

# the **INDEPENDENT**

Volume XV Number 8

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

May 11, 2009



MOLLY FRIEDMAN PHOTO

A mother duck and her 11 ducklings are residing below a rhododendron bush in the school courtyard. This is the third year the mother has returned to nest here. An animal control officer was unable to capture the mother, despite several attempts. He recommended providing a wading pool for the family and said the ducklings should fly away when they are ready.

## DECA: Team travels to Anaheim for ICDC; teacher will not return from leave

By Maura Driscoll  
INDEPENDENT STAFF

Twenty-three DECA team members traveled to Anaheim, Calif., to compete in the International Career Development Conference.

In preparation for the trip, senior Tim Jordan and his campaign team worked hard to raise awareness for "Joining the Jordan Journey" for the North Atlantic Regional Vice President election.

Jordan did not win the election, but he said, "It was an amazing experience being able to coordinate a campaign this large."

Senior Jordan Biggar said in regards to the loss, "The ending was not in Tim's favor, but he took everyone on a journey that will never be forgotten."

Jordan was not the only team member vying for a spot on the

stage at the ICDC, and some were successful.

"Six students were called up onto the stage to receive rewards at the Mini Awards Session," DECA adviser Dean Martino said. "We had five finalists perform an additional role-play, which translates to the top 20 of all competitors. In addition, we

had one student receive a medallion for a role-play but did not make the top 20." Students named in the top 20 were seniors Emily Hammond and Charlotte Cheshire for their work in Buying and Merchandising

Team Management Decision Making, senior Elsa Keefe for Apparel and Accessory Marketing,

junior Emily Malik for Apparel and Accessory Marketing, and senior Erik Walder for Automotive Services Marketing.

Additional medallions were awarded to junior Justine Kane, Hammond, Cheshire, Keefe, Malik, and Walder.

In other DECA news, former adviser Laura Benincasa will not be re-

turning next year as planned to teach the class.

Senior Spenser Peterson said, "It is sad to lose a teacher like Ms. Benincasa because she's the kind of person that makes you look forward to class each day, rather than dread it."

"Although she has resigned, I am sure that Manchester-Essex will never lose its DECA spirit," Jordan said.

It is currently unclear who will take over the DECA position, but

**'Although [Benincasa] has resigned, I am sure that Manchester-Essex will never lose its DECA spirit.'**

**-TIM JORDAN**

## SCORE projects

### Some seniors work outdoors at ERBA, Project Adventure

By Skylar Coons  
INDEPENDENT EDITOR

SCORE has started and 65 out of 93 seniors are participating.

Marty Stephan, SCORE adviser, said, "Kids are enjoying their time working with kids at the elementary school and at the pharmacy because they want to go to school to be a pharmacist. Some are taking the train into Boston."

#### Seniors

Cam Doane, Shane Gordon, and Andrew Loy are working at ERBA, a kayaking company in Essex. The company is also paying for their guide training.

"ERBA is a great learning experience and prepares us for a job in this field for not only the work we do there, but it sets us up for other possible jobs," Doane said.

"The people there are really interested in the experience that we need to be productive in the environment," he added.

Seniors Nick Congdon and Graham Sands-Milsom are spending SCORE with Project Adventure in Beverly.

"I wanted to do something outside. The company specializes in rock climbing and ropes courses," Sands-Milsom said.

"Mr. Magers gave me the idea, and I loved it because I love being outside and climbing," Congdon said. "Hopefully they will offer me a job there."

Both of them take interest in being outside, but they're working in the office and setting up courses until it gets warmer and busier.

Another senior, Alli Pine, is teaching yoga to younger students at school. "I'm going through a certification process of 200 hours which enables you to teach yoga," Pine said.

"I love teaching because it makes me the happiest that I've been because I love yoga," she said.

Senior Julian Morris-Haaker is working at the Franklin Park Zoo, taking care of goats, sheep, ponies, miniature horses, and donkeys.

"It's fun being around the animals. It's hard work, but I've learned to appreciate it," Morris-Haaker said.

See SCORE, page 3

**'ERBA is a great learning experience and prepares us for a job in this field'**  
**-CAM DOANE**



MOLLY FRIEDMAN PHOTO

As of press time, teachers have worked without a contract for 253 days. To raise awareness of the fact, they have demonstrated in front of the school after 2:15 and are wearing buttons stating the amount of days without a contract. They are currently in mediation with the School Committee to agree upon a new contract.

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## BRIEFS

### Rotary, Interact Clubs select DuBois as first annual Educator of the Year

History teacher and girls' varsity basketball coach Lauren DuBois was selected by the Rotary and Interact Clubs as the first annual Educator of the Year. She was honored at the Rotary Club's auction on May 9.

### Future English department chair named

English teacher Debra Isensee has been selected to be the English department chair after current chair Dr. John Stuart retires in June. Isensee joined the faculty in the fall of 2001 and since then has taught video production, grades 10, 11 and 12 college prep, grades 10 and 11 honors and grade 11 AP.

### Hunt nominated for Parent of the Year award

Assistant librarian Cathy Hunt was nominated by juniors Hillary Doucette and Amelia Burke for the Wellspring Parent of the Year award. Although she did not win, Hunt said she was thrilled with the recognition. "It was such an honor," she said. "I was so surprised."

### Guidance offering community service opportunities

Guidance has several community service opportunities for the spring. The Council on Aging is asking students to sell their telephone book in front of the Manchester post office and Crosby's on weekends and/or Friday afternoons.

The Wellspring House is hosting an event on May 17 at the Cape Ann Family Center. The organization is looking for students to help create vegetable gardens for families.

North Shore Medical Center will sponsor a 6.2 mile walk through historical parts of Salem on June 21 to benefit oncology services.

Please see guidance for more information on time and place.



MOLLY FRIEDMAN PHOTO

In the new building, workers are finishing the sprinkler, water systems, and the rigging for the stage curtain; suspending the soundboards from the ceiling, installing electrical components, flooring, and hardware; and painting the hornet on the floor of the gym. The kitchen equipment is all set up. Remaining touches to be completed include carpeting, tiling, and the store front for the community entrance to the school. Students and teachers say they are excited for the move into the new building.

## New school update

# Workers complete features, teachers prepare for move

By Hannah Daley  
INDEPENDENT EDITOR

With teachers receiving their boxes to pack up for the move into the new school, things in the new middle/high school building are moving along as well. Several aspects of the building are still in progress; however, workers are also finishing up several features.

Workers are tying the main lines for the fire sprinkler system together and connecting the water

systems. On the ground floor, building staff members are painting the edging around the ceiling in the locker rooms. They are also installing rigging for the curtain in the auditorium, along with suspending the clouds (sound boards) from the ceiling.

As for final touches, workers are finishing the electrical aspects of the building, which include plugs and light switches. The wood floor is just about complete in the gym, and they are painting the first coat of the hornet in the center of the floor. Workers are

also finishing up hardware such as door knobs and switch plates.

Kitchen equipment is all set up, which include grills and the serving aisles. Some aspects that are still left to do are the carpeting, tiling, and the store front for the community entrance.

Students and history teacher Lauren DuBois said they are excited for the new school.

"I am very excited, but it's going to be kind of confusing finding all the classes because the school is so much bigger. I'm glad that everyone's going to be experi-

encing the same confusion though," sophomore Abbi Biggar said.

"I am excited that we are getting a building that is going to be so green and won't leak when it rains, but I will still miss the building we're in now," sophomore Darcey Babikian said.

According to DuBois, she has not received her boxes for the move yet, but she is excited for the new school. "It's going to be a nice change, and I think the new facility will promote a better learning environment," she said.



BRITTANY EDWARDS PHOTO

Juniors Matt Hoyle and Jack Kelly accept their trophies from the Harker Tournament in California. They competed at the Tournament of Champions on May 2.

## Four debaters compete at TOC in Kentucky

By Nick Bouwer  
INDEPENDENT PHOTO EDITOR

At the debate tournament of champions (TOC) in Lexington, Ky., on Sat., May 2, 200 schools competed for the prize trophy.

"Schools come from across the country. I think probably each state is represented. A lot of good teams came from Florida, North Carolina, and New York," TOC debater junior Matt Hoyle said.

Students must gain bids to progress to the higher tournaments.

"Basically, in order to compete you have to do well in at least two major tournaments in the year. Or if you have done well on only one your coach can submit an application to enter," coach Jonathan Peele said.

Many events at the tournament covered a variety of different sub-

jects.

"The event that our students were qualified for is public forum debate. In that event the subject changes per month," Peele said.

"It's mainly current issues like nuclear energy, unions, health care, and the rise of globalization. Basically world affairs is what we debate about," TOC debater junior Jack Kelly said.

Hoyle, Kelly, and seniors Max and Luke Elder competed.

"Jack and I went 2 and 5 and Luke and Max went 3 and 4. I think we could have prepared better, but overall it was a great experience, and I enjoyed it thoroughly," Hoyle said.

"I think we could have done a better job preparing for the overall events, but we had a great time and there will always be next year," Peele said.

Qualified debaters can compete at the NCFL Nationals in Albany, N.Y., from May 22-25.

## District hopes Strategic Plan will provide course for future

By Julia Melamed  
INDEPENDENT EDITOR

By switching to a long-term system of Strategic Planning from an annual plan, the district aims to set goals for the next three or four years.

