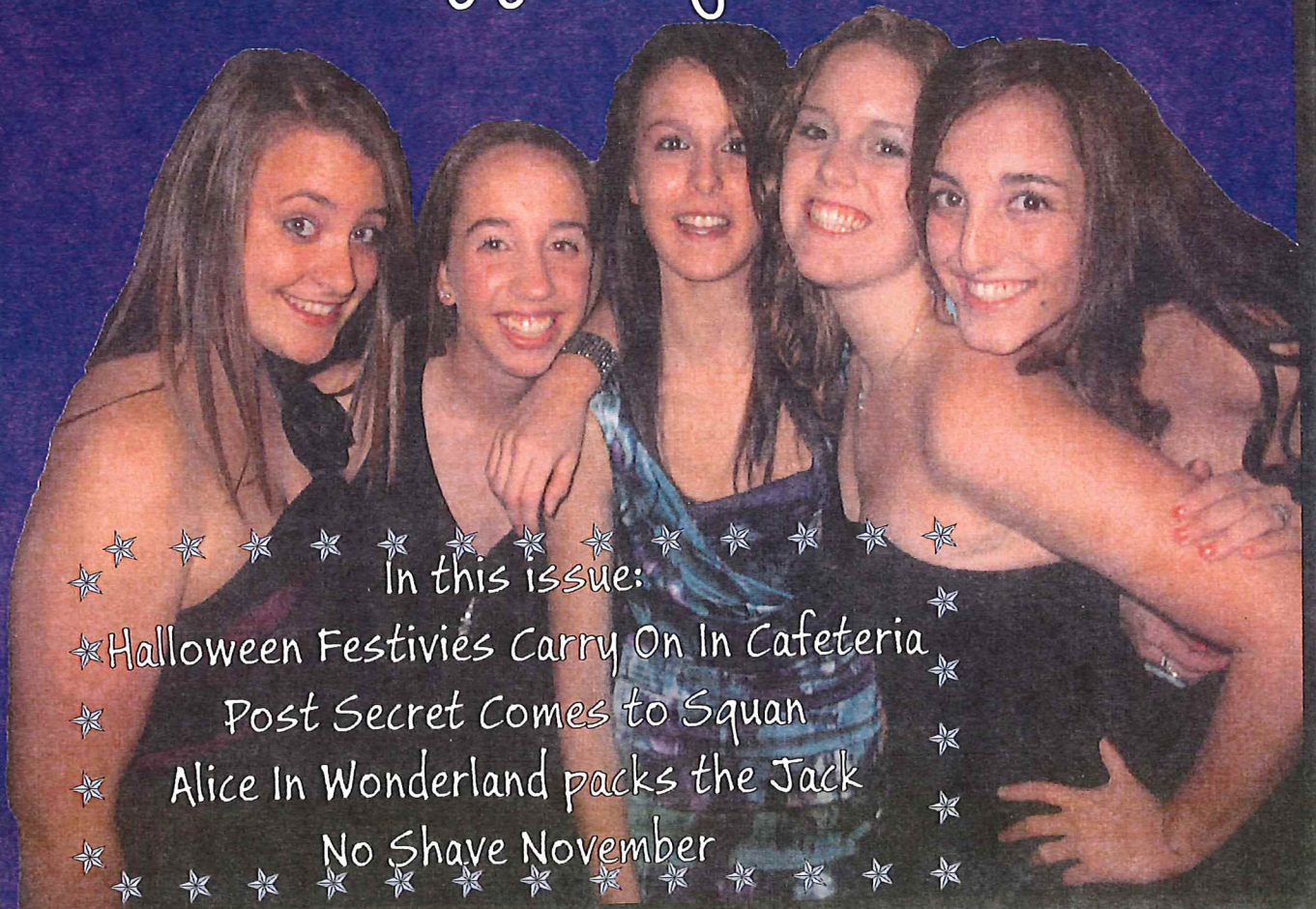


November 2010

Manasquan High School

The Blue & Gray Homecoming Dance Kicks Off Spirit Week!



In this issue:

- * Halloween Festivities Carry On In Cafeteria
- * Post Secret Comes to Squan
- * Alice In Wonderland packs the Jack
- * No Shave November



Comes to Manasquan High School

"There are two kinds of secrets: those we keep from others, and those we hide from ourselves."- Frank Warren.

When you log on to www.postsecret.com the first thing you will read is "PostSecret is an ongoing community art project where people mail in their secrets anonymously on one side of a postcard." These twenty words summarize what PostSecret is in the most vague way possible. PostSecret is a way for strangers, young, old, black, white, man, or woman, to have a secret lifted off their chests.

"To the person who reported my brother & his girlfriend to social services: THANK YOU!
You may have saved my niece's life."

"I've been using lines from *Greys Anatomy* on my ex... and he thinks they're so clever, he's repeating them. (I can't decide if I want someone to call him on it!)"

"I became an EMT because I wanted to help people.
I wasn't prepared for how many of my patients would beg me to just let them die."

Above are some secrets that were posted on the website for this week. Frank Warren, founder of PostSecret, started the project in November of 2004. He sent and gave out 3,000 postcards with these instructions: "You are invited to anonymously contribute a secret to a group art project. Your secret can be a regret, fear, betrayal, desire, confession or childhood humiliation. Reveal anything – as long as it is true and you have never shared it with anyone before." Since then, he has received over 500,000 secrets from all over the world, and his blog www.postsecret.com has over 375 million views.

Here, at Manasquan, MHS teachers Mrs. Hawryluk and Mrs. Reidy decided to start their own PostSecret experiment. They instructed their Psychology and Sociology classes to write down their secret and put them in their mailboxes- totally anonymously. On November 3, 2010, the classes came together to view the secrets. The day was filled with a mix of emotions. Over 60 secrets were posted up on the wall, for all to see. They ranged from lovey-dovey, to heartbreak-

ing, to depressing, to thrilling.

When I read the secrets, some made me cry. They were emotionally revealing and made the anonymous writers look vulnerable. Miss. Reidy talked about how she was shocked as she read these secrets. She was hoping that they wouldn't be as sad as they were. "My heart broke when I read some of them" she said.

After reading the secrets, students were able to respond to them on brightly colored papers.

The day was a huge success, and so Miss Reidy and Mrs. Hawryluk plan on doing it next semester also. They never anticipated the response that they received. The classes responded to it the way that they had hoped though. When having a discussion after being allowed to look at the secrets, senior Harmony Schwier said "It makes me feel grateful for having the family I have. I've never been through half of the things that are on the board."

Another senior said "I'd like to help some of the people who wrote these secrets." On one secret, a girl asked for help battling anorexia. Miss Reidy wrote that she wanted to help right on the secret. Some secrets posted on the wall read:

"I really wish you were here."

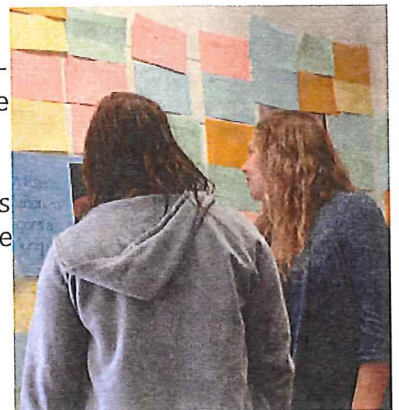
"I dance in front of the mirror"

"75% of my family has fallen victim to addiction.
I'm rehab bound"

"I hate when my mom dates scum bags.
I'm dating a scum bag."

"I'm always afraid of crashing my car when I sneeze."

As an avid PostSecret reader, occasionally a PostSecret will make me cry. What upset the students the most, was knowing that these secrets that were read were all from people in their classes. Classmates we pass in the hall, people we sit next to in class. Everyone has a secret, but it takes a strong person to share it.



Lindsay Schwartz and Elizabeth Krjewski look at student responses.



Jessi Lembo looks at one of the secrets on the wall.

What is your favorite part of Spirit Week?



"I like watching the games in the pep-rally."
- Bridget Thompson, Sophomore



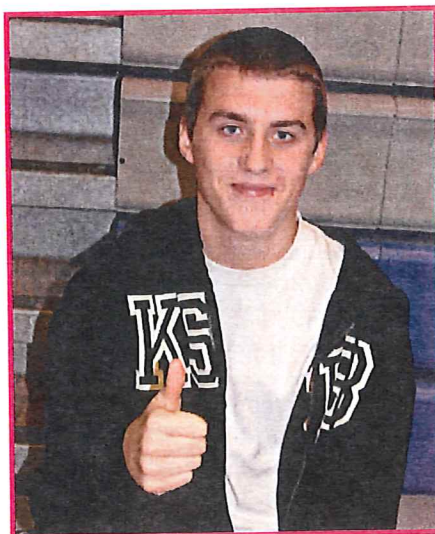
"Rep Your Town Day' because Avon is the best."
- Jack Cutrell, Senior



"The spirit."
- Coco Payne, Junior



"I like decorating the night before the best."
- Chloe Darche, Senior



"All of the amazing activities that bond me to my peers in the form of spirit week."
- Matt Keating, Junior



"Watching the powder puff game."
- Dominic Vigliante, Sophomore

STUDENT SPOTLIGHT *Darcie Wheeler*

Story By: Paige Bounassi / Designed by: Mary Cavagnaro

By the black clothes, short spiked hair and copious amounts of eyeliner; she may seem unapproachable or maybe even scary. Contrary to stereotype however she is quite the opposite. Behind her combat boots and chains lies a girl with a heart of pure gold.

