



i s s u e I I

WARRIOR SPEARHEAD

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WHAT'S IN IT?

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As MES President

My goal as Student

Council President

is to bring a voice

back to the Students

of Manasquan and

to leave a better

school than I entered.

A Call to the Hill



**An exclusive phone call with one of the
most influential Congress in America**

BY: ALEX PASSES

It was five minutes to ten and I sat next to my phone with the ringer on max, waiting for the phone call of a lifetime. Since I was old enough to watch television, I always had a deep interest in American politics. I was the only kid in my second-grade class (probably the whole school) who followed the election of 2012. On my free time, I would spend hours on my computer researching Presidents and the Constitution. As the 2016 Election approached, I spent hours researching predictions and each candidate's path to victory.

When I sat down for dinner the night my dad told me I would talk to a politician, I was ecstatic. My father's friend would be in Florida for a political fundraiser. There would be hundreds of political leaders surrounding him. The next few days I was in deep thought of what I would say. Many thoughts went through my head: *Who would it be? How would I answer the phone?* The problem was, I was unsure when he would call. I was told he could call within three days.

The first two days went fast. I had so much homework to handle I almost forgot that I was awaiting an important phone call. When the final day approached, I was disappointed that I did not receive a call. I appreciated my father's friend's gesture, but I was still disappointed. Then, when the clock struck 10:30 I got a text. "Are you awake." I quickly responded, "Yes." A few moments later, my phone rang. "Hey Alex, this is Matt Gaetz from Florida. As 14-year-old navigating the student council world I just wanted to call you and thank you. I really hope to see you up there one day in congress. We'll keep in touch."

"I just wanted to call you and thank you. I really hope to see you up there one day in congress."
- Florida Congressman Matt Gaetz

When we hung up the phone, I realized who he was: one of the leading Congressman who defended President Trump in the House Impeachment proceedings. It was truly an honor to be able to talk to him. The next day I woke up and checked my phone. I had a follow request from @MattGaetz.

I hope my interactions with congress and politics are just the beginning. I look forward to staying in touch with Congressman Gaetz and I am personally thankful for the very outgoing act of my father's friend.



Matt Gaetz is a Republican Congressman that has represented Florida First Congressional District since 2017.
He plays a very influential role in the House Impeachment Inquiry and is a ranking member on the House Judiciary Committee.

The Office vs. Friends, Which is the Better TV Show?

The two critically acclaimed TV shows battle it out to see which the best show is!

By Trey Morgan



The characters from *The Office*.

Since both shows were very successful when on TV, they had very good ratings. *Friends*, had a rating of 8.9 on IMDb and 95% of people liked this show from Google. *The Office*, had a rating of 8.8 on IMDb and 95% of people also liked this show from Google. In the school of MES, *The Office* seems to be the popular show of our school. I asked some questions to my friend, Kylie Spalt, who enjoys watching both shows. I asked, “Is the show, *The Office*, your favorite show? If so, why?” Kylie said, “I love the show, *The Office*, because of how funny the situations are and how funny Michael Scott and Dwight Shrute can be during the show.” Since Kylie has watched both shows, *The Office* and *Friends*, I asked her which one she thinks is better. Kylie said, “Out of the two shows that I have watched, I would choose *The Office* personally because of it being so funny and the two characters Michael Scott and Dwight Shrute being unique and the most weird and funny people I have seen on TV!” After talking with Kylie, I talked with another friend, Luke Ramire on the topic. I asked Luke the question, “If you had to watch each show one more time, which show would it be and why?” Luke said, “I would rather watch *The Office* again because to me when I watch *The Office*, it always makes me laugh no matter what episode I watch. *Friends*, however, can get too romantic and love-dovie and at times makes me uncomfortable to watch.” After hearing the opinions of the two TV shows, *The Office* appears to be the better show to watch. Although the two shows are very popular, *The Office*, appears to be the favorite in the eighth grade of Manasquan Elementary School and seems to be the favorite and better show to watch.

Controllers clicking, people laughing, TV’s flashing as people watch their favorite show. Throughout the years, a long debate has been around since the finale of the two shows, *The Office* and *Friends*, on which show is better to watch. I have asked both *The Office* supporters and *Friends* supporters to give their opinions on the debate. *The Office*, is about the paper company, Dunder Mifflin, on its day-to-day life with funny situations and great, unique characters. *Friends*, is about six friends in the 90’s who live in Manhattan and go through many real-life scenarios.

“Sometimes I’ll start a sentence and I don’t even know where it’s going. I just hope I find it along the way.”-

Michael Scott (The Office)



The characters from *Friends*.

Manasquan's Geography Bee

[Geography is] about understanding the complexity of our world, appreciating the diversity of cultures that exists across continents. - Barak Obama (former president)

Kylie
Spalt

Manasquan Elementary school recently hosted its 5th annual Geography Bee. This bee consists of ten students from grades 6-8 who completed a test and got the highest scores out of about thirty students. Hosted by Mrs. LaMorticella, Ms. Pierce and Mr. Russ, the top two students go to Spring Lake Heights Elementary for districts, along with a substitute if one of the competitors cannot participate.

This year, the MES Senior band played in the beginning and entertained the crowd. The Bee consisted of several rounds, with people eliminated as the rounds went on. The last round determined the winners; students Ryan Mulvaney and Aiden Opatosky. This round consists of questions about countries and both of the boys had to write which country is applied to. They both got the first four wrong, but in the end, Ryan M. pulled through on the fifth question and emerged victoriously.

I asked Mulvaney why he does the bee and how he practices. He responded, "I wanted to win it for my family and

friends." He practices by "going on Sporcle and doing cool quizzes about the world." Even though Ryan practices a bunch, he still says, "Can you name all the countries? Because I can't."

I also asked Mulvaney what the best part about the bee is, in which he responded, "Winning it. I'm very competitive and hate to lose."

"Geography is the study of earth as the home of people." - Dr. Yifu Tuan (renowned Chinese-American geographer)

This year's Geography Bee was very exciting and I'm sure next year will be just as good. Opatosky placed third in the second bee at Spring Lake Elementary School. I asked him the same as Mulvaney: what made you want to do the geography bee? He responded, "I've always been interested in Geography. I like knowing the world because it is the only world we have."



HOP RIGHT INTO EASTER

HAVE YOU EVER THOUGHT ABOUT WHY THE EASTER BUNNY HIDES EGGS?



“EASTER IS MEANT TO BE THE SYMBOL OF HOPE, RENEWAL, AND NEW LIFE.” - JANINE DE GIOVANNI



Easter Traditions

Many children wake up on Easter to be overjoyed by finding Easter eggs around their house. There are many Easter traditions families include into their day. Children enjoy dying and coloring eggs. Another tradition includes towns setting up an Easter Egg Hunt for younger children to enjoy and collect eggs and candy. Eating a lot of chocolate is essential for most people, having the shapes range from bunnies to eggs. Some families take their children to the mall to visit the Easter Bunny and take pictures to capture the memory! Going to church is also another family tradition many like to follow.

Some traditions my family follows is that we make a huge dinner and play board games for hours. During the day my family goes to my aunt and uncle's house to spend time with them. We usually make a sweet treat for dessert! Easter is a great time for families to make traditions and to spent time together! Families can get caught up in activities, so Easter is a good gathering time. Appreciate your family and enjoy the little moments!



By: Reagan Scime

Why does the Easter Bunny hide eggs?

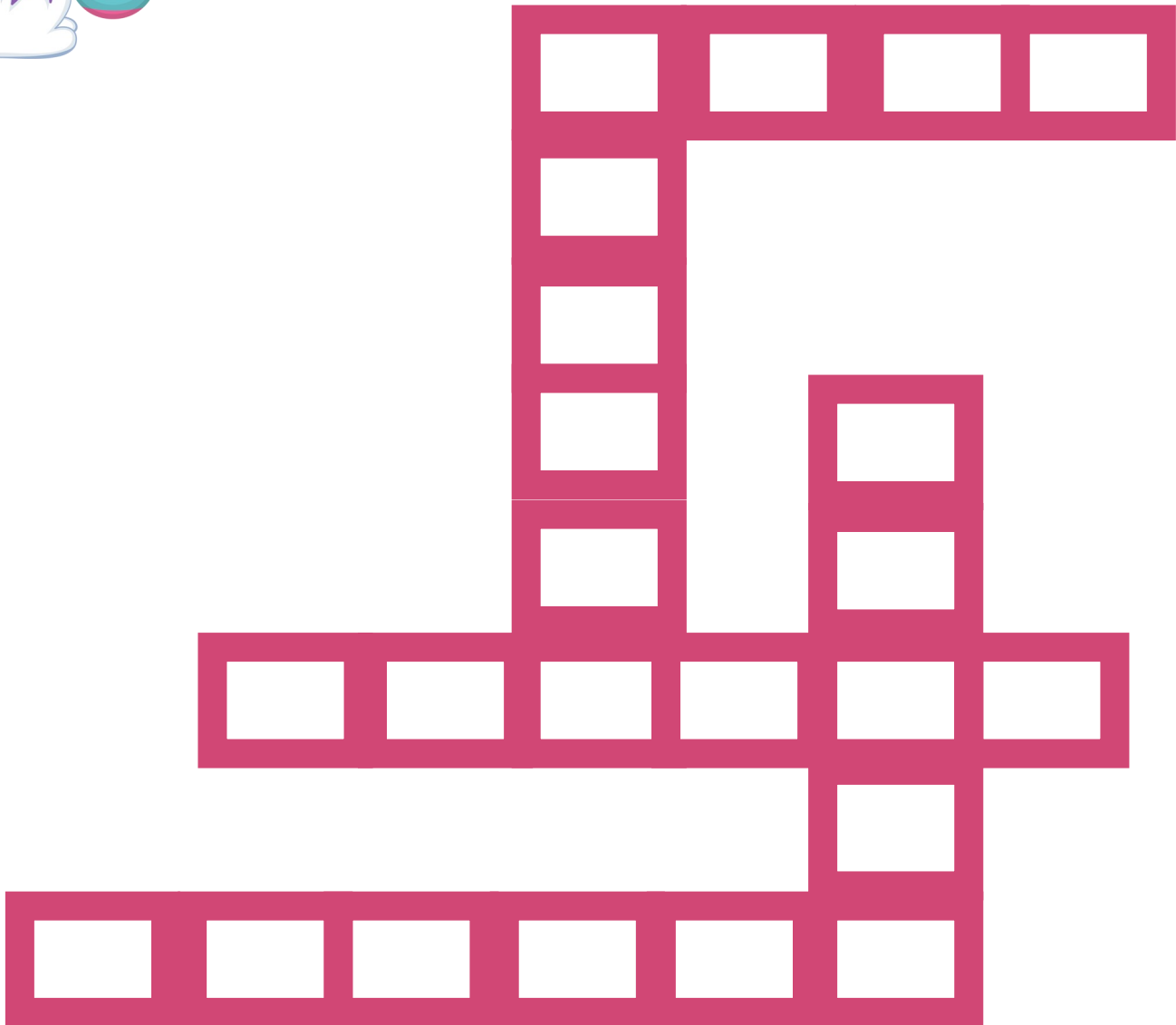
Have you ever wondered why the Easter Bunny lays eggs? The Easter Bunny decorates and hides eggs to represent the symbol of new life. The Easter Bunny also hides eggs to gift children treats and other small toys. Having the Easter Bunny surprise children makes everyone have a good time and an amazing day.

