

May 2015

Manasquan High School

The Blue & Gray Improv for Ron

*Memorable night of
comedy raises \$4000 for
Sgt. Ronald A. Kubik
Memorial Scholarship*



in this Issue



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Manasquan High School

The Blue & Gray

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PROMPOSALS 2015

By: Keely Flood



Senior Reed Melchionda asked pal and fellow senior Renee Putelo to the prom by incorporating her love for plants with a potted plant that had the word "Prom?" painted on the front and a sign that said her favorite phrase: "Embrace the suc(culent)k and go to prom with me?" Very crafty, Reed.

She said **yes!**



Long-time senior couple Craig Miller and Lauren Johnson are heading to prom after he tossed her a ball before her soccer game and presented her with a rose and handmade sign that said, "I would rather score a date to prom than score a soccer goal." Craig scored the ultimate goal and won it all!

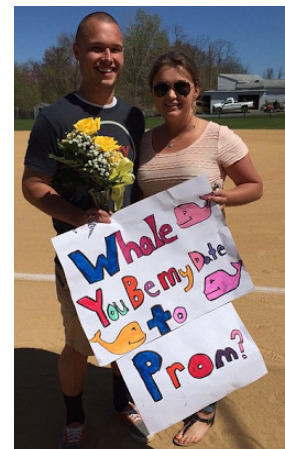


Senior Logan Sabins surprised his good friend and fellow senior Chelsea Eareckson with a fish-themed promposal when she arrived to school. "There's so many fish in the sea, but you're the one for me. Prom?" All went swimmingly--

she said **yes!**



Our very own Blue & Gray alumni senior Kerry Weiland got the surprise of a lifetime when senior Kev in Maldjian told her to meet him in center hall. Then, while MHS TV was filming, Kerry followed instructions to find her knight in shining armor holding a flower bouquet and asking her, with the whole school watching. She accepted his promposal... AWW!



Senior Dan Whalen decided to be "pun-ny" with some flowers and a sign for senior Mackenzie Grogan that read, "Whale you be my date to prom?" You done good, Whalen; she "whale" be your date, 'cause

she said **yes!**



Junior champs and perfect game bowlers Ella Luzzi and Tyler Wolfe are heading hand and hand to their big night! In the only right way to do it, Tyler scribed the words, "Ella, you're right up my alley. Would you go to prom with me?" on nothing other than a bowling pin. Ella said yes and Tyler certainly scored a strike.



Improv for Ron

By,
Reed Melchionda
Shannon Schatzman

The lights dim, the crowd silences, and the air vibrates with creativity and spontaneity.

On Saturday, May 9, Manasquan High School hosted its fourth annual Improv for Ron in honor of Sgt. Ronald A. Kubik. Students, alumni, and friends alike revived the lost art of improvisation, relying on their wit and the reactions of their colleagues to create a night of humor and comedy.

As the teams role-played in various improvisational games, the crowd erupted in laughter and applause, amazed at the ingenuity of the players. Improv for Ron was not only successful in its hilarity, but, more importantly, in its remembrance of the vibrant spirit that once roamed the halls of Manasquan High.

As a well-rounded, energetic and courageous man, Ron Kubik left a permanent mark on Manasquan's Class of 2006. He engaged in broad range of classes from AP Literature to Intro to Acting, and extracurricular activities from wrestling to writing.

Pat Pompilio perfects his opera singing in American Idol, while Jackie Lingo wins the audiences' hearts with her country rhymes



Advocating for the freedom of expression, Ron entered his senior year with a green Mohawk: a clear violation to the school dress code. After being suspended, Ron desired to set a precedent and clear the path for future generations as they sought ways to express their individuality. He brought the case before the Board of Education and won.



Julia Graney and Kevin Maldjian play husband and wife in Actor's NightMare

After graduating, Ron became a decorated war hero. Serving as a US Army Ranger 3rd battalion, 75th Ranger Regiment, he went on three tours of duty in Iraq. On April 23, 2010, Sgt. Ron Kubik heroically sacrificed himself for his country, saving the lives of 5 fellow rangers, 5 Afghan soldiers, and 19 innocent Afghan women and children. In order to celebrate the legacy of the fallen Manasquan hero, Improv for Ron was created.

The performers at this fundraiser—Craig Lapham, Kevin Maldjian, Julia Graney, Allison Frangione, Rachel Gray, Jeff Hall, Jack Lewis, Kat Wallace, Zoe Pelly, Carly Garback, Miguel Garcia, Eddie Franzoni, Pat Pompilio, Jackie Lingo, Hailey Crecca, Ryan Coulson, Nolan Egan, Will Conte, Matt Conte, Jack Masterson, and Madi Blecki—embodied the passionate spirit Ron cast upon Manasquan. All of the players, either students in Mr. Harvey's Intro to Acting class, past alumni, or participants in Mr. Harvey and Mr. Mawn's Acting Camp and Improv

Workshop, were well equipped for the night's festivities.

When the curtain opened at 7:30, Mr. Harvey commenced the evening with a welcome address to the packed auditorium, introducing each of the players with his or her own nickname, such as Will-I-Can-But-You-Conte and Pat-The-Thrillio-Pompilio. In order to get the creative juices flowing and the actors in the mindset of improvisation, the night began with the *flock dance*: a follow-the-leader dance game in which Zoë Pelly stole the spotlight with her cat-like moves.

From there, the night quickly unfolded with role-playing games such as *park bench* as Ryan Coulson took on the persona of a phone collector with his catchphrase "you know what I say when I find a phone.....another phone earned!" *next door neighbor* as Craig Lapham and Kevin Maldjian pretended to have a body-obsession complex and attempted to bench press one other, *film critic* as Ryan Coulson and Madi Blecki (playing a man) reenacted a passion-filled bromance and Ryan Coulson delivered the memorable line "my kids are always complaining 'you're not my real dad,'" *actor's nightmare* as Allison Frangione was only able to read lines from "A Streetcar Named Desire" and Julia Graney, engulfed by a zest for faith, religiously screamed "do it for Jesus" repeatedly, and *subconscious scene* as Carly Garback, Kat Wallace, and guest-appearance Mr. Harvey pretended to be the voice of reason of the players on the stage.



Craig Lapham pretends to shoulder press a bench in Next Door

Other games centered on the concept of random thought such as *inventing proverbs* as teams popcorned

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Academy of Finance Celebrates Successful Year

By: Julie Hohenstein

Manasquan High School's Academy of Finance is proud to be a part of the National Academy Foundation's network of 667 academies, serving over 80,000 students across 38 states. However, the Academy of Finance has even more pride in its recent accolade from its mother foundation.

Congratulations to the Academy of Finance for being deemed a "model" institution as a result of NAF's annual Academy Assessment. Glorified for meeting the highest proportion of standards, our hometown academy will be celebrated at NAF's national conference this July in Anaheim, California.

This is the fourth consecutive year that AOF has been ranked among the top 15% of NAF academies. Flattered by the acclaim, Mr. Driscoll credits the success to his students. "Kids recruit other kids, family members that have gone through the program recruit other kids, and that is what keeps the academy alive. Without such enthusiastic and dedicated students it's not possible to continue to do what we do."

But the best tribute to the academy lies in the college acceptances of graduating members. AOF soon-to-be alumni plan to further their education at universities across the country. Students look forward to their future, but reflect upon the advantage that AOF has provided them.

"The Academy has given me an infrastructure of business knowledge to build upon in college", said senior Sean Flarity. "I am eternally grateful for the opportunity presented by Manasquan High School. It's a great program, and I'm definitely going to miss everyone."

Similarly, Craig Lapham complimented the academy for providing members with "more experience than most college students". Lapham continued to say, "The field trips especially have proved valuable, because we get insight from people who are truly immersed in the business world."

The seniors celebrated their academy graduation on Wednesday, May 14th in the Jack. Honored by parents, peers, and professors, the students enjoyed the spotlight as they patiently awaited their diploma.

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Improv for Ron

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American Idol with opera-singer Pat Pompilio, rapper Eddie Franzoni, and country singer Jackie Lingo, counting words as Jeff Hall took on the character of a 7-11 clerk, and relationship counselor as Mr.

and Mrs. Fenlon were pulled from the crowd to be counseled for their 'watermelon-fueled' marriage issues. Mrs. Fenlon reflected, "I had no improv experience at all, so I was really nervous. Mr. Harvey could just sense my excitement and wanted me to be a part of the show."

Following the last game, the last laugh, and the last applause, the spotlight turned towards Ron's mother, Eileen Daly. Eileen began by profusely thanking all of the supporters, participants, and staff who created Improv for Ron: a



Eileen Daly, Ron's mother, shares heartfelt memories of her beloved and heroic son.

represented. Eileen also had the honor of introducing a guest speaker—Dan Daly, Ron's uncle and trusted friend.

Dan Daly, a NYC fireman, moved the audience with his attestment to the selfless and honorable man Ron always strove to be. Sgt. Daly, as a close confidant of Ron, followed Ron's progression in life, and saw the fiery passion he possessed to make a difference—an attribute he believed the entire audience

night that truly represented the ideals and spirit of her heroic son.

She shared memories that portrayed how Ron's passion and spirit shined a positive light on his school, community, and world: memories that embodied the courageousness, bravery, and sacrifice Ron

should adopt. He told them that whenever he would question Ron as to why he was enlisting in another tour, Ron would immediately turn serious, saying "if you ask me again, I'll leave the room." In Ron's mind, to not risk his life for his country was an unthinkable concept. Sgt. Daly wanted Ron to serve as an inspiration to the audience, motivating them to believe in the power of themselves and to utilize this power in its fullest potential to make a difference in the world.



Sgt. Daly, Ron's uncle, reflects on Ron's life and beliefs, inspiring the audience to follow in his courageous and meaningful way of life.

Entertaining and inspiring, this year's Improv for Ron was the greatest success it has ever been, entertaining the most amount of viewers and raising \$4,000 for the Sgt. Ronald A. Kubik Memorial Scholarship: a scholarship open to all students who "embody the spirit of Ron." As Director Mr. Harvey speculated, "I thought it went great. The crowd was excited and so generous. All of the performers went beyond my expectations."



"The fashion show is a great experience for models and audience members because you not only get a taste for how people act in the business world, but how they look in it"

-Craig Lapham, Senior



"I like getting dressed up and taking to the catwalk. It's where I'm destined to be."

-Craig Miller, Senior



"Part of the fun is shopping for the event. All of the stores were so accomodating"

-Caroline Carter

Appraising AOF

By: Julie Hohenstein

The Jack Nicholson Theatre is home to many Manasquan traditions. It is in the Jack that freshmen are first converted into Warriors during orientation, audience members are transported into other worlds by the comedic and tragic genius of the Drama Club, and the stride of students and teachers transforms to a strut during the annual Academy of Finance Fashion Show. With over 80 enthusiastic models and extensive support from the community, the Academy hosted its 11th annual event on March 31, 2015.

Run entirely by students, the fashion show is accompanied by a gift auction that serves to raise funds for academy scholarships and activities. Mr. Driscoll has been the director of the academy since its establishment in 1999. The first graduating class consisted of only two students, a staggering statistic considering that the academy currently claims over one hundred members.

Increased participation is responsible for the success of this year's fashion show. Anyone in the audience can confirm that the energy in the auditorium was tangible as models took to the stage in pairs to perform some sort of interesting hand shake, dance, or even promposal. Those at home were able to witness Shane Flanagan publicly pop the question to Alex Kurtz, thanks to the many snapchat videos, while the room

burst into applause. (She said yes!!)

Applause was met by laughter as the student-written biographies were read for each individual model. Hidden behind the basic facts, including grade in school and store modeling for, were unexpected admissions of secret hobbies, weird fetishes, and future plans. The audience learned of junior Matt Cannon's love for scented candles, Megan Gianforte's retirement from an Irish step-dancing career, and Olivia Santos' tendency to finger paint with her toes.

Seniors professed their love for past teachers, with Sean Padgett confessing his "quest to follow in Mr. Voskian's footsteps and become the World's Strongest Man", and Craig Lapham sharing his hopes to "one day be half the man Bobby Waldeyer CPA is today."

Models either donned casual or formal wear. Casual outfits provided audience members with a taste of spring styles from Inlet Outlet, Rare Cargo, and Hazel Boutique. The formal collection came courtesy of Tula the Boutique, Starlight Tuxedo, and JoS. A. Bank.

The Academy would like to not only thank their clothing providers, but all other sponsors. Over twenty-five local establishments donated in support of the Class of 2015. Finally, the night would not have been possible without the hard work of the Fashion Show Committee led by se-



"It was really rewarding to look down from the stage. So much hardwork went into the night and so many students came out to support AOF."

-Emily Petillo, Junior



"Getting asked to prom onstage was a big surprise. The fashion show will always be a memorable night and I'm looking forward to May 22!"

-Alex Kurtz, Junior



"I'm not in the academy, but this night made me wish I was. Shout-out to Jamie."

-Braiden Carroll

AOF Celebrates

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mas. Mr. Driscoll delivered a heartfelt - and hilarious - speech that drew upon his memories regarding the class of 2015. The night continued with the distribution of scholarships. Jamie Roland was praised as student of the year, (a well-deserved accolade considering her dedication to the Fashion Show and other AOF events during the past year) and various other awards were presented by each sending district's Chamber of Com-

merce.

Guests lingered in the cafeteria long after the end of the commencement: dwelling to share stories, take pictures, and snack on Costco's finest pastries. Perhaps students were procrastinating going home to finish their homework or avoiding studying for an upcoming exam. Or perhaps, subconsciously, students idled because they did not want their time to be over. When one encounters something as precious as the Academy of Finance, departure is inevitably difficult.

