

# The Blue & Gray

## Manasquan High School

December 2016



### Robotics Team Competes With the Best



#### in this issue



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# Third Time's the Charm? Administration Fights for More Money for Classrooms

Manasquan residents are set to vote on a newly proposed referendum January 24th, 2017. This new referendum calls for many aesthetic changes to both the elementary and the middle school.

For the elementary school, it calls for a renovation of the school field and parking lot, as well as a new playground for the 5th to 8th graders. Window replacement, brick pointing, and door access and monitoring are also parts of the plan, along with a gym divider curtain, renovations to the media center, HVAC construction, and replacing the fire alarm and security system. Residents would share 60% of the total costs of the renovation, adding up to about \$2.3 million dollars, with the state picking up the other 40% of the tab.

For the high school, the plan calls for science lab renovations, with the addition of a STEM science lab, a new science lab on the second floor, a greenhouse, and HVAC construction. Residents would be picking up the lion's share of the costs for high school renovations, paying about 73% of the costs, or just under \$6 million dollars.

In total, Manasquan residents would have to pay 69% of the costs, or about \$8.3 million dollars. The average Manasquan resident, with a house worth around \$620,000 would be paying at most an extra \$5.77 in taxes. That \$5.77 would decrease steadily, and even become negative (get paid back) after 2025.

The referendum comes at a critical time for the Manasquan School District, after the rejection of two referendums last year. The science labs, built during the Hoover Administration, look the same as they did in the 30s and 40s as they do now, and the now state-champion football team is the only one in the Shore Conference not to have a turf field. It's rather dire.

Superintendent Dr. Kaysan has been battling for support of the referendum since the beginning of his tenure here at Manasquan in 2014. In an interview with the Blue and Gray, he broke down some of the misconceptions that Manasquan voters have made about the referendum in the past.

He rallied against the concept that he could just put the costs into his yearly budget: "First of all, I can't put

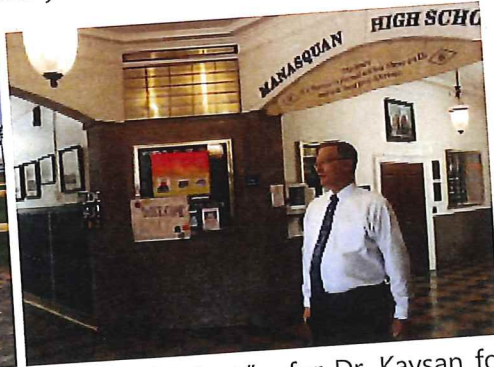
By: Abby McHugh and  
Jeff Petrulla

these costs into my capital budget, because it's capped at a 2% increase, or \$200,000 a year. This means I have to put it out as a referendum, so I can get voter approval and get help from the state."

In response to the common protest that other districts aren't contributing, he says "It's a state law- they can't contribute. What they do pay for, however, is the interest off of the loan, and the tuition that they give us in order to send their kids here, helps



Above: Dr. Kaysan in an outdated science classroom. Below (left): Dr. Kaysan in front of the old baseball fields; (right) Dr. Kaysan in Center Hall.



pay for the other parts of our budget."

Students coming back to Manasquan this fall noticed a marked change in the snack shack and the banners around the football field. Dr. Kaysan explains: "The Manasquan Football Club, and Manasquan Community Bank paid for those changes. We didn't put that in our budget."

In this proposal, he adds, "The only 'athletic' construction is the new playground for the Elementary school. Everything else, we really feel is essential for the school to be competitive."

You can see the need for these changes in your daily life at Manasquan. The constantly-changing temperatures

of classrooms- freezing in some, hot in others. The referendum calls for a new HVAC system. Dr. Kaysan highlights this, saying that "We are the only school in Monmouth and Middlesex county to use a chilling system. It doesn't even work anymore! We are 50 years' past repairing it- it needs to be replaced."

This is aside from the sub-par science rooms. The referendum calls for a second floor to be added to the science wing, with the renovation of the current science rooms along with an addition of a STEM science room. Dr. Kaysan notes the difference: "The STEM science room is what is really going to differentiate us from other public schools in the area. It's designed differently, to foster collaborative thinking. It's a huge step up from our current classrooms."