Where did the Easter Bunny come from?

In the 1700s, the Easter Bunny arrived in the United States with German immigrants. The German immigrants went to Pennsylvania and handed their tradition of hiding eggs over to the Easter Bunny. Did you know that in other countries, animals like the fox and cuckoo bird are used to represent Easter?



Easter Crossword Puzzle



HORIZONTAL

1. THE EASTER BUNNY LAYS _____ ON EASTER.
2. EASTER IS IN WHAT SEASON?
3. EASTER IS ALWAYS ON A _____.

VERTICAL

1. THE HOLIDAY THAT IS IN THE SPRING IS CALLED _____.
2. THE EASTER _____ COMES ON EASTER MORNING.

The Ups and Downs of Squan Summer

Written by: Alex Schmieder

Why are there so many tourists at our beaches these days?

People have been coming to New Jersey beaches for many years now, especially New Yorkers. There are pros, but also cons when these, “Bennys: Bayonne, Elizabeth, Newark, New York” invade the beaches of New Jersey. Every Manasquan Resident or New Jersey local have very strong opinions on these beach invaders.

Every summer, New Yorkers come to New Jersey beaches down the coast. Even though some New Jersey locals dislike their presence, tourists actually benefit New Jersey and Manasquan. Their arrival brings thousands of dollars to Manasquan, itself, for beach parking, beach badges, and lastly, food and drinks. As we know, these “bennies” take all of the parking near the beach to get the best parking. Not only does Manasquan make money from the parking, but also from the expensive beach badges. These beach badges allow locals and the visitors to come on the beach for a fun day at the beach. It doesn't end there folks. Manasquan beaches also have restaurants and an arcade for the younger kids. Gee Gees is one of the well-known restaurants here at the shore and they rack in hundreds of thousands of dollars each summer.



This is a crowded beach in Manasquan that was invaded during the summer!

Another well-known restaurant that is very close to the beach is Leggett's. Leggett's has a bar and room to dine. The last and most popular money maker is The Osprey. The Osprey is a bar and night club for kids who are out just out of college. These are a few examples of why Manasquan benefits from when the New Yorkers come for the summer.

Although it might be good for non-locals to visit our beaches there are some reasons to why we don't like

Bennies. First, there is minimal parking for us who live here year-round, so that causes major aggravation to locals. The New Yorkers bother the Manasquan resident too. There is too much partying and too many loud parties. Locals who may live by Leggetts and The Osprey may get annoyed with the noisy and crazy crowds. Not only that, but there have been a handful of times with injuries at the jetties and beaches due these beach invaders.

Even though these bennies may be a nuisance to some locals, they can still have an immense impact on Manasquan's community. Manasquan always seems to make good profits when tourists come and invade our beaches. Residents may not enjoy when they come, but there is some good when they come. They will continue to come to invade our beaches and cause chaos for us locals!

Pets help ward off allergies. When children are exposed to pets at a young age their chance of developing allergies can lower by 33%.



Pets help with socialization skills. Kids who grow up with a pet commonly have better social skills than those who did not because they had a "practice friend" to talk to.

Pets help keep their owners in shape. When having a pet, like a dog, taking it out on walks assists you in becoming healthier and getting

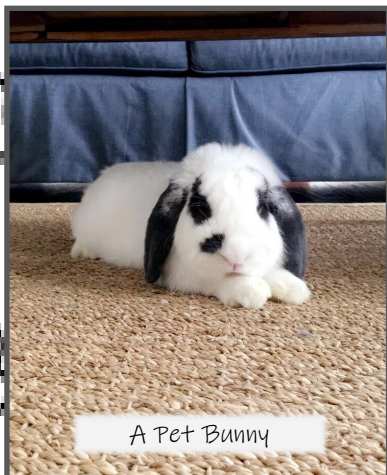
"Pet owners are less likely to suffer from depression than those without pets."

Pets help your heart. Pet owners exhibit decreased blood pressure, cholesterol and triglyceride (try-gliss-er-ried) levels, which minimize their risk of having a heart attack.

Benefits of Pets

Your dog is more than just your best friend.

By Kiera Berlin



A Pet Bunny

Pets help lower stress. They can be like a comfort blanket for some people. It calms them to spend time with their animal.

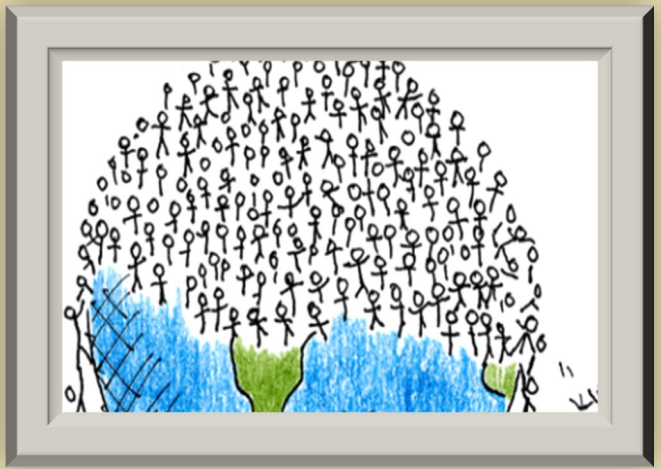
Pets teach children and adults responsibility and ownership. Owning a pet forces the owner to remember they have to do certain things for others, like feed their pet so it can also survive.



Overpopulation

Why It's Dangerous
and What It's Future
Holds For Us

By Lukas Nordell



With population on the rise in recent decades, it's hard to believe that we'll never run into any sort of trouble. Humans require many living conditions such as a

Overconsumption and overpopulation underlie every environmental problem we face today .

- Jacques Yves Cousteau

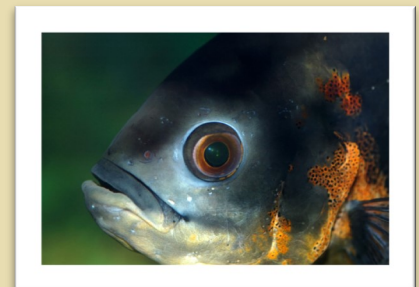
place to live, food to eat, water to drink, and education to train your mind. Circumstances such as these can seem little to you, however, once you see them in the big picture, you can see where our problem is coming from. Earth currently has 7.8 billion people living on Earth today. That means that everyone on our planet

must eat, have a place to live, water to drink, and the optional but highly recommended education. Now unfortunately, not every person has these opportunities and suffers on a daily basis. But the people who live accustomed to these conditions are billions in quantity. So, billions of people are eating, sleeping in their homes, and going to school, this takes up many food resources and space for natural growth. The major point to take into consideration is the fact that the majority of these people are reproducing. Since so many people are reproducing, there will be many new children being added to the population number. This will be an endless process that will continue to be a burden for Earth's well-being.

Once the kids become older, they will have kids of their own as well. This process is speeding up at an alarming rate. More people mean more resources consumed. Space and size are being taken up and food and animals are being consumed without limit.

Statistics

Using recorded data from a world population growth chart on ourworldindata.org shows the increasingly worrisome numbers of human population throughout 10,000 BCE to present day. Observing the last 50 and 100 years, the population from 100 years ago completely doubled from its original state. 100 years ago, the population of earth was 1.8 billion people. 50 years later, the population was 3.7 billion people. Now, numbers are on the rise with the population being 7.8 billion human beings. So, for every 50 years, the population doubles, plus a gradually increasing rate. Locations such as Athens, Greece and Lahore, Pakistan have the top highest population density in the world. Athens and Lahore are so greatly packed because of their cultural and regional history. With Athens at twelve thousand people per square mile and Lahore at twenty one thousand people per square mile, change has to happen or else there will be many negative consequences for the planet we call home



The Greatest College Basketball Team of The Decade, (2010-2019) 2018 Villanova Wildcats, Where Are They Now?

