

the *INDEPENDENT*

Volume XV Number 2

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

October 27, 2008

Wearing costumes may become new senior privilege

Costumes must fit dress code, cannot interfere with classes

By Stephanie Smith
INDEPENDENT EDITOR

In response to the Student Council's proposal that students be allowed to wear costumes to school on Halloween, Principal James Lee and the department chairs decided that seniors may dress up on Halloween this year, a previously prohibited practice.

According to Lee, costumes must be appropriate and not interfere with classes.

"For us, this is a pilot... to see how the students handle it," Lee said. "Everyone saw enough value in it to try it out and see how it works."

Dan Lundergan, math department chair, agreed.

"It's not an idea that I would've come up with. The students asked for this privilege, and my thinking is to give them a chance to demonstrate that they can handle it in an appropriate manner," he said.

Dr. John Stuart, Student Council adviser and English department chair, said he thinks students will handle it well.

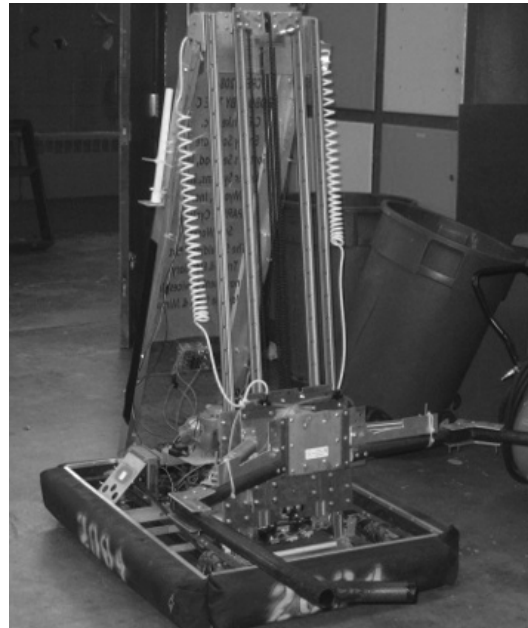
"I think the Spirit Week experiment was so successful that I fully expect this will be too," he said. Last year, many students participated in Spirit Week, which involved dressing in accordance to a class or school theme each day.

Lee also expects the seniors to handle their new privilege well.

"I think common sense is the theme of the day.... I think our seniors are smart enough to know what is right and what is wrong," he said.

Senior Max Wooding is excited about the new privilege.

"I can't wait, actually. It's going to be so much fun. I'm going to come as a skier," he said. "They don't let us do a lot of things at this school, so when they do, it's awesome."



The Spaulding Education Fund supports the robotics club (above) and the DECA team, pictured at the Fall State Leadership Conference at the Braintree Sheraton (left).

EMILY HAMMOND PHOTOS

Spaulding Education Fund: Organization enables student activities

By Kyle Marsh
INDEPENDENT STAFF

For over 20 years, the Spaulding Education Fund has funded programs at Manchester-Essex that would not be possible without the grants, according to high school librarian Sue Krause.

According to Amy Tuttle, co-chair of the fund, the Spaulding Education Fund works to raise funds for grants submitted by teachers, administrators, students and parents. These grants, or proposals, can be anything from suggesting a new club to recommending a field trip.

The fund originally began in the 1980s as a scholarship oriented memorial fund for Josiah Spaulding, a man who was a strong believer in education, according to Tuttle. The fund eventually grew into a full-blown public education fund.

Their goal is to raise at least \$100,000 per year. All of the earnings go directly to the school system, according to Tuttle.

"Our big goal is to reach all students at all grade levels," Tuttle said. For example, they funded a sign language program for kindergartners.

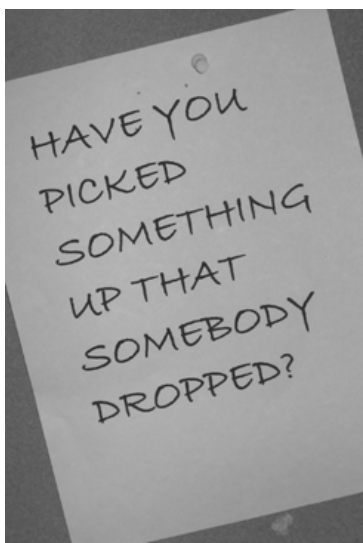
Some of the Spaulding grants have

focused on the arts; one particular grant funded pianos for the music department, according to Tuttle.

Another art grant funded money for the film club in response to a grant written by senior Charlotte Cheshire and her mother.

"Without them, [the club] would be very limited. We had it last year. Kids had ideas but could not make things they wanted... We could not be working toward our goal of a film fest without the generosity of the Spaulding Education Fund," adviser Caroline Epp said.

SPAULDING, page 2



MARY BUCKLEY-HARMON PHOTO

Diversity Alliance members hung posters throughout the school to advertise the campaign's goals.

'Campaign for Kindness' achieves goals

By Hannah Daley
INDEPENDENT EDITOR

Diversity Alliance members launched the "Campaign for Kindness" for two weeks, in an attempt to make students at school more aware of their actions.

Diversity Alliance adviser M'Lena Gandolfi said she came up with the idea for the campaign, and junior Eliza Cody came up with the slogan.

"We wanted students to use this campaign to reflect on what they did or did not do, and to see if they

could improve their actions in a way that would benefit not just themselves, but others as well," senior Eric Kimball said.

When teachers saw students do something kind, they gave that person a "Campaign for Kindness" card, which could be entered into a raffle with a chance of winning a free pass to the upcoming play, according to Kimball.

The Diversity Alliance had two goals to achieve throughout the campaign.

"One of our goals was to get the student body involved in a campaign that makes people kinder to each other, and the other was to re-

ward those who did engage in the campaign," senior Jeff Kimball said.

According to Jeff Kimball, the goals of the campaign were achieved because people had a desire to be kinder when incentives were involved.

In order to inform people about the campaign, the Diversity Alliance advertised with posters.

Eric Kimball said even if everyone didn't participate, it made people aware of their own actions.

"I think the Diversity Alliance should definitely hold the 'Campaign for Kindness' again next year," he said.

News

Community Debate
-Page 3-



Features

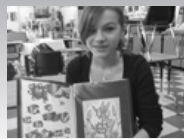
School club comparison
-Page 6-

Opinion

Struggling classes elect leaders based on ideas
-Page 7-

Sports

Football team undefeated this season
-Page 9-



Arts

Freshman creates anime
-Page 11-

BRIEFS

Tierney will speak at Veterans' Day presentation

At 9 a.m. on Friday, Nov. 7, U.S. Congressman John Tierney will be the guest speaker at an assembly in the gym to commemorate Veteran's Day.

The high school band and the high school chorus will perform at the assembly.

"It's a good opportunity for kids and staff to understand the sacrifice that our veterans have given us so we can enjoy the freedoms we experience today," Assistant Principal Paul Murphy said.

Sovereign Bank to display art teacher's paintings

Art teacher Marion Powers will be the featured artist at Sovereign Bank's Manchester branch during November.

She will show both abstract paintings of landmarks in Manchester and a series of Conceptual/ Minimalist works of art.

The Sovereign Bank is located at 17 Union Street, Manchester-by-the-Sea, and its hours of operation are Monday-Friday from 8:30 a.m.-5 p.m. and Saturday from 8:30 a.m.- noon.

School book fair arrives Dec. 1-5

From Dec. 1-5 middle and high school students can buy books at the book fair in the school's media center, librarian Sue Krause said.

The Book Shop of Beverly Farms will be providing the books for sale. The proceeds will supplement the school's summer reading purchases.

The book fair will show the latest books that are out for teens, Krause said.

Faculty works on NEASC self-study

Visiting committee to arrive Oct. 2009

By Stephanie Smith
INDEPENDENT EDITOR

As part of the 10-year accreditation process, the high school faculty is working on the NEASC self-study in preparation for the NEASC visiting committee's arrival in October 2009.

NEASC, New England Association of Schools and Colleges, judges schools on seven standards.

The faculty formed a subcommittee for each standard to write the standards reports, Principal James Lee said.

According to Lee, the School and Community Report is already done.

This report gives demographics for, descriptions of and general information about Manchester, Essex and the school community, according to special education teacher Jane McConnell.

"What it does is remind us and the [visiting committee] of who we are not just as a school community, but as two communities," McConnell said.

Lee hopes the rest of the reports will be done by January so faculty can prepare for the move to the new building.

In addition to the self-study, accreditation co-chairs John Stuart and Susan Krause, are planning for the NEASC visiting committee's arrival.

Stuart, said the 15-person committee will arrive on the last Sunday of October 2009.

They will interview faculty and students, read the self-study standards reports and write their own reports based on their findings, Lee said.

"Their visit was put off for one year... one of their biggest concerns the last time they were here was the building," Lee said.

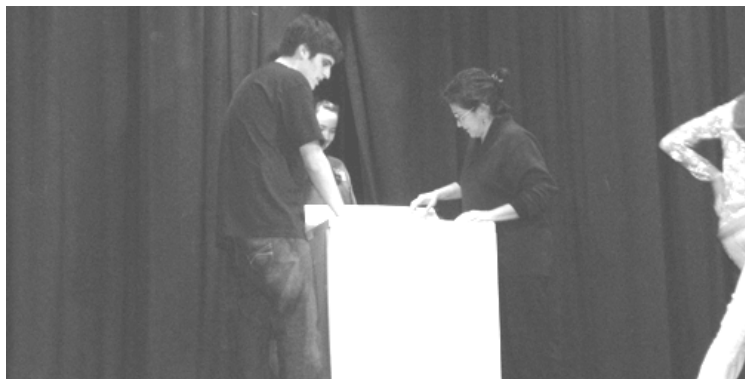
NEASC agreed to postpone the visit until the new building's completion.

