

Manasquan Education
Association Presents

TEACHER KARAOKE NIGHT

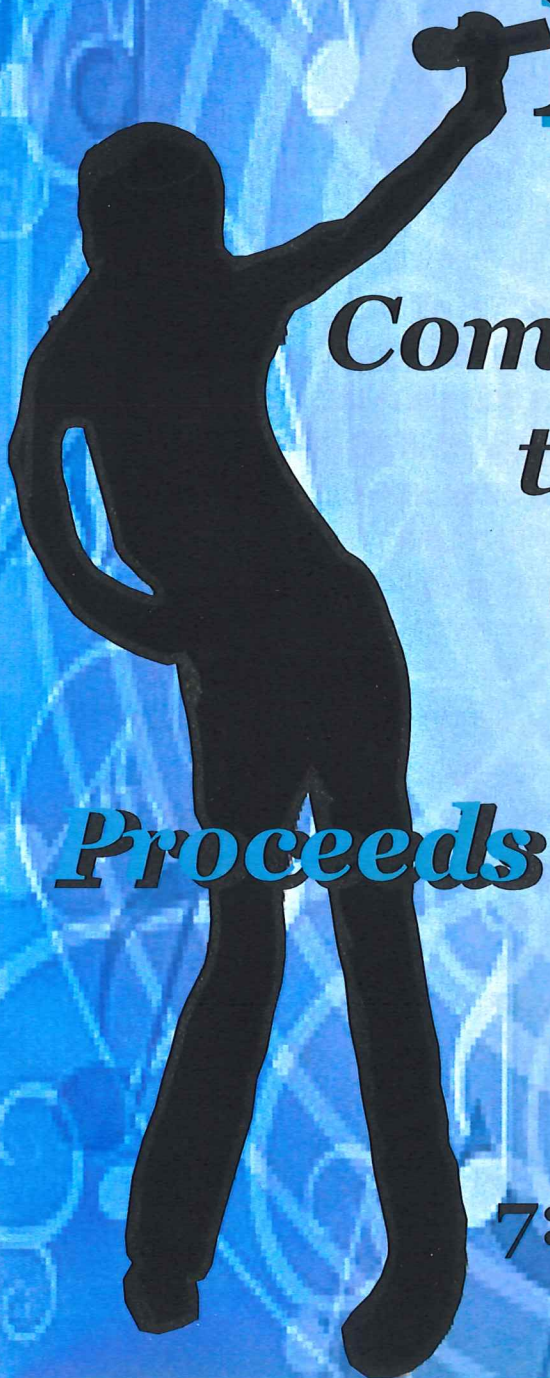
*Come hear some of the
teachers singing...
or trying, at least.*

Proceeds Will Be Donated!

MONDAY, JUNE 1

7:00 p.m. / Admission \$10

Jack Nicholson Theatre



It was like Killing Two Bird with One Stone

Devils, Rangers Knocked out of the playoffs

By: Ariana Margetis

It appeared as though the New Jersey Devils and the New York Rangers were invincible. From the goaltending of Martin Brodeur (NJ) and Henrik Lundqvist (NY) to the leadership of Jamie Langenbrunner (NJ) and Chris Drury (NY), everything seemed to have fallen into place up until the last moments leading to each team's bitter down fall.

New Jersey was matched with the Carolina Hurricanes in a seven game series. Both teams were equally strong, but only one could come out on top. The Devils took advantage in the first game, but things only got shaky from there. Their play wasn't consistent, they were getting to many penalties, and ultimately they couldn't maintain composure when it came down to the final seconds of the third period.

After an upsetting 0-4 loss in game six, the Devils skated into game seven with confidence. The crowd was going wild as Steve Cangialosi and Chico Resch discussed how the Devils would have a second round playoff position. New Jersey had a 3-2 lead for the first



Jussi Jokinen (L) celebrates in front of Martin Brodeur after the Canes won the game with .2 seconds left.

two periods, but when it came to the last 1:20 of the third, Jussi Jokinen (CAR) tied the game. Just 48 seconds after the tying goal, Eric Staal (CAR) gave Carolina the 4-3 lead leaving the fans "stunned" as Resch phrased it while commentating. This was a repeat of the 2002 and 2006 round one of the playoffs when New Jersey fell to Carolina.

As for their cross river rivals, the Rangers faced the Washington Capitals. It was hard to say who would win this seven game series, but the Capitals sealed the deal sending the Rangers packing until next season. New York took the first two games, but lost games one right after the other.

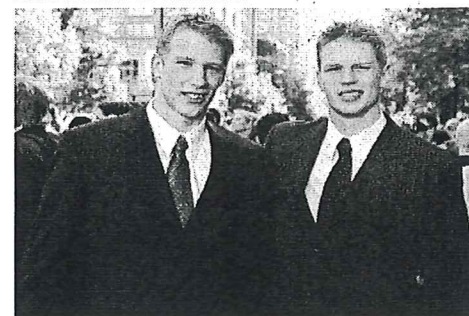
After Tom Renney was fired and John Tortorella took his place, the team adapted well and persisted in hopes of raising Lord Stanley's Cup. Games five and six were brutal for the Rangers. They lost game five 0-4 and game six 3-5, but game seven had a totally different twist. New York and Washington were tied through a nail biting first and second period. There was 4:59 left in the third pe-



Rangers' Henrik Lundqvist makes a save on the Capitals' Brooks Laich in Game 1, Round two of the playoffs.

riod when Sergei Fedorov broke the tie with a mean wrist shot leaving New York devastated. The ending was upsetting as Ranger fans watched their team congratulate the Capitals.

Have no fear hockey fans although the locals are out, there is still some good hockey to watch. It has come down to the final four: Red Wings vs. Blackhawks for the west and Penguins vs. Hurricanes for the east. Great series in the east, Staal vs. Staal-- Jordan (PIT) will square off with older brother Eric (CAR) in a seven game series. It's going to be a difficult series for parents, Henry and Linda to handle.



Jordan Staal (left) and brother Eric (right).

Predictions: Pittsburgh over Carolina in six or seven games and Detroit over Chicago in six or seven games also.



Stanley Cup Final:

Pittsburgh vs. Detroit. It's going to be a repeat of 2008 when the two teams met. As for the winner, I would love to see Sid raise the cup, but it may be Detroit taking this one.



Seniors Lindsay Morrow, Nicci Balestrieri Named Asbury Park Press Sportmanship Winners

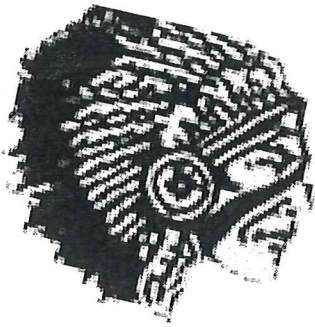
By: Tucker Brendle

Two awesome seniors were recently recognized beyond the walls of MHS. Seniors Nicci Balestrieri and Lyndsay Morrow were honored as the MHS recipients of the Asbury Park Press Sportmanship award.

The voting committee consists of Principal Coppola, Athletic Director Ron Kornegay, and the Manasquan coaches. "I am

extremely proud of Nicci and Lyndsay and they are both wonderful kids. They truly represent the school flawlessly and they always compete hard. Most importantly they win with pride and they lose with pride," stated Athletic Director Ron Kornegay.

The entire Blue & Gray staff along with MHS is very proud of our two superb sportsmen.



BLUE & GRAY SPORTS

Girls Lacrosse

Wins Exciting 16-15

Shootout in State Tourney



By: Kate Ferraro

The Manasquan girl's lacrosse team began with a solid season, although many of the scheduled games were canceled due to weather.

"We only lost once, and are playing really strong," said junior Aubree Magyar in the beginning of the season.

The girls beat St. John Vianney 15-12 in Class A Central. That win improved their record 4-1 overall and 2-1 in the division.

The team was hoping for the rain to stop so they can get their season back on track.

The team is led by two outstanding juniors, Olivia McCarthy and Sarah Mahon. According to coach Eldridge, having two players like juniors Olivia and Sarah is a dangerous pair, but she is still waiting for some other players to step up in the games ahead.

Olivia scored eight goals and Sarah six in helping their team beat St. John Vianney's tough defense. The girls are happy about the hard earned win.

Against the Lancers, the midfield was a bit out of sync and the Warriors transition game was shut down.

Eldridge felt like junior Margot Lukas, senior Kendall Malinowski, freshman Shea Gegan and junior Lauren Smith all did a good job running the ball out of the defensive end and starting an offensive attack.

The girls hosted Shore Regional Friday, April, 24, but lost. Also, they played Rumson-Fair Haven Saturday, April, 25. The team suffered a 21-8 loss in the Class A

Central. They went out much stronger against Rumson-Fair Haven than Shore Regional, but after the second half the team got a little tired. Freshman goalie, Kelly Petillo was busy throughout the game. Rumson came out for the second half ready to play. They scored 11 goals to secure their win.

The girls beat St. John Vianney 11-8. Juniors Olivia McCarthy and Sarah Mahon each had four goals.

During the season, Sarah Mahon joined the 100-goal club when she helped lead a 17-8 win over Holmdel. Mahon's six goals helped her reach the mark and win the game.