Last year, students noticed an odd smell emanating from the science rooms. Further investigation revealed an oil leak. Dr. Kaysan said it took him "almost a week to get repair crews down there. The kids lost precious class time."

Ultimately, Dr. Kaysan feels the changes are needed in order to keep Manasquan from fading into obscurity. "We are a school that is so entrenched in tradition, so entrenched on thinking 'let's just keep the things the way they are' but in the next five to ten years, and it's already starting to happen, we are going to lose kids to other schools because they are going to see the state of our science labs and decide to go somewhere else."

It has been long, hard battle for Dr. Kaysan for the passing for the referendum. The two ballots have been struck down by Manasquan vote twice. Although he says he has tried reaching out to local organizations around Manasquan to inform the before the vote, he says "they have struck me down." In the end, he says he will keep fighting for these referendums- because he knows it's what's best for the future of Manasquan.

The referendum is on Saturday, January 24th, 2016 at the school. See Mr. Harvey or Mr. Roach for absentee ballots if you, or any of your siblings, are out of town for the vote.



# Something to be **TRULY** Thankful for this Holiday Season

By: Amanda Karp

On Tuesday, December 6<sup>th</sup>, a concerning event occurred at Manasquan High School, and wound up turning into a testament of the students and staff for the actions they took.

One of the school's beloved substitute teachers suffered a cardiac arrest in the beginning of second block. The immediate actions taken by the students and staff were responsible for saving his life.

He was subbing for Mr. Lomas' math class when the events began to unfold. The class started at 9:05, and the substitute teacher was introducing himself to the class when he suddenly dropped his papers, and collapsed. The class took instantaneous action.

Faith Masonius, a sophomore, instructed the class to call the nurse, which Jane Antonucci quickly did, while Alec Monteverdi and Ryan Anderson left to get the nurse. On their way to the nurse's office, they spotted Mr. Read, the assistant principle, who told Mrs. Zdanowicz to call 911, and to get an AED, which is an automated external defibrillator.

At the same time, sophomore Casey Campbell ran to a nearby classroom, calling for help.

"I was scared and surprised," he said. "It could happen to anyone. [The staff] was really prepared, and since this is a small school, we were able to get help right away."

"We knew we had to do something," Faith explained, "He hit his head, and we worried that he wouldn't be okay."

"It was really scary," Jane said. "But I felt that the way we handled it was really mature, and not chaotic."

A Code Blue was quickly announced, which signals a med-

ical emergency.

Mrs. Crowning was the first teacher to arrive on the scene, and moved the class to the room next door.

Mr. Read was the second person to respond, and immediately began CPR. He completed one cycle when Mrs. Bontales and Ms. Szenzenstein, the nurses, entered, followed by Math teacher Mr. Minutoli at 9:10.

Mrs. Bontales took over CPR, while Mr. Read and Mr. Minutoli set up the AED pads.

"It's very important that in an emergency, you stay calm, get help, and call 911," Mrs. Bontales explained. "[The victim] had a cardiac arrest, which is when there a deadly rhythm, in which the heart may be beating, but not functioning." She explained that this is different from a heart attack. "A heart attack is when there is an interruption of oxygen to a specific area of the heart for a specific amount of time."

Mr. Read said, "The students' response was incredible. It was as much a team effort as anyone could imagine. Everyone was impressed by the reaction time, the professionalism and compassion that everyone showed."

Within the next few minutes, emergency responders and police arrived at MHS. By then, the sub had been revived, and was brought to the hospital.

All of the events took place within fifteen minutes, the same length of time it might take to get to school or take a quick walk with your dog. It seemed to happen so fast, but in that time, the students and staff of Manasquan High



Above (left to right): sophomores Faith Masonius, Casey Campbell, and Jane Antonucci acted quickly and fearlessly to help save a life.

School were able to work together to save a man's life.

"I'm very proud of the way the students, as well as Mr. Read, reacted. Mrs. Bontales was very professional, and completed all the actions she was trained to do. The timing was crucial, with Mr. Minutoli grabbing the AED, and using it to save [the] life," said Mr. Hyland. Mr. Hyland, who provided a report for the school, also stated, "The paramedics and hospital later called and said that [the patient] was able to be saved because of the actions the students and staff took. Our staff was 100% equipped to handle the situation."

