

# the INDEPENDENT

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April 14, 2014

## Former NBA player presents story of drug abuse Ex-Celtic Chris Herren's message impacts student body

By Landon Komishane  
INDEPENDENT EDITOR

Drug and substance abuse is a major concern for high schools, so the administration decided to invite former Celtic player Chris Herren to present his story.

Assistant Principal Paul Murphy said he had heard from other people about Herren before deciding to bring him in.

"A number of high schools in the North Shore area had him come in and speak," he said. "He was well-received by the students, so there were people who wanted to bring him to our building and speak."

Herren presented on March 13 in front of the high school student body and faculty. The assembly lasted for an hour and a half. He detailed his battle with drug and substance abuse in great length, starting with his days at Boston College and ending on his first day of sobriety, Aug. 1, 2008.

He had specific stories

that were significant in his battle, including his near-death overdose and his failed drug tests at Boston College.

"At 18 years old, I didn't think that one sniff of cocaine [at Boston College] would lead to three failed drug tests," he said.

Herren said that he took drugs such as OxyContin, Vicodin, heroin, and crystal meth over a span of 14 years. He went to rehabilitation twice before finally getting sober.

Herren concluded his presentation by detailing a story of when he was speaking at a school. A girl admitted she was cutting herself. He said the purpose of his presentation to schools is to affect at least one person in the audience to stay away from drugs and alcohol and be himself or herself.

"I thought he was very believable," Murphy said. "He spoke to the kids in a matter-of-fact way about the dangers of drugs and alcohol and about his story. He was very forthright and went right to the point."

Students also enjoyed the presentation.



LANDON KOMISHANE PHOTO

Former NBA player Chris Herren presented to students on March 13. One snort of cocaine as a student at Boston College led Herren to three failed drug tests and a 14 year struggle with addiction.

"I thought it was a lot better than other presentations because I could relate to him more than other speakers who have come in," sophomore Isabella Repucci said.

"It was interesting how he kept

repeating the small things that eventually brought him into harder drugs," junior Jon Decker said.

Murphy hoped the kids took away the message of the presentation.

"Your life can change at a moment's notice," he said. "The whole drug education is very important, and I hope the kids got a good idea of how

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## Seniors decide on colleges

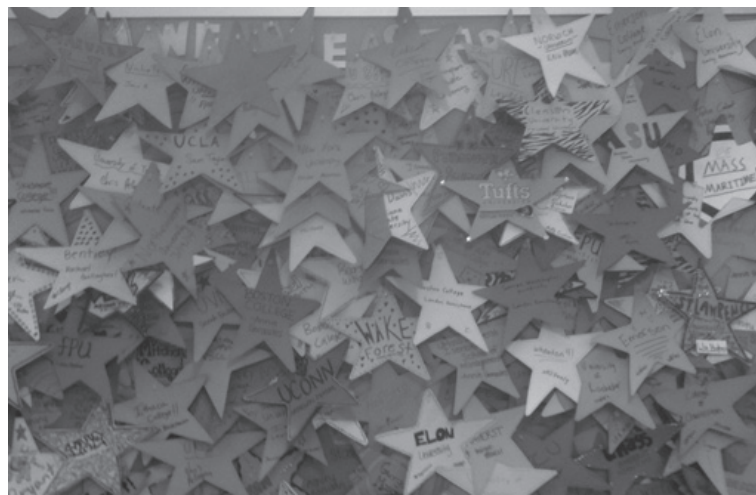
By Fiona Davis  
INDEPENDENT EDITOR

While some students were admitted early to their first choice schools, many seniors are in the process of deciding what school they will attend next year, according to senior Vanessa Kelley.

"I was admitted to eight different schools, so I have to make a decision on one of them," Kelley said.

She is considering Wellesley, Northeastern, Mount Holyoke, and Villanova, among others.

Senior Seth Cohen said that although he was not admitted to his first



FIONA DAVIS PHOTO

Seniors are in the process of making their final college decisions from the schools they were admitted to as shown on the star board. choices, he is excited about the schools he is considering: Syracuse, University of Delaware, and University of Maryland.

"I got into a bunch of schools that I wanted to. I missed my top school, but I still have a lot of great choices," he said.

According to Kelley, her decision will depend on a combination of aca-

demic and general life experiences available at her school of choice.

"One of the biggest factors is the quality of life and how happy I am going to be there. But I want to balance that with getting the best education I can," she said.

Cohen said he is comparing engineering programs and weather at the schools where he has been accepted.

"Syracuse, for example, is really cold, so I am not leaning towards going there right now," he said.

Senior Anna Heffernan was accepted early decision to George Washington University,

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## Global Issues class hosts Teacher Talent Show

By Devon Musgrave Johnson  
INDEPENDENT EDITOR

As one of their last major fund raisers for the school year, the Global Issues class held their annual Teacher Talent Show on March 14.

Although the event was not as successful at raising money as it was the year before, the Teacher Talent show managed to bring in \$2,000 for the Stop Hunger Now, campaign according to Global

Issues teacher James Wallimann.

"Although we were a bit disappointed with the turn-out this year, we still had a really fun time and raised money for an incredible cause," Wallimann said.

The show was run by Wallimann's E block Global Issues class. Every student in the class was assigned a job ranging from backstage work to publicizing the event.

Hosted by seniors Chris Dente and Liam Logue, the show began

with a demonstration of how the meal packs that will be purchased from the night's donations are put together.

Spanish teacher Robert Bilsbury and his wife Kate Bilsbury, accompanied by sophomore Ty-

ler Quade on the viola, were the first act of the night. They performed the songs "Falling Slowly" by Glen Hansard and "Kathy's Song" by Simon and Garfunkel.

The social studies department

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**'Although we were a bit disappointed with the turn-out this year, we still had a really fun time and raised money for an incredible cause.'**

-JAMES WALLIMANN

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News Briefs

Library encourages students to stop by for research help

If students need help navigating library resources that are available to them, librarian Sue Krause urges them to stop by the circulation desk and speak to her before school. She is also available after school or during students' study halls for those who are seeking out help. "We can review how to navigate the library's print collection, the e-Book collection and the databases to make the most of your research efforts," Krause said.

Annual blood drive attracts slightly less donors, still proves successful

Students donated 40 units of blood to the annual blood drive this year. The blood will help hospitals and organizations. This year, the blood drive took place on March 18.

History teacher Abigail Donnelly, who organized the event, said that a major purpose of the blood drive is community service.

"There's been a real blood shortage in the region...so it's really an emergency level of need for the Red Cross," she said.

Although there was increased need this year, the turnout was less than it has been in past years Donnelly said. This was mainly due to the fact that the drive was in conflict with spring sports tryouts.

Despite the lower numbers, junior Aidan Lyons, who helped at the drive, said that on the whole, the drive was a success.

"People were happy to do it, and I think that it did what it was supposed to do. It was a great experience, too," he said.

Workshop Wednesday provides opportunities

By Emily Arntsen  
INDEPENDENT EDITOR

For the second time this year, Workshop Wednesday, organized by advisory director Sarah DeLuca, offered students an opportunity to learn new skills seldom taught in classrooms.

"Workshop Wednesday itself came to fruition because of kids saying, 'I'm about to leave for college and I don't know how to cook' or 'I don't know how to change a tire,' so the advisory committee decided to do something non-academic and let student choose what they want to learn," DeLuca said.

Students chose from 39 different workshops, most of which were taught by faculty members with experience in those areas, ranging from Caribbean dance to sushi making to sewing.

"In the future I want to get the community and businesses more involved. I want the students to have a bigger variety and meet more adults," she said.

Some outside community members volunteered to teach certain workshops at the school.

For example, the Special Event Makeup workshop was taught by local makeup artist Grace Babikian.

Senior Olivia Bean, who attended the makeup workshop, said, "I learned what colors work best with my skin tone and what eye shadow looks best with my eyes and my coloring. I also learned about skin care and what to use to wash my face with and what type of moisturizer to use."

Some groups, such as archery and snowshoeing, got to travel off campus for their workshops.



COURTESY OF MEMO/MOLLY LYNCH/



COURTESY OF MEMO/CASSANDRA GONSER

In top photo, senior Madeline Dahlin practices guitar in a workshop dedicated to teaching students the basics. Below, junior Delaney Byrnes applies makeup on freshman partner Emily Parker's face.

The archery group went to an arena on Route One to learn the basics of shooting arrows and how to position the bow.

"Getting to leave school and learn about something random but fascinating like archery was a fun way for me to

spend my Wednesday. I would have probably never used a bow and arrow in my lifetime otherwise," senior Will Davis said.

Two seniors with knowledge in a specific topic were asked to teach or help teach a workshop. For example, senior Evanthia

Boiling helped teach the American Sign Language workshop with teacher Maria Burgess because she has been learning sign language since middle school.

"It was nice to have some of the seniors participate in leadership roles," DeLuca said.

Fiscal year 2015 budget changes athletic fee structuring

By Fiona Davis  
INDEPENDENT EDITOR

Final prices for student athletic fees were set by the School Committee on April 1 as part of the Fiscal Year 2015 Budget.

According to Superintendent Pamela Beaudoin, the fee structure they chose is called the "blended model," where one sport costs \$400, two sports costs \$650, and three sports costs \$750 for high school students. The model also includes a maximum payment of \$1,350 for high school families.

Junior Will Kiley, currently a two-sport athlete in skiing and sailing, said an increase in fees would affect his decision

to play three sports next year. "I ski and sail, and I was going to try football next year, but I will probably cut down to two or one sport because of the fee increases," he said.

According to Kiley, sports are an important part of the public school experience and fees should not be so high. Instead, he

said, money in the athletic budget could be reorganized in other ways.

"So much money is spent on new equipment every year, and we could trim down some of the spending rather than raising fees," he said. Sophomore Megan Clark said she supports the fee increases as long as they do not impede on someone's ability to play a sport.

"If fee increases improve the quality and success of our

sports teams, I am in favor of them. However, I wouldn't want fees to prohibit someone from playing," she said.

Fee waivers will still be in place to allow everyone to play a sport, no matter his/her financial situation at home.

According to Beaudoin, raising athletic fees is one way in which the school is keeping the assessment to the towns of Manchester and Essex low. The rate of assessment for the Fiscal Year 2015 is 3.5 percent, up from 2 percent this year.

The 2015 budget, which includes athletic fee changes, was approved by Manchester residents at town meeting on April 7 and will be voted on at the Essex town meeting May 5.

**'If fee increases improve the quality of success of our sports teams, I am in favor of them. However, I wouldn't want fees to prohibit someone from playing.'**

-MEGAN CLARK

Athletics Fee Schedule 2014-2015		
1 Sport	\$400 HS \$320 MS	FAMILY CAP \$1,350 HS \$1,040 MS
2 Sports	\$650 HS \$520 MS	
3 Sports	\$750 HS \$600 MS	

# Robotics team participates in regional competition

## Members attend event at Boston University, enter with their own robot

By Tess Hosman  
INDEPENDENT STAFF

As students attended classes both Thursday and Friday, the robotics team was in Boston preparing for the regional competition.

They participated in three days of robotic head to head competition at Boston University on April 11, 12, and 13. All 54 regional teams qualified to compete against each other based on their performances at previous events.

The events consisted of two days of qualifying matches followed by elimination rounds with the top eight teams competing in the final round, according to sophomore Alexei Goldsmith-Solomon.

"We finished 45th overall and didn't make it to the finals," he said.

Building the robot required sponsors such as the Society of American Military Engineers. "Overall, we had a budget of around \$10,000, but even then we are tight on cash between the

very high cost to enter the tournaments and also building the robot," Goldsmith-Solomon said.