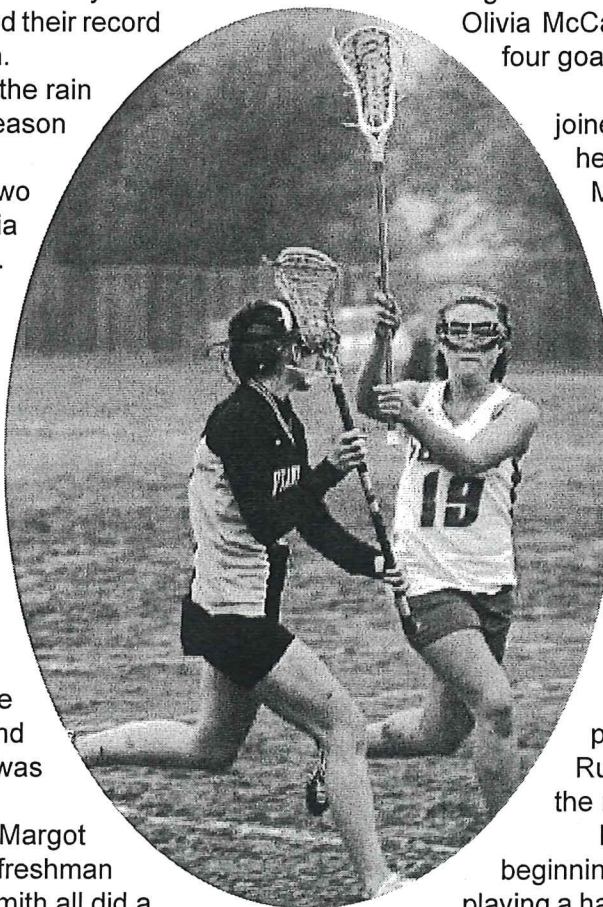
The girls earned themselves a spot in the 16-team tournament. They received the eighth seed and found themselves facing St. Rose. They moved into the quarterfinals of the Shore Conference Tournament with a 7-5 win over St. Rose.

"We definitely wanted to beat St. Rose just to prove ourselves that we're on the upper level of teams," said Olivia.

The win against St. Rose put them against top-seeded Rumson-Fair Haven. Unfortunately, the run ended losing 19-8.

Due to the amount of rain in the beginning of the season, the girls are playing a handful of rescheduled games. They played St. Rose three times in ten days!

With a 6-5 overall record, the Warriors will continue in the state tournament throughout this week.





BLUE & GRAY SPORTS



Softball Team Makes Run at Sectional Championship

Tough league schedule prepares team for postseason success

by Meghan Pignataro

After having a tremendous season last year, the girls' softball team returned with a lot of motivation this spring. With all the starters returning, including seniors Colleen Langan, Sam Lowes, Elise Hemmer, and Lindsay Morrow, the girls had an excellent preseason.

Once the season started the seniors showed leadership and pride. But they began the season with a very tough loss. Squan was unexpectedly defeated by Brick Township 9 -1. Yet their loss against Brick only made them more focused for their next few games.

Despite having only a few seniors, their team is very powerful when combined with the juniors and sophomores "We have a really strong bond," junior Jackie McKelvey stated.

With early season rain causing a disturbance for their games, the girls suffered two tough losses against Raritan and St. John Vianney. They then stepped up and defeated Matawan 2 - 0. After defeating Matawan, they had a great win against Barnegat 9-0.

Junior Chelsea Newman returned as pitcher with more strength and confidence. With senior Lindsay Morrow returning as catcher, she has become very comfortable behind the mound.

Soon the girls pushed their record to 9-6, and opened some eyes.

"We all work so well together because we're so close. Every game we gain more confidence and discover new ways to improve," McKelvey said.

The girls took a great win over Rumson defeating the Bulldogs 5-1. They



Seniors Colleen Langan, Sam Lowes, Elise Hemmer and Lindsay Morrow lead the team toward success



Junior Savannah Kuper slides into a base during the game vs St. Rose



Junior Jackie McKelvey makes a catch at short stop

played a terrific game and had many hits that took Rumson by surprise. Junior Savannah Kuper started the runs off when she hit a single then proceeded to steal second. In the bottom of the fifth inning, the girls took in three runs, gaining control over the Bulldogs.

In addition to Chelsea, junior Meg Quinlan made her debut pitching against Shore Regional. Meg told the Coast Star, "I think this year I got a little faster and more accurate. I know how to get hitters out better." Having an excellent game, the girls defeated Shore 8-3 and St. Rose 3-0.

As the postseason tournaments began, not too much was expected of Manasquan softball, but the girls pulled upset after upset. In the Shore Conference tournament, they upset Ocean in a thrilling 1-0 win. This served as revenge following a 2-1 loss in the Monmouth County tournament.

Later in the Shore Conference tournament, the girls fell to St. John Vianney. But they still looked ahead to states.

Entering states seeded 11th in the Central Jersey Group II, the girls made a run. They knocked off sixth seeded Delran, 6-1, in the first round before defeating the third seeded Metuchen Bulldogs in the second round. Both upsets were highlighted by exciting offense, as junior Liz Maricic and sophomore Sarah Kirk got hot, hitting the ball all over the field as the Warriors offense scored runs in bunches.

Next up is second seed Cranford, as the girls seek another upset and continue to challenge for a championship.



BLUE & GRAY SPORTS



Track Teams Enjoy Productive Spring

Girls Win Monmouth County Relay Championships; Sarah Robinson, Nicci Balestrieri lead the charge

By: Julia McGuire

As spring track sets in, the weather gets warmer and the skills get greater.

After the first four meets, the girl's team record is 3-1 and the boys are 0-4.

The season started with a Tri Meet against Red Bank Catholic and Holmdel. This meet was used to test new runners and figure out what they are best to run, jump or throw for. It went extremely well and the coaches got a feel for who would be best in certain events.

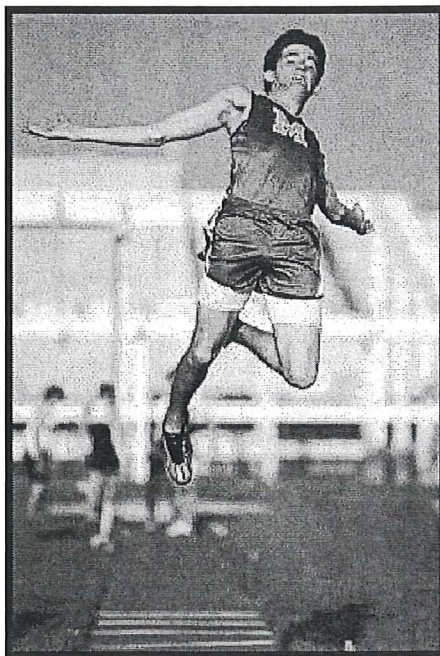
On Saturday, the warriors went to the Newark Invitational meet. Manasquan won over twelve metals.

Michaela Read, a freshman, and senior, Katie Nolan, both cleared 5 feet in high jump. Read also took second in the 100 hurdles with a time of 16.15 and jumped 15 feet 2 ¼ inches.

Julia Ford placed fourth in long jump with a distance of 15 feet and ½ inch. Rachael Honrath started the 1600 relay, accompanied by her sisters earning the times of 5:23, 5:48, and 5:58. Rachael also went on the win the 800 meter with the time of 2:29.

The girls 4x400 relay team took second place in a time of 4:23:75. This race consisted of Julia Ford, Sam McWilliams, Melissa Pavia, and Rachael Honrath. The throwing portion also went very well. Senior, Erin Ehrola took second place in shot put.

The Manasquan boy's team had a successful meet as well. In the 400 hurdles, KJ Pringle placed eighth with a time of 1:04:93. Juniors, Neil Sterling and



Zach Rogers stepped it up in the high jump. Rogers placed second while Sterling got third. Zach also leaped 40 feet 6 ½ inches in the triple jump competition earning fifth place.

Dylan Pospisil and Colin English took fourth and fifth in the 400 meter while Matt Sampson who is also a junior, took third in the 1600. Manasquan also dominated the throwing portion of the meet, with seniors, Conor Quigley and Dan Stroud with fifth and sixth place for discus.

Jumping 19 feet 10 ¼ inches, Chaz Bush took fourth place while Emmet Mather leaped for fifth place with a distance of 19 feet 7 ¾ inches.

The Warriors boys and girls went on to compete at Penn Relays at Franklin Field on the campus of Pennsylvania University on Thursday

and Friday.

At the Monmouth County Relay Championships, the girls took home a big first place trophy. Just about every participant received a medal. There were thirty three metals taken by the girl's team. While girls took home the trophy, the boy's performed great, getting twenty two medals at this meet.

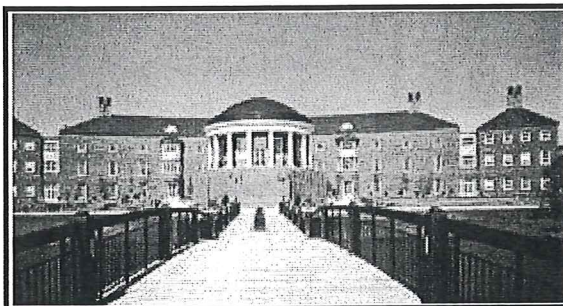
When asked how the season has been so far, Coach Hannah said, "It has been on of the more successful seasons in the past few years."

While spring track is coming to an end around mid May to early June, runners and throwers still give it there all and progress immensely throughout the season.

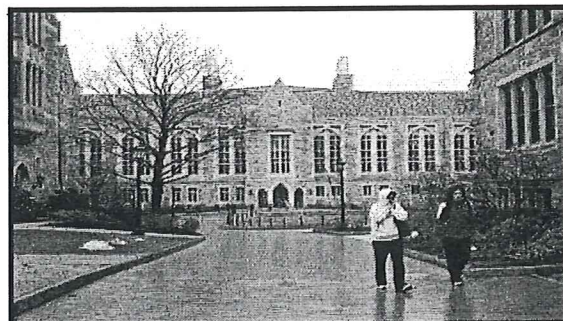
College Choices

Class of 2009 Selects its Schools! Where will your friends be next year?