The events that day go to show how thankful we as a school should be. The people involved took immediate action in their response to an unexpected event, and helped to save a life. It shows that in the face of emergency, it's okay to go run for help, to grab the phone and use it, to break the rules, to not sit idly by.

When action is taken, you have the chance to do something great, and that is an important thing to keep in mind when an emergency occurs. The response of the students, staff, and all others saved a life. The students and staff did an incredible job, and for that our school should know that they are in safe hands if an emergency ever befalls us again.





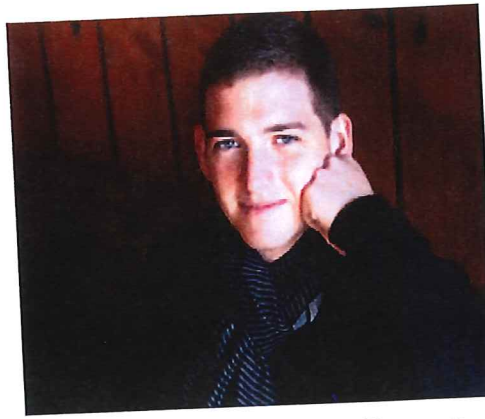
Enlightening Attitudes Toward Mental Health Issues

By: Rachel Irizarry

Recently health classes at MHS were visited by speakers from the program "Minding Your Mind." Minding Your Mind's mission is to "provide mental health education to adolescents, teens, young adults, their parents, and school administrators." Their number one goal is to reduce the stigma surrounding mental health issues. These presentations occur during school assemblies, health classes, and workshops, and address issues including mood swings, suicidal thoughts, eating disorders, addictive behavior, self-harm, and bullying.

The first speaker to come to MHS health classes was Drew Bergman. Drew being a full time successful student at Temple University wasn't always a bright child. Although he was a very talented athlete he had some issues in his family that would end up causing problems later on in his life. When Bergman was in seventh grade his parents divorced and he began to use some negative coping skills that would ruin his health, including self-harm. For some time, he would be able to hide these habits and continue to perform as an outstanding athlete.

This all turned for him when he was a sophomore in high school. Drew's depression had gotten worse and with that he attempted suicide for the second time. But as time went on his depression lessened and his suicidal thoughts decreased. Drew delivered his first speech at his high school, talking about his battle with mental health and depression. He hoped to increase awareness of mental health among



Above: First speaker Drew Bergman.

his peers. The speech sparked an interest to engage other students and to continue to be a mental health advocate and public speaker. With all of this said, Drew was as some students say the best speaker out of the four that the health classes had.

A week later, health students had another surprise guest speaker. Her name is Katya Palsi. An MHS graduate, Katya was just fifteen years old when she was sexually assaulted. Afterward, Katya felt too ashamed of herself to get help and share her trauma. She suffered depression and anxiety. Now with a degree in advertising, she wants to let others know about the stigma that surrounds mental health issues and healthy relationships. The one goal that she hopes to achieve is to inform both males and females about the messages that are received from society.

During that same week Mariel from "Minding Your Mind" came to tell students her story. When she was a child she battled bi-polar dis-

order and feelings of insecurity. After developing an eating disorder and soon resorting to self-harm, she mostly spent her teenage years abusing alcohol and drugs.

Her addiction led to being homeless, incarcerated, and victimized. Mariel entered recovery in 2007, and has been able to maintain a continuous long term recovery since then.

Today she is a full time student at Kean University where she is trying to get a degree in public administration.

The last speaker from "Minding Your Mind" was Sammantha. A full time nursing student and nursing assistant, Sam was always thought to "have it all together." This was not the case. From a very young age she struggled with low self-esteem and depression. On top of all of this she was diagnosed with dyslexia, which caused trouble learning. She felt different from all of her peers as early as elementary school. With all of this, she threw herself into sports. By high school Sam was a world champion powerlifter. Yet by the summer of 2013, her health got to a level where it was unbearable. She began her treatment for depression and eating disorder. Now she is able to share her story and create awareness of eating disorders and depression.

With all of these guest speakers, "Minding Your Mind" only had one goal. That goal I believe was reached. This was to reduce the stigma surrounding mental health. This was a great eye opener for all health classes. I hope that future health classes will get this opportunity to have someone share their story and how they overcame it.

