

## Food for Thought: The Workings of the MG Cafeteria

By REBEKEH PACKER

Last spring, a group of Chicago high schoolers spoke out against the fast food in their cafeterias, attempting to get “nasty food” and “tan-colored slop” out of their school. When some people hear the words “school lunch,” they think of the nameless mush eaten by characters in Calvin and Hobbes cartoons. But many students and teachers at Mt. Greylock, when they stop to think about it, say our school lunches are excellent.

“[The lunch ladies] keep it balanced,” says teacher Lucinda Bradley. She adds, “A salad bar with fresh fruits and veggies is a really good deal for \$4 [the price faculty members pay for school lunches].”

The cafeteria staff certainly works hard to keep the lunches healthy. Because each lunch only costs students \$2.75, and some are reduced price or free, the cafeteria can’t buy everything fresh or local. “We buy from the government as much as possible,” says cafeteria manager Judy Richardson. The cafeteria depends on the Commodity School Program, which provides participating schools with commodity food, and the National School Lunch Program, a sixty-year-old program that partially reimburses cafeteria spending. Both of these programs are governmental attempts to bring down the cost of lunches for students.

Mt. Greylock meets federal nutrition standards in order to be eligible for the National School Lunch Program and the Commodity School Program. These standards, set out in Article 7, Section 210 of the US Code of Federal Regulations, require that schools offer each student certain quantities of protein, vitamins, and calories each day. They also place limits on sodium, cholesterol, and fat consumption, and encourage a lot of fruits, vegetables, grains, and fiber. It’s “the ideal way to eat,” Richardson says.

To meet these general requirements, each school chooses between several systems of menu planning. Mt. Greylock uses the Enhanced Food Based Menu Plan. “Food based” means the guidelines are based on minimum quantities of different food items, instead of minimum amounts of nutrients (“nutrient based”). The Enhanced Food Based Menu Plan uses larger minimum quantities than the Traditional Food Based system.

Every day, each 7th – 12th grader must be offered 8 fl. oz. of milk, a cup of fruits/vegetables, a serving of meat or protein substitute, and a serving of bread. Serving sizes vary based on age—1.5 oz. meat, cheese, poultry, or fish is the daily protein dose for a second grader, compared to 2 oz. for a student at Greylock. Richardson says the Greylock cafeteria usually serves around 4 oz. “We give slightly larger por-

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## GIVING BACK THIS HOLIDAY SEASON

By HANNAH PAUL

Volunteering is an activity that seems to be bandied about a lot. Students do it for many reasons: it makes them feel good for doing good, they have nothing better to do, or because it looks good on a college application. Regardless of the reason, however, everyone seems to wish they volunteered a little more than they do. As the “season of giving” approaches, we should all try to get involved and give back to our community. But as we all know, most of the time, this ambition isn’t an easy task. Trying to juggle school, homework, sports, theater, clubs, family, and friends often leaves

Family Place Shelter in Holyoke, Massachusetts.

If you’re interested in getting involved regularly, SMILE itself could always use more help. As stated in the handbook, “SMILE provides an opportunity for Mt. Greylock students to act as liaisons between the school and our community.” “Obviously there aren’t enough volunteers and too many problems,” says junior Leah Miller. “SMILE just tries to make a dent in these problems.” If you’re interested, you can come to one of the meetings, usually held every other Thursday, or talk to Mrs. Slocik.

## 1 in 650: An Interview with Jasper Rosenheim

By LUKE COSTLEY



Photo: Jasper Rosenheim

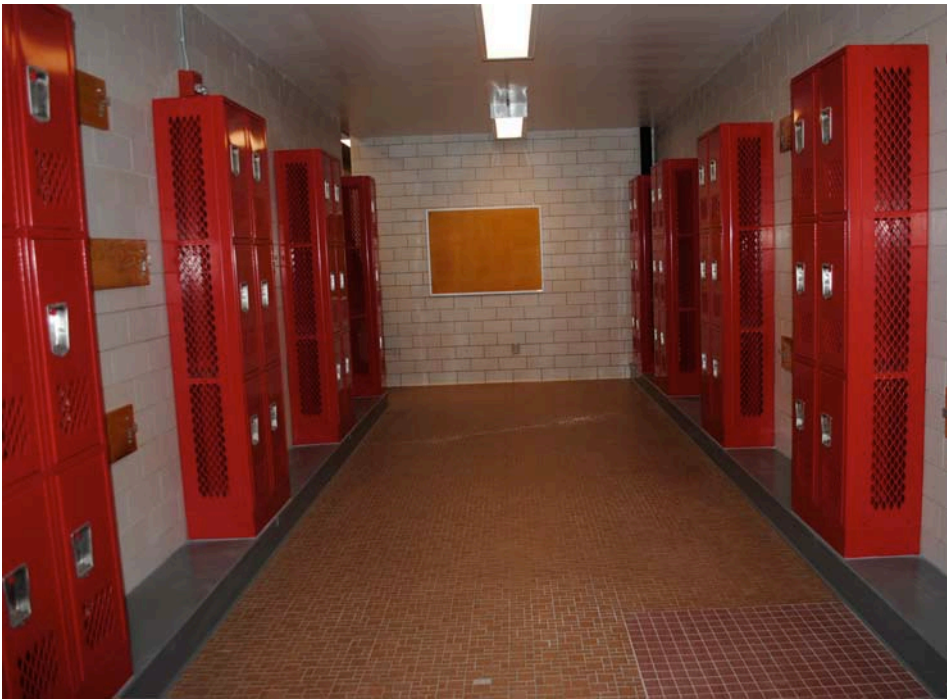
Jasper Rosenheim is probably best known as the jovial and out-going seventh grade boy, who starred last year in Williamstown Elementary School’s production of *The Fiddler on the Roof* and this year joined the cast of *Love’s Labour’s Lost* here at Greylock. But Jasper’s talents extend far beyond the stage. Recently, he began a new art form: baking. Jasper was happy to share his thoughts on his new-found talent and what it had in store for him.