Darcie Wheeler, seventeen year old resident of Spring Lake Heights, is just that. While walking through the halls of Manasquan High School she may appear to be dark, different or dismal; but she's actually an incredibly talented, sweet girl once you get to know her.

I myself experienced Darcie's kindness when she reached out to me sophomore year. I had just moved to Spring Lake Heights and didn't know anyone. Within a week though Darcie was knocking on my front door in the rain to give me an invitation to her birthday party the following weekend. She was there for me and made me feel welcome when I had no one.

When I asked Darcie if she recalled what I was talking about, she smiled and said, "Yeah, remember the little monkeys I drew on the invitation?" I didn't remember the monkeys, but I remembered how happy and comfortable she made me feel.

But not all of Darcie's kind acts are displayed through grand gestures like walking in the rain to deliver an invitation. There are little things, like inviting me to sit with her at lunch, telling me where my classes were, and saving me a seat on the bus ride home.

Darcie is always so selfless when it comes to other people, especially her friends. Some of her closest friends, Mary Cavagnaro, Ryan Karwecki, and Shannon Walzer know first hand how completely honest and nice she is. "She is the most amazing person and I'm so honored to call her my friend. There is no one nicer than Darcie," says longtime friend Mary Cavagnaro.

Beyond how kind she is and what a good friend she makes, Darcie is also an amazing artist. She began drawing at a very young age, but began to take it seriously freshman year. From then on she has been working and developing her talent daily. She has been attending Aberdeen Vocational school in Aberdeen, New Jersey since her junior year. It's a 40

minute bus ride from Manasquan to Aberdeen, but Darcie goes every single day because art is her passion. She even hopes to attend FIT in New York City next fall.

To Darcie, art isn't just something fun to do when she gets bored; it's her drive to do anything; to accomplish all of her goals in life. "Art is my motivation," she tells me simply.

Before her art became such a vital aspect of her life Darcie has nothing to push her to do her best in school. She admits that she had terrible marks in freshman and sophomore year. Once she

went to her first art class however, her perspective changed. She tried harder to get better grades; she pushed herself because of art.

Darcie's talent surely paid off considering she spends most of her days at a quality vocational school generally dedicated to the arts.

Initially, it wasn't so easy for Darcie to get into the vocational school because of her grades. But she had the help of her guidance counselor, Mrs. Jarmon, who insisted that the vocational officials in Aberdeen look at her exceptional artistic abilities above anything else. Immediately after they saw her portfolio they told Darcie they "had to have her" at their school.

Darcie's artistic talents spill into her everyday life. She creates most of her own accessories ranging from T-shirts to necklaces, and bracelets, to name a few. Her favorite accessory is the cherry and star bracelets she crafted. Most of what she wears is beautifully handmade, aside from her signature Demoniac combat boots. Those she buys online.

Darcie's hair is another aspect that makes her truly unique.

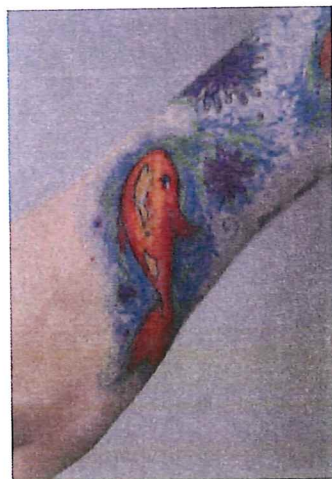
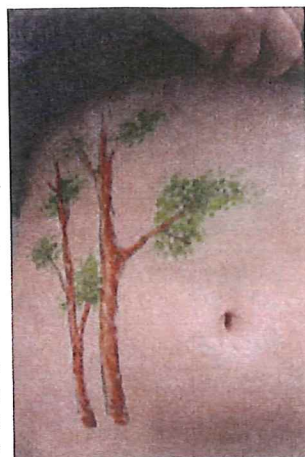
I asked her how she decided that short hair was the style for her, and she said, "Well, I used to have long hair down to my butt and I didn't know how to style it. Then one day my mom gave me a bowl cut and I hated it and having it grow back."

Now she has short, styled, sometimes spiked hair unlike anyone I've ever met before. She continued remembering how the short hair came about. "So one day my mom had her friend David come over to cut her hair and I asked him to cut mine. I told him to cut it all off and go crazy with it, and he did. Ever since then I've just been wearing my hair this way."

Something I've always admired about Darcie is her style. She is not willing to compromise herself and who she truly is for conformity. She loves the way she dresses and that's the way she's going to dress. She tells me that even though she looks different on the outside from most people, she's no different from anyone else.

"We're pretty much all the same," she said.

This is true, but Darcie has always had a special quality that set her apart from everyone else.

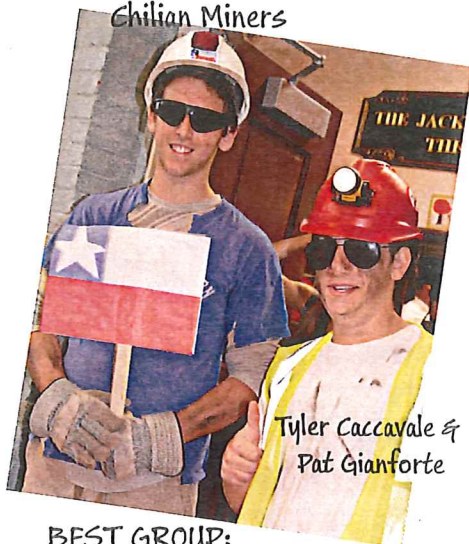


Above center: Samples of Darcie's sketches;
Top Right, Bottom Left: Some of Darcie's works of
body art; Right: The artist herself

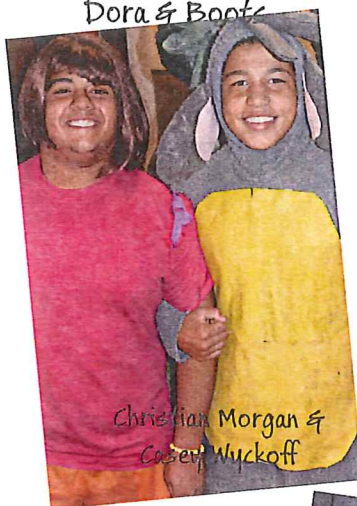
2010 Halloween Contest Winners:

MOST CURRENT:

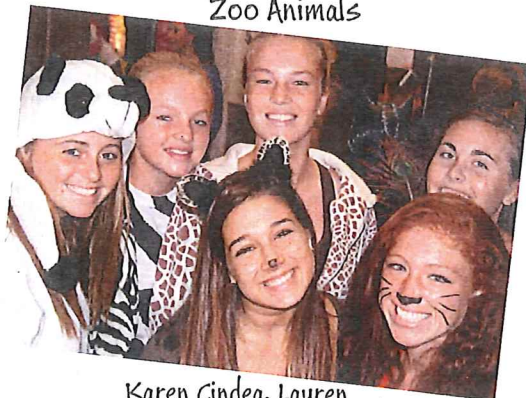
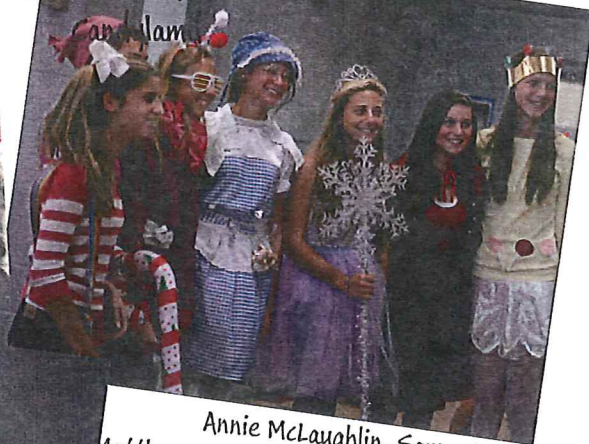
Chilian Miners