By: Ryan Mulvaney

Throughout the decade there have been so many great teams in college basketball, whether it be the 2014-2015 Kentucky Wildcats team that lost their only game in the Final Four to the Wisconsin Badgers or the 2019 Virginia Cavaliers team that won the National Championship through grit and toughness. Although there have been so many amazing NCAA teams this decade, I truly believe that the best team was the 2018 Villanova Wildcats! Their 36-4 team made the most 3 pointers in one college season ever and won the National Championship over three seeded Michigan by 17 points! The wildcats were led by five NBA players, which could possibly become more in upcoming years. None of these accolades would be possible without their coach, Jay Wright who is arguably one of the best coaches in college basketball, known for his great coaching and classy acts. This article will go in depth on these players careers at Villanova and after Villanova!



Eric Paschall (pictured on the left) transferred to Villanova in 2015 and sat out one year, he then proceeded to play for Villanova from 2017-2019, winning a National Championship in 2018! He was a solid starter for the 2018 team and played amazing averaging 13.6 points in his last two seasons on the Wildcats!



Jalen Brunson (in picture on left) was the heart and soul of the 2018 Villanova Basketball team, winning National Player of The Year. Brunson is widely considered as the greatest Villanova player of all time, whenever we needed to score a basket, he would come through! Brunson was drafted in the 2018 draft to the Dallas Mavericks with the 33rd pick. Brunson has been a solid point guard behind Mavericks player, Luka Doncic. Brunson was a prolific scorer for the Wildcats averaging 14.4 points in the three seasons that he was there. He also averaged 16.7 points and 4.3 assists! He is looking to show these talents to the Dallas

Phil Booth (pictured to the right) was also a starter for the 2018 Villanova team! He is currently the only starter without NBA experience, however he is on the Washington Wizards G-League team, the Capital City Go-Go. Booth is very close to breaking the ice and finally joining an NBA team! Booth was a persistent starter that was very clutch and got it done on both ends of the floor!

Mavericks and excel with his NBA career, just as he did in college!



Mikal Bridges (#25, pictured on the right) was a starting Shooting Guard/ Small Forward for Villanova in 2018, he was drafted in the first round of the 2018 NBA Draft with the 10th pick in the 1st round by the Phoenix Suns! Bridges was the highest NBA Draft pick out of everyone on the team, he is now averaging 8 points and 4 assists starting for the Suns! Bridges averaged 17.7 points for Villanova in 2018 and also helped them win the National Championship in 2016! Omari Spellman (pictured down below) was the starting center for the 2018 Villanova Wildcats. Spellman was a Freshman on the 2018 National Championship team and entered the NBA Draft that same year. In his fresh-



"They just don't fear failure. They've been through so much. They're going to play you for 40 minutes and whatever happens, happens."- Villanova's Head Coach on his team



man year at Villanova Spellman averaged 10.6 points per game and 5.3 rebounds per game and was key in the team's success. Spellman was selected with the 30th pick in the 1st round of the 2018 draft.



The 2018 Villanova Wildcats team will go down as one of the best college basketball teams in history of College Basketball! Led by various successful NBA players, not to mention Jay Wright one of the greatest coaches in college basketball. This team was so dominant and provided a bright future in the NBA for many of the players!



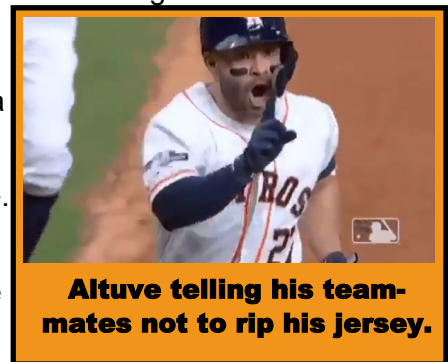
Could the Houston Astros Have Costed the Yankees a World Series Championship?



28th
World
Series?

During the 2017 MLB playoffs, the Houston Astros set up a camera facing the catcher from center field. This allowed Houston to know what pitches were coming next. This was a great advantage for Houston. They are already professional hitters, so knowing what pitch is coming they would be able to easily hit it. In the final game of the American League Championship Series, Jose Altuve had hit a walk-off home run in the Astrodome, their home field, while making his final stretch to home base, he made a gesture not to rip off his shirt. It was later proven that Altuve and multiple others had been wearing buzzers. This was one of there many ways of telling each other the next pitch. The second way they communicated pitches was banging on trash cans and other objects. The scandal was easily proven. The averages of the Houston players had increased significantly during their home games versus the ones away.

It was easily proven that Jose Altuve had been wearing a buzzer during his walk off home run trot. With the home run that sent Houston into the World Series, they were ready to celebrate. On the last stretch of his run around the bases he tugged on his shirt and shook his finger saying, "No." This was how he told the rest of the team not to rip off his shirt because he was wearing a



buzzer. Shortly after he was interviewed on his home run. During the interview he was asked why he told the rest of the team not to rip his jersey. With minimal time to think up a reasonably believable story, he had just claimed that his wife didn't want him without a shirt on national TV. But, this was not the only story that Houston had used. Later during the investigation, Carlos Correa had said that Jose Altuve had a really embarrassing tattoo that had not yet been finished. At this point they might as well have just come out

and say they cheated. After the second, hard-to-believe story, it was obvious the real reason for not ripping off his jersey.

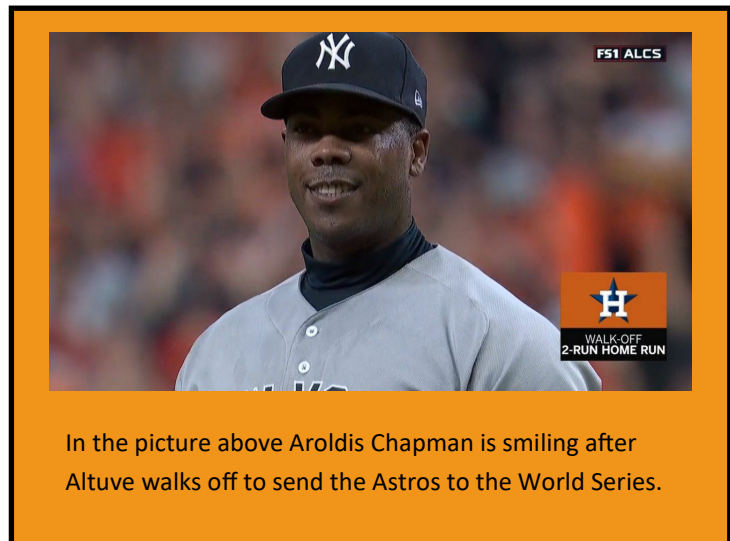
Since the confirmation that Houston had cheated there had been multiple people interviewed on the topic. Three of these people had included LeBron James, Arron Judge, And Cody Bellinger. Lebron was not happy about the news. He said, "Listen, I know I don't play baseball but I am in Sports and I know if someone cheated me out of winning the title and I found out about it I would be [very] irate!" Similar with Lebron and everyone else, Arron Judge was not happy. He had told everyone, "I just don't think it holds any value. You cheated and you didn't earn it." Cody Bellinger was not happy, especially since he was one of the many dodgers that were cheated of a World Series. Bellinger had talked about how Altuve had stolen the MVP award from Judge in the 2017 Series and that him and the Dodgers are not looking for a text saying that the Astros were sorry for cheating, he just wants some kind of acknowledgement that they had been wrong.

"I would prefer even to fail with honor than win by cheating."

-Sophocles

(A Greek poet that lived from 496 BC - 406 BC)

During the new 2020 MLB Spring Training the Astros have already be pegged multiple times and booed constantly. Altuve being a important part in their cheating scandal has already been booed many times and has been hit. The Astros have been hit so many times already that people have started to place bets on how many times they are going to be hit by a pitch.



By: James Michko 2/27/2020

A Trip Across "The Pond"

By Olivia Maes

Bonjour and hello! Over school break in February, I took my dream vacation. I travelled to Paris and London in the continent of Europe. During my trip, I learned valuable life lessons and broadened my view of the world.



“Bon Voyage!”



On my first day on Paris, I first took a morning stroll and grabbed a croissant and hot chocolate from a quaint local bakery. Then, I travelled across the city to the Catacombs, an underground cemetery beneath the city that has tunnels built by the human remains of the six million buried there. I found the views in there breathtaking. It was fascinating walking through the cemetery and seeing the amount of bones on display, especially the ones lined up in different formations. The next day, I went to Disneyland Paris. The wind at the amusement park was freezing, so I had to sip on hot chocolate, which they had everywhere, all day. I found their rides to be a bit more intense compared to Walt Disney World in Florida, but I really enjoyed my experience. After my eventful Disney day, I spent my time strolling around the city's different districts. I found great shopping everywhere, even in the oddest places!

On the next morning, I travelled to London. To get there, I used the "Chunnel", a bullet train that travels underneath the English Channel. First, I visited Abbey Road Studios, where the Beatles recorded many of their songs. I found it amazing that one of the most influential groups in history had been in the exact same place as me many years before. After, I visited the Crown Jewels, which is the location of many crowns worn by many in the royal family. After learning about the history of the dazzling gems, I went to see the musical "Dear Evan Hansen" at London's West End. It was a heartwarming and delightful show, and it is currently on Broadway, so I suggest seeing it as it teaches a very valuable life lesson. The next morning, after visiting Westminster Abbey, where people like Stephen Hawking and Charles Darwin are buried, I travelled back to Paris to continue my journey.



