

# the INDEPENDENT

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## School Council reviews chemical health policy Town officials, school administrators discuss changes

By Hannah Riordan  
INDEPENDENT EDITOR

During the first meeting of the year, School Council members almost unanimously agreed that the high school chemical health

policy is in urgent need of reform, said high school Principal Patricia Puglisi.

Students also remarked on the necessity for a new, more articulated policy.

"I don't really know what the current policy is. I think it's important to fully explain the new policy

to students once it is put into place," senior Maya Shnyder said.

The School Council, which

is made up of administrators, teachers, students, parents, and community members, studied drug and alcohol policies from other nearby schools, identifying commonalities and differences between them.

Puglisi said that the current

policy contains several inconsistencies, such as different punishments for athletic and non-athletic extracurriculars, as well as a lack of proactive and retroactive education, or education that aims to prevent initial or continued alcohol use.

"I felt as though the

policy could contain more, particularly surrounding the idea of education for students. The

**'I felt as though the policy could contain more, particularly surrounding the idea of education for students.'**

-PATRICIA PUGLISI



HANNAH RIORDAN PHOTO

School Council members Jessica Lamothe, Principal Patricia Puglisi, and math teacher Sarah DeLuca discuss next steps for a new chemical health policy at a meeting with town representatives on Jan. 30. The committee hopes to bring a proposal to the Student Council by the end of March.

way it's written [now] is very punitive. Although there definitely needs to be a consequence, there also should be an educa-

tional piece there," Puglisi said.

The Massachusetts Interscholastic Athletic Association (MIAA) has baseline punish-

ments in place for all athletes who

are caught using drugs or alcohol.

School Council has indicated a

CONTINUED ON PAGE 4

## Graduates offer advice to juniors, seniors

By Fiona Davis  
INDEPENDENT EDITOR

Four members of the class of 2013 shared their college experiences and advice with juniors and seniors at a college homecoming event organized by the guidance department.

Marissa Ostrovitz, Megan Jones, Austen Coviello, and Loyd

Waites discussed life at National University of Ireland, Babson University, New York University, and Rensselaer Polytechnic Institute, respectively.

College gives students an opportunity for a fresh start, eliminating social conflicts common in high school, according to Ostrovitz.



FIONA DAVIS PHOTO

2013 graduates Marissa Ostrovitz, Megan Jones, and Austen Coviello talk to senior Brittany Smith about National University of Ireland, Babson, and New York University, respectively.

"It's great because you're not really stuck in the same clique as you've been in since middle school. You can join whatever

club you want and have friends from different places," she said.

According to Jones, making new friends in college is a challenge at first

but also one of the aspects of college she enjoys most.

"You sort of have to remember how to make friends again," she said.

**Jones said she felt well prepared for college based on the academic rigor of high school.**

After a semester at RPI, Waites said he would caution students to be aware of the male to female student ratios at certain schools, as they can play a major role in social life. At RPI, there is a 71 percent male to 29 percent female ratio, according to U.S. News and World Report.

"Ratio ends up acting in social life in ways you wouldn't expect... it is just really strange," he said.

Aside from social life, academics proved to be different in college, according to Waites who said there is more freedom to get work done.

"The homework is a lot different... in college

CONTINUED ON PAGE 4

## Puglisi aims for progress in second semester

By Rebecca Even  
INDEPENDENT EDITOR

Patricia Puglisi, in her first semester as principal at Manchester Essex, has made an effort to be accessible to students, parents, and faculty and to maintain a welcoming atmosphere, according to Assistant Principal Paul Murphy.

The open door policy utilized by Puglisi and Murphy allows parents to stop by the principal's or assistant principal's office during designated hours to talk. Murphy believes that it has promoted communication in the high school community.

"Parents have come in and been very welcoming," Puglisi said.

Puglisi has also attempted to get in touch with the students' opinions by involving them in the decision-making process.

According to Puglisi, a committee of parents, teachers, and students is looking to revise the school's chemical health policy.

"I believe that the addition of education and counseling are important additions to those policies," she said. She is looking for a way to make the make the punishment equal for all students,

even those who do not participate in as many school activities.

Puglisi keeps parents informed about high school events and policy changes like this in her weekly newsletter, which she said has been a goal from the beginning of the year. Her newsletter details school happenings and

includes pictures, allowing parents to stay active in their children's lives, according to Puglisi.

She has also stopped the policy of giving freshmen and

CONTINUED ON PAGE 4

**'[Ms. Puglisi] has brought back a lot of things that last year we didn't have, so it's much more enjoyable to be at school. She's in touch with the students.'**

-CHARLOTTE FREED

News

DECA  
-page 2  
College acceptances  
-page 3

Features

Valentine's Day  
spread  
-page 8-9

Opinion

Pro/Con: Social Media  
-page 5

Sports

Basketball  
-page 12

Arts

Fashion blog  
-page 15

## News Briefs

### Toy drive receives many donations

In what is becoming a holiday tradition, students and faculty members brought in gifts for underprivileged children in Cape Ann. The toy drive is done in partnership with Pathways for Children.

According to Assistant Principal Paul Murphy, Pathways for Children estimated that over \$5,000 worth of toys, or four large boxes, was donated, making the Manchester Essex school the largest contributor of gifts.

### NHS to host babysitting night

The National Honor Society will hold a movie night at the community center on Valentine's Day.

The event will be an opportunity for four hours of inexpensive babysitting for parents who may want to go out.

Tickets for the Valentine's Day event, costing \$10 per child, will be sold at the door. All proceeds will be donated to charity.

### Band plans trip to New York City

50 band members and five adult chaperones will travel to New York City March 22 and 23.

During the trip, the band will visit Times Square, Rockefeller Center, the Empire State Building, the Sept. 11 Memorial, among other eminent spots.

Band teacher Joseph Sokol thought the new destination for the trip would be a nice change for students who have been members of the band throughout all four years of high school.

# New substitute takes over history classes

By Oscar Henue  
INDEPENDENT STAFF

In the history department, a new long-term substitute has taken the place of teacher Jessica Tran while she is on maternity leave.

Allison Wright has taken over the freshman world history classes vacated by Tran, and is sharing her debate responsibilities with debate teacher Jen Coleman. Tran's AP psychology class will be taught by history department chair Lauren Dubois. Wright will have full-time responsibilities in Tran's absence, a position that she is looking forward to.

"I had been splitting time at my old job: I wasn't a full teacher. I wanted to work full time as a teacher, so I found out about this position through Ms. Coleman," she said.

Students in all of her classes have noticed changes, but have been quick to adjust.

"We have more of an orga-

nized beginning to the class, including a 'do now' activity, and we've been doing a lot more partner work. I've definitely enjoyed the transition," said freshman Abby Roundy, one of the students in Wright's world history class.

The transition has led to major changes in the debate program, most notably the combination of the two Public Forum classes. However, class members have had no trouble making the necessary adjustments and are enjoying Wright's presence in the class.

"Since we've joined the two debate classes, they've been much more interactive. We miss Mrs. Tran, but it's still been very enjoyable," sophomore Megan Clark said.

As for Wright, her future at the school is somewhat unclear after the return of Tran. However, she is looking forward to teaching at Manchester Essex.

According to Wright, she will likely be leaving after Tran returns. If any opportunity were to arise, however, she would look forward to the chance to stay at Manchester, she said.

**'Since we've joined the two debate classes, they've been much more interactive. We miss Ms. Tran, but it's still been very enjoyable.'**

-MEGAN CLARK



OSCAR HENUE PHOTO

Allison Wright, the temporary replacement for Jessica Tran, has taken over all of her classes with the exception of AP Psychology.

## FUN FACTS

- Interned at American University of Paris and the European Union in Brussels"
- Lived in five different states
- Loves the color pink

## Over half of DECA team qualifies for state competition



COURTESY OF DEAN MARTINO

DECA students await their rounds at the District VI competition. 34 of these students were able to qualify for the state competition.



FIONA DAVIS PHOTO

Sophomores Brittany Larcom and Sarah Reed prepare together.

By Natasha Statz-Geary  
INDEPENDENT STAFF

After coming out with a strong showing at the District VI competition, the DECA team is anticipating more success as 34 students move onto competing at the state level.

This year's competition, which was held at the Danvers DoubleTree Hotel on January 9, "saw nearly a 30% increase in the number of students over last year. That in and of itself makes every student's achievement a strong showing,"

DECA coach Dean Martino said.

With that said, Martino believes that it is even more remarkable that "eight teams, each comprised of two students, won in five categories, and 14 individual students won in 11 individual categories."

"I would like to take the opportunity to personally congratulate the MERHS DECA Team for their outstanding professionalism, class, effort and resulting achievements at the district competition. I am proud of every single member of our team," he said.

Students share a similar feeling of accomplishment. "Although the competition

was fairly hard, I am very grateful for the experience and had a great time," junior Andy Creighton said.

Now the team is focusing on how to have maximum success at the DECA State Competition, which will take place March 6-8 at the Marriott Copley Place in Boston.

"In preparation for our next competition, students study and

answer thousands of exam questions, practice role plays, judge classmates in role plays, play Jeopardy for Marketing and actually have some fun along the way," Martino said.

The States competition is also the qualifier

for the DECA International competition, which will be held in Atlanta, Georgia from May 3-6.

The team will additionally begin to focus on fundraising to make money for travel expenses.

"We have been thinking about some fun, new fundraising ideas, and I'm nothing but excited to begin to prepare for States," junior Breanna Arnold said.

Martino feels proud of his students' achievements and looks forward to seeing further success.

"These students are making something of themselves now. These students are not waiting for the future; they are building the doors of opportunity," he said.

**'Although the competition was fairly hard, I am very grateful for the experience and had a great time.'**

-ANDY CREIGHTON

# Seniors receive admissions decisions from colleges

## Students apply early decision, prove qualified for a variety of universities

By Tess Hosman  
INDEPENDENT STAFF

Seniors who applied early to college have received their acceptance decisions.

Seniors this year are exploring international schools, military schools, and Ivy League colleges.

Many students have hung their stars in the second floor hallway to indicate their college choice or acceptances. Guidance does not yet know what colleges

students have committed to.

There are main colleges that have received applications from seniors. "The colleges that our students submitted

the most applications to were UMASS Amherst, Northeastern, BU, and BC," director of guidance Sherri Lewis said.

Students have also submitted applications to Ivy League schools. "So far we have one student who was accepted into Harvard," Lewis said.

International and military schools have been an option as well. "Students have applied to McGill and St. John's, and students have applied to Mass Maritime, The Citadel, West Point, VMI, and Norwich," Lewis said.

Seniors Evanthia Boling, Alyssa Shepard, and Ellie Zwart have all made their final college choice. Zwart will be attending

**'The colleges that our students submitted the most applications to were UMASS Amherst, Northeastern, BU, and BC.'**

-SHERRI LEWIS



TESS HOSMAN PHOTO

seniors post a star on the bulletin board outside the guidance office once they receive acceptance letters from colleges. Students who applied early decision have already heard from their schools.

Framingham State University with senior Athena Venetsanakos.

Boling will be attending Goucher College in Maryland.

"It's my top choice," she said.

Senior Erik Rajunas is waiting on his acceptance to West Point. "I was pushed to the final round for West Point, but it's not deter-

mined until March," Rajunas said.

The regular deadline for college rejections or acceptances is in the month of April to the beginning of May.