And The Winner is...

By Keely Flood

VARIETY SHOW

April 22nd, 2015 was a night of pride, guts, and courage. One thing no one can say about the student body here at MHS is that there's no talent. From traditional, cultural dance to freestyle rapping, MHS's variety show was more than a success—it was a triumph. With a lineup of nine performers, the audience was in store for a show that would shed some new light on some of the students that roam our halls. Not once during or after each act did the audience lack in applause or cheers; the Jack Nicholson Theatre was *alive*.

The evening began with energy, when sophomore/twin duo Rachel and Rebecca Irizarry had the audience dancing in their seats while lip singing to Fifth Harmony's upbeat tune "Sledgehammer". The crowd, buzzing and impatiently awaiting the next acts, were officially ready for the night! Marty McFly took us even further back in his time machine when Paul Navarro sang his own rendition of Frank Sinatra's simple classic "Fly Me to the Moon". Beautifully executed and scarily mimicking Sinatra's actual voice, no one would be surprised to think Frank himself was on stage with their eyes closed.

Skip ahead a decade to the seventies when sophomore Michael Rafter impressively AND perfectly played Black Sabbath's tricky song "Iron Man" on his electric guitar. Dedicated to his Dad, we're more than sure he was pleased and proud. The event kept a steady groove when another female duo, sophomore friends Sarah Langan and Kathryn Wynd, threw it back to 1982, dancing to Dexys Midnight Runners smash hit "Come On Eileen". Now students *and* parents were humming along! This one wasn't the usual performance, so it definitely added some diversity, fun, and energy to the night.

Keeping the music alive, senior JD Donahue had everyone's attention as he played acoustic guitar and opened his act singing the Head and the Heart's "Winter Song". But that wasn't all we'd get from one of our school's greatest songbirds; his next song most definitely made some eyes misty as he played Rob Thomas's "Little Wonders". Emotions running deep, the crowd did not hold back their applause; they roared with excitement. Taking a break from all things traditional,

sophomore Kat Zhang surprised the crowd with a traditional Japanese dance. Intricate and swift, Kat brought to the stage a beautiful symbol of her culture and where her roots sprout from!

After Kat received an amazing ovation, things got a little more innovative as senior/upcoming rap artist Jacob "Barry the Mongoose" Metroke rapped his own original song. Not to disappoint, a few lucky audience members were thrown a Barry the Mongoose album shirt by the man himself. The night was definitely a roller coaster of ambiance when Jake's freestyle was followed by a slower acoustic ballad by senior Josh Ostberg, who played a soulful rendition of "Everlong" by the Foo Fighters.

Shortly after, the next act took stage: the Brett Favre Experience, made up of seniors Kevin Maldjian and John Russo, along with younger freshman brother Brian Russo. Those boys knew what they were doing as they played their own versions of "Where is my Mind" by the Pixies and "Psycho Killer" by the Talking Heads. Again, the

crowd made it very clear that they were pleased!

To end the night, junior Pat Walsh rapped some of his very own lyrics alongside younger brother Ian, an eighth grader at Spring Lake Heights. Originality in its simplest form, it was great to see another brotherly duo up on support each other on the stage.

Although every act deserved its own trophy and gold star for the amount of effort and talent involved, only **one** would be chosen to start ice-picking away at their prize money of \$100 *cold hard cash* (the bill was literally frozen in a block of ice). The judges even admitted they had a tough decision to make, but after a closer-than-close competition, the Brett Favre Experience took home the win. One thing everyone that night could agree on was that it was a well-deserved win for Kevin, John and Brian.

A massive congratulations to all performers. You all killed it and made the night a charming success!



...The Brett Favre Experience!

A 'Bloody' Good Cause

By Sofia Kim & Keely Flood

On May 15, 2015, Manasquan High School's gym was transformed into a vampire's utopia. As blood spilled from the veins of some of our schools' most open hearted and generous, hundreds of lives were being saved. This annual tradition, hosted by the Academy of Health Careers is a wonderful testament to a community which acknowledges the power of one in changing the lives of many. A moment of discomfort has the capability of providing a lifetime of difference for patients.

It's a simple act that can catapult into an entire lifestyle of dedicating what you have to help others. So much so that the initial intimidating task of donating a pint of blood can be minimized to nothing. As senior Logan Muir put it, "I've given blood before so I knew what to expect. It didn't hurt. I'm the man."

For the honorable donors, there awaits our gym, transformed for your comfort. There lies a space to rest your altruistic head, food to nourish your gallant self, and nurses to ensure you triumph the noblest of deeds, painlessly. Mrs. Kozic runs the event admirably, and Jessica Law, the account manager at Central Jersey Blood Center, agreed. She described how "everything went smoothly" although, unfortunately, there were not as many donors as compared to last year.

Don't think any fears of blood or needles can prevent you from participating. The pain is a minimal pinch, and you cannot feel the blood leaving your body. We promise your initial fears will subside once you remember the gravity of your actions. Take first time donor Senior Mackenzie Grogan, who said, "I did it for the first time and even though I thought it was scary I'm so glad I could help people and save lives."

Following your donation, your unit of Whole Blood is divided into different components, and transfused to patients who needs fit that specific component. Every drop can go to help victims of car accidents or third degree burns, and those undergoing heart surgery, organ transplants and bone marrow transplants. However the number one recipient of blood products is cancer patients.

When you choose to donate blood, you choose to donate platelets. Platelets circulate in the blood and are vital for blood clotting. The presence of platelets are critical to the survival of many patients with clotting problems like aplastic anemia, leukemia, or cancer and it is crucial for patients undergoing organ transplants, heart bypass grafts, or other major surgeries.

Juniors Pat Walsh, Kerry O'Malley and Matt DeConie show off their gauze after donating blood.



All smiles after the fact: above, Logan Muir and below, McKenzie Grogan, both seniors, both donors.



If this isn't enough to convince you, did you know that men who donate blood are four times less likely to have a heart attack than men who do not donate blood?

Every two seconds someone in the U.S. needs blood, and thousands of them receive blood every day thanks to your contribution. Because of you their lives are either saved, prolonged or the quality of their life is improved.

A big thank you to all donors, to Central Jersey Blood Center for providing their services, and especially Mrs. Kozic for making this empowering event possible!

Spieth Takes Home the Green Jacket

The 2015 Masters took place April 6th –April 12th in Augusta, Georgia. Jordan Spieth, an eye-catching 21-year old American, took home his first ever green jacket. He shot a record-tying 18 under par to win the championship, tying Tiger Woods with the best 72-hole winning record.

Spieth is also the second youngest male to win the Masters after Tiger Woods in 1997 when he was 22. Not to mention he had 28 birdies, a Master's record, as well as becoming the youngest 18-hole leader in Master's history.

After winning the tournament and before putting on the jacket, Spieth responded to all, "It was nerve racking. With two major champions behind me, I couldn't let up. It has been the most incredible week of my life, as great it gets, a dream come true. It made it even better that all my family was there. The next step is to win another just like Bubba Watson." Runner ups, Phil Mickelson and Justin

By: Lauren Johnson

Rose, tied for second scoring 14 under par. Idealized Tiger Wood's started off on the right foot, but his dream to grab his fifth jacket was put down. He ended 5 under par in 18th place.

Spieth remained on top of the leaderboard most of the tournament until

The winner, Jordan Spieth. He's young, he's rich, and he's cute, isn't he?



his 4-shot cushion on the fifth day (Saturday) which pretty much secured his spot. He competed with the top competitors, Rose, Mickelson, Wood, and McIlroy on the final day to come out on top.

Other than being a stellar golfer, Spieth is always smiling. He is just an all around great guy who is also praised by the women, especially now with his \$1,800,000 prize. However, he does have a beautiful lucky girlfriend, Annie... Anyways, Spieth is sponsored by Under Armour which you can always find him wearing. AT&T, Titleist, Rolex, Perfect Sense Digital, NetJets, and Super Stroke also sponsor this star.

It's refreshing after seeing so many built up, cocky men in our country gain attention; finally a true and kind one is experiencing his dream. Ever since he was a little boy Spieth said his dream was to win the Masters and he did. His next dream is to win another.

Students Tackle Issues in the World

The Blue & Gray Editorials

How can we pave the way for healthier beauty standards?

By: Sofia Kim

What is beautiful, idealized, desirable, has never been a stagnant concept, yet it is presented as a concrete and absolute goal.

With the intimate role social media plays in our lives, it came almost as no surprise when airbrushed and retouched pictures of celebrities became as ubiquitous as the photo-shopped standards of beauty we are fed in magazines, websites, advertisements, and even video.

Yet something about this fazed our normally jaded, unsurprised understanding of airbrushing. The fact that these tampered images were posted through the celebrities themselves, hit home. Suddenly it wasn't a large corporation that was pumping out a product, but rather Beyoncé, Kim Kardashian, Miranda Kerr and many others, who were altering their bodies for our expenditure. This immediately garnered a wave of annulling scrutiny. Popular news feed were dedicating stories and coverage to indict the "guilty", and entire websites and blogs were being created to bash that behavior.

Their responses grew from a foundation of cold, concrete, **unforgiving** shame. Retouched photos are detectable for warped or distorted backgrounds indicating the places at which alterations were pinched in. These websites scold celebrities, through comparisons of before and after to emphasize the areas at which their retouching skills fell short. Yet by branding these photos as a source of mockery and targeting celebrities for not only photo-shopping themselves, but for "failing" to do so discreetly, it only perpetuates a vicious cycle.

Instead of questioning why we live in a society that places such immense pressure to fit a specific image, these stories only work to further cultivate a highly critical and discouraging media. Public bashing of participants doesn't inspire change, rather it encourages an already existing culture of shame. Fat shaming, skinny shaming, shame to not measure up to a

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A photoshopped picture posted on Peaches' Geldoff's Instagram page, with arrow indicator showing the photogshopping. See more at becomegorgeous.com (but don't do



A Rally for Rights

By: Julie Hohenstein

Amongst the sea of clubs in our quaint coast high school lies the hidden pearl that is Amnesty International. Globally renowned and locally led by Mrs. Anderson, Amnesty defines itself as a movement of people fighting injustice and promoting human rights. The group is guided by the mission statement, "It's not happening here, but it's happening now."

Except it is happening here.

Police brutality has plagued America the past year. The media's first big story came from Ferguson, Missouri after cop, Darren Wilson, shot and killed Michael Brown, an unarmed African-American teenager. Unrest intensified with the jury's controversial decision not to indict Mr. Wilson. The verdict prompted further protests that quickly took a turn for the worst. Buildings burned as citizens took their anger out on the town.

Though Ferguson elicited discussion in our area, we were not burnt by the heat of the situation. However, flames have recently ignited in neighboring states- making the smell of smoke impossible to ignore.

Riots recently erupted in Baltimore, Maryland following the death of Freddie Gray, a 25 year old African-American. Gray passed away after having suffered a serious spinal cord injury while in police custody. Enraged by the incident, protesters took to the streets after Gray's funeral to tear up the town. But they did so against the will of Gray's family, who rallied against violence as they mourned their loss.

The explosion of emotion in Baltimore leaves the streets destroyed and the citizens distraught. While the city attempts to salvage what remains, the nation faces the issues associated with the events.

How does one overcome such adversity? Does one first combat the rubble of a single city, or the sin of an entire nation?

The efforts of Amnesty are all the more important in the light of these events. Unfortunately, Amnesty has such low student participation that it risks extinction at MHS. If students fail to sustain a club that represents hope for humanity, what does that say about our future?

So perhaps, as students in Manasquan, we should begin to combat injustice by ensuring the continuation of Amnesty. We can no longer avoid our reality- because things are happening here and now- so instead we must fight fire with fire and begin to fuel change.

"We should continue as a nation to let our voices be heard by peacefully assembling."

-Amnesty advisor Mrs. Anderson.

French Club Spends Spring Break in Canada

The trip began at 6 a.m. on Monday morning. It was chilly and a hazy blue had settled over the trees. Parents said their final goodbyes and the students met up with friends and buzzed over what they had done the night before and the excitement of the upcoming trip. As the bus drove the 8 hours to get to Montréal, the sun soared higher into the sky and views of trees and mountains filled the horizons. The students bubbled over the promise of the next three days and barely anyone could manage a wink of sleep.

When the bus first arrived in the city, the students were overwhelmed with the blue-grey hue of everything.



It drove over the Saint Lawrence River, just beginning to thaw, and into the heart of the city where the Best Western was waiting. The students met their tour guide and finally were able to stretch their legs and pile out of the bus. After putting their things away, the tour guide led them through the city to the atrium where the students could ice-skate or spend the hour as they pleased. For some, this was their first time

skating, and they slipped around the ice like baby deer learning to walk while the others skated circles around them. However, no matter the skill level, each student had a broad smile on their face. When the hour was up, the students, their chaperones, and their tour guide made their way up through town to a restaurant for dinner, and then down again to play some laser tag.

Early the next morning, around 7 a.m., everyone enjoyed some breakfast at the hotel and piled into the bus to go to the Biodome. There, they enjoyed several different zones with a variety of climates and habitats. They saw a multitude of birds, some raccoons, a capybara, and even a lynx. Even though they were inside of a building, it was easy to see the true diversity of the planet. After that, they made their way to the Olympic tower, where they were

by Sarah Spears



able to go to the very top and look out over Montréal. After taking the elevator back down, the group walked to the botanical garden, where they saw numerous types of plants and butterflies. In fact, there was a room that was solely for the butterflies to roam freely. After lunch they took a tour of old Montréal and of the Notre Dame cathedral. After that there was free time, dinner, and then an IMAX movie about pandas followed.

