



November 2013

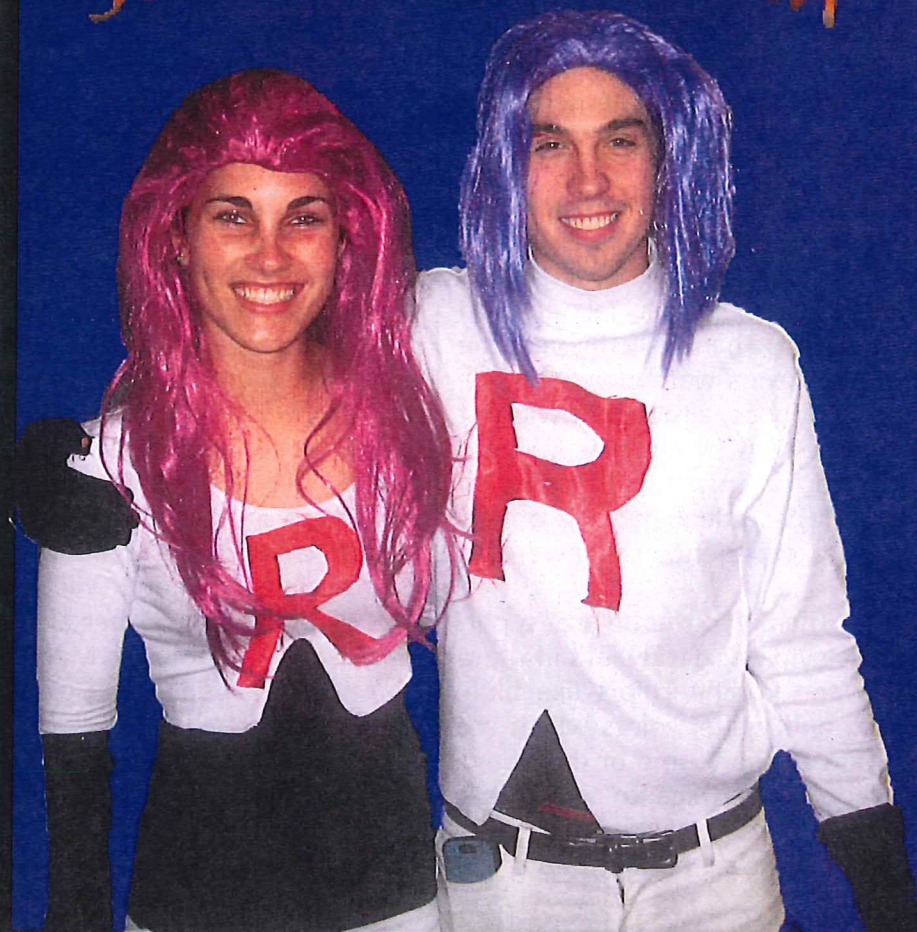
*Manasquan High School*



# The Blue & Gray

## Manasquan Celebrates Halloween in Style

SPOOKTACULAR



### Also in this Issue

Joyce Pegler & Denis Moran  
Win Homecoming King  
and Queen

Football Looks to Beat  
Wall - AGAIN!

Life is Good Club  
Announces New  
Contest

Break with Tradition:  
Turkey Alternatives

Holiday Spirit Fills MHS

Photo Essay:  
MHS Then & Now



# With Spirit Week in Full Swing, MHS Prepares for Pep Rally!

Staff and Students Work Hard to get Ready for Festivities. Hall Decorating is Tonight!

By: Dara McGuinness

There is a buzz in the air as anticipation builds for this year's Homecoming Events. Spirit Week is upon us and the halls of MHS are already filled with Squan Pride Spirit. Students are working around the clock to make sure they will be ready for the upcoming days of fun homecoming events.

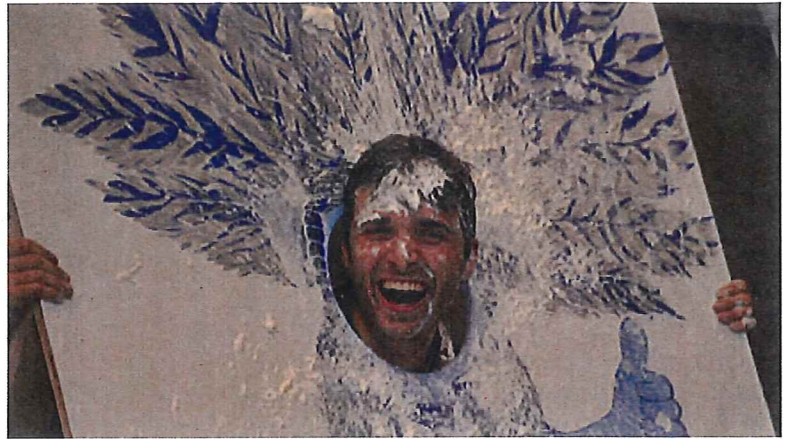
A long tradition here at Manasquan, we both get pumped up for the annual game with Wall High School and in the festive spirit before we are let out for Thanksgiving break. Each day of this shortened week has a theme and students are encouraged to dress up for each. Monday's theme is mismatched clothes, followed by Pajama Tuesday, and to be concluded with your grade's T-shirt on Wednesday.

