

# the **INDEPENDENT**

Volume XV Number 7

Manchester Essex Regional High School 36 Lincoln St., Manchester, MA 01944

April 6, 2009

## Seniors make college decisions

Programs, student body, athletics factor into decisions

By **Stephanie Smith**  
INDEPENDENT EDITOR

Record numbers of college applicants have made this year one of the toughest to get into college, according to Sharon Maguire, director of guidance.

"It really is the number of applicants, that's the bottom line," she said. "The number of students applying to multiple schools increased and the number of students applying early action increased."

Despite this, the college acceptances bulletin board's abundance of stars shows that many seniors have been accepted to multiple schools.

All schools send admission decisions no later than April 1, so students have time to decide where they will attend before the May 1 deadline.

Some seniors are still considering various factors to decide which school they will attend.

Senior Annie Osborne has been accepted at Duke University, University of Virginia, Georgetown University and Boston College. She is unsure which she will attend.

"I think it's between Duke and Georgetown," she said. "I want to major in political science, so I was looking for schools that had good programs."

Senior Leo Daley, accepted to Trinity College, St. Lawrence University, Hobart College, UMass Amherst, Eisenberg Business School and Fairfield University, is basing his decision more on athletics.

"[Trinity] is probably where I'll go. I'm going to run track, and I really like the team," he said.

Senior Luke Elder said the student body would play a role in his decision. Accepted at UMass Amherst Honors College, Hobart College, Oberlin College, Bates College and George Washington University Honors Program, Elder said he has not decided which school to attend.

"It's a tie between Oberlin and Bates. I've never been to Oberlin so I'm going to go check it out," he said. "I think academically, they're the best, but they also fit



EMILY HAMMOND PHOTO

Seniors Charlotte Cheshire, Gabi Migdalski and Holly Ream were accepted at Boston University.

better into what I was looking for: liberal mindsets and an active student body."

All agreed on one aspect of their decision making process: they are happy to know their op-

tions.

"It feels great. It definitely is a relief to have a couple of good choices that I would be happy going to," Osborne said.

Elder agreed. "It's a relief. I'm

happy to have heard back from all of my colleges," he said.

Daley said he also feels relieved. "It's a weight off my shoulders," he said. "My parents are happy, too."



MARY BUCKLEY-HARMON PHOTO

Senior Stephanie Smith, senior Hannah Dumont, sophomore Hannah Daley and senior Annelise Eaton attended the Suffolk University Greater Boston High School Newspaper Competition with journalism adviser Mary Buckley-Harmon.

## The Independent wins two awards

Newspaper wins first place, first runner-up in contest

By **Bobina Vander Laan**  
INDEPENDENT ASSISTANT EDITOR

For the first time in school history, The Independent won two awards at the 39th annual Suffolk

University Greater Boston High School Newspaper Competition on March 12.

The newspaper won first place in the category of Excellence in Editorial Writing, coming in front of Newton South High School. Each first place winner is given a \$1,500 scholarship for a senior who intends to major in journalism at Suffolk.

The second award was the first

runner-up in Excellence in News Writing.

Thirty-nine school schools entered the contest this year. Each paper was reviewed by a panel of journalists and journalism professors.

Editors senior Annelise Eaton, senior Stephanie Smith, senior Hannah Dumont and sophomore Hannah Daley attended the

NEWSPAPER, page 4

## Lois Grayden retires

By **Laurel Edington**  
INDEPENDENT ASSISTANT EDITOR

After working as a special education (and English) teacher for 38 years, Lois Grayden has retired.

She was hired in 1993 by Dominic Priolo to work with students who have learning disabilities.

According to Grayden, she taught students who have some type of learning disability. She helped them to get the same education as everybody else by teaching the material in a different way.

She said one of her favorite parts of teaching is the collegiality among the staff.

Co-worker Jane McConnell said that Grayden's students and co-workers all admired her strength and commitment towards her work and her students.

Sophomore Stephanie Lane

said, "[Grayden] would use examples of my life to help me memorize the material."

The students were her favorite part of her job, Grayden said.

"Young people are becoming who they are going to be, and it is really exciting. I always liked working with high school students," she said.

Because of a brief change in her career, Grayden was eligible for retirement after six months into this year.

Grayden said her husband retired, and they decided they were going to travel once she retired.

In April, they will go to Florida for the month and see how they like living there or if they "will go absolutely nuts," Grayden said.

According to Assistant Principal Paul Murphy, "The high school is planning a retirement party for all members of the staff who are retiring at the end of the school year," including Grayden.

### NEWS

Student IDs  
-Page 3-

### FEATURES



A day in the life of Elsa Keefe  
-Page 7-

### OPINION

Students should not substitute caffeine for sleep  
-Page 11-

### SPORTS

Girls' lacrosse beats Pentucket  
-Page 13-



### ARTS

Band-Aid benefit concert  
-Page 16-

## BRIEFS

## Spaulding Trust Phonathon raises \$17,000 for school

To raise money for the Spaulding Trust, 15 DECA students, along with several other volunteers made phone calls to citizens of Manchester and Essex as well as past donors to Spaulding Trust for three hours on March 11 and 12.

In total the Phonathon, which takes place three times a year, raised \$17,000 for the Spaulding Trust.

That money is then granted to programs and teachers to improve education. Junior Amanda Azadian raised over \$1000 alone through phone calls.

## Faculty completes NEASC self-study

Principal James Lee and faculty completed their self-study for the renewal of the school's accreditation through the New England Association of Schools and Colleges and approved the seven standards reports. The entire document is now ready for the final drafting of its editors.

On Sunday Oct. 25, the school will host the NEASC visiting for a four-day investigation to examine and confirm the self-study.



WWW.FACEBOOK.COM/  
HOLLY REAM

## Dramafest reaches semi-finals; two students receive awards

Dramafest students advanced to the semi-finals but did not advance to the finals. Sophomores Maura Driscoll and Isolde Decker-Lucke won "All Star Cast" awards as recognition for their excellence in acting.

"I am so proud of all the students for their hard work and positive attitudes," Dramafest adviser Gloria Tanner said.

## Hellenic Center in Ipswich to host this year's prom

## Prom committee hopes 200 students will attend event themed: 'A Night in the Big Apple'

By Julia Melamed  
INDEPENDENT EDITOR

As the school year comes to a close, the junior and senior classes will enjoy the annual prom on Fri. May, 29, to be held this year at the Hellenic Center in Ipswich.

Tickets are on sale for \$25 for seniors and \$50 for juniors until May 1. Then tickets will cost \$60.

Following the tradition, family and friends can take pictures of the prom-goers at Tuck's Point from 4:30-5:30 p.m. Students will then go to the school, from where coach buses will transport them to the prom, which lasts from 7-11

p.m.

This year's theme is "A Night in the Big Apple," and the committee hopes that at least 200 students will attend the event. About 190 students went to last year's prom.

A common location for weddings, the Hellenic Center has hosted the prom in the past. According to the old mansion's website, "The majestic simplicity of the Hellenic Center is nestled on 13 acres of serene wooded land in historic Ipswich, Mass. Formerly a private estate, this 100-year-old Georgian style 16-room mansion features an elegantly appointed ballroom."

Senior Bethy Cunningham, who is the head of the prom committee, enjoys planning what she thinks will be the perfect prom. "Ever since freshman year, I've been looking forward to the prom. Last year, I had a really good time with my friend," she said. "Being on the prom committee, I can put my own ideas forth."



WWW.HELLENICCENTER.COM PHOTO

Juniors and seniors can attend prom at the Hellenic Center in Ipswich (above) on May 29 from 7-11. Tickets cost \$25 for seniors and \$50 for juniors until May 1. Then tickets will cost \$60.

Students are enthusiastic about attending prom.

"I'm really excited to go this year because I've heard great things about the Hellenic Center, so I think we're going to have a good time," junior Monique Costello said.

Junior Nick Lindland agreed.

"I'm excited, it's going to be a good time," he said. "I'm looking forward to it."

Prom coordinator Gloria Tanner is expecting the event to be a success. "We didn't want to spend so much time and money going to Boston and the Hellenic Center is very beautiful," she said.

## International Week:

## Speakers describe their experiences in foreign countries, inspire students to consider traveling or studying abroad

By Hannah Dumont  
INDEPENDENT EDITOR

For International Week, 14 different speakers presented to foreign language classes about topics from Greece to slave trade.

"International Week is a valuable cultural experience for all students as it gives exposure to cultures other than French and Spanish, which students get in their text books and classes," foreign language department chair David Dooley said.

Presenters included students, teachers and local community members who have had experiences outside of the country.

Dooley said the presentations allow students to see another side of people from the school and community.

"A student who isn't in Dr. Burgess's science class wouldn't know she is fluent in American Sign Language, or a student who didn't take chemistry wouldn't know that Mr. Gray adopted two daughters from India," Dooley said.

Students said International Week was an enjoyable experience.

"All of the presentations were very interesting," senior Holly Ream said. "One of the presentations that fascinated me most was Holly Fulton's presentation about slave trade."

According to Ream, as part of her presentation, Fulton showed a short film about how her ancestors were involved in slave trade as traders between Rhode Island, Cuba and the African Coast.

Ream said she liked that Fulton gave insight into a whole topic as opposed to a personal reflection or



## IRELAND DAY

- Students were encouraged to wear green.
- Irish food was served in the cafeteria.



## CHINA DAY

- Students were encouraged to wear red, yellow.
- Chinese food was served in the cafeteria.

trip.

All foreign language classes, with the exception of AP classes, attend the presentations. This year however, a few AP classes attended presentations that teachers found appropriate and helpful to students.

For instance, the senior AP



## GREECE DAY

- Students were encouraged to wear blue and white.
- Greek food was served in the cafeteria.



## FRANCE DAY

- Students were encouraged to wear blue, white, red.
- French food was served in the cafeteria.

Spanish literature class attended a presentation by Cynthia Sweet concerning options students have to travel abroad.

Senior Caroline Martin said the presentation was "engaging and informative, opening [her] eyes to new opportunities that [she] was unaware of."

According to Dooley, the department intends to discuss the possibility of allowing AP students to attend at least some of the International Week speakers.

In addition to cultural presentations, International Week includes theme days when students are encouraged to dress in the colors of a given country, eat cultural food prepared by the cafeteria associated with the country, and guess the mystery person of the day.

According to Dooley, some teachers give extra credit to students who participate most in the International Week festivities.

Dooley said he was pleased to see how involved the cafeteria was with the decorations and special food they made each day.

Students also noticed the effort put forth by the cafeteria.

"I loved the different foods they made each day. I was very impressed. My favorite was the Chinese chicken," Ream said.

This year, unlike previous years, the mystery person of the day was a teacher or faculty member as opposed to a celebrity or historical figure.

Junior Matt Hoyle said he liked the way they did it this year.

"This year, it was more exciting because the teachers were the answers to the questions. It made it more interesting and I think more students wanted to participate," Hoyle said.

According to Dooley, 92% of students are enrolled in at least one foreign language class, and he hopes each of those students was inspired by International Week.

"I hope that students see the amazing opportunities there are to travel internationally and the numerous doors that these intercultural experiences can open," Dooley said.

# Administration has IDs, does not actively distribute them

By Stephanie Smith  
INDEPENDENT EDITOR

Students are eligible to receive discounts at many restaurants, movie theaters, museums and clothes stores, and on commuter rail tickets—if they have a student ID. Students without a driver's license can also use a school ID as a form of identification to take a standardized test, such as the SAT. The school does not actively distribute student IDs or advertise their existence, despite the fact that it has one available for each student.

According to Assistant Principal Paul Murphy, the school does not distribute the ID cards because

they are not required for students here.

"We don't know what students would be using them for," he said.

The ID cards come as part of the school's package with Hockmeyer Studios, the company that takes school pictures each year, according to Murphy.

