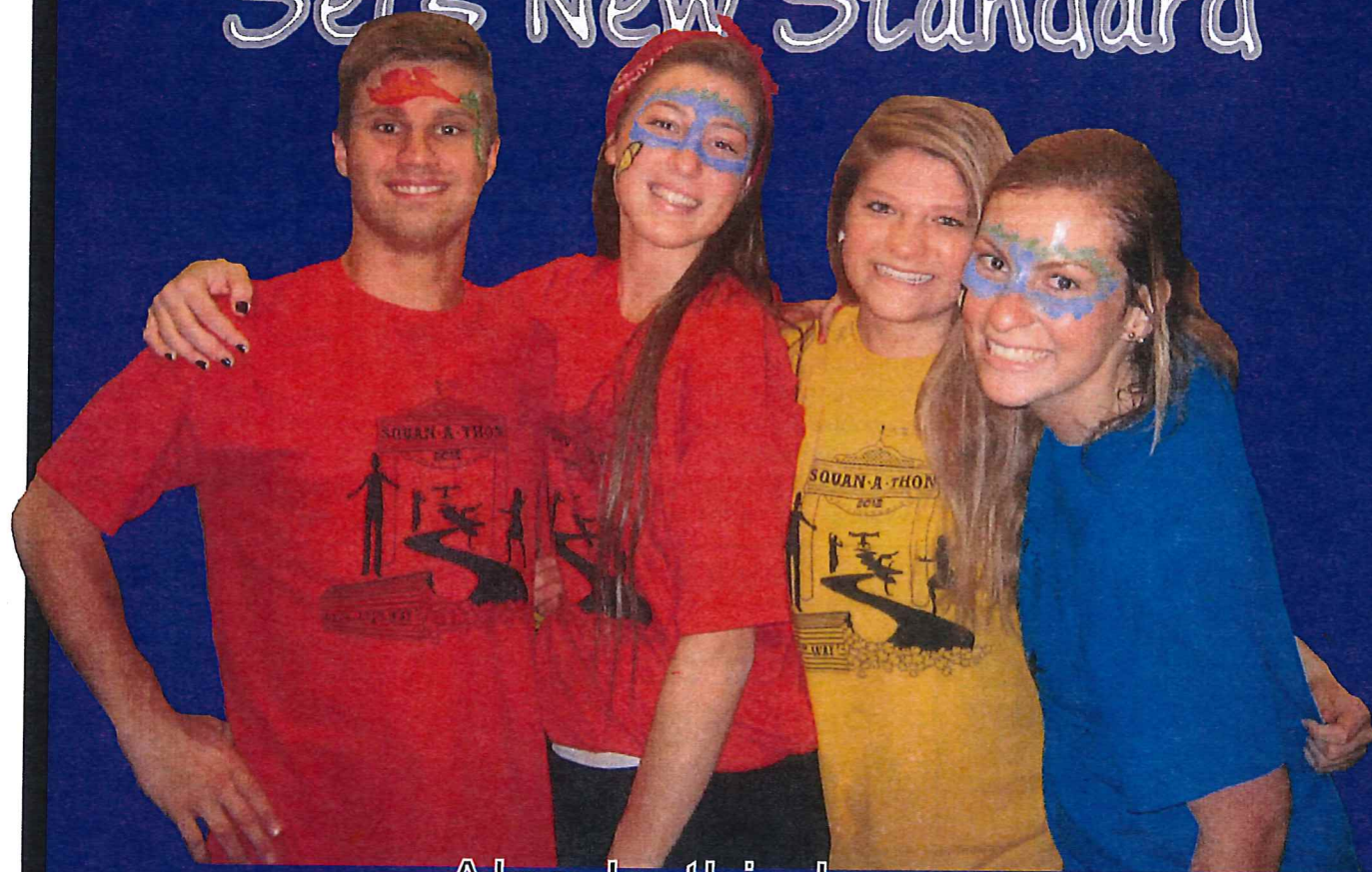


March 2012

Manasquan High School

The Blue & Gray 3rd Annual Squan-A-Thon Sets New Standard



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Senior Rachel St. Denis Wins Graphic Design Contest

Sometimes we take a class in high school because it is required; other times we take a class in a subject we love; and then there are times when we end up in a class purely by chance. Or fate.

That was the case for Rachel St. Denis, who wanted to take an art class during her senior year. But none of the traditional art classes were available when she scheduled. She ended up in a class with an art teacher, but not the class that would have been her first choice - Graphic Design.

This turned out to be a blessing in disguise. According to Rachel, Graphic Design was initially difficult for her, but as the semester moved along and she learned the software programs, she gained confidence and took greater interest in the class.

"Once I learned the programs, I felt like I could be more creative," Rachel says.

Projects became more interesting as Rachel unleashed her imagination. A reggae poster contest, a song lyric design and a greeting card stand out in her mind as memorable creations.



The highlight of Rachel's work in Graphic Design came after the course was over. Mrs. Treney

had entered each member of class in a diversity contest called "Embracing our Differences". Rachel's poster depicted a flock of sheep standing uniformly in a blue background, while one particular sheep features quirky, colorful details to make it stand out. With red stars on the body, cat-eye glasses, a green mohawk, purple nose and gold hoop earring, this non-conformist sheep represents Rachel's vision of diversity.

"All of the other sheep are clones," Rachel says, "but that one is wearing what it wants, being what it wants. To me, that's diversity."

Over 2300 high school students entered the contest, which is sponsored annually by the Embracing Our Differences organization. Its website, www.embracingourdifferences.org, has a link to other contest winners' work (check it out if you have a chance: the link is 2012art/).

As one of 45 contestants selected as winners, Rachel's work will be put on display for the world to see. It will be placed on a 16' X 12.5' billboard in Sarasota, Florida later this spring. At the time, a Best in Show winner will be announced. That winner will receive \$1000 - let's hope it is our very own Rachel St. Denis!



Rachel, pictured above with Graphic Design teacher Mrs. Treney, was surprised to win, but, of course, thrilled as well.

Left: Rachel's award-winning poster: "Don't be a Clone"

Healthy Heart Month "Builds A Sense of Family Support"

By: Steph Leather



During the week of February 6 through February 10, the Health Careers Club joined with the Student Council to raise money for the American Heart Association. Mrs. Elms, an advisor of the Student Council, said that it was a group effort. "Both clubs did a great job. They took over and did everything. The classes got really into buying hearts to decorate their doors. It is a beautiful thing." In the end, Ms. Boss raised the most money, beat Mr. Fagen's class and won a bagel breakfast.

