

# the INDEPENDENT

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## Spirit Week, pep rally raise spirits of student body

Senior class officers update dress-up day themes

By Hannah Davis  
INDEPENDENT STAFF

Spirit Week this year introduced new themes for dress-up days and brought the pep rally into the gym for the first time since 2019.

This year's senior class officers, Juliana Saunders, Chase Dickson, CeeCe Carvalho, and Owen O'Leary, planned Spirit Week with the help of senior class adviser Barrett Alston and teachers Erin Fortunato and Margaret Kane.

Students and teachers participated in different themed dress-up days throughout the week. Monday was Anything But a Backpack Day, Tuesday was Decades Day, Wednesday was Dress Like a Teacher Day, Thursday was Halloween Costume Day, and Friday was School Spirit Day.

On Monday, students transported their supplies in different containers, such as laundry baskets, buckets, and coolers.

Later in the week, students were given the chance to dress like their teachers.

"[Dress Like a Teacher Day] gave students an opportunity to twin with their teachers, which a lot of people did, which I thought was really fun for them," Saunders said.

Fortunato said she believes the new dress-up days were fun and creative opportunities for both students and teachers.

Throughout the week, the grades competed to see which grade had the highest number of participants per day. U Block teachers tallied the number of students who dressed up each day.

At the pep rally on Friday, Fortunato announced that the senior class had the highest participation during the week and won the Spirit Week trophy.

The goal of Spirit Week and the pep rally, Fortunato said, is to help students feel like they're



LAUREN WOODCOCK PHOTO



HANNAH DAVIS PHOTO



PHILEINE DE WIDT PHOTO



COURTESY OF BECKETT WALKER



HANNAH DAVIS PHOTO

Students dressed up for various themed days such as School Spirit Day, Dress Like a Teacher Day, Anything but a Backpack Day, and Halloween Costume Day, which the teachers participated in.

## YRBS survey shows increase in unhealthy student behaviors

By Phileine de Widt  
INDEPENDENT EDITOR

Compared to past years' results, the Youth Risk Behavior Survey results displayed an increase in mental health issues.

According to the CDC website, the Youth Risk Behavior Surveillance System examines six categories of student health. Those include behaviors contributing to injuries and violence, sexual relations, alcohol and drug use, unhealthy diets, and inadequate physical activity.

The survey was administered to high school students in the spring of 2022. According to the survey results, 318 students participated. One percent of the participants equals about three to four students.

Junior Greta Gado, who took the survey last spring, said she remained honest while answering.

"I didn't see a reason to lie because it was anonymous, but I think some people might feel like there was no point in being honest since there was no follow-up

MENTAL HEALTH			
	2018	2022	MA 2019
Feeling sad for 2 weeks in the past 12 months	22.6%	30.5%	33.8%
Considered suicide in last 12 months	11.3%	13.8%	17.5%
Did you make a plan about how to commit suicide in the last 12 months	8.8%	8.8%	14.8%
Attempted suicide during last 12 months	10.3%	11.3%	7.3%

PHILEINE DE WIDT PHOTO

The results from the YRBS survey showed an increase in the percentage of students who considered or attempted suicide.

or need for context," she said.

Though there may be some students who answer falsely, Principal Patricia Puglisi said the survey is accurate.

"There are always students answering all C's, for example, and those get tossed out. Given that the CDC has continually given this exam since 1990, it's a good indicator of student experience," she said.

The results show that there was an increase in mental health issues and violence-related behavior, and a decrease in the amount of sleep and substance abuse.

When asked if they felt sad for two consecutive weeks in the past 12 months, 30.5 percent of stu-

dents answered they had, compared to 22.6 percent of students in 2018.

While asked about suicidal thoughts and actions experienced in the last 12 months, 13.8 percent of the participants considered suicide, 8.8 percent made a plan for it, and 11.3 percent attempted suicide.

In the average state results from 2019, 7.3 percent of students attempted suicide, placing the high school above state levels.

High school counselor Gillian Polk said that this increase is linked to the pandemic.

"Worldwide, there has been an  
YRBS UPDATE page 3

## Recent MCAS results show high scores in ELA, low scores in math

ELA scores greatly outperform recent years

By Sam Heanue  
INDEPENDENT STAFF

Release of the recent MCAS results shows high scores in English and science and lower scores in math.

The scores in the ELA section were exceedingly high compared to previous years, Principal Patricia Puglisi said.

"In ELA we did outstanding, even compared to some of the [reach] schools," she said.

The reach school are those that score higher than the schools the high school typically compares to every year, Puglisi said.

There were no consistent issues that students struggled with, and there aren't any curriculum changes that need to be made based on the results, department head Debra Isensee said.

"The scores this year were very high," she said.

Isensee attributes the higher scores to the journaling program, which she said "is a big help because students are used to writing."

Scores in the science department were also high, said science and math department head Kristin Umile.

Areas where students struggled occurred mostly in the biology section.

In order to improve upon these areas, teachers plan to do more review on molecules, which has always been a difficult topic for students, Umile said.

The results of this section aren't easily comparable to how they have been in the past, as new standards were used for the first time this year, she said.

"It's hard to compare the results for science this year to previous

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# GSA aims to create more welcoming, safe school community

Members address issues regarding gender, sexuality

By Mechi O’Neil  
INDEPENDENT EDITOR

Students in the Gender Sexuality Alliance are hoping to create a more inclusive school community regarding gender and sexuality, senior and president Wyeth Takayesu said.

The GSA meets every Monday after school where they discuss issues both within and outside the school and their goals to address these issues.

Chorus teacher and adviser Ben Icenogle said he attends the meetings and tries to have a general outline for what they are going to talk about and do.

“I also want to keep it pretty open, so if kids have their own ideas, we’ll run with those,” he said.

Icenogle said his goals for GSA

this year are to increase awareness, visibility, acceptance, and finding ways to make the school community feel more inclusive.

One issue that GSA is working to combat is not having enough bathrooms/locker rooms for people who are transgender, gender-neutral, or non-binary.

As of now, there is only one gender-neutral bathroom in the high school where students would be able to change in. However, it is on the second floor and not in close proximity to the gym. This is a problem for some students who are required to change for gym class.

Junior member Ava Rizzico, who identifies as gender-fluid, said they had no place to change during their freshman year.

“The temporary solution was to put a piece of paper on one of the bathrooms and make it a gender-neutral bathroom only when I had that class and then move it when I didn’t,” they said.

Rizzico said that unless someone else had spoken up about



MECHI O’NEIL PHOTO

Students in the Gender Sexuality Alliance meet every Monday after school in the chorus room to discuss issues both within and outside the school community and how they will address them.

this, they would not have had a solution.

“Part of your grade for gym class is getting changed for gym, so if there isn’t a place for you to change, that’s discrimination,” Rizzico said.

Gender-neutral      changing

rooms are currently not an option for underclassmen who may not want to speak out about their personal identities.

The GSA doesn’t have a lot of connections to the freshmen class since they are new to this school, but that doesn’t mean someone

won’t change their identity later to accommodate better to who they are, Takayesu said.

“If that space isn’t made available for them at that point, then that is something that the school is not doing to help those students,” he said.

## History of Iran helps explain womens’ rights crisis

By Phileine de Widt  
INDEPENDENT EDITOR

As people worldwide protest for Iranian women’s rights, knowledge of the history of Iran is needed in order to understand the conflict.

Iran is a theocracy, a government that rules coincidingly with a religion. Though it has a president, currently Ebrahim Raisi, its supreme leader, currently Ali Khamenei, is the most powerful.

Before the 1979 revolution, which established Iran as an Islamic republic, different monarchs controlled the way of life.

In 1936, Reza Shah Pahlavi came into power, creating the Pahlavi dynasty. He made many reforms, especially regarding women’s rights.

According to the PBS article “Iranian Women and the Struggle for Democracy I,” by Muhammad Sahimi, Pahlavi increased the le-



FLICKR.COM

People are protesting for women’s rights in Iran, influenced by Masha Amini, who was killed after wearing her hijab incorrectly.

gal age to marry to 15, allowed women to get an education and, most controversial, mandated the unveiling of women.

Though this may seem contradictory to today, this unveiling was enforced, and women would be severely punished if they did not comply, causing unrest.

After Reza Shah Pahlavi surrendered due to his unpopular

rule, his son Mohammad Reza Shah Pahlavi took his place.

Similar to his father, Mohammad Pahlavi reformed women’s rights. He gave women the right to vote in 1963 and created restrictions on polygamy.

Despite these seemingly positive advances, women were key fighters in the revolution to overthrow the Pahlavi dynasty.

Sahimi writes that many women considered these rights “bogus” as they were unable to freely express them.

In addition, according to the article “Historical Personalities of Iran: Mohammad Reza Shah Pahlavi,” on [iran-chamber.com](http://iran-chamber.com), many people thought Pahlavi’s actions were anti-Islamic, causing religious opposition.

After the revolution in 1979, and still today, Iran is considered the Islamic Republic of Iran.

With the new supreme leader in 1979, Ruhollah Khomeini, came the overturn of nearly all newly gained women’s rights. He implemented a mandatory dress code consisting of a hijab and loose-fitting clothes that still exists today even with a different leader, Ali Khamenei.

In 2005, the morality police were created to enforce this dress code for females.

According to the Islamic Penal Code, women not wearing their hijabs will be sentenced to prison or fined.

In reality, the punishment has been proven to be much worse.

Masha Amini, 22, died while in custody of the morality police after she wore her hijab incorrectly.

Amini’s death in September caused uproar and influenced protests around the world.

In protest, women are burning their hijabs and cutting off their hair.