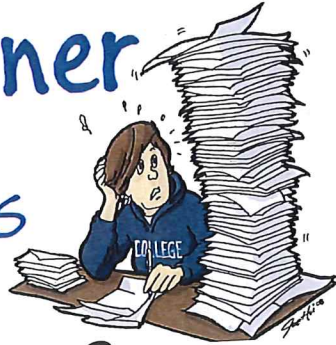
Below left to right: Sammantha, Mariel and Katya pose for their profile pictures on "Minding Your Minds" website.





# College Corner

## ADVICE to SENIORS



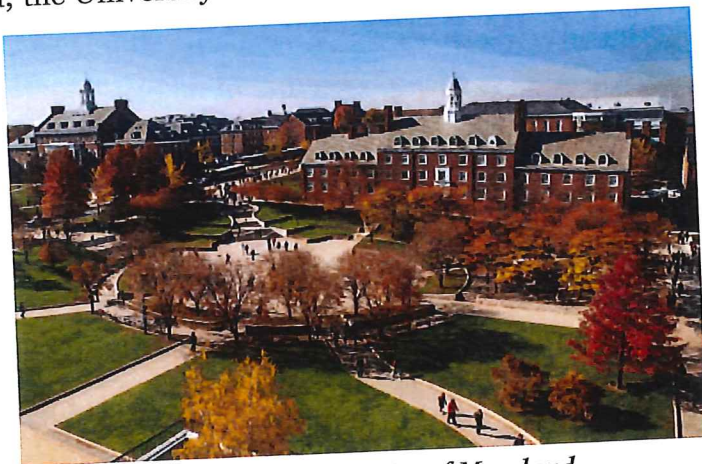
# The Benefits of Going to a Distant College

By: Amanda Karp

It's time for early decision and early action college applicants to get their (aptly worded) college's admissions decision back. Some students will choose to stay in state, near their families, while others will choose to move across the U.S. – even to a different country – to attend the college of their choosing.

Some people choose to remain in state, by attending their local community college or by going to a public or private college in the surrounding area. But some will venture even further from home, and the reasons motivating some students to leave behind what they know here in New Jersey, are very intriguing.

Senior Jackie Kurtz wants to study journalism, and has applied to the University of Maryland, Virginia, the University South Carolina, and Penn State – all



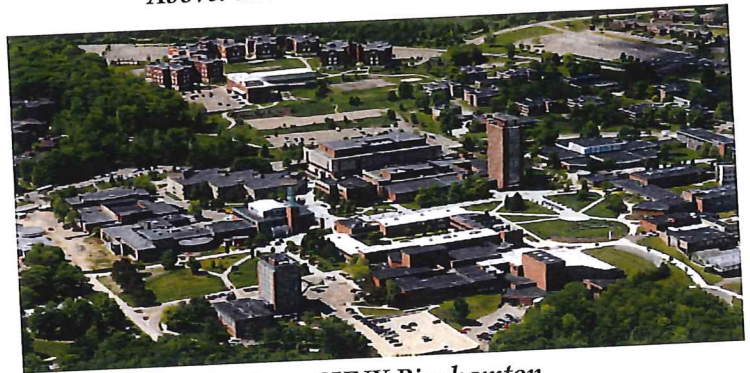
Above: The University of Maryland

of which are four or more hours away from home. "I've never travelled anywhere," she explained, "and I want to see somewhere else. Being independent is something everyone should experience."

Some students want the independence that comes along with leaving home. For others, they want



Above: The entrance into NYU's Stern building.



Above: SUNY Binghamton

to burst the bubble of the life they've lived in a small town.

Abby McHugh, a senior, has committed to Binghamton University in New York, otherwise known as SUNY Binghamton. She says, "I need a change of environment. I know that a different environment will push me out of my comfort zone and help me to thrive, and expand my horizons."

Clark Ellicott truly wants to go far from home. He is so bold, that he is also willing to leave the country to go to college. He has applied to a few universities in Canada, such as the University of Toronto. He has also applied to a variety of schools across the continental U.S. as well, such as New York University (NYU), and the University of California, Los Angeles (UCLA).

