

Eagle's Eye

Volume: 1 Fall 2004 Edition: 1

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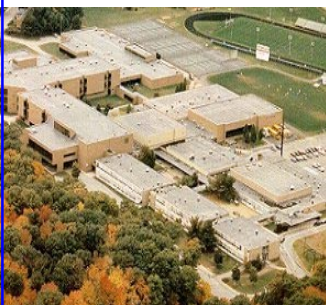
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Welcome to AHS

By: Ashley Gallery

As we say goodbye to our beloved Mr. Maurice Camiré we say hello to a new and exciting assistant principal. Mr. Richard J. Reynolds is the newest member of the AHS staff.

Reynolds plans on staying until he is ready to retire. As of right now his goals are to follow Principal Jacqueline Proulx's goals. He especially wants to support students and their activities.

AHS is completing a ten-year evaluation through New England Association of Schools and Colleges (NEASC), and Reynolds is looking forward to becoming more familiar with the school during this process.

AHS has undergone many changes due to budget cuts. Reynolds said the budget cuts haven't really affected his office, although he has two new secretaries Ms. Carolyn Bosh and Ms. Dawn Phelps but they aren't new to AHS.

Reynolds attended the University of Hartford in Connecticut and Syracuse University in New York where he earned a Master Degree in Music and Performing Arts and another in School Administration. Reynolds holds a Bachelors in Performing Arts and Music Education.

Reynolds likes the students here. He said, "The kids in this school are really nice," and so far no one has done anything to change his feelings.

Reynolds enjoys music and sports. His favorite childhood memory was when he began taking trumpet lessons. His parents took him to see a famous trumpet player named Al Hirt. When Hirt got out of his vehicle Reynolds went over to him and shook his hand. With a chuckle Reynolds said, "Hirt was a 300 pound man with huge hands compared to mine."

He plans on making student study groups, chaperoning dances, attending football games, and working with the student government groups.

Happily married, Reynolds has a son who is a freshman and one brother and one sister.

Reynolds is a very determined man who came to our school from Whitman-Hanson High School with high hopes for each and every one of our futures. Welcome to AHS Mr. Reynolds and good luck.



Mr. Richard Reynolds

Photo taken by: Victoria Hartley

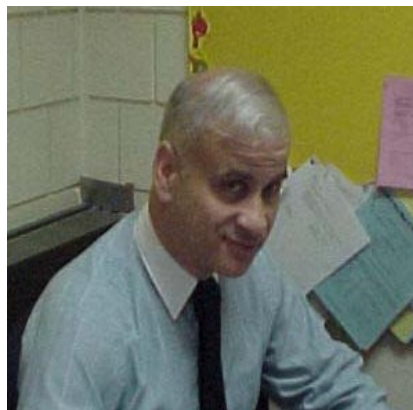
A New Junior Class Guidance Counselor

By: Heather Horton

Mr. Robert Feinberg is the new junior class (A-K) Guidance Counselor at AHS. He has a positive outlook, and so far, the people are what he most likes at AHS.

Feinberg is married and has three children. His hobbies consist of photography, video stilling "using mostly digital," gardening, and bowling.

Feinberg graduated from Northeastern University as an undergraduate, and earned his Masters in Social Work and Counseling from Simmons College. He has been teaching for 26 years and previously worked at Community Agency in Brighton, MA, which is in the Boston area. Due to budget deficits he transferred to AHS.



Mr. Robert Feinberg

Photo taken by: Heather Horton

Feinberg's goal for this year is to assist students to reach their goals.

One important expectation of Mr. Feinberg is "to always try 100 percent in every class."

A Freshman Guidance Counselor

By: Heather Horton

Ms. Mary Galligan, the new ninth grade Guidance Counselor (L-Z), is one of the 13 new staff members at AHS.

She is hoping to contribute by helping to assist her students in thinking about planning and making future career plans. She will also try her best to see that all of her students have the most successful four years at AHS that they can possibly have.

Galligan is single and her hobbies consist of traveling and skiing. She owns a condo in Maine.



Ms. Mary Galligan

Photo taken by: Heather Horton

Galligan graduated from Stonehill College with a Bachelors in English and earned her Masters in Guidance Counseling from Suffolk University. She has taught for 35 years and previously worked at Brennan Middle School. Due to budget cuts, she was transferred here. However she does enjoy the "hustle and bustle" by her office.

Galligan's goals this year include getting to know the students and doing the best job possible. Her advice to her students is, "Work hard, play hard, and do your best to help your fellow man or woman."

A Fair Farewell

By: Jessica Pavao

Mr. James Burbank, an art teacher for 27 years at AHS, used to be an Attleboro Police Officer. After so many years of working, he feels that it is time for him to retire. "It is just my time to leave," he said.

He holds a Bachelor's in Art Education from Rhode Island College, and a Masters in Administration. He also attended Vesper George School of Art and Bridgewater State College for art classes.

Many of his talents and skills have been shared with the

students who have had the pleasure of working with him.

Mrs. Judy Hebert, a librarian who has worked here for many years said, "He is a hardworking, dedicated teacher who enjoys working with his students very much. He has spent many years helping students put together a yearbook that they can be proud of."

Although he is anticipating the last day of work, he says he will miss the students he has grown close to. Another main aspect of his work that he

will miss is being the Yearbook Advisor. It will be a great loss to the Yearbook Committee after seventeen years of dedicated supervision.

One part of his work that will not be missed - is having to clean the mice droppings off his desk in the morning, he laughingly said.

When asked why he decided to retire at this point in his life, he said, "I want to move to the Cape, paint, dig for quahogs, play with my grandchildren, and travel to Greece



Mr. James Burbank

Photo taken by: Jessica Pavao

again." So with exciting plans for after retirement, it isn't hard

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A Fair Farewell cont. from page 1

to understand why he is looking forward to next June.