Going into the week, Mrs. Elms' goal was to meet or exceed the donations collected last year, which totaled \$1,100. The Health Careers Club sold hearts to classes, while the Student Council sold red ribbons to students and teachers. On the last day, teachers at both the high school and elementary school wore jeans and donated \$5. As a result, this year's fundraising is expected to exceed \$1,700.

Be proud: MHS is one of the American Heart Association's top 10 school-donors in New Jersey.

From Library to Art Gallery!

By: Amy Pretz and Devin Gannon

The tables were lined with ceramic designs of swirling color. The walls were adorned with intricate pictures ranging from pencil, watercolor, acrylic and much more. On January 19th the library was transformed into a gallery showcasing the talented artists of MHS.

During the fall semester, the art students of AP art, ceramics, fine arts, and crafts diligently worked on creating masterpieces. Of these works, only the best were presented to judges, students and art lovers. The "Best in Show" winners of the evening were Kelcie Mack (Drawing), Madalyn Higgins (3D) and Sean Maldjian (2D). Sarah Kuper, sophomore, received "Most Promising Young Artist" award that evening with her elaborate, woven picnic basket. Second and third place winners included Alec Cichiello and Nicole Phillips for drawing, Catherine Van Stolk and Anne Zayatz for 3D, and Michaela Read and Louis Schiavone for 2D, respectively. In addition, many artists received an "Honorable Mention" ribbon during the art-filled evening.



Pictured Above: Art Show winners (back row, from left to right): Alex Cichiello, Louis Schiavone, Michaela Read, Anne Zayatz, Sarah Kuper; (front row, from left to right): Maddie Higgins, Sean Maldjian, Kelcie Mack, Nicole Phillips, and Catherine Van Stolk. Pictured in back: art teachers Mrs. Monaghan and Mrs. Caci.

Ms. Caci, art teacher, was thrilled with the results of the art show: "It was amazing to see all of the artwork from my students hanging on the wall."

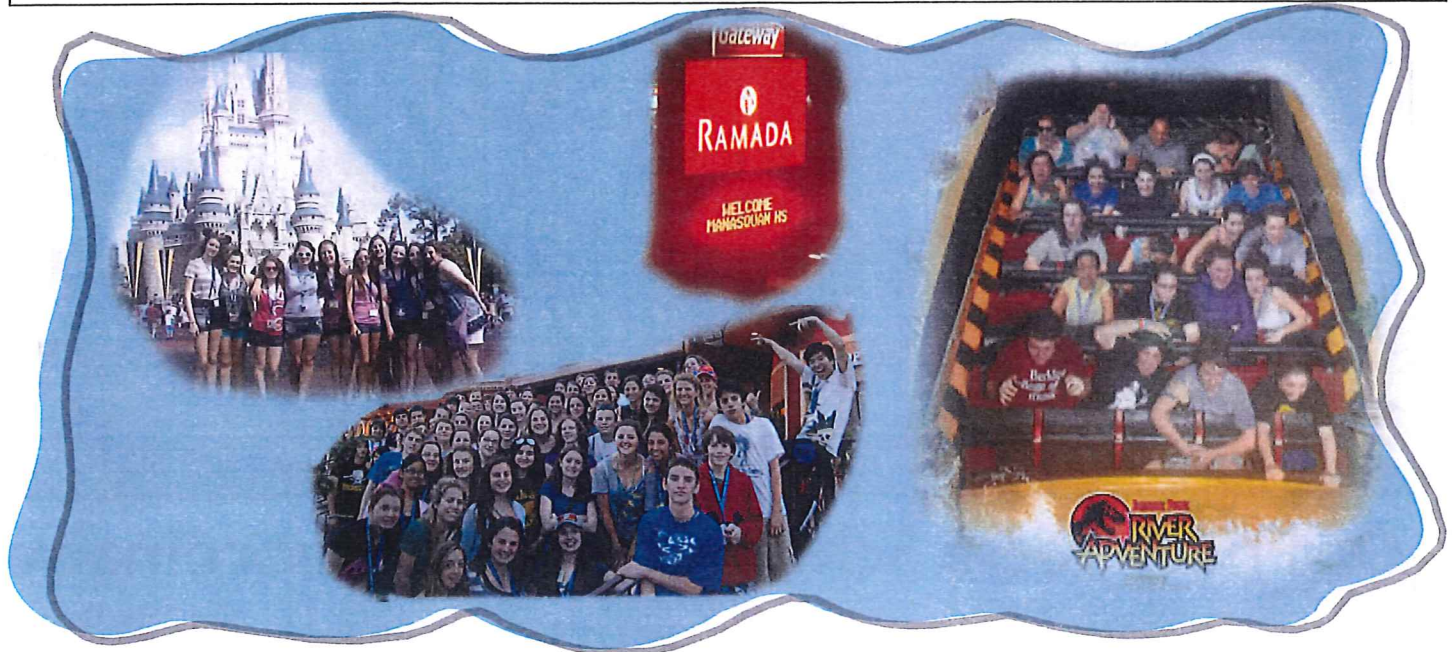
Ms. Treney, fellow art teacher, agreed with her and said, "The kids' work was amazing. I was very happy with the work from my graphic design kids'

world. I loved the clay head with all of the tiles. My four year old thought that was the coolest thing ever."

All in all, the metamorphosis of the library resulted in a culture-filled evening that everybody enjoyed.

Various artwork, placed on display following the art show





Main Street, Manasquan to Main Street, U.S.A. Band and Cheerleaders take Disney and Universal by Storm

By: Steph Leather

Since the decision was first made, the band and cheerleaders have taken any and all necessary steps to get to Orlando, Florida. They raised money, practiced for hours, and made every routine and song perfect.

After months of preparation, the band left Manasquan High School on February 14th and hit the road for Walt Disney World in Orlando, Florida. A short twenty-one hours later they arrived at their hotel and quickly got ready for dinner at Medieval Times. After screaming to the point of being voiceless, they packed into their buses and played miniature golf before going back the hotel. Dana Neigel, senior, said that "It was so loud whenever our knight came out. Everyone else was so quiet. It was an awesome way to start the trip."

