

CUSTODIANS ADDRESS MOLD IN MUSIC ROOMS

By MATTHEW KLEINER



Photo courtesy of Harrison Dilthey

A custodian works to remove mold from the chorus room, a project which is expected to be finished by the end of the month.

On October 18 and 25 respectively, chorus director Kate Caton and Orchestra director Ouisa Fohrhaltz relocated their classes so that custodians could clean the mold from

their rooms. Caton's classes were displaced to the auditorium and Fohrhaltz's to the AV room. It will probably not be until late December that both are back in the East Cor-

ridor.

Mold was first detected in Caton's room. Once work began there it was only about a week later that Fohrhaltz also left her neighboring classroom. "As the chemicals and all began to come in from the adjoining room, it became impossible for me to sing high notes and teach properly," Fohrhaltz said.

Facility Supervisor Jesse Wirtes is leading the custodial crew in their renovation of the rooms. According to Wirtes, one mold issue that became clear in the rooms was that of the storage closets. Many old books, music scores and records were being stored chaotically in four large closets in Caton's room, and in smaller closets and cabinets in Fohrhaltz's. "In regular classrooms there are closets that hold a few books and such that we can clean out fully each year, but in here there was stuff that hadn't been touched for a long time," said Wirtes. This meant that all the closets had to be cleared out and all the papers and records treated before they could be put back in, this time in plastic bins instead of disorderly piles.

While it is agreed that storing large amounts of materials is not conducive to preventing mold, Caton, Fohrhaltz and

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1 in 650: An Inter- view with Ian Greenhalgh

By EMILY KAEGI



Photo courtesy of Liz Wall

Many students at Greylock have very cool hobbies and junior Ian Greenhalgh is one of those students. Most people see him as a football player or just another peer in the hallways, but what people don't know is that Ian is a beekeeper in his spare time. The Echo sat down with Ian to talk about bees and beekeeping and hear about his hidden hobby.

Echo: How did you become interested in beekeeping?

Ian: Well it started when my mom gave my brother, Grant, bees for Christmas. He wasn't interested in them, but I was, so I picked it up from there.

Echo: What goes into being a beekeeper?

Ian: Not much time actually. You check on them once about every two weeks. You don't need to feed them; they feed themselves.

Echo: How did you learn how to keep bees?

Ian: I learned on my own, I guess you could say. I certainly didn't have the know how at the beginning. The first year was basically a test run as I learned most of the skills that first year.

Echo: Did you watch any videos or read any books to help?

Ian: Many videos were watched and many books were read, but I can't take credit for the reading as that was mostly done by my mom. This business is an absolute team effort and my mom deserves that majority of the credit.

Echo: How many hives do you have?

Ian: I've got three hives now. There are around 50,000 bees in a hive.

Echo: How long have you been a beekeeper?

Ian: This will be my fourth year.

Echo: When you open the hives, do you wear the full suit?

Ian: I don't. I did at the beginning, but as long as you are calm they aren't going to sting you.

Echo: How often do you collect honey?

Ian: About three times a summer. Other than that, no other times.

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OPEN GYM GIVES ATHLETES NEW OPTION

By MOLLY WILSON

Many athletes have faced the dilemma of what to do during the off-season between sports when no guidance from coaches is allowed. The school gym has many resources available for the athletes at Mt. Greylock, but use of such facilities has always been restricted for students outside of gym class. The initiative called "open gym" has altered this policy to give athletes another chance to remain in shape while not involved in a sport.

According to Massachusetts Interscholastic Athletic Association rules, sports teams cannot be given instruction from their coaches until the official start date of that respective season. Due to this stipulation, athletes are required to exercise without a coach's assistance. However, the simultaneous restriction on using the gym at school after hours left students without options on the school grounds, especially for those participating in sports such as basketball. Now though, there is an option. People such as Timothy Bornt and gym coaches Brandon Asplundh and Brian Gill have made the open gym possible by volunteering their time to remain after school and supervise students in pursuits such as practicing basketball and weightlifting.

Interest came from a large number of students in the school. Gym coach Brian Gill said, "It's always been an issue having unsupervised kids being in the weight room." The option of open gym aids in eliminating this conflict as students who want to use the weight room may do so during this time with proper supervision.

Though the main focus of the open gym was on basketball, the weight room also saw a small, consistent contingent of students. "We saw about ten to twelve girls and about fifteen boys with about eight consistently in the weight room," said Gill, which he viewed as a good turnout.

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TRI-DISTRICT CHORAL FESTIVAL

By NAJLA NASSAR

On February 2, Mt. Greylock will host its first Tri-District Choral Festival concert in the auditorium. The festival will unite students from fourth to eighth grade from the Williamstown Elementary, Lanesborough Elementary and Mt. Greylock Choruses. Kate Caton, Mt. Greylock's Chorus teacher, came up with the idea of the festival in order to help build the future middle school chorus. She has teamed up with James Bergin (Williamstown) and Jacqueline Widun (Lanesborough) to coordinate this event.

Students interested in the festival received an application form from their music teacher in late October. The applications were pretty standard for a music event, ranging from questions about the performer's name and music teacher to height and voice part. Those filling out the application needed to be able to sing on pitch consistently and have a serious commitment to preparing the music well by teacher or mp3. Also, candidates were

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FOOD VENDING MACHINES INTRODUCED

By SOPHIE LEAMON



Photo courtesy of Aaron Ziemer

A vending machine outside of guidance.

During break, it has become common to see a line of students at each of the new vending machines introduced to Greylock this fall. The entrance to the gym, the cold

corridor and the end of the junior and senior hallway each host one of these new machines.

These vending machines are an initiative by the Wellness Committee, a group that is working to, "provide developmentally appropriate and sequential nutrition and physical education as well as opportunities for physical education." Members Dr. Kathy Wiseman, School Nurse Nicole Russell, Cafeteria Manager Judy Richardson, Science teacher Sue Strizzi, Co-curricular Coordinator Lindsey Von Holtz, Gym teacher Lynn Jordan and senior Amalia Leamon meet monthly to discuss options for achieving a "comprehensive wellness program." The vending machines were introduced to replace the snack cart that was hard to staff and losing money. The machines give students a way to purchase something for breakfast if they haven't eaten before school, but offer more variety with less upkeep.

The machines stock many differently priced items, ranging from \$1.00 for Sun Chips, \$1.25 for fruit snacks, trail mix and popcorn to \$2.00 for Clif bars. The machines are turned on each day for break and

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DEAR EVI...

Evi Mahon offers advice for the holiday season.

See Page 4.

TYPHOON HAIYAN

Katelin Marchand explores the tragedy and the world's response.

See Page 5.

CATCHING FIRE

Nate Taskin reviews the newest film in the Hunger Games Trilogy.

See Page 6.

2014 WORLD CUP

Three Mountie soccer players give us a preview of the tournamnet.

See Page 6.

PEER TEAM PAINTS LOCKER “MAILBOXES”

By EMILY RUDD



Photo courtesy of Harrison Dilthey

One of Peer Team's painted lockers.

If students look around Mt. Greylock, they will notice that two of the lockers in the east and west corridors have been painted outside of the traditional orange, red or brown. These lockers, numbers 2565 and E-203, are now owned and operated by the Peer Team.

One locker is situated next to the cold

corridor and displays a person with a thought bubble suggesting that a student could leave a message, question or comment for the Peer Team. The other locker, outside Spanish teacher Cristina Fernandez's room, stands out against the sea of tan lockers. It has a white background with multicolored hand prints painted on it.

Senior Amalia Leamon came up with the idea so the Peer Team could have something like a “mailbox” where students could submit questions and the Peer Team could give feedback. Junior Jackie van Slycke then expanded this idea and suggested lockers so students “would be able to ask for help without feeling embarrassed.” After principal Mary MacDonald approved their sketches, the work began.

The main artists for the middle school hallway lockers are van Slycke and Leamon, whereas in the west hallway senior Sophie Leamon and juniors Grant Raphael and Josie Verter headed the painting. The process started about three weeks ago.

The purpose of the secured lockers is for them to act as a forum between the Peer Team and students; according to Peer Team advisor and health teacher Rachelle Smith, “it is a safe and confidential environment in which students can submit personal questions or peer mediation requests.”

