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MANCHESTER-ESSEX REGIONAL HIGH SCHOOL

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Play 'FIVES' advances to semi-finals

Drama Festival entry falls short of qualifying for State competition

By Emily Arntsen
INDEPENDENT STAFF

Although the Manchester Essex drama group advanced to the semi-final round of the 81st Annual Drama Festival on March 10, their play "FIVES" will not continue in the competition.

Directors Gloria Tanner and Elizabeth Edgerton said "FIVES" didn't move on to the final round because of the judges' preference for traditional plays.

"It may have been too different for [the judges]," Edgerton said.

Senior actress Allie Freed agreed. "This year our play was a risk, something we'd ever done before, and this time the judges just didn't get it," she said.

Each section of "FIVES" was a different take on humans' relationship with time and the connections time creates, according to Tanner.

"The theme of the play was how time can be communicated in so many different ways, not just the idea of time passing literally but also in the sense of generations and relationships," Freed said.

"Some aspects were reality, some were just strange and weird, but I think it came together to become a very unique and interesting play," freshman actor Steven As-



EMILY ARNTSEN PHOTO

From left to right, senior Allie Freed, senior Katerina Eichenberger, senior Emmett Snyder, junior Laurel Barrie, and senior Ian Gillis perform "Philip Glass Buys a Loaf of Bread" during an in-school rehearsal of their Drama Festival entry "FIVES." The play advanced to the semi-final round before being beaten by Shrewsbury High School and Andover High School.

colillo said.

For example, the closing scene "Philip Glass Buys a Loaf of Bread" represented an alternate reality, Tanner said.

Seniors Katerina Eichenberger, Emmett Snyder, Allie Freed, Ian Gillis and junior Laurel Barrie, the actors in the ensemble "Philip Glass Buys a Loaf of Bread," were

supposed to "mimic the cyclical fashion" of composer Philip Glass's music, Edgerton said.

DRAMAFEST, PAGE 3

Basketball tournament replaces dance marathon as new senior fundraiser

By Sofia del Valle and Emma Jakes
INDEPENDENT STAFF

Due to an apparent lack of student interest, the 12-hour dance marathon, a formerly planned senior fundraiser, was cancelled.

In place of the dance marathon, a basketball tournament will take place on March 16 after school.

After calculating the senior budget, and with only a few weeks left until S.C.O.R.E. begins, both senior class officers and faculty advisers Elizabeth Edgerton and James Wallimann are tentatively planning three new fundraising events before the seniors leave.

For the tournament, senior class president Andrew Randall encourages everyone to form teams of six people to participate in SENIOR FUNDRAISER, PAGE 3



COURTESY OF KELLY DODGE

24 DECA students, most of which are shown above, attended the State Career Development Conference at the Boston Marriott Copley Place Hotel from March 8-10 after qualifying at the District Career Development Conference earlier this year. While at the competition, senior Ian Martin, junior Brian Gibson, junior Ellie Mortillaro, and junior Taylor Ketchum qualified for the International Career Development Conference in Salt Lake City, Utah, from April 28 to May 1.

Four DECA students qualify for International Conference

By Morgan Kennedy
INDEPENDENT EDITOR

After qualifying at the District Career Development Conference, 24 DECA students competed at the State Career Development Conference at the Boston Marriott Copley Place Hotel, March 8-10.

Four students also qualified for the International Career Development Conference.

Senior Ian Martin, junior Brian Gibson, junior Ellie Mortillaro, and junior Taylor Ketchum qualified for the DECA International Career Development Conference. The conference is set to take place in Salt DECA, PAGE 3

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Yary Livan visits Burns' ceramics classes
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BRIEFS

Energy bike demonstrates importance of staying green

Physics teacher Steven Cogger recently brought his home-made energy bike into his freshman and electronics classes to demonstrate how much energy it takes to make various light bulbs work.

"I found an exercise bike in the trash on the way to school one day and decided I would gather all of the pieces together to make this demonstration when I was teaching back in Andover," Cogger said.

The bike has the ability to light up three different bulbs depending on how much energy each takes.

"I have the students just sit down, and while they're pedaling, I change which bulb is going to be light up, and that way the students are able to see the different amounts of energy each bulb takes," Cogger said.

The three different light bulbs are an incandescent bulb, a LED bulb, and a CLF bulb.

An incandescent bulb is the common light bulb, which takes the most amount of energy, according to Cogger.

"The LED bulb is actually greener than the CLF bulb, which is considered to be greener by the average person," Cogger said.

Along with physics classes, many members of the Green Team are using this bike to complete their scholars' projects, Cogger said.

"My students are using the bike to understand how a small change in a light bulb can save a certain amount of energy," Green Team adviser and Spanish teacher Eric Magers said.

"I went to go see the bike one morning before school, and I actually thought it was pretty cool.

I never knew how much energy it actually took just to light a light bulb," sophomore Chris Dumont said.

According to Dumont, the Green Team is hoping more people will hear about the bike so that they can understand how important it is to shut lights off when not using them.

"I think everyone should go ride that bike at some point or else they probably won't fully understand how much energy electricity takes," Dumont said.

Students qualify for national debate, speech tournament
Debaters prepare to compete in Lincoln Douglas, Student Congress

By Rachel Daley
INDEPENDENT STAFF

With the tournament season coming to an end, junior Colin Babikian and freshman Nick Albertazzi will represent the debate team in Lincoln Douglas debate for the National Catholic Forensics League Grand National Tournament, and sophomore Fiona Davis will compete in Student Congress in Baltimore this May.

Two other students from the debate and speech team will be moving on to the national tournament for the National Forensic League. Junior Jacob Martz will compete in Student Congress and senior Jared La Fontaine qualified in Speech.

The tournament will be held in Indianapolis this June. Students from around the country will gather to fight for the national title in debate and speech.

La Fontaine qualified with his



'For nationals, I am trying to work on having an organized speaking style.'
-FIONA DAVIS

dramatic interpretation piece and will be preparing for the next few months for the competition. According to La Fontaine, he will continue his hard work up until the tournament.

"I'm going to prepare by working with a speech coach, Debbie



'I'm preparing by dedicating a lot of time to it and effort as well.'
-JACOB MARTZ

Simon, who works at Milton Academy," La Fontaine said. "Self-discipline will also help me prepare."

According to La Fontaine, several tournaments helped to qualify him throughout the year.

Martz also qualified for the

tournament in Congress. He just broke his 1000th NFL point at the Shrewsbury Mardi Gras tournament which is an extreme accomplishment for any debater.

"I'm preparing by dedicating a lot of time to it and effort as well," he said. "I've put a lot of time into the program, and Nationals is where I can achieve the highest title."

Davis is first alternate for Congress, which means that if one person in the event drops out of the tournament, she is the first person to fill the spot.

This year, Davis was a finalist in Congress at Princeton. "I was really proud to represent the team there," she said. "At such a prestigious tournament, the accomplishments gained respect for our school."

"For nationals, I am trying to work on having an organized speaking style, confidence, and good participation during the round," Davis said.

Math team hosts home meet, places fourth out of seven teams

By Isadora Decker-Lucke
INDEPENDENT STAFF

Every year the math team hosts one home meet, as well as traveling to several meets at other schools. Manchester Essex has come in third or fourth in every meet they have gone to this year, including the home meet in which the team was fourth out of seven teams.

Many math team members had been looking forward to the home meet, according to junior team member Calvin Lamothe.

"It takes a lot less time when meets are at home, and I like getting to see

people from outside of Manchester and meeting new friends at the meets," he said.

Math teacher Dan Lundergan coaches the team. He thought the home meet went well and created

"a better turnout because we don't have to travel." Lundergan also noticed that the kids felt much more confident and comfortable at the home meet than they usually do at away meets.

While there was some work to get ready, the math meet went smoothly, according to Lundergan. Before the meet, the team put up signs with directions and labeled each table with team names and math pickup lines.

Lundergan reserved the rooms and made sure the cafeteria had enough food for the hungry mathletes from Hamilton-Wenham, Ipswich, Pingree, Manchester-Essex, Masconomet, Pentucket, and

Rockport.

Team members work on problem sets at practices to prepare themselves for meets, according to Lamothe. At these practices they have a chance to get to know



ISADORA DECKER-LUCKE PHOTO

Math team members solve problems at a recent competition. Manchester-Essex hosted six schools at their annual home meet.

each other more.

Junior Dominique Noriega enjoys hanging out with her friends on the team at practices and meets. "I do math team because I love math, and the extra credit doesn't hurt. I also love being able to spend time with my math team family," she said.

The home meet was one of freshman Aidan Lyons' favorites of the year. "I thought it was a great experience to meet new kids at our own school, and I like to use my math skills at meets," he said.

'I thought it was a great experience to meet new kids at our own school, and I like to use my math skills at meets.'

-AIDAN LYONS

FAST FACTS

• Seven local schools competed at Manchester-Essex's annual home meet

• Manchester-Essex has placed third or fourth in every meet this year

Budget allows for flexibility, improvements to elementary school

By Fiona Davis
INDEPENDENT STAFF

Nearly finalized, the fiscal year 2013 budget obtains several top items needed for the district, according to Superintendent Pamela Beaudoin.