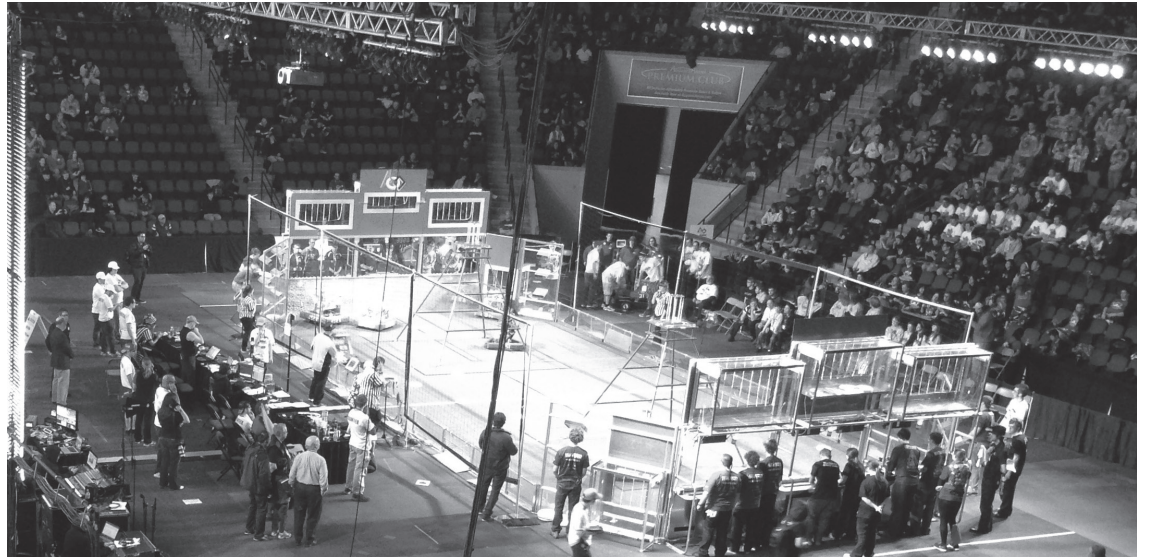
The objective of this year's competition was to build a robot

that could pass and catch a 25-lb exercise ball or throw it in a net. "It's kind of like basketball with robots," said sophomore member Ben Wolsieffer.

The team chose not to have the ability to throw the ball in the high net and instead focused on throwing and catching because they didn't "have a big enough team to do ev-

**'We finished 45th overall and did not make it to the finals.'**

-ALEXEI GOLDSMITH-SOLOMON



COURTESY OF BEN WOLSIEFFER

The robotics team competed at a regional event held at Boston University. They prepared for months by building and testing a robot capable of completing the competition's basketball-like challenges. This year, robots were tasked with catching, passing, and shooting a weighted exercise ball on a specially designed court. Members utilized \$10,000 of funds in preparations for the tournament.

everything," Wolsieffer said.

"Our design was based around catching the ball and passing it to teammates in order to rack up as many assist points as we could while most other

robots were focused on shooting the ball into the high-value goal," said Goldsmith-Solomon.

Many materials went into the making of the robot. Most of the robot was made of aluminum, but

we also had a wooden ramp in the middle, along with a steel axle on as our mechanism to pick up the ball," said Goldsmith-Solomon. They also had a net made of green spandex to catch the ball, he said.

# Seniors work locally, independently during S.C.O.R.E. internships

By Sarah Beckmann  
INDEPENDENT EDITOR

As the school year comes to a close, seniors are prepared to continue their S.C.O.R.E. projects by participating in a variety of internships across Cape Ann and elsewhere.

Senior Michelle Fuca, for instance, said she has coordinated an internship with a small photo company called Premier Imprints, located on Main St., Gloucester.

"They offer a lot of different ideas for gifts," she said. "They can print a person's artwork, picture, or logo on almost anything. I want to learn more about how to manage a small business, and I think working there will definitely help me."

Senior Charlie Hoff is also remaining in the area for his internship at Cape Ann TV in Gloucester; he plans to work with sound and cameras behind



SARAH BECKMANN PHOTO

Seniors Charlie Hoff and Michelle Fuca, above, are using the S.C.O.R.E program to further pursue their interests. Hoff will intern at Cape Ann TV, and Fuca will work at a photo company.

the scene and might be able to edit a show, according to Hoff.

"I like doing tech stuff behind the scenes, so I think this

will be a good way to see if I will continue doing it during or maybe after college," Hoff said.

Meanwhile, some seniors

have decided to work independently during their time off this fourth quarter.

Senior Annie Gonzales, for example, said she's creating an online cooking blog from home.

"Making a blog will probably take less time for me, but I'm still deciding on [the details]," she said.

Gonzales said that a central part of her blog will incorporate a cultural aspect, including food from different parts of the world, such as Italian and Chinese food.

Internships such as these technically start on April 9 and

end on May 23, with project presentations to faculty members

following May 27-30. Seniors are also required to write three weekly blog entries, a minimum of 250 words each, about their internship experiences.

S.C.O.R.E.

director and social studies teacher James Walliman said that two students will be working with him as part of the Global Issues class, specifically continuing the Gardner Project; seniors Paige Za-

val and Alyssa Reeves plan to stay at school and carry on fundraising efforts to ultimately help end hunger in disadvantaged areas.

**'Making a blog will probably take less for me, but I'm still deciding on the details.'**

-ANNIE GONZALES

**'I want to learn more about how to manage a small business.'**

-MICHELLE FUCA

# Students anticipate May prom event, hold high expectations of dance

By Sarah Williams  
INDEPENDENT STAFF

Prom is getting closer every day, and students of Manchester Essex are getting ready with dresses, proposals and spirit.

Prom is on Friday May 30 at the Black Swan Country Club in Georgetown. The tickets will be \$25 for seniors and \$50 for juniors and guests.

In terms of the music for the event, Jennifer Coleman said, "There is going to be a DJ. We hired Mr. Cook who used to work here," which she said, "should be significantly better than the DJ last year."

The food at this year's prom will be buffet style with a choice between chicken piccata and fettuccini alfredo in addition to salad with a choice of sides.

There is not a particular theme

this year, but the Prom Committee picked theme colors silver, gold, and black for the decorations.

The dresses this year are a wide variety of colors from soft, pastel floor-length dresses to frilly vintage.

A majority of the girls will be wearing their hair up this year, whether to show off the backs of their dresses, as senior Olivia Bean said, or to keep hair in place throughout the night of pictures and dancing.

Students are excited for this year's prom for a variety of reasons. "I am most excited for the pictures and the dancing at prom," senior Hannah Parker said.

Parker and many other girls see the pictures as the best part. "I'm most excited to get ready and take pictures," senior Ella Rodier said.

"The prom pictures make me feel like I'm going to the Oscars," Parker said.

Prom-goers are excited for other reasons too. "I am most excited for this year's prom because it is my senior prom and the venue is going to be so nice," Bean said.

The venue, the Black Swan Country Club, is often used for weddings. It has a large dance floor, plenty of seating, and colorful lights.

Senior Alexandra Valenti said she was most excited about, "just spending time with friends."

**'There is going to be a DJ. We hired Mr. Cook who used to work here.'**

-JENNIFER COLEMAN



COURTESY OF ELLA RODIER



COURTESY OF PERRY BURNHAM

Seniors Ella Rodier and Perry Burnham chose the above dresses.

# ASR students travel to University of New Hampshire

By Sarah Beckmann  
INDEPENDENT EDITOR

Two Authentic Science Research students presented their internship research as an oral presentation at the Junior Science and Humanities symposium on April 27 and 28; seven seniors also presented their research in poster form on the same date.

This regional JSHS competition, held at the University of New Hampshire, incorporates students from all of New England who do science research in class or at clubs after school. In years past, students have typically presented more posters than oral presentations, according to ASR teacher Maria Burgess.

The overall competition is

sponsored by the US Department of Defense; such sponsorship includes payment for hotels and meal registration for the students and faculty on the trip, according to Burgess.

Although all ASR students submitted papers for their internships, a review board looks at

**The regional JSHS competition, held at the University of New Hampshire, incorporates students from all of New England who do science research in class or at clubs.**

each paper and thereafter chooses who presents orally and who presents their posters.

The seven students who presented their posters are seniors

Dylan McClure, Jack Freed, Cam Shaw, Mike Chlumecky, Peter Cottingham, Kendall McCormick, and Annie Gonzales.

Seniors Vanessa Kelley and Easton Ehlers were chosen by the board to present orally.

"During my internship at Mass. General Hospital, I was working on cells modeling Huntington's disease to see the



KENDALL MCKORMICK PHOTO

**Senior Vanessa Kelley, along with senior Easton Ehlers, was recently chosen to present her ASR internship research as an oral presentation at the Junior Science and Humanities symposium.**

effect of histone deacetylase inhibitors on cellular ATP," Kelley said. "I pretty much just researched connections between components of the cells to better understand the disease, so maybe scientists will find new cures."

Ehlers studied remote sens-

ing as a type of environmental science at Boston University. He said he examined images of the earth from satellites in order to track landscape changes, such as those that occur during harvesting, wild fires, and further human development.

A program called "Landtrendr" allowed Ehlers to process these images over different time periods, ultimately to help predict climate change effects in the environment that are connected to carbon dioxide and output oxygen levels.

# Alex Carpenter speaks to students about journey to the Olympics



RACHEL DALEY PHOTO

**Alex Carpenter, a junior at Boston College who played on the US Women's Hockey Team, talked to students about her journey to the Olympics as well as her experience playing there.**

By Connor Senay

INDEPENDENT ASSISTANT EDITOR

To tell the students about her roller coaster of a journey to the Olympics, Alex Carpenter, a player on the U.S. Women's Hockey Team and junior at Boston College, visited the school and shared her story.

Her journey began at just 2 years old, when she first started playing hockey with her dad. Carpenter dreamed of playing in the NHL, and she asked her father if he thought she could. Because of gender regulations, he told her no, but this didn't stop her. Her new goal was to become an Olympian.

From a young age, she had success in hockey, winning the U18 World Championship for girls hockey. After winning Worlds for U18, Carpenter had a "What now?" moment since she had reached the highest point that she could in her career at age 18, so she continued to try out for more U.S. teams. She kept getting cut, so her father told her that the only thing she could do was

step up her training regimen, and so the rigorous training began.

Carpenter said that nearly every day during the week she would go skate on the local rink for three hours, and then go to the gym to work out for another three hours, putting in a total of over 30 hours of work per week, hoping

to make it on to the Women's Olympic Team.

Carpenter said this finally yielded big results for her. She was able to make the U.S.

team to compete in the Four Nations tournament and the Winter Classic game in Detroit where they announced the final roster for the Olympic team.

Training for the Olympics was just as brutal as her self-implemented workout routines, Carpenter said. They would train six days a week for six or more hours, and at the end of a long week, Sunday would be the much needed rest day.

**'The most memorable experience I had was scoring the second goal against Canada in the finals.'**

- ALEX CARPENTER

"One of the hardest things to face," Carpenter said, "was to see my teammates get cut." Before the announcement of the final roster, two of her best friends and one of her acquaintances had gotten cut from the team, and she said this was devastating to see them go because they had worked so hard up

until that point.

Although she faced hardships, Carpenter also said she made great memories. "The most memorable experience that I had was scoring

the second goal against Canada in the finals. They were, in our eyes, the toughest team to play because we build up that rivalry so much," she said. That's why the loss to Canada was all the more disappointing, in her opinion, but they still ended up with a silver medal.

She is currently in training along with the rest of the team for another Olympic games in 2018 to hopefully redeem themselves and win gold.

## CONTINUATIONS

CHRIS HERREN

CONTINUED FROM PAGE ONE quickly things can escalate."

COLLEGES

CONTINUED FROM PAGE ONE and she said applying early decision is a good option if students are sure of their top choice.

"It makes it so much easier because you don't have to make a decision between several schools. Also, at many schools, early decision students are given more privileges like housing priority and an easier chance of getting in," she said.

According to Heffernan, George Washington's location in Washington D.C. helped make it her top choice.

"The fact that it is in the center of the nation's capital played a huge part in my decision; there are so many internship opportunities," she said.

Heffernan said the class as a whole saw a lot of success in the application process.

"There are so many stars on the college board and many of them are acceptances to great schools. Our class has been accepted to colleges all over the world, and it's been amazing to see where people have gotten in. I'm really proud of

the Class of 2014," she said.

TALENT SHOW

CONTINUED FROM PAGE ONE then entertained crowds by playing a game of charades on stage. The team "On Wednesdays We Wear Pink," consisting of social studies teachers Alison Wright, Jennifer Coleman, and math teacher Sarah Deluca won the game and then celebrated with confetti.

This act was followed by a rendition of "The Element Song" by Physics teacher Philip Logsdon. Then physical education teacher Thomas Durfee performed a self-written rap chronicling the entire Star Wars series.

The English department pro-

vided a surprising twist to the evening by showcasing a video parody of TV show "Breaking Bad" called "Breaking Badly." In a spoof on the original series, teacher Dan Koughan portrayed a teacher selling lines of poetry on the streets.

"I thought all of the teachers did a good job of bringing their own personality to the stage. It was definitely a fun night," junior Alicia Setzer said.

The night ended with a performance by Wallimann, Bilsbury, and math teacher David Alger that eventually brought all Global Issues students who worked on the project to the stage for a round of applause.

## FAST FACTS

- The Teacher Talent Show raised over \$2,000.
- The money will be donated to Stop Hunger Now, which sends meals to countries in need.
- The Global Issues class also recently held a packaging day in which they prepared meals for Stop Hunger Now.

