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Mad Science! FloDesign Harnesses Winds of Change

By AUSTIN LITTLE '12
Staff Writer



Next time you cross Main Street to head up the Hill, take a long look to your left down to where the street bends to the right just past the Sumner Brown house.

You won't see any Dr. Franksteins, or hunch-backed Igors, or Space-Age design.

What you will see is a

modest brick building with a new façade, a sign on the wall saying FloDesign, and a company with a penchant for cutting-edge scientific innovation.

FloDesign is headed by Chief Executive Officer Stanley Kowalski III, who is also a mechanical engineer, and Vice President Stanley Kowalski Jr.

The Chief Technology Officer of FloDesign is Dr. Walter Presz, while Dr. Mike Werle holds the position of Chief Scientist.

However, FloDesign has a connection to Wilbraham and Monson Academy through Chief Innovation Officer Tom Kennedy, who is the father of ninth-grader Teresa Kennedy and 6th grader Brian Kennedy.

The building was originally built as a car repair garage and later (in the 1970s) morphed into a car dealership. Unoccupied

for many years, the building was purchased by FloDesign in 2007.

FloDesign, and its affiliate FloDesign Wind Turbine, now occupy the seemingly invaluable space.

While FloDesign works on a wide array of technologies, the Wind Turbine company focuses on creating a new turbine that will generate quadruple the amount of energy produced by a regular windmill.

Currently, the project is in the early stages of making a wind turbine prototype. The models being produced have a twenty-inch diameter, but the final model is projected to be fifty feet in diameter.

Although significantly smaller than most standard wind-

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Ru-dy, Ru-dy! The Ultimate Underdog

By MATTHEW PAJAK '11 and JACQUELINE SMITH '11
Staff Writers

American icon Rudy Ruettiger entered Alumni Memorial Chapel on April 2 to the cheers of four hundred Titans chanting "Ru-dy, Ru-dy, Ru-dy".

In Chapel, he offered words of inspiration to the entire Wilbraham & Monson Academy student body. Daniel "Rudy" Ruettiger is known to most as a football player from Notre Dame, but he is much more than that. He is an inspiration to anyone who faces adversity, and he will be the first to tell you: "It's *always* too soon to quit."

Rudy has been up against the odds since the day he was born. Brought up in a lower-middle class household with thirteen brothers and sisters, Rudy noted that "when dinner was served, you ate it -- whether you liked it or not -- and you didn't get anymore."

At Joliet Catholic High School in Illinois, Ruettiger struggled academically, and at

one particular lowpoint was third from the bottom of his high school class.

But while in high school, Rudy developed a dream: to play football at the University of Notre Dame. To accomplish this dream, he realized that he was going to have to change. "My friends changed, my life changed, and my dreams changed," he explained. "Once I had dreams, I could focus [and] focus is the key to all success."

After high school, Rudy continued his studies at Holy Cross Community College because he could not gain entrance into Notre Dame based on his high school grades. At Holy Cross, he obtained help from several unlikely people. Rudy stressed that it's help from the people you least expect that often makes the difference in reaching your goals.

Rudy received help from a priest and other members of his parish. In the movie, these people of various ministries were consolidated into the character of a single

priest. Rudy pointed out that many of the characters in the movie were actually based on more than one real-life person that the writers condensed into one character. For example, the character of the groundskeeper who befriends Rudy represents several people who helped Rudy achieve his dream of getting into Notre Dame and making it onto the football team.

Rudy told the WMA community a true story about how knowing the right people can help you -- and how the "right" people may not fit your preconceptions. He was in Los Angeles trying to get his story made into a movie when he befriended the clerk at the hotel where he was staying.

Rudy would tell the clerk bits and pieces of his story everyday and the clerk encouraged him to get the movie made. It so happened that the clerk's brother was the producer of the film *Hoosiers*. The brother the producer set up

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Rudy (continued)

Continued from page 1

a lunch meeting for Rudy with a Hollywood writer in Los Angeles. However, the writer was a no-show and, after several hours of waiting, Rudy and his associate walked out of the restaurant.

On the way out, Rudy said, they struck up a conversation with a friendly mailman, who offered to lead them to the house of the writer. They tracked down the writer, set up another lunch appointment, made their pitch and a screenplay emerged.

Rudy recounted how he navigated a lot of unknown territory in his quest to get his story made into a movie: he didn't know the people he was going to meet; the path he was destined to take; nor the right steps to achieve his goals.

Men like the groundskeeper gave him his ideals. "When you wear something wear it with pride... passion is your key to success". These fundamental ideas kept Rudy going. The support of his teammates at Notre Dame also helped motivate him. "Confidence leads to dreams which give you goals and the urge to keep going, to not quit," Rudy admonished the audience.

Putting a new twist on an old football aphorism, Rudy said: "it's not about the tackle, it's about the journey... it's not how hard you get hit, but how hard you get hit and get up."

While Rudy spoke about his successes, he also discussed his failures. He said he accepts them

and is not afraid to say that "it's okay to fail." What is more important is that you "live in *your* moment," he added. "Don't live in the future because the future might not come."

Life is a journey, he emphasized, and his journey is still continuing thirty-four years after he made his famous tackle.

When he was finished at Notre Dame, Rudy went into accounting and tried to lead a normal life. But he wanted his story told. The film Rudy was released in 1993 and the rest is history. Over the past sixteen years, millions have witnessed his story through the wonders of cinema.