"If we didn't have the new building, it is very possible that we would have lost our accreditation," Stuart said.



MARY BUCKLEY- HARMON PHOTO

English teacher Dan Koughan and French teacher Julia Gross work on a report for the Mission Statement Committee.



STEPHANIE SMITH PHOTO

English teacher Gloria Tanner directs senior Jeff Kimball, junior Tavia Pomazon and freshman Katerina Eichenberger.

Tanner leads fall production

By Maura Driscoll
INDEPENDENT STAFF

Following the resignation of Laura Hargrove as drama teacher, English teacher Gloria Tanner has taken over the drama program.

At the beginning of the year, the future of the drama program was uncertain.

With no replacement for Hargrove, many participants worried about the future of drama.

"I was definitely worried, because drama is so much fun. When I heard Ms. Hargrove had left, I started wondering if we were even going to have any plays this year," junior Jen Hersey said.

Actors were relieved when Tanner volunteered to direct the fall

show.

Tanner, who has participated in theatre since she was in high school, missed being involved and "felt ready to get back into the game."

Tanner said she chose "All in the Timing" by David Ives for this fall because a comedy requiring a small cast seemed fitting due to low participation.

Tanner is expecting a great production and said the outlook for the play is good.

The play will run Nov. 13-15 in the Memorial School auditorium at 7 p.m.

Tanner's involvement in both Dramafest and the spring musical is undetermined. "I would like to direct in the future if they'll have me," she said.

Continuations

SPAULDING
Continued from page 1

The group has supported the science department by sponsoring the robotics program, awarding the physics class an MIT-developed learning system and a field trip to the Naval Submarine School in Groton, Conn.

The committee also supports

the DECA and debate programs.

The fund supplemented money for bestselling author Matthew Pearl to visit. "Basically, the students wouldn't have the interaction with the authors if Spaulding didn't fund these programs," Krause said.

Spaulding gives grants for laptops, science equipment, the ropes course, and snowshoes for Project Adventure, according to

Teaching assistant joins special education dept.

By Kyle Marsh
INDEPENDENT STAFF

Tim Rose, the newest teaching assistant in the special education department, adds a positive and interested attitude to the department, according to department member Lois Grayden.

"I work with students in grades nine through 12 and work on learning strategies," Rose said. He also helps students to organize their work and keep on task.

Last year Rose worked as a teacher's assistant in the same field with second graders at Memorial School, which has greatly helped him to excel in his work, Grayden said.

"Among his many qualities, he had experience and has worked with high school kids in other positions, such as coaching.... He is very enthusiastic about teaching, and is very interested," Grayden said.

Rose has a bachelor's degree in Geographic Information Systems (computer mapping) and has taken classes for his master's degree in education at Gordon College.

He wanted to work at Manches-



NICHOLAS BOUWER PHOTO

Tim Rose, a new teaching assistant in the special education department, was a second grade teaching assistant last year.

ter because of its quality of education. A graduate of Rockport High School, he was familiar with Manchester through his friends and sports teams.

Before working as a teacher, Rose worked in the field of carpentry, but he always knew teaching was something that he wanted to do. In one year, Rose aspires to become a full-time teacher in either history or science.

Rose said his favorite part about teaching is "working with the kids."

Sandy Marsh, co-chair of the Spaulding Education Fund.

Tuttle said the fund relies solely on donations and involvement from the community.

"We would love to see more parents' involvement as far as attending events or approaching us about helping on the committee and making donations," Tuttle said.

The volunteers hold one large

fundraiser per school year. The Mad Hatters Dance took place last month at Woodman's Function Hall.

The fund also mails letters to homes in Manchester and Essex asking for support, and holds a phone-a-thon

"I don't know where we'd be without them, libraries especially. They are such a big support of education," Krause said.

Visiting psychologist speaks about brain development

By Annelise Eaton
INDEPENDENT EDITOR

Psychologist Karen Spangenberg Postal spoke to middle school parents about the development of the brain and invited the senior AP Psychology class to listen to her presentation.

Middle School Principal Beth Raucci, who had seen one of Postal’s presentations, asked Postal if she would speak to parents about learning strategies on Thursday, Oct. 2.

Postal spoke to students and parents about the uses of the brain’s frontal lobe, which controls emotion, motor skills and memory, and is not fully developed until age 22 to 23.

She presented the audience with various study results, PET scan photos and fMRI images that displayed the differences between the frontal lobe of an adult and a child.

According to Postal, new methods of studying the brain such as the PET scan and fMRI have led to breakthroughs in psychological research.

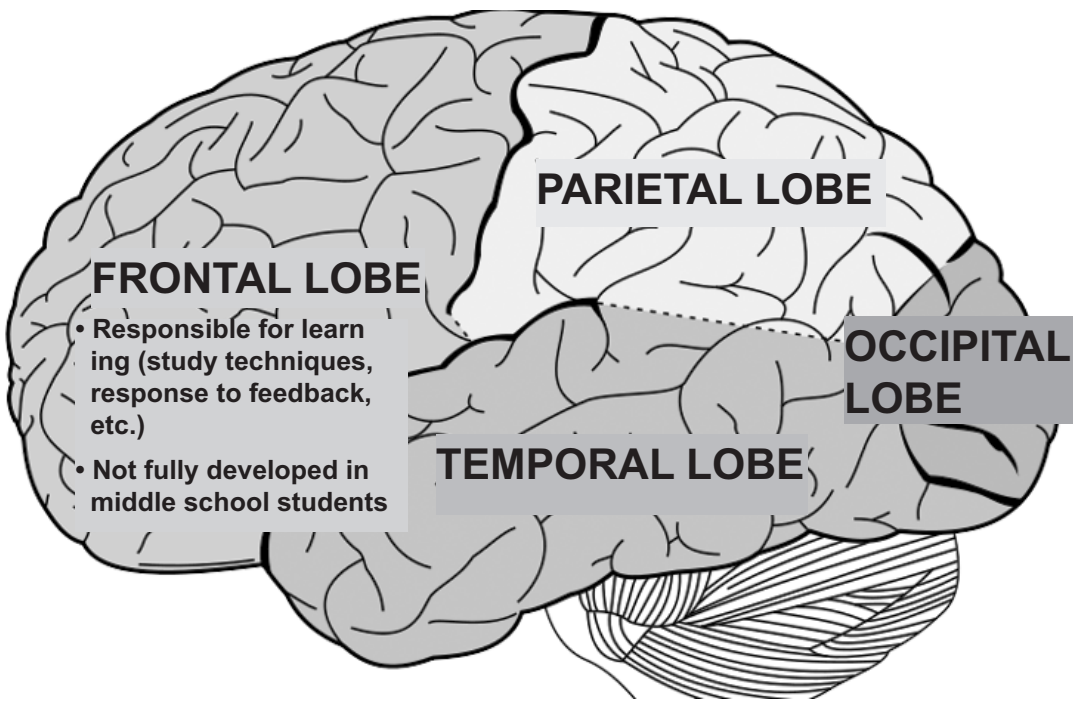
“We are in a golden age of cognitive neuroscience,” Postal said. “This is comparable to what happened in astronomy with the invention of the telescope.”

She explained that research has proven that the frontal lobe controls most of the characteristics involved in successful learners, such as the abilities to implement study techniques and respond to feedback.

Since this part of the brain is not fully developed in a middle school student, she urged parents to act as an external frontal lobe for their children.

Postal believes that once children reach middle school, many parents stop intervening in their children’s studies.

Adjustment counselor and AP Psychology teacher Karen Lucas said Postal’s recommendation that



parents continue to work with their children is incredibly important.

“The most valuable thing [Postal] offered parents was an understanding that young kids and teens are not mini adults, that their brains are not fully formed yet,” Lucas said.

Postal also addressed how the

teenager’s brain is engineered to go to sleep late and wake up late. Since school hours do not cooperate with teenage brain development, parents should assist their children in a conscious effort to fall asleep earlier, she said.

She presented study results which showed that sleep deprivation, which is widespread in teens and

young adults, is linked with decreased memory and problem solving ability.

Middle school teachers hope to put many of Postal’s recommendations to use.

“We’re going to pursue the memory techniques that the child should have as a toolkit as they enter high school,” she said.



DJ BALL PHOTO
Junior class officers Amelia Cohen, Tavia Pomazon, Eliza Cody (above) and Kara Thomas (missing) have created new fundraising initiatives to meet their senior money goals.

Juniors fundraise for senior year

By DJ Ball
INDEPENDENT ASSISTANT EDITOR

Thousands of dollars short of what it needs, the junior class has begun a set of new initiatives in order to reach their senior money needs.

With only \$4,000 out of \$25,000 needed in the bank now, juniors are beginning to feel the pressure to close their money gap but “are ready to take on the year,” junior class president Kara Thomas said.

‘We are really focusing on what will make our class money.’
-KARA THOMAS

Basically we got lazy,” said junior Lisa Goddard.

From bake sales to dances, the junior class officers are determined to reach their goals.

“We are really focusing on what will make our class money. We plan on selling candy-grams in the winter, as well as sponsoring a variety of middle school activities,” Thomas said.

Thomas also feels comfortable with librarian aide Cathy Hunt as the new junior class adviser. Hunt took over for history teacher Kyle Grady.

“[Hunt] is experienced and determined to help our class, so I feel relieved that we have an adviser that will push us to do well,” Thomas said.

The juniors also plan to do a lacrosse game fundraiser.

“The game will have boys and girls playing by the girls’ lacrosse rules and with girls’ lacrosse sticks, and I think it will be a fun way to unite our class and raise money,” junior class officer Amelia Cohen said.

Other possible events include a Halloween middle school dance and a talent show.

Debaters present presidential cases to community

By Rebecca Lynch
INDEPENDENT STAFF

Presenting their cases for economic, domestic, and foreign policies, the debate team hosted a community debate representing the two presidential candidates on Oct. 22 at Manchester Memorial School.