"We should be able to do a few more of the things on our to-do list, things like curriculum projects, being able to purchase laptops, funding some of the writing program that we want to put in place, and doing some facilities work at Memorial where we have a whole laundry list of items that need to be fixed," Beaudoin said. According to Beaudoin, the

focus for the budget will be improvements to the Memorial School and will most likely not add new teachers to the high school.

Sophomore Sam Taylor said the fact that there will be fewer teachers concerns her.

"With too many students it will be harder to learn, and there won't be as much one-on-one time, making it difficult to have successful classes," Taylor said.

According to Beaudoin, recent additions to the 2013 budget, like

more Chapter 70 funds, will effectively address class size.

The Chapter 70 program is the major program that provides state aid to support school operations

Recent additions to the 2013 budget...will effectively address class size.

and establishes minimum spending requirements for each school district and town's share of school costs, according to the

Massachusetts Department Education.

"By having more dollars in Chapter 70 funds, we will be able

to do everything we want to do to keep teachers in place, deal with class size, buy materials, and address some of the problems at Memorial," Beaudoin said.

Freshman Lucas Martz said he is not concerned about the lack of teacher additions and is satisfied with the upcoming budget.

According to Beaudoin, if complications with class size do arise, the budget will allow for those issues to be solved.

"We have flexibility because we do have some more money for 2013, so that if we had a big spike in some of the classes, we could probably deal with it without wondering where the money will come from," she said.

ASR students search for internships, learn from presentations

Two-year elective class provides experience, prepares students for careers in science fields

By Austen Coviello
INDEPENDENT STAFF

With the school year more than halfway over, the Authentic Science Research class is in the midst of its busiest time of year as students do research for internships and work on projects, according to ASR teacher Maria Burgess.

ASR is a two-year science elective that is offered to juniors and seniors interested in the sciences. The first-year class is a basic research methods class. The students study the history of science research and various classic experiments, as well as "hot topics" like recent discoveries and the role of science today, Burgess said.

The second year of ASR is comprised of the students creating reports on their internships. They write papers and make powerpoints and posters to present to the school as well as in national competitions, like the Northeastern Competition at the University of New Hampshire.



COURTESY OF MARIA BURGESS

ASR student Sophie Lehar meets with scientists from the Murphy Lab in Boston who visited the class to discuss their current research. Students invite scientists to class regularly to enhance learning and provide insight to what science careers are like. ASR is a two-year elective class.

According to Burgess, first-year students write a comprehensive research paper on a topic of choice in which they hope to do an internship. Then, they search and apply for internships at various science labs. Burgess said this

process is time-consuming, and takes about two full quarters to complete.

A majority of the internships are typically in Massachusetts; although, according to Burgess, the class has seen students go to Sin-

gapore, Texas, and Russia in the past. The places in which the students are able to intern "depend on what their opportunities are," she said.

One example of an international internship is that of junior and

first-year Marissa Ostrovitz. For her internship, she will be traveling to Queen's University in Kingston, Canada to study epidemiology.

"I have always wanted a science-based career," Ostrovitz said. She has considered a variety of fields, including oncology; however, due to advice from Burgess and extensive research, she has decided on the control of diseases such as malaria and AIDS.

Similarly, senior and second-year ASR student Sophie Lehar said she "definitely [aspires] to go into a science career," and she has been sure of that since taking sophomore biology.

For her internship, Lehar attended the George Murphy Hematology and Oncology Lab at Boston University's Center for Regenerative Medicine where she mainly studied induced pluripotent stem cells.

"The experience helped confirm that I do really like the word of scientific research," she said.

Students vote to update NHS induction requirements to meet changing standards

By Morgan Kennedy
INDEPENDENT EDITOR

Starting next year, the National Honor Society will begin inducting students at the end of sophomore year, stop inducting students at the end of senior year, and raise the grade point average requirement, according to NHS adviser Maria Burgess.

Currently, students are invited to join NHS at the end of junior and senior years, according to Burgess. She said there isn't much benefit in inducting students at the end of senior year, because they don't have the opportunity to contribute to fundraisers and club activities.

NHS president Kirsten Coale is in favor of the changes.

"Inducting students at the end of sophomore year will encourage them to earn and maintain good grades early on, and it will keep them involved in community

service," she said.

The GPA requirement for juniors will be raised to parallel changes occurring in NHS chapters across the country, according to Burgess.

"We are looking to raise the requirement from a 4.25 to a 4.35, but those numbers are tentative. The exact change is still in the works," she said.

Because they are unable to take AP classes, the sophomore GPA requirement will be equivalent to that of a 4.35 with Honors and CP classes only, according to Burgess.

Senior NHS member Shauna Rice supports the new system.

"I think being in NHS is a big accomplishment, so raising the

GPA will make it that much more of an honor," she said.

Coale said the majority of members were also in favor.

"We took a vote, and it was almost unanimous. Everyone agreed that we should parallel the rigor that other schools have adopted," she said.

Burgess said the changes should increase the society's consistency of work.

"We hope these new policies will allow us to be more productive with fundraising and student participation," she said.

Both raising the GPA and inducting sophomores will better the society and push students to work hard throughout high school, according to Rice.

'We took a vote and...everyone agreed that we should parallel the rigor that other schools have adopted.'
-KIRSTEN COALE



MORGAN KENNEDY PHOTO

Senior NHS member Melissa Moore collects a donation from special education teacher Jared Harvey for a recent fundraiser.

CONTINUATIONS

DRAMAFEST

continued from page 1

Both directors said they wouldn't make any changes to the play if they had the chance. "The actors put everything they had on the stage. What more could I ask for?" Edgerton said.

"It's not about winning or losing. I just feel bad for all the seniors who worked so hard!" Tanner said.

Ascolillo thinks the group could have "paid a little more attention to the technical transitions so that our mistakes could have been avoided," he said.

"You can't help who your judges are, or if they're going to understand your play or not. I think we did the best we could,"

Freed said.

SENIOR FUNDRAISER

the full-court scrimmage.

Teams can sign up beforehand and pay an entry fee of \$5 per player; participants may also sign up at the door but will be charged an extra \$5 for late registration, according to vice president Morgan Kennedy.

Towards the end of the month, the class may possibly hold a pageant open to all high school males who wish to participate. The pageant will be called "Mr. MERHS," according to class officers, and the fundraiser is potentially scheduled for March 27.

Officers have yet to determine an admissions fee for the show.

Sound Waves, the high school cappella group, will also be hold-

ing a benefit concert on April 26. According to Eichenberger, all proceeds will go to the senior class.

DECA

Lake City, Utah, lasting from April 28 to May 1.

According to DECA teacher Dean Martino, students took written exams and performed face to face role plays in front of business professional judges.

"With a 23 percent increase in students this year, this was by far the most difficult competition. Preparing students for this event is very challenging in terms of the amount of information they need to learn," he said.

Junior Megan Jones agreed. "It was definitely a hard competition, but it was fun and well

worth the time we spent preparing for it," she said.

Martin said he prepared in class before the competition.

"I took a few practice tests that came from Districts. I also performed a few role plays."

Martino said the students performed very well.

"Every single student won an award.

For two out of the last three years, we have been the best performing DECA chapter in the state," he said.

Martin said he is excited to compete at Internationals.

"I'm so happy I qualified. It was a great feeling," he said. "I can't wait to go to Salt Lake next month."

Jones, who placed in the top 10, also said she enjoyed the competi-

tion.

"It wasn't easy, but everyone performed well and had a good time. I'm glad I got the opportunity to go," she said.

Martino is satisfied with the chapter's results.

"I am proud of the entire team," he said. "I am glad they had fun and am impressed by their behavior. They were recognized by the hotel's head concierge as the most polite chapter at the event."

Happy Spring!



Health Matters



Athletes benefit from sleep, nutrition, hydration

Healthy preparation beginning one day prior to event is the key to success

By Kendall McCormick
INDEPENDENT STAFF

Many high school students take part in sporting events, and while each sport may require unique preparation methods, most are similar. Getting ready for a sporting event both mentally and physically begins at least one day prior to the event.

Eating the right kinds of foods the day before and day of your meet can make a major difference.

Web MD finds, "Fueling exercise requires quality carbohydrates, lean protein, heart-healthy fats, and fluids... Without these crucial fuels and fluids, your body will have a hard time performing at its best." Freshman Olivia Lantz, who competes in track, soccer, and lacrosse, consumes foods such as bananas and English muffins with peanut butter to give her energy for her meets. Lantz agrees that while what she eats before her track meets affects her more than what she eats before soccer games, nutrition is an important aspect of all sports.

Just as Lantz admits, nutrition can be especially vital towards anaerobic sports, or high intensity sports requiring a large amount of endurance, such as track.



CHRIST/FLICKR.COM

No matter what sport, the preparation for an event is relatively the same for all athletes. Thorough hydration and nutrition is extremely important when preparing for a competition. Sleep is also an essential part of the preparation for an athletic event.

While foods high in sugar or fat such as candy may be consumed after the meet, such foods should be avoided prior to the event.

Additionally, hydration is extremely important, starting at least one day before the event. MIT Sports Medicine advises, "The night before a competition athletes drink 16 oz. before bed, 16 oz. upon awakening and if the competition is later in the day, another 17-20 oz. two hours before the competition, then an-

other 6-8 oz. 15 minutes before the game, practice, or workout."