Chase McShea	College of Charleston	James Trubennach-Byrne	West Point	Mike Waga	George Mason University
Jimmy Miller	Fordham University	Lauren Tonkovich	College of Charleston	Ella Walzer	University of Rhode Island
Louis Mitchell	Seton Hall University	Melissa Vanore	Brookdale Community College	Owen Watson	Delaware College of Art and Design
Sue Molyneaux	High Point University	Rose Veilleux	University of Philadelphia	Kyle Wehner	Salve Regina University
Samantha Moore	Fairleigh Dickinson University	Carrie Venables	Saint Joseph's University	Sophia Weston	Savannah College of Art and Design
Lindsay Morrow	Villanova University	Melissa Voskian	West Chester University	Bryan Woodfield	University of Connecticut
Bryan Nadrowski	Saint Joseph's University				
Aedan Nielsen	Stevens Institute of Technology				
Lucas Nixon	Fairfield University				
Jake Novack	Brookdale Community College				
Jenn Olesky	Brookdale Community College				
John Otchy	James Madison University				
John Pavia	Moravian College				
Meghan Pignataro	University of South Florida				
Anastasia Ratliff	Boston College				
Marko Reyes	Brookdale Community College				
Katherine Reynolds	Brookdale Community College				
Megan Ruitter	Savannah College of Art and Design				
Genna Rutka	Rowan University				
Shane Roland	Fairleigh Dickinson University				
Peter Schenke	University of Delaware				
Samatha Stewart	Towson University				
Mary Sisti	St. Joseph's University				
Brendan Sullivan	University of North Carolina-Wilmington				
Erin Sweeney	Quinnipiac University				
Joseph Tompey	Caldwell College				



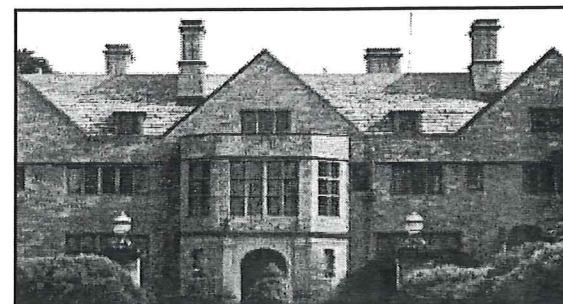
Coastal Carolina
(pictured at left)
has become an
increasingly popular
destination for
MHS seniors.



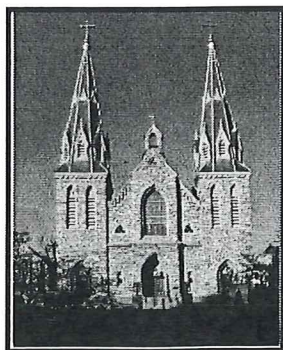
Cousins Jack Masterson
and Anastasia Ratliff,
along with fellow senior
Pat Gallagher,
will move on to
Boston College
(pictured at left)
next year.



Pete Schenke will
pursue higher edu-
cation at the Uni-
versity of Delaware
(pictured at left)



Elise Hemmer will
continue
her excellent
combination of
student-athlete
at Fairfield
University
(pictured at left)



Frankie Kineavy
and
Lindsay Morrow
will move to the
Main Line next
year, attending
Villanova
University
(pictured at left)

HOROSCOPES !

By: Meghan Pignataro

ARIES You may have up's and downs this month, but don't try to avoid any bad emotions. You may be happy, sad, angry or upset, but instead of fighting these emotions, do your best to let them in. Try not to let all of these emotions build up. When you let them in you will feel much better, and be more relaxed.

TAURUS Romance could quite possibly cause you a few headaches this month. You will be in dire need of some uncomplicated fun to remind you what life is all about, so get planning and arrange something this month that will shift your focus to something more positive!

GEMINI This month you'll want to do things your own way. You're sick and tired of constantly being told what to do, and doing what others want. So take some time for yourself, and do something spontaneous. It'll be well worth it!

CANCER A negative influence could increase an absent-minded approach to work or school. You might be inclined to sweep things under the carpet; especially if you can't find the help that you need with a certain, overdue matter. Hang in there though, things will ease up soon.

LEO Spend time with friends and enjoy the simple things in life! You've been under a lot of pressure lately, and its time to sit back and relax. Don't worry too much about the future this month, take some time to enjoy your surroundings and take each day one step at a time.

VIRGO This month you should try to be less judgmental. Your use to making quick accusations, and they may not work in favor for you. So try to reconsider your thoughts before you decline anything!

LIBRA This month there are many things putting you in a bit of a fighting mood, especially involving work, school and friends. But don't act irrationally. Take some time to clear your head, and a gentle approach will help you address things calmly!

SCORPIO If the big picture is getting you down, narrow your focus a bit and try to enjoy the smaller aspects of life. It's a good day to remember what you're truly thankful for in life and to spread the word.

SAGITTARIUS You're more ambitious than usual and your latest round of dreams can be prophetic if you work to make them so. It's a good time to narrow down what you want and then to go for it, taking chances is important this month!

CAPRICORN You're full of good social energy this month and should be able to get your friends together for a gathering -- or at least head out to soak up some energy. Take a break from your busy schedule and do something fun and exciting! It'll make your mood much better.

AQUARIUS If you get started on a new project, you are almost guaranteed to enjoy the results -- even if they aren't what you're expecting. Go into it with an open mind and see where it leads you.

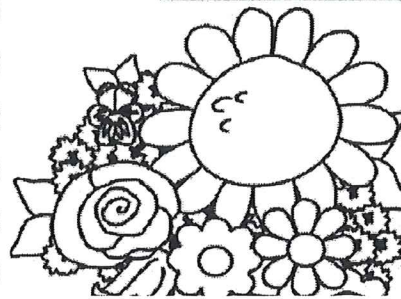
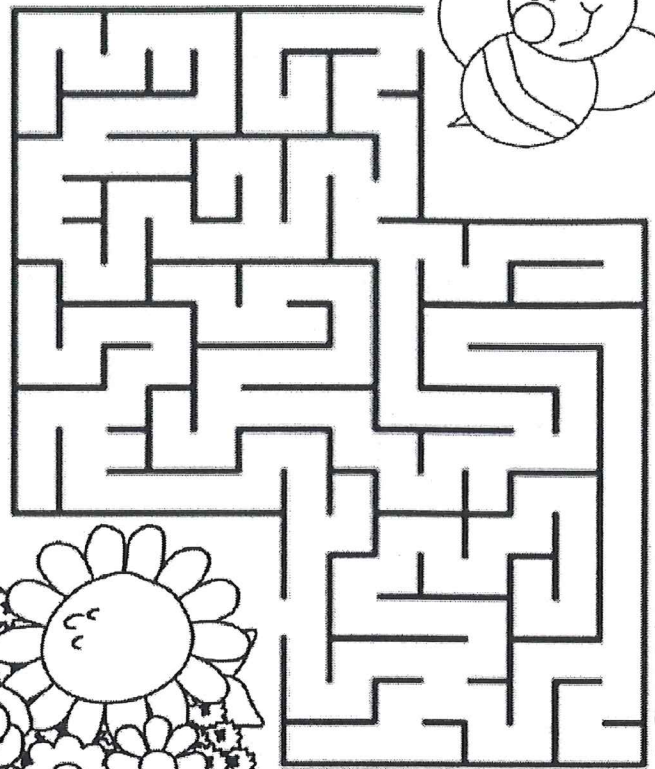
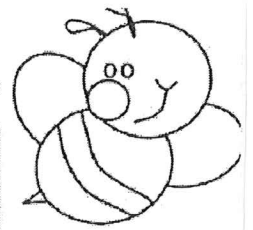
PISCES You're in the right place to speak out on your own behalf -- and should do so before someone else decides they're the one to speak for you! It's a good time to be more assertive than ever before. Speak your mind, and let your opinions be heard.



Unscramble the Summer Words

ccpiin _____
 adsn _____
 pkbccaak _____
 iiwngsmm _____
 meursm _____
 tlcaes _____
 ahcbe _____
 tassueic _____
 nbksuocl _____
 ibek _____
 olpo _____
 enbnsie _____
 wstuimsi _____
 aertlv _____

Help get the bumblebee find the flower garden.



Spring Time Wordsearch

Can you find the hidden words? They come in all directions!

MEMORIAL DAY
 PUDDLES
 EASTER
 EGGHUNT
 MAY
 GRADUATION
 BEACH
 WARM WEATHER
 RAINBOWS
 BASEBALL

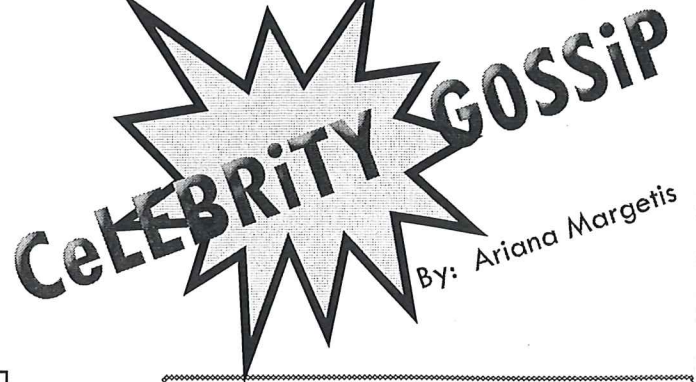
Have fun!