He said the administration might consider more actively distributing the IDs in the new school next year.

This year students can go to the main office to obtain their ID card.

Junior Chelsea Gobes got her ID from the main office. "Whenever I would go tanning, I would have to pay \$5 more because I didn't have a school ID. Now I can get my discount," she said.



MOLLY FRIEDMAN PHOTO

Junior Ben Kekeisen received his student ID card recently. All students can obtain their ID from the main office. The administration has IDs for all students, but does not actively hand them out because they are not required for students at this school, according to Assistant Principal Paul Murphy.

## STUDENT RATES

- Discount on commuter rail: 50%
- AMC Movie Theater: \$6.75
- Peabody-Essex Museum: \$11
- Institute of Contemporary Art: \$10
- Museum of Fine Arts: \$6.50 (17 & under) \$15 (18 plus)



Band members visited Quebec on March 20-23 and stayed in the Hilton Hotel. The band performed at the Museum of Civilization on March 20, where they were encored twice after a slow start to the show. During their trip, students took four tours of museums and the city. They also had free time to explore the city.



COURTESY MAX WOODING



# Band spends three days in Quebec, performs in Museum of Civilization

By Skylar Coons  
INDEPENDENT ASSISTANT EDITOR

The Quebec trip offered the band a chance to play in front of a new audience and tour the city of Quebec.

Quebec welcomed the band on March 20 for the beginning of the trip. After the eight-hour bus ride, students set up in the Museum of Civilization for the performance.

Joe Sokol, band teacher, said, "Hats off to the band after such a long ride, and to execute the way they did. They knew they did a really good job."

He said the trip was a big responsibility, but "the most important thing, the number one thing was the performance."

Other visitors to the museum and people who worked at the exam watched the band play. Some songs played were "O'Canada," "For Your Eyes

Only" and "Twist and Shout." With other songs the show lasted for about 30 minutes.

"At first, there really weren't a lot of people. There were two people sitting down, and there were 20 chairs. Then, after two to three songs, more people came and we got two encores," freshman Ellen Burgess said.

She and freshman Brianna Malik said they weren't expecting the trip to be fun but it was.

"The city was really pretty," Malik said.

The band went on four tours of museums and the city.

"The tours were moderately interesting," senior Max Wooding said, "I took a lot of pictures because it's a nice city."

Students had two hours of free time on Saturday to walk around the city and go to lunch. They could shop and they went to dinner and lunch in the city.

Sokol said the Hilton Hotel was impressed with the band's behav-

ior. Everyone stayed on the same floor of the building. A hotel security guard was also provided to make sure students were safe in their rooms after room checks.

The bus rides were "long and tiresome," but movies were played and there were raffles with prizes such as chocolates and stuffed animals.

"They're never ever going to forget this trip," Sokol said.

## FAST FACTS

- Band members visited Quebec City March 20-23.
- Band performed at Museum of Civilization.
- Students stayed at the Hilton Hotel.

# Senior will campaign for nat'l DECA office in Anaheim, Calif.

By Maura Driscoll  
INDEPENDENT ASSISTANT EDITOR

Senior state officer and DECA member Tim Jordan plans to run for national office and hopes to be elected as the North Atlantic Regional Vice President.

Should he be successful in his efforts, Jordan will oversee 12 states across the North Atlantic Region as well as Ontario, Canada throughout his freshman year of college. Not only must he be responsible for each state and province, but Jordan also will have various other duties as vice president.

According to Jordan, his travel obligations will be extensive. "I will have my National Officer Orientation, National Officer Leadership Training in Virginia, North Atlantic Regional Conference in New York, State Career Development Conferences across the North Atlantic Region, and the International Career Development Conference in Kentucky."

Though he hopes to be a success, Jordan isn't jinxing himself. "In the end, the best candidate will win and I am confident in my team and myself that we will run a successful campaign."

Jordan will bring 16 members of the DECA program with him to the International Career Development Conference in Anaheim, Calif., this May to help him campaign for a win.

These students include seniors Spencer Lange, Phil Kobus, Carolina Merrow, and Nick Congdon, and juniors Tavia Pomazon, Samantha



EMILY HAMMOND PHOTO

Senior Tim Jordan, currently a DECA state officer, hopes to be elected North Atlantic Regional Vice President. He and 16 other DECA members will campaign for the position during the International Career Development conference in Anaheim, Calif., this May.

Christopher, and Kara Thomas. Three students from Billerica, Mass., two from Beverly, Mass., two from Danvers, Mass., and two of Jordan's fellow State Officers will join him on the campaign trail.

The campaign will take place at the international conference where Jordan and his team will promote

his candidacy through a common theme. At the competition, Jordan will have his own booth in order to encourage fellow students to vote for him.

Jordan hopes his hard work will pay off. "I may have two opponents, but I

am going to focus on my campaign and ensure that I am the best candidate."

**'I may have two opponents, but I am going to focus on my campaign and ensure that I am the best candidate.'**

-TIM JORDAN

## Lucky Leprechaun Raffle

# Lack of sophomore class effort results in decreased raffle participation, profits

By Brittany Edwards  
INDEPENDENT STAFF

This year's Class of 2011 Lucky Leprechaun Raffle earned less money than last year's event.

Last year's total value of the raffle was \$7500 with half of the proceeds going to the Marsh family of Essex. This year, the amount of the raffle decreased 10% with a net value of \$6750.

Half of the proceeds went to the McDonagh family of Pine Street.

"When Kaitlin [McDonagh] called me, I was very excited especially because it was St. Patrick's Day. I thought of it as luck of the Irish or the luck of angels," 2009 raffle-winner Anna McDonagh said. "I never thought that we would win."

Two ideas were proposed for the decrease in sales. "The economy did affect us. I think if it had been the same economy as last year, we would have experienced higher sales," sophomore class adviser Eric Magers said.

Despite the ailing economy, Magers said that the main prob-

lem lies within the class.

"I don't think any of the students think it is their responsibility to work for their class. The majority of the class believes their parents will do everything. Clearly, the students did very little and left the entire responsibility of the sales of tickets up to their parents," Magers said.

Next year, Magers hopes to see more work from the Student Council, who were asked to spread information concerning the raffle, and other students. "I hope the class officers will do more to promote it and sell all their tickets. I was disappointed that not all the officers sold all their tickets. Makes me wonder what being an officer means," Magers said.

Student Council members said they tried to get others to participate.

"The Student Council did as

much as we could to tell the students to sell. It is more an issue of the parents. My mom would even bring them to her office to sell because she felt too bad asking people. One hundred dollars from each family is a lot to ask. Honestly, the \$25 cost of the tickets was too high for the economic crisis. I don't think it is fair," sophomore class co-vice president Piper Browne said.

Overall, organizers are excited about the revenue.

"I was very pleased that close to 75% of the families of the class participated in the raffle. The great participation is

more exciting for me than the money raised. It means that the families are in favor of the raffle as a fund raiser and that as a community we want to acknowledge the efforts the students have made and their hard work of four years upon their graduation," co-organizer, class of 2011 parent Betsy Bullock said.

**'I don't think any of the students think it is their responsibility to work for their class.'**

- ERIC MAGERS



KAITLIN McDONAGH PHOTO

The winner of the Lucky Leprechaun Raffle was Anna McDonagh (above right with daughter Kaitlin McDonagh, a sophomore) of Pine Street. Decreased sales are thought to be due to the declining economy and lack of student responsibility for raising class funds. About 75% of sophomore families participated in the raffle, but despite this the profit of the raffle decreased 10%.

## Interact Club to put in motion new fundraisers

### Rubber duck race planned to bring kids together to help Middle East



DJ BALL PHOTO

Interact club President junior Tim Surette hopes to find new ways to raise money for the school. Among the three fundraisers planned this year is the rubber duck race. Students will be given a number for a rubber duck after purchasing it for \$1. The ducks will be placed down a stream and the winner will receive a prize. The money goes towards the non-profit organization the Central Asia Institute.

By Kyle Marsh  
INDEPENDENT ASSISTANT EDITOR

Interact Club president junior Tim Surette said the club is inventing new ways to raise money for the school.

"It's a junior rotary club. We do community service events and kind acts to help those in need," Surette said.

Three new fundraisers are developing.

One is a rubber-duck racing contest. According to Surette, students will be able to buy ducks for \$1. Each student will be given the number of the rubber-duck he/she purchased.

Sophomore Olivia Peterson created the contest. "My dad and I were talking about ways to get high school students involved with younger kids, and the idea came up," Peterson said.

They will send the purchased ducks down a stream, and the owner of the winning duck will receive a prize, according to Pe-

terson. The money will go to Greg Mortenson's non-profit organization, the Central Asia Institute.

Mortenson works to build schools throughout Pakistan and Afghanistan.

The club, which meets at 7:15 every Thursday morning, will also hold a food drive, according to Surette.

Sophomore Olivia Dumont, director of publicity, said she will send a press release to local newspapers.

Additionally, the club is asking students to bring canned goods for people in need. All food will go to Beverly Boot Straps or Cape Ann Food Pantry.

Lastly, the club will be hosting a basketball tournament for the high school. The junior class will run the event.

To enroll in the tournament, students must have a six-player team. The cost is \$30 per team.

The tournament will take place in high school gym. There will be a full bracket system and an awarded champion at the end of the tournament.

#### INTERACT CLUB FUNDRAISERS

##### • Rubber-Duck Racing Contest

- \$1 a duck, number assigned to duck
- Ducks sent down stream
- Winner wins prize
- Money goes to Central Asia Institute

##### • Food drive

- Canned food
- All food goes to Beverly BootStraps/Cape Ann Food Pantry

##### • Basketball tournament

- 6 players per team
- \$30 per team
- High school gym
- Full bracket system, champion at end

#### Continuations

##### NEWSPAPER Continued from page 1

awards accompanied by teacher Mary Buckley-Harmon.

"There was a lot of energy in the room at the awards," Eaton

said.

In previous years the newspaper has won various awards in Excellence in News, Editorial, and Sports Writing, including a first place in Editorial Writing.

"It was delightfully impressive to win two awards in one year,

despite the fact half the staff is new," Smith said. "It is rewarding to be recognized for the work we do for the paper."

Daley said, "It was nice to be at the level of Newton South, which has two newspapers."

Renowned sportswriter Dan

Shaughnessy spoke at the event as the guest speaker.

According to Daley, Shaughnessy spoke to them at their table because he and Buckley-Harmon both are alumni of Holy Cross College.

"It was very nice to talk to

him," Smith said.

Buckley-Harmon said, "Being recognized by Suffolk is always very exciting, but to place highly in two categories is really thrilling. I'm so proud of the staff, especially since so many of them are new."

**Health Matters**



**Wrigley chewing gum brands help oral health**

By Hannah Daley  
INDEPENDENT EDITOR

**Orbit White, Eclipse, Extra provide variety of flavors**

According to Wrigley.com, chewing two pieces of **Orbit White** after every meal will help remove stains and whiten teeth.

Orbit White packs contain 12 pieces with flavors including Peppermint, Spearmint, Bubblemint, Melon Breeze, and Fruit Sorbet.

With less than 5 calories and 1 gram of sugar alcohol in each piece, consumers should buy Orbit White “for a good clean feeling, no matter what,” according to Wrigley.com.

Walgreens sells Orbit White chewing gum for \$1.29, according to walgreens.com.

Advertisers persuade clients to buy **Eclipse** for its natural germ killing ingredients that provide fresh breath with its flavors Spearmint, Polar Ice, Peppermint, and Winter Frost. CVS.com sells packages of all of these flavors for \$2.99 for 36 pieces of gum.

Although many brands of gum are full of sugar, Wrigley recommends chewing Orbit White, Extra, and Eclipse gum to help control cravings, stay focused, improve oral health, and relieve stress.

