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# THE LEDGER

“Veritas et integritas.”

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The Student Newspaper of Beverly High School

October 10th, 2012

100 Sohier Road, Beverly, MA 01915

## NEWS IN BRIEF

### NATIONAL MEDIA AWARD

BevCam student producers of the entertainment variety show “Wallfries” grabbed First Place in the nation-wide entertainment variety show category. Wallfries is a comedic show with everything from throwing chairs to interviews with people from around the school. The winning team members include: **Matt Picariello, Owen Bolas, Ed Stukroff, Cameron Murray, Kenny Paul, and Michael Garcia.**

### BHS TO ADMINISTER PSAT

The PSAT will be administered at BHS on Saturday, October 20th, from 8:00am to 12:00. Registration started on Monday, October 1st, in the Guidance Office. The cost of the test is \$28 until October 16th, and \$30 after. 350 tests have been ordered; registration will be on a first come, first served basis. Make checks available to "BHS PSAT." The test is open to both juniors and sophomores.

### COFFEY RECOGNIZED

BHS Athletic Director, Mr. James Coffey, has been chosen as the Massachusetts Secondary Schools Athletic Director’s Association’s District A Athletic Director of the Year.

### EXPRESS YOURSELF

Do you have a few meaningful words or a quote you would like to share? If so, please write it down on a piece of paper with your name and submit it to one of 3 drop boxes located in Room 405, the Main Office, or the Library. Words will be chosen prior to the papers release by our staff. Let your inspirations take hold, and we hope to see your work!

### 2016 CLASS OFFICERS ELECTED

**President** - William Bennet  
**Vice President** - Carly Blau  
**Secretary** - Gabby Cerro  
**Treasurer** - Matt Staid



## Beverly Hospital Youth Volunteers

Jacqueline Tetrault '13  
Staff Writer

One of the things that Beverly High School prides itself on is its service, a drive to help others. This is evident at Beverly Hospital, where more than fifteen students volunteered this past summer. Monica Poeske, Laura Pierce, and Kathryn Gonzalez each completed 100 hours of service.

“We really enjoyed working with these young people,” writes Jane Karaman, Manager of Volunteer Services. “They were friendly and enthusiastic and demonstrated maturity and responsibility in their varied assignments.”

Leah Horrigan '13 explained that there are many different types of jobs that volunteers can do. “It depends on how much patient contact you want to have. Duties can be as remote as working behind the front desk, or as personal as helping transport patients. I also got to make a painting for the children's waiting room.”

“I really like the Beverly Hospital volunteer program,” Emily Shawn '13 told me. “I actually volunteer at the Spectrum Center at the Cummings Center in Beverly. It's an adult day care center for elderly people with Alzheimers and Dementia. Everyone there is really nice to me and welcoming and inclusive. A lot of what I do is playing computer games with the clients or just talking to them and trying to make the time go by faster while they wait for their rides home. I also got to play my flute for them.”

## The Ledger

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## Paint your nails PINK!

*Ferrari, Key Club raise funds, Breast Cancer Awareness*

Newlywed BHS English teacher Mrs. Amanda Ferrari, nail painting extraordinaire, has recently started her own nail fashion business with the assistance of her husband. As an affiliate with Amazon, she has gained much publicity worldwide.

In conjunction with Key Club, this year for Breast Cancer Awareness, Ferrari has decided to do a fundraising event charging \$5 to paint your own nails, \$2 for just the ring finger, and a gel manicure (led light) for \$10. Additional nail art is 5\$.

**BevLedger:** What inspired you to do this event?

**Mrs. Ferrari:** I've always been big into nails. I have my own website that my husband helped me create. I'm affiliated with Amazon, so I get a percentage of the profits. Big companies usually give support to breast cancer awareness. They'll have colors and sales to help support the cause. Gelish, for example, one of the most popular, has a bunch of great pinks.

**BevLedger:** Why nails? Why not something else?

**Mrs. Ferrari:** That's my passion. I think it's something unique. Not everyone does it. It's also an easy

way to show support. Nail painting is such a girly thing to do, especially for breast cancer awareness.

**BevLedger:** Do you have a goal amount of how much you want to raise?

**Mrs. Ferrari:** I would love to have \$100, but the event is so new that I think that any kind of contribution helps - even just letting other people know. It would be great for the event to grow in the upcoming years.

**BevLedger:** You mentioned that you have your own website. Could you tell us more about it?

**Mrs. Ferrari:** My husband, who is an IT, helped me create it. Right now, it's a bit more habitual, but I think it has potential. I wish I had more time to update it. Having a full time job, I don't really get the chance a lot. I get emails from all around the world from different people who are interested in this, too. It's neat to see how people from all around the world can connect over this.

Beverly High School wants to thank Mrs. Ferrari for her beautiful nail art, and all her efforts towards yet another fun activity for everyone! You can visit her website at [thenailteacher.com](http://thenailteacher.com)



## DECA goal: Reunite Soldiers and Dogs



Mary Cate Flaherty '14  
Contributing Writer

BHS DECA Cares is teaming up with Guardians of Rescue, an organization involved with bringing war dogs home from Afghanistan to reunite them with soldiers. Being able to bring a dog home to the United States is a costly process, but in the end has a priceless value.

A soldier's affection and love for his or her dog is

indescribable. Having to leave a canine companion

overseas is an emotional and straining process for both the soldier and the dog. DECA's goal is to raise enough money to send a particular dog named Toby home to be reunited with his soldier, Rachel.

DECA is accepting donations for Guardians of Rescue, a non-profit organization. To contact the DECA team in charge of this project, email them at [bhsguardiansofrescue@gmail.com](mailto:bhsguardiansofrescue@gmail.com) or contact Keely Higgins, Nicole Demars, or Mary Cate Flaherty.