In one hundred and sixteen minutes, viewers experience the dream that lasted for twenty-seven seconds on the Notre Dame football field and took twenty-seven years to accomplish. Rudy stressed that "Everything is about the dream." He declared that striving for your goals is "the most powerful thing you have going for you."

On first impression, Mr. Ruettiger seems like the average Joe or the friendly neighbor who always waves when you pick up the paper in the morning. But he is transformed when in front of an audience. Once he opens his mouth and starts to preach what he believes, his eyes light up.

Rudy speaks with passion and intensity -- regardless of how any times he has given his story as a motivational speaker.

He stresses that you need to "attract people who will get you where you want to go" and to

surround yourself with people who will help you make good choices. In other words, avoid the naysayers and the people who will make bad choices and, in doing so, will create barriers to your success (as well as their own).

For the fans of the movie, Rudy offered much more than the story of a boy who overcame adversity to play for the most prestigious college football program in the country.

Rudy is a flesh and blood, walking, talking lesson on how to live. He stresses connections with your peers, quality friends, and a positive outlook on life. He also urged the WMA student body to avoid a preoccupation with instant gratification. What is truly worthwhile requires effort, commitment and time.

Rudy is a hero because his story pertains to anyone who has ever had a dream, and has faced challenges in achieving it.

"If your dreams don't come to you," Rudy says, "go to your dreams." The WMA students who met and heard Rudy will always remember him and his message.

Long after the loud, resounding chants of "Ru-dy, Ru-dy, Ru-dy" fade away, Mr. Ruettiger will always remember the Titans.

A special thanks to trustees Mr. Steven Marcus and Mr. Michael Flynn for working so hard to give everyone at the Academy the opportunity to hear such a wonderful speaker. Also, thanks to Mr. Timothy Marini for purchasing autographed books for the student body, faculty, and staff.

Rosencrantz and Guilden-who?

By SARAH LYON '09
Staff Writer

Maybe you hated Hamlet. Maybe you didn't. Perhaps you haven't read it yet. My suggestion: read it, digest it, and then pick up Rosencrantz and Guildenstern are Dead.

In a crafty retelling of Shakespeare's play, Tom Stoppard wrote a play, first performed in London in 1967, that highlights different nuances in the tragic tale of Prince Hamlet. Taking the perspectives of two minor characters, the courtiers Rosencrantz and Guildenstern, Stoppard explores how they might have viewed the situation of murder and madness in Denmark. This forces the reader to consider the story from a different angle, raising new questions about the characters and themes of Hamlet.

Besides playing with an outsider's preconceptions of the royal crisis, Stoppard muses on what it means to be a witness to the unraveling plot of a story. How is it that an event unrelated to Rosencrantz and Guildenstern can yet entangle them and send them spiralling to their fate?

Playing with the idea that fate is written and controlled, Stoppard's characters enter into the plot of Shakespeare's story at the exact point of the Shakespeare drama with the same amount of background information on them, which is none. The result is that the two characters neither know who they are nor what purpose they serve in the coming drama, and so they spend their time attempting to understand their identity, purpose and plan of action.

Combined with witty wordplay that contains such subtleties as can only be caught in a second reading, Rosencrantz and Guildenstern are Dead is a complex play that can only be fully appreciated in a second reading. Rereading reveals more puns, references, and symbols that create such a web of overlapping themes as to be deliciously nauseating.

Reading Stoppard's play is a delightful excursion into a slightly mad world that will captivate, confound, and confuse the reader. Hamlet can be understandably dull at times, but Rosencrantz and Guildenstern are Dead never fails to captivate the reader.

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Make Your Voice Heard!

Write a letter to the editor and you could be published in our next issue!

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Hot Couture: Spring Fashion Do's and Don'ts

By JEANNETTE VIENS '11
Staff Writer



As winter melts into spring on the WMA campus, it's time for students to shed their heavy coats and don their spring wardrobe. Spring is the season for all sorts of colors, including bright shades and pastels.

For girls, these colors can be found in any article of clothing, from collared shirts to skirts, dresses, shoes and accessories too!

However, there are some rules; some Do's and Don'ts, so to speak, of spring fashion.

Do pair bright articles of clothing with a matching cardigan that is a neutral color, such as white, gray, beige, or a matching pastel color. Pairing a bright with

another bright is ok to a limit; don't make it too hard for people to look at you.

Do wear a lot of accessories, whether it's a wrist load of bracelets or a number of necklaces. Even scarves, though normally a winter accessory, are good accessories for springtime, as long as they are light and comfortable! You definitely don't want to overheat!

Accessories don't need to match as long as they compliment your outfit. Want an example of a great accessory? Check out Ms. Torres with her numerous scarves, pieces of jewelry, and my personal favorite, her zebra print belt! Très élégant!

Don't be afraid to wear your favorite eye-popping skirt or dress now that it's warm enough. Just make sure it's long enough!

Spring is way too nice of a season to spend it inside and in detention. For example, Caitlin Mitchell '09 was spotted wearing a light blue and white dress that greatly accentuated her blue eyes,

très chic.

Don't wear your winter boots! Not only does pairing boots with a skirt look ridiculous, but you will also land in detention now that Mr. Easler has banned them until winter returns next year. Instead, go for a pair of cute flats or heels and remember that your shoes don't have to match your outfit.

Do follow the above rules to mesh your own style with dress code.