Amalia Leamon added that it is a “way to reach out to the school community and be there for the school more.”

Students can put their comments directly into either locker and if they include

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LYNN LYONS ANXIETY PRESENTATION

By MIRANDA DILS

Lynn Lyons, a licensed clinical social worker and psychotherapist located in Concord, New Hampshire, gave lively presentations on November 13 to Mt. Greylock Psychology classes, the Peer Team, teachers and staff about the deceitful nature of anxiety and ways of coping with stressful times in students' academic and social lives. Lyons also gave a presentation about anxiety in adolescents to parents and community members on Tuesday night.

Lyons attended Williams College and Boston College and has focused on learning about hypnosis and strategic therapy for more than twenty years. She is the co-author of two books, one of which was published in September, titled *Anxious Kids, Anxious Parents*. Mt. Greylock discovered Lyons through Karen Shepard, a Mt. Greylock parent and Williams alum. Lyons and Shepard were roommates at Williams and after hearing her speak at a Parent Teacher Organization (PTO) event last year, Shepard thought Lyons could be beneficial to the Greylock community as an interactive and proactive therapist who offers a new perspective to the treatment of anxiety.

As part of the School Improvement Plan, Mt. Greylock is working towards making resources and training, such as information from experts such as Lyons, available to students and teachers. Principal Mary MacDonald corresponded with the PTO, Lanesborough Elementary School principal Ellen Boshe and Williamstown Elementary School principal Joelle Brookner and made a plan to bring Lyons to the community.

During Lyons' presentation to Tom Os-theimer's two Psychology classes, Lyons first explained the biological events that occur, such as the release of an adrenaline hormone, when someone feels anxious. In the main part of her presentation, Lyons told students how she treats people in her practice suffering from anxiety; she believes people must expose themselves to the situation they fear and become comfortable with the emotional and biological responses that accompany the exposure to situation. She found that gradually, these feelings will subside, and the person can realize that he or she has the tools to handle the feared situation.

During the presentation to the Peer Team, Lynns offered similar information and then

engaged the juniors and seniors further by asking them how they should respond to peers asking for help with anxiety. Peer Team adviser and health teacher Rachelle Smith said, “the solution is to help make [peers] feel more comfortable and also empowered.” She said that sometimes when teachers or friends try to help each other, they end up preventing a person from accomplishing a task individually.

With many students eventually taking one or more Advanced Placement class and creating demanding academic and extracurricular workloads, it is not surprising that a large amount of pressure and anxiety exists at Greylock.

“Anxiety among teens is growing, and we at Mt. Greylock see our students struggling with it more frequently...Students are facing internal and external pressures. Desire for success can fuel some students' anxiety, but...some students crave control, and others are plagued by ‘what if’ fears and phobias,” MacDonald said. Smith believes pressure exists in this high school to “be perfect” in the many facets of school life: in academics, athletics, the arts, and other extracurricular clubs. She thinks that students are pushed to “appear like they are not trying too hard but performing well” at the same time.

Senior Peer Team member Rachel Swoap and seniors in Os-theimer's Psychology class, Julia Vlahopoulos and Kiara Garafalo, all agreed that Lyons' presentation offered an accessible point of view of anxiety while being educational. Garafalo thought Lyons “put things into perspective,” while the talk “helped [Swoap] realize that managing stress isn't as hard as [she] thinks it is.” Vlahopoulos thinks a lot of anxiety is present at Greylock because of competition among students. MacDonald heard from students who attended the presentations that “Lynn's frankness and humor helped make a difficult subject easier to understand and that teachers found her tips of what to do and not to do when dealing with anxiety.

While anxiety may always play inevitable role in high schoolers' live, Lyons proved that with the right tools and mindset, anyone who wishes to overcome anxiety's grasp, can, by showing courage in the face of a difficult situation. ■■

OPEN GYM

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The open gym only runs in the down time between seasons, but in the past there was an intramural program two days a week. Students could come and participate in various sports while supervised by a gym staff member. Additionally, the faculty has discussed in the past implementing a similar program to give students a chance to participate in sports outside of gym class and sports teams.

Open gym is still in a fairly nebulous stage of development, but the program is off to a strong start and will hopefully continue to run in the future. By providing athletes with a place to practice between sports seasons without involving a team coach, the school is helping to strengthen our teams and provide an outlet after school. Only time will tell if more programs such as open gym will begin, but for now athletes can hope for a similar option between the winter and spring seasons later on this year. ■■

VENDING MACHINES

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after school. When students in line during break were asked what they thought of the new machines, senior Miranda Bucky said, “I love food, so having vending machines makes me happy,” and senior Jenna Terio added, “They're fantastic, but they should be open during directed study.” While it is difficult for everyone to purchase a snack during the five-minute window, the machines have been moved from a once a week re-stock, to twice a week.

After reimbursing the vending company, the profit is handled by the Wellness Committee and Jordan said that with enough profit, “the Wellness Department hopes to be able to purchase some aerobic equipment for Mt. Greylock.”

Whether you have our new aerobic equipment or just a snack in mind, the new vending machines are a popular and inexpensive way to support the efforts of the Wellness Committee, or just fill in for breakfast. ■■

MOLD PROBLEMS ADDRESSED

Continued from Page 1.

band director Lyndon Moors all point out that the school boasts an extensive musical library, much of which is not available for purchase today. “We were told we were ‘hoarding’,” said Fohrhaltz, “but we really shouldn't be throwing out stuff that can be used productively later.” She gives the example of a cello peg. “If the cello or its case is moldy, that doesn't mean it it's not useful anymore. For example, a good peg can be used to replace a broken one on another instrument.”

Principal Mary MacDonald said that the mold issue brings up the possibility of

a new school. “It's an old building and we had a wet and humid summer,” she said. She also predicts that “there are going to be mold issues as long as we're in this building.”

At this point, mold is definitely a serious threat throughout the school. However, on the positive side, it seems that the custodians did an excellent job in tackling this particular situation, and with the advent of an air purifier and a dehumidifier into Cat-ton's room, hopefully it will be a long time before they will have to deal with it again in the music classrooms. ■■

1 in 650: Ian Greenhalgh

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Echo: How do you get the honey out?
Ian: Well we have an extractor that works with gravity that hold three frames of hives. In order to get the honey off you have to cut off white wax capping on the honey comb. You put the frames in the extractor and spin it and the honey flies off to the side and goes down.
Echo: What do you do with all the honey?
Ian: We keep it and sell it. We also keep the bees wax to make lip balm.
Echo: Wow! How do you make lip balm?
Ian: We melt all the bees wax and then we have to put additives into it, like olive oil. Then we add flavor to it.
Echo: Why do you enjoy beekeeping?
Ian: During harvest season when you fill up a whole bucket of honey, watching it all come out is really satisfying. It's like liquid

gold. For people who are interested, it is really easy to get into. The hardest part is getting bees.
Echo: Finally, if you could create a course at Greylock, what would it be about?
Ian: Mechanical engineering, for sure. Well to be more specific, Im more into automotive mechanics and that's something I really enjoy. It would benefit the school greatly as it's a skill that is useful to anybody with a vehicle. Even knowing some simple things can help you understand what's wrong and easily save you trips to your local mechanic.

Interview has been edited and condensed. To nominate a student for 1 in 650, contact the editors at mountgreylockecho@gmail.com. ■■

The 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 writers, photographers, artists, and editors. Any Mt. Greylock High School student is welcome to join the Echo staff.

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S.O.C. DANCE AND FOOD DRIVE

By SAM KLASS

On Friday November 22, Mt. Greylock's middle school Student Organizing Change (SOC) club hosted a double feature event with a middle school dance and food drive. The food drive brought in 433 items, which will be donated to the Berkshire Food Pantry.

Students were given a raffle ticket for every food item they brought in. The raffle's prize was a ten dollar gift certificate to Mt. Greylock's Red Zone. The drive ran from November 13 to November 22. Many donations were made on the night of the dance.