However, this movement signifies more than getting rid of this strict dress code, it represents the entirety of women’s rights.

According to the Time article “The Women of Iran Speak” by Tara Kangarlou, “[Iranian women] are fighting side by side with [those] presented to them as superior, with the knowledge that their lives should not be defined by a militarized and corrupt theocracy.”

The Iranian government is responding by punishing protesters, one of whom was sentenced to death for allegedly setting fire to a building.

## Students voice input via Student Advisory Board, School Council

By Isabelle Donnellan Valade  
INDEPENDENT STAFF

Although the student roles on the Student Advisory Board to the School Committee are different to the roles of students on the School Council, they have many similarities.

The Student Advisory Board to the School Committee includes four student members: junior Diego Sanson, junior Avabella Mitrano, sophomore Stella Straub, and freshman Grace Rumble. It is also composed of Superintendent Pamela Beaudoin, Principal Pa-

tricia Puglisi, and School Committee chair Theresa Whitman.

“The Advisory Board is used as a measuring tool to just see what’s going on in the building,” said Student Council adviser and foreign language teacher Erin Fortunato.

The students’ main role is to present a student voice to the School Committee. On a biweekly basis, a student member of the

Advisory Board will attend a School Committee meeting and provide a student report on topics such as Spirit Week or MCAS scores, Puglisi said.

Within the school, there is also a School Council, a group run by

Puglisi. It includes four student members: Sanson, junior Joanna Shan, and seniors Riley Swerdl-off, and Josh Varghese. It also includes parents and teachers.

Puglisi said the School Council has control over the student handbook and the school improvement plan. The group also provides input on the budget.

History teacher Jennifer Coleman is a member of the School Council.

“We are a group that really values each other’s opinions and works together really well,” she said. Puglisi said students providing their voice regarding school policy and direction is their main



ISABELLE DONNELLAN VALADE PHOTO

Diego Sanson is a member of both the School Council and the Student Advisory Board.

role on the School Council.

“The student opinion on the School Council has a tremendous impact on how we look at school policy and the school improvement plan,” she said.

Puglisi said the students on the Advisory Board are able to lend their opinion, but they don’t have the direct impact that students on the School Council will have.

Sanson is on both the School Council and the Student Advisory Board to the School Committee. His role on the Advisory Board is to “give input on stuff that’s going on, [and] issues that I see,” he said.

He said his role on the School Council is relatively similar.

“It’s to engage in the meeting, [and] to give input ... I’d say the main difference is that with the School Council, you get more variety of voices,” he said.

Sanson said the added variety is because the Advisory Board meetings are closed, whereas the School Council meetings are public, meaning anyone can attend and comment.



# French teacher receives her orange belt in martial arts class

Attends classes  
with family,  
to pursue green belt

By Whitney Turner  
INDEPENDENT STAFF

French teacher Caroline Coshow received her orange belt in taekwondo, a form of martial arts. She has been participating in taekwondo since April.

Coshow was inspired by her family to begin the sport, she said. Her husband has a black belt and her 10-year-old daughter Zoe does taekwondo as well.

Coshow said she and her husband attend adult classes together and attend weekend classes as a family.

“I think it’s fun to do this to-

gether,” she said. Foreign language teacher Erin Fortunato said Coshow’s new hobby is unsurprising. “She has so many different activities that she likes; it just kind of fit in,” Fortunato said. Coshow sees martial arts as a different world that encourages her to push herself. She said taekwondo includes five principles: respect, perseverance, humility, self-control and honesty.

Coshow enjoys the discipline and challenges of taekwondo that she doesn’t

find elsewhere, she said. “It is difficult, but I like the discipline, and I like the fact that when I leave a class, I [say], ‘Hey, I can do that actually,’” Coshow

French teacher Caroline Coshow stands with her husband Robert Coshow and her taekwondo instructors Master Kimba and Master Sna after earning her orange belt since starting in April.



COURTESY OF CAROLINE COSHOW  
French teacher Caroline Coshow stands with her husband Robert Coshow and her taekwondo instructors Master Kimba and Master Sna after earning her orange belt since starting in April.

said. “I’ve surprised myself.” Earning a new belt in her class can take between a month or six months, she said. “It really depends on how fast you go, how many times per week you go, and how comfortable you are with the movement,” Coshow said. She said progressing in taekwondo involves mastery of several different skills. Each skill corresponds to a stripe on your belt, Coshow said. Once you have three stripes, you are eligible to earn the next belt. “The goal is also to master your movement and be able to defend yourself,” she said. Sophomore Josh Cohen, who

also participates in martial arts, commended Coshow and looks forward to her progress in the future. “I think it’s great; I think it’s impressive that she stuck with it,” Cohen said. Coshow said she will continue on to pursue the next level, a green belt.

## Middle school TA, former student join high school SPED department

By Gwendolyn Berger  
INDEPENDENT STAFF

New special education aides, Emily Pecora and Samantha Woodman have joined the high school staff.

Pecora said she was born in Colorado but most of her life has been spent in New England.

She attended Boston University, majoring in psychology. Her first professional job was working as a social worker doing outreach work in an agency in Peabody, she said.

Later, she spent some time working in the middle school as a teaching assistant. She was led to the educational field because she became curious about how schools help students struggling



GWENDOLYN BERGER PHOTOS  
Special education aides Emily Pecora and Samantha Woodman help support students in classes and assist them with assignments.

with mental health, she said. Her job is to support students in inclusion classes and to ensure that they have what they need, Pecora said. She works in all aspects of the Transitions Program, but she also assists students within other special education programs. Pecora said the best part of the job is the relationships she has fostered with the students. She said she also likes the atmosphere at the school.

“It’s unique in that I find that people are much more unified



GWENDOLYN BERGER PHOTOS  
Special education aides Emily Pecora and Samantha Woodman help support students in classes and assist them with assignments.

here. I don’t see as many small-group cliques, and I feel that students must engage with various groups, and it’s nice to see,” she said.

Peter Tarpinian, a special education liaison, who works with Pecora in the Transitions Program, said she’s contributing to the school environment.

“She knows what she’s doing, she understands the students, she knows how to get along with them, she teaches them, and they gain so much from her working with them,” Tarpinian said.

The other new aide, Woodman, grew up in Essex and graduated from the high school in 2015. She said that she likes being back at her old high school.

“It feels comfortable and more homey,” said Woodman.

Woodman said she attended Pittsburg State University majoring in earth and environmental science and minoring in psychology. Woodman’s day-to-day activities involve going to class with certain students, ensuring that they stay on task, helping them with extra assignments if need be, and essentially keeping everything on track, she said.

Woodman said she likes the school environment and enjoys working with her former teachers.

“It’s weird calling my former teachers by their first names ... but other than that, I think it’s awesome,” she said.

Woodman says she likes the people she works with and enjoys the atmosphere at the high school.

“I love my coworkers, and I love the students. I think that we have a fun environment here,” she said. Science teacher Dr. Debra Nolan, who previously had Woodman as a student, said she contributed a lot to the school community.

“She’s very positive about the community, the students, and has a very earnest, positive way about looking at the students,” Nolan said.

## CONTINUATIONS SPIRIT WEEK CONTINUED FROM PAGE 1

together and shows us our school pride and makes [school] fun,” she said. Due to the pandemic, the pep rally has not been in the gym for three years. “Last year when we did [the pep rally] outside, it definitely wasn’t the same, so I thought going back to doing it in the gym was very beneficial,” Saunders said.

Both Fortunato and Saunders said they hope Spirit Week and the pep rally connected the student body and made students feel they are part of the school community.

## YRBS RESULTS CONTINUED FROM PAGE 1

increase in anxiety and depression since the pandemic, so that is most likely the reason for those

numbers going up,” she said. Puglisi said the school’s goal is to see those numbers go down the next time the survey is administered, as it not only harms the student but makes them unable to learn.

Another increase was the percentage of students who answered that they were forced to take part in sexual activity they did not want to. In 2018, 8.6 percent answered positively, and in 2022, 11 percent answered positively.

Puglisi said this is related to students’ access to the internet and the false portrayal of relationships on social media.

When asked to describe their body weight, there was a clear distinction between male and female students. The majority of females, 49 percent, said they were trying to lose weight even though they did not consider themselves

overweight. In males, 32 percent said they were trying to gain weight while 22 percent described themselves as underweight.

Puglisi said that there is evident pressure around body image among students.

“We know that with female students in school, there has been an increase in eating disorders, and that is a concern of ours,” she said.

Puglisi said she was happy to see a decrease in smoking and vaping, which was common among students in 2018.

There was also a 7 percent decrease in students who answered positively to drinking alcohol in the last 30 days. However, this 36 percent of students who drank alcohol is still greater than the state average of 29.8 percent. The results show that 71 percent of students sleep an average of

8 hours, which is lower than the state average but still a majority of students.

In response to these health issues, Puglisi said that they are getting the health department involved to review the state health standards that were written in 1999.

“The current health standards are severely outdated and often offensive. There are new standards that are coming out for public comment in the spring and probably won’t be accessible for implementation until sometime next school year,” she said.

When coming up with solutions, Puglisi said, students’ opinions are valued.

## MCAS CONTINUED FROM PAGE 1

years because the frameworks had changed,” Umile said.

The current exam “has less

specificity and covers more” than other years, Umile said. This difference hasn’t affected the curriculum in the class, and there will be no major changes in what is taught in the future, she said.

According to the results, math scores were significantly lower than those in Biology and English.

The weaker results can be attributed to several teacher absences in the math department during the 2021-22 year, Principal Patricia Puglisi said.

These gaps have been filled by several new teachers, including former middle school special education teacher Chris Petrie.