Of course the main event of this week will be Wednesday's Homecoming Pep Rally. Wednesday morning, everyone can stroll down the freshmen, sophomore, junior and senior hallways which will be decorated with an entertaining and creative theme. Their respective themes this year are the Fiesta Freshmen, Soldier Sophomores, the Jousting Juniors and the Storybook Seniors.

Joyce Pegler, student body president, is hard at work motivating students. "We still need to get a lot of things ready, and things are always changing, like for example the seniors had the theme of Senioropoly a few weeks ago but then they switched," Joyce says "but I have been looking at the other grades and I know it will all come together in the end." Joyce also encourages all students to come to the school Tuesday night and help decorate their hallways.

Mrs. Kozic, Student Council adviser and sophomore class adviser, is very excited as each grade's hallway theme progresses. "Some grades are going to be calling it close with the decorations, but it always comes together," Kozic confided to The Blue & Gray, but she is nonetheless looking forward to Wednesday. "Every hallway will be really good this year, I mean every one, but the freshmen I think want to win real bad," said Kozic.

Best hallway is announced at the Pep rally, but there are many other opportunities for grades to get their chance at glory. At the rally, the freshmen, sophomore, junior and senior classes battle each other in Balloon Popping Competition, Pie/Bubble Gum Contest, Relay Race, a Nerf Football Game and a Tug of War. One of the highlights, of course, will be the Pie-throwing Contest, aimed at whatever teacher students raises the most money by



Last year's pep rally excitement included a Pie-Throwing Contest; pictured above, Mr. Roach is on the receiving end of a well-aimed pie. Pictured below, juniors wear facepaint to match their theme. Which teacher will get the pie this year?



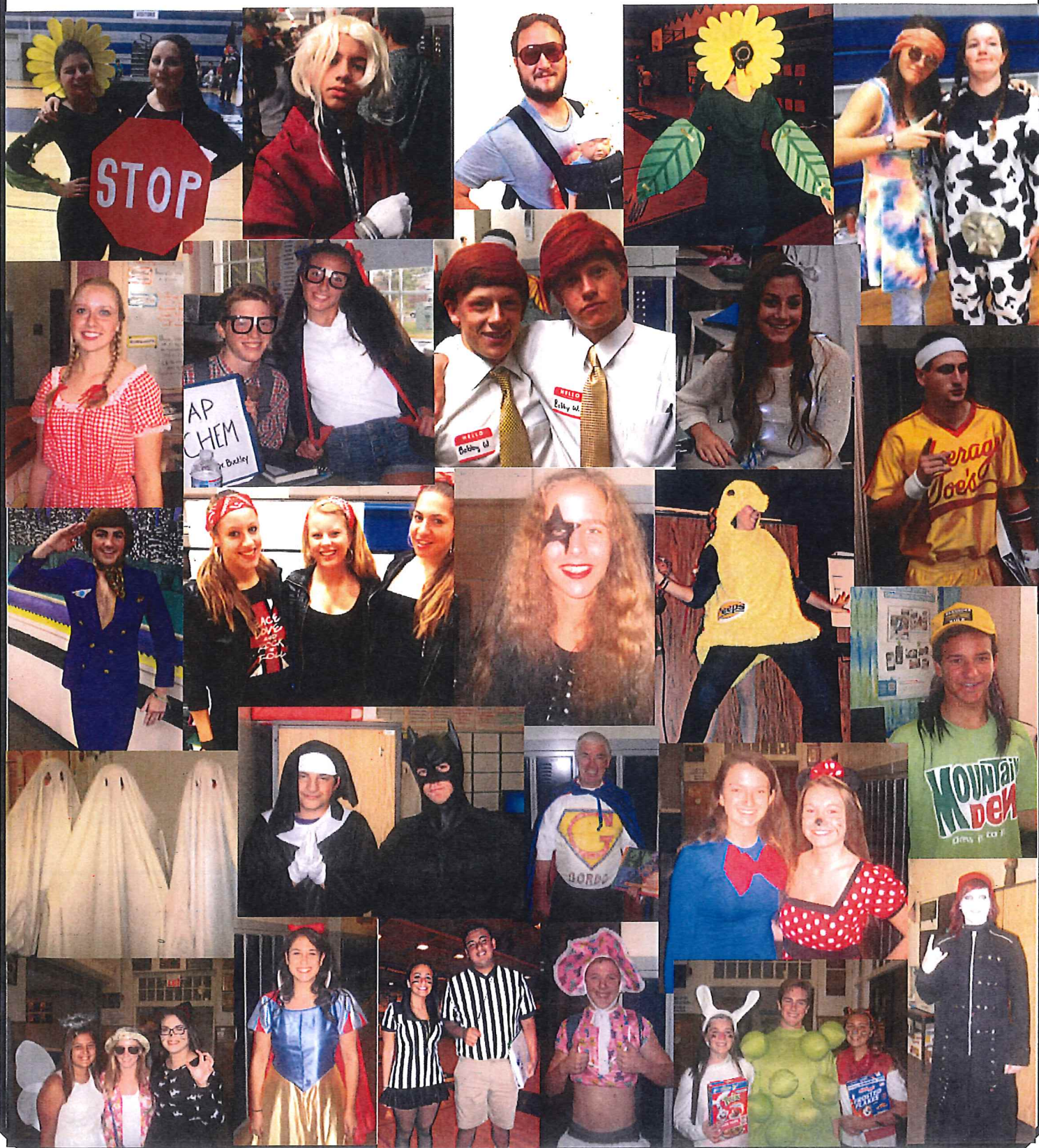
popular vote. Will it be Mrs. Onorato? Mr. Voskian? Mr. Wasnesky? Mr. Hallion? Mr. Buss? Or, the popular choice, Mr. Fagen???

