

Harbinger Issue 6

Did You Know?

The thigh bones of a human being are stronger than concrete.

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The Good, The Bad, and The Ugly of 2010

By Caitlyn Mockler

How will you remember 2010, the year of social networking? As we enter a new year, we should take the time to remember the good, the bad, and the ugly of 2010. Sports teams continued their dominance, new stars emerged as the older ones took a back seat, and new technology took over our lives.

After the tragedy of Hurricane Katrina, the New Orleans Saints returned to their home stadium and topped the Indianapolis Colts 31-17 in Super Bowl XLIV. For the first time since 1954, the San Francisco Giants won the World Series, defeating the Texas Rangers in five games. Kobe Bryant led the Los Angeles Lakers to their 16th NBA championship and to back-to-back titles, beating the Boston Celtics in an exciting Game 7. In the NCAA, the Duke Blue Devils brought their fourth national trophy back to North Carolina, after overcoming Butler's valiant effort, ending with a score of 61-59. The UConn Lady Huskies bounced back after a slow start against No. 2 Stanford and claimed their seventh national title, winning their 78th straight game, extending the women's NCAA record for consecutive victories. The women won 90 games in a row, breaking the UCLA men's winning streak that they had held for decades. The UConn football team won the Big East championship and made their first BCS appearance in the Tostitos Fiesta Bowl. The world tuned in to watch one of the most physical World Cup finals where a record

13 yellow cards were handed out, as Spain overtook Netherlands 1-0 in the 116th minute. LeBron James stunned the nation when he announced his departure from the Cleveland Cavaliers and joined the Miami Heat powerhouse alongside Dwyane Wade and Chris Bosh. Ben Roethlisberger and Tiger Woods' extracurricular activities made headlines and

year's guilty pleasure and the catchy lingo (oh yeah!) found its way into our daily lives. Sophomore Lauren Yaffa said, "It was great entertainment to watch with your friends. We would have Jersey Shore parties and dress up like the characters." Toy Story 3, Inception, and Harry Potter 7 were the must see movies for all ages. Junior Paul Maloney said,

"Inception is clearly the greatest movie of all time. I have not met one person who didn't love that movie." Call of Duty: Black Ops took over the video-gaming world. Facebook and Twitter invaded our lives, becoming a daily obsession. People are constantly updating their status, posting new photos, and liking anything that catches their interest. Simon Cowell left American Idol and Oprah announced she is ending her talk show. Octomom and Lindsay Lohan could not stay out of the tabloids and their lives were constantly in the public eye. Lil Wayne was released from jail, after being sentenced for a year for possession of a weapon. Apple released the multi-talented Ipad that has thousands of apps, which allow you to do to everything from surfing the Internet, to reading a book, to video chatting with someone across the country.

Manchester remained in the spotlight for both positive and negative events throughout the year. We made headlines, fought for what we believed in, and tried to increase school spirit. Sadly, Manchester lost nine citizens on August 3rd in the shooting at Hartford Distributors Inc. On



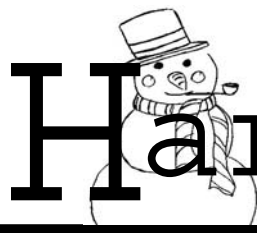
Illustration by Alexis Taylor

Goodbye to 2010.

caused their professional careers to suffer as a result. The Hartford Wolfpack changed their name to the Connecticut Whale. The New York Sentinels came to Connecticut and changed their name to the Hartford Colonials, becoming the first professional American football team based here.

Lady Gaga, Justin Bieber, Taylor Swift and Eminem released many hit singles and continued to top the charts throughout the year. Junior Jenn Scanlon said, "Clearly, the greatest thing that happened was Taylor Swift's new album and it breaking all the sales records." As the second season began, Jersey Shore became the

■ See Recap / Page 6



Did You Know?

The inventor of the light bulb, Thomas Alva Edison was afraid of the dark.

Equality in Sports Within Our Grasp

By Sarah Cinquemani

It's hard to imagine going to high school and being told you couldn't play a sport because of your gender. Discrimination of this sort was common practice in the United States until the 1970s when the Title IX of the Education Amendments was created. In 1972, this legislation was passed. In just a few sentences, it encompassed several aspects of discrimination at both the high school and collegiate level.

"No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any educational program or activity receiving Federal financial assistance"

Title IX was a highly effective legislation because it covered all types of discrimination in the public school setting. In 1971, only 294,015 girls were participating in high school sports, but more than 3.6 million boys were participating. Since its enactment, the number of women athletes has grown astronomically. By 2007-08, the girls' participation rate was 3,057,266 and the boys' rate was 4,372,115. The impact of this legislation was phenomenal in the field of women's athletics.

At Manchester High, our athletics strictly follow Title IX; there is even a Title IX district coordinator who makes sure the school follows the rules. In the 2009-2010 school year, statistics show that 893 MHS students participated on one of the 23 sports teams. Of that number, 517 were males and 376 were females. These numbers may seem distant, but when you consider how large the football team is, the numbers are much closer than they appear. Thanks to Title IX, male and female athletes have equal opportunities throughout school athletics.

Athletic Director Mr. Boutilier is well versed in this legislation. An example of how the school must adhere to this law has to do with adding sports teams. If the school wanted to add a lacrosse team in the spring for girls, there would have to be one for boys as well or else it would be unequal. Therefore, discrimination is not allowed. As Mr. Boutilier put it, "Title IX has advanced women's sports. As a result the focus of sports at an earlier age has benefited competition and athletics in general."

Luckily, at Manchester High, girls are not discriminated against in sports as a result of Title IX. If schools didn't follow its

guidelines, they could risk losing their federal funding, according to the Women's Sports Foundation. This foundation also pursues the rights of women to receive equal purses to men in competitions. In the professional sports world, women are still discriminated against with respect to prize money and the Women's Sports Foundation hopes to change things.