# Health Matters



## Meditation sessions alleviate student stress

By Kendall McCormick  
INDEPENDENT EDITOR

In an effort to alleviate stress for students and faculty, school nurse Cyndi Aldrich started to provide optional meditation sessions before the school day.

These sessions take place on Tuesdays and Thursdays from 7:15-7:30 a.m. and are open to all students and faculty members.

According to Aldrich, she got the idea of starting this program a few years ago, but due to various reasons, she was unable to launch it until this year.

“There is a lot of stress out there, so I said...maybe this would be a good place to start and see if there’s an interest,” she said.

Since the program started, a few students and faculty members have begun to come regularly. While the students are mainly in middle school, Aldrich hopes she can convince a few high school students to give it a try as well.

Middle school teaching assistant Katherine Sadkowski, one of the faculty members who attends the morning sessions, said it’s very relaxing.



KENDALL MCCORMICK PHOTO

**School nurse Cyndi Aldrich is providing optional meditation sessions on Tuesday and Thursday mornings from 7:15-7:30 a.m.**

“I’m trying to find time in my life to meditate, and this gives me a specific time to come and a goal,” she said.

According to Aldrich, meditation has many benefits, both psychological and physical, including decreasing blood pressure and enhancing the immune system, along with helping concentration and building self-

confidence.

“If you can start your day by sitting quietly and just being there for that moment, just for 15

minutes, it will start your day out so much better,” she said.

Psychology teacher Lauren Dubois, additionally, said meditation is an easy way for individuals to deal with stress. She said it involves the calming down of the autonomic nervous system and is a time in which people can focus on the moment without distractions.

Aldrich agreed that meditation helps eliminate daily distractors such as the constant use of technology.

“There’s not one period of time when you’re not being bombarded [by technology], so your brain has no time to rest. The goal is to let people know what it feels like to be relaxed for a few moments,” she said.

**‘If you can start your day by sitting quietly and just being there for that moment... it will start your day out so much better.’**

-CYNDI ALDRICH

## Aspiring commercial pilot builds flight simulator in home

By Emily Jaworski  
INDEPENDENT STAFF

For a high school student, contemplating what their plans for adult life can be stressful.

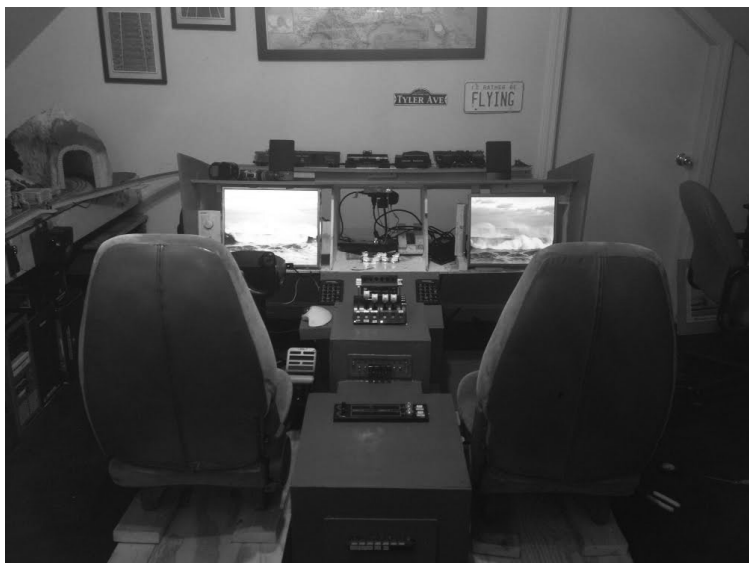
Junior Tyler Duda has known since sophomore year in his high school career that being a commercial pilot is something he will pursue as he searches for colleges next year.

After Duda noticed his wide interest in the field of engineering, he worked for a long period of time to assemble a flight simulator in his own home.

Duda said he enjoys using equipment to build parts for airplanes. He first became interested in engineering when he visited his uncle at Delta Airline in Atlanta and was taken to see the simulators, which motivated Duda to pursue this project.

“It’s definitely a large project. The process was a lot of buying panels, other components, and the actual building. The fabrication is still in the process, but it will take only about four months to complete,” Duda said.

Duda was initially unaware that he wanted to become a pilot, but he has always been fascinated in planes and the process of assembling them, but



COURTESY TYLER DUDA

**It took over a year for junior Tyler Duda to build a flight simulator, which allows people to select a type of airplane.**

it was that trip with his uncle last February that made that interest into reality.

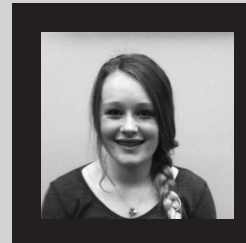
“I think it’s really cool that he made one instead of buying it because it shows dedication,” sophomore Kate Thomsin said about the project.

Taking more than a year, this project has been a rewarding yet laborious development, according to Duda, and he’s uncertain if he wants to pursue another project similar to a simulator.

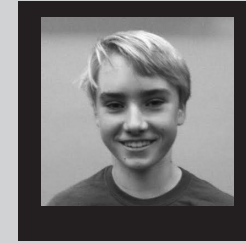
“He’s worked hard on the simulator and put a lot of money into it. It has three screens on it and someone can set exactly

what they want the airplane to be like, what kind, color, what weather condition they’ll be flying in, and where they’ll be flying from and to. He can basically control everything about the plane and its environment,” junior Mariah Litka said.

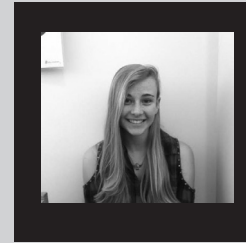
Although Duda says that the process was a slow one when purchasing the individual pieces and waiting for the equipment to come in, the overall result has left him feeling accomplished.



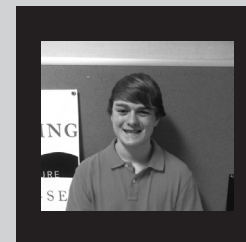
**Freshman Amber Shaw:**  
Walking my rabbits on a leash.



**Freshman Cole Charlton:**  
Eating cookie dough after I come home from sailing and playing computer games in bed.



**Sophomore Hannah Roy:**  
I like to use my dog as a pillow when I do my homework.



**Sophomore Tyler Quade:**  
Playing 2048.



**What’s your strange habit?**

**Junior Emily Moore:**  
I like to watch Netflix with my tortoise sitting on my lap.



**Junior Andy Creighton:**  
Root beer and longboarding.



**Senior Brittany Smith:**  
Puzzles and hockey.



**Senior Chris Pellegrini:**  
Reading the encyclopedia on odd days of the month. Just kidding, probably going to Dave Matthews Concerts.



## Green Team representatives attend GreenSchools National Conference

By Rachel Daley  
INDEPENDENT EDITOR

Three school representatives traveled to Sacramento, CA, to attend and participate in the GreenSchools National Conference.

Green Team director Eric Magers and juniors Sam Koufman and Christiane Noriega played crucial roles in the event.

Magers said the conference, which was three days long, brought together organizations and students from around the country to collaborate on sustainable initiatives.

Magers praised the atmosphere of the event, saying that it gave him “hope for the future of the environment and sustainability.”

“The speakers were very inspiring, and the conference was fun overall,” Magers said.

Koufman was elected to be one of the six student panelists at the conference, so he presented in front of hundreds of people on how he makes an impact in the local community as the co-president of the Green Team, GreenSchools vice president, and Environmental



COURTESY OF SAM KOUFMAN

**Green Team scholars Christiane Noriega and Sam Koufman and Green Team director Eric Magers pose with GreenSchools representatives at the Greenschools National Conference.**

Literacy Plan’s student liaison.

Koufman said the conference will benefit the Green Team for many years to come due to the fact that they made connections with executive directors and workers from non-profit organizations who will be able to present at the school and work with the program.

“Not only was I fortunate enough to travel to the capital of California, but I was also able to watch some extremely educated and talented speakers present on the current issues of today,” Koufman said.

Noriega said she also actively participated in the conference.

“I introduced one of the speakers and told students from around the country about what the Green Team has achieved,” she said.

“It’s great that a green team from a small town in suburbia can be a part of a national environmental conference,” Noriega said.

Noriega also praised the activities the conference entailed, ranging from educational movies to outdoor interactive games.

“It was so fun to interact and form bonds with people of all different ages and from places ranging from Hawaii to Canada,” Noriega said.

## Sophomore Erin Carlson creates new club called Students for the Humane Treatment of Animals

By Sara Stanton  
INDEPENDENT STAFF

Tenth-grade student Erin Carlson has turned her passion for helping animals into a way for others to help animals in a new club called Students for the Humane Treatment of Animals.

Carlson would like to start the club in the fall.

There are four co-advisors for the club: chemistry teacher Keith Gray, history and Learning Center teacher Shannon Alger, math teacher David Alger, and English teacher Allison Krause.

“I wanted to create this club because I’m interested in a career with animals, and our school doesn’t have a club or program that provides time with animals,” Carlson said.

This club will do hands-on work with animals, raise funds, and hopefully provide foster homes for animals. Carlson has gotten a response to help out Cape Ann Animal Aid, Northeast Animal Shelter, and Sweet Paws.

There is no student limit at the moment for the club, but there will be a cut off if there gets to be too many people. The club will first be open to high school students, but if there are not enough students, then it will be opened to middle school students.

According to Carlson, it is undecided where the group will



SARAH STANTON PHOTO

**‘I wanted to create this club because I’m interested in a career with animals, and our school doesn’t have a club that provides time with animals.’**

-ERIN CARLSON

**Sophomore Erin Carlson hopes to create a club that will do hands-on work with animals, raise funds, and provide homes for animals.**

meet and how the students will get around to the places they are going to help out with. The stu-

dents may have to carpool, or there may be a bus.

“I hope the club meets twice a week. Only one meeting per week is mandatory for the stu-

dents. There are exceptions for students who participate in sports or other activities,” Carlson said.

The club may interfere with some activities, but said it is completely understandable to miss them for those activities.

According to Carlson, the first meeting of the month will

most likely set up the schedule and have signups for hands-on activities, and the other meetings will be mostly setting up or planning fundraisers. The meetings for this club will be no longer than an hour and a half.

The club will most likely provide community service for the students, Carlson said.

The teachers involved are just as interested in starting this program. “I am a huge animal lover, and I am interested in being involved in an organization that cares for animals,” Shannon Alger said.

According to Gray, this club is necessary because animals don’t have a voice and too many of them are abused.

Some students, according to Carlson, may have to go through some type of training depending on the type of work they will be doing in the club, Carlson said.

## STUDENT PROFILE

Leo Gallo



By Ethan Anderson  
INDEPENDENT STAFF

**What year are you?**

Junior

**Where did you live before you moved here?**

Mexico

**When did you move here?**

Sophomore year

**Where were you born?**

Guanajuato, Mexico

**What school activities do you do?**

Football, sailing, robotics, ski team, Science League

**Favorite subject?**

Math

**Dream college?**

MIT

**Dream job?**

Space shuttle engineer

**Favorite food?**

Mole with rice

**Dream car?**

Lamborghini Aventador

**Favorite Movie?**

“Ferris Bueller’s Day Off”

**Favorite Book?**

“Les Miserables”

**Dream Vacation?**

Scuba diving in Australia

**What’s a weird talent you have?**

I can hold my breath for 1 min 50 seconds

# Students learn about other cultures though International Week

By Charlie Davis  
INDEPENDENT EDITOR

International Week brought new and unique presenters to students in order to expand both their knowledge of foreign language and other cultures, according to foreign language department head Michelle Magaña.

This year, this special week took place from March 11 to March 14. Each day in that range featured a different country from around the world. Tuesday was Italy Day, Wednesday was Mexico Day, Thursday was Thailand day, and Friday was Brazil Day.

The main purpose of International Week is to encourage high school students to branch out and travel abroad Magaña said.

“We like to hold International Week each year because we want to inspire students to travel to different places to explore dif-

ferent countries and practice the language that they are learning,” she said.

Sophomore Devin Depaolis said that International Week helps students to learn more about other countries and their cultures.

“The presentations help to teach people about various cultures around the world. It’s interesting to learn about cultures you

don’t know about,” he said.

Sophomore David Reid, agreed with Depaolis, specifically saying that presenter Mike Dyer

presented on a region that he barely knew existed. Dyer presented on the Basque country, a region that is located on the border of Spain and France.

“Before Mr. Dyer came presented, the Basque country wasn’t even something I had heard of. It was very interesting

to learn about an entirely new foreign culture,” he said.

Depaolis also acknowledged that the presenters and presentations are often useful to improve students’ skills and knowledge in foreign language, whether it be French or Spanish.