**Extra**, Wrigley’s first sugar-free gum offers long-lasting flavors and also received the American Dental Association’s Seal of Acceptance, according to Wrigley.com.

Polar Ice, Spearmint, Peppermint, Winterfresh, Classic Bubble, and Supermint are among the flavors in these 15-stick packages.

Each stick contains 5 calories, 2 grams of sugar alcohol, and 2 carbohydrates, according to Wrigley.com.

Extra chewing gum is also sold for \$1.29 a pack or \$2.79 for 40 sticks at C.V.S., according to CVS.com.

Eclipse gum packs offer 12 pieces that have a crunchy outer shell that delivers a burst of flavor for fresh breath, according to Wrigley.com.



RAKKA/ FLICKR.COM

**Orbit Citrusmint Gum \$1.29 Walgreens**



SCHMORGIE13/ FLICKR.COM

**Eclipse Polar Ice Gum \$2.99 C.V.S.**



LEEKELLEHER/ FLICKR.COM

**Extra Spearmint Gum \$1.29 C.V.S.**

**Student**

**Profile**  
Isolde Decker-Lucke



COURTESY ISOLDE DECKER-LUCKE

By Brittany Edwards  
INDEPENDENT STAFF

**Grade:**  
10

**What is your favorite beach-side snack?**  
Mango smoothie.

**Do you have a job for this summer?**  
I applied to two summer camps. One is at the YMCA and the other in Beverly.

**If you could go to any concert which would it be?**  
Kings of Leon.

**How many books have you read in your life?**  
Hundreds.

**If you could be on any romance-related reality TV show which would you choose?**  
‘The Bachelorette’ because then I could be the one picking the guys.

**Which feature do you look at first on a person’s face?**  
Eyes.

**Which is the one television character that you simply adore?**  
Serena from ‘Gossip Girl.’

**Which is the best vacation you’ve ever had in your life?**  
I went on a cruise to Greece.

**What is your favorite candy bar?**  
Twix.

**Where did your parents get your name?**  
Probably from a baby book.

**Spring smoothies serve as refreshing, delicious treats**

By Hannah Daley  
INDEPENDENT EDITOR

**Directions:**

1. Crush ice in blender.
2. Add the rest of the ingredients.
3. Blend smoothie on high for 15 seconds in blender.
4. Pour smoothie into glass.

Serving size: 1-2  
depending on glass size.



HANNAH DALEY PHOTO



HANNAH DALEY PHOTO



ARTHUROHM/ FLICKR.COM

**FAST FACTS**

- Smoothies provide vitamins, nutrients, and antioxidants and keep you hydrated.
- Natural fiber helps digestion.
- Making your own smoothie saves money.

According to perfectsmoothie.com

**Strawberry Smoothie**

Ingredients:

- 10-15 ice cubes
- 6 strawberries
- 1 cup of skim milk
- 3 large spoonfuls of Edy’s vanilla frozen yogurt

**Chocolate Raspberry Smoothie**

Ingredients:

- 10-15 ice cubes
- 1 cup of raspberries
- 1 cup of skim milk
- 3 large spoonfuls of Edy’s vanilla frozen yogurt
- ½ cup of Nestle semi-sweet chocolate chips

**Banana Smoothie**

Ingredients:

- 10-15 ice cubes
- 1 banana
- 1 cup of skim milk
- 3 large spoonfuls of Edy’s vanilla frozen yogurt



## Environmentally-conscious Green Team to tackle challenges in new 'green school'

By Bobina Vander Laan  
INDEPENDENT ASSISTANT EDITOR

In preparation for the new green high school, an environmental club, dubbed "The Green Team," was created by Spanish, physical education and Youth Challenge teacher Eric Magers.

The purpose of the club is to inform and teach the students to be environmentally conscious. Many committees have been set up and are still working towards fully setting up the Green Team club.

About 20 teachers are involved in it. Magers founded the club out of his interest to encourage students to be green in the new school. Another staff member is art teacher Caroline Epp, who designed a logo for the club.

Approximately 20 students are part of the club, which is expanding with each meeting. The Green Team meets every Thursday after school. Each meeting lasts about 30 minutes. At meetings, students share their ideas on how to teach other students and expand green programs.

"It's still in the development stages, but we are working hard to make committees and assign tasks," Magers said. "It's great, though, that it got huge so fast!"

Junior Tavia Pomazon joined the organization because she already supported recycling. "I think it's really important we focus on it in our new school, and it is a fun way to get involved," Pomazon said.

The Green Team aspires to affect how students think about themselves and the earth. "I hope it will make students think more about how they are affecting the environment and that and they can change how the earth will be in the future," Pomazon said.

"The new school is a fresh start. It's a way to start out the new school being environmentally



DJ BALL PHOTO

### Green features in new school

- Energy-efficient heating, air conditioning, electricity
- Renewable energy from photovoltaic system
- Lights dim when daylight is efficient

conscious," Magers said.

The new school is designed to be environmentally friendly, incorporating elements such as energy-efficient heating, air conditioning and electrical systems.

Renewable energy brought from a photovoltaic system will provide clean energy for electricity, which includes light fixtures that dim when natural light is efficient. The orientation of the building was changed to increase daylight into the building, and therefore lessen the need for electricity.

As for water and material conservation, those are monitored as well. The building "footprint" was minimized to decrease impacts on the environment and water bubblers will have water filters on them, minimizing the need for water machines in the building, Magers said.

According to Magers, one big change will be a process called "Single Stream Recycling." The waste and recycling contractor

Hiltz will be using a technology that allows all recycling to be put in one bin initially, then separates into different containers. This makes recycling at the school easier.

Donations from outside the school also benefit the green initiative at the new school.

Linda Moulton, who co-owns the gas station Gas by the Sea on Summer Street in Manchester, donates the money collected from the recycled clothes bin to the Green Team.

"The idea is recycling clothes, and in turn use those proceeds to recycle in the future," Moulton said. "We always want to be active in the school community. This benefits both students and the earth."

Members and volunteers are still being looked for to contribute ideas and help in committees, Pomazon said.

"We need extra hands to get work done, and the more people we have, the more ideas we will have to expand it," she said.

## Students to clear trails for community service

11 sophomores to visit Appalachian Mountain Club in N.H.

By Julia Melamed  
INDEPENDENT EDITOR

As most of their classmates lounge on the beach, 11 students from the Class of 2011 will be traveling to New Hampshire to clear trails and learn about the environment in July.

The Appalachian Mountain Club, located at Camp Dodge in Gorham, NH, is an organization that promotes the protection, enjoyment, and safe use of the outdoors.

The trip will last from July 26-

Students are expected to earn about 30 hours of community service.

31 and students are expected to earn about 30 hours of community service. They will hike through nature and learn about water runoff systems, clearing trails and the environment.

Edith Waldsmith, mother of sophomore Eddie Waldsmith, will chaperone the trip, which costs \$245.

Spanish teacher Eric Magers is organizing the trip to the Appalachian Mountain Club, where he used to work as a hut boy.

The organization provides

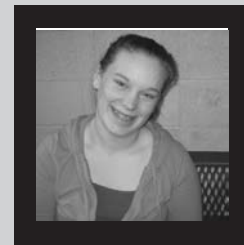
breakfast and dinner for the students, but since they'll be spending the majority of their day in the woods, they'll bring their lunches with them.

Sophomore Phoebe Thorne is looking forward to the trip. "I'm excited to help clear the trails for other hikers who want to enjoy the trails," she said.

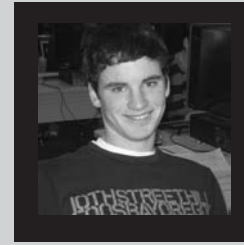
Magers also expects the students to enjoy the experience. "They're going to have a lot of fun," he said.

Students participating in the trip are sophomores Eddie Waldsmith, Zach Sergeant, Phoebe Thorne, Sarah Brown, Ben White, William Curatolo, Ben Girard, Nat Hughes, Adam Jackson, Corey Barstis, Matthew Melamed, and Olivia Dumont.

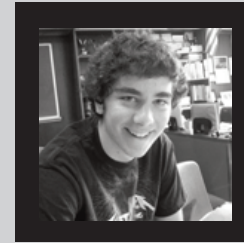
Due to the number of students who want to participate, there will be a second trip in August.



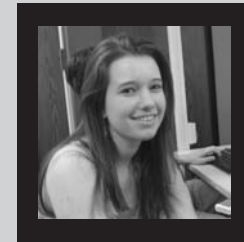
Senior Jordan Biggar:  
Heath Ledger.



Senior Eric Kimball:  
Anna Nicole Smith.



Junior Jack Kelly:  
Cliff Burton.



Junior Emily Malik:  
Elvis.

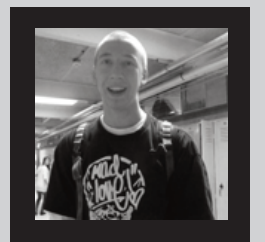


If you could bring back anyone from the dead, who would it be?

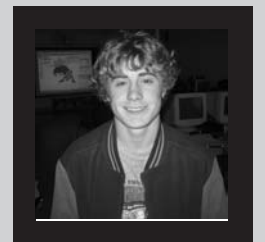
Sophomore Hannah Beardsley:  
Heath Ledger.



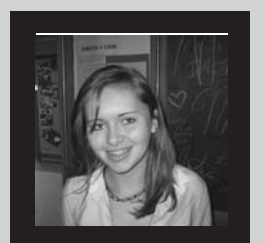
Sophomore Joseph Mussachia:  
Tupac.



Freshman Steven Laforge:  
Kurt Cobain.



Freshman Kathleen Carr:  
Bob Marley.



# New iPod shuffle: Smaller design, compacted controls, VoiceOver complete innovative music device

Boasting a larger capacity, efficient design, and the first talking music device, Apple recently introduced the new \$79 iPod shuffle.

Despite the size, the shuffle is able to hold 1,000 songs, and has up to 10 hours of battery life.

A three-part device is located on the right earbud cord to provide a less distracting way to access the controls. The listener simply has to touch the headphone cord instead of picking up the entire iPod to skip to the next song.

The body is made of anodized aluminum with a stainless steel clip in the back. The shuffle comes in black or silver.

Another feature is the ability to hold multiple playlists. After speaking the name of the song, the voice will read off other playlists. When the listener releases the button, the last playlist named will begin to play. This allows the listener to organize his or her songs into multiple groups.

To make up for the lack of a screen, Apple has added VoiceOver, a computerized voice speaks the title and artist of the song that's playing when the center button is held down. The music volume will be slightly lowered while the voice is speaking through the headphones.

A switch at the top allows you to turn the device on or off and select between shuffling and playing songs in order.

VoiceOver includes 14 languages, and the voice will change languages based on the title of the song and the settings.

According to Apple, the new shuffle is the smallest iPod yet. The dimensions are 1.8" tall by .3" thick.



The top and lower buttons on the device control the volume. In between them is a center button. One click plays or pauses the song, a double click skips to the next song, and three clicks goes back to the previous track.

*By Rebecca Lynch, Independent Assistant Editor*

## Blog petitions to name new middle school after former Essex teacher

**By Molly Friedman**  
INDEPENDENT ASSISTANT EDITOR

Former co-workers of deceased Essex English teacher Neil Ramsden created an online blog to honor him and to raise support to name the Manchester Essex Regional Middle School after him.

Ramsden died of cancer on Nov. 1, 2006. According to the blog, his personality and sense of humor made him a well-liked person.