There are still some issues surrounding funding for college students. According to their website, male athletes get \$179 million more in athletic scholarships each year than females do. Additionally, collegiate institutions spend just 24 percent of their athletic operating budgets on women's sports, as well as just 16 percent of recruiting budgets and 33 percent of scholarship budgets on female athletes. Aside from unequal monetary spending, the media has a hand in discriminating against female athletes. Newspapers often under highlight women. Even though 40 percent of sport and physical activity participants are women, only 6 to 8 percent of total media sports coverage is focused on women, according to the Women's Sports Foundation. Additionally, in a study of four major newspapers--USA Today, the Boston Globe, the Orange County Register and the Dallas Morning News, female sports stories totaled just 3.5 percent of all sports stories. It is obvious that the world is still adjusting to the idea of women athletes having equal opportunities. Senior swimmer Paige Wlochowski stated, "All I hear about is Michael Phelps, but what about the female swimmers like gold-medalist Misty Hyman or Dara Torres, who was 41 when she swam



Photo by Associated Press

Olympic swimmer Misty Hyman is ecstatic after winning a gold medal at the 2000 Olympics.

on a gold medal relay in the Beijing Olympics in 2008." Paige brings up a good point about how the media pushes aside female athletes to focus on the success of the males. It is unfortunate to see how the professional sports world has not grasped the idea of women's athletics being a major part of society.

Female high school athletes across the nation are fortunate to have the proper legislation backing them in all athletic endeavors they pursue. Student athletes can participate in all sports and school funded events without worrying about being discriminated against. However, it is disheartening to still see women's professional athletics being pushed aside for a greater focus on men. Maybe with the backing from powerful organizations, the athletic equilibrium will shift more rapidly. The catalyst for such a change is in place, it remains in the hands of society to make the necessary adjustments.

Did You Know?

If there was no coloring in Coca-Cola, then it would be green in color.

“I’m Depressed”

By Yumna Arif

The phrase "I'm depressed" is used by everyone. But did you know that depression is an actual disorder that affects up to 19 million Americans? Well, what is depression? According to psychologyinfo.com depression is an illness that involves three major things: one's body, mood, and thoughts. It can affect every aspect of your life, even the way you eat.

One major type of depression is called seasonal affective disorder or S.A.D. According to the University of Washington's Counseling Center, S.A.D is a type of depression that affects a person as the seasons change. Usually fall and winter are the predominant seasons that bring people "down." Experts believe S.A.D is a result of the lack of sunlight available in the fall and winter. Symptoms of S.A.D include changes in mood, appetite, sleep, and communication. Women may also be faced with menstrual difficulties. But how would one who has such a disorder be treated? The answer is actually quite simple; just expose the patient to more light. Professor Michael Terman, PhD at Columbia University said, "Bright light therapy, administered at the right time and in the right dose, is the most efficient, tested and safe method for treating SAD." He also added that "Remission rates climb to 80 percent if light therapy is tailored to a person's individual sleep-wake cycle."

Not only does depression affect adults, it also affects teens. According to teendepression.org statistics show that 20 percent of teens will go through depression before they reach adulthood. Major depression, dysthymia, and bipolar disorder are the most frequent disorders that are apparent in teens. Major depression is a type of depression that affects one's ability to do everyday activities such as eating or sleeping. In teens, this type of depression can last up to nine months. On the contrary, dysthymia depression can last up to many years in teenagers. Symptoms of

the disease such as sadness can be present in a teen for such a long period of time that they might not even realize that it's not normal. And finally, bipolar disorder causes severe mood changes, ranging from someone being extremely high (mania) to feeling extremely low (depression). What can all these different types of depression lead to in teens? If not treated, it can lead to many problems at home and school. It can also lead to more severe acts such as substance abuse and even suicide.



Illustration by Alexis Taylor

Depression can consume all aspects of life.

With every disorder, there are of course treatments. The first way to end depression is by researching the topic and looking at symptoms to diagnose the patient. There are actual medicines that can be taken, called anti-depressants. This type of medication helps relieve symptoms associated with the different types of depression such as mood swings and anxiety. However, the decision to take such medication should be made with a professional. Exercise, nutrition, and better sleeping habits also prove to be great treatments. The more changes in a lifestyle that are introduced, the more likely that depression will be eliminated. And finally, therapy can not only help treat depression, it can also prevent the disorder from coming back. Overall, one should try to relax if they are going through depression.

Yoga, deep breathing, and acupuncture are only a few ways to loosen up, but there are many more ways to do so. When asking Ms. Wright, one of the social workers here at MHS, what treatment options are available in Manchester for teens, she said, "Some of the treatment options for teens are almost like adults. They have groups in different places. The hospital has a program for teenagers after school until about six and there are a number of private therapists here in town." Manchester presents many treatment options available for people of all ages, which should definitely be taken advantage of. From all the treatment options that are accessible, one thing is clear; depression is an illness that can be cured.

Did You Know?

A donkey's eyes are placed in such a manner that it can see all four of its feet at all times.

The Pulse of the Student Body

By Ryan Dube

Do you feel that? Do you feel that pounding in your chest? Can you feel that rush of excitement flowing through your veins as you cheer at the top of your lungs trying to will your team to victory? Okay, now look around at the sea of red and white filling the stands. Glancing down you see 'TRIBE' printed across your chest and a smile creeps up the side of your face. You open your mouth to release a roar of excitement but before you do, freeze! Think about how you got where you are, think about how this all came together. Who made this moment possible? It was the Manchester High Athletic Council.

The Athletic Council is a group of Manchester High athletes selected by Athletic Director Mr. Boutilier, who assesses the athletic programs and lets the student voice be heard about how the school can improve upon what is already in place. When asked about his inspiration behind creating the council, Mr. Boutilier smoothly replied, "The athletes know the pulse of the student body; they know what will and won't work. The athletes that I work with have the insight on how their fellow students will react; they know which direction to take and what paths not to take." There are several extremely dedicated members of the council who feel that there needs to be a change for the better in our school's athletic programs, and the establishment of the Athletic Council is a large stride in the right direction. The council's president, Jessie Niggebrugge, emphasized the need for greater support at our athletic events when she expressed, "I think I can speak for all of the athletes when I say that we wish that more people would come to all of our games. I mean, we travel to other schools and it seems that they have their entire student body supporting them and it creates a better atmosphere for their players." But as everyone knows, talk is cheap, so in order to cause change, action must take place.

