through a healing process... we might be separated by town lines... but we are all humans," Walliman said.

Manchester Essex sophomore

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News Briefs

Annual book fair returns to library

In organizing the book fair for yet another year with the Book Shop of Beverly Farms, school librarian Sue Krause explains that little has changed from past years. “The main difference this year is that Mrs. Hunt’s not going to be here to help me,” she said.

“[The Book Shop of Beverly Farms] just drops off the books in boxes, and we have to set it up. We sell all the books; we have to dismantle it, and then they come and get it,” she said.

Additionally, Krause explained that she has had good experiences with the store in the past. “It’s also nice to work with someone who’s local,” she said.

The book fair will be held from Dec. 9 to Dec. 12 and will be open to both middle and high school students.

Librarian encourages students to utilize e-books in studies

New additions to collections of e-book and online research databases this school year include a new history specific database, as well as more than 700 e-books, according to librarian Sue Krause.

“The databases have not been used as much because [students] were not aware of them...now that we are adding more, and we will give lessons on how to use them, kids will become more aware,” Krause said.

High school history teacher Jennifer Coleman said that the books will add to the quality of research.

“I’m excited for the new databases, not only for history writing and research, but also for debate,” she said.

According to Krause, the databases should improve the quality of research and studies.

New reading specialist assists students in need

By Sarah Williams
INDEPENDENT STAFF

Bernadette Ruth joined the staff this year as a reading specialist. Her job is to help work with students who have specific needs in reading, decoding, and comprehension. She helps students who, in general, struggle with reading.

Ruth said, “I began teaching in history and then, in one of my jobs, I noticed that a lot of students still struggled with reading. That was sort of the underlying issue.”

Ruth said each student she teaches is unique in his or her own way, and she has to learn how to equip her skills for each one.

One thing she said she’d like to bring to the table this year for her students is, “I’m hoping to use some technologies, like the iPad to work with students on reading and finding differ-

FUN FACTS

- Had “The Eye of the Tiger” stuck in her head at the time of the interview
- Enjoys Italian food
- Favorite book is “Pillars of the Earth”
- On the weekends, she likes going to the beach
- Wants to go skydiving



SARAH WILLIAMS PHOTO

Bernadette Ruth decided she wanted to be a reading teacher after spending some time teaching history. She enjoys helping students who struggle in this particular subject area.

which teaches basic word formation before the whole meaning. It has been used by many teachers..

Ruth went to Manhattan College and Hunter College. She

‘I began teaching in history and then, in one of my jobs, I noticed that a lot of students still struggled with reading. That was sort of the underlying issue.’

-BERNADETTE RUTH

taught in the New York City school system, in a prison, and, most recently, in North Reading.

In her free time, “I love to jog; I love to go out on my bike, cycling all around the North Shore area. I like to read, obviously, and travel,” she said

Regarding her first impression of the school, she said, “The students are so nice. Everyone says hello, not just the teachers.”

AP English ‘Hamlet’ competition aims to motivate students

By Zack Even
INDEPENDENT STAFF

As he has done for the past four years, English teacher Daniel Koughan held a contest between his two AP classes based on Shakespeare’s “Hamlet.”

“I try to focus them on a variety of motifs that go throughout the play, things like madness, death... even things like flowers... In order to get them to do that, I turn it into a competition between two classes where they have to find the most quotations that deal specifically with one of those motifs,” he said.

Koughan seeks to motivate

students with the rivalry while also allowing them to have a good time in class. “Kids love to compete, and I love to watch them compete, so I pit them against each other like Siamese fighting fish,” he said.

Koughan has two classes, an E Block and F Block class. Of the two, F Block has been declared the winner, narrowly defeating E Block by just over one point.

Senior Julia Paccone, a student

‘I try to focus them on a variety of motifs that go throughout the play, things like madness, death...even things like flowers.’

-DANIEL KOUGHAN

in Koughan’s winning F Block class, found the contest both effective and enjoyable. “It made reading a long and tedious book more fun... [Otherwise] I probably wouldn’t have looked as closely at the lines,” she said.

Being in the losing E Block class, senior Landon Komishane viewed the contest in a slightly less positive light; however, he still saw the merit in the competition. “Playing

this game allowed us to explore the different themes of ‘Hamlet,’ and that led us straight to our next unit where we can explore how the human mind reacts to the situations presented in ‘Hamlet,’” Komishane said.

Now that F Block has won the competition, E Block will be in charge of throwing them a party.

The party must meet all the predetermined demands of F Block, including catering from Café Bishco, an Italian restaurant in Gloucester, and cupcakes cooked by Gonzales herself.

The F Block class also sought to make throwing the party difficult for E Block students; to achieve this, they created additional requests for an obscure CD

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Debate team moves on after director leaves, hosts annual tournament

By Zack Even
INDEPENDENT STAFF

Taking place Oct. 25 and 26, the Tim Averill Invitational was the first home tournament since former history department chair Daniel Jewett announced his departure at the end of last year.

Jewett worked with the debate team for 11 years. Throughout this time, he took on many roles, guiding incoming freshmen through their first hectic quarter, teaching Lincoln Douglas Debate, and helping to organize the school’s home tournaments.

Jessica Tran, director of debate, said she felt ready for Jewett’s exit, mainly because of how Jewett modified the team in the past.

“Part of the reason he redesigned the model to have four teachers teaching the course at the same time was that it would be a better model for the long term and for his departure,” Tran said.

Tran, travel coordinator Jennifer Coleman, and treasurer James Wallimann continue to teach debate, now with years of experience, allowing the program to continue without a hitch.

New history teacher John Mullady will also be playing a part in the program, but his



ZACK EVEN PHOTO

Students participate in Public Forum debate at the Tim Averill Invitational, the first tournament after former social studies department chair Daniel Jewett’s departure at the end of last year.

role is still being determined.

“We’re really waiting to see how Mr. Mullady feels before we say, ‘Oh, Mr. Mullady is going to be this teacher,’” Coleman said.

Coleman and Tran are both taking on more responsibilities. Coleman is teaching the incoming freshmen and Lincoln Douglas students, and she and Tran had a larger role in running the Tim Averill Invitational.

“The home tournament went well. We had a lot of different students here from different states... about 250 debaters,” Coleman said.

She and Tran split the major responsibilities of the tournament, with Coleman running tabulation and judging and Tran taking responsibility for the cafeteria and the general setup of the tournament.

Senior Isadora Decker-Lucke, home tournament director for the debate team, also took on a large role in running the Invitational.

“I ended up being there for around 30 hours, and I did a lot of planning ahead of time... At the actual tournament, I was just overseeing things,” she said.

Despite the high amount of stress involved,

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Departments experiment with flipped classrooms

English, science teachers modernize teaching with new instruction style

By Tess Hosman
INDEPENDENT STAFF

In many schools a new form of teaching has arisen. Flipped teaching is the newest form of education and is beginning to be utilized in the high school.

Currently, English teacher Mary Buckley-Harmon and biology teacher Maria Burgess are practicing flipped teaching with their classes. “It flips or turns the responsibility of learning onto the student and then homework is done in the classroom with the teacher,” Burgess said.

In a flipped classroom setting, students watch videoles-

sons online as homework and take notes. When they attend class the next day, students are able to practice hands-on group activities in order to enforce the previously learned material.

Oftentimes class focuses on teachers lecturing the students and then sending them home to practice the material. With

flipped teaching, students are able to do activities in class and apply the knowledge they learned at home to worksheets or games. Students can ask questions and get help with worksheets alongside their

classmates. Students in Buckley-Harmon’s English class learn vocabulary definitions and word usage.



MARY BUCKLEY-HARMON PHOTO

In English teacher Mary Buckley-Harmon’s 10th-grade class, students Jarrod Young, George Lantz, Charlie Davis, and Ethan Andersen act out the vocabulary word “simulate” by pretending to be riding a roller coaster. Their classmates had to guess the word.

In a regular classroom setting, Buckley Harmon would stand at the board and do a teacher-led vocab lesson. “It would take the whole period, and we would never get to the fun stuff,” she said.

In a flipped classroom students are given responsibility.