On Thursday, the 16th, they woke early to a sunny day and a full day at the Magic Kingdom. At 5pm, they met at a store to regroup before heading behind the scenes to prepare for their parade. While back stage, they saw where the floats are kept and even learned a few Disney secrets. As they waited for the gates to open, the sun began to set and the sky went dark.

A great day at Disney was about to get better. Mr. Abraham gave helpful and reassuring advice to everyone before they stepped onto Main Street. As the Magic Kingdom glowed in the distance, he said that the bands in the parade earlier that day were good. However, they didn't have the energy that we have. Soon after his short speech, the chatter began to quiet as nerves set in. The gate tender announced, "30 seconds!" and nerves were replaced with adrenaline. Sophomore Marina Melillo stated the feelings simply, "It was do or die. We couldn't turn back."

They proceeded down Main Street U.S.A. past cheering vacationers and around the circle in front of Cinderella's Castle through Frontier Land. It later hit a few of the students that they were now a part of hundreds of people's vacation. The chatter on the bus was a giant roar of laughing about mistakes and the

unbelievable experience that tied them all together. Although it was only a small fraction of these students' lives, it made a huge impact on them. Soon after marching, Dana Neigel posted on Facebook: "We just marched in Disney. You can't express this in words." Other status updates followed, all proclaiming how amazing and indescribable the event was.

The next morning, the students headed for Universal Studios, where they marched a shorter parade of equal excitement. The rest of the day was spent wandering Island of Adventures. The group went to the new Harry Potter World, Seussland, and to the other wonders that the park had to offer. They ended the night at Epcot, exploring the countries. Christine Leonhardt told *The Blue & Gray* that she had been looking forward to Epcot all day. "Me and Steph Leather were walking around all day telling ourselves that once we got to Epcot we could eat as many cannoli's as we wanted. It was amazing."

On Saturday, they students went to Animal Kingdom and MGM Studios. As their relaxed day, the students were finally able to fully enjoy what Disney had to offer. They took complete advantage of it; riding all of the rides and seeing all of the sights. At MGM, they were drawn into sporadic performances of Disney Channel and were able to let go of the nerves that hadn't settled after their last parade the day before. They ended their trip on Sunday by going to Universal and having dinner at the famous Hard Rock Café. After helping themselves to a delicious dinner, they loaded the buses and headed home.

As the school came into view, the buses erupted with cheers. Many of the students joked that it was the only time that they'll be so happy to see the school. As they pulled into the horseshoe, they hugged their parents and gathered their things to go home for the first time in almost a week.

This trip was one of the greatest things any of us have ever done. It doesn't matter if the parade is down Main Street in Manasquan or Main Street, U.S.A., Manasquan High School has a magical group of band members and cheerleaders.

Brains, not Brawn, Lift this Team to the Top

Academic Competition Team Earns Accolades

By: Rachel St. Denis

A Manasquan team with harsh rivals and tough practices. The first team that comes to mind might not be Academic Team, but they certainly fit the bill. The Academic Team shows off their vast knowledge in Jeopardy like competitions. With Mrs. Crowning at the helm, the Academic Team has had a great season this year. Mrs. Crowning's proudest moment of the past year was when the team had the chance to compete on a local television show, The Challenge.

"It was great to see them pull together as a team." Although the opposing school had their cheerleaders in the audience, the JV Academic Team gave their varsity squad lots of support. "To see how well they perform and work together was very special," says Mrs. Crowning. During a recent Board of Education meeting, the team was honored for their participation in the Challenge.

During January and February, the team competed in the Bright Tournament. Spanning three days, to win the competition the team needed to have the highest accumulation of points. The match on February 8th went very well: "We did even better than last week," says Mrs. Crowning. "We were very successful."

Coming up next, the Academic Team has two tournaments in March. First they have a pop culture competition at MAST High School. The MAST tournament will only have "fun" questions focused on movies and entertainment. In contrast, most matches have question



Above: Academic Team competitors showing their certificates of commendation from the Manasquan Board of Education, after they were honored at the January board meeting. Pictured, from left to right: seniors Brian Geiger, Tim Barry, Dan Ehrola, Ian Colrick and junior Packy Levin.

topics that range from 18th century chemistry to advanced math. This tournament should be prove to be more fun for the team.

Although the Academic Team varsity is filled with seniors, Mrs. Crowning isn't worried about next year. "We have a lot of junior members and sophomores ready to take over." Still, Mrs. Crowning is always looking for new members willing to test their smarts. take over."

Band Hosts Big Night at the Jack

Over 100 District Band members join Concert Band, Jazz Band on MHS stage

By: Amy Pretz

On February 8, 2012 the MHS Concert Band and Jazz Band, as well as the Sending District Concert Band performed in the Jack Nicholson Theater for their annual winter concert.

The Concert Band charmed the audience with their Disney selection of "Aladdin" (Alan Menken), "The Little Mermaid" (Menken/Sweeney), "Mary Poppins Selections" (Sherman/ Ricketts) and "The Lion King Highlights" (Elton John/ Custer). In addition, the concert band played "March of the Belgian Paratroopers" (Leemans/Swearingen), "Strike Up the Band" (Gershwin) and "In the Stone" (Earth, Wind & Fire).

The Jazz Band serenaded the audience with "I Let A Song Go Out of My Heart" (Duke Ellington), "Cruella De Vil" (Mel Levin), "On Broadway" (Arr. Nowak), "Blues March" (Art Blakey), "Hot Chocolate" (Groban), and "The Groove Master" (Bob Mintzer). Matt Trice, Dan

Galvin, and David Buckle were a few of the soloists who performed during the Jazz Band.

The Sending District Band, consisting of over 100 elementary school band members from Belmar, Brielle, Manasquan, Sea Girt, Spring lake, and Spring Lake Heights, enticed the audience with "Fanfare and Jubilee" (Swearingen), "Pencil, Paper, Neon Paint" (Breille), "Declaration and Dance" (Clark), "Don't Stop Believin'" (Perry/Cain", "1812 Overture" (Tchaikovsky), and "Percussion Portrait" (Nowak).

Overall, the night was a huge success with a large audience that clearly enjoyed the fun and upbeat music as they swayed to the merry rhythms. Mr. Mawn reminisced, "I enjoyed seeing Mr. Abraham on stage, playing his horn and rocking the house!" It was very clear that MHS has been gifted with a large number of talented performers.

