

December 2010

Manasquan High School

# The Blue & Gray



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**LIFE IS GOOD!**

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Celeb Look-A-Like

Custom Life is Good Design by  
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Squan Says

**LIFE IS GOOD**

Manasquan High School



## Cast List Goes Up For MHS Spring Musical

By: Josie Gratzel & Paige Alden

One's love is truly proclaimed when they're willing to sacrifice their own life for the happiness of another. The greatest of hero's are the one's who have done just that. This year, MHS drama club announced their spring musical as "A Tale of Two Cities", written by Charles Dickens.

Auditions were Monday December sixth and surprisingly the cast list was posted that following morning. Eager faces crowded the drama board that next day scanning the names on the list seeing if they had made the cut. The following day, callback's were announced for three of the lead parts, Sydney Carton, Lucie Mannette, and Madam Defarge. Auditionees were then asked to read and sing so that the director Mr. Weisert could see who exactly fit the mold for the roles. In the end Senior Mike Cook was chosen for the role of Sydney Carton, the tragic hero. Sophomore Grace Nielson whom premiered as Jemima in Cats last year was chosen to play Lucie Mannette, the love interest of two main characters.

To play the psychic crazed woman, Madam Defarge, whom is vengeful and nuerotic, the director had very specific criteria he was looking for. In the end Junior Dana Neigel, who is new to the stage but has worked behind the curtain for many shows shined and rocked her callback. Junior Dan Takash was given the role as Madam Defarge's husband Ernest Defarge.

You saw him last year as Rum Tum Tugger, and once again this year he'll be stealing the heart of another girl. Senior Alfred Califano will be starring in our production as Charles Darnay, the charming french nobleman who falls in love with Lucy Mannette.

Portraying the role of Lucy's father Doctor Mannette is Walter Wall whom we all know as



Sydney Carton



Gus the Theatre cat from Cats.

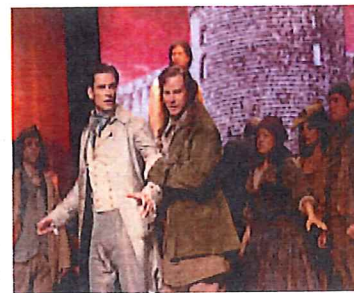
This show called for many men and through the auditions we were able to see that we do have the men that we need.

Someone was needed to play an evil, twisted, and cruel character. Senior Gabe Fallon seemed most fitting to play Marquis St. Evermonde.

A victim of the Marquis's madness, Gaspard (the father of the little boy that the Marquis ran over) is Junior Emil Gambos.

Many other men hold important parts in the show. There are also a few more womens parts, a very important one being the seamstress. The part of the seamstress will be played by Freshman Delaney Burke.

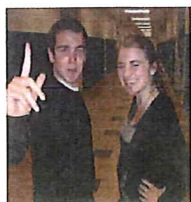
While there will be many new faces on the Jack Nicholson stage the MHS drama club will once again reach their highest potential in acting and singing their hearts out as they always do.



Charles Darnay

## QUESTION AND ANSWER

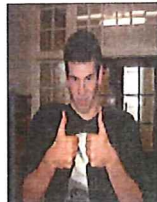
### WHAT WAS YOUR FAVORITE PART ABOUT LIFE IS GOOD DAY?



"Getting roudy in the stands, even though no one else did"  
-Steffi Groezinger



"Dr. Tozzi's speech"  
-Taylor Fischer

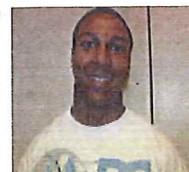


"Bikes"  
-Tim Mele

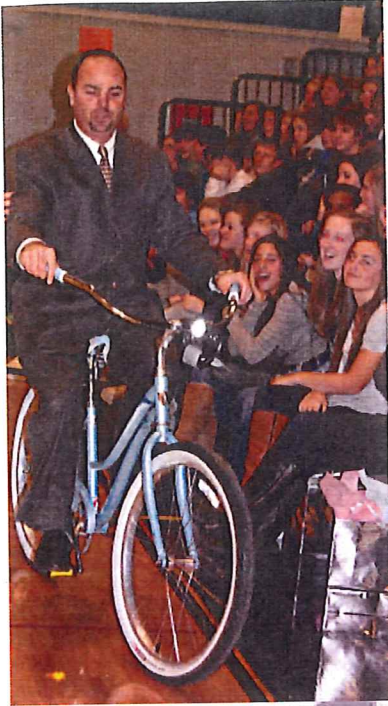


"Watching people win the awards"  
-Elisibeth Finkenauer

"Finding out who won the iPad"  
-Tariq Turner







"Life is  
Good Day  
put a posi-  
tive outlook  
on life and  
how fun it  
can be"

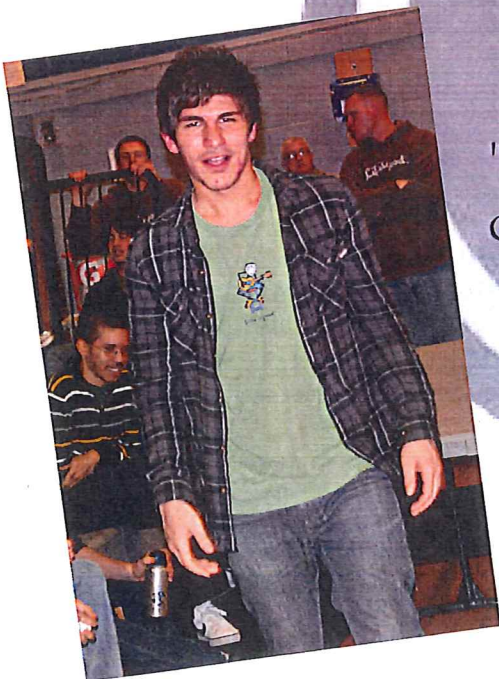
-Mr. DeMuro



"It was a great  
turn out."  
-Joe Macalary

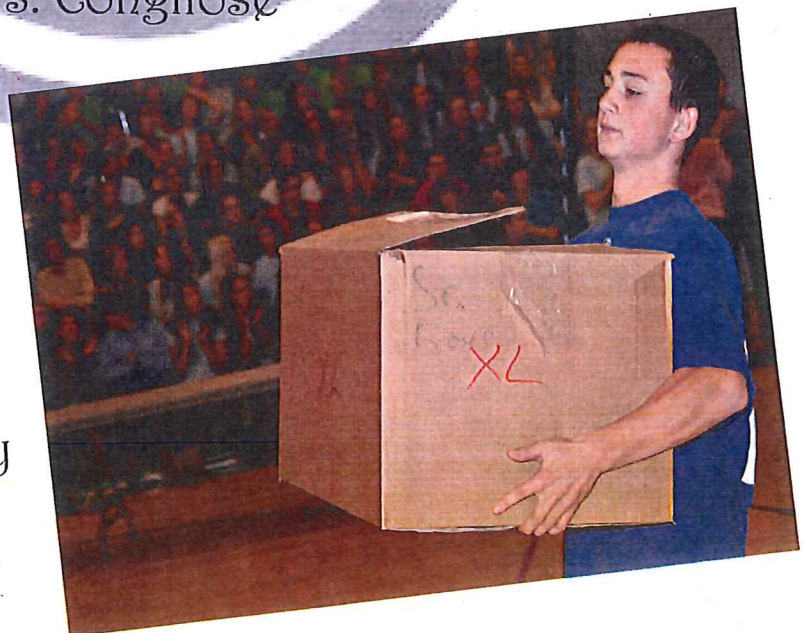
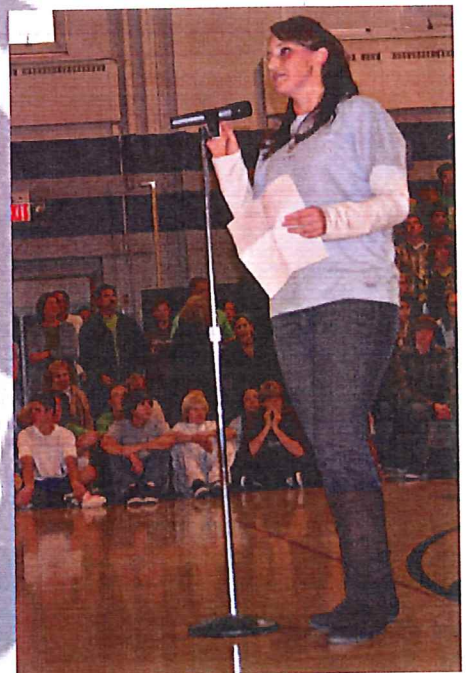
"On a bad day, you  
can work through it  
and smile."