Another necessary element to athletic success is sleep. While difficult to achieve for many students on a typical school night, being well rested is extremely beneficial for athletes.

The Sport Information Research Center states, "Although individual needs may vary, sleep researchers suggest that the optimal length of uninterrupted sleep for the adolescent athlete is about 9.2 hours a night."

American Sign Language class to be offered next year

By Maggie Lehar
INDEPENDENT STAFF

Although the American Sign Language class will not be offered this semester, students will hopefully have to opportunity to take this course next fall, according to guidance counselor Karen D'Amour.

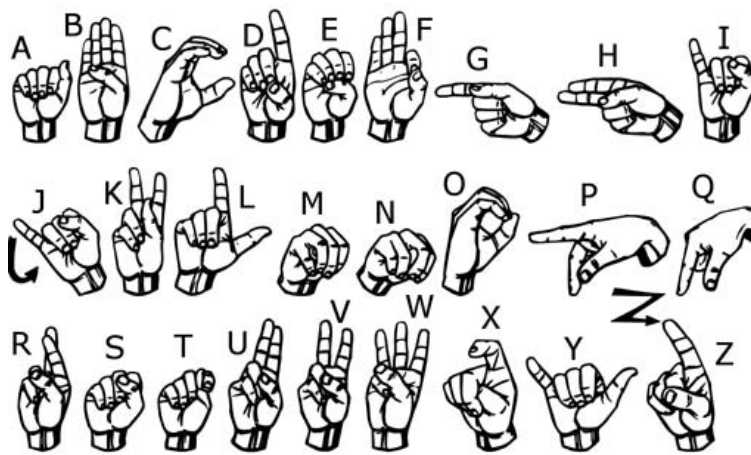
"Over the time I have been with Manchester Essex, students have mentioned that they would like to know sign language," D'Amour said.

Students could be interested in learning sign language for a variety of reasons, from thinking about a possible major in college to having a family member or friend who is deaf, she said.

"A sign language class is a good idea. I would definitely be interested in learning sign language," junior Calvin Lamothe said.

According to D'Amour, local colleges did not offer ASL classes during times when students would be able to take them.

"The best approach was to bring the sign language class to our campus. Besides, it never



RYANB/FLICKR.COM

Sign language has its own alphabet that people can use to fully spell out words if one does not know the specific sign for a word. Most users will sign an entire word with only one hand, not both.

hurts to add another elective for students to consider," she said.

Many students were interested in the course, but they already had other commitments, according to D'Amour.

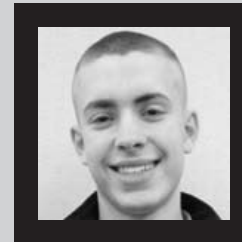
"The class is unfortunately not happening this semester because of a requirement for the course is that it has to meet two days after school. Our students are so busy; they probably needed a little more time for being able to plan that into their schedules," D'Amour said.

Enough students will hope-

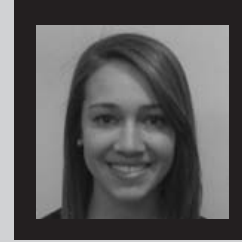
fully sign up for the sign language class to run next year, D'Amour said.

"I would have liked to take the sign language class this semester, but I'm glad that they are still going to try to offer it next year," junior Ashley Deschenes said.

"If we are able to have the same instructor who was planning on teaching this spring teach next fall, students could purchase up to three college credits through Endicott College, if they wanted to," D'Amour said.



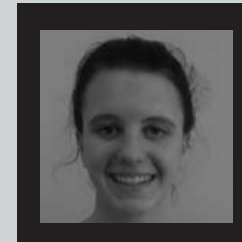
Senior
Max Rodier:
Seamus O'Rourke



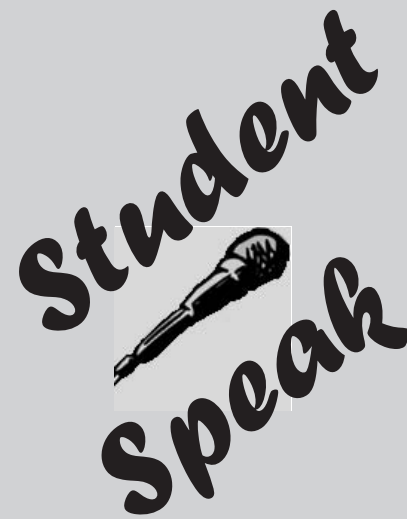
Senior
Jelisa O'Hara:
Ginger O'Hara



Junior
Chris Xavier:
Lucky O'Flynn

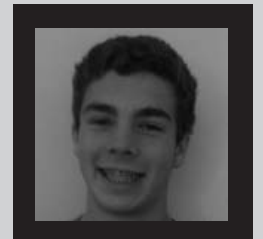


Junior
Ella Silag-Sterns:
Plucky McNugget

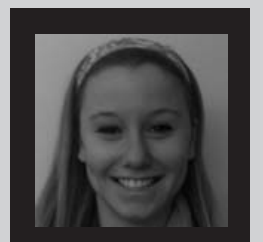


If you could be a leprechaun, what would your name be?

Sophomore
Chris Dumont:
Paddy O'Furniture



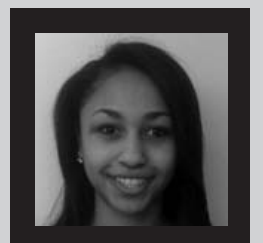
Sophomore
Lila Hughes:
Babooshk



Freshman
Michael Fuca:
Shawty Shamrock



Freshman
Maya Heath:
Lucky Freckles



By Rachel Daley



Green Team adds plants

Donated greenery improves atmosphere

By Kelly Moore
INDEPENDENT STAFF

Bringing in green plants to the school helped The Green Team achieve one of their many goals, according to Green Team District Director Eric Magers. Thirty-three plants now brighten up the hallways on all three floors.

The school has always been technically green, but "...until recently, it didn't look that way," said sophomore Michael Leahy.

According to Magers, Leahy did all of the pre-work such as calling shops and green houses. However, senior Nick Douglas has taken over now as Leahy did the work as community service and is not currently a part of the Green Team. Two interns, freshmen Charles

Tullercash and Andrew Widtfeldt, take care of the plants every week by pruning, placing, feeding, and watering them.

"On our first run we received over 15 plants! It was stunning the effort [the

local stores were] willing to con-



KELLY MOORE PHOTO

Various local businesses donated different species of plants that now decorate the school hallways. The intention of this greenery is to help create a better atmosphere for students while learning.

tribute to our fantastic school," Leahy said.

Before receiving all the plants, the school was clean and sterile but barren and lacked a certain homey feeling, Magers said.

According to Douglas, local shops including Ambius in Woburn, Roses & Thistle in Beverly Farms, Flores

Mantilla in Marblehead, Russell's Florist in Gloucester, Corliss Brothers Nursery & Garden Center in Ipswich, and Wolf Hill Garden Center in Gloucester all donated plants and pots.

"Studies have shown that plants clean the air as well as offering a more soothing environment for learning," Magers said.

According to greenplantsforgreenbuildings.org, "...plants significantly lower workplace stress and enhance worker productivity" and also inspire crea-

'Studies have shown that plants clean the air as well as offering a more soothing environment for learning.'
-ERIC MAGERS

Anatomy students dissect sheep brains for academic enrichment

By Caroline Wood
INDEPENDENT EDITOR

In addition to the dissection of fetal pigs, Anatomy teacher Maria Burgess added the dissection of sheep brains to the curriculum of this year's anatomy class.

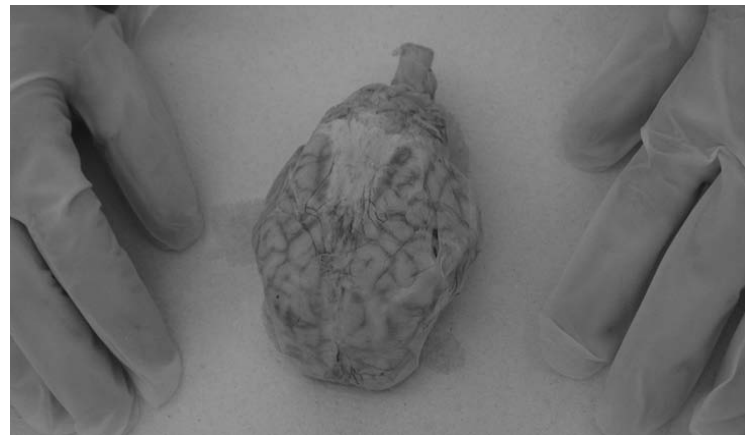
"Dissection provides a real life example to see how functions and structures work," Burgess said. "The sheep brains were added this year because last year, we had to dissect the fetal pigs in order to extract the brain ourselves, which caused damaged to critical parts of the brain and took longer."

The students learned about the brain structures and dissected the sheep brains in order to learn about the functions, according to anatomy student Eliza Rohner.

"I had never dissected anything before, and it actually was an enlightening experience to see just how similar human and sheep brains are," she said.

According to Burgess, the brains were ordered from Fisher Company, a science company that sent the brains already extracted and injected with fluids to make it easier for the students to see certain structures.