The Manchester Republican and Democratic Town Committees sponsored the debate.

Each team gave a constructive speech, a crossfire period, and a rebuttal speech for each topic.



DJ BALL PHOTO
Alan Wilson moderates a presidential debate between junior Eliza Cody, seniors Luke Elder, Annie Osborne and Jake McIntosh, junior Dan Scarafoni and freshman Max Rodier.

No one on the McCain team actually supports McCain. The team put in a lot of effort to open their minds and put up a strong case, according to debate coach Jonathan Peele.

Supporters of Obama were further ensured of their candidate.

“Both sides did well, but I think the Obama team presented more supportive information,” sophomore Elizabeth Kirker said.

The teams weren’t judged, and

no winner was established. Enthusiastic students, parents, and community members filled the auditorium.

“Everywhere else we will be in front of other debaters and judges, and getting the chance to show everybody what we do was a lot of fun,” Peele said.

According to Peele, the team is planning on doing a similar presentation next year on another topic.

Senior Skip Day: Administration bans traditional event

Last year’s incident led to decision

By Kyle Marsh
INDEPENDENT STAFF

School officials have banned Senior Skip Day for good.

According to Assistant Principal Paul Murphy, for years seniors have decided whether to attend school on Senior Skip Day, which often involves alcohol. In other schools, alcohol-related issues led to deaths on Senior Skip Days.

Last year, police caught seniors drinking at Chebacco Lake. The

police took down the involved students’ names.

According to Murphy, students were given five nights of office detention as punishment. Some were also suspended from their athletic activities.

Last year’s situation at the lake led Principal James Lee and Murphy to make their decision.

“...It was a mess. Mr. Lee and I decided we would not allow it to happen,” Murphy said.

Murphy said if students decide to skip, all senior events except graduation will be discontinued.

Seniors and teachers have varied opinions on the topic.

“I think it would be great if the

class could find a way to all get together and plan a full day of activities they would all agree upon. All that we as faculty care about is the safety of the students. It’s not like we don’t want them to have fun. There are just many other ways to have fun,” art teacher Marion Powers said.

Some students disagree.

“I really wish that we could have [a Senior Skip Day], because classes before us have; it’s a tradition,” senior Celena Baker said.

Senior Annie Osborne also thinks Senior Skip Day should be allowed. She said the class should not be punished for the class of 2008’s actions.

ELECTION 2008

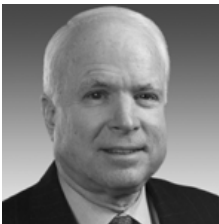


The Candidates: Learn about their views



Obama/Biden

- **War on Iraq:** Opposes war and promises to end the war.
- **Economy:** Supports plan to jump start economy with a \$50 billion plan.
- **Taxes:** Would extend Bush tax cuts to those who earn less than \$250,00 per year. Would impose new tax on those who earn over \$250,000.
- **Immigration:** Believes America must enforce its borders.
- **Energy:** Create jobs by investing in clean energy. Put 1 million plug in hybrid cars on the road by 2015. Insure that 10 percent of electricity comes from renewable sources by 2012, and 25 percent by 2025.
- **Gay Marriage:** Believes marriage is a religious union between a man and a woman; he supports civil unions.



McCain/Palin

- **War on Iraq:** Disagrees with withdrawing troops before Iraq is capable of governing itself.
- **Economy:** Deductions for stock losses to help retirees with their 401K plans.
- **Taxes:** Would make Bush’s tax cuts permanent. Would further cut corporate taxes.
- **Immigration:** America should pay more attention to the border and enforce them with stronger fences and border patrol.
- **Energy:** Plans to expand domestic oil and natural gas exploration/production.
- **Gay Marriage:** Believes marriage is a holy bond between man and wife; supports civil unions.

By Nick Bouwer

Class presidents seek change



EMILY HAMMOND PHOTO

Senior Class President:
Kevin Butler

- His goal is to ensure that the class of ‘09 will never be forgotten.
- Since this year’s Haunted House may be the last, he encourages the class to create the best one yet.
- Prom and the senior class trip are among the upcoming activities that are planned.



EMILY HAMMOND PHOTO

Junior Class President:
Kara Thomas

- Her goal is to allow for the junior class to have a great Senior Week.
- She will achieve this goal through a variety of money making activities.



EMILY HAMMOND PHOTO

Sophomore Class President:
Olivia Dumont

- Her goal is to raise money for the class.
- She plans to do this by sponsoring bake sales and organizing events such as “Nothing But Nets” ,which will also raise money to protect Africans from the dangers of malaria.

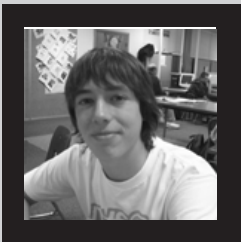


EMILY HAMMOND PHOTO

Freshmen Class President:
Ian Martin

- His goal is to raise as much money as possible before sophomore year.
- He plans to hold more dances with the help of volunteer DJ’s as well as movie nights and dinners.

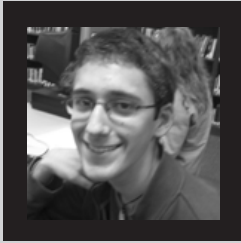
By Molly Friedman



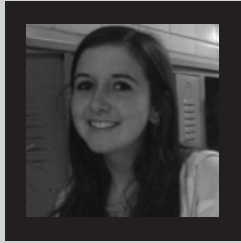
Senior
Andrew Loy:
Spanish, so I wouldn’t have to take it in school.



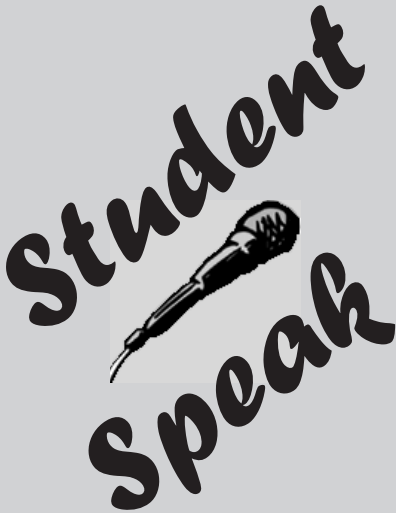
Senior
Taylor Rogers:
The African Click Language



Junior
Charlie Dalton:
Russians, because Russians are cool.



Junior
Justine Kane:
Gibberish



In what language do you wish to be fluent?

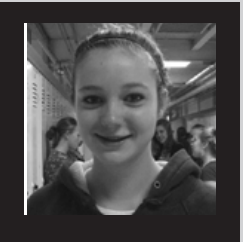
Sophomore
Matt Melamed:

Chinese



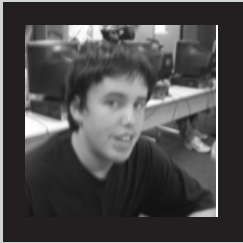
Sophomore
Sarah Brown:

Chinese



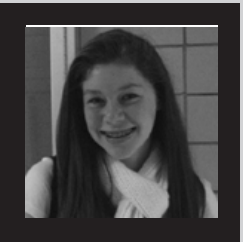
Freshman
Matt Stevens:

Spanish



Freshman
Allie Freed:

French



Health Matters

Avoiding infection

Local cases of Mononucleosis diagnosed

By Laurel Edington
INDEPENDENT STAFF

One case of mononucleosis has been officially diagnosed this year, but at least four other students have been tested.

“Mono is transferred through saliva and so you can get it by sharing water bottles or kissing,” school nurse Cyndi Aldrich said. Sharing food can also spread the disease.

Mononucleosis can be transmitted by a person who is infected who shows the signs of the illness or by carries, people who are infected with disease but don’t show the symptoms.

People who are infected with mononucleosis can still spread the virus because it’s not being treated directly.

According to Aldrich, the symptoms are fever, sore throat, swollen lymph glands and fatigue.

These symptoms might not show up for up to six weeks, making the disease more likely to spread because the infected individuals don’t know that they have it.

In addition to the common symptoms, the disease can cause other health risks, including an

FACTS ABOUT MONO

- **Called the “kissing disease” because it is transferred by saliva.**
- **Symptoms: fever, sore throat, swollen lymph glands, fatigue.**
- **A risk is an enlarged liver or spleen because either can rupture.**
- **Diagnosed through a blood test and symptoms.**
- **Can be treated just for symptoms, some times steroids are used.**
- **Once you have it, you can’t get it again.**

enlarged spleen or liver, Aldrich said. If a person with such a condition were hit, the spleen or liver could rupture.

Sophomore Phoebe Thorne who had mononucleosis said, “You’re really tired all of the time, so it’s like normal everyday things make you tired.”

According to sophomore Alyssa Fabyan, who was tested for the virus, the symptoms aren’t always accurate in diagnosing the disease, so a blood test is more precise way to deter-

mine what the disease is.

There is not a cure for mono, so treatment involves alleviating the symptoms.

“A person with the virus does not have to be isolated because it is not a respiratory disease,” Aldrich said.

According to Aldrich, the new rotating schedule helps students who need to come in late due to fatigue, because the students do not miss the same class.

A person who has had the virus cannot catch mono again.

Student

 Dana Bach

Profile



COURTESY DANA BACH

By Laurel Edington
INDEPENDENT STAFF

Grade:
11

One place you would like to go:
Africa

Favorite food:
Italian food

Favorite movie:
“Meet Joe Black”

Celebrity crush:
John McAvoy

What is your dream job?
Lawyer

Best gift you have gotten:
The iPod Nano

Describe yourself in one word:
Crazy

What is the one thing you would want on a deserted island:
iPod

What would you want as a superpower:
The ability to fly

Coke or Pepsi?
Coke

Favorite thing to do during free time:
Watching sports games

Energy Bars

Climbing.com suggests top 4 healthful, tasty snacks

By Hannah Daley
INDEPENDENT EDITOR

With such a large variety of energy bars on the market, it’s hard to find ones that are both nutritious and flavorful.