In addition to the presentations, students are able to try foreign foods in the cafeteria each day, an easy and fun way to learn about another country, junior Ben Bichet said.

Among this year’s presenters were a woman who traveled on the religious pilgrimage El Camino de Santiago, the students who traveled to France over April break last year, and even Principal Patricia Puglisi presented on her experiences in China, Magaña said.

“The foreign food in the cafeteria is an enjoyable way to learn about the cuisine of different cultures,” Bichet said.

For example, this year’s foods included an Italian pasta dish and Thai chicken with rice.

Magaña also added that in order to recruit and have diverse presenters, she covers all the bas-

**‘The main purpose of International Week is to encourage high school students to branch out.’**

-MICHELLE MAGANA



COURTESY OF MOLLY LYNCH

**During International Week, students were able to hear about Wendy Dixon, who traveled on El Camino de Santiago, a religious pilgrimage, with her daughter.**

es by posting in media sources like The Cricket and the principal’s newsletter.

“We really like to avoid having teachers present because

we want students to see other people who have traveled, so we try to get as much community involvement as we can,” she said.

# Members of the band travel to New York City on weekend trip, see Broadway play



COURTESY OF JOE SOKOL

**Seniors Taylor Meek and Julia Paccone stand with art teacher Marion Powers in front of a reflecting pool built at the footprint of one of the original twin towers during the band trip.**

By Landon Komishane  
INDEPENDENT EDITOR

Band members took their third trip in four years as they traveled to New York City for two days.

This trip was different because the band did not play anywhere. According to band director Joe Sokol, this trip was for recreational and educational purposes.

Sokol said he wanted one last trip with the current senior class, with whom he had previously traveled to Montreal and Quebec City.

The members of the band left for New York on Sat., March 22 with Sokol, history teacher Jennifer Coleman, art teacher Marion Powers, and Powers’ husband.

Upon arrival, they went to the Broadway district to see “Phantom of the Opera.” According to Sokol, the students chose

“Phantom of the Opera” in a vote earlier in the year.

Senior Erik Rajunas thoroughly enjoyed the musical.

“It was amazing,” he said. “I can see why this show is the longest running show. I loved how talented the live music and singing was.”

After “Phantom of the Opera,” the students went to dinner and went to the top of the Empire State Building at night.

“I thought it was life altering experience,” junior Ramsey King said. “We got an unbelievable view of the city, especially the Freedom Tower. I could see the stars, which is rare in the city. Overall, it was worth \$30, and I would do it again in a heartbeat.”

On Sunday morning, the trip took a more serious note as the

students visited the 9/11 memorial at the World Trade Center.

According to junior Alex Thompson, everyone learned more about what happened and understood the significance of a serious event.

“It was pretty emotional for me because a family friend of mine died in the attack,” he said. “Also, I saw that someone had left flowers on one of the names of someone who was

killed. That stuck with me.” Sokol said he surprised the students by taking them to Rockefeller Center for shopping and then to the Metropolitan Museum of Art.

“This was a great way for the band members to bond and see some amazing sites in New York,” Rajunas said.

**‘I thought it was a life-altering experience, we got an unbelievable view of the city’**

-RAMSEY KING

# Algebra II classes compete in out of class elimination game, graph results

By Isadora Decker-Lucke  
INDEPENDENT EDITOR

All of math teacher Brian Carlson’s Algebra II classes are currently working on an activity called the Elimination Game, which takes place outside of the classroom.

As a part of the game, every student is given a clothespin and a target. The goal is to clip the clothespin onto their target without the target knowing. When this is done successfully, the target is eliminated and must give up their clothespin to the person that got them out.

The taggers new target becomes the person who their original target was trying to eliminate, and the game continues on in this

fashion. Students are not allowed to tag others during classtime, but any other time during the day is fair game.

Sophomore Courtney MacDougall is still in the game. “It’s fun, but very stressful! I’m always on the watch for someone trying to get me. I actually got someone to get my person out for me because I was too nervous to do it all by myself,” she said.

Carlson is keeping track of the people who are eliminated each day, and at the end of the activity, he plansto tie the activity back to Algebra II by graphing the data in what he expects will be an exponential function.

“The goal was to have something fun to do to engage [the students],” he said.

There will be two winners:

the last person standing and the student who got the most people out.

Carlson said that the student reaction has been mixed and that some students were very excited to take part in the activity while others were completely indifferent.

Sophomore Nathan Evans has enjoyed the experience, and said that the game “puts an element of fun into the day so that school isn’t as boring as it normally can be.”

The activity is not for a grade in class, but the winners will receive Dunkin’ Donut’s gift cards as a reward.

Carlson is considering repeating the activity next year but will wait to see how it ends up before deciding for sure.



ISADORA DECKER-LUCKE

**During a game for Brian Carlson’s Algebra II class, students can eliminate their targets by pinning them with a clothespin without them noticing what is going on.**

## Father and son share opinions on overcoming drug addiction

By Sofia del Valle  
INDEPENDENT EDITOR

Having been sober for nearly 10 years, Joel Levine now has his life back together. He is married with a baby and works as a physical education teacher at Everett High School.

However, getting to that point was difficult.

On Wed., March 26, Herb and Joel Levine, father and brother of high school physical trainer Jill Levine, came to speak about their experiences dealing with Joel's drug addiction.

Joel Levine first began using drugs when he was 16 years old. He tried cocaine, Percocet, Vicodin, and finally Oxycontin, the drug he would eventually grow addicted to.

"It made me feel good," he said.

According to Joel, the drug began as something he would do once a month; however, by the end of his junior year, Joel was taking multiple 80 mg pills every day.

"In the beginning doing Oxy-Contin was a choice. I would ask

myself 'Am I going to get high today?' Then it became a necessity: 'How am I going to get high today?' Joel said.

His parents were not entirely aware about his problem.

"As a father, a superintendent, and a high school principal for 20 years, I thought I knew it all," Herb Levine said.

"My wife and I were in denial. You find a way to trust the person you love," he said.

Even when Joel's social circle changed, a key sign that there was something wrong, they still did not believe he had a problem, he said.

According to Jill, during her pre-teen years, she suspected her brother had been doing drugs, but she never told anyone for fear of damaging their relationship.

Despite his addiction, Joel graduated from Peabody High School and would then attend Endicott College to play baseball.

"I was there for one semester, but I didn't go to class. I had a .75 GPA," he said.

According to Joel, after he dropped out of college, his lowest point was growing addicted to heroin.

"Every morning I would be upset that the drugs I did the night before didn't kill me," he said.

He later enlisted in a unique rehabilitation program run by other former drug addicts and alcoholics where he went through a 12-step process to get clean. Then, when Joel was 19 years old and sober, he spoke for the first time about his illness.

Having a son who struggled with drug addiction also led Herb Levine to do more for the cause. He helped open three of the five rehabilitation high schools in Massachusetts, one of which being North Shore Recovery High School located nearby in Beverly. There aren't enough mental clinics, he said.

He has also pushed for random drug testing in high school, even though according to Herb, he knows the policy isn't popular.

Joel acknowledges that in spite of his illness, positive outcomes have presented themselves from his struggle to get clean.

"Being a drug addict has helped to put me in a position to help other people," he said.



COURTESY OF MEMO/CASSANDRA GONSER

Joel Levine spoke to the high school about how he overcame substance abuse and gave advice on how to end drug addiction.

## Wait-list serves as method for colleges to appease applicants denied acceptance

By Rebecca Even  
INDEPENDENT EDITOR

With application numbers rising and acceptance rates dropping, colleges are looking for ways to pacify the ever-growing packs of students determined to gain admittance. Schools have found the perfect way to retain an applicant's interest without accepting them: the wait-list.

According to The New York Times, the number of applicants accepted off the wait-list varies significantly from year to year. Colleges try to keep their yield up, meaning they want the maximum number of accepted students to attend.

With the introduction of the Common Application, however, it has become much more difficult to predict whether students will actually attend, said The Choice, The New York Times' college blog.

College / University	2013 Total Applicants	2013 Accepted	2013 Denied	2013 Wait-Listed
Colgate University (N.Y.)	8,370	2,172	4,463	1,735
College of the Holy Cross (Mass.)	7,114	2,304	2,910	1,381
College of William & Mary (Va.)	14,033	4,564	5,824	3,159
Columbia University (N.Y.)	33,531	2,311	N/A	N/A
Cooper Union for the Advancement of Science and Art (N.Y.)	3,177	231	2,796	150
Cornell University (N.Y.)	40,006	6,062	28,477	3,146

REBECCA EVEN PHOTO

Colleges often put thousands of students on the waitlist annually and ultimately only grant acceptance to under 100 from the list.

Therefore, a college may have a high yield, leaving it scrambling to find rooms for every student. Last year, 82 percent of students admitted to Harvard decided to attend. This was Har-

vard's highest yield ever.

On the other hand, a college may have a much lower yield than anticipated, which is when they turn to the wait-list. The wait-list, full of qualified

students who did not quite make the cut for admission, is used to fill the available spots.

Students are typically notified of admittance off the wait-list after the deadline for enrolling, which is May 1. Schools first see how many other students are enrolling and then notify those they have chosen from the wait-list.

Typically, when a student discovers she has been waitlisted, she can decide to either remain on the wait-list or remove her name. Some students choose to get

off the wait-list, deciding to end the long months of waiting for college news instead of prolonging the anxiety. Others hold onto the hope of admittance into

their dream schools, however slim the chances are.

The chances are usually very slim, according to The New York Times. The College of William and Mary put 3,196 people on the wait-list in 2013 and admitted 27 of those students for their Class of 2017. The University of Chicago underestimated their

yield last year and ended up admitting no students from the wait-list.

In the end, wait-listed students must ask themselves whether it is worth another few months of hoping and waiting to hear

back from their dream school, or whether they would rather simply cut the cord and concentrate on other, viable options.

**'Wait-listed students must ask themselves whether it is worth another few months of hoping and waiting to hear from their dream school.'**

## The College Board chooses to implement major changes to the SAT in the future

By Devon Musgrave-Johnson  
INDEPENDENT EDITOR

Due to recent research done by The College Board, the SAT test will be altered for the spring of 2016.

According to The College Board's website, this new SAT test should be more focused on assessing a student's readiness for college life and more useful to schools attempting to evaluate prospective students.

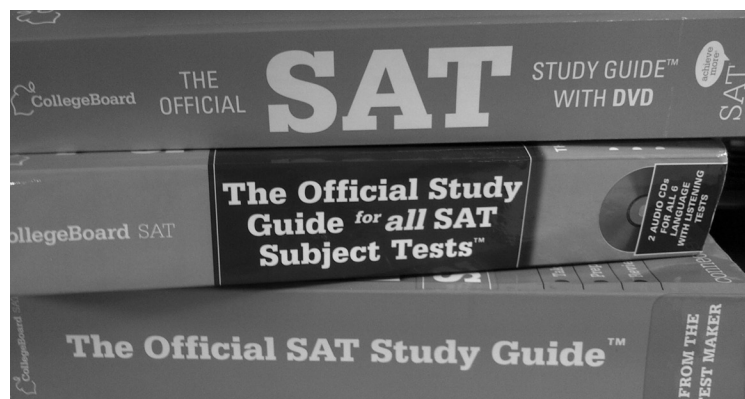
The most major changes relate to the scoring of the SAT. The exam is once again going to be on a 400-point to 1600-point scale, and the essay will be optional and given a separate score.

With this change in scoring,

the three sections of the exam will be evidence-based reading and writing, math, and the essay as opposed to the previous format with separate sections for critical reading and writing.

The new evidence-based reading and writing section will focus more on the interpretation of evidence than in past exams and is also limiting vocabulary to the examination of "relevant words in context" as opposed to a long list of enormous vocab words.

The essay will also be experiencing some changes. Aside from being deemed its own section, the essay will focus on analyzing a source in order to explain the way in which the author builds his or her argument.



FLICKR.COM

After the changes to the SAT are put in place, students will no longer have to prep for the essay, and the makers say the math section will be focused on more practical math and less trickery.

Both the essay and the evidence-based reading and writing sections will be filled with

questions and passages grounded in real world situations that often include the application of the

sciences or of social studies. For example, every student who takes the SAT will encounter either one of the founding documents or a document related to global conservation, according to The College Board.

Though most changes will be seen in the passage-based sections, the math section will also encounter a new focus. According to The College Board, the exam will focus on the three "essential" areas of math: Problem Solving with Data Analysis, The Heart of Algebra, and Passport to Advanced Math.

Other changes that will come in the spring include the ability to take the SAT on a computer in select locations and the removal of a penalty for wrong answers.

