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November 15, 2010

Haunted House draws large crowd at new location

Seniors raise \$1,200 for class

By Kaitlin McDonagh
INDEPENDENT EDITOR

After debate over where to host the Haunted House, the senior class officers decided to host it at Centennial Grove in Essex, raising approximately \$1,200 and drawing a large crowd.

The plan came about when Parent Teacher Organization member Annie Cameron suggested the location to the senior class officers.

"We had been talking about a haunted house for several years, [but] could not get it together. This year, we knew [the seniors] were responsible for this, so I guess we got to you [them] early, and [the officers] were willing," Cameron said.

"We were all a little hesitant before we saw the place because it

HAUNTED HOUSE, page 3



NABILA MAHMUD PHOTO

Seniors Hannah Beardsley and Maura Driscoll await the entry of attendees passing through the Haunted House at Centennial Grove while senior Michael McCollum delves into the role of being an injured mental patient in another room. The seniors raised \$1,200 for their class.



Green Team, Magers receive MassRecycle awards for environmentally friendly efforts

By Nabila Mahmud
INDEPENDENT ASSISTANT EDITOR

Receiving recognition for their efforts to create an environmentally friendly school by actively being eco-friendly, Eric Magers and the Green Team will be receiving two different awards from Massachusetts Recycling Department of Environmental Protection for Magers' leadership and the Green Team's efforts on Nov. 17.

The Green Team will be receiving the School Recycling Award while Magers will receive the MassRecycle 2010 leadership award.

Magers said the support of students, faculty, and community members has helped the Green Team's success.

It will be receiving the award due to its "significant and outstanding contributions," according to The Massachusetts Recycling Coalition.

The Massachusetts Recycling Coalition also noted the Green Team's "major initiatives" such as their reducing "of cafeteria waste by 95 percent through the intro-



HANNAH DALEY PHOTO

duction of a food waste composting program and the creation of an innovative recycling and composting station called the 'Lucidomatic.'"

Senior Isolde Decker-Lucke is pleased to see the Green Team is receiving an award for its efforts.

"I've been a part of the Green



Eric Magers

Junior Jelisa O'Hara recycles her lunch waste in the Lucidomatic (left), which was one reason why the Green Team received the School Recycling Award. Eric Magers (top) will also be awarded the MassRecycle 2010 leadership award on Nov. 17.

Team since it started up, so I'm glad to see that all of our hard work is getting the recognition it deserves," she said.

Along with the Green Team being recognized for its efforts as a whole, Magers will be honored individually for his leadership.

AWARDS, page 3



COURTESY OF KIMBERLY CAFFERTY

(From left) Eighth-grader Ben Bichet, sophomore Josh Christopher, seniors Connor Howlett, Alex Porter, Corey Barstis, and freshman Miles Wood won fifth place at the Div. 3 state tournament.

Golf team competes at States for first time, finishes fifth

By Piper Browne
INDEPENDENT STAFF

Finishing fifth in the division while competing in the state finals for the first time in Manchester Essex history, the golf team far exceeded their goals for the year, coach Jane McConnell said.

The team's goals were to win the Old Cape Ann Classic, win the division championships, qualify for the state tournament, and go to the finals. According to McConnell they achieved every sin-

gle one.

"Our goal wasn't just to make it to the qualifier rounds, but make it to the state tournament, and we ended up finishing fifth in the division," said senior Connor Howlett, Cape Ann League Player of the Year.

"It was a great way to end my high school golf career," he said.

According to McConnell, because golf is such an unpredictable and challenging game, it is difficult to pinpoint the hardest match of the season. One of their highest achievements, she said,

GOLF, page 10

NEWS

Spirit Week photos
-page 2-



FEATURES

Healthful Thanksgiving dishes
-page 4-

OPINION

Senior seating
-page 8-

SPORTS

Fall sport wrap-ups
-page 9, 10-



ARTS

Bouwer twins
-page 11-

BRIEFS

Barakat acoustic concert successful

On Oct. 17, Barakat, a club devoted to raising money to support women's literacy in India, Pakistan, and Afghanistan, hosted an acoustic concert. The club, run by senior Molly Friedman, raised approximately \$2000. Club members sold cupcakes, hot cocoa, and cookies and hosted a raffle during the concert. Raffle tickets were sold for \$5 a piece; prizes included yoga lessons, yard work, babysitters, and gift certificates. Barakat will be hosting a winter dance in January.

Library happenings

Governor Deval Patrick declared November 2010 to be Family Literacy Month. The library strongly suggests that family members read the same book and discuss it during November. According to librarian Sue Krause, "Reading together allows families to learn about the world through each other's eyes and can foster greater insight and understanding."

A book fair for grades 6-12 will take place from Dec. 6 through Dec. 10 in the library during school hours.

Interact Club events

Interact Club is currently hosting the annual turkey dinner raffle. Interact members are selling tickets for \$1. The winner of the raffle will receive a gift certificate for a full Thanksgiving dinner. The club is also hosting a food drive for the Cape Ann Food Pantry; students should bring canned goods, specifically tuna fish and peanut butter, to the box in the main office.

33 pints donated in blood drive

On Fri Oct. 8, the Student Council hosted a blood drive. Over 33 pints of blood were donated, which could potentially save 99 lives, according to Student Council adviser Sarah Deluca.

Humanities Week

MERHS will host Humanities Week Nov. 29 to Dec. 10. Mike Tougais, The Naval Rock Band, Ayla Brown, Ha Tran, Taylor Mali, Noah Hutton, Josh Fox, Eric Jay Dolin, Mark Peter Hughes, Pat Lowery Collins, "Art Hero," and African drummers are the performers who will be participating in Humanities Week, according to librarian Sue Krause.

SPIRIT WEEK:



Seniors Ian Towle and John Houston, dressed as Teletubbies, walk into school on Thursday, which was holiday theme day. Seniors Peter Barth, Misha Berkrot, Cole Caviston, Connor Winn, Isolde Decker-Lucke, Piper Browne, and Connor Howlett show their spirit on Thursday as well. Juniors Joe Burgess and Maverick MacEachern dress up for twin day on Tuesday.

NICK BOUWER PHOTOS

Juniors win indoor field day as prize

By Morgan Kennedy
INDEPENDENT STAFF

Organized by Student Council, Spirit Week gave students an opportunity to relax and have a nice mental break, council adviser Sarah DeLuca said.

Spirit Week involved themed clothing days and after school activities through which each class competed on a point system.

Depending on where they fell in terms of the amount of students who dressed for the theme day, each class received a certain number of points.

Every day, the class with the most students dressed accordingly earned 250 points.

The class with the second highest student participation earned 200 points, followed by third place which received 150 points, and fourth place with 100 points.

This year, the theme days included color day, twin day, music genre day, holidays, and Hornet pride.

The Student Council spirit committee chose the theme days and class officers approved the decisions.

After school activities including dodgeball, hallway decorating, capture the flag, and a video game tournament were planned for the week.

However, sports and other commitments prevented students from taking part in these activities, and all activities except the dodgeball tournament and hallway decorating were cancelled because of the lack of students

that could participate.

The end of the week marked the end of the regular season for most fall sports, so Spirit Week appropriately finished with a Hornets pride theme day and a fall sports pep rally.

The athletic department organized the pep rally which featured each fall sport team as well as competitions between senior athletes and faculty members, including a scooter race and a pyramid building contest.

Student Council incorporated a game into the pep rally in which each player moved an Oreo from his or her forehead to his or her mouth without hands.

They also included the debut of the new Hornet mascot costume.

An addition to this year's pep rally was a performance by Phenom Phlow, a new rap group made up of juniors Ian Martin, Emmett Snyder, and Ben and Sam Lauredant.

"Although there were a couple technical issues with our performance, I think the audience loved it," Martin said.

At the pep rally, the junior class was announced the winner of Spirit Week.

According to DeLuca, they will receive an indoor field day with games and giveaways.

Head of the spirit committee Maddy McNamee is pleased with the week's outcome.

"It went pretty well. I am looking forward to the next one," she said.

Another Spirit Week is currently being planned for the spring.

'It went pretty well. I am looking forward to the next one.'

-MADDIE MCNAMEE

Diversity Alliance makes school safer for GLBT teens
Increase in student suicide prompts club to promote awareness

By Ellen Burgess
INDEPENDENT STAFF

Jesse Buchsbaum. Tyler Clementi. Corey Jackson. Phoebe Prince. Sladjana Vidovic.

These are only a few of the many teens who have committed suicide in response to discrimination against their sexual orientation.

From Oct. 18 through Oct. 22, the Diversity Alliance, a school club aimed at promoting and solidifying diversity among the student body, sponsored ALLY week in response to these deaths.

ALLY week was a national event sponsored by the Gay, Lesbian, and Straight Education Network (GLSEN), the leading national organization focused on ensuring safe schools for all students.

According to senior Diversity Alliance member Hannah Beardsley, the Diversity Alliance has been participating in ALLY week for the past few years because of the occurrence of gay, lesbian, bisexual, and transgender discrimination in schools across the nation.