Q: Explain your bakery. Is it just an idea, have you turned it into a reality, or are you somewhere in between?  
A: Well, I do the bakery by email. My customers contact me, tell me what they would like to buy, then we negotiate the price and I deliver the product.

Q: What motivated you to start your own business?  
A: I really like food, a lot. And I eat it a lot. But then I started baking and it was easy for me to sell the goods to other people because they all liked the food as well. Basically, I found out that I could keep on doing what I like to do, but it could also be a business.  
Q: What do you find to be the most satisfying part of managing the bakery?

Jasper, Continued on Page 2

## FINALLY!



The boys’ and girls’ locker rooms are back in business after a year and a half of construction! In this photo, shiny new lockers gleam in the entranceway to the girls’ locker room.

Photo: Naomi LaChance

little time to think about much else. “I volunteer regularly over vacations,” says Oona Wood, and Kelsey Goodwin says she “tries to do something at least once a month,” but it’s proved difficult lately. An easy way to give back this winter is through the Mt. Greylock SMILE’s (Students Making an Impact Locally for Everyone) “One Warm Coat” Drive. All you have to do is take any coat, used or unused, that your family doesn’t need anymore and drop it off in the large bin across from the main office, formally the lost and found bin. Coats will be collected through December 17th at which time SMILE will donate them to the

Over the holidays, though, we will all have a little more time to volunteer. The Berkshire Food Project provides lunch Monday through Friday at the First Congregational Church in North Adams. According to the website, “The Food Project is where people of widely different ages and circumstances can meet one another on a friendly basis and with mutual respect,” and is always open to volunteers. For contact information, see the box at the bottom of this article.

An extremely easy way to do something is donating to members of the Sal-

Volunteering, Continued on Page 2

*The Echo is  
RECYCLABLE!  
Please do NOT  
throw it in the  
trash when done  
reading.*

### Taking a Look at Cheating

Naomi Lachance explores how Mount Greylock responds to this controversial topic. See Page 3.

### Sports Feature

The 2010 Mount Greylock football team has plenty to celebrate and remember this year.

Read about it on Page 6.

### Faces in the Crowd: Coach Eric Dean

Echo Sports Editor Tom Dils conducts an interview with the new boys’ varsity basketball coach, Eric Dean.

Get the scoop on Page 5.

### Greetings from Italia!

Greylock student Thalia Rossiter is spending her junior year abroad in Italy. In this issue, she gives the Greylock community an update on the joys and challenges of life in a foreign country.

See page 4.

### Holiday Recipe Corner

In the spirit of the holidays, the Echo provides a delicious recipe for its readers to enjoy! See page 4.

### A New Puzzlemaster!

Ned Kleiner tries his hand at creating a crossword for the Echo. Give it a shot on Page 6!



## NEWS AND EVENTS IN BRIEF

### MUSE: THE NEW PERFORMING ARTS CLUB AT GREYLOCK

*The deteriorating auditorium of Mount Greylock Regional High School is graced by the presence of the performing arts for only a few select times during the year. As such, these events often require a great deal of time for preparing for a series of performances that last but a few days. Because of the time consuming nature of the four stage productions, many people who possess great talent, but not time, are unable to participate in the chances to showcase their true talents for acting, singing, and/or dancing. In response to this, and the call for a home for all creative artists, a club has been formed for those in love with the entertaining arts, ranging from acting, singing, dancing, writing, photography, film, and beyond. MUSE, The Performing Arts Club of Mt. Greylock, named almost too narrowly to fully describe it, supplies a year round showcase for the talents of the timeless and anyone other creative individual interested in entertaining their fellow man.*

*Already, the club has taken off, beginning with an acting workshop with the professional actress Jo Lampert, who namely played Mercutio in the Williamstown Theater Festival’s production of “The Last Goodbye.” In progress now is a step-by-step production of a video illustrating what exactly MUSE is, beginning from pre-production to the editing suite. MUSE is what you want it to be, and MUSE is there for you. For anyone interested in joining, or seeking more information, please send an email to mgperformingartsclub@gmail.com.*

## SUBMIT TO IRIS!

*Mount Greylock’s literary magazine, Iris, is looking for submissions! Revived last year after a lengthy hiatus, Iris was a huge success. The current board of editors is looking to continue and build on that success, but this can only happen with the help of the school community. Iris accepts submissions of short stories, creative nonfiction, poetry, photography, and artwork. Anyone in the middle or high school can submit - including faculty and staff members! Pieces can be submitted in two ways: first, place your submission in the white Iris envelopes in all English classrooms with your email address attached to the back, or send the submission to irislitmag@gmail.com. The board of editors will review all the submissions and then contact you as to whether or not your piece will appear in the magazine. The deadline is coming up on December 22nd, so compile your submissions as soon as possible!*

## HIGHLIGHTS FROM THE WILLIAMS CENTER

*It has been a busy fall for high schoolers, and the Williams Center has been particularly active supporting initiatives in Biology, 10th grade Math and the 9th grade WCMA Curators Project.*

*All Biology students, as part of their research project, have visited the Schow science library for a tour and database orientation. In addition, a group of Williams science professors will be on hand afterschool during December and early January to help students focus their research questions and methods.*

*On Dec. 14 all 10th graders and high school math teachers will travel to Williams to participate in MathBlast--a morning of hands-on math workshops with Williams professors.*

*A group of sixteen of Jeff Welch’s ninth graders have been hard at work on an innovative six month project in collaboration with The Williams College Museum of Art. These students are working with museum staff to curate their own show at the museum which will open in April. The students have been given twenty-five objects from the Museum’s collection, ranging from contemporary to ancient art, to research and interpret. Also, working with Museum staff they will design, install and describe the actual exhibit. The opening will be in April, stay tuned for more information as this exciting project evolves!*

*On the academic support front...writing fellows, tutoring and science study groups will continue during Williams College winterstudy in January. Please continue to check the website for important updates and go to the Williams Center link for more information about Center activities.*

#### School Lunch, Continued from Page 1

tions than most other schools,” she says.