On their third day in Montréal (and also Mr. Januario's birthday), the students were taken to the National Film Board and were taught about animation. They were then split into groups and each group made their own mini films. After that, they were driven



back to Montréal and they were able to go and get their own lunch. They then regrouped back at the hotel and made their way to take a tour of the Museum of Fine Arts and of McGill University. At McGill, the group met up with Joe Khammar, a former student at MHS, and he walked them through the campus. After walking through the campus, the students had 2 hours of free time before dinner at the North African restaurant. At the North African restaurant, one of the students made a toast about the trip and thanked Mr. Januario for his kindness, and then the group began to sing.

On their final day, they went to Mount Royal and saw the view of the city. Then they went to the "underground city" which was a mall that was underground. It was huge, with many floors and a whole variety of different stores. Students did their last minute shopping and waited for the bus to take them on the very long ride back home.

The trip to Canada was once in a life time. The students and chaperones experienced a foreign country, a different lifestyle and a whole new way of thinking. It was an invaluable experience that they will all remember and value for the rest of their lives.



Beauty Standards

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single definition of worth.

We cannot buy into insidious behavior we've helped to create.

We are hungry for images of beauty which are relatable. Beauty that is not single sided, but diverse, all encompassing, and wholly accepting. We may not be able to change how every summer magazines will release stories of the "best celebrity beach bodies", or how "post baby celebrity weight loss" articles will appear alongside the pressing issues of our world in credible news sources. Nor may we currently have the power to disassemble the lucrative business of fad diets, or the suffocating expectations

we hold for our celebrities. But we can impart immediate change in our perspectives.

It starts with a decision every day. A decision to air on the side of compassion for the figures of our media, to not dehumanize them. A decision to question "why" instead of criticize. To focus all the energy we've been wasting scorning others into fostering a world that sets a healthy example for our impressionable youth. To utilize our level of technological potential to diversify the images we are fed and ultimately widen the ideals we've been taught to aspire to. And most importantly to learn to accept ourselves, because often what we are most critical of in others, is a reflection of what we are not yet at peace with in ourselves.

Students Tackle Issues in the World

The Blue & Gray Editorials

Ode to Europe

By: Julie Hohenstein

I was fortunate enough to spend the duration of my spring break immersed in the heart of France. Everything about Paris was upbeat: the Seine River danced throughout the city, creperies lined streets corners, offering tourists a sweet indulgence, and aged buildings provided an escape from the modernity of America. Beauty was abundant. But the most beautiful thing: beauty was appreciated.

The "City of Light" illuminates the many differences between Europe and the United States. Plagued by practicality and big business, the United States does not possess half the interest in aesthetic appeal that Paris demonstrates. Though undeniably impressive, metropolitan areas like New York City lack the charming priorities of European cities.

Our trip coincided with the transition from winter to spring, a fact that enabled my mother and I to experience

cold. Clouds denied our skin of the sun's kisses but upon their departure gave way to seventy degree weather. However, no matter the temperature, Parisians took a seat along the sidewalk at their cafe of choice- a restaurant experience unlike anything in the United States.

Though McDonald's and Starbucks exist overseas, they don't infect the streets. Franchises are scarce. The streets are instead dominated by boutiques and family-owned businesses, a cordial contrast to the states.

Food represents more than a collection of calories abroad. Restaurants focus on quality over quantity, delivering delicately designed serving sizes to hungry customers. An effort is made to bring the food out immediately, but waiters are in no rush to deliver checks upon completion of a meal. Customers remain seated long after their plates have been cleared. Though a bustling city, Paris rejects the notion that life has to be in constant motion.

It is almost as if the passage of time has no effect on the city. The urban area is proud of its history and makes every effort to preserve it. While in the United States cities are constructed to include skyscrapers that maximize work space, Paris makes use of the century old buildings. The old-

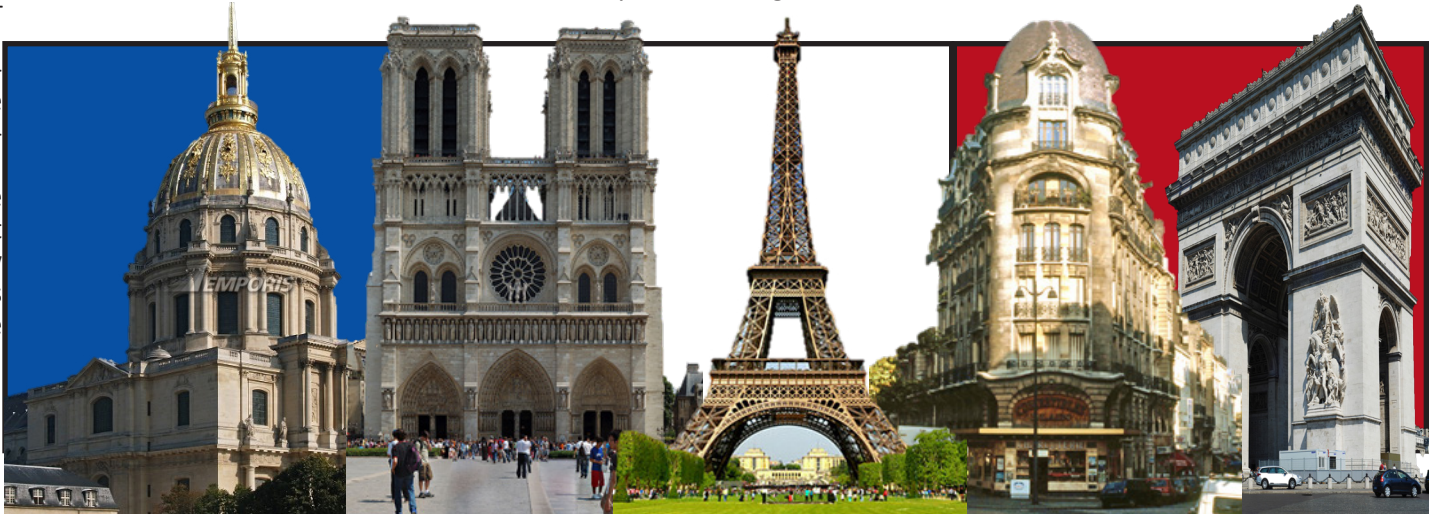
est areas are not knocked down, but instead valued with increased vitality.

European admiration of antiquity is exemplified by the Louvre. The famous institution houses more than 70,000 pieces of artwork, including Da Vinci's treasure, the Mona Lisa. But even more impressive than the museum's collection is its sheer size. The Louvre occupies 130,000 square meters- nearly ten city blocks in length alone. Would the United States be willing to dedicate such coveted property to a museum? To trap tourists sure. But tourism is not France's motive. Though over nine million people visit the Parisian destination annually, the Louvre is as much of a delight for locals as it is for travelers.

After ten magical days abroad, I reluctantly boarded a plane destined for the states. As I wandered in and out of sleep during the eight and a half hour flight, my mind raced with memories of Paris. I wanted nothing more than to stay in the dream world that is Europe. But no matter how desperate my attempts to sleep, reality prevailed with the definitive jolting of the planes wheels against American soil.

Though home will forever have my heart, Europe maintains my mind.

Paris is in multiple seasons. The first few days were



“Help!” We need the ‘Piano Man’ to bring us back to the ‘Glory Days.’”

By: Maggie Leddy

In a time period where we are constantly upgrading technology, the music industry is being highly effected. It seems that every top hit song is assisted with computer engineered beats and vocals. What happened to the stripped down songs without all of the added in computerized percussions and voice enhancing devices? What happened to the guy with his guitar and a few scribbled down verses on a napkin? What happened to the garage based bands who played too loud for the neighbors liking? What happened to lyrics that made sense and forced you to feel something other than the need to go out and make, well, questionable decisions?

Growing up in a house full of Beatles lovin', Bruce Springsteen playin', Billy Joel singin' parents I got a taste of different generations of music that I unfortunately missed as a late 90's kid. Not to say that these artists are stripped down to only guitars and vocals, but they have a certain raw sound

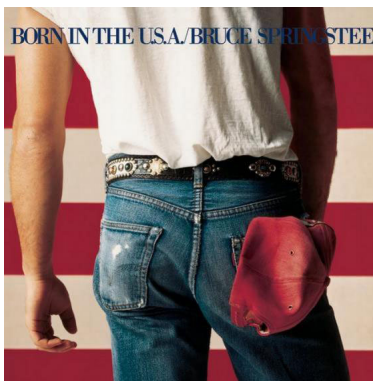


“Blackbird singing in the dead of night / Take these broken wings and learn to fly / All your life / You were only waiting for this moment to arise”

-The Beatles referring to the U.S. Civil Rights movement

(including my mother). Their sound, harmonious and emotional, was the super glue of the swinging sixties, a time of curiousness and social revolution in the twentieth century. They allowed themselves to be the vocal perspective of many young adults in America trying to change the way society perceived things.

Bruce Springsteen, a small town kid from Neptune, New Jersey, made his way to fame by playing around local bars in Asbury Park. He played covers as well as some original songs. People fell in love with his down to earth, small town, Americana working class lyrics. It wasn't long before Bob Dylan's producer caught wind of Springsteen and signed him and his colleagues,

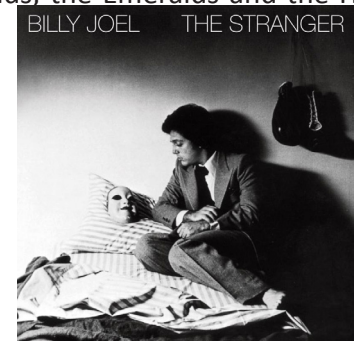


“The best music... is essentially there to provide you something to face the world with.” -Bruce Springsteen

who soon became known as Bruce Springsteen and the E Street Band. Springsteen knew how to rock a crowd. Even today at 65 years old, his concerts are electrifying as his lyrics are blared through stadiums connecting individuals as one nation who relate to the disappointments and victories growing up in America.

After seeing The Beatles perform on the Ed Sullivan Show one night, young Billy Joel declared that pursuing a career in music was something he needed to do. “That one performance changed my life ... Up to that moment I'd never considered playing rock as a career. And

when I saw four guys who didn't look like they'd come out of the Hollywood star mill, who played their own songs and instruments, and especially because you could see this look in John Lennon's face – and he looked like he was always saying: ‘F--- you!’ – I said: ‘I know these guys, I can relate to these guys, I am these guys.’ This is what I'm going to do – play in a rock band.” At only 16 years old Joel had been in two bands, the Emeralds and the Hassels,



*“Slow down you're doing fine
You can't be everything you
want to be before your time.”*

-Billy Joel

which became big in New York. At 21 Joel, the gifted pianist he was, signed with Family Productions where his career took off. Through the years Billy Joel has changed his style from soft rocker to new wave rocker, stealing the social music scene.

It is important to look back at these artists as some of the original musical icons that worked hard with what they were given. They achieved stardom with their talent and dedication to music. With lyrics that tell stories about love, loss, triumph and failure, they are excellent examples as to why you don't need to write songs about drugs and abuse or completely edit the sound of vocals and instruments. However, times are changing and many of the younger generations may never even come across classic songs, such as “Mary's Place” or “Help!” I can only be thankful that I am graced with the knowledge of these artists by living in such a musically cultured environment.

that you don't hear anymore.

Each of the artists mentioned above have a story that they allow their music to portray. The Beatles started their journey to pop star sensations when they began playing in local pubs in London. After building their fan base, the Beatles came to America and won the hearts of every teenage girl



COLLEGE ACCEPTANCES



***Editor's note: List compiled from college acceptance letters submitted to
MHS guidance department as of 5/15/15. ***

Zackary Abbott

Pace University
College of Charleston
Marymount Manahattan

Jennifer Alvarez:

Susquehanna University
Seton Hall University
West Chester University
University of Rhode Island
Penn State - Altoona

Parker Black:

Rutgers University
Penn State University

Tyler Bradley:

University of Rhode Island
Furman University

Braiden Carroll:

University of Alabama

Austin Castellanos:

Haverford College

Tanner Cowley:

University of Virginia

Jack Cunningham:

Richard Stockton College
Monmouth University
Rowan University

Nicole D'Anton:

Cornell University

Sam Di Ubaldi:

Stevens Institute of Technology
Florida State University
Manhattan College
University of South Carolina
University of Delaware

Joseph (JD) Donohue:

Georgetown University
Boston College
Northeastern University
University of Delaware
University of Richmond

John Driscoll:

Susquehanna University
Manhattan College
Monmouth University
Rider University
Richard Stockton College
Fairleigh Dickinson University

Noah Drake:

West Chester University
Vaughn College

Eric Dzenis:

University of Maine
Washington College
University of North Carolina -
Wilmington
Fordham University

Chelsea Eareckson:

Northeastern University
College of Charleston
University of Richmond
University of Miami
University of New Hampshire
University of Maine
Rollins College
University of Tampa
Eckard College
University of New Haven
University of North Carolina -
Wilmington

Matthew Edwards:

Rowan University
The College of New Jersey

Michael Fahey:

University of Colorado - Boulder
The Citadel

Annie Farragher:

Loyola University
Fordham University

Kevin Fay:

Dominican College

Keely Flood:

Michigan State University
Arizona State

Brooke Franklin:

Iona College
Lasalle University
Virginia Commonwealth (VCU)
Ramapo College
Richard Stockton College of NJ
Chestnut Hill College
Goldey Beacom College
University of New Haven
St. John's University
West Virginia University

Eddie Franzoni:

Ramapo College

Darby Formichella:

Towson University
Duquesne University
George Mason University

Allison Frangione:

Manhattan College
Ramapo College
Philadelphia University

Olivia Galinis:

Virginia Tech
Clemson University
UNC-Wilmington

Carly Garback:

Monmouth University

Brandon Garcia:

Syracuse University
University of Denver
Flagler College
Lynchburg college

Julia Graney:

Penn State
University of Delaware
Marist College
University of New Hampshire
University of Vermont
College of New Jersey (TCNJ)

Conor Gleason:

Florida Southern College

Meghan Gilly:

James Madison University
University of Delaware

James Grieb:

Penn State University
Lafayette College

Mackenzie Grogan:

University of Rhode Island
East Stroudsburg University
William Patterson College

Giovanna Guaimano:

West Virginia University
Rider University

Jeffrey Hall

Temple University
University of Delaware
The College of New Jersey

Jake Hegna:

Gettysburg College

Brandon Hawes:

West Chester University
East Carolina University
College of Charleston

Nell Henry:

Rutgers University

Jack Hobbie:

Bucknell University
Fordham University
College of Charleston

Alison Howell:

Stockton College
Alvernia University

Gabrielle Ientile:

Boston University
University of Delaware

Olivia Jannarone:

University of Vermont
Syracuse University
Fordham University
University of Colorado- Boulder
Rowan University
University of Delaware

Daniel Jahnsen:

James Madison University
Villanova University

Lauren Johnson:

Lafayette College

Margaret Johnson:

Catholic University

Aubrey Jones:

East Stroudsburg University

Marianne Kenneally:

University of Vermont
University of South Carolina

Johanna Keosseian:

University of Mississippi
Indiana University of Pennsylvania

Sofia Kim:

American University
Rutgers University

Robbie Kraft:

Mount St. Mary's University
Rutgers University
York College



COLLEGE ACCEPTANCES



***Editor's note: List compiled from college acceptance letters submitted to
MHS guidance department as of 5/15/15. ***

Craig Lapham:

University of Florida
University of South Carolina

Christine Leonhardt:

SUNY at Fredonia
Montclair State University
Queens University of Charlotte

Peter Linde:

Virginia Tech University
Penn State University
Rensselaer Polytechnic Institute

Michelle Liskoff:

Ohio State University
Rutgers University

Kayla Lyons:

Penn State University
University of New Hampshire

Brooke Mason:

Northeastern University
Wagner College

John Masselli:

East Carolina University
Florida Institute of Technology

Liam McAlister:

Stevens Institute of Technology

Kyle McDermott:

Babson College
Manhattan College

Kayla McKeown:

Montclair State University
Georgian Court University
Philadelphia University

Mary McKiever:

James Madison University
Rutgers University
University of South Carolina

Shane McNamara:

University of Vermont
Emory University
Penn State University
Rutgers University
University of Delaware
Rider University
California - Santa Barbara

Reed Melchionda:

Princeton University
University of South Carolina
Rutgers University

Ben Meseroll:

Rutgers University
Virginia Tech
Fairfield University
University of New Haven
Florida Institute of Technology
Louisiana State
Penn State - Altoona

Omar Minott:

Brookdale Community College

John Monteverdi:

Salve Regina University
Johnson & Wales University
University of Rhode Island
Assumption College
Rhode Island College
St. Anselm College

John Moriarty:

University of Maryland
University of Richmond

John Morris:

Gettysburg College

Kelly Nolan:

University of Delaware
University of Maryland
Penn State University
College of Charleston

Tess Nuccio:

Indiana University of Pennsylvania

Richard Orozco:

Dowling College
Rowan University
University of North Carolina -
Pembroke

Luke O'Shaughnessy:

Marquette University

Joshua Ostberg:

Massachusetts Maritime Academy
Texas A&M University
Rutgers University
NJ Science & Technology University

Matt Paturzo:

University of South Carolina
Penn State
University of Maryland
Rutgers University

Michael Palella:

Stony Brook University
Rutgers University
Penn State University
Fordham University
Drexel University
UMass - Amherst
Sacred Heart University
University of New Hampshire
Manhattan College
University of Colorado Boulder

Zoe Pelly:

Juniata College
Virginia Tech
Michigan State University
University of Vermont

Patrick Pompilio:

West Virginia University
East Carolina University
Coastal Carolina University
University of Pittsburgh

Renee Putelo:

The College of New Jersey

Mackenzie Queen:

Rollins College

Christian Rispoli:

Rochester Institute of Technology
Richard Stockton College
Montclair State University
NJ Institute of Technology
Champlain College

Jason Roberts:

University of Colorado Boulder

Logan Sabins:

Monmouth University

Quinn Saito:

St. Joseph's University
Monmouth University
Rowan University
TCNJ - The College of New Jersey

Joseph Sangine:

Husson University

Shannon Schatzman:

Boston University
Penn State University
Providence College
Loyola University
University of Delaware

Christine Schwartz:

Rutgers University
College of Charleston
University of Delaware
Florida State University
University of West Florida
University of South Carolina
University of Tampa
Manhattan College

Anna Steenland:

University of Delaware
University of North Carolina -
Wilmington
James Madison University
University of South Carolina

William Stewart:

Rowan University
University of Maryland
University of Delaware
St. John's University

Liam Tobin:

University of Delaware
Villanova University
Bucknell University
Lafayette College
Rensselaer Polytechnic Institute

Spencer Todd:

American Musical and
Dramatic Academy
George Mason University
Marymount Manhattan

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Coming Next Month:

**College
Choices!**

Where will your
favorite senior be
next year? Find out
in *The Blue & Gray!*

Senior Katie White Puts Her Mind, Body and Soul Into Her “Positive Energy” Stone Jewelry

By Keely Flood

Not many people are able to combine what they love to do into a business, whether it be big or small. And for those who *do* pursue this, the only ingredient for success is complete passion and drive for whatever it is they love.

Cue senior Katie White, the care-free chick with the cool, laid back style who walks around the halls. Chances are that you've spotted her with bright green or purple hair a couple times this year. Chances *also* are that you've seen the completely non-traditional, mesmerizing stone jewelry she wears around her neck. Not rocks from the ground—stones; spiritual stones.

This whole business-of-what-I-love came easily to Katie when she recently started her own handmade stone jewelry business. Rather than unfolding a table and some lawn chairs, waiting for cars to stop and take a look at her product, she made an Instagram page (@wildflower_cosmic_treasures; give it a follow!) solely dedicated to her beautiful jewelry. In an interview with the artist herself, I got a glimpse of what the real meaning behind the stones is and a look into Katie's mind and way of life.

“My family has always called me the peaceful, higher spirited, weird and open minded one out of everybody, so some may say I have always been this way-- it just didn't fully become noticeable until I found my true self. I am very against a lot of what society stands for and believe human connection, love, and bettering oneself are the most valuable things to accomplish in life every day!”, she replied when asked what first triggered her interest in spirituality and stones. “Also the fact that my mom has been a yoga instructor for several years, I suppose that influenced my interest in a spiritual mindset and daily engagement in alternative life activities. I personally have beliefs others don't comprehend, in addition to universal signs about my life others don't receive, so spirituality took interest in me before I was even fully able to take interest in the subject. Stones, minerals, fossils and crystals are Mother Nature's beautiful gifts to us, so I felt it more than necessary to admire what is natural and unique.”

With this in mind, I couldn't keep my mind's wandering from question to question. Next up: let's talk stones!

“There are thousands of stones I love, but at the end of the day I have about 5 favorites: Blue Kyanite, Spirit Quartz, Moldavite, Labradorite, and Emerald Druzy's. Even that is narrowing it down immensely!” With that established, I started to wonder what the beginning of her collection was. “My first stone ever was clear quartz when I was younger. Then, early junior year, I received rose quartz. This past August, I traveled to Colorado, where, in the Garden of the Gods, I actually found my own Quartz, Rose Quartz, and Citrine while hiking in the mountains.”

Completely blown away with intrigue, my mind is flooding with a sea of questions. I find complete admiration in the way Katie sees life and how motivated she is to turn her negatives into positives. How does she do it? More importantly, *why* does she do it? Did something happen that made her realize she needed to purify herself and find clarity in her day to day life? Was it just a personal choice?

“I have actually just fully grown into my true self and definite morals,” she told me. “I was totally on a journey of self-discovery all throughout high school, trying to fully find my purpose or place in life, as well as wanting to completely think for myself. Before the past two years, I was actually rather angry with the world, and I'll be honest, the opposite spectrums of emotions still conflict,” she continued. I've just learned life is all in your power, you can control every energy and thought you have with the perspective and perception you've conjured. I've also lived through some pretty traumatic experiences most won't ever hopefully encounter but made them awe



inspiring. I realized the mind is a powerful tool, we must use it to our advantage. In simplest terms, work with what you have, be grateful, and never stop loving!”

Although it all seems perfect and simple, Katie *is* human. When things get rougher than she can handle, she looks to those for a spiritual uplifting and a push of motivation to continue her ways.

“Honestly, I have too many people who inspire me to even name: Christopher McCandless, Ram Dass, and anyone who has ever removed themselves from the conformist views of society and set their own path with no materialistic possession's in mind,” she said. “An endless journey of discovery that is what life is really about!” she smiled. “Mihali Savouldis from Twiddle and Isaac Brock from Mod est Mouse are actual projections of my brain's thoughts put into songs, it's wondrous! Lastly, any person who has ever judged me or another person for just being who they truly are just because they're not like the majority is my motivation to continue the path I lead now,” she added. “I've been called lazy, dirty, weird, etc. just because I don't fit in and have a completely foreign way of looking at life's purpose compared to most. I

don't understand why anyone emits any negative notions towards another just because they don't understand or it isn't what they love or find interest in. Unconditional love is all that's needed.”

So you may ask yourself, “What's Katie's number one secret to de-stress and find a sense of calm when times are rough?”

“I breathe!” she tells me. “Every time I feel myself getting out of tune with my in-

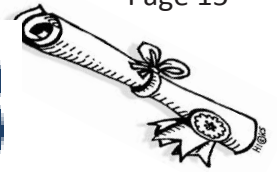
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(Below: Left to Right) Green Calcite piece and Chrysocolla pieces (made by Katie); Katie's handmade dreamcatchers





COLLEGE ACCEPTANCES



William Patterson University

Rutgers University

Matthew Tome:
Millersville University
Widener University
West Virginia University

Alyssa Walker:
College of Charleston
East Carolina University
University of North Carolina -
Greensboro

Joseph Warner:
Towson University

Julianna Zalinski:
Cornell University

Colin Twyman:
University of Colorado Boulder
Elon University
College of Charleston

Berit Walters:
Savannah College of Art
and Design

Kerry Weiland:
University of Hawaii
San Diego State University

Ariane Zhang:
Montclair State University
Fashion Institute of Technology

Alexandria Valdez:
Georgian Court University
Seton Hall University
Ramapo College

Shannon Walsh:
James Madison University
University of Delaware
Stony Brook University
West Chester University
University of Rhode Island

Douglas Wells:
Quinnipiac University
Florida Gulf Coast University

Emily Woodfield:
New York University
Drexel University
Philadelphia University
Monmouth University

Katie

continued from previous page

ner-self, I remove myself from that state of thinking. Breathe deeply for about 60 seconds and just remember I am worthy of everything I put my mind to as well as having a life with infinite room to grow." "Believe me, I really do still have moments," she added. My life is insanely hectic, I am just confident that I've been blessed with wisdom and a sense of gratitude some don't even develop in a lifetime."

If nothing Katie said doesn't make you feel guilty or want to change your tendencies to overdramatize situations and play the poor-me-my-life-is-horrible card, (I play it too, let's just say it for what it is), then Ghandi himself can't untangle that

"I breathe!", she tells me. "Every time I feel myself getting out of tune with my inner-self, I remove myself from that state of thinking. Breathe deeply for about 60 seconds and just remember I am worthy of everything I put my mind to as well as having a life with infinite room to grow." "Believe me, I really do still have moments," she added. My life is insanely hectic, I am just confident that I've been blessed with wisdom and a sense of gratitude some don't even develop in a lifetime."

If nothing Katie said doesn't make you feel guilty or want to change your tendencies to overdramatize situations and play the poor-me-my-life-is-horrible card, (I play it too, let's just say it for what it is), then Ghandi himself can't untangle that knot. But if you're suddenly finding an interest in being Zen and sporting some stylish stones to keep the demons at bay, take suggestions from the expert herself.

"Each stone represents a chakra. Chakras are the main focal points of emotion, stabil-

ity, and in which the seven centers for flow of energy are recognized along the spinal cord. The seven chakras have a color which corresponds to the color of stones when categorized," she begins. Confused? Leave it to Katie to spit out her wisdom. "I'll put this in simple terms: the root chakra (red) represents grounding and is at the base of the spinal cord. Orange is the sacral chakra (orange) representing sexuality at the abdomen. Next is the solar plexus chakra (yellow) representing power at the stomach. The fourth chakra is the heart chakra (green) located at the heart, its function is love. Then there's the fifth chakra, the throat chakra (blue), functioning in communication. Next is the third eye chakra (indigo) located mid-forehead above the eyebrows representing intuition. Lastly the Seventh chakra is your crown chakra (purple) representing spirituality," she finishes.