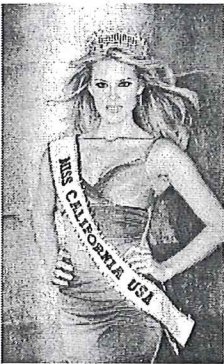


Speidi to Wed

Spencer Pratt and Heidi Montag tied the knot on April 25, 2009 at 4:00pm. The couple held their ceremony at the Westminster Presbyterian Church in Pasadena. Montag walked down the aisle in a gown designed by Monique Lhuillier and was decked out in loaned jewelry costing almost \$1,000,000. As for the honeymoon...nothing special.

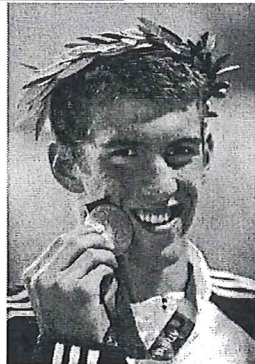


Celebs in Love



Dating an Olympic Swimmer?

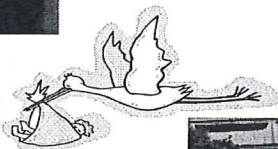
It has been reported that Carrie Prejean, better known as Miss California has been dating Olympian swimmer, Michael Phelps. According to RadarOnline.com, Prejean and Phelps have been "casually dating."



Malibu Wedding

Singer/Song writer Natasha Bedingfield married businessman Mathew Robinson. Bedingfield and Robinson tied the knot in a thirty minute ceremony. Bedingfield wore a dress designed by Vera Wang.

Baby News



Baby No. 3

Supermodel Heidi Klum and singing hubby Seal are expecting baby number three. Klum is said to be now four months along, and just learned it is a GIRL! The couple also has two young sons Johan and Henry. Klum has a daughter Leni from a previous relationship.



First Baby

Actress Sarah Michelle Gellar and acting husband Freddie Prinze Jr. are expecting their first baby. The couple has been married for six years and Gellar will give birth to a baby girl sometime this fall.



Star News @ Random

Wacko Jacko = New Tour...postponed

Perez Hilton is reporting that Michael Jackson's comeback tour has been postponed, until March 2010. No reasons were given. On behalf of AEG Live, there was an email sent apologizing to fans who had previously purchased ticket for this summer, July 2009.



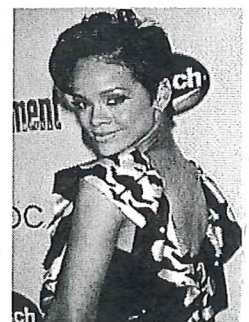
A Tell All in the Works?

Perezhilton.com reports there may be a tell all in progress for Levi Johnston, the ex-fiancée of Bristol Palin. The book supposedly would "expose" what really went on behind the scenes with the Palin family.



Back in Business

She's back. Rihanna has been reported to be back working and writing songs. It has also been said the Barbados native will be performing a concert in Dubai and a North American Tour may be in the works for the fall.





Senior Birthdays in May!!

By: Sue Molyneaux, Cait Dapson and Allie Hagins



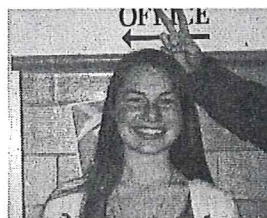
Carrie Venables
5/1



Melissa Vanore
5/2



Branden Mattern
5/2



Sarah Ervin
5/3



Bridget Hennessy
5/5



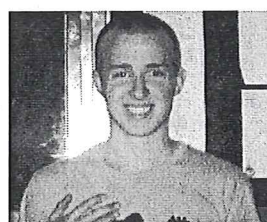
Josh Pigman
5/6



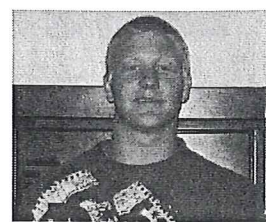
John Panzino
5/6



Matt Rippon
5/7



Tim Burke
5/9



Dan Kerrigan
5/10



Liz Marotta
5/11



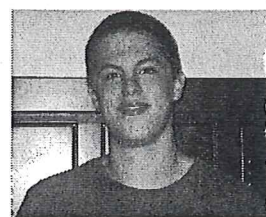
Holly Blakely
5/11



Kendall Malinowski
5/13



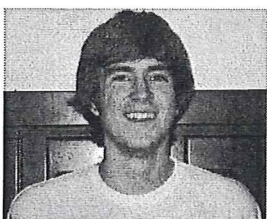
Ashley Curry
5/13



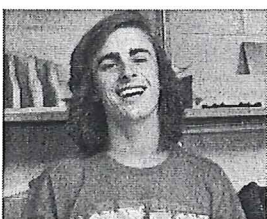
John Koppenaal
5/15



Sarah Yersin
5/16



John Mahoney
5/23



Jake Novack
5/25



Romina Garcia
5/25



Becky Fawkes
5/28



Melanie McNeel
5/28



Tess Henry
5/31



The Blue and Gray Reviews the Rest of the Twilight Saga

From Twilight to Breaking Dawn, *The Blue and Gray* Girls Tackle the Rest of the Popular Books

From Twilight to a New Moon The saga of love, heartache, and danger continues.

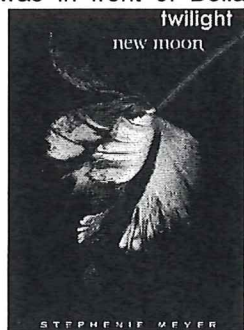
By: Sam Matthews

"Shoot," I muttered when the paper sliced my finger; I pulled it out to examine the damage. A single drop of blood oozed from the tiny cut.

And Bella's world is turned upside down once again. As we left Bella she was joyously in love with her boyfriend Edward. They were happy and living in Forks. But now that has all come to a screeching halt.

Bella continues to learn the hard way that the only thing more difficult than falling in love is falling in love with a vampire who will never exceed the appearance of a 17 year old.

As the blood hit the floor Edward was in front of Bella blocking her from the others. Dr. Cullen, Edward's father stitched the wound as the others were forced outside. Edward was weird for the next few days and there was nothing Bella could do to change it.



After a few days Edward took Bella for a walk in the woods and when he told her they were leaving she expected this. The next thing however was completely unexpected.

Edward tells her that he's leaving without her. Edward and his family are leaving Forks but Bella is forced to stay. This is the hardest thing Bella has to deal with because Edward Cullen is the most important thing in her young life.

She morphs into a zombie for the post months after her love has left without a trace of ever truly existing. She doesn't talk to anyone and all she does is go to school, go to work, and go to her house where she hides away in her homework.

If you think Bella's life can only go

up from here you'd be sadly mistaken. Bella finally gets close to her old self again by becoming best friends with Jacob Black, her father's friends son who is two years younger than her and attends a different high school.

Bella is finally up off of her feet and actually showing some form of emotion again when her new best friend stops talking to her, seeing her, or answering any of her calls. It takes her awhile to find out what's wrong but once she stumbles upon her world gets turned upside down once again.

Her ex-boyfriend was a vampire and now her new best friend is a werewolf. Bella approaches more near death experiences, but love comes back into her life. Unfortunately sometimes in order to get your love you must lose your friend.

Get engulfed in the sequel to *Twilight* and find out what other things Bella has in store for us. This sequel will not let you down it will just have you wanting more.

The dramatic series is back and ready to enthrall you into the vampire world again!

BY: Allie Hagins

The vampire love saga continues in the third edition of *Twilight: Eclipse*. While Edward and Bella fill out their college applications and get engaged, terror strikes in nearby Seattle. The city is being plagued by a string of mysterious murders that the police can't seem to figure out.

The Cullen family suspects that the cause could be from a newborn vampire who is unable to control its thirst. The family and Bella soon realize that the

murders being committed are by an "army" of newborn vampires, being controlled by Victoria, Bella's one true enemy.

On the other hand, Bella is struggling with another issue, seeing her werewolf best friend, Jacob Black, who happens to be madly in love with her and will do anything to take her away from Edward. To make matters worse, vampires and werewolves are prime enemies.

As the vampire army gets closer to Forks, the Cullen family and the werewolf pack put their differences aside to join forces to fight the army, and Victoria. But can the two teams successfully destroy the newborns and Victoria? Will Bella and Edward be able to move on and start their lives together? Will Bella and Jacob ever be friends like they use to be?

I personally thought this was a great book! Stephenie Meyer provides such detailed imagery, I feel like I'm in the book witnessing everything that I'm reading. I love how she puts in twists, so you never know what exactly is going to happen. Not to mention, the love Edward and Bella have for each other is enough to make your heart melt while reading this.

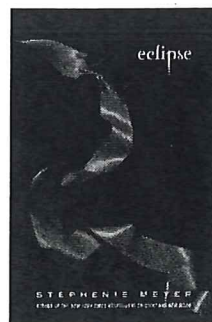
I'd recommend this to anyone who likes love stories with a magic twist to it. However, *Eclipse* and the *Twilight* series are geared toward teenagers and adults. *Eclipse* is just one of those books you just want to sink your teeth into!