“You own the material a little bit better, and it gives you a sense of ownership because you went out and learned it, you practiced it, and the teacher was just a facilitator,” Burgess said.

Students study the material on their own and watch online

lectures on their own time in order to prepare for class. According to Burgess, it is their responsibility to create their own notes.

In her biology classes Burgess assigns podcasts for her students to listen to overnight. Students use multiple websites to gain information, and different podcasts allow for them to hear new voices and perspectives. In class they split up into groups and complete a packet of varied activities.

Flipped classrooms consider differing learning types such as kinesthetic, visual, and auditory and enable students to learn in class according to their personality type.

“I learn by doing, so the activities in class really help,” said Melissa Schuh, a sophomore in Buckley Harmon’s class. Changing the standard classroom changes learning techniques and teaching styles.

“Students take more ownership of what they’re learning. There’s more flexibility in how they learn it,” Burgess said.

Graduate Alex Pirrotta returns to temporarily teach, coach DECA

By Sara Stanton
INDEPENDENT STAFF

Alex Pirrotta, a student that graduated from Manchester-Essex High School in 2005, is back as a substitute math teacher eight years later.

During his years apart from the school, he ventured to Illinois to attend Lake Forest College where he got his bachelor’s degree in psychology. Not many years later he received his Master’s degree in marketing analysis.

Before his job at Manchester-Essex, Pirrotta was working as a marketing consultant in the Manchester area and in Rochester.

Now, as a teacher, Pirrotta teaches Quantitative Reasoning, both honors and prep classes, to seniors. He also teaches DECA to the sophomores, juniors and seniors.

Pirrotta himself took DECA and Debate courses while he was attending the high school.

“I like this math curriculum because it’s based on real world stuff,” Pirrotta said. Besides that, he believes that “everyone should take these courses” because they are important in life and will teach useful skills to a person.

His goals are to “sweep at District and States,” which is scoring higher and holding the

top three slots for everything they compete in at District and States. During competition, the students must take a written test. The test is then followed by an interview where they are given a certain situation which they must solve to the best of their ability.

Talking about the school, Pirrotta said, “The building is fantastic and all the teachers are amazing.”

Pirrotta also said that he wishes to stay here “as long as they will have me.”

“I think that he has been doing a good job making up for the learning we have missed in Mr. Martino’s absence,” said a tenth grade student girl.

One thing that Pirrotta said is especially hard for him is calling teachers by their first names. “I had a lot of these teachers. I can’t break the habit of calling them by their last names, like a student would,” he said.



SARA STANTON PHOTO

Alex Pirrotta graduated from Manchester-Essex in 2006..

‘The building is fantastic and all the teachers are amazing.’

-ALEX PIRROTTA

FUN FACTS

- Favorite place he has visited is Rome
- Favorite movie is ‘The Avengers’
- Mint chocolate chip is favorite ice cream
- Was a member of Debate in high school
- Is a dog person

CONTINUATIONS

GREEN TEAM

CONTINUED FROM PAGE 1

In addition to scholar monitoring to get the school community involved, Magers said both principals are committed to being involved in the composting effort.

“For the first time both our principals are on board,” he said.

With this support, the Green team will be using a “multi-faceted approach” to begin composting again, starting with an educational series for students, according to Magers.

“We have to live up to our commitment...we are about the commitment to the environment, to being stewards, to educating the populace about what it means to be green,” he said.

Because of the Green Team’s message of environmental stewardship and the school’s status as the greenest school in the state,

the inability to compost reflects poorly on the school, Magers said.

“We were voted greenest school in the state. We have won the highest awards you can get as a federal award. We have given tours to places as far as Vermont...over 50 people have been trained in how to do the scholars program...and yet we can’t get simple things like this done. It is like going green 101,” he said.

GUIDANCE

CONTINUED FROM PAGE 1 career exploration as well as addressing the social or emotional needs of sophomores.

In the past few weeks, juniors and seniors also have been meeting with college recruiters such as from Tufts, Endicott, and UVM.

Financial Aid Night was held in October to help parents plan on how to pay for college tuition and expenses.

Guidance looks forward to more interaction this year be-

tween students and parents and hopes to help everyone on their road to their success.

DANVERS

CONTINUED FROM PAGE 1 Sara Rhuda, a Danvers resident, said she was shocked to hear of the murder that happened in her own town, especially when she learned the accused killer, 14-year-old Phillip Chism, lived down the street from her.

“It is a little bit too close to home. My neighbor came on the news and was saying she met the kid and he lived next door. The kid actually lived on my street,” she said.

According to Lundergan, from his point of view as both a teacher and a parent, the school responded well in light of the tragedy and had counselors ready to talk with students and teachers.

“The communication was very clear...and the Danvers police and school department were very

prepared for the situation,” he said.

Outside Colleen Ritzer’s classroom, students were able to post notes on easels to begin the healing process, Lundergan said.

“Most of the kids were pretty solemn and quiet on the day I was there...there is a lot of healing that has to go on... I think they are doing as well as can be expected,” he said.

DEBATE

CONTINUED FROM PAGE 2 Coleman and Decker-Lucke both seemed happy that they played a part in the successful tournament.

“It’s great to do a service to the debate community... by running this tournament, we are providing the opportunity for people across the United States to come and debate,” Coleman said.

AP LITERATURE

CONTINUED FROM PAGE 2 and a piñata filled with a specific number of each type of candy.

COMPOST TIPS

- Forks go in the trash. They are not recyclable.
- Milk cartons are compostable.
- Trays are compostable.
- Juice cups with foil tops are recyclable.
- Plastic bags go in the trash.

Health Matters



Common health misconceptions exposed

By Devon Musgrave-Johnson
INDEPENDENT STAFF

There are certain pseudo-facts that everyone seems to believe about their own health. More often than not, have no real scientific basis.

•One of the biggest misconceptions in America today is that High-Fructose Corn Syrup (HFCS) is worse for you than sugar. In reality, HFCS has almost the same chemical makeup and calorie amount of regular table sugar. According to the Huffington Post, it certainly isn't better than sugar, but it is definitely not worse.

•Many people also find themselves taking a step or two back when microwaving leftovers or popcorn, for fear of radiation. However, whether this is perceived as good or bad, the standing too close to a microwave is not going to have anyone waking up with spidey-senses. Radiation is just the name for any energy that travels in waves and, in this case, is completely harmless.

•There always seems to be some new diet craze sweeping through the world of Kim Kardashians and Christina Aguileras. One that seems to be



FLICKR.COM

A common pseudo-fact is that High-Fructose Corn Syrup is more unhealthy than table sugar. It actually has almost the same chemical makeup and calorie amount as regular table sugar.

here to stay is the notion that a gluten-free diet is a healthy way to lose a ton of weight.

•Unless a person has celiac disease or an allergy to gluten, this is not the case, according to The Washington Post. To the average body, gluten is very healthy and many gluten-free alternatives actually have more carbs than their counterparts.

•Another common belief is

that it is absolutely necessary to drink a full eight glasses of water each day. This misconception is absolutely not true. Each human body needs a different amount of water to keep their kidneys healthy and clean. According to Women's Health, the amount of water needed to maintain a healthy lifestyle can range from 2-8 glasses each day.

Red Sox inspire students, teachers, faculty to grow beards

By Landon Komishane
INDEPENDENT EDITOR

Beards are everywhere. From members of the Boston Red Sox to people in the school, students and teachers are inspired to grow beards as "No Shave November" arrives.

Beards have swept the school for the past couple of months, due in part to members of the Boston Red Sox sporting beards, senior Liam Logue said.

"I think it's great that the guys on the Red Sox all grow beards," he said. "It is unique, since no other team in baseball has really done it. It really brings out the 'blue collar' people of Boston."

History teacher James Walimann, assistant principal Paul Murphy, and foreign language teacher Robert Bilsbury were among the supporters of the Red Sox who grew their beards out during October.

Along with the Red Sox, students and teachers are growing beards for "No Shave November."

Senior Erik Rajunas said he is a regular participant in the event, but he cannot partake because college interviews take place in the middle of November.