So, clearly, if you're having a problem, don't stress; there's tons of chakras and stones to go around. And Katie's art page has proven that she can turn an average chakra stone into a piece of jewelry people won't forget. Isn't that all someone can ask for? Living a peaceful life *in style*? If you're interested, Katie's just a couple clicks away!

"My stone collection will forever grow throughout my lifetime because I plan on possessing one of every stone, rock, mineral and fossil if possible," she tells me. "Selling wire wraps I'm not too positive I will make into a side career, but I'm truly hoping so! It takes years to perfect the craft. I've just begun my spiritual and enlightenment journey; I always wish to put a smile on others faces with the simple joy of nature's beauty and my own handcrafted symbolic treasures!" she laughs.

Trust me when I say that, for someone who has suddenly found interest in stones,

spiritual living, or maybe you just decided to minimize your pessimism and maximize your optimism, this article is considered useful! Let go of small things. Remember to breathe. Remember bad days will come and go. And if you ever need a little daily reminder or a quick boost, Katie's always just a couple of clicks away! I think the best way to end this little piece is with a couple of Katie's all-time favorite sayings/song quotes.

KATIE'S PHILOSOPHY (IN HER WORDS)

The best advice I could give is four small phrases and song lyrics, Nourish your body, Remember love conquers all, never forget who you are, and respect your mother. "Well it's okay to be alone you learn a lot about your own, It's a no hate zone in turn, When it's time to shut your eyes inside there's light that gives me life, Too blind to see so pure so free." "We were talking about the space between us all And the people who hide themselves behind a wall of illusion. Never glimpse the truth, then it's far too late, when they pass away. We were talking about the love we all could share, When we find it, to try our best to hold it there with our love. With our love, we could save the world, if they only knew, Try to realize it's all within yourself, No one else can make you change, And to see you're really only very small, And life flows on within you and without you, We were talking about the love that's gone so cold, And the people who gain the world and lose their soul. They don't know, they can't see, are you one of them? When you've seen beyond yourself then you may find Peace of mind is waiting there And the time will come when you see we're all one And life flows on within you and without you."

Now, readers, **go in peace.**



Manasquan Prom Through the Ages

From the '50s to today!



By Julia Valgenti

As the temperature warms and winter leaves Manasquan, spring fever kicks in bringing to mind images of flowers, Memorial Day Weekend and the upcoming bliss of summer. But before they can toss their books and grab the sunblock, juniors and seniors at Manasquan High School kick into prom season. A rite of passage, as red white and blue as fireworks, bald eagles and hotdogs, prom is an event steeped in tradition. It's a time to let loose, dance, and have fun. But most of all, it's a time to make fashion history, history you'll one day share with your unwilling teenage sons and daughters despite suffering through your mother's stories of how she danced to Madonna in her blue eye shadow and big hair....But despite some questionable trends, prom fashion has remained a prevalent concern among teenage girls throughout the ages. Let's see what Manasquan students used to wear to prom and what no one would be caught dead in today!

50's LIFE magazine calls the teenagers of the 50's the "perfect generation" and they may be right. Sleek hair, classy dresses with wide bell shaped ruffled skirts and the smooth voice of Elvis filled the decorated gymnasiums during this time period.



"57 Prom King and Queen

60's Following the proper conformity of the post war fifties, it seems that the late sixties exploded in a burst of psychedelic color. Skirts got shorter, colors got brighter and more skin was shown than ever before. But when it came to prom, especially in the early sixties it seems that the fifties carried over and enforced a strict 'lady-like' style, similar to that of Jackie Kennedy's regal pill box hats. Yes, that meant elbow-length gloves and all.



'67 Seems like bell skirts are out and gloves are in...

70's

Bell bottoms, exaggerated collars, tight pants, high boots, sideburns, flowered dresses and the feathered hair of Farah Fawcett were all part of the 'hippie style' that invaded the seventies. It was during this period that dresses and skirts took a back seat in women's fashion more than ever before. But despite the changing times, prom dresses complete with floor length hemlines, and flowered prints remained popular. Men's fashion also saw a spike in interest throughout the seventies with longer hair, tighter pants, and the dreaded powder blue bell bottomed suit.



'74 (left) Looks like Jimmy's got his dancing pants on; (right) 74 Seems like the hairstyles of the 70s are still alive and well today.

80's

Although in some ways the early eighties were almost identical to the late seventies, it is the later part of the decade which comes to mind when we think of the decade of our parent's teenage years. Yes that means the time of Back to Future, Ferris Bueller and the 'real' MTV. In the prom world of the eighties, dresses were either deep jewel tones or light pastels, complete with puffy sleeves and tiered layers.

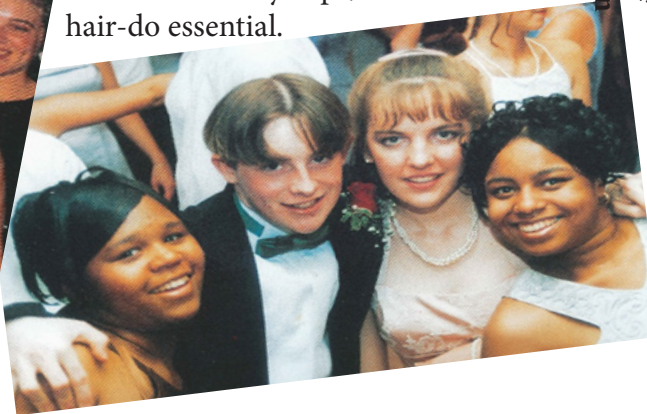
'88 Perms all day everyday...especially for prom!



'88 Selfie! Oh wait, sorry... Picture!

90's

From the choker necklaces and grunge phase of the nineties, to Cher's outfits in Clueless, the nineties broke away from the previous decade all while showing even more skin than before. Mesh overlay dresses were all the rage, so were impossible-to-wear open backed dresses. But perhaps more so than the dresses, nineties prom fashion relied on countless accessories. Tiny beaded purses, Chinese hair sticks, mood rings, chokers, crimped hair, glittery heels, and of course who could go without butterfly clips, an obvious hair-do essential.



(Right) '99 Can't decide if her hair is the better fashion statement, or their vests...





We'll Have You Spirited Away to a Place Where Flames Talk and Soot Spirits Invade Your House

The story of Japanese filmmaker Hayao Miyazaki

By:
Ariane
Zhang

Early Life

Hayao Miyazaki was born on January 5th, 1941 in the town of Akebono-cho in Bunkyo, Tokyo. Miyazaki aspired to be a manga author, or in America, a cartoonist, from a very young age. Famous manga artist, Osamu Tezuka, also credited as the father of anime and manga, influenced Miyazaki greatly. His interest in animation was sparked by *The Tale of the White Serpent*, where he fell in love with the heroin and thus strived to become an animator.

In 1963, Miyazaki started his career as an animator at Toei Animation. At the time though, he was an in-between artist on two anime series. He first



TOEI ANIMATION

he gave it a pinch of Miyazaki. In 1968, he became chief animator, concept artist, and scene designer for *Hols: Prince of the Sun*, which was a landmark animated film. He worked closely with his mentor animation director Yasuo Otsuka and Isao Takahata, whom he worked with for the rest of his career.

In August 1971, Miyazaki left Toei for A Pro, where he co-directed 14 episodes for an anime series called *Lupin III* along with Isao Takahata. After they moved into what is now called Nippon Animation in 1974, Miyazaki and Takahata worked on a series called *The World Masterpiece Theater*, a TV anime that showcased different classical stories. Hayao Miyazaki left Nippon in 1979 in the middle of the production of *Anne of Green Gables* and moved to TMS Entertainment to direct his first feature anime film

Miyazaki's next film was *Nausicaä of the Valley of the Wind*, which was released in 1984. In this science fiction adventure

film, he introduces many recurring themes he would go on to explore throughout his career as a film director: concern about human interaction and impact on ecology, his fascination with aircraft and flight, anti-militarism, feminism, ambiguous characterizations of villains, and love. *Nausicaä of the Valley of the Wind* was the very first film in which he both wrote and directed. It is also an adaption of the same manga title with both the film and manga having similar ideas. The manga started serializing in the February 1982 issue of Tokuma Shoten's Animage magazine. The music was



composed and directed by Joe Hisaishi, who continued to work with Miyazaki in composing music for many of his films including *My Neighbor Totoro*, *Princess Mononoke*, *Spirited Away*, and *Howl's Moving Castle*.

Studio Ghibli

In April of 1984, Miyazaki, along with Takahata and Tokuma Shoten's chairman Yasuyoshi Tokuma founded the animation production company Studio Ghibli after the success of *Nausicaä of the Valley of the Wind*. Miyazaki's first film written and directed by him in Studio Ghibli was *Laputa: Castle in the Sky*. Miyazaki's fascination for aircrafts is evident throughout many Studio Ghibli films such as the ornithopters in *Laputa: Castle in the Sky* and Kiki flying her broom in *Kiki's Delivery Service*.

Notable Films

- Though it was released before the creation of Studio Ghibli, *Nausicaä of the Valley of the Wind* is considered a Ghibli film by many. This film is about a world after an apocalyptic war called the Seven Days of Fire, which destroyed human civilization and gave birth to a forest called the Toxic Jungle, where huge mutant insects roam. The main character is a cheerful peace-loving princess named Nausicaä who is able to communicate with the insects the humans have named Ohm. Nausicaä's journey brings her all over the Toxic Jungle and



in order to save her valley from peril, she will have to sacrifice many things dear to her.

- Grave of the Fireflies* is the first Studio Ghibli film Isao Takahata directed. This film is considered an anti-war film and has been criticized by many. This film is set during World War II, also the same time period in which Miyazaki grew up in. A young boy name Seita and his little sister Setsuko are forced to take care of each other and survive the terrible conditions of the war as they try to find a home to live in after their mother dies of illness and burns from a bombing raid. They go from building to building, and at one point end up at a relative's house, though the relative is bitter about them staying. Seita is forced to learn many skills in taking care of Setsuko. A notable symbol that is shown throughout the entire movie is a tin container of candy called drops, Setsuko's favorite.

"This is the most emotional movie I've ever seen..." - Senior Alexis Woolley

- My Neighbor Totoro*, directed by both Isao Takahata and Hayao Miyazaki, is about two sisters,



Satsuki and Mei, who move to the countryside. They are greeted by Susuwatari, or little soot spirits who reside in the house that they are moving into. Along with their father, who is a professor, they clean up the house and get it ready for their mother to come home from a nearby hospital. Satsuki and Mei find a large forest spirit who Mei names Totoro and they become friends with him. As Mei and Satsuki get used to their house, they become closer to Totoro as well as Totoro's friend the Cat Bus.

"It's adorable and I want Totoro as a friend and his bangin' leaf umbrella." - Junior Brittney Buechele

- Princess Mononoke* is the first feature film Miyazaki used computer graphics in. All past films had all been drawn by



hand. Miyazaki has also stated once that *Princess Mononoke* would be his last feature film. *Princess Mononoke* is also the very first animated feature in Japan's history to gross more than 10 billion yen (approx. 84 million today) at the box office. This film also shows a lot on how humans ruin nature and destroy forests for the minerals and resources in the ground. Ashitaka, a young prince, is cursed by a demon possessed boar and is forced to travel west for a cure. He later meets a girl name San traveling with the Wolf goddess Moro, who is trying to protect her forest from deforestation by an iron-hungry woman name Eboshi. Ashitaka and San work together to help the forest while at the same time search for the Forest Spirit and fighting off other humans who plan to take the head of the Forest Spirit.

"I love it so much." - Senior Heather Meyer



It is also Japan's top grossing film in history, *Titanic* being second. Not only that but it is the only anime, non-English speaking traditionally animated winner of an Academy Award for Best Animated feature. This film was inspired by the ten-year old daughter of a friend of Miyazaki's. *Spirited Away* is about a young girl name Chihiro who is moving to another town. Her father gets them lost and they find a tunnel, leading to a mysterious town. After things go terribly wrong with her parents, Chihiro finds a bathhouse and meets a young boy name Haku, who warns her about the bathhouse and the spirits that live in the area. Chihiro takes on a job at the bathhouse and meets many new friends, experiences many new things and discovers that there are secrets behind names.

"It has been my favorite movie of all time since I could remember and it has made a wonderful impact on my life!"

- Sophomore
Alissa Cielecki

- *Howl's Moving Castle* is based on a novel by British author Diana Wynne Jones. Much of the film, though, is quite different from the novel. This Miyazaki featured film was nominated for the Academy Award for Best Animated feature, but in the end lost to *Wallace and Gromit: The Curse of the Were-Rabbit*.

Howl's Moving Castle is about an 18-year-old girl name Sophie who is a hatter. She encounters a very powerful, yet mysterious wizard name Howl on her way to visit her sister Lettie. The wicked Witch of the Waste, who pursues Howl romantically, visits Sophie's hat shop, and is refused service after she insults the shop. Sophie is then cursed and turns into a 90-year-old woman. She leaves her town and travels until she finds Howl's castle with the help of a moving turnip head. Sophie joins Howl's group and along the way she learns to accept herself, while at the same time helps Howl to accept himself and saves her country from destruction.

"This movie is on my top 3 favorite Ghibli movies list." - Senior Ariane Zhang

- *Ponyo* is Miyazaki's 8th featured film in Studio Ghibli. The story revolves around a young fish-girl named Brunhilde who lives with her father Fujimoto and her many sisters under the sea. Her father used to be a wizard/scientist, but has had bad experiences with the human world, and thus resides in the sea. Brunhilde escapes from the submarine of her father and is washed up on a shore. There she meets a young boy named Sosuke who names her Ponyo and takes her home. Ponyo is soon taken back by her father, but she refuses to go home, for she has resolved to become human because of her affection for Sosuke. Fujimoto calls for Ponyo's mother, Granmamare, who is known as the Mother of the Sea. As time goes by, Ponyo learns what it's like to be human and how much she really loves Sosuke and he, in turn, teaches everyone an important lesson.