“Mr. Petrie works with that cohort of students in grades nine and 10, so [they] have a constant teacher for two years prior to taking the MCAS,” Puglisi said.



# Students with Style



**Martha Davis**

“I do a lot of thrifting. My sweatshirt and shirt are both thrifted. I make a lot of my accessories or they’re from Amazon. I don’t like one specific store [but] a lot of it’s thrifted. I have been called “emo,” but emo is short for “emotional hardcore,” which is a music genre. I dress in a lot of black,” she said.



**Zach Brown**

“I would describe what I wear as city style and streetwear style. I really like crewneck sweaters, corduroy, and Jordans. I buy my clothes at PacSun mostly, and online places I see on TikTok. I also really like Zumiez and thrift stores,” he said.



**AJ Altieri**

“I would describe my style as street fashion. I buy my clothes from Shein and Hollister,” he said.



**Lila Carpenter**

“I would describe my style as laid back but also fancy. I buy my clothes where I work, at Style Snoop in Manchester,” she said.



**Vivian Friends**

“I dress comfortably, whatever I feel like. Sometimes I dress like a baddie. I buy my clothes mostly from Depop because I like Brandy Melville and Shein, but I prefer buying the brands from resellers,” she said.



**Noah Foss**

“I would describe my style as emo, almost tech. I used to shop on Shein, but now I really like using Pinterest, Instagram, and Amazon,” he said.



**Isak Gustafson**

“I like to wear what’s fun and shows my personality to an extent. I end up thrifting a lot of stuff, but I like Levi’s and Converse. I shop at Beverly Bootstraps and Zumiez on occasion,” he said.

By Caroline MacKinnon, Independent Editor



# Manchester’s draw changes over years

By Hadley Levendusky  
INDEPENDENT EDITOR

As a part of a land grant by Charles I to the Massachusetts Bay Colony in 1629 , the town of Manchester-by-the-Sea was created.

The first ship, Talbot, dropped anchor in the Manchester Harbor in June of 1629 with the hope of a promise of a safe harbor and sheltering hills, according to the manchesterbythesea.com History. They believed this would be an ideal place for a new settlement.

Prior to 1945, the land where the town of MBTS currently lies was a part of Salem. But when the people of “Jeoffrey’s Creek” requested the land, the town was fully created.

The town’s original name was Jeffery’s Creek and then was named Manchester.

Years later, the town became Manchester-by-the-Sea to differ itself from the larger town Manchester, New Hampshire, the New York Times wrote in 1990.

According to manchesterbythesea.com, the main industry in the early years of the town was fishing. Due to the shallow harbor, fishing and shipping could not continue to be the town’s main economy, Stephen Roberts Holt wrote in his book “Manchester-by-the-Sea.” Around 1773, the cabinet



HADLEY LEVENDUSKY PHOTO

The first anchor was dropped in the Manchester-by-the-Sea harbor in June of 1629. The harbor is a main attraction in town.

industry started to make a rise. By 1865, there were 160 cabinet makers in the town.

During the Civil War, Manchester was a hot spot for wealthy families from New York and Boston, who kept summer homes in the town. Manchester,

part of the four community regions named “Cape Ann,” along with Beverly, Hamilton, Wenham, and Gloucester, has always had a relatively small population compared to surrounding towns. The 2020 U.S. Census reports that there are currently 5,395 residents.

One of the main attractions for outsiders coming to Man-

chester is Singing Beach.

According to the town website, the beach is about half a mile long. The bathhouse was built in the 1920s.

Just 30 miles from the city, Manchester is connected to Boston through the commuter rail.

The first train tracks were from Beverly to Manchester in 1845, Holt wrote. With that came many coastal cottages and the large influx of wealthy people to the town.

By the late 1800s, the saltwater farms disappeared and many lavish living establishments were placed in the town, Holt wrote.

In his book, Holt said, “Ingenuity has been a source of community pride.”

The town is now seen as a coastal town with many local restaurants and beaches to visit.

## Shipbuilding Museum, Historical Society preserve Essex’s history

By Libby Mulry  
INDEPENDENT EDITOR

Students and town officials are working to document Essex’s history of collaboration, individual determination, and absurdity.

Seniors Alexander Wolf, Luca Capotosto, and Wyeth Takayesu are working with The Essex Historical Society and Shipbuilding Museum to create a Dungeons & Dragons campaign set around historical Essex, Wolf said.

Their campaign is centered around an event in the 1700s called The Dark Day, where the entire Essex sky turned black for 12 hours without a concrete explanation, Capotosto said.

Their campaign is also based around the larger historical current of Essex, like the growth and decline of the shipbuilding industry, Wolf said.

The Essex shipbuilding industry was far reaching: “We started exporting our boats mostly to the fishing fleet in Gloucester, but the



COURTESY OF THE ESSEX HISTORICAL SOCIETY AND SHIPBUILDING MUSEUM

Essex has an extensive history of shipbuilding since the 1700s.

second biggest importer of Essex-built vessels was Texas,” said KD Montgomery, the executive director of The Essex Historical Society and Shipbuilding Museum.

The whole town came together to build these vessels; it wasn’t just the men in the shipyards. Ancillary industries like lumber, rope, and windlass making made the town almost like a factory, Montgomery said.

“Today, shipbuilding is still alive, but more as a traditional art, than as the industrial powerhouse that it once was,” she said.

Before the decline of the shipbuilding industry, Howard Blackburn, who sailed on Essex vessels, was on a dinghy with a crewmate when they got separated from their boat during a northeaster. The crewmate died in the storm, and Blackburn rode his way up to Nova Scotia alone with his hands frozen to the oars of his small boat, Capotosto said.

Another strange historical character of Essex, America Burnham, a clammer and self-proclaimed prophet, sailed down to Washington D.C. to attempt to read the Bible into the record of the House of Representatives, Wolf said.

“He’s not politically relevant, and he didn’t change history, but he’s an interesting footnote,” he said.

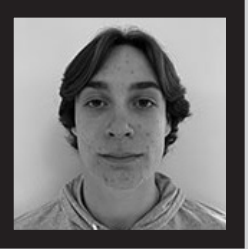
Some historical events in Essex did have a political impact. For example, the town of Essex has a rich revolutionary history.

Reverend John Wise of Chebacco Parish, which used to be made up of Ipswich and Essex, is noted for his protests against the taxation of the British government, Montgomery said.

According to the Town of Essex website, “Chebacco inhabitants voted to abstain from buying tea unless the Revenue Act was repealed.”



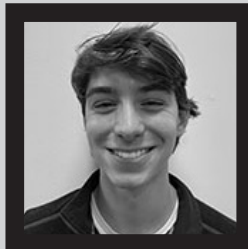
**Freshman Caitlin McLaughlin**  
“I’m grateful for my family, pickles, and cheese tortellini.”



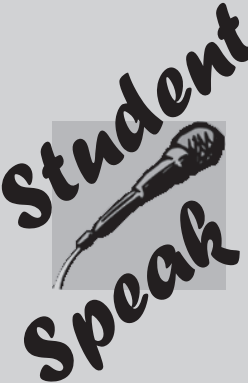
**Freshman Adam MacLeod**  
“I’m grateful for my family, friends, and the community.”



**Sophomore Emilia Kirkpatrick**  
“I’m grateful for my family.”



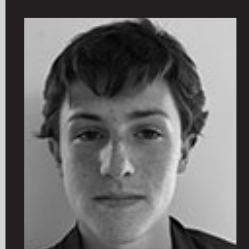
**Sophomore Colin Conway**  
“I’m grateful for everyone in the school who has made me feel welcome this past year.”



**What are you grateful for?**



**Junior Joanna Shan**  
“I’m grateful for my friends and my family, and I’m grateful I live in a community that is safe with clean water and access to food.”



**Junior Ian Carlin**  
“I’m grateful for my friends, my guidance counselor for keeping me on track, and my teachers.”



**Senior Gwen Hannafin**  
“I’m grateful for the colorful leaves of fall.”



**Senior Brady Gagnon**  
“I’m grateful for soccer and being able to play.”



# New network administrator adapts to school community

Placed in charge of hardware systems across school district

By Charles Lations  
INDEPENDENT EDITOR

Network Administrator Don Skane was hired by the school last April and has been adapting well to the new environment, according to his colleagues.

Principal Patricia Puglisi said Skane “has been fantastic, and what I think is great about him is that ... he understands when things need to be fixed immediately and responds as such.”

She said Skane brings a new perspective to the school’s tech team, helping them make progress and move forward.

Puglisi said one of the things that Skane has done well so far is updating servers and other tech-

nology that should have been updated during the COVID-19 pandemic but were ignored in favor of transitioning to distance learning.

Digital Learning Specialist Matt Tangney said the addition of Skane has made his job much easier by allowing him to focus on integrating technology into the classroom rather than troubleshooting.

**‘His impact was pretty immediate ... teachers are happier with how things are working ...’**

-MATT TANGNEY

“His impact was pretty immediate ... teachers are happier with how things are working ... we’re in a much better spot now than we were a year ago, and I think that it’s going to keep going in that direction,” he said.

Tangney said Skane is faced with a serious job and a heavy workload but has been handling it well. He said Skane has helped streamline the process of integrating new technology into the classroom.

One of Skane’s best qualities,



CHARLES LATIONS PHOTO

Network administrator Don Skane checks the systems in the IDF closet on the first floor. He updates servers and other technology while integrating new technology for students and teachers into class.

Tangney said, is his openness to new ideas and willingness to try different approaches to solving problems.

Skane worked in a similar position at Newburyport High School after leaving the Army where he was a dental assistant for four years and took classes in computer science at Northeastern University and Northern Essex

Community College.