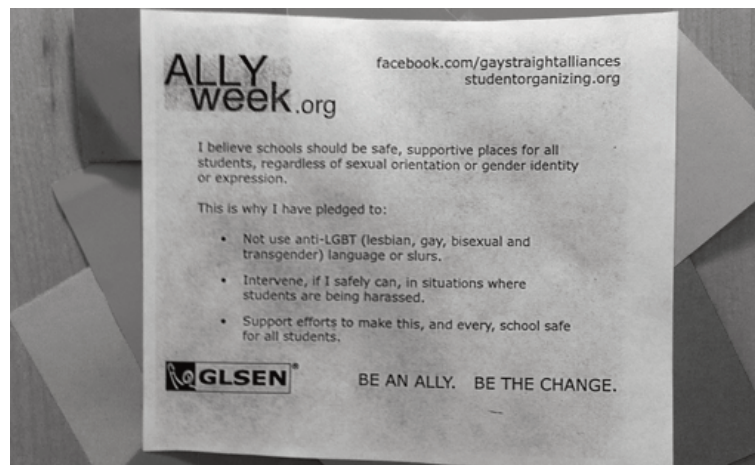
'I think students became aware of what has been occurring with the teen suicides, and they really made a change.'

-HANNAH BEARDSLEY

"Its purpose is to create a welcoming, safe environment for GLBT. We stressed the 'Pledge' and created posters to show people that WE do really care and want to make the week a safe and knowledgeable time," Beardsley said.

Many students "pledged" to be an ALLY, meaning they support the GLBT community and stand against bullying and its result, harassment.

"I think students became aware of what has been occurring with the teen suicides and they really



MOLLY FRIEDMAN PHOTO

ALLY week was a national event in which students "pledged" to be an ALLY and supported the GLBT community against bullying. Students wore purple to show their support for the event.

made a change,"

Beardsley said. According to her, the high student participation throughout the week really impressed the Diversity

Alliance and assured members they had really created change.

On Oct. 20, as part of a nationwide event, students wore purple in remembrance of the teenagers who committed suicide because of GLBT harassment.

"I think it's good because it honors the people who died," said sophomore participant Natalie

Caponigro.

Diversity Alliance leader and physical education teacher M'Lena Gandolfi was pleased with the outcome of ALLY week this year.

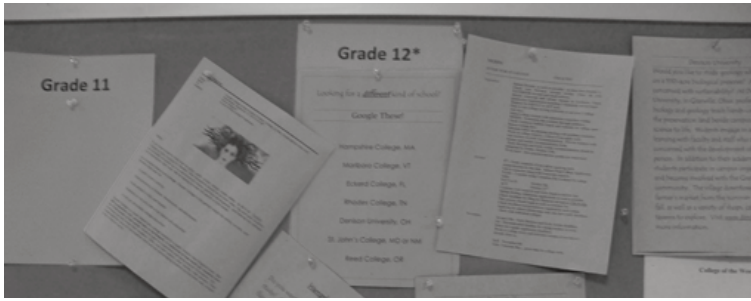
She said it was the most positive year so far because of the participation of boys as well as girls.

She was pleased with the faculty participation and grateful that they took time out of their lessons to engage in discussions concerning ALLY week.

COLLEGE PROCESS:

Nov. deadlines relieve senior application stress

Guidance institutes new Naviance program for online applications



NABILA MAHMUD PHOTO



NAVIANCE SUCCEED

Engage students
Help students establish meaningful post-secondary goals and connect those goals with their coursework and college planning activities.

Increase rigor
Encourage students to pursue more rigorous coursework by combining academic data with information about student college and career interests.



MOLLY FRIEDMAN PHOTO

Engage parents
Increase communication with parents around important

Improve communication
Provide more support, encouragement and guidance to

Naviance is a new software program that helps students electronically apply to college. It helps to manage information from all four years of high school as well as teacher recommendations.

By Maura Driscoll
INDEPENDENT EDITOR

Since the Nov. 1 early action and early decision deadline has now passed, high school seniors are beginning to feel the stress of college applications lift, though not all attribute this relief to the guidance department's new Naviance program.

According to guidance counselors Sharon Maguire and Karen D'Amour, Naviance is a software program that will help students electronically manage all their college information during all four years of high school.

For example, during freshman year students will fill out a learning style profile, sophomore year they will do a personality profile, junior year they will begin the college search, and during senior year, guidance will process students' applications through Naviance to streamline the application process.

Many students had positive reviews of the program.

"Naviance was helpful when it came to my organization and my resume, and it really helped me figure out when the due dates for things actually were," senior Hannah Beardsley said.

"I used it all the time when I was applying early action. It definitely relieved some of the stress I would have been feeling if I had to do everything individually and on paper," senior Olivia Peterson agreed.

However, despite the guidance department's introduction of the Naviance program to alleviate students' workload, many felt as though the new method didn't make a significant difference.

"Yes, I definitely feel like some weight has been lifted off my shoulders now that I've applied early action to some places," senior Olivia Colpoys said, "but I didn't really use Naviance very much."

Even those students who are

already done with their college processes did not feel as though Naviance was particularly helpful.

"Though I did use it occasionally, it was never for my actual application process. I primarily just used it for the college search," senior Caroline Kiley said.

Another senior, Alex Carr, agreed. "To be honest, I didn't use it at all," he said.

Though Naviance's resources are meant to be used for both early and regular decision deadlines, seniors who did not apply early also had mixed reviews about Naviance. "It looks helpful, but I haven't used it since I haven't even applied to schools yet," senior Heather Burgess said.

Despite the mixed reviews about Naviance, most seniors feel relieved that this first big deadline has passed. "I'm just happy to have half of it done!" Colpoys said.

Shannon Alger brings passion, creativity to teaching staff

By Piper Browne
INDEPENDENT STAFF

Joining the special education department as a teaching assistant to special education teacher, Robert Garrett has allowed Shannon Alger to bring out her hidden creativity, she said.

Before coming to Manchester Essex, Alger worked as a counselor in the Boston Regional medical Center in the children's unit.

After her job at the medical center, she took a 14 year break from working outside of her home to be a mother for her two sons. She continued to work from her house for a software company and then in media correlation for Pearson Publication.

Alger attended University of

New Hampshire where she majored in psychology. She also swam competitively and continued to coach the swimming team in her later years at the university.

Alger says she hopes to complete her masters in education in the next year at Salem State University.

While in college, Alger knew that she wanted to teach special education. "I have always wanted to be a teacher, and it was my perfect avenue to teach," she said.

Special education helps bring out Alger's creative side as she searches for different and catchy ways to teach the information, she said.

According to Garrett, Alger is very passionate and pushes her students to work as hard as they can.

'She's my long lost BFF.'
-RICK BROWN

"She goes above and beyond to see them succeed and has a great rapport with her students," he said.

According to Alger, she works with about six kids at the school and loves them all. She loves her students, the faculty, the small community feeling, and the warm and welcoming attitudes of the school.

She also mentioned she loves seeing what math teacher Rick Brown will wear every day.

"She's my long lost BFF...I laugh every time we're together," Brown said.

Something unique about Alger's new job at Manchester Essex is the fact that she works in the same environment as her husband, David Alger, a math teacher.

"Working with Mr. Alger is great! I get to come up and steal his food at lunch time, and if he ever gets a flat tire, I can give him a ride home," she said, laughing.



MOLLY FRIEDMAN PHOTO

Alger has participated in several athletic events including the Boston Marathon and various triathlons. She has also competed in a Half-iron Man, where she had to swim 1.2 miles, bike 56 miles, and run 13.1 miles.

During the summer, Alger enjoys working in Ipswich at Fellows Farm, an organic farm that donates food to organizations in need.

Shannon Alger works with six students at MERHS. She said she loves working with her students and the faculty. She also loves working with her husband, math teacher David Alger. "I get to come up and steal his food at lunch time, and if he ever gets a flat tire, I can give him a ride home," she said.

CONTINUATIONS
AWARDS

continued from page 1

"I am completely honored to be awarded such a prestigious award," Magers said.

Magers worked towards initiatives to encourage students to practice a "greener" lifestyle by promoting an eco-friendly building, implementing numerous different ways to recycle, and having an active Green Team.

"All I really want is for everyone to know that I shouldn't be the only one receiving the award. The only reason this movement is successful is because of all the support I have. Everyone is so active and excited," Magers said.

Students such as junior Simon McIntosh said they have noticed Magers' "dedication, and passion to the project."

"His ambition far exceeds the Green Team's capacity, which is why we excel," McIntosh said.

Curriculum and Green Team Director Scott Morrison pointed out that Magers' efforts are in line with President Obama's focus on sustainability.

Obama had recently delivered a speech regarding sustainability and its importance with the student generation.

"The speech proves that Magers has positioned us well for the future. We are ahead of the game because his leadership and passion," he said.

MASS RECYCLE
continued from page 1

sounded like a lot of work, but once I went with Annie to see it, I thought it was awesome and knew we would be able to pull it off," senior vice president Molly Friedman said.