He explained his decision, saying, "It's about the learning experience – the different culture and language," that he'd be exposed to. "I don't really care about the distance, I take it as a move towards independence and fending for myself," Clark added.

The positive experiences that come from traveling for college seem to outweigh the negatives. Leaving home is challenging, but learning to live on one's own, and becoming self-sufficient, are important parts of transitioning into adulthood.

Living without parents or guardians is an adjustment, but it's a large step in the lives of college-bound students, and one that will shape them as they continue to grow.

Moving away from home, whether it's to a nearby college in the county or one across the world, is experience. It will be tough, at times, but the life lesson that come along with it are well worth the challenge along the way.



# COLLEGE ACCEPTANCES

**Leah Tilton-**

Georgia Southern  
University of South Carolina  
Montclair State University  
Salisbury University

**Elizabeth Rooney-**

Drexel University  
Pennsylvania State University

**Logan Roddy-**

University of North Carolina Wilmington  
Fordham University

**Jeff Petrulla-**

Providence College  
Farleigh Dickinson University  
Seton Hall University  
Stockton University

**Quinn Giblin-**

Pennsylvania State University

**Summer Farren-**

Fordham University

**Ally Johnson-**

Providence University  
Fairfield University  
Catholic University  
St. Joes University

**Kyle Benji-**

New Jersey Institute of Technology

**Nick Benji-**

Stockton University

## So You've Been Accepted- Now What? Start looking for Scholarships!

By: Abby McHugh

It's that time of the year: students are hearing back from colleges, and getting their financial aid packages. Didn't get the scholarships or aid that you wanted or can afford? It's time to start applying for scholarships.

Scholarships are extremely useful – they award cash amounts, which is useful for buying books, transportation costs, and paying for school, among other necessities. Grants can also be awarded, but those are need-based rather

than merit-based like scholarships are. However, a plus for the both is that they are free money, which students do not have to pay back.

Grants are normally given by the government, whereas scholarships tend to be awarded through non-profits, private corporations, and other business, but can also be given through the government.

Scholarships can come in the form of paying yearly for tuition, or as a one-time cash prize.

Both which are incredibly useful when it comes to the high cost of college. Filling out multiple scholarship applications can be boring and fatiguing: use websites like Scholar Snapp to apply to multiple scholarships with one application.

There are many reputable ways to find out about scholarships, some being from guidance counselors, financial aid officers, libraries, religious institutions, employers, and other local business.

A great place to find scholarships is under the "Services & Resources" tab on Manasquan High School's site. Under "Guidance Services", at the bottom of the page, there is a hyperlink opens up a page with a laundry lists of scholarships.

It's important to be wary of scams, and to make sure that the website offering money is legitimate before providing it with any information.

### Scholarship Resources:

- **Manasquan High School Guidance:**  
o <http://www.manasquanschools.org/Page/2092>
- **Scholar Snapp**  
o <https://www.scholarsnapp.org/>
- **Fastweb!:**  
o <http://www.fastweb.com/>
- **College board:**  
o <https://bigfuture.collegeboard.org/scholarship-search>
- **US Department of Education**  
o <https://studentaid.ed.gov/sa/types/grants-scholarships/finding-scholarships>
- **Peterson's**  
o <https://www.petersons.com/college-search/scholarship-search.aspx>



# Holidays Around the World Coming to MHS

By: Elizabeth Rooney

With the final week of school before winter break the French and Spanish National Honor Society have decided to add some holiday cheer to MHS. This year they will be hosting a Holiday Around the World Locker Decorating test.

Any student in a world language class is invited to participate in the contest along with members of the French and Spanish Honor Society. All you have to do is decorate your locker



in honor of a holiday or country of your choice from around the world. Lockers have to be decorated by Thursday and will be judged on Friday, with the winner winning a \$30 gift card to Playa Bowls.

If you have any questions, see Mrs. Eldridge. Have some fun in getting into the holiday spirit this year with the first ever Holiday Around the World Locker Decorating Contest.