Students choose between three lunch lines. All three offer milk and a fruit or juice. The salad bar offers a bagel and a choice of a large salad, small salad and soup, or yogurt parfait. The “Quick Pik” line offers a bagel and salad of the day, a bagel and parfait, or a sandwich and a bag of chips. The hot lunch line is the most like a dinner, with an entrée and grain offering in addition to the milk and fruit.

The many choices mean that everyone has favorite cafeteria offerings. Teacher Catherine Demick likes chili cheese fries. Leah Miller, junior, says her favorite hot lunch is the chicken fajita, and Sarah Kelly “loves taco soup.” Maria-Christina Fernández buys salads, because “they look more natural, they’re healthier, and I know what’s in them.” Having three lines is also a convenience: Hallie Walker buys her lunch from the express line so she doesn’t have to wait around in line.

The hot lunch line serves most of the commodity foods, which the school orders from the government once a month. Commodity foods include dried, frozen, or canned fruits, cheese, ground beef, and pasta. The salad line is more expensive for the cafeteria to maintain because it uses fresh veggies, says Richardson. “We stay within a certain amount [of spending] every year...We watch portion control and try to get the best buys we can.”

The seven members of the cafeteria staff cook and serve the food as well as pack dirty trays away to wash. Demick says they “work very hard and should be given a lot of credit.”

Greylock follows the national Offer vs. Serve policy: “Schools must offer all five required food items. Students may decline up to two of the five food items. The price of a reimbursable lunch does not change if the student does not take a menu item or requests smaller portions.” Walker agrees with the “limited freedom” of the policy, but thinks “it should be better explained to students.”

Teacher Janean Laidlaw thinks Offer vs. Serve is “a strange law.” She says, “On the one hand, our position is, ‘don’t eat and exercise,’ and on the other, we won’t sell you lunch if you don’t fill your tray.”

In general, although a few people dislike school lunches, many agree that the cafeteria does an impressive job with limited resources. Visitors from other schools often comment on the high quality of Greylock lunches.

“There’s always room for improvement, though,” says Richardson. The Local Wellness Policy aims to reinforce “positive healthy behaviors” through health classes, physical education, guidance services, school nursing, and nutritious school meals. Richardson will talk to Superintendent Rose Ellis about upgrading the policy, which inspired some health fairs in 2008, and incorporating the policy more into the cafeteria. Richardson is very flexible about menu changes. The cafeteria has incorporated fresh food from the Greylock garden since its first harvests last spring, including spinach quiche, garden veggie soup, and potato salad.

Students also have ideas for the cafeteria’s future. Sophomore Alex Krell wants white instead of wheat pasta, and Miller says, “Bring back calzones!”

Some people think the cafeteria could be more receptive to food restrictions. Seventh grader Dan Packer, who has a nut allergy, cannot buy school lunch because it’s never guaranteed safe. Sarah Kelly points out that there are no real protein options for vegetarians. DJ Ross, another vegetarian, agrees: “There should be more vegetarian hot lunch options.”

Maybe there are more vegetarian choices in our cafeteria’s future, and maybe more calzones. Whatever happens, let’s hope the wonderful cafeteria staff keeps up its hard work, and all our favorite dishes stay on the menu. Bon appétit!

#### Jasper, Continued from Page 1

A: My favorite part is getting the money.

Q: So you are a true businessman?

A: Yeah!

Q: But at the same time, there must be some difficult parts of the job. What do you find most frustrating?

A: I am sort of a perfectionist, so when things do not go right, I really do not like it.

Q: What baked goods to offer to your customers?

A: Really anything. I am especially good with specialty cakes and I also do cookies and cupcakes, etc.

Q: If you had to recommend the best item on the menu, which would you pick?

A: Ice cream cupcakes! It is kind of self-explanatory- they are ice cream-filled cupcakes.

Q: From here onward, where do you see your talent for baking leading you?

A: I would like to go to some type of cooking college, then I’d like to start my own bakery, like this one only bigger!

Dying for a cupcake? Wishing you were eating a professionally-made cake instead of being stuck in class? If you would like to contact Jasper with baked goods requests, he will be happy to do business with you. His email is xxjasper@gmail.com, and the Echo staff can already attest to the fine quality of his confections. All readers are strongly encouraged to send him their orders!

#### Volunteering, Continued from Page 1

vation Army standing outside stores, ringing bells in front of their red pails. It’s very easy to pass by them, but it’s just as easy to reach in your pocket and pull out a dollar or even just some spare change and drop in the pail. It’s better to do a little than to do a little than to do nothing at all.

“It’s good for high school students to give back,” says Mary Laidlaw.

“I think we’re fortunate to have a lot to give in our community,” says Miller. “We need to take advantage of the opportunity.”

**These are just a few of the places you can get in contact with in your community:**  
**Berkshire Food Project: 413-664-7378**  
**www.berkfoodproj.org**

**Williamstown Food Pantry: 413-458-3149**  
**Salvation Army of North Adams: 413-663-7987**

**Salvation Army of Pittsfield: 413-442-0624**

*The Mt. 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 student photographers, writers, and editors. Any Mt. Greylock student is welcome to submit articles, come to meetings, or join the Echo staff. Meetings are held in the Echo Office at the back of the library, typically during early lunch on Mondays.*

**Next Issue:** January, 2011

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*The views expressed in opinion or editorial pieces do not reflect the collective views of this newspaper or the administration, but those of the individual authors.*

## TAKING A LOOK AT CHEATING

By NAOMI LACHANCE

Last week, a Mt. Greylock student looked up in the middle of a test and noticed a student copying the answers of the student next to him. In another class, a student used the Internet on her BlackBerry to find quiz answers. In the cafeteria, students were swapping answers on homework.

“There’s a ton of cheating at Mt. Greylock,” said junior Sophia Santore, “and teachers don’t notice it.”