According to www.active.com, the best energy bars are those that contain 25-40 grams of carbohydrates and 100-200 calories.

They should also have a minimal amount of fat, protein and fiber because those nutrients slow down digestion, which can lead to stomach unrest while exercising.

Climbing.com suggests four different bars that are healthful, relatively inexpensive, tasty and sold in most food stores.

Among energy bars, the top choice was Cliff Bar, with prices ranging from \$1.39-\$1.59.

The bar comes in 13 flavors, including Peanut Toffee Buzz and Cool Mint Chocolate and consists of 70 percent organic ingredients such as brown rice syrup and soy.

They contain 230 calories and 45 grams of carbohydrates.

Cliff Bars are also very durable and stay edible in most temperatures, making them very efficient in several situations.

They have a sweet taste but still seem like a nutritious snack, rather than an unhealthful candy bar.

Along with Cliff Bars, Honey Stinger bars were also among the top choices of energy bars, according to Climbing.com.

Honey Stinger bars come in four flavors that cost \$1.69.

These bars aren’t only appealing; they also provide lots of energy due to the fact that they have 190 calories and 29 grams of carbohydrate. This keeps consumers from crashing an hour or two after digestion.

The chocolate Honey Stinger bars taste the best. They are like a dessert, but they still provide a good amount of energy.

Larabar also makes energy bars, which were one of the highest-ranked bars for taste, texture, and ease of digestion.

Sold for \$1.89, Larabar of-

			
CLIFF BAR	HONEY STINGER	LARABAR	POWERBAR
Flavors: 13	Flavors: 4	Flavors: 5	Flavors: 4
Cost: \$1.39-\$1.59	Cost: \$1.69	Cost: \$1.89	Cost: \$1.99-\$2.49
Calories: 230	Calories: 190	Calories: 200	Calories: 290
Carbs: 45 grams	Carbs: 29 grams	Carbs: 24 grams	Carbs: 37 grams
Taste: Sweet but like a nutritious snack.	Taste: Chocolate is the best. Tastes like a dessert.	Taste: One of the highest ranking; for taste and texture.	Taste: Texture like taffy but rich taste.
Other: Climbing.com’s first choice, 70% organic ingredients.	Other: Calorie/carb ratio keeps cosumers from crashing after digestion.	Other: Vegan, Kosher, gluten, dairy, soy, corn free.	Other: Limited optimal temperature range.

fers five different flavors, which sit light in the stomach and do well in the heat and cold.

These bars are especially good for those who have restricted diets because they’re free of gluten, dairy, soy, and corn, and are vegan and kosher; however, they contain 200 calories and 24 grams of carbohydrates.

The last on Climbing.com’s list was the PowerBar Protein-

Plus bar, which ranged from \$1.99-\$2.49 for each of the four flavors.

PowerBar ProteinPlus bars contain 290 calories and 37 grams of carbohydrates. This isn’t good for those with sensitive bellies because they’ll need to drink water while consuming them because their taste is “far from natural.”

They also have a limited optimal temperature range, melting in heat and freezing in the cold.

The bars taste somewhat like taffy, but the rich flavor makes up for the bad texture.

It didn’t take long for competitors to come up with energy bars that taste more like food than fuel, according to nutritionist Bonnie Liebman.

Now that the final products are healthful and delicious, there’s nothing wrong with consuming carbohydrates from a compact wrapper.



Eco-awareness inspires shoppers to opt for reusable bags

FAST FACTS

- 500 billion to one trillion plastic bags are consumed each year worldwide, with about 100 billion used in the US.
- Plastic Bags account for 4 percent of the world's total oil production.
- Plastic bags are one of the 12 items of debris most often found in coastal cleanups.
- Plastic bags take about 300 years to fully decompose.
- Paper bags are proven to be somewhat worse than plastic bags because the use more fuel in shipping.

By Bobina Vander Laan
INDEPENDENT STAFF

As environmental awareness becomes more prominent, people have been finding eco-friendly ways to shop without using plastic bags.

According to Reusablebags.com and The Wall Street Journal, about 500 billion to one trillion plastic bags are consumed each year worldwide, with about 100 billion used in the US.

Plastic bags are a by-product of petroleum oil, according to Greenfeet.net. The bags account for 4 percent of the world's total oil production. The process of making the bags requires electricity, which is derived from coal fire plants, further contributing to global warming.

Bags that aren't recycled result as pollution in the environment. According to the Center for Marine Conservation, plastic bags are one of the 12 items of debris most often found in coastal cleanups.

Plastic isn't biodegradable, and plastic bags are photodegradable, breaking down into toxins that contaminate water and soil. They take about 300 years to fully decompose.

These facts are not going unnoticed. Many stores, including Shaws Supermarket, Market Basket, Stop and Shop, and TJ Maxx now distribute reusable bags. Macy's, while holding the Turn Over a New Leaf campaign this spring, gave out 100 percent natural cotton reusable tote bags.

The Irish government implemented a suc-

cessful plastic consumption tax in 2002. This "Plastax" reduced consumption by 90 percent from 1.2 billion bags used before. About 18 million liters of oil have been saved due to less production.

The Chinese government has banned plastic shopping bags completely. According to the International Herald Tribune, China's low-cost manufacturing led to cluttered landfills full of plastic bags, or "white pollution." The government has posted on its website "a return to cloth

bags and shopping baskets" since June. Authorities are expected to implement taxes to discourage sale and production.

San Francisco became the first city in the US to ban plastic shopping bags. According to the San Francisco Chronicle, plastic bags have been outlawed in large supermarkets, and large chain pharmacies will be required to ban them within the next year. These stores are expected to switch to paper bags.

Paper bags are proven to be somewhat worse compared to

plastic bags, according to Ecogeek.com. Plastic bags are lighter and more space-efficient to ship and use less fuel. Recycled paper bags also cost more money to create than plastic ones.

Reusable shopping bags are the solution. Many styles of bags are available, with materials ranging from organic hemp to rip-stop nylon. All are affordable and save thousands of plastic bags each year.



The Flip & Tumble Bag costs \$12 and is available at www.reusablebags.com.



The Pastel Tote Handle Collection costs \$32.50 for the set of 5 bags and is available at www.ecobags.com.



The EnviroSax Ultra-Compact Reusable Shopping Bag can be purchased at www.reusable-bags.com for \$8 each.

The solution to the paper or plastic dilemma? Reusable shopping bags.

Find out more about school clubs

Diversity Alliance

- Adviser: M'Lena Gandolfi
- This club aims to promote the differences shown in everyone.
- It encourages acceptance of all different types of people.
- Recent activity, the Campaign for Kindness, called for the involvement and kindness of students.



Yearbook

- Adviser: Allison Lane
- This club designs the yearbook and students are responsible for taking photos, designing a page.
- The club meets once every two to three weeks.
- Students must meet the requirements by March. The book is distributed in June.



Interact Club

- Meets every Tuesday morning at 7:15.
- The president is Junior Tim Surette.
- The goals of the club are to sponsor project benefiting the school, the community, and an international cause.
- The purpose is to allow kids to achieve their community service requirements while having fun with their friends.



Investment club

- This club was formed by math teacher Rick Brown.
- They learn about stocks and how to invest and save money.



Biking

- The club meets every Tuesday and Thursday
- The adviser is David Alger.
- They currently bike on trails in Ravens Woods and different areas in Magnolia, but the members are constantly scouting new locations.



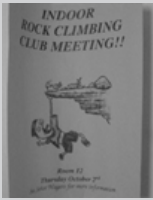
Robotics

- The club is open to all who want to join and take part in creating robots.
- The club hopes to send a robot to the bottom of the ocean in a dangerous situation.
- Some recent activities include building motorized boats.



Climbing Club

- The club adviser is Eric Magers.
- They climb once a week for two hours.
- Students can choose from a wide range of difficulty levels to suit their experience levels. These levels range from a simple rock climb to bouldering.
- This club is open to everyone at all levels.



Film Club

- The club advisers are Caroline Epp and Dan Koughan
- Students focus on acting, directing, editing, learning to use cameras, and learning about new software.
- The club meets every Thursday at 2:15.



By Molly Friedman

Core Curriculum

Balanced course load enriches learning

Pro

Annelise Eaton

“We’re never going to use this in the real world” is undoubtedly the most hackneyed complaint spoken in high school math classes.

For many students, calling attention to the irrelevance of the subject matter is the most effective way of rationalizing failure.

The intention of a core curriculum is not solely to teach material that is applicable to everyday life, but to provide students with the scientific, mathematical, historical, linguistic and critical thinking skills that will both challenge them in a variety of areas and allow them to generate a broader view of our world.

While students may find the core curriculum easy to criticize when faced with a particularly daunting project in a difficult subject, its effect on our growth as citizens and learners should not be underestimated.

By providing students with a balanced course load, the curriculum challenges students to employ various methods of thinking and processing information. While we engage one part of our brain in solving a complicated math problem, we are forced to think quite differently when analyzing the meaning of an intricate poem.

Although this can be the cause of much frustration, it results in a much more intelligent student.

A core curriculum not only fosters intelligence, but it gives students a deeper understanding of the big picture of themselves and their world.

By studying the workings of the human body in biology and psychology, learning about our political system in US History, and learning how to effectively read, write and analyze our own language in English, we come to understand ourselves in a manner that could never be produced by a concentration in one or two classes.