Formed in the beginning of the school year, the Athletic Council is on pace to have a large impact on Manchester sports today and for years to come. The council has created a fan zone called "The Tribe" where dedicated students can buy a pass that allows them easy access to certain sporting events. The members of the council organized the first annual Fall Olympics for all athletes that participated in

a fall sport. They are currently in the middle of planning the highly anticipated Winter Olympics. Along with organizing community service projects, money is being raised to fix our beloved trophy cases and display our accomplishments with pride. Basketball games have been completely renovated with a hype man, banners, half time contests, and soon will be accompanied by a concession stand and colorful decorations for the Tribe Zone. "I have a really good feeling that what we are trying to do will truly make a difference, it will completely change a fan's experience of watching a basketball game, or a football game, or anything! This is just the beginning. What we are doing now is going to pave the way for future athletes and better our school in the long run," said Jessie Niggebrugge with excitement over the new additions to the games.

Photo by Associated Press



For those wondering if the council is simply full of good intentions, or actually making a difference, the results speak for themselves. Increased attendance at events, undefeated teams, and Indian pride being displayed throughout the community are all just a little taste of what the Athletic Council can cook up. Mr. Boutilier put it best when he assured the Manchester High community that change will come, "Things don't change overnight, but as long as we have members committed to the council, athletes dedicated to the game, and fans loyal to our teams, we can completely redefine what it means to be a Manchester Indian."

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Did You Know?

In the 1996 edition of Webster's Dictionary, almost 315 words were misspelled.

Commercials are a Joke

By Josh Courvares

With the Super Bowl right around the corner, there is one thing that many look forward to - commercials. Some people have become as interested in the commercials as they are in the game itself, which raises a question. Are commercials strictly for entertainment? Nothing epitomizes the over-the-top nature of commercials better than the Super Bowl.

Commercials appear to be following a trend towards the ridiculous and wacky. It seems as if ads entertain the audience rather than inform customers about a product. Do these humorous commercials really effect our decisions as consumers? How many times have you heard this before: "I saw the funniest commercial the other day. I don't remember what they were advertising, but the joke was..." For example, many people remember last year's Super Bowl commercial that showed Betty White getting pummeled to the ground in a pick-up football game, but who remembers what product the commercial was advertising?

Advertising during the Super Bowl comes at a heavy price. It costs \$2-2.5 million to buy a 30-second time slot for a commercial. This, along with the cost of making a commercial, can cost up to \$4 million or more.

However, not all companies find commercials useful. Pepsi, who has aired commercials during the Super Bowl for 23 consecutive years, decided against advertising in 2010. Pepsi had spent \$128 million in Super Bowl ads from 1999 to 2009. The company stated that they plan to move their efforts towards advertising via social media. Maybe they realized that the commercials were not worth the extraordinary price.

Some companies have been ruined by the astronomical cost of running a commercial during the Super Bowl. In 2000, Epidemic.com ran a Super Bowl commercial where a man is mistaken for a restroom attendant and gets tipped for doing nothing. While some people may have found this commercial funny, most

would not know that Epidemic.com was an email advertising business. After spending a large amount of money on their Super Bowl commercial without getting the results it had hoped for, the company burned through the rest of its \$8 million in finance and was out of business by the following June.

There is a general assumption among corporations that airing commercials during the Super Bowl is like a high stakes poker game. If a business is shelling out over \$4 million for a commercial, you think it would want to be sure about the outcome. While some companies, like Budweiser and Bud Light, say they know what they're getting out of their advertising campaigns, it may not appear to be fiscally sound. Budweiser and Bud Light claim that while their ads may not drive revenue growth, it creates an awareness of the brand. However, in 2009, Anheuser-Busch's \$311.8 million investment on Super Bowl ads did not seem to help out the brands. Bud Light's shipments decreased by 2.5 percent and Budweiser's fell 9.5 percent.



Illustration by Alexis Taylor

Are commercials effective anymore?

negative experiences with television advertisement. "Commercials do not really affect my decisions. They're just amusing to watch... and annoying," explains senior Ali Koutsopoulos. Freshman Alan Pearl also believes that commercials do not affect his decisions as a consumer. "Commercials try to be too funny to advertise anything. Instead I believe that companies would get more out of their money if their ads were tiny blurbs that [scrolled] across the bottom of the screen during a television program," explains Alan Pearl.

So, are commercials really effective? Many people from Manchester High School view them as mere entertainment. Maybe this Super Bowl, businesses would be better off following Pepsi's lead and opt out of the ultra-expensive television ads. Or at least joke around a little less.

Did You Know?

The number of options that can be used to play the first four moves in a game of chess is 318,979,564,000.

Is the Name Worth the Price?

By Suzanne Weedon

Remember when you were a little kid and you would beg your mom to let you have that special cereal? Not because you wanted to eat the cereal, that stuff was actually pretty gross, but for the cool toy at the bottom. As soon as it was opened, you would put your whole arm in the box digging with enthusiasm until you found the prize. Most of us believe we are past the cereal box toy phase. We are, after all, in high school and things like that shouldn't matter to us anymore.

However, how many times have you bought something because of its brand name, believing that the so called generic brands are of inferior quality? Most of us have whether we know it or not. We choose Sierra Mist and Coke over the supermarket sodas every day, even if they might be cheaper. But is there any difference between the two products? "The main difference between generics and brand-name drugs is the cost. Generics cost less than a third as much as their brand-name counterparts," said CNN. According to CBS News, "One-out-of-five products sold in a supermarket is a store brand or private label product." The reason for the difference in price is that brand name companies spend money on advertising. They want their name to be the first thing that pops into your head when you think of a certain product.



Photo by Associated Press

Is there a major difference between generic and brand name?

There are even some cases where the name of the company has eclipsed the product itself. Very few people say MP3 player any more, naming their device iPod no matter what company it is from. We call lip balm Chapstick and dry fit shirts Underarmour.