In a school environment that lays immense pressure on students to succeed both in and out of school, grades are very important. Cheating seems appealing, especially if it results in a higher grade and punishment seems unlikely.

“You can’t really do anything unless the student is caught,” said guidance counselor Mrs. Maselli.

What exactly does it mean to cheat? One definition by the Merriam-Webster dictionary is “to violate rules dishonestly,” while Mrs. Maselli defined it more specifically as copying homework, using unfair tactics during a test, or even skipping school to have an extra day to study. The

fine line between inspiration and plagiarism also causes controversy in identifying academic dishonesty.

The student handbook explicitly states that cheating is forbidden; yet without a concrete definition accepted by the community, identifying cheating can be difficult and subjective.

In the handbook’s definition of cheating, it lists multiple actions that constitute as a violation of the rules, including “knowledge or toleration of cheating.” If the school were to honestly follow this definition, then the entire student body would be subject to disciplinary action.

Not only does the school lack a widely accepted definition of cheating, but the administration also seems to have no one procedure regarding academic dishonesty. Guidance counselors are notified when a student cheats, although this is “not on a frequent basis,” said Mrs. Maselli. She said teachers are notified, and a student receives a zero on the assignment he or she cheated on. “Each time you address it differently,” she said.

Mrs. Penna keeps a log of students that are caught cheating, and she said that

parents are notified. Mr. Payne said that the teacher has an option of giving the student a zero on the assignment, and that a letter is put in the student’s permanent record.

A concrete agenda would give both students and adults a specific way to combat cheating. Too often nothing is done for lack of a way to address the problem.

The amount of cheating at Mt. Greylock is not due to a sudden lapse in morals from the student body, but because it seems relatively easy. For example, a student taking a test can not only copy from another student or use an answer key, but many can also use cell phones to search online or text a friend.

Still, cheating is not fair to the students that work hard to succeed, and an individual that gets by on dishonesty may be ill-equipped when he or she must function without illicit assistance in college.

Luckily, cheating is not an irreversible problem. English teacher Mr. Dils said he “doesn’t get a strong sense” of cheating from any of his classes, nor does he see a distinction between the amount of cheating in his sophomore college prep class

or his senior AP class.

The climate of mutual respect in Mr. Dils’s classroom lowers the amount of cheating, in addition to the fact that he has been using Turnitin.com for about eight years. Turnitin.com is a website which requires students to submit written pieces online to be checked for plagiarism. Students receive an originality report, which shows the percentage of work that matches that of another document. “I’ve seen a change in the amount of cheating [since implementing the program],” said Mr. Dils.

The school’s lack of clear procedure regarding cheating puts students that bear witness to academic dishonesty in a difficult position. A student is caught between the stigma of tattling and the guilt of turning a blind eye. “Almost like bullying,” said Mrs. Maselli, “if you know it’s going on, you should address it.”

The obvious fix to Mt. Greylock’s cheating problem is simple: students, don’t cheat. Not only will this stop the problem from spreading, but it will also set an example for students that are tempted to cheat.

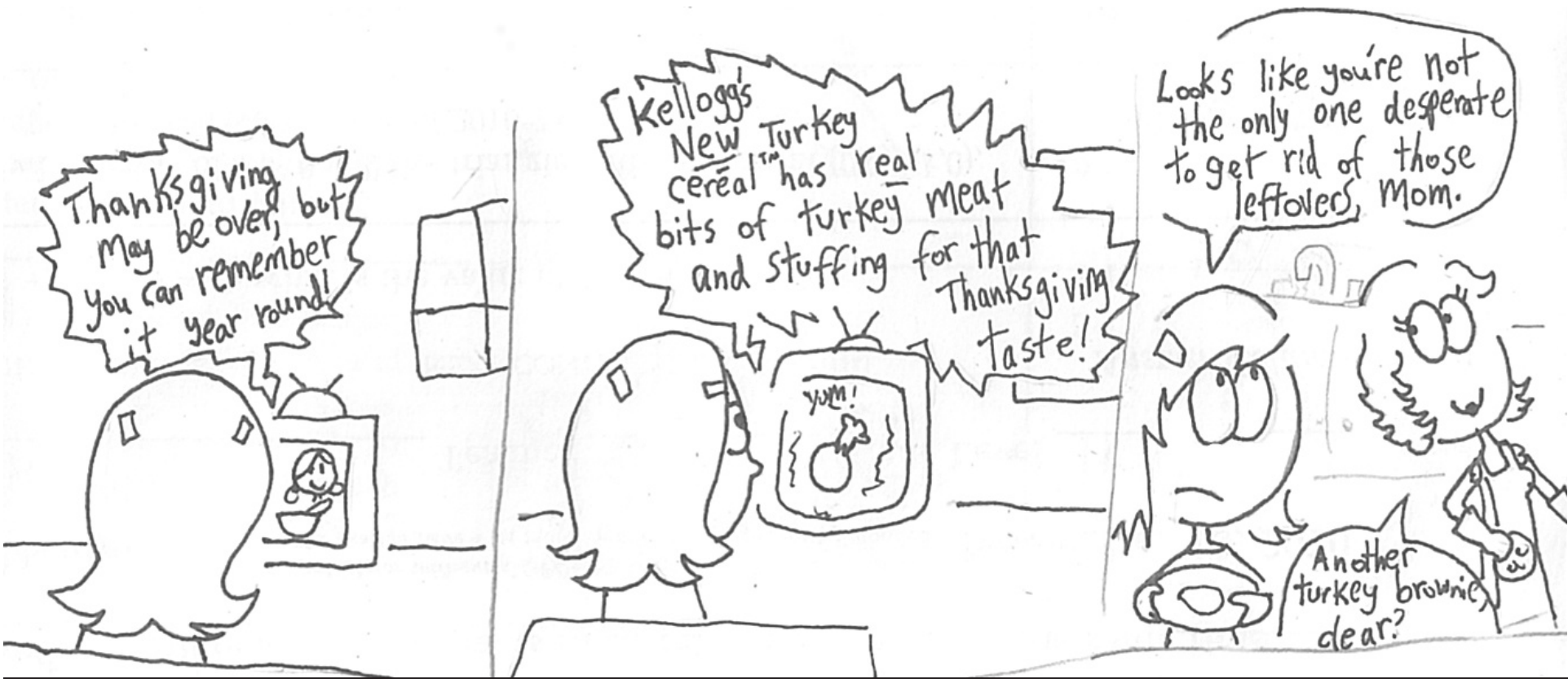
### Expectations Regarding Academic Honesty, According to the Mt. Greylock Student Handbook:

All work submitted by a student should be a true reflection of his or her own effort and ability.