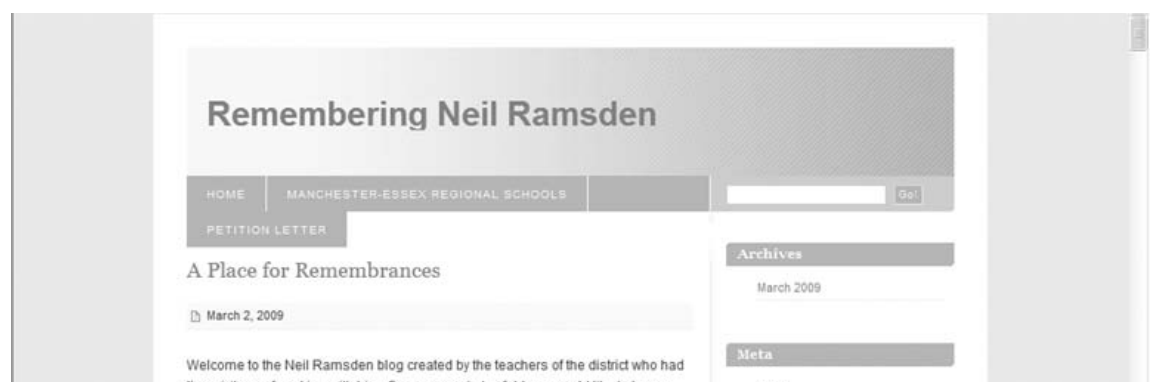
"He had a very different method of teaching that I was not really accustomed to, but in the end he ended up being one of my favorite teachers because of his personality," senior DJ Ball said.

In order to get their message across, the teachers ask people to write any memories or stories about their time with him.

A letter on the blog that petitions naming the school after Ramsden tells of one former student who revealed that his family could not afford to pay for his college text books. Ramsden paid for those books all four years.

The petition letter is available for the public to view at [www.ramsden.edublogs.org/petition-letter/](http://www.ramsden.edublogs.org/petition-letter/). It explains how Ramsden dedicated his life to teaching for 37 years and had high standards for all his students.

According to the blog, he would spend time after school to



**Former co-workers of deceased Essex English teacher Neil Ramsden created an online blog to honor him and to raise support to name the Manchester Essex Regional Middle School after him.**

communicate with current and former students and talk to them about what they were learning in their classes.

Ramsden supported the Essex

Teacher's Scholarship Fund by helping former students financially and raising money for the fund.

The letter also explains how he

was caring of the people who lived in Essex and helped everyone who lived there. He offered his support when needed and was very generous.

# A day in the life of Elsa Keefe

5:30 am

For senior Elsa Keefe, the day begins to the tune of Jack Johnson's "Belle" when her alarm goes off at 5:30 a.m. She quickly walks across her room to turn it off in a "fumbled rush of disaster." According to Keefe, the search for the off button is a struggle, and she has yet to find it on the first try this year.

After falling back asleep for 30 seconds to 15 minutes, she engages in her morning routines and splashes water on her face "as a cleansing ritual more than anything." Upon reentering her room, she turns on her lamp "for ambiance" so that she can meditate for 18 minutes (her age), followed by a two-minute "refractory period" during which she exits her state of meditation.

6:58 am

As she gets dressed, she puts on inspiring music including jazz quartets she downloaded free off of iTunes recently. After "sauntering into the kitchen," she prepares green tea and greek yogurt topped with an overflowing scoop of almond butter. She leaves the house 3 minutes before 7 a.m. and goes "about 75 down Summer Street" in hopes of making it to school by 6:58 a.m. for her gym class.

11:09 am

According to Keefe, the school day goes by in a blur although she has been learning more in her classes lately by "usurping [her] resources." She said that the underlying problem is the weather, which has a "detrimental effect on [her] work ethic."

The highlights of her day are snack and lunch, which include "a plethora of veggies, maybe some sort of grain, Turkish dried apricots and pumpkin seeds." "The success of my day basically depends on those two meals," she said.

2:15 pm

Once the last bell sounds, Keefe makes "a quick escape to [her] car," which is a 1993 forest green Suburban that she refers to as a "joyrider." "I cautiously get in my car after meticulously evaluating it," she said. "I am always cautious of what's not working, and I get in the back doors when the front ones are stuck."

4:39 pm

Upon arriving at her house, she makes tea and mochi, and sits in the sunlight waiting for the right moment for a run.

"I wait patiently for a surge of energy, and when it comes I quickly grab my iPod and run," she said.

While running, she listens to rap music to inspire her and pretends she's in the city.

"I'm always on the lookout for bad guys," she said. "My run is always a struggle, and I strive to fall over but I've never done that."

11:30 pm

Afterwards, she quickly heads into the shower where she starts a light hum of a Christmas song that usually turns into "a full blown song" by the time she is back in her room.

After completing her homework and putting on "three swipes of plain goatsmilk chapstick" she stares at her inspirational quotes calendar and drifts off to sleep, typically around 11:30 p.m.



Senior Elsa Keefe meditates for 18 minutes twice a day.



EMILY HAMMOND PHOTOS

Keefe's typical lunch includes vegetables, some sort of grain, Turkish dried apricots and pumpkin seeds.

By Annelise Eaton, Independent Editor

## ASR: Students learn about research, internships, guest speakers

By Laurel Edington  
INDEPENDENT ASSISTANT EDITOR

Authentic Science Research, or ASR, is a science class that combines reading research and hands-on activities that include internships and guest speakers, like Dr. Jesse Lock, a speaker from the Boston University Biomed Engineering Department who spoke to the class about intracardiac robots.

Juniors and seniors can take the class for one or two years. After the first year, students can complete an internship during the summer in a research position and report back to the class the following year.

According to ASR teacher Dr.

Maria Burgess, "It has succeeded because students who're interested in science have worked hard in the class and have procured successful internships and then the word spreads. Students who've come back to the school from college, report that their colleges have programs like ASR, and the ASR class has helped them to write research papers and to be better able to know what to do."

Junior Amanda Azadian said, "The best thing about ASR is how much of an advantage you are getting above other students going into research and other science related fields once you get to college."

Burgess said the class can also impact college essays because they're usually about an event

**ASR helps improve independent thinking, teaches new skills for college, and helps the students appreciate science."**  
-MARIA BURGESS

that's impacted the student's life. ASR students can take an internship in the summer in a research lab. The internship could become the event that impacted the student's life.

Burgess said the class can help

any student because the class is open to all juniors and seniors.

According to Burgess, one purpose of the class is to teach students how to perform and achieve all of their scientific capabilities because it is very independent. Students get to research topics of their choice and get to learn about what they are interested in.

To help the students find what they are interested in, guest speakers are invited to the class.

Lock said, "Outside speakers offer perspectives that students might never experience on their own."

In the future, Burgess hopes that the ASR students will register at scientific seminars.

"I would like them to do their research and present it to other

schools and other states so our students can see what other high schools are doing at the research level," she said.

Burgess said she would like students to attend college research seminars where the colleges host high school students and their research in a symposium format.

"ASR helps to improve independent thinking, teaches new skills for college, and helps the students to appreciate science," she said.

"A student who thinks that biology is simply dissecting frogs or that calculus is just a series of rote mathematical algorithms is missing the big picture. Everything you learn in high school can and will be applied in the real world," Lock said.

# Facebook

## Should employers use the website to form opinions?

### Pro

Rebecca Lynch

Online profiles are becoming increasingly popular and important in our society. If employers are looking to hire someone or are reviewing an employee, they should trust what they discover online, because people's profiles represent who they are and the choices they make.

Facebook and other social networking sites were created to allow people to express themselves and interact with friends. What people choose to have and allow on their profiles is ultimately up to them, and they should expect to be held accountable for everything.

Photos, wall posts, and other applications sum up a profile that defines who someone is. Despite how the Internet can be very misleading in terms of written text instead of actual conversation, every person can control what he and other people say, and how those conversations appear in profiles. The choices that the person makes represent personality and values.

More and more people of all ages are discovering Facebook, and some, such as employers, use it as a tool. If they are able to access a profile, the information they find can and should shape their opinion.

Discovering who someone really is, whether an applicant for the job or an employee, takes time, and an interview isn't enough to know who the true person is. Facebook is a compilation of actions and conversations people have participated in over time.

While private life is separate from work life, anything that is publicly displayed on Facebook is realistically available to anyone who is able to access it. Employers deserve to know who they are entrusting their company image and responsibilities to.

Not only do employees represent whom they work for, but they also deal with finances and inventory. If the employee in question is involved in suspicious activity that could harm the company, the management needs to become aware if that information is accessible.

Behavior towards friends and other employees is also available for view. A manager creates a work environment based on what he wants and will hire those who fit in that environment. During an interview, an applicant can appear to be whatever he thinks the employer is looking for. A profile shows an applicant's personality, interests, and how he interacts with others. To obtain that valuable information is a tool that should be used when hiring to get the best possible fit for the company.

### Con

Skylar Coons

College students are in a whole new world when they enter dorm rooms and meet new friends. Their favorite music may change or they may decide they like a different baseball team.

Everyone from middle schools students to parents use Facebook, but it started with only college students. It was never meant as a tool to inhibit college graduates from receiving jobs.

These students are about to step into the real world with real jobs, and Facebook is now in the way.

Student post pictures of partying with provocative Halloween costumes and drugs. If your Facebook isn't private, future employers can type anyone's name into Google, and find these pictures.

Because students' college lives look too crazy on Facebook, these students might not be able to get a decent job.

If students can graduate college with good grades, then they should be able to apply themselves to a job, even if they drink.

Future employees post more than just pictures of inappropriate behavior on Facebook. Along with their relationship status, there's whether they are "interested" in men, women, or both. Employers shouldn't base a decision on whether their employee is straight or gay.

People also post religious beliefs on Facebook. Someone may be atheist, Protestant, Muslim or be part of some other religion. Students could be a Democratic or Republican. None of this affects how one will work, but it can affect the employer's view on the person.

Race isn't provided in writing, but pictures display that. There are still plenty of racist people who would pick someone of race over another.

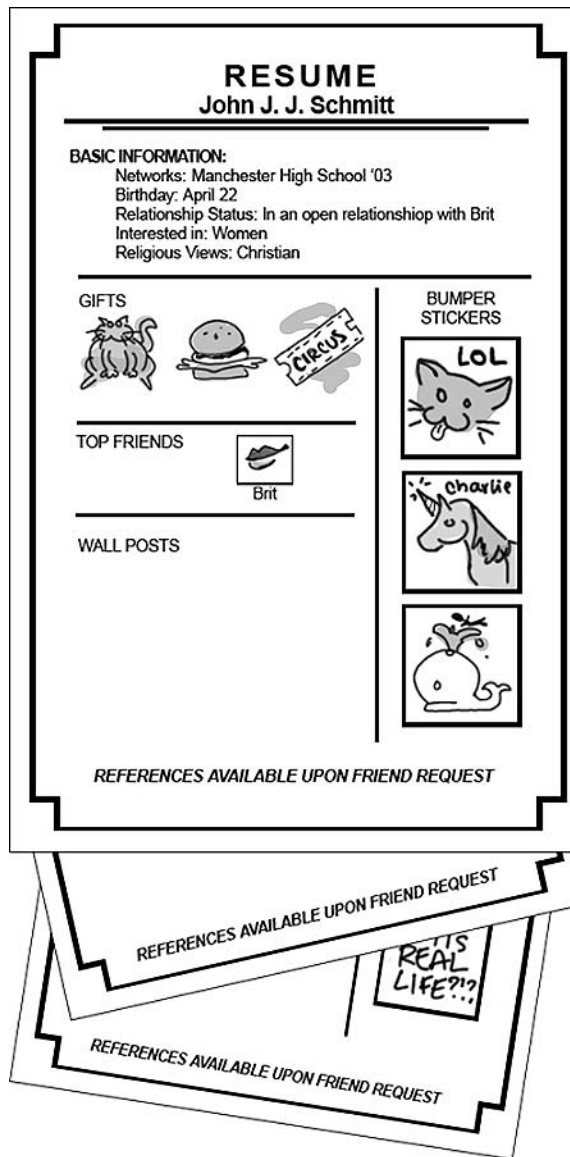
Not all Facebook pages are accurate. Some people want to make themselves look cooler or more popular than they actually are, therefore creating albums only of partying and overdone make-up. The student that the employer may be looking at may be the nerdiest of the nerds.

