

Co-teaching helps students comprehend information

By Ellen Burgess
INDEPENDENT EDITOR

Co-teaching is a new model of collaborative teaching in the classroom that the school has recently adopted. In most college prep level classrooms, a special education teacher works with the academic teacher to help students with an IEP (individualized education program) to better understand the material.

The new head of the special education program for the district, Allison Collins, is helping to further incorporate this new program into the schools.

One of the teachers incorporating co-teaching into the classroom is sophomore biology teacher Dr. Maria Burgess. She is working with special education teacher Jared Harvey.

“It’s definitely very different. We’re still in the beginning phases, so it’s a little awkward right now, but I think when we’re more used to the program, it will definitely help a lot of students,” Burgess said.



ELLEN BURGESS PHOTO

Dr. Maria Burgess and Jared Harvey utilize the new co-teaching program. Co-teaching is a new program in which special education teachers help students with IEP’s better understand material.

According to Burgess, the main goal of the program is to help students in the classroom by presenting the information in a number of different ways. The

new method is not restricted to students with IEP’s but helps all students who may have different learning styles.

“In a classroom, there is a

content specialist, the core teacher, and a skills specialist, the co-teacher. They use multi-modal instruction, which uses visual, auditory, kinesthetic, and

tactile instruction in the classroom,” Harvey said.

Sophia Guerriero, one of Burgess’s sophomore students, said the new method of teaching is working.

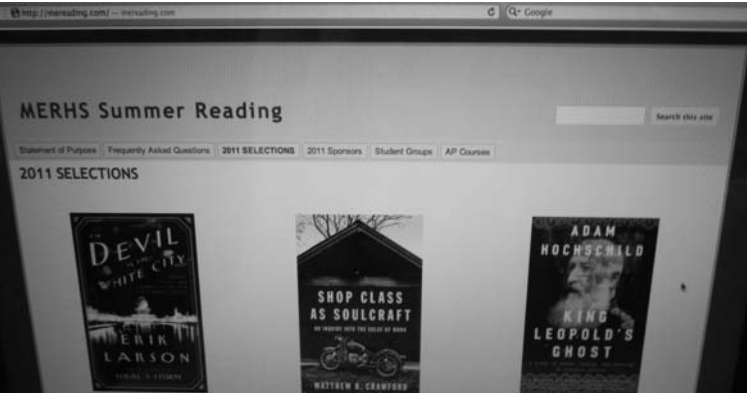
“I think the way the two teachers teach together is really working. It helps explain the material in a different way so that people with different learning styles can understand it,” Guerriero said.

High school math teacher Sarah DeLuca is co-teaching with Robert Garrett in her freshman and sophomore classes.

“During one lesson, Mr. Garrett and I broke it up into two parts, so he was teaching the formula, while I was teaching why it works,” DeLuca said.

According to DeLuca, student feedback was positive, saying they liked the contrast of the two teachers and activities.

“The ultimate goal is for co-teaching to be used in all classrooms. The program is relatively new, but we caught it early, so our school is incorporating cutting-edge technology before most others,” Harvey said.



KENDALL MCCORMICK PHOTO

Summer reading selections transition online

By Landon Komishane
INDEPENDENT STAFF

Summer reading underwent a change this past year when, for the first time, it transitioned onto the web.

In years past, students chose their books through a display in the school library. This year, however, every selection was posted online.

Students and teachers were able to access six tabs on the website including Statement of Purpose, Frequently Asked

Questions, Selections, Sponsors, Student Groups, and AP courses. When browsing the selections, students could click on a book cover, which linked them directly to a summary and review of the book.

“It’s easier because you’re right there and you can basically search what the book’s about,” sophomore Molly McCoy said. According to McCoy, it was easier for students to both decide on which book to read and later to see who their teachers were.

Daniel Jewett, history department chair, created the website. “I tried to create something that I

was hoping would be helpful to people,” he said. Jewett said he got the idea from a website that he had created for himself for the classes he taught.

Summer reading choices are now online. This past summer was the first year in which all book choices and teacher assignments were on the Internet. In addition to the summer reading that everyone does, all classes assigning summer work post their requirements online. In past years, none of this information was online; instead, it was on paper or done in the library.

was hoping would be helpful to people,” he said. Jewett said he got the idea from a website that he had created for himself for the classes he taught.

According to math teacher Rick Brown, these were changes that benefitted students, thus making it a stronger program.

“Students were able to view their selections at their own leisure and take more time to determine which books they wanted to read,” he said.

History teacher Jennifer Coleman said the summer reading format this year was not only

SUMMER READING, PAGE 3

Debate program changes under history department

By Kendall McCormick
INDEPENDENT STAFF

After having three coaches in the past six years, the speech and debate team has entered a new era, and unveiled a new structure this year.

According to debate advisor and social studies department chair Daniel Jewett, four teachers each teach debate to one grade.

Jewett is the debate adviser, social studies teacher Jen Coleman is the travel coordinator, social studies teacher James Wallimann runs finance for the team, and former coach Tim Averill will run the Averill Invitational, the team’s home tournament.

Social studies teacher Jessica Tran, social studies teacher Lauren Dubois, and middle school special education teacher Kim Henry will help out chaperoning.

Jewett said that the idea of this model came up in 2005 after the departure of Averill, and then the idea came up again last spring.

“After it was clear that [former coach] Cooper was not coming back, [Principal] Lee and I had a conversation about what debate could look like,” Jewett said. “We spent a lot of time talking about it, and then we talked with the social studies department about it. We ended up agreeing to this new model. We want to create a model that has high expectations for students and to ensure that they enjoy learning.”

There was a lot of preparation in order to teach debate, according to Coleman.

“We met a lot during the school year as we were getting ready to create this model,” she said. “Over the summer, each of the teachers got 20 hours of professional development where we met for the organization of this team.”

DEBATE, PAGE 3

NEWS

New teachers
-page 2-



FEATURES

Senior fundraising ideas
-page 6-

OPINION

Pro/Con Student-athletes being required to take gym
-page 7-

SPORTS

Fall sports previews
-page 9-



ARTS

New fall fashion trends
-page 11-

BRIEFS

SoundWaves welcome three new members

After the loss of four seniors, the SoundWaves welcomed freshman Tucker Evans, freshman Katie Furber, and junior Devin Kelley to the group.

“This year the auditions were truly amazing,” O’Neill said. “The singers were very well prepared and serious; there was tremendous talent but, unfortunately, there were only two to three spots open this year because of all the returning seniors, most of whom have been in the group since it was established in 2008-2009.”

Kelley was thrilled to earn a spot in the SoundWaves.

“I couldn’t believe it when I heard I was offered a place in the group,” she said.

According to O’Neill, rehearsals are going well and new and veteran members are working great together.

The group is still in search of a beat boxer. Senior Emmett Snyder was the beat boxer but switched to singing after his vocal abilities flourished over the past year, O’Neill said.

The SoundWaves will perform at the Spaulding Night of Stars on Oct. 23.

According to O’Neill, the group will perform two pieces that showcase the group’s various styles; one a more serious song with thick harmonies and the other a popular piece with more movement.

The group is also preparing holiday selections for their winter concert and the Friendship Tree Lighting.

Math team competes at Pingree

The math team started the year with their first meet on October 6. According to head of the math department, Dan Lundergan, the team finished fourth out of seven other schools. They were behind Pingree, Ipswich and Masconomet and ahead of Hamilton Wenham, Rockport and Pentucket.

According to Lundergan, every Thursday the team preps by solving questions in packets composed of problems from previous competitions.

Each set of problems is called a round and at a meet, the team’s individuals encounter six rounds and one team round.

Of the eight competing math students, senior Anya Ciarametaro and juniors Audrey Davis and Dominique Noriega were the top scorers.

NEW TEACHERS:
Experienced teacher joins foreign language department
New teacher uses bilingual abilities to teach middle, high school classes

By Kelly Moore
INDEPENDENT STAFF

Erin Fortunato has joined the foreign language department with a background of teaching and world travel behind her.

While attending Macalaster College in St. Paul, Minn., Fortunato also spent a semester abroad in Madagascar. She then returned to Africa to serve in the Peace Corps for two years and later also visited Kenya.

Fortunato majored in French and international studies, and she said she started teaching as a substitute but had never intended to become a teacher.

Having taught at two other schools, one in Belmont for four years and Catholic Memorial High School for five years,



KENDALL MCCORMICK PHOTO

Erin Fortunato

Fortunato comes with experience. She said she prefers the size of this school, as it allows everyone to know each other. She is enjoying teaching 6th-grade French & Spanish, Spanish II and Spanish III, she said.

According to foreign language department chair Michelle Magaña, Fortunato’s transition here has been fantastic. Fortunato stood out from the multiple applicants last May because she encourages communication skills rather than just grammar.

Magaña is excited to have her as an addition to the foreign language department because “she is positive and fun” and “her teaching style is very similar to our teaching style.”

Students agree with Magaña’s view: “She’s a good teacher,” said sophomore Zackary Appeltoff, “and the school year is going smoothly.”

According to Magaña, it’s not too rare to find double applicants who can teach both French and Spanish these days, but Fortunato’s capability will

become very helpful in the future.

Fortunato said she is currently working on her graduate degree at Gordon College for her master’s in education with a focus in secondary French and Spanish. She is also working at the North Shore Music Theatre and is enjoying the start of a busy school year.