Burbank is not only a teacher, he is a friend to many students in this school. From giving out candy in class, to having long conversations with his students, he is an all around great teacher.

Katherine Ross (12) has been a student of Mr. Burbank's for three years and said, "Burbank's wicked funny, I love him. He's my favorite teacher."

As well as having students that appreciate him, teachers will miss him also. Ms. Melissa Poyet, another teacher in the art department said, "We don't want him to retire. It's going to be boring without him."

Burbank has a wife, three children, Lisa, the oldest, Trisha and Jamie, and two grandchildren Emma and Jake, that he will spend more time with.

Teachers and Their Music

By: Craig Bonin

When you think about your teachers, have you ever thought about what music they listen to? Surely the thought has crossed student's minds at one point or another.

To find out what their musical curve is three teachers were put through the wringer: Mr. Shawn Remy (algebra/geometry), Miss Alicia Migleore (English), and of course, Mr. Jonathan Munroe (music).

Remy's favorite children's song was "What Should We Do With A Drunken Sailor." "It's actually a song for kids," said Remy with a laugh.

"I liked 'Sandwiches Are Beautiful' and 'Chickens For Peace' by Peter Alsops. I can still sing the lyrics after so many years," said Migleore. Among the English



Mr. Jonathan Munroe

Photo taken by: Craig Bonin

teacher's favorites are Evandando from the Lemon Heads and the Buzzcocks. "If I could have any records at my side at all times, theirs would be it."

Remy's favorites generate from punk and ska including Bad Religion, Catch 22 and Operation Ivy. "One of my favorite songs is 'Come Join Us' by Bad Religion. It's a song making fun of conformity and the lyrical rhythm is catchy," said Remy.



Mr. Shawn Remy

Photo taken by: Craig Bonin

"It (punk rock) raises awareness of worldly issues such as the war in Iraq and clergy abuse. You'd be surprised at how much you can learn by picking up a copy of Bad Religion's *The Empire Strikes First*, as opposed to the education you get here at high school which is more geared towards your vocation," he said.

Migleore teaches a variety of English classes including College Prep One, which covers a lot of Shakespeare. "I like to incorporate music into Shakespeare activities, since Shakespeare's poetry had a rhyme scheme of its own. I also have my sophomores do lyrical poetry," said Migleore, whose students refer to her as Miss Mig.

For Remy and Migleore music is great to listen to, but for Munroe music is his life. Even music teachers (who are often thought of as loving all music) have their own tastes.

"I'm not a big fan of country, rap or pop. However there are exceptions. I like a little bit of jazz, a lot of classical, and a lot of rock'n roll. It all depends on what mood I'm in, for instance, I like how 'Stairway to Heaven' by Led Zeppelin makes me think," said Munroe.

His love for music assured him that it would be his career. Influences include such greats as Chick Corea, Pat Metheny, and especially Leonard Bernstein. "Westside Story is the greatest, most influential musical of the twentieth century. Leonard Bernstein is my idol because of it," he said.

If you talk to Munroe's pupils they will tell you that he has quite a few movie soundtracks. His current favorites include *Lord of the Rings*, *Glory* and *Pirates of the Caribbean*.

Currently he has his band students working on *Medallion Calls* from the *Pirates of the Caribbean* soundtrack since this year's marching band theme is *Pirates: Adventures at Sea*.

Houle It Up

By: Anne Laraia



Mr. Mark Houle

Photo taken by: Anne Laraia

AHS has a new Athletic director this year. Mr. Mark Houle, a 1990 graduate of AHS, went from UMASS Dartmouth to Bridgewater State, where he earned a Bachelor of Science in Physical Education, and finally to Providence College for his Masters in Administration.

He started teaching at Coelho Middle School in 1995 and came to AHS as a dean and gym instructor in 2001. This past summer he was interviewed for the position of Athletic Director and received it. With a new job comes new obligations, and Houle is juggling those responsibilities.

As leader of the Athletic Department he is in charge of 21 varsity sports, as well as the various J.V. and freshmen sports. He must schedule games, officials for home games, and buses

when necessary.

Along with scheduling, Houle is in charge of making sure that every athlete is eligible to play the sport they have signed up for. He attempts to make an appearance at as many home games as he can.

Although he isn't a dean anymore, Houle is still a gym teacher during A and B blocks. He must be here at the same time as every other teacher, and then he starts his job as Athletic Director during C block. After school gets out, he stays at AHS until the athletic events are over. This creates very long days for him.

"Some days I am here from 7 am to 10 pm," said Houle.

But Houle is not alone. At his side is Penny Kuffrey, the part-time secretary to Houle, and Mr. Mark Ferruccio, the faculty manager.

"I couldn't do it without the help of them," Houle said. "Everyone does their part."

Kuffrey shares the Athletic Director office with Houle, doing a variety of things to help him out. Ferruccio deals with financing, hiring police officials for games when needed, and other necessities. Their help makes Houle's job a little easier.

"So far it has been a positive experience," he said, adding that he enjoys his new job as Athletic Director.

After a 13-hour day, Houle goes home to his wife and two sons. Both Houle and his wife, Kristen, are learning to adjust to his new job, and everything has been going well so far. Last May his second son Evan was born. He spends as much time as possible with him and his oldest son Mason (3).

Houle said, "In general, the biggest part of the Department of Athletics is to make a positive experience for the students. I want to extend it to as many Attleboro kids as possible."

Take It Off

By: Tayla Dunn and Colleen Whalen

"All students are expected to dress in a manner consistent with good health practices, safety regulations and in a manner which will not distract from the learning process," as stated in the AHS student handbook.

