

## New 'wellness' program transforms student lunch

By Lucy White

At the start of this school year, students were generally shocked and upset about the new school lunch menu. The new "wellness" program has eliminated most snack foods and the option of buying lunch items a la carte.

Changes include the introduction of wheat bagels and the elimination of many snack products, including ice cream, cookies, chips, and, according to senior Rachel Payne, "basically everything that was good about my school-day."

While some attribute the recent changes to the nearly \$100,000 deficit the cafeteria is running, many of the alterations are due to recent government regulations, says cafeteria supervisor Judy Richardson. She states that the new federal and state laws, enacted in June of this year, largely determine what schools across the nation serve. Although Massachusetts, along with Colorado, is one of the leanest states in the country, obesity rates among school children have skyrocketed over the last few decades. "I heard a statistic that said something like 60% of the children in Massachusetts, if they continue with their current eating habits, will be diabetic between the ages of forty and sixty," says Richardson.

Government restrictions now limit the sugar and fat content, as well as portion sizes of school lunches. These rules make it hard to find snacks which adhere to the policies. Low-fat popcorn and baked potato chips replaces salty snacks, and smaller, less sugary frozen goods replace ice cream. Judy Richardson says she recently found an ice cream supplier with acceptable products, but the search has been difficult.

Some of the rules appear arbitrary to students, as Vitamin Water and Gatorade are deemed unacceptable. "We're just trying to help kids develop

healthier eating habits, which we hope will carry students through the rest of their lives" says Richardson. Many sports drinks include twice the recommended serving size, and some fruit drinks previously sold at MGRHS were loaded with sugars.

Although these healthy choices are

about the recent changes.

Originally, the snack line was only intended to be opened half-way through lunch. Over the last few years, however, in hopes of getting extra revenue during the growing budget crisis, the cafeteria opened the line for the entire lunch period. Richardson says that insurance and repair costs have greatly increased over the last three years, causing a large deficit. The cafeteria is operated as a self-sustaining entity, separate from the school. Ideally, it should break even every year.

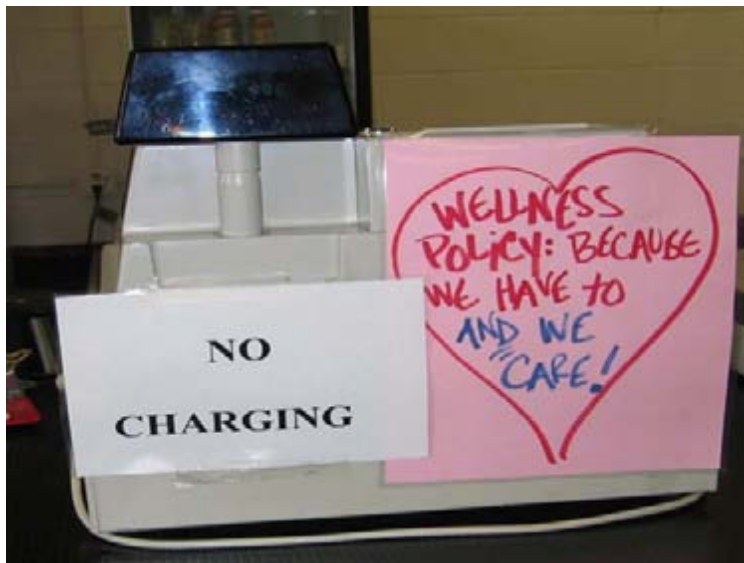
School Committee member Ronald Tinkham suggested at September's meeting that the only real deficit-solution was to cut cafeteria staff. Richardson did not make any indication that such a drastic measure would be attempted this year. She also firmly stated that the cafeteria would not consider raising lunch prices to compensate, as Mount Greylock's prices are already among the highest in the state. Higher lunch prices, she said, would be unfair and would drive students away from buying anything at all.

Some accept the idea of healthier meals, but want more choices, tastier salads, and the option of buying items separately.