According to Superintendent Marcia O'Neil, she and business manager Judy Mulligan went to Endicott College to work with seniors who have Masters of Business Administration. The students, Megan Libby, Jackie Erbabina, Nick Bauer and Adam O'Connor, chose to make the district's goals their project.

The students have been conducting 11 focus groups, which consist of teachers, parents, high school and middle school students, and community members to get as much feedback as possible.

One method of feedback is called SWOT analysis, in which the students observe the strengths, weaknesses, opportunities and threats for the district to obtain

much of the information they need to devise a plan.

The students worked with their professor at Endicott College and developed a survey, which was sent to parents, teachers, community members, students, faculty members and published in the Gloucester Times.

It determines how the community feels about the importance of aspects of the curriculum, student proficiency, elementary school facilities, course/program offerings, community involvement, teacher/staff development, district cohesiveness, special education, adherence to policy, post graduation, diversity and going green.

The students gathered the results of the survey to determine how to improve their plan.

They have also formed working groups consisting of representatives from some of the focus groups. The project has used some of the groups' ideas to draft vision and mission statements and potential objectives.

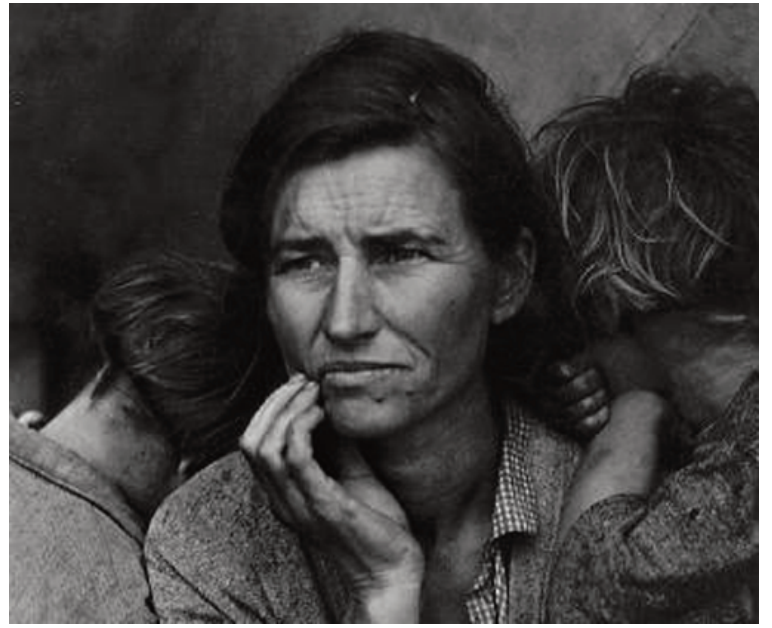
According to O'Neil, the Strategic Plan will be the district's outline of goals from 2009 to 2014. "It's a really exciting project," she said. "I hope the project will provide us with a map into the future, a continuous improvement plan for students to learn and teachers to teach."

O'Neil said the students have finished writing the plan and the district hopes to have a preliminary draft by the end of the year. The School Committee will vote on components of the plan as they are completed.

### FAST FACTS

• The Strategic Plan will provide an outline of goals from 2009 to 2014.

• Eleven focus groups will provide feedback to improve the plan.



COURTESY OF WIKIPEDIA.COM

“Washington Crossing the Delaware” and “Migrant Mother” are two American pieces of art in the “Picturing America” program.

## Grant brings American artwork to new school

### Students, teachers will use laminated prints in the classroom

By Stephanie Smith  
INDEPENDENT EDITOR

Through the National Endowment for Humanities, librarian Sue Krause applied for and received a “Picturing America” grant that will bring 20 double-sided, laminated reproductions of American art to the new school.

The prints include “Washington Crossing the Delaware” (1851) by

Emanuel Leutze, “Abraham Lincoln” (1865) by Alexander Gardner, “Paul Revere” (1768) by John Singleton Copley, “Brooklyn Bridge” (1929) by Walker Evans, and “Migrant Mother” (1936) by Dorothea Lange.

“They’re beautifully laminated, beautiful art,” she said.

“They also come with a teacher’s resource book on how to use each piece of art in the classroom,” she said.

Krause, Essex Elementary li-

brarian Sue Hardy and art teacher Marion Powers attended a workshop on March 17 at the John F. Kennedy Library in Boston to learn how other schools have used this grant.

“It’s basically a collaboration between the art and history departments, but we’re hoping that other departments would use this,” Krause said.

Social studies department chair Dan Jewett said the artwork will be useful.

“It will help the social studies department, and I think the art department, teach on some really important concepts,” he said.

“Students can get up close to and interact with [the prints], handle them, pass them around... rather than something that’s simply up on a screen,” he said.

He thinks teachers will also benefit from the grant.

“It provides us with good, nice-sized resources to bring in... to let us do what we do better,” he said.

He and Krause want to display the “Picturing America” artwork throughout the new school, not just in the library.

“I’m hoping some will be in the library, some in the hallways, some in the art department, some in the classrooms,” she said.

Jewett agreed.

“This provides us with some wonderful assets to put throughout the building that celebrate American history and culture,” he said.

## Authentic Science Research:

# Four juniors will pursue local summer internships

By Brittany Edwards  
INDEPENDENT STAFF

Juniors Amanda Azadian, Norah Flynn, Jack Kelly, and Dan Scarafoni will participate in summer science internship as extensions of the Authentic Science Research course.

Since September, students in the Authentic Science Research program have been researching topics they will study and mentors they will work with.

Halfway through the course, students chose whether to intern or not.

“Each student this year did not shy away from overly-technical papers, tough topics or laborious tasks related to how to read research papers. This is a skill that

high school students rarely get the chance to learn,” ASR teacher Maria Burgess said.

This summer, all four students will spend six weeks with their mentor in a Boston-area research facility.

**‘Each student this year did not shy away from overly-technical papers, tough topics or laborious tasks.’**  
-MARIA BURGESS

Amanda Azadian will work with Dr. Anouj Bellare researching ways to reduce oxidation in biomaterials used to construct replacement joints, including the knee and

hip, at Brigham and Women’s Hospital.

Norah Flynn, working under Dr. Emery Brown at MIT, will research the relationship between different states of sleep and the brain’s function while going under

and recovering from anesthesia.

Jack Kelly will research the signal transduction pathways of proteins targeted in cancer and disease etiology with Dr. Angela Koehler at the Broad Institute at MIT.

Dan Scarafoni, who will work with Dr. Blaine Pfeifer at Tufts University’s Department of Chemical and Biological Engineering, will research the metabolic engineering of different natural biological products, such as, bacteria.

Students use this experience as a test for possible careers.

“I am seeking to obtain knowledge of the day-to-day workings of a research scientist and gain experience to make a better decision about my future,” Kelly said.

“The internship is an amazing opportunity to get experience in medical research before college,” Flynn said.

After completing their internship, students taking ASR II will compete in the Intel and Siemens national science competitions,

an album with the help of senior Brian Gaffney.

“I’m mostly playing drums on the album with the possibility of alto saxophone and vocals,” Gaffney said.

He is also building a snare drum. “The snare drum is a learn-

ing experience because I plan on majoring in engineering, and I also love music so building the snare drum is a combination of the two,” Gaffney said.

Seniors will present their SCORE projects to classmates and faculty on May 29.



NICK BOUWER PHOTO

Juniors Dan Scarafoni (left) and Jack Kelly (right) will be interning as part of the ASR program. Scarafoni will work at Tufts University, and Kelly will intern at the Broad Institute at MIT.

which require writing a detailed research paper and explanation on their work.

Students will also create an oral presentation about their internship and present it during the Research Seminar Series hosted by ASR. After that, they will prepare a poster presentation of their work.

“We hope to present the posters

at the BU Science Symposium next spring,” Burgess said.

Burgess said this year is the program’s most successful in procuring internship.

“They have worked incredibly hard in searching for internship. They took this task very seriously, which I believe is why they were so very successful.”

## Continuations

SCORE  
Continued from page 1

Some seniors are involved with musical SCORE projects.

Senior Colin Rosso is recording

DECA  
Continued from page 1

the job has been posted and is open to applicants. Martino said he has applied for the position.

Regarding the trip, Biggar

said, “Overall it was a great experience and so much fun. We are all very thankful for the time and effort that Mr. Martino and Mr. Peterson put into to making the trip the best possible trip to California.”

# Health Matters



## New flavored waters provide tasty, refreshing drinks

With various choices for flavored drinking waters on the market, choosing the most delicious and healthy option can be difficult.

News reports have shown the damage that soda and sports drinks have on the body. These drinks can cause exhaustion and even calcium loss, according to [www.ghchealth.com](http://www.ghchealth.com).

In response, major companies such as Coca-Cola created flavored water drinks, a healthy substitute for sugary sodas.

When selecting a flavored water, read the nutrition label. Many drinks have the same amount of sugar as sodas, and some drinks have multiple servings per bottle.



A healthy and tasty option is Fruit<sub>2</sub>O. According to [www.fruit2o.com](http://www.fruit2o.com), the drink contains no sugars, carbohydrates, or calories, even with two servings per bottle.

This flavored water also comes in eight different flavors, including raspberry and lemon.

The drink uses “Ace-K” as a sugar substitute, which contains no calories.

Fruit<sub>2</sub>O also only provides about 2% of the recommended daily value of sodium. It also offers vitamins C, B5, B6, B12, and zinc.