# Entertainment

## Do movie remakes ruin the original interpretation?

**Pro**  
Zack Even

In a 2012 interview, Joel Kinnaman, the star of 2014's "Robocop" remake, stated that creating a reboot that could be labeled PG-13 would be a "huge mistake."

But the shocking violence of the original film wasn't present in the remake, and the film was in fact given a PG-13 rating.

While Samuel L. Jackson, another star of the film, insisted that the remake would have been rated R at the time when the original was released, the film nonetheless felt like an empty attempt to emulate the first film without truly adding anything of its own or even respecting the shockingly graphic imagery and controversial nature of the original.

Director José Padilha stated that the movie was meant to be PG-13 so that it could appeal broadest possible audience; in other words, Padilha's remake had to make money, even if that meant sacrificing the integrity of the film.

Remakes are no longer made because film-makers believe they can put a fresh spin on an old classic; instead, studios simply add updated special effects and reuse old stories just to make some easy money.

In 2013, theaters were loaded with remakes. Even acclaimed directors like Spike Lee ("Oldboy") and Baz Luhrmann ("The Great Gatsby") contributed to the unfortunate trend, and both of their movies received tepid reviews as a result.

2014 will bring even more unnecessary and likely terrible remakes. An "Annie" reboot produced by Jay-Z and starring 10-year-old Oscar nominee Quvenzhané Wallis will be released next December, and the trailer makes it look just as awkward and misguided as it sounds.

Meanwhile, "Fantastic 4" and "Teenage Mutant Ninja Turtles" remakes threaten to top the originals in terms of pure unpleasantness while "Jungle Book" and "Godzilla" remakes simply seem unnecessary or even insulting given the originals are still seen as undisputable classics today.

The flood of remakes hitting theaters sets a dangerous precedent for film-making. The industry should be built on innovation and original ideas, not bland remakes.

The idea that kids in a few decades may only know about a mediocre "Robocop" remake that doesn't stand up against the controversial original should scare movie lovers everywhere.

**Con**  
Oscar Heanue

For many movie fans, there is no greater injustice than seeing a classic film they love being remade as a modern Hollywood blockbuster. And while the emerging practice of remaking films has produced its fair share of flubs, it has also had an overwhelmingly positive impact on the movie business.

Opponents of remaking films often only look to the failures that this practice has produced. And while low-quality remakes of horror classics such as "Friday the 13th," as well as blockbusters such as "Planet of the Apes" certainly never needed to exist, one should not forget that remakes have been some of the best films of the past 10 years.

Movies such as the Coen Brothers' "True Grit," a remake of the John Wayne classic of the same name, and Martin Scorsese's "The Departed," a remake of popular Hong Kong crime film "Internal Affairs" have been some of the most widely acclaimed films in recent history. Without remakes, these films would never have been made.

The more important point, however, that opponents of remaking films are missing is that remakes bring classic films to the attention of younger audiences.

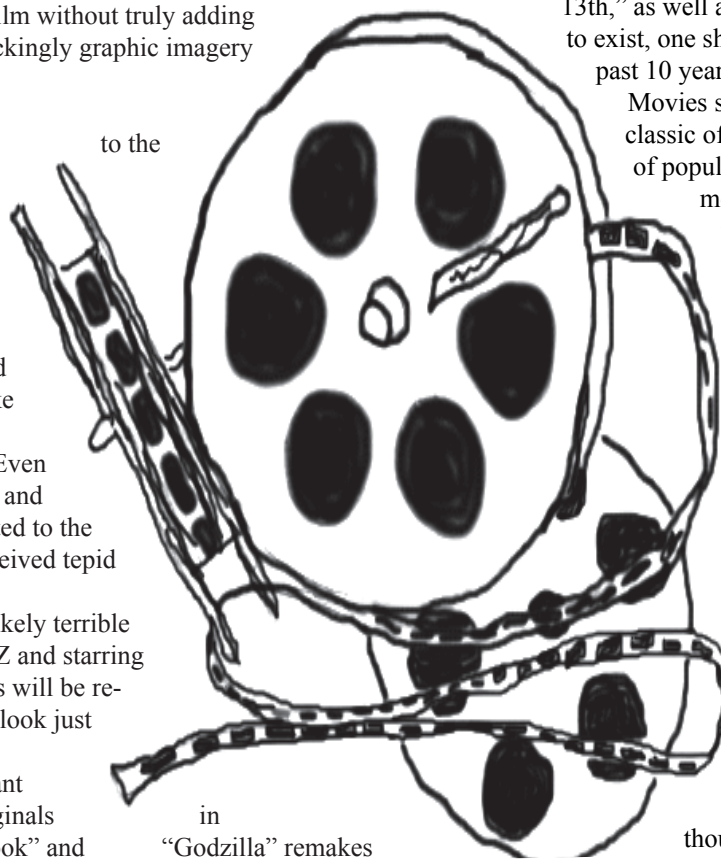
Without the mediocre remakes of films such as "The Italian Job" or "Footloose," many kids wouldn't be compelled to watch the original. In fact, without the remake, many younger movie-goers would never even know about some of the most stellar films of the past.

Another typical argument that is used against the remaking of older films is that it is insulting to the original film. However, this is not the case. The original "Planet of the Apes" is still an excellent movie, despite the subpar Mark Wahlberg remake.

Remakes in no way affect the quality of the original film. If anything, a bad remake or reboot of a movie or franchise will simply remind audiences of how much better the original film was.

There was a collective outrage among film audiences over the horrendous remake of the 1981 film "Clash of the Titans." Although the remake was quite bad, many audiences seemed to forget just how awful the original "Clash of the Titans" was. A film is not inherently better than its remake, and even in the cases of the most terrible remakes, sometimes the originals are even worse.

Before audiences criticize the remaking of a film, they need to keep in mind all of the possible benefits. Remaking a film, even if the remake is terrible, will only draw viewers to the original. Plus, remakes have no worse of a track record than any other type of movie. For every "Planet of the Apes" and "Halloween" remake that comes out, chances are there's a film like "The Departed" in the works.



to the

in "Godzilla" remakes

ETHAN ANDERSEN

ILLUSTRATION

## Media should not exploit private court cases; coverage influences public opinion

By Kendall McCormick  
INDEPENDENT EDITOR

While the First Amendment to the Constitution continues to rightfully protect freedom of the press, there are definitely situations in which media coverage is simply inappropriate.

One key example is inside the courtroom.

Intense media coverage of court cases serves to simplify complex issues so the general public can understand them; however, this coverage often paints these cases in an unfair light, skewing the public's view toward a certain side of the issue at hand.

Many people take what they hear on the news or in the news-

**The media is almost always biased.**

paper for granted; however, the media is almost always biased. These outlets may present only certain specific aspects of the case that support their own personal conclusions, thus actually misinforming people as to the real circumstances of the case.

If people are only receiving information from the press, they are not receiving all the information they need to come to a fair conclusion. They do not see the evidence and arguments that the jury sees; instead, they see biased information that is fed to them by media outlets.

And people are quick to form passionate opinions about cases through only this information. A key example is the Trayvon Martin case. This case was, and still is, a controversial issue, and right after the verdict was released, people across the country were enraged.

However, the truth is, no matter how flawed people claimed the justice system was, and no matter



BUSINESSINSIDER.COM

After being accused of murdering her roommate in 2007, Amanda Knox became the subject of international news. Her trial and personal life received excessive attention from the media.

how fervently people claimed the jury was rigged, they did not see the evidence that the jury saw. The only information they knew was coming from these biased media sources.

This unfair portrayal of what should be a private matter, only concerning a few individuals, to the entire country disregards the rights that everyone involved

in the trial should be given. The identities of these people should be protected. Following cases like that of Martin and of Amanda Knox, those put on trial and their families were actually exploited and put at risk.

In fact, Knox said in a CNN article following the verdict that she received daily death threats. Whether or not individuals com-

mitted the crimes they were accused of, they should be entitled to privacy.

There is absolutely no reason for the press to cover court cases such as these and others before the jury reaches a verdict. The press is supposed to create transparency within this country, but everyone is still entitled to privacy.



## Hornet team spirit makes me love basketball

By Sofia del Valle  
INDEPENDENT EDITOR

For a girl who never really appreciated basketball, I have done a complete 180.

This winter I did the score book and statistics for the boys' varsity basketball team, but in all honesty, I did not expect to enjoy it as much as I did.

I consider myself lucky to have been able to watch nearly every game and see the team progress. Their passion and intensity was infectious, and at times I had to remind myself that I wasn't a member of the team.

In years passed, it always bothered me listening to the perpetual basketball blabber during class, at lunch, and on the weekends. However I have now come to respect what many consider an obsession. The players focus all of their energy into the team's performance, and their determination to win is highly admirable.

Even when they lost, they did not show defeat. In fact, they

### I miss the [boys' basketball] games more than I ever thought I would.

used their frustration to fuel their motivation in order to win the next game.

I miss the games more than I ever thought I would, and what made them even more memorable were the stands filled with fans sporting green and white.

In college, I look forward to attending sports games, this time as just a fan, and cheer for my school's team. Having closely followed March Madness for the first time this year has only increased my excitement.

Watching college basketball is nothing like the NBA. I never enjoyed watching professional basketball, but the collegiate aspect is what makes the games highly intriguing.

As a senior in high school, it's shocking to think that some of boys on the team are only a year or two older than I am. In my eyes, they may as well be professionals. In some cases, they are players on their way to being drafted to a professional team.

Although my bracket took a horrible pitfall during the third round, I have loved watching the games, sometimes as many as four at once, which quickly became a priority over my homework. March Madness brought out a competitive side of me that even I had never seen before.

# STAFF EDITORIAL

## Parking, drop-off traffic remain prevalent issues

Despite numerous emails to parents and students regarding parking and morning drop-off regulations, the traffic issues around the school remain unresolved.

Students often cite the long drop-off line in the morning as a reason for being late, and many parents continue to drop students off in undesignated areas, such as the one way exit on Rosedale Ave.

Furthermore, parking in the student lot has become an issue due to the fact that students who did not buy a spot at the beginning of the year have begun parking in other students' spots. This sets off a chain reaction where students who have their spots taken must park in another spot belonging to another student.

Though some street parking is available, recent town laws prohibit parking in certain areas around the school at the request of residents on those streets. These mandates cause a parking shortage, which perpetuates the issue of parking in the student lot.

An obvious solution to these issues is that everyone should follow the established rules for parking and dropping-off. How-



FIONA DAVIS PHOTO

**Parking is difficult in the student parking lot, as people who did not buy spots take other spots. People whose spots have been stolen are forced to take another person's spot in a vicious cycle.**

ever, even the current rules do not provide an effective resolution to managing the high volume of traffic.

Perhaps the most effective way of facilitating a faster drop-off process would be to re-examine the current regulations and develop new

procedures for the next school year.

### Students who did not buy a spot... have begun parking in other students' spots.

One change could be making the Rosedale Ave exit into an entrance for the student parking lot only and requiring all drop-off cars to enter and exit on Lincoln Street. This would reduce the number

of cars causing traffic on Lincoln Street.

To solve the parking issue, the school should work with town leaders to expand parking on side streets around the school by issuing parking passes to students who need a spot. The school could re-sell unused spots with the owners' permission. Parking on campus could become a senior privilege to satisfy seniors who do not have a spot.

## Michigan passes 'Rape Insurance,' denies women healthcare

By Isadora Decker-Lucke  
INDEPENDENT EDITOR

Abortion has been an extremely controversial subject over the past several years. Regardless of whether people lean pro-life or pro-choice, many have agreed that in cases of rape, abortion is justified.

Until December 11, that is, when Michigan passed Public Act 182, better known as the "Rape Insurance Bill."

This law prohibits insurance

plans from covering abortions even if the woman was raped.

Women in Michigan will now have to purchase a separate abortion rider if they want access to safe and affordable healthcare in the case of rape or an accident,

### [This act] robs women of their right to affordable and accessible healthcare and makes rape seem commonplace.

according to the Huffington Post. It is extremely difficult for women to find and afford this separate insurance.

The law was backed by Right To Life Michigan and took effect in March. It was never

featured on a statewide ballot or approved by the governor; rather it was passed because 4.2% of voters signed the Public Act to

put it before the state legislature.

Senate Minority Leader Gretchen Whitmer has been very vocal about her disapproval of the act. "This tells women who were raped... that they should have gone ahead and planned for it," she wrote in her speech.

Whitmer, a victim of rape, has spoken out as an advocate for the many women who will be affected by this law.

This act sets a standard that rape is something to be expected. It robs women of their right to affordable healthcare and makes rape seem commonplace.