According to Friedman, the school administration was happy with the idea, and it was easy to get approval.

Seniors began arriving at Centennial Grove around 3 p.m. to set up their stations, which they signed up for in groups the week prior. In total, there were five groups of seniors with themes ranging from "cannibal campers" to "the deadly dollhouse."

During setup, students hung up

sheets in the pavilion to mark off their rooms and spattered their clothing and props with fake blood. Students who had not signed up with a group brought scary costumes and were scattered throughout the park, where they would jump out at people passing by.

According to senior Hannah Beardsley, everyone had a great time.

"I thought it went really well. I think people had a lot of fun doing it and going through it. Kids went through a bunch of times, so that says a little about it," she said.

"It was a good way to bring back the old tradition of seniors putting on a haunted house even though they were not allowed to

use the new school," sophomore Dana Filias said.

Although everyone had fun, one of the main problems the class officers encountered was organizing the senior class.

"Before it was stressful not knowing who was definitely showing up and who was a possibility," Friedman said.

Another problem, according to students who went through the Haunted House, was the layout.

"I wish that it was a walk-through instead of just a few different houses and you kind of just walk in and out," Filias said.

According to Friedman, even though there was some stress, she has heard nothing but compliments about the event and the students.

Health Matters



Simple, easy holiday diet tricks Smart changes make Thanksgiving dinner healthful

By Marian Siljeholm
INDEPENDENT EDITOR

With the average Thanksgiving dinner containing over 2000 calories, this festive holiday poses an annual challenge to Americans watching their waistlines.

What few know is that Thanksgiving doesn't have to be a diet-buster. By following some easy guidelines and altering a few ingredients, this meal can be both delicious and nutritious.

Healthful eating begins with breakfast, which should not be skipped. Eating light meals beforehand will prevent gorging on high-calorie foods when dinner is finally served.

Staying hydrated on holidays is especially important as thirst can often be confused for hunger.

Steamed vegetables are high in fiber and low in calories; however, be aware of butter or oil, which can add hundreds of calories.

As far as dinner is concerned, not all main courses are stuffed with fat. Turkey is a good protein source, but opt for white meat over dark, do without the heavy gravy, and try to avoid the skin, which has the highest fat concentration of any part of the meat.

Despite potatoes' bad reputa-



ANNETTE/DEAFLION.COM

In order to prevent overeating during Thanksgiving dinner, it is important to eat light meals for breakfast and lunch, drink lots of water, take smaller portions, and eat bite-sized desserts.

HOW TO STAY HEALTHY

- Eat plenty of steamed vegetables.
- Opt for white meat over dark meat.
- Keep portions small.
- Avoid fried dishes.
- Eat smaller desserts.

tion, these vegetables, filled with vitamin C and fiber, can be healthful and filling as long as they are served un-mashed and without high fat toppings such as

butter or sour cream.

Cranberry sauce can also be healthful, as long as it's not the store-bought, canned type usually served, in which the added sugars amount to 418 calories per cup.

As a final staple of the Thanksgiving meal, instead of traditional bread based stuffing, try a seasoning or lighter vinegar dressing to reduce carbohydrates.

When it comes to side dishes, portion control is everything as well as avoiding fried and creamy dishes.

Finally, to cut calories at dessert, use variations on traditional treats. Instead of pumpkin pie, make individual pumpkin custard cups and apple crisp instead of apple pie as this will eliminate the high-fat crust.

ASR students conduct summer research

By Molly Friedman
INDEPENDENT EDITOR

This past summer, 10 seniors took part in an Authentic Science Research internship where they were required to find a mentor, create a schedule, and take part in their specific field of research.

Students were involved with various jobs at facilities such as Massachusetts General Hospital, Tufts University, and The Broad Institute.

ASR teacher Maria Burgess said that students are in charge of finding a potential internship and researching the topic it focuses on. Once an internship is determined, the student must contact the mentor and set up an interview, available dates, and come up with a finalized schedule.

"After little direction the kids took matters into their own hands and figured out all of the necessary components with their mentors," Burgess said.

Students such as Olivia Dumont worked in obstetrics; Laurel Edington worked at the leukemia database at MGH; Kaitlin McDonagh worked with dermatologists at the Harvard Institutes of Medicine, and many others suc-

cessfully completed their internships.

Another senior, Noah Prince, worked with Dr. Jordan Krall in the Weinberg Lab located at the Whitehead Institution, which is a branch of Massachusetts Institute of Technology. Prince worked on a project determining if and how cancerous tumors can influence the body of their host to release stored lipids into the bloodstream for use by the tumor.

"I chose this internship because I love the study of cancer, and I find it all very interesting," he said.

While researching, Prince cultured cancer cells, harvested their DNA, and ran qPCR essays to analyze the DNA.

Senior Cody Gillis worked at the Langer Lab at Whitaker College of Biomed Sciences at MIT and engineered surgical glues to test for salt toxicity within the glue.

"It was my only option at the time, but I am happy with my decision and had a great experience," he said.

After completing their internship, students were required to write a research paper describing what they learned and their work experience.



Senior Cody Gillis: MIT



Senior Laurel Edington: Massachusetts General Hospital

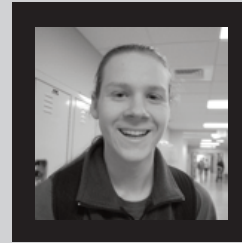


Senior Noah Prince: The Whitehead Institute

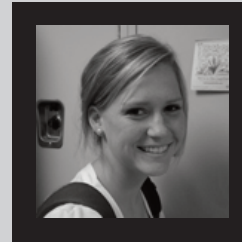
MOLLY FRIEDMAN PHOTOS

Student Speak

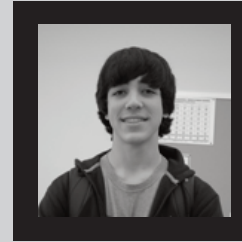
If you could have Thanksgiving dinner with anyone dead or alive, who would it be?



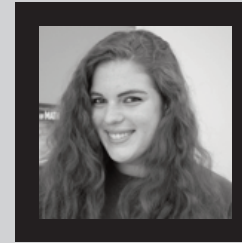
Senior Trevor Attridge: Jesus



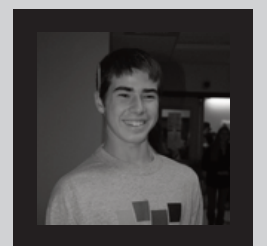
Senior Olivia Colpoys: Hannah Montana



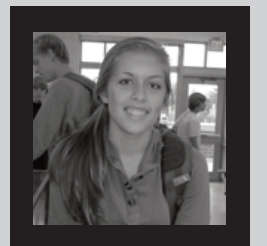
Junior Jas Davis: Snoop Dogg



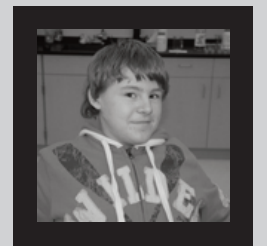
Junior Leanne Ciccone: Kathy Griffin



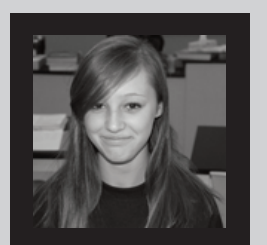
Sophomore Brian McAuliff: Tom Wallish



Sophomore Megan Jones: My family



Freshman Connor Burke: My dad



Freshman Lizzi White: My grandmother

BY MOLLY FRIEDMAN

Tech Talk

Apple updates MacBook Air, iPod nano with new features

MacBook Air

The MacBook Air costs between \$999-\$1,599 and has available memory sizes of 65GB-256GB.

Along with providing original features, Apple also improved the MacBook Air's battery so that the 11-inch model would last for up to five hours, and the 13-inch model would last for seven hours.



MAURY.MCCOWN/Flickr PHOTO

Its small FaceTime Camera also permits users to video chat with others in low-light conditions as its stereo speakers project the sounds from the left and right sides.

Featuring an All-Flash Storage, the MacBook Air allows for users to access data quickly and for the laptop to stay in standby mode for up to 30 days, according to www.apple.com.

It also contains a spacious, glass Multi-Touch Trackpad with a buttonless design so that one can pinch, swipe, adjust images, enlarge text, or proceed through a photo album with the touch of a finger.

iPod Nano

The new iPod nano starts at \$149 and comes in silver, gray, blue, green, orange, pink, and red.

Shaped like a square with a clip connected to the 1.5-inch color display, the new iPod nano is more than half the size of the older version.



GOOGLE.COM_PRODUCTS PHOTO

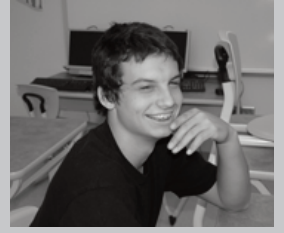
Users can also listen to music nonstop for 24 hours with both the 8 GB and 16 GB versions due to the rechargeable lithium-ion battery.

It also features all FM radio stations along with Live Pause, which enables listeners to pause the radio song and to continue where they left off.