The food drive wasn't the only success that night, however, as the concession stand at the dance drew many students and sold every single item. SOC co-advisors Liza Barrett and Amy Kirby said that the money gained from the concession helped boost the SOC's profit to an impressive \$482. Now the SOC's budget has reached \$1800, which can be deposited into the middle school budget if need be. The money is primarily used for middle school field trips and other middle school affiliated events.

The SOC has been a fairly under-the-radar organization for a few years and it wasn't until this school year that it has finally tapped into its potential. Many students have expressed their appreciation for the club. Eighth grader Hannah Trimarchi said, "It's really fun to plan the dances with my friends. It's also a good community service opportunity." Seventh grader Aubrey Tetlow agreed, adding, "The SOC gives a really good opportunity for middle school students who want to become more active and a more important part of the school." ■■

TABLE OPEN FOR SPANISH CONVERSATION

By AMALIA LEAMON

On November 7, a group of sophomores, juniors and seniors piloted the first ever Spanish language discussion table in the Red Zone. Every Thursday during lunch, students have the chance to practice speaking their Spanish in informal conversation

ter, Kirby implemented the Spanish table so that students could have the ability to communicate their ideas without feeling pressure to perform for a grade.

The Spanish table has been a success with spanish students of all levels of abili-



Photo courtesy of Aaron Ziemer

Students are pictured eating lunch in the Red Zone to practice speaking Spanish.

under the facilitation of Williams College student Phoebe Hall.

The vision behind the Spanish table stemmed from Spanish teacher Amy Kirby. She said, "The idea behind the language table is to give students more opportunities to speak and think in Spanish. Many students haven't had the chance to truly use the language outside of the classroom." Speaking a second language requires practice and immersion experiences and Kirby believes that the schedule does not allow enough time to speak at length in class. In cooperation with Kaatje White, coordinator of the Williams Cen-

ty participating. Junior Kelsey Orpin said, "It's a fun and enjoyable way to practice Spanish and still hang out with your friends. When I first heard about it I didn't know if I was going to like it or not but it actually turned out to be a lot of fun. I think more people should try it!"

For now the table is available during second lunch only but all interested students are welcome regardless of their level of Spanish. The Spanish tables will continue to run for the rest of the school year so everyone is encouraged to stop by to take part in the conversation or to simply listen. ■■

BARBARA PREY OPENS GALLERY IN WILLIAMSTOWN

By KELSEY HEBERT

To add to the already rich cultural environment of the Berkshires, Barbara Prey, an internationally known landscape and watercolor artist, recently opened a gallery of her artwork on Spring Street in Williamstown. The gallery consists of Prey's work on display and for sale.

Prey was born in New York and attended Williams College for her undergraduate degree, which she followed with a master's degree at Harvard University. She remains an adjunct faculty member at Williams and displays her work in personal galleries in New York, Massachusetts and Maine. Her artwork has been displayed in critically acclaimed museums including the Brooklyn Museum, the Smithsonian American Art Museum and the Corcoran Gallery of Art in Paris, France. Her work is displayed at the White House and has become a part of the White House Permanent Collection. Prey said that her achievement she is most

proud of is "being asked by the President of the United States to paint the White House Christmas Card."

Prey began painting early, inspired by her mother who was the head of the Design Department at the Pratt Art Institute in New York City. She said she never expected her career in artistry to go so far and explained that, "I paint and still do because I love it."

"I am also very proud to have been appointed by the President of the U.S. to the National Council on the Arts, the advisory board to The National Endowment for the Arts. We vote on the grants for the arts in America. That too is a great honor," said Prey. She has also been appointed to be an arts ambassador for the United States in the United States Arts in Embassies Program. Many worldwide embassies hold her artwork including the United States embassies in Madrid, Paris, Prague, Seoul,

Baghdad, Abu Dhabi, Bogotá, Mexico City, Athens, Cairo and Rangoon. The National Aeronautics and Space Administration (NASA) recently commissioned Prey to create a four piece collection for their space and arts collection.

Prey also received the "Women of Distinction Award" from the New York State Senate which honors outstanding New York women. Previous winners of this award include Harriet Tubman, Susan B. Anthony and Eleanor Roosevelt.

Barbara Prey's advice to young artists is "if you love it, try and find a way to make it work out." Furthermore, she encourages all students and their families to stop by and take a look at her Spring Street gallery. All paintings inside are for sale and can be purchased at any time. Even if not buying a portrait, a visit to tour the gallery and view Prey's work is much encouraged. ■■

S.T.E.M. CLASS PREPS FOR MCAS

By AARON KLEINER

Integrated S.T.E.M. curricula are taught in schools across the nation, including at Mt. Greylock, where Alternative Ed. teacher Jeff Parkman teaches a course to eighth graders. These classes prepare students for the Science and Technology MCAS in the spring. Because the core eighth grade curriculum does not encompass some of the engineering and technology subjects present in the test, all students take a one quarter class with Parkman to review the subject matter. In the class, students learn how to make building plans and craft small projects themselves using mechanical tools. Since the institution of this course, test scores have improved noticeably.

The acronym S.T.E.M. stands for Science, Technology, Engineering and Mathematics. S.T.E.M. curricula are used in elementary schools, high schools and colleges across America to help the nation become more involved in technological development. The term was first used in discussions addressing the shortage of skilled workers in technology fields in the United States. To solve these problems, the government held discussions to decide whether or not to grant more work visas to immigrants adept in these areas. With the growth of S.T.E.M. fields, more curricula and job opportunities are popping up across the nation.

Mt. Greylock students were also recently involved in S.T.E.M. in another way. On November 22, students from across the county traveled to Berkshire Community College for the Berkshire S.T.E.M. career fair. Representatives from over thirty schools and companies held informational sessions. The event also featured keynote presentations from Michael Bullock, a BCC vice-president and Tricia Farley-Bouvier, a State Representative, among others. The career fair was very helpful to all students who were present, as more and more job opportunities are available in technology fields. ■■

PEER TEAM LOCKERS

Continued from Page 2.

their locker number, Peer Team members can give a response back anonymously.

Smith calls the lockers a "forever space," one which will not be needed by students any time in the future. Additionally, they picked lockers in the busiest hallways that would get the whole spectrum of grades' attention.

Freshman Duffy Martin said, "It is a great way to have direct access to the Peer Team," although the word needs to spread so students know about the project. She added that the lockers give a nice touch to lockers in the school that are unused.

Smith said "They are ready for launch," so feel free to submit any questions to the Peer Team. ■■

TRI-DISTRICT CHORAL FESTIVAL

Continued from Page 1.

required to submit a letter of responsibility and a \$15 activity fee. Everything—the application, the letter and fee—was due on November 20th.

Other musical events usually require an audition. Junior and Senior Western Districts have song, sight-reading and scale categories by which the students are judged. "This is my third year trying out and I love everything about it. I meet people that also love playing as much as I do and the pieces are different and fun," said freshman Niku Darafshi about her experience participating in the Junior District orchestra. However, there was no actual singing audition for the Tri-District Choral Festival. As long as the student was in good standing, was an avid singer and had obtained a good recommendation from his or her teacher, the coordinators granted acceptance.

The coordinators estimate that ten students from each school will be a part of the festival. Everyone will have about two months to prepare for the concert in February. There will be three three-hour rehears-

als taking place on January 18, January 25 and February 1. Eighth-grader Cedar Keyes is one of the Mt. Greylock students looking to perform in this festival. Although she does not know much detail about this event, she said "I am doing the Tri-District Choral Festival because singing is my passion and I try to take every opportunity to do it. I love getting the experience."

Kate Caton, the person behind the whole festival, said, "This festival will unite children from all three schools in song, instilling confidence, cooperation and creativity." The festival is probably most helpful for the elementary school students. Jacqueline Widun (Lanesborough) hopes that it will make the transition to Mt. Greylock easier since the students will already know the chorus teacher and some of the upper-classmen. Clearly the Tri-District Choral Festival will be beneficial, and will hopefully be successful enough to become an annual event. ■■

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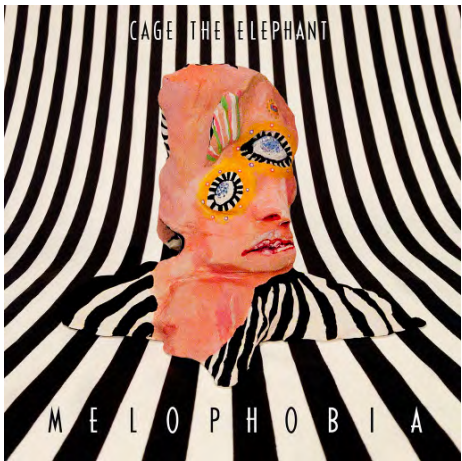
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NEWS/OPINION

Editor’s Note: The views expressed in opinion pieces do not reflect the collective views of this newspaper, but of the individual authors.