The following criteria shall be considered as cheating: claiming credit for work not the product of one’s own effort; providing access to material or information so that credit may be claimed by others; failure to acknowledge sources; knowledge or toleration of cheating. Students who cheat may be subject to the following penalties at the teacher’s discretion: parental notification; reduced grade on assignment; disqualification from the National Honor Society; referral to school administration. Students who have cheated a second time or have been involved in a serious act of academic dishonesty will be referred to the administration for a formal hearing. Additional penalties beyond those listed above can include but are not limited to: failure of the course with no credit; notification of scholarship committee; notification of the student’s prospective college (s). In all cases, students are entitled to the protections afforded them in the Due Process procedures.

### Cartoon

BY MARY LAIDLAW



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*Editor's Note: Mount Greylock student Thalia Rossiter is spending her junior year abroad in Viterbo, Italy. In this article, she gives the folks back home an update on the joys and challenges of her year so far. The program that enabled Thalia to study abroad is called School Year Abroad (SYA). It has schools available in Italy, China, Spain, France, Japan and, for a semester, Vietnam. The schools in Spain and France require two high school years of the language prior to applying.*

Imagine being struck mute as a high school upperclassman. This dream became a reality last August for 47 American students, I among them. We had just arrived in Viterbo, a small city in central Italy, and we were virtually mute. Eleven hours worth of plane travel plus a 3-hour bus ride and a 6-hour time difference made us all drowsy at best. However, despite our exhaustion, every single one of us was excited past the point of words.

Since February, we had all signed countless sheets of paperwork, shipped in passport photos and packed everything we could into two suitcases in preparation. August 29th, that evening, we finally saw the fruits of our labour. We were too tired and awkward to try to speak to each other, so we merely waited as we were paired up with the people we would spend the upcoming year with, our host families.

When I met my host family, we got in the car to drive to their house and they immediately started questioning me. I should clarify, the only English my host mother knows is the word “breakfast” and my Italian was laughably horrible. I’d studied two years of Spanish, but I couldn’t even conjugate the simplest Italian verb. This however, didn’t stop me from trying. At the end of the 25 minute ride I’d told her everything I could, employing the infamous Italian hand gestures to get my point across. At the time I didn’t even know how to tell her that “Ero stanca” (I was tired), so I gave up until I could find my new room and excuse myself with my remaining dignity so I could sleep.

Now, exactly three months after my arrival here, I am proud and happy to say that I’ve improved past recognition from



*School Year Abroad participants - with Greylock students Thalia Rossiter and Allegra Robertson among them - have the opportunity to immerse themselves in the Italian language and culture.*

*Photo: Thalia Rossiter*

the day when I couldn’t form a simple sentence, but Italy is still difficult to navigate. The language still trips me up; understanding public transportation, internet plans, and the legal system are still near mysteries to me. Far more than the language misunderstandings, it’s been difficult to make the change to a completely new culture. My mother here is appalled at some things I didn’t even think were strange. For example, my habit of walking around the house with wet hair or no shoes, of not eating a fourth helping at every meal and, inevitably, spending so much time on my computer (I should note, she very recently bought her first computer, and has only ever opened one website, the Gmail homepage).

Sometimes my own failure to communicate with my family is so frustrating that all I want is to do is just go home, where, although things aren’t easy, at least the majority of people there speak the same language I do. There is no instant gratification for speaking to your host family, no sudden click that means you suddenly un-

derstand everything they’re saying. Almost no one the school had taken Italian before, so we practice not only for our grades, or even because second semester (with the exception of math) is taught in Italian, we have to practice if we want to even have a chance at making Italian friends. It’s important to talk to our families everyday despite the difficulty and lack of time that is practically omnipresent. If I leave school directly after my last class, supplementary Italian, I can catch a bus at 4:30 and get home around 5. With dinner and homework lasting up to two hours each, time gets very limited. Additionally, we’ve all had to make a switch in our minds in terms of how we measure. That shirt doesn’t cost \$20, it costs €20 (actually closer to 26 dollars) you don’t weigh 120 pounds, you weigh 54 kilo, and suddenly the rainy weather isn’t because the temperature is in the forties, it’s because the weather is about 4.5 degrees. Then again, I don’t mean to say that all the changes I’ve had to make are bad. Not having to wake up until 7:10 (a full hour later) to a cappuccino, having

a free period, and enjoying pasta and wine everyday are definite perks.

I had many motivations in choosing Italy, and most of my expectations have paid off. It’s a classical programme, so I am still able to continue Latin study (I opted out of Ancient Greek, thinking three languages would be nearly impossible). The food is superb, as to be expected (despite the deplorable lack of peanut butter), and Italian, while confusing, is beautiful. Because the programme is open to any American high school upperclassman, my classes are made up of people from all different backgrounds. Some people are used to Performing English classes, some to headmasters, prefects and roommates. In my level of Latin, one girl has studied six years while another student has only studied two. We receive lot of homework every day, but every Friday the school gathers together either to watch an Italian movie or to go on a field trip. Our last field trip, a five day visit to Umbria, a bordering region, was a huge success and we’re looking forward to a day trip to Rome this Friday. Some students are deciding to seize the opportunity for independent travel and, after going through the necessary forms, were granted permission to stay in Rome until Sunday night.