Another healthy option is Dasani Essence waters. Dasani drinks come in three flavors — black cherry, lime and strawberry kiwi, all available for \$1.49. These drinks also contain no calories, but in addition, they contain no preservatives or sweeteners in 2.5 servings per bottle, according to [www.dasani.com](http://www.dasani.com).

This option may be the healthiest, but it lacks the appetizing flavor that Fruit<sub>2</sub>O offers. The lack of sweeteners leaves the drink tasting like plain water.



A popular drink with students is Vitamin Water by Glacéau. Although one of the tastiest options available in 13 flavors, it is an unhealthy choice. A full bottle of Vitamin Water (which contains 2.5 servings) has 100 calories, as much as some sodas.

One bottle also contains 26 grams of sugar, a major cause of teeth rot. Although the drink contains too many sugars and calories, it supplies loads of vitamins. The fruit punch flavor even boasts 100% of the daily value of Vitamin C, and 50% of Vitamin B3, B6, B12, and B5, all for \$1.43.

*By Hannah Daley, Independent Editor*

## Student

# Profile

Jelisa O'Hara



SKYLAR COONS PHOTO

By Skylar Coons

INDEPENDENT EDITOR

**Grade:**

10

**Favorite musician:**

Citizen Cope

**Favorite color:**

Turquoise

**Grilled cheese or macaroni and cheese?**

Macaroni and cheese.

**Kraft or Annie's?**

Kraft.

**What's your favorite movie that's based off a book?**

'The Notebook.'

**What's your favorite show?**

'What I Like About You.'

**Who do you admire?**

Paul Pierce.

**Beach or mountains?**

Beach.

**What makes you the happiest?**

Sports.

**Who's your favorite teacher?**

Ms. Deluca

**What's your ideal man?**

He is tall, buff, blue or green eyes, athletic, funny, nice, brown hair, and not smarter than me.

# Senior teaches yoga to physical education classes for SCORE

By Molly Friedman  
INDEPENDENT EDITOR

For her SCORE project, senior Allie Pine is teaching yoga to certain gym classes after practicing it for five years.

“She’s been a tremendous delight, and breath of fresh air; kids

are really drawn to her, her essence,” SCORE adviser Marty Stephan said.

Pine began taking yoga classes at the Manchester Athletic Club, and “grew to love it and treat it as a lifestyle rather than a hobby.”

Not only does Pine enjoy yoga, she also loves to teach. “Yoga is not a sport or activity—it’s a spiritual lifestyle and is a blessing to

teach,” she said.

Pine hopes by teaching yoga to students she will spread the practice, resulting in more kids wanting to learn it and continue it outside of her class.

She said most of the kids enjoy learning yoga, but some find the positions to be frustrating.

According to Pine, yoga tests the strength of the body physi-

cally and mentally. Throughout the poses, Pine challenges her students by testing their physical strength with hard positions. She speaks to the students throughout the session, guiding them and giving confidence.

“I always thought that yoga was boring and never really had the patience to do it. When Allie taught it, it was clear that I was wrong,

and I think everyone enjoyed practicing yoga with Allie,” sophomore Vicki Grimes said.

Pine said clearing the mind of anything troubling and breathing through every pose intensifies the process.

“Yoga is able to calm the mind and body. It’s used to find serenity in yourself and grow strong,” Pine said.



MOLLY FRIEDMAN PHOTOS

Senior Allie Pine is teaching yoga to various physical education classes for her SCORE project.

Pine instructs sophomore Sarah Brown and freshmen Gina Caponigro and Daria Shnider (far left). Pine performs a tripod headstand (left and above).



## DEKA prosthetic arm simulates human movement

New invention is comfortable, easy to use

By Laurel Edington  
INDEPENDENT EDITOR

Dean Kamen, an inventor and entrepreneur, has developed a new prosthetic arm for people, like war veterans with extreme arm amputations.

The new prosthetic arm is named the DEKA arm, but it's often called "Luke" after the prosthetic arm Luke Skywalker wore in "Star Wars."

Unlike the DEKA arm, traditional prosthetic arms don't feel or act like the person's actual arm—some even have a hook for a hand.

In a trial run of the arm, a man learned how to use the arm in 10 hours. He was then able to pick up a bottle of soda, open it, and drink, all by using his toes to press the control buttons, [cbnews.com](http://cbnews.com) said.

According to [d6.allthingsd.com](http://d6.allthingsd.com), in another trial the arm was connected to a man's nerve endings, and he was able to control the arm just by thinking.

Kamen said, in a CBS interview, that the prosthetic acts like



WWW.DEKARESEARCH.COM

**Dean Kamen developed the DEKA arm, which is a new prosthetic arm that acts more like a real arm. It can pick up keys and a water bottle just by pressing the controls with toes. It was initially made for war veterans with severe arm amputations.**

a normal arm because the scientists and robotics specialists added special features to make the arm more comfortable and easier to use.

One feature allows the prosthetic arm to lift up to 40 pounds, and another makes the fingers work gently enough to pull grapes off of a cluster.

The fingers on the hand of the DEKA arm are small enough for texting and unlocking a door be-

cause of the arm's six "grip settings," which are specifically programmed for daily motions.

According to [www.cbnews.com](http://www.cbnews.com), scientists realized that people who need prosthetic arms don't always wear them because they may not fit the amputated area correctly and can be heavy. The DEKA arm was made lightweight and easy to attach to different angles of amputations.

## White House garden advocates growing vegetables

By Bobina Vander Laan  
INDEPENDENT EDITOR

Advocating home-grown foods and nutrition, the White House planted a vegetable garden for the first time since Eleanor Roosevelt's victory garden after World War II.

According to the New York Times and the White House blog, the organic garden grows food for the first family's meals and Miriam's Kitchen, which serves food to homeless people. Another important function is to educate children about eating healthy and nutrient rich home-produced food.

The first lady and students from Washington's Bancroft Elementary School broke the ground on the South Lawn on March 20, according to the New York Times.

People all across the country can learn from the White House garden. Several vegetables are easy to produce at home, even in a small plot of land. Growing organic food at home provides for a healthier lifestyle, not to mention saving money in place of buying from a supermarket.

To start a vegetable garden, choose a proper spot that receives full sunlight, an important factor for Northern gardeners, according to [Gardenguides.com](http://Gardenguides.com). The ground should be tilled before sowing seeds, in order to stir up nutrients below.

Compost is the best to "feed"



WWW.WHITEHOUSE.GOV/  
JOYCE N. BOGHOSIAN

**First Lady Michelle Obama has planted a vegetable garden at the White House. They are growing organic vegetables for the family's meals and also for Miriam's Kitchen, a local homeless shelter.**

plants because it is made of biodegradable materials and is full of nutrients. Take the proper measures to protect against birds and bugs, using scarecrows if necessary. Keep the soil properly watered, especially throughout droughts.

Weeding is also important to maintain in a garden According to [Suite101.com](http://Suite101.com), weeds are competition for space, water and nutrients in a vegetable garden. The best way to eradicate them is dig them up by the stems regularly, although picking the heads off works in a pinch. Chemical herbicides may also be used, if the

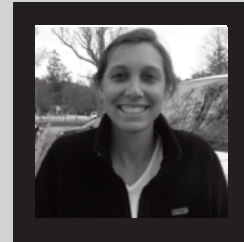
weeds are persistent.

For beginner gardeners, many options may be chosen from including carrots, lettuce and tomato, according to [Suite101.com](http://Suite101.com).

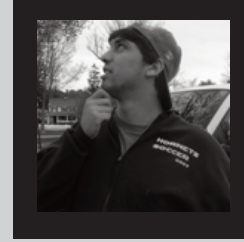
Carrots prefer light, sandy soil and full sun. Seeds can be sowed as soon as the ground can be worked. More seeds can be planted throughout the summer, keeping a steady supply of fresh vegetables. Suggested varieties are Nantes, Chantenay, Touchon and Short n' Sweet. The price of packets of seeds range from around \$2 to \$3, according to Gurney's Seed and Nursery.

Lettuce can be planted throughout all growing seasons, but is best in early spring and fall. Summer is not the optimal time because the leaves are prone to wilt in the sun. One may grow all varieties, but stay away from head lettuce. By picking just the outside of the leaves, instead of the whole, harvesting can last longer. The cost of seeds range from \$2 to \$3.

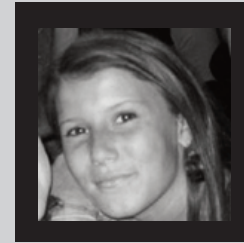
Tomatoes are another popular garden vegetable, but they need to seed before being placed in a garden. Seeds can be grown inside then placed outside after the threat of frost has passed or can be bought from greenhouse nurseries. The most popular include Celebrity, Brandywine, Cherry or Beefsteak. Tomato plants cost from \$4 to \$20.



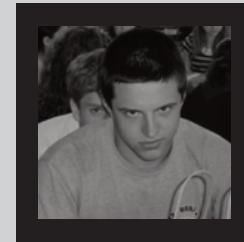
Senior  
Jen Bishop:  
Kate Hudson.



Senior  
Jake McIntosh  
Jake Gyllenhaal.



Junior  
Amelia Burke:  
Elmo.

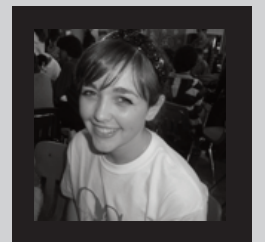


Junior  
Ben Kekeisen:  
Chris Rock.