So make sure you wear your class t-shirt tomorrow and bring your MHS spirit as well, because Homecoming only happens once a year and is fun for everyone if you lend a hand decorating the halls, building floats or simply cheering along your classmates at the pep rally.



# SPOOKY SQUAD

HALLOWEEN TIME AT MHS





# Valentina Sanchez Wins Miss Teen New Jersey

## MHS Senior Will Represent State at Miss USA Pageant

By: Dara McGuinness

Starting a new school is hard enough, but imagine trying to balance that with moving to a new country, learning a new language and coping with the loss of family. It would seem like a herculean task to just keep it together, but MHS Valentina Sanchez is doing just fine, in fact she is thriving. Valentina moved to New Jersey from Venezuela last year after the suicide of her mother and is making the most of life here at MHS; she takes all things daunting in her stride and channels her energy into making a better world. She is certainly on her way now after being crowned Miss Teen New Jersey.

Last October Valentina competed against 75 other girls to represent the state of New Jersey in the national Miss Teen USA. This is her first win in the United States, but Valentina is no stranger to pageants. She won Miss Teen Venezuela of 2011 and Miss Teen Nueva Esparta, and for here it is a family matter, as Valentina's mother was Miss Venezuela in the 90s.

Her move to New Jersey was precipitated by the suicide of her mother and grandmother three years ago. Students here will recall posters hung up in the hallways last year by Valentina detailing how she lost her mother and grandmother, who suffered from various illnesses and took their

lives. Valentina, though, has made it her mission to bring awareness and exposure to this issue.

"I would like to shed light on the issue, because everyone has someone in their family and lives like this and they don't want to talk about it," Valentina explained to The Blue & Gray. "I want to show people who are struggling with depression that they are not alone. I want to show them that there are many ways to stop their pain and suicide is not one of them."

Some might think that it is hard to keep competing after the loss of her mother, but Valentina has a special motivation. "Before it happened she gave me this card telling me that she wanted me to keep doing the pageants. And when something like this happens you have two options, you can do nothing or you can do something with yourself and for others." Valentina is certainly taking action, teaming up with the Mental Health Association to promote awareness.

During her 2014 reign Valentina will be traveling throughout the state performing the duties her title bestows on her and volunteering at non-profits such as Project Sunshine, which is dedicated to providing free educational, recreational and social assistance to children and families living with medical challenges.

She will be doing this while balancing her life educational life

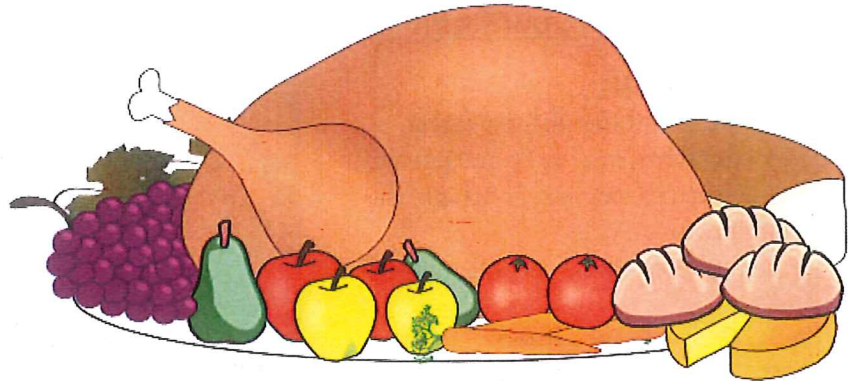
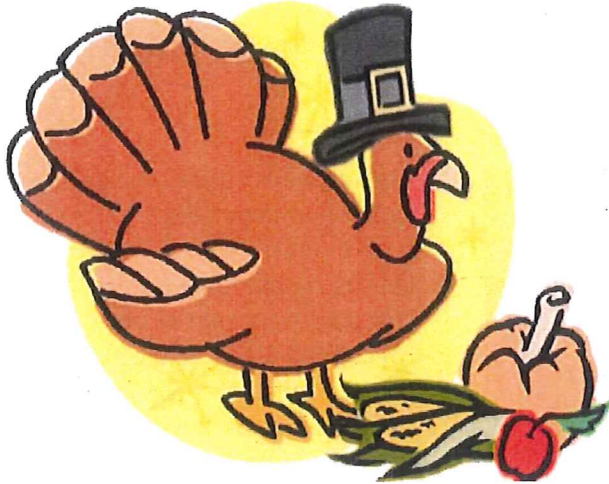


here at Manasquan. "It was hard to leave Venezuela all of my friends are there, but I like Manasquan, all of the teachers and students." Speaking only Spanish when she arrived, Valentina is now fluent in English and an AP student. Valentina will go on to represent New Jersey at the Miss Teen USA contest this summer, where her hard work and dedication prove anything is possible, is that she has a good shot at winning.