He said his experience so far at the high school has been positive and that he already enjoys working with the school community.

“The people have been great, students have been fantastic, everyone’s been happy [and] supportive, and it really is a nice place to be,” Skane said.

Tangney said Skane deserves more credit than he gets for the impact of his work.

“When things are going really well, people forget he’s here ... He has said ... he kind of wants to be the invisible force that makes things go smoothly, ... but I think he should get a little more credit than being invisible,” he said.

## IT support specialist helps keep technology running smoothly

By Summer Demeo  
INDEPENDENT STAFF

Information technology support specialist Peter Breeze was hired amid the pandemic and has been working in tech to help teachers and students fix technical problems.

Breeze said he works to troubleshoot technology issues and to answer any questions that students and teachers have. He does a lot of the background work that no one ever sees, he said.

Breeze said he came to the school around New Year’s of the 2020-21 school year. When he came, there were no students because everyone was online. He said it’s nice to have everyone back.

Breeze wanted to come to the high school because he used to

live in Manchester and, in part, because he has nieces and nephews who will attend the school.

He also said he likes working at schools and smaller companies because he gets to do more varied work.

Breeze really likes the school, “I’ve worked in corporate for a long time, so working in a school is very different, but I enjoy it more,” he said.

Digital learning specialist Matt Tangney said Breeze worked for an outside company as a contractor at the school and was in an odd position for a while.

“He had to roll with the punches on that, and he did. He made

**‘I’ve worked in corporate for a long time, so working in a school is very different, but I enjoy it more.’**

-PETER BREEZE

it clear early on that he liked working here and he wanted to be here long term,” he said.

Breeze works closely with network administrator Don Skane in the technology department. Together they help to keep everything running smoothly, allowing teachers and students to focus on learning, Tangney said.

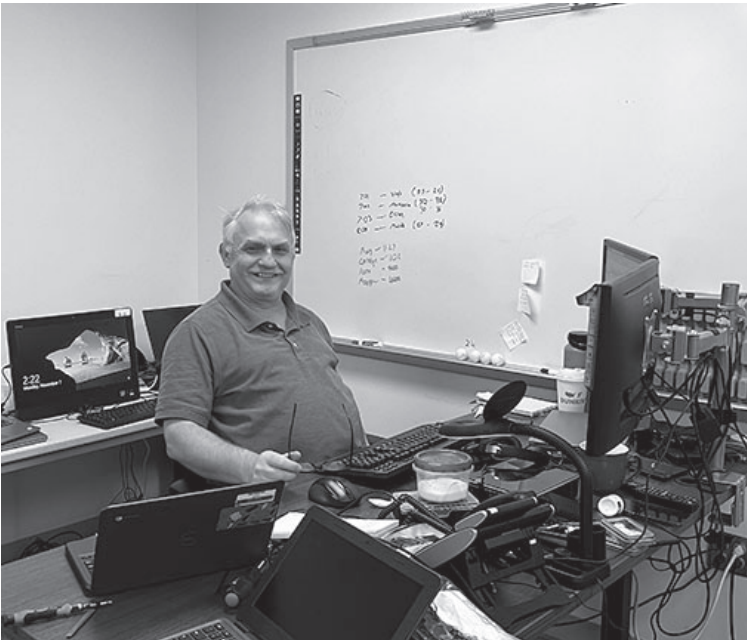
When things are running smoothly, nobody would know they are there, Tangney said.

“When things go really badly, [Breeze] is quick to be onsite and to be present and helpful. I think that’s really important.”

Photography teacher Caroline Epp said that Breeze is very

knowledgeable. Since she is one of the teachers who frequently works with technology, he has been invaluable to her, she said.

Epp said Breeze has been



SUMMER DEMEO PHOTO

IT support specialist Peter Breeze, hired during the pandemic, works to solve technology issues for both teachers and students.

helping with a variety of issues such as helping students with network logins, working with the computers in the lab, and addressing anything else that has

arisen over the past couple of years.

“He is just a problem-solver and makes things run much smoother,” she said.

## Senior runs car detailing business from home

By Caroline MacKinnon  
INDEPENDENT STAFF

Since 2019, Senior Gavin Kempskie has been detailing automobiles at his house in Essex with his own equipment, calling his company GDK Auto Detailing.

Kempskie said he got the idea to detail cars from his cousin in 2019.

“I started four years ago, just with close family and friends. Then, I slowly expanded it,” he said.

Kempskie cleans cars inside and out with vacuums and other



Senior Gavin Kempskie started his own car detailing business in 2019. He hired senior Jude Tomaiolo as his only employee.

various car detailing equipment. The average price of a detail is \$250, he said.

“We clean them thoroughly, everything on the inside, and on the outside, we wash it and polish it. Though we have an average price, it depends on how big and dirty a car is,” Kempskie said.



CAROLINE MACKINNON PHOTOS

Kempskie said he details cars in the summer and during the school year.

“Usually the whole summer [cleaning cars is] my full-time job. During the school year, I still have people texting me, so I fit it in on the weekends or early release days,” he said.

Administrative assistant Mary

Lumsden said Kempskie detailed her car twice, one time being this year on an early release day.

“We were talking, and he mentioned he had a little side business detailing cars, so I used him last year. He did such a great job I told him I wanted it again this year, which worked out perfectly because he had an early release,” she said.

Lumsden said the service was immaculate, and she would recommend Kempskie to anyone who wants their car detailed.

“It’s really well worth it. It smells so clean and fresh. It was nice he brought my car to his house, and I only had to pick it

up. He does a nice job,” she said.

Senior Jude Tomaiolo, Kempskie’s only employee, assists him in detailing services.

“I work for him and get paid hourly, and we do the same thing. I got the job because I’m just friends with him, and he decided to hire me,” he said.

Tomaiolo said Kempskie is a good boss, and they do jobs three to four times a week in the summer and one to two on weekends during the school year.

“Gavin is pretty laid back. The only thing is he wakes me up very early sometimes. He’s very serious about the business,” he said.

**‘I started four years ago, just with close family and friends.’**

-GAVIN KEMPSKIE



# Teachers as Coaches

Should teachers be allowed to coach school sports teams?

Pro

Wyeth Takayesu

Teachers gain the opportunity to deepen bonds with students outside of the classroom when they are coaches, allowing them to create learning environments where students feel comfortable and respected.

Being a coach is a position of trust where players look up to the coach for guidance on how to improve and what to focus on. When that bond is built up, it will carry over into the classroom with players feeling like they can trust their teacher to help them learn.

Robert Bilsbury teaches Spanish and coaches boys’ varsity soccer, creating this bond between teachers and students that is hard to attain in the classroom.

“The more you see a person, the more you’re able to trust them, and with coach Bilsbury I feel it allows me to build a greater trust between us where if something was happening or I wasn’t understanding something, I would trust him to help me,” junior soccer player Adrian Kuehnemund said.

This trust goes both ways, allowing coaches to use their knowledge of how a player learns outside of the classroom to tailor their education in the most effective way.

“Being a teacher-coach is something I feel is really valuable ... I can connect in a new way, and when I have my players in my classes, I feel like I know what they think and how they learn because I have that prior experience,” Bilsbury said.

Limiting a teacher’s abilities to coach would hinder their ability to connect with students across the board since they would see their students less, resulting in less time to get to know them outside of the classroom.

“Having Bilsbury as a coach makes it much easier to connect with him since I see him for possibly three hours a day, and preventing that would just make it harder inside the classroom since I wouldn’t see him as much,” senior soccer player Giuseppe Tra said.

Connection through coaching and teaching would not create a rift when performances in either setting decline; the trust built by that bond creates an understanding between teachers and students that would contextualize a poor performance on the field or in the classroom with what else may be going on in the student’s life.

While these bonds allow teachers to better accommodate the students they coach, it does not prevent them from forming similar bonds with other students. Removing the opportunity from all students to make connections with their teachers out of fear of favoritism only builds the disconnect between them, damaging our education needlessly.



ALESSIA OMARI ILLUSTRATION

Con

Isabelle Donnellan Valade

Conflicts that arise for students whose teachers are also their coaches are worth considering, although in this school, they aren’t currently a severe problem.

When a teacher is a coach, their students may have a hard time differentiating between interactions they have on the field versus in the classroom.

Navigating the connection between these separate environments can be difficult, and without having a conversation, which can be stressful for some students, it can be hard to know where the line between the two is.

“It could have a negative impact on the player because they don’t want their coach or teacher to overhear something in one setting that would cause them to be seen in a different light in the other,” sophomore Caroline Willwerth said.

Personal conflicts with the coach could also present issues with how they perceive the teacher’s academic approach.

“If an athlete wasn’t happy with a decision that I’m making on the field, and then is resentful or frustrated or feeling any negative emotions towards me, that potentially translates into the classroom. I think that can just be a lot, and sometimes [my students] might need space,” said Courtney Brown, math teacher and varsity field hockey head coach.

Additionally, the familiarity that a coach has with their player can present a challenge for other students in the classroom.

“In class a student that’s not being coached by me might think, ‘He’s gonna give better grades to a soccer player.’ I definitely don’t do that, but maybe because I know [my players] so well, [my students] might feel left out,” said Robert Bilsbury, Spanish teacher and varsity boys’ soccer head coach.

Student athletes could also worry that something happening in the classroom would affect their time on the field and strain the connection with their coach, transforming an outlet for stress relief into a source of anxiety.

A relationship like this can make it hard for the student to learn and the teacher to educate if they’re both feeling uncomfortable or worried about receiving hostility.

For a lot of students, playing their sport is the best part of their day, but if they are stressed about something academically affecting their sport, they won’t have as much fun.