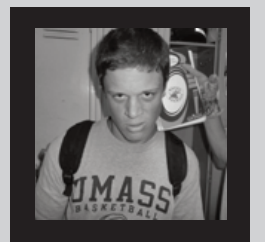
## Student Speak

Who would you like to play you in a movie version of your life?

Sophomore  
Olivia Peterson:  
Drew Barrymore.



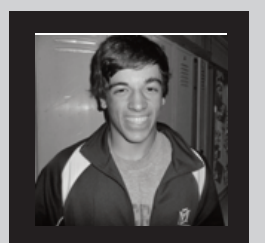
Sophomore  
Danny Oliver-Munn:  
Jim Carrey.



Freshman  
Anny Carr:  
Beyonce.



Freshman  
Andrew Randall:  
Will Farrell



# Create a new atmosphere with a room make-over

Spring has begun and now it's time for spring-cleaning. Instead of just cleaning, re-doing your room is a more fun way to clean, create a new place, and relax.



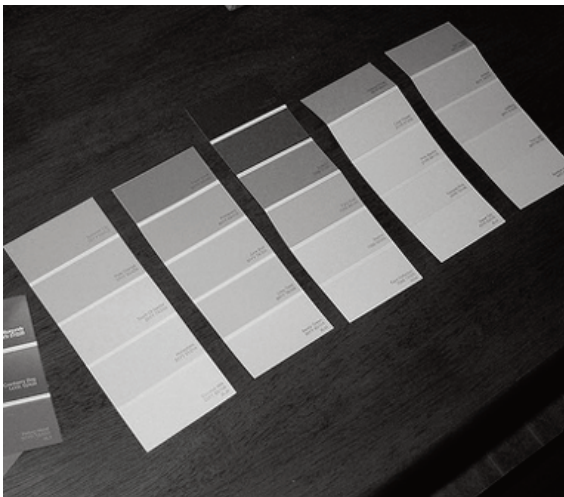
CWPHOBIA/FLICKER.COM

If you want your room to look neater, put up new posters of your favorite musicians or athletes.



AMANDA \*BAKE IT PRETTY\*/FLICKER.COM

Find or buy a few magazines and cut out pretty or cool ads that are mini posters. Tape or tack these pictures on the wall with some sort of pattern of slanting them in different directions or by spacing them out evenly.



RACHAEL E.C. ACKLIN/FLICKER.COM

First, pick a new wall color. Stores have millions of shades of different colors, so pick a few and select the one that works best with what you already have in your room.

After the paint is dry, try to move furniture around. Brainstorm ways to make your room seem bigger. If your room is too small to move something as big as a bed, try moving the smaller items around for a new look.



3RD FOUNDATION/FLICKER.COM

Some people are more artsy and want their own work up on their walls. AC Moore, The Christmas Tree Shop, and art stores sell canvases of all different sizes. Paint some paintings that will show your personality or match the theme of your room.

*By Skylar Coons, Independent Editor*

## Organization: Tips to sort clutter, eliminate junk

A bedroom is an important space that is often neglected, and simple cleaning and organization will enhance the room's appearance and boost your mental health.

An organized closet will prevent those stressful mornings when you can't find a piece of clothing. Go through and take clothes that you haven't worn and either store or donate them. Organize the rest of the clothes based on clothing type or color. Place shoes into a sorter or a bin so there will be more space for other objects in the closet.

1

Before starting you will need a trash bag, cleaning supplies, and music to listen to. To make the task less daunting, go through the room and take out all trash, recycling, and dirty clothes. Put all clean clothes in their rightful place. Cut the room down and focus on certain sections such as a bookshelf or desk. Take every object in the cluttered area and lay them on your bed. Sort every object into piles: "keep and use," "keep but not use often," "move into another room," "give away," and "throw away."

2

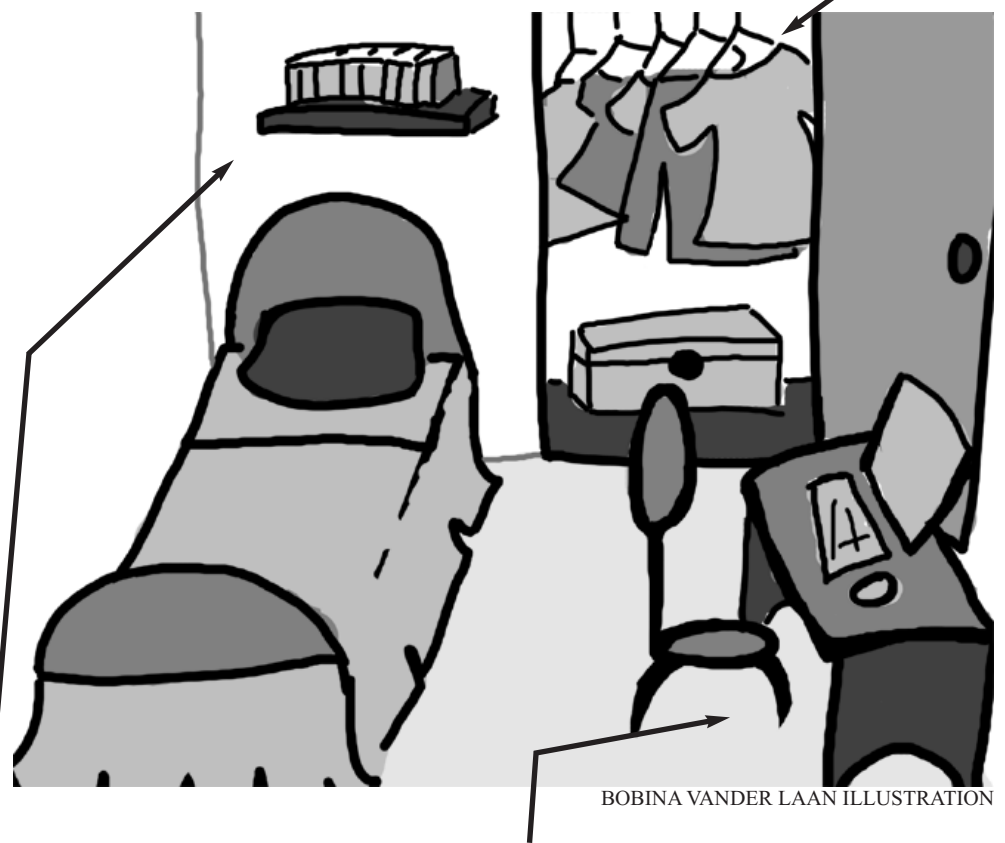
When sorting, be truthful. If you haven't used an object in six months or more, give or throw it away, or store it in another room such as a basement or attic. After removing the appropriate piles from the room, dust or vacuum the vacant areas. Next, attack the "keep" piles.

3

Pick what should stay in the room but be stored away and put them in a corner or closet. Boxes, bins, and shelves all provide organized storage and can be purchased at stores such as Target or IKEA. Items that are used often need to be put neatly in a proper space. Consider what you do and use on a daily basis and place those objects in the most accessible places.

4

Group similar objects together and neatly organize them. For smaller objects, use shelves, baskets, or cups. Keep the overall room in mind. A room that has objects climbing up the walls is better than one with clutter overflowing towards the center and taking away space.



BOBINA VANDER LAAN ILLUSTRATION

Organize books into groups such as fiction, non-fiction, favorites, and books that haven't been read. Take time to neatly put all books on the shelves. Bookshelves are also a great place to store CDs and DVDs.

Clutter on a desk makes homework more overwhelming, so reduce objects on the desk to the necessities. Pencils and pens should be put in a cup, while papers should be kept in either a drawer or a file organizer. Make a shelf above the desk for photos and other trinkets.

*By Rebecca Lynch, Independent Editor*

# AP Exams

## Should colleges always accept high scores for credit?

### Pro

Laurel Edington

In the middle of May students are preparing for their Advanced Placement exams. They have paid the fees that are required to take the exam and have spent numerous hours preparing and studying, only to find out that their favorite college doesn't grant credits to students for those classes or for their scores.

If students take these rigorous classes and do well enough on the exams to show that they comprehend the curriculum, colleges should give them credit for the classes.

The University of New Hampshire does award credit to the students who receive between a 3 and a 5 on any AP exam ranging in subjects from any AP art class to AP statistics. Obviously, if students don't prove that they mastered the material and they receive a 1 or a 2 on the exam, they aren't awarded credit.

However, Massachusetts Institute of Technology and Dartmouth College award few credits for AP classes and are stricter when granting credits.