# Thanksgiving Feasts; The Delicious Meat Dishes

By: C.J. Hobbie



Want to try some new ideas in place of the traditional ones this Thanksgiving? Turkey isn't the only meat that many people enjoy around this time of year. Despite many people preferring the classic roasted turkey, meats such as tenderloins and chicken are welcomed Thanksgiving dishes and, if prepared well, can be very appetizing and well worth the time and effort to make.

The first recipe is the **Orange Glazed Turkey Breast**. The preparation time for this particular dish is fifteen minutes, and the cooking time is around three hours. The ingredients involve the following;

- 1 Turkey Breast with the bone in. It's recommended that it should be around 5 to 7 pounds.
- Vegetable oil.
- Salt and pepper.

The glaze is the most important part of the dish. The glaze gives the Turkey Breast its appetizing flavor. The ingredients for the glaze

are the following;

- 2 cloves of minced garlic.
- 2 tablespoons of butter.
- 6 ounces/3/4 cup of orange juice concentrate.
- 2 tablespoons of sweet orange marmalade.
- 2 tablespoons of brown sugar.
- 1 tablespoon of soy sauce.
- 1 teaspoon of ground ginger.

Now comes the hard part; the preparation. Begin by preheating the oven at 325 degrees Fahrenheit. Then rub the turkey breast lightly with vegetable oil, followed

by a sprinkling of salt and pepper. Then place the turkey on a rack in a roasting pan and, once the oven is heated, roast for about 2 to 3 1/4 hours depending on the size of the turkey. (Note: Roasting

a stuffed turkey will take longer to cook.)

The meat thermometer will reach 170 degrees when the turkey is done.

Before the last 20 minutes of cooking time, prepare the glaze in a saucepan while combining the ingredients and bring it to a boil. Stirring the mixture frequent-

ly is very important. Then the glaze must be basted on the turkey breast for the last 20 minutes of cooking time. To 'baste' the turkey is to pour the juices of, in this case, the 'glaze,' over the turkey during the remaining minutes of cooking time. This helps the turkey remain moist. After the last 20 minutes are done, let the turkey stand for 10 minutes before cutting/carving the turkey to serve.

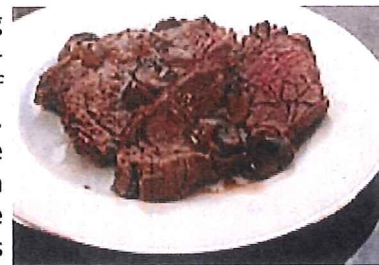
Another addition to the Thanksgiving table is **Roast Beef Tenderloin with Pinot Noir Sauce**. This beef tenderloin is easy to prepare and the pinot sauce makes it have a new and incredible flavor. The ingredients are the following.

- 1 trimmed beef tenderloin roast, preferable around 4 to 5 pounds.
- 1 clove of garlic. Be sure that the clove is halved.
- 1 to 2 teaspoons of olive oil.
- 1 teaspoon of sea salt or kosher salt.
- 1/4 teaspoon of freshly ground black pepper.
- 1/2 teaspoon of a Creole seasoning blend.

The sauce makes the dish. Follow these directions:

- 3 tablespoons of butter
- 1 minced medium shallot
- 1/4 of a teaspoon of freshly ground black pepper

- 3 cups of low sodium beef broth
- 1 cup of pinot noir.
- 1/2 of a teaspoon of rosemary sprig
- Salt to taste



**Roast Beef Tenderloin with Pinot Noir Sauce**

The preparation of this tenderloin begins by rubbing the roast beef with the cut side of the garlic halves followed by you rubbing it with olive oil. Then sprinkle the meat with salt, pepper, the roast to have an equal size of thickness and tie the roast to keep it in place. Wrap it or seal it in a food storage bag and refrigerate for an hour or two.

While the beef is in the fridge, be sure to take out a medium saucepan. Melt the butter over medium heat, then add shallots and cook it, stirring until the shallots are soft. Stir in some pepper, the beef broth, the pinot noir,

continued on page 11





Rebecka Markland 12  
SQUAN Football!



Joe Sangine 11  
Being able to live happily

# What ARE You Thankful for?



Ashley Gillen 12  
All the positive and good things in my life and my best friend and Food!



Joe Murphy 12  
The hard working journalists writing The Blue & Gray



Victoria Galvan 9  
My family



Nicole Caroselli 9  
My family and the roof over my head



Anthony Marshall 11  
Being able to live and be happy



Katie Callahan 9  
Im very thankful for food , the smell after it rains, velvet and my family

## Delicious Meat Dishes

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and rosemary. Bring the mixture to a boil and reduce the heat to medium, allowing it to simmer until it reduces to about 1 ½ cups. Strain the mixture, taste, add salt depending on personal tastes and set it aside to prepare the beef after its finished being refrigerated.

Preheat the oven at 425 degrees. Place the roast on a rack in a roasting pan and roast for about 45 minutes to an hour or if it registers at 135 degrees for medium rare or 145 degrees for medium. Remove from the oven and tent the meat loosely with foil. Let it rest for 15 minutes before cutting and slicing. Bring the reduced sauce to a simmer; transfer to a bowl and serve with the slices tenderloin. This meal should be enough to serve at least six people in total.