FAST FACTS

- Favorite color: turquoise
- Favorite musicians: Mary J. Blige and Mumford & Sons
- Has 3 kittens

History teacher excited to return after four years, joins debate staff

By Rachel Daley
INDEPENDENT STAFF



FIONA DAVIS PHOTO

Tran is happy to return to the school as a history teacher.

After working at the school from 2003-2007, history teacher Jessica Tran is back. Tran teaches four sections of freshmen World History II and one debate and speech class.

Tran attended Tufts University where she received her master’s

degree in psychology. According to Tran, her interest for history sparked in her senior year in college after she studied a year abroad in Scotland her junior year.

“I went to Scotland because I took all the psych courses I needed to,” Tran said. “When I got back to Tufts senior year, I became interested in teaching history.”

Tran said the school has changed but at the same time not at all. “There are new faces, and the building has changed, but everyone is still positive about learning,” she said.

Before returning to Manchester, Tran worked in

Avon, Connecticut, which she says was “similar to Manchester because they are both suburbs.”

Tran is also teaching a sophomore debate and speech class. “I am new to this subject, but it’s been great to have Ms. Coleman, Mr. Wallimann, and Mr. Jewett to work with,” she said.

Freshmen Samantha Woodman is a student in Tran’s World History II class.

“She’s productive as a teacher and keeps the class motivated with interactive activities,” Woodman said. “She assigns homework which we then have class discussions about the next day; whereas, in other classes we don’t discuss the homework thor-

oughly.”

“I think she’s very enthusiastic, and she makes the classroom an exciting place,” Logue said.

FAST FACTS

- Favorite musician: U2
- Favorite vacation spot: Greece
- Favorite hobbies: Family time and yoga
- Favorite animal: dog
- Favorite season: fall

Returning health teacher brings innovative ideas to high school

By Isadora Decker-Lucke
INDEPENDENT STAFF

Janda Ricci-Munn returned to the high school as a physical education and health teacher this year, replacing Marty Stefan. Ricci-Munn left three years ago

FAST FACTS

- Enjoys riding motorcycles
- Loves air soft guns
- Enjoys kayaking
- Enjoys being challenged by students in class

to become a professional tri-athlete.

“I missed the interactions I had with students and teachers, so when there was an opening, I decided I’d at least apply for it,” Ricci-Munn said of reclaiming his previous job.

A 1994 graduate of Gloucester High School, Ricci-Munn received his undergraduate degree at UMass Amherst, majoring in cultural anthropology. “I did a lot of studies with health and wellness as well,” he said. While there, he also ran cross-country and track and raced for the cycling team.

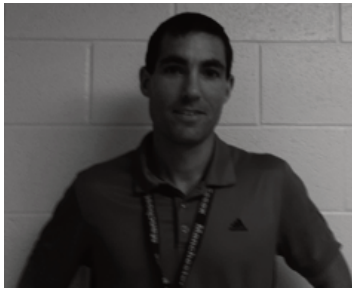
Ricci-Munn has previously

worked as a trainer and physical education teacher and ran his own coaching business that he just recently ended.

“I’m absolutely learning from him,” physical education teacher

M’lena Gandolfi said. “He’s up-to-date on the latest ways to train, and we’re using those in our phys-ed program.”

According to freshman Christiane Noriega, Ricci-Munn is “very nice” and also “very different” from past PE teachers. “He asks our class for our opinions on what games to play and how long we’ll play them for,” she said.



FIONA DAVIS PHOTO

Ricci-Munn is back after three years. He is thrilled to work with students again after leaving to become a professional tri-athlete.

“There’s a lot more communication between Mr. Ricci-Munn and myself,” Gandolfi said. “It’s really great to have a colleague you can bounce ideas off of throughout the day, and that energy is contagious to each other and our students as well.

Special Education department welcomes new staff member

Kwiatek takes on challenges, connects with students, joins brothers on staff



KENDALL MCCORMICK PHOTO
Joe Kwiatek works as a special education liaison, co-teacher, and resource room support staff member. He looks forward to spending time working with students and his two brothers.

FAST FACTS

- Played trumpet in high school
- Will take English certification tests in November
- Enjoys football and basketball
- Looks forward to working with students

By Fiona Davis
INDEPENDENT STAFF

New special education teacher Joe Kwiatek joined the staff this year as part of the new co-teaching model and student services department, becoming the third Kwiatek brother on the high school staff.

Kwiatek attended Beverly High School and graduated in 2006. He then went on to receive his bachelor’s degree at UMass Lowell, where he graduated in 2010.

Kwiatek is not new to the school district.

“I’ve actually worked here for

seven years during the summer with the facilities department, and last year I worked in Brookline at an adolescent psychiatric ward,” he said.

Kwiatek’s brothers Stephen and John work as the district’s network administrator and network technician.

Kwiatek will take on several new roles at the school, according to Louise Vose, special education chairperson.

“There are actually three components to his job: he is a special education liaison, he is a special education co-teacher, and he is a special education resource room support staff member,” Vose said.

Kwiatek is currently co-teach-

ing a geometry class with Rick Brown two blocks a day.

“We haven’t really progressed to the point where we want to be at the end of the year, but we are getting there, so I’m optimistic,” Kwiatek said of his co-teaching experience.

According to director of student services Allison Collins, Kwiatek is a helpful new colleague for both teachers and students.

“I think that he is a great, young, new teacher, who has a lot of positive energy and is very eager to learn. I see him as somebody who connects well with students and teachers, and I think he is a very positive addition to the staff,” Collins said.

Teacher returns to special education department after six-year leave

By Carolyn Heslop
INDEPENDENT STAFF

Returning after his departure from the school in 2005, special education aide and junior class adviser Jared Harvey rejoins the staff this year.

Harvey graduated from Lafayette College in 2002 with a BA in English. Then from 2003-2005 he was an aide here in the special education department. At that time, he co-founded the boys’ lacrosse program, along with history teacher Dan Jewett.

Harvey taught honors literature and senior language arts at Landmark School. Harvey compared his experience here to Landmark, noting that he now is able to have closer relations with a larger group of students in a

much larger community.

“The challenges for me are getting to know all of the students because there are so many more of them this year. The population has almost doubled,” Harvey said.

Junior class president Calvin Lamothe had the opportunity to meet with Harvey regarding the junior class.

“The first meeting went really well. He seemed really prepared and really energized about being the class adviser,” Lamothe said.

Harvey appears to be extreme-

ly excited and enthusiastic about being the junior class adviser, according to junior secretary Dustin Ferzacca. “He came into our junior class meeting wearing a Tom Petty T-shirt, and I thought ‘This is one cool guy,’” Ferzacca said.

Harvey said his goal is to raise around \$2,500 for the junior class. “He has some great fundraising ideas such as class dues, raffles, a spaghetti dinner, and coffee night,” Lamothe said.

“I am excited to be back in Manchester, where I started my career, and I am excited to be working with so many familiar

faces. Coming back to all my previous friends and co-workers made the transition much easier,” Harvey said.

‘He came into our junior class meeting wearing a Tom Petty T-shirt, and I thought “This is one cool guy”’
-DUSTIN FERZACCA

FAST FACTS

- Favorite ice cream: coffee heath bar
- Middle name: Stone
- Favorite song: Green Grass and High Tides by the Outlaws
- Has one older brother
- Favorite movie: Goodfellas
- Played college lacrosse at Lafayette

New teacher joins special education department, coaches JV soccer team

By Max Nesbit
INDEPENDENT STAFF

Recent college graduate Colin Cook is a new addition to the school staff as a special education teacher’s assistant and a member of the boys’ soccer coaching staff.

Cook graduated from Wilbraham and Munson Academy and then attended Springfield College, both located

in Western Massachusetts.

This year is his first year working in a school system.

He is one of the youngest teachers on the school’s staff. “He is a lot more laid back than my other teachers, but I love the way he teaches, and his relaxed style helps me learn,” junior Hunter Coons said.

Cook can be recognized by his pink, yellow, and blue polka dotted backpack. “The backpack

adds style and is hot to death,” Cook said.

In addition to his teaching assistant job, Cook is the JV boys’ soccer coach and assists coach Robert Bilsbury with the varsity team. “I hope my youth and experience as a forward can help the team win,” Cook said.

Bilsbury said Cook brings a new perspective to coaching.

“As a goalkeeper, I have always been focused more on the

defensive side of the ball,” Bilsbury said, “Coach Cook brings excellent insight into the best playing options for forwards, along with a skill set of attacking moves and techniques that I am not able to demonstrate nearly as well.”

Cook made the All-State team twice for his high school soccer team and played a year for the semi-pro Massachusetts Twisters. He hopes to one day become a

varsity coach.

“I feel like [Cook] has a very bright future in coaching ahead of

FAST FACTS

- Favorite band: Dave Matthews Band
- Favorite movie: Boondock Saints

CONTINUATIONS SUMMER READING

continued from page 1

easier for students but for teachers as well. “It was easy for me as a teacher because I could easily see who my students were if I forgot,” she said

DEBATE

continued from page 1

Senior Graham Shaw was elected as team president in early September. “My main job is to act as a good role model, supervise the functioning of our program, and to serve as a resource for under-

classmen,” he said.