By Hannah Daley, Independent Editor

Student

Profile



MOLLY FRIEDMAN PHOTO

By Caroline Wood
INDEPENDENT STAFF

Grade: 12

Where was your old school located?
Saugus, Massachusetts.

How did you feel about switching schools?
I didn't mind it.

How do you like Manchester so far?
It's all right. Totally different than Saugus. It's a lot smaller and everyone knows everyone.

What sports are you playing this year?
Football, winter track, and baseball.

Who is your favorite staff member?
Mrs. Lumsden.

What is your favorite cereal?
Peanut Butter Captain Crunch.

What is your favorite movie?
"Yes Man."

What is your favorite animal?
Tiger.

What is your favorite food?
Pizza.

What do you miss about Saugus?
I miss my friends and some of my teachers.

What is the funniest Halloween costume you have ever worn?
I wore a clown costume.

If you could only listen to one type of music for the rest of your life, what would it be and why?
I would listen to rap.

What is the best part of Thanksgiving?
The food and spending time with my family.

Meteorology club utilizes new technology, re-vamps efforts to recruit new members

By Marian Siljeholm
INDEPENDENT EDITOR

With the installation of necessary sensors and with software programs complete, the Meteorology Club has reactivated this year with new members and goals.

Chemistry teacher Keith Gray will again head the club, with a slightly new attention to student members' visions and interests regarding the curriculum.

Members will use textbooks and Internet resources such as "Achieve," a software system working alongside Weatherbug, to store real time data about local weather patterns and trends on Cape Ann through linear data sets.

Using some of the school's cameras, which are also shared by WBZ's televised weather reports, the group can watch real time weather systems playing out.

Along with the new technology, the club's focus has also shifted. "The main idea will be to educate everyone on what it takes to predict weather in the

short-term as well as building skills for longer term forecasting and an understanding of atmospheric dynamics, more than just what the weather channel can teach," Gray said.

Following the initial meeting, Gray is most excited about the amount of interest in the program, which will be meeting every Wednesday after school.

"I'm most thrilled by the num-

ber of new students wanting to be involved, it contributes to the fun of the program," he said.

Junior Jas Davis, a member of the club, said, "The hype has been unreal. I'm so stoked to be in the club with Mr. Gray. Hopefully, we will get information on the latest swells."

Gray hopes the club will promote an awareness regarding local weather for older and younger students alike. "I would like to have students start a bulletin board with information and current data as well as bring what we know to elementary schools to supplement the units already taught there," he said.



NABILA MAHMUD PHOTOS

Chemistry teacher Keith Gray (top) uses an éno board to track a weather system. Gray and members of the Meteorology Club are using updated technology along with textbooks. The Weatherbug (far left) delivers current data about the Cape Ann Area. Gray has this and the computer monitors (left) outside of his classroom for members to track local weather systems.

Library provides multitude of resources

Updated books, databases create efficient work environment for students

By Caroline Wood
INDEPENDENT STAFF

Checking out books is just one of the many things students can do in the library.

According to library teacher Sue Krause, the library has transformed in the past 10 years.

“When I arrived 10 years ago, the average publication date of the books was 1971,” she said.

Students were using books that were copyrighted in 1961, containing out-of-date information for their research, Krause said.

“I even found books that said man hadn’t even reached the moon yet,” she said.

According to Krause, since that time, the book collection of the school library has been carefully looked through and the books that did not belong have been removed.

Books are not the only resource in the library. Online databases and new eBooks make research more accessible.

“With the correct key words, everything is at the students’ fingertips,” Krause said.

The library has changed into a learning center with valuable resources in order to enhance educational experiences, she said. New technology, such as Playaways, makes it possible for students to listen to an audio book on a hand held device.

As for library traffic, hundreds of students go to the library dur-



Juniors Marian Siljeholm, Katerina Eichenberger, and Taylor Coons conduct a group study session in the library. Students utilize the library’s quiet atmosphere and social setting throughout the day.



Students work on assignments in the computer section, which is open at all times of the day.

ing the day and before and after school, according to Krause.

“The minute I open the library, kids are printing out or working on homework,” she said.

Krause said the library serves

around eight hundred students and ninety faculty members.

“It’s a good place to go because if you don’t have access to a printer or computer at home, you can go to the library before

or after school to do whatever you need to do,” junior Savannah Repucci said.

According to senior Connor Hoff, the library is a good place to go because it has a quiet envi-

‘[The library] is a good place to go because if you don’t have access to a printer at home, you can go to the library before or after school to do whatever you need to do.’

- SAVANNAH REPUCCI

ronment to get work done effectively.

Besides monitoring students, Krause also plans Humanities Week and adds books to the growing collection, she also collaborates with teachers to help students apply certain techniques and skills to their school work.

“I work with the students to build literary and research skills, and I’m knowledgeable about the curriculum so I can help students learn,” Krause said.

Because the school does not have a dedicated tech teacher, most of the instruction is done by the library teachers, according to Krause. On professional development days they work with teachers to demonstrate the use of resources, such as the online databases.

MOLLY FRIEDMAN PHOTOS



Freshmen Sarah Lewiecki and Sofia Del Valle uses the workspace to study.

ASR student’s internship leads to co-authorship in scientific publication

By Melissa Moore
INDEPENDENT EDITOR

Being published in “The American Journal of Obstetrics and Gynecology,” senior Olivia Dumont has earned a great honor, senior Christine Walder said. Dumont assisted with research for the piece titled “Inadvertent Hysterotomy Extension at Cesarean Delivery and Risk of Uterine Rupture in the Next Pregnancy.”

“The research was looking to determine whether or not an extension of the uterine incision during a cesarean section is a risk factor for uterine rupture during the subsequent natural birth,” Dumont said.

She helped gather data during her summer internship at Mass General Hospital for her Authentic Science Research class. During her internship, Dumont mostly evaluated reports and inputted the information into Excel spreadsheets, according to her.

“On special occasions, though, I got to watch cesarean sections, shadow doctors, go to obstetricians’ appointments, see ultrasounds, and I got to watch an amniocentesis,” Dumont said.

According to Dumont, she was not sure what to expect. The first day, she went in and learned everything she needed to, and it all went from there.

“I had no idea what to expect,” she said. “Whatever happened, happened.”

Dumont did not expect to be very involved in her internship, she said, but it was a “pleasant surprise.”

“There was no pressure [to be so involved],” Dumont said. “It just happened and worked out really well.”

According to ASR teacher Dr. Maria Burgess, Dumont helped enough with the study to be listed as a co-author. She is now invited to a conference in San Francisco to present her work.

“She significantly contributed to the research study and so was



MOLLY FRIEDMAN PHOTO

Senior Olivia Dumont was named a co-author of the scientific research paper published in “The American Journal of Obstetrics and Gynecology.”

granted authorship along with other colleagues who worked on the study,” Burgess said.

The publication discusses an important obstetrics topic, Dumont said. Vaginal birth after cesarean, or VBAC, is slowly going out of practice because of the possibility of uterine rupture. Scientists hope to better decide whether patients should have another cesarean section or a VBAC.

“The most exciting part of the work I was doing was getting to

see cesarean sections being done,” she said. “Seeing it firsthand helped me understand the research much more.”

“[Dumont is] very thorough and hard-working,” Burgess said. “She is genuinely interested in science as a career.”

“I may want to be an obstetrician when I’m older,” Dumont said. “You get to be a part of the best day of someone’s life – when their child is born – every single day.”



GRRAYSKY/FLICKR.COM

Dumont worked at Massachusetts General Hospital over the summer. She studied the risk of of uterine rupture in a second pregnancy after the first pregnancy resulted in a cesarean section.

FAST FACTS

- Dumont worked in obstetrics at Mass General Hospital.
- The paper is published in “The American Journal of Obstetrics and Gynecology.”

Gap Years

Is taking a gap year beneficial for students?

Pro

Kaitlin McDonagh

With the pressure to apply to college mounting as application deadlines approach, many students may feel rushed into making decisions on where they want to go. Although it's natural to feel overwhelmed, this feeling may overshadow the fact that some students are not yet ready for college.

Taking a gap year not only provides students with more time to think about their futures but also presents several different types of learning opportunities. Whether it's doing volunteer work in another country or taking a post-graduate year at a prep school, taking a gap year provides numerous benefits.

If students are not mature enough both academically and socially for college, doing a year of post-graduate studies is a good option. An extra year will help students understand their courses more and better prepare them for college classes. Also, students will be better prepped for college life, where they are accountable for themselves and won't have their parents telling them to do their homework.

Post-graduate years are also beneficial to students who want to pursue athletics in Div. 1 or Div. 2 schools. College scouts often go to preparatory school games in order to see the post-graduate students play because they know these students are honing their abilities as athletes and therefore are usually more skilled than students straight out of high school.

Another option for a gap year is working with a volunteer organization, such as Rustic Pathways. Students will be exposed to different cultures and ways of life if they go overseas, gaining a more worldly way of thinking while helping others.

Another benefit of going overseas, whether volunteering or not, is that students will be able to strengthen their language abilities. Granted, going overseas does not include taking an extended vacation but rather really focusing in on a language and going to a native-speaking county to study this language further.