"I was mesmerized by Ponyo and the running on water scene. Stunning and beautiful at the same time." - Teacher



From left to right: Sophie, Calcifer, Sullivan, Turnip Head, Heen, Howl, Markl, Lettie, Witch of the Waste

Mr. Harvey

- *The Wind Rises* is Miyazaki's last featured film before retiring for real. This film is a fictionalized biographical film of Jiro Horikoshi, an aircraft designer of the Mitsubishi A5M and the Mitsubishi A6M Zero, which was used by the Emperor of Japan during World War II. *The Wind Rises* was also the highest grossing Japanese film in the year 2013. This final Miyazaki feature film is about Jiro Horikoshi

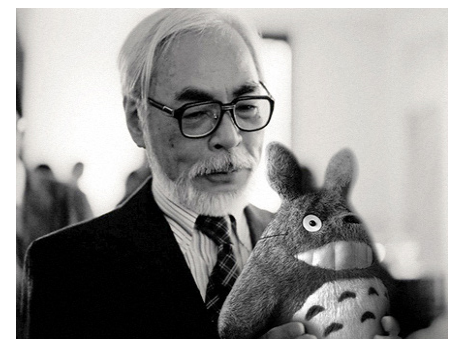


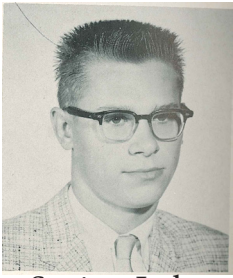
who dreams of becoming a pilot, but cannot do so due to his nearsightedness. One day he reads about famous aircraft designer Giovanni Battista Caproni and dreams about him. Years later, Jiro is studying aeronautical engineering. He meets and befriends a young girl name Naoko who is traveling with her maid and later on in the film, marries her, even though she suffers from tuberculosis. Jiro goes through failure after failure and learns that he should just do what he wants, even if what he's doing is used for something not so great.

"It was like Miyazaki put himself into the movie. He and Jiro resembled each other so much, especially with their interests in airplanes. It was like Miyazaki was Jiro." - Teacher Mr. Harvey.

Ideas/Inspiration

The experiences from the night time fire-bombing raids left a lasting impression on him and has given much inspiration for many of Studio Ghibli's films such as *The Grave of the Fireflies* and *Howl's Moving Castle*. He uses his pacifism and preference in showing children a positive world





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Spring Lake
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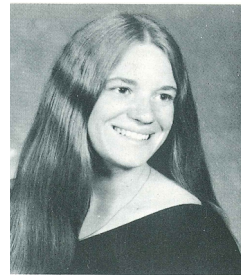
Manasquan

A Blast to the Past

Look-A-Likes

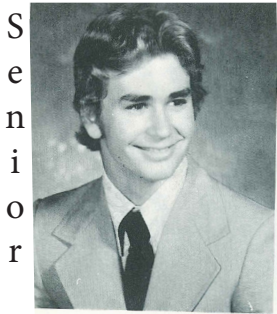
By, Reed Melchionda, Lauren Johnson,
and Maggie Leddy

We always say that the times, fashions, and ideals of America change with every generation. Nevertheless, despite the differences in wardrobe and hair styles, faces seem to repeat throughout the years of Manasquan High School. Look at the grade and hometown of the current MHS student, study the face of their look-a-like, and guess which one of your classmates has a Manasquan Alumni twin.



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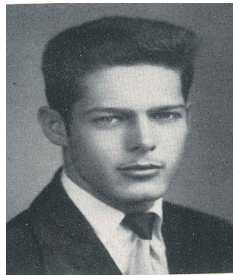
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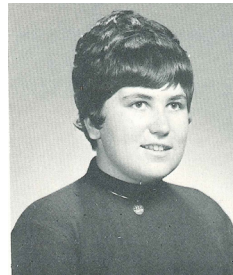
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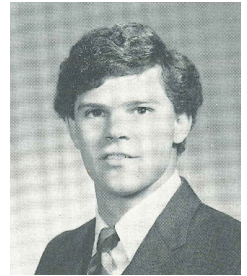
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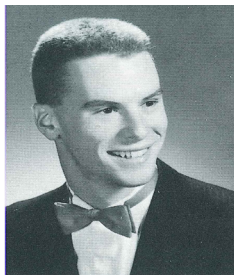
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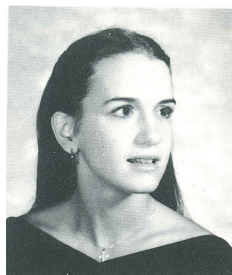
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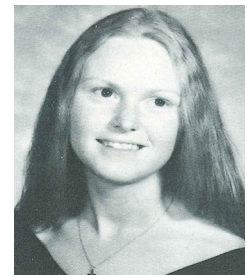
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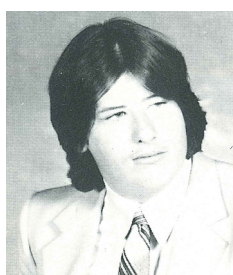
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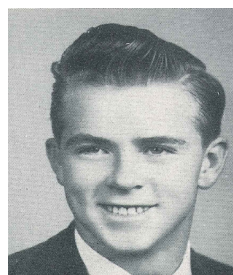
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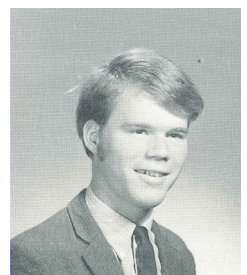
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Turn to page 22 to see the current MHS look-alike. Did you guess right?



The Maine's *American Candy* Is Sweet As Can Be

By: Keely Flood

One of the things many people know me for is listening to bands that they've never heard of. "The *who*?" "Are they local?" "No idea." I've heard it all. So before I talk about the album, I'll give you the breakdown. My all-time favorite band since I was 13 has been a small-time band called The Maine, from Tempe, Arizona. That's it: The Maine. Not 'The Maine (insert noun here)'. *Just The Maine*. I know, call me crazy! The band, formed in 2007, and consists of five best friends all in their mid-twenties. Their general genre is alternative rock with a hint of indie. On the drums is Pat Kirch, the bass is Garrett Nickelsen, lead guitar and guitar are Jared Monaco and Kennedy Brock, and the lead vocalist (and all-time female favorite) is the charmingly gifted John O'Callaghan. Growing up with these guys in my ears 90% of the time my

iPod is powered on, I feel that after 6 years of questions and confusion, I'd bring the boys some attention. Stay with me, keep an open mind!

This March 31st, The Maine released their fifth self-made album, *American Candy*. In a recent interview, John said the boys chose this title because it represents all the pink-bubble-gum-pop artificial stuff that people like you and me are bound to get hooked on sooner or later: like candy. Anything sweet, simple, and consuming. Ninety-five percent of the album is upbeat and happy, while the other five percent is simple, real, and meaningful. What I love about this album is that every song tells a story or sends a message. It's not a set list of songs revolving around boy-meets-girl stories or sad heartbreak. Every song is relatable to someone. One way or another, they all make you think.

All in all, this album is all about loving and living for yourself. Make your own decisions. Do what makes you happy and ignore the background noise. O'Callaghan also made it a point to write songs that bolded the idea



THE MAINE

AMERICAN
CANDY

PERSONAL MUST LISTENS:

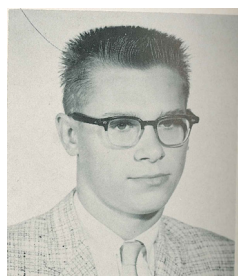
1. "(Un)-Lost"
2. "English Girls"
3. "Miles Away"
4. "American Candy"
5. "My Hair"
6. "24 Floors"



(Left to Right: Garrett Nickelsen, Kennedy Brock, John O'Callaghan, Pat Kirch, Jared Monaco; 2015)

of living life like you're counting down the seconds 'til your last: "This moment is relevant, bittersweet and delicate. Tomorrow may not come again. Tonight it all there is ('24 Floors')."

Every time those guys put out a new record, I'm always thinking the same thing: This is it. This is the best one. But without a doubt, in every way possible, *this is it*.

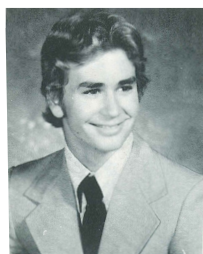


Harry Pierce



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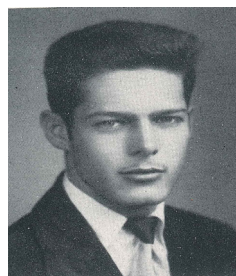
Could you guess it? See them side by side:
The Past & Present
together in one



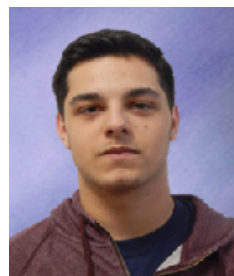
Thomas Smith



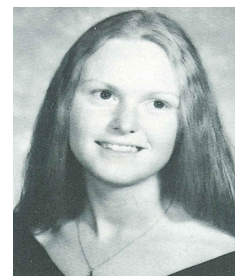
Logan Muir



John Hancock



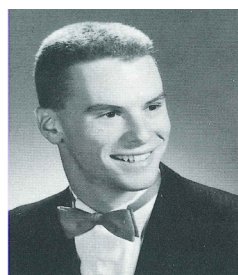
Tony Lugo



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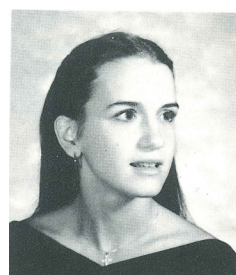
Ella Luzzi



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Matt Kavanagh



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Marina Mabrey



Joan Stokes



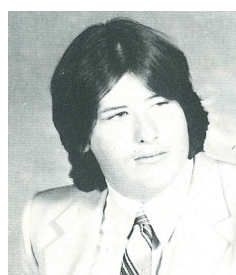
Rachael Gray



Aimee Nelson



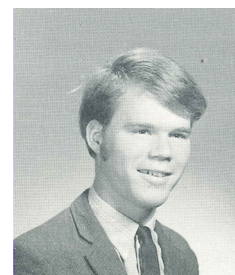
Maddie Dettlinger



Martin Barry



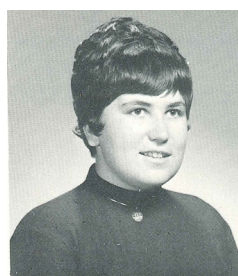
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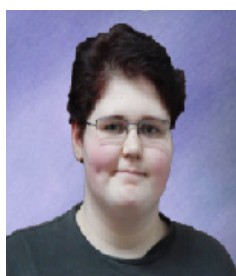
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Rob Wall



Leona Danley



Cassie Mc Afoos



Bruce Pierce



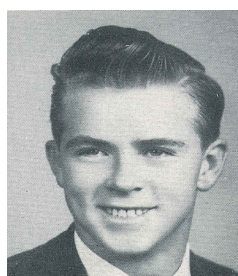
Zack Abbott



Kathryn Ann Murphy



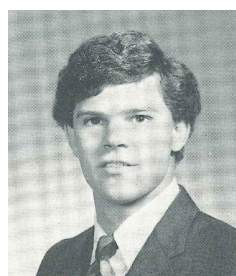
Kat Wallace



Floyd Coulter



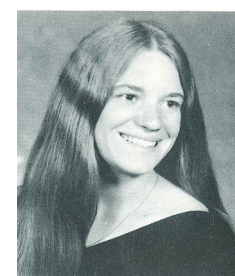
Jake Hegna



Douglas Kurtz



Connor Gleason



Ruthann Kosick



Emily Neiberlien

HEY Ladies! Still need a prom dress?

Junior and senior prom are right around the corner! Here are some cute reasonable options both long and short!

By, Lauren Johnson



\$208 NastyGal



**\$40
Charlotte Russe**



**\$220
Bloomingdales**



\$228 Lulus.com

Be *Sassy* or *Simple*



\$168 Bloomingdales



**\$180
Boomingdales**



**\$200
NastyGal**



\$200 Boomingdales

Horoscopes

by Sofia Kim, Sarah Spears, and George Taboada.

NOTE: In the spirit of April Fool's Day, we consulted the galaxy to bring a month of completely (in)accurate and entirely (un)true previews into your future month.



Aries March 21-April 20: Are you any good at dodgeball? Hope you are! Because your face is going to be a super magnet for any airborne, high-speed projectiles ALL MONTH.

Rogue baseballs, rocks kicked up by cars, you name it. If it's soaring through the air at a brisk pace you can be sure that it will be attracted to your body like a moth to a flame. There is no hope in concealing the giant target the universe has placed on your face. Break out the cold packs; you're going to want to ice those bruises. For all those glasses wearers, this means whipping out your thick middle school sports glasses (goggles).



Taurus Apr. 21- May 21: Congratulations, Tauruses... Taurusi, Tauri? Whatever. The point is that you have been blessed with the same astrological sign as our glorious overlord Mr. Fagen. Party at his place. All people, especially

Heights people, invited to come on down May 5th. Dress code is a strict balance between the 90s garb that Mr. Fagen wears on the weekends and classy clown costumes. (Mr. Fagen and his sons loooooove that movie "It" by Stephen King). We're talking jelly sandals with flower pins, and rain-bow afros with walk-mans.