-Mrs. Congilosz

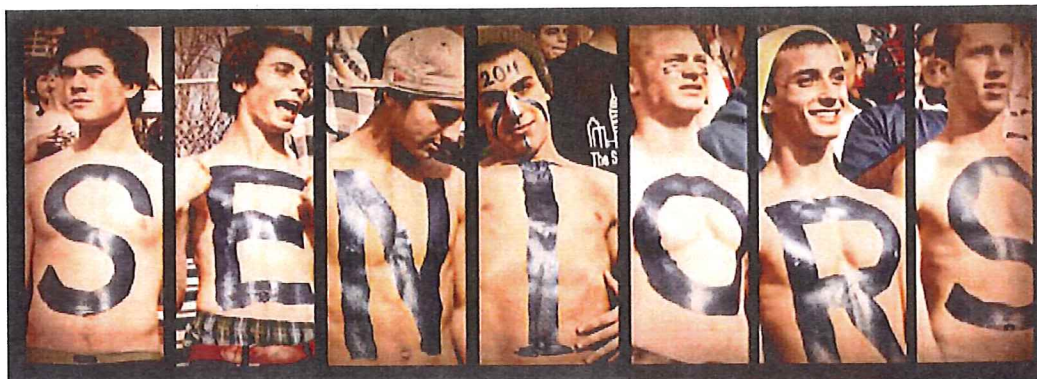


"Everyone puts a lot of  
work into making the day  
great!"

-Mr. Hyland.







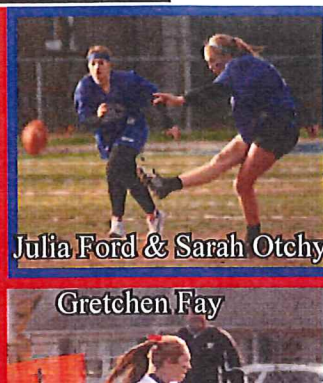
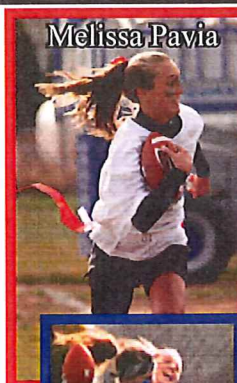
### By Mary Cavagnaro

Students poured onto the sun-bathed field on Wednesday, November 24th, or more commonly known in MHS as the Peprally day. "Senior State of Mind" Seniors had just swept the competition away and now the entire school was waiting for the highly anticipated Powderpuff Football Game. Junior and Senior girls had signed up in the previous weeks and trained to become the best at this tradition. "My favorite part of the Powderpuff Game is getting pumped up before we run onto the field," said Katelyn O'Neill, senior defensive linebacker. The Manasquan Warrior band began the cadence

for the "chop" as the Junior Powderpuff team bursts onto the field in a flash of red and white. Cheers rang out from the stands as the Senior girls stormed the field and huddle in the center. The football was kicked off and the game began. Tensions ran high as the score went up and the time ticked down. Senior touchdowns were scored by Danielle Lopez, Sara Hyatt and Julia Ford. The Jolly Juniors put up a great fight with a touchdown from Merideth Bryant, but the City Seniors were determined to make a spirit week sweep. With a final score of 21-7, the game ended and brought a great finish to

**SPIRIT WEEK 2010!**

Melissa Pavia



Julia Ford & Sarah Otchy

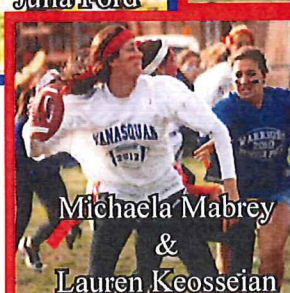
Gretchen Fay



Sara Hyatt  
&  
Julia Ford

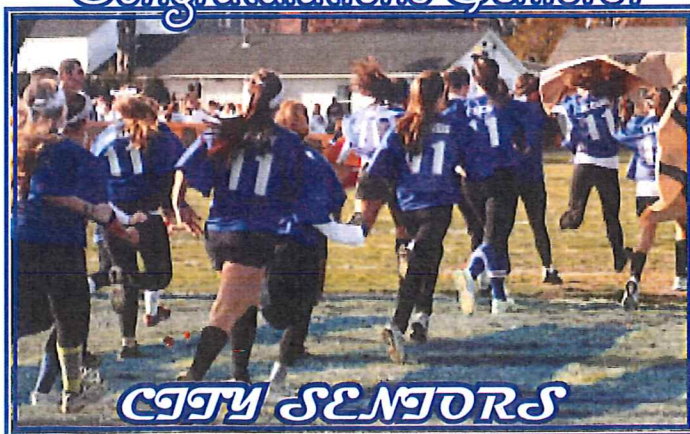


Michaela Mabrey  
&  
Lauren Keosseian

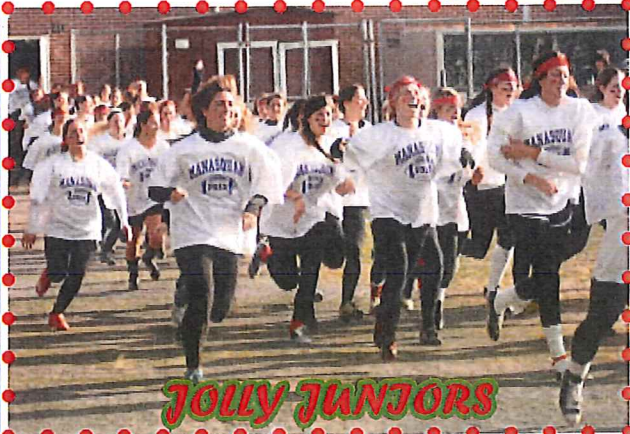


Sarah Kirk

## Congratulations Seniors!



**CITY SENIORS**



**JOLLY JUNIORS**



# How To ...

## Keep Your Parents On Your Good Side

By: Steph Leather

Every student has those days when they come home exhausted, in pain from gym, brain is pounding, legs numb. They're met by homework. They finish it in an hour or so, lay on the couch, and just as their about to get that hard-earned hour of rest before dinner... they hear, "What are you doing? Why is the kitchen is a mess? Where is your sister? Is her homework done? Is your homework done? Did you father say when he was going to be home?" The force called 'MOM' bombards you with questions. You roll your eyes and let out a heavy sigh, "Watching T.V.... Ask your son... Upstairs doing homework... Just finished...Just left..."

She opens her mouth to protest, but you roll your eyes and agian and she pulls the old, "I've been at work all day and now i have to cook, clean, and do everything else since no one in this...." You tune her out. Why is she always so annoying. Doesn't she get that you were at school all day too?

### Remember...

we are going to be in their shoes one day and since they dealt with us through all the throw ups and shivers and dirty diapers and the insane children we all were. we should probably be nice to them. Try these tips and put ion a smile instead of the annoyed frown we all do and suck it up.

### Make Dinner

anyone can just take something out of the freezer. Really make your parents happy with a home made meal, they'll love you for a whole week.

#### Chicken Fingers

Ask your mom to swing by the store and grab:

No Stick Cooking Spray: PAM

Chickem Breasts

2 Egg whites

Cornflakes Ceral.... not Frosted Flakes that have sugar

Plactic lunch Bags, a big one works really well

#### Follows these Directions:

\*Pre-Heat Oven to 400 degrees and spay a cooking sheet with PAM.

\*Put 3 cups or more into the plastic bag and crush them really well. Like really REALLY well.

\*Put the egg whites into a bowl and mix them around for a few seconds.

\*Take a chicken breast and dip it in the egg whites. Make sure its covered really well.

\* Put the chicken breast into the plastic bag of cereal and shake until it is completely covered.

\*Put it onto the cooking sheet.

Cook 8-10 minutes.

#### Enjoy!

**No Joke,** I made this in like a half hour. I made 16 pieces, don't ask why... I just did. Anyway, there were 3 pieces left. THREE! I have 3 little brothers and my mom and dad. Trust me. I am not good in the ckicken, I could burn water. But this recipe is AMAZING! Now every Tuesday is Steph's Chicken Finger Night. Seriously Try it!

### Babysit

your parents, believe it or not, do like to go out for dinner and get away from everything. So really throw them off and do something with your siblings

#### Take them to a movie

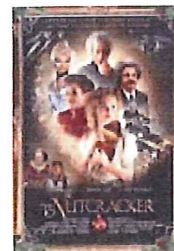
Even though we deny it, who doesn't love to see a little kid movie. We grow up way to fast and sometimes, we need to slow down. So ask your parents (if you can't drvie) to take you to the movies and ask them to pay too- they'll be mor ethan happy to get their kids out of their hair for one night. You get to go out and see a free movie... even if it is really childish.

#### Get Pizza and Rent a Movie

Think about it... how often we spend a saturday night sitting around the T.V. watching a movie and eating Pizza. Seriously, alot. Ask your parents to order a pizza and get movie that's kid friendly. We could all sacrifice ONE Friday or Saturday night.

