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School returns to pre-pandemic rules, regulations

Students, staff adjust to former policies, practices

By Phileine de Widt
INDEPENDENT EDITOR

After two years of an ever-changing school environment, the school administration has set pre-pandemic rules and regulations back in place.

COVID-19 first impacted the school in 2020, when the class of 2023 were freshmen, meaning they are the only current high school grade to have experienced these pre-pandemic rules.

For the rest of the grades, this is the first time COVID safety requirements have not changed the structure of school.

Dean of Students Dan Richards said he understands that for most kids, these rules are new; however, they were all in existence before the pandemic began.

Rules brought back this year regard attendance, U-block, teacher absences, the side door,

and lunch.

Attendance is strictly monitored, and when a student has an unexcused absence, or is tardy, a parent will be notified, Richards said.

“This is not just a Manchester thing. It’s a state requirement that we report our attendance,” he said.

U-block this year also reverted to its pre-pandemic structure. The initial intention of U-block was for students to catch up on work and meet with teachers, Richards said.

“We made U-block more flexible during COVID to get everyone socializing again, which was important, but then we slowly stepped back towards the original purpose,” he said.

Both Richards and Principal Patricia Puglisi set the foundation for U-block, but teachers can add on, Richards said.

English teacher Elizabeth Edgerton has a U-block of junior students. This year she said she is focusing on the specific times students can leave for the dining



PHILEINE DE WIDT PHOTO

Students collectively exit out of the front entrance, returning to a pre-pandemic practice. For safety issues, students are not allowed to leave through the side door which is a change from last year.

hall and knowing where students are going.

“Everyone in my U-block is good at checking in with me before leaving. Some teachers have a sign-out sheet; [my students] know that they should tell me specifically,” Edgerton said.

Another pre-pandemic rule regards the requirements for when

a teacher is absent. Richards said the state expects a school day to be filled with structured learning, so there should always be something for students to work on.

To comply with the state requirement of structured learning, teachers must create assignments that are due at the end of class time, so work is getting done, he

said.

Structured learning also applies to the inability to leave during a free block as students must have a certain amount of active learning hours in school every day.

Leaving during study hall is a senior privilege only, something that other schools tend to give as **PRE-COVID RULES, page 3**

School resource officer’s office moves to main entrance way

By Jordie Cornfield
INDEPENDENT EDITOR

School resource officer Andrea Locke has recently been stationed in the front of the school’s main entrance, instead of the learning commons and taking a more visible position within the school community.

Locke, the district’s only school resource officer, has been with the school district since November 2019, Principal Patricia Puglisi said.

“The goal was to have her be more visible within the school in a key position,” Dean of Students Dan Richards said.

This decision came from district administrators holding discussions surrounding the role of the school resource officer within the school community, Puglisi said.

“There was a real push for her to be more involved in the community rather than in the learning commons, so she could be exposed to more students,” she said.

Parents, students and visi-



PHILEINE DE WIDT PHOTO

Officer Andrea Locke works at her new office in the main hallway, which allows her to be more visible to students, staff and guests.

tors alike feel that the sense of security within the school has been heightened since stationing Locke outside the main office, Richards said.

“Safety is the foundation of everything we do,” he said.

Since moving to the school’s main entryway, Locke said she has been able to be out and about more, doing door checks for the safety of students and staff. An average day entails patrolling the middle and high schools and both elementary schools, she said.

“I visit all of the schools every day, starting with the middle-high school in the morning and then going to either of the elementary schools,” Locke said.

While Locke is the only school resource officer, she often has other police officers visit as guests, Richards said.

“You’ll see other officers accompanying her to better understand the layout and exits of the school in the case of an emergency,” he said.

There have been many positive changes to the school culture since stationing Locke in the school’s entrance way that have been noticed by students and teachers alike.

“I like seeing Officer Locke right when I get to school in the mornings. She’s a friendly face in the hall and provides me and

OFFICER LOCKE, page 3

School adopts Adobe Creative Cloud software family to replace VMware

Transition to new software runs smoothly

By Charles Latons
INDEPENDENT EDITOR

After the VMware software system phased out over the summer, the middle and high school have purchased a license of Adobe Creative Cloud as a replacement.

Creative Cloud gives students access to the full set of Adobe software products, including Photoshop and others, with the added ability to use them at home by downloading them to their personal laptops.

Digital arts teacher Caroline Epp said the transition to Creative Cloud so far has been seamless, with no real issues having been encountered to this point.

“The one issue we had ... was very minor – it got taken care of in, like, 30 seconds,” she said, re-

ferring to a login problem involving a small number of students.

Epp said the new Creative Cloud license has streamlined the process of learning photography and digital art and made it possible for higher-level students to expand their knowledge outside of class.

“I think that for AP kids, especially, to be able to work on stuff at home has been great,” Epp said.

Digital learning specialist Matt Tangney said a significant factor in the smooth transition from VMware to Creative Cloud was that a relatively small number of students were using VMware to

begin with.

“So few people were using the VM anyway, and most teachers had already migrated away from it, so the overwhelming majority of classwork is not impacted by this at all,” he said.

The group that will be the most **CREATIVE CLOUD, page 3**

‘I think that for AP kids, especially, to be able to work on stuff at home has been great.’

- CAROLINE EPP

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Math teacher brings ‘good energy’ after teaching at Salem

Department changes excite students, staff

By Summer Demeo
INDEPENDENT STAFF

After teaching middle school math in Salem public schools, Alicen Shaw joined the math department this year. Shaw is teaching three Algebra II Honors classes, an Honors Calculus class, and an AP Calculus class.

Shaw said she went to Lakeland High School in New York. She graduated from Marist College in Poughkeepsie, New York, in 2016, where she received her bachelor's degree in mathematics and adolescent edu-

cation with a minor in music.

Shaw moved to the Boston area after her undergraduate studies, and then taught in Salem.

“I wanted to teach here because it is a strong and highly regarded school, and I really enjoyed the demo lessons I did here last year,” she said.

So far, Shaw loves the school's environment, the students and is “just happy to be here.”

‘I wanted to teach here because it is a strong and highly regarded school, and I really enjoyed the demo lessons I did here last year.’

-COURTNEY BROWN

“Every single kid is fantastic, [the students] are all so nice, energetic and passionate about whatever it is that [they are] doing,” she said.

Other teachers speak highly of Shaw. Fellow math

teacher Courtney Brown said, “I can tell that she really wants to be here at the high school and that she is a very organized and caring



SUMMER DEMEO PHOTO

New math teacher Alicen Shaw is teaching Honors Calculus, AP Calculus, and three Algebra II Honors classes this year.

person.”

Brown said it is hard to jump right into teaching an advanced class like AP calculus. She said Shaw does not have an easy schedule but is handling it really well.

“I love how approachable she

is. I see kids going to her for help all the time, and it's so clear that she is good at what she does and that she cares about students' success,” Brown said.

Kristin Umile, math and science department head, said it is exciting to have new teachers, and said Shaw has brought in some new perspectives and works well in a collaborative environment.

“She is a very caring, professional individual, who brought innovative ideas to the table which we all loved. It is very clear that she loves math and making it meaningful to her students,” Umile said.

Both Brown and Umile said they are excited to have some new energy joining the math department.

Students are also very excited to have Shaw as a teacher this year and notice that she is excited to teach.

“She has a really good energy that she brings to the classroom,” sophomore Alice Moody said.

FUN FACTS

- First job was at a camp.
- Was on the crew team in college.
- Loves to bake, hike, and read.
- Grew up an hour outside of New York City.
- Favorite musicians are Pink Floyd and Fleetwood Mac.

Former Beverly teacher joins math department, incorporates real-life situations into her teaching

Lauren Woodcock teaches precalculus, statistics classes

By Stella Straub
INDEPENDENT STAFF

Mathematics teacher Lauren Woodcock joined the department to teach precalculus and statistics after leaving Beverly High School, where she taught for six years.

Woodcock said she was born in Winchester, Massachusetts, and attended the University of Massachusetts Lowell, where she graduated in 2005 with a degree in mathematics.

From there, Woodcock attended the University of Massachusetts Boston to obtain her master's in education in 2007 as well as her education specialist



STELLA STRAUB PHOTO

Lauren Woodcock, a new addition to the math department, most recently taught at Beverly High School.

degree from Gordon College in 2018, she said.

Her teaching career began in Boston at the John D. O'Bryant

School of Mathematics and Science, where she taught Algebra I, Algebra II, and geometry for three years, Woodcock said.

She then moved to Salt Lake City, Utah, and taught for seven years at Oquirrh Hills Middle School, she said.

When she came to the high school, Woodcock said she was drawn to the small class size.

“[Oquirrh Hills Middle School] just had such a great sense of community -- so that's what I was looking for: a nice, smaller school,” she said.

Kristin Umile, head of the

math and science departments, said Woodcock has a strong love for mathematics.

“She's hysterical. She has an outstanding personality. She was filled with energy when she walked into the interview, and she clearly had a deep passion for math and teaching math,” she said.

‘She’s hysterical ... She was filled with energy when she walked into the interview, and she clearly had a deep passion for math and teaching math.’

-KRISTIN UMILE

Umile said she hopes Woodcock finds colleagues that she's comfortable collaborating and sharing all her ideas with.

Senior Anabel Smith said she enjoys that

Woodcock incorporates real-life experiences into her teaching.

“In class the other day, she asked us how many playlists we all had, and we used that to make

a chart ranging from one to 93,” Smith said.

Smith said that Woodcock is a very bright and optimistic presence in the classroom every single day.

“She always checks in with us and makes sure that we're all on the same page,” Smith said.