Tyler Caccavale &
Pat Gianforte**CUTEST COUPLE:**

Dora & Boots

Christian Morgan &
Casey Wyckoff**MOST ARTISTIC:**

Zoo Animals

Karen Cindea, Lauren
Keosseian, Julia Ford, Bridg-
et Ford, Hayley Carpinello, &
Shelby Bellaran**BEST GROUP:**
SEASME STREETMelissa Pavia, Steffi
Groezinger, Hannah Roesler, Molly
Burke, Keara Homan, Morgan Talty,
Nicole Phillips, Gretchen Fay, Shea
Gegan, & Taylor Klodowski**MOST CREATIVE:**Annie McLaughlin, Sam
Matthews, Molly Bryant, Kristen Krauss,
MaryKate Otchy, Christina Di Ubaldi, & Amanda
MacFarlane**MOST ORIGINAL:**
Bed Bug

Lauren Strazdis

FUNNIEST:

BIEBER FEVER

Madeline Donofrio, Jess
Easton, & Jessika Markland**SCARIEST:**
Virgil

Teddy Levine



Photos By: Jim Robinson

Band Takes New York City By Storm

By: Steph Leather

You hear the band at football games. Marching down Main Street before and home game. In the Belmar St. Patrick's Day parade. Multiple Memorial Day parades. And now they've marched down 5th avenue in New York City, played with hundreds or other musicians for all over the country and held the flag that flew over the men and women who searched through the rubble during the long months after the Twin Towers fell.

The Band of Pride consisted of high school bands for schools all over the country, including Kansas, Florida, and Georgia. They played in Times Square on Wednesday, November 10th. The flag teams of those bands had the honor of holding the Ground Zero Flag. They were accompanied by band director Mr. Abraham and assistant band director, Mr. Robinson, teachers Mr. Mawn and Mr. Harvey, and administrators Mr. Bramley and Mr. Coppola.

The next day, all the bands met at Planet Hollywood in Times Square to have breakfast, mingle, and listen to Dan Daly, Ron Kubik's uncle, speak about Ron's experiences in the armed forces. They also heard Eileen Daly, Ron's mother, speak about *The Wounded Warrior Projects*. It is one of the fastest growing foundations in America, and honored Ronald Kubik, Manasquan graduate and veteran. He was killed while on his third tour of duty in Afghanistan.

The band had to be at the high school on Wednesday at 4 o'clock... in the morning. Drum Major Kaitlyn Harris tells *The Blue and Gray*, "I just feel that getting up early to do some-

thing like this is worth it. You can't make up a trip like that."

On Wednesday the junior and senior band members stayed to play with the Army Band, which included Manasquan Graduate, Jake McDonnell. They went to play an arrangement of songs at the Vet hospitals in the city. "It was a privilege to play with the Army Band and to see Jake," says Field Captain David Buckle. He also goes on to add that it was a good experience since this junior was looking into joining the Army Band after graduation.

The next day while marching down 5th Avenue, the Drum Major, Kaitlyn Harris stated that "It was just so amazing. It really was on a grand scale. Marching through the sky scrapers and with thousands of people cheering us on. It was bigger than just another Manasquan parade."

Both officers agree that they would take the chance to march in the parade again. Buckle says, "I'd take any change I'd get to take a trip like that again. I love it. I live for it." Even though Harris is graduating in June of this year, she stated that she'd go watch if the band was in fact invited to play again next year. She also asked if *The Blue and Gray* could include, "I just wanna say how proud I am of the whole band." The band got a once in a life time opportunity and they took it. Even though they missed a day of midterms the administration agreed that this chance and honor could not be given up. The students made up their exams the next Monday and Tuesday. It is unknown if the band will participate in the program next year. But it is unanimous that this was an amazing experience and many band members would do it again in a heart beat.

Mr. Abraham praised the band, telling the faculty at its November meeting:

"I don't compliment the band if they don't deserve it. They were world class."



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Fuzz Becuzz "Growing Hair Because We Care"

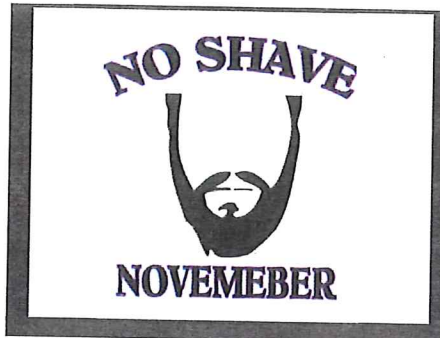
By Lauren Strazdis



You may have noticed a new trend going around Manasquan High School this past month. Teachers and students alike have been neglecting to shave their facial hair, causing a surprising number of them to sport beards and moustaches. No, the male portion of our high school has not encountered a sudden surge of laziness when it comes to personal hygiene. As a matter of fact, these hairy individuals are actually participants in a school-wide fundraiser, "No Shave November", created to raise money for the Alzheimer's Foundation.

The idea was generated by seniors Jimmy Gallagher and Kevin Lapham. Over 70 teachers and students from all grade levels took part in the fundraiser, which began on October 17th and lasted until November 17th. For the entire month, participants stopped shaving and let their facial hair grow until it could grow no more while exclaiming phrases like "Fuzz Becuzz" and "Growing Hair Because We Care" to express their dedication to the cause. On the final day of the event, everyone shaved their faces clean at a local barber shops in preparation for the following night's Homecoming Dance.

Each beard growth participant paid \$5 to join the fundraiser and then raised an additional \$20 throughout the



month. In addition, extra donation money was collected from crowds at the football team's home games. Other non-participants supporting the cause also gave donations to the event throughout its duration. By the end of the month, No Shave November had raised over \$1,000, all of which was given to the Alzheimer's Foundation.

The event certainly did not go unrecognized. *The Coast Star* featured two articles on No Shave November, creating a buzz about the fundraiser throughout the local community. New Jersey 101.5 FM, a local radio station, also advertised the event through its broadcast every few hours. With a great amount advertising circulating throughout local towns, No Shave November quickly became a well-known project.

While growing a beard for a cause may seem unconventional at first, it was truly a clever idea that led to a high amount of participation. "I wanted to raise money for a good cause in a fun, unique way", says senior

Charlie Borges, who neglected to shave his facial hair all month for the fundraising event.

In addition to a wide range of students, several teachers also chose to participate in No Shave November. Mr. Wasnesky, Mr. Fenchel, Mr. Voskian, Mr. Harvey and Mr. Mawn all proudly modeled their manly fuzz for the cause, bringing even more attention to the event. Mr. Mawn explained "It was for a great cause, especially since I have witnessed the effects of Alzheimer's first-hand. Plus, on a lighter note, not shaving made getting ready in the morning much quicker and easier."

Jimmy Gallagher, one of the founders of the No Shave November fundraiser, said "I'd like to thank everyone who stuck through the whole month". While there were a few participants who couldn't stand the scruff for the entire event period, almost everyone persevered to the end. Senior Nick Wright claimed "Although the beard got tiring after a while, it was for a good cause."

The dedication and generosity of all participants and supporters of the anti-shaving campaign made it a huge success. With excellent participation and a large sum of money raised for the Alzheimer's Foundation, No Shave November quickly transformed from a funny idea into a brilliant charity fundraiser.



Samples of the facial hair grown by various Warriors as a fundraiser for Alzheimer's.

The inside story on: Photography Club

By Mary Cavagnaro

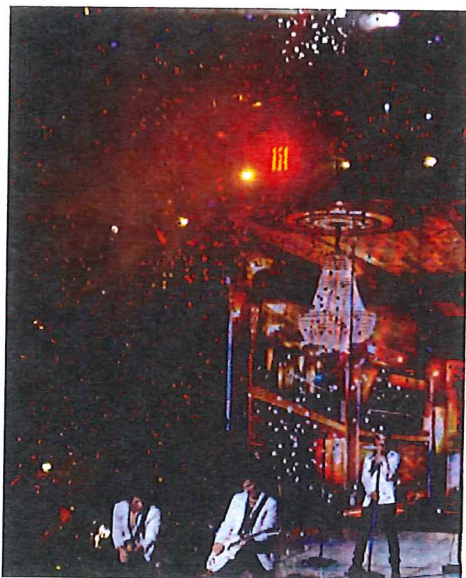


Ever taken a stunning picture but have nowhere to show it? No one to ask about the technical aspects of the shot or how to take more like it? Your problem is solved! The MHS Photography Club allows students to come and show their photos. Mr. Wasnesky, the environmental science teacher, began pushing for this club a few years ago. The board was reluctant to approve the project until students showed interest. Last year, Brielle Schiavone and Mr. Wasnesky teamed up and started the club. After putting through a proposal to the board, the club was started!