When I was in Paris once again, it was Valentine's Day. First, I took a trip to the top of the Eiffel Tower. I found that the height of the tower made me feel quite frightened, but it had an amazing view and it was heartwarming seeing couples propose at the top. Then, I went to the Louvre, the largest art museum in the world that houses the Mona Lisa. The wait to see the Mona Lisa was around 20 minutes, and it was so small that from a distance you could almost not see it at all! That night, I went on a Seine River boat cruise. I saw many Parisian sights, yet I had already seen them all earlier in the week.

Overall, I would rate my trip a definite 10 out of 10. This was my first time going outside of North America for a vacation, and it exceeded my expectations for sure. I hope one day I can go back there and explore even more.

THE RISKS OF STRICT PARENTING

BY: ABBEY HIPPE

Many children have strict parents, but what is considered taking it too far? There are three types of parenting; authoritative parenting, permissive parenting, and authoritarian parenting. Authoritative parenting is the act of being in the middle of the parenting spectrum. This parenting is not as strict as authoritarian parenting, but parents still show consequences in this type. If parents use harsh yelling, it may cause poor social skills, lower self-esteem levels, and depression in adolescents.

On the other hand, permissive parenting is much different than authoritative parenting. Permissive parenting shows warm, intimate parenting, but has almost no boundaries. These parents set an “anything goes” type of environment for their children. This type of parenting is very beneficial in indulging social skills in children but can also encourage bad behavior in many adolescents. Adolescents need a say in their own life, but not to the point of getting anything they want, which can lead to drug or alcohol use.

Completely opposite from permissive parenting, authoritarian parenting enforces rules very hard. Many authoritarian parents use terms such as “because I said so”, “I’m the parent and you’re the child”, and “my house, my rules.” Terms like these make children feel as if they have no say in anything when they’re at home. This can result in extreme depression in adolescents, anxiety, eating disorders, and bad social skills according to Healthline Parenthood. Between the ages of 12 through 18, children need to have a say in what they want, or their social skills for their whole adulthood will not be developed correctly, which can turn into a horrible type of social anxiety. Authoritarian parenting is not a very good approach to parenting because of some of the bad effects it can cause in the long run. With an authoritarian parent, children most likely do not like their household’s way of parenting because they do not have a say in many things when they are at their home environment. This type of parenting can cause an unhealthy household at home which makes children feel stressed, under pressure, and feel like they’re being pushed around. Parenting is something that all adults have to be very careful with. The way you parent can create a lifetime impact on their children that will affect how they act later in life.

Saving Trees!

Over 15 billion trees are chopped down every year! Will humans be able to save our planet from this mass destruction before it's too late?

Why Are Trees Important?

Well, life on Earth would be virtually impossible without trees since they produce most of the oxygen that keeps humans and animals alive! Trees also absorb carbon dioxide to slow the rate of global warming and pollution. The air quality of many cities is disgusting because there is so much pollution being created by the huge population—and barely enough trees to improve the air! Plants are the longest-living species on our planet, so they can give scientists some helpful insight from the past.



Trees are beautiful and give creatures on our planet almost everything they need to survive!

“The greatest threat to our planet is the belief that someone else will save it”

Tree Facts!

- About 30% of Earth is covered with trees, and that number is rapidly decreasing.
- Very few trees ever die from old age.
- Trees are the longest living organisms on Earth.
- Pine trees grow on 6 of 7 continents.

Can People Save Trees?

By using reusable items instead of wasting by-products of trees, it can reduce the demand of destroying plants for unnecessary items. Being aware of their impact on the environment can help some people change their lifestyles for the better. Another way to help is to print pages double-sided to diminish the amount of paper used. Educating others about the cause can also help spread the word to save more trees!

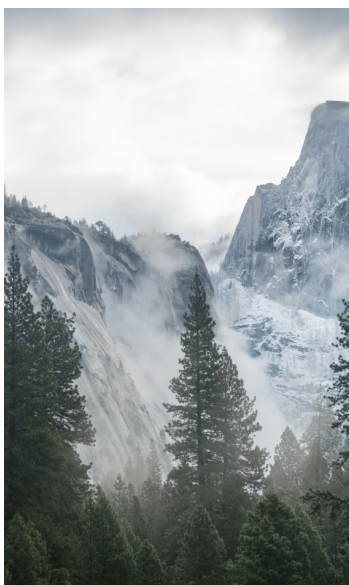


The Environmental Club met with Brian Mallin, the chairman of the Shade Tree Committee. Their committee protects and maintains Manasquan's trees, so that our town flourishes with the natural beauty of plant life. The Environmental Club, run by Caroline Giblin and Mrs. Trischitta, has big plans in progress with help of the Shade Tree Committee. They want to make a shaded area outside where teachers can bring their classes out on nice days. So far, the Environmental Club has participated in a beach cleanup and fundraised by having a bake sale. Join the Environmental Club meetings every Tuesday during 6th period lunch at 12:30 in Mrs. Trischitta's room (303)!



Biggest Tree Competition

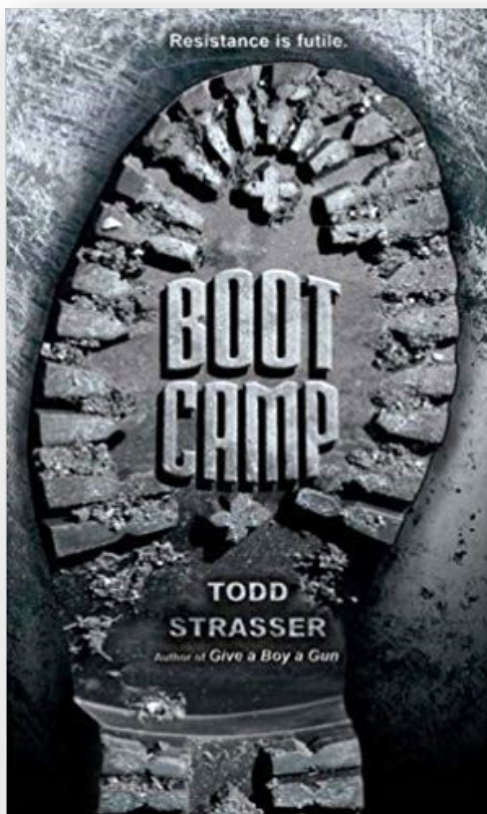
The Shade Tree Commission is holding a competition to find the biggest tree in Manasquan. Measure around the trunk of a big tree—you may just find the biggest tree in Squan!



Looking to plant a tree, but the costs are too expensive? Look no further! The Manasquan Shade Tree Commission offers an amazing price for buying, delivering, and installing trees right on your property! Normally, the cost of purchasing and situating trees can exceed \$1,000—but they're offering a price of only \$325! Just pick up an order form at the Construction Department Window (second floor of Borough Hall), fill out the type and number of trees you want, return the form, and get a brand new tree planted in mid-May! It's a great offer to make your property look even more beautiful and eco-friendly!

Follow [@mes_environmentalclub](#) and [@squanshadetree](#) on Instagram to support us and stay updated!





Book Review

By: Tanner Vallio

Boot camp or military school is a word that may not come up during conversations of children, but may be discussed by parents who so wish to send their kids there as a last resort. Most of these bootcamps cannot be found through the internet, but more through the word of mouth, like Lake Harmony in *Boot Camp*.

WARNING: SPOILERS

Boot Camp by Todd Strasser is a story about a teenage boy by the name of Garret Durnell who was unfortunately sent to a boot camp called Lake Harmony in upstate New York, due to his unruly behavior at home. This included skipping school, doing drugs, and dating a girl much older than he! In his eyes was perfectly fine, since he was extremely smart and had found true love. During his time at Lake Harmony, he received and witnessed both physical and psychological abuse from both staff and students who were there. He was also subjected to follow a very specific rule set (which would pass), but this was not something he was not going to do. He couldn't let them brainwash him.

“You don't get out by giving them what you *think* they want. You don't get out until you *are* what they want.”