Dress code can be annoying sometimes, especially once it starts to get hot, but if you can find a way to make dress code your kind of style without breaking any dress code violations (remember the goal is to look dressy), then you'll find springtime even more enjoyable and summer will be here before you know it.

As for guys, springtime normally means the return of shorts and t-shirts. However, for guys with a dress code, it means that not much changes.

"Girls wear different colors in different seasons. Guys don't do that," says Jeremy Gilfor '11 of the subject, "We just won't wear our sweater vests and stuff anymore."

"It should change," says Evan Filkins '11 sadly, "but it doesn't."

Dress code for guys remains the same year round, but with fewer turtlenecks, sweaters, and other pieces of clothing that were designed to keep its wearer warm during the winter. A few rules for guys:

Do find a variety of ties in multiple colors and designs. Ties are the center of your outfits and must blend with your shirt and not clash! A white collared shirt goes well with any color tie and also brings out the best of any tan.

Don't leave your shirt untucked. Sloppy and stylish are definitely not the same thing.

Do leave your turtlenecks stowed away in the closet until next winter; it's for the better.

For now, however, it's just the same old blazer and tie routine until that warm spring day in chapel when Mr. LaBrecque announces to everyone's pleasure that it is no longer necessary to wear blazers for the rest of the year.

Hopefully, that day will come soon and we can put the blazers in mothballs (unless yours is polyester) until the fall.

Ask Atlas

By VICTORIA MORDASKY '10
and CAREY SHETTERLEY '11
Peer Counselors

Drinking alcohol is seen as a "cool" thing to do when you are a young kid in high school or college. Some people even see drinking as a way to escape the problems in their lives.

High school students also drink because of peer pressure: they see other kids doing it. So when they are offered a drink, they accept because they do not want to be different from everyone else and be called "weird".

But where do teenagers get alcohol? Sixty-five percent of youth surveyed said they get the alcohol they drink from family members and friends over the age of twenty-one who buy it for them.

Even worse, underage drinking costs the United States more than \$58 billion every year — that is enough money to buy every public school student a state-of-the-art computer.

April is alcohol awareness month, so be aware of the consequences that come from underage binge drinking!

Dear Atlas,

I love to hang out with my friends, and now, as we are getting older, we want to start drinking. I am 19 years old and I don't know if I should start drinking or not. I am afraid if I get really wasted and then drive a car I may get in an accident and die! Or my parents will find out that I drank and *they* will kill me. I want to fit in, so should I drink?

Signed, Drink-able?

Dear Drink-able,

I know it may seem like you want to drink now, but the younger you start, the more inexperienced you are in handling the kinds of problems underage drinking can lead to. Situations you hadn't planned for can easily get out of hand. During these times, you need to rely on your own good sense to take care of yourself and maybe even others. If you're drinking, you can't think through problems the way you can when you are sober. Also, when you are drunk, you are not showing people who you truly are. Being sober will help you make true, good friends, so you won't have to try to fit in!

Signed, Atlas

Dear Atlas,

Being a border at WMA, I can't go out during the week, so I use the weekends as a time to drink with my friends. But one of my friends put pictures of me drinking on Facebook and a teacher who I am friends with saw them! I was called into Mr. Easler's office to discuss my weekend activities. Now I am on conduct probation! I only drink on the weekends, so what is the big deal?

Signed, Campused

Dear Campused,

Many people think that they won't have problems with alcohol because they only drink on weekends, but limiting drinking to the weekends can lead to "binging", or drink a large amount of alcohol at one time. There are many problems associated with binge drinking, such as alcohol poisoning, damage to property and unprotected sex. Large numbers of drivers and passengers are killed or seriously injured by drunk drivers on weekends. While your punishment may seem unfair, it was given because the people in the WMA community care about you.

Signed, Atlas

Dear Atlas,

I am a concerned parent of a student at WMA. My son, who is a junior, loves to hang out with his friends on weekends. So many teenagers nowadays begin drinking at parties or friend's houses by the middle of high school. How can I prevent my teen from joining in?

Signed, Concerned Parent

Dear CP,

You can't necessarily "prevent" your teen from drinking. Teens make these decisions when their parents aren't around for a reason. We know that some underage drinking, especially in the older teenage years, is common. If you find that your teens are drinking at parties, you may want to focus on ways that they can increase their safety and make responsible decisions in these situations. The one thing you can do is talk to your son. Simply say, "I don't want you to drink at this stage of your life because it puts your personal safety at risk," and maybe talk about your experiences with alcohol to help them understand the consequences better.

Signed, Atlas

FloDesign (continued)

Continued from page 1

mills, the FloDesign turbines are designed to save space, which will allow the placement of more turbines that will generate more energy in a smaller area.

Inside the wind turbines are two primary components that generate their power: a mixer and an ejector.

The mixer contains a propeller, which draws air in and helps to create a vortex by bringing together two fronts.

Once this is done, the energy is then extracted and the air is expelled through the ejector.

Although this turbine technology sounds simple, it represents several significant changes. Several generations of wind turbines have been created over the past two years.

The turbine developed by FloDesign Wind Turbine is aesthetically pleasing compared to the original product.

It not only has the intricacy of the technology increased over time, but the design has also evolved to the futuristic look of



“The FloDesign turbines are designed to save space, which will allow the placement of more turbines that will generate more energy in a smaller area”

today’s turbine.

This project has not been easy, however. One of the many challenges FloDesign has faced while developing the turbine is getting the geometry of the actual turbine exactly correct.