So take off that "bad" clothing because the administration is getting serious. With the new fashion trends of the new generation come new guidelines.



Inappropriate Clothing

Photo taken by: Colleen Whalen

Assistant Principal Richard Reynolds said the long process that the administration and parents took to come up with a dress code, while watching the media's new influence on fashion, was a difficult one. Reynolds stated a female will get sent home for a short skirt or a revealing top.

As for the guys, they can be sent home for inappropriate belts, not having a belt, certain chains, muscle shirts, and inappropriate words on the shirt. If a student's parent is unavailable, then the student stays in the principal's office and has work brought to him/her. The school is working on getting T-shirts to replace inappropriate tops that students will

have to wear to "cover up."

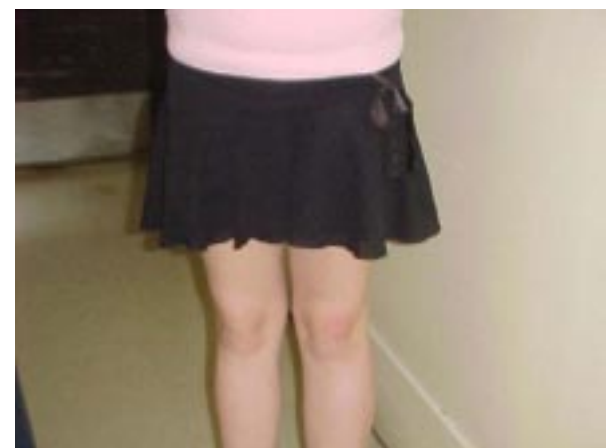
"Chains are unacceptable because they can be considered a weapon. If they are not easily breakable they can be used to choke a person," said Reynolds.

"They [school officials] got me in trouble and made me change my clothes," said outraged student, Katherine Witherell (11), who was wearing a short black skirt with shorts underneath, thigh highs (white), and a garter belt at the time.

Some students disagree with the dress code. "[They're] too serious about it. We spent the money on them [clothing]. We should be able to wear them," said Michelle Lane (9).

On the other side of things, some students agree with the dress code.

"Doesn't really bother me," said Dennis Cornetta (12). Other students who do agree a dress code is needed, just want little subtractions such as hats.



Inappropriate Clothing

Photo taken by: Colleen Whalen

Halftime Adventures at Sea

By: William Brauneis



Band Tee-shirt

Photo taken by: William Brauneis

This year's Marching Band's new routine is Pirates: Adventures at Sea. It includes musical selections from the motion pictures *Pirates of the Caribbean* and *Hook*.

There is a tighter budget this year, but student enthusiasm is still there. Each section of the band has new members who are willing to learn the process involved.

Marching Band will be performing at five home games, two competitions, and at least three parades, giving students plenty of chances to see the show.

The Marching Band's first performance was on Sept. 17 at home and then they performed at Band Day at UMass Amherst.

According to the band director Mr. Jonathan Munroe, it helped to energize the students, who were surrounded by thousands of other students who love band.

The bass clarinet player Christina Sousa (12) said, "Band day was a lot of fun."

Bass drummer #2 Toni Wimmer (12) said, "Band Day was awesome. The rain only made me want to play better. It was the most fun I have had in my four years in Marching Band. Drumline rocks!"

Munroe urges people to come see the Marching Band and also said, "It should be an exciting and fun show."

AHS Guidance

By: Allyson Nicastro

Guidance is very important to students in high school. They need encouragement and direction in their lives, and guidance counselors are there for that reason.

At AHS there are two counselors for each grade. Each class counselor has other things to worry about besides school dances and socializing. They have certain additional responsibilities.

The freshmen guidance counselors are Mrs. Noreen Binder (A-K) and Ms. Mary Galligan (L-Z). They deal with schedules and making sure that students are familiar with the school. They talk to students to help "clean up" the gap between middle school and high school.

The sophomore guidance counselors are Mrs. Danielle Scott (A-K) and Ms. Stephanie Saint-Aubin (L-Z). They have the responsibility of grades, getting students prepared for the Massachusetts Comprehensive Assessment System (MCAS) and helping students stay on track. They attend Career Day (December), PSAT testing and award nights where students receive scholarships.

The junior guidance counselors are Mr. Bob Feinsberg (A-K) and Mrs. Patricia Lovering (L-Z). This year, the guidance counselors really help out. Students need to settle down and concentrate on what colleges they want to attend. There will be college fairs and the counselors encourage the students to go to as many as possible.

The senior guidance counselors are Mr. Peter Glass (A-K) and Mr. Mike Jainicki (L-Z). They help with transcripts and applications for college and letters of recommendation. Students need to take the Scholastic Aptitude Test (SAT's) for college also.

The Guidance Department is always there for students. The counselors not only deal with school issues, they can help with issues at home or are there if a student needs someone to talk to.

However, the Guidance Department is not the same as the Contact Center, but the counselors still try to help students as much as possible. The Contact Center was cut this year because of the school budget. "It's terrible that the Contact Center is out of the high school, it really helped students," said Lovering, who is the head of the Guidance Department.

The Guidance Department is with students all four years of high school to stand by them and lead them in the right direction.

S.S.R.

By: Lacey Binns



Students participating in SSR

Photo taken by: Lacey Binns

Most students who attend AHS are familiar with SSR or Sustained Silent Reading.

At the beginning of second block, 20 minutes are used for reading enjoyable non-school related material. If students use their time efficiently they could read an extra 50 hours a school year.

SSR started five years ago when Vice Principal Jeff Newman decided that it was a good idea. Some high school students agree with him.

Adam Schneider (11) said, "It's a good time to relax and wake up while enjoying a good book."