The final recipe, and arguably the best one, is the Roast Chicken with Bacon and Sage dish. Chicken is one of the best meats for the human body, and when served right, one can see this dish as a healthier alternative to the Roast Beef dish. The ingredients for the Roast Chicken are the following;

- 1 Roasted chicken, preferably around 5-6 pounds.
- 4 slices of bacon
- 6 to 8 large leaves of sage
- A dash of salt and pepper
- 1 clove of chopped garlic
- 1 cored apple that is cut into wedges.

Start making the dish by preheating the oven until it reaches 450 degrees. Wash the chicken thoroughly and pat it dry. Set the chicken on a rack in a roasting rack. In a food

processor, mix the bacon, sage, pepper, and garlic until the mixture is finely minced or rather pasty. Put your finger or fingers between the skin and meat of the chicken breasts and legs in order to loosen the skin.

Spread the minced bacon mixture under the skin, pressing and working it towards the back and towards the legs so it's evenly over the meat. Sprinkle the chicken lightly with salt and pepper and then roast the chicken for ten minutes at 450 degrees. After those ten minutes, reduce the heat to 350 degrees and roast for about 17 to 20 minutes per pound of the chicken's weight. Once finished roasting, you should place the chicken on a platter and let it stay on it for ten minutes before serving and slicing.

These three recipes are unique and should be considered for this year's Thanksgiving. If no one wants to try them, well, stick to the traditional turkey but remember, they will be missing out on a fine Thanksgiving dinner.

### Roasted Chicken with Bacon and Sage





# THEN & NOW

A look back at the traditions of  
MHS through the Years

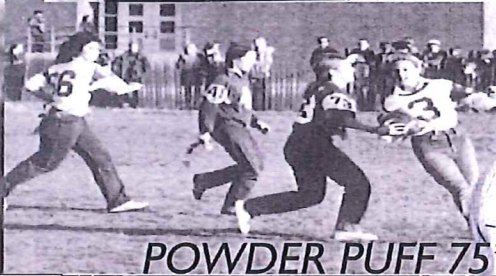
By: Victoria Mettlen



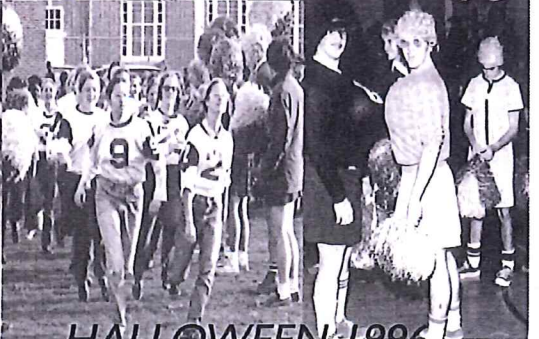
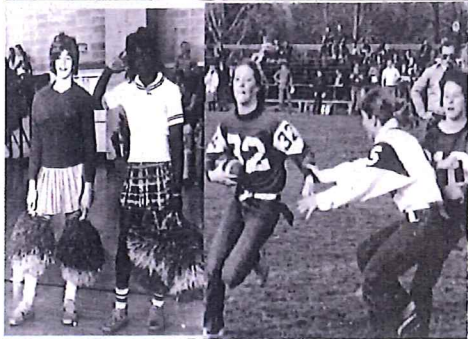
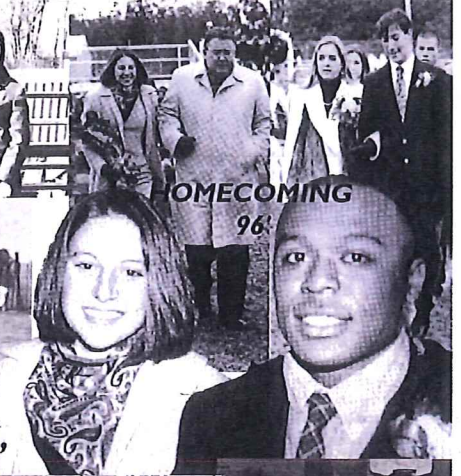
HOME COMING QUEEN



HOME COMING  
QUEEN  
70'



POWDER PUFF 75'



HALLOWEEN 1996



HALLOWEEN 1990





# frigid fall fashion

By: Molly Bryant

As the weather begins to change, the fashionistas of MHS don't let the cold weather ruin their wardrobes. With the cold air come the big, comfy sweaters, as well as the more frequent trend of pants or warm leggings. There is, however, still the presence of skirts and dresses, for those whom are not stopped by the change in temperature. Many bold personalities are pairing their dresses and skirts with a funky knee socks or printed tights, while others stay with classic black tights and neutral socks. Both looks are sure to be show-stopping when worn correctly.

While the typical necklaces, bracelets, and rings are still seen during this season, the more popular accessories during the cooler days of fall are scarves, gloves, knee socks, tights, and knit headbands. Also, lightweight jackets can be used to top off almost any outfit, for anyone looking to layer up against the cold wind.