"A blue dye was used to highlight the veins while a red dye highlighted arteries and what was called a contrast dye made it easier to see white matter and



COURTESY OF MEMO

Sheep brains are similar to human brains, making them easy to compare. The brains were injected with special dye in order to make the specific sections more visible to the anatomy students.

grey matter," Burgess said.

The anatomy class spent two to three days examining the sheep brains and looking at the structures.

"We spent one day identifying external structures and one day dissecting the internal parts of the brain, including the brain stem," Burgess said.

Dissecting is an important part of the class, she said. It helps students understand concepts and better prepares them for medical training and future science classes.

"When watching a dissection or just doing a worksheet, the image is only in two dimensions," according to Burgess.

Manipulating a model is getting to see what the structures look like and how they connect to other structures, in the body,

she said.

"The dissection really helped me see the different parts of the brain and helped me connect it to what we were learning," anatomy student Maddie McNamee said. "At first I thought it was gross, but it was really interesting to be able to see the cranial nerves and all the different parts of the brain."

Anatomy is a challenging and fun course that comes with memorization of the many topics included in the material, Burgess said.

"This class always has kids thinking in a different medium, and dissection particularly aids learning and helps kids grasp more of a realistic understanding about how the body works," she said.

Student Profile

Hannah Thorne



FACEBOOK.COM

By Sofia del Valle
INDEPENDENT STAFF

What is your favorite color?

Green

What is your favorite animal?

Snake

What is the best book you've ever read?

The Harry Potter series

What's your favorite TV show?

"Lost"

What is your biggest fear?

Getting trapped in a tanning bed

What is your favorite school subject?

Art

What do you want to be when you grow up?

Either a fashion designer or an interior designer

Do you play any sports?

Soccer

What's your favorite song?

"Shake It Out" by Florence & the Machine

Do you have any hobbies?

Drawing and painting

Who is your celebrity crush?

It's between Channing Tatum, Ryan Gosling, and Darren Criss from "Glee."

Do you have any weird skills?

I can burp loudly and on command.

Chick Flicks or horror movies?

Chick Flicks. I'm so bad with horror movies.

What is your favorite food?

Besides ice cream, vegetable stir-fry.

Do you have any pet peeves?

When people chew their gum too loudly.

What is your favorite place to shop?

Forever 21

What is the best advice you've ever received?

Don't eat yellow snow.

Seniors excited, nervous about leaving

Facing new challenges in college leaves seniors with mixed feelings

By Max Nesbit
INDEPENDENT STAFF

Senior year is an exciting year for most teenagers, and despite the amount of work, it's going to be tough for this year's seniors to leave their hometown and friends, according to members of the graduating class.

Manchester-Essex has a small graduating class, but most seniors would agree that only made them closer.

"I'm going to miss being with my friends every day. Going to a small school, you get close with so many people and have been with most of them since Kindergarten, so it's going to suck to have to leave them," senior Anny Carr said.

Along with saying goodbye, senior slides are another battle dealt with every year. "Once you get into college, it's so easy to just stop doing homework and

studying, but I think most of our teachers do a good job of keeping us on track," Carr said.

National Honor Society has

also helped other students keep their grades up. "NHS has kept me on my toes due to the fact that I have to keep my GPA up in order to remain a part of it," senior Andrew Randall said.

"The idea that senior year is a joke is a complete myth. If anything I've never worked this hard in my life," Randall said.

According to Weld, the hardest classes to keep up in have been the harder level courses.

"The teachers in some classes have realized that [the seniors] don't want to do work anymore, but my AP classes haven't

slowed down at all because they have to get us ready for the AP tests in May," Weld said.

SCORE is another event seniors have begun to get excited about. "It is going to be a great way to break the consistency of high school and open an opportunity for seniors to explore education in a different way," Randall said.

The seniors leave for SCORE on April 6, but "it's only right around the corner because high school goes by so quickly," Randall said. "I still feel like I'm a freshman."

'The idea that senior year is a joke is a complete myth. If anything I've never worked this hard in my life.'

-ANDREW RANDALL



MAX NESBIT PHOTO

Seniors Caroline Wood and Max Gove study together in the library. Seniors will leave for SCORE on April 6, which will conclude the majority of their academic commitments at the school.

Republican candidates vie for popular support



MITTROMNEY.COM

Former Mass. Governor Mitt Romney

- Supports continuing combat operations in Afghanistan, harsher regulations for illegal immigrants, and repealing the Affordable Care Act.

- Promises to improve the economy by redirecting federal funds from taxes to programs promoting trade, energy production, labor flexibility and state autonomy autonomy in what he calls his "plan to get America back to work."



NEWT2012.ORG

Georgia Representative Newt Gingrich

- Opposes income tax increase, federal spending for economic growth, Medicare and Medicaid spending, regulation of greenhouse gas emissions, and restrictions on the purchase and possession of guns.

- Supports providing tax incentives to businesses for job creation, reducing restrictions on offshore energy production, targeting suspected terrorists outside official theaters of conflict and repealing the 2010 Affordable Care Act.

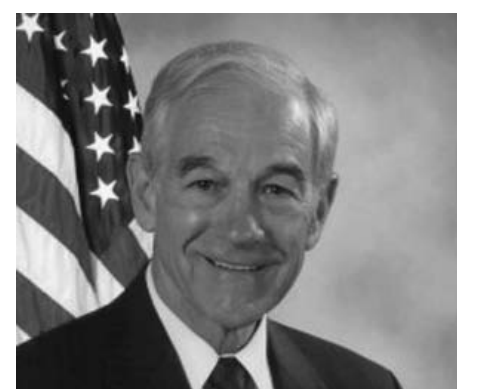


RICKSANTORUM.COM

Former Senate and Representative delegate for Pennsylvania Rick Santorum

- Campaign based on encouraging the importance of "family values" such as heterosexual relationships, marriage, and child raising.

- Social conservative favoring a balanced budget, privatization of social security, a "drill everywhere" policy for oil extraction, support for welfare programs, and decreased separation of church and state.



RONPAUL2012.COM

Former Texas Representative and libertarian party member Ron Paul

- Supports removal of American troops from Iraq and Afghanistan, privatization of social security, absolute right to gun ownership, teacher led prayer in public schools, and same-sex domestic partnership benefits.

- Opposes the death penalty, federal funding for health care, workplace laws to require hiring women or minorities stringent anti-drug laws.

Interact club visits Open Door Food Pantry, gives back to community

By Anna Tyler
INDEPENDENT STAFF

The Interact Club helped out at the Open Door Food Pantry in Gloucester on Feb. 15 to support its goal for the year of giving back to the community. The club is pursuing to work along side the Manchester Rotary Club with this goal in mind.

The trip is usually carried out by the Manchester Rotary Club, but its members decided that volunteering at the food pantry would be a great way for the Interact members to give back to

the community, according to Interact Club adviser Dean Martino.

The Interact members who journeyed to the food pantry included senior Sophia Mastendino, junior Olivia Mastendino, junior Dana Filias, and sophomore Julia Paccone.

The students helped the less fortunate by providing them with the foods listed on their grocery

lists that were available at the pantry. "We [were] kind of like their personal shoppers," Paccone said.

'It was really fun to help out, and it felt good to know that our couple of hours really helped out some good people.'

-JULIA PACCONE

Other tasks the students performed consisted of sorting through the food and discharging any items that had expired, according to Paccone. Volunteers also assisted with breaking down boxes, restocking

shelves, organizing the pantry, and cleaning.

"It was really fun to help out, and it felt good to know that our couple of hours really helped out some good people," Paccone said.

Future visits to the Open Door Food Pantry are expected to be scheduled for interested Interact members, according to Interact co-president Carolyn Heslop.

Interact is also hoping to organize fundraising projects throughout the year in order to raise money for an organization known as Rotaplast, which hopes to provide operations for people born with cleft palate

birth defects in third world countries, according to Heslop.

One of the club's motives is an attempt to create a balance between participating in events that give back to the local community while also trying to raise money for Rotaplast, according to Heslop.

"This year we are really just focusing on getting the group as involved as possible and making a positive difference in the community," Heslop said.

Interact Club has planned an upcoming meeting to discuss the club's fundraising and volunteering plans for the future, according to Martino.

SCORE

Is the program a positive experience?

Pro

Nabila Mahmud

SCORE presents an opportunity for seniors to be gradually immersed into the world of independent adulthood while focusing on a subject of personal interest.

According to the mission statement, "Seniors have an opportunity to learn by doing, to assess possible careers, acquire job skills, clarify what further training they need, and finally put to use what they have learned in their years of schooling."

By stating these skills in the mission statement, the program provides a convenient mechanism to cross the bridge between a familiar adolescent world into the unknown world of job experience and maturity.

Because students are given the liberty to their own project or internship, they test out possible career paths or projects that directly interest them.

SCORE is a unique opportunity that not many schools present to their students. Seniors can take advantage of having a quarter off from typical schooling to get a head start on the adult world.

The flexibility of SCORE allows students to choose from a variety of different paths.

For example, students who want to attend medical school can intern at Beverly Hospital. If students have no idea what they want to do, they can work with their parents.

While this may not be getting a jump start on a career, the student is still learning career building skills that cannot be acquired from senior sliding five days a week for two months.

All of these claims are logical arguments which the program prides itself on. While these reasons are the most imperative, think about the fun perks as well.