Outside of school, Woodcock said she has a husband, an 11-year-old daughter named Alison, and two dogs. She also loves watching musicals.

FUN FACTS

- Dream vacation is Italy.
- Hesitant around black cats.
- Favorite season is summer.

Middle school special education teacher joins math department

By Whitney Turner
INDEPENDENT STAFF

Former middle school special education teacher Christopher Petrie joined the high school math department this year. He teaches Algebra I and Geometry classes.

Most recently, Petrie taught special education at the district's middle school for the past 10 years.

Petrie grew up in Ventura County, California. He attended Humboldt State University, now Cal Poly Humboldt, in northern California.

He majored in business ad-

ministration with an emphasis in finance and a minor in computers, Petrie said. “I love math and I love science; those are my two favorite subjects,” he said.

Petrie and his wife, middle school science teacher Kia Petrie, met in California where he then began teaching in Los Angeles, he said.

“I taught fourth and fifth grade for four or five years; then we relocated to Massachusetts, and I taught high school at Hamilton-Wenham High School for six years,” Petrie said.

He worked in special education, math, and science there before transitioning to the middle school, he said.

Principal Patricia Puglisi said Petrie will be teaching high school courses often taken by both special education and regular education students.



WHITNEY TURNER PHOTO

Chris Petrie joined the high school math department after teaching special education in the middle school for 10 years.

“He is really able to bridge both of those areas to really support student learning. We're hoping to see great growth in our math scores,” Puglisi said.

Although he enjoyed teaching at the middle school, Petrie said he is looking forward to a “refreshing change” and learning from his new colleagues.

“I knew I always wanted to go back to high school,” Petrie said.

Additionally, he said he hopes his years spent observing and gaining experience from other middle school teachers could be beneficial to his own teaching at the high school.

Sophomore Clara Grant appreciates his focus on students.

“He really makes sure everyone understands what's going on before he moves on to the next step,” she said.

Puglisi said she has observed Petrie's dedication to the class.

He moved his desk to the back of the classroom, demonstrating his focus toward students, she said.

“He really is a student-centered, focused teacher,” Puglisi said.

FUN FACTS

- Has two dogs, Abby and Bo.
- Loves Marvel movies.
- Wanted to be a police officer growing up.
- First job was a dishwasher.

Former middle school teacher joins history department

New teacher taught history classes in Chelsea middle school

By Hannah Davis
INDEPENDENT STAFF

After teaching in Chelsea for eight years as a middle school history teacher, Nicole Meuse has joined the history department.

Meuse said she received her bachelor's degree from Assumption College, in Worcester, Massachusetts, and her masters in history from Salem State University.

History department chair Lauren Dubois said she is looking forward to working with Meuse this year.

"She's ... bringing a lot of new experiences and her perspective on things. [It's] great to bring new ideas into a department that's been together for so long," she said.

Dubois said Meuse has con-



HANNAH DAVIS PHOTO

History teacher Nicole Meuse enjoys bringing unique perspectives to life in her classrooms while teaching.

nected with the other members of the department and that Meuse's enthusiasm is a crucial element to any great teacher.

Meuse is teaching U.S. history II and Global Topics, and is co-teaching Advanced Placement U.S. Government and Politics with Jennifer Coleman.

Meuse said she is looking forward to teaching at the high

school level.

"I am happy to be at the high school to form some more meaningful connections and relationships," she said.

Meuse said her favorite part about teaching is connecting with her students.

"With history, I really enjoy bringing in new perspectives to the classroom that maybe people haven't heard of, or the textbook

doesn't include, and really bringing them to life," she said.

While growing up in Melrose, Massachusetts, Meuse said she played softball and basketball.

In the summer, she works for the Red Sox selling student tickets. She loves playing, watching, and supporting sports during her free

time.

Senior Paige Garlitz, a Global Topics student, said she is very excited to have Meuse as a teacher this year.

"She made a really good first impression, and I liked her and liked the way she began the year," she said.

Garlitz said she is interested in Global Topics and enjoys the current events that Meuse assigns.

"We have a different country each week ... questions about our country and the current event. I think it's fun and good to know what's going on in the world," she said.

Meuse said that she is very impressed with her students and feels at home within the high school.

'She's... bringing a lot of new experiences and her perspective on things. [It's] great to bring new ideas into a department that's been together for so long.'

- LAUREN DUBOIS

FUN FACTS

- Enjoys teaching about immigration.
- Works for Red Sox in the summer selling tickets.
- Taught middle school for 8 years.
- Played basketball, softball in highschool
- Favorite movies: "Mean Girls" and "Titanic."

FUN FACTS

- Coaches JV girls soccer
- Favorite restaurant is Riverview Pizza.
- Her labradoodle Lambeau is named after the Green Bay Packers.
- Favorite show is "Ted Lasso."
- Loves to bake, be outdoors, and do crossfit.

Special education teaching assistant promoted to full-time teacher

By Isabelle Donellan Valade
INDEPENDENT STAFF

Former special education teaching assistant Heidi Pallo began teaching full time as a special education teacher this year. She had been teaching part time since March 2020.

Pallo said she grew up in Pontoon Lakes, New Jersey. She went to Hawthorne Christian Academy, a small private school; her graduating class was 50 students.

Due to how small her high school was, Pallo's first impression of the high school was that it was huge.

"It's a really nice building, a lot of resources, and the teachers were super welcoming," Pallo



ISABELLE DONELLAN VALADE PHOTO

Special education teacher Heidi Pallo helps modify work for students in her classes

said.

She attended Gordon College for her undergraduate in recreation sports and wellness in 2018.

She received her graduate degree from Gordon College in special education, grades five through 12 in 2022.

Special education head Jean Tarricone said Pallo "is very intelligent [and] relates well to both kids and staff."

Pallo was hired after the retire-

ment of Anne Landry, who had been working for the district for around 25 years," Tarricone said.

Tarricone said Pallo adds quality to the school.

"She's just a very kind and considerate person, and that's what we always need in the teaching profession," she said.

Pallo is co-teaching in English 9 CP, English 11 CP, and Biology 9 CP.

Her favorite class to co-teach is biology.

"I'm a math and science girl, so I'm loving bio," she said.

When co-teaching, Pallo said she supports the students and teachers in her classes. She helps explain and modify work for her students.

Pallo teaches two learning strategies classes. She said she

guides the class and reinforces the work students are getting in the classroom

Pallo said she doesn't know exactly what made her want to work with kids.

"I am able to connect with students in a unique way, and I don't know what it is, but it just feels

normal and natural to work with students," she said.

Freshman Maeva Coletti said Pallo is very patient. Her first impression of Pallo was

that "she was very kind and reassuring," Coletti said.

When teaching, Pallo said she tries to relate to students.

"When you don't have a relationship with the students, it's really hard to get anywhere," she said.

'I am able to connect with students in a unique way, and I don't know what it is, but it just feels normal and natural to work with students'

- HEIDI PALLO

CONTINUATIONS

RETURN TO SCHOOL

CONTINUED FROM PAGE 1 well since the state requirements are less strict for seniors, Richards said.

During the pandemic, the side door was open as an entrance and exit to the school, to allow for less congestion in the hallways, he said.

Now, the side door must remain closed throughout the day for safety reasons, Richards said.

"The driving force is the alarm going off as it disrupts the entire hallway, and supervision," he said.

Richards allows students to enter the door for about 20 minutes in the morning, but he said that in the afternoon the time window is

larger and interferes with meetings making him unavailable to supervise.

Junior Natalie Brunner, who has never experienced high school before the pandemic, said she is having a hard time adjusting to the rules.

Her main difficulties arise from the inability to leave during her free block and the closed side door, Brunner said.

"It's somewhat unfair because the now seniors got two years of their senior privilege, and my class is the cutoff," she said.

Changes have been made in the dining hall as well.

Though this rule was also in place last year, students are still not allowed to leave during lunch to go home or get food from places like Dunkin', Richards said.

"Last year, students were leav-

ing, and it became normal for them, but we are not an open campus, so it's not allowed," he said.

So far, the school year has been off to a good start, Richards said. As of Sep. 22, no detentions have been given to students who disregarded the pre-pandemic rules and regulations due to the administration's use of progressive discipline, he said.

"I do my best to avoid detention and suspension. I believe apologizing and repairing the relationship is more important than showing up for detention," Richards said.

Richards said many students have been confused with the changes in structure, and they are asking a lot of questions.

"I commend our students for having the courage to ask ques-

tions ... and understanding that the rules are based on what the Department of Education and police and fire department demand of us," Richards said.

ADOBE CLOUD CONTINUED FROM PAGE 1 impacted by the Creative Cloud transition is the journalism class, Tangey said.

Epp said that while her class only uses Adobe Photoshop and Lightroom at the moment, it is possible that she will integrate other programs into her courses over time, such as Premiere Pro and Illustrator.

She said one of the biggest advantages that Creative Cloud provides is that students can do work at home should they so choose.

However, one notable disadvantage Creative Cloud has in

comparison to VMware is that some Adobe products cannot run on the Chrome operating system, so they can't be used by Chromebook users.

According to the Adobe Creative Cloud website, versions of Photoshop, Indesign, Illustrator, and other products are only available on PC or mobile devices, with no mention of support for Chromebooks in the future.

OFFICER LOCKE OFFICE CONTINUED FROM PAGE 1 my classmates with security and safety," junior Chloé Lilly said. Locke likes being in a more visible position and out of the learning commons, she said.

"It's a nice change to be in the sunlight and to be able to see more students."