# Math team enjoys weekly practices, interscholastic meets

By Sarah Williams  
INDEPENDENT STAFF

"Math team is fun. The meets are low pressure. You don't have to be a math nerd to be on the team but just willing to try some unusual application problems," math team member Madelin Dahlin said.

The Math Team has two goals this year, to "have fun and enjoy the challenge of some tough problems," math team adviser Dan Lundergan said.

The math team meets every Thursday afternoon for practice, and on the first Thursday of every month they go to a meets,

which take place at different schools around the North Shore.

To practice for the meets, "We'll just review sort of general concepts and review some of the key formulas in those categories," Lundergan said.

The math team practices number theory, algebra 1, geometry, trigonometry, and a variety of concepts within those categories, the highest levels being pre-calculus and trigonometry.

For each tournament about 15 Manchester students always go who Lundergan said

are the "regulars." As well, "We can have no more than eight combined juniors and seniors, so there have to be at least two

**'We can have no more than eight combined juniors and seniors, so there have to be at least two freshmen and sophomores.'**

-DAN LUNDERGAN



SARAH WILLIAMS PHOTO

Senior student and math team member Madeline Dahlin does sample problems at a weekly after school practice that helps members prepare for meets, which occur one Thursday a month. About 15 students from all four grade levels go to monthly meets.

freshmen and sophomores," he said. When going to the tournaments, Manchester Essex usu-

ally competes against Pingree, Ipswich and Masco, which Manchester usually finishes be-

hind; the team typically comes out ahead of Rockport, Pannocket and Hamilton Wenham.

There is also a state tournament for which students can qualify if they score above a minimum threshold. The tournament is usually held in April.

Students who go to the competitions get extra credit for their math classes.

"If you get three problems right, each right answer is 1 point, and we give you a point for showing up at the meet. You get four extra credit points that your math teacher can decide how to apply," Lundergan said.

If a student would like to join the math team, "A lot of it is word of mouth, but their teachers encourage them at the beginning of the year to sign up for the math team," Lundergan said.

According to Lundergan, the math team also has a pretty open policy for sports and other activities that come into conflict with meets.

# English, history teachers utilize online essay submission website

By Devon Musgrave-Johnson  
INDEPENDENT EDITOR

Turn It In is a program recently purchased for the high school's history and English departments. The interface allows students to turn in papers online and teachers to grade them quickly and thoroughly.

According to Principal Patricia Puglisi school administrators had looked into this program in the past, but this was the first year that they were able to find extra money in the budget to afford the startup costs for Turn It In.

The program allows students to check their own work for any

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Teachers have begun to use Turn It In to facilitate the process of essay submission and correction.

errors in plagiarism or citations prior to submission. It also reduces the risk of losing a paper or forgetting it in a printer at home. Students can also see their grades immediately after the teacher has corrected their paper online.

"The goal of this program is

not to catch more mistakes and call students out on them; it is to provide as much feedback as possible to aid in student learning and development," Puglisisaid. Teachers, on the other hand, are able to grade papers anywhere that they have access to the In-

ternet, avoid missing errors with help from a grammar checking option, and leave in-depth comments without space restrictions directly onto the papers.

"I really thought that I would miss having the papers actually in my hands as I graded them, but

the convenience of being able to grade anywhere outweighs it," English teacher Gloria Tannersaid.

It is not mandatory for teachers to use Turn It In, but every teacher from the English and history departments received preliminary training online in December to help them use the website efficiently.

Students in Tanner's class have turned in two essays so far on Turn It In and are generally optimistic about the future of the website.

"It is weird to turn in our essays online at first, but I think that Turn It In will eventually make students and teachers more accountable for their work and help us improve our writing," junior Ariana Jackson said.

# AP U.S. Government class writes essays on courage

By **Charlie Davis**  
INDEPENDENT EDITOR

Students in the AP U.S. Government class have submitted essays to the Profiles in Courage Essay contest, highlighting courageous and monumental political actions, according to teacher Jennifer Coleman.

The Profiles in Courage

essay contest was originally inspired by John F. Kennedy's book "Profiles in Courage," written in 1956. The AP U.S.

Government class and high school students around the country will choose an official "who risked their political career by taking an unpopular position," Coleman said. This politician would then be the subject of their one thousand word maximum essay.

The essay is sponsored by the John F. Kennedy Presidential Library and Museum. The museum, located in Boston,

will award the winner of the essay \$10,000, and he or she will be invited to the museum to accept the prize. The students will find out the results of the contest on May 15.

While researching and writing about his or her chosen politician, students also learned life lessons about standing up for what's right. According to Senior Sarah Lewiecki, this essay has given her a new outlook on some aspects of her life.

"Before I wrote this essay, I didn't realize that courage could be when you

go against something that didn't go along with the views of your constituents or peers. It has inspired me to act alone on some things that I believe are right," she said.

Junior Parker Malarkey said that his view on courage has changed on the whole. "I would say that the essay has really opened up my view of courage, and it has really inspired me to be more courageous in my ac-

**'[Writing this essay] has inspired me to act alone on some things that I believe are right.'**

-SARAH LEWIECKI



USA.GOV

The Profiles in Courage essay contest is sponsored by the John F. Kennedy Presidential Library.

tions," he said.

Coleman said that the essay will allow students to better understand class topics as well as

help to hone valuable research skills and writing abilities.

"Writing the essay gave them the opportunity to examine one

elected official in more depth than our class allows. It also reinforces research and writing skills necessary for college," she said.

## Teachers attend workshops on professional development day

By **Ethan Andersen**  
INDEPENDENT ASSISTANT EDITOR

Professional development days provide a break for students from school while teachers from all around the district come in to participate in workshops

According to Scott Morrison, director of curriculum, teachers attend workshops to hone their teaching skills.

"Many teachers offered to teach a class and then the others have signed up to take those classes. So it's kind of like teachers teaching teachers," he said.

Morrison said the professional development day, which was held on Dec. 17, was well received by the staff last year and has therefore made its return. "It's really an exciting day," he said.

"Some workshops we had



MASSGENERAL.ORG

All teachers attended a presentation by the guest speaker Jeff Bostic, Associate Clinical Professor at Harvard Medical School.

were supporting student learning, behavior assessments, taking advantage of technology, and "Students Get out Your Smart Phones," Morrison said.

Erin Fortunato, a foreign lan-

guage teacher, enjoyed the first workshop.

"We learned things that we could actually use in the classroom. [The workshops] can be fun, but they can also be

tedious," she said.

The day consists of a morning session and an afternoon session. There was a session in between featuring a guest speaker brought to the school.

Jeff Bostic, Associate Clinical Professor at Harvard Medical School, was the guest speaker at this workshop. His presentation was titled "Building Better Brains."

The guest speaker usually talks about the newest trends in teaching and teaches them how

to be more effective in their teaching while also connecting with their students.

Brian Carlson, a math teacher, thinks these workshops have potential to be really useful. "My only problem with [some workshops] is that they're not re-

ally subject specific, and I'm left wondering how to apply what I learned to my class," he said.

Teachers receive "professional development points," which are needed for recertification by the state, for participating in these workshops, whether teachers are leading the workshops or learning.

Morrison explained that teachers are required to continue training by the state and these workshops are the perfect way to earn points while also main-

taining a certain level of fun..

"We did some surveying of the staff after the professional development day, and the feedback was positive. Staff indicated that they would like to see us hold a similar event the following year," Morrison said.

**'...it's kind of like teachers teaching teachers.'**

-SCOTT MORRISON

### CONTINUATIONS

CONTINUED FROM PAGE 1  
**CHEMICAL HEALTH**

desire to punish not only athletes but also students who participate in non-athletic extracurriculars. After several meetings where the policy was discussed, the council invited the police chiefs from Manchester and Essex to have a conversation about how the chemical health policy translates to actual law enforcement.

Manchester Police Chief Glenn McKiel stressed the importance of collaboration between local schools and the police departments, citing the "Memorandum of Understanding" as a useful tool that encourages either entity to share whatever information they have about student involvement with

drugs or alcohol.

"I think the police chiefs were able to provide a better understanding of their position in terms of enforcement of specific laws that are on the books in Massachusetts," Puglisi said, referencing a law that can punish minors for knowingly being in the presence of alcohol even if they themselves do not ingest it.

Both Chief McKiel of Manchester and Chief Silva of Essex expressed their tendency to look at every situation reasonably and holistically and to treat incidents on a case-by-case basis.

"My goal is not to arrest someone; it is to make them understand that there are consequences for every decision each of us makes," McKiel said.

Puglisi also stressed the ultimate importance of safety as one of the main factors to consider

when writing a new policy, echoing McKiel's statement about keeping students "safe and out of trouble."

In the coming months, School Council will draft a new policy and then submit it to administrators, student leadership groups, and school committee for review.

"The central goal is always the safety of kids. It's about learning to make good choices. It's about learning to look out for one another," Puglisi said. CONTINUED FROM PAGE 1

**COLLEGE HOMECOMING** homework is mostly just trying to understand the material and studying for exams," he said. Jones said she felt well prepared for college based on the academic rigor of high school, and she said she appreciates the greater independence in college education.

"Not having your parents and teachers around telling you to do something... makes doing your homework and handing in assignments habit," she said.

According to Coviello, not having parents around can cause some homesickness, especially because she was in a very different environment in New York City.

"Something to remember if you are homesick is that while you are away, literally nothing changes at home. Everything will be right where you left it," she said.

CONTINUED FROM PAGE 1  
**MIDYEAR REVIEW** sophomores office detention if they fail to turn in homework on time, saying the punishment was ineffective and the school's focus should be on student growth.

"Students benefit far more

from staying after with a teacher if they are not completing work or falling behind. I don't believe office detentions were accomplishing that goal," she said.

Charlotte Freed appreciates that Puglisi eliminated the homework policy, which removes a stress from her life.

Puglisi allowed the return of school dances, which were banned due to grinding. Many, including Freed, are happy about the return of the dances; they offer a way to socialize.

Puglisi said she has settled in and feels welcome. Looking forward, she plans to evaluate the effectiveness and accuracy of grades by forming a student committee to give her feedback.

"I am continuing to learn. Each day is a new adventure," she said. "We are constantly looking for ways to improve."

# Social Media

## Does it impede personal interaction?

**Pro**

**Lila Hughes**

Social media has not only hindered the progression of newly formulated relationships, but it has achieved the exact opposite of what it was initially intended for—to strengthen and maintain relationships.

Although the idea behind social media is idealistic, it is not realistic. It is logical for someone to think that she can know or get to know a person via websites such as Facebook because one can see pictures and read someone's interests and basic information; in reality, the other person's page is ultimately what she wants to portray herself as, not particularly who she truly is. This kind of portrayal is called "catfishing."

While it is true that many couples who find each other through social media can succeed in a relationship, for those who are still single and ready to mingle, social media only creates an environment where people become disposable.

If people recognize something that they don't like about who they're currently dating, instead of sticking it through and waiting to see if they can make it work, it is easier and more tempting to give up and try to find someone else by using social media.