What really matters is the quality of the product. The ultimate question is "are brand names really better?" Senior Nate

Fennimore thinks so; he said, "Name brands have better quality than generic." Ryan Baldwin agreed, "Name brand is original and generic is a knock off of the name brands." Let's go back to the cereal, with the toy inside that we used to desperately want. NBC.com says "Okay, so the generic brand cereal may have a sillier name (Krispy Krunchies) and a lesser known character on the box (Leon the Lion). Still, many consumers find that generic cereals taste just as good as their brand name counterparts." If you are still worried that quality and Leon the Lion do not mix go to the back of the box and check the ingredients,

you will find they are probably the same.

In a society where the economy is not what it used to be, buying generic brands is a good way to save money, even if you have to forfeit the toy at the bottom of the box. Matt Sanders summed it up when he said, "Generic is cheaper and tastes the same."

■ Students

CONTINUED FROM PAGE 1

December 16th, a large fight broke out in the Manchester High hallways causing the school to go into lockdown and resulted in numerous arrests. Indoor track members are no longer able to run in the upstairs hallways and now have to go to Star Hill in Tolland to practice. On a positive note, on November 22nd, MHS students filled the BOE meeting and let their voices be heard. Students banded together to change the new midterm schedule and were able to reverse it back to the original. Manchester held its first Pep Rally in several years and the Athletic Council created the Tribe and FanZone, encouraging more spirit throughout the school.

However, we must not forget the horrible tragedies that took

place in 2010, affecting the whole world. On January 12th, a 7.0 magnitude earthquake struck Haiti, killing more than 250,000 people. And then just six weeks later an 8.8 magnitude quake struck off the coast of Maule in Chile, leaving more than 200,000 Chileans homeless. The Pakistan floods in 2010 were the worst in 100 years, putting one-fifth of the country underwater, resulting in 2,000 Pakistani casualties.

This year we have cried, laughed and cheered. Even after many tragic events, our country and many others have pulled together and were able to celebrate the good while making light of the bad. We will never forget this memorable year, while trying to make 2011 better than the rest. Maybe Facebook will die or the Jersey Shore cast will become classy.... Who knows! We'll just have to wait and see.

Harbinger



Editorial

Did You Know?

A human being is born with 300 bones but an adult has only 206 bones.

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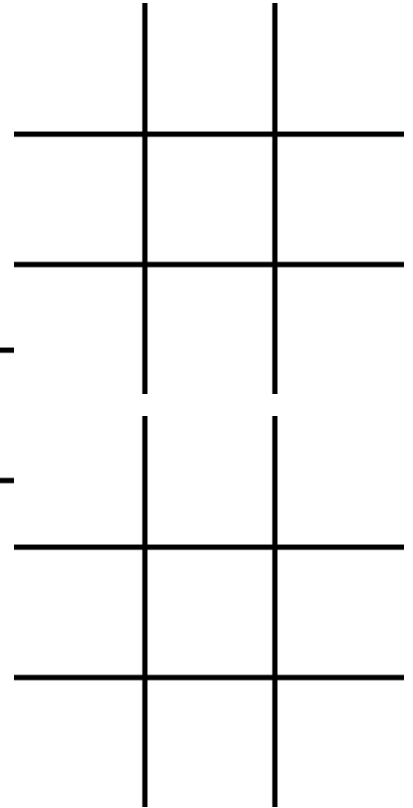
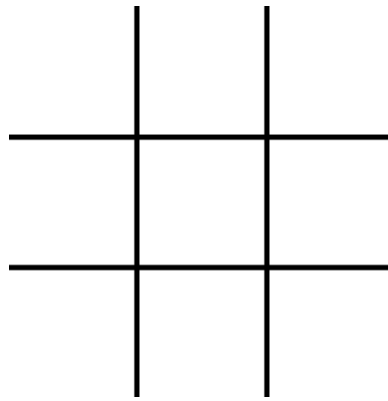
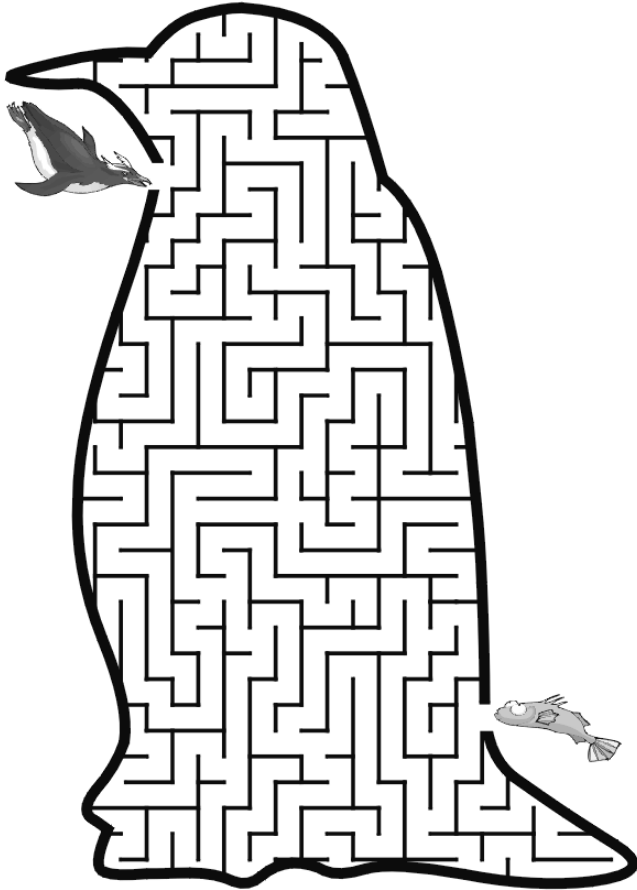
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Games

Did You Know?

Till the 1830's, ketchup was sold as medicine.



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Harbinger

Games



Did You Know?

Donald Duck comic strips were banned in Finland because Donald Duck does not wear pants.

R A D I U S E Q U I L A T E R A L E P Y
 E C A F S A R O G A H T Y P T P H L A G
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9				4			1
	1	6		9		4	

Find and circle all of the Geometry words that are hidden in the grid. The remaining letters spell a secret message.