Not only do students enjoy SSR but many teachers enjoy it as well. Math teacher Mr. Jay Cohen said,

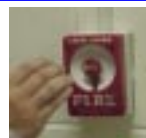
"It's wonderful, not only is it good for kids but it's also good for me. If people become use to reading, it helps make life long learners."

Although there are many supporters of SSR there are still others who are not so thrilled about its presence in the school day.

"SSR takes out of our learning experience, and if we forget a book we are penalized for it, which is not fair," said Ashley Hosa (10) who does not believe SSR is a productive part of the school day.

SSR is not only a good time to settle down with a good book, it's also very educational. It's shown to improve literacy and it sometimes introduces people to books and material that they wouldn't otherwise read according to Newman.

A place to find excellent books is at the school library. Judy Hebert, the school librarian, said that the books most being asked for by students are: *A Child Called It*, *Lovely Bones*, *Go Ask Alice*, *Fight Club* and *The Harry Potter Series*.



The Importance of the Drill

By: Kaytie Keane

Annually at AHS, there are about four to five scheduled fire drills, according to AHS Principal Jacqueline Proulx. This figure, however, does not include the number of times the Attleboro Fire Department has to go to AHS for various reasons ranging from mandatory inspections to routine checks on emergency signs.

When the first fire drill at AHS was conducted this year, the entire building was evacuated in three and a half minutes. "This is a very good time for a school this size," said Proulx.

When asked how the fire department helps AHS, Proulx said, "I think it's very, very important to keep in touch with the fire department," and the Attleboro Fire Department

feels the same way.

Whether a prank alarm, true emergency or a routine alarm occurs, the Attleboro Fire Department responds to all calls. Last year there were three cases where students pulled the alarm and were caught by surveillance. In all three cases the students were prosecuted. Proulx said in regard to the chance of more prank alarms occurring, "Students here are more mature than that."

Although prank calls are rare, the Attleboro Fire Department feels that all calls are an emergency. Firefighter David Ventura said, "No call is needless. We respond to all calls."

Attleboro Fire Cap-

tain Keith Jackson estimates that each prank call costs the average taxpayer \$500 to \$750.

Jackson said that when prank calls occur at AHS there is a "greater risk for loss of life," because there could be another call somewhere else.

He explained that if ambulances and fire trucks are in use at a prank call at AHS while there is another call, then there could be "millions of dollars in damages."

The importance of mandatory fire drills is one that is not always obvious, yet the safety of AHS depends on them. With the exception of a prank alarm, Proulx estimates that students can expect at least one drill every quarter of the school year.

2004 Bombardier Football

By: Justin Silva

The Blue Bombardier (varsity) Football Team kicked off the season with a 14-0 loss to the Taunton Tigers Friday September 17.

"It was a tough loss," says Head Coach Kevin Deschenes, "but I still expect the team to be in contention for the EAC (Eastern Athletic Conference) title."

Assisting Coach Deschenes will be returning coaches Matt and Nick Bosh, who are brothers, Wayne Simarrian, Chris Burns, and Mike Vitelli. Coach Tom Hartley has been included as the newest member of the Bombardier staff.

Senior Captains Mike Creamer, Nathan Benedetti, Chris Palermo, and Don Smith will be leading the team on the field as they embark on the long

journey of attaining a championship for AHS.

Athletic Director Mark Houle expects all student athletes "to work hard, be respectful, and compete at a high level."

The Blue Bombardiers are finishing their final year as a participant in the Eastern Athletic Conference. Next year they will begin a new generation as members in the Old Colony League. Participating towns in that league will be Division I teams such as Bridgewater, Taunton, Marshfield, and Barnstable. Former EAC members Somerset and Dartmouth will also be joining the Old Colony League. North Attleboro and Bishop Feehan will still be on the Attleboro schedule, al-



Coach Kevin Deschenes

Photo taken by: Justin Silva

though each school will remain in its own league.

"This will be a building process for the team," says Coach Deschenes. "We will be able to compete with any who join the league."

Be sure to catch all the action as the Bombardiers attempt to bring home the 2004 EAC title on a road that Coach Deschenes says "will undoubtedly lead to a shootout with Bishop Feehan."

Teachers Getting Involved

By: Meghan Murphy

Many teachers at AHS are getting involved in charity events to benefit people in need.

Math teacher Mr. Alan Weintraub recently competed in the Jimmy Fund Boston Marathon Walk. It's a walk that donates money to the Jimmy Fund and its cancer research foundation.

Weintraub participated in the event because of his best friend's daughter who was diagnosed at the age of two with the fatal disease Leukemia and was just declared free of cancer this past year.

The entire race was a total of 26 miles and it started

in Hopkinton and ended in Boston on Sunday, September 23.

The race took Weintraub and his group a total of about eight hours including stops and breaks.

In order to participate in the walk, each participant needed to raise a total of at least \$200.

"It was a great day," said Weintraub. "A nicely organized great thing."

Another teacher who participated in a walk recently was Mrs. Sharon Lamoureux. She was a participant in the Alzheimer's Association Memory Walk on September 19.

This walk benefits people with Alzheimer's. There

was no registration to be involved in the event but each participant was asked to raise money for the event.

It was a short walk but "a great day for it, the only thing missing was coffee," said Lamoureux.

Librarian Mrs. Judy



Mr. Alan Weintraub

Photo taken by: Meghan Murphy

Hebert also gets involved. She participates in The Lions Club Journey for Sight Walkathon held in October.

The Lions Club is an organization that donates money for eye research in order to find a cure for blindness. Hebert has been doing the walk for 13 years. This will be her fourteenth to walk the Cape-Cod Canal for a total of seven miles.

Hebert said, "It's a great chance to be with other Lions Club members from around the state, to have fun, and to find a cure for blindness."