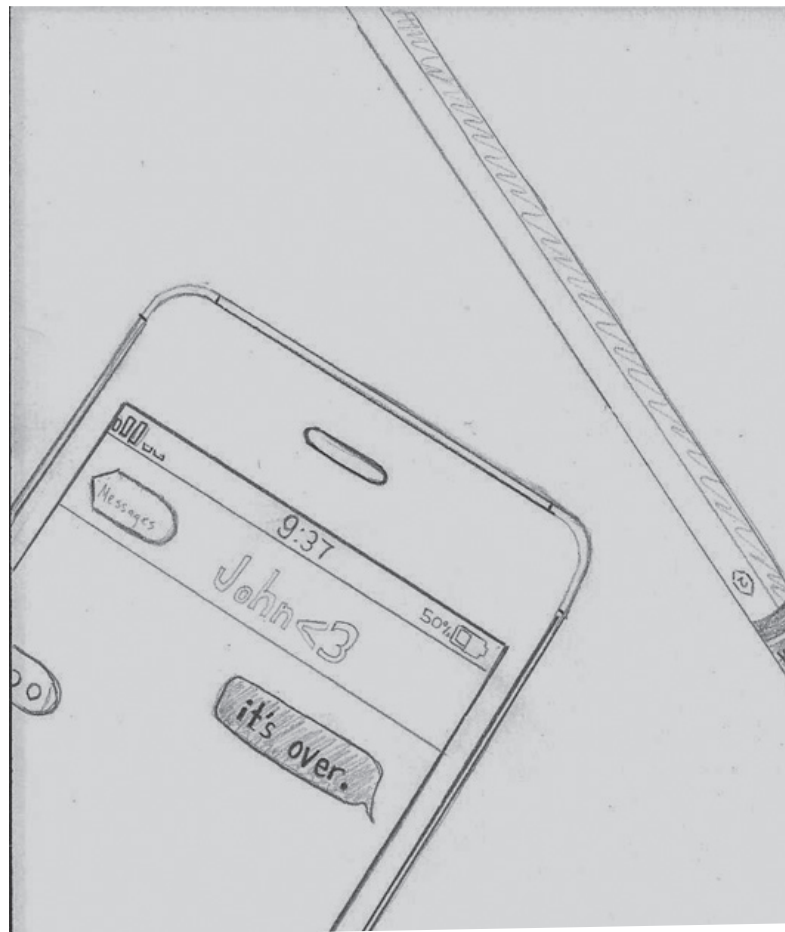
Marriages in the US are at an all-time low. More specifically, a study from the Pew Research center found that just 20% of adults ages 18 to 29 are married, which could be a result of many factors, including the accessibility of finding new people to date by using social media or online dating.

Social media is particularly harmful when a relationship depends on it. Furthermore, if a couple is looking at their phone or computer screen more than they are looking at their partner's faces, they might as well have a relationship with their devices.

Teenagers, in particular, are now using social media and technology to avoid social situations such as arguments, breakups, or awkward conversations rather than dealing with it face-to-face; this is not only detrimental to developing healthy social skills, but it can also add confusion and tension to the situation.

Generally speaking, no matter what new and exciting features a website or device offers, technology will never make a connection between two people more intimate. The only outlet it does create is a place for thoughts to transcribe into words, but that is no different than a pen to paper.

As technology starts to dominate the social lives of all ages, we need to regress rather than progress when it comes to relationships and promote in-person confrontation over usage of social media.



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at their phone or computer screen more than they are looking at their partner's faces,

they might as well have a relationship with their devices.

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Generally speaking, no matter what new and exciting features a website or device offers, technology will never make a connection between two people more intimate. The only outlet it does create is a place for thoughts to transcribe into words, but that is no different than a pen to paper.

ETHAN ANDERSEN ILLUSTRATION

**Con**

**Hannah Riordan**

Social media is nothing if not a versatile and invaluable tool for communication. Who decided to make it the enemy, the scapegoat of failed personal interaction?

Many skeptics question the authenticity of online dating. What they should really be questioning is the authenticity of marriage, as 40-50% of all marriages end in divorce.

Dating websites connect people looking for relationships, combatting the "seriously single" syndrome that many young people experience. Recently, dating websites have gotten more and more specific, matchmaking people of a specific race, religion, age, or even profession.

Success is in the numbers: a National Academy of Science study found that only 6% of marriages that started online between 2005 and 2012 ended in divorce.

Although sample sizes for studies on online dating are generally smaller, the criteria and algorithms used to match up couples online help to eliminate much of the guesswork of traditional dating.

Beyond its supposed hindrance to "real" relationships, social media is also blamed for the antisocial tendencies of adolescents and young adults.

Before and after the birth of the Internet, parents and schools have had the job of socializing children. Social media use can always be limited, and blaming unfriendly or reclusive behavior on social media is just a way to ignore some deeper issue.

Sites like Facebook and Instagram let users share as little or as much as they want, granting electronic friends a glimpse into their contacts' lives.

Technology is the most useful and efficient tool for keeping in touch. Nowadays, reaching out to an old friend couldn't be easier. Comment on their status; like their picture; even just Snapchat them to say hi!

Another frequently ignored benefit of social media is its function as a forum for self-expression. Blogs, YouTube channels, and Pinterest boards are just some of the many ways that digital natives can reveal their inner personalities to the world.

For those who are shy, inconsistent at keeping in touch, or apprehensive about putting themselves out there without the anonymity of a computer screen, social media is a useful facilitator of human relationships and experiences.

## Many people buy designer brands simply for brand, not quality

By Rebecca Even  
INDEPENDENT STAFF

To be honest, I myself am a little in love with brand names. Scratch that. Unreasonably in love. At Nordstrom Rack, I scour the bag department for designer handbags, only to be inevitably disappointed when a small Marc Jacobs bag costs an outrageous \$400.

I try on Cole Haan heels just to torture myself, because they are completely and utterly out of my price range. I'm not naïve; I expect the prices to be exorbitant, but I always feel a flicker of disappointment when I see that huge number glaring at me

in tiny, unpleasant print.

True, certain brands cost enough to drain my college fund dry and make my stomach drop, but aren't they higher quality? If something costs

so much that I wince when I look at the price tag, I would hope that it's going to last me forever.

Lately, however, I've begun to wonder whether people simply pay for the name, not the quality. Certain brands carry certain connotations, and some people don't think twice about spend-

**The money I spend on a pretty bag could go to charity or toward my future education.**

ing thousands of dollars on a wallet just so other people know that they can afford the price.

I've seen a couple that was traveling with approximately ten Louis Vuitton suitcases, and the occurrence baffled

me. The luggage was probably more expensive than its content.

People buy Louis Vuitton not for its durability or its unique style, but for its ostentatious label. Many simply want to flaunt their wealth.

Of course, designer brands are pretty, but they are also decadent



LOUIS VUITTON.COM



REBECCA EVEN PHOTO

**Designer brands like Louis Vuitton and Uggs are tempting to purchase, but spending money on them is decadent and wasteful.**

and wasteful. The money I spend on a pretty bag could go to charity or toward my future education. I can find clothes or accessories that are nicer and cheaper at places like Marshall's.

No one else cares how much I spend on a bag, so I might as well put that money toward something beneficial and spend the minimal amount on something silly.



## Gluten-free gains popularity in food industry

By Sofia del Valle  
INDEPENDENT EDITOR

In the past 10 years, the term “gluten-free” has exploded in the food industry, and what started as uncommon and inconvenient eating limitations is now considered a hot fad diet.

Celiac disease is an intolerance to gluten, a protein found in grains made from wheat.

While Celiac seems to be a newly developed condition, according to Celiac Support Association, research and history trace the disease back to the second century, although it was not truly brought to medical attention however until the mid 1800’s in Europe.

In the year 2014, being gluten-free is almost as ordinary as being lactose intolerant. According to WebMD, approximately one in 133 people has celiac disease, but only 3% have been diagnosed.

Ten years ago, my sister was diagnosed with diabetes at the age of 4. She was tested for other closely linked conditions, Celiac disease being one of them. I was also tested.

When we both tested positive, it was clear that we were asymptomatic, having gone our whole lives undiagnosed. For eight years I ate pasta, bread, products containing all-purpose flour without any reactions.

Some people react to merely the flour used to thicken a soup.

Not having symptoms is both a blessing and a curse. In a sense, it’s a relief knowing that an accidental intake of gluten will not cause any harm. That being said, it requires more will power to follow the diet as strictly as those with symptoms.

However, some of the long-term effects of untreated (or poorly treated) celiac disease, which, according to Celiac Center, include osteoporosis, pancreatic disease, and types of cancer, specifically intestinal lymphoma, should give a strong incentive to follow the diet as closely as possible.

Luckily, gluten-free products have improved greatly recently.

My mom used to have to shop at Whole Foods and spend a small fortune on a bag of four gluten-free bagels. Now most grocery stores have a gluten-free section with items ranging from cake mix to soup. Name brand companies have also started making gluten-free products.

Celiac disease has progressed both in its prevalence and in the quality and quantity of products available. Restaurants offer gluten-free menus, and some people go gluten-free to avoid excessive amounts of processed food.

# STAFF EDITORIAL

## Snowy sidewalks endanger students walking to school

While walking on the streets around the school is usually enjoyable, winter storms turn sidewalks and roads into slippery, treacherous messes of snow and ice.

This winter, the school community has already seen several storms that slowed the morning commute to school and brought dangerous conditions for drivers and pedestrians alike.

Though the walkways and parking lots on the school grounds are generally plowed, many of the surrounding routes students walk on get to school each day go unplowed and untreated with salt or sand.

These un-shoveled sidewalks and poorly plowed roads create unnecessary challenges and dangers, as students must either trudge through snow banks, slip on icy sidewalks, or walk in the street during hours of the day with poor visibility in order to get to school.

Furthermore, athletes on the swim team, track team, and ski team regularly practice outside on the streets during the winter, a task made even more difficult by the unsafe sidewalk conditions.

Many of the surrounding towns, such as Beverly, are more efficient and thorough with



FIONA DAVIS PHOTO

For runners like Olivia Lantz and David Reid, slippery sidewalks are especially dangerous, because they can lead to devastating falls. Icy walkways are treacherous to student athletes and walkers.

plowing, making sure sidewalks and roads are cleared in a timely way so that all can be safe on the roads.

Here, residual snow and ice on the sidewalks and streets is far too common, even many days after a storm. Though some

streets are not highly trafficked, at least the main roads such as School Street and Lincoln Street,

and the side roads around the school, such as Norwood Ave and Rosedale Street, should be

**Safety on the roads during the winter months is of the utmost importance to students.**

plowed and shoveled for the trips many students take on foot to school.

The issue of snow removal and plowing is often a monetary concern for the town as the budget is continually strained by other commitments and necessities. However,

safety on the roads during the winter months is of the utmost importance to students and the larger community.

Furthermore, the town would not have to spend more money on plowing sidewalks if only citizens would do their mandatory civic duty and plow or shovel the sidewalks bordering their property.

Perhaps an old fashioned solution would be the best solution: what ever happened to the Boy Scouts shoveling sidewalks and driveways for the neighborhood?

## Holding study hall in auditorium inconveniences students, faculty

By Charlie Davis  
INDEPENDENT EDITOR

Starting this year, study hall has moved into the auditorium, meaning that one or two teachers are now able to monitor what used to be multiple classrooms of students.

While almost nothing can take away the joy of study hall for students, this year’s move to the auditorium has brought a few annoyances.

In the old study hall format, there were two to three classes of study halls each block, with five slots apiece for kids to go to

the library. In the auditorium, the same number of students is in the study hall, with only 10 slots for the library.

In most blocks, the amount of people who can go to the library is overall a lower number than it was last year. This takes away the opportunity for many students to go to the library.

Furthermore, because all of the students who would normally be split up by classrooms are in one area, study hall is often very noisy. Fewer kids being able to go to the library only exacerbates this problem.