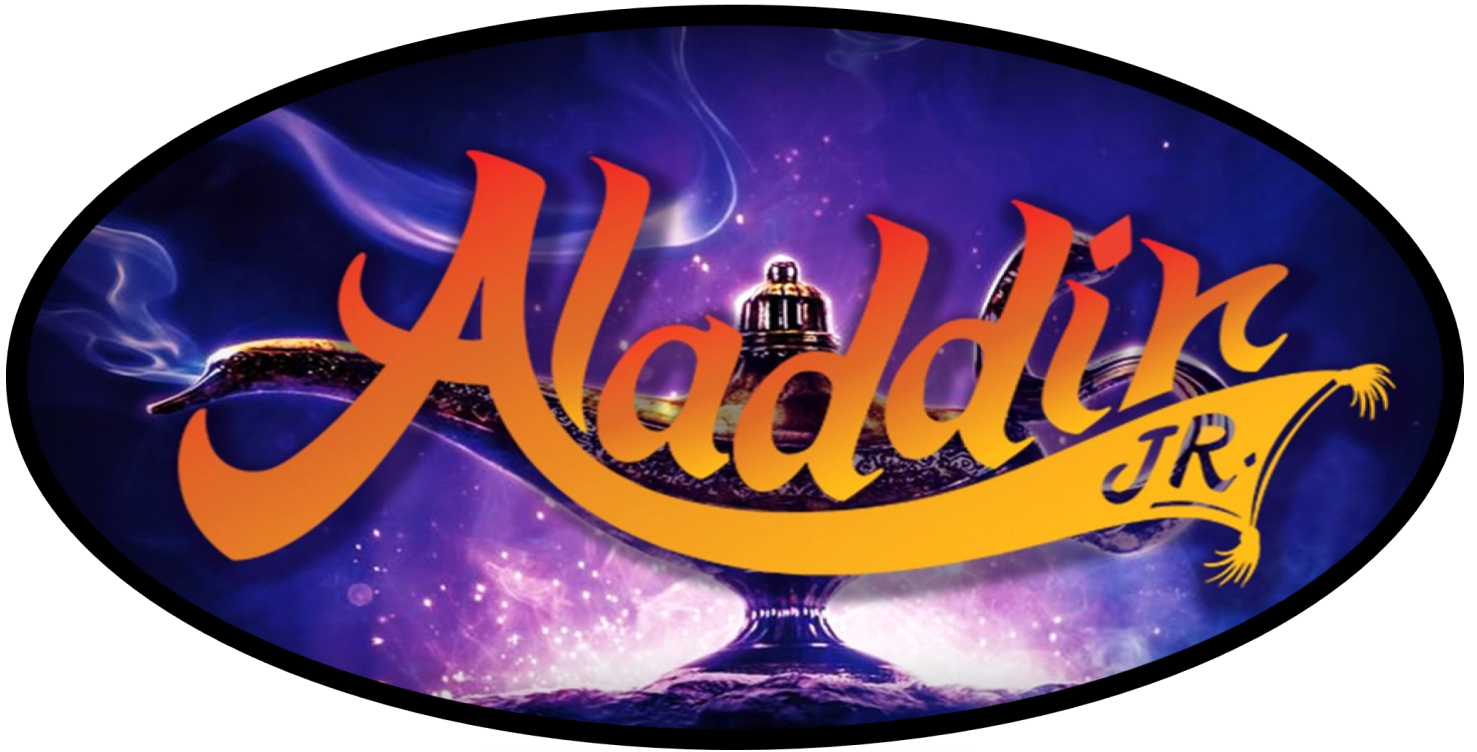
- Pauly

SPOILER ALERT

Was the book good?

And the answer to that is yes. Out of 10, I would give it an 8.5 and on top of that, if you're someone who doesn't like to read books outside of school, then this book is definitely something you should read. Overall, I thought the book was very well structured and truly captures the reader's attention and leaves the reader dying to read more. The biggest complaint I have for this book was that I felt like the ending was a bit rushed. I hated how Connor was brainwashed by Lake Harmony and suffered greatly by being forced to go there. But at the end of the day, it was most likely included in for the plot twist and the irony. So if you're looking for something chilling to read about the horrors of juvenile boot camp, this is definitely one you should pick up.

Manasquan Elementary School's



Starring...

Aladdin - David Seeley

Jasmine - Mirabelle Elliot

Jafar - Louis DeGenova

Genie - Liam Pollock

**A classic tale retold by the MES Drama
Club and directed by Mrs. Sliwoski**



“A Whole New World” On a Whole New Level!

By Michael McNulty

Every year, the MES Drama Club puts on a fantastic play showcasing the talents of many students. The play is directed by Mrs. Sliwoski and is always a blast for everyone involved. Students can choose to either be an actor or a part of the stage crew. It doesn't matter if you have no acting experience - if you are interested in acting, then Mrs. Sliwoski will find a spot for you.

The cast spends hours after school perfecting the show. When the time finally comes, there are 3 showings after school (scheduled for March 25, 26, and 27 this year) as well as one show in school for students who may be interested in joining Drama Club in the future.

Last year, the Drama Club put on a performance of *Beauty and the Beast* that left the audience roaring in applause. The year before that was an amazing production of *High School Musical*. This year's *Aladdin* is bound to be one of the best ones yet. Mrs. Sliwoski and the MES Drama Club always put so much effort into the play, and the result is astounding. Whether you are a member the cast, a part of the stage crew, or even just in the audience, the MES play is always a great time!

“The play is not just acting and performing at MES. The play is an experience, an experience that you get to enjoy with your friends and the best director, Mrs. S. Being a part of the play will forever be one of the best memories!”

-David Seeley (Aladdin)



Mrs. Sayre

Teacher of the year! 2019-2020

On my first day of second grade, I was probably crying. I didn't know if my friends were in my class, and I didn't know where I would have to sit at lunch.

Would my classes be hard? I didn't have to worry about any of this because Mrs. Sayre was my teacher. She could always brighten up my day whether it would be singing or dancing or just being a great



teacher. A few of my most distinctive memories from second grade are either visiting the treasure chest or dancing and singing with Mrs. Sayre.

She made me want to come to school and learn more. Mrs. Sayre has been teaching for thirteen years. Her favorite subject is language Arts and second grade is her favorite grade to teach. What she find most rewarding about teaching is the smiles on her kids faces at the end of the day. She loves to watch her kids grow and learn. Congratulation to the MES teacher of the year, Mrs. Sayre!

She is always here to help us learn. We always have fun. She is always caring, and she is the nicest teacher ever! —Mrs. Sayre's Current Class

Written by: Colleen Ragan

Mr. Sayre is my favorite teacher at MES. I always loved hearing her sing. — Abbey Hippe

She is my favorite teacher and I love every thing about her. —Will Minervini

Dreams: The Hidden Message Behind Them

You know that crazy dream that you had last night? Find out what it means by reading the rest of this article!

Every single person in the world has had a dream, which can lead to the conclusion that dreams are one of the most essential parts of life. Whether or not someone admits it, they've had a dream that takes them to their best parts of their mind, or a nightmare that wakes them up in the middle of the night, sweating and scared. Most people don't know this, but dreams are very important to someone's health and well-being. Dreams often portray someone's deepest secrets or desires. Even though dreams can hold fears or joys, they are almost impossible to remember. That nightmare or dream that someone had last night is often long forgotten by the time they meet their friends to tell them about it. But if someone really

“Dreams are important to mental health, physical health, and emotional well-being.”

wants to know their dream or nightmare, it's essential to remember every tiny detail, which is extremely hard to do. Sometimes, if a person is going

through a tough time, struggling with someone, or is really happy, their dreams will tell them, even if the person isn't aware.



Dreams can seem magical and unreal, transporting people to amazing places.

The Scare Behind Nightmares

Nightmares—the thing everyone dreads before closing their eyes. Everyone has had that terrifying nightmare where they wake up, eyes flitting around the room, heart pounding, shortness of breath, sweating, and that irrational fear that still haunts you throughout



Nightmares can be horrifying, often causing people to be afraid throughout the day.

- *Drowning*
- *Showing up late*
- *Being unprepared or failing something*
- *Dying*
- *Killing people*
- *Sustaining an injury*
- *Feeling trapped*

the day. Some of the most common types of nightmares are:

- *Being chased*
- *Seeing friends or family*
- *In a vehicle that's out of control*
- *Teeth falling out*
- *Falling*

“A nightmare can lead to feelings of fear, terror, and anxiety; awakening the individual and causing disturbing emotional response, including insomnia, other difficulties in the sleep cycle, or even daytime distress. Fever, ill health, or poor diet can also bring on nightmares.”

Being Chased: Being chased means “running away” from an issue or person in life that’s causing stress, anxiety, or other troubles.

Seeing Friends or Family: Seeing friends or family in a dream can suggest not enough time is spent with them, they caused sadness or anger, or they’re ill and in need of help.

Out of Control Vehicle: Being in a vehicle that’s out of control indicates that there’s a situation in life where the person feels no control over it.

Teeth Falling Out: Teeth falling out in a dream can have multiple meanings, such as there’s a personal loss, major changes are coming, health is poor, and stress, anxiety, depression, and jealousy are present and huge factors in life.

Falling: Falling in a dream means that insecurities, inabilities, and anxieties are overwhelming. Feeling a sense of failure or being inferior to something or someone can cause falling nightmares.

Drowning: Drowning nightmares are horrifying and can indicate being overwhelmed by something in life because of worries and emotions, causing that feeling of “drowning”.

Showing Up Late: Showing up late suggests there’s a much-needed change. It shows a fear of missing out on something very important.

Being Unprepared or Failing: Having a dream of being unprepared for a test and failing it means there’s not a lot of self-esteem and there’s a lot of self-doubt.

Being Injured: Sustaining an injury can mean that the dreamer sustained an injury in real life, such as physically, mentally, or emotionally. Or the dreamer has hurt someone else in life and is feeling really guilty, causing the dreamer to dream of getting hurt.

Being Trapped: Being trapped in a dream indicates that there’s a feeling of confinement or restriction in real life in a friendship, relationship, or career.

Crazy and Wonderful Dreams

Not everything's about nightmares. Even though more people remember their disturbing dreams rather than their happy ones, good dreams can still happen and can still be amazing.