Depending on what students decide to do, they have the power to be in control of the last couple months of their secondary school careers which is a rare freedom.

They are in control of how they distribute their hours, what they decide to participate in, and the angle they want to take when they write a paper, a freedom that is well earned after spending 12 years participating in a regular school day for 180 days a year.



EMMA JAKES CARTOON

Con

Melissa Moore

Senior Choice of Related Experience (S.C.O.R.E.) is a good idea in theory, allowing seniors to pursue their interests and experience life outside of high school; however, students with multiple advanced placement (AP) classes have limited options for their internship.

Many people taking AP classes have to stay at the school for their internship due to lack of traveling time.

Because some have just one hour between classes, they are unable to pursue a useful internship that could apply to them later in life.

For example, if someone with two AP classes wanted to do an internship in Ipswich or another farther away town, he/she would barely have time to get to the internship before needing to return for his/her next class.

Also, finding hours that work for the internship can be extremely difficult. If someone with one AP class wants to work in a bakery, his/her hours of availability will change daily, making the internship far more difficult to arrange.

At the beginning of senior year, some students opt not to take AP classes because the courses will infringe upon their ability to obtain an internship. Seniors should not feel pressured to take fewer high-quality classes because it might interfere with a five-week internship at the end of the year.

While looking at senior transcripts, colleges like to see a higher number of AP classes. Admissions officers will not know about S.C.O.R.E. nor will they know that a person dropped an AP class for his/her internship. At competitive colleges, this small difference could easily affect the admissions officers' decision.

S.C.O.R.E. is a good idea in theory; however, its complications are infinite. Seniors will always complain whether S.C.O.R.E. remains the same, is reformed, or is abolished.

The best way to avoid seniors' endless whining, however, is to make S.C.O.R.E. optional. This way, students will be less likely to waste their time in pointless internships. Seniors who want to do an internship can, while those who would find an internship merely to fulfill a requirement can just stay in school. That way, they at least get a choice.

Students should be encouraged to be well-rounded

By Kendall McCormick
INDEPENDENT STAFF

For many students, high school is a time to develop interests and hobbies.

Many high school students, however, find themselves overwhelmed by the amount of activities offered, posing the question of which is more beneficial: being well-rounded, or focusing and excelling at one particular activity. Taking part in different activities, while not spreading yourself thin, poses more advantages to high school students.

Teenage years are the best age to discover and experiment before it becomes necessary to focus on a profession.

Many who focus on a single

pursuit soon may find themselves "burned out" as commitment to a single sport or activity at a young age can be both mentally and physically draining. While it can be positive to have a strong desire to participate in an activity, a fine line exists between an important hobby and an obsession.

Focusing on a particular activity can be risky as well. Especially in athletics, turning a sport into a scholarship or more is increasingly more difficult. According to the National Collegiate Athletic Association, on average less than five percent of high school athletes go on to compete in college, and less than three percent of college athletes make it to professional levels.

Maintaining a balance between

a sport along with grades and other activities gives the student many options instead of just one that may or may not work out.

Balance must be obtained on the other side as well. Grades without activities to supplement them are becoming more and more meaningless to colleges.

Many students across the country are capable of achieving good grades. In order for students to stand out and to become more cultured and interesting people, participating in other activities is important as well.

To make high school both an interesting and enjoyable experience, students must take advantage of a few of the many clubs and sports offered, rather than spending all their time on one particular activity.



KENDALL MCCORMICK PHOTO

Many students participate in various sports, clubs, and other extracurricular activities offered in high school, such as band.



Social networking sites provide more than a frivolous way to pass time

MARIAN SILJEHOLM

If you are like me, and your parents liken Facebook use to one of the worst teenage offenses, here are a few things to remind them of the next time they purse their lips or ask some condescending rhetorical question like, "Don't you have homework to do?" at any mention or sign of Facebook, Twitter, Tumblr, or otherwise.

Social networking sites allow for individual creative expression to reach a far larger audience by providing a venue for free messaging, blogging, photo storage, event invitations, and many other services in equal measure to all (who have Internet access) regardless of income, background, ethnicity or location.

Such sites bring together people with common interests or problems, providing exposure to novel ideas or solutions from around the world, and uniting complete strangers in the face of a common cause or ailment.

Social media can also serve as a vital tool for social change as a method of communication outside the realms of government control in nations where government oppression prevents freedom of expression through conventional methods such as television, radio or print news.

During the Iranian 2009 election protests, the protesters' use of Twitter to spread messages was so vital to their cause that the U.S. State Department formally asked the site to delay an upgrade that would have temporarily downed the website during a busy time of day in Iran.

While many people love to point to a lack of security for personal information and images on such sites, the wide range of privacy settings actually makes it easy to display as much or as little as one wants. In addition, certain sites have taken extra precautions to protect their youngest users; Myspace automatically sets accounts of users 16 or under so that their profiles cannot be found during a general search.

Finally, social networking sites provide a free and user-friendly way for people to stay in touch with friends and family who may live in other countries, in which case other methods of communication would be costly or difficult.

Increased communication, regardless of whether it's online, strengthens relationships and builds community, something no one can argue we could all use a bit more of today.

STAFF EDITORIAL

Students face excessive costs of applying to college, taking exams

The PSAT: \$14. The SAT: \$49. AP tests: \$87. SAT Subject Tests: \$44. The ACT: \$49.50. The average cost of one application: \$60. A college education: priceless?

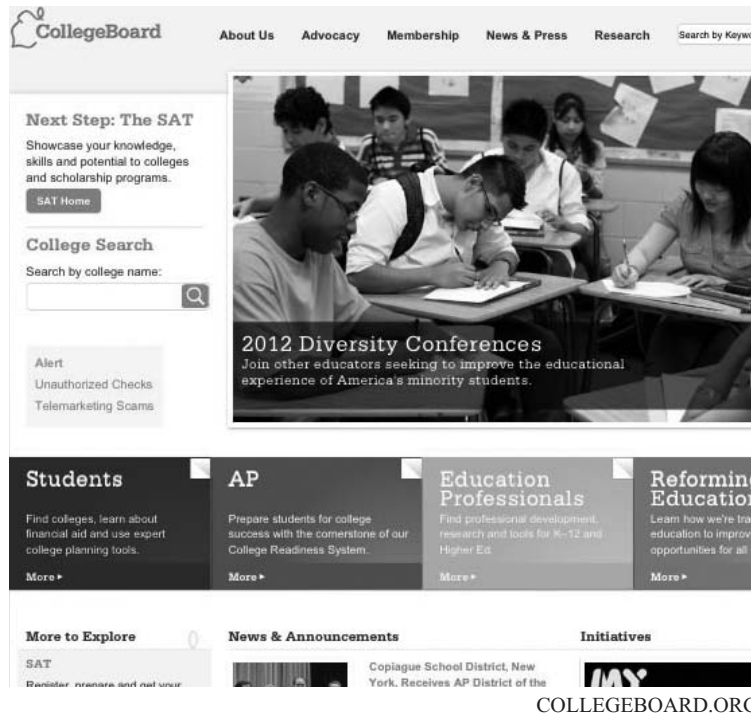
Before someone even attends college, the prices begin to add up.

Students start paying sophomore or junior fall with the PSAT, costing \$14.

During junior spring, the SAT craze begins. After spending \$49 to take the test, many take an SAT prep course, costing another \$500.

Junior spring also means, for many, taking AP tests. Though originally designed to allow students to place out of introductory courses, saving both money and time, many colleges are no longer exempting students merely based on the scores received on these tests.

According to guidance counselor Sharon Maguire, the average student takes two AP tests in his/her high school career, costing another \$174.



The College Board company is the main perpetrator of absurdly high prices that always accompany the college admission process.

Most colleges require applicants to submit two SAT subject tests, which totals \$44 from the \$22 registration fee and \$11 cost per test.

Many people will take the ACT as well as the SAT to see which test they do better on, costing an additional \$49.50.

The average Manchester-Essex

senior applied to nine colleges this year.

The average cost of a college application was about \$60, Maguire said; therefore, the average senior would spend \$720 on college applications alone.

While applying, students have to send official SAT score reports to colleges. The College Board permits four free score reports; however, each additional score report costs \$10.50. Students applying to nine colleges must pay \$52.50.

Adding up the cost of one PSAT test, two AP tests, two SAT tests, an SAT prep course, two SAT subject tests, one ACT test, nine school application fees, and sending out nine college report scores, the average Manchester-Essex student will spend \$1,472.

Now, it's time to pay for college.

- PSAT: \$14
- SAT: \$49
- AP tests: \$87
- SAT Subject Tests: \$44
- ACT: \$49.50

Variety of assessments accurately measures knowledge

By Isadora Decker-Lucke
INDEPENDENT STAFF

Tests and papers are separate yet equally accurate ways of measuring a student's knowledge of a subject.

While many students have a preference of tests or papers, it is different for each subject.

For example, math and science teachers often have few opportunities for their students write papers.

In science classes where papers often aren't as common,

labs and activities can often create the same end result: a deeper understanding due to a more specific study.

Math doesn't need this method of measurement to motivate students to remember information after they've been tested on it.

Material learned in previous units often comes up again later in the year, therefore making it essential to fully understand the methods to complete problems.