Whitmer had planned a speech to make on the Senate floor, but the Senate adjourned without allowing anyone to speak. Instead, Whitmer posted

her speech online on her personal blog on the Daily Kos.

"Here's the thing: No one wants to have an abortion. But sometimes it's necessary. To suggest otherwise is to say that a victim of rape should be forced to carry the child of her attacker (and let's note that 31 states allow rapists to sue for parental rights). Or that a woman pregnant with a wanted, loved, heartbreakingly nonviable but technically living child should be forced to carry that fetus to term, to live every day with a growing belly and a dying heart," Whitmer said.

Women's rights have a long way to go, and this act is proof. No government should make its citizens have to plan to be raped.

### the INDEPENDENT

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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.

# Online self-diagnosis can lead to benefits as well as harms

By Hannah Riordan  
INDEPENDENT EDITOR

Even the most extrospective among us have indulged in some form of self-diagnosis. You're lying if you say you have never woken up feverish in the middle of the night and rushed to Web M.D. looking for answers.

Due to the availability of information about every disorder in a fourth-year medical student's textbook, playing doctor and therapist is just too easy these days.

The ubiquity of medical advice proves useful when treating a bee sting or nursing a common cold. In fifth grade I even correctly diagnosed a friend with appendicitis with some help from the Internet and stories my dad told me about his appendix bursting before I was born.

Beyond queries about physical illness, the curious and self-reflective have a wealth of knowledge at their fingertips

when it comes to personal psychology and mental health.

Well established metrics like the Myers-Brigg Personality Test allow those interested to find out into which of the 16 personality types they best fit. For an everyday journey towards self-discovery, the Internet's resources are invaluable.

When it comes to mental health, however, the Internet is both a blessing and a curse.

Simply by indicating a preference for spending time alone and a tendency to feel fatigued, a completely healthy person could be flagged by psychology websites for depression or bipolar disorder.

Most diagnosis websites display disclaimers encouraging users to seek professional help. In terms of treatment, this is especially important.

Easy self-diagnosis may be just one of the many factors contributing to increased misdiagnosis of conditions



COURTESY OF JUDE GULASH ON FLICKR.COM

With the availability of medical advice on the web, self-diagnosis is becoming a common practice.

like ADD; patients can turn into minor hypochondriacs just from relating to bits and pieces that make up several common illnesses.

Nonetheless, when professional help is not an option,

free information can save lives. Suicide hotlines, though still functional, can be too personal for many teenagers accustomed to the blanket of anonymity that the Internet provides. Chat rooms and written resources can

provide genuine help for people who are quietly struggling.

Between public information, medical advice, and emergency mental health resources, a combination of professional and self-help can work wonders.

# Media coverage of missing flight is disrespectful to victims

By Natasha Statz-Geary  
INDEPENDENT EDITOR



COURTESY OF ASSOCIATED PRESS

The media tends to put the spotlight on victims of tragedies without giving them proper time to recover emotionally.

Following the mysterious disappearance of Malaysia Flight 370, the media has taken advantage of yet another tragedy by reporting any and all lurid theories in hopes of gaining more viewers.

Breaking news: Malaysia Airlines Flight 370 may have landed in Kazakhstan! Officials say a meteorite may have hit it in flight! Flight 370 is reported to have been hijacked by Jihadist terrorists!

While these preposterous conspiracy theories that have been circulating on every media outlet seem harmless to most viewers, the feelings of the family and friends of the victims seem to have been forgotten amidst the chaos.

Similar to almost any other tragedy, the fate of Malaysia Flight 370 has been subjected to speculation, false leads, and nonstop media coverage.

With all of the news stories and talk of crazy conspiracies, much of the world has forgotten what this story is at its core: a tragedy and loss of human life.

While relatives of the victims sit in relentless anguish waiting for closure, newscasters apathetically report anything that comes their way without giving much thought to the validity of it.

News stations have even played with the alien abduction theory, a conjecture so ridiculous that Flight 370 is beginning to feel more like a show on the SciFi Channel than it does a tragedy.

I can't even begin to imagine how the families and friends must feel when they hear such stories on the news.

Additionally, as these poor people are going through the hardest, most trying time of their lives, the media has the nerve to fling flashing cameras, microphones and film equipment in their faces as they struggle to say a few words in between their wracks of sobs.

When I see videos of crying widows, hysterical mothers and solemn fathers all waiting to hear the ultimate fate of their loved ones, I cannot believe that anyone would want to watch this footage.

The media needs to find a way to handle the matter more respectfully.

No more absurd theories. No more painstaking clips of loved ones crying. No more false information; just the truth.

If honest and valid journalism is not enough to win viewers, then I don't know what is.

# Binge-watching Netflix results in wasting days of valuable time

By Rebecca Even  
INDEPENDENT EDITOR

As senior slide sets in and I am growing more and more excited to leave high school and start college, I find myself having less and less homework with which to occupy myself. I find myself with more free time after school, and to escape the boredom, I turn to Netflix.

After coming home from my extracurricular activities, I sit down and unwind with an episode of "Parks and Recreation," telling myself I will watch one episode and then do something productive. Before I know it, one episode has turned into four, it is getting dark outside, and I have succeeded in wasting the day.

Binge-watching is not just a problem; it is an addiction. At this point in the school year, I have little to gain from buckling

down and getting my work done. There is simply no work for me to do. College decisions have already been made, and the year is winding down.

Despite my lack of motivation, I hate the idea of sitting in my room and staring at a screen for hours on end. I would rather enjoy the remainder of my senior year by spending time with my friends, reading a book, or getting out of the house. But I have fallen down a seemingly inescapable hole of amazing, addictive television shows.

My goal for the rest of the year is to distance myself from my laptop and from television. I'm waiting for the weather to

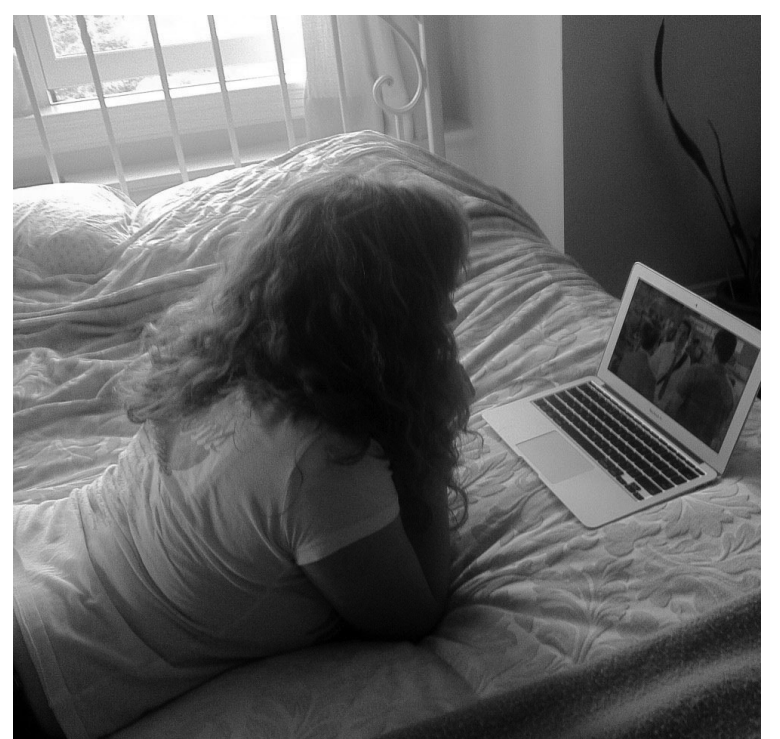
get better so I can spend more time outside, away from electronics.

Binge-watching, while enjoyable in the moment, leaves me feeling as though I am wasting my life in front of a screen, absorbed in other people's fictional lives. I have started to like fictional television characters more than the real people I know, which probably means it is time for a

change.

It's going to be a hard habit to break, but I could get so much more done if I tutored or organized fundraisers for the National Honor Society instead of ruining my vision on my laptop. The possibilities are virtually endless.

**Binge-watching is not just a problem; it is an addiction. At this point in the school year, I have little to gain from buckling down and getting my work done.**



REBECCA EVEN PHOTO

Though there are plenty of activities for students this spring, many students find themselves consumed by watching Netflix.

# Sailing continues success with recent races

By Connor Senay  
INDEPENDENT ASSISTANT EDITOR

After a chain of solid races early in the season, the sailing team continued their success as they picked up two sweeping victories over the weekend of April 12-13. This is the first time the team has split the varsity squad, meaning they send the team to two different races at the same time and won.

Junior captain Cam Holley, senior Luke Andersen, freshman Shane Macleod, junior Will Kiley, freshman Gillian Winn, and sophomore Ethan Andersen all competed in the meet on Saturday against Sharon and won 5-0.

**‘We treat each practice as serious as any race, and we’re always focused on getting the most out of every day.’**

-CAMERON HOLLEY

Against Hingham were junior Lucas Martz, freshman Cole Charlton, senior captain Quinn Andersen, junior Andy Creighton, freshman Sam Prudden, freshman Meehan Irose, and senior Emily Arntsen, who also won 5-0.

These two victories over the weekend continue their sweeping streak. Just last Tuesday, the team had a match against St. John’s Prep and beat them 5-0. Holley talked about preparation in practice. “Basically, everything we do is to prepare for races. We treat each practice as serious as any race, and we’re always focused on getting the most out of every day,” Holley said.

Senior captain Quinn Andersen also addressed the team’s



COURTESY OF SARAH CREIGHTON

The sailing team practices in Manchester Harbor. Junior Cam Holley stressed the importance of preparation for all their meets.

overall state. “We’ve been having great in-house practices and we’ve done well in our season, but we still have some tough meets coming up,” he said.

Coach Kevin Dooley feels good about the team’s current success. “Our in-house training races are really paying off. We now have two very evenly matched squads that are as tough to beat as any other team in the top eight. This week we are preparing for our toughest challenge of the regular season,” Dooley said.

The matchups for the team this week are against Tabor Academy, one of their rivals, Duxbury, and this Saturday against Martha’s Vineyard.

At the moment, the team’s record is 8-2, and according to the New England rankings, they are No. 6 out of all competitors. If they are in the top eight by May 12, they will advance to the Mark Trophy New England Championships.

# Girls’ tennis starts season with several wins

By Hannah Riordan  
INDEPENDENT EDITOR

Following their first few matches, the girls’ varsity tennis team has articulated their goals and updated their expectations for the remainder of the season.

On Friday, April 4, the team lost 2-3 against Masconomet in a non-league match played at home. Last year, the team went undefeated in the regular season with a record of 22-0; senior Rachel Daley said that starting the season with a loss was “tough,” especially as the winners of last year’s Division III state title.

Coach Philip Logsdon said that large schools like Masconomet can often be the most difficult to defeat.

Daley lost at first singles to Masconomet’s Danielle Dunn, who Logsdon said is likely to receive league MVP.

“Her [Daley’s] approach and athleticism came to the

fore in the second set, as she drove many long battles into extended games,” Logsdon said.

Senior and captain Kendall McCormick won at second singles. “She moved up from No. 3 singles last season and is settling in well to the new position,” Logsdon said.

McCormick remained optimistic after the team loss. “It was a pretty close loss, so I think it just made us more motivated to beat them the next time we see them, which is later in the season. We’ve been working hard to make sure we redeem ourselves,” she said.

During the first week of league matches, the team played Amesbury twice: once in a league match on Wednesday, April 9, and once in a non-league

match on Fri., April 11. The team won both matches, which McCormick said helped them achieve the redemption she mentioned, and to get them ready for crucial, upcoming matches.

Players continued their two-match winning streak when they triumphed over Rockport on Mon., April 14. Daley said that despite windy weather, the “girls were able to stay focused.”

Captains and players anticipated matches against rival teams such as Lynnfield, citing confidence from their wins as a boost to team morale.

“We still know who our toughest matches are going to be against. Lynnfield and Masco are the strongest teams we’re going to play. We really need to beat

**‘We really need to beat Lynnfield to make the state tournament this year.’**

-RACHEL DALEY



LILA HUGHES PHOTO

Senior Rachel Daley attacks the net and volleys the ball back to the other side. Daley moved from No. 1 doubles to No. 1 singles.

Lynnfield to make the state tournament this year,” Daley said.

Logsdon said that the team has several goals for the remainder of the season, including the state

tournament, and that it will aim to “get stronger with each stroke, to think ahead to each placement, and to move quickly to winning opportunities in the forecourt.”

# Boys’ tennis opens their season with multiple wins

By Sara Stanton  
INDEPENDENT STAFF

Three wins begin the boys’ tennis team’s success with a victory of 3-2 against Masconomet, 5-0 against Amesbury, and 5-0 against Pentucket.