Facebook also doesn't require verification of the person making the account. There is no way to know if the page popping up first on Google is the right person because there is a possibility an ex-friend made the profile to ruin the person's social life.

Privacy settings are often used to keep strangers from creeping around Facebook pages, but some companies can get past those privacy settings. This is an invasion of privacy, which is more the reason why employers should stay away from Facebook.

What employers should be looking at is education and employment history. If drugs are a concern, then drugs tests should be give during the job.

Employees shouldn't be judged based on information posted on a social network. Interviews and past achievements are the only way to really judge whether someone deserves the job or not.



BOBINA VANDER LAAN CARTOON

## Family time offers support, guidance during teenage years

### Parents help students achieve goals

By Kaitlin McDonagh  
INDEPENDENT ASSISTANT EDITOR

As life goes on, it becomes increasingly important to put time aside to spend with family.

Some days, the very thought of being with your family is aggravating. Between disagreements and squabbles over trifling things, siblings and parents can be a large source of stress.

Although they can be annoying, family members will always be the ones there for you when life gets harder.

Of course, friends are always willing to help out, but what happens when even they turn against

you? No matter what occurs or what you do, your parents and siblings will almost always be there for you to turn to.

Family members share a special bond. They've been there throughout your life and it's as if there's nothing about them you don't know.

That is not always the case, however. Simply asking family members a couple questions about their lives may lead you to discover qualities about them you never knew before.

Even though it takes a lot of effort and humility to admit it, teens don't know everything. Your parents have been through the same situations and more.

Due to their experiences, parents often become a good source for help and advice. Unlike friends, they can look at the prob-

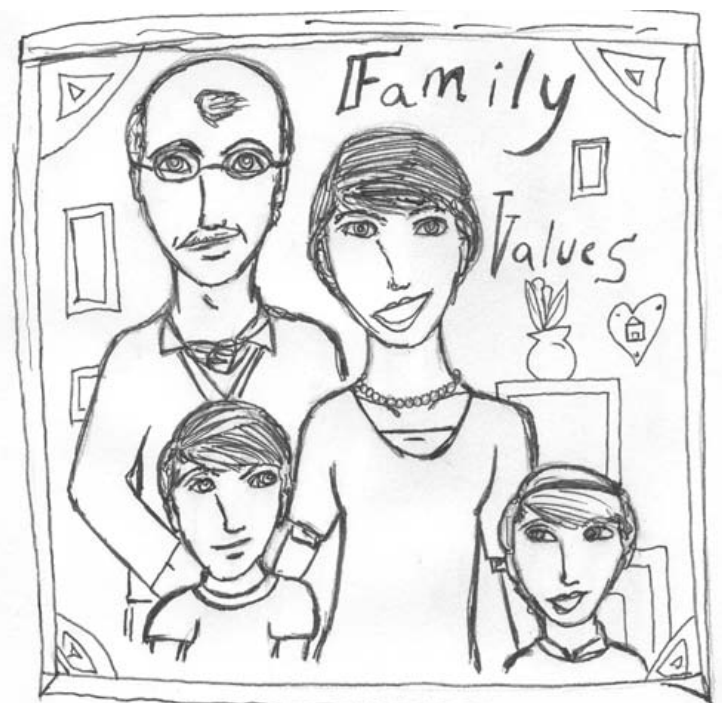
lems with a mostly unbiased view and make decisions based on what they have experienced and what is best for you.

That's the other thing about family--they usually want what's best for you. Most parents want to see their child succeed.

When parents get angry because of grades or other matters, it's mostly because they don't want to see you miss out on an opportunity because you didn't put in enough effort.

In this sense, parents are great motivators when you're pushing yourself to achieve a goal.

The foundation to any family is having a good relationship with everyone. Spending a day with your family may seem boring, but you may be surprised at the things you learn and the connections you may feel to them.



DJ BALL CARTOON



## School offers valuable education, friendships

DJ BALL

As S.C.O.R.E. rapidly approaches and my classmates ready themselves for their last weeks of high school, I cannot help but think of how fortunate I have been to attend such an amazing school.

I have never been the most optimistic or cheery of students, but the one thing that I always knew was that no matter how horrible, stressful or complicated my life got, I would always have the knowledge and the relationships that this school has given me.

**We are part of a school that forces us to succeed and that forces us to think independently.**

Though most students generally view school as an institution centralized in destroying a child's nominal existence, I have secretly always had the opposite

outlook.

Anyone who has gone to school knows the feelings of the first day—excited to see your friends and ready to start the school year fresh. Though most would not like to admit it, everyone looks forward to this day.

The reality of the situation is that this “day” is not a day but a school year to me.

I have always been excited to return to the same cramped hallways and creaky desks because, though I need to keep watch for the mysterious substances leaking from the ceilings, I know that I always have a home away from home.

Manchester-Essex Regional High School is a place in which I have great pride because not only did I receive a fantastic education, but I have learned more about myself. I have learned that education is more than just reading assignments and exams but an experience that makes a person who he is.

We are a part of a school that forces us to succeed and that forces us to think independently—a school that does not give up on its students but gives them the tools they need to make something of themselves.

With each passing day, awards and other memories are being stripped from the walls in order to make the school ready to be torn down. While some people's memories may disappear as the school crumbles, I know now that my education was more than just a building but years of memories that I will never forget.

# STAFF EDITORIAL

## Teachers should utilize outdoor spaces for small classes

With warmer weather approaching, the lure of the outdoors is strong for students and teachers.

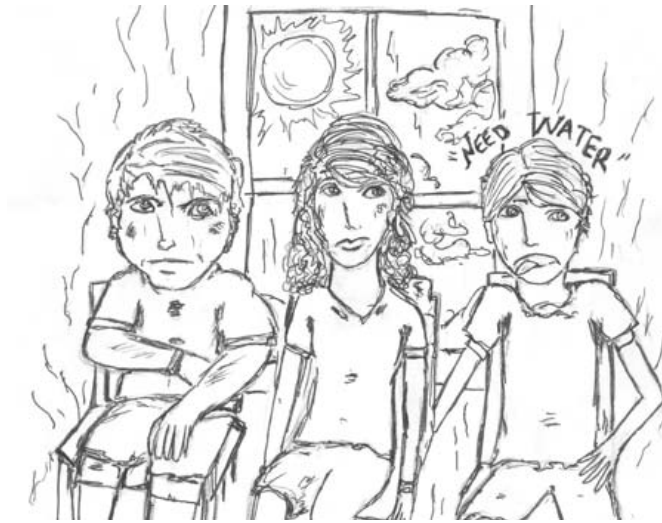
According to Principal James Lee, while the school has no policy that forbids holding classes outdoors, the practice is not encouraged.

“We always have to know where everyone is,” he said. “We need the teachers to tell us ahead of time or even right before they go.”

Lee said another concern is over-use of the privilege. “Just because it's 60, I don't want eight classes outside,” he said.

Keeping these concerns in mind, teachers with small classes should occasionally take advantage of holding class outdoors without abusing this ability.

Classes held in the library should have top priority for the privilege during hot weather because those classrooms are the



DJ BALL CARTOON

hottest in the building, especially the windowless Seminar One.

Science classes can also make good use of outdoor space, especially those focusing on “outdoor” subjects, such as biology and environmental science.

In May, after AP tests are com-

plete, AP classes will also be prime candidates to hold class outside.

With some students from AP classes on S.C.O.R.E. and the year's curriculum covered, the remaining students could enjoy the outdoors during class as a reward

for their hard work during the rest of the school year.

The administration should more clearly define its policy regarding outdoor classes so teachers will know when they are able to bring students outdoors if they desire.

Teachers could sign up ahead of time for outdoor privileges with the front office much as they reserve a computer lab in the media center.

They could reserve the table outside the superintendent's office, the benches outside the music room door, the tables in front of the main entrance, or the tables outside the middle school. Each of these spaces could comfortably hold 10 to 15 students.

This would create a limit of four classes outside at one time during a block, and with teachers signed up for a specific area, the administration would know where the students would be during the class.

## Comparison applications cause discord, hurt friendships

By Annelise Eaton  
INDEPENDENT EDITOR

When the popular social networking site Facebook decided to create “comparison applications,” they were meant as a way for users to add something fun to their profiles. But soon after they were introduced, it became apparent that Facebook creators meant to cause discord among people by allowing them to judge each other using these applications.

The epidemic first began with “Honesty Box”: an application which allows any user to write an anonymous comment to another person. While this idea seems fairly harmless on paper, obviously when presented with the chance to say whatever they want without consequence, people generally make very hurtful comments.

The mania over “honesty” applications quickly expanded and turned into “Compare People,” a program that presents the user with the photos of two people and a category such as “best athlete” or “most tech-savvy” and asks him or her to choose which one of the people better fits the category. The system then uses these results to compile detailed rankings in every category, starting at 1 and continuing until all users have been ranked.

While Compare People seems harmless, the programs that developed after were not. Right after the application's release, Facebook created a newer version, dubbed “No Mercy.” This program is the same format as Com-

pare People, but the questions are much darker. Instead of questions like, “Who is the best musician?” this application presents things like, “Who is more stupid?” or “Who dresses the worst?” The rankings are then formed out of user responses. Applications like these would, without a doubt, hurt the people who were ranked towards the top of the lists.

As Facebook applications progressed, so did comparison programs. The most recent type is a program called “Friend Facts.” This allows the user to answer yes or no questions about their friends, like “Do you think [insert person's name here] can keep a secret?” For every question answered, the user receives a silver credit. The ques-

tions answered about that person are stored in a log, in which the users can access the questions answered about them and what the responses were, but not the person who answered them.

Users are able to buy who answered the question about them using the silver credits they earned from answering questions about others. This is a careful ploy by the application's manufacturer to generate more usage: the more questions people answer, the more people want to see the answers, and so they answer more questions.

These applications end up hurting more people than they are worth. While some people may say that they are all in good fun, it is never okay to have fun at another person's expense. The whole objective of Facebook was to draw people together, and these juvenile applications only serve to drive people apart.

**These applications end up hurting more people than they are worth.**

## the INDEPENDENT

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

### Editors in Chief

Annelise Eaton  
Stephanie Smith

### Features Editor

Hannah Dumont

### Sports Editor

Hannah Daley

### Photography Editor

Emily Hammond

### Asst. Photography Editor

Daniel Ball

### Arts Editors

Sophie Hagberg  
Julia Melamed

### Assistant Editors

Nicholas Bouwer  
Skylar Coons  
Maura Driscoll  
Laurel Edington  
Molly Friedman  
Rebecca Lynch  
Kyle Marsh  
Kaitlin McDonagh  
Bobina Vander Laan

### Staff

Brittany Edwards

### Faculty Adviser

Mary Buckley-Harmon

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

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

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

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

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

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

# Caffeine is not a healthy substitute for sleep

Teenagers need to combat caffeine dependence to avoid anxiety and stress

By Annelise Eaton  
INDEPENDENT EDITOR

For some high school students, free time only comes late at night after studying, sports, and club meetings are over. In order to maintain this time to themselves, students have turned to caffeine as a substitute for sleep.

Though teenagers may not notice it now, caffeine adds another factor to an already complicated equation.

For those operating on four hours of sleep per night, it takes more than a cup of coffee in the morning to get through the day.

Well into the evening, students bring out Red Bull and other energy drinks to finish a paper or study for a test.

Just a few nights on this routine can be the beginning of a dangerous cycle.

A teenager's brain is already engineered to go to bed late, but with school starting at 7:45 a.m., sleep-

ing in is not an option.