Mr. Wasnesky wanted to start the club because he believed many students are very talented but had no outlet to express or develop their photos. Even though the club started late in the year, March to be exact, the group was immensely successful. Every meeting, topics were assigned and the members would then have the next week to take pictures that would fall into that category. Technical topics such as "rule of thirds" and "leading lines" were assigned as well as more creative themes like "portrait" and

"light painting." Each week the group would get together and show their pictures. Mr. Wasnesky said he was "taken-aback by the quality of the pictures and was thoroughly impressed." As a member of the club I was so impressed that students ranging from freshman to seniors could take such amazing pictures. Devoted member, Samm Eichmann, believes that "they (the members of the club) have improved since last year especially since we have a core group of about 7 dedicated photographers." We then

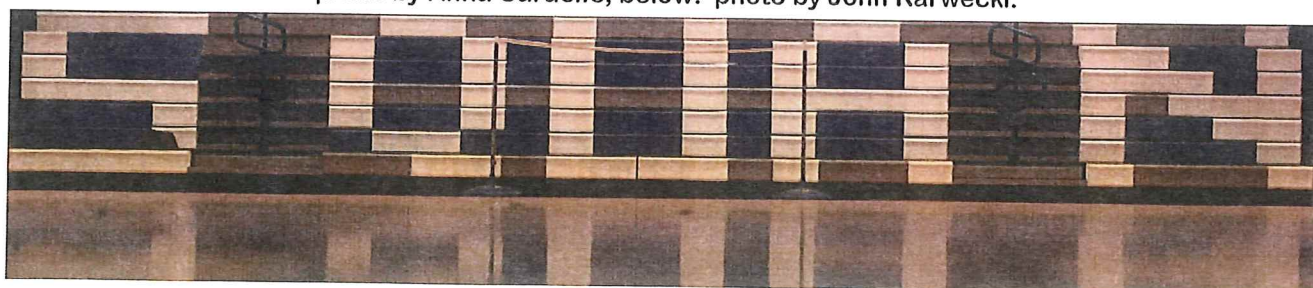


knew what we had to do: a show, a free exhibit where students could come to view our photos and see what we had done. Each topic was from the weekly assignments and was judged by local and very prestigious photographers. Jon Cioffi took best in show with his crisp black and white photo. After the show was over, the year came to a close. One sweltering summer later, school was back in session. The first thing we were all thinking was, "when is the first meeting and what can we take pictures of this year?" The first meeting began just as it had the year before but



with 85 more people! 105 students crammed into room 306 to sign up and wait for the news of new assignments or what the club was all about. Not all of the meetings are as jam packed as the first, but there is always a steady 20+ members showing up and displaying pictures. John Karwecki, Vice President of the club, says "It is expected to have many people just sign up and leave, but I was shocked by the 100+ people who came for the first meeting". He also believes that the core members continue to show quality work and impress us all. This new year looks to be promising for the Photography Club, with plans for two shows this year, one in the spring and one in the fall. As the club continues to take pictures and gain members, all are welcome to join us. Keep a look out for the meetings! We want to see your pictures!

Clockwise from top: photo by Lauren Strazdis, photo by David Walker, photo by Samm Eichmann, photo by Anna Cardelfe; below: photo by John Karwecki.



Book Club

Reads Popular Novel

"The Help"

By: Gwynne and Paige Alden

Starting off the new school year, the book club has chosen it's first novel- "The Help", written by Kathryn Stockett.

The book is a drama that takes place in Jackson, Mississippi in the early 1960's. The story follows young African American maids living in a white household of white babies and children. These two women along with another young white woman, have touching stories that intertwine. Ultimately, the three women start to realize "the help".



Author Kathryn Stockett now widely known for her best selling novel, "The Help"

However, lines can be drawn because of racial issues, especially at that time in America. Mrs. Kopec, the adviser and leader of the book club, says that the group very much enjoyed the novel. Considering the popularity that it's gotten, they decided they had to read it.

So what does the book club actually do? According to Mrs. Kopec, the club discusses the plot of the novel and asks questions about it. They even "use the book reference questions that appear in the back of the book, for discussion", she said. Also, everyone in the club gets to give their opinion on the novel.

That is other great thing about the club. It's not the kind of deal where they have to read what the leader wants to read and they get absolutely no say. The club members get to suggest great books they've heard of, that they think will be suitable for the club to read. Or, they also take novels that have been praised in magazines or on websites.

Mrs. Kopec says that this is the "3rd year of the book club, and it is working very well."

Sometimes, small clubs, like the book club for example, don't get so much recognition. But their book did! And therefore, the book club is now a popular one.

"In 'The Help,' Kathryn Stockett's button-pushing, soon to be wildly popular novel... The two principal maid characters... leap off the page in all their warm, three dimensional glory. Book groups armed with hankies will talk and talk...[A] winning novel."

- The New York Times

How To ... weather

Beat The Bipolar ~~Bimetallic~~ Belt

By: Steph Leather

The weather outside is insane. You wake up...it's 40 degrees outside. Obviously you bundle up. You get out of school and it's 70. What? Now add in that the weather in the school is indecisive, not every few hours, but every block. First block is 30 degrees. Second block is around 70. Study hall is 100 below freezing. Fourth block is 100 degrees ABOVE freezing. And fifth block finishes the day with 60 degrees.

In addition to keeping these suggestions in mind, try looking at the hourly weather in the morning, you'll be able to decide what to wear better.

Oh, the weather **outside** is.... ^{6:30am FREEZING}
Sweater... ^{2:30pm BURNING}

PRO: You can wear it in all your classes

CON: It won't keep you very warm outside.

Jacket...

PRO: You'll be uber warm waiting for your bus in the early morning.

CON: Are you really gonna wear it in class?

The **classrooms** are **hot** then they're **cold**

Sweatshirt in your locker

It's like car insurance... you may never need it, but you have it if you do.

PRO: You will always have a sweatshirt if you leave yours at home.

CON: It's going to take up a space in your locker... but not that much.

Layers

It's like LEGO's. You can add them when you need them and take it off if you change your mind.

PRO: You always have it with you, so if you have a 'no locker' teacher, you don't have to guess.

CON: It's way annoying having to carry it around and change your books and NOT drop your sweater.

We recommend that you... try keeping a sweater in your locker **IF** you have bipolar classrooms, one hot... one cold...one hot. **IF** you have mostly the same classes try wearing a jacket to school.

Students Tackle Issues in the World

The Blue & Gray Editorials

The Painful Truth about Alcohol Use

By: Lauren Strazdis

Last Saturday night, you might have been at a party drinking with your friends. If not, perhaps you know someone who was. Meanwhile, a man with an IQ of 152 was taking his last breath with the help of a ventilator in a hospital bed. After decades of battling alcoholism, he finally drank himself to death. His liver was failing, he had lesions in his esophagus, and his kidneys were practically nonexistent. He left behind a broken family, including a daughter who could barely remember his face and an ex-wife who had struggled for countless years to pick up the pieces.

The truth about alcohol is that is far from being the bearer of good times. It causes you to feel good while you're drinking but silently wreaks havoc on your body, your mind, your relationships, your finances, and your life. It also leads you to believe that it is the best escape from the problems in your life, mostly problems that were caused by alcohol in the first place.

Alcohol is the oldest and most widely used drug in the world. More than half of all Americans over the age of 12 consume it and although most drink only occasionally or moderately, there are an estimated 10 to 15 million alcoholics or alcohol abusers in the United States. Over 100,000 deaths each year are attributed to alcohol, some as results of long-term alcoholism and others caused by a single night of overdrinking. Additionally, alcohol kills 6.5 times more adolescents than all other illegal drugs combined.

One important aspect of alcoholism is to understand the difference between alcohol abuse and alcohol addiction. Alcohol abuse occurs when someone drinks in situations that can result in physical injury like operating machinery, continues to drink despite ongoing relationship problems that are the result of drinking, fails to attend to important responsibilities at home, work, or school, and experiences recurring alcohol-related legal problems like getting arrested for damaging someone's property, receiving a DUI, or physically hurting someone while drunk.

If alcohol abuse is not acknowledged and fixed early, it will most likely turn into alcohol addiction, also known as alcoholism. Symptoms of alcoholism include loss of control: the inability to limit one's drinking over time or on any given occasion, craving: a strong and continuing compulsion or need to drink, tolerance: the need to drink increasing amounts of alcohol in order to "feel the buzz" or to "get high", and physical dependence: alcohol withdrawal symptoms like "the shakes," nausea, anxiety, and sweating when a person stops drinking after a period of excessive drinking.

It is estimated that over 3 million U.S. teenagers

between the ages of 14 and 17 are alcoholics. Alcohol research has shown that 40% of ninth-grade students reported having consumed alcohol before age 13. Of teens that begin drinking at 13 years of age or younger, 40% will develop an alcohol addiction later in life. Today, more than 13,000 children and teenagers in the United States will take their first drink.