Two New Albums Worth a Listen

By WILL WALTER



Melophobia by Cage the Elephant: 3.5/5 stars

Cage the Elephant is back at it, releasing their third album since 2008 called *Melophobia*. Newcomers and long time fans already on the Cage the Elephant bandwagon will find something to like about this album, though it’s much different than past albums, such as *Thank You, Happy Birthday* and *Cage the Elephant*.

Like many groups nowadays, lead singer Matt Schultz and his bandmates are experimenting with sound. In *Melophobia*, they take a step away from their wild garage rock sound and turn alternative, into even a soft rock groove. This is highlighted by the hit radio song “Take it or Leave it,” which combines somewhat of a Beach Boys guitar picking sound with the choral symphonies of The Beatles’ “I Wanna Hold Your Hand,” and has influences of M. Ward dashed throughout the track. You could make a case for a Black Keys comparison as well.

While most songs on the album have an 80’s alternative feel, there are also semblances of the old Cage the Elephant, especially in “Spiderhead,” the opening track on *Melophobia*. Imagine four teenage kids jamming together in a garage. Now infuse that image with a college dance party. That’s what “Spiderhead” sounds like. The lyrics are intense too, peaking when Schultz muses, “I think your mother wants me dead,” which may be one of the best lines of 2013. No matter if you’re a hard rock fan or prefer a more alternative sound, you’ll find something to like on *Melophobia*.

The Marshall Mathers LP 2 by Eminem: 3.5/5 stars

It has been a long time coming, but Eminem is finally back at number one on the charts with the release of *The Marshall Mathers LP 2* on November 5. Its is the follow up to his 2000 album, *The Marshall Mathers LP*. The entire album is a spectacle, especially when compared to albums like *Recovery*, where he steers pretty far into the pop lane.

From the start of the first song on *TM-MLP2*, “Bad Guy,” this Eminem album has a more classic feel to it. Eminem has found a way to revert back to his roots, which are what made him famous in the first place. Songs like the major hit “Berzerk,” which samples The Beastie Boys’ “Fight For Your Right,” set a defiant tone for the album, while he keeps it interesting by featuring stars like Rihanna in “The Monster,” and Kendrick Lamar in “Love Game.”

Personally, my favorite song from *TM-MLP2* is “Rhyme or Reason,” in which Eminem raps over ‘60s hit “Time of the Season.” What makes the song so enjoyable is Eminem’s creativity, as the chorus is “no rhyme or reason” instead of “time of the season.” The song itself is about how his dad was never there for him and includes clever rhyme schemes throughout. *The Marshall Mathers LP 2* has put Eminem back on the radio and out of the musical wasteland (Dare I make a Who reference?). Like him or not, Eminem is once again the King of Rap. ■■

Catching Fire

By NATE TASKIN



Nate: I really don’t think Katniss and Peeta will work out given how much she loves killing animals. #heyoo

Sutherland, giving a delightfully detestable performance) imparts upon Katniss the importance of keeping up her lovestruck facade with Peeta (Josh Hutcherson). As bizarre as it sounds, much of the film’s excellent first act plays like a high-stake, politicized dramatization of *The Bachelor*ette, with Katniss and Peeta forced to parade the districts as a happy couple, smiling and waving to an increasingly discontented populace. In a stroke of genius, one scene involves a little girl happily telling Katniss that she wants to be a Tribute (“Just like you!”). Katniss’s horrified reaction obviously serves as a take that to the more... misinformed Hunger Games fans who glorify the concept and actually desire to take part in it. Danger and gripping drama exist in the way *Catching Fire* turns every public appearance into a war of propaganda. The satire of media as distraction and of celebrity as power bears considerable impact.

While it has been firmly established that Jennifer Lawrence is impossible to dislike as both an actor and person for all of the great work that she has done, consider for a moment what her role as Katniss requires. This is a person who has killed people, survived her ordeal, is now a celebrity, and has been asked by an amoral dictator to lie for the sake of her family’s life. She has to pretend to be madly in love with a boy she has no chemistry with, to run around

the country and read canned speeches in support of an oppressive regime, while still acting as a symbol for a brewing revolution. How ironic that Lawrence, one of the most genuine-seeming actors working today, must play a role built on artificiality. The fact that she can pull this off is a monument to her ability.

Unfortunately, there’s always a dead cockroach resting on top of a lovely sundae. Enter another dreaded love triangle. So powerful is Lawrence as Katniss, whose character needs both action-heroine coldness and movie star charisma, that it’s a shame to see her with a couple of duds. If only there were better options for an eagle-eyed sharpshooter like Katniss than comatose Jacob, er, I mean Gale, brooding endlessly without anything to do besides get flogged, or the extreme doormat milque-toast Peeta. (Is it wrong if I fall into Team Neither?) Honestly writers, cut the love triangles altogether. Love, believe it or not, can still be interesting with two people!

Catching Fire’s ending has a distinctly *Empire Strikes Back*-esque feel. Its downer ending concludes more with an ellipsis than a period. Nevertheless, I’m sure that it will make audience-goers hungry for more Hunger Games... Oh god, I’m so sorry.

Final Summation: 3.5 Capitol Wigs out of 4 ■■

Dear Evi...

By EVI MAHON

Dear Evi,
All of my friends are talking about Hanukkah and Christmas, but I’m the only one in my friend group who celebrates Festivus. How can I feel included in the holiday cheer?
The Rest of Us

Dear Rest of Us,
I feel your pain. For most students, the holidays are a time for hot cocoa, presents and spending time with loving family members, but for we few who spend our December vacation airing grievances it’s not all that great. Now, there are two ways of going about this. You could try to learn as much as you can about “normal” holidays (wikipedia is a magical thing) and then use your knowledge to take part in holiday-centered conversations (note: just shouting out buzzwords like “dreidel” and “candy cane” will get you nowhere). However, if academic research isn’t your style, try sharing your own family traditions with your friends. Although we tend to think of the “big three” holidays (Christmas, Hanukkah and Kwanzaa) as dominating December, many other cultures have their own winter holidays (my family celebrates an average of 3.2 every year) and the best way to get others to

accept your traditions is to accept them yourself.

Dear Evi,
I need to get my girlfriend a present for the holidays. What should I get her?
Giftless at Greylock

Dear Giftless,
I would tell you that your undying love is all she’ll ever need, but then I would sound like a communist (and everyone knows socialism is where it’s at). Unfortunately for you, the days of homemade cards with endearing messages are long gone. I’d suggest a simple necklace, something elegant and understated (if you have no idea what I’m talking about, seek out your nearest jewelry professional, tell them you want something “elegant and understated” and you’ll be fine). If your significant other isn’t a jewelry person, try matching the present with one of his or her interests. If your boyfriend loves camping, spring for a camp stove or nice camelback. If he’s into taxidermy, maybe get an engraved scalpel set. The point is that you can’t just get one blanket present. Get to know the person you’re buying for and the present will usually find itself. ■■

SEVENTH GRADE VISITS NYC MUSEUM

By OLIVIA GRAVEL

On Monday, November 25th, the seventh grade took a field trip to New York City to visit the American Museum of Natural History for the second year in a row. They took this trip to wrap up their social studies unit on human evolution.

7th grade teachers arranged a coach bus to take the students to the museum, which is approximately three hours from the school. Students saw the Human Origins exhibit which displayed the art, architecture and traditions of early human life. They also saw exhibits on Saurischian Dinosaurs and the Margaret Mead Hall of Pacific Peoples where they saw one woman’s teachings on the complexity of human experience and how important other humans were. Students examined fossils and artifacts that they had studied in science and social studies classes this fall.