The team recently finished the Researchathon, their fundraiser. They write letters to relatives of team members, former team members, and supporters of the team, hoping to raise \$40,000 attend all tournaments.

Got a news article idea?

Email
newspaper@mersd.org

Online library catalogue transitions to new software

By Caroline Wood
INDEPENDENT EDITOR

After a district-wide conversion last Friday, the school’s online library catalog switched from InfoCentre to Destiny, a web-based software that helps manage the library’s collection of books, according to librarian Sue Krause.

Destiny allows students and teachers to look up books both in the library and at home, according to Krause.

A student can search for a book based on its material type and

check its availability within the school’s online catalog.

“One of the helpful parts of the new management system is Destiny Quest, which not only shows the availability of a book but various covers of the book,” she said.

On the homepage of Destiny Quest, students can see the top 10 most popular books kids are checking out and 15 books that have recently been added to the library’s collection and where to find them, according to Krause.

“Teachers can use Destiny Quest as a resource to upload a list of books that are particular for a

class,” Krause said. “When the list is online, students can have access to it from their computer at home, not just at school.”

According to Krause, the conversion from InfoCentre to Destiny took place because of a lack of updating. “Our previous management system was InfoCentre; however, we found out that it was not updating enough for our use of it and therefore would not be sufficient to use anymore,” she said.

“My hope is to work with students and teachers to help them learn how useful this new management system is,” Krause said.

Health Matters

New colds, remedies come with new year

Lemon, salt water, Vitamin C help soothe symptoms

By **Dominique Noriega**
INDEPENDENT EDITOR

With the fall season comes the cold season, when red noses and empty tissue boxes are not an uncommon sight. They are, however, preventable ones.

School nurse Cyndi Aldrich, who fell ill to a head cold last week, offered specific advice regarding to choosing medicine. She said always to check what the medicine does specifically before taking any in order to avoid the common problem of overmedication.

Aldrich said NyQuil, for example, should never be taken in the daytime because it contains an active ingredient that puts people to sleep. There are histamines for every possible cold, yet because there are so many, it is easy to take the wrong one.

According to Aldrich, the risk of taking the wrong medicine can affect one’s immune system. If someone intakes a medicine that is unnecessary, the medicine may not be as effective if needed to be used later.

Home remedies can be just as effective as medicines, according to Livestrong.com. Lemon helps reduce mucus while honey can smooth out the throat in the case of a sore throat. Gargling



MOYON BRENN/FLICKR.COM



MAGGIE LEHAR PHOTO



MAGGIE LEHAR PHOTO

salt water also helps soothe a sore throat if done daily. Garlic has allicin which helps hide symptoms further as well, according to WebMd.com. Both lemon and honey are effective mixed with boiling water and crushed ginger.

Regular intake of Vitamin C can shorten the length of a cold although it cannot prevent one from occurring. Steamy showers and nose blowing also help clear

Put lemon in your:

- tea
- water

to reduce mucus.

Keeping your hands clean is key to help prevent the common cold.

Gargling with salt water can help soothe a sore throat if performed daily.

sinuses.

The key to preventing the common cold is to keep hands clean, avoid people infected, and not to share food at this time of year, Aldrich said. Whenever she gets sick, she changes her toothbrush to ensure she gets rid of all the bad germs. Hand sanitizer is only second best to soap and water for proper hand cleaning, Aldrich said.

World Challenge: Students gain liberty, experience culture

By **Kendall McCormick**
INDEPENDENT STAFF

Eighteen students and three adult chaperones explored the mountainous regions of Ecuador through a World Challenge expedition this summer.

The trip, which began in early July, lasted approximately one month. Eric Magers, the Green Team advisor, guided the journey with Audra Young, who works with World Challenge, and Josh Pinstein, a recent UMass graduate.

Throughout the expedition, the students completed a series of different phases including acclimatization, the main trekking phase, community service projects, and rest and reflection.

Before leaving they needed to raise money.

“The fundraising was tough at some points because we were always nervous about getting the right amount of money,” sophomore Sean Gueterrezz said.

When July 3 arrived, however, they had reached their financial goal and were ready to head out



COURTESY OF RACHEL DALEY

Students pose on top of the summit they reached during the main trekking phase of the World Challenge Ecuador Expedition.

into the South American terrain.

Magers said the students immediately took on the leadership role, while the adults took a backseat role.

“The entire expedition was theirs. They got to do or not do whatever they wanted to,” he said.

During the expedition, participants took part in a variety of different activities ranging from horseback riding, to hiking up a volcano, to volunteering at a school.

According to Magers, as their community service project, the students painted a school for the native children.

Sophomore Sarah Lewiecki said the community service project taught them to appreciate the things they had at home.

The students returned as changed people, according to Magers. “It was great to see them interacting and learning about this culture that is the majority of the world,” he said.

“I thought it was an eye-opener to see the differences,” Gutierrez said.

Sophomore Elizabeth Warren said since they’ve returned from the trip, the students have been much more thankful for what they have at home.



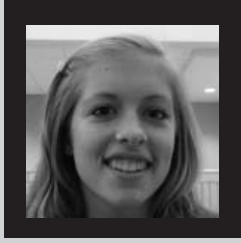
Senior
Max Rodier:
Herman Cain



Senior
Eliza Rohner:
Avatars



Junior
Colin Babikian:
Teletubby

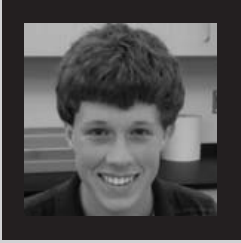


Junior
Megan Jones:
Table

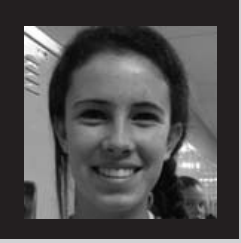
Student Speak

What is the weirdest Halloween costume you have ever seen?

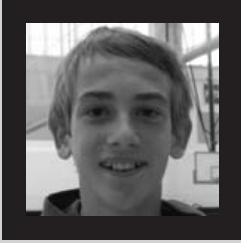
Sophomore
Cameron Shaw:
Chewbacca



Sophomore
Julia Paccone:
Vending Machine



Freshman
Winston Feuerbach:
Boy dressed as a girl



Freshman
Annie Alfano:
Hobo



BY MAYA SHNIDER

Green Team: new school year brings big goals

New sustainability projects, course, on-site compost facility, garden help improve program

By Austen Coviello
INDEPENDENT STAFF

With the start of a new school year, the Green Team has many changes planned, according to Spanish teacher and Green Team adviser Eric Magers.

Green Team Scholars 2.0 is a new course in which students can work on individual sustainability projects while learning about the environment, according to the Green Team Scholars course description. Green Scholars 1.0 and Green Interns are still running this year as well.

“As of right now, the program has exceeded my expectations,” Magers said.

The on-site compost facility designed by junior Jackie Rose and senior James Kamins, Magers said, is also a big accomplishment for the Green Team this year because it will allow the school to control a big portion of its waste.

Another Green Team accomplishment is the vegetable gardens that were added last year. According to Magers, people have stolen from the garden on multiple occasions. Over Labor Day weekend, he said, three cars full of people took about 10 bags of produce.

“People seem to think our gardens are community gardens, which is very strange to me,” Magers said. “I am just disgust-



NABILA MAHMUD PHOTO

Green Team students Emily Arnsten, Sean Gueterrezz, Simon McIntosh, Chris Sacharuk, David Sibulkin, and Sean Terrill after attending the Green Team garden located in Beverly.

ed.”

The most important project, Magers said, is encouraging sustainability throughout the school district. Senior Megan Azadian is currently working on this project with fellow Green Team Scholars 2.0 participants Kamins and Rose. Together, they are planning to “better the environmental awareness” of the students and faculty through signage, Azadian said.

A problem the Green Team has encountered is the cross-contamination of the different types of waste throughout the school, especially in the Lucidomatic, Magers said. This issue could potentially risk the contracts the school has with the waste collecting companies. The Green Team Scholars 2.0 students “will be able to change behaviors in our school district,” Magers said, “but it’s going to take a lot of time.”

“The Green Team has made a lot of improvements since I was in it two years ago,” said junior and former Green Team member Megan Jones. “I am really amazed by the progress and new things it has done.”

According to Magers, the Green Team has many new accomplishments, but it still has more work to do.



FIONA DAVIS PHOTO
Freshman class president Meghan Conway.



FIONA DAVIS PHOTO
Sophomore class president Erik Rajunas.



FIONA DAVIS PHOTO
Junior class president Calvin Lamothe.



FIONA DAVIS PHOTO
Senior class president Andrew Randall.

High school student body elects new class presidents

By Sofia del Valle
INDEPENDENT STAFF

Last month, high school students voted for their 2011-2012 class president, and four students who previously had not held the office of president were elected.

Before students handed in their ballot, all candidates presented a speech to fellow classmates explaining why they were best for the position.

According to all four class presidents, they share a common goal to ensure that their class is financially stable by the end of the year. Though all students are required to donate a fixed class due each year, presidents are responsible for raising additional money by organizing fundraisers. They also execute other tasks to improve the overall high school experience for their class.

Calvin Lamothe, junior class president, said, “Our class really has no money. Our base goal is to make \$25,000 dollars, but we want to exceed that and do as much as possible to make sure we’re in a good position for senior year.”