Long-term drinking can lead to numerous irreversible health conditions that will certainly shorten, if not end, your life. One of the most common is liver disease. Pancreatitis, the inflammation of the pancreas, is also typical in alcoholics. Countless forms of cancer can be formed from excessive alcohol consumption including cancer of the throat, kidneys, colon, rectum, mouth, voice box, liver, and esophagus. For women, drinking can lower their odds of ever conceiving children. Vitamin deficiencies, sexual problems, and ulcers are also a result of chronic alcohol abuse. Potential cardiological problems include elevated blood pressure and heart rate, risk of stroke, and heart failure. Neurological dangers include impaired vision and impaired motor coordination, blackouts, memory defects, hallucinations, and seizures. Long-term alcohol consumption can result in permanent damage to the brain.

The purpose of this article is not to try to scare you or convince you that having a single drink every once in a while is going to kill you. It is to inform you of what can happen to someone if they let alcohol take control of their life. Most people who become alcoholics never realize that they are crossing the line between social drinking and alcohol abuse, then between alcohol abuse and alcohol addiction. Alcoholism is 100% preventable. If it is treated early enough, it is also a very curable disease.

If you *want* to drink alcohol, you're making a personal choice. If you *need* to drink alcohol, you have a problem. If you or someone you know is battling alcohol abuse or alcoholism, please don't hesitate to seek help. Turn to a parent, trusted friend, or counselor for advice and guidance. No one who knows the truth about alcohol will ever judge you if you are looking for help. For more information on alcohol abuse and alcoholism, go to www.aa.org, www.soberrecovery.com, or www.addict-help.com. You can also call a free, 24/7 hotline at 866-883-1483 to speak anonymously with a trained alcohol counselor.

Alcohol may seem like a harmless substance, but it is truly an incredibly dangerous drug. It took over my father's life and finally ended it last Saturday night. Don't let it take over yours.

TREE DESTRUCTION 101

By Alfred Califano

With all of the hype about "going green", many of the nation's most prominent colleges and universities are integrating many eco-friendly aspects on their campuses. This consists of anything from solar paneled classrooms to composts for cafeteria food. However, a typical Junior or Senior in High School may be shocked to realize that the efforts made on the college campuses themselves are not congruent to the efforts made during the prospective student recruitment processes.

Recruiting prospective students for a particular college or university usually follows a common procedure. Stating the process, students, on their PSAT, will verify that they wish to be contacted by Universities through their college-board.com account. Little do they know that signing up for this medium for contact will ultimately result in a bombardment of mail from virtually every college in the United States.

Although traditional mail is arguably archaic, Colleges and Universities, in addition to various spam-style emails, are sending pamphlets, view books, course selection books, and other sources of advertisement to thousands of students across the country. Jack Behre, a senior here at Manasquan High School, says "I definitely receive over 15 every week". Imagine, anywhere from

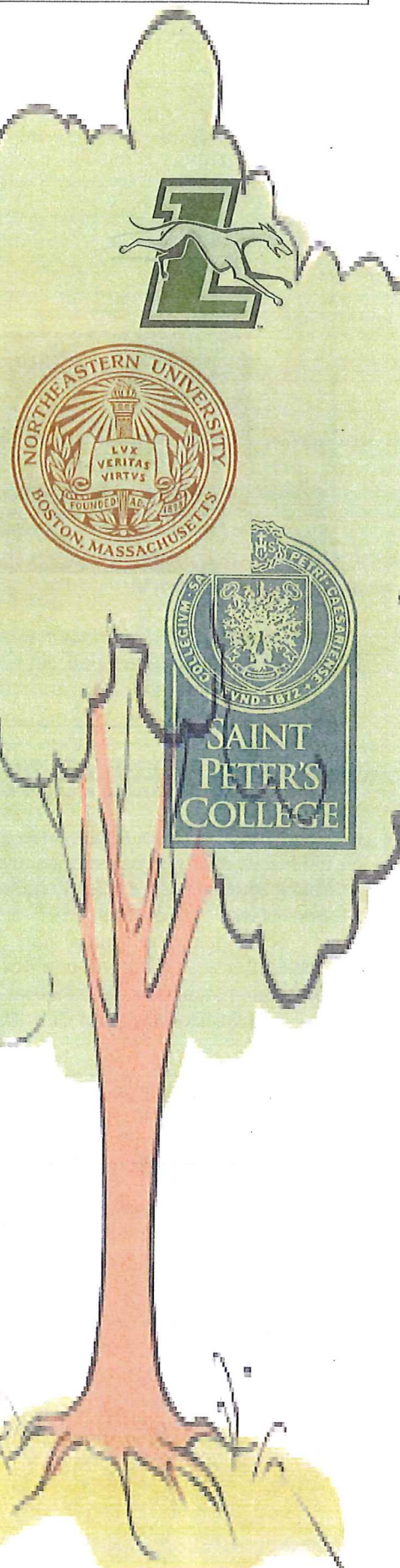
ten to twenty pamphlets sent to hundreds of thousands of high school students a year. What you imagine undoubtedly involves tons upon tons of paper product. Unfortunately, this fact severely contradicts some previous environmental efforts made by well-known universities. For instance, Northeastern University in Boston, Massachusetts, as quoted by Princeton Review, "has integrated energy conservation into its facilities management plans since the 1980s" including the "installation of 70,000 low wattage T-8 fluorescent lamps". This expedient effort towards energy conservation overshadows the University's failure to acknowledge its own Admissions Office's consumption of paper product.

In order to comprehend the severity of this issue, one must recall how, specifically, the environment is damaged from mass paper usage. Paper, as everyone knows, is made from our planet's very own trees. But, what many people don't know is how many trees are actually used for the production of paper. Conservatree, an environmental information source, give the following estimates regarding trees and paper: 500 sheet of paper use up 6% of what they deem to be the averaged size tree. Most large colleges have an estimate of 10,000 students on their

mailing list, according to a representative from local university. By sending at least 1 pamphlet of five pages to every student on their list, and continuing to send it every week, the college admission office will use roughly 520 million sheets of paper. This indefinitely leads to the devastating destruction of a large portion of trees.

Mr. Glenn, Manasquan's teacher of biology, chemistry, and environment club, expressed his views of this matter by saying, "Vegetation, in general, is important because of the photosynthesis process" and "so we can breathe". Colleges and Universities, with their attempts towards becoming efficient, or "green", should indubitably continue their plans to foster more environmentally friendly campuses. However, the shocking fact that college admissions offices are sending paper products to thousands of prospective students a year, it becomes exceedingly questionable that these colleges are truthfully institutions of higher learning. "In this day and age, email and websites would be more appropriate", says Glenn.

The admissions counselors themselves should try opening one of their advertisement course-selection pamphlets, and consider enrolling in Environmental Studies 101.





A Tribute to Classic Video Games

By John Karwecki

Back in 1998 when most students were only but a few years old, Pokémon was released for the Nintendo Gameboy. Only seeing Red and Blue version at the start, it was an immediate success with total sales reaching 9.85 million copies in the United States alone.

The Pokémon games did not die there. There have been several new generations such as Gold and Silver, Ruby and Sapphire, and Diamond and Pearl. These generations do not even include the middle special edition versions such as Yellow version, Crystal version, Emerald and Platinum. Having major and subtle differences, these special editions made Pokémon an immediate selling success.

Starting in Pallet town in Kanto, your objective is to attempt to collect all 8 badges from different gym leaders around Kanto (the region you are located in), each having a specific type of Pokémon. For example, Sabrina had all psychic Pokémon and Misty had all water Pokémon. After all 8 badges are collected from defeating the gym leaders, the player must face the elite four, a group of gym leaders that have the strongest Pokémon and are the most skilled trainers in all of Kanto. After defeating the elite four, your only other goal is to collect the 151 Pokémon that are possible to catch in the game.

Whether it was naming your Pokémon silly names to have it appear in the game's pre-made

text, seeing the screaming capital letters of all your Pokémon, or just playing the game for fun, the game has gone down as a classic and the second most sold game only behind Mario.

If you haven't played Pokémon in a few years, I strongly recommend taking a trip down memory lane and either playing on the computer through an emulator or just picking up a classic Gameboy and a version of the original Pokémon. You will love playing the game again and feel the nostalgia bring you back to the days when you never worried about anything besides your Charmander evolving or trying to get that Boulder Badge. There is no person that can deny that they liked

Pokémon. The game has sold 9.85 million copies. This means that for every 31 people in the United States, there is one copy of pokemon Red or Blue. Including the Pokémon Yellow and Gold and Silver versions, there have been 22.55 million copies sold, meaning that for every for every 13 people, there is one copy of either

Pokémon Red, Blue, Yellow, Gold or Silver. These statistics only refer to the game in the United States. In Japan, there are more copies of Pokemon than there are people in the United States.