“I thought the trip was really fun,” says seventh grader Philip Guest, “it really brought together what we were studying in class.” Most of the seventh graders seem to agree that the trip was very relevant to what they learned in class and enjoyed the different exhibits they got to freely explore. ■■

Editor's Note: The views expressed in opinion pieces do not reflect the collective views of this newspaper, but of the individual authors.

Typhoon Haiyan and the Global Response

By KATELIN MARCHAND

On November 8, 2013, the category five typhoon Haiyan hit Tacloban, the capital city of the Philippine island of Leyte. Category five typhoons have wind speeds over 155 mph and are the highest category possible. Death tolls are still being revised, but currently about 4,000 people are confirmed dead and 1,600 are missing. The Philippines has a different naming system than the World Meteorological Organization, which named the typhoon Haiyan; Filipino citizens are calling the typhoon Yolonda.

Many nations, such as Austria, the United States, and Japan have provided millions of dollars in relief aid. On the other hand, there is some controversy due to China's small contribution to the aid, only giving 1.84 million dollars in money and supplies (of that 1.84 million only 200,000 is in actual money), which is currently less than a 2.7 million dollar donation from the Swedish furniture company Ikea.

Political corruption is an issue in the Philippines regarding how the relief money and supplies will be used. This year, the Philippines was rated 94 out of 100. In 2012 the Philippines scored a 3.4 out of 10 on the political corruption scale. Zero on the

scale means that the country is extremely politically corrupt, while ten means that the country has low levels of perceived political corruption. This rating alleges that the Philippines is one of the most politically corrupt countries in southeast Asia, which leads donors to question how their aid money is being utilized. Most of those that are donating large sums of money are giving their donations to the Red Cross, not to government agencies of the Philippines. On the first day of the typhoon 270 million dollars in aid was sent to the Philippines and there is a fear among politicians around the world (and in the Philippines as well) that the money could be "misplaced" by unscrupulous politicians.

Millions of people have been displaced by Haiyan and are seeking clean water, food and shelter. Lost of people are looking for care, but once they have received it they have to rebuild their entire lives. Livelihoods have been obliterated with the destruction of coconut plantations, fishing equipment, livestock and crops. Restoring power will be a struggle because 160 transmission towers and thousands of electrical posts need to be erected. Also, houses

need to be rebuilt in order for power to be connected to them. The Energy Secretary of the Philippines, Jericho Petilla, hopes to have all power restored in areas impacted by Haiyan by December 24. Petilla recognizes that his mission is nearly impossible, but he says he is prepared to resign if he does not meet his goal.

Since Haiyan/Yolonda hit the Philippines there have been United Nations talks about climate change. Many groups, such as the United Kingdom's Disasters Emergency Committee, are insisting that the typhoon is a predictor of horrible natural disasters to come as a result of climate change. However, scientists believe that there is no way to directly link Haiyan/Yolonda to climate change. Although no clear cut connection has been found, an increase in destructive natural disasters seems to have occurred in the past few years. The effects of Haiyan could move the conversation about climate change in a good direction. Hopefully the world as a whole can find a more effective way of preventing or managing the devastating effects of these natural disasters. ■■

Shutdown Forces Scientific Standstill

By JOSIE VERTER

While the government shutdown affected many different departments, one area that was particularly crushed was science. The National Science Foundation, which provides around seven billion dollars each year for research funding, was essentially nonfunctional during the shutdown. Research had to be put to a halt and in some cases had to be abandoned and then restarted after the government shutdown was over. Years' worth of research and studies now have a gap from the two week period and are not as accurate as they could be.

Prior to the government shutdown, the National Science Foundation had been collecting data in Antarctica for ecology, astrophysics and glaciological purposes. The Antarctica project had to be shut down and scientists on the three research stations in Antarctica were forced to evacuate their research. Key discoveries in these fields may have been lost in doing so. Diana Wall, an ecologist at Colorado State University has been studying nematodes and other dirt-dwelling organisms in Antarctica since 1989. Wall remarked that because of the government shutdown her research on Antarctica will be inaccurate, as "if we are not there to capture the demographics this year, our whole data set could be unintelligible."

Another area in the science department that took a beating was the National Institute of Health. The NIH has been researching cancer treatments and had 200 patients. For these patients, the research and experimental treatments from the NIH were their last hopes. As a result of the government shutdown they had to be turned away from the program.

In addition to the science department being damaged, programs like the Environmental Protection Agency were unable to help clean up a massive spill in Hawaii. On September 12, a pipeline carrying molasses to cargo ships bound for California was discovered to have leaked 233,000 gallons of molasses into Honolulu Harbor, the equivalent of more than 5,500 barrels of oil.

This spill resulted in the massive death of Hawaii sea life. Thousands of fish and coral reefs have been killed. Because molasses is heavier than water it sinks to the ocean floor, unlike oil spills which form an oil slick on the surface. The molasses displaces the oxygen in the water and clogs fish's gills causing them to suffocate. Bacteria thrives on sugar causing bacterial blooms and producing bacteria-rich water. Bacterial blooms can clog the gills of fish, killing them.

Bill Keener, assistant public affairs director for the US Environmental Protection Agency which oversees Hawaii stated that EPA would be out starting on October 1st until government funding was restored. During the shutdown, the EPA sent home 93% of its employees, with just over 1,000 remaining on the job.

Within these past two months scientific research in the United States has been damaged greatly and while many programs have recovered or are well on their way, the two weeks without funding or support delayed and in some cases did irreparable damage to ongoing work. ■■

Guerilla Poetry: An Investigation

By SAM SWOAP

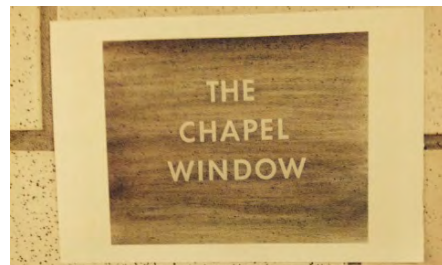
This month, students were pleasantly surprised and confused as they arrived at school to find, taped up in the hallways, signs with strange words on them printed over a surreal background. One such sign said "Thick Blocks of Musical Fudge," while another said "Remember Stalks of Aquatic Vegetation." Naturally curious, I decided to get to the bottom of this. One day I stayed after school to do some investigation. Walking around the hallways, I saw many more of these placards taped up around the school. Upon closer inspection, they revealed to have a back side with another phrase printed on it. They had all been taped up with great care and most were in the senior hallway with a few in the science hallway. Freshman Zach Armet said, "It was really cool to come into school and see these odd things on the walls. It was a nice change of scenery."

Later that day, I did some research on the topic. It turned out that many of the pictures were pieces of artwork from the mid to late 1970s by Edward Ruscha. He is an artist often associated with the Pop Art movement. What Ruscha is perhaps best known for are his word paintings. During the mid 1970s, he made a series of drawings with odd phrases in pastel on a colored background. Because of this and his association with Pop Art, he is often seen as the Andy Warhol of the West.

Despite this lead, the undercover artist evaded me and earned a nickname heard throughout the halls: the guerrilla poet. The question of the day was who did this? And why? Maybe it was a prank. Maybe it was some kids messing around. Maybe it was part of an undercover scavenger hunt. Who knew?

I tried another tactic, asking anyone and everyone if they knew anything. A week went by and I still had nothing to show.

Someone took a lot of these pieces down



Photos courtesy of Gianna Renzi

Mysterious sheets of paper, such as those pictured above, began appearing around the school earlier this year, courtesy of an anonymous "guerilla poet."

off the walls. The artist retaliated by putting more cards up. A lot more. The cards were a lot more varied this time. Said sophomore Dakota Lane, "I wonder if [the artist is] picking specific pieces to reflect culture after the making of these sayings or if these selections are random."

I reasoned it had to be someone arriving before school. That left faculty, seniors, and some juniors. If most seniors are like my sister, they get to school as late as physically possible without missing class. Almost every faculty member I asked seemed very indifferent. This person would have to be an exception to the rule, someone who cares enough about the school and is both capable and willing to arrive early enough to escape detection, someone who planned

this well.