Not only is a gap year beneficial in terms of helping students mature, but it also allows them a year off to explore the world, explore who they are as people, or both.

From around 5 to 22 years old, young men and women undergo constant schooling. In this time, it's difficult for students to find the opportunity to explore other interests and discover who they are as people. A gap year supplies them with this chance.

Con

Rebecca Lynch

Graduation is approaching, and seniors are faced with a multitude of decisions. The most significant is whether or not to attend college next year. Gap years are an option that provides benefits to some students, but in reality they are more detrimental than helpful.

Over the years, high school students become machines that produce essays and PowerPoints while juggling sports and other extracurricular activities at the same time. Despite the varying levels of stress, students adapt to busy schedules and demanding course loads to develop daily routines.

The organization and structure of high school is designed to teach students time management and how to achieve academic success. The purpose of developing these abilities is so that the student can be successful in college and future jobs.

A gap year would eliminate the need for such a structured routine, regardless if the student has a job or other commitment. Spending an entire year away from the rigid structure of high school would damage the established work ethic or make it completely worthless.

Even if the person has a job, he or she will not have to go to school or do homework every day. With so much free time, it would be easy to change to a more flexible lifestyle.

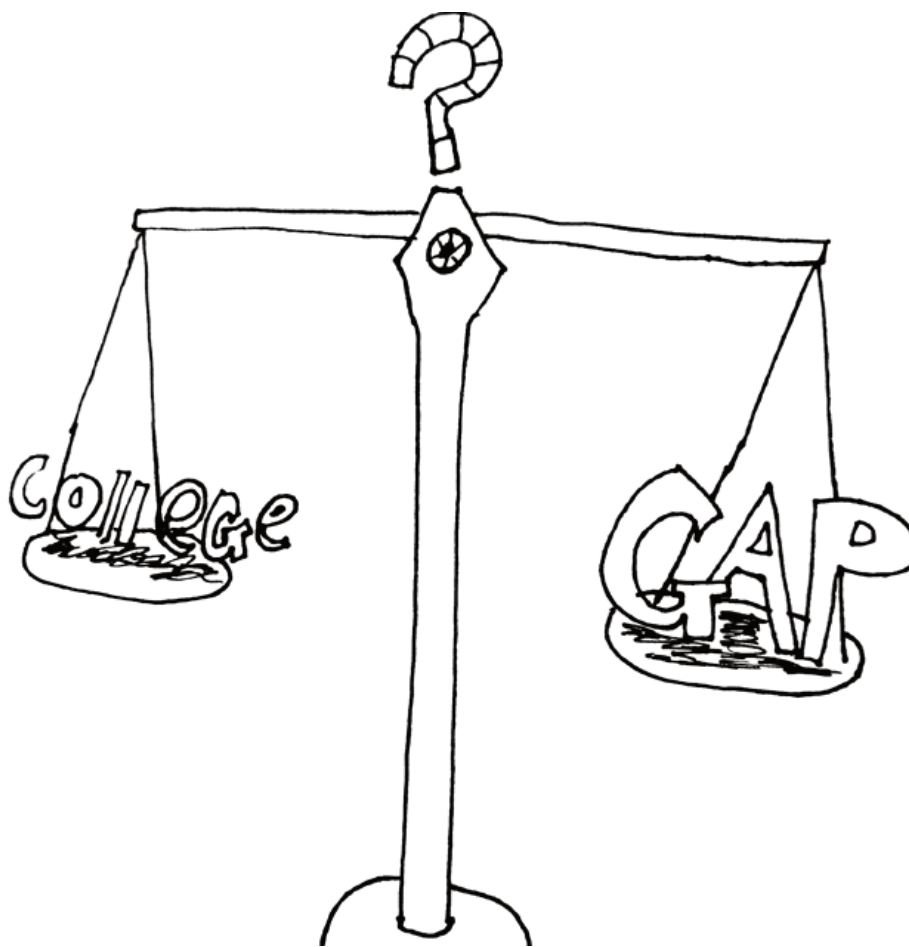
Adjusting to life free of homework and extracurricular activities would be simple, but forcing oneself to go back to the stressful lifestyle of a student after the gap year is over could be overwhelming. Going back might be so undesirable that

the person decides he or she does not want to go back at all.

Psychologically, the adjustment in taking a gap year might be harder than expected. Former classmates would disappear to their respective colleges, leaving those who chose to take a gap year behind.

Some students decide to take a gap year because they want more time before they start college. If someone eventually wants to attend college, why wait? A person can only gain so much more experience by staying home and working. Traveling provides experience, but why not attend college and participate in a studying abroad program that is included in the tuition?

College shapes students to be successful in their future careers. Taking time off before college makes the already challenging adjustment even harder in the end.



NICK BOUWER CARTOON

Cell phone use should be allowed during free periods

By Ellen Burgess
INDEPENDENT STAFF

Cell phones, unlike iPods and computers, are banned during free-periods, despite being just as much of a distraction to students.

According to Principal James Lee, the use of cell phones is prohibited from bell to bell.

Rather than just silenced, cell phones should be shut off entirely. If students are caught with them, phones are to be confiscated and handed to the administrative office. On a first or second offense, phones will be returned to the students at the end of the day; however, in an ongoing occurrence,

the students' parents will be called.

If a student needs to contact a parent, he or she is encouraged to go to the main office and use one of the phones located there, Lee said.

While talking on a cell phone is distracting, cell phones can also be used quietly for various activities including texting, games, listening to music, checking e-mail, and going on the Internet.

Students should be allowed to use their cell phones quietly during their free-periods throughout the day. This includes in between bells, at lunches, and during study halls.

Lee says during study halls, students are supposed to be studying;

however, listening to music on an iPod or checking e-mail on a computer during study hall is no less distracting than performing the same jobs on a cell phone. Students usually are using their iPods and computers during study hall to do various other tasks that do not actually involve studying.

Lee said cell phones now have new technologies that create more distractions, and their use has led to academic dishonesty. In order to prevent this, cell phones must be off.

During lunches and between bells, students are not studying; therefore, the phones cannot create distractions. Students should be allowed to use their cell phones during these free times.



MOLLY FRIEDMAN PHOTO

Despite the allowance of iPod and laptop use during study hall, cell phones are still banned bell to bell during the school day.



'Don't Ask, Don't Tell' policy fosters discrimination, prejudice

MAURA DRISCOLL

In such a progressive and ever-evolving society, an archaic rule such as the disgustingly prejudiced "Don't Ask Don't Tell" policy has no place.

With this discriminatory and previously unspoken policy, the United States Armed Forces target men and women who are both openly homosexual and those who remain in the closet.

If a supporter of DADT was asked about the principle, I'm sure that his or her response would inevitably be that the policy's goal is to provide privacy for the gay members of the American Armed Forces.

Despite whatever supposed good intentions that the creators of this rule once had, the fact remains that DADT is a repulsively ancient violation of a person's basic civil rights.

In no other occupational circumstance is it lawful or constitutional to terminate an employee based on his or her sexual orientation. Why should the military be any different?

Clearly, the American public has no problem with gay figures in society, and the fact that the courts have yet to overturn this policy is startling and disturbing.

Openly gay politicians have been elected to major offices in the United States government. Various prominent celebrities and public figures who are revered by the public are also members of the gay community. Even Dumbledore, the famed and idolized wizard in the "Harry Potter" series is gay.

If having a member of the gay community in a government position is socially acceptable, why does the military view its own soldiers fighting for their country as such a problem?

The "Don't Ask" aspect of the policy states that military officials will not inquire into a soldier's personal life, and the "Don't Tell" portion implies that soldiers should not disclose the nature of their private lives.

Are the expectations the same for heterosexual enlisted soldiers? Should they not wear a wedding ring, post pictures of their loved ones, or share anecdotes in casual conversation about their home life, in order to keep their private lives a secret?

If the answer to that question is no, then gay members of the military should not be burdened with those expectations either.

STAFF EDITORIAL

Senior privilege: Students will eat lunch outside dining hall in alcove during winter

With cold weather on the way, seniors are searching for a new area to sit and eat during lunch.

As a senior privilege, seniors currently eat lunch on the balcony while underclassmen eat inside the dining hall, which can hold just over 300 students (middle school and high school students combined) per lunch.

Even though seniors have the whole balcony to themselves, there aren't enough seats outside, so many seniors find themselves sitting on the ground to eat their food.

The dining hall is also visibly overflowing when seniors have to sit inside since the high school now has between 35 and 40 new students.

In order to fix this seating situation once it becomes unbearable to be on the balcony, the administration has decided to repeat what



MOLLY FRIEDMAN PHOTO

Seniors are currently sitting on the floor in the area outside the dining hall due to no available seating inside when it's cold out.

they did during the previous winter, Principal James Lee said.

Last year, senior students sat at two tables in the alcove that is

right outside of the dining hall once the weather had become too cold to eat outside.

Lee said that the alcove is the

"only logical place for the seniors to eat, since it is close to the dining hall."