Unfortunately, the new lunch program is already a deterrent. When asked her feelings about the new lunch policy, senior Rosana Zarza passionately stated "I'm brown-bagging it!" Her sentiment is echoed throughout the

Continued on Page 4

On the web: Memo from Richardson; full policy:  
<http://www.newshare.com/wellness>



intended to help students, many agree with senior Joe Baisch, who states that the new meals are "disgusting." Across the board, students miss their snacks and options. Some accept the idea of healthier meals but want more choices, tastier salads, and the option of buying items separately.

The cafeteria responds with the observation that last year, many students bought one bagel as a meal. The same students would then supplement it with cookies and chips instead of the fruits and vegetable offered in the regular meal plan. Richardson also remarked that seventh graders entering the school can get overwhelmed with all of the new options never before offered to them. New seventh-grader Mary Laidlaw disagrees and is "most definitely" upset

Continued on Page 3



### School board reorganizes

The school committee reorganizes after Robert Petricca retires and Lanesborough's selectmen appoint Robert Ericson (pictured above) to replace Petricca. Full story, Page 2.

### Format changes at middle-school parents' night; HS event set Tuesday

Some 60 parents of 7th- and 8th-grade students attended middle-school parents' night on Tuesday and a similar event is scheduled for Tuesday night, Sept. 26, for high-school parents beginning at 7 p.m. In a change this year the middle-school parents gathered in the library to hear the entire team of teachers. But next week, the old practice of traveling through an abbreviated Day 1 class will continue for the high school.

PTO co-president Nancy Nylen said the school's new website -- financed with a PTO donation -- is expected to go live in about two weeks.

Middle School co-Principal Ellen Kaiser told parents the three major concerns of students so far this year are fewer gym days, cafeteria food and locker space.

## First course offerings from BCC at Mt. Greylock draw slight interest

By Shannon Young

In an effort to better serve students of Northern Berkshire County, Mt. Greylock and Berkshire Community College are joining forces to provide college level courses to members of the Mt. Greylock community. Through this partnership, BCC semester courses will take place after school at Mt. Greylock throughout the year.

The courses are open to anyone interested, including high-school students, parents, and senior citizens. Unfortunately, a lack of advertisement and interest has led to the cancellation of the two courses scheduled for fall, Computer Applications and Criminal Justice. Despite the initial lack of interest in these courses, Superintendent Travis hopes to offer more BCC courses next semester. He may also implement pro-

grams of continued study similar to the BCC courses, but based upon the "Where Did You Learn That?" initiative, a program that has been a major success in the middle school. In addition to these courses, Dr. Travis hopes to offer one-credit courses this fall, which would also be open to students and community members alike.

All courses offered by Berkshire Community College will be taken by MGRHS students in addition to (and not instead of) the required MGRHS workload of seven classes daily. Courses will consist mainly of classes not offered in the Mt. Greylock curriculum and would be taught by members of the BCC teaching staff. Credits earned from the courses are trans-

### INSIDE:

On the NEWS page, Rosana Zarza describes five weeks spent in Turkey and a list of recipients of SEE Fund Grants.....PAGE 2

On the NEWS page, new chairman of school committee, interviews with Petruzella and Cabinol, and BCC story continued.....PAGE 3

On the back page, sports editor Kelsey Dudziak reports on the fall sports season, and Faith Shuker-Haines gives insight into MGRHS's

Continued on Page 3



# NEWS

## Five weeks in Turkey

By Rosana Zarza

Turkish pop blared from the windows of the car, as *baba* (father), Merve, Esra, and I swerved through the city streets on our way to my new home. The loud creak the store shutters made upon being opened was evidence that the city was awakening. Supermarkets, fruit stands, pharmacies, and cafés were coming to life all over Istanbul.

of my Turkish vocabulary at the table. Lengthy conversations would occur, with the help of a dictionary, over spicy *kofte* (meatballs) topped with yogurt, stuffed eggplants, fresh *domato* (tomato) salad, and mint pilaf.

The rest of the time I spent with my eldest sister, tagging along with her friends, drinking *chai*, and playing backgammon, all from my perch on the Asian

in my education in Turkish culture.

In Oren, we had lessons in the Turkish language every morning and worked on repairing, plastering cement, placing tiles, and painting the local school in the afternoon. My family provided me with a headscarf and baggy pants as work clothes. Afterwards, I would dash home to spend the rest of the day with my host family. Together, we enjoyed many adventurous afternoons.