Young Adult Author Jessica Brody Visits MHS

By: Rachel St. Denis

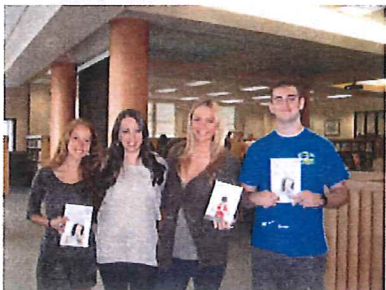
It's not an average day in the library when prizes are given away, a well-known author speaks, or students are allowed to ask questions. But on February 23rd, all that changed when Jessica Brody, a successful author of fiction for young adults, came to speak. Her presentations during second and third block brought English III, English IV, Writing and Screenwriting classes down to the library to hear her discuss her writing and her novels.

While always a dream of hers, Jessica Brody didn't plan on being a writer. Her path in life has moved in a "zig zaggy line." Ms. Brody studied economics and foreign languages in college so that she could be "a fancy business woman with paperwork and who would wear suits every day." After she was laid off from her job, Jessica chose to not to search for another business job. Instead, she decided to pursue a career as a writer. Ms. Brody said that "the voices in my head always told me to be a writer." Fortunately she finally listened to those voices. Brody began her writing career with adult novels. But when one of her publishers thought one of her novel ideas would work better with teenagers at the helm, Ms. Brody started writing young adult novels and she hasn't stopped since.

Now a successful author with nine novels published, Ms. Brody hopes to branch out her business into film.



52 Reasons to Hate My Father, out next July, has been shopped around in Hollywood. But Ms. Brody isn't new



THE PURPLE MISSION RETURNS!

On March 22nd and 23rd, sophomore Kelly Pretz and senior Amy Pretz will be selling purple beaded bracelets in the cafeteria for one dollar in an effort to raise money for the Epilepsy Foundation of New Jersey.



Through these bracelets, the

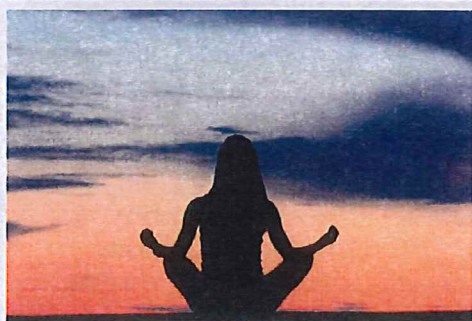
sisters are celebrating the annual Purple Day, a national holiday on March 26 that helps raise awareness about epilepsy, a neurological condition that Kelly was diagnosed with several years ago. Come out and buy a bracelet and help make a difference!



to film. Even before she began writing novels, Ms. Brody wrote screenplays. The work of writing a screenplay is still integral to Ms. Brody today. To write her novels she uses the "Save the Cat" method, which is a popular technique to write screenplays. During the presentation, Ms. Brody showed a book trailer from her recent novel, *My Life Undecided*. Jessica Brody directs, edits, and writes all of her book trailers and gushes that it's one of her favorite parts of the job.

After Ms. Brody's presentation, students were able to ask questions and have an opportunity to win a raffle of her books. Ms. Brody also had a book signing later in the afternoon at Manasquan's own Booktowne.

Far left, top: English teachers Mr. Harvey and Mr. Roach join author Jessica Brody (center), along with Media specialist Mrs. Kopec (right), who was instrumental in bringing the author to MHS; (far left, bottom): book raffle winners, from left to right: junior Alex Wilson, Taylor Fischer and Sean Tobin with the author; (at left): students listening to the author's talk.



Mindful Meditation

By: Libby Manovill

In senior health class, one of the topics discussed is stress management. Yes, the usual conventional methods are discussed. You get your regular old listening to music, exercising, and

managing your time. But we also cover more nontraditional methods.

Enter meditation. It's easy to do, and can take away loads of stress. Even if you usually fall asleep during meditation, relax- you're still getting some Zs!

The trick to not falling asleep is to meditate in a sitting position. If you lie down (think Mrs. Hawyrluk's psychology class) then you're more likely to drift off. You know the generic "mediation" position? Legs crossed and hands in an "ok" position? No need to sit that way. You could sit upside down in an armchair so long as you're comfortable. Look up a guided meditation on YouTube- you can usually find problem specific meditations. Here's some examples:

- deep relaxation
- letting go
- happiness
- stress relief

After "waking up" from meditation, you feel instantly relaxed for the rest of the day. It's a quick, easy way to ease your mind, reduce stress, and calm down. So next time you have a few minutes to relax, try a quick guided meditation. You may be surprised at the results!

Mystery in the hallway

By: Rachel St. Denis
Manasquan's newest member was gone before most even met him. Located in the left wing stairway, a hand drawn wanted poster for Randall Crust hung up Monday February 6th. The next day, the poster was gone. Does Manasquan have a street artist on their hands? Or is it just a student's art project? We'll have to wait and see if the artist strikes again.

Dress Code Drama

continued from previous page

are just the same. But the rules state, "...miniskirts less than $\frac{3}{4}$ length to the knee... tight sweaters, tight slacks or skirts... are not appropriate for school."

Most stores are stuffing their racks with tighter, shorter skirts these days. They are such a hot commodity right now; a person rarely goes a day without seeing a girl wearing

one. These are the styles of the times, and the styles most often for sale.

As for the MHS Student Handbook decree that "pants/skirts are to be worn at waist height", there's nothing really to comment. There is an actual fashion trend called "high waisted", which is actually just at your waist. No student really wears their pants or skirts at their waist. Teachers

don't either; not many people do at all. Maybe a few grandfathers, or great-grandfathers. But not teenagers.

Of course, it is totally understandable why they put a mandatory height of clothing; boys whose pants fall off their butts and bag down to their knees. To all of the guys who feel the need to flaunt what color underwear they

are wearing, seriously, no one cares. Don't flatter yourself. Please. Buy a belt.

The student handbook also declares that "Leggings (tight fitting) are not to be worn as pants." But leggings should be allowed if they're thick and not see-through. Of course, they aren't considered pants, but what the rules should say is that sheer leggings cannot be

worn as pants. Sometimes, a girl doesn't want to wear baggy sweats and a loose sweat-shirt. Or even a pair of jeans with a cute shirt because it's too long to be a shirt and too short to be a dress. So she'll wear leggings instead. In the end, she ends up being told to change. But why? They were just as tight as her jeans, just a different fabric. Sometimes, leggings are better than a pair of ultra-tight jeans.