Gemini May 22-June 21: As a Gemini, you secretly have had an evil twin your entire life. All that is pure and angelic about you is absent in them.

He/she has been hunting you down. He/she will find you in the next few days. There's no use running; he/she is probably already in town. You must end this here before he/she steals your identity and credit card information. Prepare yourself for your mortal battle between good and evil and remember... Avada kedavra.



Cancer June 22-July 22: Out of the dawn lit ocean waves, a giant crab will surface and crawl onto the dunes. She will come to you in your hour of need, when you are sobbing in despair, tears flowing like silver waterfalls down your cheeks. She will kneel down plac-

ing her crabby lips to your ear, and murmur sweetly, "Eating crab before bed gives you bad dreams."

Leo July 23-Aug 22: The Moon is a harbinger of madness. Under the next full moon, you will transform into a half-lion, half-human monster. **You are the werelion.** No one is safe around you. Quickly, isolate yourself in the deepest area of Allaire State Park and hope that no one nearby enjoys night hiking.



Virgo Aug 23-Sept 23: You will be transported to a terrible world that is one, neverending geriatric ward. You're going to make some horrible friends like Mr. Jenkinson, a veteran from the 14 day war in Grenada. He will bore/scare you out of your mind as he recounts the landing on the beach in an obvious ripoff of Saving Private Ryan. There will also be Hilda, the 103 year old Ukrainian babushka that won't

stop knitting ugly, vomit-colored sweaters for you despite her crippling arthritis fingers. You know how those place always smells like too much perfume and wet paper? That's what you're going to smell like after your misadventures through infinite bingo nights and pudding cups. Oh. And you aren't getting any volunteer hours for this.

Libra Sept. 24 -Oct. 23: Things are heating up for you dear libra. Expect your secret admirer to finally come clean to you, professing their deep seeded love for you ever since that fateful period in second grade when you gave them the pudding cup from your Lunchables box. They have been watching you from your window ever since and collecting fallen strands of your hair. They almost have enough to make a pair of footie pajamas. Fur is so in for this spring; I read that in "Obsessive Stalker Monthly." Take a chance, and let yourself fall crazy... in love...



Scorpio Oct. 24 - Nov. 22: The lactose levels in our milky way all add up to bring you a month that's udderly tragic. So like your bff from like kindergarten will turn into a no-good, back-stabbing, baby-punching home-wrecker. I guess you saw it coming all along, I mean they were snapchat best friends for 4 WEEKS straight! Revenge is the only option, signal the alarms, and dust off those cowtein bars.

Sagittarius Nov. 23 -Dec. 21: As a Sagittarius, your care-free nature has caused you to forget that a 70 page essay is due tomorrow. Mrs. Fenlon doesn't accept late papers;

she has a huge stack of papers to grade and a lovely daughter to care for, so she won't be tolerating any of your tomfoolery. Time to pull an all nighter, or, as you'll be calling it, an all nightmare! Start brewing some coffee, open two giant bags of Cool Ranch Doritos, and get a tissue box so that you can mop up the tears streaming down your cheeks when you realize that it's 2am and you still have 25 pages to go of boring, useless, neverending drivel ---- or don't even bother with a beverage... you can drink your tears. Never-mind. Scratch the coffee. Tears have caffeine, right? You should probably run that one by Dr. Buckley before spending a month's pay at Dunkin'.



Capricorn Dec 22- Jan. 20: Don't be surprised when you receive the promposal of your dreams. Yes. Exactly as those hundreds of thousands of videos on YouTube have pioneered before, yours will fit the mold like a house in Levittown. Yes. Express your individual love by following a pop-culture "tradition" of useless, fake promises. As pluto slowly makes its way to being a planet again, your future prom date will swarm in. Expect something along the lines of a *cough square dance mob cough* (wow allergies right? which reminds me take your allergy medicine because the proposal involves flowers oozing with golden ubiquitous pollen).



continued on next page

What Would You Do If...

By, Maggie Leddy and Lauren Johnson

We caught these fellow students in the halls and decided to stop them and ask them a few random questions...

If you could have one supernatural ability what would it be?



"I would have the ability to cure all sicknesses."
- Sabrina Muscato

What is your biggest pet peeve?



"I hate when kids don't use the pencil holder on the top of the desk."
-Phil Vorbach

If you could choose an endless supply of one food what would it be?



"I would choose calamari because that's my favorite."
-Ana Martinez

If you could be the current world champion in any one sport, which sport would it be?



"I would choose fencing because I love to fence."
-James "Bubba" McAlary



If you won the lottery what is the first thing you would do?

"I would take my family on a vacation to Hawaii."
-Dara Mabrey

Horoscopes

continued from previous page

Aquarius Jan. 21 -Feb. 19: The curve of Saturn's ring brings with it the news you've been anxiously anticipating for weeks. Oh patient Aquarius, your tireless tolerance will be in vain (sorry, not sorry.) We know you poured every ounce of your being into this, and we're sorry that you just weren't good enough (you weren't ever good enough.) This says nothing about who you are, or your character, or sub-par personality (maybe just a little...); all it says is that there is someone out there superior to you (in every facet and fashion.) Don't let this discourage you though, rejection (that thing you get a lot) is the first step towards rebuilding your life (the one that promises an ocean of future disappointments.) Don't worry. Be Happy. (One day you will get into Weenie Hut Juniors).

Pisces Feb. 20-Mar. 20: This month is your opening night of puberty part II: Puberty strikes back, Harry Potter and the Deathly Body Changes, High School Puberty 4, How to Train Your Puberty 3, this time it's personal. You'll be afflicted by perpetual voice cracks, to the point where your voice is equivalent to Dora the explorer and a hungry seagull. Your hormones will skyrocket, and be the first hormones to land on the moon. And to make matters worse, the Wawa will be out of your favorite flavor of Ben & Jerry's! Basically, you're going to have your very own terrible, horrible no good very bad day - everyday. You can try to reverse the effects with a ton of good luck charms (i mean it- you need to be covered from head to toe in 4 leaf clovers and rabbit feet within the hour) but lets face it - it's hopeless, you're as unlucky as Lucky Charms without the marshmallows.



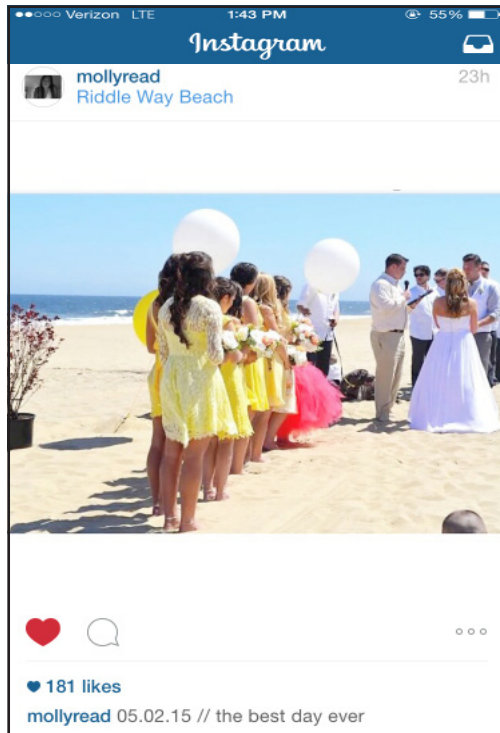
Squan-A-Gram

Spring Time Festivites

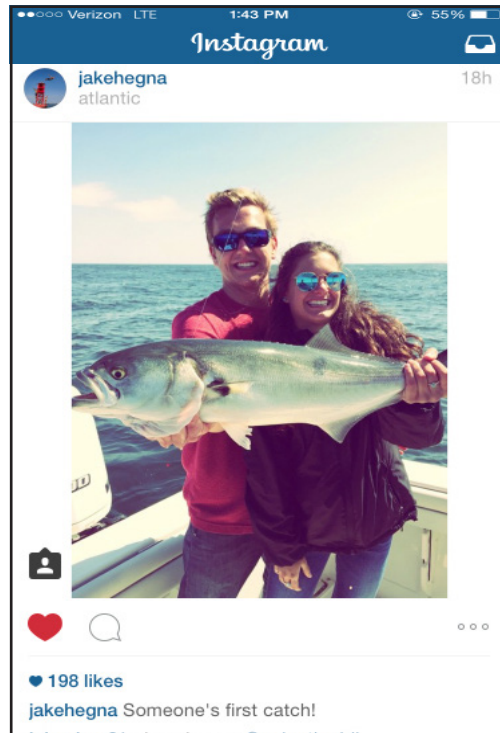


By: Reed Melchionda

Molly Read
savored
the cool
beach
breeze
at her
brother's
wedding



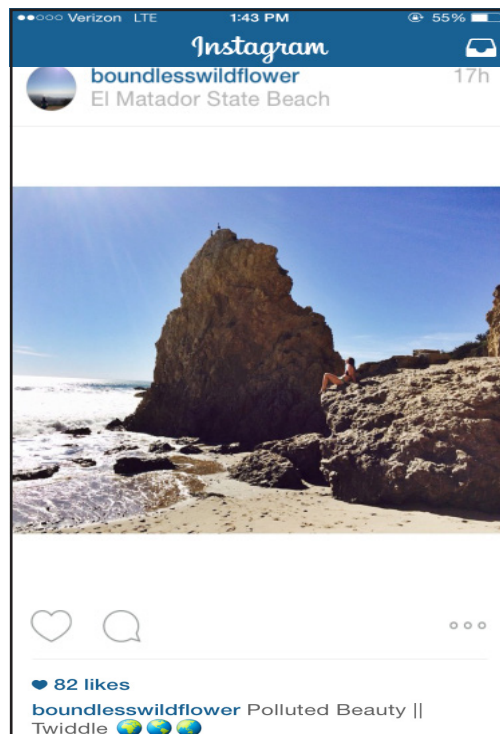
Jake Hegna
enjoyed the
70 degree
weather
and went
fishing on
his
family's
boat with
Paige
Tipaldi



Carly Vodola
took
advantage
of the nice
weather
and went
horsebike
riding



Katie White
enjoyed
the
radiating
sun
along
Matador
State
Beach



Follow @mhs_blue_and_gray or use the hashtag #mhsblueandgray to let us use one of your pictures for the next issue!

The Beach Body Workout

By: Lauren Johnson

Summer is approaching! Follow these tips to get back your summer body!

~Workouts courtesy of Health Magazine~

****Stay tuned next issue for foods to eat to shred fat for summer!****

Treadmill Interval 30 min Workout:

HIIT Treadmill Workout

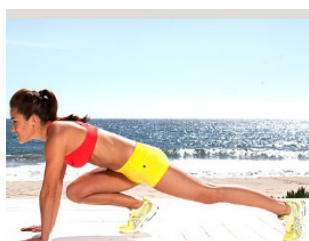
Time	Speed
0:00 - 2:00	4.0 mph
3:00 - 5:00	6.0 mph
5:00 - 7:00	7.0 mph
7:00 - 9:00	6.2 mph
9:00 - 11:00	7.5 mph
11:00 - 13:00	6.4 mph
13:00 - 15:00	8.0 mph
15:00 - 17:00	6.2 mph
17:00 - 18:00	8.5 mph
18:00 - 20:00	6.0 mph
20:00 - 21:00	9.0 mph
21:00 - 23:00	6.2 mph
23:00 - 23:30	9.5 mph
23:30 - 25:30	6.4 mph
25:30 - 26:00	10.0 mph
26:00 - 28:00	6.2 mph
28:00 - 28:30	9.5 mph
28:30 - 30:00	6.0 mph



CIRCUIT 1:

No. 1 Squat and jump:

Stand with feet shoulder-width apart. Squat down, keeping knees behind toes, and put your hands on the ground. Kick your feet back to come into push-up position with arms straight, then bend elbows to lower your chest toward the ground. Straighten your arms as you jump forward again into squat position, then push off your feet and leap as high as you can with arms reaching toward the sky. Land softly with knees slightly bent. Repeat sequence for 1 minute.



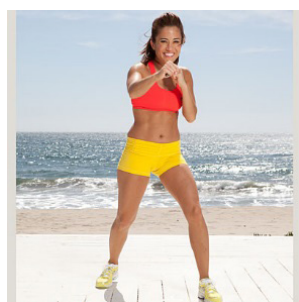
No. 2 Mountain climber

Get into push-up position with arms straight and hands directly under shoulders. Walk feet forward, staggering them so your right knee is bent under your chest while your left foot is behind you with knee slightly bent. Pushing powerfully into your legs, switch your foot positions, bringing the left knee in and extending the right leg. Continue alternating for 1 minute.



No. 3 Toe-touch kick

Stand with feet shoulder-width apart and hands reaching overhead; intertwine your fingers. Do a high forward kick with your right leg, bringing your hands down to meet your toes. Repeat with the left leg. Continue alternating for 1 minute.



No. 4 Shadowbox

Stand with feet shoulder-width apart. Make fists and bend elbows to bring hands up into fighter position in front of your face, keeping elbows close to body. Alternating arms, punch straight out in front of you, then curve up, then hit low; next, try a hook punch, curving around to the side.

Mix it up—and keep moving! Move your head and shoulders back and forth as if dodging punches. Keep your knees bent and shift your weight back and forth as you bounce on the bottoms of your feet. Continue for 1 minute.

Did you know...