### Movies in the theatre

\*Tangled\* Megamind\* Nutcracker in 3D\*



### Movies on DVD

\*Finding Nemo\* Shark Tale\* Toy Story 3\*

\*Despicable Me\* Sorcerer's Apprentice\*

\*Shrek 3\* Diary of a Wimpy Kid\* Ice Age 3\*



# NO SMOKING PLEASE!

by Katie Quinn

Year after year, students come and go from Eagle Park, leaving only a cigarette butt in their wake. Eagle Park is more commonly known as the infamous "Smoker's Corner." At the corner of Broad Street and Woodland Avenue—rain or shine—small groups of Manasquan High School students stop in the morning for their daily cigarette break. The sight is common for someone driving by the park early in the morning, someone walking to school in that direction, or someone like me who parks on Woodland Avenue. For the past two years an upperclassman drove me to school and I thought very little of walking through Smoker's Corner or the people who gathered there. Now as a senior, I walk through the park by myself and I have begun to think more and more about these students and what they are doing to themselves.

**S m o k i n g .**  
Everyone knows how unhealthy it is. One in two lifetime smokers

will die from their addiction. Possible effects of smoking include many types of cancer including lung cancer, higher heart rate and blood pressure leading to heart attacks and strokes, emphysema, and many other lasting effects. One shocking statistic is that three out of four deaths from heart disease in younger people are due to smoking.

Smoking is an addictive, disgusting habit to break. So why doesn't anybody do something about

Smoker's Corner? Why is it that a small park, created by a student in hopes of attaining the position of Eagle Scout with the Boy Scouts of America, is now home to students intent on permanently damaging their bodies? Why doesn't the crossing guard say something? Why don't the police, who are the crossing guards many times throughout the year, do anything? Why does everybody just ignore the kids at Smoker's Corner? While it may be illegal for students

students, who take a break at the park in the morning or cut a study hall in the middle of the day, take away the respectable reputation that the majority of MHS's student body deserves.

Senior Torri Jaime said, "One day I had to leave school early and on my way out I saw two girls taking a cigarette break at Smoker's Corner. The first question that came to my mind was why were they there? This was also not the first time I

had seen people there during school hours." Meanwhile other students are unfamiliar with Smoker's Corner. Senior Leigh-Ann Baragona claims, "I've always heard about Smoker's Corner, but I've never actually seen anyone there." While this is promising, the fact remains that almost everyone has seen Smoker's Corner—people driving by, parents dropping their kids off, and perhaps most upsetting, elementary school kids arriving early to

school. While Smoker's Corner still exists, the reputation of Manasquan High School and its student body is terminally scarred.

After nearly three years of walking through Smoker's Corner day after day, there are three things I know for certain. I will never smoke a cigarette in my life. I will never park near Smoker's Corner again. And most importantly, I will leave more than a cigarette butt in my wake.



under nineteen to buy cigarettes, the reality is that there is nothing illegal about smoking them. So what is there left to do? That question is something needs to be addressed by town officials.

One thing that can be done is that students at Smoker's Corner need to realize and be aware of the fact that their early morning cigarette breaks ruin the reputations of the entire student body at Manasquan High School. These ten or fifteen



# “Ready...Set...Relax...”

## Workshop Dissolves Students' Stresses

By Lauren Strazdis

Tired of dealing with crazy amounts of stress? Wishing you had some time during your hectic days in school to just sit back and relax? Come take part in the brand new stress management workshop, “Ready...Set...Relax...” Numerous students have already participated in the program and are greatly anticipating its return next month.

The program's creation began last year, when Manasquan High School received a grant from Project SERV to develop new programs for the student body. Surveys were distributed to a number of students asking what type of program they would find helpful if it was offered the following year. Stress-relieving activities such as yoga were popular suggestions, so the “Ready...Set...Relax...” workshop was produced. Since its creation, the stress management program has attracted about 40 students. Classes are held twice a week on Tuesdays and Thursdays during 3<sup>rd</sup> and 4<sup>th</sup> blocks. The workshop follows this schedule in six week intervals and has just completed another successful session.

Students taking part in “Ready...Set...Relax...” spend study hall in Room 304 with Denise Wegeman. Each class consists of different activities to help students learn ways to cope with stress. During the first few sessions of the workshop, participants filled out “stress hearts” to define what stresses them out and the amount of stress each factor brings. In following sessions, students were taught progressive muscle relaxation, where they started relaxing one part of their body and spread the relaxation to other parts.

Another activity called “guided imagery” has also been incorporated into classes. Each participant grabs a yoga mat, lies down on the floor, and closes their eyes as the classroom's lights are turned off. For 25 minutes, everyone listens to soothing music and focuses on breathing deeply. Ms.

Wegeman encourages the students to imagine being in “a place where you feel most relaxed and comfortable” which, for her, is usually the beach. She also instructs them to focus on their five senses (sight, sound, taste, smell, and feel) and apply them to the imagined environment. She explains, “For example, at the beach you would see the ocean, hear seagulls squawking, taste and smell the salty water, and feel the sand on your feet.” This activity provides an undeniably relaxing experience, leading some participants to even fall asleep!

Music also acts as a critical tool in the relaxation process and is often used in the program. In a few sessions, participants listened to a sound machine that played the sounds of chimes,

rainstorms, and other relaxing noises. Each student shared which sounds they found most relaxing and which, if any, made them feel more anxious. Instrumental music is also played during meditation sessions, including the guided imagery activity, to encourage students to relax and to help them imagine a calmer environment.

Mrs. McCoy, the driving force behind the creation of the seminar, says “Everyone struggles with stress. Stress management is a great life lesson to learn and this workshop helps to teach students coping strategies.” Senior Brian Palsi, a student who has attended almost all “Ready...Set...Relax...” sessions, agrees, adding “It's a great way to sit back and concentrate on ways to relieve stress.”

Another student, senior John Karwecki, started participating in the program last week after hearing about it from a classmate. He found the experience extremely worthwhile, stating “The class was very rewarding. It was nice to have a moment to relax instead of constantly worrying about schoolwork, and it made a real difference in the quality of my day. I'm really glad I participated.” When asked if he plans to continue taking part in the seminar next month, he immediately replied “definitely”.

Due to its popularity, “Ready...Set...Relax...” will return after holiday break, most likely during the week of January 4<sup>th</sup>. If you are interested in taking part in this highly recommended workshop, see Mrs. McCoy to sign up or simply stop by Room 304 during your study hall to meet with Ms. Wegeman and other participants in the workshop. I highly encourage everyone to take part in this seminar at least once. Even if you can't go regularly, attending just a single session or two can reduce your stress tremendously. If you find that the program is not for you, you are not committed to continue partaking in it. But, according to participants, this stress management course is truly a rewarding experience that will keep you coming back!



**READY...  
SET...  
RELAX...**

**LEARN HOW TO  
MANAGE THE STRESS  
AND ANXIETY IN YOUR  
LIFE**





# Blue & Gray Super Seasonal Special Section Happy Holidays!



## Long Legs, Bright Lights, Radio City

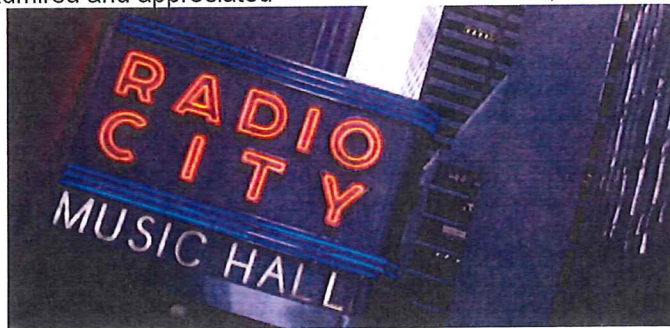
By: Melissa Mastrorilli

There is nothing more incredible than Christmas time in New York City. Maybe it's the ice skaters in Central Park, the window displays at Saks Fifth Avenue, or the striking Christmas tree at Rockefeller Center. Whatever the best part of this enjoyable time is for you, it is undeniable that the Radio City Christmas Spectacular is truly admired and appreciated by people around the world during the holiday season.

The infamous Rockettes have been kicking their long legs since 1933, and have only become more valued and adored as time progresses. Originally named the Roxyettes, this group of talented women has always been known for their precision and accuracy on the stage. Annually, thousands of women audition to fulfill their desires to dance in the company and be a part of the legendary kick line.