During the month or so since the first signs went up, some other odd things began appearing. Right outside the library a piece of paper appeared, saying "Take one if you need it" and at the bottom it listed some good qualities on strips of paper that could be ripped off. These qualities included peace, serenity and freedom, among others. This artist, whomever they may be, has clearly inspired others to do quirky things around our school.

After a few weeks of secret activity, the guerrilla poet is still undercover. Maybe it is best that this mysterious artist remains unknown. After all, he or she is the artist Mt. Greylock deserves, but not the one it needs right now. ■■



love you, stay safe

not before 21...
not in northern berkshire

nbCC

mobilizing for change on alcohol - northern berkshire community coalition

SPORTS

An Interview with Emily Kaegi

By IAN CULNANE



Photos courtesy of Aaron Ziemer

Senior Emily Kaegi just wrapped up a successful final year as a member of the Mt. Greylock cross country running team. She ran unbeaten in all league, invitational and postseason races until the state meet, where she finished fifth. This season marked the end of her career on the Mountie trails, but in the spring she will run a final season with the track team. She hopes to improve upon performances in distance events that have earned her trips to the state meet. The Echo sat down with Emily to talk about her success, superstitions and post-high school running hopes.

Echo: What influenced you to start running?
Emily: Well, both of my parents run and the summer before 7th grade I had talked with my mom about joining the running team. I think the moment I decided to join though was at Caretaker Farm with my mom when Kaatje White said how much fun the team was and that it was a great experience to meet older athletes. So I decided to sign up.
Echo: Who have been your biggest supporters?
Emily: Definitely my family and my teammates are all huge supporters. My friends too. We have had a lot of fans and the school has been very involved this year

with people supporting us.
Echo: What do you attribute to your success as a team?
Emily: Our bonds make us so successful. We all really like each other and so in a race, we run for the team, not just ourselves. When we're on the course we're thinking: I want to win for the team. If I'm tired, I need to keep going to make the team better.
Echo: And as an individual?
Emily: Part of it is I love the sport. I love my team and the training process. Because I like training and running, I strive to improve. And Coach Bell has made me such a better runner. He's an amazing coach and has taught me so much.
Echo: Speaking of the training process, how do you train?
Emily: During the season, Coach Bell tells us what to do. Generally, we have one to two hard days a week. Our new thing is aqua jogging. This season I was in the pool at least twice a week because of injuries or to prevent them. During the summer I do almost all of my own workouts, which can be hard without a team to motivate me, but I'm always looking ahead to the upcoming season.
Echo: Do you have any superstitions or patterns before races?
Emily: I have the lucky socks, lucky sports bra, lucky hair tie thing. I need to tie my shoes and tuck my laces in a certain way. I eat a Reese's an hour to thirty minutes before a race. I take Tylenol 30 minutes before. I have a lot of superstitions. One that Kat Chenail, a former Greylock runner, and I have is that we listen to the song "Long Live" before every race, which isn't a superstition, but its just something we do together.
Echo: What was it like winning Western Mass?
Emily: So it was my second time winning Western Mass. [She also won in 2011] The first time I was just shocked and had no clue it was coming because I wasn't the favorite going in. The second time I was definitely the favorite going in, so it was really exciting. Sometimes running around town the next day I always wonder if people are like "Oh! I've seen her in the paper" or other stuff like that.
Echo: How did it feel coming in 5th at states?
Emily: That was really exhilarating just to know I'm one of the fastest girls in the state. To have so many people just come up and talk to me, people who I didn't even know paid attention to running, telling me

how proud they were of my accomplishments was amazing.
Echo: I heard you had a few injuries?
Emily: Starting the season I had knots in deep tissue by my shin. That was extremely painful while running. Jen Armet from Williamstown Physical Therapy showed me different ways to stretch it, or massage them out, but that was also excruciatingly painful. Towards the end of the season we think I strained the peroneal tendons in my foot and ankle so I wore a boot to take the pressure off of it, but that was also very painful while running.
Echo: How do you think your injuries impacted your running?
Emily: They mostly changed up the way I trained. I did a lot more pool workouts, which I think was a good thing. The pool is really helpful. It helped me increase my turnover which is a key factor in running. It made resting different. I rested more than I would have liked, but this also could have helped me later in the season. There were some days where I couldn't run with the team which made me feel like I was missing out on bonding with them. I couldn't be there at practice, or be there on runs, but that eventually went away so I could come back and be with the girls.
Echo: I heard you enter in other races, which ones?
Emily: I ran in the Footlocker Northeast Regional Race just to see what it was like running against elite runners and so I could compare myself to the best girls in the Northeast. That was a whole new atmosphere because you don't enter as a team. There isn't the excitement of "we are running for each other." You enter individually. At the race my dad was commenting that parents weren't even clapping when the first girl goes by. At Western Mass when I was in 1st, everyone was clapping and cheering for me, at this race no one clapped when you went by. The parents yelled for their kid to go faster and there wasn't much encouragement. That was an eye opening experience for me. However, it was still fun to pass people the whole time, with good competition. I came in 35th overall, 2nd for Massachusetts, and I beat girls who had beaten me at states.
Echo: How do you plan on improving?
Emily: Hopefully I will be running in college next year, which will be a big jump. College is a lot more intense with many more miles of running. So just going forward, I'm just looking to improve and have fun with it. ■■

BOYS' BASKETBALL

By LUCY BARRETT

The Mt. Greylock boys' basketball team is headed into the 2013-2014 season with some big shoes to fill. Despite losing all of the starters who made a run at Western Mass the past two years, the Mounties have high hopes of yet another successful season. In his third year at the helm, head coach Bob Thistle believes the team will have success from the boys' hard work, commitment and great chemistry.
The team's biggest challenge will be getting players to experience playing for long amounts of time during games. The boys' strength, however, is their work ethic and team chemistry. As coach Thistle said, "Our program is a 'team first' program that focuses on attitude, effort and enthusiasm." The Mounties' captains are seniors Robbie Buffis, Jack Thistle and Cole Jackson, who all hope to bring enthusiasm and passion to the program. "We're all really close, and the chemistry off the court directly reflects to our teamwork on the court," Jackson said about the squad for this upcoming season. With teams around the league underestimating them this year, the team looks forward to surprising them all. The Mounties will play their home opener against Hoosac Valley on Tuesday, December 17th. ■■

SWIMMING

By SAM KOBRIN

The Mt. Greylock's co-op swim team is looking forward to its most successful season yet. Sophomores Elizabeth Bernardy, Bailee Duquette and Julia and Emma Whitney and eighth grader Kate Bernardy will all be integral parts of our co-op team with Mccann, Drury and Hoosac. They have been working hard this season with coach Erin Brewer in order to improve their performance this year during the season and at Western Mass. In the pool, they have been working on their form and outside of the pool they have been improving their strength and endurance. Sophomore swimmer Emma Witney said that, "a lot of the new kids on the team are still working on their technique, but older kids are mostly focusing in on conditioning." She hopes to place higher in Western Mass than last year and place at states. Greylock sent three athletes, Emma and Julia Whitney, and Elizabeth Bernardy to Western Mass last year. Although the meet was canceled due to bad weather, a twitter campaign brought the meet back, which was hosted by Westfield High School. As the season begins, Mt. Greylock's swimmers already can't wait for postseason success. ■■

Editor's Note: The views expressed in opinion pieces do not reflect the collective views of this newspaper, but of the individual authors.

World Cup Soccer: Five Things to Know Before Brazil

By MATTHEW KLEINER, AARON KLEINER AND BENNI MCCOMISH

World Cup Qualification is over. The 32 teams are set. The energy is already in the air, as players from across the planet prepare to travel to Brazil next summer for the world's biggest tournament. The cup will host some new faces next year as well as past champions. The qualifiers offered us a preview of the excitement to come and have revealed some important dynamics that will play out in South America.

Expectations are high for Belgium and Colombia.

They're practically all the soccer world has been hearing about for the past few months. Star-studded Belgium, with young talent in Romelu Lukaku, Eden Hazard and recent Manchester United signing Marouane Fellaini, easily dominated Group A of European Qualifying, nine points ahead of second place Croatia. Headed by striker Radamel Falcao, Colombia also finished a surprising second in South American Qualifying, behind only Argentina. Both teams, however, haven't been to the Cup for at least 12 years and even with their enticing talent will presumably fall short of expecta-

tations without the much-needed experience found elsewhere around the globe.