## Hey MHS: What do you want for Christmas?

by Jeff Petrulla and Nicole Zito



**Dylan Wolfe-**  
"Ebonile  
bowling ball"



**Megan Cobb-**  
"Lumineers' tickets"  
**Camryn McTighe-**  
"GoPro"



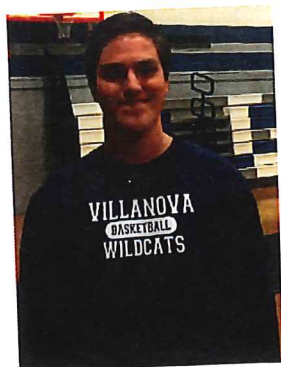
**Jenn Forcillo-**  
"A glasses case  
and ankle  
socks"



**Amanda Karp-**  
"A bathrobe"



**Kelly Negra -**  
"New Moccasins"



**Greg Love-**  
"New basketball shoes"



**Abby McHugh-**  
"New workout pants"



**Adam Schreck-**  
"Astros hat"



**Lauren Fielder-** "Cookies,  
stickers, and hot sauce"





## The perfect gift for the person in your life who...

**Is Harry Potter Obsessed**



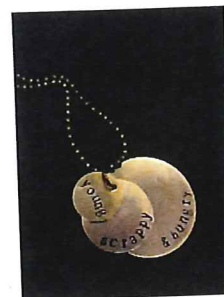
"Where You'll Find Your True Friends" Wall Art

**Loves to lay on the couch**



Faux Fur Throw

**Knows every line of 'Hamilton'**



Young, Scrappy & Hungry Hamilton Stacked Stamped Pendant

**Is a major fan of Queen-Bee**



LoveYanz "I Slay" gold manta bracelet

**Loves makeup**



Soft Matte Lip Cream Vault

**Is a fit- Junkie**



Eat Drink Move Sleep: A Health Tracking Journal

**Is your furry friend**



Pipolli Dog Teepee

**Is a neat-freak**



Jotblock Notepad Organizer

**Always has the newest gadget**



Copper Smartphone Projector

**You work with**



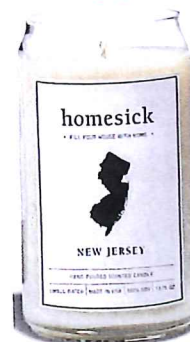
Paper Source Gold Foil Desk Easel Desk Calendar

**Can't put down their phone**



Liz Claiborne Phone Charging Wallet

**Just left for college**



New Jersey "Homesick Candle" - The candle crafted to "create that feeling of home, wherever you may be"



# What's Your Favorite Christmas Movie?

By: Jenn Forcillo

No other holiday is comparable to Christmas in terms of seasonal entertainment. However, it can get a little overwhelming trying to make sure you see all 25 days of ABC Family's 25 Days of Christmas, but everyone still has their must-see favorites that top all the rest of them. Personally, I could never decide between two excellent displays of the Christmas spirit and filmmaking: *Love Actually* and *The Muppets Christmas Carol*. Yes, I know these cheesy movies may not be classics, but to me they represent what Christmas means and they always get me in the Christmas spirit. In my opinion, the best part of this time of year is sitting yourself down with some hot chocolate or eggnog and reciting all the memorized lines to yourself silently while simultaneously getting in the Christmas spirit.



6

Votes



4



9



6



9



7



4

With all this spirit swirling in my head, I decided I wanted to know what Christmas movies gets MHS feeling jolly and happy this cold December. So, throughout the school day, I interviewed students and teachers alike, finding out what they're favorite movie is. Since there are so many movies to choose from I could only include films that recieved more than four votes, however some honorable mentions are as followed: *March of the Wooden Soldiers*, *A Charlie Brown Christmas*, *A Year Without Santa Claus*, *Rudolph the Rednose Reindeer*, *Love Actually* and *How The Grinch Stole Christmas* (remake).



Christmas Movie



# The Most Popular Christmas Gifts of 2016



## iPhone 7

In this day and age, a new phone is one of the most popular gifts on the market. More specifically, the Apple iPhone 7.

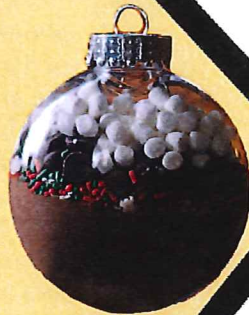
## Alarm Clock On Wheels

This alarm clock rolls itself onto the floor when it's time to wake up, forcing you to get out of bed and catch it in order to turn off the alarm.