## what is your favorite accessory to wear in the colder weather?



"knee socks!"  
-Senior, Gianna



"tights!" -Junior,  
Molly Read



"scarves!"  
-Sophomore,  
Sabrina Muscato



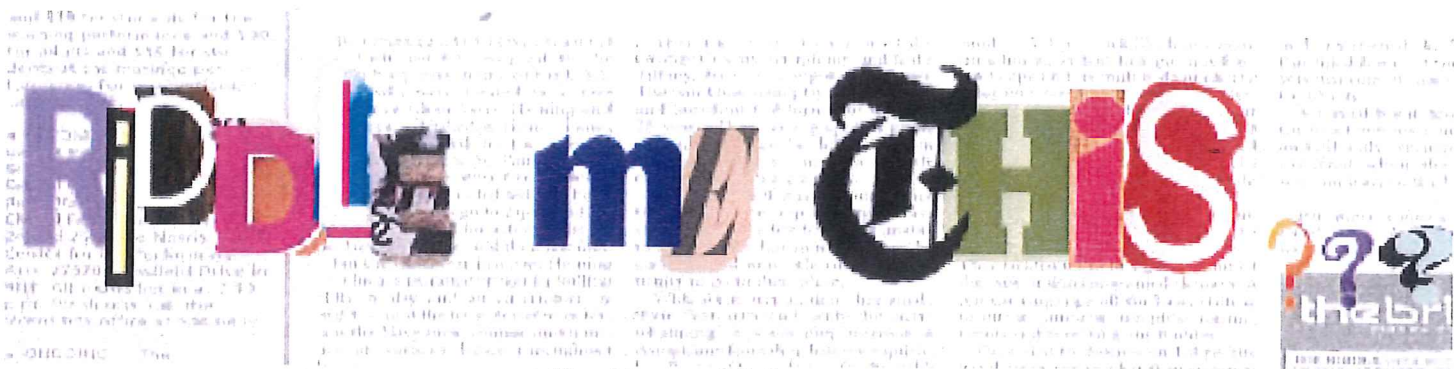
"knit headbands  
and scarves!"  
-Freshman, Logan  
Harms

The halls of Manasquan fill with new personal styles as its fashionistas take on the end of the fall season. Pictured below are various ways in which students of our halls stay trendy, while also keeping warm with the coming of the cold weather.

Starting at the left, junior Kim Coles wears a blue lace dress with black and white polka-dotted knee socks, and black combat boots. Senior, Sarah Kuper wears a long tan sweater and a funky-printed scarf with black leggings and high black boots. Alexa Edwards, also a senior wears a loose sweater with a high waisted black leather skirt. She uses a scarf and high boots to keep warm. Juniors, Maria Dubicki and Allison Zarelli, both wear dresses. While Maria wears classic black converse, Allison wears black knee socks and high black boots, as well as a purple scarf to top off the outfit. Finally, senior Joyce Pegler wears a purple and white warm, long sweater with black leggings and high gray boots.







By: Megan McLean

They always teach you to reach for the stars,  
But rather than aim for a Hollywood sidewalk I aimed higher.

My memory lies within your halls,

But look up, my photos are higher.

You may not know who I am directly,

But you know what my mission was.

My influence on history was astronomical.

Who am I?

Last month's answer:  
The MHS Stage

Search through our school and find who, what or where this riddle is about! We on the newspaper staff challenge YOU the students to solve our riddles, bring in the paper and your answer and YOU could win some of our various monthly prizes! Rack your brain, shift through that unconscious mind, pay attention, and riddle me this...

## *Gravity; The Thriller in Space*

continued from page 14

realistic. One scene had Ryan using a fire extinguisher as a substitute for Matt's MMU. I doubt that any astronaut familiar with NASA equipment would use a fire extinguisher as a handheld jet-pack. To be honest, I found the scene goofy, and a few others as well.

In summary, *Gravity* deserves a great amount of praise. Despite the few realism issues in the film, the acting is superb, the digital effects are amazing and the story is powerful. Anyone who has the chance to watch this movie should really take advantage. Trust me; this movie is worth watching and is probably one the best movies that I have ever seen.

# Happy Thanks- giving, MHS!



# BLUE BEAT

By: Megan McLean

Do you feel like "senioritis" has set in yet? Or do you think it will set in during second half?



"It set in this half, I'm so done with school... get me out!"  
- Delaney Burke

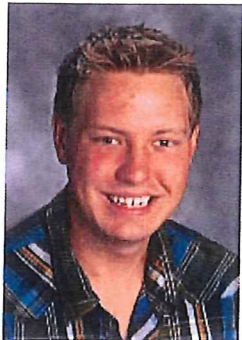
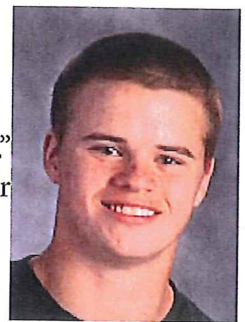