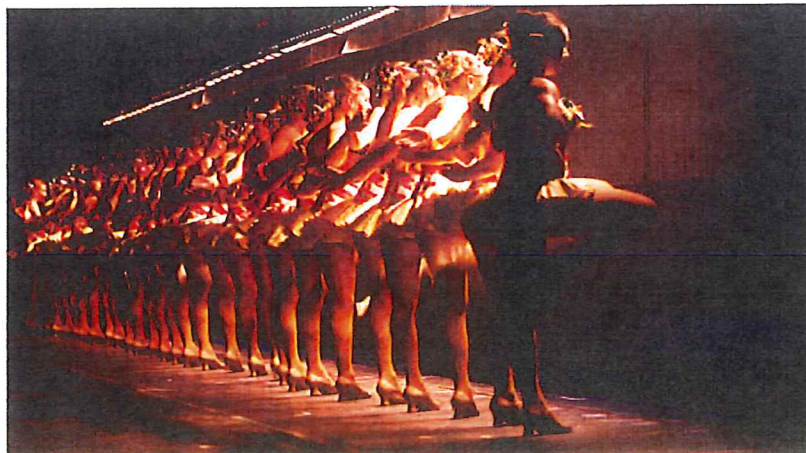
Although being a Rockette seems like a job full of fun and leisure, the requirements and hard work that come along with this career are grueling. First off, everyone who shows up to audition is measured to see if they fit the 5'6 to 5'10 height requirement. If you don't pass the test, you go home – no exceptions. In addition, most women who are a part of the dance company had to try out numerous times. The auditions are no joke. Expertise in jazz and tap are absolutely required, while training in ballet is important, although not mandatory. The choreography in each and every dance number requires demanding exactness and contains very tough steps. In addition, this 90 minute show results in the Rockettes changing in an impressive total

of 1,300 alluring costumes. However, this is exactly why the Rockettes receive intense applause after every show. From appearances on the Tony Awards, Dancing with the Stars, and the Super Bowl Halftime Show to Presidential inaugurations and commercials for renowned products such as Diet Coke, the Radio City Rockettes have stunned



viewers all over the world. Despite all of these impressive performances, the most notorious is undoubtedly the Radio City Christmas Spectacular.

The Christmas Spectacular is broken up into 12 awe-inspiring acts. In 2007, the show was dramatically changed and updated with new and exciting features. For some viewers, the biggest hit is the thrilling 3D ride through New York City on Santa's sleigh. For others, it's the immense 13,900 pound double-decker tour bus where the Rockettes display the beauty of Rockefeller Center and Times Square. Other new effects include indoor snowfall and fireworks that light up the span of the entire room. Although these new additions have been inserted into the show, the Christmas Spectacular kept the tradition alive with the "Living Nativity" scene (which includes



real camels, sheep, donkeys, and even a reindeer) and their trademark "The Parade of the Wooden Soldiers", which has been danced since the first show back in 1933. With all of these exciting and breathtaking parts of the show, there is no wonder that the Christmas Spectacular receives about 2 million viewers each year.



# Holiday Nutrition

By Kristie Sweeney



'Tis the season for gifts, snow, holiday celebrations... oh and nutrition. With the confusion and busyness that comes with the holidays we always seem to forget about our health. Holiday feasts are a great time with family and friends but the food we eat at these festivities can be less than nutritious. In December we are tempted with holiday cookies and foods our grandmother only makes once a year. Over indulgence is not uncommon. Some pack on 5 to 10 pounds of body fat during the holiday months while others stay at the peak of their health and fitness. So, how can you avoid the holiday bulge and feel healthy during the winter months?

First of all, to truly enjoy a holiday meal you must not limit the foods you eat, but rather the amount of these foods you are eating. Of course staying away from buttery mashed potatoes, sugary cookies, and fatty ham are all great choices, but once your at the party it's unlikely you'll be able to resist. Eating in moderation is very important. This proves true not only for surviving the holidays relatively unharmed by food but also for maintaining a healthy lifestyle and body weight during your everyday life. When scientists studied the brain they discovered that people receive less enjoyment out of a food the more they eat it. This means that by trying smaller portion of food you can receive 90 percent of the satisfaction at 10 percent the calories.

Second, don't "save" your appetite in anticipation for a big holiday feast. To speed up your metabolism and avoid binging on unhealthy foods later, you should eat 6 small meals through out the day. Though, what you choose to snack on is also important. Foods that are heavier in weight have been shown to control our appetite, because our brains monitor how much we eat based on the weight of our food. Once we eat a certain weight of food our bodies will automatically stop eating and we will feel full. Eating heavier foods like soup and fruit give us more satisfaction than light foods like chips and popcorn. Also remember to never leave for a party on an empty stomach; you will most likely overeat.

Third, sit down dinners and parties tend to last for hours so eat slowly. Rushing through a holiday meal may be the cause of all your holiday problems. It could be the reason you go up for seconds, stuff yourself full of food until you can hardly move, and leave the dinner table without ever feeling fully satisfied. Sitting at a large table with hours to kill is a recipe for boredom. You may find yourself mindlessly going up for seconds and thirds just to pass the time away. This can also be useful if you want to avoid overeating and feeling too

full. It takes at least 20 minutes for our brains to signal that we're full so by eating slower we are more likely to consume fewer calories before this realization.

Fourth, don't socialize near the appetizers. When you stand near the appetizer table at a party, it's usually only minutes before you unconsciously start grabbing for the hors d'oeuvres. You may be shocked to learn just how many calories you are consuming before the main course is even served. For example, it would not be uncommon for someone to eat a cup of mixed nuts, 4 crackers with cheese, 3 handfuls of grapes, 2 pieces of broccoli with vegetable dip, and a handful of M&M's. This munching adds up to be around 1,000 calories, which is half the amount most people need in a day. So, do yourself a favor and stay far away from the appetizers.

Fifth, be mindful of liquid calories. Don't just sip away, you may be shocked when you realize how much fat, sugar, and calories are in your favorite holiday drinks. Hot beverages from star bucks and most other specialty coffee shops have hot drinks that usually range anywhere from 200 to 500 calories, and although tasty, these beverages have nearly no nutritional value. A cup of Swiss Miss hot chocolate may seem harmless, but with milk you could be consuming around 200 calories for a single cup. Eggnog, another holiday favorite, is even worse when it comes to calories. At a low, a single cup of eggnog can have around 250 calories while its high is around 350 calories. These warm holiday beverages are all high in calories, but they do have another thing in common. Sugar is an abundant ingredient in all of these drinks and it can make you feel tired and moody. People tend to mindlessly sip drink after drink down, but the next time someone offers you a hot beverage you might just find settling for a cup of tea would be in your best interest.

Lastly, try to work out before you eat a big meal. This can be hugely effective when trying to maintain your weight. After exercise, when your body has just worked hard, your metabolism is also working hard. Evidence has shown that you burn more calories after a hard workout, so always try to exercise before you eat, but any exercise will help you maintain your weight and maintain your health.

The holidays are a time to enjoy the company of others, give and receive gifts, and eat delicious food. But just remember, it doesn't have to come at the cost of your health. Eating and drinking mindfully can help you maintain a healthy appearance and body while giving you an opportunity to enjoy all of your favorite meals.



# Christmas in Scotland

By Gwynne Alden

Christmas in Europe isn't as different as different as Christmas here. You would be surprised to know that many traditional Christmas customs we have here, are also customs for some countries in Europe. One of these countries is Scotland.

To begin, the holiday starts off with the decorating of houses and trees. Just like us, Scots hang up wreaths, light candles and of course purchases gifts. On Christmas Eve, the children immediately hang up their stockings in anticipation for Santa to come and fill them up with all sorts of presents. Another familiar tradition of the Scottish children is setting out bits of food for when Santa arrives. Instead of the untimely milk and cookies, like we do here, they leave a small glass of whisky or milk and a mince pie. They also leave carrots for the reindeer. Then the children get into bed and wait for Santa to come in the morning.

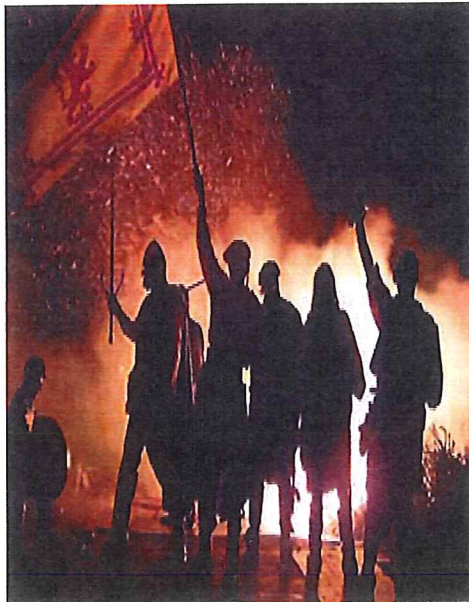


Hogmanay is celebrated in Scotland with fireworks every year

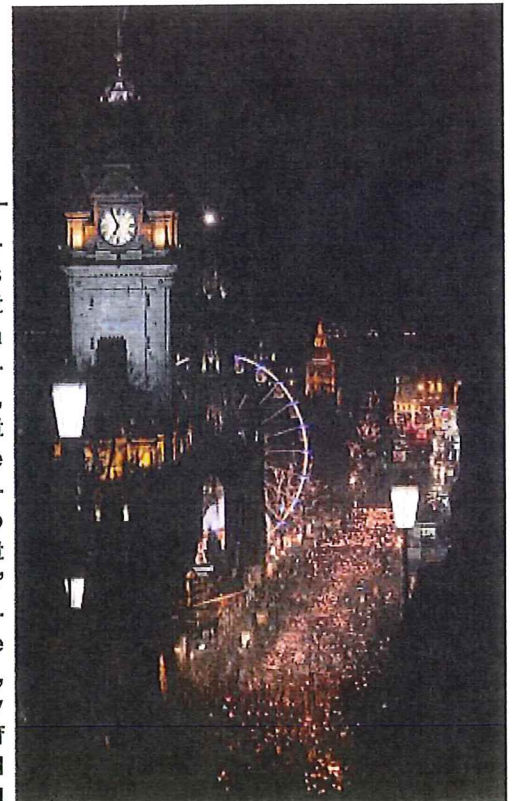
## Hogmanay-Scotland's New Years Eve

New Years Eve is referred to as Hogmanay in Scotland. The holiday starts with "first-footing" which is the first person crossing the threshold of a friend or neighbor and giving symbolic gifts such as salt, coal, shortbread, whisky, or black bun (fruit cake) meant to bring different kinds of luck to the householder. The first-footer is supposed to bring the luck for the year to come. Other traditions are taking out customary decorations such as 'balls' of chicken wire filled with old news paper, dried sticks, or other flammable things. These objects are set on fire, meant to provide a magical display of light for the holiday. The rest of the day is filled with family, food and cheer. Hogmanay usually goes on till New Years Day, or sometimes the day after which is a Scottish Bank Holiday.