The possibility for independent travel is a wonderful chance but the main reason I love my new school is because we are such a close-knit community. Forty seven students and five classrooms really forced the school to come together almost immediately after arrival. Every student has (at least) one free period everyday, and one any given day, strolling into our salone you can hear someone playing the grand piano, someone reading and highlighting text, and a few students who decided to use their free time to find a cafe for a quick coffee or a cornetta.

We are able to see every member of the school advance. If one student who was struggling in school successfully bought phone minutes, shouts of Auguri (Congratulations) can always be heard. When one of our eleven seniors got accepted into her first choice college, the school treated us all to pizza bianca. Overall, while these three months seem like the longest, hardest year of my life, the advantages make it well worth the struggle.

## Holiday Recipe Corner: Chocolate - Dipped Sugar Cookies!

These cookie cutter gems are fun to make, delicious to eat, and make great gifts over the holidays. Flavor them as you like – or try all three varieties.

### Cookies:

- ¾ cup sugar
- 1 cup butter, softened
- 3 oz. cream cheese, softened
- 1 egg
- 1 tsp. peppermint or almond or vanilla extract
- 3 cups all-purpose flour

### Glaze:

- 1 cup real semi-sweet chocolate chips
- ¼ cup butter

**For cookies:** In a large mixer bowl, combine all cookie ingredients except flour. Beat at medium speed, scraping bowl often, until light and fluffy. Add flour; beat until mixed. Divide dough into

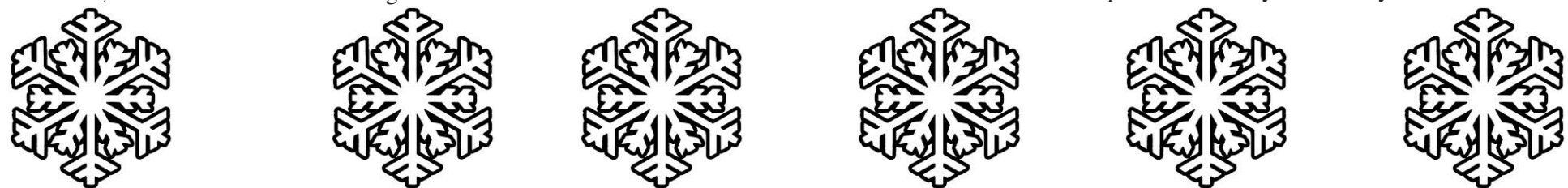


halves. Wrap in Saran Wrap. Refrigerate until firm, at least two hours.

**When ready to bake:** Heat oven to 375 degrees. Roll out dough on lightly floured surface to ¼ inch thickness. Cut out with floured cookie cutters in holiday shapes. Place on ungreased cookie sheets. Bake 7-10 minutes, or until edges are lightly browned. Remove immediately. Cool completely. For glaze: In small saucepan, melt chocolate and butter, stirring occasionally over low heat until melted, 4-6 minutes. Remove from heat. Dip each cookie into chocolate, covering about half the cookie. Refrigerate on waxed paper-lined cookie sheet until chocolate firms up. Store, covered, in refrigerator.

**Yield:** 3 ½ dozen cookies – enjoy!

Recipe contributed by Liz Costley





## HOCKEY

By LUKE COSTLEY

Any worries about this year's Mount Greylock hockey team not being the same caliber team as last year were quickly forgotten as the Mounties rolled in their season opener, a 7-0 win over Mt. Everett. After losing Andy Budz and Matty Roach to graduation last spring, the Greylock team, which co-ops with the St. Joseph team, was thinner than usual. Returning veterans, however, have already proved that they are willing to step up their game in hope of another winning season. The team is lead by St. Joe athletes Mike Taylor, Ryan Kordana, and Connor Vasquez, and Greylock skater Jesse Foehl.

Foehl and schoolmate Derek Romejko have already made their presence felt. They combined for three goals and an assist on the night against Mt. Everett. Foehl's goal was enough to make the highlight reel, as he executed on a well-set up powerplay. Despite early success, the Mounties know they cannot get ahead of themselves. The team hopes to do well throughout their Berkshire County Schedule and earn a berth in the Western Mass playoffs. The only thing they know for sure, though, is that this season has exciting hockey in store.

## CROSS - COUNTRY RECAP

By ALEX WHITE

Nobody could catch the Mount Greylock cross-country teams as they each ran away from the pack in their respective Western Mass championships. With the wins both teams achieved their goal: advancing to the state meet. They continued their success on the trails in strong performances in the final race held in Gardner, Massachusetts.

The boys headed into Western Mass with high expectations and delivered. A rare off meet led to a second place finish two weeks before at Berkshire County Individuals, but that only gave them motivation for Western Mass. They were familiar with the course, which they had raced on at individuals, and used it to their advantage to outrun all their opponents. Matt Cheung led the charge with a second place finish behind a tough race by Monson runner, K.C. Fussel. Will Kirby proved he belonged with the best in Western Mass by finishing twelfth in a race with over 120 runners.

In the state meet, where Greylock had finished sixteenth and fifteenth the past two years, the boys showed that they will be a team to be reckoned with next year with a tenth place finish. Greylock's top five consisted of all sophomores and juniors. Matt Cheung again paced Greylock, but bad luck struck again when

he lost a shoe for the second time this season. He still managed an impressive thirty-second place finish. As for the rest of the team, Matt Belouin, Josh Harrington, Will Kirby, and Logan Wilson all finished within ten seconds of each other, pushing themselves all the way across the finish line.

For the girls side, Western Mass proved to be just a warm-up for the state meet, but nonetheless the Mounties impressed. The girls also had experience on the course, which was helpful as they seemed to speed up as the race progressed. Cate Costley took the lead early into the race and never looked back. Mackenzie Hitchcock also separated from the pack to finish third. Laura Nolan, Emily Kaegi, and Amalia Leamon all made it into the top fifteen as the girls easily won.