**Lengthy conversations would occur, with the help of the dictionary, over spicy *kofte* (meatballs)**

On one particular memorable occasion, I was led by a group of children and young women, arm in arm, to meet my *babaanne* (father's mother). As we trailed through the streets, women would call to us, inviting us into their homes for an afternoon snack. After accepting some *chai* and succulent *ceftali* (peaches, famous in the region), we finally arrived at grandmother's *ev* (home). A massive woman gathered me into her arms, and I kissed her hands (a traditional form of greeting the elderly). We drank *kahve* (coffee) as she politely questioned me about my health and family in the United States and Spain. She then took me out to the garden and offered me hazelnuts, grapes, and apples.

I had found ecstasy. The tastes, smells, sites, and warm hospitality provided me with a meaningful and intense five-week experience of Turkey.

*Editors Note: Greylock Echo photographer Rosana Zarza traveled to Turkey with the Experiment in International Living Program this summer. She received a grant from the Alice and Richard Henriquez Fund to fund her trip.*



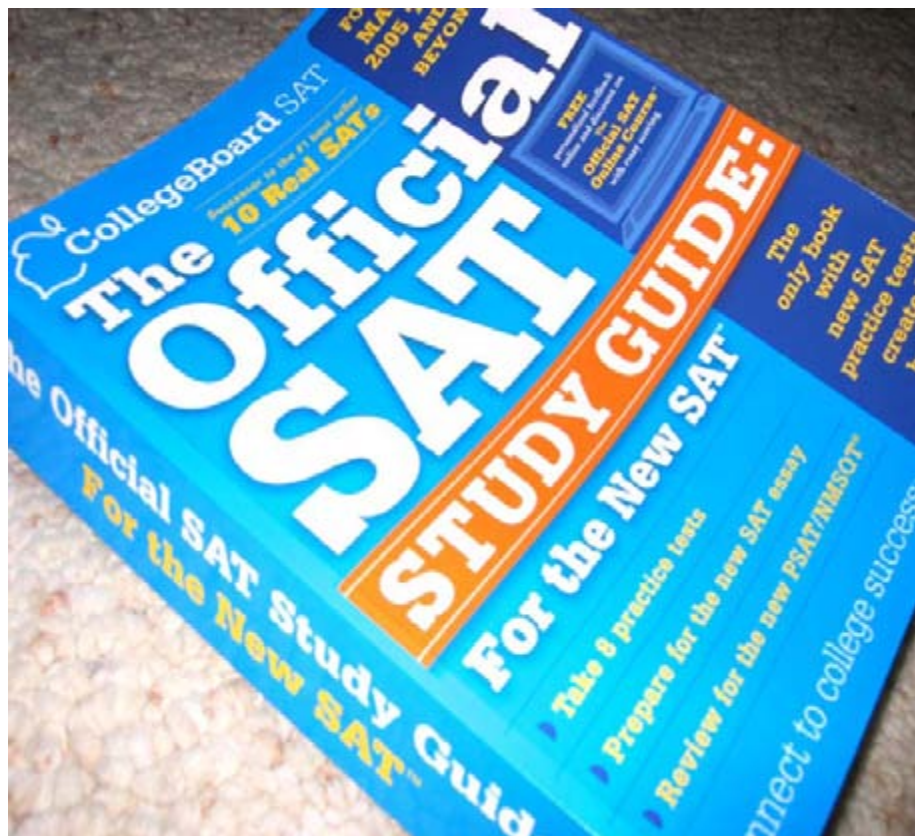
I had only arrived in Turkey three days earlier, and after a brief introduction to the language and culture of the coastal town of Izmir with my group, I was eager to commence my first homestay. My massive suitcases were dragged up the stairs to the apartment, and I was seated at the table for *kahvalti* (breakfast). There was a platter with fresh olives, goat cheese, butter, and homemade cherry jam, as well as an assortment of *ekmek* (bread). I was hungry, and my *anne* (mother) beamed as I devoured the food. Whenever I accepted another helping of scrumptious sausage, she patted me on the back.