On the morning of Christmas, everyone gets up and opens their gifts. They are all extremely excited and overwhelmed with joy. Then, like here, many get ready to attend church where they sing a lot of Christmas carols. When they get back, the parents will prepare Christmas lunch while the children play with their new toys and also spend time with family members they do not get to see often. A little while later, after a huge Christmas feast is consumed by the whole family, there is a party. The party includes dancing, singing songs, playing games or watching classic movies together. Then, it's off to bed, for everyone is exhausted from such a long and eventful holiday!



Scottish men set alight, their household appliances for tradition.



Celebrating Hogmanay in the streets of Scotland





Above is considered "The Tallest Christmas Tree" in Umbria, Italy.



This is the beautiful scenery found in Italy during the Christmas season.

## Natale in Italia

By: Annie Zappulla

When we think of the Christmas season, we automatically think of Santa Claus. We reminisce about all of the elves creating tons and thousands of toys in their little workshop for this one special day on December 25. On Christmas Eve, Santa Claus flies around to every house in the world. As he shoots down each family's chimney he is greeted with a plate of cookies and a glass of cold milk for his pleasure, and some carrots for the reindeer. After enjoying the homemade treats, he places presents under the tree and stuffs the stockings for all the children who have been good this year.

In Italy, there is a somewhat different traditional story. On Christmas Eve, Italian children set out their shoes for an Italian old lady, La Befana (faded picture above). It is said that La Befana was told by three kings about the birth of baby Jesus, but she was busy and did not visit the newborn. She later realized what a mistake she made and tried to follow the three kings, but lost her way. She has been flying around ever since, leaving presents for all the young children. In the shoes that the children leave out, you can find all kinds of toys, candies and fruit. If the children were bad the past year, their shoes would be filled with coal.

The Italian Christmas season goes for three weeks. It starts eight days before Christmas Day which can also be called Novena. The children go from house to house greeting each individual with Christmas poems and songs. Sometimes, there are shepherds that gather in the villages where they also play and sing Christmas songs. While doing this, they receive tips from the people which give them the money to buy presents. Once on Christmas day, the pope blesses everyone gathered in the Vatican square. This midnight mass is the most popular mass given by the Pope. If you cannot attend, it is shown on a big TV screen in the square.

In America, the tradition is waking up on Christmas morning finding presents set under your Christmas tree to open that very

morning. In Italy, the children wait until January 6<sup>th</sup>, Epiphany, to do this. The Epiphany can also be called The Feast of the Three Kings. Before this, there are many events that occur to begin the celebration of Christmas such as on December 8<sup>th</sup>. On this day, the Italian's rejoice the Feast Day of the Immaculate Conception. This is a time to think of Mary and her important role in Christmas.

Much like us, the main focus of embellishment is presepe, or the Nativity scene. Almost every church contains one. A special nativity is Manarola in Cinque Terre which is powered by solar energy.

The Italian streets, shops, and homes are adorned all over the place with fruit shaped decorations. These decorations and Christmas trees are becoming more popular each year. You can start to see lights up on houses as early as the end of November.

The best residence for lights is the Torino. Over 12 miles of streets and other such places in the town glow with some of the best illumination artists. Another main attraction for the Christmas season is a tree over 2,624 feet tall and made up of 450 lights which is put up on December 7<sup>th</sup> every year before the feast that was mentioned earlier. You can see the shining star on top of this great tree from 50 miles away. It was named "The World's Tallest Christmas Tree" in the Guinness Book of Records in 1991. You can find this near the top of Monte Ingino in Umbria.

Rome is another city to visit during Christmas. Rome contains a large Christmas market, many nativity displays, and several Christmas trees. As many places have nativity scenes shown, the best is in Naples. Their other tradition is the Christmas Eve dinner that includes many different types of fish. In Rome and Naples, they celebrate with bagpipe and flute players. The players consist of many colorful costumes. They often travel from the mountains just for this important occasion.

Italian people tend to fast for twenty four hours before Christmas. A Christmas Eve

dinner called Cennone is served. This includes fish, vegetables, fruits, and sweets. No meat is served. A certain dessert is prepared called panettone. This is a light Milanese cake with chocolate. Another treat is pandoro, a famous cake which originated from Verona.

Christmas lunch is Tortellini in Brodo. This is Italian for pasta parcels in broth. Unlike the Christmas Eve dinner, dinner on Christmas day is usually meat based. Overall, the greatest feast is called Saturnalia.

There are many different types of desserts that can be served during the Christmas season. Mentioned before, panettone is one of those many desserts. Others that can be recognized are Spumetti (a chocolate hazelnut frosting), Zucchini in Agrodolce (sweet and sour zucchini), and struffoli (honey balls). Some more are torrone (a nougat), and a panforte (a gingerbread with hazelnuts, almonds, and honey).

An interesting fact concerning the holiday treats of Italy is that they must include nuts. It is said that the nuts flavor the richness of the earth and helps the growing families. Honey might also be included to make sure the New Year is sweet.

From personal experience, I called up my Noni (which means grandmother in Italian) to see if she had any traditions that followed some that I had researched. She didn't have any individual involvements, but she knew some information regarding her own grandmother. She told me that on Christmas Eve, they would annually play a game that's along the lines of Bingo. She also could remember that after noon on Christmas day, you would be served meat.

So as you have learned more about the Italian culture and tradition, you can see that there are many differences and similarities. As we all know though, the Christmas season is not just about the food and the presents, but it's about the people you spend it with. So let the season be jolly and have a Merry Christmas.





By:  
Josie  
Gratzel

***"On Christmas day soldiers really want to be busy and get tired, which for soldiers, is not a problem. The more tired you are and the busier you get, the less time you have to worry about your kids, your parents, your girlfriend, and your boyfriend."***

You look around, the dead body of your best friend lies next to you, the haunting image of the bright red running blood blinds your eyes. Hypothermia has struck you, but you don't even notice the cold anymore, for you've lost all feeling. You watch yet another one of your peers get taken down by you enemy and you find yourself screaming...another night terror...another sleepless night...

You awaken and look down at your bed. Its not "Your" bed however, for now it's a place to dwell. It takes but a glance out your window to see that christmas time is here( the ground is covered in a sheet of white snow) and you think of your family...your immediate family. Then your mind wanders to a memory of your commander in chief saying "This is your family now."

To get through this holiday season your mind will focus on these words.

When you allow your mind to linger, that is when you miss them...the beautiful faces of those you adore. It is during these times that you miss the simple things, like the changing of the seasons and the leaves changing their color, or the smell of the laundry in your house, most importantly you miss your life, the life you had before this.

Billy, a soldier in the army described being away from home as one of his biggest challenges. "Its really rough not being home," he said, "you have a family at home and the military is also your family, so its really difficult. You fight, sweat, and bleed next to the guys you are with everyday and when you home as much as you miss your family, you're dying to go back to be with your men." The universal message of christmas is one of "love and peace even as war con-

tinues to rage. Soldiers are relieved with small christmas celebrations. They hope to capture the spirit of christmas by engaging in the simplest of activities so that they may beat the irony of being engaged in conflict during the season of "Peace on Earth, Goodwill to men."

Soldiers will sometimes decorate their quarters with strings of christmas lights and some even hang stockings along with pictures of santa. When feasible, a special christmas meal is sometimes prepared in efforts to make a soldiers

Christmas somewhat special. If your lucky, you'll get a christmas tree brought in to put in your headquarters.

At times religious services are held with candles, christmas carols, and sermons. Prayers are usually offered for the safety of loved ones especially for children who will be spending their christmas without their mother or father. While they suffer from christ-

mas blues, many soldiers find that it's somewhat curable by spreading christmas cheer. Many will dress up as santa clause and hand out gift to orphans or other less fortunate children who are facing sorrow in their war stricken countries. Others will hand out food to and other practical items to needy families.