At states, the girls showed up to race once again. Out of the sixteen teams that made it to states, the girls got third. With a fifth place finish, Costley confirmed that she was one of the best high school runners in the state. After her, the girls filed into the top half of the result sheet to earn the bronze. Out of the Greylock top ten, Costley is the only one to graduate, so the girls will look to improve on this year's outstanding result next year.

## FACES IN THE CROWD: COACH ERIC DEAN

By TOM DILS

For this issue, the Echo chose to interview the newest addition to the Mt. Greylock coaching staff, Eric Dean. As an avid instructor, Coach Dean will use his passion and knowledge of basketball to lead the boys squad this season.

Why did your family move to the area and why did you want to take the job of the boys varsity basketball coach?

We moved back to the area to help with my fathers business. Sometimes you just need to come home and re-group. Mt. Greylock was a priority for several reasons. I have two teenage daughters who have worked hard academically. Mt. Greylock had several of the courses that we felt were important for them to continue with that the other North County schools did not offer. Also, Greylock is the only North County school that has a volleyball program. My girls are avid players and love the game. We took a long shot and put in their applications for School Choice and were extremely thankful that they were accepted. As for coaching, I was actually unaware that the boys position was available, but when I was offered the position, I didn't hesitate to say yes. I wanted the job because I love the game. I wanted to try to teach the other aspects of the game that I think are overlooked by W's and L's. I believe Greylock has the type of student athlete that will buy into that philosophy.

What are the major points of your previous coaching experience?

For me it would be taking players with little experience and turning them into winners on and off the court. Watching kids graduate that when you met them, you didn't think they had a shot. Also there is nothing better than getting a phone call or letter from a past player

that is now coaching or just saying hello.

What sports did you play growing up?

I played a lot of baseball and basketball. Once I moved to Florida my junior year, it was all hoop. There wasn't time for much else, except beach volleyball. They played hoop year round.

Have you ever coached any other sports?

I have coached baseball, softball and volleyball. Volleyball is the only sport other than basketball that I have coached high school athletes.

Why is basketball the sport that you love?

In some of the earliest pictures of me, I always had a basketball in my hand. My parents put a hoop on the stairs in the basement because I kept knocking over the trashcan trying to shoot the ball into it. After that I just never stopped. I used to catch the B-Bus and head to the playgrounds off Brown Street and over near Taconic in Pittsfield when I was 12 or 13 to play. I guess when I play and now coach, when I am out there I think of nothing else. Everything just goes away for however long we are running. I love the competition.

What expectations do you have for the team this season?

I expect a lot and will accept nothing less. I expect all players to be respectful, maintain their grades, conduct themselves as young men, work on every movement on the floor, and not just every practice. Every cut, jab, pop, and roll. We do this and the rest will take care of itself.



Coach Dean brings the boys' basketball team together in a huddle during their first game against Pittsfield High School.

Photo: Jessica Dils



# A YEAR TO CELEBRATE AND REMEMBER

By TOM DILS

The last time the Mt. Greylock football team had the chance to play in the Super Bowl was 2000. They won in a thrilling one-point victory. This year's seniors were freshmen in 2007, when the Mounties reached an all time low 1-9 record. Since then they've only been on their way up. And on December 4, 2010, the Mounties reached the highest point of all: Super Bowl Champions. Said quarterback Kent Hanson, who ran for one touchdown and threw another, "We really worked all season for this victory. We came together as a team and earned a great win." The Super Bowl is the crowning jewel on what was an utterly dominant season from the Mounties. The Mounties run-first offense was one of the defining features of the Super Bowl season. Senior captain Jason Pilot and junior Kurt Schultheis carried much of the workload in the backfield, and quarterback Kent Hanson also had the chance to scramble and to use the QB-sneak. Because the running game was so dominant, opposing defenses had to focus all their personnel on the running backs, which opened up occasional chances in the passing game. Schultheis scored multiple touchdowns on short screen passes, and tight end Tyler Picard often got open looks. But what really generated so much success was the offensive line. The undersized line made up for their size by playing smart football, exploding off of the line, and coordinating the blocking as one unit. The Mounties' line provided more than enough blocking for the running backs to gain positive yards. With no real weak spots in the offense, the Mounties scored and scored often.

On the defensive side, Greylock was

equally spectacular. They allowed only forty-six points to all Berkshire County teams, which is less than one touchdown per game. Jeremy Galib anchored the line

game, the Mounties had the chance to play after Thanksgiving. Many people gave thanks for Jason Pilot. Pilot, who totaled around 1500 yards in twelve games includ-

on, it was all Mounties. Hanson and Pilot scored in the second half to give the Mounties 16 more points, while the defense limited Mahar to only twelve offensive plays and no scores.

The Super Bowl game against Athol was held under the lights at Westfield State College. The Mounties prepared to shut down Athol QB Lafontaine's running game, which they believed was stronger than his passing. But when the Red Raiders scored their first touchdown by completing two long passes, the Mounties had to change their game plan. That score tied the game at 8 as Greylock had marched down on the opening drive capped off by a Hanson run for the touchdown. The Greylock defense dominated from then on, forcing a punt and recovering a fumble, before Tyler Picard intercepted a screen pass and took it in for the score. That put the Mounties up 28-8, a lead they were not about to give up. After a nine-minute drive in the third quarter, Kyle Byrnes caught the final touchdown. Most importantly, the defense shut down Athol's passing game, allowing only 56 yards in the final three quarters. Said Gill, "What they did, they did well, and Lafontaine put the ball

on the money a couple of times. But after the first drive, we really controlled both sides of the ball." The final seconds ticked off the clock, and the Mounties captured their first Super Bowl title since 2000.

2010 will go down as the year that Greylock came out of nowhere to blow out every opponent. It is tough to say who is the best team out of Greylock's three Super Bowl winners, but the 2010 squad is up there. They are a little smaller than the other greats, but feature one of the most talented backfields and one of the strongest defenses. But in Western Mass, there is no comparison. The 2010 Mounties were truly the best of the best.