The meals I shared with my *aile* (family) would be a major part of my time in Turkey. They would normally last for two hours, and I would learn most

side of the city, overlooking the Bosphorus and the Sea of Marmara. There were also organized trips to historical sites with my group and everyone's families. Several times, my middle sister, Selin, and I met on our own with her best friend, whose family was also hosting an American student. We shared many laughs as we forged new friendships.

My twelve-day homestay in Istanbul flew by, and the group traveled south for three hours to the rural village of Oren for another homestay and a community service project. The differences from the modern city grew more noticeable as the paved roads turned to dirt, and farms began to dot the hills. The entire village came to welcome us, and the village chief invited us to lunch. Food would continue to play a key role

**According to the North Adams Transcript, Mt. Greylock SAT scores jumped 40 points this year. The national average combined score for the math and reading sections was 1,021, while the average score at Mt. Greylock was 1,154. Fewer Mt. Greylock students took the tests than other years, which may have affected the average.**



## SEE Fund announces grant recipients

By Isa St. Clair

The MGRHS SEE Fund's annual grants, allocated last spring, were recently made public.

The SEE Fund's mission -- the formal name is the Fund for Sustaining Educational Excellence at MGRHS -- "to sustain educational excellence by providing students and staff of the Mt. Greylock Regional School District with challenging, engaging curriculum, and intellectual and creative endeavors" by accepting proposals for grants each year and choosing a few to fund. Anyone in the Mt. Greylock community, including staff and parents, can make a proposal.

The committee consists of faculty, community members, Superintendent Travis, and one student representative. The current co-chairs are Carolyn Behr and Elizabeth Goodman.

The recipients for the 2006 - 2007 year are Stained Glass Fusing and Slumping, a new program for creating stained glass; Project Paedeia, which required funding for a new camera for the yearbook; E-Beam Wireless Projection System, an interactive presentation technology for math teachers; Writing with a Writer, middle school writing workshops with Burlington-based teacher and writer Erik Escklisen; MusicWorks, the Holocaust educational organization that has brought in several moving speakers to Mt. Greylock in the past; and Healthy Choices, a program dedicated to furthering health education.

This is the SEE Fund's 10th year.

**All grades:  
Add your voice  
to The Echo:  
Recruitment  
meet Sept. 28**

Attention Woodwards and Bernsteins of the future!

The editors of *The Echo* -- Isa St. Clair, Lizzie Fox, Kelsey Dudziak, Rosana Zarza, Lucy White, Shan Shan Wang, Rachel Payne, Grace Laidlaw, -- and all the Echo regulars invite you to join the news staff.

Attend a new-writer meeting Thurs., Sept. 28 immediately after school in the cafeteria. There will be "wellness" snacks, a display of back issues, and conversation about this year's plans.

Writing for *The Echo* will keep you in the know and sharpen your writing skills, not to mention gain you fame and respect throughout the school.

Please join us! Our next issue will be published in mid-October. Don't be square- be there!



# NEWS

## O'Brien replaces Petricca as committee chair; Ericson added

By Grace Laidlaw

This year's School Committee faces both new challenges and new opportunities to improve the MGRHS community. The retirement of Chairman Bob Petricca means the loss of valuable knowledge and experience from the board, but his replacement, Tim O'Brien, brings with him new ideas and approaches for effecting change.

Lanesborough Selected chose MGRHS parent Robert Ericson to replace Petricca on the board.

With the school's ongoing water crisis, cafeteria controversies, and the problems pointed to by last year's New England Association of Schools and Colleges (NEASC) assessment to take into consideration, the school committee must be able to enact changes without hurting either Mt. Greylock's reputation or its budget. They are up to the challenge.

Board member Sally White is enthusiastic about the outlook for this year's school committee, despite the challenges that lie ahead. The board is realigning this year, according to White, by forming subcommittees to address specific issues in an effort to improve the efficiency of the board as a whole.

A Strategic Planning Subcommittee will begin meeting in mid-November. School Committee members White, Bob Ericson, and Ron Tinkham will serve on the subcommittee, along with several community volunteers and student advisors. The group will be focusing on both long-range planning and short-term improvements, taking into account the suggestions put forth by last year's NEASC report as well as input from concerned students, teachers, parents, and community members.