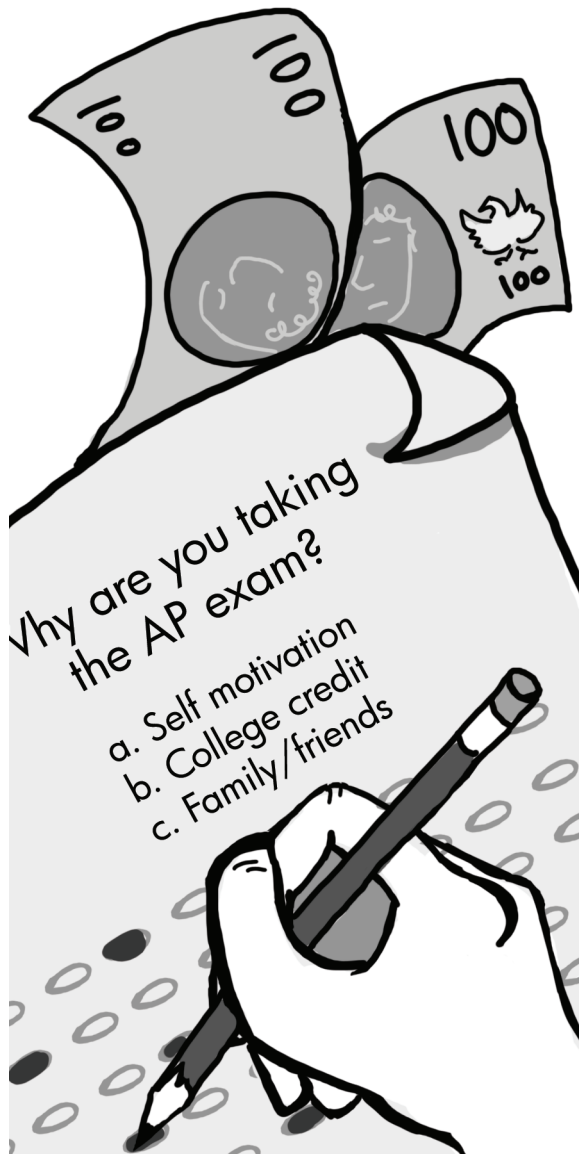
Dartmouth College only grants credit for scores of 4 and 5 on the exams and credits for grades of 4 aren't accepted for all exams. Even some grades of 5 require students to prove that they have accomplished what is necessary for credit for the class. For example, a score of 5 in French Language still requires the student to take a test in order to receive credit for the class.

MIT is much more strict. Students will only be given credit for grades of 4 for mathematics exams. They need a score of 5 on the exams in every other subject except for biology, chemistry, and computer sciences because no credits are awarded for these classes.

For these two colleges, some grades of 4 require students to take placement exams to see if they can take the next class or have to retake the class that they took as an AP.

After students balance their time between extracurricular activities and studying for the exams, and then pay hundreds of dollars to take the exams, colleges should reward them for their hard work.

If students receive grades of 4 and 5 on their AP exams, they should be awarded credit in college. These students have worked hard and have taken challenging courses. Grades of 4 and 5 prove that they have mastered the material and the students do not need to take the class again.



BOBINA VANDER LAAN CARTOON

### Con

Sophie Hagberg

One of the biggest controversies surrounding the high school AP program is college credit. Students complain that they labor endlessly through their AP classes, only to find that the college of their choice does not accept AP exam scores of a 4 or a 5 as credit, only uses scores for placement.

An AP class is definitely enough work that it should be worth some credit in college, but it isn't a college or university's fault that they do not accept AP exams or classes as credit for several reasons.

The AP exam is created by the College Board, which is a private company specializing in college planning and standardized testing. This company creates, administers, and grades the exams itself, along with the SAT, the PSAT, and several other forms of standardized testing.

Because the College Board isn't affiliated with any actual colleges or universities, none of these types of organizations should have any responsibility to accept scores on standardized testing like the AP exam. Just as SAT-optional schools exist, some schools welcome AP exams as a supplement to an applicant's portfolio but not as an actual credit.

According to the College Board, most schools recognize the AP exam as valid for placement or credit. The College Board website states that over 90 percent of US colleges and universities take a high score on the exam for credit or for placement.

Some students complain that schools only accept a score of a 4 or a 5 on the exam: 4 for placement, 5 for credit. But everyone needs to recognize that high-caliber colleges have high standards for their classes: therefore, they require that the student not only have taken the class, but can demonstrate a true mastery of the skills he or she is supposed to have learned.

The students who elect to take the exam are fully informed of the College Board's policies on credit and placement: if they are angry about the policies, they can simply elect not to take the exam, or not begin taking AP classes in the first place.

The most important objective is that students should be taking AP classes for the challenges that they present to students, instead of the way it looks on a transcript or the possibility of receiving credit for it. A true AP student takes on a class for the challenge

and for a love of knowledge.

The most important thing to remember is that it is fairly uncommon for a college or university to not accept the AP exam in any form: in fact, many colleges look to the scores on this test to gauge how well a student mastered the material in the course.

College credit for high scores would be an added bonus, but not a requirement. It is a privilege, not a right.

## Harmful effects of texting may lead to lack of communication

By Kyle Marsh  
INDEPENDENT EDITOR

Whether it be at school, a party, or even family events, teenagers are always using their cell phones. Phones can provide various features for kids.

Although these features are exciting, people forget the main purpose of a phone — to talk through it, not type messages.

Instead of taking the time to call someone to make plans, texting can be an easy option, but people are not taking the time to communicate verbally.

Text messaging does provide a simple way of communication, and it has its advantages. When someone is in a rush or cannot speak, messaging is ideal.

Talking on the phone (besides face-to-face conversation) is the most stable form of communication. Simply hearing the tone in someone's voice can completely change the course of a conversation.

Texting, on the other hand, is a completely monotone conversation. No emotion is shown through this method of conversation. Exclamation and smiley faces can show moderate excitement, but messages can come across the wrong way.

Also, all grammar and spelling skills are lost through abbreviations and texting phrases, such as "lol" and "jk."

If someone gives one word answers during a texting conversation, he/she may appear angry when really tired. Simple miscom-

munications can lead to fights — just because someone did not use a smiley face in one conversation.

Sometimes this is what people want. Instead of bringing up an issue with someone face-to-face, they bring the problem up in a text message. People can say things that they would not use in a normal conversation. The "victim" cannot see his or her reaction, which enables an "easier" conversation.

People are losing sight of how to communicate and need to remember how to talk in person and resolve issues in a non-cyber way.

What if everyone chooses to solve issues by texting instead of words?

People cannot lose basic communication skills — imagine where the world would be without them.



MOLLY FRIEDMAN PHOTO

Texting is a useful tool but can harm the development of communication skills.



## The media promotes domestic violence, impacts teens

SOPHIE HAGBERG

Domestic violence hits closer to home than some might think. According to the National Dating Abuse Website, 25 percent of women in the United States become victims of domestic violence every year. Even more disturbing than these statistics are the reactions of young people to domestic violence situations.

In the United States, 1 in 5 teens report being physically abused by a partner. In addition, 1 in 3 girls report being concerned for their safety while around a partner, and 1 in 4 girls feel that their partner has tried to isolate them from their family and friends.

After certain "celebrity" dating violence scandals, a wave of discussion and gossip ensued. Possibly the most unsettling responses came from students at a local middle school. One student in particular commented that in some circumstances, it would be a woman's fault for getting abused because they were "asking for it," or began the violence in the first place.

Magazines, the Internet, television, and gossip all help spread the idea that somehow, in some strange, twisted way, a situation in which a man is hitting a woman is acceptable.

Misogynistic lyrics in music also contribute to this concept. When people hear the lyrics to a song, no matter how much they want to deny it, some portion of the words are absorbed and internalized into their heads.

For instance, when a listener flips on the radio and hears this portion of a song by rapper 50 Cent: "Caress the bad b—, now the girl gone wild. I'll feed it and treat it like that's my child. Then freak it up and beat it up and that's my style," he or she would probably pass the lyrics off as insignificant. Unfortunately, the human subconscious says otherwise.

According to a study conducted by the RAND Corporation, teenagers who listen to music with outwardly explicit lyrics are more likely to become sexually active earlier, as well as become abusive in a future relationship.

The media can be used to spread positive messages or drive an idea home. In a recent commercial in the UK, actress Keira Knightly posed as a woman who was abused by her significant other. Some viewers complained that the video was too graphic. But the reality is that domestic violence is graphic, and showing this in a commercial is one way to drive that particular point home.

For more information on teen dating violence, visit [LoveIsRespect.org](http://LoveIsRespect.org).

# STAFF EDITORIAL

## Scholarship applications should be available in paper

After many seniors were unable to print the MERHS district scholarship application from home, the guidance office should either revert to paper applications, as in previous years, or reformat the online application to make it printable from home.

The application said to adjust the printer's margins to .75 inches to print correctly. This adjustment did not fix the problem; when students printed from home, the application would not fit within the margins.

Aggravating this issue was the problem of saving the application, which was available for completion only in the window of the Internet browser through which a student accessed it. Students could not save their work from the Internet, forcing them to complete the application in one sitting.

Not being able to save a form as important as a scholarship appli-



NICK BOUWER CARTOON

cation for further revision and for one's own records is irritating, stressful, and unnecessary.

Seniors are already busy during this time of year, preparing to go on SCORE, to take AP exams, and to make final college decisions. Adding the stress of a scholarship

application that refuses to save and to print correctly on every computer outside of Room 5 is unnecessary.

Furthermore, paying for college is already a stressful issue for many families; any difficulty in printing this application, which re-

quires a parental financial statement and a parent's signature, only increases family tension.

Unless the school plans to hold a "Bring your parents to school day" for seniors and their parents to use the computers in Room 5 to complete and print the application, applicants must be able to print it correctly from home, where parents are regularly available to write statements and sign forms.

With the cost of college and the current economic downturn, scholarships should be made easily accessible and usable for students, not complicated.

By reverting to paper applications or revising the online application, the guidance office can save next year's seniors from much undue stress and worry for what should be a relatively simple process.