Since the mixing chamber has many grooves and angles, the engineers have been hard at work trying to perfect it.

Another challenge that was critical for the company’s product development was building the wind tunnel that FloDesign uses to test their wind turbines.

In order for other companies to be able to replicate the turbine once it is completed, the

scientists had to find a way for the wind hitting the rotor of the turbine to be distributed equally.

Perhaps the most difficult obstacle that the company had to overcome, however, was getting people to believe that this turbine would actually work. This particular type of turbine has been attempted by other companies but with mixed success.

FloDesign has not only had to construct a working turbine, but the company has also had to restore the faith of investors in the product through mathematic calculations, computer simulations, and scale model tests of windmills in the field.

FloDesign Wind Turbine is onto the cutting edge of modern-day energy harvesting.

The technology currently being developed by FloDesign scientists has the potential to revolutionize the way we produce and utilize energy.

In a few years, the research conducted in our own backyard could change the direction of our country, and eventually even the world, in the hugely important area of sustainable energy.

April Birthdays and Holidays

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 April Fool’s Day	2	3	4 Georgia Moore
5 Jonathan Blazar	6	7 Joseph Gorecki Stephanie Reeves	8 Zachary Meunier Passover Begins at Sundown	9 Xavier Smith	10 Brian Carr	11 Jackie Robinson Day
12 Easter	13	14	15 Marco Ilaio	16 Loius Katz	17 Roman Tarasyuk	18
19 Hilal Fazal	20 Howard Lin	21 Gillian Callahan York Hasler Colin Scott	22 Kristin Reeves Earth Day	23 Lily Zhang	24 Matthew Natario Arbor Day	25 Tiffany Cheung William Kierkla Hunter Snyder
26 Colin Akerly Ben Cobleigh	27 Bobby Zhang	28 Ashlyn Crossfield Jesse Joffray	29 Amanda Pierce	30 Michael Hacking Treadwell Lewis		

Bagshare Wages War Against Plastic

By CAITLIN CHARETTE '10
Staff Writer



Plastic Bags: harmless transport mechanisms or merciless killers? Have you ever gone shopping at the mall, grocery store, anywhere, and come home with as many plastic bags as purchased items? You're not alone: the world's population uses over 1 trillion plastics bags each year.

Once you've used them to bring your things home or back to your dorm room, what do you do with the bags?

You could save and reuse them, but since the stores you shop at appear to have an indefatigable supply of these bags, eventually your room or house will be overtaken by the plastic monstrosities.

Okay, so reusing them isn't feasible. The next logical solution is to go green and recycle, right? Wrong. Only 1% of plastics bags

are recycled because it costs substantially more to recycle a used bag than to produce a new one. In time, due to an absence of alternate solutions or a lack of concern, most plastic bags are simply thrown away and end up blowing around in the streets and getting stuck in trees, or dumped into oceans, lakes, and rivers.

They might seem insignificant, but they have a considerable impact on our planet. When plastic bags photodegrade, which is caused by the absorption of sunlight, they are broken down into highly toxic polymers that pollute soil and water and sometimes find their way into the food chain.

Hey animal lovers, by using plastic bags you are contributing to the death of members of over 200 different species of animals including whales, dolphins, seals, turtles, and birds.

If you're not concerned about polluting the environment or killing animals, maybe you should consider the economic aspect of this issue. (Who doesn't like saving money?) The production of the thermoplastic found in disposable bags requires a significant amount of oil, and by eliminating plastic bags one could reduce the dependency on foreign oil.

A store the size of Lewis & Clark typically uses somewhere around 49,000 plastic bags a year,

and by eliminating the use of these bags the store could save approximately \$5,000 a year. Imagine how much money stores such as Wal-Mart, Big Y, Stop & Shop and so many others could save by eliminating plastic bag use.

Many countries have taken steps to deter the use of plastic bags due to the various harmful effects they have on the environment. According to the website Bagshare.com, Israel, China, Bangladesh, Ireland, Rwanda, Canada, Kenya, Botswana, Tanzania, Taiwan, Singapore, West India, and South Africa have either banned or are banning plastic bags.

In 2007 San Francisco became the first U.S. city to ban these plastic menaces, and Oakland and Boston are currently considering following suit.

What can we do at WMA to alleviate this problem? Mrs. Moriarty, who works in the library, is starting the Bagshare project on campus. Bagshare originated in Cummington, Massachusetts where Leni Fried organized sewing circles to make cloth bags to replace disposable plastic ones.

Volunteers make reusable bags out of donated materials, which include anything from curtains to neckties and expensive fabric. Bags are kept at participating locations, and instead of using plastic bags you use one of the

cloth bags that you can then keep or return to the store.

The project is expanding through Western Mass and has found its way into sewing circles held in youth groups, senior centers, and prisons.

On campus, Mrs. Moriarty hopes to get students involved in sewing the bags and then using them in the campus store, the library, and possibly providing bags for trips to Lewis & Clark or the mall.

Mrs. Moriarty truly believes in thinking globally and acting locally. She especially likes the fact that you can get creative with the bags and "use things that have been cast aside," such as ties, belts, headbands, and old fabric.

She feels that "so many good things could come out of this" and hopes that students will establish good habits and global consciousness at WMA that will be brought with them to their homes, colleges, and beyond. Mrs. Moriarty is enthusiastic about the Bagshare project and is planning on holding monthly bag sews, welcoming any donations or volunteers.