There are plenty of events to participate in, so if you enjoy helping people and



Mrs. Sharon Lamoureux

Photo taken by: Meghan Murphy

getting some exercise you can visit <www.jimmyfund.com>, <www.lionsclub.org>, or <www.AlzheimersDisease.com> for more information.

U.B.U. (You Be You)

By: Vikki Hartley

Almost everyday students walk through the B1 cafeteria, for one reason or another. So it is not hard to notice the "Flinstone Furniture," as Journalism and English teacher Ms. Adeline Bee calls them, or the "Oddly Colored Walls," as Britney Guzman (10) suggested.

There is a rumor in the school that all the cafeterias will soon be like the "Kindergarten classes," as Colleen O'Conar (11) calls them, or "Like a Willy Wonka World" according to Justin Silva (12).

The ARAMARK Company was involved in a research project to help change the scenery in the school cafeterias for certain age groups. They wanted a nicer lunch area for students, rather than students looking at the plain off-white walls.

Mr. Robert V. Palmieri, the director of ARAMARK for AHS, is planing to paint the other school cafeterias like B1. He also wants to paint Brennan, Coelho and Wamsutta Middle School cafeterias.

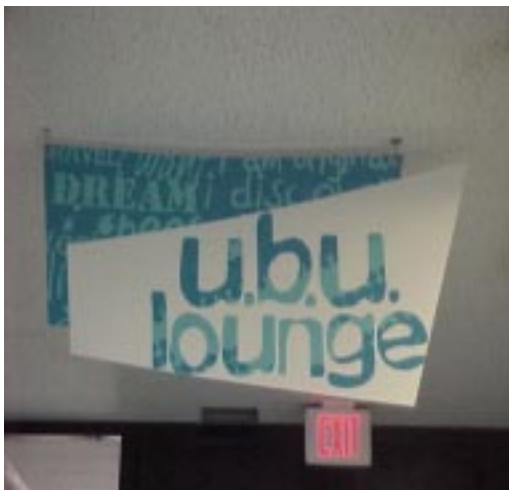
Though some people detested the look of the new cafeteria, some students as well as teachers enjoy the change.

"I like the change of color...It is much better than last year," said Adam Scheider (11).

"The colors are very bright, and look better than the stupid white classroom walls," said History and Humanities teacher Ms. Colleen Nestlen.

"It reminds me of dried fruit," said Brandon George (11).

Linda Herkins (10) added, "It reminds me of a rainbow."



B1 Cafeteria

Photo taken by: Vikki Hartley



A Stressing Student

Photo taken by: Michelle Greaves

Take a Chill Pill

By: Michelle Greaves

An epidemic is attacking teens these days. It is known as teen stress and it is a silent virus.

Students these days have many reasons to be stressed. In all aspects of their life issues can be found.

The biggest area of stress is school. With all the new rules at AHS it isn't surprising. The homework load has become heavy, partly because many teachers focus a lot of class time on preparation for MCAS and SATs.

Students spend six hours in school and come home with hours of homework. Some students work or have extracurricular activities that cut into their study time. This might lead to less sleep and more stress.

"School causes stress because kids are trying to balance their own life outside of school and all the work assigned, and if you have

sports or a job, or both, it's hard when you come home to do all the work assigned," said Weston Pondolfino (11).

Homework isn't the only stress that school triggers. Sports and other extracurricular activities add stress in the daily life of the average student. It's just another thing to worry about. There is the

pressure from leaders and coaches, the pressure of doing well, and the pressure to be the best.

Another major cause of teenage stress is close relationships with other people. The most prominent is a student's relationship with his/her parents.

Parents add the most stress to the life of every teenager. Everyone wants nothing more than to make their parents happy. They look for acceptance, whether they admit it or not.

Teens today have to live up to so many expectations. Parents definitely hold the highest. They want their children to do well in school so that they have a promising future. The pressure can be unbearable.

No matter how much effort is put in, some teens feel as though they never seem to satisfy their parents because the expectations are too high. Lauren Bamford (9) feels that living up to expectations is too challenging. "Everybody expects me to be perfect," she said.

There is also the matter

of actually dealing with parents. Every teen gets the lectures about rules. Some rules can be so unfair. This causes frustration for both the parents and the child.

Sam Silva (10) said, "When my dad doesn't let me go out with people he doesn't know. It makes me feel irate."

Differences between parents and children are the biggest issue in the relationship. Neither party can relate to one another and everyone has their own opinions. Parents usually win these fights though, with their famous line, "We're only doing what's best for you."

Not only do parents cause teens stress, but friends as well. Everyone wants to be accepted, and friends add pressure to do so.

Friends cause stress unintentionally. One may say something that could hurt someone and it can be blown way out of proportion. Teens get caught up in a whirlwind of peer dramas.

One more additional stress to the teenager is work. Not all teenagers work but for the ones who do, it can be stressful. There are many aspects of work that cause stress. Between the relationships with a boss or a co-worker or dealing with customers, all employees get a headache once in a while. Other stresses are low pay scales, or too many or too few hours.

Society also plays a role when it comes to teen stress. The media has this image of teens and teens feel as

though they have to be a certain way. Some are different and can express their individuality while others struggle for the confidence to do so.

When channel surfing, what is the first thing that everyone notices about the people on TV? They're all gorgeous! Britney Spears, the girls from The OC, Justin Timberlake, Nick Lachey...they all have that perfection to them that many teens envy.

"Teens want to be like them, they want to be as pretty as them to get attention," said Morganna Machado (9).

So many teens want to be that picture perfect image that is portrayed in the media. If teens were to start being happy with themselves and their own opinions, they could be a lot happier and lead less stressful lives.