## Hot Chocolate Ornament

Just fill a plastic ornament with hot chocolate mix, peppermint, chocolate chips, sprinkles, or whatever else you want!



## Concert Tickets

Who wouldn't want to see their favorite singer live in person? Now is the perfect opportunity to buy concert tickets for the upcoming year.



## Fitbit

For the active person in your life, the Fitbit tracks exercise, sleep, calories, and gives text and call notifications from your phone.

## Candy

One of the most popular gifts - their favorite candy. Reeses' Cups, M&Ms, or Skittles make great stocking stuffers.



By: Lauren Fielder



# ~~THE~~ ~~RETURN OF~~ ~~THE~~ ~~PROTEST~~ ~~SONG?~~

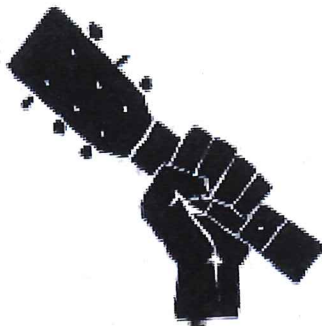
**Its popular to protest, and  
music could follow suit**

By Mike Rafter

*"A protest song is a song that is associated with a movement for social change and hence part of the broader category of topical songs (or songs connected to current events). It may be folk, classical, or commercial in genre."*

From the folk rock to punk rock to rap music, there has been a ton of protest songs written over the years. Social media has proven that this generation has a lot of opinions and a desire to say them, so protest songs would be perfect.

Songs like "Ohio" by Neil Young, "God Save the Queen" by The Sex Pistols, and "Born in the USA" by Bruce Springsteen all remain some of the greatest songs ever written. While they remain timeless, they can of course be updated. Immigration, economy, and civil rights are some of the biggest issues America faces, which is similar to the issues faced by America during the 1960's and 1980's, times when protest songs flourished.



Protest songs could easily make a comeback. All you need to write a protest song is an acoustic guitar and a message. As shown by Bob Dylan, you don't even have to have a good voice, just a good message.

Again, this generation has shown to have a desire to take the easy way out, so its a perfect match.

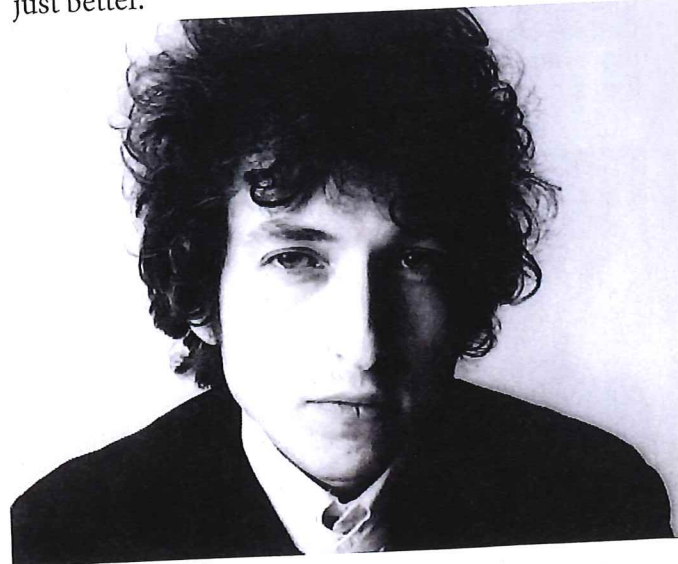
So if the conditions are perfect, what's stopping it from happening? One major issue is that it has already been done. Between the 1940's, the 1960's, the 1980, and the 1990's, every type and style of protest song has been written and the genre has been starved for ideas for a while. Similar to classic rock, many people view the



genre as already having its hayday, and that time has come and gone.

There is also another issue: America is divided. For every person that hates Trump, there is a person who loves him. Some of his strongest supporters are among young adults, the group that often rebels, protests and steers the future of music. While many politicians argue that it is time for change, and try to rile up emotions, not everyone is on board.