As many students are left to do their work in the auditorium, they are forced to use the work-

ing space that the auditorium has. The desks in the auditorium are barely big enough for one piece of paper, making textbook homework become much more difficult.

Another way that the low supervision affects the whole study hall is mischief and bad behavior. Students are much more spread out, and there are even blind spots where the teacher cannot see what students are doing at all. Often, kids use these blind spots to their advan-

**The desks... are barely big enough for one piece of paper, making textbook homework... difficult.**

tage.

More serious than inconvenience or even behavior problems are safety concerns. There is no easily accessible phone in the venue, and no cell phone service.

In the event of an emergency, it would be difficult to communicate while inside.

Combined with the fact that one teacher now has to watch over triple the normal amount of students, study hall in the auditorium is potentially dangerous.

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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.

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# Passenger restriction for new drivers does not serve purpose

By Nathasha Statz-Geary  
INDEPENDENT STAFF

When I was younger, I thought getting my license would be the pinnacle of my social life.

Just the word “license” created visions of me cruising down the highway with my

friends on our way to dinner with our boy-friends.

Flash forward to today: I don’t have a boyfriend, I do have my license, but am not allowed to drive my friends.

Needless to say, my high school experience hasn’t played out in the “Laguna Beach” style I was expecting, and the passenger ban for newly licensed drivers isn’t helping the situation.

Under Massachusetts law,

teenagers with their junior operator’s license are not allowed to drive with passengers other than family members until they’ve had their license for six months.

Numerically, the law makes sense. According to the Registry of Motor Vehicles, teenage drivers are twice as likely to get in an accident if they’re driving with a passenger, and this number rockets to five times as likely if there are more than two passengers.

While these numbers do frighten me, I still don’t see the innate healing powers of waiting six months.

If my friends are a distraction five months into my experience as a licensed driver, chances are they’ll still be a distraction after I’ve had my license for six months.

**‘The biggest problem I have with the law is that family members can be just as much of a distraction as friends.’**



WIKIMEDIA COMMONS

**For many teens, driving with their friends in the car is a major symbol of freedom and maturity.**

The biggest problem I have with the law is that family can be just as much of a distraction as friends.

Whether it’s my mom screaming that I drive “erratically and miserably,” my brother blasting electronic music and dancing, or my dad grumbling

about my car’s transmission, my family causes their fair share of mayhem when I drive with them.

After sitting through 30 hours of boring classroom lessons on safe driving, finishing 12 tedious driving lessons in the car, and, worst of all, dealing with the world’s worst backseat drivers, I

feel I am an apt driver.

Whether or not I have a friend in the passenger seat on our way to the gym should not affect my driving ability. The six-month waiting period is nothing but yet another road block in my journey to finally gain my driving independence.

# Foreign cities and villages are more culturally rich than resorts

By Sarah Beckman  
INDEPENDENT EDITOR

Visiting a foreign town or city, especially when traveling outside one’s home country for the first time, is a better way to gain the most knowledge of unfamiliar culture than through a resort environment.

That’s not to say the enjoyment level of the trip would be diminished in the latter case; island resorts are, of course, ideal places for quality vacations.

However, some resort desti-

nations, in their efforts to make the visitor feel relaxed and at home, completely cover up their own cultural aspects to make room for those native to their tourists.

On the Caribbean island of Turks & Caicos, for example, the

most common music selection in any area of the Beaches resort is modern singles. An American guest would feel right at home listening to this

while the installment of traditional Caribbean music could better impart a sense of new culture.

Island cuisine should also

vary from a McDonald’s Happy Meal. However, cooks sometimes try to imitate the saltiness of American food; though the food’s exact taste is a smaller detail to the whole traveling experience, it still detracts from the sense of change by simply tasting familiar.

If one visited a common town setting in a foreign country, he would be more exposed to native music and would also be more inclined to try new food from a place that uses entirely different ingredients. Since cooking and music are at the heart of any culture, one would acquire a greater sense of that country’s way of life through experiencing both first-hand.

Granted that tourism is the main industry on Turks & Caicos, the people employed at the resort work understandably hard to produce the highest results

**‘Since cooking and music are at the heart of any culture, one would acquire a greater sense of that country’s way of life through experiencing both first-hand.’**



SARAH BECKMAN PHOTO

**Spots like Turks and Caicos are home to many popular resorts.**

they can; they cannot help the fact that true Caribbean culture is almost lost in the process, as long as their guests don’t seem to mind.

Therefore, one should avoid such vacation resorts geared toward pleasing their guests if he or she seeks to fully absorb culture while outside the country.

# Would it be beneficial to have an extended day and no homework?

By Connor Senay  
INDEPENDENT ASSISTANT EDITOR

While school takes up a significant chunk of the average student’s day, homework is just as much of a burden as the actual school day. A longer school day and no homework would be more beneficial as opposed to the current setup because it allows students more free time away from school work.

Playing sports is a key factor that contributes to this issue. Many students are three season athletes, which adds at least another hour and a half to the day before students even start

homework.

By this time, it’s around 4:30. Given the amount of homework I usually have, it’s a struggle to be motivated to get through every assignment and get a good night’s sleep.

**‘Having no homework after school will free up time to relax and unwind.’**

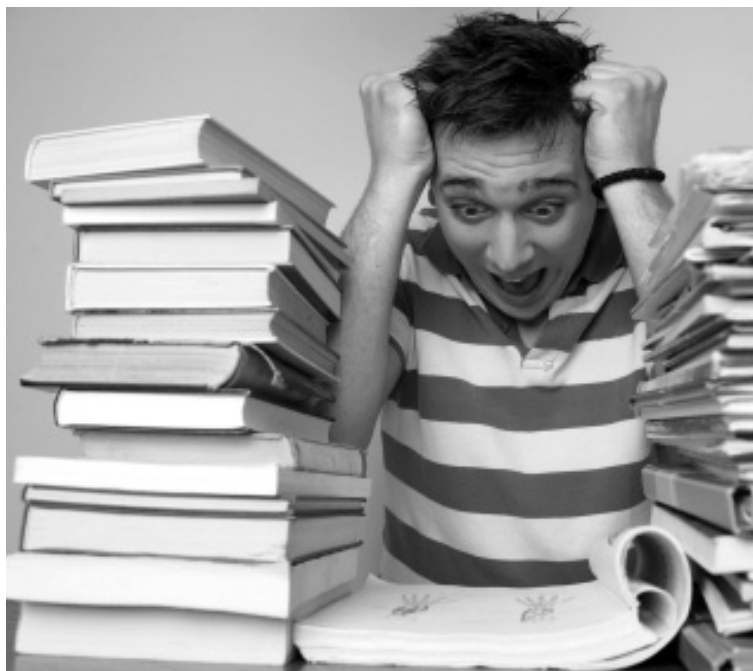
Having no homework after school will free up time to relax and unwind. Just an hour or two added on to the school day would allow students to work on homework in groups or ask the teacher for assistance with complicated questions.

A study done by Harvard Education Grad School cites examples of the harms of homework. One principal of a school district in Gaithersburg, MD, cut homework out and just assigned reading for the children. This

allowed the students to enjoy themselves and learn at the same time, according to the study.

As far as sports go, integrating sports into the day could be up to the discretion of the school. Even if practice is after the school day has ended, students wouldn’t have to worry about the stresses that come with homework. A lack of stress will most likely result in a better night’s sleep because students won’t have to fret about not finishing homework before midnight.

All students can relate to the discontent they feel about homework and the amount that is given... unless one finds happiness in a massive after school workload. Overall, a longer school day and no homework would be beneficial because students would have less stress and would have an easier job of balancing their schedules.



VANDERBILT UNIVERSITY PHOTO

**For most students, homework can be a major source of stress.**



**Outfit 1 – J.Crew**

Ethan sports a blue V-neck sweater (\$84.50) over a faded salmon button-down (\$79.50) with dark khaki pants (\$75.50) perfect for a not-too-fancy dinner date.



**Outfit 2 – J.Crew**

Keeping with a Valentine's Day theme, Ethan chose red pants (\$65.00) and a spotted gray shirt (\$79.50).



**Outfit 3– Gap**

A little dresser, Ethan wears an appropriately pink button-down (\$34.95), gray dress pants (\$54.95) and a black belt (\$39.95), suitable for a nice dinner.



**Outfit 4 – H&M**

Going for a more eclectic look, Ethan selected a purple cowl neck sweater (\$39.95), a black and gray leopard-print button-down (\$29.95), and light brown pants (\$29.95) appropriate for bowling, roller skating, or the like.

# Would Ethan wear it on a date?



**Outfit 5 – Gap**

For something a little warmer, Ethan wears a knit scarf (\$29.99), a navy sweater (\$64.95), a white t-shirt (\$24.95), and dark wash jeans (\$59.95). He says this is acceptable for an outdoor date like skating.



**Boxers – Gap**

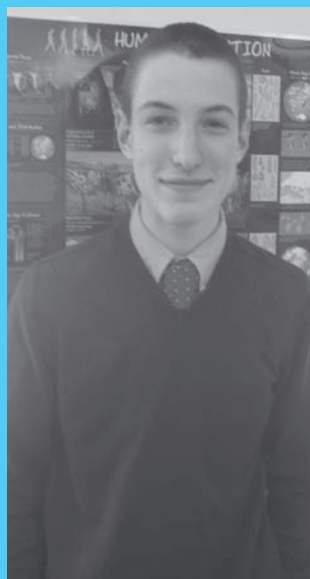
If you're feeling festive, wear a pair of heart-decorated or red-lipped boxers (\$7.99) as a little Valentine's Day surprise. Besides, it's what's underneath that matters most.



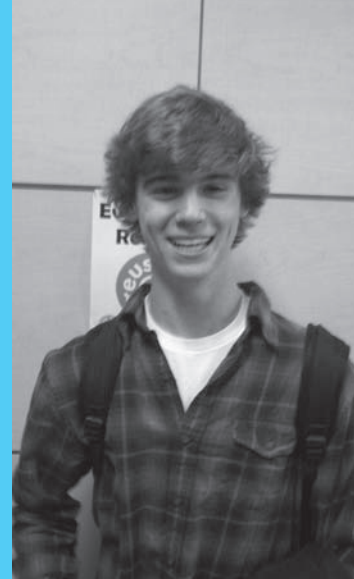
**Outfit 6– H&M**

Wearing a trendy denim shirt (\$34.95) with purple pants (\$29.95), Ethan believes this is outfit can be dressed up or down depending on the shoes you wear or how you style the shirt.

By Emily Arntsen



Sophomores Margaret Adams and Connor Senay.



Sophomore Chelsea Rose and senior Charlie Hoff.

Margaret: New York City.  
Connor: A concert.

Chelsea: Nick's Roast Beef.  
Charlie: Taco Bell.