Students can face mental difficulties with their teacher being their coach, which is why there could be a downside to teachers being allowed to coach their students that should be considered.

By preventing future possibilities of favoritism and excess stress we can ensure that the safety and happiness students feel when playing sports stays a core part to our school culture even in the face of hardship.

## Incarcerated people neglected in private prison systems

Issues of treatment in prisons resurfaces as immigrant detainee numbers increase

By Stella Straub  
INDEPENDENT STAFF

America’s private prison system profits from mass incarceration and rising numbers of immigrant detainees by prioritizing capital over the wellbeing of inmates.

The United States’s economically effective approach to increasing incarceration rates has been to turn to prison privatization or for-profit prisons, places where private companies own and operate prisons and charge the government money to house inmates.

Private prisons are a roughly \$4-billion-a-year industry that began booming in the early 1980s, said Clyde Haberman, author of a 2018 article called “For Private Prisons, Detaining Immigrants is Big Business” for the New York Times.

Conditions are worse within private prisons, with much higher assault rates on inmates.

“The private sector reported an average of 40 assaults on inmates and 9 assaults on staff per prison. The public sector reported 19 assaults on inmates and 10 assaults on staff per prison,” Curtis R. Blakley wrote in “Private and Public Sector Prisons—A Comparison of Select Characteristics” for the Federal Probation Journal in 2004.

Staff in private prisons are required 58 fewer hours of training prior to service than in public

prisons and paid \$0.38 less per hour and \$14,910 less in average yearly salaries, Blakley wrote.

Inmates at private prisons are routinely neglected because corporations are responsible for paying their expenses and don’t want to diminish profit by paying. This could include educational resources, healthcare and other programs such as drug and alcohol rehabilitation.

**Inmates at private prisons are routinely neglected because corporations are responsible for paying their expenses and don’t want to diminish profit by paying.**

“CoreCivic [a company that owns private prisons] was often resistant to sending prisoners to the hospital: their contract required that outside medical visits be funded by the company,” Shane Bauer wrote in “The True History of America’s Private Prison Industry” for Time Magazine in 2018.

Private prisons were supposed to be phased out in 2016 because of the poor conditions within



FLICKR.COM

**Protesters gather outside of a CoreCivic building, a private prison company, to speak out against companies who profit off of detaining more people while neglecting and abusing them.**

them.

“In 2016, under President Barack Obama, the Justice Department concluded that private prisons were in general more violent than government-operated institutions, and ordered a phaseout of their use at the federal level,” Haberman wrote.

Jeff Sessions, President Trump’s attorney general, reversed the order when he took office, Haberman wrote

Large numbers of immigrant detainees are now being held in

privatized facilities.

“Private companies house about 9 percent of the nation’s total prison population. But they take care of a much higher share of immigrant detainees — 73 percent by some accounts,” Haberman wrote.

Abolishing private prisons in the U.S. would prevent shareholders from profiting when more people are incarcerated and improve the lives for over 100,000 imprisoned people housed in them.



# STAFF EDITORIAL

## Poor student behavior at football games must be dealt with

Maintaining a supportive and respectful environment at recent football games has proven to be a cause for concern.

The issues vary between profanity, inappropriate use of speakers, and even substance use. Such problems were only briefly addressed through an email sent by Principal Patricia Puglisi on Oct. 5. These behaviors were prohibited, but only bringing in speakers would require staff intervention.

Students bringing fireworks has also been an issue at recent games and has created an unsafe environment for many attendees.

The school needs to create stiff consequences for such safety hazards. Students have continued to light fireworks during the games and set off a smoke bomb at the football game on Nov. 11.

The environment created by the students during football games has become extremely

disrespectful and devoid of its original purpose, which is to promote school spirit and to come together as a school community.

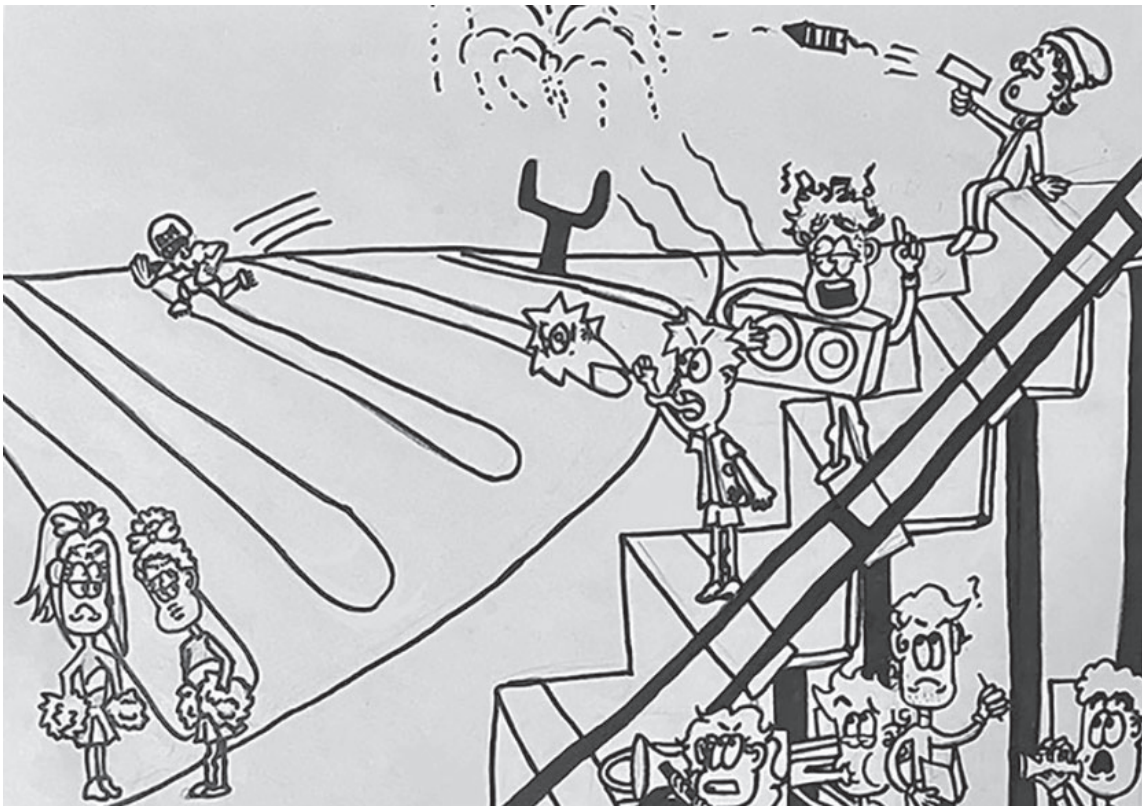
The high school football games during the early 2010s had been a time where students expressed their school spirit and where the atmosphere was more community-oriented, high school

band teacher Joseph Janack said.

Preventing future instances of poor behavior at games can be done through setting up a better communication system between students and the athletic department, which athletic director Cameron Molinare supports.

“If we have ideas to promote school spirit, having them funnel through me could help to figure out if these ideas are safe, positive, and in favor of all of our students in attendance at games,” Molinare said.

Disruptive activity from the student section completely disregards the work that the Pep



ALESSIA OMARI ILLUSTRATION

Fans in the student section at football games have been lighting off fireworks, playing music over the Pep Band, and cheering inappropriately, creating an unsafe and uncomfortable environment.

Band, cheerleaders, and football players put into attending the games, Janack said.

All school-related activities that present themselves at the football games are the result

of hours of hard work, and any disrespectful actions should be instantly addressed rather than briefly mentioned in an email.

“For the most part the behavior is getting better, and kids are

gonna be kids,” Puglisi said. The same issues will only continue to trouble the school community until the administration takes serious action against offenders.

## Aquascape project proves beneficial to students

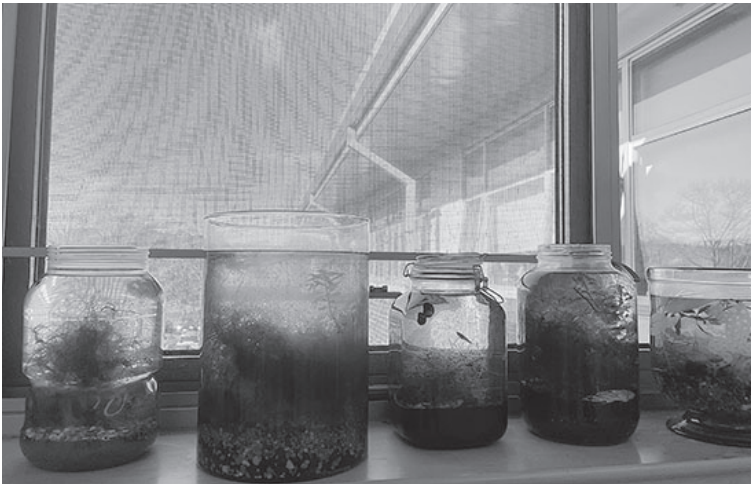
Creative project teaches organization, accountability

By Ella Chafe  
INDEPENDENT EDITOR

Students in Keith Hartan’s AP Environmental Science class began their aquascape projects at the beginning of the school year. This project is a creative way to engage students in their coursework and a helpful tool for visual learners.

“An aquascape is a mini system that tries to mimic real-world ecosystems,” he said.

Hartan said students chose their substrate and tanks and later added water, plants, snails,



ELLA CHAFE PHOTO

The aquascape projects from Keith Hartan’s AP Environmental Science class sit on the window sill, so they can be easily observed.

and fish.

“The snails do the recycling, the shrimp feed off whatever floats to the bottom, and the fish are eating the fish food. The plants provide oxygen, and some filter the water and maintain equilibrium,” he said.