LANDON KOMISHANE PHOTO

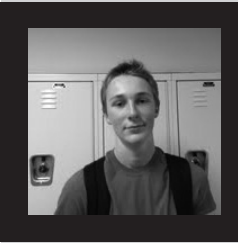
Senior Will Davis is one of the people who have decided to grow beards this fall for "No Shave November," following the trend of Boston Red Sox players growing beards during the season.

However, he is eager to see which beards grow out the best. He is impressed with math teacher Brian Carlson's beard in particular.

Teachers and students who are expected to participate include Walimann, math teacher David Alger, physical education teacher Thomas Durfee, and members of the football team, including seniors Mike Davis and Will Davis. History teacher John Mullady is growing a moustache because he

'I grow [beards] because I like to look older, and it makes me stand out because not many people my age can grow one.'

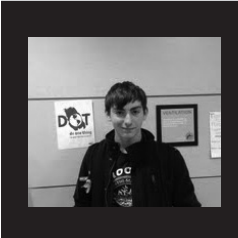
-LIAM LOGUE



Freshman
Kevin Hiselman:
Beck Johnson



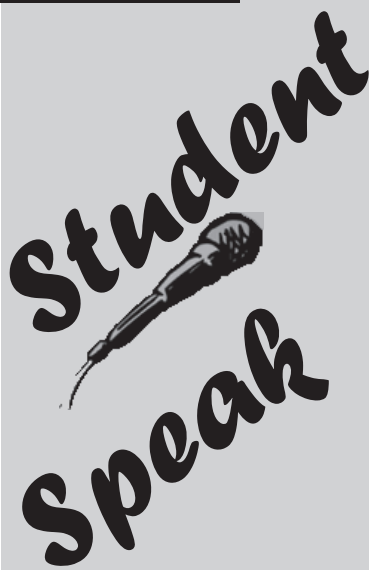
Freshman
Julia Potter:
Rose Boulder



Sophomore
Jack Carlson:
Marshall Ackerman

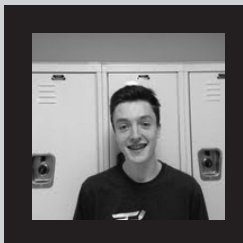


Sophomore
Toni Rerisi:
Jessi Smith

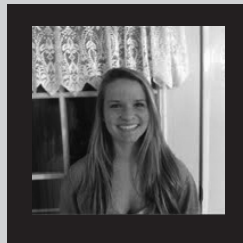


If you could change your name, what would it be?

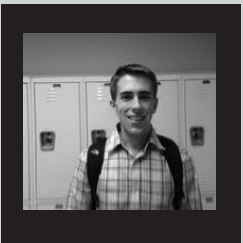
Junior
Parker Malarkey:
Daniel Atlas



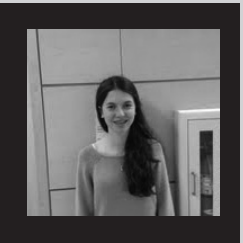
Junior
Sam Woodman:
Marney Leaf



Senior
Erik Rajunas:
Deandre Jewett



Senior
Lindsey Duff:
Robyn Wilson





IOS 7 introduces new features

Simple, vibrant, style draws mixed reviews

By Kendall McCormick
INDEPENDENT EDITOR

Notifications that appear on the lock screen no longer need to be opened to disappear.

By holding down the volume-up button while shooting, the camera can take a series of quick shots in quick succession.

Siri can now read emails, making it easy for people when driving.

Floating apps that change based on how the device is held can be turned off through General Settings.

Parallax feature makes apps appear to be floating above the background.

Fill out personal information in settings under Safari; later, it will automatically fill out web forms.

Flashlight capability can now be easily accessed through Control Center.

A Control Center is easily opened by swiping up at the bottom of the screen to allow quick accessibility.



Pomeroy fights aggressive invasive species around Cape Ann

By Rachel Daley
INDEPENDENT EDITOR

In partnership with Mass Audubon, senior Maddie Pomeroy, a Green Scholar, is pursuing a project which focuses on the invasive plant called Pepperweed. The plant grows up to three feet tall and has clusters of white flowers. Pepperweed, which grows on the sides of salt marshes, roads, and ditches, has an aggressive nature which allows it to kill plants that interfere with its growing pattern. Pepperweed poses a significant threat to habitat quality, and once a population is established, Pepperweed creates dense, single-species stands, out-competing local flora. According to Pomeroy, Pepperweed spreads easily, which is why she is working to terminate its growth in the early stages. Although it is concentrated in Newbury, the species is spreading northward at a rapid pace. “Before, I didn’t think of this invasive species as being dangerous. I want to learn more about it and effectively protect our local wildlife,” Pomeroy said. Pomeroy’s goal is to eliminate Pepperweed populations around Cape Ann by applying herbicide or pulling the weed manually.



COURTESY OF MADDIE POMEROY

Senior Maddie Pomeroy looks for the invasive species Pepperweed in Baker’s Island with her community partner Liz Duff.

However, she must first mail permission requests to landowners who then approve of her project. “At this stage, I can identify what Pepperweed looks like, and I have already mapped 13 permissions around the county,” she said. Pomeroy will be sending out many more permission requests in the near future. After the initial stages of her project, Pomeroy will document the properties she has treated on Google Earth. Using GPS, she will map Pepperweed locations around Cape Ann. “I’ve never worked on

Google Earth before, so it’s been challenging for me,” she said. Although she is working independently during class time, Pomeroy also has a community partner: Liz Duff of Mass Audubon. “It’s been hard to communicate with Mrs. Duff because she has another job in addition to Mass Audubon,” Pomeroy said. “However, she provides guidance when I need it.” According to Pomeroy, Green Scholars has opened this sustainable opportunity for her. “Green Scholars forces me to be a lot more independent than I am in my other classes; it’s up to me to get stuff done,” she said. “It feels good to be helping the environment, and it doesn’t require that much effort to do something so productive.”

‘I can identify what Pepperweed looks like, and I have already mapped 13 permissions around the country.’

-MADDIE POMEROY

STUDENT Hannah Parker PROFILE



By Emily Jaworski
INDEPENDENT STAFF

Best part of your personality?
My ability to make new friends and be mindful.

Something people notice about you quickly?
Well dressed, style.

Favorite song at the moment?
“Cool kids” by Echosmith.

Place you’ve always wanted to visit?
Italy.

Favorite sport to watch?
Football.

Most proud or accomplished moment?
When I got my license.

Song to listen to when you’re sad to cheer you up?
“Party Rock Anthem.”

Celebrity crush?
Liam Hemsworth.

What do you want to be when you grow up? ?
Interior designer.

Favorite hobby?
Singing or drawing.

Favorite food?
Pot roast.

Best gift you’ve ever gotten?
My dog.

Favorite movie?
“Sweet Home Alabama.”

Favorite drink?
Ginger Ale.

Favorite subject?
History.

Favorite show?
“Modern Family.”

What kind of car do you have?
Silver Accura.

Nickname?
HP.

Pet peeve?
When people chew their gum loudly.

Where are they now ? Olivia Mastendino

By Lila Hughes
INDEPENDENT EDITOR

Smack in the middle of the most populous city in Ireland, 17,000 students attend the University of Dublin from all over the world, one being 2012 graduate Olivia Mastendino.

According to Mastendino, she has been in Ireland for about five weeks already and has smoothly transitioned from the small town of Manchester to her new life in the city of Dublin.

“I decided to go to Ireland because it’s a very well recognized school internationally, it’s a lot cheaper, and I knew I would be able to travel to new places more easily, so I figured why not!” Mastendino said.

Mastendino says she has yet to feel homesick when being almost a seven-hour plane ride

‘I decided to go Ireland because it’s a very well recognized school internationally.’
-OLIVIA MASTENDINO

away from home because of how busy she has been with her classes, the different clubs she has joined, and the excitement of her social life.

Mastendino is currently taking six classes: Introduction to Organizations and Management, Math and Statistics, Introduction to Economic Policy, Sociology, a Spanish language class, and a Spanish culture class. She is also part of the Business Club and International Club, both of which host a variety of events and guest speakers on campus.

According to Mastendino, the classes students choose to take is considered their major; therefore, students have to know what their major is before they even get to school and are not allowed to switch their classes.