Plastic Bags: pollutants, murderers, expensive, and unnecessary.

Bagshare: a simple, fun, and practical solution to this problem.

AP Art Show Has High Head-Turning Quotient

By SARAH LYON '09
Staff Writer



The crowd that gathered at Binney Art Gallery on Friday April 3rd for the AP Portfolio Gallery Opening was small, but they agreed in unison that the gallery opening was "one of the best collections of art for an AP class" at WMA in recent years, according to Mr. Bloomfield, who teaches the class.

The gallery opening was to celebrate the art work the AP

Portfolio class completed so far this year. On display were works by student artists: Bona Lee, Scott Lee, Sarah Lyon, Alessandra Mele, Badee Thienthong, and Orange Weng.

Each student selected from their portfolio the work they wished to display, works that will eventually

be submitted to the AP exam for evaluation. The AP Portfolio exam comes in two parts: a Breath unit and a Concentration section.

For the Breath section, students must submit pieces that display their versatility in different mediums as well as their understanding of the elements of design.

A Concentration is a certain

style, idea, or theme that a student chooses to focus on and then construct a number of pieces around this main focus.

This design of the exam means that "the course is unlike any other course in the school because the students are required to be independent," Mr. Bloomfield explained.

While this may sound liberating it is actually what "makes it difficult, but that's the challenge because it's hard to stay on track and believe in your ideas...you have to believe in yourself and do the work," says Mr. Bloomfield.

The show reflects this dedication of the artists to their craft.

The Breath pieces include figure drawings by nearly all of the students. However, it is truly in the Concentration pieces where the students' passion can be seen.

Scott Lee's sculptures play with light, often concealing light bulbs that shine out from unexpected places, creating unique shadows

in his structures.

Scott has also delved into industrial design, creating elegant chairs and ceiling fans, some of which are actually in production.

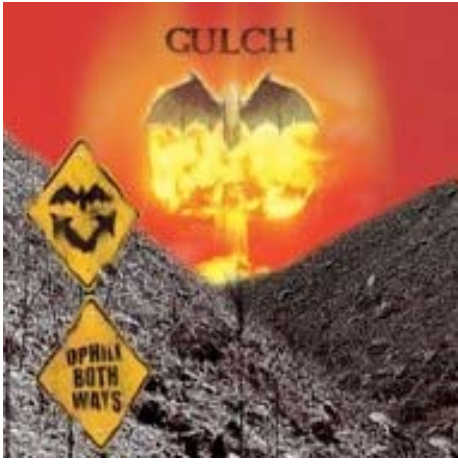
Alessandra Mele became fascinated with the impressionists and has built her concentration around them, playing with light and complementary colors in fantastic ways that truly capture the moment as impressionists sought to do.

Orange Weng took up her camera and set out taking pictures of friends, scenery, and still lives, displaying some of her photography framed on the wall, and others in a slide show that ran during the gallery opening in an adjoining room.

But to give away more would be unfair.

All the work still hangs in the gallery, so rather than read a mere description of the pieces, come and see them in all their color and glory.

Music Reviews



Gulch

Uphill Both Ways

(Self Released)

By MAGISTER AYERS
Music

Aside from the alterna-grunge band Paw of the mid-'90s, Kansas has never been a hotbed of buzz bands.

Gulch, however, doesn't follow any preconceived notions of Heartland heavy metal, as they blaze their own trail through amber waves of grain.

The Book brothers—Dean on guitar/vocals and Duane on drums—formed half of former thrash rockers Hostility and released 1995's *Brick* on Century Media Records.

Now they're channeling the spirits of old Corrosion of Conformity on their latest full-length, titled *Uphill Both Ways*.

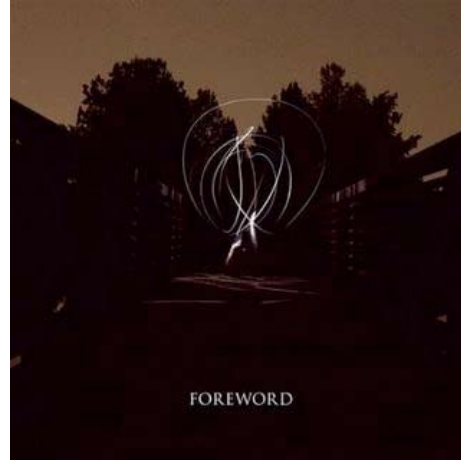
Opens "Watching Old Friends Die," "The Moment," and "Tweak" plow through your speakers with the definitive Southern swagger of COC, while "Born to Burn" retains a late-career Pantera

heft. "TTY" is a brief instrumental featuring guitar chords that resonate with a Black Sabbath "Planet Caravan" vibe.

"One Foot in Yesterday" could be a faster take on Crowbar, while "A Phone Call Away" and "Lifehog" will appeal to fans of Black Label Society.

The band finishes the album with a fervent cover of Ted Nugent's "Just What the Doctor Ordered" that exemplifies their appreciation for '70s arena rock (just as *Brick* ended with a cover of Kiss' "Black Diamond").

With leather jackets emblazoned with their slick ear-of-corn-with-devil-wings logo, Gulch cranks biker metal with maximum groove as they climb *Uphill Both Ways*.



Moving Mountains

Foreword

(Caetera Recordings)

By PRIYANKA GEORGE '11
Music

In a world of dime-a-dozen pop and punk bands, New York's Moving Mountains manage to break the mold with a tender yet passionate sound.