Just a Closing Thought

What if a parent buys clothes for their child? What if the purchase was a Christmas present or birthday present? Why can't the child wear it? Their parents approved of the garment enough to buy it, so why should others say it isn't appropriate? I can't imagine a parent buying something for their child that would make them look unsuitable for school. Shouldn't the parent's discretion count for anything?

My whole theory is that I don't need to like what other people are wearing; it's none of my business. Other

students can come in to school dressed in all meat, for all I care. It wouldn't bother me, because it's a student representing themselves. Who am I to tell them that I don't like it? As long as I can't tell what color undergarments are underneath their outfit, go for it. It's everyone's choice to wear what they want.

Maybe one day, adults will realize that they can't control every decision teenagers make. Therefore they can't control what we wear. But until then, MHS should look at today's fashions, and reconsider punishing people for wearing what's in stores and in style. So much of the language in the dress code is outdated. For example, what are slacks? Are they jeans or dress pants? Who even says slacks anymore? No one. But that's beside the point. A better question is: what good is a bunch of words on a page if they made sense in the 1970's but not today? Maybe it's time it was revised to fit the now rather than the then.

One school-closet plus one after-school-closet equals two much money.

Kimberly Matthews:

Calvin College
Cedarville University
Malone University

Adrianna Matyas:

Catholic University of America
Roger Williams University

Joseph McAlary:

College of Charleston

Paige McWade:

College of Charleston
Quinnipiac University
Saint Joseph's University
University of New Hampshire

Jordan Miskin:

Arcadia University
University of Evansville
University of Scranton

Marc Mole:

Monmouth University

Fernanda Moscoso:

Drexel University
Saint Peter's College

Noelle Nadeau:

Brookdale Community College

Olivia Nesnay:

University of Maryland

Molly Nighland:

West Virginia University

Corey Phillips:

Rowan University
Rutgers University-Camden

Amy Pretz:

Bucknell University

William Quinlan:

East Tennessee State University

Michaela Read:

Bucknell University

Mary Kate Reilly:

Drexel University

Hannah Roesler:

Louisiana State University
University of Mississippi

Patrick Scatuorchio:

East Carolina University

David Schenke:

SUNY New Paltz
West Chester University

Rachel St. Denis:

CUNY
Hostra University
Loyola University
Sweet Briar College

Kylie Stark:

Arcadia University
Rowan University
Stevenson University
University of Mary
Washington

Andrew Stewart:

University of Hartford
University of Mary
Washington

Morgan Talty:

College of Charleston
High Point University
Providence College
University of Rhode Island

Andrew Trengrove:

Drexel University
Saint Joseph's University

Christina Valentin:

Georgian Court University

Catherine Van Stolk:

The College of New Jersey
Derek Vogel:
Johnson and Wales University

Jeffory Voorhees:

West Chester University

Alexander Waga:

Loyola University

Ann Zappulla:

College of Saint Elizabeth
Montclair State University
University of New Haven

The College Search: Advice from a Senior

By: Libby Manovill



A vast majority of juniors are beginning the college search. Maybe some of you sophomores are getting a head start. In any case, with over 4,000 colleges in the U.S., the search can turn overwhelming in an instant. You'll be getting an avalanche of college pamphlets, postcards, and letters, many from places you've never heard of (Because you've always dreamed of going to the Wartburg College in Iowa). Narrowing down your college search can be stressful. But here are some tips to help pick the perfect college!

- **How Big?** Think of how big you want the college to be. Small colleges can feel a lot like high school, but can also be a really tight-knit, close community. Large colleges are great for socializing and meeting new people, but it's easy to get lost in the shuffle. Think of your social life. Are you more comfortable in a huge group of people, or a small, intimate setting?
- **Location, Location, Location!** How far away do you want to go? One hour? Two hours? Nineteen? It all depends on how far you want to be away from your family, and how often you want to see them. But remember, if you want to "go away" to college, it doesn't matter how far away you are. Whether it's thirty minutes or thirteen hours, you're going to build a whole new home away from home. Also, think about the setting. Cities offer nightlife, new people, and great opportunities, but also great prices and many distractions. Love nature? Try colleges in rural/scenic areas. Try Vermont for skiing or Virginia for hiking or California for surfing.
- **Be open-minded.** Don't box yourself into one type of college. "I want a private college next to a beach with air conditioned dorms and a shopping mall nearby and they have to have more guys than girls and they have to have a really good football team and it can't be in the Midwest because there's nothing out there and not up north because I hate the cold and...." This type of thinking can get you in trouble real quick. Realize that you're probably not going to get everything on your college wish list, so compromise and figure out what aspects are the most important. By being open minded and considering schools you wouldn't normally, you might find that hey, maybe Wartburg College is the one for me!

piñatas to the ground and dive in to get the candy that fell from them.

With full bellies and new found energy, the dancers were finally given a reprieve when they got the chance to sit down during a highly entertaining hypnotist show. The hypnotist picked about 20 people to sit at the head of the

stage and become hypnotized. He demonstrated his supernatural talent as he put people to sleep with the snap of his fingers and made them do wild things. The students involved in the demonstration did everything from speaking the language of "Bleepanese" when they were convinced they were from the planet Bleepon and crying when they discovered their belly buttons had "disappeared" to male students going through the pain of child birth when they pictured themselves pregnant. Senior Julia Callahan was one of chosen few to be a part of the live demonstration, while her peers watched her make funny faces and speak in "Bleepanese", Julia doesn't remember doing any of it. She said that after she "found it really funny to watch the videos of myself that my friends took while I was acting out all these different things, because I do not remember do any of it." One of the upsides of being hypnotized was that the students felt as if they had taken a three hour nap, so they were revved up and ready to go by the time the show ended at 3:45 a.m., which was good because they still had close to four hours to go.

After the entertainment for that portion of the morning was over, it was feeding time again. Six foot long Jersey Mike's sub lined the food tables along with chicken fingers, French fries, dumplings, and egg rolls from Squan Tavern. Following the feast were trays of cupcakes, cookies, ice cream cake, and a huge cannoli filled with cream and mini cannoli's, appropriately named the "Holy Cannoli!" When the feast ended the dancers were surprised yet again with huge blow up balls that they could climb into and roll around in. They also conducted relay races and the winning team received prizes. This was definitely a highlight of the night, for it was something that most dancers had heard about but never seen before.