POKÉMON

SQUIRTLE

HP: 15



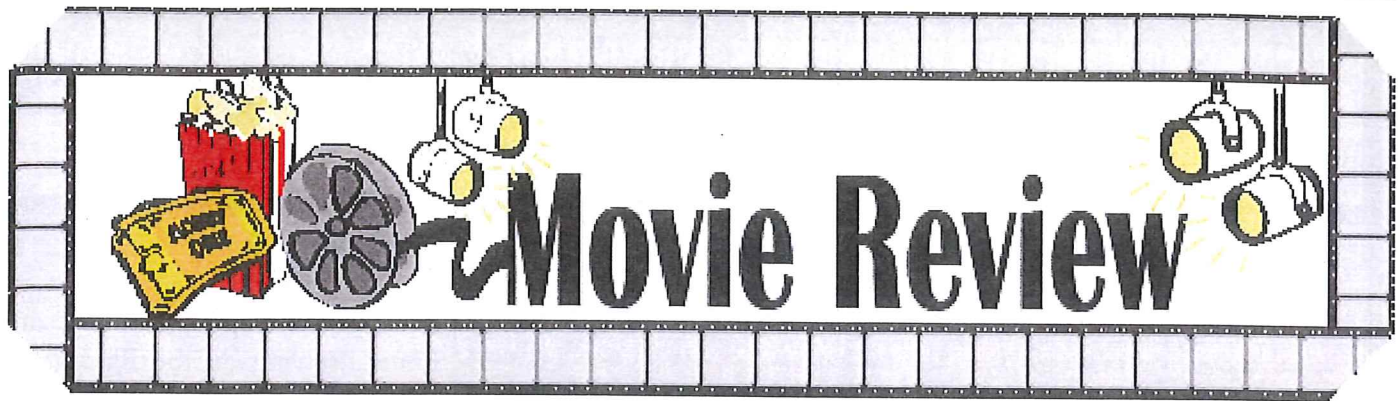
BUTT HEAD

HP: 15

19/ 19



Go! BUTT HEAD!



Affleck makes bank in new corruption picture

By Melissa Mastrorilli

There are over 300 bank robberies in Boston each year. Shockingly, the small one-square mile neighborhood of Charlestown has manufactured more bank and armored car robberies than anywhere in the US. This statistic is what Ben Affleck's captivating crime thriller 'The Town' is typically based on, and styles the overall premise of the film.

Born and raised in the infamous town of Charlestown, Doug MacRay (Affleck) is fighting to escape his corruptive and law-breaking habits in the Irish mob and escape to Florida. With a father serving a life sentence in a penitentiary and an absent mother who, let's just say, was far from being an example for a child, crime is the only life Mr. MacRay has ever known. Nonetheless, his skills do not merely consist of having the ability to break into a vault or hot-wire a vehicle faster than you can start the engine – he can "shoot anything with a hockey puck", and blew a shot to play as a professional in the NHL. Always the brain of the operation, MacRay is usually the one with the common sense, until a bank robbery goes wrong and he gets romantically involved with a woman who could spill their secrets with a simple cry to the FBI.

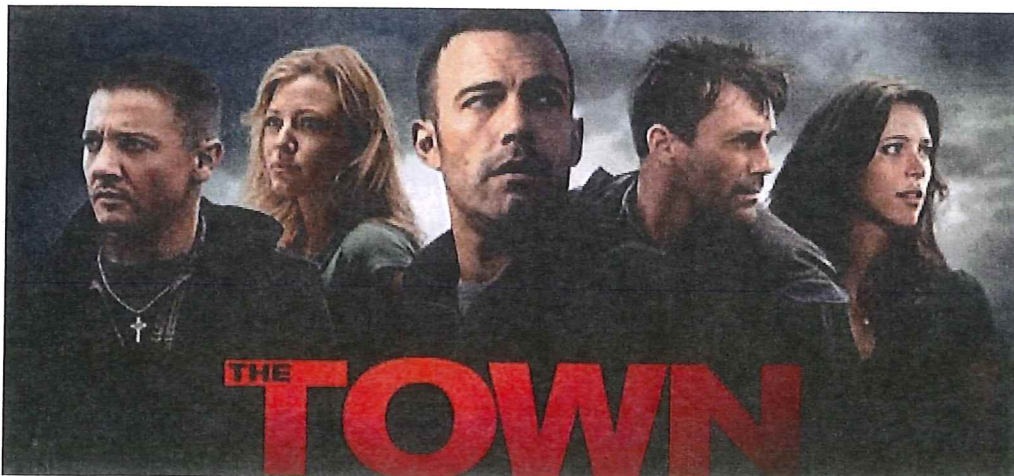
In addition to representing the part of Doug MacRay, Ben Affleck does a commendable job being the screenwriter and director.

**"I'm proud of where I come from. It ruined my life, literally, but I'm proud."
- Charleston resident**

This shouldn't be a surprise, really, with a résumé that shows his directing ability in "Gone Baby Gone" and his writing ability in "Good Will Hunting". Along with Peter Craig and Aaron Stockard, Affleck loosely built the screenplay around the well-renowned book "Prince of Thieves" by Chuck Hogan. Instead of taking these harsh challenges to only fail as a persuasive actor in the film, Affleck truly did exhibit a praiseworthy performance.

However, he is far from being the only actor to do so.

Jeremy Renner, an actor who you might recall from the Oscar-winning film "The Hurt Locker", was brilliant in his representation of Jim, the longtime accomplice and best friend of Doug MacRay. Always the one to push the absolute limit, Renner's character gets the gang in a serious quandary when he takes bank manager Claire Keesey (Rebecca Hall) hostage after a slight error while robbing a local bank. He lets the woman go safe and unharmed, which inevitably puts him, along with his fellow gang members, in a threatening situation.



Other note-worthy performances involve John Hamm, portraying a relentless FBI agent, and to my surprise, Blake Lively as a chaotic druggie who is always waiting

continued on
page 15



Dear Samm,

He tells me he has a girlfriend and yet consistently flirts with me. I know im wrong because I sort of encourage him by flirting back, but I care a lot about him and he even knows that. Are these like red flags waving in front of me telling me he's a player? What should I do? I've tried everything from ignoring him to trying to keep him strictly as a friend but it doesnt seem like anything's working! Can you help me?

Cupidhasnthitme.

Dear Cupidhashitme,

GET OUT WHILE YOU CAN! PLAYER ALERT. I know you like this boy and I'm sure he tells you that he likes you too, but consider this: If he has a girlfriend now and is constantly flirting with you what makes you think if you become his girlfriend he won't turn around and flirt with other girls, just like he's doing with you? I know it's unfortunate, but it's the truth. Guys like these don't ever change. Trust me, i know from experience. You could try talking to him. Tell him that you can't handle him flirting with you if he has a girlfriend. Explain that it's not fair to you and his girlfriend. Chances are, he'll stop flirting with you... or break up with his girlfriend. Just remember, once a player always a player, so watch your back! Good luck and remember that there are always other boys out there!

Love Always,

Samm<3.

Dear Samm,

I have a little brother, David, who is 9. He is a real pest. He goes through my things and walks in when I'm taking a shower. I have tried telling him to stop and give me some privacy, but whenever I or my parents do, he doesn't get the point. Please help me.

One Fed Up Sister.

Have a question? Email Ask Samm at the-blueandgray@manasquanboe.org, drop a letter in locker 219, or stick a note in Mr. Mawn's mailbox!

Dear Samm,

How do I get my dad to stop making uncalled-for comments? I'm ready to stop inviting my friends over. My father always seems to say the worst possible thing. For example, my friend "Amanda" was over one day. She has low self-esteem and body image problems. She was complaining to me about how curly her hair gets after she swims. I reassured her that it wasn't that bad, but then Dad came in and said, "Whoa! What's that? Your hair looks like something out of the 1980s!" I replied, "Dad, could you please be quiet?" and he glared at me and continued. More than one of my friends have said they feel uncomfortable around him or just don't like him. If I try to bring it up, Dad reminds me that back in my fifth-grade class everyone liked him. That was forever ago, and I have grown up and so have my friends. How do I teach Dad to take a hint?

Mortified in Manasquan

Dear Mortified,

I don't think that you can teach him to take a hint, because all guys aren't perceptive. It would be a good idea to try and get another adult to talk to him. Talk to your mother or another female you trust and tell her what your father is doing. If he keeps it up still, you won't have to worry about not inviting friends to your house because they won't want to come over and be embarrassed.

Love Always,

Samm<3.