Breaking Dawn

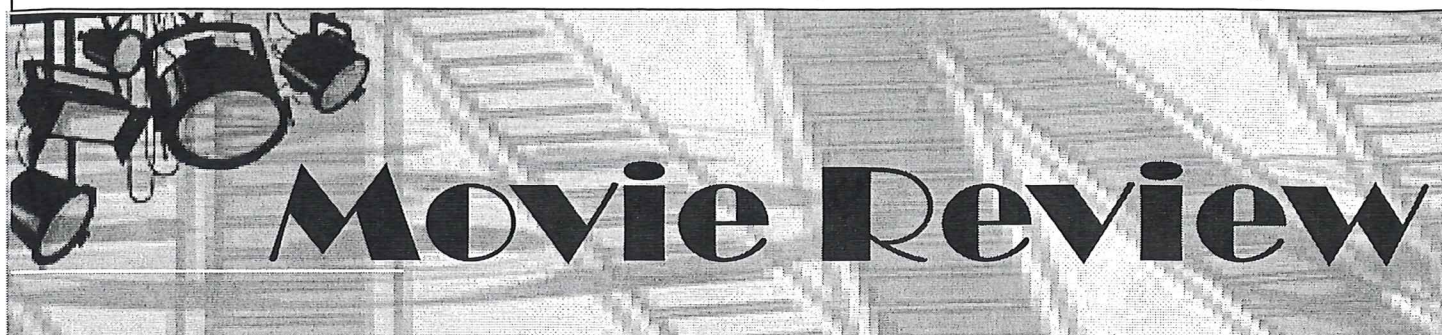
By: Cait Dapson

Although I would love for everyone to read my article, if you have not already read the first, second, and third novel in the *Twilight* saga you should kindly skip this over for I would hate to ruin the entire series for you.

On August 4 last year Stephenie Meyer finally released her fourth



continued on next page



Movie Review

Take a Ride to Adventureland *By: John Pavia*

Director Greg Mottola's follow-up comedy to *Superbad* was nothing short of brilliance this time around as he strikes again with a witty script and great characters. Sadly, the film hasn't done very well at the box-office since its debut but it has gotten rave reviews from critics.

The film is best described as a dramedy, or a mix of a comedy and a drama in order to display seriousness along with humor to make the film more genuine, realistic and comparable to everyday life. The movie has an obvious influence from *Superbad* with the raunchy and sometimes vulgar humor depicting young teen life incredibly well, allowing many teenagers a great chance to relate to the movie.

The actors in the movie were very likeable and each had a shining moment of comic relief giving the audience a good balance of humor. Jessie Eisenberg plays the lead in the film, James Brennan, an 18 year old kid who is forced to work at a carnival in order to earn the money he'll need for college and his future. Eisenberg is very akin to Michael Cera's character in *Superbad*, very quiet, reserved, extremely awkward at times and has a bit of charm to him that makes you root for him to succeed. Cast across from Eisenberg is Kristen Stewart, who plays the female lead in the film, Em Lewin.

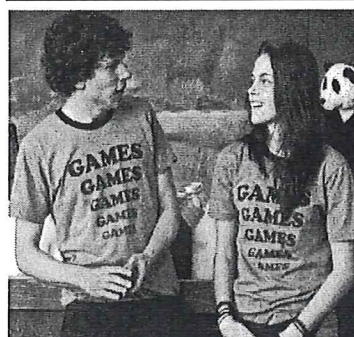
Em is a fellow carnival worker along with James who develops a budding relationship with him as the story goes on. But she also carries affection for another man in the film, Mike Connell played by Ryan Reynolds. Connell is an older musician and maintenance man who is married but enjoys fooling around with younger, attractive girls such as Em.

Many other supporting roles shine in the movie such as Bill Hader and Kristen Wiig as Bobby and Paulette, who run Adventureland and provide comic relief whenever necessary. Other supporting stars are Martin Starr and Matt Bush who play Joel and Tommy Frigo respectively. Tommy is James' cousin and always gives him a good beating for no reason, smacking him where it hurts the most. Joel works as the disgusted employee at the carnival constantly making fun of customers and being the geeky character of the film.

The story centers on James Brennan who moves with his family to Pittsburgh right after his graduation. His big plans for college and grad school are put on hold due to financial problems at home. As a result, he takes a

job at a local amusement park called Adventureland. The park is filled with young and unpredictable teenagers who are having fun in the prime of their youth by using drugs, alcohol, and rock n' roll. James meets his dream girl there, Em, and they hit it off immediately but trouble soon comes when James is approached by the hottest girl at the carnival, Lisa P, to go out on a date. Em is also getting

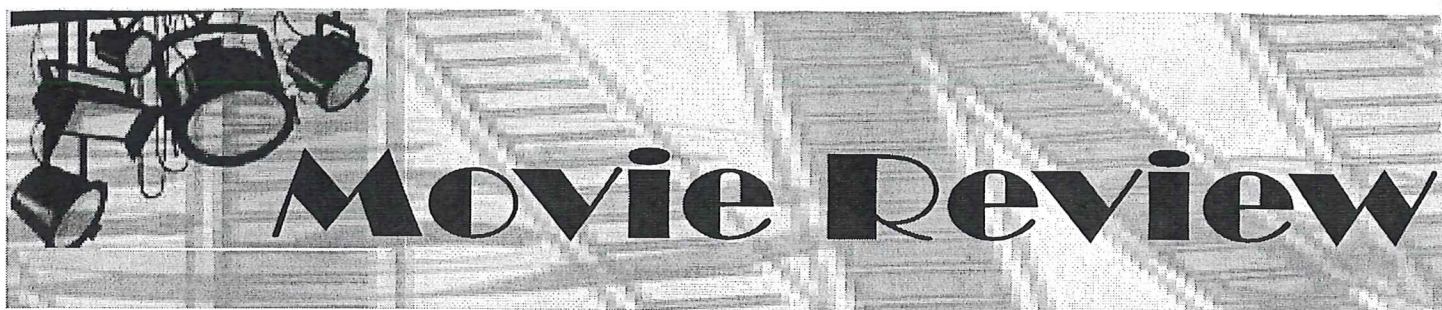
Below: Adventureland's James and Em



into her own trouble by fooling around with Connell, the married musician and also somewhat betraying James.

As the story unfolds and the truth comes out on both sides, the teenagers experience youth and mistakes in ways that make you laugh and become surprised. Will the magic between James and Em prevail over past mistakes or will their history doom them to be apart as they remember their actions that hurt one another?

The best element about the movie is its surprisingly realistic comparisons to teenage life and relationships. Kids, everyday, go through friendship and relationship problems that either strengthen or end their bond, and Mottola is brilliant at being able to depict these problems and how teenagers deal with them. The story he created was most likely from personal experience because of how well it was written and displayed on camera. With his mastery, *Adventureland* is a greatly successful comedy as well as drama allowing people to see young life enjoyed to the fullest while maintaining the importance to just be a teenager and have great relationships to keep you happy. Mottola's film is a definite hit and I recommend to all teenagers and young adults looking for a funny film with a serious meaning.



Vin Diesel and Paul Walker are Still Fast and Furious

By: Cait Dapson

I recently went to see the action/thriller Fast and Furious in the movie theater. Directed by Justin Lin, this movie is the "interquel" of 2 Fast 2 Furious and The Fast and Furious: Tokyo Drift. At first I was reluctant to see a race movie, thinking it would just be the same old movie with the same people and generally be a complete bore. I was wrong in assuming this for the movie kept me laughing and on the edge of my seat.

The movie starts with a loud high speed chase down winding and mountainous roads in the Dominican Republic. Dom Toretto (Vin Diesel) and his group of outlaws including Letty (Michelle Rodriguez) and three or four more people are preparing to hijack a fuel tanker. Luckily they escape just in time before it ends tragically for all of them. Now they have made a huge mess and Dom needs to escape the police and stay on the run. In order to protect his love flame and partner Letty, he takes off to Panama City, Panama.

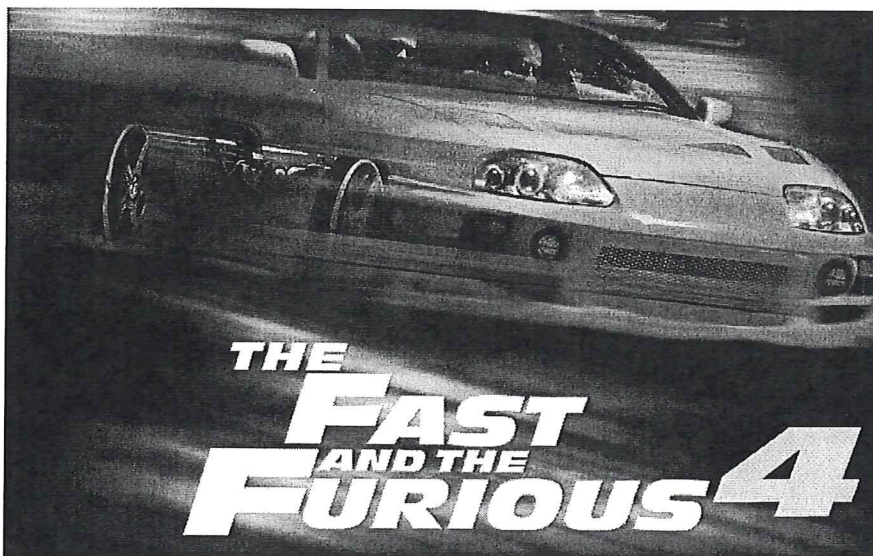
While in hiding Dom gets a phone call from his sister, Mia (Jordana Brewster), informing him that Letty has been killed. Dom rushes back to find out who killed her and to seek his revenge, and he is furious. Vin Diesel plays a tough character who is extremely determined and devoted to his task. He discovers a rare substance called nitromethane on the sight of the murder. He knows he can easily track down what car this is from and eventually who was in that car. So he sets out for revenge.

Let's just say you do not want to make this guy angry. In order to find out a few names he actually holds a guy upside

down outside a two or three story window. David Park, that's all he had to hear. Now he must do a dangerous search to find this man, who is most likely high up and very well protected.

He enters a race in order to get closer to his suspect, who is the boss of the operation.