Teens should learn to feel comfortable with their body. They should also accept who they are and learn to love their inner person. Self-confidence is everything in this world.

But don't worry, stress in teens is normal as long as it doesn't interfere with daily functions.

"Sometimes stress, when not managed, can cause a student to give up and not try," said Ms. Athena Mellios Sullivan, the school psychologist.

According to Sullivan, stress increases when one feels their control over a situation is decreasing. She also advises that if one is stressed, they should work on developing good coping skills. The better the coping

skills, the more control is taken over the situation and the weight will be lessened.

There are plenty of ways to identify stress in teens. They include: headaches, anxiety, stomach aches, cramps, Colitis (inflammation of the colon), and depression, as listed on <www.teen-matters.com>.

If you feel that you need help with stress, find someone to talk to. There are many people who can help. Numerous phone lines and web sites are available to help teens deal with tough situations.

Among these is <www.teen-matters.com>. It is a site for teens only and it is devoted to making life a little easier for everyone. There are tips on dealing with stress, symptoms and other resources.

Teens should use these resources so that they have a positive way to cope with their problems. Using drugs and taking part in other destructive acts should never be used as a way to vent. Teens should also face their problems. Avoiding or withdrawing from the situation doesn't get rid of it. Face the problem head on and get it over with. That's less stress for later.

Teen stress is inevitable but it doesn't always have to be overwhelming. No matter what area of your life is stressing you out, there are ways to deal. Be smart, be safe, talk to someone, and most of your problems will go away.

The New SATs

By: Stacey Gallotta

As most people know, the newly revised edition of the SATs will be making its debut this March in schools across the country. This year's juniors (the class of 2006) will be the first group of students to be administered the new version of the test.

As if the old SATs weren't stressful enough, the new test is placing an additional amount of pressure on teens because of the changes and is generating a world of discussion for parents.

Many juniors are expressing a great deal of concern over the introduction of a new version of the SATs, since it is so unlike the practice versions of the test that they have been given in school. With the exception of identifying errors and improving sentences and paragraphs, the PSATs that the class of 2006 took as sophomores did not incorporate all the changes that the new SATs will have. The new PSATs, which will debut this fall, will however incorporate the changes.

Some students are also torn over the decision to take the old SATs in the fall, so they would at least have a shot at taking a format of the test that they are more familiar with.

According to CollegeBoard.com, the SAT exam "Assesses student reasoning based on knowledge and skills developed by the student in school coursework."

The aim of the newer, improved SATs is to align the problems found on the SAT more congruently with the most recent curriculum being taught in schools. To do this, the College Board (who owns the rights to the test) decided to eliminate analogies from the critical reading section (what is currently referred to as the verbal section) of the test and replace them with short reading passages. Quantitative comparison problems will be eliminated from the math section and replaced with more algebra problems, mostly stemming from Algebra II.

The test will also improve students' writing skills by including a new addition to the SATs – an essay. The essay will require that students take a certain position on a given subject, and defend their standpoint on the issue by using reasoning and giving examples to back up their opinion.

The essay portion of the exam, more commonly known as the writing section, changes the test to a 2400 point scale instead of 1600. The essay will also be a major factor in college admission considerations since college continues to become more and more competitive each year. Many colleges consider writing to be an extremely important skill, so naturally the best colleges are only going to want the best writers.

With the addition of the writing section to the SATs, the SAT II Writing subject test will become obsolete.

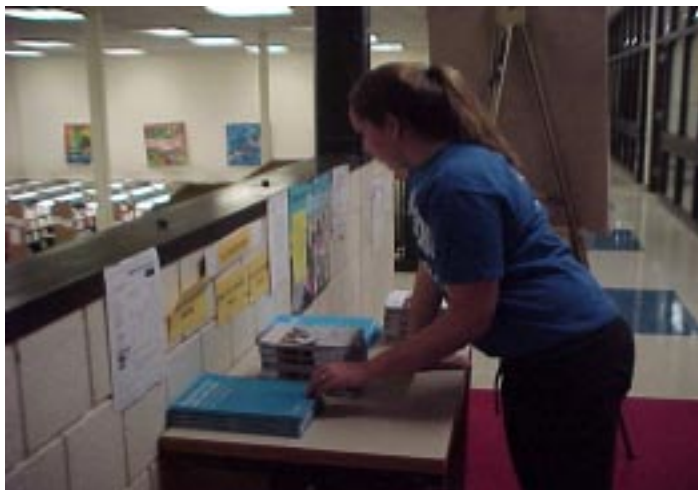
The essay will be graded on a scale ranging from 0 to 6, a score of 6 being the highest possible score. Spelling, grammar and punctuation will not count. However, the written portion will be graded according to how well developed and coherent the student's essay is.

Essays will be graded by highly trained high school and college teachers who have had at least three years of classroom experience. Each essay will be given two separate scores, one score from each person who grades the essay. The two graders will not be aware of the score the other gave the essay. Students' identities and the school they attend will remain anonymous to the scorer. If the two scores that are given differ more than a point, a scoring leader will be called in to settle the dispute.

This is not the first time the College Board has made changes to the SATs. It's only the first time that they are being talked about so much in depth. These alterations are the most dramatic changes that the test has seen in 76 years.

The SATs are updated every few years to ensure that the curriculum being tested is what is being taught in the classroom. These updates are made based upon the research and data collected from previous tests.

Changes to the SATs were last made in 1994 when antonym questions were eliminated from the verbal section and replaced with longer reading passages. Student-produced responses were introduced at this time and calculators were allowed as well.



A student taking a SAT registration book

Photo taken by: Stacey Gallotta

The Road to Driving

By: Ryan Murphy

Almost every child has one dream growing up, to be behind the wheel of a car. But, on the road to driving there are many stops. The first stop is the Registry of Motor Vehicles to get a permit.