Tables are going to be placed in that area for students to sit at, while another seating option includes the bench under the windows.

This solution is acceptable; however, it needs to be improved. Two tables just won't be sufficient considering the fact that they each only hold eight students, while at least 20 students sit table-less during several lunches. This means that students will still be forced to sit on the floor.

"When you pull the seniors out of the dining hall, there is enough room for everyone else," Lee said.

The new eating area is meant for seniors only. Underclassmen will have to eat in the cafeteria, and there will be more than enough seats for them.

DECA Districts: Tips and advice for new student participants to gain advantage, ease competition

By Rebecca Lynch
INDEPENDENT EDITOR

Districts are fast approaching, and for first-year DECA students, the first competition can be very intimidating. The anticipation is worse than actually competing, but certain tips will benefit performance.

DECA competition is comprised of two areas: the written exam and the roleplay. At the District Competition students only need to take one exam and perform one roleplay.

On the written exam, the ques-

tions can address a variety of topics concerning marketing, but most will be concentrated to the specific cluster. Random questions are difficult to prepare for, but researching general information pertaining to the industry will help.

Taking the test is exhausting and maintaining concentration is difficult. Take a break, relax for a minute, and skip over tricky questions. Partners should read the questions to themselves and select their answer before conferring with each other.

For the roleplay, students who seriously place themselves in their roles will be more successful.

Transforming oneself into an actual consultant or manager helps calm nerves and is more convincing for the judge.

Single competitors must be conscious of the 10-minute time limit and work efficiently in addressing the performance indicators while understanding the role they are assuming. Pairs are expected to give a more thorough and detailed presentation with a 30-minute preparation time limit.

Pairs should also note that they are being evaluated on the "Specific Performance Indicators," not the general ones.

When creating a response to a roleplay, a unique idea could

make the difference between first or sixth place. The best ideas are not hunted for. Increased relaxation allows different ideas to flow while preparing.

In the final minutes of preparation, organize the papers in the order the performance indicators will be addressed. These need not be in the same order as on the roleplay, and the more fluid the presentation the easier it will be for the judge to evaluate it.

Judges greatly appreciate enthusiasm from presenters. A relaxed and composed demeanor will contrast with other nervous competitors being evaluated by the same judge.

the INDEPENDENT

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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.

Field hockey team advances to Div. II North Finals

15 seniors lead team to undefeated season before loss to Watertown

By Nick Bouwer
INDEPENDENT EDITOR

With a record of 21-1-1, the field hockey team dominated their regular season and ended their tournament season with a loss against Watertown last Saturday in the North finals. According to coach Andrea Slaven and senior captain Kyle Marsh, the team was leading in the first half with a score of 1-0, but the second half proved fatal with a score of 2-1.

"I think we started out strong, and we were very dominant. The second half we were a little too comfortable with the lead and let Watertown score and capitalize on our mistakes," Slaven said. "It was frustrating because it was almost the same situation we had

last season in which we were ahead in the first half, and then in the second half, they started coming back and were just too strong in the end," Marsh said. Senior captains Olivia Dumont and Vicki Grimes said that even

'This season was absolutely a success.'
-VICKI GRIMES

with the loss against their rival, the season was a success. "This year we were expected for it to be a building year, but we proved that prediction wrong and ended

the season with a 21-1-1 record, which we should all be proud of," Dumont said.

"This season was absolutely a success. Our coach was really great this year, and she came up with a lot of new ideas to help us with our skills and our game on the field. I think next year we will continue the season with the reputation we have had. We've got some great talent coming in



NICK BOUWER PHOTO

Coco Bradley inserts the ball in tournament game against Wayland High School. The Hornets won 1-0, before going on to play Bishop Fenwick.

to fill our shoes, and I'm not worried a bit about it," Grimes said.

According to Slaven, the team improved from day one on the field, and the loss of 15 seniors next year will affect them but

will not necessarily stop them from doing well.

"I would have to say our seniors have definitely been an impact on how well we have done, but just about everyone has stepped up in one game or the other and

done a lot. I think it's going to be a difficult challenge, but I think we have some talent coming in from the freshman and sophomore levels, and I'm excited to see how next year will play out for us," Slaven said.



NICK BOUWER PHOTO

Senior captain Alex Carr catches ball from hike in game against Shawsheen. The team lost 48-0.

With 3-6 record, football team falls short of playoffs, 'improved as a team' during season

By Nabila Mahmud
INDEPENDENT ASSISTANT EDITOR

By losing their game against Shawsheen High School, the football team lost their spot in the league playoffs with a score of 48-0.

With a regular record of 3-6 and league record of 3-2, the Hornets lost two league games to Shawsheen High School and Greater Lawrence. They won three games against Lynn Vocational Technical School, Whittier Technical, and Greater Lowell.

"I felt terrible at the end of the Shawsheen game; we lost to a

much better team. We had a lot of tough breaks in that game, but still played really hard," Carr said.

According to senior captain Matt Wescott, with the loss of 18 senior players, towards the beginning of the season, the team struggled.

Assistant coach and previous Hornets football player Drew Burnham agreed.

"We were a young team when we started, we still are, but at least we tried our hardest. Our score may look like we fell short, but I think we gained a lot as a whole," Burnham said.

"We improved hugely as the season went on. If you compare us to the first week of practice, we

are a completely changed team. Everyone has improved, and we are overall a better team," sophomore Brian McAuliff said.

Captains Carr and Wescott saw major potential in juniors Paul Pennoyer and David Wright, and McAuliff.

"Paul and David are merciless on the line. They're amazing at defense. Brian stepped up as a sophomore. He plays extremely hard," Carr said.

Carr plans on winning their last game on Thanksgiving against Georgetown.

"It's the last game for the seniors; Georgetown is a major rival. We are really hoping for a win," he said.

Former JV track team advances to varsity

By Kaitlin McDonagh
INDEPENDENT EDITOR

After two years as a JV team, the indoor track and field team will start off its season as a varsity sport.

According to coach John Barbour, the goal when the team was founded was to become a varsity team. There were no requirements to become a varsity team; athletic director Kelly Porcaro stopped Barbour in the hall to suggest it, and according to Barbour, it was easy to move up to varsity from there.

Barbour is happy the team has moved up, but he knows it will be a change. "It takes adjustment," he said. "My goals for the team are to compete well, make an impact, and prepare to build."

To help members achieve these goals, Barbour has planned for three-time U.S. Olympian Jim Ryun to help coach the team throughout the year.

According to Barbour, what he likes about Ryun is that he was very uncoordinated when he started running track as a sophomore at Wichita High School East in Wichita, Kan. One year later, he broke the high school record for the mile under 4 min.

"It shows that there is no way to find out [if you're good at something] until you try," Barbour said.

No prior experience is necessary to join the team; according to Barbour, everyone is welcome, and it's a great way to train in the off-season.

"Track is all about building quickness, speed, strength and

endurance, which apply to all sports and physical activities," he said.

According to senior captain Nate Jermain, the team will compete with schools that have a variety of athletes on their teams.

"All the other schools in the Cape Ann League that have competitive teams utilize athletes from football, field hockey, soccer, and cross country. I'm psyched to see how people do on a track for the first time," he said.

Barbour believes track to be the "purest sport." "The basics of track is what the human body can do in its very essence," he said.

"I'm psyched for the track season," senior captain Olivia Dumont said. "We have a good number of people showing interest, and we're looking for more."



COURTESY WILL CURATOLO

Senior captain Nate Jermain runs in a JV meet last season. This year, the team will be competing at a varsity level for the first time since it was formed two years ago.

Girls' soccer defeats Rockport in 'exciting game'

By Hannah Daley
INDEPENDENT EDITOR

Seizing a 3-2 victory against Rockport to conclude the season, the girls' soccer team improved upon last year's record of 0-15-2 with a 3-12-2 record.

Coach Aymen Ali and senior captain Abbi Biggar, who was selected as a C.A.L. All-Star along with freshman Casey Cook, agreed that the last game against Rockport was the most exciting.

"We have a rivalry with Rockport, so making a comeback after being down 0-2 definitely made for an exciting game. It was the final game for the seniors, and I was really happy with the girls," Ali said.

"Friday night's game was hands down the most exciting game of the season. We had the



COURTESY OF HEATHER BURGESS

Girls soccer team huddles before home game against Lynnfield. The team, led by senior captains Abbi Biggar, Rebecca Lynch, and Rachel Jones, lost 7-1 under new head coach Aymen Ali to finish with an overall record of 4-12-2.

drive and momentum to win, and even though we were losing at one point in the first half, we pulled it together and won as a

team," Biggar said.

Along with succeeding in the last game, Ali said the girls were triumphant in achieving their

goal of improving.

"They definitely improved. I would have loved to win more games, but I'm happy with the season and their achievements," he said.

Despite a loss of five seniors, which included three starters, Ali said the team will be coming back very strong and excited.

"Hopefully we'll be returning even stronger next year. We have freshmen on the team like Casey Cook

and Sophia Guerriero, and they'll definitely have a big comeback," he said.