In order to achieve this goal, Lamothe said the junior class will be hosting bake sales and possibly a battle of the bands as well as a silent auction.

According to senior class president Andrew Randall, “This year we want to achieve our goal of raising \$25,000-\$30,000 in order to have a great senior trip and provide prom for everyone.”

As for the senior fundraising

possibilities, “We have a few ideas that we can’t disclose, but everyone will find out soon!” he said.

Freshman class president Meghan Conway acknowledged that the first year of high school can be intimidating, but she said she wants it to be the best freshman year possible and she wants to make sure everyone is included.

According to Erik Rajunas, president for the sophomore class, his prior involvement with Student Council played a part in his win.

“I feel like I have the devotion,” he said. “I have a really strong urge to help this class.”

They share a common goal to ensure that their class is financially stable by the end of the year.

Student Profile

Gloria Limon



WWW.FACEBOOK.COM

By Emily Arnsten
INDEPENDENT STAFF

Where did you move from?
Hermosillo, Mexico.

How is Manchester different from your home?
It’s sort of small and cold. Where I live is the desert near Arizona.

How long are you living here?
I’ll live here one year.

How did you choose to come to Manchester?
My aunt lives here. I am living with her and my cousins.

How and when did you learn English?
Since I was in preschool I’ve learned English. I went to school where they teach us English.

Do you miss anything from home?
The food...tacos...so many things...enchiladas. And my family.

Has it been easy to make friends here?
Yeah, the people are really nice.

What do you like to do in your free time?
I don’t have free time! I play soccer sometimes.

Have you lived in Mexico your whole life?
No, I lived in Lille, France, in 2006 for three months, and I’ve lived in Spain for a year.

What’s your favorite place you’ve lived?
Estonia.

Is Manchester school different from your school in Mexico?
I got to private school at home. It’s really strict. We are in uniforms.

What’s your favorite movie?
In general, comedies.

Do you prefer Manchester or Mexico?
It’s difficult to say. They are so different.

You take a French class here. Is it difficult to switch from English to French?
Yeah.

New school year brings class additions, removals

Classes removed due to lack of interest to make room for new course offerings

By **Marian Siljeholm**
INDEPENDENT EDITOR

For the new school year, some courses were removed to make way for new classes in nearly every department.

Due to budget allowances, science department chair Erica Everett is teaching AP Environmental Science, which was renewed after years of student interest.

Everett is excited about resuming the class. “In previous years, I would discourage students from signing up because I knew there wasn’t enough money for it, which was sad especially because the school building is such a wonderful example of environmentally friendly architecture,” she said.

In the technology department, after receiving a \$7,000 grant from the Spaulding Education

Trust, physics teacher Steve Cogger purchased the necessary equipment to begin Electronics, a semester based class, centering around projects and hands-on labs to teach students about electronics from basic to embedded microcontroller levels.

“I was excited to take Electronics because I took Robotics last year and wanted to learn about the electrical side as well,” senior Eric Wright said.

The new Financial Algebra class, taught by DECA teacher Dean Martino, will incorporate geometry, Algebra I, and Algebra II skills to interpret and solve mathematical finance and business models including stocks, banking, debt and investments.

“I wanted to help kids learn how to not only solve the equation but also create an equation based on practical information,” he said.

Despite these additions, a few classes will not be returning this year. Morning gym was removed



MARIAN SILJEHOLM PHOTO

Seniors Paul Pennoyer, Casey Weld, Joe Burgess, Eric Wright, and Nathaniel McCloud work on a project in the new Electronics class. Also added to the curriculum this year are AP Environmental Science and Financial Algebra.

due to lack of interest.

“It was impossible to follow the curriculum because of small class size. The students were not benefiting from the extensive PE curriculum,” physical education teacher M’Lena Gandolfi said.

History Through Film, a

course created by social studies department chair Daniel Jewett and taught for seven years was replaced with honors psychology, taught by U.S. History and AP Psychology teacher Lauren Dubois,

“[The class originated from]

interest in the course based on sign-ups for AP Psych in the past. The pace will be different, and we will eliminate a couple of the units. I am hoping it will be a very discussion and project-oriented class once we get things going,” Dubois said.

Summer volunteering provides experience in health science fields



WWW.FACEBOOK.COM

Beverly and Addison Gilbert Hospital volunteer senior Melanie Tognazzi.



FIONA DAVIS PHOTO

Beverly and Addison Gilbert Hospital volunteer senior Maddie McNamee.



FIONA DAVIS PHOTO

Beverly and Addison Gilbert Hospital volunteer junior Maggie Lehar.



FIONA DAVIS PHOTO

Beverly and Addison Gilbert Hospital volunteer junior Ella Silag-Sterns.

By **Morgan Kennedy**
INDEPENDENT EDITOR

Throughout the summer months, nine students gave their time to Beverly and Addison Gilbert Hospitals as summer volunteers.

According to Jane Karaman, manager of hospital volunteer services, seniors Maddie McNamee, Melanie Tognazzi, Eliza Rohner, Kirsten Coale, Lucia Ansara; juniors, Maggie Lehar, Ella Silag-Sterns and Ivy Silag-Sterns were among 90 student volunteers this summer.

McNamee volunteered to experience the health science work force.

“I am hoping to go into nursing or speech and language pathology, so it was a great opportunity for me,” she said.

Students volunteered three days per week covering 30 different

departments, according to Karaman.

Tognazzi worked in a range of different units this summer.

“My favorite department was the child development center,” she said. “There was never a dull moment.”

Students who volunteered as patient assistants were sometimes faced with challenging situations, according to Karaman.

“They work the floors, talking and sometimes playing cards with patients. Some of the people they run into are very ill, which can be difficult, but I’m always touched with the stories they bring back,” she said.

McNamee was also challenged in Addison Gilbert’s senior adult unit.

“It was challenging to work with patients who were unsure of where they were or patients who had you trying to call family members for them,” she said. “Most of the time they didn’t

know the phone number for their family or friends, so I would have to tell them I couldn’t get a hold of the person at the moment.”

Karaman enjoys seeing volunteers return year after year.

“I have some students for all four years of high school,” she said. “It’s fun to watch them grow up. A few students even volunteer during the school year if they’re not playing a sport at the time.”

Karaman encourages students to sign up in advance, as volunteer spots fill up quickly.

Tognazzi continues to volunteer a few hours a week after school, and McNamee plans to volunteer again next summer.

“It’s pretty difficult to fit it into my schedule now that school has started and I’m focusing on college applications, but I definitely plan on helping out next year,” she said.

Class of 2012 works to raise money for senior year activities

By **Maggie Lehar**
INDEPENDENT STAFF

Ensuring that they will have sufficient funds for a great senior year, the class of 2012 has already begun raising money and has many more fundraising events planned, according to James Wallimann, the new senior co-adviser.

“I guarantee that we will have at least \$35,000 by the end of the year,” Wallimann said.

According to senior Kevin Tofuri, despite this guarantee, some seniors are skeptical that they will be able to reach that

goal by the end of the year because of the past years where little has been done to raise money.

“In terms of our goals this year, the other class officers and I would like to raise as much money as possible in a relatively short amount of time,” said Andrew Randall, the senior class president. The senior class plans on reaching that goal through fundraisers that are both successful and enjoyable for everyone according to Randall.

The class of 2012 has already run a raffle, which raised enough money to be considered a success according to Wallimann. He said the senior class has many more fundraising events planned

in order to reach their goal for the year.

The seniors are planning on selling pizza every Wednesday after school, selling senior T-shirts, running a 50/50 raffle at the Annual Essex Clam Fest, and organizing the Homecoming dance, and along with other activities, according to Wallimann.

“We have many really unique and fun activities in mind for this year,” said Elizabeth Edgerton, the co-adviser of the senior class.

“(The class of 2012) may have been unmotivated before, but I think that senior year has kind of kicked them into gear,” Edgerton said. She said the

members of the class of 2012 are excited to be seniors and they are ready to work hard in order to reach their goal and have a great senior year.

The seniors also have some new and interesting projects planned, according to Wallimann. “I have a group in Film Club working on a video yearbook,” he said.

These activities are expected to help the seniors have the senior year they want to have, according to Wallimann.

“Senior year should be an unforgettable year for everyone, the best year of out high school career thus far, and I feel that it’s my responsibility to make that happen,” Randall said.

SENIOR FUNDRAISING IDEAS

- raffle
- selling pizza every Wednesday
- selling senior T-shirts
- running a 50/50 raffle at the Essex Clam Festival
- Homecoming dance

Phys Ed/Health

Should student-athletes have to take gym?

Pro

Nabila Mahmud

Nobody likes going to his or her next class red-faced and sweaty. Nobody likes awkwardly explaining to his or her classmates what herpes is. But the fact of the matter is that children may not like nutritious fruits and vegetables and waking up early to gain an education is a pain, but some things are just a necessity such as gym and health class even if you do have the excuse of being a student-athlete.

The beauty of physical education is that students have a range of athletic skills. This means uncoordinated or athletically challenged students have the opportunity to learn how to pitch a baseball or spike a volleyball from the three-sport athletes. So not only do the kids with poor hand-eye coordination benefit, but athletes have the opportunity to use their skills and knowledge efficiently to educate others.