Students observe the different organisms in their tanks and how they contribute to the ecosystem.

Through this valuable project, students apply concepts they learn throughout the year and tie in the information required for the AP exam.

The project teaches students accountability, as they are responsible for feeding their fish and shrimp on a regular basis.

Each week, students record their observations and take a

photo of their tanks. They also run tests on their projects such as dissolved oxygen, pH, ammonia, and phosphate to determine any major changes.

Students acquire organizational skills by completing all of the tests and compiling the information in a table. These tests are evidence of the hard work students have dedicated to their project and the progress the aquascape has made.

Senior Lucas Rodi said he likes the control Hartan allows students to have over their projects.

“I’m enjoying toying around with the ecosystem by changing things about it and seeing how the environment changes,” Rodi said.

Junior Liv Cahill said she likes how the aquascapes are a hands-on project.

“You actually feel like you are doing the work and the experiments, and it gives you an idea of what the concept is like outside of the notes,” she said.

Many students may struggle to understand certain information, so the aquascapes

help mitigate this by displaying concepts through real ecosystems.

The aquascapes are a fun way to learn more about environmental science and are exciting to observe at the beginning of each class.

They are ungraded, which alleviates stress for students and allows them to truly connect with the material.

**‘I’m enjoying toying around with the ecosystem by changing things about it and seeing how the environment changes.’**

- LUCAS RODI

**Faculty Adviser**  
Mary Buckley-Harmon

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Charles Lations

**News Editors**  
Avabella Mitrano  
Mechi O’Neil

**Features Editors**  
Ella Chafe  
Caroline MacKinnon  
Amy Vytopylova

**Opinion Editor**  
Wyeth Takayesu

the  
**INDEPENDENT**

**Manchester-Essex Regional High School**  
36 Lincoln St, Manchester MA 01944  
978-526-4412    [newspaper@mersd.org](mailto:newspaper@mersd.org)  
online at <http://www.merhs.mersd.org/domain/702>

**Sports Editor**  
Hadley Levendusky

**Arts Editors**  
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Libby Mulry

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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.



# Cross country team progresses to All-State competition

Low number of graduating seniors allows for team growth next season

**By Wyeth Takayesu**  
INDEPENDENT EDITOR

Boys’ and girls’ cross country runners raced in the MIAA Division 3B Cross Country Meet on Nov. 12, resulting in the girls’ team and two runners from the boys’ team advancing to the All-State level.

Junior boys’ cross country captain Finn O’Hara, coming in 4th place, and senior boys’ cross country runner Logan Cooper, coming in 27th place advanced to the All-State level following their performances at the meet with O’Hara having gone undefeated in the CAL Baker Division.

Girls’ cross country finished the season with a 4-1 record while the boy’s team finished with a 2-3 record, a strong performance considering a large number of underclassmen runners, cross country coach Steve Whittey said.

“We’ve had a number of good runners really helping us put up

strong races and scores, and we only have only two senior girls and boys so we’re a fairly young team on both sides,” he said.

Having few graduating seniors allows the team to retain a large number of their runners for next year’s cross country season, sophomore girls’ cross country captain Whitney Turner said.

“We have a very small team and in the past haven’t qualified for many events, so in the future with so many people hopefully continuing to run we could build a bigger team and do a lot more in our races with less stress on each runner,” she said.

Team culture and skills will also grow in the future with a large number of returning members, sophomore boys’ cross country runner Henry Stevens said.

“We’re a majority sophomore and junior team and that gives us a lot of time to get to know each other, take on new leadership roles, and work together to



Senior Logan Cooper and junior Finn O’Hara stretch before their workout at practice outside the dining hall. Both Cooper and O’Hara will be advancing to the All-State level on Nov. 19.

improve our running for next year,” he said.

With impact players like junior boys’ cross country captains Charlie Latons and O’Hara, sophomore girls’ cross country

captain Whitney Turner and sophomore girls’ cross country runners Sabine Cooper and Stella Straub running next year the team will have a strong showing next year, Whittey said.

Graduating senior impact players like Cooper and girls’ cross country captain Caroline MacKinnon also helped contribute to team spirit as leading figures, O’Hara said.

# Girls’ soccer team reaches Round of 8

Young team with high hopes for upcoming years

**By Hadley Levendusky**  
INDEPENDENT EDITOR

Girls’ varsity soccer ended their tournament run against Northbridge High School, falling 4-0 in the Round of 8, finishing the season with an overall record of 9-8-4.

The team was tied going into the second half of the game, junior captain Mechi O’Neil said.

“Our chances weren’t looking too bad, but we started to lose it in the second half. We couldn’t gain back any momentum,” she

said.

The Hornets were ranked No. 7 in the Division IV Power Rankings going into the tournament. The game on Saturday was their first away game of the postseason.

“I think a lot of factors played into how we played yesterday. From the long bus ride to not having many fans, it was hard for us to find what was working and what wasn’t,” O’Neil said.

Ending their regular season, the Hornets had hoped to make the postseason, head coach Christo Manginis said.

The team was able to achieve that goal, winning their Round of 32 game versus No. 26 Tyngsboro, 2-1 in overtime.

Continuing on, the Hornets



Freshman Harper Brooks runs towards the ball in Round of 32 game against Tyngsboro. The Hornets won 2-1 in overtime.

played against No. 10 Uxbridge, winning 5-2.

Along with the home field and under the lights, the team had a great pre-game speech and activity with their coach that helped motivate them, junior captain Pippa Spingler said.

“It was a very positive envi-

ronment before our game that left us confident on the field. We had possession and many opportunities, and once I scored the first goal, we just kept up the momentum,” she said.

Manginis said the four captains, senior Kendall Newton, junior Mackay Brooks, Spingler, and O’Neil, had a huge impact on the play of the team this season.

“The captains have done very well. Mackay has been playing better every game. Kendall has done great and created a ton of opportunities for us on the right wing. Pippa is our top scorer. Mechi has had a ton of assists,” he said.

In addition to the captains, Manginis also mentioned sophomore goaltender Madi Cook.

“She makes some incredible saves,” he said.

Manginis also said that the whole starting lineup impressed him this season.

Spingler said this season made her believe they could win any game we were faced with.

“It’s only going to get better as the years go on since we have such a young program,” she said.

O’Neil agreed and said that she is excited for the team’s upcoming years.

# Football team loses in quarterfinals

**By Amy Vytopilova**  
INDEPENDENT EDITOR

After finishing the season with a record of 5-3, the football team, ranked fourth out of 16 seeds in the Cape Ann Conference, fell 22-20 against Old Colony RVT in the MIAA Division VIII quarterfinals.

The team won their first tournament game 36-25 against Quaboag Regional High School.

The football team will play their annual Thanksgiving game against Georgetown on Thursday Nov. 24.

Senior captain Ben Hurd said



The Hornets huddle up and cheer before their senior night game against Lynn Tech. The football team won the game 43-14.

that each player is important and versatile, which plays a big part in the team.

“Our entire team is strong, and each player plays a special role to our team ... we have had many injuries this season, and there is

always a player who steps up and fills the position,” Hurd said.

Head coach Joe Grimes said the team has done a great job filling in when needed.

“There’s always injuries, and people pick up different roles.

People play new positions and adjust very well,” he said.

Senior captain Brennan Twombly said he loves the sport and will miss his team next year.

He said his favorite game he has played this year was against Essex Tech, which they won 41-7..

“I loved playing against Essex Tech. We had a really good atmosphere, and we had lots of high energy. The fans were super fun, and dominating the game made it so much better,” Twombly said.

Senior captain Danny Wood said his team was very committed this season.

“We’re focusing on our play game by game and taking it one step at a time. Our team has been working hard all season,” Wood said.

Twombly said he’s proud of his team’s run this fall and is ready to play their annual Thanksgiving game.

“[Old Colony] was a really close game, and we really turned it on towards the end. We look forward to playing Georgetown on Thanksgiving ... I am excited to play with my team for the last time,” Twombly said.

‘We had a really good atmosphere... and the fans were super fun and dominating the game made it so much better.’

- BRENNAN TWOMBLY



# Field hockey team wins CAL, continues to advance in playoffs

Key players lead teammates to successful season

By Mechi O’Neil  
INDEPENDENT EDITOR

With an overall record of 15-3-3, and after winning the Cape Ann League, the field hockey team was headed to the semi-finals against Cohasset at the time of this newspaper’s production. The No. 2 Hornets beat Lunenburg (No. 7) 1-0 on Nov. 13 in the round of 8, giving them a spot in the final four. Senior captain Hadley Levendusky said she was glad that they got away with the win. “I think we are all super excited to have the opportunity to continue on to the semi-finals,” she said after the game. Levendusky said she was looking forward to playing in the

semi-finals since they fell short last year, losing to Uxbridge in the semi-finals. In addition to team achievements, junior Caelie Patrick was named a first-team All-Star. Senior captains Amy Vytopilova and Levendusky, and juniors Ella Chafe and Torrin Kirk were second-team All-Stars. Coach Courtney Brown said the team was focused on continuing putting together four full quarters of good work and executing everything they have been working on so far this season. “Our goals are to stay consistent on offense to make all of our defensive and midfield work pay off and to command games,” she

said before the playoff run. Besides technical improvements, Levendusky said she wants the team to focus on getting into the right mindset before games. Fellow senior captain Paige Garlitz helps tremendously with that, she said. “Paige just always has a super positive attitude and is making sure we’re all working together as a team,” Levendusky said. Brown agrees that Garlitz brings a level of lightheartedness and reminds the team to have fun. She also said that Chafe elevates everyone’s play because of her high expectations of herself and the rest of the team. “She is the person I look to whenever we’re in a rut so she can set the tone and get everyone

**‘I think we are all super excited to have the opportunity to continue on to the semi-finals.’**  
- HADLEY LEVENDUSKY



COURTESY OF ABBY LEVENDUSKY

Juniors Caelie Patrick and Phileine de Widt pose with seniors Paige Garlitz, Hadley Levendusky, and Amy Vytopilova after win.

else involved,” Brown said. Garlitz said she wants the team to continue having intensity but also remember that playing field hockey is fun. “I think we all want to win so badly that we’re all willing to put in the effort and hardwork just like we have been doing the whole season,” she said.