Next up was the Easter egg hunt! Originally planned to take place outside, it was moved to the cafeteria due to the torrential rain. Nevertheless, it was still loads of fun. Dancers ran into the cafeteria to find an

Easter egg with a golden star on it. This contained a piece of paper with a number on it that corresponded to one of many cool prizes.



in groups to receive their prizes. Anything from Jersey Mike's gift cards to free month memberships at the Atlantic Club were given out, and all were satisfied with their prizes.

Finally it was 6 a.m., with only two hours left fatigue began to settle in. For this there proved to be only one cure: ZUMBA! 4 certified Zumba instructors from the Atlantic Club came and led all the dancers, committee members, chaperones and even Mr. Battaglia and Mrs. McKenzie in a Zumba class. This seemed to give the dancers their second wind as they danced to new chart-topping songs and traditional Latin Zumba music. While working up a sweat, the dancers also worked up an appetite for breakfast, and around 7am stuffed their faces with scrumptious bagels and breakfast foods catered by the PTO. Crumb cake, muffins, fruit, and orange juice were among the popular choices for these hungry teens. By the time breakfast was over it was 7:30am and the countdown to 8:00am began. With only a half-an-hour left to go the DJ put on an awesome playlist with classics such as Britney Spears and the Spice Girls as seniors took the stage and danced the rest of the

morning away.

And then, the big moment had come, the moment everyone was waiting for, to find out how much money we had raised. Mr. Battaglia came took the microphone to thank everyone especially the dancers and committee members and chairs for making this even "AWESOME!" After Mr. Coppola told everyone how proud he was of them and the community for coming together for a great cause, the committee members revealed the total amount. Together they had raised over \$46,500 dollars for local families fighting pediatric cancer and exceeded a three-year total of over \$100,000. All our hard work had finally paid off!

All in all Squan-A-Thon proved to exceed expectations and in many seniors opinions it was the "best one yet". Upon leaving dancers received goody bags filled with Frisbees, pens, cups, and chocolate

bars with the Squan-A-Thon 2012 logo on it and slowly went home. After the committee members did a speedy clean-up, it was time for everyone to go home. With a refreshed outlook on life, all went home to get some much-needed sleep.





St. Patrick's Day Word Search



X H N K A I K E S O Z O F C D N A L E R I O I I C H H P H Y R P P M Y
 J S J E F S W C I D L A I W A P A O P X C R Z T I K A O M F J L F V J
 W S F U H T L I H E H T R Q E C R G Y L F A H F O R L S C F C F H D Z
 W X U N Y X N N R V L Q V B R B A Q Z G W N C S A I V X E Y R Z Q M G
 V V C C Q O M N T E C O J E B I N R Y I Z G C D D I D P I K S Y S U G
 F O U R L E A F C L O V E R A W F O L C O E E A I F U G T K A A P Z F
 H A L X E T E F W T S L E F D O M D G Q R J Y R J M E S E P K N L A G
 H Q X J Q R B T M V S G G Q O B E N T T M Y P X Y Y U E Z N G K S P Z
 D A B W B B W X I Q J Z R K S N G E Z V A X Z S G B B C P X K Q V W S
 G M S W W S U K Y H K K D S V I H D V Y M Y L P K A A D B V J I A T T
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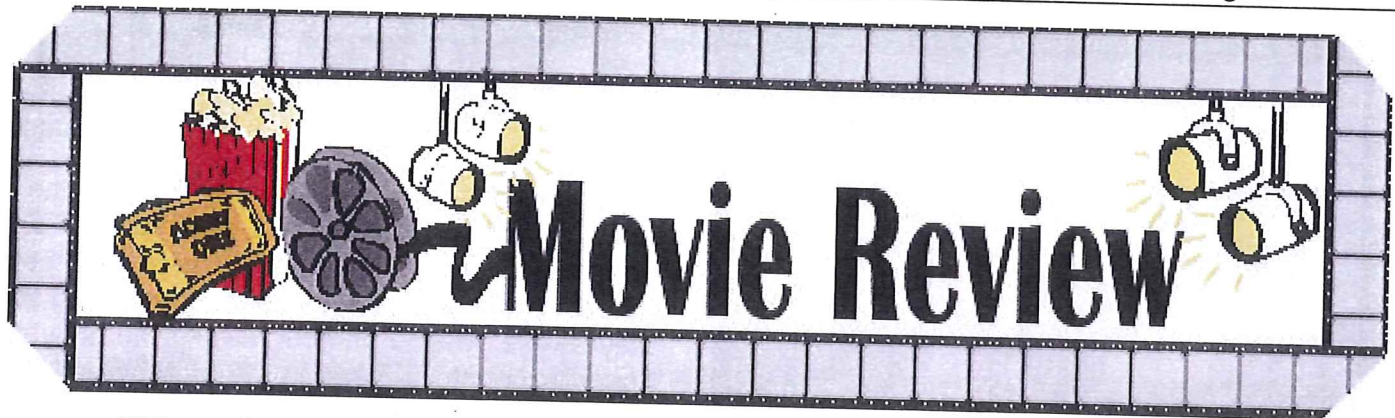
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The Vow: Not Just Some Sappy Love Story

By: Gabby Galizio

Memories are precious parts to living a fulfilling life. They are what remind us of the feeling of the sand between your toes on that unforgettable vacation. They make us remember the faces of those we love and why we love them. However, memories do not have to be that extravagant to be important to living our everyday lives. They are what tell us that we are allergic to shellfish, or help us to remember what number to call in an emergency. But, what would happen if you were having the life you always dreamed of, with a husband you were hopelessly in love with, but after one fateful accident you couldn't remember anything. All your memories were completely forgotten and you could barely recall who you are let alone anyone else that was in your life. For Paige, in the romantic-tragedy *The Vow*, this hypothetical event becomes a reality.