During the holiday season its so easy to get caught up in all the things we consider Christmas to be about. We lose focus and often forget about those who are out on the battlefield shedding their blood for this amazing thing called "freedom". So let's not forget our soldiers this December who are fighting for far more than just our own freedom, but for the freedom of all.

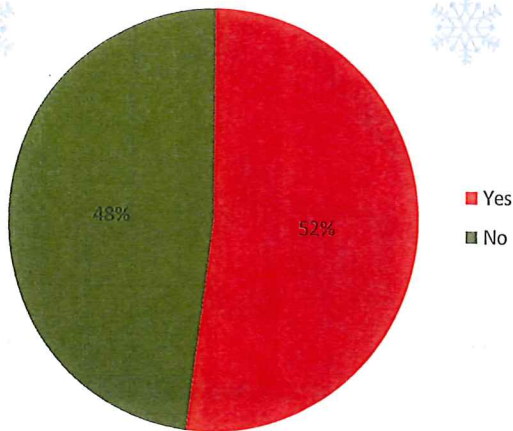
We often don't remember  
That the Soldiers in December  
Are fighting in a war  
But what are they fighting for?  
For freedom...

Freedom for you, freedom for me  
For a world perhaps in which one day  
All can be free

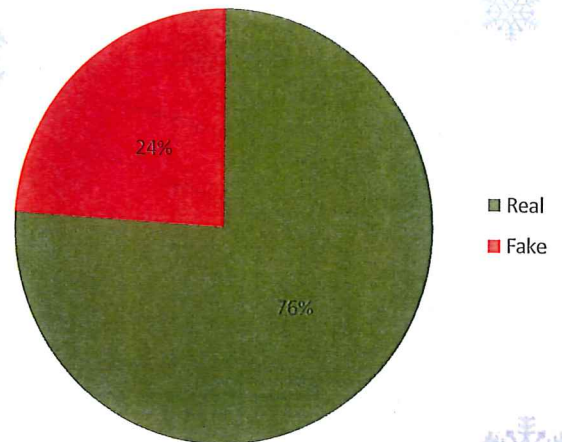
***"But despite keeping busy, you still worry. There is something missing from the day that refuses to let go, even in the intensity of combat."***



Do you think we'll have a white Christmas this year?

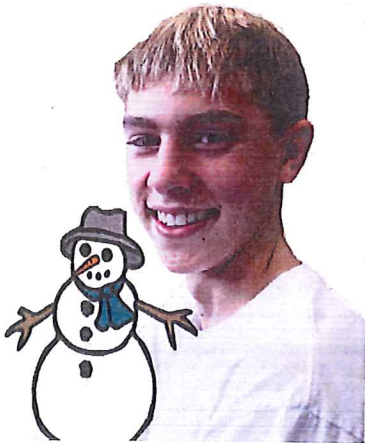


Do you decorate a real or fake Christmas tree?



*Favorite thing to do in the snow?*

**"Snowboard"**  
- Freshman Alex Carter



*What are your plans for holiday break?*

**"Hanging with the family, watching Christmas movies, and getting into the holiday spirit"**  
- Junior Billy Acciavatti



*What is your new year's resolution?*

**"To get better grades"**  
- Senior Chrissy Grasso



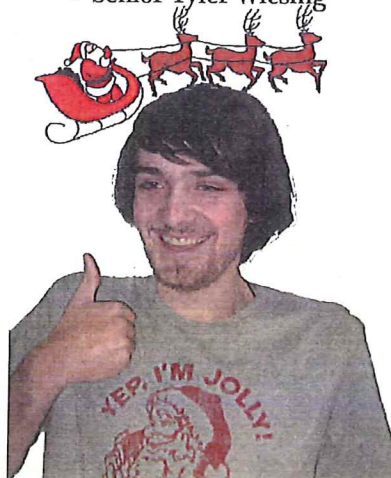
*What is the best part of Hanukkah?*

**"Getting to visit family and friends that I don't usually see"**  
- Senior Emily Kleinfeld



*Do you believe in Santa Claus?*

**"Of course, who doesn't?"**  
- Senior Tyler Wiesing



*Are you on the naughty or nice list?*

**"I am clearly on the nice list because I am forever spreading Gordonisms all year round."**  
- Mr. Gordon





# Resident Evil

By: John Karwecki

Resident Evil is often known as "the movie that made an enormous amount of money without actually being good". The reason for this terrible movie's success is the true fans of Resident Evil. Not of the movie, but of the original video game that started and dominated the survival horror genre in 1996.

As a part of the Alpha team of S.T.A.R.S (Special Tactics and Rescue Service), you have the choice of two characters, Jill Valentine or Chris Redfield. After choosing the character, the game starts with a cut scene describing the situation. After a string of murders in the Raccoon City forest, Bravo team is sent in to investigate. When several hours pass without word from Bravo team, Alpha Team is sent in to investigate the disappearance of the Bravo team and the murders.

While arriving in the forest on a helicopter, Alpha team spots smoke coming from the crashed Bravo team helicopter. While arriving to investigate the helicopter ruins, the team finds nothing but a severed human hand. Once discovered, a pack of what is thought to be wild wolves start chasing the team, who is forced to seek refuge in a mansion because the helicopter they arrived in left when the pilot got the heebie jeebies. Once entering the mansion, the team immediately realizes that a member is missing after hearing gun shots ring out. The character you chose is then told to investigate the noise. As Chris, you go alone, and if Jill was chosen, another member, Barry Burton, accompanies Jill. What they find is the body of Alpha team member Kenneth Sullivan, being eaten by a zombie (big surprise there).

After returning to the main entrance of the mansion, everyone else in the group is missing. Your new job is to investigate the mansion and try to find a way to leave. Very quickly, you realize that something is extremely

wrong with the mansion. The mansion, being a laboratory, is housing incredible amounts of monsters that are all trying to eat your head off...literally. As the game progresses, you start to realize the reason for the mansion's horror. A corporation called Umbrella is in the business of creating Bio-Organic Weapons, and they are just as screwed up as they sound. After their Bio-Organic Weapons got loose in the mansion, everyone left in fear of the monstrosity that was to ensue.

Although it seems that everything occurring was an accident, you soon come to find that all of it was a plan from your team leader,



Awww. Isn't he so cute?

Albert Wesker, who also works for Umbrella and was there to gather all of the information that was lost when the mansion had the outbreak. Having killed the entire Bravo team, Wesker's next goal is to kill you. While running from Wesker, you encounter monsters that range from mutated dogs to a giant snake that has been given the cuddly name of Yawn.

Despite being down the creek without a paddle, the scenario gets even worse with the discovery that the entire building is going to blow up right in the middle of your final battle with the scariest looking thing in the entire

mansion. After winning this battle, your helicopter buddy returns to pick you and what is left of your crew up and return you home, leaving the mansion to explode. Although the explosion should have killed everything that was left in the mansion, one sole zombie escaped and heads towards Raccoon City, setting up the game for the sequels.

Despite many flaws in the game, like the terrible voice acting, it has become an iconic series, setting the stage for sequels and games of the same genre. Resident Evil has sold 2.75 million copies and the remake for the Game Cube has sold 1.35 million. The game has also been considered one of the most important games in history and has received reviews of 4.5/5 stars by GamePro and 91% by MetaCritic.

The gamers of the 90's should remember the relief when you hear the now famous, "save room music" and the startling moments when various monsters jumped through windows or doors. This game will always be a classic and is worth giving another play. And if you're tired of playing this game, move on to one of the equally popular sequels.

With the success of the first game, Capcom, the creator of Resident Evil, decided to release several sequels. The second game, Resident Evil 2, is placed in Raccoon City with two different characters, Leon Kennedy, and Claire Redfield. In this game, the objective is to escape the city where everyone has been plagued by a zombie infection. Resident Evil 3: Nemesis takes place during the second game, playing as Jill Valentine again in a desperate attempt to escape the city before the government destroys it to prevent further spread of the infection. After these games, Capcom went in a different direction and replaced the Umbrella experiments with the La Plague. The best of the series are placed with the first 3 games and are forever classics.





Dear Samm,

My dad pays for my cell phone, and don't get me wrong I'm grateful that he does. My parents are divorced, I live with my mom and my dad lives two hours away. When I visit him; he demands to see my phone. There's nothing "bad" on my phone, but I feel my personal space is being invaded. I tried talking to him, but he just said, "Deal with it!" He said if I don't want him to see something, I should delete it. Then what's the point of him looking at it? How can I get my dad to respect my privacy?

-Can't Get the Message.

Dear Can't Get the Message,

I'm sure your dad means well by looking at your phone. After all, you are his little girl. You should try and talk to your mom. Depending on their relationship, she might be able to talk some sense into him. If that doesn't work and your father consistently asks you to see your phone, I would suggest coming up with a way to pay for your own phone. That way he won't have to right to look at it. You could also try asking your mom to pay for it for Christmas.