Teachers of subjects like English and history would struggle to accurately assess students' understanding of assigned material

solely by test questions. Assigning students papers gives kids who have trouble demonstrating their knowledge in a controlled test environment the chance to show understanding to teachers in other ways.

Also, for classes such as English and history where there is far more room for discussion, essays provide an outlet for opposing interpretations and push students to think deeper and harder about what they are learning.

Instead of solely memorizing facts for tests and forgetting them, essays give kids a height-

ened understanding. This method helps them retain the information.

Having these different ways to measure knowledge leads to more grades. This helps students as any poor grades are diluted because they are averaged out with the better ones.

This idea of using a variety of methods such as tests, papers and labs caters to all learning styles.

If students struggle with one method, they have a way to demonstrate their understanding to the teachers through a different outlet.

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

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

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

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Boys' basketball recognized as Division 4 North first seed

Team loses against St. Mary's in tournament; coach resigns after four years

By Nabila Mahmud
INDEPENDENT EDITOR

With an overall record of 19-3 and recognized as the Division 4 North first seed, the boys' varsity basketball team ended with "the best record the school has seen in a long time," according to senior captain Sean Nally.

Entering the tournament with an 18-2 record, the boys won their first tournament game against Snowden High School with a score of 62-60.

The boys lost their second tournament game against St. Mary's 81-49. St. Mary's beat Pope John to win the Division North 4 title.

"We were happy with how far we made it. Not many people thought we were going to do as well as we did," Nally said.

Senior captain Joe Burgess agreed, "We did well. I'm going to miss it."

Cape Ann MVP and senior captain Chris Bishop was unable

to play in the tournament due to MIAA rules regarding eligibility requirements.

"We tried to just focus on the game, but losing your top scorer hurts. In the Snowden game we all picked up the load and were able to win, but playing against your hardest opponent of the year, [St. Mary's], can be tough without your top scorer," senior captain Casey Weld said.

According to Nally, the team works as a "system." "With or without Chris we play hard. Having him could have helped, but we can't use that as an excuse," he said.

After the St. Mary's game in the locker room, coach Duane Sigsbury thanked the seniors, reviewed the season, and officially resigned as coach, a move that players had anticipated.

"We're losing the best coach around. He's a great guy. We were lucky and honored to play for a coach like him," Burgess said.

Bishop agreed saying, "He's the best coach this program will



COURTESY OF MARIA BURGESS

During winter break the boys' basketball team played in the Winter Tournament. The team came out victorious, adding many wins to their overall record of 19-3, placing them as the first seed in the Division 4 North tournament. Despite their seed, the team lost to St. Mary's with a score of 81-49.

ever have."

Sigsbury could not be reached for comment.

As for next year, a new coach as yet to be hired; however, junior Max Nesbit has a hopeful

outlook.

"We're losing four of our five starters and a great coach, but I think we have a lot of good talent coming up. Next year we'll have a good mix of upper and lower-

classmen to hopefully lead us to a state championship," he said.

Junior Liam Aldrich agreed, "I'm excited to work with this fine group of kids in the best upcoming hoops season ever."



COURTESY OF TOM MOORE

The rack team competes at Division 4 State meet. Each runner that participated won a medal, indicating a place in the top eight.

Lantz, Davis compete at All-State Championships

By Landon Komishane
INDEPENDENT STAFF

Freshman Olivia Lantz and sophomore Fiona Davis participated at Reggie Lewis Center and the All-State track meets on Feb. 25 and 26.

At the All-State meet, Davis ran the two-mile run, finishing 18th with a time of 11:54.86.

"I'm delighted," Barbour said, referring to Davis and Lantz's placement. "They performed their best, and that's everything I could ask for."

Lantz finished third in the All-State mile-run with a time of 5:07.29, which qualified her for the New England Champi-

onships.

"I was very happy to qualify," Lantz said, "I liked the race because the girls were the best competition I've had all year."

Her time at the New England Championship was 5:06.77, placing her in fourth.

Senior captain Anya Ciarametaro was thrilled.

"It's outstanding seeing our team flourish," she said. "I can't believe the team has two qualifiers for the All-State championships."

Every team member who participated in the Division IV meet won a medal, and the girl's team won the

sportsmanship award at the Cape Ann League, according to

Barbour.

"Our success this year was because of our enthusiasm, the captains' leadership, and the hard-working teammates. They set the best example for the newcomers this year," Barbour said.

Ciarametaro believes the goals set this year were achieved.

"We didn't expect both the girls' team and the boys' team to win so much, and the representations at the Division IV meet and the All-State meet were fantastic," she said.

"The talent and energy that was on display this season stands only to improve with maturity, development, and increased commitment for next year," Barbour said.

Girls' hockey finishes season with winning record, falls to Weymouth

By Rachel Daley
INDEPENDENT STAFF

Ending the season with a record of 12-8-2, the conjoined girls hockey team of Swampscott, Marblehead, and Manchester fell in the first round of the state tournament against Weymouth High School.

According to senior captain Ally Healy from Marblehead, the team's success can be attributed to the chemistry between the players and the communication on the ice. Also, having a handful of girls who could put the puck in the net led to several easy wins.

The team lost the first round of the tournament was against Weymouth, which was seeded No. 15 while Marblehead was seeded No. 18.

According to Smith, with only four seniors this year, the team is young and will have to work extremely hard.

"With no seniors next year, it will be a pretty young team, but we definitely have the capability of doing even better," Smith said. "I plan on only losing three to four games at most."

According to Healy, Smith played a key role on the team as one of the top scorers and best offensive players. Her peak of the season was when she scored four goals in one game against Auburn High School.

"I was shocked to get a hat trick, let alone four goals," she said.

According to both players, regardless of the tournament loss, the team fulfilled their major goal of making it to the tournament for the seventh year in a row.



RACHEL DALEY PHOTO

Sophomore Brittany Smith, above, is a top scorer on the conjoined hockey team.

"Also, our coach (Emily Hudak) was awarded with Coach of the Year, which shows the improvements that have been made on our offensive line while playing tight defense," Healy said.

"This is the most fun I've had on any high school sports team, and I can't wait to play next year," Smith said.

Boys' hockey falls to Bedford in quarterfinal round ending season with overall record of 13-6-1

By Kelsi Field
INDEPENDENT STAFF

After a tough game, the Rockport co-op boys' hockey team fell to the top-ranked Bedford Bucs 6-2 in the Division III quarterfinals on March 9.

The game's first goal was scored by Rockport's Anthony Ciarametaro within the first 37 seconds.

According to fans, the game quickly changed just two minutes later with a Bedford goal. From then on the Bucs dominated the game.

"I don't think we played our best," Rockport head coach Derek Papalegis said.

The team "reverted to old ways," and played more like

they did at the beginning of the season, he said.

According to Papalegis said he was disappointed with the lack of effort.

Finishing the season with a 13-6-1 record, sophomore Emmett Ryan said the team was happy with their season. Ryan said he pushed himself until the end.

Freshman Alex Tognazzi said, "We had a really good season and fought our way through the playoffs."

Ryan and Tognazzi agreed the defeat "was a shame" and they "hope it won't undermine the team's hard work."

All players agreed they improved individually and had a good time doing it. "The best part was just hanging out with the team," Ryan said.

Girls lose to Pope John during first tournament game 42-31

Season ends with overall record of 5-15 after winning against Rockport

By Max Nesbit
INDEPENDENT STAFF

Starting with a strong lead but unable to maintain it throughout the game, the girls' basketball team lost to Pope John High School 42-31 in their first round tournament game in Everett on February 28.

The team made the tournament after beating Rockport in their last game of the season.

Their win brought their record in Division IV to 3-3 and an overall record of 5-15.

With the win against Rockport, the team earned the final seed in the tournament and a game against the number two seed, Pope John.

They had a 17-2 record at the end of the regular season, and during the game, "hit the big shots they needed to win," DuBois said.

The game started out close and



The girls played their last regular season game against Rockport High School where they ended with a record of 5-14 until being beaten by Pope John, ending their run in the tournament.

was back and forth in the first half. At half time the Hornets held an 18-13 lead.

DuBois credited their early success with the aggressive na-

ture with which they played. "Our aggressive play resulted in an early lead but also into early foul trouble, which hurt us down the stretch," she said.

The beginning of the second half changed the flow of the game.

Pope John came out in the second half and pulled ahead in the

third quarter with a 26-21 lead. "The third quarter was when the fouls early in the game began to hurt us. We played tentatively because of the fear of more fouls and couldn't put the ball in the hoop," senior captain Ellen Burgess said.

In the fourth quarter the girls fought back and got the lead down to one point.

"If we could have eliminated some of the silly fouls and not turned the ball over a few times down the stretch in the fourth, it might have turned out differently, but I was proud of how the girls played," DuBois said.

In the end, three of the five Hornets' starters fouled out, and the Pope John girls hit some big shots to earn the 42-31 win.

"We played as hard as we could and unfortunately got into foul trouble. I'm so proud of everyone on the team; they really stepped up for this game," senior captain Leanne Ciccone said.

ELLEN BURGESS PHOTO

Swimmers place at State Championships, competitors finish strongly in post season

By Carolyn Heslop
INDEPENDENT STAFF

In terms of post-season competitions, this year was huge for the swim team, according to junior captain Alex Walder.