## The retirement of Chairman Bob Petricca means the loss of valuable knowledge and experience from the board, but his replacement, Tim O'Brien, brings with him new ideas and approaches

A Long-Term Financial Subcommittee, headed by Jim Kolesar, will be discussing next year's budget, as well as the outlook for Mt. Greylock's long term financial future, in order to make recommendations to the entire school committee when budget discussions begin in January.

Finances, as well as the suggestions of the NEASC report, will be major focuses for the board this year. Improving Mt. Greylock without damaging its budget will be a time-consuming, laborious undertaking, but the exceptional organization and dedication shown by this year's school committee is cause for optimism. Any students with input on Mt. Greylock's future or the problems facing the school should attend committee meetings, the next of which will be Tuesday, Oct. 3.

## New adults on the corridors

### Cabinol, Petruzella both have short commutes as they join English and Latin programs at MGRH

By Shan Wang

New teachers are always exciting to students, who want to know all about curriculum change and grading policies. But students also want to get to know teachers outside the confines of academics. Shan Wang interviewed two new MGRHS teachers—Mr. Cabaniol (English) and Mr. Petruzella (Latin)—for this back-to-school edition of the Echo. Look for part II of new teacher profiles in next month's issue.

#### Ronn Cabaniol

**Favorite Book:** *Straight Man* by Richard Rousseau (whom Mr. Cabaniol declared as possibly the best writer living today)

**Favorite Music:** The Eagles  
**Mac or PC:** In his words, "I tolerate computers."

**Red Sox or Yankees:** Red Sox  
Fondly known as Mr. Cabz to his four freshmen English classes and his creative writing class, Ronn Cabaniol bears a striking resemblance to Albert Einstein. He retired after thirty-two years of teaching, nineteen of which was at the Berkshire School, but soon after retirement he realized he still wasn't ready to leave the world of teaching and returned to the profession. Having studied English both at Keene State College in New Hampshire and later at Wesleyan in Connecticut, Mr. Cabaniol's expertise in the English language is impressive.

Cabaniol says he is impressed with the caliber of Mt. Greylock students after just a week of teaching. Some only need to be motivated to produce great work, he says, adding that he has always heard good things about Greylock students. He loves the convenience of teaching at Greylock, because he lives only two miles away, or as he sees it, "one song away." The morning of the interview, he drove to school listening to "No More Cloudy Days" by the Eagles, his favorite band.

An accomplished writer, Cabaniol has had his work published in *Yankee* magazine. He has also written two screenplays and is looking for studios to take them up. Besides writing and teaching English, Mr. Cabaniol is interested in coaching the track and field team at Greylock, as he was heavily involved in coaching a stellar team during his days at Berkshire School.

What can his students expect in the classroom? "Lots of reading," he says simply. "We'll be reading two Shakespeare plays in ninth grade—*Julius Caesar* and *The Tempest*—writing lots of papers—it is English class, after all—and a new addition, *Bridge on the River Kwai*. There will also be a larger research paper. He says that the middle school has



Ronn Cabaniol

done well to prepare the students and the quality of papers he has received is impressive. When asked of his grading style, he mentions that he certainly is not "grammar-centric." "Students have the opportunity to earn back points I deduct for grammar errors," he says. "I focus essentially on content."

Since the ninth grade is reading two Shakespeare plays, it is fitting to mention Cabaniol's views on the question of who actually wrote Shakespeare's plays: Shakespeare himself or Earl Edward Devere. "How do you know?" he ponders. "You honestly don't, but I find that the writing is consistent throughout, and whoever he was, he was certainly a genius."

#### Gerol Petruzella

**Favorite Book:** *The Secret History*, by Donna Tartt

**Favorite Band:** *Winger* (He has a penchant for 80s music)

**Mac or PC:** He has grown up using PC's, but has nothing but respect for Macs

**Yankees or Red Sox:** Clearly the Red Sox

Gerol Petruzella is famous for his prowess in classical languages—rumor has it that he speaks fluent Latin—but his ability started in a most natural way. "In 8<sup>th</sup> grade, it was the first time Latin was offered. Since I had not too much interest in Spanish or French at the time, I chose Latin. It intrigued me," he says.