# Boys’ soccer team advances to playoffs, loses in round of 32

By Ella Chafe  
INDEPENDENT EDITOR

Boys’ soccer defeated Monomoy 4-3 in the preliminary round of the Division IV state tournament to advance to the round of 32. On Sun., Nov. 6, they came up short against Frontier Regional, losing 3-0. They were seeded 28 in the power rankings and ended their regular season with an overall

record of 7-10-3. Coach Robert Bilsbury said the team played extremely well as their season came to an end. He said they suffered many injuries, but despite these setbacks the team was able to step up and fill important roles, and he saw the newer players improving their play. “Ali Erdoğan became a different player and leveled up when he was thrown into a starting

role,” he said. Bilsbury said their game against Lynnfield was a defining moment that helped galvanize the team as they moved into the state tournament. They lost 4-2, but he said they played “phenomenally” and continued pressuring their opponents despite playing with 10 players for most of the second half. Bilsbury said senior captain Andrew Gagnon stands out the

most for team spirit. He said he brings a great deal of energy, leadership, and positivity to the team. “He may be one of the best captains I’ve had in terms of communicating and keeping kids doing the things that make us play well,” he said. Although the team lost to Georgetown 5-2 on their Senior Night, senior captain Becket Spencer said he still enjoyed the

game and had a lot of fun. “It wasn’t the outcome we wanted, but I think we still played really well as a team during that game,” he said. Gagnon said sophomore Sammy Bothwell makes a big impact and it would be difficult to play without him. “He facilitates our playmaking and scores the goals as well. He links up the midfield and keeps us playing as a team,” he said.

# Golf team makes significant improvements at end of season

By Stella Straub  
INDEPENDENT STAFF

To wrap up the season, the golf team competed at the MIAA Division III North Sectional Tournament at Black Swan Country Club in Georgetown. The team ended with a final record of 8-8 in the Cape Ann League. Head coach Bill Melvin said the team placed eighth out of 12 teams and played well. The top

three teams from the Sectional Tournament are able to advance to All States, he said. “[I’m proud of] the way the team competed right down to the end. We needed to win our last six matches and we did exactly that,” Melvin said. He said the team had great leadership from senior captains Sam Athanas, who won the CAL Open, and Mark Pollock. Other notable players included senior Michael DeOreo, junior

Lilly Brigham, sophomore Matthew Graeter, and freshmen Jack McCavanagh and Matthew DeOreo. Melvin said he hopes for the team to qualify for the State Tournament and win the CAL next fall. Pollock said he was proud that the team was able to come back from a 1-6 record at

the start of the season. “We went into the season not knowing if we were going to have a full eight people who were playing, and then we ended up exceeding all expectations,” he said. Pollock said the team gets along well and he enjoyed the atmo-

**‘Some of us have been together for three years now, so we know each other really well.’**  
- LILLY BRIGHAM

sphere of the team. The younger members of the team showed a lot of promise this season, he said. Brigham hopes that next year the team will be able to make it to All States, she said. She also enjoyed the atmosphere on the team. “Some of us have been together for three years now, so we know each other really well,” she said.

# Cheerleading team enters Cape Ann League competition for first time

By Whitney Turner  
INDEPENDENT STAFF

Competing for the first time in recent years, the cheerleading team traveled to Pentucket High School for the Cape Ann League Open cheerleading competition on Nov. 3. The team prepared and performed a two-minute long routine that included cheer, tumbling, stunting, music and a pyramid, coach Elizabeth Coggeshall said. She said that at cheerlead-

ing competitions, each team is scored on a number of different categories. Though the team did not qualify for the regional competition, Coggeshall said they performed well overall. “We scored really well on choreography, movement, cheer, spirit, and stunting, so I was pleased,” she said. Coggeshall has also observed a culture of unity between the members of the team that was particularly visible at the competition, she said.

“They came together as a team, and they supported each other,” she said. “They were also supported so well and strongly by all the other teams.” Senior captain Ava Ricci said she is proud of the team and the mentality they brought to their competition. “We kept like a very positive environment even with all of the stress, keeping each other motivated and in good spirits,” she said. The team took far less time to put their routine together than

their competitors, junior captain Allie Delaney said. “I’m just really proud of us for pulling it all together,” she said. Coggeshall said throughout the season, the team has worked hard to overcome their fears leading up to the competition. “They got over that very well – their fear of trying something

new, their fear of ‘maybe it might be too difficult for me,’” she said. Coggeshall said the season has gone very well for the cheerleaders. “Being the first team to do something like that in a long time can be very daunting and very difficult,” she said. “They got over that and they did it.”

**‘They came together as a team, and they supported each other.’**  
- ELIZABETH COGGESHALL



# Drama Club prepares for musical ‘Mamma Mia!’

Show features songs from ABBA

By Jordie Cornfield  
INDEPENDENT EDITOR

Set to premiere on Dec. 3, the Drama Club’s production of “Mamma Mia” is in rehearsal.

Preparations include rehearsing music, choreography, and lines, senior Maddie Machain said.

“At the start of every musical, we work to get all of this music out

of the way so we can immediately apply what we’ve learned musically and then move into choreo,” she said.

The show features well-known songs from Swedish pop group ABBA, whose music is a key component of the musical comedy.

“I love getting to learn all the songs. ABBA’s music is so much

fun to perform,” Junior Gabbi D’Andrea said.

The music is directed by chorus teacher Ben Icenogle, while the choreography is overseen by Tyler Garrafalo, a dance teacher at Manchester Elementary.

“Tyler lifts so much weight off of our shoulders because we have so much faith and trust in her,” Machain said.

While teachers act as directors, students have also taken an active role in both the performing aspect of the play and behind the scenes

roles such as sound and lighting, Machain said.

Sophomore Nicholas Haley oversees lighting, while senior Wyeth Takayesu controls the soundboard.

Members of the Drama Club work together to make a beautiful final product, senior Lila Carpenter said.

“My favorite part is seeing it



WYETH TAKAYESU PHOTO

Sophomore Nicholas Haley works in the lighting booth for the production of “Mamma Mia!”

all come together after we’ve learned all the songs and the dances,” she said.

As the date for opening night approaches, the Drama Club is focusing on their goals for the upcoming months.

“Our goals are to make sure

the scenes are working cohesively and everyone’s scenes are memorized,” D’Andrea said.

Students who are considering participating in “Mamma Mia” can talk to anyone who is currently in the musical, Machain said.

“Everyone is welcome. The

goal is to make sure everyone is having fun and to involve more people from the community.

We are specifically looking for people to be involved in a scuba diver scene for ‘Lay All Your Love On Me’ as well as some people to do tech,” she said.

## Chorus to perform ‘Bells,’ an original piece composed by high school choir director

Song based on poem by Edgar Allan Poe

By Avabella Mitrano  
INDEPENDENT EDITOR

For the winter concert on December 17, the chorus is preparing to perform “Bells,” an original composition by chorus teacher Allan MacTaylor.

MacTaylor said the song is based on the poem “Bells” by Edgar Allan Poe.

“It was an idea I had a few years ago ... when I was trying to find music for our concert. I was not able to find that many winter pieces that I enjoyed, so I decided, ‘Why not write one?’” He said.

The song is divided up into

four stanzas with different types of bells. He said his goal was to reflect the meaning of the text; the song jumps from silver bells and wedding bells to alarm bells and iron bells.

“The piece is an exploration of style around similar themes ... the themes are used to change style from holiday to wedding to panic to funeral, and that’s the meaning behind the piece,” MacTaylor said.

However, he said that “Bells” is a difficult piece text-wise, and there are difficulties with teaching a piece that has never been sung

before.

“The piece is pretty long, so we’ve been taking our time learning it ... [I’m] making sure I’m explaining things clearly because there’s no reference point. We are going piece by piece, and we are

making sure the style of each of the sections is understood thoroughly,” MacTaylor said.

Junior Adrian Kuehnemund said he thought the song was interesting and liked the rhythm of the bells.

“We are making the bell sounds ourselves, so I like the acapella

‘I was not able to find that many winter pieces I enjoyed, so I decided, “Why not write one?”’

-ALLAN MACTAYLOR



WYETH TAKAYESU PHOTO

Members of the chorus practice “Bells” for their winter concert.

mix it has, and it’s been really fun to do in the chorus,” Kuehnemund said.

He said there were challenges with timing due to differing tempos, but they have been able to solve those problems quickly.

Junior Caroline Quinn said she liked how the music primarily focused on altos.

“The altos have a really strong section. That doesn’t happen a lot, so as an alto, that feels pretty good,” Quinn said.