Community remembers former special education teacher

Kim Henry taught for 20 years, helped students, other faculty members

By Avabella Mitrano
INDEPENDENT EDITOR

After a battle with pancreatic cancer, middle school special education teacher Kimberly Henry passed away on June 19, 2022.

"She had a soft voice but an amazing presence, and she was always willing to help people; she always had interesting and creative ideas," middle school principal Joanne Maino said.

Maino said Henry worked in the school for 20 years, assisting students with special needs. She said Henry helped her when she first became principal.

"She brought her personality when she came into the office. It wasn't just about kids; it was about other things that were going on in her life...she was full of life and energy and a magnetic person that drew people

towards her," she said.

Maino said Henry loved and lived for her two children and her students. Henry was dedicated to her job and was always willing to help others, Maino said.

"She held them to high standards and helped them understand that they could achieve more than they could. She pushed them in a really gentle way," she said.

Teaching assistant Liz Eichenberger, a close friend of Henry, said she was a wonderful mother to her son, Neil, and daughter, Margaret. She

would do anything for them, just like she was a fierce protector of her students, Eichenberger said.

"She was vivacious. She did use a megaphone, but her voice

was loud enough she didn't need it ... people were a little afraid of her at the beginning until they realized her heart was huge," she said.

Eichenberger said Henry had a talent for sewing and created costumes for the Manchester

Summer Stage program. She thrifted, loved going to different places, hosted many family gatherings, and overall was a very warm person, Eichenberger said.

"If there was anything I needed, I'd give her a call. She was willing to help anytime I needed something and

was a really good friend ... I want the school to remember her as a kind and loving person," she said.

Spanish teacher Doris-Ann

'If there was anything I needed, I'd give her a call. She was willing to help anytime I needed something and was a really good friend ... I want the school to remember her as a kind and loving person.'

-LIZ EICHENBERGER



COURTESY OF HENRY FAMILY

Former middle school special education teacher Kim Henry passed away on June 19, 2022 from pancreatic cancer.

Vosseler said she remembered Henry's enthusiasm during the 7th grade Olympics. She said parents were very grateful and recognized Henry's impact on their children's middle school experience.

"Of course, Kim's advisory [group] won the Olympics; she

wouldn't have had it any other way," Vosseler said.

Junior George Mullin said Henry was a great teacher to him during middle school.

"She helped me with a lot of things, and I will always be grateful for having her as a teacher," he said.

Department head for math, science combine in position

Former math department head retires, biology teacher assumes position

By Hadley Levendusky
INDEPENDENT EDITOR

For the first time, the heads of the science and math departments have been combined this year into one position. Former science department chair Kristin Umile now heads both departments.

The decision was made when former math department head Dan Lundergan retired this past school year, principal Patricia Puglisi said.

When the math department head position was open, teachers had the opportunity to apply for the position, and Umile applied, Puglisi said.

"The department chair positions are part of the teachers' contracts. Every other year teachers apply; it's a two-year position," she said.

Puglisi said she knew Umile would do a good job combining the math and science departments.

"[She] is a certified supervisor in the department of education,

and we felt it was a good opportunity to marry math and science under one department chair to help facilitate connections between the two," she said.

Umile said she was originally nervous about taking on a bigger role.

"But overall I am pretty excited," she said.

Umile said one of the big differences with her new position is the amount of colleagues she is now working with. She now has 20 total colleagues in both middle and high school.

"There are three new teachers in

the math department. There's a lot of responsibility for making sure the new people have what

'...we felt it was a good opportunity to marry math and science under one department chair to help facilitate connections between the two.'

-PATRICIA PUGLISI



HADLEY LEVENDUSKY PHOTO
Kristin Umile is the head of both the science and math department after heading only science.

they need to be successful in the classroom," she said.

Department heads also oversee the middle school classes for their department, Umile said.

"[Part of working with the middle school] is making sure that each successive grade is spiraling the information correctly in math and science," she said.

This allows the bridge between eighth and ninth grade to happen and all grades to be overseen in each department, Umile said.

With taking over both departments, Umile has one fewer freshman class this year, she said.

"It makes me sad to not have as many students ... the best part of the day is working with the students in the classroom," Umile said.

Last year, the freshman science and math class combined to have final STEM projects at the end of the year, math teacher Courtney Brown said.

"We are exploring bringing projects like that to other grade levels and in other curriculum overlaps," she said.

Based on the success of the freshman cumulative project, Brown said she thinks Umile is in a great position to help facilitate this continued crossover between curriculums.

New aide joins learning commons

Pre-pandemic restrictions return to library for first time since lockdown

By Libby Mulry
INDEPENDENT EDITOR

New learning commons aide Nick Valle said he is working to build connections with students and uphold pre-pandemic restrictions in the library.

Valle, who is from Chicago, worked as a tour guide before

graduating from Aurora University in Aurora, Illinois, and moving to Massachusetts, he said.

Valle initially applied to work as the middle school track coach, but there was an opening in the learning commons, he said.

Main office administrator Mary Lumsden interviewed Valle.

"He's very organized and easy to talk to," Lumsden said.

Valle said talking to students creates a better environment in the learning commons. Problems with behavior and environment can be solved by knowing the students, he said.

The learning commons allows students to learn more about each other, Valle said.

"It's a nice place to sit down and relax, get homework done when you need to, or a place to gather and talk," he said.

The learning commons is unique to the school because there's a balance between students being together and learning, previous learning commons aide,

Barrett Alston said.

Last year, restrictions in the learning commons were more relaxed, Lumsden said.

"During the pandemic we set



LIBBY MULRY PHOTO
Nick Valle is the new learning commons aide and new middle school cross country coach.

up certain rules, and now those rules have changed," she said.

This year, only 25 seniors who have signed in are allowed to use the library during U block, senior Isak Gustafson said.

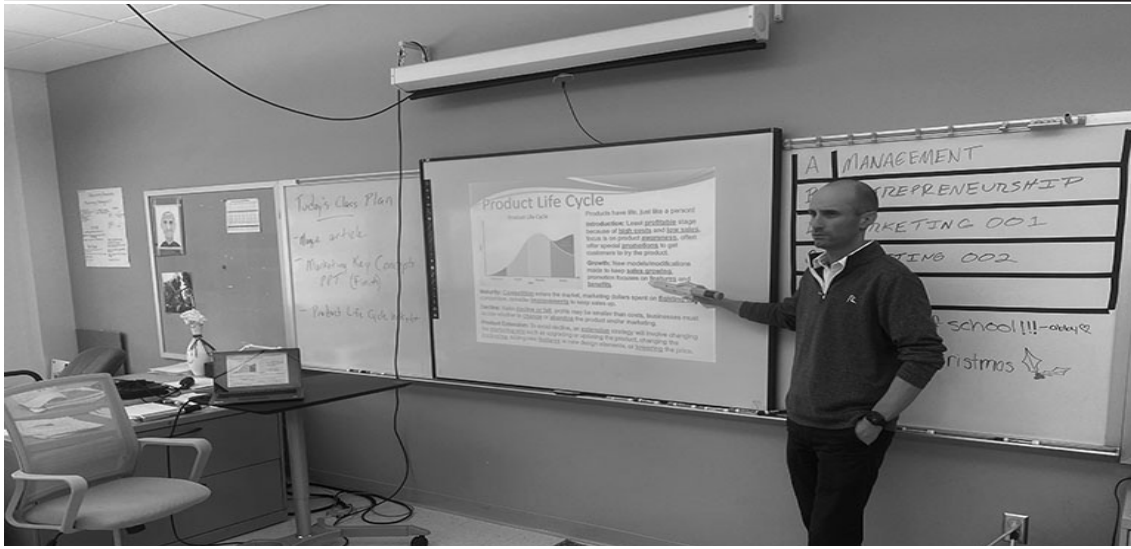
"Last year it was much freer; you still had to get permission from your U block teacher to go to the library, but more people were allowed to use that space," Gustafson said.

Another reinstated rule is if a teacher is absent this year, students have to report to the learning commons and complete their work for that class, Lumsden said.

Valle is responsible for signing students in when their teachers are absent, he said.

The administration wanted to create a more positive and open space by making sure everyone in the learning commons is accounted for, Valle said.

"My main job is to make sure that you're here and you're being safe," he said.



AVABELLA MITRANO PHOTO

Long-term substitute Barret Alston will be teaching business and DECA classes for the whole year.

Former library aide returns to serve as long-term business, DECA substitute

By Avabella Mitrano
INDEPENDENT EDITOR

Resuming his role as a long-term substitute, Barrett Alston continues teaching business classes and DECA.

Alston holds an undergraduate degree in marketing from Bentley University and a Master of Business Administration degree from Nichols College.

He said that although he held a few long-term substitute positions in the past, this is his first time actually teaching a course for the whole year.

Alston said he plans to incorporate projects, class discussions, and DECA role plays in addition to traditional lectures and PowerPoints. He said he hopes that

students will discover if business is a career they could pursue in the future.

“A lot of kids will put in extra effort and create a pretty fun and

‘One thing we do know is that he makes connections with students.’

-PATRICIA PUGLISI

exciting learning environment, and that inspires me to get up every day and be excited to come here and feel like we are all learning together,” Alston said.

He said he believes DECA is a good program for

getting the students excited and teaching them about valuable life skills, such as presenting under pressure.

During general presentations, Alston said he especially enjoys when students add fun facts at the end of them.

“I love how often at the end of presentations, we all not only

talk about the fun facts but about the whole presentation, so I love the fun facts. They make it the kind of classroom I want it to be,” he said.

Principal Patricia Puglisi said the school was unable to hire for a business position last August. She said she knew that Alston had an extensive business background and would be a good fit to fill the position for the year.