There are many cultural differences between the United States and Ireland; for example, according to Mastendino, everyone drives on the opposite side of

2012 graduate takes on the University of Dublin



COURTESY OF OLIVIA MASTENDINO

Graduate Olivia Mastendino, second from the right, poses with friends while out in Dublin.

the road so she has to be careful crossing the street. She also says that it is hard to understand an Irish accent because of slang words used such as “good craic,” meaning “good fun.”

According to Mastendino, she lives in the middle of a small suburb right outside of Dublin, so she has to take the city bus to school every day. While there is a dining hall on campus, there is no meal plan at the university, so in order to save money, Mastendino

cooks meals in her “common room kitchen.”

“We take for granted how many snacks we have in the US. In Ireland, all they have for snacks are potato chips and tea cookies, and all I want are some Cheezits or Goldfish,” Mastendino said.

Although most students live off campus, international students are guaranteed housing. Mastendino lives 20 minutes from campus in a building that houses

a thousand other international students, which makes up one-fifth of her graduating class.

“Dublin is a very international city and so is the school. For instance, my roommate is from Paris, and I have friends from all over Europe. One time my friends and I took the train to get to the zoo and ended up getting lost somewhere in England. I love these crazy adventures and can’t wait to experience more,” Mastendino said.

Senior class hosts first Halloween dance in recent years



COURTESY OF PERRY ARDELLE

Juniors Fraley Morton and Eliza Logue attend the Halloween dance run by the senior class dressed as an angel and a devil.

By Lila Hughes
INDEPENDENT EDITOR

After almost a year of having no school dances other than prom, the Halloween dance organized by the senior class raised almost \$2,000 and set a positive precedent for future dances to come.

All tickets were sold two weeks before the dance; the first week the tickets were \$10 each, but by the second week they were \$12 each.

According to senior class president Erik Rajunas, although many students were frustrated about not having at the door sales, there were many reasons for it.

“We wanted to make sure enough people would come so that we wouldn’t lose money; also, Ms. Puglisi said that she

didn’t want anyone from outside of school to come who would cause problems, and it was also for accountability so that parents would know exactly where their kids were,” Rajunas said.

According to Rajunas, Principal Patricia Puglisi was willing to compromise in order to get dances back and “she was reasonable in terms of the argument I presented to her,” he said.

“I think we showed how organized and ready we were to have a dance, and she found a level of responsibility in our class, which I really appreciated,” Rajunas said.

According to senior class adviser Jennifer Coleman, finding a DJ for the dance was not easy. At first, the senior class had booked a DJ from Gloucester who goes by the name of “DJ BJ.” Because the football game was scheduled for Friday, he was not available for Saturday, the next day.

“We found another DJ from an advertisement in the newspaper, but two weeks before the dance he still hadn’t gotten back to us. He was being very unprofessional about responding, so we decided to find someone reliable to DJ, and thankfully Nick Janowicz stepped up, which was definitely a success,” Rajunas said.

About 150 students showed up to the dance, and according to Assistant Principal Paul Murphy, it was a great turnout.

“I think the senior class did a great job organizing and promoting the dance; anytime you can get kids together and have an opportunity to have fun, I think it only adds to school spirit as long as the respect level is there,” Murphy said.

Murphy also added that because of the success of the dance, both Puglisi and Murphy will support any future dances.

Workshop Wednesdays aim to help students with life skills

By Oscar Heanue
INDEPENDENT WRITER

Students and teachers around the high school are anticipating the first Workshop Wednesday, a new advisory activity, which will take place on Dec. 4. With advisory playing a larger role in the school this year, a new plan is being unveiled to help teach students important skills.

According to math teacher Sarah DeLuca, who coordinates the advisory program, “We found that students and teachers were wishing that there were other ways to learn life skills.

Classes like home economics and shop have been removed from the school, and students really wanted to learn some basic skills.”

This new activity will give students the opportunity to learn a variety of unique activities and skills, ranging across a broad field.

“The classes range from wilderness 101 to Introduction to the Stock Market. You could get your CPR certificate, you could learn how to juggle, and those are just some of the 45 different classes available,” DeLuca said.

Students say they are looking forward to the new program.

“I’m excited. It will be nice to

have a break from academics and go to a class where you can just relax and learn a skill,” freshman Spencer Feuerbach said.

In addition to the relaxing break that it will provide, many students have expressed enthusiasm over the life skills that the program will teach.

“I think that there are a lot of important things that we don’t learn. We would really benefit from learning skills like cooking and how to file taxes,” sophomore Julia Mitrano said.

Workshop Wednesdays will also give teachers an opportunity to showcase their areas of expertise. For example, history teacher Jen Coleman will be teaching a class



MARY BUCKLEY-HARMON PHOTO

A senior advisory group participates in an activity aimed to promote teamwork during the last Turbo advisory.

on local history.

Students are looking forward to learning a number of different useful talents.

“As a food lover, I’d be interested in taking a cooking class. It would be really great to know how to cook and bake in the future,” sophomore Quinn Dunbar said.

Responsibility

Should high school teachers enforce organization?

Pro

Sarah Beckmann

Struggling with personal organization, some students are in desperate need for the help teachers can provide in this area; these adults have experience and can give their assistance for free, so why not use it?

Teachers have only good intentions by proposing to enforce student organization. A more organized student body will most likely produce better academic results in general.

However, a conflict arises when students prefer their own organizational methods to those of teachers. A number of students may believe they are sufficiently well organized on their own, thus rejecting the steps suggested by adults. Students, in short, may feel confident in using their own techniques to resolve these problems.

But another important point to consider is the fact that students might not have the organizational skills needed to excel in high school (at least, perhaps not when they are underclassmen).

In this case teachers' guidance is indeed needed in the beginning.

To strike a balance between these two types of students, teachers should take into account the level of orderliness a student already maintains before strictly enforcing organizational rules and enforce them accordingly, depending upon this initial status.

For example, if a student noticeably lacks such tidiness, a teacher should definitely give him or her help; if he or she seems to be self-organizing, then the teacher should spend more attention on helping those who need it.

Either way, students can ultimately take or leave what teachers present them in this realm.

At the same time, teachers should be aware of student independence, realizing it's the student's final decision to either receive or refuse this help; although, why would one

refuse when it can only lead to positive effects, like better grades?

Especially for the less organized members of the school, teachers enacting organization may not be the worst experience for them. In fact, it could radically increase a student's academic success rate; it's change for the better, and it's up to the student to decide whether or not to take advantage of such an opportunity.

Con

Rebecca Even

Every student has been there. The homework board reads, "Make flashcards." Binder organization skills are a ten point grade. Study guides are mandatory.

While these assignments are perfectly acceptable for middle school, most high school students have learned to be self sufficient over the years, therefore rendering these assignments obsolete.

They have already learned what study techniques work best for them and how to best structure their binders. And if they have not, high school is the time to figure these things out, to prepare for college.

When high school teachers micromanage, not only are they forcing their own views upon students, but they are also preventing students from exercising their newfound independence and growing into responsible young adults.

Middle school, while a necessary coming-of-age experience, is an awkward purgatory of quasi-independence.