= a 9 minute swim



= an 8 minute run



= a 7 minute bike ride



= 9 minutes on the elliptical



= 4 minute jump rope



= 14 minutes of yoga

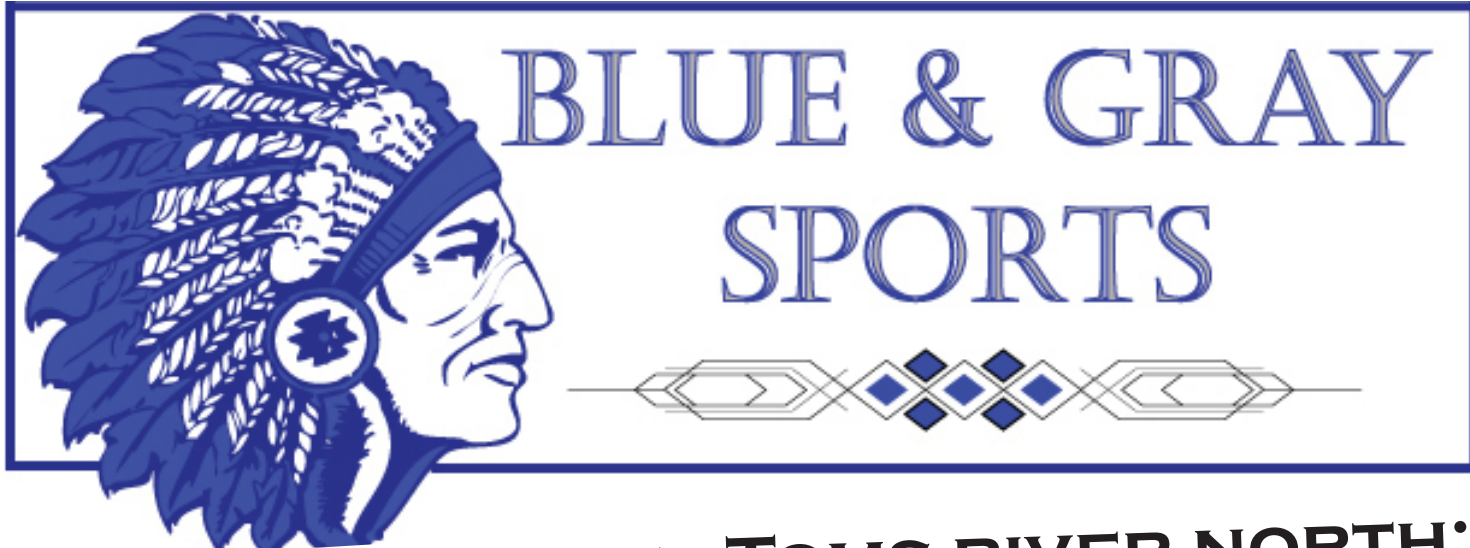


= 13 minutes of weight lifting



= a 14 minute walk

Enjoy your candy, but remember make wise choices!



BASEBALL UPSETS TOMS RIVER NORTH; ADVANCES IN SHORE CONFERENCE

By: Maggie Leddy



Sophomore Tom Sheehan leads the pitching staff.

The Manasquan boy's baseball team is enjoying their season with a current record of 11-6. With twenty players, the team is full of talented and hard-working kids. Together, the boys have built another incredible bond between the players, coaches, and fans. The senior captains this year consist of Tyler Bradley, Max Hawkins, Tanner Cowley, and Matt Edwards.

It has been an exciting season for everyone on the team. One of the most highlighted games was the "no hitter" pitched by both the Sheehan brothers, Jack and Tommy, against St. John Vianney on April 8th over spring break. A no hitter is something you rarely see at this level, and the fact that it was pitched by two brothers makes it even wilder. Both Tommy and Jack are committed to play with the Fighting Irish at Notre Dame after they graduate.

The boys are now playing in the Shore Conference. On Saturday May 9th, the team came out with a win against St. Joe's Metuchen.

They are all extremely excited about their progress and upcoming games. "We're better than we have

been in the past few years. We made it to the Shore Conference and now we have a chance of winning our division in the next few weeks. There's a lot to look forward to in the next few weeks," said senior captain, Tyler Bradley.

They followed that win with an exciting 6-5 win over Toms River North, which was the number two seed in the tournament. Junior Jack Sheehan scored the winning run on a hit by sophomore Adam Schreck.

The win earned the boys a home game against Shore on Wednesday May 20, as they tried to advance to the tournament semifinals (too late to be included in this edition).

The hot streak continued with a win in the state tournament against Monmouth. This one wasn't as close, a 13-3 victory led by home runs from Sheehan and Ty Hawkins. Stay tuned for state tournament results in the next issue.

The Varsity team consists of mostly seniors, so for many this is their last shot at playing together. Although it is a game of physicality, the emotional aspect is near and dear to each player's hearts. "I'm really going to miss all of my teammates next year, especially the thirteen seniors. I've played with most of these kids since I was a little kid at Little League so it's a weird feeling to think this is where it ends," confessed senior Matt Paturzo.

The student body, as well as dedicated parents, have shown an unbelievable amount of support and enthusiasm for the team this far, and as the season comes to a close it will only build up.

We wish the boys good luck as they continue in the Shore Conference and State tournaments.

SOFTBALL WRAPS UP SEASON

By: Maggie Leddy

The Manasquan Girls Softball team completed their 2015 season last week. It was a winning season for the girls, but still a tough one, as they hold a record of 11-10.

Led by the senior captions Quinn Saito, Meghan Gilly, Aubrey Jones, and Olivia Galinis, the girls had high hopes for the season, but lost some tough, close games.

One of the best games for the girls was against Colts Neck on Senior Day, Monday May 11th. They beat the Cougars 14-4, taking control early in the game with 8 runs in the bottom of

continued on next page



Seniors presented with flowers for their final home game, (pictured from left to right): Aubrey, Meghan, Quinn and Olivia



BLUE & GRAY SPORTS



Season Winds Down for Boys Tennis

By: Julie Hohenstein

For those that have not had the pleasure of witnessing the boy's tennis team in action, listen up. A typical match proceeds as follows: after Manasquan intimidates the other team with their striking warm up routine, the court is filled with the sound of school spirit, as Craig Lapham leads his team in a chant. This energy is carried throughout the match, pervading into the stands and fueling those on the court. Each game is approached with vitality, no matter the score; each player embraces their strengths and works to exploit their opponent's weaknesses; and each season witnesses the evolution of an impressive and respectable program.

Coached by MHS alum Anthony DiFeo, the team is ranked number seven in the Shore Conference and maintains a record of 9-5; a feat considering their fierce competitors. "Rumson is definitely our biggest rival," says senior singles player JD Donohue. "We're in the hardest division in the Shore Conference so it hasn't been easy, but we're playing

good tennis and growing as players and as a team."

The team's greatest assets this year include seniors Lapham, Donohue, Pat Pompilio, and John Moriarty. Such a strong senior roster not only aids in victory, but provides exceptional leadership. "They challenge us to work harder," says junior Brendan Kelly. "No doubt are we going to miss them next year."

Kelly continues to pleasantly surprise the team with his performances. During the Monmouth County tournament, the first doubles player made it to the finals alongside Pompilio and gave Holmdel, the current #1 seed, a run for their money. In addition, new sophomore starter Johnny Commesso proves promising.

"We are a diverse team," says Donohue. "Having players from all grade levels puts us at an advantage." Donohue has been on varsity since sophomore year and has witnessed the progression of the program under varsity head coach DiFeo.



eo. DiFeo took over in 2013 and has received nothing but praise in his accomplishments.

Though DiFeo will be graduating many of his starters, hard workers like Kelly and Commesso assure that the program remains in good hands. The warriors' last match is May 21st against Wall. For many, this marks the end of a four year commitment to squan tennis. "Leaving the program is the saddest part about the end of the season," says Donohue. "There's great team chemistry and we all have an awesome time together. Tennis is one of the things I am really going to miss next year."

SOFTBALL

continued from previous page

the 1st inning. The team collaborated to keep their dominance. Although the atmosphere was ecstatic with honor to the seniors, the girls wanted to make sure they remained focused on what they were there to achieve.

"It was a great feeling to win on

Senior Day," said Olivia Galinis, "we all knew we had a good chance at beating Colts Neck, but we had to make sure our heads were in the game and not off celebrating too early." Galinis scored two runs during the game and took a leadership role to keep all the girls on track.

Although some members of the team were disappointed in their record, it was a good season to work out the kinks to get better for next year. A num-

ber of freshmen played varsity, so they will move on and keep the team spirit alive.

The seniors had celebrated much more success over the past four years, so when they look at the big picture they're still proud of their overall career achievements.

Too late for this edition is the girls state game against Bordentown on Wednesday, May 20. Hopefully, that's one more win to keep the season alive!



BLUE & GRAY SPORTS



A Season of Goals

By: Lauren Johnson

Manasquan girl's lacrosse certainly has a lot of talent with three division one commits and numerous club players. The girls are currently 12-4. They are ranked 4th in Group 2 South and 40th in the state as of now.

The girl's lacrosse team is also currently ranked fourth in the Shore Conference. So far this season Shore, Rumson, and RBC, whom are all higher seeds, have given the Warriors the most trouble.

Key leaders of the season have been seniors Kat Wallace, Braiden Carroll, Molly Read, Zoe Pelly, Shannon Brown, Amanda Barry, and Cynthia O' Boyle. Junior commits Kirsten Barnes, Emily Pettillo, and Megan Gianforte have also contributed greatly.

Barnes leads the team with 49 goals while Wallace has 47 but 50 assists. Sophomore Logan Harms also adds spark to the team with 41 goals this season on attack.

Kiersten has recently scored her 100th goal as well as Kat Wallace. Kat has now surpassed her sister.

Gianforte has acted as a wall for the warriors with 164 saves this season so far. Her leadership and talking as the last line of de-

fense has helped keep the Warriors in games.

The girls lost in the quarterfinals of the Shore Conference Tournament to Shore Regional 9-8. The Warriors have fallen short against their biggest rival this season, Shore, by one or two goals every time (10-8 and 4-3). Shore went on to compete for the Shore Conference title where they lost to top seed Rumson Fair-Haven 17-5.

Despite the struggle, Carroll admits, "We always are so close and can never finish but hopefully in states we can finish these opportunities and do better."

The girls will continue their hunt for a title in states the next couple weeks as they take on Delaware Valley Tuesday May 19th at home. Unfortunately we will not be able to cover that game but you can find the results to be on asbury-park.com.

The girls ended their season in the second round of states with a 15-6 loss to Delaware Valley on Tuesday, May 19th.

Although the girls fell short in states, this season has been extremely memorable and the seven seniors will be greatly missed.



Wallace Captures the Family Title

"It's such a great accomplishment and so cool that I could pass my sisters. I have grown up playing alongside of them and now I am above them in the records."



Which Wallace has scored the most goals and assists, playing for the Manasquan Girls Lacrosse team?

Senior Kat Wallace! When she notched an assist earlier this season, Kat passed her older sisters Nora and Meg, who had starred for Squan in their respective high school careers.

Kat's assist was the 100th of her career, adding to her 100 goals. Both Nora and Meg went on to play at Villanov, where Kat will attend Villanova next year. She hopes to follow in her sisters' footsteps again, and play on the Wildcats team as well.



BLUE & GRAY SPORTS

Boy's Lax Enjoys Memorable Season; Wins B South Division

By: Lauren Johnson

The Manasquan boy's lacrosse team exceeded their expectations this season with only two regular-season losses, both to top teams with stellar programs: Monroe and CBA. since then they lost Southern and to Ber-

nar in the post-season tournaments. The Warriors gave the Knights their first loss of the season.

Gleason and Klodowski commented on the Wall game that, "They [Wall] are great opponents but we were just simply better."

The team is led by senior captains Chris Klodowski, Connor Gleason, Joe Warner, and Craig Miller. Klodowski is continuing his career next year at Moravian College (Division 3) and Gleason at Florida Southern (Division 2).

Both Gleason and Miller provide a steal barrier as defensemen while Klodowski leads on attack and Warner controls the play at middle. Klodowski is especially a top performer for the Warriors with 13 goals and 6 assists.

Besides the upper classmen, key contributors include sophomores Jarret Birch (attack), John Moran (attack) and Kyle Leblanc (defense). Birch has recorded 14 goals so far, the most on the team.

Other than field players, goalie Tom Pollock has also made a serious impact for the Warriors as the last set of defense. So far this season he has made 49 saves.

The boys biggest competitors so far have been CBA and Monroe who gave them their only two losses of the regular season. Rumson Fair Haven is also a big competitor especially in the Shore Conference.



Buddies Devan Carroll (left) and Chris Klodowski (right) give each other a bump after a goal in the Shore Conference semi-finals against Southern.

nards in the post-season tournaments.

Near the end of the season, Manasquan achieved a high ranking, fourth in the NJ Group 1 South as well as 56th overall in the state, when sported a 14-3 record.

The Warriors also clinched the B-South Division as they beat long-standing rival, Wall, on April 25th 12-6. There may have been some trash



Captains seen above from bottom to top: Craig Miller, Chris Klodowski, Joe Warner, and Connor Gleason

For the first time in 10 years the boys made it to the Shore Conference semi-finals, where they lost by a score of 8-4 to Southern Regional on Saturday, May 9. Southern went on to win the Shore Conference title. Although losing hurt, knowing they lost to the champs made it a little easier to accept.

The boys ended their season in the third round of states with a 16-6 loss to 4th seed Bernards on Tuesday, May 19th. Overall, this season has been one of the best in Manasquan boy's lacrosse history.

The team huddles at a home game at the Army Camp in Sea Girt.



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