“I’m hopeful that Mr. Alston is going to do a great job. One thing we do know is that he makes connections with students ... and that’s always our number one thing when looking for a teacher,” she said.

Junior Liliane Pilaud said she is excited that Alston is teaching business classes this year.

“I know he is attending adviser meetings to know more about DECA, which is great. I’m sure it will be a great year,” Pilaud said.

Former pediatric nurse becomes school nurse

By Gwendolyn Berger
INDEPENDENT STAFF

After seven years of working as a nurse in the pediatric ward at Children’s National Hospital in Washington, D.C., and Boston Children’s Hospital, Kelly Nussbaum joined the school as the new nurse.

Nussbaum lives in Beverly and grew up in Gloucester attending Gloucester High School, she said.

She attended the University of Rhode Island and graduated with a Bachelor of Science in Nursing degree. Nussbaum said she worked in the maternity ward at Massachusetts General Hospital for about four years.

She said she moved to Washington, D.C., because her fiance lived there. There she worked at the Children’s National Hospital in pediatrics for about two years. When she moved back to Massachusetts, she worked at Boston Children’s Hospital for about two years, she said.

Nussbaum said that she always

wanted to work with people and do something helpful, and when she tried out nursing, she found that she loved it.

Nussbaum said this is her first year working in a school environment. She applied to Manchester-Essex due to the easy commute and the great school system, she said.

“It was kind of like a win-win of location and population as well as the excellent educational system, so I figured it was a good place to start,” she said.

Nussbaum said the environment at the school is great.

“Everyone is very pleasant. Every student that I’ve had an interaction with seems well educated and is very kind,” she said.

Principal Patricia Puglisi said she and middle school Principal Joanne Maino interviewed seven candidates for the position.

“Mrs. Nussbaum ... came with a passion and an energy for really, truly wanting to bring her nursing skills into school that was just very evident in the interview, and ... we were just very excited to see someone with that energy come into our building,” Puglisi said.

Puglisi said since Nussbaum has worked in pediatric hospitals in the past, she brings a different medical skillset.



GWENDOLYN BERGER PHOTO

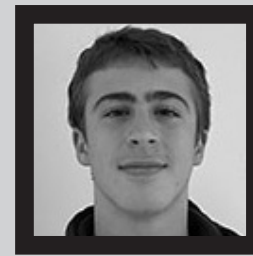
School nurse Kelly Nussbaum worked at hospitals in Boston and Washington D.C. before being hired by the school.

“She brings a knowledge base of illness and medicines and things like that. She also is fitting in really great with the faculty and staff. She’s approachable, and she’s a very calm presence in the health room,” she said.

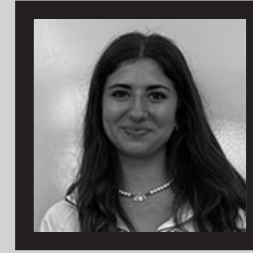
Sophomore Aubrey Fritsch, who visited Nussbaum due to a partially torn Achilles tendon, said Nussbaum is sweet and helpful.

“She’s really positive, and she’s really supportive and kind. I like the environment she has,” Fritsch said.

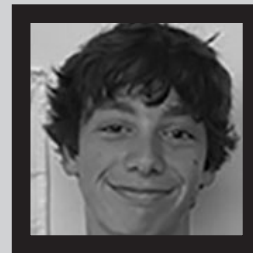
Nussbaum said she looks forward to seeing all the kids every day and is excited for the year to come.



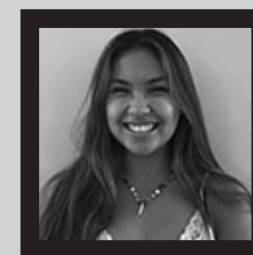
Freshman Walker Vallejo
“Crunch. It’s just good.”



Freshman Arielle Stafford
“Pink Starburst.”



Sophomore Henry Swerdloff
“The nutritiously delicious Candy Corn.”



Sophomore Jenelle Ford
“Reese’s. I hate Dots. They’re a gross texture, and they remind me of licorice.”



What is your favorite Halloween candy?

Junior Quinn Brady
“I like 100 Grand Bars because they’re a mix of a Milky Way and a Crunch bar. It’s very unique.”



Junior Matteo Sarmanian
“Skittles. I like all of them but the green.”



Senior Paige Garlitz
“I like Reese’s.”



Senior Ari Brzenski
“Either Almond Joy or Three Musketeers.”



Peer mentor program receives many new participants

Underclassmen involvement helps grow program

By Hannah Davis
INDEPENDENT STAFF

Increased participation in the peer mentor program this year will grow the program and help new students adjust to life at the high school, said Beverly Low, director of school counseling. She said the goal of the peer mentor program is to ensure new students feel welcomed at the high school.

Low said she hopes “every student coming into the high school, as a ninth-grader, could look at the peer mentor team and feel a connection with a couple of them.”

Peer mentor coordinator Ava Ricci said she hopes the program

makes students’ transition from middle school to high school less intimidating.

“We’re trying to broaden the program more this year and make sure we get all the plans that we have in place executed, like the Club Fair,” she said.

Sophie Zalosh, another coordinator, said, “It’s nice to have a lot of people, and it shows that there’s a lot of kids that care. I think it’s awesome to have underclassmen wanting to help other underclassmen.”

She said the goal has always been to grow the program as much as possible, and the increased participation will help achieve this goal.

The peer mentors hosted a Club Fair on Friday, Sept. 16, during lunch. Both Low and the coordinators said they hope the fair will become a tradition to help spread the word about different clubs.

‘It’s nice to have a lot of people, and it shows that there’s a lot of kids that care.’

-SOPHIE ZALOSH



PHILEINE DE WIDT PHOTO

Juniors Vivian Friends and Libby Mulry receive information from seniors Lexi Hano, Faith Ellis, and Maddy Officer about a club. The peer mentors club organized the fair and participated in it.

“I hope that it knocks down some invisible barriers to younger students getting involved right away,” Low said. She also said she hopes the fair educated the school community about the different clubs offered.

“[The fair] shows [freshman]

clubs they wouldn’t know about otherwise ... [and] gives them a variety of different clubs they can choose from that they might not have known about before,” Ricci said.

Charlotte Lawrence, the president of Health Occupa-

tions Students of America and co-president of the Science Team, said the fair benefited both students and the organizers of different clubs.

“It let students get to know the clubs, what they do, what their schedule was,” she said.

Former class officers rerun for fall election, explain motives

By Alessia Omari
INDEPENDENT STAFF

Ten experienced class officers reran and won their previous positions.

Junior Finn O’Hara said he reran for class vice-president with hopes to bring benefits to the 2022-2023 junior class. He said raising money and providing individual opportunities to each junior student will benefit the class collectively.

“I want to bring events to our class with opportunities for kids to get volunteer hours,” O’Hara said, shortly before the election. “I hope to raise money for the class so we can have a good senior week and prom, and just overall help our class for the future.”

Motives as to why former class officers chose to rerun differ between the candidates in all grades.

Former junior class vice-president Owen O’Leary said rerunning for the position would

serve as an opportunity to better his senior class.

“We just have this vision already of what the end of senior year

is going to look like,” O’Leary said. “So I guess we just want to keep the ball rolling.”

Sophomore Nick Brown viewed his achievements in freshman class office last year as

‘I hope to raise money for the class so we can have a good senior week.’

-FINN OHARA

his personal motivation to rerun.

“We had a lot of success last year,” Brown said. “If I could make more of a difference this year, even in a different role, I’d hope to build off of the progress we’ve made.”

Former freshman class president Jack Cummins said he has a very regimented plan on how he plans to raise money for the current sophomore class.

He said he had previously done extensive work on fundraising for the freshman class last year, building a foundation for both himself and

this year’s elected class officers. He plans to successfully follow through with his goals for the class, he said.

Sophomore Sabine Cooper said the support these individu-



ALESSIA OMARI PHOTO

Reelected sophomore class officers Jack Cummins and Luke Holmes hold a meeting with new officers Gwen Berger and Summer Demeo. They discuss their goals with their class adviser Drennan Burns.

als garnered is well deserved.

“If they did really good in office the previous times they’ve ran, we should be more than

willing to let them run again,” Cooper said. “Knowing who and who not to vote for strengthens our community.”

New assistant athletic director joins department

By Summer Demeo
INDEPENDENT STAFF

Assistant athletic director Sean Kucharski is the newest member of the athletic department.

Prior to coming to Manchester Essex, Kucharski was an athletic intern at Austin Preparatory School. He also worked at Greater Lawrence Technical High School as a Field Support services assistant, he said.

At Greater Lawrence Technical, Kucharski was in charge of getting teams to rent the school’s field. He brought in over \$3,000 for Greater Lawrence Technical last year, he said.



SUMMER DEMEO PHOTO
Assistant athletic director Sean Kucharski previously worked as an athletic intern.

Kucharski attended Andover High School and then attended Merrimack College in North Andover, Massachusetts, where he received his bachelor’s degree in history and education in 2019.

Kucharski said he realized that education wasn’t for him because he was more passionate about athletics. He still wanted to work with high school students, so he attended Endicott College in Beverly, to earn a

master’s degree in sports leadership in 2020, he said.

Kucharski knew athletic director Cameron Molinare from Endicott and wanted to work with her, he said.

He said he has had a very good experience at the school so far and the community has been “very supportive.”

“The community is awesome. All the kids tend to have each other’s backs. Athletics-wise [the school is] great,” Kucharski said.