At the same time, Brian O'Conner played by Paul Walker, is now working for the FBI on the same case that Dom is independently working on. Paul plays a hot heated kid who is never quite good enough to beat Vin Diesel. After dating Mia for a few years prior, Brian is very familiar and accustomed



to Dom and his ways. He also enters the same race as Dom, who Brian should probably arrest but chooses not to. Park has try-outs for men to race his drugs, most likely heroin, across the border into Mexico. The drugs are going directly to a man named Arturo Braga.

To prepare Dom repaints and repairs the original Chevy Chevelle SS but Brian on the other hand gets to pick from hundreds of cars impounded by the LAPD. He chooses a Nissan Skyline GTR. Once again Brian comes just short of beating. He should have known better racing an American muscle car with his imported Nissan.

Now the boys are ready and hired to race for their lives. Can they get over their differences and come together to crack the case for good? Go see Fast and Furious to experience this action thriller for yourself. I had my doubts about the movie but I was quickly proven wrong when I was strongly drawn into this fast and furious race. It will keep you guessing and very entertained a sure investment for your money and your time.

Students Tackle

Issues in the World

The Blue & Gray Editorials

Perez Hilton *VS* Miss California

Was Perez Hilton's question on Gay Rights un-called for or did Miss California really not deserve the crown?

By: Nicole Casey

Every blog-reading, news-watching, radio-listening person in America can't help but to be aware of the controversy surrounding this years MISS U.S.A pageant.

But which "celebrity" is making the case and which is taking things over the edge?

During the competition, Hilton, who is openly homosexual and a gay rights activist, was chosen to ask Miss California, whose real name is Carrie Prejean, a question. He proceeded to ask about her views on same-sex marriage. Miss California answered that she believes it is "great" that people in some states have the option but that "in my country and in my family, I believe that a marriage should be between a man and a woman -- no offense to anyone out there."

Her answer was followed by a mixture of applause and boo's from the pageant crowd.

Following the rest of the competition, Miss California came in second, with Miss North Carolina being given the title.

After the pageant it became known that Miss Cali. scored perfectly on both the swimsuit and evening wear part of the competition but was given a big fat zero for her question from Mr. Hilton. So the question was raised: would Miss California have won if she threw away her beliefs and catered to Mr. Hilton's?

Well, I for one give Miss California total credit for sticking with her beliefs despite knowing that the judge would not agree with her. However, both parties are making major mistakes in the after math.

Anyone who read Perez Hilton's celebrity gossip web-sites knows that he has been ranting and raving against Miss California since the night of the pageant. The day after Miss North Carolina was crowned, Perez posted a video on his blog in which he belittles Ms. Prejean, the runner up, and calls her inappropriate names. Hilton has continued to post similar stories to his blog since that day.

Miss California did not waste any time speaking out.



She claimed that she did not regret sticking to her beliefs and claimed that she knows that she "is Miss U.S.A."

I am personally disgusted with Perez. He should not have asked such a controversial question if he could not deal with hearing a different opinion from his own. It is also immature and completely irresponsible of him to use his celebrity gossip empire to belittle Miss California and, in turn, the entire Miss U.S.A pageant.

It has been reported that Perez Hilton would not reveal his question to the other judges prior to the actual live pageant. This leads me to believe that Mr. Hilton had this "scandal" planned the whole time.

Perez is an out spoken gay rights activist and WAS well respected in the "blogging world". But just as any celebrity gossip reporter, he is an attention addict. Needing a way to get his name into the press, a position as a Miss U.S.A judge, offered him a perfect opportunity. Being able to ask a question about whatever topic he so chooses on national television presented even more of an outlet.

Carrie Prejean did not handle things as well as she should have either. No one can be sure how she would have scored if she received a different question. Claiming that she knows she should have been the winner is wrong and probably deeply offends the reigning Miss U.S.A. 2009.

However, I am proud of Miss California for sticking to her beliefs and I definitely think that that is what the beauty pageant should be about. However, even if she did not receive a score of "0" from Perez, I doubt she would have won. When answering the controversial question she rambled a lot and could not seem to get her words together in an "eloquent" fashion.

Congratulations to Miss North Carolina, the reigning 2009 Miss U.S.A. I hope Perez has learned his lesson and will end this madness shortly. We allow him to express his views on the internet, television, and radio. He should be the last person to object to someone else doing the same.

Students Tackle Issues in the World

The Blue & Gray
Editorials

MHS Holds Pre-Prom Meeting

Administrators and parents talk
of consequences

By: Julia McGuire

On Wednesday, April 22nd, MHS administrators met with the parents of students planning to attend the junior and senior proms, for a talk about actions and consequences.

The parents were required to attend. Also at the meeting were police and substance abuse specialists.

The purpose of this evening was to form a "partnership" between the school and parents.

**Incident-free Junior Prom
pleases all**

"We want to continue our partnership with parents and students to keep students as safe as we can. It has been a very successful year. Kids have excelled academically and athletically, and we want to finish the year on a positive note," said Mr. Coppola.

Director of Community Services, Barbara T. Sprechman of the Substance Abuse Agency of Monmouth County came to discuss her main concerns for the night of the proms. She stressed that guests must avoid intoxication and the use of illegal substances.

She also educated parents about underage drinking, telling them that alcohol kills six times more young people than narcotic or other drugs do. The consumption of alcoholic beverages before the age of fifteen creates a five time greater risk to becoming addicted. People under this category can become addicts to alcohol within six months while 2/3 move on to other, more powerful drugs.

At the meeting, administrators announced their plan to combat substance abuse by prom goers.

If one is suspected of being under the influence, the student will be taken out of prom and placed in a room. Parents must then "clear" student by bringing them to the hospital and having them tested.

Students who test positive will receive a nine day suspension along with no extra curricular activities for one year. These medical results provided by the hospital are legal to be shared having had this meeting and agreements with the school.

continued on next page

Seniors Not Feeling the Love from MHS

By: Kaitlin McGuinness

As noted before in the Blue & Gray, the privileges Manasquan seniors receive are a little sparse. Only a select handful of seniors can leave for lunch, and only for the last few months of the year. Senior classes at other schools go on trips together or enjoy "Senior Week" with commencement festivities; Manasquan has "Senior Day," or rather, "Senior Hour," when seniors can go twenty feet outside of the building for a picnic at the end of fifth block.

It's saddening that after attending this school for four years and growing into adults, the administrator doesn't appreciate us enough to consider we are worthy of privileges or know us well enough to trust us.

We're not asking for extravagance. A little latitude would be nice. Instead of a trip to Disney like the Wal seniors just returned from, we could take advantage of our beachside community and have a barbeque at the beach. In other schools, all seniors are exempt from exams, not just those with A averages. We would be happy just to drive our cars when out for lunch. Also nice would be prom meeting for parents that emphasizes the special nature of this occasion and time in our lives, rather than the repercussions for possible misbehavior.

We don't ask for much, but don't appreciate the implication that we deserve nothing but vigilance. Many of us have reached adulthood, but sometimes it seems we are being treated more like children every day. As college approaches, it would be nice to know the school, which after all exists to serve the students, appreciates those who have given their effort for the past four years.



**An
informative
website
for
teenagers**

MTV's MADE Holds Auditions At Manasquan High School

By: Maria Culver and Sue Molyneaux

On Thursday, April 23rd, MTV's Made had its second appearance at Manasquan High School. Nine seniors and one junior auditioned for an episode of season ten to be filmed this summer. Auditions took place after 1p.m. in the Conference Room in the Media Center.

Manasquan was one of the many schools chosen along the shore area. Along with Brick Memorial, Point Pleasant, and Communications High School, Manasquan was chosen upon test grades and population. Mike Livingston, who works for the production company of Made and was at the school, said, "Over hundreds of students were interviewed and there is a long process to coming down to the one person chosen for the show." There will be many callbacks for the students, who are likely to be chosen and will film a mini show, also known as a "green light" during the casting process.

While the students waited outside the Conference

room nervously, we asked them if they thought they had a good chance of being selected for the upcoming episode of Made. Senior Paula DiSalvo answered, "I believe I can do it because no one else thinks I can which gives

me a better drive!" All the students waiting had pretty much the same positive attitude as Paula when we asked them. Senior Jon Comodore stated, "I'm not really nervous and I'm excited to be a baseball player."

Many students said the audition wasn't as nerve-racking as they expected even though they were video-taped. Since the audition room was off limits to only Mike Livingston and the student auditioning, we asked them what the interview consisted of and Senior Kiersty McNamara told us the ask you to describe yourself, why you want to be made into this, and what you think other people will say when you tell them you're goal. Senior Katie Coleman said, "They even ask you to describe your bedroom!"

Senior Katie Coleman also expressed that being on Made would be a good opportunity to become a singer, it's something

I have always wanted to do and I never thought they would come here again. Having the

popular MTV show Made come to our school and give the students a chance to express themselves and what they want to do gives them an amazing experience all together.

WILL ONE OF THESE STUDENTS BE "MADE"?