After going through high school at Taconic in Pittsfield, Mr. Petruzella spent two years at Berkshire Community College, graduating as co-valedictorian. He transferred as a philosophy major to MCLA, where there is an award in his name given to outstanding philosophy students. "It's actually quite embarrassing," he muses. Petruzella



Gerol Petruzella

continued his classical studies in graduate school at University of Buffalo, earning his master's degree in January of 2006 in classical philology. He is currently pursuing a Ph.D in ancient philosophy.

When asked what activities he has planned for his classes, he mysteriously hints, "I see the words 'field trip.'" When asked if he will be a tough grader, he responds with a yes. "I suppose I see myself as a tough grader. Actually, more of a fair one. I have faith in my students, and to not be a fair grader would be a sign of disrespect for them." After teaching experiences in college that were only mildly exciting, he finds that he loves high-school teaching. He chose Mt. Greylock for its strong Latin program and also because of its location in the Berkshires, "and of course the JCL," he adds.

Many have asked him, "why Latin?" To those incredulous people he has a thorough response. "I entirely sympathize with the notion that there are so many demands in this world and so many worthwhile things, and practicality is important. But I think of learning in two categories, both of which are equally important. The first is 'useful things,' such as English, math, science; this category answers the question of 'what.' The second category is the things commonly considered not useful in the sense they do not help you earn more money—for instance history, art, music, and Latin. This category helps answer the question 'why.' To be fully educated, we need both."

Mr. Petruzella would like to provide a comforting message for non-JCLers: "when you see of your friends running around school, it's just the JCL taking over, no worries." He also would like to officially state that he believes Shakespeare really did write his plays.

**Next month:**  
**More new-teacher profiles.**

## BCC Courses

From Page One

ferable into many colleges, including, of course, BCC. It has not yet been decided if the course credit will be calculated into a student's grade-point average at MGRHS, but courses taken in

connection with BCC will appear on a student's Mt. Greylock transcript.

Dr. Travis will hold an informational meeting concerning the courses. Also, Berkshire Community College is developing a survey for students and community members to help the college decide which courses would be well-received by the Mt. Greylock community. Dr. Travis highly endorses the BCC courses,

citing the variety of ages that the courses target and the learning environment they foster. Interested students and community members should attend informational meetings concerning the courses this fall. Anyone with questions regarding the BCC courses at Mt. Greylock, should contact Dr. William Travis, or the Registrar's Office at Berkshire Community College.



# NEWS/SPORTS

The Greylock Echo

## Fall sports preview: great expectations

By Kelsey Dudziak

We're back at school and already counting down the days until summer of 2007. Even with these past few weeks under our belts, we still have just under 170 days to go. Luckily, nothing makes the time go by faster than the excitement of the fall sports season. With night games, our annual pep-rally, and Homecoming to look forward to, we must sit back and enjoy this time because it'll be over before we know it.

This year we should expect nothing but success from the girls cross-country team. Coming out of last year's season with a Western Mass Championship, the girls return with both seasoned varsity runners and new talent, and with their eyes set on the state championships. Head coach Larry Bell has good reason to be confident about his team, led by captains Lindley Bell, Jackie Lemme, and Shan Wang, this year. Jackie and Lindley, 2<sup>nd</sup> and 3<sup>rd</sup> for the team, have been named All-Berkshire runners since 7<sup>th</sup> grade. Also returning to the team is Cate Costley, Greylock's top runner, who placed 2<sup>nd</sup> in the state meet last year.

The remaining varsity positions will be claimed by four of the following: Kathleen Dudziak, Marissa Ericson, Camille Robertson, Amy Nolan, Hannah Chenail, and new runner Kaylene Lemme. After placing 14 runners in the top 16 after the season opener last Wednesday against Wahconah and Pittsfield, it's clear that the Greylock team will be nearly impossible to beat, not only in regular season, but also at Western Mass also. The team will also likely be a formidable presence at states.

The boys team, although lacking the formidable numbers of the girl's team, are not short on talent. Captains Evan Dethier and Nick Fogel will lead the team to victory this year. Both were named All-Western Mass runners last year. Zach Yarter, a junior, is another strong runner on the team. He suffered a quad injury at the season opener against Pittsfield and Wahconah, but gutted it out and still managed a 10<sup>th</sup> place finish. Patrick Joslin and William Alimonos will be expected to work their way up the ranks this season.