A new driver heading to the RMV should be sure to bring several important things. \$30, your social security card, a birth certificate, and a parent or guardian because they have to sign a form.



Jackie Kelly and her car

Photo taken by: Ryan Murphy

There is a 20-question test about driving rules and regulations. After you get 14 of these questions right, the test immediately ends.

You have to drive with a permit for six months before you are eligible to get your road test. With your permit you can only drive with an adult over the ages of 21 who has had their license for at least one year and with only a permit a driver cannot drive between the hours of 12 a.m. and 5 a.m. If a citation of any kind is served while driving with a permit, the six-month learning period has to begin anew.

Another stop on the road to getting a license is driving school.

Although driving school is not required it is highly recommended. If driving school is not taken, a young driver will have to wait until they are 18 years old to get a license. Also, taking driving school deducts ten percent off the new drivers insurance.

There are a couple of driving schools in the area but the most popular is Driver's Choice Driving School. The reason the school is so popular is the teacher Mike Watters.

"Mike is really cool, he makes class fun," said Joe Annese (11).

A student spends 30 hours in the classroom, which are broken into 15 two-hour lessons. Class meets Monday, Tuesday, Wednesday, and Thursday. The class on Monday corresponds with the class on Wednesday, and the class on Tuesday goes with the one on Thursday. The cost of all 15 classes is \$100.

Another important part of the driving school is the road lessons. A new driver is required to take six hours of driving lessons. At DCDS the cost for one hour is \$35, or you can take a two-hour session for \$70. During the road lessons the instructor has the new driver work on basic driving skills such as parallel parking, three point turns and driving on the highway.

When you have completed all the in class lessons and road lessons, DCDS will schedule a road test. For \$60 DCDS will drive you to the road test and give a one-hour warm up. This is a huge benefit because the instructors know the state troopers who will be with you on the road test, and know what types of things they focus on during the test.

Getting a license is a goal many students try to achieve and if all the steps are followed a license can be received by the age of 16 and a half.



Stacey Gallotta in her car

Photo taken by: Ryan Murphy

Advice for Stressing Seniors

By: Sara Chalifoux

Senior year is a very stressful time for most students. Many people do not realize this until they become a senior, which is why so many seniors get stressed out. Here are some tips to avoid that overwhelmed feeling.

It is okay to be worried and nervous. Senior Guidance Counselor Mr. Mike Janicki says, "The trick is not to freak out. Do not let it rule your life."

Mr. Peter Glass, the other senior counselor, thinks that students should start early, as in the spring of their junior year. He says students should talk to their parents about the process of applying as well as financial aid.

Glass said, "Parents should discuss what they can and can not afford with their child. It is okay if you do not know exactly what you want to do as long as you have a direction that you want to go in."

If you are already stressing, Janicki suggests, "Take a second to think about why you would be a successful college applicant. What do you have to offer that no one else does? What makes you – you? Focus on what you have working for you, not on the pressure you may be putting on yourself."

Janicki's final words of advice are, "Being early is better than being on time. Do not meet deadlines, beat them."

Glass added, "You should sit down and talk to your parents and guidance counselor and be specific about what is bothering you. Deal with the realistic things, do not concentrate on the what ifs. Have a plan. Do not compare yourself to your friends. Figure out what you want to do, not what everyone is telling you to do."

Janicki and Glass can be found in the Guidance area on the third floor above the library. If you would like to talk to your guidance counselor make an appointment either by going to guidance or e-mailing Glass at <pglass@attleboroschools.com> or Janicki at <mjanicki@attleboroschools.com>.

Beats



Golf Team

By: Ryan Murphy

The AHS golf team clinched a trip to the State Tournament with a dominating win over Dartmouth. The high school team aims to improve on their eleventh place finish last year. Remaining games are against Coyle, Durfee, Taunton, and Dartmouth.

The Puck Stops Here

By: Kaytie Keane

This year's Attleboro Hockey Team is aiming big. With weekly captain's practices already underway, the team is beginning their long road to (hopefully) many victories.



The annual golf tournament and comedy night are already planned, as well as several other fundraising events. The money raised from these will aid the 2005-2006 hockey team.

A newsletter is currently being compiled by the team secretary, Mrs. Carey Keane, and will be available to hockey players and their family members.

Lunch Time News

By: Colleen Whalen



A lot of changes have been made to the cafeteria over the summer. Submarine sandwiches have been removed from the lunch lineup, while new things like a health food vending machine with cheese cubes and tuna fish packets and an Icee machine have been added.

On the second and third floors chicken nuggets, cheeseburgers and pizza are daily meal choices. This will last until the end of October.

A major paint job happened during the summer to the first floor cafeteria, thanks to Aramark employees, which now is called the "U.B.U. Lounge."

It's Electric!

By: William Brauneis



Electrical shop... the place where students learn about modern technology and how it works. Several students have joined the skills USA competition or VICA, and are eligible for scholarships.

Level two students will be learning how to program PLCS (programmable Logic Controllers), which are used in industry today.

Guidance Events

By: Allyson Nicastro

The Guidance Department held many events this Oct. Senior Parents' Night was on Oct. 7, the SAT's on Oct. 9, and College Fairs on Oct. 6 and 13. The first senior seminar on college applications is Oct. 13, and

the second on essay tips is Oct. 20. A third senior seminar on campus visits and interviews will be on Oct. 27. Important information for students is posted on the guidance bulletin board.

Art Department

By: Jessica Pavao

In the Art Department there will be a portfolio day for any student who is going to college for art, or is involved in it. On Nov. 7 from noon to 4 p.m., representatives from over 55 art colleges from the US and Canada will meet with students, and offer help for their portfolio development.