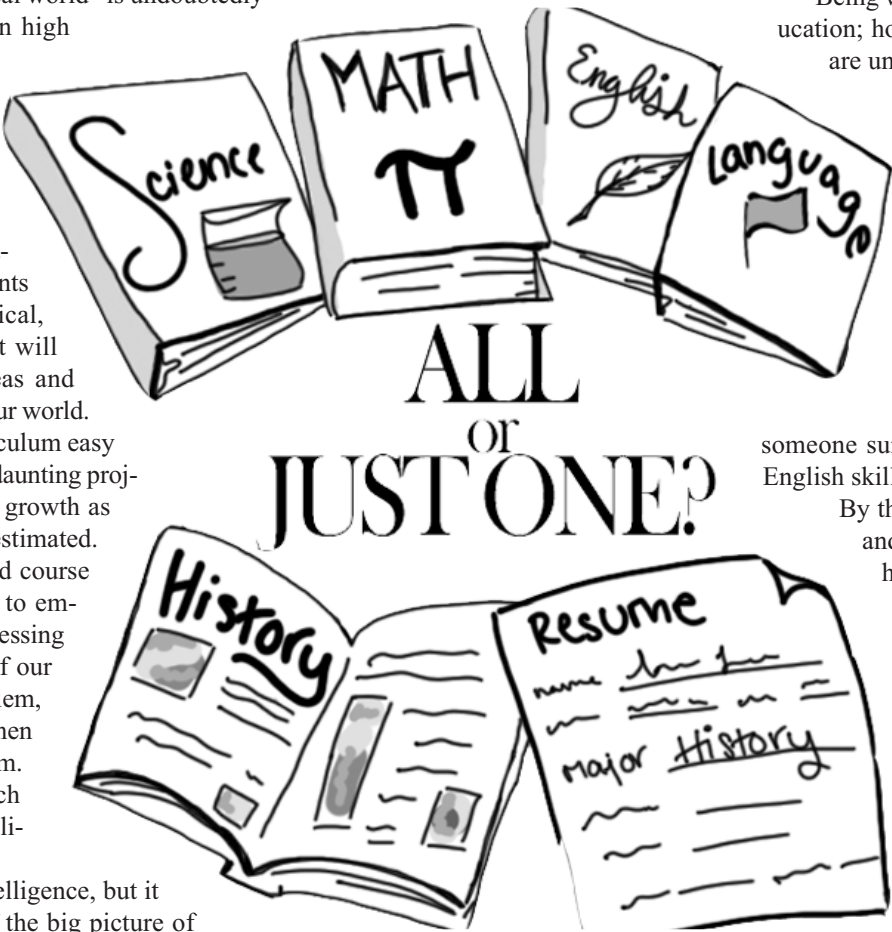
As we become proficient in the fundamentals of math and physics, we are able to comprehend the detailed concepts that explain many occurrences in our physical world.

While a broad foundation proves to be challenging for students, it also unburdens them by allotting them more time to consider their options.

High school freshmen are simply too young to decide if math is a subject that they don’t wish to continue studying. Most college students have trouble choosing a major, so 14-year-old students clearly have not had enough exposure to each subject to know what they plan to pursue.

By discontinuing the study of certain subjects, students would automatically limit their possibilities beyond graduation.

After four years studying a core curriculum, students possess a foundation that can be built upon to produce an expert in any field. High school students should not rob themselves of such an opportunity simply to ease their minor frustrations caused by a particularly troubling class.



BOBINA VANDER LAAN ILLUSTRATION

Con

Stephanie Smith

Being well rounded is a major focus of current high school education; however, forcing students to take courses in which they are uninterested leads to student boredom and frustration.

A well rounded education is important up to a point, and a general knowledge of many different subjects can be useful, though expertise in one subject is crucial to most careers.

Our high school requires students to take at least three years of math, science and social studies and four years of English.

Most colleges and universities also require this minimum for admission, as well as at least two or three years of a foreign language.

This may seem like common sense at first—how can someone survive in the “real world” without adequate math and English skills?

By the time students reach high school, they have the math and English skills needed for everyday life. If a student has somehow slipped through the cracks, the MCAS is designed to catch their deficiencies by 10th grade and ensure they are addressed.

While students may not know what they want to do for a career or even what they want to major in, students do know what subject areas are their strongest and most interest them by the time they reach high school.

High schools should require students to take a math, science, social studies and English class each of their first two years of high school. This would expose students to all areas of learning and build a general knowledge base.

Then, junior and senior years, students should be allowed to focus on a specific area of study of their choosing, like a college concentration or major. Students should still have to carry at least four core academic classes, but rather than spreading their effort across varying disciplines, students could begin specializing in an area they plan to pursue later in life.

Most jobs require an advanced knowledge of one area. For example, if I’m on the operating table for brain surgery, I don’t care if my surgeon can speak a foreign language, tell me the causes of the Great Depression, or analyze higher literary works. As long as she has an extensive knowledge of human anatomy and operational procedures, both of us will leave the operating room satisfied.

Or if I’m in court, I don’t need to know the particulars of our legal system; I will have access to an attorney who has an advanced knowledge of law, and if he can’t figure out when an object thrown off of a roof with a speed of 12 meters per second will hit the ground, that’s not an impediment to his ability to defend me.

High school is supposed to prepare us for the “real world,” where people must be specialized in one area; therefore, students should be able to focus on one area of interest during at least part of high school.

When desperate, classes elect leaders who will produce results

By Sophie Hagberg
INDEPENDENT EDITOR

Class elections are a necessary process of school life; however, they can easily turn into popularity contests instead of being about who has the best ideas.

When class elections roll around every year, not enough people are willing to run. Most likely, some students are scared to get up and make a speech in front of their peers.

While fear of public speaking impacts elections, one more phobia definitely adds to a lack of willing participants: the fear of rejection.

As the years pass, class elections, at least for the class of 2010, are becoming more about popularity and less about the issues and ideas of the candidates.

When one steps back and looks at the candidates and at who actually gets elected, it becomes clear that, like in real-world politics, the bigger the group, the bigger the influence over the outcome of elections.

Take, for instance, the elections for the class of 2010’s sophomore year. Several different candidates, all from several different social groups, ran for office. The results were particularly striking—each social group had voted as a large group and gotten one of their own elected.

The current junior class’ elections for the 2008-2009 school years were especially interesting. Driven by a severe deficit in funds, the class was actually forced to do something they weren’t used to: electing officers because of their ideas for fundraising activities, instead of friendships.

After some promising, uninteresting, and borderline cutthroat speeches, the junior class ended up with an almost completely different Student Council: out of all the candidates running, only one of the students chosen was elected the previous year.

While student elections mostly run on friendships and popularity, when backed into a corner, students will vote for the person they think will get the job done.



DJ BALL ILLUSTRATION



Jonas Brothers
represent
music industry’s
decline

DJ BALL

“The Jonas Brothers,” or “Joe Bros” as I like to call them, have permeated the music scene in such a tumultuous manner that I will never look at the music industry the same again.

These three mediocre musicians have gone from Disney Channel originals to mega-stars within a year.

Though their purity rings and fashion sense captivate the hearts of tweens around the world, I find it hard to understand their appeal and even harder to understand what has happened to music.

These boys are compared to “The Monkees,” “The Beatles,” even that devilishly charming trio, “Hansen,” and it is making me sick.

Their tunes are occasionally fun, but I catch myself wanting to eat nails rather than listen to their music a second time around. By the second verse, their voices transform into a tangle of pubescent teenagers rather than vocal artists.

They seem to have everything an entertainer needs, but the one crucial part of the puzzle they are missing is talent.

The music industry has increasingly changed its focus from talent to marketability. No longer do we have entertainers who can sing but rather entertainers who can perform and look good doing so.

We live in a strange world where singing voices are getting increasingly robotic and music has turned into repetitive beats generated by a computer rather than actual musicians playing instruments.

Though the music is fun and unique, it is not real music. Music should be a work of art and not a cornucopia of songs about “lollipops” and “stilettos.”

I want my music back. Although I will be facing the animosity and intensity of fans all over, I think bands like the “Jonas Brothers” should be cursed back to the bubblegum planet where they came from.

Great bands who actually write their own music and have strong singing voices are the ones who change the music world for the better by expressing their opinions in a way that is actually artistic and beautiful.

Unlike the “Jonas Brothers,” these artists make real music. They are the musicians I want to hear on the radio, not three goofy children who have never experienced anything substantially important in their entire lives.

STAFF EDITORIAL

Costumes allow for self-expression

Everyone has childhood memories of dressing up for Halloween, whether as a black cat, a grim reaper, a ghost, a pumpkin, a power ranger or any other costume that was popular and available.

Adults still enjoy this tradition; costume parties are always popular on Halloween. Who doesn’t remember that episode of “Friends” where Ross in his “Spud-nik” costume and Chandler in his pink bunny costume arm wrestle to impress the ladies?

While wearing costumes originated as a way to scare off or appease the spirits of the dead, today we wear costumes on Halloween to express a part of us that exists only in the imagination; the little girl who dreams of being a princess can express this desire by dressing up on Halloween.

Now that we’re in high school, most adults say we’re too old for Halloween costumes and trick-or-treating. While it may be absurd for teenagers who can easily afford to buy their own candy to go door-to-door looking for it, we are certainly not too old to express and enjoy ourselves by wearing



DJ BALL ILLUSTRATION

costumes. High school is generally a time when everyone tries to suppress individuality to fit in with the crowd. Being allowed to wear costumes to school on Halloween gives seniors a way to express themselves without fear of being seen as different. For seniors, October and No-

vember are busy and stressful months as they write college essays and fill out applications. School, sports and homework add to this stress. Being allowed to wear costumes to school is a nice way for seniors to enjoy a slightly more relaxed environment for a day.

While teachers may be concerned that wearing costumes will be too distracting to students, seniors are mature enough to wear costumes to school on Halloween without letting them become a distraction.