A common misconception of gym is that it is simply running laps and trying to comprehend the intricate rules of football. When in fact, the gym is a vital part of the high school curriculum because students are immersed in information regarding the cardiovascular system, nutrition, stress control, and lifelong physical fitness from an early age which can only be guaranteed by physical education—not playing sports. Which is simply one more reason why athletes need to take physical education.

Health class is a fundamental portion of the physical education course. Students need to be aware of sexually transmitted diseases, drug abuse, and psychological disorders. Learning about STDs is not a part of soccer practice. Because health and gym are incorporated in the same course, athletes must take gym in order to receive a health education.

More importantly, students are taught correct, factual information. The point of health is to enrich a student's mind with crucial, true information to benefit the student in future situations.

Having a class specifically designed to address these common issues benefits students. Although students may feel awkward holding up a poster board with a picture of syphilis, the awareness their classmates will obtain is indefinitely worth it.

Students will not only be helping their peers, but the aspect of researching in order to present information is an excellent teaching mechanism. It becomes an independent learning experience.

Parents and children alike may feel awkward discussing the “birds and the bees.” With a health class, students are free to learn about sex in an educational environment without blushing every time their mother says the word “penis.”

The valuable life lessons students will inevitably learn from taking physical education cannot be guaranteed by parents, friends, or coaches.

Con

Kelsi Field

High school athletes already exerting themselves on the field after school should not have to strain themselves in physical education and health classes.

The main goal of a physical education class is to get students physically exercising. Student athletes get enough during a daily practice or game.

Gym class injuries could keep a star player off of the field. If an athlete receives an injury during a gym class, he or she could be kept out of an important game in which he or she could have helped his or her team and possibly changed the game's outcome. Many of the schools' teams this year are already suffering losses as it is gym class injuries could add more hardships for players and coaching staff.

Gym class is tiring, and athletes are not able to bring their A-game if they are already fatigued. Gym becomes an added stressor in the lives of many student athletes.

School days just aren't long enough for athletes to spend their time in gym classes. Because morning gym is no longer offered, physical education and health classes take up one of the seven class slots in which students could be taking a higher level course.

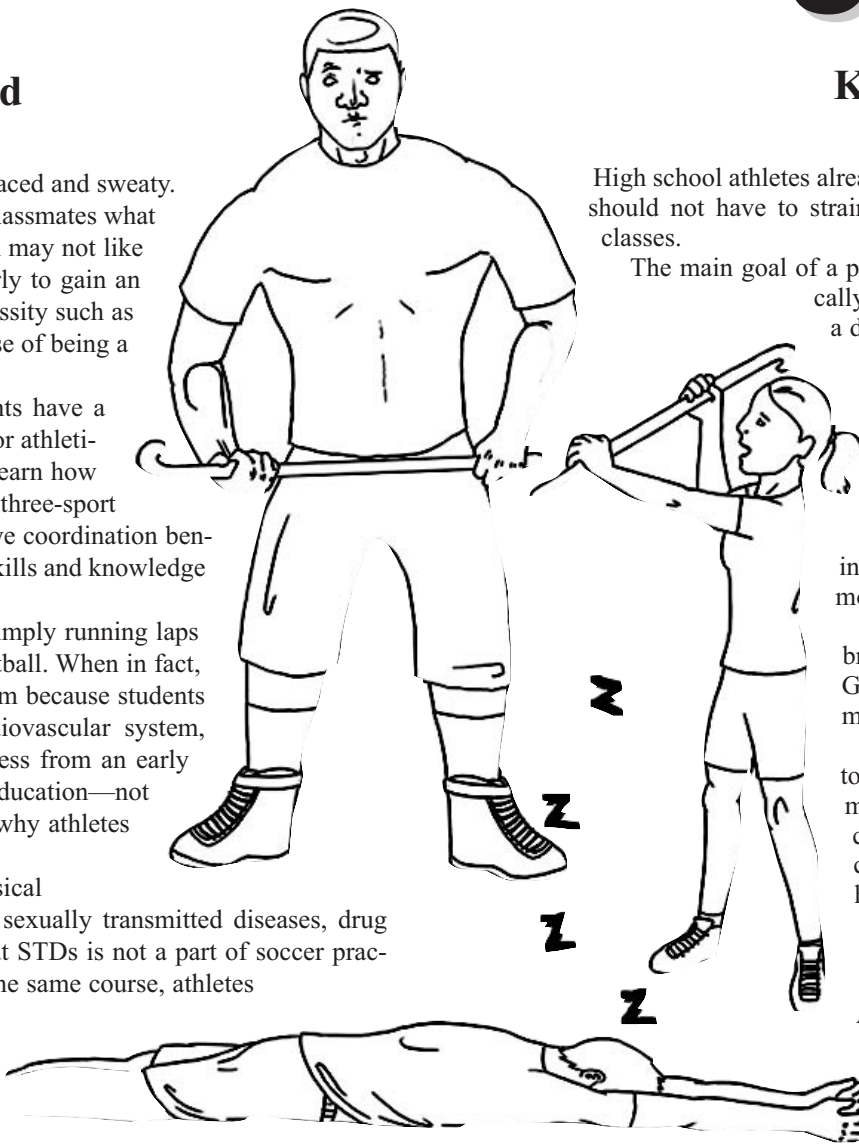
In addition, physical education and health courses are only offered on the college prep level, so grade point averages are also affected. Another class option could keep impact players on the field by allowing them a support block or study hall if they are at risk of being removed from the team due to academics.

Manchester-Essex students are generally well educated about health by their families. Although students may not always feel comfortable demonstrating their knowledge of topics such as sex and substance abuse in front of teachers and classmates, it is more than likely that they have heard it all before.

The information learned in high school health classes is vital to one's wellbeing; however, in the district, the information presented in high school health classes has already been drilled into the back of students' minds, as two prior years of middle school health would have already been completed.

If it is such a problem for athletes to miss the health portion of the class, administration could institute new requirements for coaches to educate their athletes to keep them on the right track, since behavior slip-ups would keep them off of the field anyway.

Perhaps health conversations would be less awkward on the bus ride home from away games with teammates of the same sex with whom students actually feel comfortable.



Exploring the World Wide Web through ‘stumbling’

By Anna Tyler
INDEPENDENT STAFF

StumbleUpon has become a procrastination destination throughout the country.

The website is designed to allow members to discover and share unique websites that correspond with the member's personal preferences such as photography or cooking.

Usually, I try to avoid the new trends, but StumbleUpon can keep me surprisingly entertained for a good portion of the day. “Stumbling” through websites that fall under my interests can be quite the distraction. I witness students throughout the school “stumbling” during lunch, study hall, and even classes. The websites can range from cute puppies to delicious recipes for cupcakes.

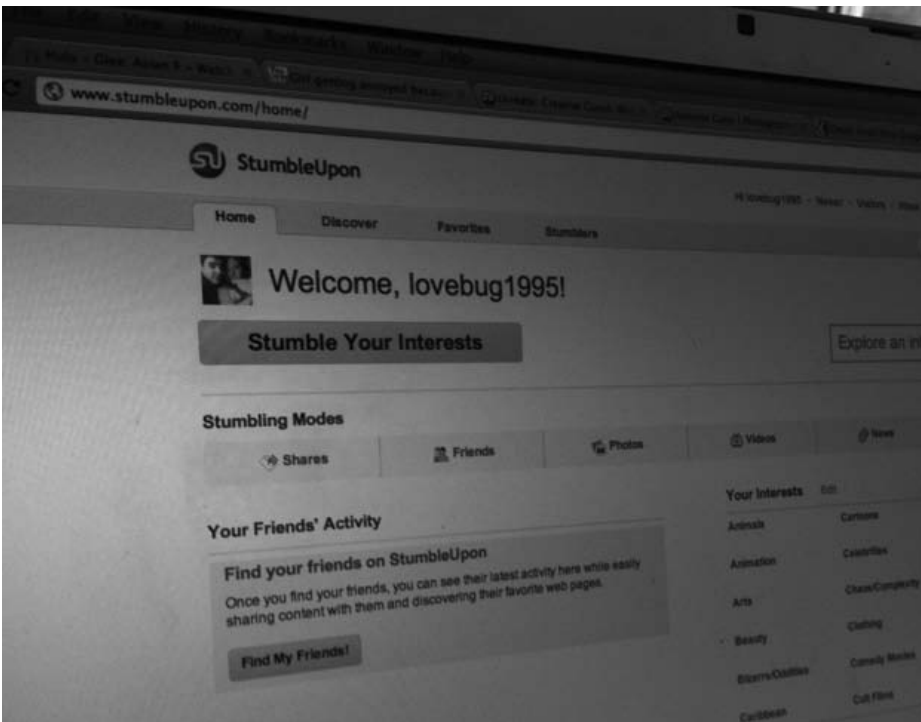
Not all the websites StumbleUpon

directs its members to have any real value. Some are boring, obnoxious, or idiotic. Sometimes it takes a while to find one that catches and keeps my attention.

Looking at puppies may not seem educational but, surprisingly, I have learned new things from StumbleUpon, such as fashion trends or celebrity scandals, which somehow come up in conversations. StumbleUpon seems to get a few laughs out of me even when I am having a rough day. If I have a few minutes to waste, it is my usual destination.

Somehow StumbleUpon has opened my eyes to the creative and outlandish people and subjects that inhabit the world. I never thought one website could have such an extreme effect, but StumbleUpon gives me a better understanding of what lies beyond my small town, even by looking at pictures of puppies.