Molinare said Kucharski has been helping with game day management, incoming registrations, and coordinating athletic transportation.

She said Kucharski has a lot of

energy, works well with her, and connects nicely with the students in ways that sometimes she can’t.

“It is nice to have somebody else in the office that can contribute a male perspective within athletics,” Molinare said.

Kucharski said he has already formed bonds with students, who say he has a friendly presence in athletics. “He is a very supportive person. I like to talk to him

before my games to be encouraged,” said sophomore Madi Cook, girls’ varsity soccer goalie.

When not at school, Kucharski often attends Red Sox, Bruins, and Celtics games. He also likes to read, listen to podcasts and hang out with his friends, he said.

FUN FACTS

- Played baseball and football in high school.
- Collects sports cards.
- Really enjoys cooking.
- Is a big mental health advocate.
- Has season tickets to the Miami Dolphins.

Advanced Placement courses

Should the school restrict the number of AP classes a student can take at once?

Pro

Amy Vytopilova

Schools should limit the amount of AP classes students can take to reduce stress levels and minimize academic competition among students.

Students should take two AP courses or less as they will get a rigorous course load while also having time to focus on other school subjects.

Teenagers can overwork themselves by taking too many college level classes during high school.

Senior Isak Gustafson said that students who take an overly rigorous course load do not have time for other school-based activities.

“If someone takes too many AP classes, they will not have time to focus on other things such as clubs or focusing on college essays,” Gustafson said.

If a student focuses too much on schoolwork and getting assignments done before their deadline, they will not be able to find out what activities they are interested in.

In an article called “Consider Limiting AP Classes Students Can Take,” class of 2020 graduate Kate Konvitz said that restricting AP courses allows students to find their hobbies.

“By limiting the number of AP classes, students will have more down time to explore subjects or hobbies that truly interest them,” she said.

If schools limit the number of AP courses each student can take, it will cut down academic competition between students, as their peers also have a limited amount of AP classes they can take.

AP courses are mainly taken to compete with fellow students or to amaze their parents, Konvitz said.

“A lot of times, I find that students take honors or AP classes solely because they want to impress their friends, parents or colleges,” Konvitz said.

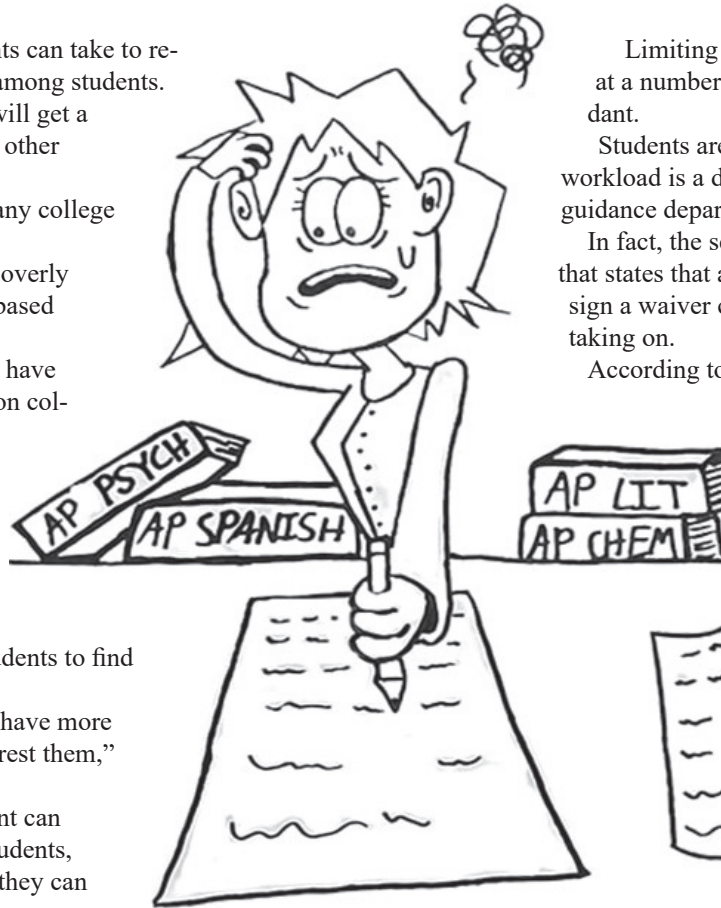
In an article called “Avoid AP Course Overload: It May Matter Less Than You Think,” author Venkates Swaminathan wrote that taking too many AP courses is not worth the stress.

“High school students [that] are often sleep-deprived due to hours spent on homework each night, face the need for extra tutoring to keep up with coursework, and can suffer poor performance due to the overload,” Swaminathan said.

Students who take multiple AP courses are more likely to put their health second to the amount of work they have to complete.

Taking more than two AP courses can lead to burn out and a poor work ethic in the future.

Students will also have the time to take these courses when they attend college or a university, so they should not be worrying and stressing about them in high school.



ALESSIA OMARI ILLUSTRATION

Con

Charlie Lations

Limiting the number of AP classes students can take, especially at a number as low as two, would make little sense and be redundant.

Students are not required to take more than two AP classes; their workload is a decision made between the student, their family, and the guidance department.

In fact, the school actually has a policy – though rarely enforced – that states that any student taking more than three AP classes has to sign a waiver confirming their understanding of the workload they are taking on.

According to the high school Program of Studies, “A student wishing to enroll in more than three AP courses is required to meet with his/her school counselor to discuss course load and potentially complete an ‘AP Override Form.’”

While rarely enforced, the Program of Studies requires that students who want to take on the workload of more than three AP classes should meet with guidance to discuss the potential consequences.

Were the policy to be more strictly enforced, students would be less likely to take more AP classes than they can manage, and a limit would not become redundant.

Junior Joanna Shan, who is taking five AP classes, said the workload is challenging but manageable.

“Most of my classes have consistent nightly homework which isn’t bad in itself, but then when you add them together plus other things that I have to do, it becomes a lot – but I haven’t done anything late yet,” she said.

Shan said succeeding in difficult classes gives her a sense of pride, and that it’s good for students to push themselves.

According to a March 2021 article from Prep Expert, students who take AP classes are more likely to be accepted into colleges because they carry a heavier weight on most high school transcripts.

In the same article, the staff at Prep Expert explain that admissions offices look more favorably on students who take AP classes because it demonstrates a willingness to push themselves and go out of their comfort zone.

Placing a limit on the number of AP classes that a student can take would be completely unnecessary because there is already a school policy that makes students aware of the possible difficulties that come with taking them.

Given that the high school already strongly recommends what is considered to be a manageable workload of AP classes, it would be illogical to place another limit on course selection on top of the existing recommendations.

Federal Reserve raises interest rates, risks causing recession

By Libby Mulry
INDEPENDENT EDITOR

Rising interest rates could trigger a recession as the Federal Reserve futilely continues to combat inflation.

According to the National Bureau of Economic Research Business Cycle Dating Committee a recession is “a significant decline in economic activity that is spread across the economy and that lasts more than a few months.”

Recessions are measured by poor production metrics, lower consumer spending, falling profits for businesses, and an increase in unemployment. High unemployment rates help curb inflation.

“Low unemployment means more consumers have the discretionary income to purchase

goods and the demand for goods rises. When that happens, prices follow. But during periods of high unemployment, though, customers purchase fewer goods, which puts downward pressure on prices and reduces inflation,” Greg Despiero wrote in “What Happens When Inflation and Unemployment Are Positively Correlated?” for Investopedia.

The inverse relationship between inflation and unemployment makes it so the Federal Reserve has to choose between protecting the well-being of American people and the purchasing power of the American dollar. The Federal Reserve is picking the dollar.

They predict the unemployment rate will increase to 4.4%. This means that 1.2 million people will lose their jobs.

“There will very likely be

some softening of labor market conditions. While higher interest rates, slower growth, and softer labor market conditions will bring down inflation, they will also bring some pain to households and businesses. These are the unfortunate costs of reducing inflation,” Federal Reserve Chair Jerome Powell said at the Jackson Hole Economic Symposium.

One of the reasons the Federal Reserve is so focused on inflation is because it negatively affects banks and benefits borrowers.

Inflation makes it so people can pay banks back with money worth less than when it was originally borrowed, decreasing the revenue of said banks.

Decreasing inflation should be less important to the national government than reducing the chance of a recession.

Methods for preventing recessions include expansionary policies. This means stimulating the economy by increased government spending.

Spending should not be direct-



FLICKR.COM

Federal Reserve Chair Jerome Powell speaks at the Federal Open Market press conference, pushing for an attack on inflation that would prioritize inflation over protecting against a recession.

ed toward banks that are too big to fail like in the financial crisis of 2008. Instead the government should stimulate the economy through infrastructure, health-care, and public education.

The bipartisan Infrastructure Investment and Jobs Act passed by the House in early November of last year didn’t go far enough in rebuilding the United States’

economy after the pandemic. The initial \$1.2 trillion needed to rebuild American cities was cut to \$65 billion, virtually throwing away billions of dollars.

The United States’ economy is heading towards a recession because of the incapacity of Congress to pass comprehensive legislation and the inefficiency of the Federal Reserve.

STAFF EDITORIAL

Juniors having access to study halls would prove beneficial

Junior year is the most stressful and challenging year of high school, and study halls would help alleviate this stress.

Advanced Placement classes become available during junior year, and managing a full schedule in addition to sports and extracurriculars is challenging.

Students work efficiently in study halls because they are in a school environment and can access teachers and peers.

According to the Massachusetts Department of Elementary and Secondary Education, high school students are required to receive 990 hours of structured learning time per year. Study halls do not count towards this requirement.