Over the last weekend in March, the boys competed in the MAC Jamboree. They lost to St. John’s Prep after beating Marblehead and Pentucket.

According to coach Robert Bilsbury, the team’s rivals this year are Pentucket, North Reading, Masconomet, and Triton.

According to Bilsbury, the line-up for the team is flexible because there are still many challenge matches to be played.

The game against Masconomet on April 4 ended in the boys winning 3-2. Junior Michael Fuca played No. 1 singles and won (6-0)(6-2), freshman Dewey Komishane won at No.



SARA STANTON PHOTO

Members of the boys’ tennis team practice their ground strokes from the baseline. The team does this drill in pairs on the court.

2 singles (6-2)(6-4); and eighth-grader Garrett Lamothe lost at No. 3 singles; First doubles won with junior Jeffrey Durkin and sophomore Jake Rich

(6-4)(6-4), and second doubles junior Winston Feuerbach and sophomore Azzie Economo lost. “Our goal this year is to go deep into the state tournament

and win the league,” Rich said.

According to Bilsbury, the boys are all doing tremendous and will play some great matches.

The boys also won the CAL Individual Open for the second year on Sat., April 12.

Members of the team are optimistic about their standing and potential in the Cape Ann League matches,

which constitute the majority of their season schedule. They look to their ability as the primary factor of their potential success.

“The team has a lot of talent, and we can definitely do some damage in the league this year,” captain Seth Cohen said. Against Amesbury on April 9,

the boys had a win of 5-0. Fuca, at first singles, won (6-0) (6-1); Dewey Komishane won second singles (6-0) (6-0); and Justin Eichenberger won (6-0) (6-1) at

third singles. First doubles team Garrett Lamothe and Winston Feuerbach won (6-1) (6-2), and second doubles Azzie Economo and Josh Brewster won (6-4) (6-1).

On April 14, the boys won 5-0. Fuca won on first singles (6-3) (6-1); Komishane on second singles (6-3) (4-6) (6-4), and Lamothe on third singles (6-4) (6-0). Durkin and Cohen won on first doubles (6-3) (6-2), and Rich and Eichenberger won second doubles (6-3) (6-1).

**‘The team has a lot of talent, and we can definitely do some damage in the league this year.’**

-SETH COHEN

## Track team hopes to continue success after first two meets

By Zack Even  
INDEPENDENT EDITOR

Gloucester and Manchester's co-op track team has started the season well, according to coach Jeff Destino.

The boys' team won against both Beverly and Winthrop, and the girls' team won against Winthrop but lost against Beverly.

"We're starting off the season really strong, and we're looking to build on that,"

said captain Fiona Davis, a senior at Manchester Essex.

While the girls' team may have been unable to defeat the Beverly girls' team, which just won the winter Northeast Conference Championship, Davis was not disappointed with the team's performance.

"They're the best in the league, but we held our own," she said.

In addition to winning meets, Destino was excited that a number of athletes on the team have already qualified for States just a few weeks into the season.

"There have been some nice

performances so far," he said.

Davis and junior Olivia Lantz both qualified from Manchester Essex.

Davis has qualified in the two-mile race, and Lantz has qualified in the two-mile, the one-mile, and the 800-meter races.

A number of Gloucester students have qualified as well, including junior Gloria Kabulo, freshman Carly Curcuro, junior Hannah Pasta-

**'As Manchester runners we bring a lot to the table... [The two teams] blend very well.'**

-PARKER MALARKEY



COURTESY OF CARY BRANCALEONE

Gloucester boys and girls runners start the two-mile against Beverly. Sophomores Charlie Davis (left) and Connor Senay (right) and senior Fiona Davis (right) are among the runners. Gloucester runners include Carly Curcuro and Willy Pierce. The boys' won the meet while the girls lost theirs.

gal, and senior Josh Rudolph.

Junior Parker Malarkey, who is participating in the co-op program for the first year, was impressed by how well the Manchester Essex and Gloucester runners work together.

"As Manchester runners we bring a lot to the table... [The two teams] blend very well," he said.

Both Malarkey and Davis were also enthusiastic about Gloucester's new track and field complex, which, against

Winthrop, allowed the team to have its first home meet in nine years, in which both the girls and the boys picked up a win.

"The important thing is the kids are working hard and enjoying themselves," Destino said.

## Boys' lacrosse team hopes to come back from slow start to season



OSCAR HEANUE PHOTO

Sophomore Chris Milne warms up in a drill in lacrosse practice. The boys' lacrosse team has been working and practicing daily in their efforts to improve their record over last year's 2-15 record.

By Oscar Heanue  
INDEPENDENT EDITOR

After a slow start to their season, the boys' lacrosse team hopes to move forward and produce a winning record. The team currently stands at 1-4, after losing their first four games of the season.

Despite the team's disappointing start, hope remains for the team after they snapped their losing streak with a 4-3 win over Whittier on April 12.

The team has been looking at the positives and hopes to carry the energy from their win into their upcoming games.

"This hasn't exactly been the start that we hoped for, but I believe in our team and I think that after Saturday's win we can really turn it around over the next couple weeks," senior captain Chris Dumont said.

Though the losses have

been frustrating for the players, the boys still remain optimistic about their season.

"It's been tough losing the first few games, especially the games

that have come down to a couple of plays in fourth quarter. I think that these next few games will go our way, though, as long

as we keep playing hard and stay focused," sophomore midfielder Jack Hennigan said.

With this rough patch behind them, the team is hoping to come in especially strong in their next few games, particularly when facing CAL rivals Pentucket and North Reading.

"I think it's important for us

not to dwell on the past. We need to keep practicing and always stay focused on the next game," Dumont said.

Both the players and the coaching staff are working hard to help the team improve and help the boys' post a winning record.

"Our assistant coach, Steve Driscoll, has done a great job of coaching the younger kids and shaping a lot of our younger talent. I think that

with young players developing like that, it really bodes well for the team's future," Coach John McCavanagh said.

With the season now underway, the team will hope to improve upon last year's 2-15 record. They have upcoming home games against Pentucket and North Reading on April 15 and 17.

**'It's important for us not to dwell on the past. We need to keep practicing and always stay focused on the next game.'**

-CHRIS DUMONT

## Girls' lacrosse continues success after an undefeated start to season

By Ethan Andersen  
ASSISTANT EDITOR

Starting the season with an 11-9 triumph over Marblehead High School, girls' lacrosse team hopes to continue success, according to coach Sarah Holch.

The win against Marblehead was the first victory in the program's history against that team. Holch believes the team's seniors were to credit for the victory.

"All of

our seniors had excellent games. In the past we have had a tough time at the start of the game, but this year our team came out 110% from the first whistle. I do not think Marblehead

**'We have a lot of senior leadership, not just the captains. This will help to ensure everyone is committed and able to contribute to our success.'**

-TAYLOR MEEK

knew what hit them," she said.

Holch was impressed by performances by senior captains, defensive players Lila Hughes and Sophia Guerriero, and goal keeper Katie Furger.

Continuing their success, the girls picked up two more wins.

They won 13-9 against Newburyport and 11-4 against Lynnfield. They have reached double digits in score each game, and their current record is 3-0.

Attack player senior captain Britany Smith has

confidence in her team's ability to shake off the rust and pick up where they left off last year. "I think our game needs to improve on our transitions from defense to midfield and then to offense.

Once we accomplish that, we'll be much better off," she said.

According to Smith, the team is looking for two consecutive Cape Ann League title as champions. They also want to progress further into the state tournament than they have in previous years after getting knocked out in semifinals.

Co-captain, senior Taylor Meek, also an attack, thinks the team has a good shot because of an abundance of leaders. "We have a lot of senior leadership, not just the captains. This will help to ensure everyone is committed and able to contribute to our success," she said.

Meek hopes to redeem the team's losses against rivals such as Masconomet. Other rivals include Hamilton Wenham and Ipswich, whom the team beat last year, and Marblehead, whom they already beat this year.

According to the coach, these matches should be less of a



SABRINA PALLAZOLA PHOTO

Sophomore Jenny Cochand carries the ball down the field in the girls' lacrosse team's game against Lynnfield. The team hopes to improve upon last year's success this spring season.

problem this year. "I think we'll do well against Masconomet and Marblehead this year," Holch said.

Meek, due to the early victories, has confidence in her team and is excited about what the

future holds. "We had two good wins last week and are looking for the same strength and intensity we showed," she said. The girls hope to continue their early season success in upcoming games.

## Baseball continues to work hard despite early record

By Sarah Williams  
INDEPENDENT STAFF

Varsity baseball began the season with a 0-4 record.

As of March 19, baseball has been busy training to have a winning team.

In the first game of the season on March 11, they lost, 3-0 against Amesbury, in a recent press release coach Robert Garrett said, "The Hornet's offense was unable to support sophomore Brandon Bartlett's strong outing on the mound. Bartlett threw 6 and 1/3 innings, giving up just two hits and two earned runs while striking out seven."

"Offensively, senior Liam Logue was 1-3 with a double, and junior captain Craig Carter and senior Mike Leobelenz each

added a single," Garrett said.

Their second game was a 15-6 loss against Lynnfield High School on March 12. "The Hornets jumped out to a 2-0 lead after the first half inning, but the pitching staff and defense was unable to hold the lead," Garrett said.

In the game on March 14 they lost against Ipswich with a score of 14-3, and again on April 14 with a final score of 12-3 at Memorial

Field in Essex.

The team faces strong competition. "The bigger schools we play -- Cape Ann [league schools], North Reading, Masco -- they are always very good, as well as our rivals Georgetown and Rockport."

"Our rivals like Newburyport

and Georgetown are going to be tough opponents. They always have good teams," senior Liam Logue said.

After the first week of the season, the team chose three captains: junior middle infielder and pitcher Craig Carter, junior pitcher Domenic Cirone, and senior third base pitcher Kevin Carter.

Kevin Carter explained his role as captain. "It is up to me to lead by example and be approachable by all players on varsity and junior varsity with any issues they have. Sort of like a coach," he said.

Cirone added that the captains also get everyone organized; for example, by indicating schedule changes for practice or game times.

Craig Carter has many goals for the team. "A goal would be to show up to every game ready to play and leave nothing on the field at all times," he said "Baseball is a team sport, but when it is your turn to step up, it is up to you to deliver."



COURTESY OF BRANDON BARTLETT

Junior Domenic Cirone gets ready to swing off an incoming pitch.

## Softball team begins season with fourth coach in four years

By Emily Jaworski  
INDEPENDENT STAFF

New varsity softball coach Mike Harrison has agreed to lead the team this season.

Harrison has coached softball on and off for 20 years; he was a baseball coach for several years, working at Emmanuel College, MIT, UMass Lowell, and Lasell College.

He said he enjoys coaching and is looking forward to providing the best venues for the new players to learn more techniques in this year's softball season.

Being the fourth coach in four years for the seniors, he said he is also determined to maintain the position in the future.

Scrimmaging away against Gloucester on Mon., April 7, in their first unofficial game of the program, the team lost 3-2.

"I don't play my programs



COURTESY OF ISABELLA HICKEY

Senior captain and pitcher Paige Zaval crouches at the plate during an away game versus Rockport.

by wins and losses but by people who take it seriously and people who have a dedication for the

sport," Harrison said.

Their first official game was scheduled for Wed., April 9, at

home against Ipswich, but it was postponed for another time due to weather conditions.

At their game on Fri., April 11, at Rockport the girls played a close game, but lost 2-1, according to sophomore and leftfielder, Isabella Hickey.

"He's teaching us stuff that the world class professionals have done who play in the international league," sophomore and right fielder Molly Lynch said.

According to senior captain Samantha Taylor, the coach has stressed the importance of mechanics in the softball team's practices.

"The new coach is helping a lot; he's very knowledgeable. We're working a lot on mechanics," Taylor said.

Harrison said he is excited to start the season off with his introduction to not only enhancing the player's abilities, but also boosting their confidence.

"I try to build the kid's confidence, since they've had three or four different coaches in the past," he said.

## Ultimate frisbee starts season 2-1, defeating Pingree and Beverly



LONDON KOMISHANE PHOTO

Freshman Tyler Malik marks an opponent.



LONDON KOMISHANE PHOTO

Junior Ben Alger and eighth-grader Tim Reilly go for the disc during a match with Beverly in extreme wind.



LONDON KOMISHANE PHOTO

Freshman David Laforge tries to pass to another player.

# You Know You Love YouTube

## The Slow Mo Guys stretch time to create extraordinary videos

By Lila Hughes  
INDEPENDENT EDITOR

Uncovering frame by frame how the laws of physics work on the objects around us, The Slow Mo Guys have successfully created a Youtube channel that makes videos specifically on moving objects in slow motion.