The website ranges from cute puppies to delicious recipes for cupcakes.



Stumbleupon features a wide range of websites including topics ranging from helpful academic pages, entertainment, celebrities, arts and social media sites.



Seniors feel fatigue,
lack of motivation
while suffering the
effects of ‘senioritis’

MARIAN SILJEHOLM

Yeah, I could write this article; however, it’s eight p.m. on a Wed. night, and I’d really rather just watch “Modern Family.”

Just kidding, because of course, the only thing worse than missing my favorite weeknight television show is having an awkwardly prominent rectangular white space down the left side of my opinion page.

Sadly, the above is not the mental mantra of some lazy student, but rather one shared by many high school seniors.

Amidst a sea of college application deadlines, sports, studying for SATs and ACTs, resume-padding after-school activities, community service hours, chasing teachers for recommendations, and doing homework, the last thing seniors need is a lack of motivation.

Once the hours of procrastination and sub-par grades begin to pile up, however, seniors are forced to recognize that they have fallen victim to senioritis.

The Urban Dictionary website defines senioritis as, “A common and extremely infectious virus infecting teenagers usually in their second semester of senior year that may cause them to sleep, slack, and generally not pay attention in all of their classes until their teachers become annoyed with their lifeless presence.”

Typically, the disease remains dormant until after mid-year report cards are sent to prospective colleges; however, recent reports from seniors involving unmerited rudeness and or annoyance towards unsuspecting underclassmen, intentionally leaving one’s backpack in the back of his or her car from 2 p.m. to 8 a.m. the following morning, a decreased attention span, and an increased need to wear sweat-pants and waste time on Facebook, would indicate a widespread early onset of the disease.

While the term may seem humorous, the consequences of its repercussions are far from laughable.

Universities have been known to rescind offers of admission if a student’s senior grades show inconsistency with previous years. Apparently, college admissions representatives do not hold with the Urban Dictionary’s treatment “continue slacking.”

For now, seniors will have to muster any remaining academic enthusiasm as the only known cure, which is “graduation,” remains three progress reports away.

STAFF EDITORIAL

High school students no longer able to begin studying French I until after graduation

Want to start taking French this year? Too bad! You can’t. The high school no longer offers French I.

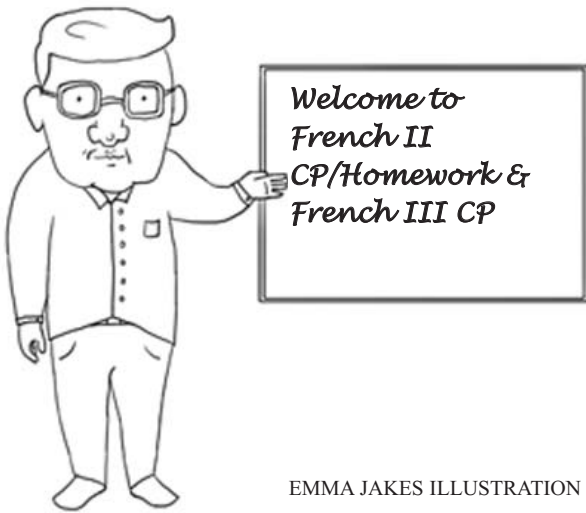
Due to a lack of students interested in learning the language of love, the introductory class has been cut. The recommendation for those who do want to start? Either take Spanish or get a tutor.

But it’s not hard to start learning French. Just pile on an extra class (for no credit, of course) upon your already stressful schedule. Oh, and pay for it, of course. French tutors in the Cape Ann area generally cost about \$20-\$50 an hour.

According to principal James Lee, French classes and other under-enrolled courses were cut to allow over-enrolled classes to have multiple sections. Other classes were combined, such as French III CP/Honors and French IV CP/Honors.

This combining classes method is not beneficial as teachers struggle to make classes challenging for both levels of students. When Honors-level students may be ready to move on, CP-level students may need a bit more explanation.

In the past few years, students have opted to take Spanish over



EMMA JAKES ILLUSTRATION

French, believing Spanish is spoken more than French. This however, is completely untrue. According to the CIA website, French is the official language in 32 countries, second only to English, with 48 countries. Spanish, on the other hand, is the

official language of just 19 countries, behind French, English, and Arabic.

According to French teacher Julia Gross, people living in China should learn French because of China’s involvement in the world economy. Americans also need to continue learning French because of this importance in international trade.

Students who genuinely want to learn a language should have the opportunity to pursue their interest regardless of class size. Two years ago, the AP French Literature class consisted of two students. Being so small, the class learned more, went deeper in-depth, and greatly improved their French.

Despite these problems, Lee does not foresee French I returning to the curriculum any time soon. With the growing size of the school, more staff need to be hired before more courses can be offered.

9/11 10th anniversary just like any other day

By Maya Shnider
INDEPENDENT STAFF

On 9/11 a day that deserved an enormous amount of recognition, the school district barely gave it the recognition it deserved.

The task of commemorating the event was left to the history department.

According to history department chair Daniel Jewett, this is because the social studies staff members are the most knowledgeable about 9/11.

According to Principal James Lee, he, the other principals in the school district, Jewett, and Assistant Principal Paul Murphy made the decision. “The real experts of our history are in the

social studies department. They are the best way to educate,” Lee said.

The decision meant that students who don’t take classes with the social studies department did not have any chance to share stories because the district did not have an assembly.

Though the number of students in this position is low, students like Kelly Dodge were only able to commemorate 9/11 with the

announcement over the loud speaker. Dodge had no way of learning about 9/11 to a greater extent.

September 11 was one of the most important events in the lives of students and one of the most shocking events in American history.

As such, the students should have come together in commemoration. The gathering of the students in the auditorium would show the community remembering as a whole.

Many other events cause the collection of the whole student body in the auditorium, but the national tragedy of 9/11 did not. “There are downsides to just sitting in the auditorium for an hour,” Jewett said. On the contrary, however, there are upsides such as the community showing their support to one another.

Although the students at our school were young on 9/11, that does not mean that they do not remember. The sharing of individuals’ experiences as a community is important.

Every day we observe a moment of silence. The moment of silence the school had on 9/11 made the 10th anniversary of this tragic event seem like every other day.

‘The real experts of
our history are in the
Social Studies department
They are the
best way to educate’
-PAUL MURPHY

the INDEPENDENT

Editor in Chief
Melissa Moore

News Editor
Morgan Kennedy

Features Editors
Ellen Burgess

Opinion Editor
Marian Siljeholm

Sports Editors
Nabila Mahmud

Photographers
Rachel Daley
Fiona Davis

Arts Editor
Caroline Wood

Manchester-Essex Regional High School
36 Lincoln St, Manchester MA 01944
978-526-4412
newspaper@mersd.org
online at www.merhs.mersd.org

The Independent is published monthly throughout the school year. It is a product of the Manchester-Essex Regional High School Journalism class.

Editorial space is available to all MERHS students, faculty, and community members.

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

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

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

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

Staff
Anna Tyler
Austin Coviello
Carolyn Heslop
Dominique Noriega
Emily Arntsen
Fiona Davis
Isadora Decker-Lucke
Kelly moore
Kelsi Field
Kendall McCormick
Landin Komishane
Maggie Lehar
Max Nesbit
Maya Shnider
Rachel Daley
Sofie del Valle

Faculty Adviser
Mary Buckley-Harmon

FOOTBALL

Coach: Mike Athanas
Captains: Seniors Cooper Riehl, Paul Pennoyer, Joe Burgess, and Mav MacEachern
Impact players: Seniors Joe Burgess, Paul Pennoyer, Cooper Riehl, Mav MacEachern, David Wright, and juniors Cory Bumham, Julian Flavin, Jake Fitzgerald, and John Beardsley.
Goals for this year : To win Tier 4 of the NEC/CAL
Record : 3-3
Coach’s quote: “We have daily goals to work hard and get better every day. Our team goals are always to complete for the league championship.”



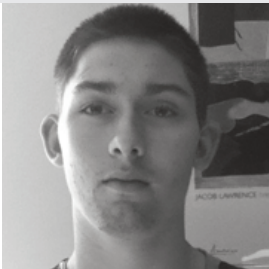
Mav MacEachern



Joe Burgess



Cooper Riehl



Paul Pennoyer



Jess Crossen



Anya Ciarametaro



Jelisa O’Hara

GIRLS’ SOCCER

Coach: Alvi Ibañez
Captains: Seniors Jess Crossen, Anya Ciarametaro, and Jelisa O’Hara
Impact players: Seniors Jelisa O’Hara, Jess Crossen, and sophomores Sophia Guerriero, and Casey Cook
Goals this year: To reduce the number of goals allowed last season, and improve their level of play
Record: 4-8
Coach’s quote: “I expect each girl to retain [her skills], play with enthusiasm, and have fun.”