Without a study hall, the average student in Massachusetts spends about 1,161 hours in school per year. The necessary addition of a study hall would not violate the requirement.

Junior year is the defining year of high school, and study halls would help juniors navigate it by teaching them better time management.

Principal Patricia Puglisi said study halls are a senior privilege to help with the college process.

During the pandemic, juniors were also allowed study halls to minimize the number of people in the building, she said. Juniors could take study halls last year, but the policy reverted at the start of this year, Puglisi said.

Senior Juliana Saunders, who had a study hall her junior year, said it was very helpful for her busy schedule and heavy course load.

“I think study halls should be an option for all students, especially if they take a lot of AP classes, because the workload is intense. They shouldn’t have to limit their course load due to their lack of time,” she said.



ELLA CHAFE PHOTO

Senior Juliana Saunders works during her study hall. She said that having a study hall during her junior year made it easier for her to effectively manage her busy schedule and heavy workload.

Saunders said her study hall helped with her mental health by reducing stress and giving her a break during the day.

Junior Amelia Costa said she wishes she had a study hall to alleviate stress and pressure.

Costa takes four AP classes, plays two sports, and is a member of the math and science teams. She said an extra hour during the day would help her complete her work.

“As juniors, it’s our first year

that we can take AP classes, and a study hall would give us time to have [a] buffer room during the day,” Costa said.

Juniors should have study halls because it shouldn’t be a senior privilege to not feel stressed.

School should create Music Honors Society chapter to allow students to explore arts together

By Wyeth Takayesu
INDEPENDENT EDITOR

Students from different musical groups and backgrounds should be able to establish a chapter of the Tri-M Music Honors Society to create music and form music-focused community events together.

According to the Tri-M Music Honors Society website, the organization is committed to creating honors societies that aid in the cultivation, exploration, and expansion of the musical arts within schools and their surrounding communities.

Tri-M is also a well-established organization, having been founded in 1936, with a nationwide reach with over 2,100 chapters and 84,000 members across the country.

Though students pursuing excellence in academics or visual arts can coordinate community events through the National Honors Society and National Arts Honors Society, auditory



WYETH TAKAYESU PHOTO

Concert Choir students, such as Senior Maddie Machain, have voiced support for forming a Tri-M MHS chapter at the school.

arts lack the same creative space.

The Concert Choir and Concert Band, as well as extracurriculars like The Soundwaves and Jazz Band, are an important part of the school community and would benefit from a club where these groups could work together, middle school choir

teacher Ben Icenogle said.

“Having a space to engage with other students who are also interested in music and working together on community-wide projects would be a huge opportunity for all of our students to learn and grow as artists,” he said.

With the power of an honors society, students interested in

music would be able to create new events to share their own creations and innovate together, Icenogle said.

“Students would be able to create venues for performances, open mics, and student showcases ... the power is put into the students’ hands as a community, and they could really run wild with it,” he said.

Senior Concert Choir student Maddie Machain said that creating a Tri-M Music Honors Society chapter would be beneficial for student growth.

“It could bring more attention to our arts department and

shine a light on all of our talented musicians ... it’s so genius that it makes me wonder why we don’t already have it because I would have loved that,” she said.

According to the Tri-M Music Honors Society website, starting a chapter requires selecting an adviser and mailing in the activation form along with the activation fee of \$100.

Students interested in instituting of a Tri-M Music Honors Society chapter at the school should go to the choir room and inform Ben Icenogle so he may gauge community interest.

‘Having a space to engage with other students who are also interested in music and working together on community-wide projects would be a huge opportunity for all of our students to learn and grow as artists.’

-BEN ICENOGLE

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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.

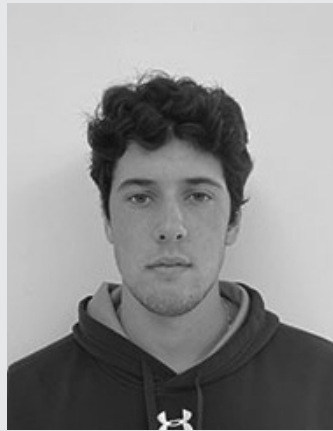
The Independent staff hopes that all Manchester and Essex citizens will take advantage of this forum. The paper is meant to serve the school community, and we are open to suggestions to help it better serve its purposes.

GOLF

Coach: Bill Melvin
Captains: Sam Athanas and Mark Pollock
Record last year: 2-10
Current Record: 8-8
Goals: For each player to improve their individual scores
Rival: Hamilton-Wenham
Impact players: Sam Athanas (senior), Mark Pollock (senior), Lilly Brigham (junior), Matthew Graeter (sophomore), Gray West (freshman), John McCavanagh (freshman)
Coach's quote: "One of my goals is to see each player individually improve over the course of the season and for the team to become more competitive in the matches." - Bill Melvin
Captain's quote: "[We hope to] win matches and consistently do better." -Mark Pollock



Sam Athanas



Mark Pollock

FOOTBALL

Coach: Joe Grimes
Captains: Ben Hurd, Danny Wood, Henry Otterbein, Brennan Twombly
Record last year: 8-2
Current record: 4-2
Goals: To make playoffs and connect as a team
Impact players: Cam Hubbard (senior), Jesse Oliver (senior), Henry Otterbien (senior), Brennan Twombly (senior), Stephen Martin (junior)
Coach's quote: "We're very fast, and that's a testament to all the work we did in the off season." -Joe Grimes
Captain's quote: "We have a great group of guys this year, and I hope to go far." -Danny Wood



Ben Hurd



Brennan Twombly



Henry Otterbein



Danny Wood

GIRLS' SOCCER

Coaches: Christo Manginis
Captains: Kendall Newton, Pippa Spingler, Mackay Brooks, Mechi O'Neil
Record last year: 2-16-1
Current record: 5-4-3
Goals: To compete in the Cape Ann League and make it to the playoffs
Rival: Ipswich
Impact players: Kendall Newton (senior), Pippa Spingler (junior), Mackay Brooks (junior), Mechi O'Neil (junior), Madi Cook (sophomore)
Coach's quote: "We have competed with almost every team we have played this season... there are a bunch of players who have played great this year." -Christo Maginis
Captain's quote: "The overall goal is playoffs but also to go out there and play a hard game, coming out with intensity." -Kendall Newton



Kendall Newton



Mackay Brooks



Pippa Spingler



Mechi O'Neil

BOYS' SOCCER



Andrew Gagnon



Brady Gagnon



Becket Spencer



Finn Lawler

Coach: Robert Bilsbury
Captains: Brady Gagnon, Andrew Gagnon, Becket Spencer, Finn Lawler
Record last year: 11-6-1
Current Record: 6-7-1
Goal: To make it into the playoffs
Rivals: Amesbury, Hamilton-Wenham, Rockport
Impact players: Brady Gagnon (senior), Andrew Gagnon (senior), Becket Spencer (senior), Finn Lawler (senior), Charlie Virden (junior), Sammy Bothwell (sophomore), Hudson Wood (freshman)
Coach's quote: "We've had a lot of younger and older kids step up and play really well." -Robert Bilsbury
Captain's quote: "We have a lot of new freshmen this year who have stepped up and are playing really good back there." -Becket Spencer

FIELD HOCKEY

Coach: Courtney Brown

Captains: Paige Garlitz, Hadley Levendusky, Amy Vytopilova

Record last year: 16-5-1

Current record: 10-1-2

Rivals: Ipswich, Triton

Goals: Stay positive, go further into the tournament

Impact players: Amy Vytopilova (senior), Ella Chafe (junior), Caelie Patrick (junior)

Coach's quote: "When you're able to develop relationships with your teammates, score goals, and win games successfully, it's just the best feeling." -Courtney Brown

Captain's quote: "There are such high expectations for us, so I'm excited for what's to come." -Hadley Levendusky



Paige Garlitz



Hadley Levendusky



Amy Vytopilova

CROSS COUNTRY

Coach: Steve Whittey

Captains: Caroline MacKinnon, Whitney Turner, Finn O'Hara, Charlie Lations

Record last year: 3-2 (boys'), 2-3 (girls')

Current record: 2-2 (boys'), 4-0 (girls')

Rivals: Newburyport and Amesbury

Goals: Progress to All-State level

Impact players: Caroline MacKinnon (senior), Logan Cooper (senior), Whitney Turner (sophomore), Finn O'Hara (junior), Charlie Lations (junior), Sabine Cooper (sophomore), Stella Straub (sophomore)

Coach's quote: "The team itself has strong players, and the girls are looking great even though both teams are fairly young." -Steve Whittey

Captain's quote: "Everyone's been working hard and finding a lot of individual growth, growing with the team and raising our team bonding as a whole." -Finn O'Hara



Caroline MacKinnon



Whitney Turner



Finn O'Hara



Charlie Lations

CHEERLEADING

Coaches: Elizabeth Coggeshall, Julie Marsolais

Captains: Ava Ricci, Allie Delaney, Ella Aieta

Upcoming event: CAL competition in November

Goals: Improve stunting, do well at competition, improve jumps, do more fundraising

Coach's quote: "We're excited to be including sophomores this year and watching it grow as a school sport next year." -Elizabeth Coggeshall

Captain's quotes: "We practice really hard, and we put a lot of effort into it, and there's a lot of passion behind it from all of the girls." -Ava Ricci



Ava Ricci



Allie Delaney



Ella Aieta

APAD students prepare for class with summer work, programs

Work displayed in the hallways

By Phileine de Widt
INDEPENDENT EDITOR

As preparation for AP Art and Design, students worked throughout the summer creating the first potential works for their portfolio.