Janet Calton



Jill Burgy



Louis Mitchell



Noah Carpenter



Paula DiSalvo



Jon Comodore



Katie Coleman



Kiersty McNamara



Inga Sinneck



Branden Mattern



Environmental Club Helps Light NJ

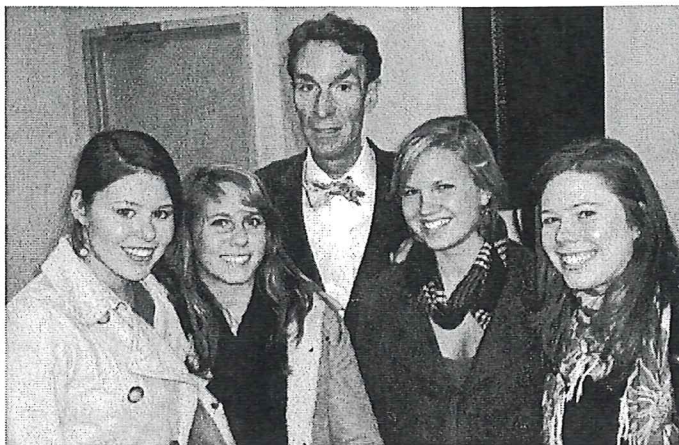
By: Sam Matthews

On Saturday, April 4th Mr. Glenn took 10 of his environmental club members to Greenfest and specifically to a Conference held by the founders of Help Light NJ.

Help Light NJ started at Mater Dei High School, but is making its way to other various schools one of which happens to be our own.

The founders are three high school students, John Caddock, Matthew Erickson, and Paula Pilipovic, all of whom attend Mater Dei. They founded this organization in November 2007 and have since then distributed 61,000 bulbs!

The organization received the 2009 EPA Energy Star Award for Excellence in Affordable Housing at the conference. During the



Environmental Club members pictured with Bill Nye, from left to right: juniors Danica Kovats, Avital Steltzer, Samantha Matthews and senior Kerry Fechter

conference these students showed a power point presentation demonstrating the program and how it works and openly talked answering any comments or questions

we had.

This program sets out to make the public more aware of energy efficient light bulbs. Through this program the state provides over 90,000

light bulbs to be handed out to senior citizens and low income housing.

The light bulbs are much better for the environment and while they may cost more money at present shopping trips they'll save you so much money in the long run due to the duration of the bulbs.

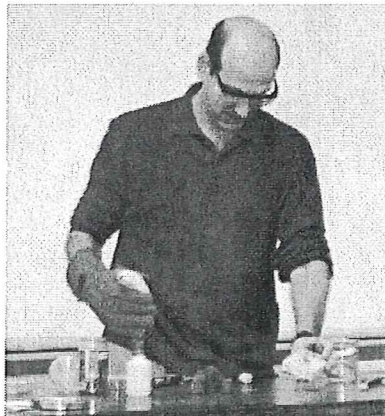
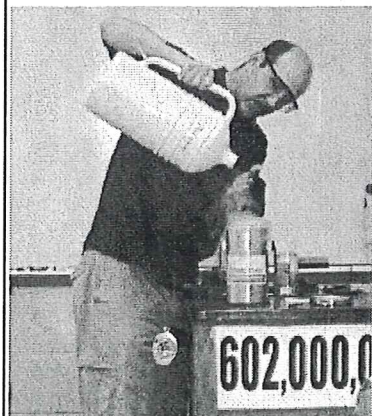
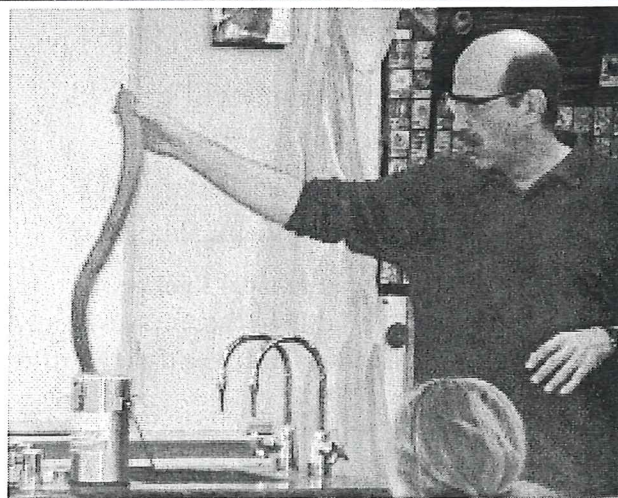
The club members enjoyed the conference as well as the new program. They wish to get more involved as soon as possible. Mr. Glenn is very excited for us to get involved next year.

"The idea of Help Light NJ was such a great idea. I'm glad that Manasquan will be participating in this program next year," said senior and club Secretary Kerry Fechter.

Chemistry Classes Welcome Special Guest

By: Ariana Margetis

On April 29, 2009 Dr. Buckley's husband came to Manasquan High School to demonstrate how liquid nitrogen can freeze different items. All chemistry classes in attendance witnessed the amazing experiments that included hammering a nail with a banana, shattering a flower, and breaking a rubber ball it into pieces. Senior Maria Culver loved the demonstrations and said she was now "intrigued by science."



New Course of Study Coming to MHS

Pilot Program Catering to Students Interested in Health Industry Careers

By: Tucker Brendle

Due to the sluggish economy, the job market has been in a state of chaos, and thousands of college graduates are scurrying to find jobs. Many job fields have not been affected by the economy, and some industries are rapidly losing jobs. But careers in Healthcare and Science are still growing, because no matter how bad the economy is, people will always get sick.

Recently, a new course of study was approved, which will affect current and future MHS students. Beginning next year, MHS will introduce the schools' Health Science Careers program. The program will enable students to take classes for high school credit, and earn college credit too, as long as they pass a test.

The plan is to have four core classes in the new curriculum, which students must pass before they graduate. The classes are Dynamics of Health Care in Society which will be taught by Mrs. McCoy and will be worth 3 college credits; Anatomy & Physiology which will still be taught by Mr. Lempa for four credits; Athletic Training & Sports Injury management which will continue to be taught by Mr. Hyland and worth 2 credits; and lastly Introduction to Nutrition which will of course still be taught by Mrs. Kozic and will be worth 3 credits.

At present, the new Health Careers program will just start out with these four classes and work from there; and if a student completes all four courses they will be eligible to receive sixteen credits if they go to UMDNJ and take the optional college credits test. Two tests must be taken to receive all 8 credits for Anatomy & Physiology. The teachers and

founders of the Health Science Careers Academy eventually hope to grow it into a big academy and add courses up to 22 possible college credits.

The school feels it will attract students by helping them to see the fact that health and science careers are one of the most marketable jobs in the economy right now.

This new curriculum really runs the gamut in terms of the careers in healthcare and leaves students with endless options. The school will be offering students the chance and the opportunity of interests to pursue one of these high-demanded careers. Opportunities include anything from a Physical and Health Education Teacher, Physician, Nutritionist, Dental Assistant, and many more.

"It's a very exciting opportunity for kids and will give them the opportunity to earn college credits while in high school. It will give kids another option of attending MHS instead of some of the satellite schools that offer health sciences," says Mrs. McCoy.

This is an exciting opportunity for the future students of Manasquan high school as this experience could help broaden a horizon some kids could have never imagined. Even if one student gets something out of this course of study, he or she could go on to do great things. If they go into the health field, they could possibly help save a life and that would make it all worthwhile.

"I really wish I could have taken the classes offered in the new Health Science Careers curriculum," stated senior Maria Culver. "As an incoming freshmen, it would have been such a cool experience."

Students Say:



Rob Forst

"I feel this program will be very beneficial for students who are considering a career in the health industry. Now incoming students will have to take advantage of the opportunity."



KJ Pringle

"I'm very jealous of this program. I would have loved the opportunity to soar via this new program. Of course I am not discrediting Mr. Hyland and Mrs. Kozic whose classes have helped guide me on my quest to enter the medical field."



Alicia Lyons

"Even though I only went on the trip to get out of school for a day to hangout with my homies I feel this program will be very beneficial to future students."

Key Club Wraps up Busy Year

Each year, the final Key Club meeting of is an ending, but also a beginning. Graduating seniors attend for the final time and outgoing officers lead the final meeting. But at the same time, new officers take charge and new members are inducted into the service-based organization.

On Tuesday, May 19, the cafeteria was filled with Key Club members new and old for the last monthly meeting of the 2008-2009 school year. The agenda was packed with volunteer opportunities, including Memorial Day weekend events such as the Spring Lake 5 and LEAF Family Adventure Day. As always, plenty of students quickly volunteered to work at these events.

The meeting began,

however, with senior Louis Mitchell covering old business for the final time as Key Club president. His last duty was to induct his replacement, and three other new officers, into their executive positions.

The new Key Club president is senior Matthew Sanders, while fellow club officers for next year are seniors Christine Lobosco, Danica Kovats and Mary Kresge.

"They are an excellent group," commented Key Club adviser Mr. Mawn. We expect them to provide strong leadership."

The new officers then inducted 72 new members, who completed 25 hours of service to meet membership requirements. Advisers Mrs. McKenzie and Mr. Mawn look forward to their service and



Above: Juniors Avital Steltzer and Samantha Matthews, sophomore Ryan Casey and a slew of other Key Club members volunteered at the Brook 35 Pedals for Progress used bike drive. Drive organizer Gary (pictured far right) complimented the "really great group of students" and said they could not have pulled off the event without their help.

commitment to helping others in coming years.

Although the final meeting has been held, the work is not done. Volunteers will landscape the front of the school in a few weeks, work at graduation, and continue to spend Friday nights organizing activities for elementary and middle school students at the Manasquan Method-

ist Church's Dunes program. Over the summer, many will be seen working at the Manasquan Fireman's Fair as well.

If you would like to join Key Club, applications for membership will be available next January, but opportunities to volunteer are always available. See an officer or adviser for information.

Freshmen Wash Cars to Raise Cash for Class

Class advisers Mrs. Mangan and Miss Mills praised the freshmen and National Honors Society volunteers who worked the freshman car wash on Saturday, May 16. They raised several hundred dollars for the class account, and enjoyed many laughs along the way, too. If a picture tells a thousand stories, it looks like more fun than work was the story of day!