BOYS’ SOCCER

Coach: Robert Billsbury
Captains: Seniors Sebi Wooding, Erik Keefe, Andrew Randall, and junior Chris Xavier
Impact players: Seniors Erik Keefe, Sebi Wooding, and juniors Chris Xavier
Goals this year: “We just need to focus this season on learning how to consistently play good soccer”
Record: 2-8
Captain’s quote: “If we can talk and trust each other, we could easily pull some more wins out this year, “Wooding said



Chris Xavier



Erik Keefe



Andrew Randall



Sebi Wooding

FIELD HOCKEY

Coach:Andrea Slaven
Captains: Seniors Taylor Coons, Melissa Moore, and Ellen Burgess
Impact players: Seniors Taylor Coons, Melissa Moore, Ellen Burgess, juniors Nicole Bradley, and Kelsi Field, and sophomore Brittany Smith
Goals this year: “To come together as a team.”
Record: 5-4-4
Coach’s quote: “The team’s strengths are definitely the camaraderie, and the passion, and the girls’ relationship on and off the field.”



Melissa Moore



Ellen Burgess



Taylor Coons

CROSS COUNTRY

Coach: Andrew Migonis
Captains: Seniors Graham Shaw, Max Rodier, and sophomore Fiona Davis
Impact players: Seniors Graham Shaw, Max Rodier, sophomore Fiona Davis, and freshmen Cam Holley and Tucker Evans.
Goals for this year : To win half their meets and develop young talent
Record : 1-8
Coach’s quote: “We’re working more on being better racers and not just runners.”



Graham Shaw



Max Rodier



Fiona Davis

GOLF



Miles Wood



Josh Christopher



Ben Bichet

Coach: Jane McConnell
Captains: Sophomore Josh Christopher and freshmen Ben Bichet and Miles Wood
Impact players: Sophomores Josh Christopher, freshman Ben Bichet, Miles Wood, and Will Burgess
Goals for this year: “We want to make it to States.”
Record: 7-5
Coach’s quote: “[They are] just a wonderful group of boys who are committed to continuing the success of the team”

Bold, bright athletic clothing inspires confidence

By Fiona Davis
INDEPENDENT STAFF

Bright colors, bold patterns, skirts, florescent knee socks, and flashy shoes are hardly words to describe athletic clothes of the past few years.

However, from world-class long distances runners Kara Goucher and Shalane Flanagan who ran the New York City Marathon in bright arm bands and knee socks, to sophomores Abby Buck and Taylor Meek, athletes of all levels of ability have recently redefined sports style by experimenting with new fashions.

According to Runner’s World magazine, athletes are picking outfits that inspire confidence.

“Fastinistas wear what they think performs well athletically and aesthetically,” said Sarah Brown, author of “Fastinistas” in Runner’s World.

Students recognize the importance of feeling and looking good while working out.

“If you feel like you look bad, you can’t focus all your attention on your game,” said Buck, a sophomore tennis player and horseback rider.

Field hockey and lacrosse player Meek said she has noticed many athletes wearing fluorescent lacrosse pennies, colorful V-neck T-shirts, and patterned Nike shorts.

“You want to look good when you are working out, not excessive, but you do want to have some kind of style and not look like you are just showing up,” Meek said.

Traditional athletic brands such as Athleta, Nike, and New Balance as well as new companies like RelaxReflect are taking advantage of new manufacturing opportunities, according to Runner’s World.

Saucony’s Progrid Kinvara shoe (\$68.00) comes in a range of bright colors and was recently named 2011 Outside Gear of the Years.

Athleta also began a new line of edgy, patterned tops with style and functionality. Their Pavitra top (\$54.00) in pink, green, and blue can be purchased at Athleta.com

Nike’s Tempo line of shorts (\$15.00-\$40.00) presents a range of colors and pattern options from plaid to leopard print. Select styles are available at New England Running Company or at Nike.com.



Athleta Pavitra Top: \$54.00
www.athleta.com



ASICS Shorts \$ 25.00
www.asicsamerica.com



Saucony Kinvara: \$ 68.00
www.saucony.com

New athletic trainer enjoys position

By Maya Shnider
INDEPENDENT EDITOR

Jill Levine, the new athletic trainer, previously worked part time at Georgetown High School. Levine Graduated from Endicott College in 2010 majoring in athletic training.

“I enjoy working here a lot. The coaches are great and so is [athletic director] Kelly Porcaro,” she said.

Porcaro is pleased with Levine’s adaptation to the school.

“She is doing great, her office is always very busy which tells me that students feel comfortable around her and even outside at games students approach her and ask her questions,” she said.

Levine found Manchester Essex because the previous trainer, Carl, was a friend of hers and told her to apply to the company

Previous trainer Carl Gentile resigned, the school received

Levine’s résumé. “She is an employee of Physio Therapy Associates, whom [the school] has a contract with.”

“Jill is awesome, she really knows what she is doing and is very friendly, and is very good at figuring out what is wrong.” junior Ivy Silag Stearns said,

“She doesn’t just fix it, she explains what it wrong and what you can do to fix it.”

According to Levine, the process of going about helping a student is very personal and is something that an individual acquires throughout the four years of studying in college.

“I go about evaluating an athlete from the moment they step into my office until the moment they leave,” Levine said.

According to Levine, she is very busy compared to her job at Georgetown but that’s a good thing because she is getting to know her fall athletes better.

‘She is doing great, her office is always very busy which tells me that students feel comfortable around her’
-KELLY PORCARO

Fall musical switches from ‘Curtains’ to ‘1776’

Predominantly female cast will play congressional founding fathers

By Sofia del Valle
INDEPENDENT STAFF

This fall drama students are preparing to perform the musical “1776,” directed by English and creative writing teacher Gloria Tanner.

According to Tanner, with the success of last year’s play at Drama Fest, there wasn’t enough time for a spring musical, and for the first time, the annual production was moved from spring to fall. The show was also changed for the sake of the students. Since many of the current drama members are seniors, they wouldn’t be able to participate in a final spring musical due to SCORE projects, which occur at the same

time.

The school’s first choice, “Curtains,” was switched to “1776” due to lack of male participants.

“It is a musical that is not done very much. The book, (the script) is fantastic, it’s really well written, it’s historically accurate,” Tanner said.

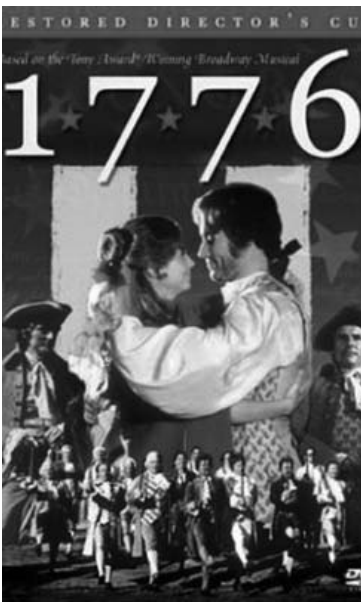
‘It’s easier for us to play males in this show because in “1776,” the gender is less of a barrier in portraying the character than in ‘Curtains.’

-MORGAN KENNEDY

Since there are only two female characters in “1776,” girls will portray male roles, such as Thomas Jefferson, in the high school’s production.

Cast member senior Morgan Kennedy, who plays Richard Henry Lee, said, “It’s easier for us to play males in this show because in “1776,” the gender is less of a barrier in portraying the character than in ‘Curtains.’”

Seniors Emmett Snyder and Allie Freed, who have both been involved in several drama performances, shared



WWW.IMBD.COM PHOTO

The show is centered around the creation of the Declaration of Independence. The female actresses will play male parts.

bittersweet emotions towards their final high school production.

“I’m sad about my last musical performance because I really like performing,” Snyder said.

“I hope that this musical is the best musical I’ve ever been in. I hope that I can look back on it and say that was the best way to go out,” Freed said.

Auditions took place earlier this month, and the rehearsal process, which entails learning harmonies, dance steps, and lines, has begun.

“I’m looking forward to a fun time, hanging out with friends, and doing what we love to do,” Snyder said.

Jay-Z, Kanye West put talent to use in combined album

By Rachel Daley
INDEPENDENT STAFF

What does the pop culture world get when two highly acclaimed rappers from the U.S. produce an album together? “Watch the Throne,” by Jay-Z and Kanye West.

CD REVIEW

The album was released on Aug. 8, 2011, one year from when they started their collaboration. They were able to keep the album from leaking tracks to the Internet throughout the whole year.

Both West and Jay have hit the top billboards in the past and are already working their way up the ladder on iTunes with the No. 12 most downloaded album.

Adding to the talented duo is Beyoncé Knowles on the track “Lift Off.” She belts inspiring lyrics such as, “We gonna take

it to the moon, take it to the stars/How many people you know can make it this far?”

American soul-singer Otis Redding also contributes to the album; he is the most evident voice on the track “Otis,” where Jay introduces Redding with the line, “Sounds so soulful don’t you agree?”

Frank Ocean, Mr. Hudson, and Curtis Mayfield also add soul and rhythm to the normally straightforward beats on the tracks “Sweet Baby Jesus,” “Love You So,” and “The Joy.”

‘West and Jay channel their views on the new black elite, which they want to represent.’

Throughout the track list, West and Jay channel their views on the new black elite, which they want to represent.

From the track “Murder to Excellence,” Jay sings, “Power to the people, when you see me, see you,” which expresses his feelings about him modeling the new black rank.

Although it is argued that West leads the album and its singles, the two tag-team on the song, “Gotta Have It,” where they show their true enthusiasm towards rapping and chemistry.



EMILY ARNSTEN PHOTO

Student teacher assists photography class

By Emily Arnsten
INDEPENDENT STAFF

Montserrat College of Art graduate and aspiring photography teacher Debbie Gray is taking her first step at fulfilling her dream by shadowing current photography teacher Caroline Epp.