For teens who can't fall asleep before 11:30 p.m. even without caffeine, evening consumption of energy drinks can push them well past midnight.

As the body becomes increasingly dependent on caffeine, withdrawal symptoms such as headaches can set in during the afternoon even when the person had coffee in the morning.

For a student who is already struggling to focus due to sleep deprivation, which studies show is widespread among this generation of teenagers, such discomfort would be detrimental.

The harmful effects of caffeine extend far beyond withdrawal symptoms and sleeplessness.

Caffeine produces symptoms of anxiety, which is something students already suffer from enough with the pressures of

SATs, college, AP tests, work, and many other factors.

As the most widely used mood-altering drug in the world, caffeine also heightens blood pressure.

The battle against caffeine dependence in teenagers has now been further thwarted by advertisers who make highly caffeinated energy drinks "cool" and "appealing" by having them endorsed by professional athletes and celebrities.

With fun slogans such as "Red-bull gives you wings," make the drinks more appealing to a younger crowd than ever.

The only solution to the problem is for teenagers to look at their lives and realize that four hours a sleep each night simply is not healthy.

While caffeine may produce a sensation of alertness, its harmful effects on a teenager's health and lifestyle far outweigh the benefits.

**It takes more than a cup of coffee in the morning to get through the day.**



DJ BALL GRAPHIC

# Why America and the world makes everything so big

By Nick Bouwer  
INDEPENDENT ASSISTANT EDITOR

We live in a capitalistic world where supply and demand run society.

America is wealthy and strong, granting us privileged lives while letting us highly succeed in both dreams of capitalism; however, in this age of consumption, the U.S. has invented the "bigger, not better" plan.

Companies following the idea that if you give a person two products such as a bowl of ice cream that's large and one that's small, the person will generally go for the larger of the two, especially if the product is cheaper.

Ever since the economic boom after WWII, we have been creating larger, cheaper products.

Our hunger has brought super sized food, drinks, cars, and much more.

With these giant products come giant factories.

This super size idea we have impacts the world a great deal. Our needs for big things create an export on products made around the world that need to be large to satisfy the American dream.

China and the U.S. supply the world without thought of the effect that having all these cheaper, larger products has on it. Mainly it's the environment that suffers.

Our big cars like the Hummer and SUV take up more gas than imaginable each day to run simple



OPBUZZ / FLICKR.COM

**America is super sizing everything, from food to SUVs. Although demand is high, we need to cut back to protect the environment.**

errands. Our factories and processing plants pollute and destroy the natural world around us all for

economic benefit.

So why do we live by this capitalistic principle? Why are we

constantly creating larger products for ourselves?

America is super sizing on everything to satisfy the common man's need for bigger, better, and cheaper.

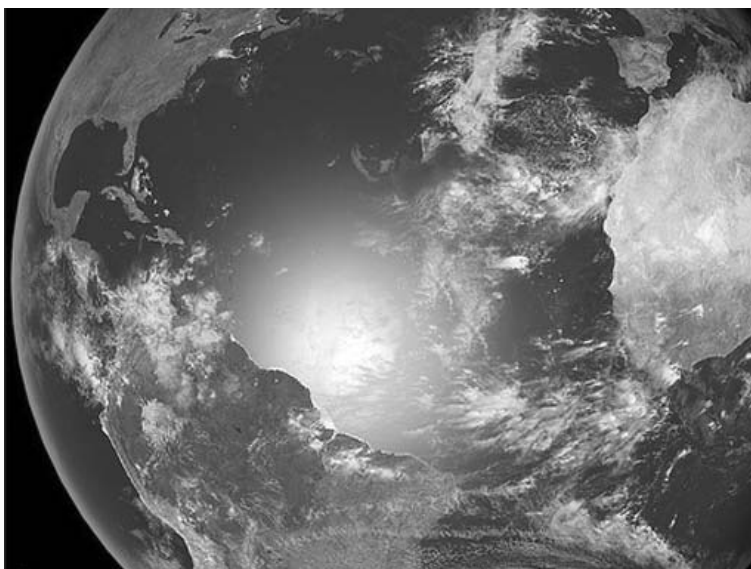
Our power allows us to get away with our sheltered perspective of the world, therefore letting us build a bigger tomorrow.

If people look at any other country, they will find smaller, more efficient, and environmentally friendly products that satisfy and help the world around them.

If we realize what we are doing wrong, we can take great steps in creating a better future for all of us.

We just need to stop thinking so big and maybe think small for a change.

# Earth Day celebrations should be a necessity for people everywhere



FLYINGSINGER / FLICKR.COM

**It is important that people are appreciative of Earth Day.**

By Emily Hammond  
INDEPENDENT EDITOR

Most people don't even know that April 22 is Earth Day. Even if you did know when it is, how do you usually spend it or what are you planning on doing for the day this year?

Earth Day has always been one of those holidays that are looked over. No one really takes the time to celebrate it, but when in truth, it is the most special holiday of all.

US Senator Gaylord Nelson of Wisconsin created the holiday in 1970 to inspire awareness and appreciation for the Earth's environment.

According to Wikipedia.com, he was afraid of the condition of the environment and decided that something had to be done. On April 22, 1970, approximately 20 million Americans participated in the holiday with the goal of a healthy environment.

With the current environmental crisis, this awareness is needed more than ever. Everyone should be able to take a day out of his or her schedule and focus it on the Earth.

Earth Day doesn't have to be rocket science. You don't have to go out and save the rainforest. The best option is that everyone makes a small change, that way there would be a larger impact on the environment as a whole.

Celebrating the day can be as easy; it just depends on what you choose to do. One idea is to cut out all driving from your day. Instead, take public transit, ride your bike, or walk. Thirty-three percent of the carbon emissions come from cars, so by cutting driving out for the day could make a huge difference to the environment overall.

Another idea is to unplug all electronics for the day, including computers, televisions, and radios.

Instead of staying inside wasting carbon emissions, find something fun to do outside, like a softball game or a trip to the park.

Choose something you like to do and make it 'green' - that's all there is to it.

# Girls' tennis defeats Masconomet 4-1 in first match

By Kaitlin McDonagh  
INDEPENDENT ASSISTANT EDITOR

At their first match on Monday the girls' tennis team won 4-1 against Masconomet, losing the No. 1 doubles round.

Despite having one less court to play on due to the construction of the new school, coach Jeanne Stanton said the girls' tennis team is strong.

The team holds practice at the

Manchester Athletic Club, using three reserved courts. According to Stanton, most schools have six courts. She said this means a lot of waiting around during matches.

"If you have to sit for an hour or an hour and a half waiting for your match, you lose your momentum," she said.

Even though the few courts affect playing time, Stanton and team members agree that the team is talented.

In the No. 1 singles position is eighth-grader Brittany Collens. Senior Annelise Eaton holds the No.

2 singles position, while sopho-

**'The two doubles teams are both really strong, and each partner complements the other.'**

**-HANNAH DALEY**



COURTESY OF HANNAH DALEY

**Eighth-grader Brittany Collens begins her serve, playing at No. 1 singles in a recent match against Masconomet. Collens won in two straight sets, helping defeat Masconomet 4-1 at home on Monday.**

more Hannah Daley holds No. 3 singles position.

Although the singles positions

remain the same from last year, the doubles teams are new. Seniors Courtney Pasquine and Han-

nah Gurley hold No. 1 doubles position. Freshman Eliza Rhoner and seventh-grader Michelle Fuca hold No. 2 doubles position.

"The two doubles teams are both really strong, and each partner complements the other," Daley said.

According to Stanton, the singles players are also strong. "They are very well rounded. They all have a great court sense, great ground strokes, and strong serves, so they really have the full package," she said.

Collens, returning for her second year on the varsity team, has high expectations for herself. "This season my goal is not to lose any matches although I'm already facing tough opponents," she said.

"Brittany as a seventh-grader was awesome at No. 1, and having her as an eighth-grader will only bring more experience to her," Stanton said.



EMILY HAMMOND PHOTO

**Junior captain Julia Martz (left) and senior captain Breezy DiPietro (right) gather for a photo on a scrimmage day at school. The girls' first game will Monday, April 13 at Marblehead.**

## Softball team aspires to qualify for state tournament, to get .500

By Kyle Marsh  
INDEPENDENT ASSISTANT EDITOR

Varsity softball coach Mike Mullarkey's ultimate goal for the season is to qualify for the tournament after the team missed the playoffs by one game last year.

"Our goal would be to get to .500; it would bode well for the program and be a beautiful thing," Mullarkey said.

"It will be hard to get there; besides Rockport we are the smallest fish in the pond," he said.

According to Mullarkey, a strong group of varsity returnees will lead the team. They include senior captain Breezy DiPietro, centerfield starter, and junior captain Julia Martz, starting first baseman.

Seven varsity players will return this season. The program consists of 30 players, 16 of whom are freshman.

"The junior varsity team also looks strong; there is a good pool of players," Mullarkey said.

"This year is definitely a rebuilding year. We relied on Lindsey Cambridge a lot the past few years to get us through tough games with her pitching, but I

have faith that the upcoming sophomore pitchers will step it up and help the team out throughout the season," DiPietro said.

Practices take place every day after school from 2:30-4:30 in the gym. Practices will eventually move to Sweeney Field, according to the coach.

"Practices are going well; we work really hard. We've been working on agility because we really want to have a good team. Mike's hard on us, but it's only because he wants to have a good team this year," said sophomore catcher Rachel Jones.

An average practice consists of PPF's (pre-practice fundamentals), throwing and receiving drills, as well as hitting off of tees and pitching machines, Mullarkey said.

North Shore Tech defeated the Hornets in a scrimmage on March 26.

"We had a tough scrimmage against the Tech, but I think it made the girls want to work harder during practice. We're looking forward to our first game against Georgetown," DiPietro said.

The first game will be Monday, April 13 at Marblehead.

## Sailing team

# New coach aims for team chemistry

By Brittany Edwards  
INDEPENDENT STAFF

Third-year sixth-grade teacher at Memorial, Cherylanne Kirschenheiter, replaced physical-education teacher Marty Stephan as coach for last year's Mass Bay Junior Sailing champion team.

A US sailing level two certified racing coach, Kirshenheiter has been instructing sailing for approximately 10 years. She coached at the Chautauqua Institution in New York and later at the junior sailing program at Corinthian Yacht Club in Marblehead for four summers.

"I have taught children and adults both the basics of sailing and racing," Kirschenheiter said.

Through a school posting, Kirshenheiter became aware of the coaching position.

"I knew that I wanted to get involved; however, I also wanted to acclimate into teaching before taking on the responsibility of the sailing team," Kirschenheiter said, "When I looked into it further, I felt like, by my third year of teaching at Memorial, I would be established in district."

The coach was also previously aware of the sailing team's reputation.

"I read about the team's success



COURTESY OF JOHN CUSHING

**The sailing team practices at Tuck's Point. The new coach Cherylanne Kirschenheiter has set goals for the team, including qualifying for the NESSA Team and Fleet Championships.**

in the Gloucester Daily Times and became well aware of the team's talented youth when I heard from

younger kids in the Massachusetts Sailing Association program that Manchester was always competitive," Kirschenheiter said.

Early in the season, she has set goals for the team.

"I want to establish a team chemistry where all members feel they are a part of

something, have each member of the team end their season feeling like both their individual and team skills were taken to the next level, and qualify for the NESSA Team and Fleet Racing Championships," Kirschenheiter said.

Sailing team members have said they are delighted by the new coach.

"She [Kirschenheiter] has made the transition from one coach to another very easy and can really help the team improve this season," junior Erin Snyder said.