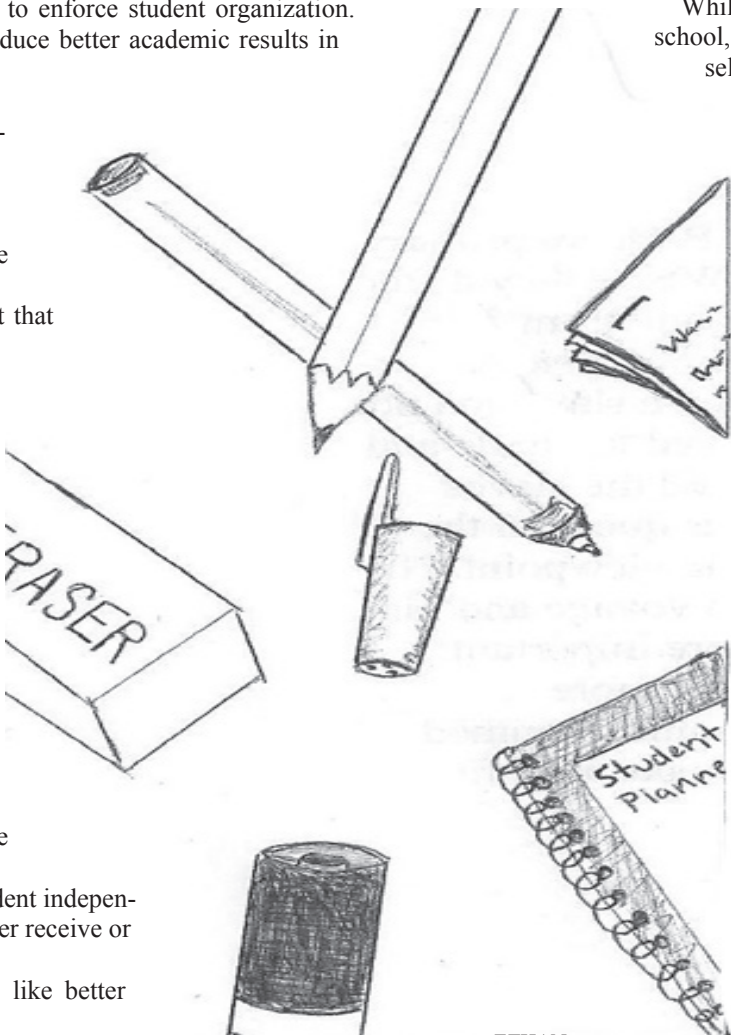
Middle school kids are unsure whether they should be treated like mature young people or wild hooligans, and adults are equally unsure.

Therefore, teachers attempt to give the students more responsibilities, yet students become overwhelmed by the new expectations. They miss deadlines and lose confidence, and teachers revert back to guiding them step-by-step.

High school is the chance to break free from this vicious cycle. Students need to have the chance to come into their own, learn what works for them.

Of course, teachers mean well. They only want to help students form strong habits and be successful. But while some students may need this guidance, many more are happy to find their own way.

Teachers, let students who need help come to you. Offer your assistance to the class at the beginning of the year and approach kids who may be struggling. But do not try to impose your own study techniques onto your class.



ETHAN
ANDERSEN
ILLUSTRATION

Eating 'spirit' during the day provides mental, physical benefits

By Natasha Statz-Geary
INDEPENDENT STAFF

Snack, spirit and drink.

Anyone who plays field hockey or any girls' sport knows the significance of these words on game day, namely "spirit."

For anyone who doesn't know, "snack" is food to eat after the game, "drink" is water for during the game, and "spirit" is candy for before the game.

Spirit is supposed to be eaten throughout the day of the game and to keep their energy and spirit up (hence the name).

So why is spirit being confiscated by the administration?

Spirit is usually left in the main office, and before players have a chance to pick it up, one of the administrators snatches it up and locks it in a room until the end of the day.

Vice principal Paul Murphy offers two reasons as to why we can no longer eat the candy during the day: that spirit needs to be healthier if we want to eat it in school and that "it has always been meant for after school" (even though we have been eating it during school for years now).

Although not having spirit on game day might seem like a nominal problem, anyone on the team knows that this poses as more than just an annoyance.

When players receive their candy right after school, they're



FLICKR.COM

Spirit has always been a staple field hockey tradition. It is meant to be eaten during the day to get players excited for games. For physical reasons, spirit can't all be consumed an hour before a game.

eating a full bag of candy less than an hour before the game. This equates to feeling sick during the game and therefore playing subpar.

But if we don't eat spirit at all during the day, we don't play with as much vigor.

The little bursts of sugar

throughout the day help keep our energy up and keep us excited for the game ahead. When we're denied this tradition, we feel down, tired, and slightly annoyed.

Spirit is a tradition that the field hockey team has held for decades. Not having spirit poses

just as much bad luck as washing socks on game day.

As the field hockey team goes into our last three games and playoffs, these are little kinks that we cannot afford to have, especially when the administration has almost no reason or justification for taking our spirit away.



Miley Cyrus’s transformation shocks public

By Sofia del Valle
INDEPENDENT EDITOR

Miley, Miley, Miley. What happened?
When “Hannah Montana” ended in 2011 after nearly five years on the air, it seemed as if every day Miley Cyrus drew new attention from the media. She was accused time after time for trying too hard to break away from her Disney Channel roots.
Even while she played the country pop rock star that lives a double life as a normal teenage girl, Cyrus still found ways to stir up the public.
In 2008 she posed nude for an issue of Vanity Fair (she was somewhat covered by a sheet). She referred to the photo as “pretty” and “natural,” but as a 15-year-old and star of a hit kid’s TV show, had she gone too far?
Next in November of 2011, a video of Cyrus taking a bong hit of salvia went viral.
She admitted to making a mistake. She knew she was supposed to be a role model and that

Cyrus shocked the public when she transformed her image.

the incident was against “what [she stood] for.”
Unfortunately for Cyrus, no matter what she does, someone will always be there to comment on her actions, outfits and hair styles.
That’s the reality of her starting off her career so young. People will never forget the long curly brown hair, goofy laugh, and juvenile yet catchy songs that first made her so famous and adored by millions of young girls, and that comparison will always stand.
Recently, Cyrus, now 20, truly seems to be trying to establish herself as an artist, similar to the styles of Rihanna or Katy Perry.
In 2012, Cyrus shocked the public when she transformed her image by getting a bleach blonde pixie style haircut. This coincided with the first single she released from her fifth album “Bangerz” called “We Can’t Stop.”
The lyrics and video show a new side of Cyrus that no one had seen before, and while Cyrus claims that the lyric says “dancing with Miley,” many believe this to be a cover up for “dancing with Molly,” a drug whose popularity has drastically increased in the last six months.
What is next for Miley is unknown. Only time will tell.

STAFF EDITORIAL

Bilingualism furthers cognitive and professional success

At its core, language represents the human form of verbal communication and has always been the necessary counterpart to social cues. Less obviously but just as importantly, language marks a stepping stone between cultures. Individual societies can functionally speak just a single language, but the key to collaboration and coexistence comes from learning the languages of others.
Learning another language fosters education about other areas of the world, as understanding a culture is a necessary complement to deeply understanding a language.
Language learning may be even more useful for individuals. On a cognitive basis, learning multiple languages is akin to doing athletic training for a lifelong race.
According to a joint study from Duke University and the American Council on the Teaching of Foreign Languages, one of many studies to tout the benefits of multilingualism, foreign language acquisition increases critical thinking and problem solving skills, cognitive development, and even standardized test scores.
A 2007 study done in Massachusetts found that students studying foreign language



COMMONS.WIKIMEDIA.ORG PHOTO

Learning a second language enables a person to better understand other areas of the world and other groups of people. Language education teaches about a country’s culture, not just its language.

outperformed their peers on the MCAS after two to three years of study and significantly outperformed their peers after seven to eight years of study.
A common misconception about learning another language is that it only helps in linguistically based subjects. Researchers from the National Network for Early Language

Learning, however, have come to see foreign language education as a way to increase problem solving and cognitive skills that help just as much with math as they do with humanities.
Similarly, it is often thought that those with a special proclivity towards language have a sizeable advantage when it comes to learning a second language. Although some people have a talent for language just as others do for math or music, a knack for language is not a prerequisite for proficiency.
Bilingualism also creates more tangible benefits. In the current job climate, fluency in more than one language can be a valuable skill. Many jobs require knowledge of more than one language, and people who exercise their brains may reap benefits in their jobs and lives in the future.

Learning multiple languages is akin to doing athletic training for a lifelong race.

Twitter dominates teen social media scene as parents join Facebook

By Oscar Heanue
INDEPENDENT STAFF

More than ever before, students are facing pressure in all areas. With school, sports, friends, and extracurricular activities, teenagers have less time on their hands than ever before. Yet somehow, everyone still has time to tweet every little thing they do.
High school students who are pressed for time are resorting more and more to using the internet to socialize with their friends. With the recent downfall of Facebook, Twitter is developing a monopoly on the teen social

networking market.
Over 9,800 tweets are sent out per second, amounting to over 58 million per day. The world is in love with Twitter, and it doesn’t look like it’s stopping any time soon.
Every movie, album, and TV show that comes out now comes branded with its own promotional hashtag. Hashtags are even slipping their way into the titles of albums and songs. Some may feel that this is a cheap way to gain publicity, but the fact of the matter is that now, this is a viable marketing technique.
Teens are becoming the most at-risk for Twitter addiction. As more and more adults join

Facebook, teenagers are forced to flee to other websites, such as Twitter. Now, teens are spending a large portion of their time just browsing Twitter.
Perhaps the most frustrating aspect of teens on Twitter is the way in which it is used. Students are constantly using Twitter to publically complain about how much work they have. However, they likely wouldn’t have as much work if they weren’t spending their time complaining about it on Twitter.