Allowing seniors to dress up for Halloween this year was a good choice, however it would be a nice privilege to expand to the other classes as well.

The faculty has already seen that students are mature enough for this privilege during Spirit Week; all week long, students were encouraged to dress according to class themes. Many students participated in this, but classes still continued without undue distraction.

Just because someone is dressing up as a clown for the day, it doesn’t mean he’ll act like one.

The atom smasher: Research tool could end human life

By Julia Melamed
INDEPENDENT ASSISTANT EDITOR

People might expect global warming or a meteor to cause life’s end. But an atom smasher, a dangerous invention, could be what ultimately leads to the end.

Atom smashers are machines that use electric fields to drive electrically-charged particles to incredible speeds – close to the speed of light – and have them collide with an atom, allowing scientists to examine the inner parts of an atom.

The Large Hadron Collider is

being built on the French-Swiss border. The United States has contributed \$531 million to the project since 2003, when construction of the device began.

The invention is the most powerful atom smasher yet and costs almost \$4 billion. Although at first glance it is quite impressive, the device is actually dangerous and a serious risk.

The goal is that this will provide further exploration of how the universe began.

Although the research is exciting, many scientists are worried that fiddling with nature could result in the world being consumed by a micro black hole.

Micro black holes could be created by the strong gravity of subatomic types of caved-in stars and planets, which are possible consequences of the atom smasher.

The European Organization for Nuclear Research (CERN) insists that the device poses no risk, but doubts remain and people have filed law suits to prevent continuation of the project.

For now, these people have gotten their wish.

The project is delayed for at least two months because of damage to the atom smasher.

...fiddling with
nature could
result in the
world being
consumed by a
micro black
hole.

Although the atom smasher could provide innovative discoveries, it has caused too much panic and stress.

Billions of dollars have been spent on a device that might not give us any information because the world might end before the discoveries can be put to use.

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

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.

Editors in Chief
Annelise Eaton
Stephanie Smith

Features Editor
Hannah Dumont

Sports Editor
Hannah Daley

Photography Editor
Emily Hammond

Asst. Photography Editor
Daniel Ball

Asst. Editors
Sophie Hagberg
Julia Melamed

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

Faculty Adviser
Mary Buckley-Harmon

Football team continues undefeated streak of 6-0

By Hannah Dumont
INDEPENDENT EDITOR

For the first time since 1982, the football team is undefeated with a record of 6-0.

According to assistant coach Cosmo Pallazola, who works with the offense and the running and defensive back, the outstanding record is a direct result of the hard work the team put in all summer and continual work they put in each day at practice.

“It really is a year round sport. They have been training consistently since the end of last season,” Pallazola said. “We have improved at every position.”

Junior lineman Tim Surette agreed that the winning is worth all the time and effort.

“It is evident from our success that our hard work has paid off. We haven’t beaten [Shawsheen Tech.] since we’ve been playing the, m and we won 34-0!” Surette said.

Pallazola also attributes the team’s “outstanding success” to the cohesive chemistry despite players coming from five different towns.

“They didn’t grow up playing in the sand box together, yet they play and get along really well,” Pallazola said.

Pallazola said small schools often only have a few weapons, but this team is unique because



COURTESY OF TARA LYNE

Senior quarterback Pat Orlando throws a pass in a recent game. The team is undefeated for the first time since 1982.

they are solid all around and are executing really well.

Pallazola said senior captain and quarterback Pat Orlando

stands out in particular.

“He gets recognition because he deserves it,” Pallazola said.

Junior running back Brian Ci-

ccone also said Orlando deserves recognition.

“He is a great leader and role model for the rest of the team,” Ciccone said. “He always works hard and inspires others to do the same.”

Pallazola said the teams long-term goals are to win the League Championship Commonwealth Athletic Conference and ultimately the Division IV Superbowl at Gillette Stadium on Dec. 3.

In order to achieve these goals, the team needs to win the next four games and win the playoff games, which will be held after the Thanksgiving Game on Nov. 27. The next game is Friday, Oct. 31 in Chelsea at 7 p.m.

Cross Country competes in CAL race

By Maura Driscoll
INDEPENDENT STAFF

At the end of their season, the cross country team’s record is 7-5.

Faced with a school and team much larger than their own, the Hornets lost, in a recent meet, to undefeated Masconomet.

Losing 35-23, the top individual placements of the team were senior captain Eric Kimball at second, sophomore Ben Girard at fifth, and senior Leo Daley placed sixth.

For the first time all season, the scores of the girls on varsity could count as a team because

four junior varsity players were moved up to compete, and senior captain Caroline Martin placed first.

In a meet against Hamilton-Wenham, the team lost 18-42. During another recent meet, the team lost a close match to versus Newburyport 34-36.

Even more recently, the team beat Ipswich 25-32 and Wilmington 18-45 at a home meet.

Kimball came in first in the race with Girard close behind him at second overall. Martin placed first in the girls’ race and sophomore Jessy Appelftofft at 22nd.

Now that the regular season is over, the team shifted its focus to competition in the Cape Ann



DJ BALL PHOTO

The Cross Country team ended their regular season 7-5, allowing them to qualify for States. Post-season, the team competed in the Cape Ann League race. Top scorers for boys were Eric Kimball at 12th, and Ben Girard at 14th. Caroline Martin placed 11th for the girls’s team.

League Opener and qualifying for States.

Only the top seven runners on

the team competed in the Cape Ann League race.

The top scorers for boys were

Kimball at 12th and Girard at 14th. Martin placed 11th for the girls’ team.

Injuries plague girls’ soccer season

By Brittany Edwards
INDEPENDENT STAFF

As the season closes up, girls’ soccer have a record of 1-12 with one game left to play.

Losing several players to injuries has negatively affected the team. “Not having Hannah [Dumont], Jordan [Biggar], and Alessia [Guerriero] was really hard on us. It really brought down our team confidence as a whole,” junior Julia Martz said.

“This season has been especially difficult because of all the injuries. It’s insane how many people on our team have been hurt,” coach Keith Gray said.

Players are remaining positive. “Our plays are done well and everyone is working hard together, but the only problem we’re having is that we aren’t scoring,” sophomore Sarah Kirker said.

Despite the losses, players are already looking forward to the next season.

“Because a few of us will be seniors, we can control practice and the amount of running we have to do. Pre-season is going to be great, but we are definitely going to win next year,” junior Tasla Feuerbach said.

Golf team wins first tri-match, ends season with record of 6-9



COURTESY OF JAN FERM

The golf team ended their season with a record of 6-9. They were not able to qualify for the state tournament. Despite the fact that they did not qualify, the golf team won the first annual Old Cape Ann Classic tri-match. Coach Jane McConnell, (left) said team members were “committed.”

By Laurel Edington
INDEPENDENT STAFF

Ending the season with a record of 6-9, the boys’ golf team has come to a close without qualifying for the state tournament.

According to coach Jane McConnell, there were unexpected

wins and losses throughout the season.

The boys lost a close match against Amesbury, and they unexpectedly beat North Andover by one point. The team also lost by one to Hamilton-Wenham.

In regular time during the Hamilton-Wenham match, the score was tied, but the tie breaker

decided the match, and they came out behind by one point.

Overall, McConnell would have liked to have had a better record, and have qualified for States, but “the boys [played] well and they [were] committed.”

Sophomore Connor Howlett said the team should have won more matches, but he believes that

the team needed to stay more focused throughout the season in order to win.

According to McConnell, “It is an individual sport, but [everyone needs] to maintain their composure and make good thinking decisions. They need to be more mentally and emotionally prepared.”

McConnell said the four seniors Erik Ferm, Mike Dodge, Zeke Gillette, Sean Golden are the “backbone” of the team. Every match has different players who were very important to that particular match.

The golf team won the first annual Old Cape Ann Classic tri-match, a small tournament between the three schools: Manchester Essex, Ipswich, and Rockport.

“The boys played the same as they did before but these matches were more exciting,” McConnell said.

Small tournaments, like the tri-match, provide knowledge of other teams, she said.

“I think it was a good experience. We lost to Rockport before, but we won both matches in the tournament,” sophomore Alex Porter said about the tri-match.

Field hockey qualifies for division 2 tournament



NICHOLAS BOUWER PHOTO

Junior right wing Amelia Cohen reaches for the ball in recent home game against Georgetown. The team ended the regular season with a record 14-2-3. They are now practicing for their first tournament game, which will be held on Friday Oct. 31.

By Skylar Coons
INDEPENDENT STAFF

After defeating Triton, field hockey qualified for the Division 2 state tournament. Coach Pam Grant said the team, which had a regular season record of 14-2-3, practices six days a week. “The girls are very motivated, get along well, and have strong goals and aren’t afraid to work hard to get them,” she said. Practices have remained the same except for the additional running to keep up with teams like Newburyport and Lynnfield, which will be in the tournament.

Upcoming games are going to be played against teams they’ve already beaten, and Grant wants to make sure the girls don’t take a day off and play as hard as they can. “They work together as a team and fire each other up. They don’t let each other get frustrated, and they look out for each other, not just themselves,” Grant said. Since making it into tournament, they’ve stepped it up. “I don’t think these girls have ever relaxed,” Grant said. To add to the team, senior Lee Stroman is back playing right wing after her ACL injury. “While watching from the sideline, you can see how much we need to talk on the field,” Stro-

man said. Working together has been a main strength for the team. They plan on keeping up the intensity and good communication, according to junior Amelia Burke. Burke, who plays left wing, scored 19 goals this season. She has a strong confidence in the team as a whole. “We’re gonna be state champs, so watch out!” she said. When they defeated Rockport 4-0 on Friday, Oct. 24, the team became Cape Ann Small League Champions. Last week at a CAL meeting, the coaches voted Amelia Burke and Patty Wright as all-stars and Mere Crofton and Amelia Cohen as all-league stars.