"Oh it's already set in."  
- Liz Nolan

"It set in like junior year."  
- Kailee Jamie



"It's already set in."  
- Oliver Warner



"I think it began at the end of junior year." - Zach Hauge



"First day of freshman year."  
- Alexa Zupko

"It started when I first got here."  
- Kat Grieb



"Oh I thought it set in during midterms."  
- Katie Barnes

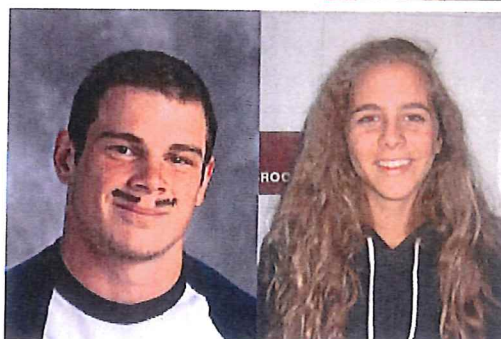


"Yes I can't move!"  
- Kaylan Burns



"I'm hyper-focused on college stuff now, but I'm sure when that gets out of the way..." - Dara McGuinness

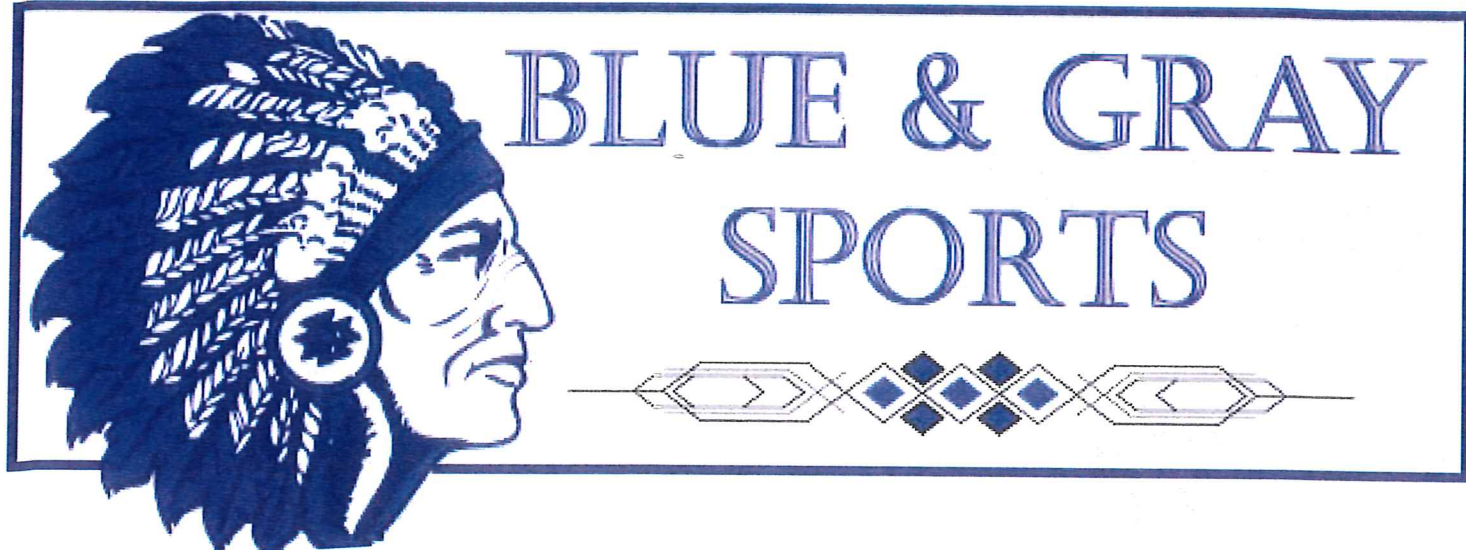
"I've had senioritis for the past four years now." - Joe Murphy



"I think it will set in once I get into college."  
- Joyce Pegler







# WARRIORS SLAY THE KNIGHTS IN PLAYOFFS

Squan's stifling "D" suffocates Wall in 29-7 victory;  
rare opportunity to defeat rival twice comes on Thanksgiving

By: Andrew Sullivan

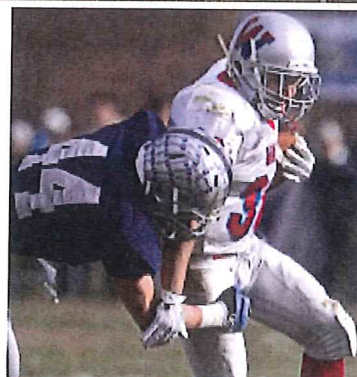
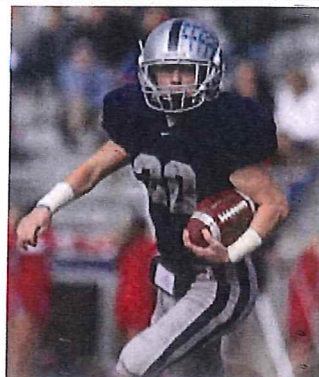
The Manasquan High School Warrior's football team thwarted their hated rivals, the Crimson Knights of Wall, 29-7 in the NJSIAA South Group III quarterfinals on Saturday, November 16 at Vic Kuba Warrior Field. It was the first ever meeting between the rivals in the playoffs.

The number one seeded Warrior's offense was led by senior running back Joe Murphy who ran for a whopping 223 yards on 26 touches, averaging nearly nine yards per carry.

Not only was Manasquan's offense lighting up the field, but their defense was stout as well.

The Warrior's defense pitched a shutout through the first three quarters until they eventually surrendered Wall's only touchdown in the final minutes. For the season, Manasquan's defense has given up an average of just a shade less than twelve points per contest to their opponents. That includes the 41 point loss to Red Bank Catholic.