Neck-and-neck for the entire race, the two finished 5<sup>th</sup> and 6<sup>th</sup> respectively, at the opener. Head coach Scott Burdick will be looking to the younger runners to step up and fill the remaining positions. The graduation of four of last year's team's top seven runners has left some big shoes for these potential varsity players to fill. But if anyone can build up a team from scratch, it will be Burdick, who holds an impressive meet record of 51-3 at Mt. Greylock. Senior captain Evan Dethier does not believe that the team's lack of depth will affect the team's record in any way.

"Though we're returning three of our top seven, the road to the country title and Western Mass titles runs through Mt. Greylock," says Dethier. "If a team wants to make a name for itself, it needs to beat us. That puts the pressure on us, because week in and week out we are competing to keep a forty-plus meet win streak alive, but it is also a lot of fun to win all the time. It seems like over the past few years we've established ourselves as the team that wins."

For the past three years, Greylock girls' soccer has made it all the way to Western Mass. The question this year is, can they do it again? With eight returning varsity players, the team will have a strong core that head coach Jenna Cece can easily fill in with younger talent. Returning this year as a junior, Lauren Clement was named All-Berkshire last year and is a key part of the Greylock defense.

### This year over 60 girls tried out for volleyball.

Senior captains this year are Jessie Grees, who also plays defense, along with Alex Peacock, and Karyn Koziara, both mid-fielders. Senior Leland Garivaltis will play sweeper for the team, and Jen Kodela will hold down the outside midfield. Junior Jordan Grauman is the team's one returning forward since sophomore Sarah Crosky will be out for the season due to a knee injury. As of yet, the girls' record is 1-1, and so the answer to the Western Mass question is still unclear. But the girls have the talent to make it and they're willing to give it their all.

The girls' volleyball team will also be reaching for a chance to go to Western Mass. Coach Paul's volleyball program is entering its third year here at Mt. Greylock, and the team has gained a great deal of depth and experience since its beginning. This year, over 60 girls tried out for the team, almost 20 more than went out for soccer. Captains this year are senior Hannah Westall and junior Katy Markland, along with senior Danielle Collyer, who made the All-Eagle team last year. The girls hope that this will be the first year in Mt. Greylock history that the team makes it to Western Mass. Already this season holds a 1-1 record, with a loss to Pittsfield High and a win over Wahconah. The season can go either way at this point, but fans hope the victory over Wahconah is an indication of the team's coming success.

Greylock golf is a sport that is often overlooked in all the fall's excitement, but perhaps this year we should pay more attention to the team. In the past, Greylock golf has not been our strongest program, but this year the team has a serious shot at making Western Mass. With 16 matches a season, the team needs to win at least eight of those matches to make it to Western Mass. Already the team holds a 4-2 record, thanks in large part to the guidance of coaches Erik Tiele and Brad Felix. In a high school golf match, each team selects its top six players to golf. Each player golfs nine holes,

and the individual scores are combined for a total team score. The team with the lowest score wins the match. The top six golfers for Greylock include seniors Mike O'Brien and Ben Poulin, junior Corey Nichols, sophomores Dylan Dethier and Sam Garivaltis, and freshman Mitchell Hebert.

The past few years have not brought the most successful seasons for Mt. Greylock football, and head coach Shawn Flaherty is ready for change. Despite the fact that the team is comprised of only 32 players, the group has no shortage of talent. Last year's team graduated six starting seniors, but younger players are ready to fill their positions.

### With eight returning varsity players, the team will have a strong core.

Dylan Schultz returns for his second year as captain, this time joined by Donny Taylor and Aaron Castonguay (also offensive MVP), also seniors. Other seniors are Preston Trites at quarterback, Jeff Brodeur, who will play both fullback and lineback, Jon LaCasse, also at fullback and lineback, Kyler Schelling at tackle, and T.J. McCarthy, who will compete for the starting center position. With eight starting seniors, along with help from underclassmen like Greg Payton, Dan Nawaselski, Whit Montgomery-Nassif, John Lucido, and Ian Jones, the team may well be able to shake last season and start a new legacy for Mt. Greylock football.