Where is your place to go



# Flirting advice from the staff



**Charlie Davis, grade 10:**  
"Run by her house every day."

**Zack Even, grade 10:**  
"Find some common ground, relate to her."



**Connor Senay, grade 10:**  
"Compliment the eyes."

**Landon Komishane, grade 12:** "Serenade her while looking deep into her eyes."

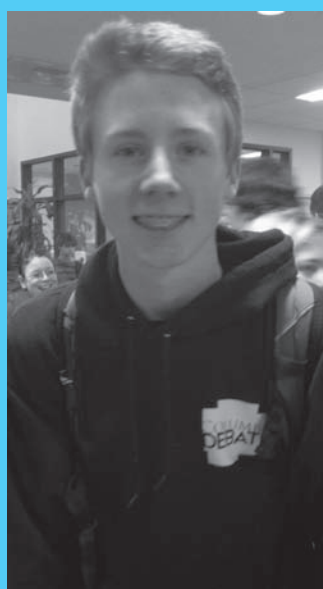


**Oscar Heanue, grade 10:**  
"Quote Drake as much as possible."

**Ethan Andersen, grade 10:**  
"Be yourself, but don't be too open because it can get weird."



## Our favorite on a date?



Juniors Olivia Painter and Lucas Martz.

Olivia: Nowhere, just staying in.  
Lucas: Café Bischo.



Sophomores Susie Buck and Jake Tognazzi.

Susie: The movies.  
Jake: The movies.

## Health Matters



# Healthy breakfast decreases weight gain, aids performance



USA.GOV

Yogurt with granola and berries is a great balanced breakfast.

By Isadora Decker-Lucke  
INDEPENDENT EDITOR

Everyone has been told that breakfast is the most important meal of the day, yet people are rarely told why that's true.

According to WebMD, eating a healthy breakfast "recharges the brain and body" and allows people to be more effective and efficient in their daily tasks. Studies show that children who eat breakfast daily have better attendance rates and fewer tardies from school than those that skip

breakfast.

People often believe that breakfast is an easy meal to skip in order to lose weight and avoid calories.

WebMD proposes that the opposite is true, explaining that "skipping breakfast is strongly linked to the development of obesity."

Skipping meals in general makes weight loss more difficult. Often, when people skip a meal they will eat even more food at the next meal or will snack excessively.

WebMD cites studies that

show that people gain more body fat if they eat a few extremely large meals, rather than if they eat the same number of calories in the form of small and more frequent meals.

What is the best thing to eat for breakfast? WebMD suggests options that include a serving of fruit and fiber, as well as some protein to keep you full throughout the day.

Eating a high-fiber diet can be helpful in losing weight, according to a 1999 study by the Journal of the American Medical Association. Some fruits like prunes, oranges, apples, peaches, bananas, pears, berries and strawberries are high in fiber, making them good options to include in a balanced breakfast.

Low-fat milk and cereal with fruit or berries is a quick and easy option that can fulfill many nutritional needs.

Eating breakfast can also help with lowering bad cholesterol. Those who eat breakfast tend to consume less fat and more carbohydrates than their non-breakfast-eating peers, according to the Journal of the American College of Nutrition.

## Global issues class launches Penny Wars as fundraiser

By Sarah Williams  
INDEPENDENT STAFF

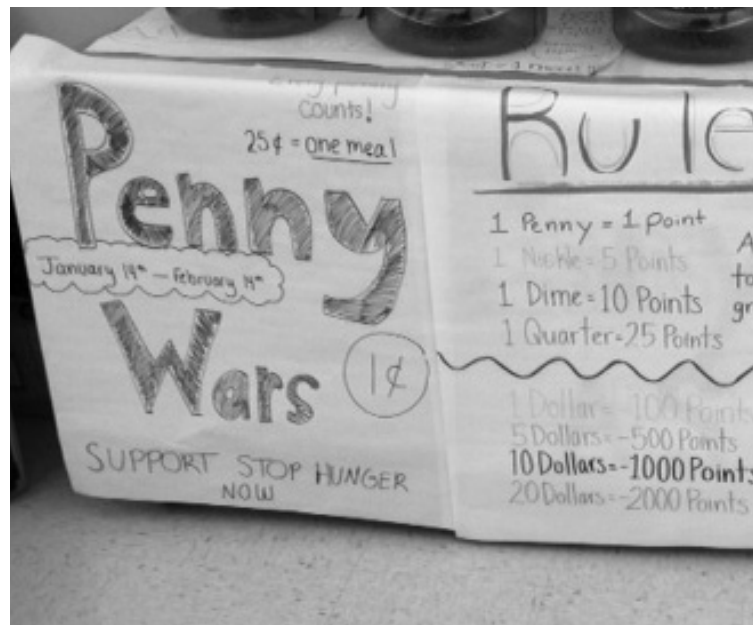
As many students may know thanks to the announcements and flyers around the school, the Global Issues class is working to end world hunger with the organization Stop Hunger Now.

"We have hunger in our country and kind of in our area, so it's something we can understand and it's also something you can emphasize with because we can do every single day, and if we didn't have food or resources, we can easily understand how difficult that would be," Global Issues teacher James Wallimann said.

"I like the stop hunger now organization because not only can we give money to help these starving people but we can package the meals itself," senior and Global Issues class-member Molly McCoy said.

In order to raise the desired goal of \$10,000, the Global Issues class has planned different events and activities for staff and students to participate in.

Coming to an end February 14 is the Penny Wars, Wallimann said, "Grades six through 12 including the faculty [are] competing



SARAH WILLIAMS PHOTO

The table with all eight of the water jugs for the pennies and a poster explaining the rules of the war stands outside the cafeteria.

together to raise the most amount of money, and that's for a month long, the winning class gets an ice-cream party."

In February, the Global Issues class will also be selling carnation flowers during the week of Valentine's Day.

"We also have the teacher talent show coming up March 14, which last year raised almost

\$4,000," Wallimann said. "An event I'm really excited for is the teacher talent. It's really funny to watch your teachers be silly," McCoy said.

A restaurant night is coming up also, sometime in February with Cape Ann Pizza

There will also be a packaging day in April where students will be able to package the meals themselves for the Stop Hunger Now organization.

"Right now we have \$2,000, so we still have \$8,000 to go, our goal is \$10,000," Wallimann said, "I feel with the Penny Wars, the teacher talent show, and a couple of other things we will be able to reach our goal."

**'I feel with the Penny Wars, the teacher talent show, and a couple of other fundraisers, we will be able to reach our goal.'**

- JAMES WALLIMANN

**'I learned a lot, and I'm more independent. It is weird coming back to living with my parents after having total freedom and having to ask them to go do things.'**

- LEA MANZO

**'I would say that any time you can immerse yourself in another culture, it's an awesome experience. It's the best thing you can do for your brain to learn a language.'**

- ROBERT BILSBURY



COURTESY OF LEA MANZO

Manzo and other students on the trip enjoyed watching dance shows and visiting other cultural attractions while in Grenada.

## Senior spends semester in Spain

By Isadora Decker-Lucke  
INDEPENDENT EDITOR

Senior Lea Manzo spent the past semester in Grenada, Spain, where she stayed with a host family and took classes at the University of Grenada through the program Sol Education Abroad.

Robert Bilsbury, her Spanish teacher, is impressed with her initiative.

"I would say that any time you can immerse yourself in another culture, it's an awesome experience. As a language teacher, it's the best thing

you can do for your brain to learn," he said.

Bilsbury also said that her fluency is "awesome," and he believes that living in a foreign country where you are constantly speaking with native speakers is extremely helpful.

Manzo hopes to attend Goucher College, which requires a time spent studying abroad, and this influenced her decision to spend the semester in Spain.

She was extremely happy with this decision.

"It was amazing. Living in the city is so much better than living in Essex. You can just walk out your door and do so many things. There were so many people that I could meet every

day when I was walking around the city," Manzo said.

She took five classes in both English and Spanish: Spanish Culture and Civilization, Politics of the European Union, Spanish Writing and Speaking, and Spanish Grammar.

"I learned a lot, and I'm more independent. It is weird coming back to living with my parents after having total freedom and having to ask them to go and do things," Manzo said.

One of Manzo's favorite things to do in the

city was to go to cafes and eat tapas. She went to cafes almost every day that she was there, and on the weekends she would

travel with her group to many places in Spain. Once, the group traveled to Paris.

Her younger sister, Nina Manzo, is a junior who remained in Essex while her sister was studying in Spain. "I'm really happy she is home. We skyped and it was interesting—she seems more grown-up," she said.

Bilsbury points out that it is "wonderful" to travel and "see how other people live every day in different parts of the world."



## Samsung releases iconic Galaxy Gear cellphone watch

By Emily Arntsen  
INDEPENDENT EDITOR

Historically only the coolest people possessed technology such as the iconic cellphone/wristwatch machine – James Bond, Buzz Light-year, Inspector Gadget – but as of Sept. 25, 2013, any commoner can be the proud owner of the Samsung Galaxy Gear, a modified smart-

phone compressed into watch form. The watch's capabilities include sending and receiving calls, email and text notifications, weather updates, voice mem-

os, calendars, voice controls and, of course, keeping time.

One of the main luxuries of the watch is that everything can be controlled hands-free, making it accessible while on the go.

Ringling up at \$299, the

watch is the same price as Samsung's new smartphone, the Galaxy Note.

The Galaxy Note and Galaxy Gear were advertised together with the suggestion that the smartphone and the watch would complement each other.

An advantage of having both devices is that the user can manage the watch's settings from the phone. For example, setting calendar dates on the phone is easier than on the watch, but the watch

is more convenient for calendar reminders.

If the watch and a Samsung Galaxy cellphone are connected, the watch will sense when the cellphone is unlocked and unattended and will automatically lock the phone to protect privacy.

The watch also comes with a feature that can locate a Samsung cellphone by activating the cellphone to make noises or vibrations, and if the watch is



SAMSUNG

**The Samsung Galaxy Gear is a smartphone in watch form.**

lost, the Samsung phone has the same feature to locate the watch.

Galaxy Gear comes in a variety of colors: black, lime, gray, pink, beige and orange.

The face of the watch is a medium square with a black screenbackground.

The S Voice aspect of the watch allows users to voice activate calls and other commands such as alarms, messages, and calendar updates.

**'Everything can be controlled hands-free.'**

## Manchester approves curbside composting, Green Team prepares for national conference

By Rachel Daley  
INDEPENDENT EDITOR

Manchester Curbside Composting Committee, which is one of the Green Team's community partners, recently got the town-wide curbside composting program approved by the Manchester Board of Selectman.

The new composting program aims to reduce solid waste in order to save the town money and keep trash away from the incinerator.

According to MassDEP, 25% of Manchester's current waste is comprised of organics, thus showing the potential for waste reduction with the new program.

Curbside pickup, which is aimed to begin this April, will occur weekly and at the same time as residents' normal trash pick-up.

Senior Christian Dumont has been working with the Composting Committee as his Eagle Scout project.

"It feels really good knowing that my project will leave a lasting impact on both the community and the environment," Dumont said.

However, according to Dumont, getting the new program approved has not been a quick and easy process due to all the required permits.

Aside from the new composting system, the Green Team has exciting news for the future as well. The program is planning on attending the Green Schools National Conference in Sacra-



FLICKR.COM

**A new composting program, headed by the Manchester Curbside Composting Committee, will help reduce the town's solid waste, saving the town money and keeping trash from being incinerated.**

mento, CA this upcoming March.

In a press release, Jim McGrath, executive director of the Green Schools National Network, said this year's conference aims to inspire and equip student leaders with 21st Century Skills, sustainability education, student collaboration, and countless resources to accelerate the growth of the green school movement.

The conference will bring together students from around the country who will share successful sustainability strategies and models.