Dear One Fed Up Sister,

Because neither you nor your parents can make David understand that these intrusions are rude and an invasion of privacy, ask your parents to install locks on the doors of the bathroom and your bedroom. He may be just a child, but you're in high school and deserve some privacy. If your parents refuse, tell them that you feel uncomfortable all the time. When your little brother gets older, he'll understand what he's doing is inappropriate. But he's still a little kid and doesn't think that way yet.

Love Always,

Samm<3.

'If' Questions..

By: Annie Zappulla and Hannah Roesler

If you were to drown in one liquid other than water, what would it be?

"Blood"

-Coco Payne



If you could have any one power over everyone, what would it be?

"To see through boxes" -

Michael Gratzel and Nolan Jordan



If you had to secretly dispose of a dead body, how would you do it?

"Put it under Driscoll's desk" - Mr. Fagen

"Put it under Cole McMahon's surfboard" - Jacob Forman



"Put it in Mrs. Kosick's backyard" - Jack Cuttrell



If you had learned you were going to die in exactly one hour, what would you do?

"Meet Kim Kardashian" - Kelsey Campbell



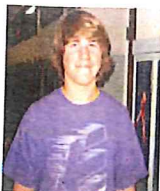
"Makeout with Justin Bieber" - Jess Easton



If you were to have one famous person stranded on an island with you forever, who would you want it to be?

"Derek Jeter"

- Zack Campbell



"Tom Hanks" - Maclean Mayer

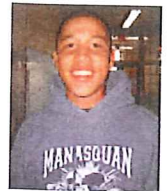


If you had just that learned tomorrow morning you would be permanently exiled from your country, and could take just three things with you, what would they be?

"Girls, girls, and more girls" - Casey Wyckoff



"My dog, lots of money, and meatloaf" - Shannon Dullea



If you were to sell your soul for one thing, what would it be?

"Oreos" - Ian Roden



"Money" - Megan Egan

"For the Yankee's to not resign Derek Jeter" - Mr. Van Pelt



"Justin Bieber" - Madeline Donofrio

"Hannah Roesler" - Kathleen Gerard

"Clothes and pancakes" - Kate Boyle

"My phone" - Margaret Moran



If you could find one thing in your family attic, what would it be?

"Biggie Smalls" - Frankie Rubino

What is the longest you've gone without taking a shower?

"One month, 13 days, and two hours." - Tyler Saito



If you could fly, what would be the first place you'd go to?

"Somewhere imaginary" - Natquan Johnson

"Ireland" - Taylor Britton

"Paris" - Noah McWilliams



If you were the opposite sex for one day, who would you look like and what would you do?

"Megan Fox and I would check out the girl's bathroom because I've never been in there before" - Will Raver

Happy B-DAY Seniors



December

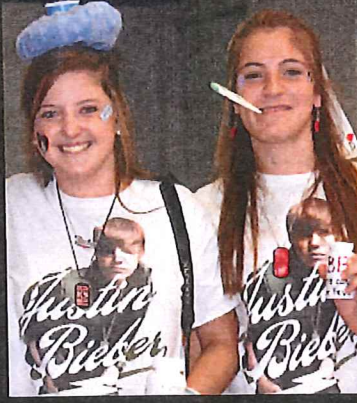
Kahle Young 12/3/92
 Kendall Miller 12/4/92
 Tim Mele 12/5/92
 Melissa Mastroilli 12/8/92
 Marielle Bachman 12/10/92
 Taylor Kirschenbaum 12/11/92
 Mike Panzino 12/12/92
 Jack Cuttrell 12/14/92
 Joise Gratzel 12/16/92
 Annabel Bonhag 12/17/92

Skylar Sion 12/17/92
 Katie Quinn 12/18/92
 Lauren Strazdis 12/19/93
 Sam Cardelle 12/22/92
 Zach Pepe 12/22/92
 Tom Turi 12/23/92
 Jimmy Gallagher 12/28/92
 Declan Tozzi 12/30/92

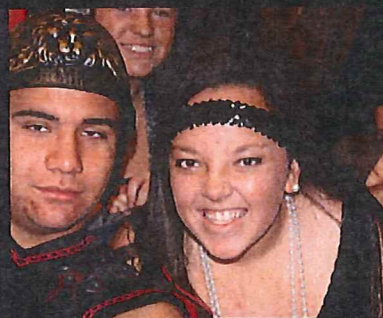
November

Dylan and Justin Mattia 11/3/92
 Chloe Darche and Ryab Casey 11/8/92
 Hugh Ferguson 11/9/92
 Julia Putelo 11/10/92
 Sarah Zappulla 11/11/92
 Sema Yonarsoy 11/13/92
 Ashley Yerks 11/15/92
 Ryan McCrone and Ben Warner 11/16/92
 Shane McCoy 11/19/92
 Dennis Maher 11/20/92
 Dillion Druz and Kenny Vnn Wickle 11/22/92
 Mike Scangarella 11/24/92
 Shane Fitzgerald 11/25/92

Juniors



Seniors



Can You Guess These Name Duplicates?

The Blue And Gray gives you the first name... can you get all the last names?

Kyle

LWNIADB _____
 TAERBU _____
 RIONRSHA _____
 VIYLEMLC _____
 KEORORU _____
 EYWEANS _____
 OLSOHNVI _____
 INWWRAHGIT _____

Caitlin

**SAME SPELLING!*

RARDUKB _____
 OOHUNDE _____
 DLNLNEO _____



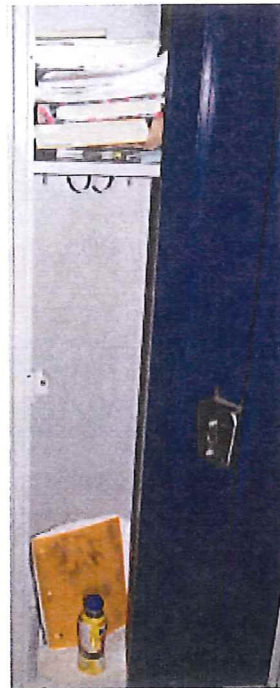
Shane

ESBT _____
 RGLAZDETIF _____
 CMCYO _____
 EERNORF _____
 MHIST _____

Molly

TRNYBA _____
 RUEKB _____
 MANCNC _____
 NLIGNDHN _____

Take a guess whose Freshmen Lockers are pictured below



Male Student A
 From: Heights
 Family Contains: 8 Kids
 Sports: Soccer
 Birthday: July 11th

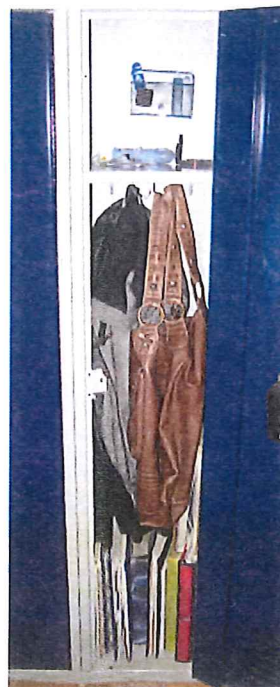


Male Student B
 From: Manasquan
 Family Contains: 8 Kids
 Sports: Football
 Birthday: April 1st

Answers on
 Page: 39

Who's Locker?

Female Student A
 From: Manasquan
 Family Contains: 3 Kids
 Birthday: September 25th



Female Student B
 From: Manasquan
 Family Contains: 3 Kids
 Birthday: October 3rd



Taylor Swift's New Album Sure to Make "Sparks Fly"

Swift Pleases and Amazes Fans- One More Time

By: Gwynne Alden

Taylor Swift is known to surprise people. Those surprises always turn out amazingly awesome. She loves to see people's reactions, (especially when she uses those down right stupid boys names' in her re-vengful songs). If you love Taylor Swift and her music, you sure are in for a surprise (actually many)- again!

Once again, Swift comes out with hit singles, featured on her newest piece of genius, "Speak Now" (which came out October 25th). You have probably been hearing the new songs either on the radio, or maybe even in class! This album is not directed just towards country fans either. Many people will be surprised to know that it not only consists of country, but pop, punk-rock, slow songs and one even has a touch of techno! All of the tracks are sure to amaze fans and even newcomers to Swift.

Myself, being a huge Taylor Swift fan, am able to relate to so much of her music as are many teenage girls out there. Many of her songs are written for specific reasons and so many fans appreciate that.

Take a look at her newest single, "Mean", written specifically for people who are bullied. This new song of Swift's was ironically released at the perfect time, considering all of the bullying going on everywhere- especially in

schools. It will be sure to help anyone in that situation.

I guarantee if you listen to it or any of her songs, you will instantly feel better about anything you are dealing with. She knows exactly what to say.

She not only writes these songs for herself, but for people who are going through the same exact things as her.