Boys' soccer head coach Blair Dils is working with a young team this year. With a whopping two seniors, the starting line-up will consist of mostly juniors. Joe Baisch, senior captain, will hold down the midfield while his fellow senior Dan Lovett is expected to cause some damage up front. Juniors Clint Mason, Chris Condron, and Nick Karampatos will join Baisch in midfield. Colin O'Neil, Andy Chick, and Mitch Galli will be joined by sophomore Nico Walker in the boys' defensive line. Than Finan will attempt to fill the shoes of graduated senior Clayton Johnson as goalie. The boys entered the season with a loss to Monument; however, the team will not be deterred. Dils has confidence that, given time, his team will pull together and improve drastically.

Now that you what to expect, make an appearance at a game, meet, or match and support the Greylock athletes who work hard to make our school proud.

## Wellness

From Page One

cafeteria and halls. Out of the 50 or so people casually approached at the MGRHS lunch line, not one person had anything positive to say about the lack of snacks or limited lunch options.

Federal laws do not prohibit a la carte options; Mount Greylock has specifically ruled against offering food items separately. Some feel that forcing students to buy either a whole meal or nothing at all is a mistake. "It's wasteful when someone buys a salad just to get a bagel and then throws the salad away," proclaimed Junior David Rosenthal. Karyn Koziara is so bold as to say that the new policy, which sometimes results in students buying, and eating nothing for lunch, "promotes anorexia." It is true that the new policy restricts portions, but Judy Richardson stresses healthy eat-

## G(R)EEK CLUB

By Faith Shuker-Haines

*Editor's Note: Faith Shuker-Haines, MGRHS senior and six-year Latin student, interviewed new Latin teacher Gerol Petruzella about one of the most talked-about new clubs at Mt. Greylock: Greek Club.*

By Faith Shuker-Haines

**So, what made you decide to start a Greek club?**

Well, I'd studied Greek in grad school, and I knew not many high schools offered Ancient Greek. But since Greylock's Latin program was good and the students had the reputation of being strong, I thought it would be a good opportunity to get students to learn Greek as well as Latin.

**How many people have expressed interest in joining so far?**

I don't know exactly, but at least 15.

**So do these people have some sort of background? Does anyone already speak Greek?**

No one, I don't think. It's quite fresh to everyone.

**What do you intend to do in the club?**

Of course, we'll do a lot of language: grammar, alphabet, some original readings. But we'll also do myths, and important Greek history, and its influence on both Roman culture and our own modern culture.

**Golly gee, Gerol! How can I join?**

Well, Faith, you just have to get in touch with me or Marge Keeley. Stop by room 63 or email us.

**Who's in it? When do you meet?**

We meet every week after school for an hour and half, but we don't know what day yet. We have seniors down to eighthers grades involved so far, but anyone is welcome. I guess Greek has a very broad appeal.

**Jeepers, Gerol! That sounds spectacular!**

It certainly is, Faith. It certainly is.

## The Greylock Echo

The Mount Greylock Echo is the student newspaper of Mt. Greylock Regional High School in Williamstown, Mass. Published monthly during the academic year, each issue is developed and edited by a team of reporters and writers. Any Mt. Greylock student may join the staff, attend meetings and submit articles.

Next news meeting: Oct. 4  
Next deadline: Oct. 13  
Next issue: Oct. 20

**This Issue's Editor:** Rachel Payne  
**Co-news Editors:** Grace Laidlaw, ShanWang, and Lucy White

**Layout Editor:** Rosana Zarza  
**Copy Editor:** Grace Laidlaw  
**Arts Editor:** Rosana Zarza  
**Sports Editor:** Kelsey Dudziak  
**Business Manager:** Isa St.Clair

**This month's contributors:** Kelsey Dudziak, Isa St. Clair, Grace Laidlaw, Rachel Payne, Lucy White, Shan Wang, Shannon Young, Faith Shuker-Haines, Rosana Zarza

Send all submissions to:  
echo@newshare.com  
Mount Greylock Echo  
Mt. Greylock  
Regional High School  
1781 Cold Spring Road  
Williamstown MA 01267  
(413) 458-9582