Though Gray knew from a young age that she wanted to be a teacher, she said she originally thought she was going to college for graphic design. After comparing photography classes to graphic design classes, she said she was definitely “more passionate” about photography.

When she was younger, Gray said she imagined teaching as being “easier.” She “didn’t realize how much work and preparation goes into it.”

As an extension of her educa-

tion, Gray will shadow Epp and eventually take over the position of photography teacher temporarily.

Once she has a class of her own, Gray will continue to use Epp’s lesson plans, but put things “in her own words.”

Epp describes Gray as bringing “fresh, new ideas” to the class. “Having another teacher in the class makes me reflect on my own teaching,” Epp said.

So far Gray has picked up some tricks from Epp such as being “friendly but firm,” especially with middle school students.

According to Epp, having a student teacher makes her “feel better about some of the things I do, and realize I should change other things.”

“Since our class is so big it’s helpful having two people you can ask for help,” sophomore Photography II student Perry Burnham said.

‘Having [her] in the class makes me reflect on my own teaching,’

-CAROLINE EPP

Beyoncé astounds audiences by announcing pregnancy

After incredible performance at VMAs, Beyoncé reveals baby bump

By Nabila Mahmud
INDEPENDENT EDITOR

The diva is back after a six month hiatus. No, she does not have a new album. No, she is not the face of another billion dollar cosmetics brand. And no, she is not filming another horror movie. Although these are merely a few accomplishments of this triple-threat music mogul, her greatest success is on its way: being a mother.

After her breathtaking performance at the 2011 Video Music Awards, Beyoncé unbuttoned her sparkly purple jacket unveiling her perfectly plump baby bump with a loving tummy rub.

The cameras spun to her husband, established rapper, Jay-Z, who was displaying a jubilant million-dollar smile while jumping with rapper Kanye West. The crowd went crazy with whooping and cheers.

Notoriously known for being a career-oriented



WWW.CELEBRITYPHOTOS.SHEKNOWS.COM

After an incredible performance of her hit song “Love on Top,” Beyoncé opened her jacket and rubbed her pregnant stomach as the crowd cheered with excitement. After the revealing of her stomach, Jay-Z was shown smiling with friend, Kanye West.

‘Now I [am] proud and excited about it; I am having so much fun shopping - it’s great!’

-BEYONCÉ

woman, Beyoncé always stated she wanted to hold off on a family to focus on her career.

Now she is reported from CNN saying, “I am having so much fun. It has been the most fun time now that it has been announced,” she revealed adding, “It was really difficult to conceal. But now I

can be proud and excited about it; I am having so much fun shopping—it’s great!”

It just proves that when she cannot get any more established, she does. With her looks, talent, and perfect husband, there is nothing she does not have, now including a family.

With her humble disposition and radiant beauty fused with Jay-Z’s respected image and pure talent, this child will be just as picturesque as his or her dignified parents.

Layers, color, accessories: female fall fashion trends rock runway

By Morgan Kennedy
INDEPENDENT EDITOR

Straight from the New York runway, heavy sweaters, bright colors, and striking accessories are must haves in this year’s fall wardrobe.

Spring’s vibrant hues decided to stick around this season, and they are being manifested in all items, shoes and accessories included.

“Invest in one intense shade—whether it be emerald, fuchsia, scarlet, or canary—and then work it as hard as a thief with an alibi,” In Style magazine said.

Glamour.com agrees, claiming that “the bold green dress is going to be your go-to party outfit this season.”

When one piece isn’t enough, mix and match layers to create the perfect look. Try one of the season’s most coveted trends, an over-

sized, comfy sweater, \$59.99 at American Eagle, over a maxi-dress or a short sleeve over long sleeve combination.

“A cozy sweater over a summery skirt or dress is ultra cute, and you can wear it all year round—starting now!” glam-our.com said.

According to In Style, classic layering doesn’t have to stop at tees and tanks, but the long sleeve piece should be thin enough to add to without creating too much bulk.

Forever 21’s basic long sleeve is just \$9.80, as are their fun, striped tees that are great to wear on top.

To add feminine flair to any fall

outfit, consider a touch of lace.

A lace tank or sash gives a sexy yet polished feel to the overall look, and a long sleeve lace top, \$39.99 at victoriasecret.com, can be paired under a jacket to achieve a perfect balance of the two.

In the realm of accessories, wide brimmed hats are making a comeback.

Nicknamed “fall’s metamorphic accessory,” by nubry.com, the wool fedora adds the perfect bit of attitude to any outfit, according to celebrity stylist Jessica Paster.

This accessory of the season can be found at American Eagle for \$24.50 or Forever 21 for \$15.80.

Multi-colored heels are leading the way of footwear, followed by

‘Invest in one intense shade—whether it be emerald, fuchsia, scarlet, or canary—and then work it as hard as a thief with an alibi.’

-IN STYLE MAGAZINE



MORGAN KENNEDY PHOTOS

Senior Katerina Eichenberger poses in new fall fashion trends such as a fedora from Forever 21 (\$15.80), a comfy sweater from American Eagle (\$59.99), and a striped t-shirt from Forever 21 (\$9.80).

fall’s classic boots.

Slouchy suede, stacked heel, ankle, and riding are returning in high demand this year, and all are available at payless.com starting at \$29.99.

Arm your closet with a basic boot, a comfy sweater, a fun accessory, and mix and match these pieces to create the perfect fall wardrobe, adding in your own touches of personal style.

‘Moneyball’ thrillingly displays transformation of modern baseball



WWW.IMDB.COM PHOTO

The film ‘Moneyball’ stars Brad Pitt as the Oakland A’s General Manager Billy Beane. Pitt co-stars with Jonah Hill, Philip Seymour Hoffman and Robin Wright. This film is rated PG-13 for language and runs at a length of two hours and six minutes.

By Emma Jakes
INDEPENDENT EDITOR

Baseball is made of statistics, competition, fans, skills, players and money, but the latter encompasses the game. Can a team be of worth when it can hardly afford to play? The movie ‘Moneyball’ answers this question with a resounding “Yes.”

Based on the novel by Michael Lewis and directed by Bennett Miller, “Moneyball” tells the true story of the Oakland Athletics’ rise to fame in the early millennium. Strapped for cash, the team loses its star players and is unable to fund suitable replacements.

Oakland A’s General Manager Billy Beane, played by Brad Pitt, seeks a solution by vouching for extra cash and attempting to trade players.

No concessions are made, but Beane feels compelled to make a winning team out of nothing. A young, Yale graduate named Peter Brand, played by Jonah Hill, gives him the opportunity.

Brand presents Beane with an equation that calculates the on base percentage of players, leading Beane to disregard his scouts’ subjectivity and cut down each Oakland draftee to that one number and nothing else.

“Moneyball” presents the notion of overpaid athletes versus under considered players and delivers it in a script that captures the strategy of the game while embellishing it with a balance of

humor and inspiration.

Pitt exemplifies the character of a wary general manager who doesn’t hesitate to astound the baseball world in the face of what he believes is right, as Hill counters him in his portrayal of a timid, yet cognizant assistant.

Rated PG-13 for language, “Moneyball” is not just a movie for baseball fans young and old but anyone looking for a story that beats the odds.

While it is a lengthy film, the two hours and six minutes give important insight into the transformation of baseball into a new kind of game.

“‘Moneyball’ is not just a movie for baseball fans young and old but anyone looking for a story that beats the odds.’”

Pleasant Street Tea Co. spices up Gloucester

Emily Arnsten
INDEPENDENT STAFF

For a taste of the downtown Gloucester scene, hit up Pleasant Street Tea Company for a choice of over one hundred different teas, fresh baked pastries and inventive, healthy sandwiches.

With a menu full of vegetarian paninis and organic wraps, Pleasant Street Tea Company provides Gloucester with just what it needs, a hip café. Suggested foods are the Baked Brie, Apples and Cinnamon Strawberry Jam panini (\$6.00) and Home-made Hummus and Veggie Wrap (\$6.00).

Situated near downtown Gloucester, the tea house is a

convenient place for a passersby looking to grab a quick bite to eat or a pick-me-up coffee. The Milky Way latte (\$3.00) and the Peppermint Patty Hot Chocolate (\$2.75) are sure to lift anyone’s spirits.

Need some late night tea? Pleasant Street Tea Company is open all week and closes at the earliest at 8 p.m.

Soups, couches and friendly employees all add to the cozy atmosphere that completes the organic style of the restaurant.

Kid friendly, the tea house has shelves of books and

games to occupy children if parents want to enjoy their morning coffee.

Ideal for casual dates, the tea house has comfortable places to relax and catch up with friends and a back room for more private conversations or functions.

Wi-Fi is also offered at Pleasant Street Tea Company, which is ideal for people trying to get work done.

Witty posters and local artwork cover the walls, adding to the creative atmosphere of the restaurant. The tea house also supports the arts by occasionally hosting music performances by local artist.

‘The tea house is a convenient place for a passerby looking to grab a quick bite to eat or a pick-me-up coffee.’



EMILY ARNSTEN PHOTO

Located in Gloucester, The Pleasant Street Tea Company is open all week until 8 pm. The restaurant supports local art by hosting live music performances, hanging posters, and displaying artists’ work.