Additionally, according to Green Team director Eric Magers, the conference will fea-

**'We've been working for years to spread our program to the national level.'**

-ERIC MAGERS

## STUDENT



Lauren  
Coogan



## PROFILE

By Rachel Daley  
INDEPENDENT EDITOR

**Favorite store in the mall?**  
Nordstrom

**What's your hidden talent?**  
I can juggle.

**Dream pet?**  
A tiger

**Who is your celebrity look-alike?**  
Beyoncé

**Best concert you've been to?**  
Beyoncé

**What show are you addicted to right now?**  
"The Office"

**If you could change your accent, which would you choose?**  
Australian

**Dream college?**  
Brown University

**Dream job?**  
Movie critic

**Favorite local restaurant?**  
Depot Diner

**Do you have a recurring nightmare?**  
Yes. It's someone killing me with a knife.

**Favorite social media site?**  
Instagram

**Favorite subject in school?**  
Spanish

**One word to describe yourself?**  
Huggable

# Boys' basketball clinches tournament berth

By Sarah Beckmann  
INDEPENDENT EDITOR

With a secure state tournament berth, the boys' basketball team continues to fight and maintain a winning 11-3 record.

Four games remain in the Hornets' season; after a six point loss versus Pentucket on Jan. 20, the team bounced back on Jan. 24 with a 2 point win over Saugus in overtime. They continued the streak with a three-point win over Masconomet and a six-point win over Lynnfield on Jan. 31.

Head coach Bryan Shields said he is hopeful for continual, positive results.

"We are getting to where we need to be as a team. We just need to keep working hard like we have been from the beginning of the season to [do well in] the tournament," he said.

**'We just need to keep working hard like we have been from the beginning of the season to [do well in] the tournament.'**

-BRYAN SHIELDS

Focusing on a strong finish to the regular season is the key for a good start in the tournament, according to Shields.

"We don't know the exact teams we might be playing yet [in the tournament], but when we get closer we'll know," he said.

Although they may not know the competition that lies ahead, Shields said Lynnfield was a main rival from the team's tournament run last year.

Senior captain Petey Morton



COURTESY OF WINSTON FEUERBACH

The bench comes out to congratulate the players on the floor after they put the game away at Rockport High School. The team will host Rockport in one of their final home games of the season.

said the team definitely has a fair chance in winning some games during tournament this year. He stays confident in leading them, averaging about 14 points

per game so far this season. Senior captain Sean Gutierrez also poses a strong threat on both ends of the court with an average 12 points per

game and multiple rebounds. Shields said the captains' leadership, as well as being the top scorers, has been crucial to the success of the team.

# Girls' basketball looks to qualify for postseason

By Landon Komishane  
INDEPENDENT EDITOR

More than halfway through the season, the girls' basketball team has a record of 7-8, and they are making progress toward their goal of qualifying for the state tournament, coach Lauren DuBois said.

According to DuBois, the team must win 10 games in order to qualify, so they are keeping pace.

"This is one of the most talented teams I have had," she said. "We keep pushing to improve, and that will lead to our ultimate goal."

Junior captain Fraley Morton said the reason for their success was that they are playing as a team.

"We are starting to develop good team chemistry," she said. "Our team leaves it all on the court and gives 100% into every game."

According to senior captain Sam Taylor, one of the main focuses for the season was improving the younger players, and she said that has been a success.

"They have brought a new energy to the team with a strong desire to win," she said. "Some of them have grown very quickly as players."

**'We need to make sure we limit our opponents to one shot opportunities. We must [hustle] and push the ball on offense, and that's the most important thing to our success.'**

-LAUREN DUBOIS

"Our younger players are showing composure, and they are growing into leaders in the program," DuBois said.

Underclassmen that have stepped include junior Phoebe Biggar and sophomores Sabrina Pallazola and Sydney Christopher, DuBois said.

With the second half of the season up, junior captain Eliza Logue said the team will need to focus on improving the foun-

dational skills, and with upcoming games against Rockport and Georgetown, the team will have emphasis on not making mistakes.

"In practices, we have focused on fixing the mistakes we made in previous games so that we will be able to implement them throughout the season," she said. "We

are a small team, so we also need to stay out of foul trouble and play smart help defense."

"We need to make sure that we limit our opponents to one shot opportunities," DuBois said. "We must [hustle] and push the ball on [offense], and that's the most important thing to our success."



LANDON KOMISHANE PHOTO

Sophomore Sydney Christopher shoots a three-pointer against Newburyport. She has gone from a role player to being a starter.

# Swimming sends seven swimmers to state championship

By Emily Arntsen  
INDEPENDENT EDITOR

With their best record since 2009, the swimming and diving team has improved as a whole with a record of 4-5, and individually with almost every swimmer beating his or her fastest time.

"Individual improvement has added up to improvement of the entire team," senior captain Peter Cottingham said.

At the Cape Ann League Championship on Feb. 2, head coach Shannon Alger was awarded Best Coach, senior Michael Phelan won Best Male Swimmer of the Year, and Cottingham won Best Male Diver of the Year.

Overall, the team placed fourth out of eight teams.

"Winning against North Reading and getting fourth place at CALs was not only a great way to end the season, but it's also the best we've ever done,



EMILY ARNTSEN PHOTO

Senior Michael Phelan races in the 100 breaststroke. Phelan is one of seven members who qualified for the State Championship.

so that was really exciting for everyone to experience," senior captain Lila Hughes said.

The team also sent three relay teams to sectionals on Feb. 8 and 9.

Representing the girls' 400 freestyle relay is junior Olivia Painter, freshman Amber Shaw, freshman Zanny Lee, and eighth-grader Annalia Laino.

The second team, Phelan, senior captain Easton Ehlers, sophomore Nate Rautio, and sopho-

more James Phelan qualified to compete in the boys' 200 IM relay at sectionals.

Hughes, Laino, sophomore Erin Carlson, and Lee swam the girls' 200 IM relay at sectionals.

"Because we've been

consistent with practices, including morning practices and Friday workouts, and worked really hard, the team has had great success," Alger said.

The team will also send six swimmers, Michael Phelan,

James Phelan, Laino, Ehlers, eighth-grader Coleman Komishane, Rautio, and one diver,

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consistent with practices, including morning practices and Friday workouts, and worked really hard, the team has had great success," Alger said.

The team will also send six swimmers, Michael Phelan, James Phelan, Laino, Ehlers, eighth-grader Coleman Komishane, Rautio, and one diver, Cottingham, to the State Championship on Feb. 16. Michael Phelan will swim the 100 butterfly, 100 breast stroke, and the 50 freestyle, James Phelan will swim the 100 butterfly, Komishane will swim the 500 freestyle, and Laino will swim the 100 backstroke.

**'Because we've been consistent with practices, including morning practices and Friday workouts, and worked really hard, the team has had great success.'**

-SHANNON ALGER

"The official end of the season will be sad because so much of the team is seniors, and it's our last season together," Ehlers said of the season overall.

# Promising, young ski team prepares for next year

By Charlie Davis  
INDEPENDENT EDITOR

Improvement and experience will be what the MERHS ski team will take out of this past winter season and what they will take to the next, coach Tim Wonson said.

The boys' record remains at 0-6, and the girls' team has evened out at 3-2. A core group of strong returning skiers have mainly led the teams, Wonson said. "We have a great group of racers on the team. They are always willing to go the extra mile for each other and have shown great effort in some very difficult conditions this year," he said.

Specifically, Wonson said that impact players for the girls' side have been junior captain

Alex Marshall, as well as senior captain Lizzi White. He added that Marshall was the top ranked skier in the league.

As for the boys' team, Wonson said that junior captain Chris McAuliff has led the way.

**'[The JV girls] are dominating and we are excited to see what they can do when they move up to varsity.'**

-TIM WONSON

Although the team has a strong group of experienced skiers, Wonson said that they lack enough of these experienced

skiers to be able to win big races.

However, on the girls' side, the junior varsity squad has shown much promise, according to Wonson. "The overall team's biggest accomplishment has really been with the JV girls. They are dominating and we

are excited to see what they can do when they move up to varsity. They are undefeated to this point, beating teams like Andover 48-7 and Masco 39-16," he said.

White agreed that the younger girls show a lot of promise for the future. "Our first race, we had 6 middle school girls place top 10 and that was a huge deal. Since it was their first race you never know what's going to happen," she said.

The boys' team also has talented young skiers like freshmen Wolf Hahn and Sam Prudden, Wonson said. These skiers have shown a lot of skill, but the boys' team's main problem they need to work on has been consistency, according to McAuliff.

"Next year we will focus on improving our consistency and hopefully get more people into top 10 and 20 every race in order to get better team results," he said.

Wonson also has his eyes on improvement, and is excited about what the young team can accomplish in the future. "Often



COURTESY OF MARGARET ADAMS

**Girls' JV member eighth-grader Emily Clark finishes her race.**

times, though it sounds strange, the results in team races don't always reflect how good the team really is. We have a very good young team that is getting better every day," he said.

## Junior Olivia Lantz places 2nd in Mass. for the two-mile



COURTESY OF KAREN CLARK

**Senior Fiona Davis passes the baton to junior Sam Woodman en route to a victory in the State Division 5 distance medley relay.**

By Sofia del Valle  
INDEPENDENT EDITOR

Finishing two dual meets at the end of the season against Masconomet and Pentucket, the boys' and girls' team records currently stand at 2-7 and 3-6 respectively, the latter being a "best-yet" for a Manchester-Essex track team head coach John Barbour said.

Both teams defeated Saugus and Lynnfield, and the girls' team also defeated North Reading, a "powerful" team according to Barbour.

According to senior captain Sarah Lewiecki and junior captain Cameron Holley the track program has significantly progressed since last season.

"It's because of the addition of new, great runners and developed returning team members that we have won

more meets," Lewiecki said.

According to Barbour, the distances have been a strong point of the season thus far, especially after a highly successful cross-country season.

"The girls' distance medley relay won the Division 5 Relays by thirty seconds and established a meet record," Barbour said.

"We are hitting our best times at the best part of the season and are showing that we are ready for the big meets that are approaching," senior captain Fiona Davis said.

According to Lewiecki, much of the team's improvement has come from the addition of three new coaches.

"Different areas of the team can practice with a coach who specializes in that event," she said.

Junior Emily Moore, who cleared a height of 4'6" in the high jump, added 5 inches to the high jump record, Lewiecki said.

Despite the team's im-

provement, according to Barbour, this year, the state divisional qualifying standards were considerably lowered.

"Last year, the girls' four by 400 relay standard was 4:45.0, and this year it is 4:34.0," Barbour said.

Both Holley and Lewiecki agreed that the amount of participation in track and field has greatly changed the dynamic of the team.

"This year especially, the team has a great energy level... we are almost always the loudest team in the meet," Holley said.

At the MSTCA Coaches' Invitational & Elite Meets at the Reggie Lewis Track in Boston on Jan. 25 and 26, the team set numerous personal and team records.

Junior Olivia Lantz placed 2 in the two-mile event with a time of 11:02.20, making her the second fastest in Mass.

Davis qualified for the State Division 5 Qualifier with a time of 11:42.02 in the two-mile event.

## Gymnastics team practices hard to improve, build camaraderie

By Kendall McCormick  
INDEPENDENT EDITOR

While the gymnastics team has only won one meet, against Gloucester, they are still improving and growing as a team, according to coach Alexandra Terenzoni.

Terenzoni said they achieved a major milestone when they reached a cumulative score of "124," much higher than their usual scores last year. Each meet their score has been steadily increasing, and according to senior captain Madeline Dahlin, the team hopes continue the upward spiral by working hard during practice.