Chorus Performs Spring Concert

By: Jenn Olesky

With only a few months of practice, the MHS Chorus performed on Wednesday, May 6, 2009. Director Mr. Weisert put together an outstanding program, including classical selections and pop arrangements of oldies and love songs.

The auditorium looked as spiffy as the musicians, who were dressed in formal attire for the show.

Several soloists highlighted the performance. Junior Savannah Kuper performed a violin solo and senior Tom Shannon played his original song on guitar, while sophomore Alfred Califano, and juniors Kelsey Branch and Liz Maricic took their turns on center stage to sing their solos as well.

Kelsey teamed with sophomore Mike Cook, singing a duet, and in addition to his original song, Tom led the chorus for a spell, conducting two pieces.

Later, Savannah and senior flutist Ashley Palkowetz accompanied the chorus in a rendition of the John Rutter song, "All Things Bright and Beautiful."

Not only did the concert consist of music, but awards were handed out as well. Sophomore Alfred Califano and junior Liz Maricic were awarded \$250 vocal study grants in honor of John Vacchiano.

All of the hard work that goes into a concert performance was worthwhile. "It was frustrating in the process of preparing for the concert, but it was well worth it by the end," junior Brielle Schiavone stated.

The MHS chorus did it again, performing a wonderful show full of talent, energy and teamwork. You can see many of these students again, at the Pops Concert, June 6, in the Nicholson Theater.

Looking for some laughs this summer?

Come join the fun at
MR. HARVEY & MR. MAWN'S
5th Annual

Acting Camp

July 6 - July 24



Writing Camp

July 27- July 31

FOR REGISTRATION OR MORE INFORMATION

see Mr. Harvey or Mr. Mawn
OR EMAIL: rlwharvey@verizon.net

Sponsored by Manasquan Recreation

Nurse's Station

Swine Flu Hysteria... Calm Down!



By: Julia McGuire

H1N1, better known as Swine Flu was recently declared as a health emergency throughout the United States.

Although there has been quite a ruckus about this flu in the news, there is no need to be alarmed. Do be cautious and aware. A good defense is hand washing thoroughly and frequently. Mrs. Bontales also suggests some other ways to avoid the flu, such as to cover yourself when coughing or sneezing, avoid touching eyes, mouth, or nose, and stay home if you are sick.

If you get a fever, Mrs. Bontales recommends you take it seriously, and go to your health care professional for evaluation and treatment.

"We should still be vigilant, though" says Mrs. Bontales

Knowing what it takes to get sick is an important first step in not getting sick. The Swine Influenza. germ must come in contact with a compromised host who has an already weakened immune system, and the very old and very young as well as people who are anemic, diabetic, or have been treated with chemotherapy are the most at risk.

"It's important for New Jersey residents to understand that while we have seen relatively small numbers in our state, it is crucial that we all remain vigilant and continue to practice good hygiene habits that prevent the spread of H1N1 and other flu-like illnesses," stated the New Jersey Department of Health.

If and when the virus is transmitted, it does not always cause human influenza and can only be seen present in a laboratory test. People who work with pigs, or ones with exposure, are at risk of catching the swine flu. It is very rare for these strains of the flu to pass from human to human.

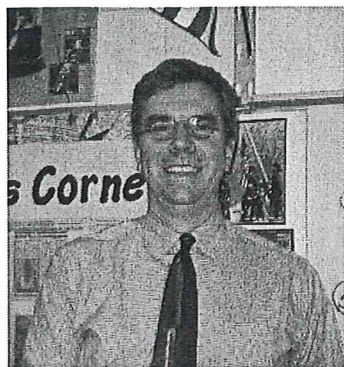
Signs of Swine flu are chills, fever, sore throat, muscle pains, severe headaches, coughing, weakness and or any discomfort. As a virus, it seems to behave as a seasonal flu with a steady course. There is a 48 hour incubation period.

This sickness is only a pandemic in Mexico. In the United States, it has resulted in a small number of deaths, but is

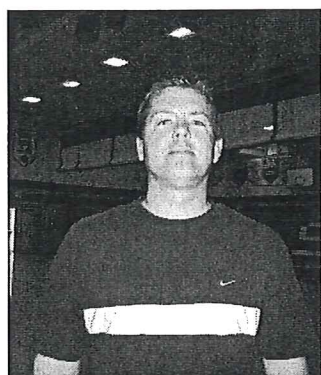
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The Verdict is in... Men are Greatest Losers

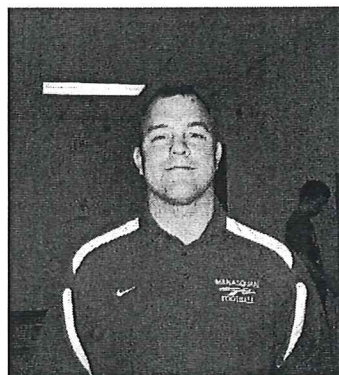
By: Maria Culver



Mr. Driscoll



Mr. Lee



Mr. Price: aka the Greatest Loser!



Mr. Read

The verdict is in! The team of Driscoll, Lee, Price, and Read finished in first place with outstanding numbers. Mr. Price earned the title Greatest Loser by dropping 32.5 lbs, which was 12.76% of his body weight. Mr. Lee was second, losing 24.5 lbs and 10.6% body weight.

Their teammates Mr. Driscoll and Mr. Read were also impressive. Driscoll lost 17.25 lbs and 6.63% body weight. Lastly, Read lost 15.5lbs and 6.76% body weight.

The second place winners were the "Pink Ladies" of team C. Their overall weight loss was

doing some type of exercise.

The exercise that is on the top of most of the contestants list is playing Wii Fit. Nurse Bontales suggests that Wii tennis, boxing, baseball, and bowling are the best of the games to play. Not only does it give a good work out but it is also good for the faculty and their children to spend some fun quality time together. Some teams even got involved in the Zumba class that was offered here at school. Walking at least 30 minutes a day, cutting back on snacks, and not eating after dinner are also some good weight loss strategies. It is also a proven fact that when watching television in the vicinity of a refrigerator, that people are tempted to get during the commercials to get something to eat.

"The men lost the most weight," commented Mrs. Bontales, MHS nurse, who organized the competition. "But the women were the epitome of a team. They worked together and helped each other out."

55.75lbs, and 7.9% body weight.

Each member had been filling out a food log over the past 12 weeks. The log information consists of the seven days of the week, the three major meals of that day and snacks in between. The contestants record everything they've eaten throughout the day everyday. Everyone has cut back on their caloric intake and are all

In the beginning of the twelve week competition, each faculty member was asked what goal they would like to set for themselves. It is possible for all members to lose up to 24 pounds within in the twelve weeks. Some might say that losing more than two pounds a week is unhealthy.

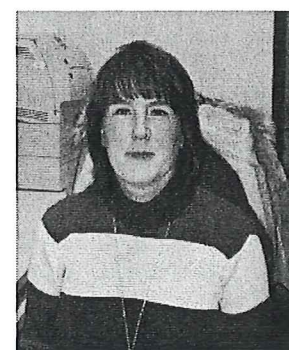
The winners of the competition are awarded money as well as publicity in the newspaper!



Ms. Siino



Mrs. Polack



Mrs. Fey



Mrs. Elms

Congrats losers...Now comes the hard part... keeping it off



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167 Broad Street
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Principal:
 Mr. Rick Coppola

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The Blue & Gray Staff

Editor - in - Chief:
 Kaitlin McGuinness

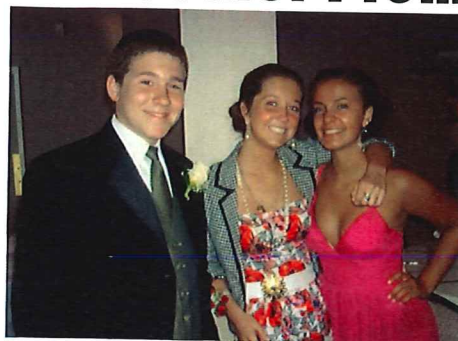
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Adviser: Mr. James Mawn

Junior Prom Snapshots



Pictured clockwise from top: Mrs. Marklein gets her boogie on with junior Paul Tillman; Jordan Craig, Kerry Spillane, Aubree Magyar and Olivia McCarthy pose together; a gaggle of girls, including Alyssa Sopko, Danica Kovats, Tara Ciufu, Samantha Matthews, Meredith Bossone (back), Avital Steltzer, Meghan Roland, Jackie Tonkovich, Julia Levitan, and Emily Blumette; Matt Vadas salutes the dancing crowd; Brian Rubino smiles with Taylor Murphy and Grace Danish.

ATTENTION STUDENTS!! FINAL EXAMS ARE COMING SOON!!	
SENIOR EXAM SCHEDULE	UNDERCLASS EXAM SCHEDULE
all senior exams in auditorium	**report to your regular class**
TUESDAY, JUNE 16	THURSDAY, JUNE 18
Block 1 Exam 7:45 – 9:45 am	Block 5 Exam 7:45 – 9:45 am
Blocks 3 & 4 Exams 10:00 – 12:00	Block 4 Exam 10:00 – 12:00
WEDNESDAY, JUNE 17	Block 3 Exam 12:15 - 2:15
Block 2 Exam 7:45 – 9:45 a m	FRIDAY, JUNE 19
Block 5 Exam 10:00 – 12:00	Block 1 Exam 7:45 – 9:45 a m
	Block 2 Exam 10:00 – 12:00

Coming next Month to the Blue & Gray: Senior Prom!
Mr. Manasquan! Teacher Karaoke Night,
Women in Business, Blood Drive
and much much more!