Featured Athletes

Martin’s persistence earns results

By Annelise Eaton
INDEPENDENT EDITOR

Senior cross country captain Caroline Martin started running in second grade and has been training ever since. At age 8, Martin began her cross-country, running with the Cambridge Jets. In the following years, Martin gained experience in both track and cross country, qualifying for Nationals as a sixth grader. “I came in 14th in the 1500-meter dash, but I don’t really consider that my proudest moment anymore since I was so young,” she said. Martin has continued her success in high school, running in first position for the girls’ cross-country team since freshman year. While she had a successful junior season that led her to individually qualify for States, Martin said she has improved significantly this year. She is currently running the 5K in about 19:17 and has finished in the top 10 percent in all of her races. “This year I’m really happy

because I’ve been improving my times by about a minute,” she said. Martin attributes her improvements to more intensive training and her focus on staying hydrated and eating healthfully. “I’m a vegetarian, so I have to be careful to get enough protein in every meal,” she said. To prepare for races, Martin practices with the boys’ cross country team, whose workouts include eight-mile runs, sprints and interval training. While she enjoys her training, Martin said she loves the sense of accomplishment. “After a race, it feels like all of your hard work went to a good cause,” she said. Martin said she has been focused on individual goals more than team goals in high school, since the girls’ team often does not have the five racers necessary for a team score. “It would be great to count as a team, but I just try to focus on doing the best I can,” she said. After graduation, Martin hopes to run track, where she will participate in the two-mile, and cross country for a Division III college.



COURTESY OF CAROLINE MARTIN
Senior Caroline Martin started running in second grade for the Cambridge Jets.

“I want to run in college,” she said. “But right now I’m just trying to improve my times as much as I can.” Cross country coach AJ Migonis recognizes Martin’s drive to succeed as one of her best features as an athlete. “Her strongest aspect is her desire to improve and reach new levels,” he said. Sophomore Jessica Appelftoft said Martin’s optimism is an uplifting influence on the team. “She’s always so so so positive,” Appelftoft said. “She always gives me the ultimate pep talks and helps me to be at my best mental and physical potential before meets.”

Graves aspires to play college soccer

By Kaitlin McDonagh
INDEPENDENT STAFF



EMILY HAMMOND PHOTO

Returning for his second year as starting goalie on the varsity soccer team, junior Matt Graves is a skilled player and teacher, according to his coach and teammates. “Matt is a very solid keeper that is going to do his job well every single day,” varsity coach Rob Bilsbury said. According to Bilsbury, Graves is also a skilled field player. “If an emergency came up and he needed to play the field, he could definitely hold his own,” he said. During practice, Graves coaches the junior varsity goalies. “He helps my positioning, and he teaches me how to position myself well when someone is coming down the field and it’s a one on one situation,” sophomore Pietro Gaudiano said. Graves plays on the Manchester team and attends soccer camps. He recently made the State Olympic Development Program, which is run by the United States National Soccer Association. The State Olympic Team is made up of the top soccer players in the state. Graves was influenced to play

Junior Matt Graves made the State Olympic Development Program. soccer by his father, John Graves, who also played soccer as a boy and as an adult. Another person who has had an impact on him is Mustapha Achab, who played on the Moroccan national soccer team and coached Graves at Achab Soccer Academy during the summer. Graves would like to play soccer in college. Amherst College is at the top of his list. “I like the head coach they have there. I like the campus [and] I’ve been to a couple clinics out there,” he said. Playing soccer professionally is something Grave’s would love to do, even though he knows the pay isn’t great.

Boys’ soccer: Team ends season with tie vs. rival, does not qualify for championships

By Rebecca Lynch
INDEPENDENT STAFF

Despite recent losses, the boys’ varsity soccer team has had a great season, according to coach Robert Bilsbury. The team is reaching the end of their season with a record of 1-9-4. “We’ve got a lot of guys that are hurt right now, so we’ve had to switch things around a bit, but we still have a lot of strong experience on the team,” said junior center midfielder Greg Doyle. He also said the team has improved in communication and playing the ball up the field.

Bilsbury said the team chemistry, hard work, and heart have stood out this season. “Every single match, whether we’re playing one of the best teams in the state or whoever, we’re always trying to get better at soccer. That focus and that intensity have been with us the whole season, which has been great,” he said. Players agreed with Bilsbury on the success as a team. “I think we’re really unified.

We practice and play as a team. We are really strong, and we’ve improved on our possessions,” sophomore wing Will Curatolo said. The players noted specific skills and improvements during the season. “We’re more relaxed in our play, and we’re moving the ball really well,” sophomore wing Pietro Gaudiano said. Sophomore center forward John Houston said the passing has improved and players are getting their heads up more.

Bilsbury said team chemistry, hard work, and heart have stood out this season.



COURTESY OF MATT GRAVES

Boys’ soccer team offenders make their way down the field in a recent game. They ended their season with a record of 1-9-4. Bilsbury praised the nine seniors. “My captains, Jake McIntosh, Cam Doane, and Peter Gudonis, have done an excellent job,” he said. “The seniors on the team have done really well, through daily contribution, leadership, and playing the way I want them to play. They’ve been a good influence on the younger players,” he said.

Featured Artist

Freshman brings personal style to Japanese art

By Kaitlin McDonagh
INDEPENDENT STAFF

Although popular in Japan, Japanese animation is not as well-liked by teenagers in the United States. Freshman Jamie Rynkowski feels differently.

Japanese animation is made up of two sub-categories; anime and manga.

Anime is an animated Japanese cartoon that differs from traditional American cartoons.

“It has more action and is funnier,” Rynkowski said.

Another aspect of anime is that the characters have large eyes.

Manga is the term for Japanese comics, and they are also referred to as graphic novels. The illustrations are similar to that of anime, except there are more styles of il-

lustrations varying from bold, defined lines to less defined illustrations.

Rynkowski said even though a lot of people don’t watch anime, it is extremely easy to get hooked. “Regular cartoons bore some people,” she said.

She likes anime better than American shows because of the jokes and the fact that it is directed at teenagers.

“It’s extremely popular with teens in Japan,” she said.

Rynkowski has been drawing Japanese animation for one

year. Her friends, freshmen Kayla Reed and Emily Gonzales, got her interested and share her interest for drawing and watching Japanese animation.

Art teacher Marion Powers was impressed when she first saw Rynkowski’s illustrations. “She

‘[Rynkowski] was able to master a technique and combine it with features representing a style of her own.’
-MARION POWERS



DJ BALL PHOTOS

From clockwise: ‘Red Fairy,’ freshman Jamie Rynkowski, ‘Seeking Solace Somewhere,’ or a self portrait.

was able to master a technique and combine it with features representing a style of her own,” Powers said.

Gonzales also appreciated Rynkowski’s work. “She seems to improve with every picture, so I can’t wait when she shows me new ones,” she said.

Powers is also looking forward to future drawings. “All I can suggest is [that] she draws more



and further develops her individual style,” she said.

Rynkowski enjoys drawing people and characters. She has gotten requests from her friends to draw them as Japanese animation characters.

Her drawings usually consist of bright colors and humorous poses or comics.

Rynkowski prefers to draw in her room with the door closed. “I don’t like to have people looking

FAST FACTS

- Japanese animation is divided into two sub-categories.
- Anime is a Japanese cartoon aimed at teenagers.
- Manga are Japanese comics, also called graphic novels.
- Manga is read from right to left.
- Anime characters are defined by their large eyes and a cartoon aspect to their looks.

over my shoulder while I’m drawing,” she said.

Music is a huge inspiration to Rynkowski. “I can draw for hours at a time while listening to music,” she said.

When stuck for ideas, Rynkowski also gets inspiration by browsing through Japanese animation pictures online. She said it is sometimes hard to get ideas because it depends on what mood she is in.

Rynkowski would like to start a career in Japanese animation. The Art Institute of Boston is her ideal college, and she would like to travel to Japan for a month to learn more about the culture.



BOBINA VANDER LAAN PHOTO

Senior Stephanie Smith and junior Bobina Vander Laan met author John Green as he promoted his novel ‘Paper Towns.’

Author John Green visits Boston

By Bobina Vander Laan
INDEPENDENT STAFF

Imagine meeting your favorite celebrity. That’s how I felt when I met author John Green, who stopped at Cambridge College on Oct. 17 to promote his new book “Paper Towns”.

Green is a young adult author who has written three novels.

Both “Looking for Alaska” and “An Abundance of Katherines” propelled him into the YA author world, the latter winning a Michael L. Printz Award. “Paper Towns” last week made the New York Times Bestseller list at #5.

The novel “Paper Towns” is about high school senior Quentin Jacobson’s struggle to understand himself and those around him.

The plot revolves around the search for Margo Roth Spiegelman, an adventurous girl who has run away from home, only leaving mysterious clues in her wake.

As Quentin delves deeper into

the clues, with friends by his side, he finds another side of Margo.

Green’s novel is well written and rings true to what teenagers seek to find: definitions of other people. These definitions are never crystal clear, as experienced through “Q” and his friends.

“Paper Towns,” both funny and heartbreaking, left me laughing uproariously at the description of Q’s friend’s house, the location of the world’s largest collection of black Santas, but also feeling distraught with Quentin’s distress over the fate of Margo.

Anyone can relate to “Paper Towns” because everyone comes to a point in his life when he stops and thinks: “Am I really living? Is anyone else?” Or the more appropriate question would be “Am I living in a paper town?”

Meeting Green in person was an amazing experience. He read an excerpt from “Paper Towns” and answered questions from the audience. He was everything I expected and more.

Junior Thomas publishes six works in Teen Ink

By Emily Hammond
INDEPENDENT EDITOR

Teen Ink chose junior Kara Thomas’s poems and short stories to be featured on their website in September.