### FAST FACTS

- Cherylanne Kirschenheiter
- Sixth grade Memorial teacher
- US sailing level two certified racing coach
- Has been instructing sailing for about 10 years
- Has taught children and adults both the basics of sailing and racing
- Wants to establish a team chemistry where all members feel they are a part of something

## Boys' tennis team hopes to defeat rival Hamilton-Wenham

By Laurel Edington

INDEPENDENT ASSISTANT EDITOR

Robert Bilsbury, the boys' tennis coach said the team is the "best it has been in more than 10 years."

He said they have some good returning talent because the players had played in the off-season.

Bilsbury said junior Ollie Spalding is one of the players that "looks good early" because of the off-season practicing. Spalding was not a starter last year, and he is playing second doubles this year.

According to senior co-captain Leo Daley, "We're a strong, deep team. We lost our two best players, but we've all gotten better so we're pretty close in terms of talent as we were last year." Daley



DJ BALL PHOTO

**Senior captains Leo Daley, Erik Ferm, and Peter Gudonis gather for a photo. The boys' tennis team is practicing for their upcoming match against Hamilton Wenham. They have been playing in challenge matches during practice, which will help determine who will play where during the season.**

will be playing the first two matches at No. 3 singles.

During practices they've been working on "getting the rust off"

in all parts of their game, Bilsbury said.

Before their first scheduled match on April 6 at Masconomet,

which was rained out, the boys played in "challenge matches" during practice to determine who will play where.

The team is preparing for their match against Hamilton-Wenham, they're "the biggest threat we face," Spalding said.

According to Bilsbury, last year they lost 3-2 to Hamilton-Wenham during the Cape Ann League Small tournament and want "some payback," one of their goals is to beat them in the tournament this year.

"By far, the toughest match will be Hamilton-Wenham. They are unbelievable this year," Daley said.

Bilsbury said each player has their own goal of "[playing] their best in every match." He is also going to find the "best way to coach the kids, mentally and physically."

Overall, they're trying to play their best tennis and are going to take one game at a time, Bilsbury said.

## Girls' lacrosse starts season with record of 1-1

By Julia Melamed

INDEPENDENT EDITOR

After graduating 11 seniors, the girls' lacrosse season beat Pentucket, 12-11, in its first game of the season on March 30 and lost to Masconomet, 14-3.

Although the team lost 11 players, members are still optimistic about the new group.

"It'll be really fun to all learn to play together," said senior co-captain Annie Osborne, who plays low attack. "We have a really good lineup."

Senior co-captain Jen Bishop, who plays low defense, is also looking forward to the season.

"We were pretty worried last year about how the team would be

this season, but people are trying new positions and they are doing very well," she said. "I'm also really looking forward to our games against Triton and Pentucket because both are always pretty close and they are great competition."

Junior Caroline Moore plays low attack and is impressed with what she has seen.

"We lost a lot of seniors last year, but people are stepping in to fill in those holes," she said.

Players were also worried because last year's goalie, Vicki Grimes, wanted to play a field position this year; however, Amelia Cohen stepped up to try the position and the team agrees that she is a success. "[She] looks awesome," Bishop said.

In the March 30 game at home, Pentucket made 32 shots on

Cohen. She saved 21, and 11 made it in.

Coach Sarah Holch was impressed with her team's effort.

"I think our first game was really good," she said. "We beat them in the last 30 seconds and that was a great start because Pentucket is a really strong team."

According to the players, the game was intense and exciting.

"It started off slow, but after our first timeout attack picked it up and eventually we were all able to connect and win the game," said sophomore Molly Friedman, who plays defensive wing.

Sophomore Kyle Marsh, who plays center, agreed.

"When we started off we weren't playing that well. We were making careless mistakes," she said. "We stepped it up, got motivated and



COURTESY OF BETSY BULLOCK

**Sophomore Lizzy Ball (left) and senior Annie Osborne (right) run up the field in a recent game against Masconomet, who defeated them 14-3. The girls' record this season is 1-1 thus far.**

ended up playing a really good game."

Marsh had three goals, Friedman had one goal and one assist, junior Amelia Burke had two goals, sen-

ior Lee Stroman had two goals (including the game-winning goal), Osborne had two goals and two assists, Moore had one goal, and junior Hillary Doucette had one goal.

## Baseball team has solid defense, improved pitching

By Rebecca Lynch

INDEPENDENT ASSISTANT EDITOR

Hoping to make tournament and improve from last year's record of 2-18, the varsity baseball team has had a solid start, according to coach Frank Morrissey.

"The team to date is further along than last year. With a year under their belts, the underclassmen have improved dramatically in their play and leadership," he said.

Out of the 22 players in the program, 11 are on varsity.

"We're looking strong despite the low numbers. We did well in our scrimmages and are looking forward to the season," junior co-captain Ben Kekeisen, catcher, said.



DJ BALL PHOTO

**The baseball team practices their swings during a recent practice in the high school gym. The team is hoping to make tournament and improve from last year's record of 2-18. Twenty-two players are in the baseball program, with 11 on varsity. They lost three scrimmages during pre-season.**

The team lost three scrimmages against Ipswich, Fenwick, and Swampscott.

"We played three quality programs and had opportunities to win. Key errors made the differ-

ence," Morrissey said.

"To keep the games close was excellent. The pitching and field-

ing were outstanding. All we have to do is let the bats come alive, and we'll be looking at numerous victories," said junior Tim Surrette, firstbase, catcher.

According to Morrissey, the pitching has improved from an average of nine runs given up last year. The defense is solid but hitting needs work. Practices consist of calisthenics, running, throwing and hitting progressions, infield and outfield drills, and game instruction.

The team wants to improve from last year's record.

"Everyone believes in the team and has a positive attitude. Our goals are to get 10 wins and make tournament," Kekeisen said.

"With the numbers being low, I'm very proud of these guys for all their efforts. They work hard, play hard, and have fun along the way," Morrissey said.



COURTESY OF ANDREW RANDALL

Senior captain Cam Doane fights for the ball against a Gloucester player in a game that ended in a 6-2 loss. According to coach Nate Levie, Doane is one of the key players that include juniors Jim Finn, Jack Bishop, and Brian Ciccone. The team hopes to double the amount of wins from last year.

## Boys' lacrosse team starts with positive attitude

By Molly Friedman

INDEPENDENT ASSISTANT EDITOR

Boys' lacrosse coach Nate Levie's goal for the season is to beat last year's record of 12-2 and to make it to the state tournament. The boys' record is 0-2, with losses against Pentucket and Gloucester.

According to Levie, assistant coach Dan Finn made the transition to coaching a new team easier and smoother.

The well-behaved players also helped with the adjustment and both coaches are looking forward to a promising season, Levie said.

The team lost their first two scrimmages in an unscored game against Peabody and Gloucester 6-2. "It was a good game, and I am looking forward to the out-

come of the term ahead," Levie said.

According to Levie, a few key players on the team this year are senior captain Cam Doane, junior Jim Finn, junior Jack Bishop, and junior Brian Ciccone. "Sophomore goalie Reed Parkhurst has showed a lot of improvement from last year," Levie said.

The team is made up of many freshmen this season. Levie said significant freshmen are Tyler Wood, Austin Lyne, and Andrew Randall. "All the freshmen are looking good and play a big role with helping out the team," he said.

Levie said practices consist of improving basic moves, working on plays, getting rid of nerves or fears for the upcoming games and trying to get ready for the upcoming season.

This year, Doane's goals for

the team are similar to last years.

"Our goals for the year would be getting the team to work together and have more of a team effort, increasing our game awareness, and at least doubling our wins from last year's record," Doane said.

Doane said the team is well put together and hopes for a positive experience for everyone.

The team lost their first game against Pentucket 10-9 and their second one against Gloucester 8-4.

Due to bad weather, their game against Lynnfield was postponed and will continue the next time they play.

"I feel like we are improving every game we play, our man up play is scoring every time and Reed is starting to come into his goalie zone and making more saves," Levie said.

## Ultimate Frisbee starts season with 'great energy, new talent'

By Sophie Hagberg  
INDEPENDENT EDITOR

This year, the Ultimate frisbee team is composed of many new participants.

"We graduated five members on our A team last year," coach Eric Magers said.

According to Magers, this is a huge turnover, but this just means that five spots opened up on the A team, giving other rising talent a chance.

The program consists of two teams—the A team and the B team. A team consists of the 14 strongest players.

This year, the remaining 17 players who are not selected for A team will play on the B team. The B team usually has separate games and fewer of them.

According to junior Justine Kane, the team has a great energy this year.

"Everyone is really enthusiastic," Kane said. "Even though we graduated a lot of players last year, I think we have a pretty strong team."

This year, the captains are senior Graham Sands-Milsom and junior Jack Kelly. Kelly has



NICK BOUWER PHOTO

**Captain Graham Sands-Milsom and coach Eric Magers were inside watching a frisbee movie instead of practicing outside due to rainy conditions.**

high hopes for the team this season.

"We've got a lot of strong players," he said.

Magers also said this will be a strong season.

"The group this year displays great energy, a lot of new talent, and many good team players," Magers said. "Instead of there being just a few great players, they all work together as a great team."

**'Everyone is really enthusiastic. Even though we graduated a lot of players last year, I think we have a pretty strong team.'**  
-JUSTINE KANE

## Winter Sport Award Winners

### Varsity Girls' Basketball

MVP: Jordan Biggar  
Best Offense: Lizzy Ball  
Best Defense: Elsa Keefe  
Coach's: Lee Stroman  
Hornet: Annie Osborne  
Hornet: Jen Bishop  
Hornet: Hannah Dumont  
Hornet: Megan Kackley  
Hornet: Taylor Rogers

### Varsity Boys' Basketball

MVP: Joe Mussachia  
Mr. Defense: Partick Orlando  
Mr. Offense: Kyle Donovan  
Coach's: Zeke Gillette  
Coach's: Willie Baun  
Hornet: Chandler Aldrich

### Swim

Excellence: Maddie Huleatt  
Excellence: Alex Walker  
Most Improved: Tasha Radzinski  
Most Improved: Jack Kelly  
Team Spirit: Erik Walder  
Coach's: Connor Hoff  
Coach's: Sal Lupo  
Hornet: Dan Kelly  
Hornet: Julian Morris-Haaker

### JV Girls' Basketball

Best Defense: Olivia Colpoys  
Most Improved: Jamie Grimes  
Coach's: Kaitlin McDonagh

### JV Boys' Basketball

Mr. Offense: Sean Nally  
Mr. Defense: Dylan Parlee  
Most Improved Award: Marc Shields

### Track

Leadership: Eric Kimball  
Leadership: Leo Daley  
Long Distance: Caroline Martin  
Long Distance: Olivia Dumont  
Long Distance: Ben Girard  
Sprints: Anya Ciarametaro  
Sprints: Sylvan LaChance  
Sprints: Greg Doyle  
Sprints: Steve LaForge

### Freshman Girls' Basketball

MVP: Hayleigh Hunt  
MVP: Olivia Hayden-Pless  
Coach: Eliza Rohner  
Unsung Hero: Ellen Burgess  
Best Offense: Jelisa O'Hara  
Most Improved: Marian Siljeholm

### Freshman Boys' Basketball

Best Offense: Joe Burgess  
Best Defense: Chris Bishop  
Coach's: Erik Keefe

# Students attend All-State District Festival

By DJ Ball

INDEPENDENT ASSISTANT EDITOR

Seven students were selected to participate in the District Festival, including senior Colin Rosso who was selected for the position of first chair in the orchestra to perform at Symphony Hall. Rosso attended the musical festival last year as well.

The All-State Music Festival which took place in December, held its District Festival on March 18, 20 and 21.

Rosso was honored by the probation he received for his appointment to the All-State Orchestra and said "having a chance to perform and being hon-

ored by great musicians is a fantastic accomplishment."

Rosso also enjoyed himself greatly at the concert.

"The festival was fantastic because I had a chance to meet amazing musicians who were so passionate with their music and so excited to perform," he said.