## Itunes raises prices, will increase illegal downloading

By Maura Driscoll  
INDEPENDENT STAFF

Because of intensified pressure from record companies, online music and video giant iTunes has raised their prices on the most popular songs.

From now on, the songs that are destined to be hits or are brand new releases will have their prices increased by 30 cents to \$1.29 rather than 99 cents.

In an effort to comfort the avid iTunes users, Apple has also lowered the price of select, and for the most part, unpopular, songs to just 69 cents. They've also kept many songs at the same 99 cent price level, though it is reasonable to assume that the price of those songs too will be raised in the near future.

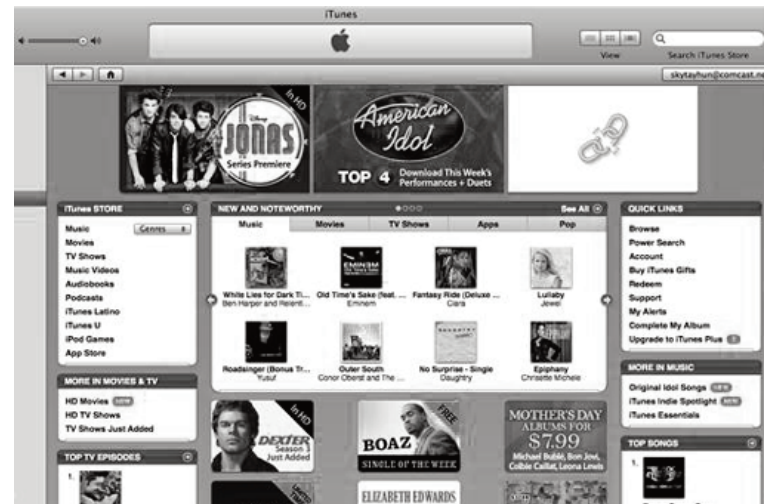
As if it were a way to get around their obnoxious new

charges, Apple offers the possibility of upgrading one's entire purchased library to the new iTunes Plus, which boasts higher quality music and costs \$1.29 per song.

This feature, though well intended, is positively ridiculous. In order for me to upgrade my entire purchased library, I would pay upwards of \$400, and would spend time and energy to re-downloading every song I had ever bought.

Not only is raising prices on something as simple as music a terrible idea because the average music listener is not willing to spend more than \$1 on a single song, but the losing battle that the music industry is fighting against media piracy is destined to intensify as well.

Many people unwilling to spend money on digital music for their mp3 players or iPods have already turned to illegal music downloading programs such as Limewire, Frostwire, and Acqui-



SKYLAR COONS PHOTO

Apple has raised the prices of songs from 99 cents to \$1.29.

sition. Apple's hike in prices is just going to add to the number of people pirating music.

The worst part of iTunes' decision? There is really no difference in the quality between the original tracks and the same songs sold for 30 cents more, despite iTunes' ad-

vertisement. I purposely bought a song that I previously owned under the old price range to test out the better quality. It sounds exactly the same.

Among others whom I'm sure will abandon the program, I will also lose my business.

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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.

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Brittany Edwards  
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Maura Driscoll

**Faculty Adviser**

Mary Buckley-Harmon

## Hornets' Nest



Records as of May 11

### Baseball:

**Record:** 1-9

**Next game:** May 16 at Triton at 10 a.m.

### Head Coach:

Frank Morrissey

**Captains:** Zeke Gillette, Ben Kekeisen

### Boys' Lacrosse:

**Record:** 5-6

**Next game:** Today at North Reading

### Head Coach:

Nate Levie

**Captains:** Cam Doane

### Boys' Tennis:

**Record:** 7-4

**Next game:** Friday at Swampscott

### Head Coach:

Rob Bilsbury

**Captains:** Leo Daley, Peter Gudonis, Eric Ferm

### Girls' Lacrosse:

**Record:** 8-4

**Next game:** Today at Ipswich

### Head Coach:

Sarah Holch

### Captains:

Jen Bishop, Annie Osborne

### Girls' Tennis:

**Record:** 9-1

**Next game:** Friday at Newburyport

### Head Coach:

Jeanne Stanton

### Captains:

Annelise Eaton, Courtney Pasquine, Hannah Gurley

### Sailing:

**Record:** 5-10

**Next game:** Today at Gloucester

### Head Coach:

Cherylanne Kirchenheiter

**Captains:** Erin Snyder, Nate Jermain

### Softball:

**Record:** 0-12

**Next game:** Today against Wilmington

### Head Coach:

Michael Mullarkey

### Captains:

Breezy DiPietro, Julia Martz

### Ultimate Frisbee:

**Record:** A Team - 1-6  
B Team - 4-0

**Next game:** Today against Wilmington

### Head Coach:

Eric Magers

## Girls' lacrosse players focus on state tournament

By Julia Melamed  
INDEPENDENT EDITOR

With a record of 8-4, the girls' lacrosse team said it continues to be confident and optimistic about the remainder of the season and players are keeping their eyes on competing in the state tournament.

Coach Sarah Holch said the team has built its skills over the past month. "Our passing has improved significantly since April vacation, and I think a bunch of attack players show more confidence shooting," she said. "Our defense is playing more like a team, which is great."

She also said that the team has played several thrilling games, including beating Hamilton-Wenham 13-10 on April 9. "The most

exciting game was against Hamilton," she said. "They usually beat us, so that was a big game and it really boosted our confidence."

Players said that the May 1 game against Danvers, 14-11, represented the team's strength. "The team's pretty close knit and it's shown in the big games we've played, such as Danvers," senior Lee Stroman said. "It was the first time we played them, and we came out strong."

Junior Amelia Cohen, the new goalie for the team, agreed that it was an intense game. "No one expected to beat them because they're not in our division," she said. "We played really well."

Cohen decided to play lacrosse this year instead of tennis and chose to be goalie.

Although she's new to the position, junior Caroline Moore said Cohen has given the team a surge



COURTESY OF CHRIS LAMOTHE

**Sophomore Hannah Beardsley defends Georgetown offender in recent game. The girls lost 13-11, but the girls said they continue to be confident and optimistic about the remainder of the season.**

of confidence. "She's been playing really well," she said. "A good goalie is the basis of a good team. Having the goalie making saves keeps the ball in our hands

and not the other team's."

Cohen said she enjoys the challenge. "It feels good to help out the team," she said. "It's been a good experience; I'm having fun."

## Boys' tennis team wins 'super close' match against North Andover

By Laurel Edington  
INDEPENDENT EDITOR

Despite missing two starters because of the DECA conference, the boys' tennis team has a record of 7-4 and has qualified for the state tournament.

According to coach Rob Bilsbury, their biggest match was against North Andover, which they won 5-0, even though "each match was super close."

In that match, senior co-captain, Eric Ferm, beat North Andover's top player 6-4, 6-3. Senior co-captain, Peter Gudonis, won the first set 7-6 (10-8) and won the second set 6-4. Senior co-captain, Leo Daley, won 6-2, but then he pulled



SKYLAR COONS PHOTO

**Senior Leo Daley prepares to hit a forehand during recent match against Newburyport at Manchester Athletic Club. The boys qualified for the state tournament with their record of 7-4.**

his quad and lost the second set, 4-6. He came back to win 6-3, which clinched the match.

Bilsbury said the doubles went

to three sets, with junior DJ Porter and sophomore Connor Howlett.

Even though their second match against Hamilton-Wenham was

rained out, Ferm said that they played well in the first match despite losing 5-0.

"The match against Hamilton-Wenham was a tough match for us. It was the first match of the season and they are the best team in the league. They have great singles and also solid doubles teams. We are practicing hard so that next time we play them, we will have a better result," Ferm said.

The boys also played in the CAL Open and came in third place overall.

Gudonis beat the player from North Andover that he faced in the regular season North Andover game, and then went on to win the consolation final to come in third place. Daley lost to Hamilton-Wenham's No. 3 singles player.

## Sailing team continues season 5-10

By Brittany Edwards  
INDEPENDENT STAFF

By attending more regattas than other competitors, the sailing team has been gaining experience this season and has competed the most out of all the teams in the Massachusetts Bay League.

"The team's rigorous schedule laid the foundation for improvement in the hopes that we would better our standings," coach Cherylanne Kirchenheiter said.

"We haven't been beating other competitive teams, but we have been keeping up," sophomore co-captain Nate Jermain

said.

The team has no seniors, three juniors, and is mostly comprised of sophomores.

"We are a young team, and we still need time to get as good as some of the other teams in our league," junior co-captain Erin Snyder said.

According to Kirchenheiter, the team is taking this year as a step in growth.

"This is a rebuilding year," Kirchenheiter said.

"Our team lacks the leadership skills of a senior, but as I see it, we are taking this as an experience," Jermain said. "We've been doing as good as our experience can have us do."

One sailor has specifically improved this season, according to Jermain.

"Sam Cushing (sophomore) has really improved. He is learning from his mistakes and applying what he learns during regattas," Jermain said.

The sailors said they want the team to improve for next year.

"I really hope everyone stays devoted to the team and works on becoming better than we are this year," Snyder said.

The team has a record of 5-10, but has had close matches.

"The regatta against Belmont Hill was very close. Our opponent won the first three matches out of five, but, although they had the home advantage, we came back and won the last two," Jermain said.

"The team has been exposed to top competition, gaining experience, and doing well," Kirchenheiter said.