## Taylor Swift breaks records with new album

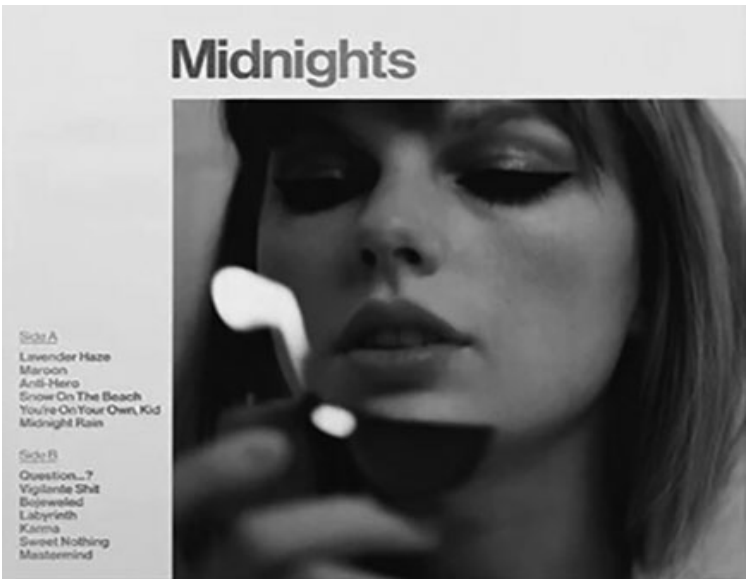
By Hannah Davis  
INDEPENDENT STAFF

After two years of only releasing re-recorded music, Taylor Swift returned to the music scene with “Midnights.”

The album contains synth-heavy tracks, a very different sound than her previous projects.

Swift announced “Midnights” on Aug. 28, 2022, at the 2022 MTV Video Music Awards. In an Instagram post, she described the album as, “The stories of 13 sleepless nights scattered throughout my life.”

The album, released at mid-



APPLE MUSIC

Swift’s album features songs ranging from upbeat to emotional.

night on Oct. 21, was co-produced by Swift and producer Jack Antonoff, who has worked with

singers such as Lorde and Lana Del Rey. Swift also collaborated with

Del Rey, who was featured on the highly- anticipated fourth track, “Snow On The Beach.”

Antonoff and Swift co-wrote 11 of the album’s 13 songs together.

The artist surprised fans later that night by releasing seven bonus tracks along with the original 13 on the album. Some of the bonus tracks were co-produced by musician Aaron Dessner, another longtime collaborator of Swift’s.

The lead single on the album, “Anti-Hero” is an upbeat pop song with a catchy chorus and intriguing lyrics. Swift touches on mental health issues throughout the song.

“I’ll stare directly at the sun but never in the mirror, it must be exhausting always rooting for the anti-hero,” Swift sings.

Throughout the album, Swift bounces from one sound to the next. “Bejeweled” is all about be-

ing yourself and having a good time. “Best believe I’m still bejeweled when I walk in the room,” she boasts.

“Midnights” however, is not devoid of slower, mellow songs.

“Sweet Nothing” is a delicate love song, most likely referencing Swift’s long-term relationship with British actor Joe Alwyn.

During an interview with Jimmy Fallon on ‘The Tonight Show,’ Swift said that this album is her first completely autobiographical project since “Lover,” her seventh studio album released in 2019.

“Midnights” became Swift’s eleventh No. 1 album on the Billboard 200 chart. After just one day of sales, it became the top-selling album of the year with 800,000 copies sold.



# Senior creates Instagram account for AP Photography class

## Project increases school spirit

By **Caroline MacKinnon**  
INDEPENDENT EDITOR

With her T7 Rebel Canon camera, senior Calista Lai is taking pictures of students and faculty around the building and posting them on her Instagram account called *hornetsinthehive*. Lai said she originally created the idea of a photography Instagram page for a school project and then it expanded. “Now it is a way for parents and students to have these memories to look back on during our most important year of high school,” she said.

**Photography teacher Caroline Epp said Lai is very talented in photography and could definitely pursue it in the future.**

Lai said she has a specific creative process for taking photos. “I strongly dislike when people ask me to take pictures of them because it’s not an expression of my art. Art is not supposed to be manipulated,” she said. Lai said the moments she chooses represent the spirit of the high school. “For Spirit Week, I took pictures of people who were most enthusiastically dressed up and into Spirit Week. For the school day, I take pictures of people actually studying and doing work,” she said. Lai takes pictures of mainly her friends and other people she knows and will ask permission to post the pictures if she does not

know the person well. Lai said she aspires to further her career in photography. “I realized I’m really into sports photography, and I’m hoping to have a job like that, maybe for the NFL,” she said. Photography teacher Caroline Epp said Lai is very talented in photography and could definitely pursue it in the future. “She could go on to work for her college newspaper freshman year if she wanted to. She’s definitely creating a portfolio,” she said. Epp said Lai does an amazing job of catching real world experiences. “I think it’s good experience in terms of working under pressure, catching certain moments,” she said. Epp said Lai created the assignment for AP Photography and that most people couldn’t do the kind of photography Lai does. “A lot of people would have



COURTESY OF CALISTA LAI

**For senior Calista Lai’s Instagram account *hornetsinthehive*, Lai captures senior Grace Gerhardt working in the learning commons.**

given up, but Calista makes it work and has exhibited a very strong work ethic,” she said. Senior Paige Garlitz said the account increases school spirit and includes different people. “It gets everyone--different friend groups, different people. I like that it touches on everyone,”

Garlitz said. Senior Mark Pollock said without the account, seniors could not remember all of the important moments. “It’s fun to see still moments of the grade, cause there’s no way we’d be able to see them after,” he said.

# Pep Band plans to play at future field hockey games

By **Alessia Omari**  
INDEPENDENT STAFF

After weeks of playing at football games this year, the Pep Band plans to play at future field hockey games for the first time. Middle and high school band teacher Joseph Janack said that the idea was prompted as an additional way of showing support for different students that participate in school athletics. The idea came from a band member that said that the field hockey team ranks very high in the state, Janack said. “We’ve put football on this pedestal, and by playing at different events, we could help the inclusive aspect of



COURTESY OF JOSEPH JANACK

**Directed by middle and high school music teacher Joseph Janack, Pep Band students performed at a Friday night football game.**

the school,” he said. The Pep Band had already played at a few basketball games before the pandemic, and continu-

ing to play at other sporting events would only help to express school pride, Janack said. Athletic director Cameron Mo-

linare said the Pep Band playing at various athletic events will help to support all athletes and teams. “I think it would greatly improve the athletic environment. More students would come out to more games, and many members of the Pep Band are athletes themselves,” Molinare said. Including the band in other events will create a better atmosphere, and it’s a good opportunity to include the arts in athletics, she said. Girls’ field hockey coach Courtney Brown hopes the Pep Band will bring a lot of energy, excitement, and equality to sports events. “It would provide more equity and opportunities for other sports, rather than just doing those big things for football,” Brown said.

The Pep Band playing at different sporting events would also be a good opportunity for them to demonstrate their talents and hard work and could open the door to allowing the Pep Band in other areas of school life, she said. Sophomore Brigid Carovillano, an athlete on the field hockey team, is intrigued by the idea of having the Pep Band play at future games. “It’s a pretty interesting idea, and it’ll probably encourage more people to come to our games,” Carovillano said. “We’d have a nice, loud, encouraging student section, which would be very beneficial,” she said.

**Athletic director Cameron Molinare said the Pep Band playing at various athletic events will help to support all athletes and teams.**

# ‘The Nightmare Before Christmas’ utilizes stop-motion animation to create dark tone unique to children’s films

By **Gwendolyn Berger**  
INDEPENDENT STAFF

“The Nightmare Before Christmas” is an excellent animated movie following the adventures of main character Jack Skellington and is arguably a Halloween movie. It is also an incredibly unique movie. Jack Skellington, the Pumpkin King of Halloween Town, has become bored of doing the same thing every year, so when Jack accidentally discovers Christmas Town, he is freshly inspired. He decides that he will take over the role of Santa Claus for Christmas Town. As he tries to turn Halloween Town into a Christmas workshop, he grows frustrated and feels that no one understands how he feels. However, a rag doll named Sally, who

was created by a mad scientist named Dr. Finkelstein, yearns for independence and sympathizes with Jack. Jack goes to great lengths to ensure that his plan works. For instance, he orders three children, Lock, Shock, and Barrel, to kidnap Santa Claus. They dump Santa Claus into the Oogie Boogie Man’s layer; the main antagonist of the movie. Jack’s Christmas plan ends up failing spectacularly, but he realizes that he isn’t suited to be anyone but himself. As Jack sings “Poor Jack” by Danny Elfman, he reaccepts that he is The Pumpkin King and decides that he must set things right. “The Nightmare Before Christmas,” directed by Henry Selick, has generated \$95 million in revenue. Furthermore, there is

a large debate about whether the movie is a Christmas movie or a Halloween movie. “The Nightmare before Christmas” is a Halloween movie because it has many creepy elements and themes. After all, the main character plans to impersonate Santa and ends up terrorizing the citizens of Christmas Town with frightening toys. Also, the movie is special in the sense that the director utilizes the distinctive animation to create a dark, stop-motion world that is unlike any other Halloween movie. The movie recruits voice actors Danny Elfman as Jack, Ken Page as Oogie Boogie, and Catherine O’Hara as Sally and Shock. The movie’s 11 songs are all written and composed by Danny Elfman. A few examples include



STEPHANIE/FLICKR.COM

**Lock (Paul Reubens), Shock (Catherine O’Hara), and Barrel (Danny Elfman) play villains in film “The Nightmare Before Christmas.”**

“What’s This?” by Danny Elfman, “Kidnap The Sandy Claws” by Catherine O’Hara, Danny Elfman, and Paul Reubens, and “Jack’s Lament” by Danny Elfman. Selick uses the music to describe how Jack feels emotionally tortured and get the audience to

sympathize with him. The music itself has a sinister, spooky feeling to it that contributes to the atmosphere of the movie. Running 1h 16m in length, “The Nightmare Before Christmas” is rated PG for horrific images and animated violence.