According to the APAD summer work page found on the school website, students had to complete 20 sketches in their sketchbook and three bigger art pieces, with at least one observational and one interpretive piece over the summer.

The document explained that observational works are created directly from life or images, while interpretative works are made from memory or connected ideas.

AP Art and Design teacher

Tamera Burns said summer work is important for the class as it keeps students active. Students had a choice of how they wanted to complete their summer work. They could do it individually or with a program, like the Montserrat Summer Program, she said.

"We had about three or four students do the program, but the important thing is that they had a choice to do what they wanted," Burns said.

'For their final portfolio, students must choose between three categories.'

-TAMERA BURNS

Summer work is also important at the beginning of the year as students spend their first classes critiquing each other's works, and it allows the class to know the person's developing style, she said.

"In class, we use a glow-grow format. The 'glow' means things that are working, and the 'grow' means things they might not have considered or could improve upon," Burns said.

Juniors Lily Francoeur and Alana Martinetti worked on the summer assignments together.



PHILEINE DE WIDT PHOTO

AP Art and Design students Lily Francoeur and Alana Martinetti display their summer work.

Francoeur said she is excited to improve on adding meaning to her artwork and taking a cliché idea and making it unique.

Martinetti also said she hopes to improve this year in the class.

"I want to get better at different forms of art media besides just drawing and painting, which I have focused on in the past," she said.

The class allows students to

use varying types of art. Many students use digital media, which can involve photos but is usually drawing and painting through a device, Burns said.

Throughout the year, choice is common for APAD students. For their final portfolio, the students must choose between three categories, 2D, drawing, and 3D, for which they will submit five pieces of work, she said.

APAD students' summer work has been on display on the first floor, and more artwork is present on the second floor.

"The summer work on display will be swapped out for other work as the year goes on. One of the state standards is for students to learn how to present work, not just talk about it, which is why the displays are so good," Burns said.

Photo sharing app, BeReal, takes over social media, encourages authenticity

By Mechi O'Neil
INDEPENDENT EDITOR

BeReal, the latest photo-sharing app, is taking over social media, with more people joining the app every day.

French creators Alexis Barreyat and Kevin Purreau released the app in 2020, but it has only recently begun soaring to the top of download charts around the world.

According to the article "BeReal Rises to 10 Million Daily Active Users" by Andrew Hutchinson on socialmediatoday.com, downloads of the app have risen by 315% since the

beginning of the year.

The app is being described as the anti-Instagram, focusing on real, unedited everyday life, as opposed to the airbrushed, polished images that dominate other social media sites, Hutchinson wrote.

The app is being described as the anti-Instagram, focusing on real, everyday life.

"When you're looking at people's social media accounts, you're essentially viewing a highlight reel of their life," he wrote.

This is not the case with BeReal, however. Once a day, at a random time, the app notifies users that it's "time to BeReal."

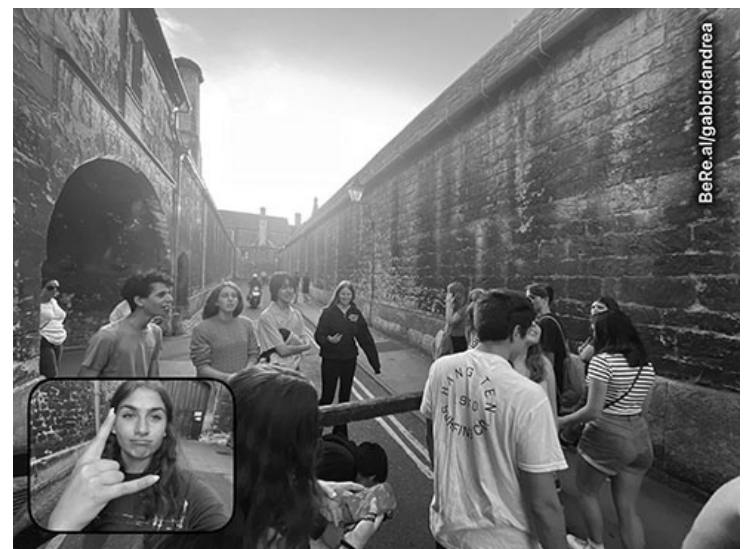
When the user opens the app, a two-minute timer appears at the top, giving them a limited amount of time to take a photo of whatever they're doing at that moment.

The shot captures a photo from both the front and back camera, so that the user sees what is being framed, as well as what's behind the camera.

Users are also advised not to retake a photo. If they do, it shares with their friends how many retakes they took.

Junior Caroline Doucette uses BeReal to stay connected with her older sister, Emily, who is in college.

"I don't always have time to FaceTime my sister, so BeReal lets me know what she's up to."



BeReal: @gabbiandrea

COURTESY OF GABBI D'ANDREA

Junior Gabbi D'Andrea poses for her BeReal with friends. The app takes a picture using both the front and back cameras.

Sophomore Ella Arnsten said she participates in BeReal with her friends every day.

"If you're in a group of people, and the BeReal goes off, everyone gets the notification on their phone.

It's fun to do it all together," she said.

Thanks to the app's unique concept, it's an intriguing alternative that keeps photos simple and social media pressure-free.

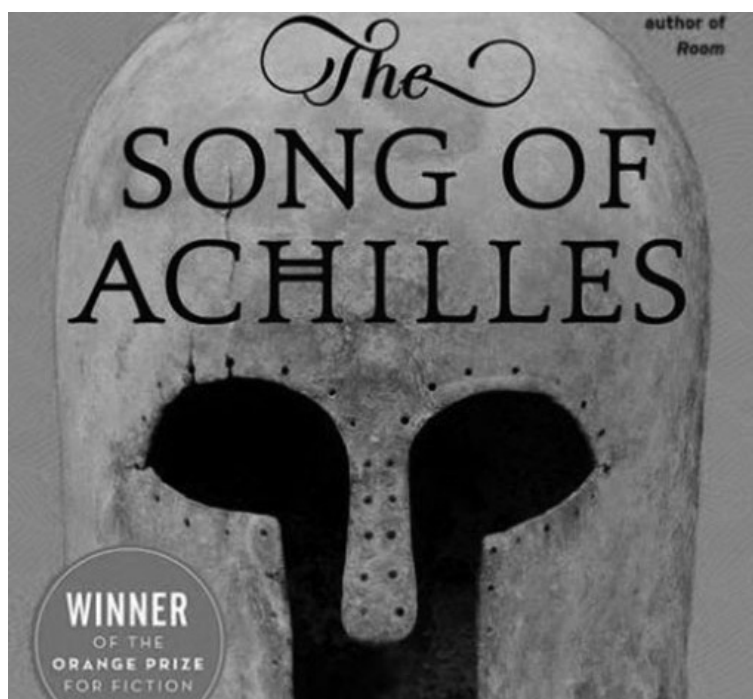


PHOTO VIA GOOGLE IMAGES

Author Madeline Miller adds a new depth to the familiar Greek myth of Patroclus and Achilles in her novel "Song of Achilles."

'Song of Achilles' presents unique, emotional focus on characters

By Alessia Omari
INDEPENDENT STAFF

Madeline Miller's "Song of Achilles" provides a new retelling of a classic Greek myth. Miller's rendition of Homer's "Iliad" is written from the perspective of Patroclus, the hero Achilles' closest companion.

Patroclus' character is first introduced as a child. He accidentally kills a boy and is exiled from his former home and kingdom, left to live in a foreign palace under the rule of Peleus, king of Phthia.

In Phthia, Patroclus forms a tight bond with Achilles, Peleus' son. Achilles is also the son of the goddess Thetis and is a destined warrior and hero.

Miller consistently has a unique and extensively detailed style of writing. Her focus on visualization helps to create a uniquely immersive rendition of Ancient Greece. From her description of Peleus' palace, to Chiron's cave, Miller focuses greatly on utilizing all five senses when describing these locations.

Miller's research on the story's location shows in her attention to the region's history and culture.

The importance of gods in Greece is highly emphasized and expressed through Achilles' relationship with his mother.

Patroclus' inner thoughts have a distinct poetic ring to them such as when he describes recognizing

ing Achilles "by touch alone, by smell; [he] would know him blind, by the way his breaths came and his feet struck the earth."

This specific retelling of the popular myth answers the question over the dynamic between Patroclus and Achilles. Within this rendition of the myth, the two share a romantic relationship.

A queer relationship between the two is delved into in extreme detail compared to the original Greek classic.

Miller's re-telling strengthens the general understanding of the attachment between these two characters, as well as how they develop and grow alongside another.

Miller's inventive and emotional retelling of the Iliad won the Orange Prize in 2012.

‘Anxious People’ novel takes deeper dive into human emotion

Story breaks fourth wall

By Isabelle Donnellan Valade
INDEPENDENT STAFF

Swedish author Fredrik Backman’s novel “Anxious People” gives several different perspectives on love, life, and loss, and his unique style focuses on a spectrum of emotions from his characters.

“Anxious People” is a fictional narrative published in 2019.

It was turned into a Netflix limited series in 2021, which was directed by Felix Herngren.

The novel begins on the day before New Year’s Eve in a small town in Sweden, in which a bank robbery goes wrong and turns an apartment viewing into a bizarre hostage situation.

The eight hostages: seven prospective buyers, and one real estate agent, are taken into an

apartment across the street from the bank.

The hostages’ personality traits are unique and somewhat conflicting. Their ages range from young adult, to middle aged, to elderly.

When the hostages are released, the bank robber is nowhere to be found. Jim and Jack, father-and-son police duo, interview the victims to find where the bank robber went, but the information they get causes more confusion.