## The Lunch Bunch

Leah Horrigan '13  
Staff Writer

Alright, food fanatics. Let's all line up because it's time for lunch bunch!

Lunch time has never been the same since bringing in the new cafeteria! A plethora of food for everyone and anyone, picky or not, is available in the newly renovated cafeteria.

So let's dive in, in this week's lunch bunch breakdown. Lucky for you, this week we've got a treat, whipped potatoes! Not mashed, not squished, not pulverized, but whipped. A delight upon the senses, indulge in this tingling tastebud teaser.

Following the starch is a protein to keep kids working hard and paying attention all day. Chicken nuggets splashed with seasoning and cooked to perfection. With a lovely loaf of bread on the side, you can't go wrong with this meal!

Still not liking what they're offering? No worries!

The sub bar is every hungry teenager's best friend. Similar to that of Subway's, “Have it your way,” you can't go wrong here. An empty sub roll is pulled out for the eater to adorn with whatever combination of frivolous add-ons the heart desires.

If you have a hankering for something sweeter, don't be upset! The cafeteria offers a wide variety of chips, parfaits, cookies, and culinary concoctions that tingle the taste buds.

I also found that the Lovely Ladies that work so hard to bring us the best food they can, also do a wonderful job in making sure there's plenty of food

for breakfast. From muffins to cereal, to sausages galore, the lunch ladies have made it a priority to make sure no student goes without starting the day with a good meal.

Yet the piece de resistance is the fact that if you don't like what's on the menu, then that's alright; there are so many other choices! On either side of the actual conveyer belt are two racks full of yogurts, parfaits, drinks other than water, salads, and fruit cups.

Really, there must be at least one thing in the new cafeteria that you will like.

Before the school was renovated, the cafeteria, although cute with its little personal touches from the students, lacked a decent system and a choice of what to eat.

Now the cafeteria has a huge selection, and not only the students are thrilled about it. The lunch ladies all rave about the added space and a huge kitchen where they have plenty of space to create their colorful, nutritious concoctions.

The new cafeteria is a haven for both food fanatics and the average Joe just looking to cure that mid-day craving, so grab a nifty little restaurant-inspired booth for four, or grab a table and fill up with some friends. Any way you eat at BHS, you won't be alone, and you won't be dissatisfied.

## Bounjour and Hola to Exchange Students Cecilia and Jose

Emily McDermott '13  
Corrine Ajemian '15  
Staff Writers

It's that time of year, again! Four new exchange students from all over the world! are here at BHS, and The Ledger has had the privilege to interview them!

The two students being featured this week are Cécilia Buffenoir from France and Jose Cermeño from Venezuela.

**BevLedger:** What kind of extra-curricular activities inside or outside of school are you interested in doing that you might not be able to do back home?

**Cécilia Buffenoir:** We can't find any team sports in France; sport is a class, so when we finish school at 5 or 6, we go to our clubs to do sports or to our music school to do music, but we can find every sport, I think, even American football! We don't have lacrosse and soccer for girls; it's not popular. We don't have field hockey, and we don't have marching band or baseball.

**Jose Cermeño:** I want to do all the extra-curricular activities in and outside of school, but I can't, haha! Here I am at the marching band, and this is not common in Venezuela. A part of that, I want to practice winter and spring sports.



**BevLedger:** What was your motivation to come to America? Why here?

**Cécilia Buffenoir:** I wanted to live my American dream. I love American culture; the people are so nice here. You can see a lot here, and I love the sport teams that the high school proposes in America. I knew America before, and I wanted to stay for a year because it's something totally different from France. I wanted to break the routine. I wanted to meet a lot of people, discover new things, new ideas, new people. I wanted to be free, alone to become an autonomy girl! I wanted to be someone else, to change, not because I was a bad person, not at all, just to be someone different than all the French girls. Because this year, I'm going to learn so much!

**Jose Cermeño:** Being a exchange student is the best that you can do in your young years; it's an awesome experience. I decided to come to America because is a beautiful country and now the governments of the USA and Venezuela don't have a good relationship, so I wanted to come here because I can promote the union between my country and America and also promote the peace.

**BevLedger:** What do you miss most about your native country?

**Cécilia Buffenoir:** I miss my brother, my friends, and my gym! I used to go there with my mom and some friends, and it was my favorite time of the week. I miss my French homemade dinners with all my family, even if I find some new families here. I miss the French 'bise' when you do two kisses on each cheek; I used to do it every day to my friends! And I miss French chocolate and French cheese. Most of all - bread!

**Jose Cermeño:** I miss everything, but my family is what I miss most about Venezuela. The Venezuelan citizen is also very closer and friendly. I really miss it, too.

## If you could suggest a new elective, what would it be?

*... another Ajemian - Boris survey for The Ledger*



Brandon Fumarola '13



Michayla Woodward '14



Anna Gibson '16



Kristen Woodworth '16



Ryan Noss '14

“Project Adventure. It would be a class with a lot of fun field trips.”

“Sewing class. It's not like anything else in school.”

“Dance class. It would be fun.”

“Interior design. It would be an artsy class.”

“Aviation. It would be wicked cool to learn that in school.”

Statement of Purpose: The Ledger has been written and published by BHS students since 1979. The Ledger's aim is to explore and expose issues important to students and staff. None of the opinions expressed reflect those of Beverly Public Schools or BHS Administration. The Ledger does not discriminate on the basis of race, color, religion, national origin, sex, sexual orientation, age or disability in admission or access to its programs, services or activities, in treatment of individuals with disabilities, or in any aspect of their operations.