According to junior Jelisa O'Hara, the team will miss the

seniors' presence.

"I absolutely loved the seniors; they made the team so much better. Abbi was our stopper; Rebecca [Lynch] was always so intense and ready to play; Rachel [Jones] had the perfect throw;

Olivia [Peterson] always made us laugh with her sarcasm, and Lauren [LaPointe] was our amazing goalie," she said.

Ali shared his final thoughts of the season.

"I'm very happy to have coached the girls this season. I'm going to miss the seniors, and I'm very glad I got to know them all," he said.

'They definitely improved. I would have loved to win more games, but I'm happy with the season and their achievements.'

-AYMAN ALI



COURTESY OF WILL CURATOLO

Senior captain Ben Zwart handles ball against Masconomet. The team, led by senior captains Zwart, Drew Gosnell, John Houston, and Will Curatolo, lost to Masconomet to finish the season with a record of 4-12-2.

Boys' soccer team grows as 'family' throughout season

By Kyle Marsh
INDEPENDENT EDITOR

Despite a final record of 4-11-2, the boys' soccer team ended the season as a strong, united group, according to head coach Robert Bilsbury.

"In the last week of the season, we played some of our best soccer all season," he said.

"We really became a family by the end of the season. This team, more so than another other team I have coached, came together as teammates and as friends. It's a year I will never forget," Bilsbury said.

Senior tri-captain and All-League selection John Houston agreed.

"Our team's strength was our heart; our record definitely did not represent the talent we had on our team. I could not have asked for a better team," he said.

According to senior Misha Berkrot, the team played its best

game under the lights versus Ipswich; Manchester-Essex won 4-1.

Senior tri-captain Will Curatolo agreed.

"We went ahead 1-0 early in the game before they tied it right before half-time. In the second half, we refused to relent and scored three more goals before the end of the game," he said.

According to Bilsbury, the team was strongly led by senior captains Ben Zwart, Drew Gosnell, Houston, and Curatolo.

"The four captains were awesome. We had a lot of injuries that hurt us this season, but the captains really carried us through," Bilsbury said.

Sophomore goalie Chris Xavier was also a standout, according to Berkrot, and was selected as an Cape Ann League All-Star, along with Zwart.

"Chris is a really good player; even in a team of mostly seniors he stood out. He continually played well in net," he said.

Cross country places eighth at CAL's, three runners qualify for States race

By Laurel Edington
INDEPENDENT EDITOR

After completing the regular season, the cross country team qualified one runner to be a Cape Ann League Small (CALs) All-Star and three qualified for States.

This year, CALs was held at Bradley Palmer State Park in Ipswich.

According to coach AJ Migonis, the team placed eighth place out of 13 teams. Senior co-captain Ben Girard placed fourth, which qualified him to be a CAL All-Star. Sophomore Fiona Davis narrowly missed being an All-Star when she placed 11, he said.

This is Girard's second time being an All-Star. Last year, he placed sixth at CALs.

"It's really cool to achieve All-Star status because it's genuine feedback," he said.

One week after CALs, the team competed to qualify for States. Three runners' times qualified them to run at States—Davis, Girard, and senior Nate Jermain.

Davis placed 13 in the girls' division (20:59,) while in the boys' division, Girard placed third (16:52) and Jermain placed 15 (17:42.)

"They all had excellent races. It was a great day to race, and they took advantage of it," Migonis

said.

Jermain, who previously had bursitis in his hip, said that during the qualifier race he "was able to clear my mind of my frustrations, worries, and

expectations and only focus on the task at hand."

On Nov. 20, Jermain and Davis will compete at States for the first time and Girard for the third time.

'It's really cool to achieve All-Star status because it's genuine feedback.'

-BEN GIRARD



COURTESY OF BEN GIRARD

Senior captain Ben Girard CAL tournament. Girard placed third (16:52) Jermain placed 15 (17:42), and Davis placed 13 in the girls' division (20:59).

CONTINUATIONS GOLF

Continued from p 1

was losing to Masconomet, the strongest team in the league, by only one point.

Seniors Alex Porter, Corey Barstis, and Howlett; sophomore Josh Christopher, freshman Miles Wood, and eighth-grader Ben Bichet took part in State finals.

Wood scored the highest individual score with 76, and Howlett was close behind with 81.

According to McConnell the other players helped the team be successful.

"now that [the younger players] have had a taste of this level of success, they will want to try it for themselves," McConnell said.

According to Porter and Barstis, what helped the team improve this

year was their closeness to each other off of the golf course.

"Hanging out together outside of school brought us together," Porter said. Porter and Barstis advised the team to stay confident.

Due to the strong leadership, determination, and positive energy, the team was a success, McConnell said.

"They were an absolutely outstanding group," she said.

Bouwer twins share love for art

By Molly Friedman
INDEPENDENT EDITOR

Hailing from South Africa, Matt and Nick Bouwer are twin brothers who share a love for art and the resulting satisfaction of the final piece.

The twins may share many of the same qualities, but when it comes which type of art they prefer, they differ.

Matt says he prefers ceramics and using his time to throw pots while challenging himself with new techniques and forms.

“What I like most about ceramics is the idea that I can quickly turn a lump of clay into something beautiful,” he said.

According to Matt, he has recently been inspired by ancient Greek pottery and is incorporating this into his own work. Usually, he will sit down at the wheel and begin to pull the clay to form an idea in his head, but the Greek style has influenced him with his latest work.

Matt’s ceramic teacher, Tamara Burns, praises his dedication and skill.

“Matt has shown great improvement over the years,” she said. “He was the student who would come in early to class to check on a piece he worked on the previous day.”

While Matt prefers working with clay, Nick found a love for painting and drawing.

“I have always loved to draw, but I have recently been trying new techniques such as watercolors,” he said.

According to Nick, he has wanted to be an artist since he was a little boy and was greatly influenced by his mother, Anne.

She is currently an art teacher at the French International School in Boston and still finds time to express her artistic ability outside of work.

“I look up to my mother as an artist,” Nick said. “She introduced me to this hobby, and it stuck with me.”

According to art teacher, Marion Powers, Nick’s style has matured from the previous years, and he now has a better understanding

‘I look up to my mother as an artist...she introduced me to this hobby, and it stuck with me.’
-NICK BOUWER

FAST FACTS

- Matt prefers working with clay.
- Nick prefers painting and drawing.
- Matt wants to be a scientist but continue being an artist.
- Nick wants to major in art.

of the direction he wants to pursue.

The twins use art as a way to take time out of the day and relax.

“When I’m throwing on the wheel, it really relaxes me. I don’t have to worry about anything else besides what I’m doing right there,” Matt said.

“When I’m painting or drawing, I get into this zone where nothing else matters,” Nick said.

Both brothers wish to pursue art in the future whether as a profession or a hobby. Nick’s first choice of college is Maryland Institute College of Art, where he will major in art. Matt aspires to be a scientist and attend University of Texas, but hopes to still find time to continue this hobby.



MOLLY FRIEDMAN PHOTOS

Matt Bouwer throws on the wheel to create pots. He challenges himself with new techniques and forms (top.) His twin brother, Nick Bouwer, works on painting of Alex Ebert, the lead singer of the band Edward Sharpe and the Magnetic Zeros (bottom.)

Students prepare, fundraise for band performance at Olympic Stadium, Montreal

By Morgan Kennedy
INDEPENDENT STAFF

Band director Joe Sokol and the high school band are preparing for a weekend performance at the Olympic Park in Montreal, Canada.

On March 18, 68 members will represent the band on its sixth trip to Montreal. According to Sokol, the band will leave Friday morning and arrive in Montreal in the early afternoon where

they will immediately report to the Olympic Park for a 40 minute set.

During their public performance, the band will play six to eight pieces including “Eagle Mountain Overture” and “James Bond Returns Medley.”

Junior Emmett Snyder, an alto saxophonist, is looking forward to performing in Canada.

“I’m pretty excited about it. I don’t see any reason to be nervous,” he said.

Following their show at the

FAST FACTS

- When: March 18.
- Who: 68 band members.
- Where: Olympic Stadium, Montreal.
- What: A weekend performance in Canada.

Olympic Park, the band will dine at a French restaurant in Old Montreal. They will rise early on Saturday morning for sightseeing and shopping, followed by a museum trip in the afternoon.

Live music, line dancing, and

sing-a-longs at a Sugar Shack will entertain the group on Saturday night. Students will see animals at the Biodôme de Montréal before heading home on Sunday.

The weekend costs \$435 per student and includes everything

but lunches. Band members are working to raise money through fundraisers. They recently completed a Yankee Candle fundraiser, from which some students earned enough to pay for their trip and then some.

“I raised over \$500 from selling candles,” junior alto saxophonist Alden Burnham said.

According to Sokol, the trip will be cultural, educational, and a great experience for the students.

“It’s everything that we would want on a trip,” he said.

AMC’s ‘The Walking Dead’ revives zombie apocalypse

By Nick Bouwer
INDEPENDENT EDITOR

Since the late 1960s, zombies have shuffled their way through Western film culture.