The team was able to compete at the Cape Ann League Championships, the Sectional Championships, and the State Championships and ended up with some high marks, he said.

At the Cape Ann League Championships, Walder took first place for diving and placed third in the 50 freestyle.

In addition, junior captain Dustin Ferzacca won first place in the 500 freestyle and third

place in the 200 freestyle.

Junior Graham Lott also contributed to the success with a second place finish in both the 500 freestyle and 100 breaststroke, according to Ferzacca.

Overall, the team came in sixth out of seven teams but also ended up tying with Hamilton-Wenham for the sportsmanship prize.

At the Sectional Championships that were held on February 12, sophomore Easton Ehler, Lott, Walder, and Ferzacca competed as a relay team in the 4 X 100 freestyle relay.

"The kids performed extremely well, with the relay team swimming their season best time, despite the fact that both Walder and Ferzacca were suffering

from the stomach bug," varsity coach Katie Garvin said.

Along with the relay team, Walder placed fourth overall in the category of one meter diving. Lott and Ferzacca both also qualified in the 500 freestyle, with Ferzacca also competing in the 200 freestyle.

"The State championship was an awesome finale performance for Walder and Ferzacca, and they both did extremely well, with their best performances of the season," Garvin said.

According to Garvin, Ferzacca finished with both a personal and school best time for both the 200 and 500 freestyles. He received



COURTESY OF DUSTIN FERZACCA

Although junior Dustin Ferzacca suffered from the stomach bug, he placed 12th in the 200 freestyle and fifth in the 500 freestyle. The team placed 18th out of 45 teams competing at the meet.

12th place in the 200 freestyle and fifth place in the 500 freestyle, she said.

Walder also competed in the one meter diving and placed third overall

Walder's third place finish

was right where he was seeded and was his highest post-season finish of his high school diving career, Garvin said.

"The team finished 18th out of the 45 teams that competed at States," Walder said.

Ski team sends five members to state tournament at Wachusett

By Austen Coviello
INDEPENDENT STAFF

After a strong season with a young and promising team, the ski team had five racers make the state-wide tournament at Wachusett Mountain on February 28, according to coach Tim Wonson.

Freshmen Chris McAuliff and Alex Marshall, sophomore Lizzie White, and junior captains Megan Jones and Brian McAuliff all reached the state competition. According to Wonson, the girls' team finished in ninth place of all of Massachusetts.

In one race, Jones placed 12th, which she said she was not "pleased" about. Throughout her regular season, she always fin-

ished within the top 10 if not the top three.

"States is always way harder than regular season because there are so many more people and they are all really good," she said.

"The ski team had a really great season in only [their] second year at the varsity level," said McAuliff, who, according to Wonson, finished in the middle of the pack in both races, "which was no small feat."

"The team came together as the season progressed and really helped each other on the hill," Wonson said.

Marshall, he said, was "an amazing help" with the younger members of the team, and the two captains "handed out tips and provided advice" throughout the season.

According to Jones, one of the



COURTESY OF MEGAN JONES

Juniors Brian McAuliff, Megan Jones, and Hunter Coons competed.

main goals of the team was "making the team grow."

This season, they more than doubled the number of members the team had last year with 10 girls and 22 boys.

"In the beginning of the season, I never imagined we would have so many kids going to States. I am extremely proud of the entire team," Wonson said.

Junior varsity gymnastics team competes in Cape Ann League meet, demonstrates learned skills

By Fiona Davis
INDEPENDENT STAFF

For the gymnastics team, the season culminated in the Cape Ann League Meet where many junior varsity team members competed, according to coach Alexandra Gabriel.

According to sophomore gymnast Madeline Dahlin, the team's improvement over the season was evident in the way the JV team performed.

"I was glad some of the JV girls got to compete because everyone has been working hard and deserved an opportunity to compete. All of the girls had a very good first experience," Dahlin said.

Sophomore Lindsey Duff said she agreed with Dahlin because all of the girls enjoyed showcasing new skills.

"I had a fantastic time. Since it was my first meet, it really felt like it was something I had been working up to all season, and I had so much support from the rest of the team. I finally got to put all of my skills into use," Duff said.

Also competing at the Cape Ann League Meet was freshman Lizzie Ranger.

"I got to compete in an event that I had never competed in before, and I felt like I really improved because I know I wouldn't have been able to perform as well at the beginning of the season," Ranger said.

Cambodian native teaches new technique to ceramics students



ELLEN BURGESS PHOTO

Cambodian native, Yary Livens, demonstrates new Kabach ceramics technique to ceramics classes during his two week visit.

By Ellen Burgess
INDEPENDENT EDITOR

Yary Livan, a Cambodian native and professional ceramicist, worked with the ceramics classes to help students learn about traditional Kabach Cambodian carving, according to art teacher Tamera Burns.

Over the summer, Burns discovered Livan at the Middlesex Community College Cape Ann Artist Tour.

According to Burns, in order to get him here for two weeks, she needed to get a Spaulding Trust Grant.

"I wanted to raise and broaden awareness of a different art form," Burns said.

Livan creates ceramic pieces, using Kabach, which is a traditional Cambodian art form. It involves intricate carving in his pieces, Burns said.

"Yary has been in the United States since 2001 and lives in a

Cambodian community in Lowell," she said.

"When I was 19, I started really loving clay. In 1971 I went to the art school in my country. Not many students study about art, and it only has one small art school in the city," Livan said.

Ceramics students have the opportunity to work hands-on with Livan, who helped them form some of their most recent pieces, Burns said.

"Yary is a pretty cool guy. He's actually really helpful with our work and if there's something I can't do, he'll sit with me and teach it," senior ceramic student Connor Bergmann said.

The hands-on interaction with

Livan helped students improve their artwork and even try to take some risks from what they see in his work, Bergmann said.

"He's always telling us to smooth out the clay, which is really helpful because sometimes it's the small things that can completely change the way a project will turn out," senior Ryan Brugger said.

Livan was in the school for two weeks and had a great experience, according to Burns.

He has experience teaching at the Charter school in Lowell, Middlesex Community College, and Harvard University, where he worked in a studio for two years under a scholarship.

"I love teaching, and I love helping kids," Livan said.

'He's actually really helpful with our work and if there's something I can't do, he'll sit with me and teach it.'

-CONNOR BERGMANN

Trident Booksellers and Café welcomes all bookworms and foodies

By Emily Arntsen
INDEPENDENT STAFF

RESTAURANT REVIEW

Hidden away on Newbury Street in

Boston, the cozy Trident Booksellers and Café is a place where anyone can enjoy an afternoon sipping tea or reading a new book.

More than just a café, the Trident is open seven days a week from 8 a.m. to midnight and serves breakfast, lunch and dinner.

Their extensive menu offers eccentric dishes such as Lemon Ricotta French Toast (\$9.95) or a traditional Falafel Wrap (\$11.95).

Momos (\$13.95), handmade vegetarian Tibetan dumplings, are one of the Trident's specials, which are posted daily on their

Facebook page.

Besides excellent food, the café is also known for its exceptional tea and coffee.

Their wide selection of drinks includes organic loose leaf teas from Japan, China, Russia and Morocco.

One of their most popular drinks, Chai Latte (\$3.95), is black tea flavored with cinnamon and vanilla and steamed with milk.

Not particularly good for groups, the café has crammed clusters of tables and is usually crowded, especially on weekends, however; considering how busy the Trident gets, the service is satisfactory.

The café is also the perfect place to get work done since it offers free Wi-Fi.

In 2010, the Trident was awarded by Boston Magazine for Best Neighborhood Restaurant in the Back Bay.

In 2010, the Trident was awarded by Boston Magazine for Best Neighborhood Restaurant in the Back Bay.

The café supports local artists by decorating their walls with artwork about Boston and by Boston area artists.

Other than delicious food and beverages, the Trident also has a diverse collection of books and magazines.

Piles of everything from classics to comic books are stacked to the ceiling, and heaps of coloring books and fiction novels greet customers at every turn.



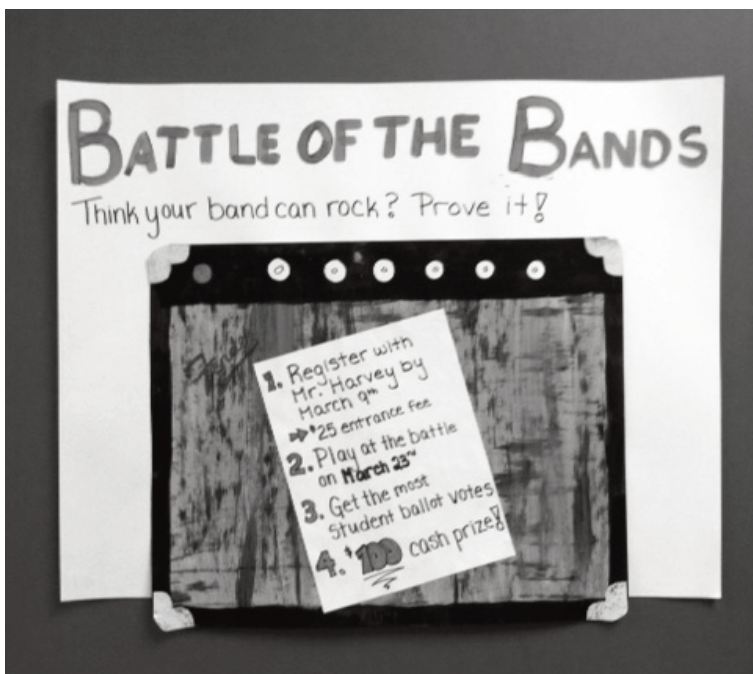
EMILY ARNTSEN PHOTO

Trident Booksellers and Café is open seven days a week from 8 a.m. to midnight and serves breakfast, lunch, and dinner.