Teen Ink, a national teen magazine and website devoted to teenage writing and art, depends completely on submissions from teenagers nationwide for its content.

“[The magazine] has a section for poems, politics, community service, college essays, reviews, fiction [and] nonfiction,” Thomas said.

Thomas first learned of Teen Ink through her creative writing class taught by Dr. John Stuart, which she has been taking since her freshmen year.

In Stuart’s class last year, Thomas decided she wanted to submit her work to the Teen Ink website. She worked throughout the end of the year and into the summer to finish three short stories and three poems to submit.

“When I found out that I was going to be published on the website, I was really excited. Having my work out there, for everyone to read, is thrilling,” she said.

Thomas’s stories and poems were published on the website on



TAVIA POMAZON PHOTO

Thomas had three poems and three stories published in Teen Ink.

Sept. 16. The pieces that were published range from a number of topics.

“I have written poems and stories about summer, love, Boston, my job, among many more. I write about everything,” she said.

For Thomas, writing is a way of expressing herself.

“I’ve been writing for a long time, and

it’s always been an interest of mine. It’s my way of letting my thoughts out and being creative,” she said.

Thomas’s teachers and peers are proud of her accomplishments.

“I always knew Kara would go far with her writing. Being published in Teen Ink is just the beginning of her long, successful career as a writer,” junior Justine Kane said.

“She is original, hilariously funny and no one deserves it more than she,” Stuart said.

Excerpts from Kara Thomas’ work

So Long Sweet Summer

So long sweet summer,
I had my fun
Staying out longer than the sun
Forget the day
Watching my cares swim away
Getting a tan
Watch it fade
So long sweet summer wish
you could have stayed
Its invite only to this new thing
With automatic RSVP
Girls with their glitter their gowns, their lies
Boys with their comments, suits and butterflies
We all want to achieve, it's to hard to do
Can wait till karma gets you
So paint on a smile, get a helmet and while you're at it a brain
This school is bound to drive you insane

You See Me For Me

You see me for me
Through the green eyes
You see into my soul
And I'm starting to realize
You know me more than another
And under your breath you mutter
I know your secrets



EMILY HAMMOND PHOTO
Seniors Charlotte Cheshire and Meg Kackley watch a video on a new camera.

Film club: Spaulding grant provides state-of-the-art equipment

By Emily Hammond
INDEPENDENT EDITOR

With the school year underway, the film club has started up again with new, state of the art equipment.

Last year, seniors Alison Nitkiewicz and Charlotte Cheshire started the film club for students who were interested in filmmaking. This year they have made changes to the club, partly due to the new equipment.

Nitkiewicz and Cheshire are both excited to use the club’s new equipment, which they received through their Spaulding Trust grant.

“We’re getting four Canon HG 10s, which are high definition and really nice. We’re also getting microphones and tripods,” Cheshire said. “Basically all the equipment you need to make a good movie.”

According to Nitkiewicz, this is a huge improvement from last year, when they had no equipment.

“Last year we were really limited as to what we could do. Some members had their own cameras, but not many. This year we have this great equipment, so everyone can learn first-hand the art of filmmaking,” Nitkiewicz said.

One of the changes this year is that the club isn’t just for those who want to make movies, but anyone interested in films in general.

“We’re no longer just about making films, but appreciating

them,” Nitkiewicz said.

According to Cheshire, the club meets every Thursday afternoon where they watch films and teach different filming techniques.

There’s students from all grades in the club, and, according to Nitkiewicz, everyone gets along really well.

“This year there are a lot more group activities and less individual work. This helps everyone to get to know one another,” Nitkiewicz said.

Members agree that the film club has only gotten better with time.

“So far the film club has been a lot of fun. I was a member last year, and this year has already even more incredible. We do so many fun activities, and we’re planning to hold movie nights at the school to showcase some great films to students,” senior Hannah Gurley said.

This year, the teacher advisors are Dan Koughan and Caroline Epp.

“They are very helpful. Both of them are very knowledgeable in film and add a lot to the club,” Cheshire said.

According to Epp, it is up to the members to determine how many movies they make this year and what they are about.

“Mr. Koughan and I provide support and guidance and offer technical information, but the rest is up to the kids. The amount of films that we make is entirely in their hands. We’re just there to facilitate them through the process,” Epp said.

‘Twilight’ comes to theaters Nov. 21

By Rebecca Lynch
INDEPENDENT STAFF

Nearing midnight on Nov. 21, thousands of teenagers dressed up as vampires and werewolves will be milling around movie theaters nationwide in eager anticipation of the approaching hour.

While such atmosphere is usually reserved for “Harry Potter” movie releases, this pandemonium will be due to the release of “Twilight,” a film based on the first book in a series by Stephenie Meyer.

The plot is simple: a human girl and vampire fall in love, but he also thirsts for her blood. The romance and complications that ensue make the books addicting.

Over the past four years, “Twilight” has achieved such popularity that it has often been compared to the “Harry Potter” series.

The main character is Bella Swan, a 17-year-old who moves to Forks, WA. There, she becomes infatuated with Edward Cullen.

Edward is also 17, but he’s been 17 for the past 90 years. He’s a vampire, and appears to be normal, except he is ghostly pale and is strikingly beautiful.

Vampires in “Twilight” aren’t typical Hollywood vampires with fangs and a dislike for garlic. They do drink blood, but the Cullens hunt animals and not humans. The vampires have incredible strength, speed, and some, including Edward, have special powers.

As their relationship develops, the Edward and Bella become closer. The twists and turns that follow create an intense and intricate plot that is both enjoyable and addicting.

In the film, Bella will be played by Kristen Stewart (“Catch that Kid”) and Edward will be played by Robert Pattinson, who most will recognize as Cedric Diggory in “Harry Potter and the Goblet of Fire.”

The director is Catherine Hardwicke, whose previous works include “The Nativity Story” and “Lords of Dogtown.” The movie was filmed in Oregon and Washington, the same locations the

MEET THE CHARACTERS



SUMMIT ENTERTAINMENT PHOTO

Bella Swan, played by Kristen Stewart, is a 17-year-old girl who moves to Forks, Wash., to live with her dad. There she meets and falls in love with the dazzlingly beautiful vampire, Edward Cullen.



SUMMIT ENTERTAINMENT PHOTO

Edward Cullen, played by Robert Pattinson, is a 90-year-old vampire who is forever frozen at age 17. He falls in love with Bella Swan, who comes to live in Forks when she is 17.



SUMMIT ENTERTAINMENT PHOTO

James, played by Cam Gigandet, is the vengeful “tracking” vampire who hunts Bella across the country because of her ‘delicious’ scent.



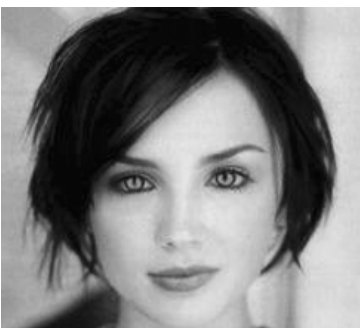
IMDB.COM PHOTO

Jacob Black, the Quileute Native American, befriends Bella when she first comes to Forks. He, too, has some supernatural secrets.



IMDB.COM PHOTO

Carlisle Cullen, the leader of the vegetarian vampire coven in Forks, is played by Peter Facinelli in the movie. He is technically over 300 years old.



IMDB.COM PHOTO

Alice Cullen, played by Ashley Greene, is Edward’s adopted vampire sister. Alice is Bella’s best friend, and also has the power to see the future.

FAST FACTS

- Release date: Nov. 21
- Starring: Kristen Stewart, Robert Pattinson
- Directed by Catherine Hardwicke
- Filmed in Wash. and Ore.

AC/DC holds onto rock n’ roll for 35 years

By Skylar Coons
INDEPENDENT STAFF

Only eight days after the release of their new album and eight years since last tour,

CD REVIEW

AC/DC will return to playing shows on the “Black Ice World Tour.”

Age may not be on their side, but the band created a great new album, showing that they are still capable of writing stunning guitar solos and catchy lyrics.

“Black Ice,” was released Oct. 20 with 15 new songs. Their new songs hold on to their rock n’ roll

roots with a bit more bluesy rock. Each introduction into the songs brings the familiar sound of the hard rock group.

Their new single, “Rock N’ Roll Train” was first to be released along with a new video. As the band’s first new single since 2000, the song gives a good idea of what the album is like.

The lyrics “Your mind on a fantasy / Living on ecstasy/ Run-away train / Running right off the tracks,” add to the fast pace of the song and describes the life of AC/DC.

“Rock N’ Roll Train” draws you into the album, but “She Likes Rock N’ Roll” hooks the listener with the lead guitar and



FLICKR.COM PHOTO

AC/DC has been together since 1973. Their new CD, ‘Black Ice,’ was released Oct. 20.

with the bass.

It has a catchy guitar rhythm and lyrics. “She digs rock n’ roll / She likes rock n’ roll / You want rock n’ roll,” emphasizes the band’s love for rock n’ roll.

Another song that is named “Rock N’ Roll Dream” is melower than the usual hard rock. The song has a quiet drum beat and less powerful guitar that creates a soft tone.

“Deep water all around me / Circle sharks all about / Deep in trouble,” begins the song. The image of sharks circling creates a gloomy mood, and it makes the song even mellow than the instruments alone.

For people who may not like AC/DC or hard rock, “Rock N’ Roll Dream” could change their minds.

Only 13 concert dates remain available (some sold out in 15 minutes.) While many people claim that AC/DC songs all sound the same, the outcome of ticket sale has proved that wrong.

AC/DC formed in 1973. All five members of the band are in their late 50s and early 60s. In 2003, AC/DC became a member of the Rock N’ Roll Hall of Fame.