The informal tone Backman uses makes it feel as if the author is speaking directly to the reader, and the narrator often breaks the fourth wall between the author and reader.

“Anxious People” switches between

many different events, through the past and the present. It’s not entirely sequential, and Backman leaves the story on a cliffhanger at the end of several chapters.

Throughout the book, differ-

ent scenes are written in different forms, such as personal thoughts from the narrator, a police interview, and a story.

Backman’s characters and their emotions cause the reader to want to dig deeper into their pasts, and Backman delivers that information, albeit slowly, over the course of the book.

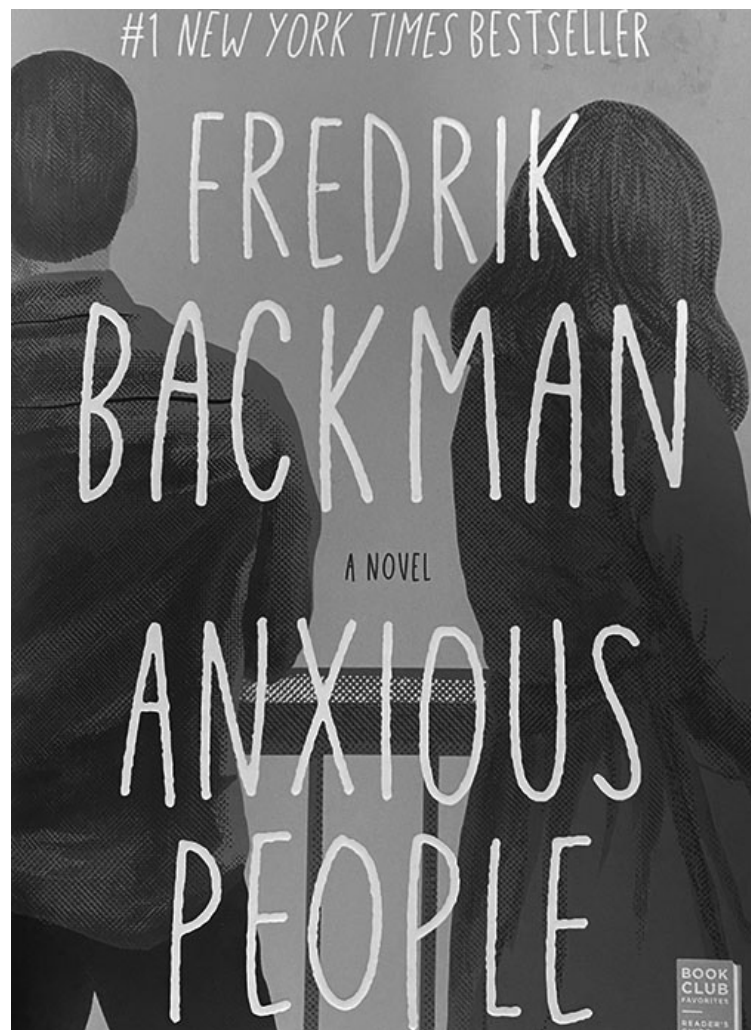
His characters’ sadness, worry, and love is conveyed to the reader through the words that they share with one another.

Throughout this book, the characters evolve and change, and as Backman slowly compiles more of their backstories, the characters are easier to understand.

On more than one occasion, Backman uses his characters to express how emotions can be interpreted differently, depending on the person experiencing them. For example, Estelle, an elderly hostage, describes the feeling of a love she had and then lost.

She is talking about the man she loved, and she says, “That’s the power of literature, you know, it can act like little love letters between people who can only explain their feelings by pointing at other people’s.”

On more than one occasion, Backman uses his characters to express how emotions can be interpreted differently.



ISABELLE DONNELLAN VALADE PHOTO

In “Anxious People,” Fredrik Backman develops his characters through their interactions with each other in a variety of forms.

Junior releases indie-inspired pop single on music platforms

By Sam Heanue
INDEPENDENT STAFF

Junior Corbin Stafford released his new single, “Bawling Yellow,” on Spotify and SoundCloud.

This is a continuation of his previous work, including the release of two techno-rap albums in 2019 and 2020.

Stafford began making music in 2019, taking inspiration from artists like rapper John Bellingham, as well as YouTubers who worked



SAM HEANUE PHOTO

After a brief hiatus, junior Corbin Stafford released his third single on Sept. 30, 2022.

with sampling other artists.

He says that when he first started, he just experimented with simple beats on GarageBand, but

now he works more with Ableton Live, a popular music-making software.

Stafford said he typically only uses two pieces of equipment: his piano and a synthesizer.

The single includes both vocals and piano, a change from his previous music, which mostly featured computer-generated beats.

“The new single is mostly piano. I’m trying to go a more instrumental way rather than do computer stuff,” Stafford said.

He said the inspiration for the single came from a recent album release by the recording artist EDEN, a popular alternative artist that has been releasing music for the past five years.

EDEN’s inspiration is shown in Stafford’s recent work, Stafford’s

friend senior Brian Kelly said.

Despite a period in which Stafford took a break from music, he seems to have gotten back into the groove of things, Kelly said.

Junior Finn McCue, Stafford’s friend and fan, said he has enjoyed seeing Stafford’s work change over the years, especially following his brief hiatus.

“There’s definitely an audience for Corbin’s music,” he said.

His music is for anyone who’s a fan of indie pop/rap music, especially those who make music, McCue said.

McCue hopes to see further

work between Stafford and other students.

“I want Corbin to collaborate with other students. I think that would be awesome,” he said.

Corbin could inspire a lot of students, McCue said. “I want people to take inspiration. I want

Corbin to light the flame,” he said.

Stafford said that his new single is very different from his previous work, and moves to a more instrumental form.

“It’s definitely an evolution,” he said.

The single includes both vocals and piano, a change from his previous music.

‘Minions: The Rise of Gru’ breaks box office records, generates millions for Universal Studios, Illumination

By Gwendolyn Berger
INDEPENDENT STAFF

“Minions: The Rise of Gru” broke box office records after generating \$107 million in three days.

“Minions: The Rise of Gru” is the sequel to the prequel “Minions” (2015) and is the fifth movie in the “Despicable Me” franchise.

Directed by Kyle Balda, the movie follows 11 year old Gru’s supervillain journey and how the minions arrived under his wing.

The prequel takes place in the 1970s and is mostly set in San Francisco. Gru attempts to join a group of supervillains called the Vicious Six, which had previously been led by a legendary fighter, Wild Knuckles.

The Vicious Six disposed of

Wild Knuckles after stealing the Zodiac Stone. The Zodiac Stone is a magical pendant that allows the user to transform into a giant animal.

The Vicious Six needs a new member, so Gru interviews with them but is denied due to his lack of experience.

Gru tries to prove himself by stealing the Zodiac Stone from the Vicious Six but ends up going on the run with the devoted Minions. Gru faces many challenges throughout the journey, such as one of the Minions trading away the Zodiac Stone for a rock.

The script touches on topics such as disappointing idols and parental figures. For example, Gru’s heroes, the Vicious Six, reject him from their group because he’s young and inexperienced.

Wild Knuckles becomes a pa-

rental figure to Gru, who grew up with only a neglectful mother.

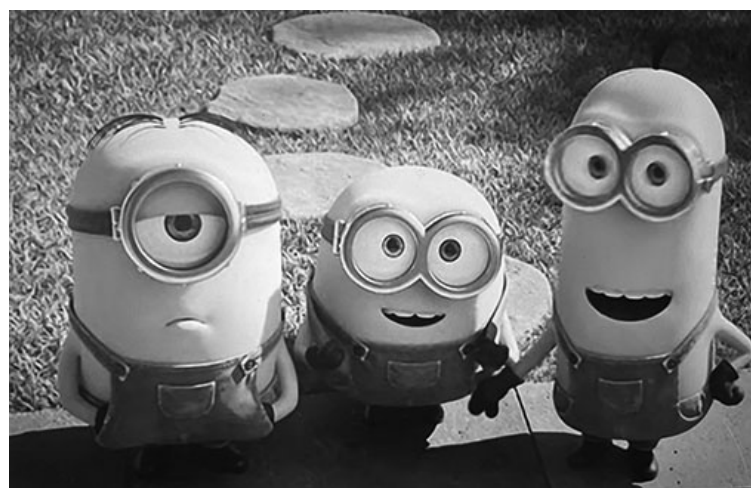
The script also contains plenty of humor.

The movie featured returning actors Steve Carell as Gru, Russel Brand as Dr. Nefario, and Pierre Coffin as Stuart, one of the Minions.

As for music, the movie utilizes many famous hits from the 1970s such as “Funkytown” by St. Vincent (1979) and “Shining Star” by Brittany Howard featuring Verdine White (originally recorded by Earth, Wind & Fire, 1975).

The movie cost \$80 million to make. In turn, “Minions: The Rise of Gru,” generated \$216.9 million.

A few issues arose in the theaters when the movie was released. Joseph Lee of the BBC



MINIONSMOVIE.COM

The minions Stuart, Bob, and Kevin, all voiced by Pierre Coffin, embark on a mission to save Gru from villains, the Vicious Six.

reported that a seemingly innocent social media trend called “GentleMinions,” in which people record themselves in suits going to watch “Minions: The rise of Gru,” was causing people to show up to the theaters in masses, and many patrons threw objects, cursed, and abused staff at showings.

Despite these issues, “Minions: Rise of Gru,” is the fifth highest-grossing film during 2022 and the highest-grossing animated film released during the COVID-19 pandemic.

“Minions: The Rise of Gru” is rated PG for action, violence, and some rude humor.