- ACUTE
- APOTHEM
- AREA
- BASE
- BISECT
- CHORD
- CIRCLE
- CIRCUMFERENCE
- CONE
- CONGRUENT
- COORDINATES
- CYLINDER
- DIAMETER

- EQUATION
- EQUIANGULAR
- EQUILATERAL
- FACE
- FORMULA
- HEIGHT
- HYPOTENUSE
- INTERSECT
- ISOSCELES
- LEGS
- MIDPOINT
- OBTUSE
- PARALLELOGRAM
- PERIMETER
- PERPENDICULAR
- POLYGON
- POLYHEDRON
- PYRAMID
- PYTHAGORAS

- QUADRILATERAL
- RADIUS
- RHOMBUS
- SCALENE
- SECANT
- SEGMENT
- SIDE
- SLANT
- SLOPE
- SOLIDS
- SPHERE
- SQUARE
- THEOREM
- TRANSVERSAL
- TRAPEZOID
- TRIANGLE
- VERTEX
- VOLUME

Did You Know?

The only planet not to be named after a God is Earth.

3Don't

By Alexis Taylor

Imagine you are sitting in the movie theater, the seats are crammed full of people. You feel like a sardine in a can. But you don't care; you came to watch an IMAX movie. You came to see meteors hurl at you and to be face to face with your wildest fantasies. In this day and age we all know this 3D effect. We also remember the little cardboard glasses with the red and blue lenses that are now the sunglasses type you probably wore when you went to go see Avatar or the recent Harry Potter movie. The question here is: do the pros outweigh the cons?

Recently, a health warning was released by the Samsung Group, famous for their 3D television sets, stating that teens and children are more likely to feel the effects of the glasses. The most common side effects include headaches,



Illustration by Alexis Taylor

Are 3D effects worth the risk?

blurred vision, nausea, or overall uneasiness when worn for extended periods of time. However, the more severe cases include involuntary movements (i.e. twitching), confusion, loss of awareness, convulsions, cramps, and/or seizures or stroke. More recent studies concerning the new Nintendo 3Ds, state that the product has been causing eye development problems in children. The whole reason behind these side effects is because viewing something in 3D tends to strain our eyes. We do so in order to distinguish between the foreground and background.

So should you be concerned the next time you go see an IMAX movie? The answer is yes. Prolonged exposure can easily cause eye problems and promote loss of vision. Send in your experiences to MHSLettersToTheEditor@gmail.com.

Behind the Lyrics

By Nani Robles

Are you ready Manchester High School for a song with a hypnotizing beat that can energize everyone? One song high school students can relate to is Linkin Park's, "The Catalyst." It is on their 4th studio album, A Thousand Suns, which came out September 8, 2010. This song has a dark touch to it but is also very uplifting. The song hit number one on the US Billboard Rock, and Alternative Rock chart in 2010. The song has been played in commercials for the Discovery Channel show, Surviving the Cut, which is a documentary about the training of the United States Armed Forces. The song was also played at the MTV music awards, as well as featured on the 16th annual X Games Competition. Junior Leslie Rivera said, "I've been listening to Linkin Park since grade school and they've never disappointed me."

God bless us everyone
we're a broken people living under loaded gun
And it can't be outfought
It can't be outdone
It can't out matched
It can't be outrun
No
And when I close my eyes tonight
to symphonies of blinding light

like memories in cold decay
Transmissions echoing away
Far from the world of you and I
where oceans bleed into the sky

Linkin Park produces amazing music, always giving us something to go crazy over. From "Numb" to "What I've done," Linkin Park is always progressing. The lyrics to this song really show how people struggle in life. It discusses how we are always at war, not only with the world but with ourselves. The part of the song where Linkin Park sings "it can't be outdone, it can't be out-matched, it can't be outrun" is talking about our combined power. People in the United States are all interconnected because we fight for each other. No one can outdo our strength in heart or power. Music like this is a thing to be proud of and keep us fighting for what we believe in. Linkin Park has been making their music for years and has never disappointed their fans. Senior Brandon Negrón agrees, "I love them they make the coolest songs." The lyrics to this song are very encouraging. We all fight battles in our lives, why not listen to a great song while doing so? This song overall is great to listen to while just relaxing or even doing something productive like helping our school. Keep fighting on Manchester High! Never give up and never give in to anything or anyone.

Did You Know?

Israeli postage stamps have a type of glue on them that is certified as kosher.

Enough World Languages?

By Jesse Robinson

Have you ever traveled to a foreign country and felt completely out of place? Did you wish that you could understand what the people were saying? Wish there was a way to learn their languages? If this is the case, you probably haven't taken a foreign language class here at MHS. Our own World Language department offers Spanish, French, Italian, and Latin at multiple levels for students in every grade. Since most colleges require at least two years of a World Language for admission, students are encouraged to take these courses. However, in a school as diverse as MHS, it is surprising there aren't more languages offered.

A recent poll taken by asainoffbeat.com determined that the most popular languages taught in schools are Spanish, French, German, Italian, Japanese, Chinese, Latin, Russian, Arabic, and Ancient Greek, respectively. MHS seems to be doing all it can to give students the languages they need for basic interaction, but some students argue that there are not enough.

"Personally, I'd love to see Chinese or Japanese offered at our school," said senior Zac Philbrick. Many students share a similar view on the subject. The Connecticut International Baccalaureate Academy (CIBA) in East Hartford provides Mandarin

Chinese as the primary language they teach. Mr. Liu, a world language teacher at CIBA, offers insight into this issue, "Some people aren't aware that Mandarin is the most widely spoken language in the world. It only makes sense that we teach this language at our school to give our students greater insight into one of the most prominent world cultures," he said. Mandarin, English, Spanish, and Arabic are the top four most widely spoken languages in the world according to a study by photius.com. French and Italian don't even crack the top ten according to this study. Junior Michelle Barbuto is a student taking two languages in school. A scholar in both French and Italian, she knows that by being able to understand multiple languages, it will greatly help her in the future. "If you know one language, it helps with the other," said Michelle, adding, "If you want to major in something like communications, it looks really good on college applications."