Love,  
samm<3.

Dear Samm,

I'm a 15-year-old girl whose parents treat me like an 8-year-old. They not only refuse to let me see any movie that isn't G-rated, but they still cut my meat for me! Once a week we go to the park, and they still push me on the swings. I don't want to tell them it's embarrassing because I'm afraid I'll hurt their feelings. Please tell me how to convey to my parents that I'm not a child anymore.

-Old Enough.

Need advice? Email Samm at [theblueandgray@yahoo.com](mailto:theblueandgray@yahoo.com), drop a letter in locker 219, or in Mr. Mawn's mailbox. Merry Christmas! (:

Dear Samm,

Ever since I can remember, my parents have fought constantly. Considering the fact my Dad is an alcoholic, I have kind of given up on him. I'm involved in many sports, but rarely does he show up to support me, unlike my mom, who is there at every game.

They are now separated. He still calls Mom just about every day, and he stops by the house to "check up" on things about three times a week. My Mom forced me to send him a "Happy Birthday" text. She wants me to start talking to him again and to build a relationship with him, but I think he has missed out on too much of my life already. (He even missed my first prom!) I don't feel that I need him in my life, or that he deserves me in his. What should I do?

-Not Daddy's Little Girl.

Dear Not Daddy's Little Girl,

You seem to be close to your mother, so ask her to explain to you why she feels it is important for you to include your father in your life. If he is trying to quit drinking, she may have good reasons for wanting you to. Unfortunately, I understand what you're going through. It may be helpful for you to check out a support group called Alateen. It was started to help young people whose lives have been affected by the compulsive drinking of a family member or a friend. Check out [AlAnonFamilyGroups.org](http://AlAnonFamilyGroups.org).

Love,  
samm<3.

Dear Old Enough,

I'm sure your mom and dad mean well, but sometimes children who are overprotected do not learn social skills and how to make appropriate choices when they are "supervised" to the extent you are. Tell your parents that you love them, but in three years you will be 18 and an adult. Say you know they love you, but if you are not allowed some freedom now, then you will be behind your peers because of your inexperience. Remind them that even kids half your age cut the food on their plates, and you would appreciate getting some practice. If this doesn't help them let go, then ask another adult to help you deliver the message.

Love,  
samm<3.



# IF QUESTIONS...

BY HANNAH ROESLER AND ANNIE ZAPPULLA

"IF YOU COULD HAVE ONE PERSON YOU KNOW BE YOUR SLAVE FOR ONE MONTH, WHO WOULD YOU CHOOSE?"

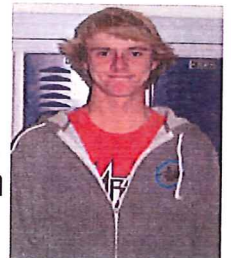
**"Scott Therman"**  
-Rob Paturzo



**"Thanksgiving because I do not like the food"**  
-Chrissy Grasso



**"Mr. Fagen"**  
-Mr. Roach



**"Easter"**  
-Ian Roden

**"Jimmy Gallagher"**  
-James Margetis & Kevin Lapmen



**"Facebook"**  
-Reagan Murphy



**"Jessica Alba"**  
-T.E. Westervelt



**"Field Hockey"**  
-Emily Barry

**"Sean Wooley"**  
-Kara Dibble



**"Tumblr"**  
-Maggie Gillespie

Senior Guess Who Answers!

1. Chris Capelli
2. Erin Healy
3. Liz Krajewski
4. Brian Allen





# Horoscopes

By Gwynne Alden



## Pisces

December is going to be a satisfying month for you including some romance. You may have to deal with a frustrating problem dealing with secrets being revealed everywhere. Unfortunately, professional attention will be hard to escape this month. The middle of the month will be positive though when work and money come into play. Your hard work will be rewarded and you will discover new experiences.



## Gemini

Pay close attention to those who you will be negotiating with this month, before making any final decisions. Times like these need extra thought and tact involved. A loan and/or payment will be in your ball field later this month as well as a creative project. Romance will also be quite a surprise for you at the end of this month.



## Cancer

The New Year just can't come fast enough for you Cancer! You're more than ready to finish work, projects etc. and on top of everything. Taking care of details is what's on your mind right now. Strong relationships and intense energy will show in the end of this month for you. Watch out though, changes will be needed in a partnership of yours.



## Taurus

Intimacy, finances and sharing are what's in December for you, Taurus. You will be the wallflower for the beginning of this month, while everyone else is busy all around you. You will find that at the end of this month there will be traveling and educational opportunities for you. On top of that, there will also come a creative job, aiming for you and your credibility will rise.



## Leo

The first three weeks of December are exciting, romantic and creative for you, Leo. Being the creative one you are, you will on a roll, producing hard work and being on top of opportunities coming at you.

The last week of this month will feature a job offer. Keep in mind, you want to be on top of your fitness and health and do not wait till the New Year to do so.



## Libra

You have a very busy, but pleasant period in time coming for you this month. Although it can get a little overwhelming with so much to deal with, you will be spending time with friends, siblings and neighbors which will lighten everything up. Family issues may appear toward the end of the month, but there is much hope for you to get through everything.



## Virgo

Much family and activity time is with you this month, Virgo. You're staying very busy with preparations and organizing, while still enjoying it too!

But make sure to relax as well. Sparks of love and creativity will fly your way and the holidays this year will include lots of love and romance!



## Aries

There will be tension in your heart this month but don't let it make you possessive of the ones you love. There is plenty of love to go around! The beginning of this month was very busy but will be lightening up soon. Use this time of freedom to spend time with those who you love, be careful to not over-book yourself.



## Capricorn

Family and past issues are in your future this month. While people are busy, rushing around for the holidays, you will be trying to make peace and figuring out a few personal things. Something towards the end of the month will have a positive effect on you for the New Year! You will need energy with you as you embark on a journey of personal change within yourself. But you can handle it! Keep in mind, you have to focus. But don't sweat it- that's what you're good at.



## Scorpio

Money is a big issue with you this month, Scorpio. Your energy and enthusiasm will surely be needed when dealing with a financial issue. Good fortunes will appear for you when the Full Moon comes out. Keep in mind, this month is full of financial issues, learning and communicating.



## Aquarius

New goals and opportunities are in store for you this month, Aquarius! Your friends and family will keep you alarmed and busy as well. Romance will stay low key for you until the New Year arrives, letting who and what you want enter into your life! It will be an easy month for you but save some energy for the middle of the month when you have minor money issues.

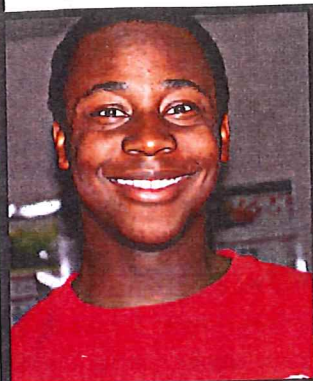


## Sagittarius

You will have a great deal of energy, and confidence with you this month, Sagittarius! But the last week of this month will wind down- for the better. Don't get too comfortable though! You will be on the move, and working harder than ever, while also encountering romantic opportunities- when you least expect them! Love is looking very good for you right now. During the last week of this month, a proposal involving money will affect you.



# JUNIORS & SENIORS



Curtis Jenkins



Keenan Thompson  
from Keenan & Kel

Michael  
Gratzel



Kid Cudi



Kristin Stewart



Maggie  
O'Malley



Ali Lohan



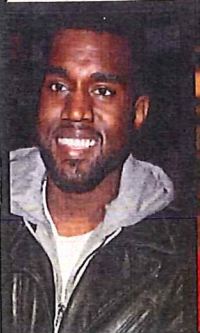
Nora Donovan



Ron  
Weasley



Evan  
Bloss



Kanye West



Amir Tillman



Katy Perry



Jessica  
Easton

Demi Moore



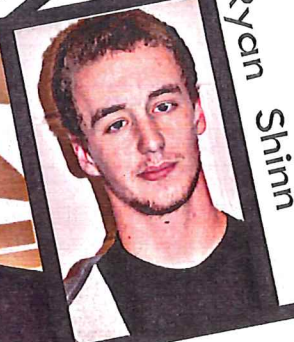
Haley Tomasulo



Justin Timberlake



Ryan  
Shinn

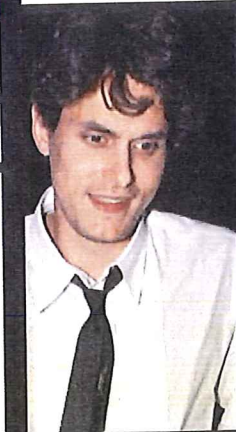


Devon Reynolds

Miley  
Cyrus?!



Or  
Shakira?