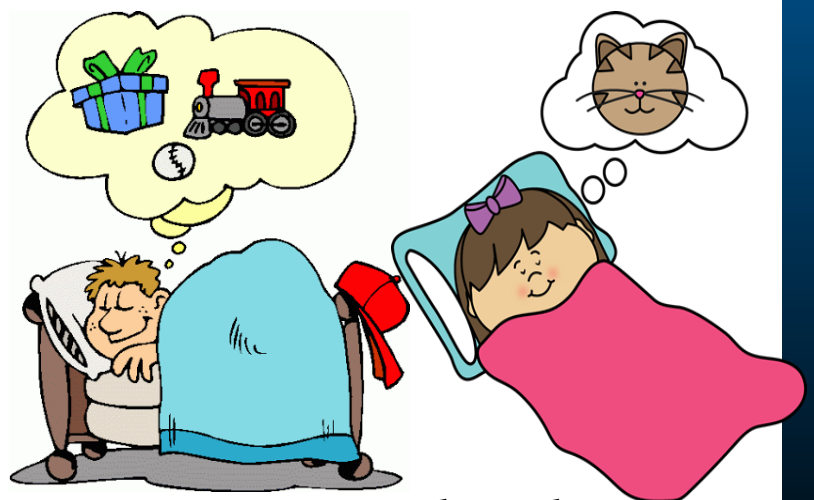


Some incredible facts about dreaming are:

Dreams are amazing and filled with wonders.

- 90% of dreams are forgotten within five minutes of waking up.
- Blind people still dream.
- Some people don't dream in color.
- All dreams are symbolic.
- Four to seven dreams can happen in one night.
- Animals dream too.
- Everyone dreams every single night.

“Dreams are stories and images that our minds create while we sleep. They can be entertaining, fun, [or] romantic.”



By: Hannah Snyder

The Infamous Trip To Canada

By: Amanda Dinger

Over February break, the French 1 class went on a trip to Canada and had a vigorous schedule. There were many activities that those on the trip will never forget. The eighth graders, along with the high schoolers, had the chance to experience numerous native things. When we first landed, we were transported to the old Quebec City where we had the opportunity to learn about the history of the buildings. For example, Quebec is technically under the rule of Great Britain, so they are under the rule of Queen Elizabeth. After, the class went to the annual Winter Carnival parade. There was music, floats, dancers, marching bands, and a circus on a float! Finally, we arrived at the hotel where we settled in and got a good rest after a long day.

The next day we went snowtubing and then were able to see the ice hotel. It was more beautiful than can be described. As you walked in, the ice was lit-up by the ice, and there were sculptures and music all around. Everyone was amazed by the architecture. The class saw some of the rooms and the lobby of the lounge. Afterwards, we went snow tubing and had a blast!

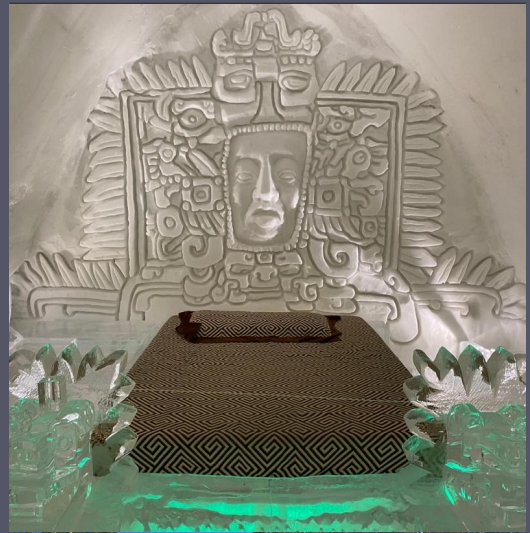
On our third day, the group had the opportunity to go dog-sledding. We each had five dogs to a sled and had a partner in the sled. The dogs were so friendly and eager to go, much like the *Call of The Wild*, all the dogs wanted to do was run. After we did that for about thirty minutes, we were able to meet a bunch of puppies that were too cute to describe. Once we were forced to leave the puppies behind, we went to a sugar-shacking restaurant, where we ate lunch, tried sugar pie, saw a fiddler, and were taken outside to sugar shack. Sugar shacking is when hot maple syrup is poured in a little strip into some clean, fresh snow. After about fifteen-twenty seconds, you take your popsicle stick and roll it into the maple syrup. Finally, you eat it like a loli-pop. It was so sweet that I thought my teeth would fall out, but it was too good not to have a second. After lunch, we went on a tour of the Chateau Frontenac, which is the most-photographed hotel in the world. Finally, we ate dinner, which was amazing and the waiters all spoke to us in French, then when we went back to our hotel for the night we were exhausted.

On the last day of our four-day trip, the students had time to shop on St-Jean street and we had lunch on our own. Although there were many options, the one that seemed the easiest to order at was McDonald's. After lunch, we were transferred to the airport and left to come home.

Kiera Berlin is an eighth grader who went on the trip and she had a great time. "We had a lot of fun doing various activities like tubing, dog sledding, and sugar shack-ing. And I would love to go back one day." The Quebec trip was super fun and I would definitely recommend joining French 1 next year!



Photo taken by Kiera Berlin, an eighth grader who went on the trip.



THOUGHTS

"It was a great experience, and a great way to put my French speaking skills to the test!" - Miralabelle Elliot, an eighth grader who attended the trip

JANUARY 21, NATIONAL SQUIRREL APPRECIATION DAY

By Brian Dettlinger

There is a bridge in the Netherlands that crosses a highway. That bridge was made specifically for squirrels to get over the highway without needing to worry about getting hit by a car. January 21st is a day dedicated to appreciating squirrels. Squirrels are very under-appreciated animals who do a lot for the community, and many people underestimate them. People dislike them because they look like “rats with fluffy tails.” They bury seeds to eat later, but when they lose them, trees grow. Don’t ignore squirrels on their day if you find one feed it. If you have any bread or seeds, throw them outside and watch them eat. It is very fascinating to watch them stand on their hind legs and nibble on food. Owls, hawks, and wild cats are their main predators and they often escape them by running in zig zag paths which is why they often end up in fronts of cars. The eastern gray squirrel is the most commonly found squirrel in New Jersey. Follow the Netherlands lead, do something kind for squirrels especially on National Squirrel Appreciation Day.

Squirrel bridge in The Netherlands.



Picture of rock squirrel from Zion National Park, Utah.

“I like squirrels because they are like rats just cuter, and always hungry just like me.”

- Joey Dettlinger
(author’s cousin)



MS. WHITE

"She's the nicest person you'll ever meet!"

The greatest teacher at MES

I have known Ms. White since I was in kindergarten when she was helping with my class at lunch time. Even though I don't need help buttering my bagel like I used to, she is one of the nicest people I have ever met and I enjoy talking to her every day. Ms. White is very generous and inspires many people, including Mrs. Trischitta. One time, when Mrs. T had a personal struggle around Christmas, Ms. White bought her some presents and decorations to make it better. This inspired Mrs. T to give back to other people and donate every year at Christmas.



Not only does she make everyone happy, but she is very helpful at lunch with kids of all ages. She has worked at MES for over 20 years! When I talked to her, I asked her what specifically she does. Although some may think that she is a lunch aide, she does much more. At the beginning of the day, she checks to make sure all of the teachers did attendance and then puts it into the computer. She then also helps at lunch for all three age groups. I also asked her what her favorite part of the day was, and she said getting to come to lunch with all of the kids.

Everyone at MES loves Ms. White. I went down to the 2nd and 4th grades and asked a few kids if they knew Ms. White and they said that she was the nicest lady at the school. Lily McMenamen in 4th grade says "When I was little, Ms. White cut my apples for me everyday." Lily also mentioned that Ms. White still talks to her at lunch and thinks she is super sweet and delightful to be around. Moving to the 2nd grade, Tess Ahera from Mrs. Buss' class said that, "Ms. White is super kind and friendly. Sometimes when I am late, Ms. White lets me come through the gate so I don't have to go around." Clearly, Ms. White has made a positive impact on the whole school, and even the teachers think she is awesome. Ms. Kopec says that every year Ms. White bakes Irish Soda bread and brings it to share with all of the teachers. These are just few of the countless good deeds that Ms. White does everyday. Overall, Ms. White is an awesome person that everyone at MES has a positive memory with.



EAST COAST ICE VS. WEST COAST POWDER

BY JAMES BURNS

With skiing and snowboarding becoming an increasingly more popular sport, many people must know the best places to tear up the mountains. The best mountain to ski or snowboard is an uprising topic arising from beginners, inching their way down the bunny slope, to experts, bombing their way down the steepest slopes on the mountain.

In the United States, the western slopes are known for their size and the large abundance of snow. The west coast has the tallest mountain ranges in the U.S. These aspects tend to draw skiers of all levels to the west coast moun-

"When you go to Mammoth, California, and you get to the top of the gondola and get out, it's beautiful. You're looking at the Sierra Mountains, and that's something you really don't get on the East Coast," - Big Sky ski instructor Brenna Kelleher

tains. Most west coast mountains exceed 400 inches of natural snow every year. This outstanding snowfall is caused by the lack of humidity and the consistently cold temperatures that the west coast can hold throughout their winters. In addition to these colossal mountains and huge amounts of snow, the west coast provides beautiful views anywhere you go. The only downside to skiing on the west coast is the risk of avalanches and altitude sickness. The west coast is the best place to ski for many advanced skiers looking to strengthen their skiing abilities or for talented photographers looking to make the front cover of an acknowledged magazine.

Skis flying, kids slipping, hats tumbling, the east coast slopes are known for their challenging skiing conditions. When skiing on the east coast, one of the main risks is ice. Ice is a skier's nightmare and can cause serious injury. Also, on the east coast, the mountains are much smaller causing greater temperature fluctuation. This will result in rainy days, which are never good for skiing. When it rains the snow gets saturated with water. When temperatures drop overnight, the snow will freeze cause slick and icy snow.

The west coast has a better selection of mountains with varying types of terrain. It has powder, good skiing temperature, and perfect views while the east coast has ice, rain, and slushy snow. When picking your next ski trip, take into consideration the elevation of the mountain that you will be choosing. This may make or break your fun experience with your family.