## Ultimate Frisbee



NICK BOUWER PHOTO

**Junior Matt Hoyle jumps to catch frisbee in recent game against Pingree. The A and B Teams lost 15-11 during the game. The A Team currently has a record of 1-6, and the B Team has a record of 4-0. Coach Eric Magers said the A Team needs to work on the fundamentals of Ultimate Frisbee. Magers said the B Team has displayed great leadership.**

# Girls' tennis team improves their record, skills

By Kaitlin McDonagh  
INDEPENDENT STAFF

With a record of 9-1, the girls' tennis team qualified for States but lost to rival Lynnfield, 3-2.

From the start of the season, the girls' tennis team has been improving, according to coach Jeanne Stanton. "We are really coming together as a unit and playing some great tennis," she said.

"The doubles are playing as a true team instead of as individuals and the singles are really starting to focus on creating shots and opportunities and strategically placing the ball," she said.

On April 6, the team won against Masconomet High School, whom they lost to last year. Stanton said this and the win against



COURTESY OF TOBY DALEY

**Senior tri-captain Courtney Pasquine jumps into her ready stance in order to return her opponent's serve in a recent first doubles match against Lynnfield. The girls lost 3-2 against Lynnfield, adding a loss to make their record 9-1. The girls qualified for the Div. 3 state tournament that is coming up.**

Hamilton-Wenham High School on April 7 have been the team's most significant matches so far.

On April 30, they defeated

North Andover, 5-0.

The team played against rival Lynnfield High School on Monday.

"Lynnfield always has a very

strong team from No. 1 singles right down to No. 2 doubles," Stanton said before the match.

"Sarah Nelson at No. 1 singles

is a great player."

Daley said the match was the team's toughest. "The match was very suspenseful. We won our first two matches, and we just needed one more to take the win, but their first and second singles players and first doubles team were very good," she said.

No. 2 doubles freshman Eliza Rohner and seventh-grader Michelle Fuca and No. 3 singles player Daley won their matches in two sets. No. 2 doubles seniors Courtney Pasquine and Hannah Gurley lost in a tiebreaker in the second set, and No. 2 singles senior Annelise Eaton and No. 1 singles player eighth-grader Brittany Collens lost in two sets.

Daley said they are hoping to get a second chance to play Lynnfield in States, but this time they are hoping to defeat them.

# Boys' lacrosse defeats Gloucester 7-5, qualifies for States

By Molly Friedman  
INDEPENDENT EDITOR

With a record of 5-6, the boys' lacrosse team hopes to improve their record and make it to the state tournament.

Coach Nate Levie, he enjoys coaching the team but was angered by the lack of attendance during April vacation. He said how important it is for the team to practice over break and how he expects all players to attend practice next April vacation.

After break, the team played St. Mary's on April 27, and due to poor playing and sportsmanship, the team was forced to run more than usual in 95-degree weather at

the next practice.

"It was frustrating how most of the team took off April vacation. I let them know I was upset during practices when we got back; we need to work harder in order to win," Levie said.

According to senior captain Cam Doane, the running the team had to do impacted them and caused them to wake up and step it up. "There is no room for slacking. We all need to get

back in the groove," Doane said.

"It was a tough practice. It woke us all up from missing April vacation, and we can't do it next year. Now we're back on track," junior Jim Finn said.

The team played St. Mary's again on May 3 and lost 14-8, and Levie was impressed with how the team turned around after the previous bad games.

"The defense is improving every game, and once the

midfield

**'The defense is improving every game, and once the midfield scores a few goals, we get in a groove and there is no stopping us.'**  
-CAM DOANE

scores a few goals, we get in a groove and there is no stopping



MOLLY FRIEDMAN PHOTO

**The boys' lacrosse team warm up for their home game against St. Mary's. They lost 14-8, but they recently qualified for the state tournament when they defeated Gloucester 7-5.**

us," Doane said.

The team played Gloucester Monday night and won 7-5. In

order to make tournament, the boys have to have a record of at least 9-9 and are currently 5-6.

## Baseball



SKYLAR COONS PHOTO

**Junior Pat Turn catches a ball in a recent game against Lynnfield. The boys lost 10-9, making their record 1-9. Coach Frank Morrissey said the team has played inconsistently but has made improvement on defense. He also said pitching needs some work. The team is hoping to have a better second half of the season. The team's highlight has been their game against Lynnfield.**

## Softball team progresses, despite record

By Kyle Marsh  
INDEPENDENT EDITOR

Although the softball team has a record of 0-12, the team continues to improve each game, according to sophomore pitcher Heather Burgess.

"We started off a little shaky at the beginning of the season, but our batting and fielding keeps getting better. Our scores haven't

shown it, but we are a strong team and we work well together," Burgess said.

Senior captain Breezy DiPietro said practices are fun but also consist of tough conditioning and said

**'We started off a little shaky at the beginning of the season, but our batting and fielding keeps getting better.'**  
- HEATHER BURGESS

Coach Michael Mullarkey is their strong driving force.

"Now that we are practicing at Sweeney, we are able to get good batting practice and fly ball work in. We can also run a lot of defensive and offensive

plays," Mullarkey said.

On May 1 the softball team lost against Lynnfield 15-5.

"We scored four runs in the second inning, but we didn't have the hand up defensively," Mullarkey said.

Sophomore Patty Wright brought in two runs on one hit.

"Patty has definitely been a standout this season. She has made incredible plays this year and I know she'll hold [the team] up next year," DiPietro said.

On Monday, the team had their highest-scoring game against Ipswich.

"We were down by a lot, and we battled back to make it a close game," sophomore catcher Laurel Edington said.

The team lost 21-13.

# Trendy stores in newly constructed wing open

Northshore Mall boasts great variety of clothing and luxury businesses

**Zara**

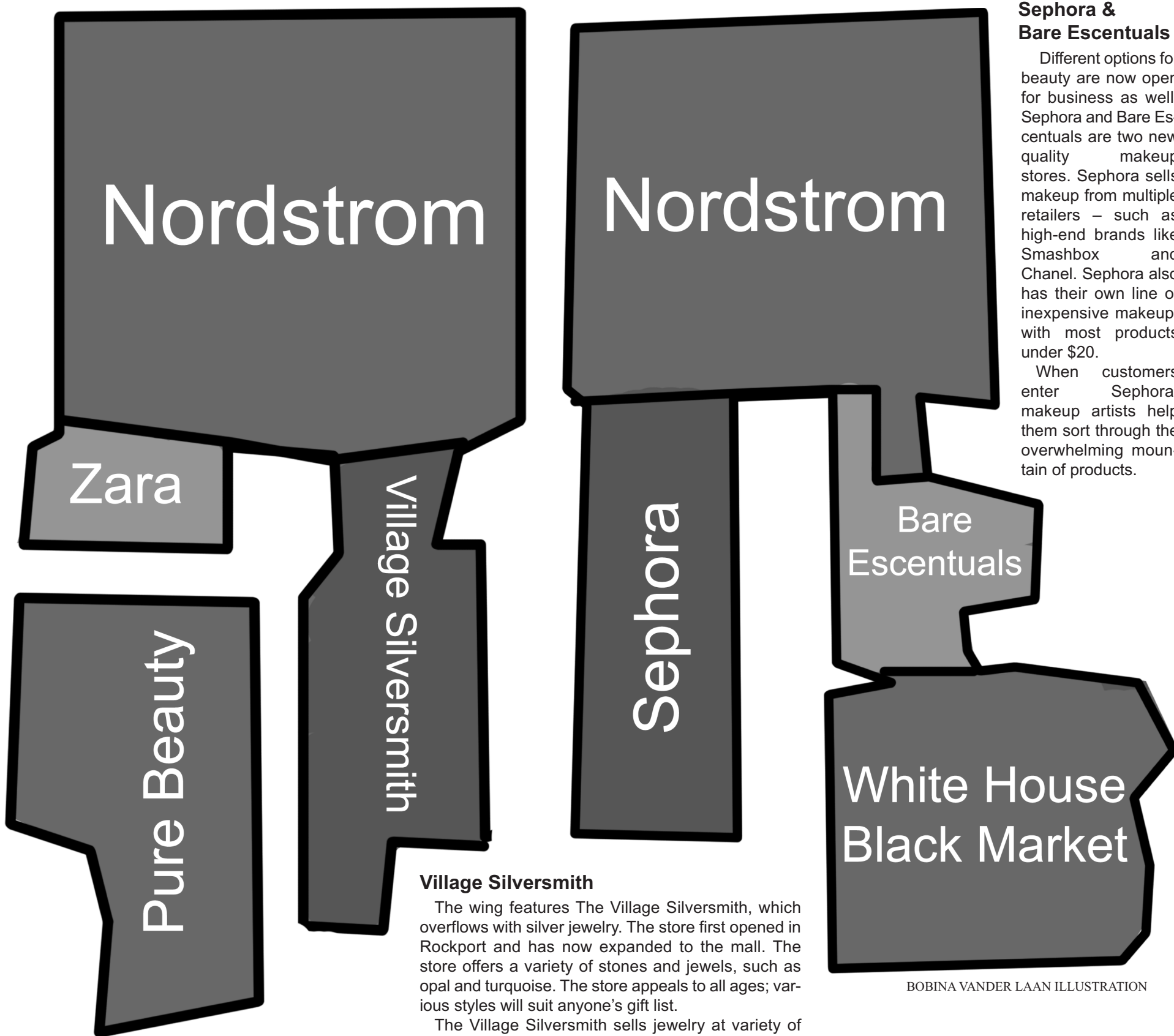
For new clothing stores in the wing, Zara features clothes for both genders. The store originates in Spain and offers merchandise with a European flair. Fun dresses and colorful scarves contrast their business clothes. This style appeals mostly to adults; darker colors and conservative styles dominate the store. Dresses normally cost around \$80, while shirts and pants can cost around \$50.