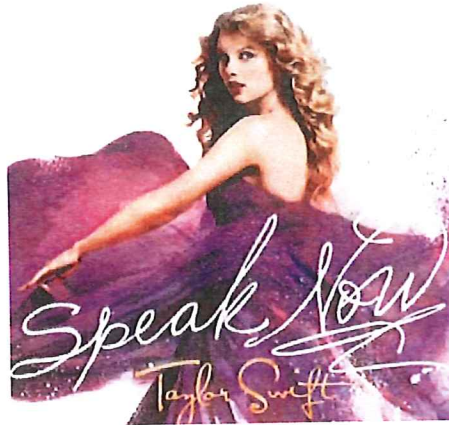
Swift has an ingenious knack for taking whatever it is on her mind and turning it into an amazing piece of music that people constantly talk about and obsess over.

Many of Swift's fans can be seen all over school. Ask Josie Gratzel, a fan herself, on what she thinks about Taylor Swift.

"Even though I'm not really that into country, I can always relate to every single song she writes," Josie said. "When I heard 'Teardrops on my guitar', I actually cried because I could feel exactly what she was saying", she also added.

If you're wondering what it's like to have someone sing songs about everyday life and feelings and high school, rather than just telling you, then you better be sure to go out and buy Taylor Swift's album, "Speak Now", sold everywhere. Or, anywhere where Taylor Swift is loved and respected.

Latley, that seems to be in a lot of places.



Speak Now Track List

Here's your go-to track list of Every new song featured on Speak Now!

- | | |
|-----------------------|---------------------------|
| 1. "Mine" | 8. "Never Grow Up" |
| 2. "Sparks Fly" | 9. "Enchanted" |
| 3. "Back to December" | 10. "Better Than Revenge" |
| 4. "Speak Now" | 11. "Innocent" |
| 5. "Dear John" | 12. "Haunted" |
| 6. "Mean" | 13. "Last Kiss" |
| 7. "The Story of Us" | 14. "Long Live" |

The Town continued from page 2

at the bar for "Dougie" to drop in. Maybe it's the fact that the MacRay gang robs banks with Halloween masks on, or that they terrorize the entire city of Charlestown, or perhaps it's because these guys seem to do the absolute impossible and get away with it, leaving the FBI and police force in awe- but this is absolutely a must watch. The suspense and captivating robbery scenes will not leave you with the slightest disappointment, and the complicated romance is just enough to keep you interested.

As a thrilling corruption and criminality picture, 'The Town' truly delivers. With great performances, intense scenes, and an overall shocking and chaotic plot, not making the time to see Ben Affleck's film will honestly be a shame.

Freshmen Lockers... Guess Who Answers! from page 37

Male Students: A: Mikey Commesso B: Tommy Toole

Female Students: A: Marissa Fernandez B: Gabby Chinchilla

Name Duplicate Answers from page 37

Kyle: Baldwin, Bauter, Harrison, McEvilly, O'Rourke, Sweeney, Voloshin, Wainwright

Shane: Best, Fitzgerald, McCoy, Renfro, Smith

Caitlin: Burkard, Donohue, O'Donnell

Molly: Bryant, Burke, McCann, Nighland

Senior Guess Who Answers from page 36

1. JIMMY TILTON
2. MARY CAVAGNARO
3. RYAN KARWECKI
4. GRACE CASSIDY

Secretariat continued from page 26

represented such a significant historical figure better. The brilliant actress fully depicted the confident and caring personality of Ms. Tweedy that led her big red colt to become horse racing's hero.

Another major impressive aspect of the movie was its outstanding cinematography. It truly put you in the saddle in each of Secretariat's races, producing various camera angles everywhere from his pounding hooves to between his ears. The movie also manages to capture the power of the horse at full speed by using slow motion shots. While taking full advantage of modern filmmaking technology, the film also incorporates actual footage and radio tapes from the 1970s that illustrate the real Secretariat blowing past the field in several of his biggest races.

Overall, the film was extremely impressive and exceeded all of my expectations. I would highly recommend it to everyone, regardless of age and background. Even those with a severe lack of horse racing knowledge can relate to this film and appreciate Secretariat's unbelievable story.



BLUE & GRAY SPORTS



Page 4-1

Football Opens State Playoffs with Thrilling Win over Roselle; Fall to Matawan in Second Round

By: Annie Zappula and Hannah Roesler

The crowd was roaring with excitement in the hot sun. The suspense was at its highest with only .5 seconds left in the last quarter. The score was 33-32 with Manasquan in the lead, but Roselle held the ball trying to go for the two point conversion.

The Warrior football team played their first game in the state tournament against Roselle Park at the Vick Kubu Warrior Field on Saturday, November 13, 2010. The game was the closest of the season so far, with Manasquan stopping Roselle's two point conversion to hold on and win 33-32.

Going into the game, many coaches and players did not expect to have such a close matchup. Coach Gordon thought the team did not play their best at certain times, but played well enough to capture the win.

To start off the game, Roselle Park scored a touchdown. As the game went on, Manasquan was doing a great job fighting back and Roselle missed two out of the four extra points. In the first quarter Roselle had taken the lead with a score of 13-7. As the

game continued, the Warriors took the lead, going 40 yards in seven plays for a touchdown. As we were making successful plays and completing passes, we took a lead of 27-26.

One hard adjustment going into the first state game was not

**After tough loss to
the defending state
champs,
Warriors look
forward to
Thanksgiving
matchup
with Wall.**

having Zack Ogden suited up and playing from an injury that occurred a couple of weeks ago. Then in the fourth quarter, Tariq Turner hurt his ankle and sat out the rest of the game which was also another disadvantage. But the Warriors were still filled with motivation to finish this game off well. Christian Morgan, Tyler Saito, and Kodie McNamara picked up the slack.

With so many injuries and Roselle's touchdown with under a second left, the game seemed to be slowly slipping out of their hands. With the score at 33-32 and .5 seconds left on the clock, our defense was able to make their pass incomplete giving us another win to add to our record.

Junior Kodie McNamara shared some feedback about this game. He thought the team had made a few mistakes and missed a lot of injured players. After the first half was really close, they knew that they would need to step it up. Kodie added that losing Tariq in the fourth quarter almost crushed the spirits of the fans and the players.

Mostly everyone can agree that the last seconds of the game should have been more comfortable and not filled with so much anxiety. But Tariq Turner expected this competition because it's the playoffs. Coach Gordon said that during the last couple of seconds of the game, he prayed that all the players stayed calm.

Still they played with heart, dedication, and intensity, and came away with another victory.



BLUE & GRAY SPORTS

Page 43

"Don't be fooled by the leotards..."

Gymnastics team makes it to sectionals; finishes off with fantastic season

By: Paige Alden

The gymnastics team has had an impressive year. It was a difficult start to the season, dealing with some athletes absent, but they have come a long way. Coach DeLeeuw feels it was tough in the beginning of the season, "We were off to a rough start with some top players out, both of whom returned to compete in October."

Progressing through the season, Coach DeLeeuw feels "pleased with the girls and how far the team has come."

On Saturday November 6 at Manalapan High School, the girls competed in the state sectionals. Unfortunately, no one qualified for states. Nonetheless, Coach DeLeeuw was very excited that all of the girls competed in sectionals. "My goal was for half of the team to make it to sectionals," Coach DeLeeuw said, so she and the girls could not be more proud.

In talking about the girls' season, one of the gymnasts has a very positive view of her favorite event in the sport. Senior Angela DiNapoli enjoys vault the best. Vault is when the gymnast runs down a 25 meter runway, jumps onto a springboard, lands with both hands on the board, and then springs off, landing on the ground (hopefully on two feet!). DiNapoli says she likes vault; it's the easiest event for her, and her

favorite as well. She improved on vault throughout her season.

Coach DeLeeuw gives us insight on what was most difficult for the girls, "Bars, Bars, Bars." Bars is when the gymnast performs a routine on two horizontal bars, they swing fully around the bars and release at the end of the routine landing on the ground. This was something that coach felt nervous about all season. They had problems with this event and struggled at the sectionals.

But, she definitely has confidence that they will do better on the bars next season. She said, "Hopefully the girls can improve their skills in the off season so their scores will improve next year."

Coach DeLeeuw feels the balance beam is what really makes the team "shine". At sectionals, their scores on the beam made up for their weak event of bars.

All in all, the team has had a successful season. They really supported each other on everything and will truly miss their one and only senior. That one senior says, "I'll really miss it, along with the team and my coach." Coach DeLeeuw will surely have very happy and positive memories of the team and their season, "They have learned so much and continue to impress me each day," she said.

Below, left to right: Senior Angela Dinapoli vaulting; junior Micaela Read applauding her teammates; sophomore Sarah Levine working the balance beam.