There's simply no other way to put it: the 2010 Mount Greylock football team was number one across the board this season.

up front, while Kevin Agostini and Tyler Picard shut down anyone attempting to get outside the blockers. Greylock allowed two touchdowns in a game only twice in the entire season.

During the season, the Mounties met little opposition, winning every game by two scores or more. Said Coach Gill, "The fun of the game is in the competition." But the competition was lacking for the Mounties this season.

After defeating Hoosac in a stunning 46-6 Berkshire County championship

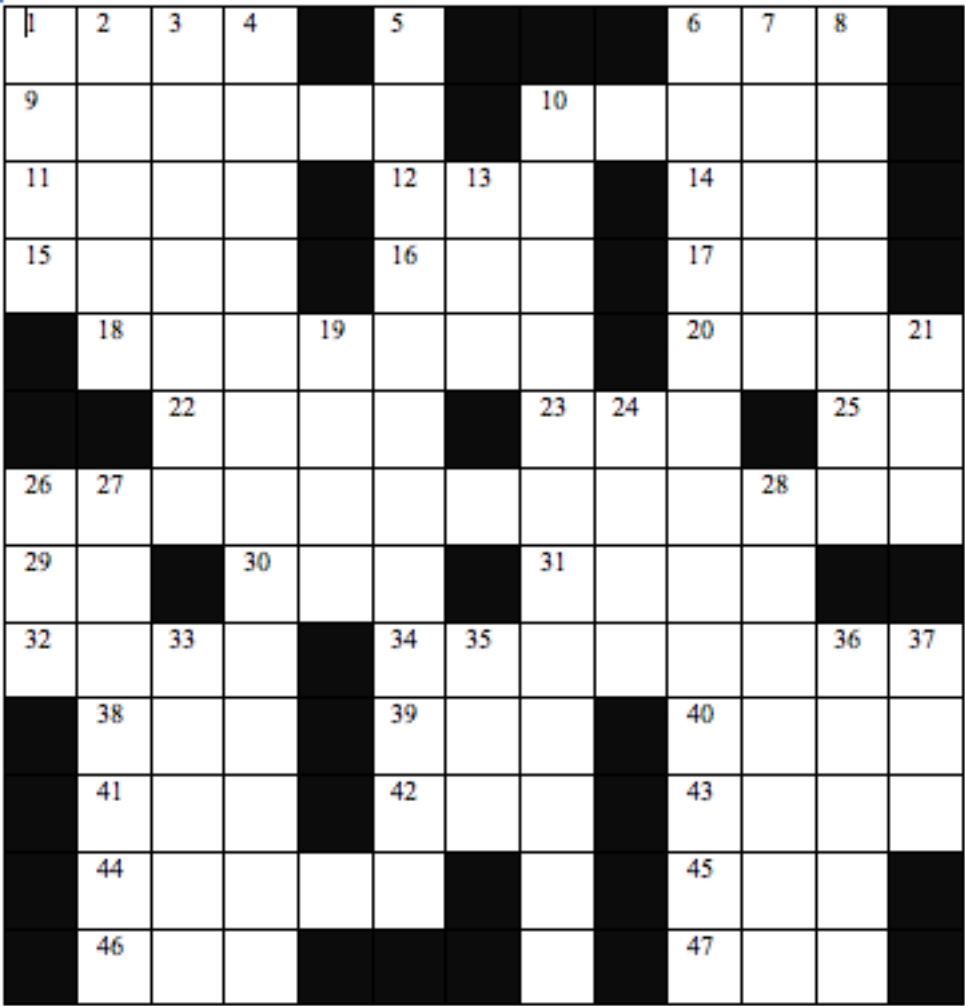
ing over 200 in the championship, could be one of the best players Greylock has ever seen. These numbers are especially astounding because he rarely had the chance to play a full game because the score was so lopsided.

The Western Mass semi-final was Greylock's closest game of the season, and the only one where they were not leading or tied for the entire 40 minutes. Mahar, who jumped out to a 15-8 lead, almost managed another score before halftime, but the defense made a goal line stand. From there

## CROSSWORD: HAIRY POTTER

By NED KLEINER

### Across



- 1) Victoria's Merchandise
- 6) Cat's accessory
- 9) "To read" to a Roman rhetor
- 10) Male bee
- 11) Topography abbr.
- 12) Reused nuclear fuel: abbr.
- 14) \_\_\_\_\_ -en-Provence
- 15) Owl descriptor
- 16) State between Ind. and Iowa
- 17) Mythical Arabian bird of prey
- 18) Share transportation duties
- 20) Nickname for C2H2O
- 22) Flect starter in church
- 23) Swiss bank
- 25) Most populous state
- 26) Least uptight patrician of a pureblood family?
- 28) Light noble gas with 18 protons.
- 29) Site of butcher, baker, and candlestick maker assembly
- 30) Indistinct shape
- 31) Measure of DVD quality: abbr.
- 33) Upper-class husband of a pop singer?
- 37) Charged particle
- 38) \_\_\_\_\_ Emanuel, brother of Rahm
- 39) Employ
- 40) Character in Bionicle series
- 41) Fish once plentiful off the Eastern seaboard
- 42) First name of Norwegian

### Down

- 1) Expelled air
- 2) The Shroud of Turin, e.g.
- 3) "I finished that
- 4) Most strict double agent?
- 5) Sober traitor to his pureblood family?
- 6) Elderly former potions master?
- 7) Negatively charged particle
- 8) Lake drained for Mexico City
- 10) Boring Ministry bureaucrat
- 13) Grp. Advocating a two-state solution in Israel
- 19) Prefix meaning "breath"
- 21) Biddies do it
- 24) Hairless
- 26) On the
- 27) Electron home (probably)
- 28) Infirmary
- 33) Homosexual men, derogatorily
- 35) Gold, to a conquistador
- 36) Corruption
- 37) Grp. that protects this country's raptors