Ghana is still Africa's best hope for the World Cup Final.

In 84 years and 19 World Cups, an African team still hasn't qualified for the semi-finals. Three years ago, Ghana was one length of the crossbar from achieving this feat. Although it seems today as though all of African soccer is focused on Yaya Toure and Didier Drogba at Ivory Coast, Ghana has proved that they are still the most likely to make Africa proud. Sporting a midfield quartet of Michael Essien, Kevin Prince-Boateng, Sulley Muntari and Juventus playmaker Kwadwo Asamoah, it is no surprise that Ghana easily ran through qualification. Outscoring opponents 25-6, including a 6-1 thrashing of fellow continental giant Egypt, has certainly put the spotlight on Ghana as they travel to South America. Barring a Luis Suarez off-the-line handball, Ghana should go far in the tournament and is definitely the African team to watch.

No Eastern European country has the depth to succeed on the world's greatest stage.

Although the nations of former Yugoslavia host a plethora of talent, no one should be expecting Croatia or Bosnia and Herzegovina to make it anywhere next summer. Both nations are led by one or two superstars, such as Luka Modric and Edin Dzeko, but the Eastern European countries are simply too small to field a deep squad. The skills of world-class players Marek Hamsik (Slovakia) and Stevan Jovetic (Montenegro) will also certainly be missed as neither is going to Brazil. Whoever broke up the Yugoslav Republic certainly didn't have the future of European soccer in mind.

Mexico finally has the capacity to make a run in Brazil.

Sacking three managers in as many games was certainly not an auspicious start for Mexico's qualifying hopes this year. The team struggled to even secure a play-off berth in the Hexagonal, behind Honduras, Costa Rica and the United States. But now Miguel Herrera is finally coaching a

team that can play soccer. With 5-1 and 4-2 trouncings of New Zealand throwing the team deep into the runnings of the Cup, youngsters like Raul Jimenez and Giovanni Dos Santos show promise for a rebounding nation.

Italy's revitalized offence means a new face for the country.

For decades, Italy has retained the stereotype of being one of the most defensive nations in the world. In their 2006 World Cup-winning run, the catenaccio defense conceded two goals in seven matches. However, with the advent of successful manager Cesare Prandelli, the Azzurri have begun to put their emphasis on the other side of the pitch. Scoring 19 goals in 10 qualifiers, the Italian offense has certainly held their own. With a myriad of strikers including Stephan El Shaarawy, Mario Balotelli, Lorenzo Insigne and the resurgent Fiorentina man, Giuseppe Rossi, Prandelli will have more than enough options to fill his roster. A talented attacking trident may be Italy's key to glory next summer. ■■

ALPINE SKIING

By JAKE KOBRIN

The Mt. Greylock downhill ski team is posed for another great year. After finishing as one of the top teams in the county last year, senior captain Ryan Kuhn is hoping the team will be able to make it to the state championships. “When the Hansons left the team a few years ago it was a huge blow to the team. We’re still trying to rebuild to that level again.”

Over recent years the ski team has seen three different coaches come and go. “Last year we had Colby Gale as our coach, a

laid back, really good guy, before that was Coach Mccumber, more stern but also really knowledgeable” said skier Evan Gurek. “We just started practicing with our new Coach Lisa Friday. She seems pretty good so far, we’ve been doing some dryland to work on our core strength and agility before we get on the mountain. I’m not sure how good of a coach she will be on the slopes just yet, though.” Skier Mecer Greenwald says, “the new coach is awesome. She has lots of authority,

and although I haven’t seen her ski yet, it sounds like she’s had a pretty awesome skiing career so far. Plus she has a Miley Cyrus-type haircut, so that’s something.”

Overall the team has a hopeful outlook on the season to come. Said Kuhn, “We definitely have a solid team this year”. Even though the team has been orphaned time and time again, they still are united by the love of their sport. ■■

YOGA

By SAVANAH BROWN

This year gym teacher Lynn Jordan decided to offer an after school yoga session with instructor Natasha Judson. The certified anusara yoga teacher teaches beginner yoga and yoga therapeutics classes in various locations and has her own studio in Williamstown, where she lives. Jordan picked up the responsibility from other coaches that have done yoga classes in the past. “I kinda took this over from Coach Paris who took it over from Coach Libenoy years ago,” said Jordan.

One of the reasons she decided to start yoga is because she believes both her and her students can greatly benefit from it. “I can really benefit from it more so than any of the kids I think but hopefully this can be a lifelong thing for them as well,” said

Jordan, “I think yoga is really important to teach in Phys Ed because it’s a lifelong thing and once they learn it it is easier to pick up again as they get older.”

Judson has been teaching yoga for ten years and helped Jordan teach the students. “The first teacher I met who did this was Coach Paris and she came to my yoga studio to take a class and I found out that she was teaching yoga at the high school,” said Judson. “I got really excited about it so our studio did a fundraiser and we bought yoga mats for the school. In fact, you still use the mats we donated today.” The two yoga sessions Judson and Jordan taught were held in the school gym on November 18 and 19 after school until 3:45.

The majority of students that attended

these two sessions said they really enjoyed them and during the sessions they learned a lot more about how to relax and let their muscles breathe. “I really enjoyed the yoga sessions. They were really fun. Normally after school I would be in the gym anyways so when I heard about it I decided to go and thought it sounded fun,” said freshman Chloe Kissoon. Senior Kathy Ho and junior Christina Butcher said, “We really enjoyed the classes. We did a lot of stretching to make sure your muscles are strong and breathing... it really helped us relax.” Jordan made the right decision in bringing back the yoga sessions, and hopefully this time they will be here to stay. ■■

BOYS’ NORDIC SKIING



Photos courtesy of Ken Kuttner

Matthew Wiseman will be important to the ski team this winter. Read the full story on page 8.

THE FALL SEASON AT A GLANCE

By EMILY KAEGI

Boys’ Cross Country
Regular Season Record: 14-0
League Finish: Undefeated Berkshire Country Champions
Playoff Finish: Western Mass Champions, 10th place finish at States
Captains: Derek Wood, Caleb Raymond, Richard Astle, Archer Greenhalgh
“Out of all the years I have been on this team, this was by far the best year that everyone has worked as an individual runner, and a team as a whole” -Astle

Girls’ Cross Country
Regular Season Record: 10-4
League Finish: 3rd in North Division
Playoff Finish: Western Mass Champions, 10th place finish at States
Seniors: Emily Kaegi, Zavi Sheldon, Amalia Leamon, Rachel Swoap, Rose Mele, Jenna Phelps
“We had a comeback season this year,

starting at the bottom of the league and finishing Western Mass Champions. I couldn’t have imagined a better group of girls to run with” -Leamon

Girls’ Soccer
Regular Season Record: 11-3-2
League Finish: 2nd in North Division
Playoff Finish: Quarter Finalists in Western Mass
Captains: Sophie Leamon, Miranda Bucky, Alex Delano, Mackenzie Flynn
“I think that overall we had a great season and a really strong team, and I’m happy I got to spend my last season with such an amazing group of girls” -Flynn

Boys’ Soccer
Regular Season Record: 11-3-4
League Finish: Co-Champions in North Division
Playoff Finish: 2nd in Western Mass

Captains: Tom Guettler, Jake Foehl, David Majetich
“Being on the team has meant a lot to me throughout my high school career. It’s really like having a second family, that’s how close we are.” -Guettler

Volleyball
Regular Season Record: 9-10
League Finish: 5th in Berkshire County
Playoff Finish: Quarter Finalists in Western Mass Tournament
Captains: Jenna Markland, Celia Bote
“This year was definitely a challenging learning experience with so many seniors and a new coach, but we were able to make it further than anyone expected us to and we left behind some players with a lot of heart and great potential.” -Markland

Golf
Regular Season Record: 6-9

League Finish: 4th in North Division
Varsity Seniors: Aaron St. Martin, Stephen Jayko, Nick Dastoli
“It was adequate. Overall, it was obviously a much better season after going winless last year” -Dastoli

Football
Regular Season Record: 6-2
League Finish: 3rd Place in League
Playoff Finish: 3rd Place in Western Mass
Captains: Matt Malloy, Daivon Clement, Nick Disanti
“Unfortunately we couldn’t continue our success like in years past, but we gave it our all and it made for a great season last football season with the guys I’ve played with since I was young.” -Disanti ■■

GIRLS’ BASKETBALL

By BENNI MCCOMISH




Photos courtesy of Amalia Leamon

Sarah Stripp defends Arianna Walden at a recent practice.