Fortunately, there is hope for teens to become less addicted to Twitter. Recently, both the athletic department and the Green Team attempted to follow me on Twitter. By getting the school involved in Twitter, you can be assured that students will be less interested. Much in the same way that adults caused kids to emigrate from Facebook, they now can remove the “cool” appeal of Twitter. If parents worry about the time their teenagers spend on Twitter, all they have to do is promote it.

By getting the school involved in Twitter... students will be less interested.

the INDEPENDENT

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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.

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Football beats Brighton to move on to next round

By Emily Arntsen
INDEPENDENT EDITOR

Friday’s playoff game at Harvard Stadium against Brighton High School concluded with a win for Manchester Essex, propelling the team into the second round of the Division 5 North playoffs. The final score was 42-28 with senior captain Nate Riehl scoring one touchdown, and senior captain Chris Dumont scoring the other five on 246 yards of rushing. Manchester Essex is the only

‘We’re a Division 5 team, but we’ve been playing Division 4 schools all season, so I think that by playing better teams, we were really prepared to play Brighton who’s a Division 5 team.’

-NATE RIEHL

team to make it to the playoffs from the Cape Ann League. Eight other teams total with compete for the Division 5 Super Bowl title. “We won against all odds; Brighton players are huge,” Dumont said, “But we had more endurance and played a cleaner game.” “We’re a Division 5 team, but we’ve been playing Division 4 schools all season, so I think that by playing better teams, we were really prepared to play Brighton who’s a Division 5 team,” Riehl said. Now in order to play in the Division 5 Super Bowl at Gillette Stadium, the team must win the



EMILY ARNTSEN PHOTO

Junior Craig Carter takes a shotgun snap as he hands the ball off to senior captain Chris Dumont.

next two rounds of the playoffs. “I hope we do well. There are a few tough teams we’ve played already this year who we’ll have to play again,” head coach Mike Athanas said. As of Nov. 4, one of those teams is Northeast Technical High School, who the team lost to earlier in the season, 42-28. “It was a close game,” Dumont said about the game against Northeast played on Sept. 7, “We were winning in the first half, so when we play them again, I think we’ll have a good chance of beating them.” To prepare for the upcoming games in the postseason, Riehl said the team has been “watch-

ing a lot of films before practice, and then doing mock scrimmages in order to simulate how we think the other team will play.” “I have a special pair of green underwear that I wear for every game. It’s my good luck charm, so I hope they can work their magic for the rest of the season,” Dumont said.

Field hockey defeats Newburyport 4-0 in quarterfinals

By Rachel Daley
INDEPENDENT EDITOR

Field hockey entered this year’s Division II North tournament bracket as the No. 2 seed. The girls cruised past Newburyport in the Quarterfinals and as of layout were set to play Ipswich in the Semifinals. The team won 4-0, going beyond the already high expectations of being the No. 2 seed. Newburyport is usually tough, senior captain Sarah Beckmann said. According to senior captain Brittany Smith, the girls simply clicked well against Newburyport. “We passed well with each other, and all of the lines (forward, midfield, and defense) played strongly. We supported each other and focused on the basics,” she said. Senior captain Anna Hef-



COURTESY OF KELLY HEFFERNAN

Senior captain Anna Heffernan controls the ball as she dribbles toward a defender on the circle in a game against Newburport.

fernan attributed their win over Newburyport to the team’s game-speed practices. “We’ve been doing many game-like drills to stay in shape and become smarter with the game. Those drills definitely helped with the Newburyport game; we came out really strong and maintained our intensity throughout the game,” Heffernan said. Head coach Kara Beauregard was also pleased with the outcome. “We came out really intense, and everyone was where they needed to be,” she said. “We didn’t play flawlessly, but for the most part, they implemented what they’ve been practicing,” Beauregard said. According to Smith, the girls are ready to face No. 1 seed and defending state champ Watertown in the Finals. “We are going to try to score within the first three minutes, just

like in a normal game,” Smith said. “We know that we’re a strong team, which gives us the confidence we need as we play tougher teams in the tournament.” According to Heffernan, however, the girls know what they are going up against. “They have a 111 game winning streak, which is hard to ignore,” she said. “The Watertown game has been on everyone’s mind all year. We hope to be the team that finally ruins their streak and takes the state title.” Although the future looks bright for the team, Beauregard is happy with how the season has gone thus far. “Everyone really came together this year,” Beauregard said. “The four captains have done a fabulous job.” “We have worked so hard to get where we are, and we expect to go much further,” Heffernan said.

Cross country sees success at Cape Ann League Championships

By Ethan Andersen
INDEPENDENT STAFF

After a pair of successful Cape Ann League finishes, the boys in third and the girls in second, the cross country teams set their sights on All States, according to the captains. The boys’ team finished their regular season with a record of 8-3, losing the Small League Champions title by just 3 points to rivals Hamilton Wenham. “We were a contender for the CAL Small title the whole season,” sophomore captain Charles Davis explained. On Oct. 26, the boys’ team finished third and the

‘Having a big team raises the bar for everyone and pushes the entire team to improve.’

-FIONA DAVIS

girls finished second at the Cape Ann League Championships. “It’s the best finish in recent history. We now hope to bring the same success and improvement to divisionals and hopefully the All State meet,” Davis said. Coach Andrew Migonis received the Boys Coach of the Year Award at the CAL Championship. This was a first for the team and shows just how hard the team worked. “I think [these are] the best boys’ and girls’ teams we’ve had so far,” Migonis said. Junior captain Cameron Holley was excited by the improvement his team made this year. “This year was the biggest im-



COURTESY OF BRIAN DAVIS

Seventh-grader Eve Feuerbach and freshman Maura McCormick run the second leg of their race at Bradley Palmer.

provement that the boys’ team has seen in many years. We finished fourth in the overall CAL and second in the CAL Small,” he said. After a successful Cape Ann League Championship, Holley thinks his team is running faster than ever and can’t wait

until the team’s state qualifier and a chance to make a repeat trip to the All States. Senior captain Fiona Davis attributes the success and their 8-3 record to the growth the team saw this year. “We had a huge increase in the number of runners this year which is huge in cross country where numbers are everything. Having a big team raises the bar for everyone and pushes the entire team to improve,” she said. The coaches believe their runners’ individual hard work outside of practice really helped them succeed this year. Coach Mark Dawson added that the girls’ team picked up some key players, including junior Olivia Lantz, which helped the team grow. With what he says are the best teams they’ve had, Migonis is excited for what may come. “Like I said, anything can happen, but we are optimistic going into the qualifiers,” he said.

Golf team dominates in Cape Ann League matches

By Charlie Davis
INDEPENDENT STAFF

Golf closed out their season with the most regular season success they have ever had, according to coach Jane McConnell. The team finished with a Cape Ann League record of 10-2. This performance earned them the Cape Ann Small League title for the second year in a row over a 9-3 North Reading team.

McConnell said that perhaps even more impressive was the fact that the team tied the record of the large division champs, Triton High School. Senior captain Kevin Carter said that this feat was remarkable.

“Although it isn’t official, we essentially tied for the league title. We had the same league record but also beat them head to head. The reason why that’s so important is because to me and my teammates’ best knowledge, we have never it done that before,” he said.

McConnell said the team was able to achieve their success by utilizing their entire lineup. “We had a number of different players score extremely well. We were not always relying on the same players to get

us through. Our wins came from a combination of everybody on the team,” she said. Senior captain Petey Morton added that in addition to depth, the team’s experience contributed to the regular season dominance.

‘It was one of the very best seasons...we’ve ever had in the program’s 14 years.’