However, MHS' repertoire of languages may not be vast enough depending on what the students want to do after high school. Therefore, it cannot go without asking if MHS offers enough language options to satisfy the students. What do you think? Email your questions or comments to MHSLettersToTheEditor@gmail.com.



Manchester High School Project Graduation 2011 Fundraiser

Sunday January 30, 2011

11:00 a.m. - 3:00 p.m. at Carrabba's Restaurant

You can select from the following entrées: chicken marsala, penne pomodoro with meatballs, pasta carrabba, and grilled salmon.

All meals come with an entrée, salad, fresh cooked vegetable, mini dessert, coffee, teas, and soda.

Tickets prices per person:

Adult: \$20

12 and under: \$15

For More Information Contact

Melissa Pattacini

860.625.6488

mpattacini@snet.net

Did You Know?

Women blink their eyes twice as many times that men do.

Reunited and it Feels so Good

By Josh Couvares

New Year's means many things to different people. For some, it is a time for celebration. For others, it provides them with a reason to make resolutions for the upcoming year. But for certain people, it means something more important. It means the reunion of the independent roots funk jam band known as Dispatch.

Rumors of Dispatch's possible reunion began long before January 1st after a mysterious countdown to the New Year was added to their website. This, along with some mysterious posts on their Twitter account, led many fans to believe that a possible reunion was in the works. After a long awaited countdown to the New Year, the band announced that it will be touring in 2011 for the first time in seven years.

Dispatch was formed in 1996 in Vermont, where all of the members were attending Middlebury College. The band consists of three members: Chad Urmston, Brad Corrigan, and Pete Heimbold. After graduating from college, the band relocate to Boston. Dispatch gained its popularity thanks to peer-to-peer sharing programs such as Napster. However, right as the band was beginning to take off in 2002 they decided to call it quits.

The band's first reunion was a free concert in Boston on July 31, 2004. While they had predicted the turnout to be somewhere between 10,000 and 30,000 people, an estimated 110,000 fans flocked to the concert. This was a huge accomplishment for an unsigned independent band that had been in hiatus for two years.

The band reunited for the second time to play a show at Madison Square Garden on July 14, 2007. After the first half-hour that tickets were on sale, the show was sold out, prompting the band to add an additional show at Madison Square Garden. Within 24 hours, the second show had also sold out, causing the band to add

another show. All of the money raised by ticket sales was donated to various charities and funds.

Dispatch is known for its popularity among high school and college students and Manchester High School is no exception. "Couldn't have been more excited when I found out Dispatch was going on tour again," said junior Tony Proano. Other Dispatch enthusiasts are also ecstatic over the returning of such a great band. "Dispatch is one of my favorite bands! I'm so excited that they are reuniting for a tour and I hope I can get to one of their shows," said senior Elise Dooley.

Similar to Dispatch:Zimbabwe, their upcoming reunion tour has a philanthropic goal. A portion of tall proceeds will be donated to educational programs in local neighborhoods.

Tickets for the reunion tour will be on pre-sale starting January 21st for select fans only. Tickets will go on sale to the public on January 28th. Dispatch's entire discography is available for free as a digital download on its website. Tickets to the shows have an extremely low set price of \$40. If you are unable to make any of the shows on this tour, do not fear. As Chad Ustrum states; "If I could predict the future, I'd say that doing something like this every two or three years isn't out of the question."

Dispatch 2011 Tour Dates:

- 06/04 - Morrison, CO @ Red Rocks
- 06/08 - Chicago, IL @ Millennium Park
- 06/11 - Berkley, CA @ Greek Theatre
- 06/18 - Harrison, NJ @ Red Bull Arena
- 06/21 - Atlanta, GA @ Chastain Park
- 06/25 - Boston, MA @ TD Garden

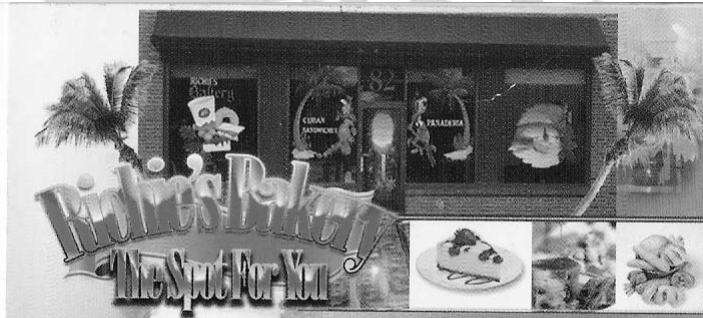
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Did You Know?

The speed of a human sneeze when it leaves the body is 40 miles per hour.

Breaking Boundaries

By Elizabeth Bell

With the season well on its way, the Lady Indians are off to an impressive 11-0 start. In order to achieve this outstanding record the girls had to win the Holiday Tournament and defeat Norwich Free Academy, the reigning state champions. They succeeded and now are ranked first in the state, according to CBSsports.com.

On Tuesday, January 4th, the girls played Glastonbury High School, who had previously been ranked second in the state. The game was close and in the third quarter Manchester had the lead by only one point. The girls came together and in the fourth quarter finished the game with a score of 58-51. This game was a major victory in two ways. First, they beat highly ranked Glastonbury and kept their undefeated record. Second, Ashley Perez scored her one thousandth point during this game. Even with victory in their hands, Ashley Perez still had time to score a half-court shot just before the buzzer went off.

On Tuesday January 11th, the girls played 7th place East Hartford. The girls totally dominated the Hornets, scoring the first 27 points of the game! In total they held

East Hartford to just 27 points. With another win under their belt, co-captain junior Miofania Garcia commented on how the team was doing. "The team has grown closer and the confidence has grown [as well]." With the team's confidence growing with every win and with an undefeated season so far, it seems that the Lady Indians are the team to beat. Coach Reiser responded by saying, "Teams will be gunning for us. It was like this last season. [We] need to focus on playing our game."



Photo by Photo Seminar

Congratulations to Ashley Perez on scoring her 1,000th career point.

With a win against East Hartford, the girls prepared to play against Weaver. When asked about what improvements needed to be made Coach Reiser said, "We've been working on our defense, which [has been] improving every game." This proved to be true, because on January 14th, the girls defeated Weaver by a score of 68-49.