The outlook for the Mt. Greylock Girls Basketball team is positive and they are looking forward to the upcoming season. Last season the girls landed in 4th place in the South Division with a 6-13 record and missed the Western Mass tournament for the 4th year in a row. Yet there is room for optimism because the Mounties graduated only player from last season: Margot Besnard.

This season the players are returning four out of five varsity starters, who enter this season committed to improving on last year’s performance. The 2013- 2014 captains are junior Lucy Barrett and senior Mackenzie Flynn. Head coach Paul Barrett is returning for his 9th season with the Mounties. Other key returnees are freshman Sarah Stripp, sophomore Arianna Walden and junior Kelsey Orpin. “Last season around the county, there were many teams with groups of strong seniors. We were a very young squad last year, and now we are fortunate to be returning many key players” said Barrett.

Last year, because of the lack of seniority and experience, the Mounties weren’t as successful as they would have liked. Flynn said, “We are going to be a lot better this year than last.” The team is made up of many multi-sport and talented athletes. Greylock will not be an easy team to play and their Berkshire opponents can definitely not take the Greylock team for granted. With such a young team there are bright times ahead for the Girls Basketball team. ■■



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GIRLS’ NORDIC SKIING

By GRAY KAEGI

A young girls’ Nordic ski team has begun their training and their quest towards another memorable season. After losing top-finishing seniors Sophia Dastoli, Stephanie Adamczyk, Alexa Adams, Alexandra Devaux and number one Kat Chenail, the team will rely heavily on a new varsity team. Key returning skiers are senior Zavi Sheldon and sophomores Grace Smith, Sophie Gerry and Greta Savitsky, who look to lead the team. With a strong core of young skiers and a particularly impressive sophomore class, the team will find plenty of talent to step up this season.

For many years, the Mounties have been the dominant team in Berkshire County. The team made it to the state race last year, but lost by a heartbreaking two points to Lincoln-Sudbury, placing second. The Greylock girls are looking for revenge this year, but it will be a challenge without Chenail, who placed 7th to beat Lincoln-Sudbury’s top skier. “We lost a ton of seniors who were some of our top skiers last year but I think we can step up. If we do, I think we can still be as successful as we have been in the past,” said Gerry of the upcoming season.

Coached by Hiram and Hilary Greene, the team has experienced leadership and instruction to help them toward success. The captains this year include Sheldon,



Photo Courtesy of Ken Kuttner

Sophomores Sophie Gerry and Grace Smith, pictured above in a race last season, will be top skiers this year.

Smith, Gerry, Savitsky and junior Christina Butcher, all great mentors for the young team. The team’s biggest competition should arrive at States where they will face strong teams from Eastern Mass.

Fueled by last year’s competition, the

team is prepared to pick up where they left off and finish with a good showing at states. With the intensive workouts and raw talent of the skiers, there is no doubt that this will be a year to remember for the Mt. Greylock Girls’ Nordic team. ■■

WRESTLING

By NYEIN SOE

Given last year’s record, the Mt. Greylock Wrestling team, a co-op with Hoosac, Drury and McCann, has a lot to look forward to this upcoming season. Last season, the team went 24-4-1 (only losses were to Tollgate, Franklin County Tech., Putnam, and Tri-County), came in third for Western Mass, and for the 14th year in a row, won Berkshire County. The graduations of key wrestlers like Ross Jackson should not make a huge impact on the team’s performance. Coach Ray Miro, who has recently been inducted into the National Wrestling Hall of Fame said, “The team is relatively young; last year, we had many eighth graders and freshman wrestling... I’m slightly worried about their lack of experience and how it will affect their performance this season, but they do work hard and that should pay off for them.”

As for the turnout, which is an ongoing issue for the team, Miro is satisfied but believes it could be better: “We have a huge pool this year, probably over thirty this season. I honestly wasn’t expecting this many people... However, there are so many people in this school that should be wrestling that aren’t, and that is the main thing that keeps us from reaching our full potential.” Despite this problem, young wrestlers whom Miro believes hold a lot of promise are planning to step up. This group includes sophomore Cayman Mead, freshman Devon Pelletier, and eighth-grader Jude Rorke.

For the coach, the primary goal is to have each team member improve everyday: “We go into every match wanting and expecting to win, but that obviously doesn’t always happen. What’s most important is to try our hardest during matches and practice and learn from our mistakes. This will be even more crucial going into this season because if we can get our wrestlers, most of whom are still quite young, to improve their skill and gain experience, our team can have plenty of depth... In that case, we may have a shot at the Western Mass title.” ■■

BOYS’ NORDIC SKIING

By CAL FILSON

The Mt. Greylock boys’ nordic ski team is the reigning Massachusetts State Champion. In fact, they have been the State Champions for three years in a row.

Before the Mounties set their sights on a fourth straight state championship, they must figure out a way to compete at a high level during the regular season. That task will be tougher this year considering the loss of superstars such as Alex White, Will Kirby, Sean Houston and Jonah Majumder.

The loss of these key contributors won’t hurt Greylock too much as they return seniors Derek Wood and Caleb Raymond, juniors Jake Foehl, Will Nolan, Jake Kobrin and Joe Gais, and sophomores Matt Wiseman, Tommy Kirby and Ian Culnane.

With these key returners, Greylock’s chances of four-peating are quite high. “I believe we will be very successful this year. We’ve got a core group of skiers that will lead us to the promise land,” noted

sophomore Matt Wiseman. “I too have high hopes for this team’s success this season,” said junior phenom Jake Foehl.

If there’s one winter sports team at Greylock that’s set up for success right from the start, it’s the 2013-2014 nordic ski team. They look to achieve all the success that is predicted for them and win yet another state championship. ■■

CROSSWORD

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ACROSS

- 1 Target amount
6 Get by
10 Mama of music
14 Name of several popes
15 Trucker’s haul

DOWN

- 16 Somewhat
17 “__ the body electric”
18 Captain of the Pequod
19 Syngman of Korea
20 Shreds
22 Censure

- 24 Abraham’s leader?
26 Brought up
27 Showy
30 Boring tool
32 Greedy
34 Gate holder
38 Big bird
39 “__ Macabre”
41 Indian prime minister 1991-6
42 Work to be done
45 Robust
48 Egg-shaped
50 Figures of speech
51 Like some cows or vows
54 People of Peloponnesus
56 Is plentiful
58 Quiescent
62 Thin
63 Load cargo
65 Russian president
66 Fashion designer Schiaparelli
67 Corporate VIP
68 Eleniak of “Baywatch”
69 Shea Stadium players
70 Nimble-fingered
71 Extend a subscription

DOWN

- 1 Resign
2 Bear up?
3 Parting words
4 Hunting call
5 Perfectly sweet
6 Fastener
7 Cry of delight
8 Pioneer talk show host

- 9 Court star Stefan
10 Italian marble
11 Execrate
12 Strainer
13 Horse
21 Took from the top
23 Rind
25 Frequented by ghosts
27 Worry
28 Tibetan priest
29 Musical composition
31 Communist state
33 Malt kiln
35 Send sprawling
36 Walking stick
37 Swine
40 Words on a Wonderland cake
43 Czech cash
44 Cinematographer Nykvist
46 Thrive
47 Stance
49 Off
51 Oregon’s capital
52 White poplar
53 Seaboard
55 Upright
57 __-Coburg-Gotha
59 Get __ writing
60 Goddess of victory
61 Chew like a beaver
64 Dict. entry

Think you have what it takes to be our puzzlemaster? Send your work to the editors at mountgreylockecho@gmail.com.