She credits a lot of their success so far in the season to a helpful coaching staff, consisting of Terenzoni and assistant coaches Lisa Fowler and Rich Healey.

Senior Evanthia Boling agrees that the coaches have

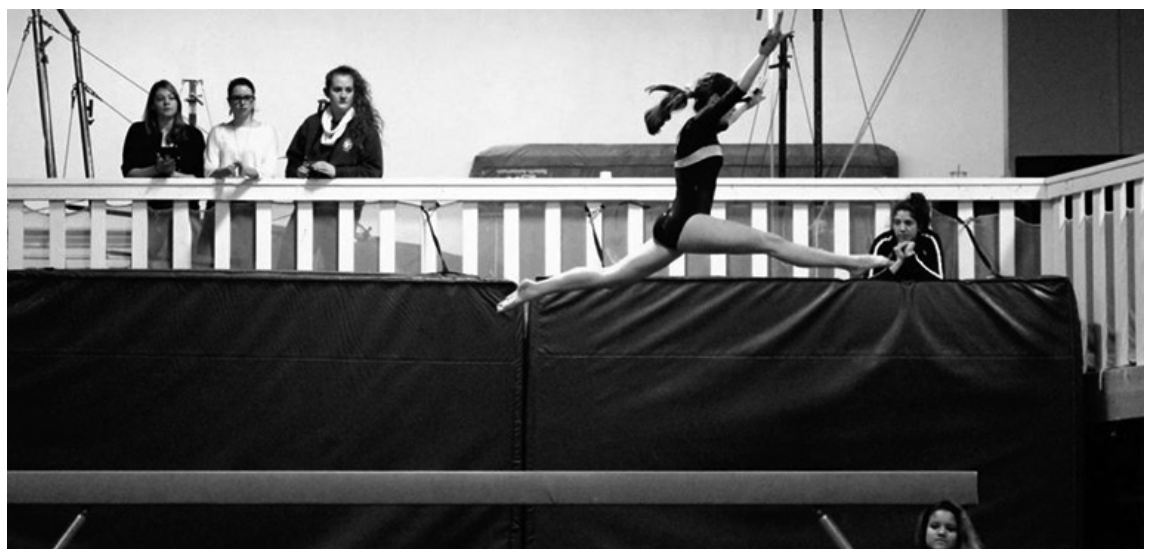
**'I feel as though I have become more of a team player because everyone has become so close over the course of the season.'**

-MADELINE DAHLIN

been very helpful during practices in helping her master her own personal skills and routines.

Dahlin is one of four captains, including Julia Bucci (Hamilton-Wenham), Jessie Herlihy (Hamilton-Wenham), and Olivia Young (Hamilton-Wenham).

"Whether it's at practice, team dinners, or fundraising, these girls have stepped up and



COURTESY OF MADELINE DAHLIN

**The Hamilton-Wenham and Manchester Essex co-op gymnastics team prepares for their turn to compete in the beam routines, as fellow students watch them warm up before their performances.**

done a wonderful job with the team as a whole this season," Terenzoni said of the captains.

According to Dahlin, although the team has not been very competitive in the league,

the athletes have grown a lot closer than they were last year.

Terenzoni also hopes the team will continue to work hard and improve their weaknesses, specifically the beam--a chal-

lenge for most of the athletes.

"This season, the team is a lot more positive. Everyone's just having a good time and are excited to be there, all the while working hard," she said.

# Hockey team finds footing, continues winning streak

By Tasha Statz-Geary  
INDEPENDENT EDITOR

After a little over a month of game playing, the hockey team is well into the season and is finding its footing in the league.

Currently holding a record of 4-3-0, the co-op team is entering a critical few weeks of games.

"We are playing our best hockey of the year right now, and we have a big stretch of games coming up, so it's crucial that we keep playing well," Rockport junior captain Kyle Nelson said.

While the team will be facing some of its toughest contenders, including Gloucester's team, both the captains and the

coach are confident in the team's ability to come out on top.

"We had a rocky start the first couple games, but the team has really stepped up and come together. We're playing a lot less individually and in a much more team oriented style," Rockport senior captain Jonathan Ferrante said.

**'We had a rocky start to the season, but the team has really stepped up and come together.'**

-JONATHAN FERRANTE

Head coach Derek Papalegis shares a similar optimism.

"We are getting better every game. The boys are really coming together as a team, but we've also seen some key players flourish individually," he said.

Among these crucial players is goalie Alex Tognazzi, a junior at Manchester-Essex.

"I think that Alex had a great game tonight, and he continues



COURTESY OF MOLLY CREHAN

Junior captain Kyle Nelson of Rockport (num. 8 in white) prepares to receive the puck in front of the net in a victory against the Lexington Minutemen. The game was held on December 21, 2014.

to show his growth as a player and an important part of our team," Papalegis said after the team's 3-1 win over Shawsheen Technical Institute on January

11.

In this victory, the team's three goals were scored by Ferrante, senior Jake O'Maley, and senior Anthony Ciaramitaro.

"This last game showed that we're playing smarter and with more discipline, and we have our current record to prove it," Ferrante said.

# Girls hockey fights for a spot in the state tournament



ETHAN ANDERSEN PHOTO

Senior captain Brittany Smith of Manchester battles for the puck.

By Ethan Andersen  
INDEPENDENT ASSISTANT EDITOR

In the midst of their regular season with a record of 6-6-2, girls' hockey is fighting for a spot in the state tournament, senior captain Brittany Smith said.

Although this goal seems hard, Smith is confident in her team.

"In order to make it into the tournament, we need 11 more points with only 10 games remaining in the regular season," she said.

Winning a game gives a team two points while a tie grants one point.

"We are in a better position (tournament wise) than we were last year, but it is going to be a very tough battle," Smith said.

Upcoming games against Peabody High School and Shawsheen Valley Tech are vital to

pushing the team to the tournament.

Smith broke the 100 point barrier in just under three years, scoring over 30 goals this year so far.

With Smith being the solitary senior and captain, the team is very young this year, according to coach Emily Hudak. "Gaining experience for our younger players has given us confidence against our stronger opponents," she said.

Smith thinks this barrier will not hold them back.

"We need to come together as a team and figure out how to start the game with as much intensity we bring at the end," Smith said.

It can be difficult to get together as a team when not all the players are from the same school, Hudak explained.

"The teams to beat in our conference this year are Beverly, Masconomet, and Winthrop,"

Hudak said.

Even though her team is very young, Smith knows they can come together to win these last couple games, including a big one against Masconomet. The girls lost to Needham on the 31st of January.

"Masco is always a good competitor, and we tied them the first time we played them this year. We are looking for a win the second time around," Smith said. The big game is Wednesday, February 5.

**'Gaining experience for our younger players has given us confidence against our stronger opponents'**

-COACH HUDAK

# Advertisements belong on billboards, not on uniforms

By Oscar Heanue  
INDEPENDENT EDITOR

Advertisers have always played a large role in the promotion of professional sports. Every major professional sports league and team has their own choice brand for cars, beer, soda, and even insurance.

Now, leagues are taking the trend of advertising to the extreme. The NBA has announced potential plans to begin placing ads on team uniforms. If this were to occur, other major sports may begin to follow suit.

This attempt to maximize profits would have a number of negative repercussions. For one,

it would force players to endorse products that they may not personally support.

For example, all-star first baseman Prince Fielder is a vegetarian. However, if the MLB were to adopt this as a practice, he could find himself becoming a spokesman for McDonald's.

However, this new policy would do far more than harm the athletes. It would also alienate team's fans.

There is no more sacred way for a fan to express his or her loyalty than by donning one of his or her favorite player's jerseys. The adoption of on-jersey advertisements would put fans in a tough spot when it comes to purchasing team memorabilia.

The first choice for fans

would be to purchase uniforms complete with advertisements. Unfortunately, many fans would be opposed to wearing a jersey covered in corporate slogans. Though it may be beneficial to the companies paying for the advertisements, there would surely be opposition from the majority of team supporters.

On the other hand, if sports jerseys were offered without ads, it would ruin the authenticity that fans desire. Followers and supporters of a team are eager to buy the most realistic uniforms available. Fans want to emulate the players that they admire, and their ability to do that would be impaired if they couldn't get the most authentic memorabilia.

The NBA's misguided attempt to turn players and fans into walking billboards marks a dangerous trend in professional sports. Hopefully, the sports leagues will come to their senses.



NBA.COM

Cleveland Cavaliers jersey for 2014 will not have advertisements.

## Senior Courtney Kaner creates fashion blog Navy and Lace

By Lila Hughes  
INDEPENDENT EDITOR

Keeping up with the latest trends and fashion statements, senior Courtney Kaner has blended her artistic passions, such as writing and fashion, to create her own fashion blog called "Navy and Lace."

According to Kaner, ever since she was little she has loved fashion, but towards the end of middle school and high school is when she really started to become inspired

by always wanting to dress up.

"I never wear sweatpants out, at least I try not to," Kaner said.

"Navy and Lace" consists of pictures of Kaner in outfits that she picks out accompanied by blurbs of writing that describes why she put certain items together, what the items are, what stores you can find them at, and different op-

tions you can put the items with.

"The blurbs are really important to me because other fashion blogs I follow don't really go into the writing part of it, and I love to write, so that was really important to me," Kaner said.

Kaner started off by using a basic Wordpress account to post on her blog, but she has now

created her own website called "courtneykaner.com/navylace" with help from photography teacher Caroline Epp.

"I've always followed other girls' blogs

online, so I thought why not just start my own," Kaner said.

According to Kaner her blog receives views by having followers who also have Wordpress blogs, word of mouth, and by posting updates on places like Instagram and Facebook. Kaner added that although posting more than once a day may be bothersome, it

increases her views on her blog.

"Nowadays, I make a big deal of finding steals, so I'm all about going to Marshalls or to other similar stores," Kaner said. Kaner added that although finding a deal is great, it's also hard to resist the higher end stores such as Nordstroms or 344.

According to Kaner, she hopes to create a career out of her blog.

"I've seen girls do it all the time where they get money for wearing clothing for certain companies," Kaner said.

Kaner has already started to work with a local jewelry company called Leavitt and Co. and has been asked to advertise pieces of jewelry by wearing them at school and by posting pictures of them on her blog.

According to Kaner, she has considered majoring in fashion in college, but she hopes to major in journalism because of her love for writing.