Music director Donna O'Neil was proud of her students and said, "They had a great experience. The students loved it and worked hard."

O'Neil feels optimistic when looking to future chorus endeavors because of "the great talent we

have coming to us," she said.

One of these students is eighth-grader Laurel Barry, who attended the festival.

"Laurel is an excellent singer who I expect great things from," O'Neil said.

Other chorus students are excited for the future as well.

Sophomore

Piper Browne said the music program has really taken a turn for the best.

"I am so excited to continue with Ms. O'Neil because I think that she is really making this program into something great and beautiful," she said.

**'The students loved it and worked hard.'**

**-DONNA O'NEIL**



DJ BALL PHOTO

Senior Colin Rosso (above) was selected for the position of first chair in the orchestra to perform at Symphony Hall. He also attended the music festival last year. Rosso said it was an enjoyable experience. Six other students were selected to participate at the District Festival. They performed at Symphony Hall in Boston on March 18, 20 and 21.



EMILY HAMMOND PHOTOS

Britney Spears performed "Womanizer" as part of her "Circus" tour at the TD Banknorth Garden on March 16.

## Britney Spears makes a sold-out comeback with her 'Circus' tour

By Emily Hammond

INDEPENDENT EDITOR

Britney Spears put on a crowd-pleasing performance at the TD Banknorth Garden on March 16, proving that she is back and better than ever.

Opening up for Spears for an hour were The Pussycat Dolls. I wasn't that thrilled to see them, but they really weren't bad.

After the deconstruction of The Pussycat Dolls set, the Big Apple Circus acts performed for 30 minutes, including clowns, acrobats and jugglers.

At 9:30, Spears descended from the ceiling, starting the show with her hit "Circus."

Spears performed a 16-song set and was on stage for 90 minutes.

She performed most songs from her new CD and added old hits, like "Hit Me Baby One More Time," "Me Against the Music," and "Gimme Gimme More."

Spears' dancing was spot-on. Not one mistake was made throughout the show – everything was flawless.

A downside of Spears' intense dancing was the lack of live singing.

It was easily noticeable that Spears was lip-synching, but in good reason since she wouldn't have been able to sing with her extreme dance moves.

I've never been to a concert where so many outfit changes were made.

She changed after almost every three songs, each outfit getting better as the show went on. She ended her show with an encore, performing "Womanizer." She dressed in police attire,

even with a badge that read "Ms. Spears." This was by far the best costume of the night.

Besides Britney herself, the best part of the show was the stage, which took up all of the usual basketball court in the Garden and had three separate stages to make it look like an actual circus ring. Every part of the stage, including the air, was used during the show.

One shortcoming was since Britney's microphones were off, she rarely communicated with the audience.

It wasn't until the fifth song that she spoke to her fans. I personally like a concert where the performer is engaged with the audience.

These negative aspects were completely outweighed by the positive ones. I can't complain about anything. She proved herself in the show, putting any doubts of her talent at bay.

## American BBQ offers a taste of the South

By Annelise Eaton

INDEPENDENT EDITOR

Although the bustle of the Cummings Center lies right outside its doors, country music and Southern decor

transport customers across the Mason-Dixon Line when they

step inside the The American BBQ.

Decorations range from pictures of all U.S. presidents, Jackie Kennedy, Shirley Temple, and various farmers. Instead of salt shakers, Corona bottles with holes at the top are filled with salt, and instead of napkins, each table has its own roll of paper towels.

The entire place exudes an aura of familiarity. Upon entering, visitors walk up to the front of the restaurant where employees wait to answer questions about the food, give personal recommendations, and take orders. The menu is written in colorful chalk above the front counter.

For \$15.99, the half rack of BBQ ribs seemed expensive until I saw the portion. The meal came with two sides, cornbread, and more meat than a typical full rack of ribs.

With deliciously tender meat and tangy sauce, the ribs were the best I've tasted on the North Shore. While the coleslaw lacked flavor, the thick and crisp fries and mildly sweet cornbread easily made up for that one negative aspect.

Other sides included macaroni and cheese, red bliss mashed potatoes, corn on the cob and baked beans.

All sides are \$2.50 each when sold separately and \$7.25 for a pint. Corn on the cob is \$1.50 each.

The Jamaican Grilled Chicken Sandwich was the perfect combi-

nation of flavor and simplicity with its rustic and smoky taste. For \$8.99, the meal also included a heaping portion of french fries and a large slice of cornbread.

Drinks are self-serve and include sweet tea, Pepsi and orange soda. A small beverage costs \$1.25 and the large costs \$2.25.

The restaurant offers a wide variety of desserts including Homemade Key Lime Pie, \$3.95, Apple Crisp, \$3.95, and Warm Chocolate Lava Cake, \$4.75.

With quick and friendly service making it appealing to families, singles, and teenagers alike, the southern style restaurant is sure to be a success. The only problem is that the large menu is full of many addicting choices, making it detrimental to anyone on a diet.



THEAMERICANBARBECUE.COM

### SAMPLE MENU

- Grilled Shrimp: \$9.95
- Grilled Salmon: \$13.50
- Jamaican Grilled Chicken: \$8.95
- Memphis Pork Ribs (1/3 Rack): \$12.95
- Veggie Burger: \$7.95
- Grilled Tenderloin Tips: \$13.95
- BBQ Pulled Pork: \$8.50
- Pulled Chicken: \$11.95
- Fried Haddock Sandwich: \$8.95
- Hot Fudge Brownie Sundae: \$5.25
- Warm Chocolate Lava Cake: \$4.75

## Spring musical brings upbeat tunes and moral values together in 'Godspell'

By Kyle Marsh  
INDEPENDENT ASSISTANT EDITOR

"Godspell," the upcoming spring musical, directed by English teacher Gloria Tanner, boasts upbeat tunes that teach moral values, according to cast members.

Opened in 1971 on Broadway, the show features 10 main characters and an ensemble, according to sophomore cast member Maura Driscoll.

The play portrays a series of stories narrated by the protagonist Stephen, played by sophomore Piper Browne. In each parable, Stephen, who represents Jesus, assists the characters through their struggles.

"The play is more focused on teaching values... If you didn't know the story of Jesus, you would come to know a person that has great messages and values," Tanner said.

In each story, Jesus shows the characters his peaceful ways and teaches them to be kind to others, according to Browne.

"I really like [the play]. The play has a lot of good songs,"



DJ BALL PHOTO

Freshmen Morgan Kennedy, Ellen Burgess, Savannah Repucci, and Allie Freed and sophomore Olivia Peterson rehearse a dance number with director Gloria Tanner.

Browne said.

"It's pretty cool. It is a little out there, but it is very free-spirited and fun," said sophomore Connor

Hoff, a lead in the play.

Other major actors in the play include freshman Ellen Burgess, Katerina Eichenberger, Allie Freed, Leanne Ciccone, Ian Gillis, Morgan Kennedy, sophomore Maura Driscoll, and junior Tavia Pomazon.

Each role represents a biblical character.

Practices for the musical began on March 20, and the cast will have two-hour practices every day after school.

According to multiple cast members, the music will win the audience over.

"The music is very fun, not down; it is very upbeat," Hoff said.

"I think the music is what peo-

ple will remember the play by," Browne said.

The play will show on May 14, 15, and 16.

According to Tanner, the play is coming along well.

"It's a lot of playing and improving. Kids are coming up with their own ideas; it's a fun group of kids. We are getting a lot done," Tanner said.

### FAST FACTS

- Written in 1970 by Stephen Schwartz and John-Michael Tebelak.
- Originally created as a college thesis.
- Characters called by the first name of the actor who originally played them.
- Based on various Bible stories.
- Stars Piper Browne, Connor Hoff, Tavia Pomazon, and Maura Driscoll.

## Band-Aid: Benefit raises \$750 for local animal shelter

By Skylar Coons  
INDEPENDENT ASSISTANT EDITOR

Senior Cam Doane received students' attention by interrupting the Pledge of Allegiance in the morning announcements with an invitation to the benefit concert on Friday, March 13.

Every corner of the high school was filled with advertisements for this concert known as "Band-Aid," named because of the bands playing to raise money for Cape Ann Animal Aid, which is building a new shelter.

DECA organized and ran the benefit concert in the Memorial School's auditorium. Dean Martino, DECA teacher, said they raised \$750 for the animal shelter.

Eight bands played at the show. Junior Charlie Dalton, who was part of the two-thirds that filled up the auditorium, said, "I had high expectations going in, but it was

even better than I expected. Diptera and Tran Sit Gloria were really great."

Senior Reilly Somach, guitarist in Zak & Reilly and in Diptera, said, "I'm really happy we raised

money for the animals."

"We just started practicing the night before, and I think everybody was nervous, but we were more excited than nervous so we played a really good show," said junior Greg Doyle from the band Luke Warm Sweet Potatoes.

Normally Doyle only plays



COURTESY MAX WOODING

Senior Peter Crofton of the bands Diptera and Circa '84 played in the benefit concert.

with the school band and "it was a nice change of pace," for him to play with the group in the concert.

**'I had high expectations going in, but it was even better than I expected. Diptera and Tran Sit Gloria were really great.'**  
-CHARLIE DALTON

A majority of the bands consisted of seniors, and one band was made entirely of seventh-graders. This show was a chance to see the many musicians who are leaving when they graduate

this year.

Last year, Circa '84 won the Battle of the Bands, and this year Diptera came out with a free CD and are already working on their second.

Somach and others say they plan to try to play more shows like this one.

## Intelligent spy thriller entertains, confuses

By Maura Driscoll  
INDEPENDENT ASSISTANT EDITOR

Oscar winner Julia Roberts and Clive Owen star in the cerebral spy film that's just too smart for its own good.

**MOVIE REVIEW** Written and directed by Oscar winner Tony Gilroy, "Duplicity" is a fast paced, well acted, and unexpectedly comical movie.

Undoubtedly aimed at moviegoers able to keep up with the abundant plot twists and the often-perplexing flashbacks, "Duplicity" is not a film meant for those looking for a simple, brainless movie.

Channeling his screenplay work in the "Bourne" movies as well as his directorial style used in

Oscar nominated "Michael Clayton," Gilroy combines both for an unorthodox spy movie.

Since there's no real violence, save for the satirical opening scene involving a fight between enemy moguls Howard Tully (Tom Wilkinson) and Richard Garsik (Paul Giamatti), "Duplicity" focuses on the intellectual side of espionage.

Ex-CIA officer Claire Stenwick (Roberts) and ex-MI-6 agent Ray Koval (Owen) simultaneously leave their comfortable professions in government intelligence agencies to go private as corporate spies.

Five years ago, when Koval became Stenwick's assignment one night in Dubai, she seduced him, stole important documents, and then proceeded to drug him.

Following this flashback, the movie returns to present day where the pair meets again and

must work together with Claire as the mole at corporate giant Burkett & Randle and Ray working for its rival, Equikrom.

Though it seems like Dubai would be the last they saw of each other, the pair couldn't be more wrong.

Using flashbacks, it's revealed to the viewer that two years after their first encounter, Koval and Stenwick meet once again in Rome, where their sizzling romance takes root.

But falling in love wasn't the only thing on the couple's agenda. Koval and Stenwick concoct what they believe is the perfect way to cheat their respective companies out of millions.

They plot to do just that when Burkett & Randle plans to unveil a secret new creation worth over \$40 million.



IMDB.COM PHOTO

**'Duplicity,' a comedy about espionage, opened March 20 and stars Julia Roberts and Clive Owen.**

But, just as this movie with far too many surprises proves time and time again: nothing is as it seems.

"Duplicity" will confuse and frustrate the average moviegoer with its nebulous plot and

lack of foreshadowing, but if the viewer is able to keep up with the speed and understand the basics, "Duplicity" will prove to be a thoroughly enjoyable and witty spin on espionage.