As of January 20th the Lady Indians remain undefeated and are preparing for their next challenge. So come and watch the girls play Glastonbury again on January 31st at 7 p.m. in the Clark Arena

All Warmed Up

By Heriberto Resto



Enrique Lugo attempts a free throw.

Being undefeated in any sport is very difficult to accomplish, especially in the game of basketball. But don't tell that to Coach Healy and the rest of the boys basketball team as they have managed to continue their dominance with a 5-0 record this year as of January 11.

The team started off the year with an impressive win against Simsbury, as well as their home opener against Plainville. The boys struggled in the first half to get into a rhythm but came out of the gate on fire in the second half. With Kevon Townshend's slick ball handling skills and Chris

Walker's automatic three point shot, the boys came back from a 21 point deficit to win 64-56. Manchester came out five days later to defend their home court against one of the states best teams; Norwich Free Academy. After all the sweat and passion poured out onto the court, the boys won a tight knit game with a score of 57-52.

This remarkable start has Manchester ranked number six in the state. Andrew Isaacs, one of Manchester's power forwards said, "We're playing really well this year, we keep playing well every game, I hope we continue this for the rest of the season." Kweku Aidoo also added that, "Everyone has glued together and played well. If we keep up our positive momentum we will be hard to stop." Unfortunately, the team has recently hit a rough patch but there is still time for improvement. It is only half way through the season, still leaving time to pull together and bring back the impressive winning streak they had in the beginning of the season. Don't forget to support the boys at their home games. Good luck on the rest of the season boys and keep up the good

Did You Know?

There are 4 cities and towns worldwide named Hell.

Battling the Best

By Jesse Robinson

A recent post on the Manville Hockey Facebook page excitedly exclaims, "Hockey season has started!" Understandably, players and fans alike could not be happier that the hockey season has started. Eight games into the season, Manville owns a 5-3 record and shows obvious improvement as the season progresses. On December 21, Manville traveled to Wethersfield to try to avenge a 9-3 loss from last year. Jack Johnson led Manville with a hat trick, which included an assist by senior Dylan Carpenter. Manville jumped out to an early 3-1 lead. Early in the third period, the ice started to heat up as Wethersfield pulled even with Manville. With the score knotted at 4-4, co-captain Travis Mistretta skated swiftly down the ice to the right circle of the rink. A rebounded pass off the wall found its way to Mistretta's stick and with only second left he netted the final goal of the game. Manville walked away with a 5-4 victory and definitely



Photo by Photo Seminar

The Manville team is motivated to win every game.

made up for last year's loss.

The next two games for Manville were against Hall-Southington. On paper, this team is not evenly matched with the Ramming-Indians however, on December 27, a 3-1 loss left the team looking uninspired. A chance for redemption came on January 8 at The Bolton Ice Palace, in the second game of the double-header. The snow came pounding down, but it did not dampen the spirits of the team. Hall-Southington attempted the zone-defense strategy, but it could not contain co-captain Jack Johnson, who netted Manville's only two goals in the 2-0 victory. The second of the

two was a beautiful shot that rebounded off the top cross bar and found its way into the net. Following the game, Johnson said, "I thought it was a big win for us to get and hopefully we can carry some momentum into our game against East Catholic on Tuesday." Manville United is working hard and only need three more wins as of January 24th, to make it to the state tournament.

New Year, New Location, Same Hard Work

By Dhurata Lluhani

Manchester High School has seemed pretty quiet lately. We haven't heard the running footsteps that get louder and louder on our 2nd floor hallways. This is because our indoor track team is no longer allowed to run in the hallways. Beginning on December 23rd, a bus filled with the girls and boys indoor track teams has been departing after school three times a week for Star Hill in Tolland. Miler Carly Peruccio said, "I'm grateful that we have the opportunity to run at Star Hill, but I think generally everyone does miss running in our own hallways."

The captains have been chosen! This season's captains are seniors Sarah Cinquemani, Liz Moran, and Emily Anderson. Sarah competes in the 55m hurdles and sprints, Liz runs anything from 800m and up, and Emily runs the 4x800, 1600m, and 3200m.

How is the Junior Varsity team doing? Captain Liz Moran stated, "The younger girls showed a lot of potential at the first meet. Everyone is really excited to see what they'll do the rest of the season." Freshman Sarah Robbins has been working hard at practice and made her varsity debut at the Hartford Public Invitational on January 8th. When asked how she likes her first year on the team she said, "The team is great!" Sarah runs distance and ran the 3200m at the New Haven Invitational held on December 17th and 18th. This was the first meet of the season and a chance for the coaches and athletes

to see what they were capable of. The younger athletes had the opportunity to compete at the Glastonbury Developmental Meet on January 6th, which proved beneficial to their improvement.

The varsity team is looking strong this year as well. Liz Moran said, "There were definitely some solid performances at the first meet of the season, but we're all looking to improve as we move towards States. Having not had a dual meet this year, a few of us were a little rusty on how to race, but we've had a lot of hard workouts since then and I definitely think we'll see each athlete's times improve!" On Friday December 17th, the varsity team competed at the New Haven Invitational. The 4x800 meter relay, comprised of seniors Emily Anderson, Liz Moran, and juniors Kayla Boucher and Kylie McCartney came in 5th out of 14 schools. Emily Anderson also placed 7th in the 1600 meters.

The girls also showed off their hard work at the Lindy J. Remigino Invite on Saturday, January 8th at Wesleyan University. Sarah Cinquemani placed 5th in the 55m hurdles, setting a personal best of 9.69 seconds. Senior Jessica Matulaitis qualified for states in the 600m dash in her first attempt of the season. Other strong performances were by sophomore Nicole Clemons and freshman Taylor McCoy. Both girls are sprinters. The girls were proud of the winning effort displayed at this highly competitive meet.



Did You Know?

Subcontinental is the only word in the English language that has all the vowels in reverse order.