All the videos consist of two British men named Gav and Dan who give a funny edge to each video and show their audience what they're going to be shooting in slow motion and how they will be doing it.

Gav and Dan come up with different projects to record, such as shooting a gun under water or filming different colorful paint fly up and down on a speaker play-

ing loud music, and then convert them into slow motion videos.

Since the creation of the channel on Aug 15, 2010, it has received 3,741,831 subscribers and 352 million views.

What makes these videos so unique are the objects and situations that both Dan and Gav choose to shoot. For example, their latest video called "Mouse-trap Chain Reaction," was of Dan slamming both his hands down on a table full of mouse traps, and capturing them all being set off at once and fly in the air.

They shoot all their videos in HD using high-speed cinema cameras. They do not use any software to edit their movies; rather, it's all done on camera, and they use a Phantom Flex that shoots at 2,500 frames per second.



YOUTUBE.COM

Dan and Gav from the YouTube channel "Slow Mo Huys" blow up a watermelon with explosives in their video "Rubber Bands vs. Watermelon" then slow down the footage to make mesmerizing videos.

Another interesting video that received 5 million views is called "Super Hydrophobic Surface and Magnetic Liquid." Dan and Gav were sent to a researching lab in New York by General Electric in order to film a video on their technologies.

Hydrophobic material is made up of tiny nanoscopic hairs that bounce off of air so that liquid bounces right off of it. In the video, they put coloring into water and pour it onto the surface, showing the slow motion of water droplets bouncing in tiny balls.

The camera doesn't record any sound, so they add mesmerizing background music to their videos. What makes these videos so intriguing is the quality of the cinematography but also the simplicity of the idea behind making slow motion videos into works of art.

## Junior artist Julia Whitten experiments with different mediums, styles



JULIA WHITTEN PHOTO

Junior Julia Whitten used colored pencil to create this image of a surreal robot-human with a koi fish coming out of its chest.

By Sofia Del Valle  
INDEPENDENT EDITOR

Junior Julia Whitten is a completely self-taught artist.

Her interest in drawing began during her freshman year of high school. She was inspired by work done by Jamie Rynkowski, a senior at the time, and she decided to teach herself cartoonism.

Another inspiration of hers is Jamie Hewlett, the graphic design artist for the band, Gorillaz.

"I like to take on different styles. After learning cartoonism, I got more into realism and returned to doing charcoal drawings," Whitten said.

Whitten has also more recently started doing pencil sketches.

"Julia pays impeccable attention to detail," art teacher Marion Powers said.

Powers had Whitten as a student in her Art Foundations class when Whitten was in ninth grade, and according to Powers, Whit-

ten has admirable work ethic. "She is very dedicated," she said.

According to Whitten, she learned her craft mainly through repetition and has gone through at least 30 sketchpads since she began drawing.

Despite her immense talent, art is not something Whitten wants to pursue professionally.

"I keep art as an outlet for myself to stay sane. I am more science-oriented," she said.

In the meantime, however, Whitten hopes to have some of her pieces hung in the Starbucks in North Beverly.

"One of my ideas is to create pieces of various facial structures that match the qualities of different flavors of coffee," she said.

Whitten also had the oppor-

tunity to participate in a wearable art fashion show this fall with three other high school students.

She modeled a dress she created out of cartoon drawings.

"Over the years, Julia has greatly improved. She has developed a unique and beautiful style of her own, and I am lucky that I get to see her grow as an artist,"

**'One of my ideas is to create various facial structures that match the qualities of different flavors of coffee.'**

-JULIA WHITTEN

said freshman Sasha Ball, a close friend of Whitten.

Eventually, Whitten hopes to learn about sculptural work, a type of art she has never tried.

"The architectural and design aspect of creating sculptures I find interesting, and it's a source of inspiration for my own work," she said.

## Cape Ann Chamber of Commerce holds contest for new license plate

By Lila Hughes  
INDEPENDENT EDITOR

For the second year in a row, the Cape Ann Chamber of Commerce invited and encouraged the Cape Ann community to create a unique design for a new license plate.

The competition was open to the entire community, including both beginning and experienced artists. All proceeds for the contest will be used for promoting Cape Ann and communities such as Gloucester, Essex, Manchester, and Rockport. The project was introduced last year but is now being perfected under new Chamber CEO Ken Riehl.

The Cape Ann License Plate Committee chose five finalists, with a prize for the winning design of \$1,000 and the two runners up receiving \$250.

A separate subcommittee is responsible for choosing the three winners out of the five.

According to art teacher Tamera Burns, there were about 20 submissions from the graphic design class. None of the license plates that were chosen for winners were students.

Burns attended the showing of the license plates at Cruiseport in Gloucester and saw the five pieces that the subcommittee will be choosing from. She said that although none of the students who entered placed in the contest, they came very close.

"We get a growing number of contest invitations because more and more businesses are tapping into high school talent," Burns said.

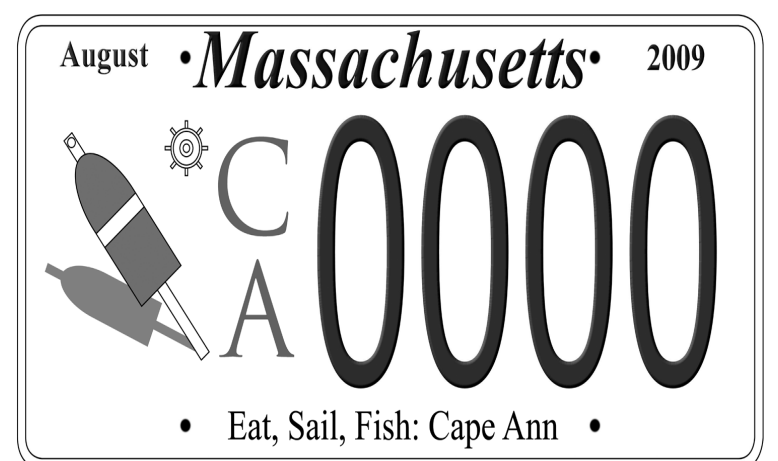
Senior Michael Phelan created an image of a buoy with a simple shadow underneath for the con-

test. Other stand out pieces included the Gloucester serpent, which was a mythical creature painted on the rock in Stagefort Park.

"The prize for the contest was definitely motivation to try really hard on the project, but I just thought that a buoy would represent New England and would look good on a license plate," senior Michael Phelan said.

Graphic design students use Adobe Illustrator in creating their graphic images. Before starting the license plate project, Burns showed the class examples of license plate designs that already exist.

"The assignment was to create an icon that encapsulated Cape Ann, so I decided to represent that by creating a sand dollar. I thought it was really cool to do something in class in terms of real world application," junior



MICHAEL PHELAN PHOTO

Senior Michael Phelan used Adobe Illustrator to create and design a license plate for Cape Ann, adding the caption "Eat, Sail, Fish."

Devon Musgrave-Johnson said.

Burns plans to print out all the license plate projects into posters with the new color printer and hang them up in the first floor hallway. "Sometimes students struggle

with the question of why am I doing this? Something like this contest was really fun, and it's project-based learning, which breaks down the walls of school and brings in real life," Burns said.

## Band and chorus perform at spring concert

By Tasha Statz-Geary  
INDEPENDENT EDITOR

At the annual Spring Concert, during which seniors usually bid their farewells to the programs, the chorus, SoundWaves and band performed, but this year the concert also ended with a surprise.

The performances, which took place in the auditorium on April 10, started with the chorus, which was conducted by music teacher Donna O'Neill.

The chorus sang "Alleluia," "Ching-A-Ring Chaw," "Danny Boy," and "Make Them Hear You."

The SoundWaves, the a cappella group also led by O'Neill, then performed "Cecilia," "The Parting Glass," and "1,2,3,4."

"I thought both the chorus and the SoundWaves did beautifully with challenging material, and I'm going to miss all our seniors dearly," O'Neill said.

After a 15-minute intermission, the band, led by director Joe Sokol, took the stage, starting off with the traditional "Star Spangled Banner."

Next the band played their medley of three classic military songs in "Those Magnificent Marches," "Summon the Heroes," "Highlights from Grease," "Be Our Guest," and "New York, New York."

"I think we played exceptionally at the concert. We've been preparing for this concert for months, and we really wanted to play a good one to thank Mr. Sokol for the amazing trip to New York City some of us went



COURTESY OF SARAH BECKMANN

The SoundWaves practice "Cecilia" by Simon and Garfunkel.

on," junior Libby Dulski said.

After the band finished with "New York, New York," Sokol announced where all of the senior band members would be attending college and wished them well.

Seniors Julia Paccone and Chris Dumont then expressed the graduating class's gratitude for having Sokol as "an amazing" band director, and at the end they presented him with a gift of two tickets to a Bruins' game.

"The gift they gave me was very thoughtful, and overall the concert went very well. It's never easy combin-

ing the night band and day band, but I think that we did so successfully this time," Sokol said.

At the very end of the concert, once he was done speaking about Sokol, Dumont pulled a red rose out of his jacket and asked

his senior girlfriend and chorus member Hannah Parker to prom.

"I was very surprised and had no idea that he was planning on asking me that night! I figured out later that everyone

knew but me. I'm very excited to go to my senior prom with Chris," Parker said.

**'I thought both the chorus and the SoundWaves did beautifully with challenging material.'**

-DONNA O'NEILL

## WEBSurfer

By Connor Senay  
INDEPENDENT ASSISTANT EDITOR



## GraphTV.com

Graph TV is a brand new website perfect for when you're trying to decide what TV show to start on Netflix, On Demand, or just on network TV. The homepage simply features the title of the website in big letters and a search bar. Type in whatever TV show you wish to find reviews on, and it will display a graph of assorted ratings. It takes the average ratings by episode from users on IMDB and plots the points based on the highest and lowest ratings out of 10. Breaking Bad on AMC, for example, ranges from about an 8.25 out of 10 all the way to a perfect 10/10. GraphTV gives you the feedback you're looking for with just a quick search and a click.

## SilkInteractive.com

Silk Interactive fully satisfies the artistic desire users crave while browsing the Internet. Start by dragging your mouse in any pattern you choose, and release the mouse. Click on the Controls button to change the color and blend multiple colors together. There is also a setting to change the symmetry for each line, so the drawing can either be abstract or with a symmetrical form. Draw as few lines as possible, or layer them on until they're indistinguishable from each other. Either way, it's a blank canvas waiting to be drawn on.

## 2048Game.com

2048 started the craze that is sweeping the nation, or at least our school. Now popular on the App Store, 2048 is an addicting puzzle game that can take up numerous hours of your day. The object of the game is to combine like numbers, and the board usually starts off with either a set of 2s, a set of 4s, or a combination of the two. Eventually, the numbers increase on the number line - 2,4,8,16,32,64,128,256,512,1024, and finally ending with 2048. The player must be mindful of the board so it doesn't fill up, leaving no more possible combinations. It is a game of strategy that is quite easy to get lost in.

## Apps of My Eye

Cool apps for a smartphone or tablet

By Rachel Daley  
INDEPENDENT EDITOR



### Map My Run

Map My Run is the ideal app for runners. This free app works as a GPS, pacer, calorie counter, elevation profiler, and weight tracker. All you have to do is press start, and the app will automatically start gathering information on your workout. The most helpful features are probably the pacer and the route tracker, as these are usually only available to you by using an expensive GPS watch. Map My Run gives you both your current and average paces for your workout, something that no other free app does. There's a reason why this app is ranked at the top of the Health and Fitness category in the app store, and it's probably because of its accuracy and plethora of unique and useful features.



### TED

We've all seen TEDtalks before, but now over 1,400 TEDtalks videos are available on the TED app, which is free for all smart phones and tablets. With this app, you can listen to lectures from education radicals, technological geniuses, medical mavericks, business gurus, and music legends at the touch of your iPhone screen. You can scroll through hundreds of videos, make your own playlist, and download audios to your phone with TED. Also, you can search for videos by how long you want the talk to be or how much free time you have, making the app extremely convenient. TEDtalks are informative and intriguing, which is why you should download this app today!



### Chipotle Ordering

We all love a good Chipotle burrito, and now we can order our favorite combination from our iPhone or iPod! The Chipotle Ordering app allows you to pre-order and pre-pay for your Chipotle order, which means when you arrive to the nearest Chipotle, you won't have to wait in line or pay. The app has several useful features, including a GPS to locate Chipotles near you, nutritional information on your order, and an interactive and easy-to-use menu. I thought it wasn't possible, but this app makes the Chipotle experience even more awesome. Just think, you get the same burrito, but 10 times faster!