This is a skier looking at the beautiful mountains as he is getting ready to hit the slopes once more for the day.

Vacations: What Place is Right for You?

The school calendar has a few breaks coming up including spring break and then, best of all, summer break. These breaks are perfect opportunities for you to go on vacations with your family and



“We travel not to escape life but for life not to escape us.”

Stress-free Breaks

Even if you just stay at home during a break you still feel the tranquility of being on a vacation. Even when you are just away from school or work you feel much happier and calm.



Cold and mountainous vacations

If you are looking for a vacation where you could go skiing, snowboarding, or if you just want to be out in the snow or mountains in general, then these places may be the ones for you! Some of the best cold vacations spots are Norway, Iceland, Colorado, and Canada.

Tropical Vacations

If you are looking for a vacation with beaches and hot weather, then these places are great choices for you! Some of the best tropical vacation spots include Hawaii, the Caribbean, Puerto Rico, and the Maldives.

SPEAKING TO PEOPLE WHO RECENTLY WENT ON VACATIONS

- * Megan Spears, an 8th grader, who recently went to Disney World said, “Disney is a great place because it brings everyone joy and for me it brought back a lot of childhood memories. Also you can spend time with your family; and it’s just a magical place.”
- * Elle Duffy has a vacation coming up to Florida, “I am very excited for my vacation because it will be stress free.”
- * Abbey Hippe, a big fan of vacations, says “I like vacations because they are very cool, and I get to go to Florida and go on cruises and I forget my problems.”



WHY SCHOOL BREAKS ARE IMPORTANT

School breaks are very important in student lives because the school break gives students a time to relax and refresh their brains. After weeks on weeks of constant learning and work, students finally have a time to rest. Although students may have the weekend, the weekend doesn't allow students to truly have a rest from school.



WHY VACATIONS ARE IMPORTANT

Vacations aren't just beneficial to students, but they are also beneficial to adults. Vacations give you something to look forward to. Knowing that you have something fun and exciting coming up makes you more motivated to get work down so the time comes quicker. Vacations also give you more time to sleep and get the rest you need. Vacations are good for your mind because it gives your mind a new thing to focus on your vacations, not your other duties.

Banana Split!

Reviewing Ice Cream vendors in and near Squan.

Dairy Queen

People's Favorite:

Oreo Blizzard

Address: 97

Atlantic Ave.

Instagram: @squandq

Favorite 'Dish': Orange

Creamcicle (M)

Hoffman's

People's Favorite:

Coffee Oreo

Address: 569 Church Street

Instagram

hoffmansicecream:

Favorite 'Dish': Cookie

Monster Ice Cream in

a waffle cone

Sundaes

People's Favorite:

Vanilla Cone w/ Sprinkles

Address: 2211

Highway 35

Instagram:

@sundaes_the_ice_cream_place

Favorite 'Dish': Root Beer

Float w/ Vanilla Ice Cream (L)

The first known existence of ice cream was in the years 618-97AD.. It was not exactly ice cream but it was very similar.

This cream was created with a mixture of rice and milk, packed together with snow.



Main Scoop

People's Favorite:

Vanilla Chip

Address: 140b Main Street

Instagram: mainscoopofficial

Favorite 'Dish':

Mint Chocolate Chip in a (M) cup

The first known existence of a banana split was in 1904. A pharmacist by the name of David Strickle concocted this dessert.

Traditionally it had chocolate, vanilla, and strawberry ice cream.

Most times there is whipped cream and a cherry on top.

In my personal opinion, Dairy Queen is the best vendor in this area. You don't have to take my word for it though, there are plenty of reviews on the next page. They are all from 4th 5th graders, and teachers.

My name is Patrick Watson, and I am an ice cream enthusiast.

Personally I believe that ice cream is the best thing to have for any meal. There are many vendors in this area, and you must know where to go.

What The People Want

There is not much to say at this point, but that everyone wants Ice Cream, and they want it know. I hope I have inspired you to broaden your horizons in the world of ice cream.

Name:

Mrs. Snel
 Veronica Cosentino
 Hazel Height
 Lucas Kubu
 Brayden Lachacz
 Carina Martell
 Dylan Reynolds
 Amelia Steger
 Shea Tracey
 Torrin Tracey
 Findleigh Tuite
 Mia Valgenti
 Addyson Vallio
 Mrs. T
 Miss Gliddon
 Sabrina B.
 Ellen D
 Ava S.
 John I
 Harry O
 Anna P
 Lily M
 Kennedy L.
 Lorelei V.
 Brendan L.
 Ella M
 Sabrina B.
 Eduardo B
 Shannon E.
 MCecilia B
 Nate C.

Favorite Store:

DQ
 Hoffman's
 DQ
 Hoffman's
 Hoffman's
 DQ
 Sundaes
 Hoffman's
 Main Scoop
 Main Scoop
 DQ
 Sundaes
 Hoffman's
 Hoffman's
 DQ
 Sundaes
 Sundaes
 DQ
 DQ
 DQ
 Hoffman's
 Sundaes
 Main Scoop
 DQ
 Sundaes
 DQ
 DQ
 DQ
 Sundaes
 DQ
 DQ
 Hoffman's
 DQ

Favorite Item:

Pumpkin or vanilla and chocolate swirl
 Chocolate Vanilla Swirl with rainbow
 Raspberry Sorbet on a sugar cone
 Chocolate Milkshake
 Cookie Dough Blizzard
 Ooey Goeey Oreo
 Cookie Monster
 Vanilla with cookie dough
 Cookies and Cream Milkshake
 M&M Blizzard
 Sticky Fingers
 Lemon Sorbet
 Cookie Monster
 Vanilla Chocolate Twist
 Vanilla PB Crunch
 Vanilla with Rainbow
 Cookie Dough Milkshake
 A cup of M&M's
 Blizzard
 Cookie Monster Ice Cream
 Dark Side of the Moon
 Cookies And Cream
 Chocolate Oreo Blizzard
 Mint Chocolate Chip
 Oreo Blizzard
 Cookie Dough Blizzard
 Oreo Blizzard
 Vanilla with Rainbow
 Chocolate Ice Cream
 Vanilla Dipped Cone
 Cookie Monster
 Reeces Blizzard



The Mindful Garden



A space that will serve as a spot to relax and de-stress during school

The courtyard at MES has been unused and has had no true purpose for the past couple of years. It's time for a change! Mrs. Rostron decided to use the courtyard to create a destressing escape. She wishes she was given the opportunity to practice mindfulness at a younger age because it teaches you how to cope and be in the moment. She thought it would be a good idea to bring the Mindfulness garden to our school because the State of New Jersey Department of Education has mandated that kindergarten through fifth grade have ten minutes to practice mindfulness every day. The mindful courtyard will be made with as much student involvement as possible so that the students are more connected to it. Mrs. Trischitta's Honors Language class is currently creating the activity sheets that will be there for students to follow senses see, touch, hear and smell there. The art club has been working on sculptures for the space and pieces for the tactile station, and they will be making windchimes to accompany the beauty and peacefulness in the garden. The MHS woodshop class will be building us a bench that will go around the tree out in the courtyard. This will provide students the ability to sit under the tree if they would like.

This garden will feature beautiful murals, scented plants such as lavender, mindful sensory activities, and inspirational rocks. Mrs. Rostron's quarter four students will help create the murals that will be painted in the courtyard. They will come up with the design and physically paint them. They will be led in mindful activities by Mrs. Walsh, reading specialist, that will lead to them creating possible sketches for the space. Mrs. Kehoe will be designing a walking labyrinth for part of the courtyard. She created a business, Mindfulness Movement Music after being in the holistic field for twenty years and is currently pursuing her Masters in Integrated Health. Mrs. Kehoe has walked many labyrinths across the U.S. She helped to create one at the Barnabas Wellness Center in Lakewood, NJ and uses temporary ones in the Qoya movement practice she facilitates. She is happy to be helping to create one at MES.

The walls of the path will be built with rocks that will be painted by every student and adult that is a part of the building. Everyone will be able to paint their rock how they would like as a representation of themselves. Even though a colorful rock seems quite simple it can really inspire someone. The Mindful Garden will be a relaxing place to unwind and release all the pent-up stress.



you can pick up a mindful guide that will have different activities kids and adults can do in the courtyard. Kids of all ages could visit this peaceful spot anytime they need. This is a fantastic opportunity for children and adults in our school to relax and enter a mindful state. This is a joint project among many people who can't wait to use the courtyard as a place to relax and develop coping strategies, to destress and realize how beautiful the world really is.

- Eleanor Ragan

"Be happy in the moment, that's enough."



Lotus
New beginnings, beauty, infinite possibilities



The Beasts Down Below

Chapter 2:

Gasping for air, reaching for the fading surface, Donnie desperately tried to escape the kingdom of death this beast was taking him too. He rapidly kicked his feet and waved his weakening arms upward, but a sense of horror arose over Donnie and seemed to nearly take the life out of him as he looked down. His legs were tangled in fishing line. Perfectly fit for big salt-water fish, there was no way that line would snap. As the beast swam deeper, the line seemed to wrap around Donnie's useless legs tighter and tighter, on the brink of piercing his skin.

For a short second, Donnie focused on the beast, calculating his slim chances of living. Whatever it was, it was going somewhere. Then, in the distance, through the thick, muddy water, Donnie saw a faint green light, flashing as if it was giving off a warning signal. The beast, however, slowed down at the sight of it, as if relieved for some mysterious reason. As the sense of death seemed to bleach Donnie's skin a pearl white color, a shock, not electric, but a vibration seemed to flow through Donnie's lifeless body. And then, gravity hit restoring the air back into Donnie's lungs as he plopped into what seemed to be a small swamp of only about a foot of water.