**Nordstrom**

An exclusive wing that will lead into Nordstrom, which opened on April 17, now holds a variety of new stores. It offers a variety of merchandise from handbags to cosmetics from multiple retailers and designers.

## UPPER LEVEL

## LOWER LEVEL



**Sephora & Bare Escentuals**

Different options for beauty are now open for business as well. Sephora and Bare Escentuals are two new quality makeup stores. Sephora sells makeup from multiple retailers – such as high-end brands like Smashbox and Chanel. Sephora also has their own line of inexpensive makeup, with most products under \$20.

When customers enter Sephora, makeup artists help them sort through the overwhelming mountain of products.

**Village Silversmith**

The wing features The Village Silversmith, which overflows with silver jewelry. The store first opened in Rockport and has now expanded to the mall. The store offers a variety of stones and jewels, such as opal and turquoise. The store appeals to all ages; various styles will suit anyone's gift list.

The Village Silversmith sells jewelry at variety of prices. Rings can be purchased for \$10, but more elaborate pieces can cost hundreds.

BOBINA VANDER LAAN ILLUSTRATION

**White House Black Market**

White House Black Market is a new women's store that sells only white and black clothes. Although pricey (dresses cost \$200), this shop has quality clothing with a clean, fresh style. Sales clerks will help to ensure a pleasant experience at their store. The service is exceptional.

**Perfumania**

Perfumania, located by Macy's Men (not in the new wing), is a new perfumery that boasts hundreds of fragrances. The store has excellent gift options. The salesmen know the perfumes very well and can help anyone select a favorite. Prices vary depending on the perfume, anywhere between \$20-\$50.

**H&M**

H&M, located at the former Express location, sells clothes for women and children at affordable prices. They have a large section of accessories, including rings and scarves. Everything from suits to high heels and even children's clothing can be purchased. This store will serve everyone's needs.

**Metropark**

Metropark is a new clothing store that offers men and women's fashions, with an alternative, rock style. While customers shop, a DJ plays tunes for entertainment. Clothes are funky and trendy but can be expensive. They sell \$200 jeans, but other apparel, such as tops, run in the \$20-\$50 range.

# Chorus, a cappella, band perform at spring concert

Chorus performs gospel songs, band plays rock tunes

By Nick Bouwer  
INDEPENDENT EDITOR

Chorus and band performed a spring concert at the memorial school on April 14 before spring break.

The chorus played first and had a set list of gospel songs as well as some other mixed-genre songs.

"We sang 'I dreamed a dream' from the musical 'Les Misérables,' 'Hushabye Mountain' from the movie 'Chitty Chitty Bang Bang,' and many other gospel songs," chorus singer Liza Dudley said.

Opening the show the a cappella group performed the "Star Spangled Banner" and then performed "Signed Sealed Deliv-

ered" by Stevie Wonder and "Java Live" after the chorus.

Next the band played with a set list of songs that mainly focused on drums and trumpets as well as a compilation of instrumentals called "Beatles Gold" by the Beatles.

Many people liked the concert, according to junior chorus member Kara Thomas. "There were quite a lot of people there, and we got quite a lot of compliments. Also, personally I was really impressed by the band and thought they did an amazing job," Thomas said.

"I thought the students did an excellent job, both groups really rose to the occasion. For such a small group, there was an amazing amount of talent," chorus director Donna O'Neil said.

"I think we did a great job in the concert. All those practices really paid off, and it sounded great," band director Joe Sokol said.

"I thought it all went very well.



Eric Kimball played the saxophone and chorus director Donna O'Neil directed the chorus at the spring concert. The a cappella group performed songs including "Signed, Sealed, Delivered" by Stevie Wonder.



NICK BOUWER PHOTOS

Mr. Sokol was happy, and that's mostly what counts for the band members so I know I was happy," sophomore band player Olivia

Dumont said.

"I'm so proud of everybody especially the a cappella group because we worked so hard on those

songs, and they came out really well. I'm looking forward to the next concert we have," Browne said.

## 'Adventureland' recounts horror, love found in theme park summer job

By Bobina Vander Laan  
INDEPENDENT EDITOR

"Adventureland" chronicles the 1987 summer of James Brennan (Jesse Eisenberg), unwillingly working at the amusement park Adventureland and forming

### MOVIE REVIEW

unforgettable relationships with an unlikely group of friends.

His journey begins when his plans to travel in Europe fall through due to his parents' refusal to pay for the trip and his future graduate education at Columbia University. Brennan is required to get a job, but with his disrespected undergraduate degree in literature, the only place he can find work is Adventureland.

Brennan soon discovers a few friends, along with a new love interest. He falls for fellow employee Em Lewin, portrayed by Kristen Stewart ("Twilight"). However, she harbors a secret that slowly consumes her as the summer continues. She and Adventureland mechanic and lothario Mike Connell (Ryan Reynolds) are having an affair behind his wife's back.

Despite this, Brennan and Lewin develop their relationship throughout the movie. They hit a rough spot when Brennan goes on a date with the infamous and elusive Lisa P (Margarita Levieva). Their relationship sticks through to the end, surviving when Brennan travels to New York University to be reunited with Lewin after they both quit



COURTESY OF MIRAMAX FILMS

James Brennan (Jesse Eisenberg) and Em Lewin (Kristen Stewart) are nervously talking for the first time at Adventureland.

Adventureland.

Among the tenuous relationships and bright carnival lights, Brennan is submerged into the world of drugs and alcohol.

Throughout the movie he and his friends continue to abuse illegal substances, culminating in a small car crash near the end of the movie. Due to this, he is not able to continue his education immediately after the summer, but rather keep working to earn money for the next year.

"Adventureland" is a movie about a student's coming-of-age at a point where he does not know where he is going in life. He seeks advice in literature, such as Shakespeare, Dickens and Melville.

Directed and written by Greg Mottola ("Superbad"), the movie is based on Mottola's personal experience working at the amusement park Adventureland in New York.

Songs on the soundtrack truly transport the view to the '80s. Classics such as "Just Like Heaven" by the Cure and "Modern Love" by David Bowie are prominently featured.

The movie is darker than ex-

pected, and most humor is conveyed through the owners of the amusement park, Bobby and Paulette, played by Bill Hader and Kristen Wiig of "Saturday Night Live." Small idiosyncrasies make "Adventureland" a light watch, but it is neither a dark comedy nor matches the humor of "Superbad." The movie was worthwhile to watch, but perhaps people would rather wait until it is on DVD.

"Adventureland" is rated R for language, drug use and sexual references.

### FAST FACTS

- Starring Kristen Stewart from "Twilight."
- Director from "Superbad."
- Based on director's real life experience.

## 'Hannah Montana: The Movie' earns No. 1 at box office for its opening weekend

By Hannah Daley  
INDEPENDENT EDITOR

With an appealing plot line, a cute farm boy, and a great soundtrack, "Hannah Montana: The

### MOVIE REVIEW

Movie" directed by Peter Chelsom is a must-see for girls who are fans of Disney Channel's sitcom "Hannah Montana."

Cast members include Miley Cyrus as Miley Steward and Hannah Montana, Billy Ray Cyrus as Robby Ray Steward (Miley's dad), Emily Osment as Lilly Truscott (Miley's best friend), Jason Earles as Jackson Steward (Miley's brother), and Lucas Till as Travis Brody (Miley's love interest).

After getting into a catfight with Tyra Banks over a pair of shoes, photos of Hannah Montana's and Tyra's fight make the front pages of magazines, leaving Robby furious. As a result of Miley's behavior, Robby has her private jet land in their hometown in Tennessee to see if she can return to the normal girl she was before her alter-ego took over.

While in Tennessee, Miley encounters all sorts of problems including the conflict of undercover journalist Oswald (Peter Gunn) following her to figure out the "secret" he heard she was hiding. She also finds herself overwhelmed when she has to switch back and forth between being Miley and Hannah when Travis suggests that Hannah, Miley's "close friend," do a concert in order to raise money to save the town from becoming overdeveloped.

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COURTESY OF DISNEY CHANNEL

Miley Cyrus returns to Tennessee to visit the family farm.

Miley encounters several problems throughout the movie. Travis and her family in Tennessee help her realize who she really is; however, the question that keeps viewers on the edge of their seats is will she be able to stay Hannah Montana with this persistent journalist following her around?

Writer Dan Berendsen did a great job keeping the plot suspenseful, but the soundtrack also added to the overall entertainment of the movie.

Songs in the movie include "The Climb," "Let's Get Crazy," and the tune that has viewers wanting to learn the dance to "Hoedown Throwdown" by Miley Cyrus. The dance added to the phenomenon of the movie.

Country singers Taylor Swift with "Crazier" and Rascal Flatts with "Bless the Broken Road" also add to the quality of the soundtrack because of their sweet lyrics.

This 102-minute G-rated movie will leave viewers not only wanting to see it again, but also eager to learn the dance routine to "Hoedown Throwdown." It is no surprise that "Hannah Montana: The Movie" made \$32,324,487 during its opening weekend of April 10-12.