Played by Rachel McAdams, Paige Thornton awakens from a medically induced coma after a tragic car accident to a man, Leo, claiming to be her husband, and remembers little about herself. Ironically, she does remember her past life. She remembers growing up with rich parents and going to law school where she hoped to fulfill her dreams of becoming a successful lawyer. She remembers her friends from high school down to the last detail such as what she wore to her junior prom, and what happened to her best friend on the night of homecoming in 11th grade. But, most importantly, she remembers being engaged to Jeremy, a family friend who, in her parent's eyes, is just the right man for her. So how did she get from this cliché high-status life of luxury with over-ruling parents to her life with Leo as a struggling artist in the city of Chicago, without any communication with her parents what-so-ever? To Paige, this piece of the puzzle is lost and remains a mystery.

It is Leo, played by the gorgeous Channing Tatum, who is instructed by Paige's doctor to help her feel comfortable and try to get back into the routine of her former life and her memory should return. However, for Paige her former life is living with her parents and being in love with Jeremy, a life that Leo knows nothing about. As he

watches the love of his life fall slowly back into the deceitful hands of her parents who do not approve of him as her husband, and fall back in love with Jeremy, a



man who has suddenly become his enemy, Leo knows the only way to get Paige back is to have her fall in love with him all over again and take her through their journey to marriage for the "first time". This task proves easier said than done. How long will it take for Leo to give up on his true love, and how long is it before Paige is told how and why she left her former life? When couples are married they promise to stand by each other "in sickness and in health", but how strong is that vow when you never remember saying it?

The Vow is the story of the strength and power of true love. While the previews make it seem like the typical Nicholas Sparks-esque plot line, this story is based on true events, so many may be disappointed at times. The film takes a different approach to most in its genre by telling the story from the Leo's point-of-view, so you really identify with him and put yourself in his shoes. To be perfectly honest, there are parts of this movie that may evoke intense feelings of sadness, and the super-sensitive ones may even shed a couple tears, but if you are looking for the caliber of *The Last Song* or *Dear John* you will probably find yourself thoroughly disappointed. While I will not reveal the ending, I will remind you that this was based on true events so the ending is very predictable and, to me, disappointing and depressing. However, if you are looking for a nice way to spend an hour-and-a-half, this movie will keep you entertained and leave you with a sense of thankfulness for all that you have in life.

Squash Approved Nutrition

By Patty Ramirez



is the healthiest way to eat - by not frying it.

If you are making a salad for lunch, do this the night before school, it will give you plenty of time to prepare and cut all your vegetables that you will put into your salad. In the morning, cook your chicken so by the time you have

it for lunch, your chicken is still warm enough to eat and your veggies are ready to be consumed.

That's it for now everyone! Make sure to stay as healthy as you can. Prom is coming soon and I'll be sure to prepare you for that. And remember: EAT BREAKFAST! It's the most important meal of the day, plus the natural sugars will keep your brain focused on your tasks. Until the next issue, have a wonderful and healthy upcoming month.

"Alright, we're in lunch. Finally, what to get, what to get? Wow...there is seriously nothing good on the menu today..."

Hello everyone! My name is Patty Ramirez, and I am bringing you an update on how to improve your nutritional status! Question of the day: "What should I eat for lunch, that won't be bad for me?" Well unfortunately, many things on the school menu are most likely going to be unhealthy and useless to your body; most, except for the salad bar and the sandwiches that are available. Now let's be realistic, having to give up on all your favorite goodies like Walter's cookies and s'mores, might help your body but possibly will make you feel worse. Not to worry though, here are some helpful tips to guide you through the bad days of school lunch.

If you know you don't like Pork Roll & Cheese days or Double Cheeseburger days, then a great suggestion would be to buy a sandwich, bagel or maybe even a salad. I know most of you will not touch the salad bar or consider having a sandwich, because it might not be "fulfilling". But go ahead and try something new. Many salad items and most sandwiches are made fresh each day.

Also, when you have lunch can be a part of what you eat. If you have Block 3 lunch or Block 4 lunch can determine the amount of food you eat. For example, if you have 3a, 3b or 3c lunch, make sure to eat a little bit more. Maybe have some of your favorite fruits along with your salad or sandwich. You can eat fries if you will be feeling "empty" but remember, fries are not good for you! But combined with a salad, the fries will keep you within the amount of fats you should have for the day.

If you only eat one sandwich then eat half of another one or buy a granola bar. As long as you remember your 6 nutrients needed throughout the day, you'll be awake and ready for the rest of the day.

However, if you have 4a, 4b or 4c lunch, try to eat less. Try to eat a small salad with no fries and one sandwich. Why? You only have one block to go to and there is really no need to overeat when you won't even burn those calories. Here's where it gets tricky; if you happen to have sports, eat as you normally would eat and always make sure to eat your fruits and vegetables to keep your head in the game.

Oh, yes, as for the salad bar. Many of us are afraid of germs and that is very understandable, but I'm sure no one really sneezes on everything the salad bar has. Forget about that myth. If you really are afraid of the school's salad, then the simply and best thing to do is to try and make your own salad at home. The most popular and well known salad to make is a Chicken Cesar Salad. You can either make your chicken by scratch or buy the already prepared chicken you may buy at a super market. Make sure though if you are making the chicken from scratch, grill it. It

A Simple Tomato Soup



- 4 tablespoons unsalted butter, olive oil, or coconut oil
 - 2 medium yellow onions, thinly sliced
- 1 teaspoon fine grain sea salt, plus more to taste
 - 3 teaspoon curry powder
 - 1 teaspoon ground coriander
 - 1 teaspoon ground cumin
 - 1/2 teaspoon chile flakes
- 2 (28-oz) cans whole tomatoes (pre. fire-roasted)
 - 1 14-oz can coconut milk