Foreword is the first album to include all four of the band's members; their debut, 2007's *Pneuma*, featured only guitarist/vocalist Greg Dunn and drummer Nick Pizzoloto.

Moving Mountains combine lighter tones with rock beats while staying true to their own unique style. Even though they use heavy rock and pop influences, Moving Mountains retain a sound that is all their own.

The proof is in the first track, "Foreword," which is fairly lengthy and starts out softly before moving right into an onslaught of drums and guitar, adding lyrics much later in the song.

"With One's Heart in

One's Mouth" starts out similarly to "Foreword" but also includes screamo and wailing guitar riffs. "Armslength" is made up of harder rock and includes more lyrics. "Lights and Shapes" is my personal favorite, with its palpable rock and pop descent and a rhythm that stands out from the CD's other tracks.

The song is actually a remix by Andrew Maury, who has remixed songs for bands like Tokyo Police Club and Radiohead.

The band has played with Kevin Devine, Caspian, As Tall As Lions, and more.

With a refreshingly new take on music, Moving Mountains have a sure future in the music scene with their upcoming album *Foreword*, released on the band's own label, Caetera Recordings.

Movie Review

By PRIYANKA GEORGE '11
Music

We all know superheroes: Superman, Batman, and the Fantastic Four. We also know supervillians: Lex Luthor, The Joker, and Dr. Doom. Is it really that easy to tell who's who, though? With the unveiling of *Watchmen*, closely based on the graphic novel, the line separating good and evil almost disappears. The movie starts with pictures of the town's crimefighting heroes (the Minutemen), their fall from society, and the rise of new heroes (the Watchmen).

The *Watchmen* are made up of Nite Owl, a sidekick-turned-hero who immediately retired when heroes were outlawed; Rorschach, a gruff introvert who continues working as a quasi detective despite the law against it; Dr. Manhattan, a being of immeasurable power and intelligence who is

struggling in a world of humans; Ozymandias, a retired hero whose identity went public and who made money off of *Watchmen* merchandising; The Comedian, a questionable hero who has done a fair share of evil deeds himself; and Silk Spectre, a woman who is following in the footsteps of her superhero mother and dealing with the ghosts of her past.

The beginning narration from Rorschach's journal can be hard to follow, but makes more sense as the plot moves on. The death of The Comedian starts a chain of events that bring the *Watchmen* out of hiding and back into order. The film is full of suspenseful twists and turns that require the viewer to pay rapt attention to the movie, and this film will have you trying to figure out who the real heroes are. The ending will leave you floored and re-evaluating everything you thought you knew about the world of masked heroes.

Survey

PB&J's Top Ten Books

(In No Particular Order)

1. *Harry Potter and the Prisoner of Azkaban* (J.K. Rowling)
2. *The Golden Compass* (Philip Pullman)
3. *Twilight* (Stephanie Meyer)
4. *Just Listen* (Sarah Dessen)
5. *Prey* by Michael Crichton
6. *The DaVinci Code* (Dan Brown)
7. *American Gods* (Neil Gaiman)
8. *Thirteen Reasons Why* (Jay Asher)
9. *Sabriel* (Garth Nix)
10. *The Martian Chronicles*
(Ray Bradbury)

European Student Exchange Programs Here To Stay

By STEPHANIE PAJAK '09
Staff Writer

In support of WMA's global focus, several international trips are offered each year. Not only does WMA seek to provide students with an experience abroad, but recently established exchange programs strive to create a relationship between WMA and the participating school overseas.

Last spring, four WMA students, Jermaine Boswell '09, Brian Carr '10, Ariel Landers '09, and Chelby Wakefield '09 traveled to Plymouth College in Plymouth, England. WMA's history of exchange programs in England began with sending several male students to Eton College, although the program was recently adjusted to better serve the interests of WMA students.

Plymouth College is an ideal exchange location for WMA students because the schools are very similar. Plymouth College is comparable in size to WMA, as well as co-ed, and home to many international students.

With the establishment of this program, Plymouth College will send four students to Wilbraham every other fall, while WMA will send four students to Plymouth in the spring of the alternating years.

The program is a once-in-a-lifetime experience, with preference given to students who have never been out of the country.

"My favorite moment of the trip was the first day we arrived at Plymouth College," Brian Carr '10, said of his first time abroad.

"I had not expected to be welcomed with such open arms," Carr added. "That day, dozens of people welcomed me with friendship so easily, and I learned that friendship has no limits, especially not nationality. I learned that day what it felt like to be an accepting person, and what it felt like to be a global human being."

In addition to being a fantastic opportunity for students who have never studied abroad, the trip is free for the four students who are chosen, paid for by a very generous donation from Lev Hubbard. An important benefactor of WMA, Mr. Hubbard also provides WMA faculty with a travel grant to further support WMA's global focus.

Another exchange program recently established at WMA is with the Barlaeus Gymnasium in Amsterdam. In October, twenty students from Barlaeus visited WMA, and last month over spring

break, WMA sent nine students to Amsterdam.

This particular exchange program has an economic focus, and in addition to attending school with the Dutch students, WMA students also visited places such as the De Baak entrepreneurial centre, the United States Embassy, and The Hague. They were privileged enough to hear from Coen Teulings, the director of the Netherlands Bureau for Economic Policy Analysis, and to attend a panel discussion with the Ministry of Foreign Affairs.