Bus Ride to Success

By Yumna Arif

What has the Boys Indoor Track team been up to this past month? The question should be, what haven't they been up to? The captains have finally been selected and they are seniors Nick Liberator, Zac Philbrick, and Brian Boudreau. The captains have proved to be excellent leaders, making sure the team is working hard. Coach O'Reilly couldn't agree more and said, "When one's not around the other two step up. They're doing really well."

Unfortunately, the team is no longer allowed to run in the hallways, forcing them to practice regularly at Star Hill in Tolland. This makes recruitment for the team difficult, but even under the circumstances they have been trying their best to reach their goals. The team has had three meets for both varsity and JV. They competed in the 9th New Haven Invitational held at the New Haven Track and Field Center. On December 17th, the Varsity team competed and on December 18th JV took the stand. Seth DeValve wound up breaking his personal record in the high jump with an outstanding jump of 6 ft!

The team gave it their best and finished in 17th place out of 33 schools in the New Haven invitational. Varsity also compet-

ed in the 68th Lindy J. Remigino Invite on January 8th. Co-captain Nick Liberator added that, "As a team we did well, and more people can always come out and improve." At the meet, Liberator participated in the shot put and also ran the 4x200 meter relay along with Emmanuel Caicedo, Ryan Adom, and Taylor Johnson.

Co-captain Brian Boudreau participated in the 55 meter hurdles at the New Haven Invite. In both the preliminaries and finals he finished in 5th place. When Boudreau was asked how he felt about this accomplishment, he said, "There was some great competition there. To come in 5th place, already make states, and to run such a great time at the first meet of the season feels great." Junior Shamar Smith also did well in the 300 meter dash placing 2nd. Shamar felt really good about his place but he said, "I could have done better." The attitude of Shamar, and of all the other boys on the team just goes to show that no matter what happens, they are always trying to find ways to improve. Shamar also broke two personal records at the 68th Lindy J. Remigino Invite in the 55 meter dash and 300 meter dash. The team is shaping up really well this season even with the lack of participants and are ready to perform well at the CCC North meet Saturday, January 29th.

Trying to Make Practice into Perfection

By Ryan Fisher

The boys swimming team record as of Monday, January 24, is 2-4. The boys have been practicing extremely hard, but have faced very difficult competition. The boys lost to Conard, 103-81. The boys beat Enfield 86-66, and Berlin beat 99-87. Against Glastonbury, the boys fought through their tiredness, and although they lost, 94-87, and meet was closer than expected.

First year diver, Josue Diaz, took first place in diving against Glastonbury with a score of 149.64, only 11 points away from qualifying for the State Open. Josue landed a reverse double somersault tuck, an extremely difficult dive to accomplish, earning him a score of 35.65. He also scored very well on his forward double. For only being his second meet Josue shows great diving potential. Another outstanding first year diver is junior Jose Rosado. He placed 1st against Wethersfield. He scored well on his back somersault with one twist.



Photo by Photo Seminar

Jose Rosado
practicing his dives
before a meet.

The team had a hard challenge against the Glastonbury swimmers. However, there were signs of greatness. Sophomore Zac Sequeira finished 1st in the 100 yard backstroke. Zac stated that he "is trying to find [his] form again, and hopes that [he] can continue to [do well] in the water." Senior Jason Jurado finished second in the 100 yard breaststroke. Captains, Sean Murphy and Brian Hughes swam in the 200 yard Individual Medley, and 100 yard butterfly. Sean Murphy noted, "Although right now the team has a losing record, the team has swum against very good teams." He also pointed out that the team puts "tremendous effort in during practice" which he hopes will soon translate into better conditioning, and better results at meets." Brian Hughes agreed and "hopes that the team can finish the season with a winning record. He hopes that the team can get a lot of support at the last home meet of the season against Simsbury, before finishing the season with four away meets.

Did You Know?

Cat urine glows under a black-light!

Come Out on Top!

By Tiffany Minakhom

Wrestling is a sport like no other. It has that blood racing, heart pumping adrenaline and confidence to win. The wrestling team has been doing great, currently their record is 8-2 and everyone is looking forward to a great rest of the season.

Their very first match was in the Clark Arena against the Conard Chieftains. Jaime Doyle explained his wrestling experience, "It feels like my blood is rushing throughout my body, this feeling is unbelievable." This was more than just another match; it was the wrestlers' time to show what they were made of and to make the best of the season. The Manchester Indians won that match, taking the first successful step of the season.

On January 3, the Manchester Indians went head to head with cross-town rivals, the East Catholic Eagles. Coach Navarra remembers their past match against East Catholic, "Last year we ended up losing to them because we forfeited a bunch of weight classes. They only had five kids wrestling and there are 14 weight classes so we win those matches by default. Their five kids beat our five kids so we forfeited the rest because they deserved to win. We were coming to avenge that loss." The Indians indeed redeemed themselves and hope to continue this streak of dominance. This match was also an important event because they gave out the Outstanding Wrestler Award to Manchester's own Chris Choiniere. Mr. Navarra explained that,



Photo by Photo Seminar

Co-Captain Chris Choiniere is wrestling at his best.

"Every year we do a town championship, each team names an outstanding wrestler and Chris was named outstanding wrestler because he had a great match." Chris explained, "This goes out to only one of the wrestlers who competed that day. It's good to recognize your opponents. It feels great because there are a lot of good players on this team and in order to win you needed to have played a good match." Chris definitely gave it his all that night and deserved the title of Outstanding Wrestler.

Wrestling is simply set apart from all the other sports. It is a unique sport, not only wrestlers worry about their upcoming matches but they must keep a constant weight to compete. Weight classes start from the smallest, 103 lbs. and increase to 189 lbs. and over which is considered heavyweight. Jake Churchill explained the different weight classes, "There are fourteen different weight classes, and the highest is heavy weight. Wrestling takes devotion, you cannot just go home and eat. You need to maintain your weight and there are no breaks."

As for the JV team, Mr. Navarra stated, "We have a lot of JV guys who are stepping in and taking the role of varsity guys [who are injured] and they are doing a nice job and having a good season so far." The wrestling team is heading in the right direction; this man to man contact is a sight you do not want to miss! Good luck wrestlers on your upcoming matches!

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