-JANE MCCONNELL



COURTESY OF MARGARET ADAMS

Junior Justin Eichenberger evaluates the slope of the green as he mentally prepares for his next put.

“In the last two years we’ve only graduated two players, and our depth was evident as well because anybody in our lineup could score well everyday, which not many other teams can do,” Morton said.

Although the team brought both of these factors to the state meet at the end of the season, they were unable to advance to the final round of the tournament. Despite her disappointment with that performance,

McConnell was still impressed by the team overall. “It was one of the very best seasons...we’ve ever had in the program’s 14 years. This year’s team spirit bodes well for next year,” she said.

Boys’ soccer misses state tournament due to losing record

By Landon Komishane
INDEPENDENT EDITOR

One year removed from qualifying for the state tournament, the boys’ soccer team will not make the playoffs this year. The team finished with a record of 4-10-3, and although the team had fewer wins, coach Robert Bilsbury praised the team’s chemistry. “The belief in one another, the fact that there were no real superstars, and that we all had to play hard together as a team made this year special,” he said. Senior captain Sean Gutierrez doesn’t believe that the team’s record accurately reflected the level of play. “Even though our record didn’t represent our skills and team bonding completely, anybody could see how in certain



LANDON KOMISHANE PHOTO

Sophomore Emmett Strack kicks the soccer ball to his teammate.

points of the game we could possess the ball so well to keep the game intact,” he said. Senior captain Jack Freed said some of their losses were attributed to not scoring. “A reason for our struggles this year was finishing,” he said. “We caught an unlucky slump where we couldn’t put the ball in the back of the net.” The team did find bright spots in the year with different players stepping up, Bilsbury said. “Throughout the balance of our lineup, there was solid improvement,” he said. “[Senior Alex Taliaferro] became a real leader as our goalie. [Junior] Winston Feuerbach commanded attention for his play at the end of matches.

He shut down all of his defenders.” Since there will be eight graduating seniors, Gutierrez expects a lot out of the current juniors. “The junior class has a lot of talent,” he said. “I think they really have the foot skills and fitness to be unstoppable next year. And if they come into next season in shape, they could do some serious damage in the Cape Ann League.” “We have a decent amount of players who played big minutes this year and who will definitely be returning next year,” Bilsbury said. “We’re all excited to step it up and to get better results next year.”

‘The belief in one another...and that we all had to play hard together as a team made this year special.’

-ROBERT BILSBURY

Girls’ soccer team looks to build in preparation for next season

By Sarah Beckmann
INDEPENDENT EDITOR

Finishing the regular season with a 2-12-2 record, the girls’ soccer team did not meet the qualification standards required to enter the state tournament this year. However, despite a steady trend that continued to grow from the beginning of the season, the team broke a losing streak on October 18 with a 1-0 away victory over Rockport. This particular game, according to head coach Bryan Shields, was especially competitive. “They beat us the first time we played them earlier in the

season, so it was definitely exciting to go out and compete against them [again],” he said. The Hornets followed that win with another on October 24 against Saugus, a newcomer in all sports to the Cape Ann League from the larger Northeast Conference; the home game’s final score was 2-1. “We have had some trouble finishing our plays on the offensive end, but in the Saugus game we just kept putting the ball in the net,” Shields said. “Sometimes we get caught in the attacking third of the field, and we try to make the perfect pass for the perfect shot as

‘Looking back on how we played this year, I’m proud, but I think we have the capability of doing even better next year.’

-PHEBE BIGGAR



SARAH BECKMANN PHOTO

Senior captain Kelly Moore watches the ball closely from defense.

opposed to just plain shooting.” Shields said the team looks to build off the end of this season in preparation for next fall, a statement that junior defender Phebe Biggar agreed with. “I like playing a lot, [and] I think we can definitely improve next season,” she said. “Looking back on how we played all this year, I’m proud, but I think we have the capability of doing even better next year.” Thus, making the state tournament for the first time in the history of the girls’ soccer program continues to be an overarching goal into next year, according to sophomore Bella Mastendino. “I think we can do it as long as we keep working hard, but I’m glad I got an opportunity to play this year even though I’m a sophomore,” she said. “We are of course going to miss the senior players next year too, but I know I’ve learned a lot from watching them play.”

You Know You Love YouTube

Michelle Phan combines cosmetics with digital media

By Sofia del Valle
INDEPENDENT EDITOR

Ten years ago nobody would have turned to YouTube for anything of or related to beauty, makeup or fashion. This is no longer the case thanks to “beauty gurus” like 26 year-old Boston native Michelle Phan.

Now with 274 videos uploaded and over five million subscribers, Phan has become a YouTube sensation as well as a successful business women and entrepreneur. She posted her first video in 2007, a tutorial for “natural looking makeup,” but her videos have since be-

come more complex and artistic. Three years ago, Phan posted a video teaching viewers how to replicate Lady Gaga’s look in her “Bad Romance” music video. From there, her videos went viral.

She was one of the first beauty gurus to use voice-overs in her videos, giving them a professional flair. Her videos give clear step to step instructions and are immensely creative. Just a few of her tutorials include a “Zombie Bride” how-to, a festive Day of the Dead face paint tutorial, and most recently a Gatsby inspired flapper girl look.

Phan constantly experiments with textures and accessories, be it with wigs or masks, wearing lace



EMCOSMETICS.COM

Michelle Phan, makeup artist and Internet sensation, flaunts her talent, ranging from everyday makeup to more complex costume makeup, in fun tutorials on her website, EMcosmetics.com.

on her eyelids, or rocking a delicate beaded head-wrap. She does not limit herself only to makeup tutorials, though. Her channel consists of product reviews, DIY’s, fashion and nail tutorials, and monthly “Favorites” videos.

While her videos are what initially jump started her career, Phan’s work has expanded far be-

yond YouTube. After having featured various Lancôme products in her videos, she became their official video makeup artist in 2013. Phan also co-founded a monthly beauty subscription called Ipsy. To sign up, members first take a brief quiz regarding their beauty and fashion preferences, and each month they receive a package of

sample products chosen for them based on their answers. She even paired with L’Oreal to create her own line of cosmetics called EM.

Aside from her keen sense of beauty, what sets her apart from other beauty gurus are the risks she takes. For Phan, no look is too difficult or too bizarre; she can make even an “ugly” look beautiful.

Winter fashion: black ankle boots, grunge skirts

By Sarah Williams
INDEPENDENT STAFF

With fall coming to an end and winter just around the corner, it's time to spread the word on what's going to be hot this year in winter fashion.

Here to give you the top five fashion do's in five fast minutes, we're introducing large long coats, black ankle and Timberland boots, light pink nail polish and some vintage or a little grunge.

At the top of the list, with a definite 'buy me' label on it, is a long coat. Completely posh and of late seen worn on the Olsen twins, Kylie Jenner, Cara Delevingne and many other stylish stars, the long, just above or past the knee coat is sure to show its face this winter, making everyone look like they just left Paris for Milan. The coat can be found at American Eagle for the okay price of \$150.

Second on the list are short boots, think just above the ankle meeting at the bottom hemline of your pants. Either you can go for a simple black boot that fashion line Acne is well known for or Urban Outfitters has a nice knock off



ACNESTUDIO.COM

Festival Ankle Boot, \$39.00



BRANDYMELVILLE.COM

Kaitlee Skirt, \$32.00

called Ecote Festival Ankle Boot for the decent price of \$39.00.

Or, you can look to the simpler,



ESSIE.COM

Nail polish colors such as rose, gray and plum are delicate, feminine, neutral and match everything while being appropriately muted for winter. - \$8.50 each



AE.COM

American Eagle, \$150.00

understated ankle boot you will come across in the Timberland line called the Woman's Timberland

Authentic Roll – Top Shearling Boot, for a bit more at \$150.00.

Both styles are very versatile and can be either used to dress up an outfit or to make a relaxed day look a bit more put together.

Up next is an exciting color of nail polish, think light pink like a soft rose with a whiff of butter. Almost impossible to describe, but so easy to spot, it makes anyone look like an elegant ballerina or a French city girl who knows what's going on in hand land. It's been showing up all over the place and it's about time it shows up on your

nails as well. Essie sells this color under the name, Fiji for \$8.50.