The Trident holds events such as trivia every Friday night at 8 p.m. Occasionally, the café invites cookbook authors to teach

cooking classes, or they host the Boston Readers Book Group. A complete list of events is posted on their website.

Junior class hosts Battle of the Bands, promotes showcasing of local bands



MAGGIE LEHAR PHOTO

Hosted by the junior class, the Battle of the Bands will be held on Friday, March 23, in the auditorium from 7-10. Tickets cost \$5.

By Emily Arntsen
INDEPENDENT STAFF

The junior class is hosting a Battle of the Bands fundraiser on Friday, March 23, in the auditorium from 7-10 p.m.

The \$5 entrance fee includes a single ballot for students to vote for their favorite band. Additional ballots will be sold for \$2.

Jared Harvey, high school SPED/Inclusion Specialist and junior class adviser, is helping to organize the event, but members of the junior class are responsible for inviting bands, promoting the event to other students, and making posters and advertisements.

Bands will be given up to 20 minutes to perform, and according to Harvey, many bands at Manchester-Essex have shown interest in participating.

"We are currently looking into inviting bands from other schools, which will also bring in more audience members," Harvey said.

Sophomore Nick Janowicz, pianist and guitarist for his two-member band, The Wicked, will be playing.

"I am excited because it is our first hometown-show as [our band] 'The Wicked.'" It will give our friends at Manchester a chance to see what we bring to our live performances," he said.

Junior Ellie Mortillaro is singing and playing guitar in a duet with with junior Calvin Lamothe.

"The Battle of the Bands

should bring in a lot of money for the junior class and gather people from different schools together to listen to some good music," Mortillaro said.

All bands, both within the high school and from other schools, who wish to participate must register by March 14.

Since performers are not required to undergo any audition process, new and upcoming bands will have a chance to showcase their talent.

"I'm not a fan of excluding anyone who wants to play in front of a crowd. No matter how good you are, each time you perform, you are gaining confidence," Harvey said.

'The Battle of the Bands should bring in a lot of money.'

-ELLIE MORTILLARO

‘Reflections of a Rock Lobster’ promotes acceptance and tolerance

By Sofia del Valle
INDEPENDENT STAFF

“Reflections of a Rock Lobster,” an original play, addresses prevalent themes like acceptance and bullying. Boston Children’s Theatre, a growing name in the arts, is the first company to produce the show, which was written and directed by their Executive Artistic Director, Burgess Clarke. The show played from March 3-11 at the Wimberly Theatre at the Boston Center for the Arts, for both the public, and also numerous schools.

Clarke based the play off an autobiographical book by Aaron Fricke. Set in 1979-1980 in Cumberland, RI, the play tells the story of Aaron’s experiences when he sues his high school for the right to bring his male partner to prom.

The play runs for about three hours, and the character of Aaron Fricke, played by Pingree senior Ian Shain, provides narration throughout each scene. The script is witty and crude at times but also intense, and audience



ELLEN BURGESS PHOTO

Some members of the Diversity Alliance Club along with other students missed school on Tuesday, March 6, and took a bus to the Wimberly Theater in order to see the play. Chaperones Rick Brown, M’Lena. Gandolfi, and Paul Murphy accompanied the students into Boston. After the production, the group stopped for lunch at Chipotle Mexican Bar & Grill before returning to school by last block.

members should be prepared to hear harsh words like “queer” and “fag” used quite casually.

The acting in “Reflections of a Rock Lobster” is strong and believable. The cast consists mostly of teenagers between the ages of 13 and 20, as well as a small group of professional adult actors who play roles such as

Mr. and Mrs. Fricke and homophobic high school principal Richard Lynch.

Shain portrays Aaron in a moving way. The character at first is timid and ashamed of himself, but he gradually gains confidence and eventually is proud of who he is. Though he tells an uplifting story, Shain

speaks with a feeling of melancholy in his eyes and tone of voice that is real and emotional.

Aaron’s counterpart, Paul Gilbert, played by Felix Teich, a senior at Brookline High School, makes a balancing contrast to Shain. The character of Paul is edgy, outgoing, and almost cocky, and their friendship is

what allows Aaron to open up and “be his own hero.”

During the performance, viewers are guaranteed to feel mixed feelings of joy as they see certain characters grow, but also sadness and disappointment regarding the immense hate and intolerance among students and teachers.

“Reflections of a Rock Lobster” has become a phenomenon in the world of theatre. It is the first pro-gay piece of theatre to ever be produced by a children’s theatre, and it certainly won’t be the last.

The word of this play and its message have spread like wildfire, and even Lady GaGa a strong proponent of acceptance and tolerance, was invited to attend. Though she wasn’t able to make it to the performance, Boston Children’s Theatre shared a newspaper headline with the big-time pop star, which drew even more attention to the play.

With a simple yet incredibly powerful message, “Reflections of a Rock Lobster” is a play that many can relate to and everyone can appreciate.

Oscar-winning silent film outshines modern ‘talkies’ with creativity



WEINSTEINCO.COM/SITES/THE-ARTIST/

Left to right: Jean Dujardin, Bérénice Bejo. On February 26, the film took home five Academy Awards for Best Actor in a Leading Role (Jean Dujardin), Best Achievement in Directing (Michael Hazanavicius), Best Achievement in Costume Design (Mark Bridges), Best Achievement in Music Written for Motion Pictures, Original Score (Ludovic Bource), and Best Motion Picture of the Year. This film is still in theaters because of its popularity.

By Caroline Wood
INDEPENDENT EDITOR

MOVIE REVIEW

Academy-Award winning film, “The Artist,” astonished viewers with its unique creativity as the first silent film to return to theaters after 85 years of “talkies” dominating the big screen.

Starring Jean Dujardin and Bérénice Bejo, the film takes place in Hollywood during 1927, where George Valentin (Dujardin) is a silent film star who struggles to stay relevant during the introduction of talking films.

Bejo plays his counterpart,

Peppy Miller, a young, beautiful dancer looking for her big break in Hollywood after literally bumping into Valentin at a movie premiere. She soon finds her niche in the rising world of talking films, at the expense of Valentin’s career.

Throughout the film, Valentin’s outlook on life declines as he enters a deep depression after watching Miller’s stardom surpass any success Valentin ever had.

One of the most intense scenes of the film exemplifies the heartwarming relationship between Valentin and his loyal dog, at times the only companion Valentin has.

The lack of dialogue highlights the brilliant acting, superb cinematography, an incredible

original score, and authentic costumes of the late ‘20s.

The release of the movie marks director Michael Hazanavicius’ American directorial debut and he won the Academy Award for Best Achievement in Directing.

Well deserving of all the awards received, “The Artist” allows audiences to withdraw from modern film and experience what it was like to watch a movie during the silent film age.

The final moment of the film introduces some of the first sounds and dialogues that elicit a breathtaking sense of surprise, mirroring that of which audience members must have felt when “The Jazz Singer,” the first “talkie,” first hit theaters in 1927.

MEMO photojournalism class evolves, becomes ‘more efficient’ in second year

By Melissa Moore
INDEPENDENT EDITOR

Despite existing for just two years, the photojournalism class Manchester-Essex Multimedia Online (MEMO) has greatly improved, teacher Caroline Epp said.

The MEMO website describes the photojournalism class as “a web magazine featuring photos, videos, and stories from the Manchester-Essex Regional School District.”

According to senior and former editor Aryanna Tiberii, MEMO has “changed drastically” since she joined it first semester during junior year.

In the first semester of MEMO’s existence, Epp put all the stories on the website, she said, and graduate Kaitlin McDonagh assisted her in posting stories second semester. Third semester, she appointed five students as editors, and now, students put their own stories up.

‘Our mission is about what is going on in our schools.’
-CAROLINE EPP

“It’s easier for everyone, and the stories get up faster,” Epp said. “[MEMO] has become more efficient, and

we have a better workflow in place.”

An average assignment begins by thinking of a story, senior Katie Cochand said. She typically gets one story a week. Then, she takes her pictures and writes the captions. She has the

option of having classmates look over her work; however, peer editing is not required. Finally, she saves it on the computer and posts it online.

According to Epp, she tries to stay open to new ideas. “We cover everything from [fashion] to dissecting cow brains,” she said. “Our mission is about what is going on in our schools.”

The majority of stories are based in the high school; however, some students with younger siblings will cover elementary school news, Cochand said.

Tiberii, interested in studying photojournalism in college, has found the course very beneficial, she said.

“The class, as well as Ms. Epp, taught me a lot and helped me figure out that I really do want to be a photojournalist,” she said.



MELISSA MOORE PHOTO

Senior Katie Cochand takes pictures on the football field for her story about the lacrosse pre-season. The MEMO website includes photos and videos about school districts events and news. In its second year, MEMO’s website is more developed and organized.