This event is being held in Boston at the Mass College of Art, on Huntington Ave. If you would like to attend, visit the Art Department and talk to either Ms. Anne Montagano or Mr. James Burbank for more details.

Band

By: Craig Bonin

Oct. will be a busy month for the Bombardier marching band with practices on Oct. 4, 7, 15, 18 and 25. Upcoming parades are on Oct. 11 at the Woonsocket Autumn Fest and Oct. 24 at the Chartley Halloween parade. There will be competition on Oct. 16 at Feehan and a jamboree in Plymouth on Oct. 23. The band also plays at halftime for all home games. For more information go to <www.ahsmusic.com>.

Field Hockey

By: Heather Horton

This year's AHS Varsity Field Hockey team is 5-6, and on their way to states if they win five more games. Team captains are Laura Urko(12), Ashley St. Pierre(12), and Kate Figueiredo(12). The team is coached by Ms. Sue McKenna. There are eight more games in October. The schedule is listed at <http://www.attleboroschools.com/ahs/athletics/fieldhockey.doc>.



Girls Gymnastics

By: Justin Silva

Be sure to catch all the action as the girls gymnastics team attempts to bring an EAC (eastern athletic conference) title home to AHS.

Volleyball

By: Anne Laraia

The AHS Varsity Volleyball team has been doing well this year. They are 9-3 overall, and 6-2 in the EAC.

They defeated North Attleboro for the first time in many years. They also beat Dartmouth, another challenging team. Although they lost against Bishop Feehan, the game was very intense and went to three matches.

The next AHS home game is on Thursday, Oct. 21.

NEASC Response

By: Jackie Kelly

Attleboro Public Schools are welcoming the New England Association of Schools and Colleges, Inc. (NEASC) to the system for accreditation.

In early March 2005, NEASC visiting teams will be arriving to spend three full days in the school to evaluate eight major aspects of the school: school mission and expectations, curriculum, instruction in classrooms, assessment, leadership and organization, special programs, support groups, and community support programs.

The visiting team will also be conducting interviews among the school committee, superintendent and central office, high school administration, and many parents and students.

The preparations for the accreditation process have been underway since the last visit from NEASC as AHS was placed under warning, but brought up to full accreditation after completion of a corrective action plan, according to Superintendent Joel Lovering

Art teacher Ms. Ann Montagano, Co-Chair of the Self-Study, said, "The self-study phase of the evaluation has been underway for about a year and a half. Preparation has included placing all faculty members on committees to gather specific data, as directed by NEASC. Each committee prepares a 12-18-page report, the reports are then compiled, with evidence to support the findings, and presented to the evaluating team. To the credit of a highly professional, hard-working, enthusiastic faculty, this process is going extremely well."

The 2005 evaluation is based on the school's current state concerning what is happening now at AHS. NEASC has been watching the school and its programs for the past ten years including MCAS scores, programs that are being changed or deleted, and after school and in school programs.

The visiting teams will be evaluating not only the eight major aspects of the school, but may also be shadowing as well as interviewing students.

"Since the evaluation will include classroom observations and student interviews, we must all be in tune with the educational goals set here at AHS. Students and teachers alike must be aquatinted with the Mission Statement and Student Expectations, and how they specifically relate to their courses," said Montagano.

The financial problems within the Attleboro Public School System will play a role in the evaluation process according to Montagano. She said, "Our main concerns are definitely budget-related.

"I am optimistic that our educational practices here at AHS will rise above the budgetary discrepancies. While financial deficiencies can certainly effect the evaluation. If we are cited for them, they will have to be resolved."

Big areas of improvement still stand that require money for correction within AHS, but areas of capable adjustment are to be focused first.

Assistant Principal Mr. Jeffrey Newman said, "Schools that have financial difficulties, (it) can show up in many areas and can't be ignored, but it's not the only thing that the visiting teams are looking for. In things like curriculum and assessment, these can be looked at for their quality regardless of the budget if the staff is doing well in those areas."

Changes in the AHS environment made for preparation of the evaluation mostly run along the lines of classroom-mission orientation and making curriculum course outlines more consistent school wide.

"We've made a much stronger effort with the school's mission and student expectations to link to the classrooms," said Newman.

Newman also said that block scheduling has made AHS able to increase credit and program graduation requirements for students, a beneficial factor for the student body.

Regarding whether AHS will receive accreditation, Attleboro Public School's Superintendent Joel Lovering says, "I feel good about the fact that the high school is where it is right now. The climate is right for this particular event at this time."

"AHS is an accredited institution. Our last evaluation was ten years ago, and we are eagerly preparing for our upcoming evaluation in March 2005. We are optimistic, regarding the outcome as there are many wonderful things going on here at AHS," said Montagano.

Currently, AHS is a fully accredited institution.

Boys Gymnastics

By: Stacey Gallotta

The AHS Boys Gymnastics Team is currently meeting every Thursday night from 6-8 at O' Leary's Gym in Attleboro. The official gymnastics season is tentatively set to start the Monday after Thanksgiving. This year's captains are Shane White (12), Matt Lincoln (12), Sam Schultz (12), and Shawn Williams (12).

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Teen Parenting

By: Lindsey Cooper



The Teen Parenting program has started another busy year. This program is designed to watch and care for the children of teachers and students.

Currently there are eleven teacher's babies and seven student's babies in the program. They range from four weeks to two years of age.

During the school day there are two women in the infant room - Ms. Arlene Duperron, and Ms. Mary Kormen, and in the toddler room there is Ms. Patty Jamboa, the director, Ms. Heather Carey, and Ms. Denise Chevette.

They complete developmental evaluations on the children to show the parents how their child is developing. Their jobs include feeding, changing diapers, holding and playing with the children and infants.