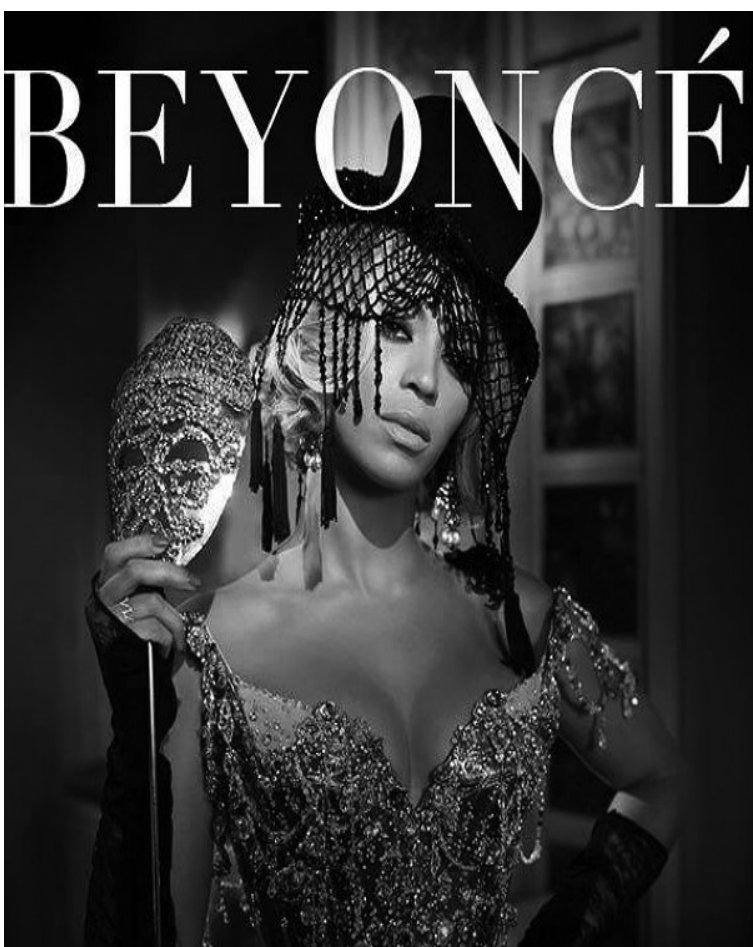
"Navy and Lace started off as a little thing that I just wrote and didn't think anybody was going to follow me or like me, but it grew into something that I never expected," Kaner said.



COURTNEY KANER PHOTO

Senior Courtney Kaner wears a J. Crew sweater and Guess boots while she poses for a picture for her new blog, Navy and Lace.

## Beyoncé surprises audiences with unique video album



BEYONCE.COM

Beyoncé poses in her world tour poster for her new, chart-topping album, "BEYONCE," released unexpectedly on Dec. 13, 2013.

By Hannah Riordan  
INDEPENDENT EDITOR

In the most impressive publicity stunt of her career, Beyoncé dropped her self-titled album at midnight on Dec. 13 without the even the slightest promotion or announcement beforehand.

The surprise release technique proved effective, as the 14-song 17-video digital album went platinum after only eight days, breaking an iTunes record when 828,773 copies sold worldwide in three days.

In its entirety, "BEYONCE" is a coherent blend of R&B, electro, and pop genres.

Anthems like "Pretty Hurts" and "XO" fit Beyoncé's typical style. Whether slow, fast, high, or low, the singer's powerful yet angelic voice stands out on every track.

Beyoncé sampled audio from the Challenger space shuttle explosion in the opening six seconds of "XO," a controversial move that angered and offended many who were affected by the tragedy.

Sampling is consistent throughout the album and not

just on "XO"; the singer infused several songs with audio clips of pageants she competed in as a child, giving listeners a glimpse into her personal memories and experiences.

Electronically influenced "Partition" benefits from booming bass and rap-like verses that transition into seductive singing.

"Haunted" is subtly electronic, contrasting harsh, synthetic

drum beats with Beyoncé's soaring vocals in the chorus. "I know if I'm haunting you, you must be haunting me," she croons in one of the album's most poignant moments.

Furthering her bold statements on women and society, Beyoncé's newest lyrics make unabashed statements on female sexuality and love. If anyone could tackle topics such as motherhood, marriage, sexuality, and feminism without coming across as contrived or conde-

scending, it would be Queen Bey.

The unapologetic anthem "\*\*\*\*Flawless" represents perhaps the most significant and culturally relevant song of Beyoncé's career. The aggressive track features the spoken word of South African feminist speaker Chimamanda Ngozi Adichie, who aptly defines a feminist as "a person who believes in the social, political, and economic equality

of the sexes."

After years of musical and personal experience, Beyoncé transcends the petty world of sales expectations and marketing schemes. "BEYONCE"

is wholly and

entirely her own work, seemingly devoid of commercial influences and the preferences of record executives.

If her masterpiece of a fifth album is any indication, fans can only expect to see more success from Beyoncé in the years to come while "BEYONCE" continues to make an iconic musical statement.

**'In the song 'XO,' Beyonce features an audio clip from the Challenger space shuttle explosion, a controversial move.'**

## Galavis spices up season 18 of 'The Bachelor'

By Rachel Daley  
INDEPENDENT EDITOR

Season 18 of "The Bachelor" aired in early January, starring sizzling hot Venezuelan, Juan Pablo Galavis, who also appeared on the ninth season of "The Bachelorette."

The two-hour season premiere on Jan. 7 attracted 8.6 million viewers, the most the show has had in over three years. Galavis can most likely be thanked for this achievement, since he was a fan favorite during Desiree Hartsock's

season of "The Bachelorette."

Galavis is the first minority star of the ABC reality show. Not only that, the 27 (now 15) women competing for his love must embrace the fact that he has a four-year-old daughter, Camila.

For those who are not familiar with "The Bachelor," the show entails one bachelor and normally 25 women who must compete for the chosen man's love by winning one-on-one and group dates and by being their occasionally charming selves.

However, in order for a woman to continue on in the competition, the bachelor must award

her a rose at some point in the two-hour episode, which usually spans a week in reality.

Although the 25 men who appear on "The Bachelorette" usually get along well and sometimes even bond, things heat up when 25 women are forced to live in the same house and compete for the same man, and it's not from seeing Galavis shirtless.

In this season, the women have kept their claws tucked away so far, but that doesn't mean there hasn't been other kinds of drama.

On the first group date of the season, one woman becomes uncontrollably intoxicated, and even

yells, "I hate you, Juan Pablo Galavis!" Spoiler alert! She doesn't last much longer on the show.

Multiple women have presented themselves as threats to the others, such as sweet and grounded Clare Crawley, who was chosen by Galavis to go on the first solo date.

Another fierce competitor is Sharleen Joynt, who gained Galavis's attention from the very beginning and scored the first rose of season 18.

Say what you want about the show's validity; this season of "The Bachelor" is pure entertainment.



ABC.GO.COM

After premiering on season nine of "The Bachelorette," Galavis returns for more love.

## MarketStreet Lynnfield features restaurants, clothing stores, skating rink

By Fiona Davis  
INDEPENDENT EDITOR

Though the North Shore area has no shortage of malls and shopping centers, the new MarketStreet Lynnfield offers more than the normal mall experience.

The outdoor shopping area, just off Route 128 at exit 43, features a variety of dining, shopping, and entertainment options for children, teens, and adults, with new stores opening each month.

MarketStreet Lynnfield is home to a diverse group of restaurants including the renowned “globally inspired” burrito café, Boloco; by-the-slice pizza at Otto Pizza, and the Japanese ramen bar, Wagamama.

For a quick snack or to get bulk grocery shopping done, Whole Foods Market provides fresh, organic foods and features a smoothie bar, burrito bar, and deli.

Prices for restaurants range from \$10 for a small pizza at Otto Pizza to \$40 for lobster at Legal C Bar.

Shopping opportunities include all the mall staples such as Loft, American Eagle Outfitters, J. Crew, and Express. There are more high-end stores, too, including Lululemon Athletica and Vineyard Vines. Mixed in between these popu-



FIONA DAVIS PHOTO

**MarketStreet Lynnfield, a new outdoor shopping area in Lynnfield, features delicious restaurants, and a skating rink.**

lar stores are several boutiques, like The Grove, which is also located in downtown Manchester.

For home décor, shoppers at MarketStreet Lynnfield can explore Pottery Barn, and for the outdoor enthusiast, there is an Eastern Mountain Sports.

For those looking for a fun activity to do with friends, Kings, a sports bar, billiards, bacce, and bowling hall, provides a fun atmosphere and numerous activities. Bowling shoe rental

costs \$4 per pair, and the cost per game on weekends is \$7.

Another activity available at MarketStreet Lynnfield is a temporary ice skating rink set up for the winter season. Admission to the rink is \$8 for adults and \$4 to rent skates. Season passes are available for \$50.

With so many options, MarketStreet Lynnfield can make for a full day. But because of its optimal location, it is a short drive away from home.

## WEBsurfer

By Connor Senay  
INDEPENDENT ASSISTANT EDITOR



## MyFridgeFood.com

MyFridgeFood is a recipe search engine. You type all of the ingredients that are floating around your kitchen based on the choices they give you, and the site processes the limitless combinations of recipes you can create. It is a fairly new site, so there are some kinks still being worked out such as the lack of pictures for most recipes, but they should be finished up quite soon because more people are viewing the site.

The fun doesn't stop there! To save your recipes, create an account on myfridgefood.com so you can bookmark recipes. Contribute to the website by submitting your own recipes and blogging about them. Remember this site for when you're hungry and nothing in your fridge looks enjoyable.

## 5-SecondFilms.com

5-Second Films is a site devoted to, well, five-second films. The films are funny clips of complete randomness, from the chain reaction when slipping on a banana peel to spin-offs of super heroes such as “Captain Mass Transit.” You can probably watch about 12 of these hilarious short films in the time it takes to read this summary about the site.

5-Second Films is quite popular on the Internet, and Time Magazine rated it #6 on their 50 Best Websites of 2013. They have a store full of various 5-Second Films merchandise, signifying the popularity of the webseries. The advertisements of the products are comical and show the products utilized in extreme circumstances. For the videos, the website is definitely worth checking out.

## ThisIsMyJam.com

This Is My Jam revolutionizes the way to find new music. It's a simple concept: share the music you've been listening to lately, and follow your friends from Facebook or Twitter to see what they're listening to at the moment. You can sign up on the site itself if you don't have Facebook or Twitter, but it makes it harder to find users to connect with.

Even without formally signing up, there is always the possibility to explore “jams” and see what the general viewing population of the site is listening to. It's a helpful, new way to branch out and find new music.

## Apps of My Eye

Cool apps for a smartphone or tablet

By Rachel Daley  
INDEPENDENT EDITOR



### Nike Training Club

With 2014 in full gear, it's time to get in shape! The Nike Training Club app features over 100 workouts designed by Nike Training Masters and professional athletes, like tennis player Maria Sharapova. NTC is a free app that makes working out at home accessible and measurable. You can choose 15, 30, and 45-minute individual workouts at your convenience, or you can pursue a 30-day training program to get you lean, toned, or strong in that time period. This app offers step-by-step video demonstrations to help you on drills you don't quite understand or to help you get the perfect form. Not only that, but you can track your long-term workout progress, get audio guidance and motivation, and listen to music which is streamed through your music library! The best part about Nike Training Club? It's free! Stop making excuses, and download this app onto your smart phone today.



### Uber

Uber is an innovative transportation app which you'll find to be more than convenient when trying to get around cities during busy hours. Uber enables you to call a taxi to your position at the touch of your iPhone screen. Simply pin your location on Uber's interactive map, and they'll come and get you within minutes! Uber operates in 50 cities in more than 20 countries. The steps are easy: choose between four different vehicles, set your pick-up location, and watch your phone screen as the black dot, symbolizing the Uber taxi, gradually closes in on your location. Uber provides an appropriately modern way to travel and accepts cash or credit card, which you can program into your secure Uber account on the app. Next time you plan on travelling, be sure to download this app!



### DailyHoroscope

Have you ever been curious about your horoscope but too lazy to open a newspaper or magazine? Well, now you can read it anywhere by downloading The DailyHoroscope app on your smart phone! DailyHoroscope is the most popular horoscope app in the app store, most likely due to its accuracy and simplicity. This app is perfect for those of you who are technologically challenged because all you need to do is select your Zodiac Sign, and DailyHoroscope will automatically send you your horoscope every day. I hope the stars are aligned in your favor!