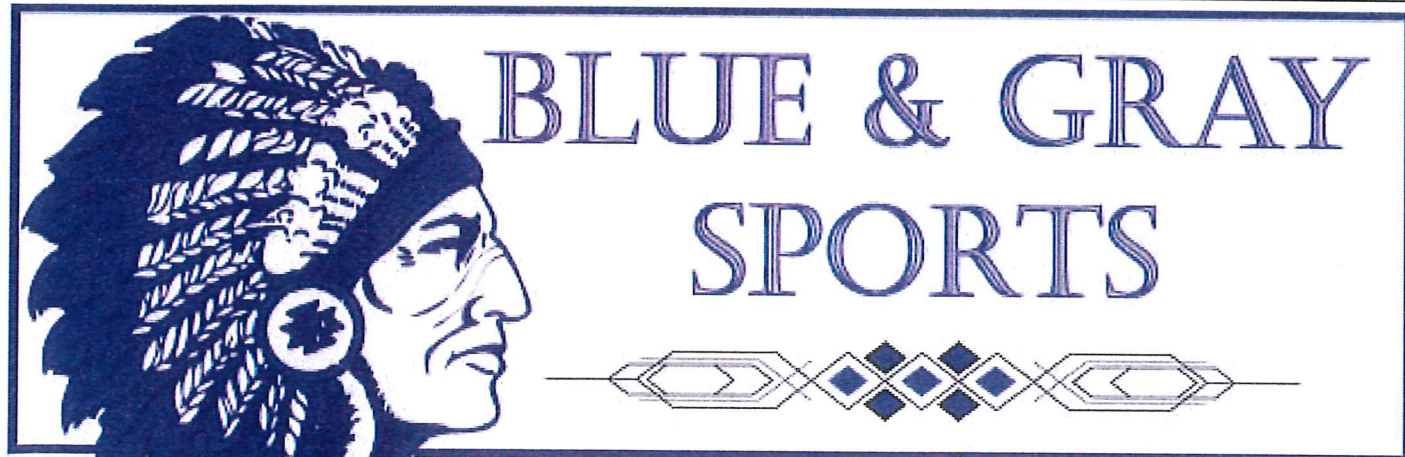
First, put a large pot over medium heat and melt the butter. Add the onions and salt, cook, stirring occasionally, until the onions soften up, tender and unstructured. (10 mins or so.)

Stir in the curry powder, coriander, cumin, and chile flakes and cook until spices are fragrant and toasty stirring constantly. (30 secs or so.) Stir in the tomatoes, the juices from the cans, and 6 cups / 1.5 L of water. (15 mins or so.) Then Puree with a hand blender until smooth. At this point this is shown soup above but if you would like it thinner, add more water. If you would like a creamy version, add coconut milk. Add more salt for taste.

The soup is served simply with a dollop of cream from the top of a can of coconut milk and a toasted wedge of good bread.

Prep time: 5 min - Cook time: 25 min

HAVE A HAPPY ST. PATRICK'S DAY EVERYONE!



Senior Michaela Read Competes with the Best

By: Julia Callahan

Senior Michaela Read has gotten a lot of press in *The Blue and Gray* this year. After having a successful gymnastics season, being crowned Homecoming Queen, and committing to run track at Bucknell University next fall, it seems like Michaela has done it all. But just when we thought this stellar athlete could do no more, she impressed us yet again.

On Saturday, February 25, Michaela again brought good tidings to Manasquan when she competed in the New Jersey Meet of Champions for high jump. With a height of 5'4", Michaela earned third place overall, one of the best rankings Manasquan has seen in the past few years. "I was really excited when I found out that I won third place," said Michaela excitedly. "It is such a big accomplishment."

In addition to being a major accomplishment for Michaela personally—5'4" is her new personal best—this win was a huge achievement for Manasquan, as Michaela was the only athlete from Squan to compete and score so highly.

After placing in the Top 6 at State Sectionals, Michaela advanced to Groups where she again made it into the Top 6. This win qualified her to participate in the Meet of Champions, where she brought



Michaela Read, pictured above in hurdling competition last spring, recently tied for 3rd place at the New Jersey Meet of Champions with a personal best high jump of 5'4".

home the title of third place in the state. When asked where this victory ranks on her list of achievements from this year, Michaela said the only thing better than this was committing to Bucknell.

As can be seen from her numerous successes this year, Michaela Read never stops working. Although she attributes much of her success to her track coaches and her dad, no one pushes Michaela harder than herself. "I am really motivated," says the track star of her strong work ethic. "I don't quit when the work gets hard." This never-quit attitude has certainly worked for Michaela, as she has had quite an impressive senior year.

Swimming Has "Really Good Year"

Boys 12-0, Girls 9-3

By: Devin Gannon

This year proved to be a very successful one for Manasquan's swim teams. Both the boys and girls gave strong performances for every meet, became the Central "C" Division champions, and broke many Manasquan records this year. As the 2011-2012 season ended, every swimmer demonstrated their talent and ability in the pool until the very last meet.

The boys swim team ended the season with an undefeated record of 12-0. Facing tough competitors like Point Boro and Red Bank Catholic, this was no easy task. However, these teams never slowed the boys down and they persevered, ending the season with an excellent record.

Equally successful, the girls also ended with a respectable record of 9-3 for the season. With wins against Holmdel and Toms River North, the girls really came together and revealed just how much talent the team has. Although the team did not finish undefeated, they still had one of their best seasons in years.

Coach Murin is very proud of both teams and was quoted as saying, "We had a really good year."



BLUE & GRAY SPORTS

Boys' Basketball Ends Season Strong

By: Amy Pretz and Libby Manovill

The boys' basketball team had an overall solid season this year. Seniors Alex Waga, Steven Bugliaro, Bryan Abadabo, Neil Egan, Frank Garruzzo and Mike Gratzel provided experience and leadership, but the dynamic combination of juniors J.R. Hobbie and Jimmy Walsh have powered the boys to a 21-8 season, including four tournament wins.

Two wins in the state tournament and two wins in the Shore Conference tournament defined this team's season. But the wild ride came to an end when with a loss to Lakewood - whom the boys had beaten in Shore Conference just a week before - in the Central Jersey Group III semifinal.

The team beat Ocean Township Spartans 66-55 in the first round of the state tournament. Junior Jimmy Walsh had an impressive 27

points, 15 rebounds, and 4 steals. Junior JR Hobbie had 20 points and 7 assists.

"We got great contributions through the season from everybody and great development," said Coach Andrew Bildeau to the Coast Star, "I think the future is bright and these guys are workers. They will get better and we will go back for it." Some players to watch next year will be junior forward Jimmy Walsh, junior guard JR Hobbie and sophomore guards Tommy Toole and Jack Fay.

Jimmy Walsh, again to the Coast Star, commented, "We found the chemistry. We have trust in each other. Mike Gratzel and Alex Waga can score down low, Jack Fay and Tommy Toole can hit from the outside."

Looks like the future is bright for the boys' basketball team next year.

Pictures, clockwise from right: Jimmy Walsh grabs a rebound, Jack Fay looks for an assist, Jimmy Walsh drives past a Lakewood defender, JR Hobbie provides leadership in a team huddle, Mike Gratzel looks for a teammate up the court.