Donnie, still regaining the feeling of life, lay there in a pool of disgust-

enforced by the fishing line. As he let out a painful, bloodcurdling scream, he saw the beast who had brought him to this underwater world slowly cruise through the thick, distorted trees above Donnie as if it hadn't heard him. Donnie realized that the green light he had saw just minutes ago was still flashing just ahead of him seeming to hypnotize the beast as it continued to fly towards it. Then, a small, dark chamber just beside the light flew open, sucking the beast in. And without resisting, in it went hurdling towards the unknown. Then, the green light turned off and the chamber doors immediately closed shut.

Moaning in agony, Donnie stood up, hunched forwards as if his spine was at a ninety-degree angle. He walked through the swamp, plunging his feet, one at a time, through the foul-smelling slime that covered this awful planet. Donnie, working hard to hold back tears, tripped on something sitting in the swamp, sending him back down onto all fours and shooting up liquid muck into his face. He stuck his muddy hand into the water and grasped onto what had tripped him. He ripped it out of the sludge and stuck it high in the air. It was his fishing rod, but the tip was broken, and it looked like it had been planted in the ground over a century ago.

Then, Donnie thought of his dad. He shed a tear and realized that he had to be strong. He had to believe in himself. His dad would want him to be strong, to be tough. The fishing rod wasn't a sign of weakness, it was a sign of hope. So, Donnie stood up and, staggering back and forth, he kept on walking. After a couple minutes, he reached the end of the swamp. He jumped up onto the bank, still

clutching his rod in his hand.

He noticed that the shield the beast had took him through was glowing in a faint blue color making a quiet buzzing sound. Like an atmosphere, it separated water and air, the only thing keeping Donnie alive. "I can make it," Donnie thought, "I need to get home!" After taking a deep breath of air, Donnie sprinted towards the barrier. Expecting to feel a rush of salt water submerge his body, Donnie hits the barrier and flies backwards into a puddle of mud as if he had just run into a brick wall.

Once again, Donnie managed to reach his feet. Not giving up, he ran towards the barrier, slashing it with his fishing rod, launching it into a tree and sending Donnie onto his back, knocking him unconscious.

Hours later, Donnie woke up to a group of blurry faces hunched over him. Twisting and squirming, Donnie was stuck. He looked down and saw his hands and feet tied up to a board he was laying on. With his vision beginning to clear, Donnie could see the faces better now. They looked just like the beast who had taken him here. They had shriveled up grey skin with large, dark green eyes that seemed to swallow the pupil. The tops of their heads were rugged and bumpy with small white speckles. They had no noses and their mouths looked cold and silent.

"Who are you?" Donnie asked, "Please take me home." The words seemed to quietly fumble out of Donnie's mouth in a squeaky tone. Donnie thought the beasts wouldn't here him, but immediately, they looked down. They seemed surprised and communicated with each other in strange clicking noises they made

with their mouths. Then, in unison, they picked Donnie up and began floating in the air carrying him towards the chamber he had seen the other beast enter through.

When they reached the chamber doors, one of the beasts purposely banged his head on the light Donnie had seen earlier and it turned on, flashing green again. Then, the chamber doors swung open, frightening Donnie. He forcefully turned his body from side to side forcing the beasts to tighten their grip. On the side of his neck, Donnie felt something wet nudging him. He looked back and one of the beasts had Donnie's fishing rod in his hand using it to restrain him.

Then, that beast plopped the fishing rod on top of Donnie, and, all together, they threw Donnie, spinning him in the air, through the chamber doors. As he dropped down into a dark abyss of mystery, Donnie heard the beasts above making those clicking sounds again as if they were laughing at him. Donnie attempted to scream, but before he could get it out, he fell headfirst into a deep pile of warm, soft fuzz.

Where is Donnie now? What are the beasts going to do to him? How will he get home? Stay tuned for Chapter 3 of "The Beasts Down Below" in the next edition of the Warrior Spearhead.

Written by: Austin Griffith

Juul Ain't Cuul

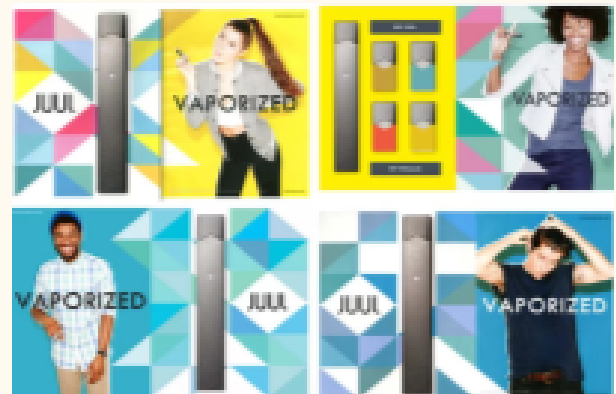
By Luke Rmaire

**Ditch the Juul
and be a better
student in
school.**

Out with old in with the new. Juul has become another addicting and health risking epidemic that proves to be worse than cigarettes. A Juul is a type of vape or e-cigarette that is taking the world by storm. It seems that teens are ignorant to the harms

of Juul. But most times it isn't kid's faults. Juul has manipulated adolescents into buying their toxic products. In the article "What Juul Tried to Hide," author Joey

Bartolomeo shared the types of sneaky advertisements made by Juul. They used similar tactics as cigarettes did in the 1940's and 1950's. Juul claimed they didn't target younger people, although the article disagrees. "Even back



One of Juul's colorful ads.

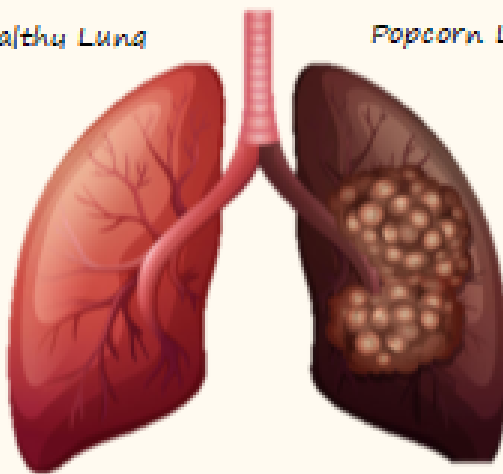
in 2015, when Juul first came out onto the market, the company's ads featured colorful graphics and young models..." Juul used these advertisements as a way to suck in the teenage crowd showing Juuling as something cool to do. Another way Juul learned from Big Tabaco was the use of flavors. "Flavors like mint and mango were put into the pods." Smoking and vaping will be around for a while because the advertisements directed towards teenagers.

According to "What Juul Tried to Hide" the author states "One Juul pod has as much nicotine as 20 cigarettes." Brain damage is a big issue when it comes to Juuls. With as much nicotine that Juul puts in pods teenager's attention span can be slashed, and they will start to have problems learning in class. The pod flavors "mask" the taste of nicotine to draw kids into using it. There have been many cases where a teenager's lung has collapsed. This type of vape has caused "popcorn lung" which is shown in the picture below. Popcorn lung is a condition that damages the lungs' smallest airways. This can cause lots of coughing and makes it hard to breath. Once someone gets popcorn lung they can't get rid of it. People who use e-cigarettes are

Nearly 1 in 5 youth say they have seen JUUL used in school.

Truth Initiative.org

Healthy Lung



Popcorn Lung

much more likely to have a stroke, heart attack, or heart disease. Juul was originally meant to get people to quit smoking but has turned into a gateway. So many side effects are found in Juuls.

I have never used a Juul product. I've witnessed some on social media being used but I haven't been exposed to the smoke itself. Dr. Cashion is a security guard at Manasquan Highschool. He talked to us, 8th graders, about the technology like detectors in the bathroom that detect smoke. Juul has become a big lawsuit in many high schools around the world. According to CNBC, "In 2018, nearly 21 percent of high school students, or 3 million, vaped." The company Juul lied and manipulated people all around the world. It is time the truth has been released.

Middle School Baseball Team

By: Matt Loveland

One of baseball's biggest names Babe Ruth once said, "You can't beat the person who never gives up."

I am a returning player whom spends countless hours practicing. As you can see, I work very hard and the team expects nothing less from everyone who tries out. I had a conversation with the middle school team baseball coach (Mr. Wahl). We talked about the season this year.



What teams will be a problem this year?

He said, "Brielle and Antrim for sure."

How do you think your team is going to do?

Mr. Wahl states, "We definitely have a possibility to win this year. It will come down to pitching."

Losing a lot of star players last year how would you compare to this year?

Coach stated, "We lost a lot of talent, but work ethic will be up."

Any special plans to help improve the team's season?

Coach Wahl stated, "Not really we just have to take it one game at a time."

Knowing that your were league champions last year what do you think the out come will be this year?

Coach, "We are a contender to win it again."

This year's middle school baseball team will be awesome. Although we lost a lot of talent, this year's 8th grade is very strong and powerful. Make sure to come out and support our team during this season! Whether you are in sixth, seventh, or eighth grade make sure to try out and don't get disappointed if you don't make it!

A returning player, Luke Ramire said, "Manasquan baseball has a great program and I am looking forward to the season!"

Alex Schmieder, another returning player add that, "I feel that we will have a pretty solid team, but we never know how each game is going to go."

One baseball superstar, Austin Griffith tells me, "We have a good team this year and a lot of good returners. We have been playing together for a long time and our communication will be perfect."