The trip also featured art, as the students spent time at the Van Gogh Museum and the Foam Photographic Museum while in Amsterdam. Considering both the economic and artistic aspects, the

Not only does WMA seek to provide students with an experience abroad, but recently established exchange programs strive to create relationships between WMA and the participating schools overseas.

trip was appropriately chaperoned by CEGS teacher Mrs. Hsiao, and Ms. Palmer from the art department.

"The WMA March trip to Amsterdam was a wonderful success for a number of reasons, but most importantly due to the organizational skills of our hosts Peter Lammers and the Barlaeus School, Mr. Swanson, and the amazing, positive contributions and behavior of our nine student travelers," Ms. Palmer noted.

The exchange enjoyed great success in its first year, as judged by the chaperones as well as the students.

"It's hard to pick my favorite part of the trip because I loved almost everything we did," says Kayla Peloquin '09. "One of my favorite memories is the 25km bike ride we took along the Amstel River into the country side.

"Another time that stands out is our trip to the Van Gogh Museum- it was a very different experience than museums here. There is a live band and lounge

area on Friday nights, so it's a lively atmosphere, and it made it really enjoyable. It's more of an experience than a visit."

The program will become an annual occasion, with students from Barlaeus visiting WMA each fall, and WMA students traveling abroad over March break.

In addition to the exchanges with both Plymouth College and the Barlaeus Gymnasium, WMA seeks to further broaden international options for its students. Mr. Swanson expressed that an effort is being made to diversify the focuses of the trips abroad, and that the ultimate goal is for these travel opportunities to be both appealing and accessible to every student at

WMA.

In June, students will travel to Thailand, and as part of this experience will visit a math and science-focused school that is a potential site for a future exchange program with WMA. A program in Central America with a Spanish focus is also being considered.

In addition to providing many interesting options, there is a goal of making the trips affordable. Home stays make the cost of traveling abroad much cheaper while also providing a very personal view of the country. With a variety of locations, academic focuses, and price ranges, WMA seeks to generate interest and provide accessibility to every student.

British Band Punchin' Logic Headlines Relay

By GEORGIA MOORE '11
Staff Writer

A new rock band from Cleethorpes, U.K. will perform at the Relay For Life on the campus of WMA on May 16.

The trip to Wilbraham will be part of the band's first U.S. tour that also includes a stop in Hartford, according to the band's website. Jackie Smith '11 set up the gig for the Relay.

Asked how she discovered them, Jackie said, "I was on the Internet one day, really bored, thinking about what I wanted to do in college."

She said she had "just been watching One Tree Hill (the TV show), and the character Peyton is a record producer and manager. I thought that seemed like the coolest job, so I Googled it. "That's when I found a band manager's website. So I emailed and mentioned our Relay, really not thinking much about it."

A few days later, Jackie received an e-mail from the lead singer James Roe asking if his band could come play.

"I was shocked: number one that someone actually replied, and two, that they were from England and were willing to pay to come play."

Punchin' Logic plays mostly rock and some acoustic. They are scheduled to play familiar songs such as the Red Hot Chili Peppers' "Under the Bridge," Guns N' Roses' "Sweet Child O' Mine," and Blink 182's "All the Small Things."

James Roe is the vocalist

and guitarist as well as the lead singer. Danny Barber is on bass, and Sean Jacklin is on drums.

So what's the point of Relay, you might ask? Many people still don't understand the concept of "walking around the track." Relay for Life, in a nutshell, is a twenty-four hour event where all types of people come together for a common goal: to raise money for cancer research.

This year, Wilbraham & Monson Academy will hold its second overnight Relay for Life, which is open to the public. This year's event will be the Academy's third Relay.

Instead of twenty-four hours, the Wilbraham Relay was reduced to eighteen hours. That's eighteen hours of walking the track, talking to friends, eating, and music – and, most important, raising money for a very good cause.

So, join a team. If all this is not enough incentive, Mr. Easler announced in Chapel that the first team to walk for the whole eighteen hours will be recognized at Prize Day and will be out of dress code for the rest of the year – not to mention earning a Get-Out-Of-Detention card that never expires (but can only be used once). Relay for Life will start on May 16 at 6 P.M., and ends on May 17 at 12 noon.

*Celebrate.
Remember.
Fight Back.*

Titans Boys Lax Bounces Back With Win Over Bancroft

By TIMOTHY MANGHAN '11
Staff Writer

Boys Varsity Lacrosse came from behind to beat Bancroft School 8-7 earn their first victory of the season on April 15. After an 0-5 start, the Titans are looking to build on the victory and turn their season around.

Down 3-1 at the end of the first quarter, the Titans once again had to play from behind. By the half, they had traded two goals apiece with Bancroft to trail 5-3. However, they came out strong at the half and won the second half and the match, outscoring Bancroft 5-2 down the stretch.

The winning goal was scored in the waning minutes of the game. Spencer Nelms '09 led the Titans with four goals and one assist, while senior co-captain Alex Petcu '09 added a goal and an assist. Trevor Moran '10 and Jim Bernardo '11 scored their first career goals, and John Moran '10 chipped in another.

Falling behind and playing catch up has been the Titans MO all season. In their first six games, the Titans have been outscored in the first quarter by a combined 27-4. Coach Vartabedian described his team as "slow starting." He

noted that their opponents "have been able to jump on us in the first quarter but we have bounced back in the next three".

In the last three quarters, the Titans so far this season have been outscored by only 42-28, which would not suggest a 1-5 record. While the Titans have experienced players like captains Petcu and Trevor Young '09, they also have many new players like Bernardo, who has been a "great addition," according to Coach Vartabedian.