John Mayer



TJ Lueddeke





# BLUE & GRAY SPORTS



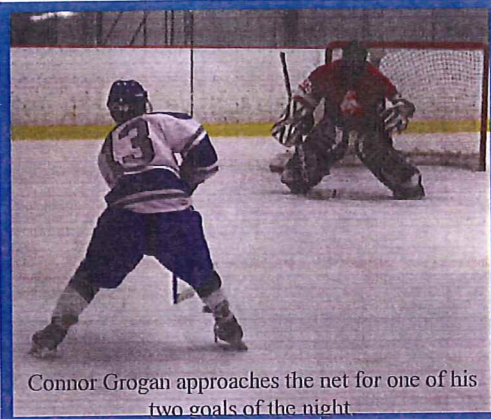
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## Manasquan Warriors Take to the Ice Ice Hockey Team Starts Season With 1-1-2 Record

By John Karwecki

### Manasquan Vs. St. Joe's Hammon December 1st

Manasquan's hockey team started with a boom this season, winning their first game to St. Joe's Hammon, 11 – 1. The game was cut short with 3:02 left in the 3<sup>rd</sup> period by the 10 goal rule. This game allowed Manasquan to see the true potential of their brand new goalie, Bronson Ligouri, who helped the team win their first game of the season. During the game Tyler Place and Kyle Wainwright scored Hat-tricks, giving Manasquan a huge moral boost for their next game on Wednesday. Besides a few problems during the game, including a St. Joe's player becoming injured after a hit and having to be carried out by fellow team mates, the first game of the Warriors Ice Hockey season was a great success. Kyle Wainwright, captain of the Manasquan Warriors, said "The team did very well and it was expected that we would win."



Connor Grogan approaches the net for one of his two goals of the night

Team Captain Kyle Wainwright carries the puck towards the opposing team's net.

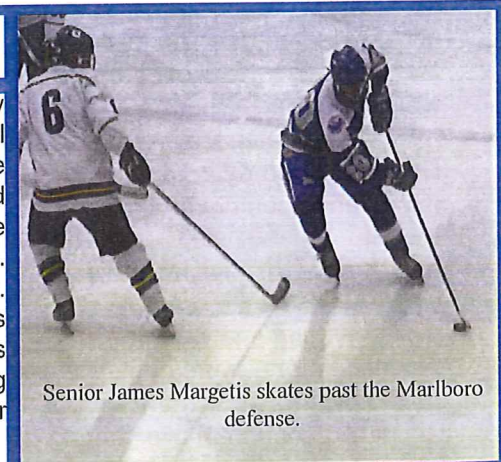


### Manasquan Vs. Red Bank Regional December 8th

Manasquan's second game against Red Bank Regional was not as successful as the first, ending in a 3-3 tie. With 12:30 left in the 1<sup>st</sup> period, Red Bank scored their first goal. Only 44 seconds later, Connor Grogan quickly replied with a goal to tie up the game. The game was then shifted to 2-1 when Red Bank scored again. The game stayed relatively unchanged until Chris Miller scored to tie up the game again at 11:56 in the second period. The tension was high for the remainder of the second period and most of the third. Taking the lead, Connor Grogan scored to put the game at 3-2 in Manasquan's favor. Moments later, Red Bank scored to tie the game up for the third and final time.

### Manasquan Vs. Marlboro December 11th

Unfortunately, during Manasquan's 3<sup>rd</sup> game, their luck ran out and they lost against Marlboro 7-5. Even though they didn't leave with a win, Manasquan still played a very tough game and it was neck and neck until the 3<sup>rd</sup> period. Scoring the first goal, the Mustangs set the pace to a high scoring game. Connor Grogan scored to tie the game up 2 minutes later. This started a game of cat and mouse with the Mustangs leading briefly only to have Manasquan score to tie up the game again. Goals were scored by Connor Grogan, Tyler Place, Will Conte, and Kyle Wainwright. With 1:35 left in the 2<sup>nd</sup> period, the Mustangs took the lead, scoring 3 more times with Manasquan only scoring once more to finalize the game at 5-7. With 20 seconds left, a Mustang player hit Manasquan player Connor Grogan after the whistle, starting a fight with every player on the ice. James Margetis was ejected from the game after a player's helmet was removed in the scuffle.



Senior James Margetis skates past the Marlboro defense.





# BLUE & GRAY SPORTS



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## Wrestling Team Hits The Mats

By: Steph Leather

Thanksgiving is the only holiday in the country where Americans are allowed to eat too much, fill their plates 20 times, and still want more. They eat and eat, gain 10 pounds, then watch the football game. Here, in America, we're lucky to have a day off of school and work just to eat. Except, not everyone can eat until they explode.

Wrestlers are always talking about making weight. They watch what they eat or eat a bit more. Some didn't eat as much on Thanksgiving, some ate too much. It didn't matter. The Saturday after Thanksgiving, the wrestlers were on the mats and ready to wrestle early in the morning. The season had begun.

There are 29 guys who are on this wrestling team. 10 freshmen, 5 sophomores, 9 juniors, 5 seniors. There were 34 last year with power houses like Vinnie Bellaran and Rob Forst. According to some wrestlers, this year the team have a comeback kid that is full of surprises, Anthony Desemo.

According to junior Matt Trice the team looks stronger and is more prepared. "I have good feelings. It's gonna be awe-

some." Kieran Walsh, also a junior says the team looks completely different and great. From the looks of it they are going to do exceptionally well and a lot better than last year.

According to Coach Voskian, the team is "pretty much the same as last year. There were only 3 seniors, but we were able to fill their shoes. Everyone is really excited to be back and they know what the coaches' expectations are." He also mentioned that Cory Phillips organized the pre-season training. Seniors Ben Warner and Mike Panzino have been with the team for 4 years now and look really good. But junior at Allied Health Cassin Lores could win 30 matches easy.

It is obvious that the team put in a good amount of work on the off season and they will definitely be success. But that success, as the coach says, is determined by how hard they work and how high they set their goals. They should be ready for their first match on the 20th. And they have a good chance of quieting all the hype about St. Rose's new coach, Kurt Peligrino. Be sure to come to a match, these warriors sure won't disappoint.



**Attention:**

The team still needs wrestlers for the 103 and 112 weight group. It's never too late to be a wrestling warrior.

See Coach Voskian Today!





# BLUE & GRAY SPORTS



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## Track Team is on Their Marks

By: Josie Gratzel

Track season started early December, and although they haven't had many meets, members of the track team have been hard at work. According to Junior Louis Mains practices have been "cold, tough, and demanding." She ran track last year and this year her goals are to "make varsity, get my 800 time under 3 minutes, place in a race, or get a medal.

They had their first meet this past Saturday December 18th 2010 and did rather well. Unfortunately for Lois Mains, due to a knee injury, she was not able to participate however she still attended the meet to cheer on and encourage the rest

of her team members.

The team did very well overall as a whole but some excelled significantly. Some that shined individually are Michaela Read, junior who ran field, seniors Julia Ford and Sarah Robinson, both who competed in sprinting, along with junior Tyler Dwyers. Sophomores Brier Hawkins and Tom Flannery both did well in their distance runs, along with Kaleigh Jordan who did rather well in sprinting. Though their next meet is not until January, members of the track team are going to continue to work hard for upcoming meets.

## New Faces Look to Lead Squan Hoops to High Places

Last year, the boy's basketball team celebrated victory after victory, as they racked up over 20

wins and finished second in the Shore Conference. The team featured memorable senior leaders, including Neal Sterling, Kevin Callahan, Zach Rodgers and Adam Cook, as well as MHS all-time leading scorer Matt Vadas. Those guys are gone now, and it's up to a new crew of younger players to pull this team in the winning direction.

Led by senior Nick Lustrino, junior Ryan Casey and sophomore Jimmy Walsh, the 2010-2011 Warriors are not afraid to follow in last year's team's footsteps. Starting the season at home on Tuesday, December 21, the boys intend to continue the winning.

Coach Andy Bilodeau knows that replacing last year's leaders will be a challenge, but he is unfazed. He told The Blue & Gray "We're a very young team in a new division, and we're dealing with some key injuries, but we are getting better every day."

Youth and inexperience are no excuse for this team. Coach Bilodeau has high expectations for his play-

By: Paige Bounassi and Catie O'Donnell

ers. The team's goals for the season are "as always, to be competitive in the league, and to qualify for the state and Shore Conference tournaments."

The team will look to one of its most experienced players, Nick Lustrino, for leadership this season. Unfortunately, Nick has been hobbling around on crutches lately, but he has been working hard to get back on the court. The team has already lost promising junior Alex Waga for the season, after he underwent surgery on his wrist last week.

But injuries are no excuse. Soon Lustrino will be back, and he'll join Casey and Walsh, along with seniors Nick Abbot and Shane McCoy, on the court.

Coach Bilodeau is approaching the season with a long range plan. He says, "We look to make sure we improve as the year goes on," and his past success proves that point. His positive thinking provides great reinforcement to his players and to all MHS fans. So don't get discouraged is the team struggles in the early season, as the new look varsity adjusts. Coach Bilodeau is ready to guide these hard working players to success.

**"We look to make sure we improve as the year goes on," Coach Bilodeau said.**



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