By the fourth quarter, it was still a tight ballgame. The Knights had been able to inch closer with a touchdown early in the quarter making it 15-7 in the fa-



**Above: Senior Joe Murphy charges through the Wall defense; Below left: Junior James McAlary runs in the open field; junior Tanner Cowley tackles a Wall running back.**

vor of the Warriors. The usual rowdy and up-beat Warrior fans were growing silent and uneasy.

However, with 9:30 left in the game, who else but Murphy zipped up the right sideline 60 yards for a score, extending Manasquan's lead to 22-7 and smothering Wall's potential comeback bid. That 60-yarder gave the Warrior's senior tailback three touchdowns on the afternoon. Kicker Raul Perez would tack on the extra point to make it 21-7.

Manasquan's senior fullback Jack Bianco's eighteen yard touchdown run moments later would be the icing on the cake for the Warriors sweet victory over the despised Crimson Knights.

Unfortunately, Manasquan fell to Delsea Regional last weekend, 27-10, in the semifinals, ending the Warriors playoff run. Thus, the Warriors are looking forward to their final game of the season, and hoping to continue to smash the pigskin through the Knight's defensive line in the classic Thanksgiving matchup at Wall this Thursday.





# BLUE & GRAY SPORTS

## Red Sox victory soothes Bostonians

continued from previous page

But who would want to after what they witnessed? No one had a clue about what else or who else could be lurking on those sidewalks. The entire city of Boston was in a state of disarray.

Who did this? Why would they do this? Are we safe, will we ever be safe? How will we recover?

In the world of sports, the majority of Boston's teams were in a similar situation. The New England Patriots had caught the injury bug that offseason which included their top tight end, Rob Gronkowski, who was desperately trying to recover from a broken forearm and back injury. Not to mention former tight end Aaron Hernandez being indicted on murder charges brought even more uncertainty to the team and organization. The Boston Celtics lost their long-time coach Doc Rivers to the Los Angeles Clippers. The Celtics ended up hiring Brad Stevens, the former Butler University head coach with zero professional coaching experience, as their new skipper. The Celtics also traded away two of their beloved but aging players, Paul Pierce and Kevin Garnett, to the Brooklyn Nets.

As for the Boston Red Sox, it was even worse. After the historical collapse of the 2011 Red Sox, and a dismal 2012 season, the Sox entered the 2013 season with extremely low expectations. They had sold all of their high-priced players, which included the likes of Carl Crawford, Adrian Gonzalez, and Josh Beckett, to the Los Angeles Dodgers. Boston's new general manager Ben Cherington was only able to scrounge up a bunch of average players such as Jonny Gomes, Victorino, and Drew. In fact, the Red Sox were only a 30-1 favorite to win this year's World Series.

But, boy, did they prove everyone wrong. The Sox would not only defeat the Cardinals in the World Series, but they

would finish the year with a 97-65 record in the regular season, the best in the American League. The team would also end up leading the league in runs scored (853), on-base percentage (.349), and slugging percentage (.446).

"When we started rolling... nobody ever stopped the train," Red Sox designated hitter and 2013 World Series MVP David Ortiz stated.

So how did they do it? How in the world did these "Boston Bozos" win a championship over the more elite teams? Was it dumb luck? Actually, it had nothing to do with luck. It was pure destiny.

The Boston Red Sox's season seemed as if it was written before. A city scarred by tragedy, was yearning for someone or something to lift their damaged spirits. The Red Sox were that someone who fought and saved their city from utter despair. The Sox were your typical David and the Cardinals along with the rest of the major league teams were Goliath. They were mostly comprised of scrappy veterans and "nobodies" with thick, scruffy beards. Incredibly, David successfully played Goliath(s) and rallied their city by going from worst to first.

It was a challenge at first in persuading the fans to hop onto Boston's bandwagon. On Opening Day of the 2013 baseball season at Fenway Park in Boston, there was a gloomy, lifeless atmosphere that filled the stadium. That all changed during the pregame ceremonies when Big Papi (Ortiz) stepped up to the mic and preached to the crowd of Boston fans:



*David Ortiz preaching his pride and passion for the city of Boston*

"This is our f----- city! And no one is going to dictate our freedom. Stay strong!"

From then on, the Bostonians bought into the Sox's formula of never giving up, and never backing down. This would follow suit into Game 4 of the World Series. With extra innings looming, Gomes, who wasn't originally in the starting lineup until about an hour before the first pitch, clubbed a three-run shot off of Cardinal's reliever Seth Maness breaking a 1-1 tie.

It was the turning point of the series. Boston would go on to win that game 4-2 and defeat the Cardinals in the next two games to clinch the title.

When Gomes was asked to comment on his team's season in its entirety, he simply replied, "I don't think we put Boston on our back, I think we jumped on their back. They wouldn't let us quit."

That Wednesday night the Red Sox won the championship, hundreds of Boston fans stormed the streets to celebrate a magnificent, gut-wrenching season; the same streets that they were too afraid to even step foot onto before that season.

"We needed this," said Boston Red Sox fan Mark Parocar, "They were an easy team to get behind because they stood up for us when we needed them most."