Finally, for the overall style trend in fashion, it's is either early 60's or a softer 90's grunge.

When you hear 60's, don't picture tie dye and bell bottoms, but instead think iconic fashion idols of the time such as Twiggy or Francoise Hardy. Look to the iconic mini skirt, and if you're daring, light knee high socks. Long coats go well with this look too.

If you think you might be a bit more grunge, don't go dirty hair, baggy band shirts and cargo pants, at this point in fashion, Kurt Cobain isn't what we are looking for. Instead, go Kate Moss with a modern twist. Stock up on more neutral colors with a clean cut look to them, but keep it young and fun. Stores like Brandy Melville and LF are really getting into these looks. Spend a day in a casual and cute plaid skirt, or try dark wash skinny jeans and a looser, more airy, off the shoulder long sleeve shirt. The Kaitlee Skirt from Brandy Melville is a great buy, for only \$32.

Switch these styles up, depending on your own personal look, and you're sure to fall head over heels into winter.

Powers continues to spread Malala’s heroic story

By Emily Jaworski
INDEPENDENT STAFF

According to art teacher Marion Powers, students are ready to welcome a wide exhibit in the main lobby featuring Malala, one of Power’s most powerful figures to feature in art projects.

Since Malala, a 16-year old Pakistani, was shot last year by the Taliban for expressing her beliefs on female’s rights for education, the development has excited students throughout school.

In the year after her shooting, Malala has won multiple awards and a nomination for

the Nobel Peace Prize through her drive to allow females in her country to have an education.

Powers had shared Malala’s story to her students when Malala was 15 years old. Students in different grades were inspired to create portraits of this young girl to exemplify her importance for how she stands up for what she believes in.

Powers thinks it’s important to express such a significant topic in an art form. “We can use art

for so many things, expression, painting, but it can also be for communication and for making a difference,” Powers said.

‘Malala made a difference in her own country and the globe.’

-MARION POWERS

will incorporate different words and languages to convey her importance through the artwork. The students this year will

be “encouraged to go in different directions and put their own voice into their art,” Powers said.

Some classes in the middle school have taken a large interest toward this topic, according to Powers, but the high schoolers are also looking forward to expressing the importance in Malala.

“I think she’s a very inspirational person, and I am excited to express this project in my own way,” junior Portfolio student Erica Corwin, said.

Sophomore Caisi Calandra, another Portfolio student said, “I did a portrait of her last year in Drawing; I really like her, and she’s a strong person, so I’m excited



EMILY JAWORSKI PHOTO

Art teacher Marion Powers assigns a project to share Malala’s story of women’s rights.

to use my style and use ink and a full frontal view for this year.”

Powers will be introducing this idea to new students every year; she enjoys sharing Malala’s story.

Miley Cyrus’ ‘Bangerz’ falls short

By Hannah Riordan
INDEPENDENT EDITOR

Riding on a wave of negative media attention after her raunchy Video Music Awards performance, Miley Cyrus proved that any press is good press when her new album “Bangerz” sold 270,000 copies in its debut week.

Cyrus starts out the album with the downtempo ballad “Adore You,” filling the song with layered harmonies, subtle violin accompaniment, and a sharp drumbeat.

Next on the tracklist is “We Can’t Stop,” the synth-filled first single off the album and the track she performed with Robin Thicke at the Video Music Awards. Barely tame enough for primetime TV, the lyrics contain references to the illicit party drug Molly while the central theme seems to be defiance of authority.

Cyrus virtually wastes cameos from Nelly and Britney Spears on “SMS (Bangerz)” and “4x4” respectively. Both songs are so trite and dull that neither of the superstars she enlisted for help could turn them around.

The former Disney Channel icon delivers pared down anthems with “#GETITRIGHT” and “Do My Thang,” the former of which is reminiscent of ‘90s-esque Christina Aguilera, and the latter of



MILEYCYRUS.COM PHOTO

Cyrus’ fifth studio album revisits her Disney era country side while embracing her new, synthesized, and technologic beats.

which sounds frighteningly like a female Chris Brown.

Cyrus’ country roots reappear on “Maybe You’re Right,” and she finally hits the mark with sonically interesting “Someone Else,” a fast paced and well-produced showcase of her ideal, high vocal range. “Bangerz” does not deliver enough hits to cause a competition for the stand-out song, but Cyrus hits her stride on “Wrecking Ball,”

which redeems many of the album’s shortcomings.

The song’s intro, full of beauty and melancholy, leads

into a harrowing, hollow verse and hard hitting chorus.

Cyrus sings with fierce emotion about her vulnerability, allegedly referencing her broken engagement to Liam Hemsworth.

As a whole, “Bangerz” is a figuratively and sometimes literally discordant mix of genres, somewhat reasonable considering that Cyrus herself is in the midst of a chaotic public transition from a child star to an adult artist looking for respect from her peers and critics alike.

Though many of Cyrus’ critics will admit that “Bangerz” could have been worse, it also could have been better. Hopefully, listeners already have a more cohesive, sophisticated fifth album from a more talented artist to look forward to.

Though many of Cyrus’ critics will admit that ‘Bangerz’ could have been worse, it also could have been better.

WEBsurfer

By Connor Senay
INDEPENDENT STAFF



KanyeZone.com

KanyeZone is the newest craze that has taken over the Internet. Although it has a simple premise, it makes for hours of enjoyable time to either procrastinate from homework or just waste your whole day.

The game is quite easy to play. A floating head of Kanye West appears on your screen, and your job is to use your magic orb to block Kanye from getting into his “zone.” As he floats around, he drones on and on, saying “Don’t let me into my zone.” The song that is referenced came out over two years ago, but the game is only a month or two old. If you let him in, Jay-Z’s head pops up, and they both say “I’m definitely in my zone!” The whole concept is hysterical, and it’s hard to put down the computer mouse.

The creators of KanyeZone are continually creating new game concepts similar to the music based repetition expressed here. Pitbull Party is the newest game, but for now, KanyeZone continues to dominate the Internet.

FistInTheAir.com

Another website that has become quite popular is Fist in the Air, a site with the latest music you can find. The site provides hours of browsing for anyone looking to find that new favorite song.

The website covers every genre imaginable from pop and hip-hop to dubstep and trap. It can be a bit overwhelming at times, but if you know what you’re looking for or once you narrow down your search, you’ll find an abundance of songs to choose from.

The main content of the site is brand new songs, but they also provide updates on when new albums are coming out and their take on a new song by a particular artist. The feed of new information adds a refreshing twist from the overload (in a positive light) of songs presented.

Apps of My Eye

By Rachel Daley
INDEPENDENT EDITOR

Cool apps for phones and tablets



Dots: A Game About Connecting

If you don’t have the game Dots downloaded onto your smartphone, you’re doing life wrong. This game is beautifully simple and dangerously addictive. Dots is straightforward; you simply have to connect as many two or more sequences of the same color dot in 60 seconds. The game board is a square of 36 dots, which are colored green, purple, red, yellow, and blue. However, in the settings menu, you can change the colors to make them more appealing to you. Dots is a game where your progress is measurable, because each time you play, your score improves slightly. There are three different game modes on Dots: 60-second mode, 30-move mode, and endless mode (which costs \$1.99). You can also challenge one of your friends by choosing the “multiplayer” option in settings. Also, as you connect more and more dots in a row with the swipe of a finger, the pinging sounds grow increasingly higher in octave. Whether playing this game at home, while traveling, or while sipping a coffee in Starbucks, you will always have fun.



WhatsApp Messenger

WhatsApp is a free smartphone messenger that is mainly convenient for texting friends or family who are abroad. This app uses your Wi-Fi or 4G to enable you to message others who are also members of WhatsApp. There are no hidden international costs, and the messenger is extremely easy to use. WhatsApp has the same features as normal texting, such as group chats, landscape mode, and contact/photo sharing. However, to increase privacy, WhatsApp displays your username instead of your phone number. Additionally, this app automatically connects your Address Book with your contacts who already have WhatsApp. Whether it’s you or a friend who is abroad, WhatsApp won’t let you down in terms of maintaining communication with others.