Prevalent at one moment, then sometimes masked over by other fads, zombies have always been “alive” in all respects but by their definition in the minds of the living.

The most recent fad that has caused many to stray away from the marvelous idea of flesh-eating, insatiably hungry dead people, is the obsession with the blood-sucking, and now disgraceful, curs we once with pride called vampires.

Books like the “Twilight” saga and television programs such as “True Blood” have plagued us for long enough, changing vampires and other supernatural creatures from the terrifying monsters they used to be into benevolent, ro-

mantic, and “misunderstood” creatures who seem to have a knack for falling in love with teenage girls.

Is the malicious, blood-curdling beast that is supernatural horror ever going to return? The answer to that question is yes, it already has, and this time, it is by the hand of our favorite flesh-eating friends, the zombies.

On Halloween evening, the dead rose once again to meet the fate of the world in the “soon to be a hit” new series, AMC’s “The Walking Dead.”

Written and directed by critically acclaimed Frank Darabont, the plot follows Rick (Andrew Lincoln), a deputy who is shot on duty, and wakes up from a coma

after an unknown period of time (enough for him to grow a rugged beard) to find himself in an abandoned and vandalized hospital strewn with dead people.

After escaping from the hospital, weak and malnourished, Rick finds himself in a world where the majority of people he sees would happily gnaw on his face, rather than become acquainted.

Finding a bicycle next to a gruesomely dismembered woman who tries feebly to grab at his legs to get a nibble, Rick travels to his house in disbelief.

In an increasingly gory series of events, Rick, armed to the teeth, goes on a quest to Atlanta to find his family, whom he knows in his heart to be alive.

Gritty, well written, and whole-

‘Gritty, well written, and wholesomely thrilling, “The Walking Dead” keeps its viewers glued to their seats...’



AMCTV.COM PHOTO

In “The Walking Dead,” zombies are scouring the streets. The middle zombie is the wife of a character met in the pilot episode. The show is on Sundays at 10 p.m. on AMC.

somely thrilling, “The Walking Dead” keeps its viewers glued to their seats in front of the television.

Filmed with an incredibly high budget, the plot develops in admirably beautiful but disturbingly deserted settings that vary from small destroyed towns, to apocalyptically vacant cities.

The series is accentuated with

an equally ominous soundtrack composed by Bear McCreary with the addition of different audio tracks by various artists every episode.

The deadly series will not cease to entertain, giving lovers of horrific thrills a refreshingly new but timely experience in the life of someone struggling to survive the hungry dead.

Harry Potter

Fans unite internationally over decade of fandom growth

By Rebecca Lynch
INDEPENDENT EDITOR

Enclosed in the 4,175 total pages of the Harry Potter series is the essence of a revolutionary phenomenon that has greatly affected the lives of many around the world.

Author J.K. Rowling created Harry's intricate world in her head 20 years ago, and the first book was published in 1997. Since then, a revolutionary fan base formed, growing up with the books and movies.

From the moment Harry boarded the Hogwarts Express to the final words in the epilogue at that same train station, fans were swept into the amazing world that Rowling created.

The books are not merely adventurous stories about a boy wizard. The series is full of complex plots, riveting characters, and a variety of universal themes.

Death, love, friendship, adjustment, and other thematic issues that everyone experiences throughout his or her lives are addressed somewhere in the series. Readers observed Harry and his classmates grow up and deal with

different situations. Even though the characters existed in an alternate world, the issues they faced were relatable.

Being involved in the Harry Potter fandom during its development was a truly unique experience. Over the past 10 years, checking fansites daily for news and attending midnight book release parties and movie screenings became normal for fans.

Despite growing older, readers never lost the magical feeling they felt when they read the first pages. Before the release of the last few books, fans of all ages vigorously theorized who was going to die and when Ron and Hermione would finally get together.

The Internet became an essential tool for Harry Potter fans to share their observations and predictions. Paralleling the Internet's growth in popularity, the online community for Harry Potter grew exponentially over the years.

Fansites, podcasts, fanfiction, Wizard Rock bands, parodies, Harry Potter musical and general outlets for discussion combined to create a unified international community that continues to thrive three years after the final book was released.

The online community helped

FAST FACTS

• In total, the seven books contain 4,175 pages.

• The first book was published in 1997.

• The first movie was in theaters in 2001.

• The last movie will be split into two parts.

• The first part can be watched on Nov. 19.

• The final movie will be in theaters in July.

make the Harry Potter fandom the largest fan group of the decade. As a result, the movies have so far grossed over five billion dollars



MOVIES.YAHOO.COM PHOTOS

Yahoo News posted a photo gallery of Harry Potter stars throughout the years. Author J.K. Rowling wrote seven books in the series, and they will all be transformed into movies by July. In order to include as much detail from the last book, Warner Brothers is splitting the final film into two parts. Part I of the last movie will be in theaters on Nov. 19.

worldwide, a theme park was created, and "Deathly Hallows" became the fastest-selling book in history.

At the heart of this phenomenon is a masterfully crafted story that is able to capture anyone. In future generations children might learn before they even start the series that Snape killed Dumbledore and Harry lives in the end. While they

will undoubtedly enjoy the series, they will never experience the same excitement as those who drooled at a new trailer and eagerly counted down the days until the next book release. That excitement is reserved for the current generations, and the time we spent with Harry, Ron and Hermione will be remain with us for the rest of our lives.

Hale St. offers upbeat aura, sushi bar

By Kyle Marsh
INDEPENDENT EDITOR



KYLE MARSH PHOTO

Hale St. Tavern in Beverly Farms offers diners a fun dining atmosphere. Each day, there are different promotions. For example, Tuesday is "burger-mania." The restaurant has a sushi bar and serves pub food.

wing night (wings cost \$0.35), Thursday the prime rib costs \$17, and Friday is "fish fry night."

The fun promotions and quirky atmosphere are accentuated by the delicious food and sushi. The "cali" (\$8) combines fresh avocado, crabmeat, and delicious spices to make a tasty, unique sushi roll.

Hale St. also specializes in seafood. Their fried calamari (\$10) and oysters (\$13) are popular starters, while their baked Gloucester haddock (\$18) with lemon garlic butter is a favored entree.

All entrees are served with roasted potatoes, fries, whipped potatoes, or a baked potato for no additional cost.

Many other tasty non-seafood options are available. "Lindsay's loaded potato skins" (\$8) is an appetizing starter, filled with gooey melted cheese and crisp bacon.

Hale St.'s wings (\$9) are avail-

able in mild, hot, atomic, or "Level Seven." Stick to the mild: all other wings were aggressively spicy.

The roasted chicken dinner (\$17) and Sheppard's pie (\$17) were mouth-watering, all made with fresh ingredients, but overwhelming portion sizes.

Their sandwiches are also scrumptious: the BLTA (\$9) offers a tangy twist of avocado and garlic aioli to a traditional BLT.

Hale St. also offers a variety of sides, from edamame (\$4) to jalapeno cheddar corn bread (\$3). However, the dessert menu was very limited, although the molten lava cake was perfect for any chocolate lover.

Despite the small dessert menu and the higher prices, the food and atmosphere of The Hale St. Tavern and Oyster Bar outweigh the small disadvantages, providing an all around unique, exceptional dining experience.

'Speak Now' relates to all, showcases Swift's maturity

By Melissa Moore
INDEPENDENT EDITOR

Taylor Swift's album title describes exactly what she is doing and hopes others will do: "Speak Now." Her true message shines through as she forms, through her 14 self-written tracks, a scrapbook of her life.

Each song has a reason for being included in the album – from messages to exes to people she feared, Swift lays out her heart for the world to see. From reminiscence to revenge, hope to regret, each song has a different tone, the lyrics spilling out from her diary.

Always clever and meaningful, Swift's lyrics have become even more relatable in "Speak Now." "Mean," written to Swift's critics, describes overcoming the bully in everyone's life. "I bet you got pushed around / Somebody made you cold / But the cycle ends right now / 'Cause you can't lead me down that road."

Released by Big Machine Records on Oct. 25, "Speak Now" costs \$13.99, and is worth the

price. Swift's voice and lyrics have matured since her previous albums "Taylor Swift" and "Fearless."

Despite writing many songs describing boys who wronged her, Swift's maturity shows in her first song requesting forgiveness. "Back to December," written to an

'Each song has a reason for being included in the album--from messages to exes to people she feared, Swift lays out her heart for the world to see.'

ex-boyfriend, shows Swift's desire that he will someday pardon her for how she left him: "So this is me swallowing my pride / Standing in front of you saying I'm sorry for that night."

"Speak Now" contains many lengthy songs, one clocking in at 6 minutes 46 seconds, but the real, raw lyrics captivate listeners throughout each

track.

The large range of notes Swift flawlessly reaches throughout the album, especially in "Enchanted," displays her matured voice. Smoother and softer, it evokes a sense of peace in the calm songs and edginess in the upbeat, revengeful tracks.

Despite her message in "Never Grow Up," Swift has grown up to produce "Speak Now": an album filled with emotion, new messages, and amazing songs.