Senior attackers Nelms (13 goals) and Keegan Dombrosky (5 goals) have scored 18 of the Titans' 26 total goals in their last five games against Cathedral, Worcester, Williston, Suffield, and Bancroft. Adam Ginsberg '09 has also been a major part of the offense, winning 11 of 14 face-offs in an 11-6 loss against Worcester Academy. On defense, Trevor Moran has been a great asset, scooping up most of the ground balls that come near him. Newcomer Jimmy Bernardo has also done a good job picking up ground balls on defense.

Although, there have not been a lot of injuries, Dombrosky, Young and Matt Gaw '09 have each missed time due to injuries and illness.

The Titans started their 2009 campaign with an impressive win in a scrimmage against Watkinson School (6-4). Although the two schools usually play against each other in the regular season, they met in a scrimmage this year. The Titans won the scrimmage by a final score of 17-11.

After the impressive, high scoring match against Watkinson, the Titans were looking good heading into the regular season and hoped to build on that momentum going into their first regular season game against Vermont Academy (3-5). However, they lost that match 14-6, again starting slow: the Titans were down 0-3 after the first quarter. The offense missed some opportunities but improved in the second quarter when they scored twice.

Making adjustments, WMA played better in the second half and were only outscored 6-4. Against Cathedral (2-3), the Titans found themselves down by three goals after the first quarter. In the second quarter they added one more goal to their total and were losing 7-2 at the half. In the second half, WMA played very well but still lost 12-6.

For the third straight game, the Titans were losing by three

goals after the first quarter, this time they were losing to Worcester Academy in the first road game of the year. The Titans could not overcome the deficit despite scoring a total of four goals in the second and third quarters. Every Titans goal, however, was matched by Worcester who also scored four goals in the second and third quarters. In the fourth quarter, WMA was outscored 3-1 and lost 11-6.

At Williston (4-2), the Titans faced their biggest deficit of the season. The Wildcats jumped out to what proved to be an insurmountable lead with 9 -1 advantage in the first quarter, and went on to win 12-3. After the game, one Titan player quipped: "I have never seen nine goals scored in one quarter before, that was insane." The Titans played much better the rest of the way but could not close the gap on Williston.

"We have been getting better every game and every practice," Coach Vartabedian observed. "If we start strong, we have a really good chance of winning." The Titans still have seven games left on the schedule, 3 at home and 4 on the road. The next 2 games are versus Canterbury on Wednesday, April 29 and Cushing on Saturday, May 2.

Rugby and Boys Volleyball Added as Spring Sports

By JASON DUKE '11
Staff Writer

Next year rugby will join volleyball as a spring sport at WMA after receiving approval from a faculty and administration committee created to look into the possibility of new sport. The committee included Mr. LaBrecque, Mr. Jarocki, and a number of varsity coaches.

The criteria for new sports were that they needed to forward the global direction of the school, so they had to be popular around the world and appeal to potential students applying to "the global school".

Rugby fits these criteria -- it is the second most popular sport in the world, trailing only soccer. The Rugby World Cup is the third largest sporting event behind only the FIFA World Cup (soccer) and the Olympics.

Mr. Harrington and Mr. Swanson will coach the Titan rugby team. Both have experience playing rugby at the college level (they both played at Middlebury) and at the senior club level. Mr.

Harrington has also coached rugby at the high school and club level and was involved in starting a high school rugby program at Landon School in Maryland.

The Titans rugby team will play in the New England Rugby Football Union (NERFU) in the high school division, which contains about forty teams. These teams are split into two divisions: Division 1 and Division 2.

Both programs have a good future ahead of them as new spring sports at the "global school".

WMA will be in the 2nd division, which is split into three geographical areas: Eastern Massachusetts and Southern Maine; Northern New England; and Western New England where the Titans will compete.

Rugby generated a lot of interest among students in the days leading up to the spring sports season. About twenty students signed up before it was decided that the team would not start until next year. Rugby is played with fifteen players on the field at a time, so more players would be ideal, but twenty people would be enough to form a full team.

Boys' volleyball also fit the criteria that the committee set for new sports. Volleyball, for both boys and girls, is extremely popular around the world. Boys start playing volleyball at a young age all over the world and volleyball is also one of the most popular sports in the world in terms of participation and viewers.

Because of the sport's global popularity, the committee arrived at the conclusion that it would be appropriate to add boys' volleyball to the school's program of spring sports.

The boys' volleyball coach is Ms. Viens. She played volleyball in high school and in college at WPI, and has coached Wilbraham and Monson Academy's Girls Vol-

leyball team for seven years.

The boys volleyball program is starting out with a varsity team and schedule. The new team has been competitive from the outset. In its first scrimmage, WMA pushed Agawam to the limit, losing two to one (25-13, 13-25, and 23-25).

The team followed that with a loss to Andover 3-0 (17-25, 16-25, and 14-25). Though the Titans did not come away with a victory, Coach Viens said they "played hard and gave Andover a run for their money".

The boys' volleyball team seems to have a good season ahead of them. They have two games against Loomis, and a game each against NMH, West Springfield, Choate, and Andover left in the season.

Overall, both boys' volleyball and rugby seem to fit into the standard for sports in the WMA community. Both are played around the world, and are popular in the area. Both programs have a good future ahead of them as new spring sports at the "global school".