Protest songs require a nation to be united against one common thing, and in reality, our nation is not. There is no topic like Vietnam or slavery that people can unite over; every controversial topic seems to have a 50/50 split. In a weird twist of irony, to protest and to not accept, you need to accept. If the country wants to get together and sing protest songs and work to solve some real issues, it requires us to unite and accept each other. Or maybe rap music is just better.



**Bob Dylan, who recently won the Nobel Prize for song of his excellent protest songs written in the 1960's.**



# Students Tackle Issues in the World

## The Blue & Gray Editorials

### Trump's Cabinet: A Synopsis

By: Jeffrey Petrulla

President-Elect Donald Trump has been busy since his victory on Election Day, particularly with vetting possible cabinet candidates. Thus far, Trump has nominated a multitude of cabinet members. Picks include Betsy DeVos for Education, James "Mad Dog" Mattis for Defense, Jeff Sessions for Attorney General, Andy Puzder for Labor, Rex Tillerson for Secretary of State, and Elaine Chao for Transportation. These are likely the most consequential picks for cabinet members, as they stand to shape some of Trump's largest policy points. All of these nominations do still have to go through the Senate and get confirmation, though.



Betsy DeVos

Betsy DeVos is a long-time member of the Michigan GOP, and an ever-present face in the fight over education. Though she lacks any experience in the classroom and has never sat on a school board, she has been a major contributor to private schools. Having gotten a private school education, she is an outspoken advocate for the value of private education over public education. Responses to her nomination have been mixed, with Jeb Bush calling her an "outstanding pick" but Democrats mostly unhappy with the selection.

James "Mad Dog" Mattis is a highly accomplished former Marine Corps General, and Trump's best cabinet pick. He served in most of America's modern Middle Eastern conflicts; from the Gulf War to the Iraq War. Even after retiring from the Marines, he has been instrumental in United States military action; he replaced David Petraeus as the head of United



Gen. James Mattis



Andy Puzder

States Central Command in 2010 and has been in countless positions of command. According to his colleagues, he's extremely well-read and has kept a collection of thousands of books throughout his career as a military officer. He served in the Marines for 44 years, joining in 1969 and leaving in 2013. The man certainly has experience in military, along with bipartisan backing, having been selected under the administrations of two different parties. We'll see if his continuation in leadership means a continuation in policy.

Jeff Sessions is a current Alabama Senator and a former Alabama Attorney General. Sessions was also nominated for the Supreme Court of Alabama, but his nomination became a major partisan fight. Democrats, backed by the NAACP, claimed Sessions was racist and had a past of discriminating against minorities. Though this was the 1980s, the charge still carried a lot of weight. It lost him the nomination, and remains as a mark on his reputation to this day. However, his Attorney General experience has caught the eye of Trump, along with the fact that Sessions was one of Trump's first endorsers from the United States Senate.



Jeff Sessions

Andy Puzder is best known for owning CKE Restaurants, a gigantic, multinational company that owns Hardee's and Carl Jr.'s. Puzder himself is even more well-known for his controversial positions; for example, being a staunch opponent to raising the minimum wage. He also tends to oppose anything concerning workers' rights, from new proposed overtime rules to healthcare and paid sick leave. He seems to fit right into Trump's the talk Trump broadcasted throughout his entire campaign, but he does stray from the path in one area: immigration. Puzder has said time and time again that he supports the path to citizenship for undocumented immigrants, which puts him at odds with both Trump and the Republican-controlled Congress. His views tend to go in accordance with his self-interests, and

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### Culture is Changing

continued from previous page

with the times.

Medical marijuana is now legalized in twenty-eight states. It has been shown to relieve pain in the head and nerves, soothe muscle spasms, reduce nausea from cancer treatments, and regulate diets for those with debilitating illnesses such as HIV. We're getting closer to a potential nationwide legalization of medicinal marijuana.

Obviously the growing acceptance of marijuana use is a very recent movement. The NBA and NFL have been around for over 60 years, so it's natural that some of their policies are out of date. However, both leagues still maintain that they are all about player safety, but neither has made any progress in researching the positives of medical marijuana usage in players.

The time is now for the NFL to open its eyes to the potential players they will be missing out on if they do

not act soon. They have gone from one of the most respected and innovative leagues to a near laughing-stock of sports. The League office needs to prove that they do listen and they do understand the problems people have with the controversial decisions they make. If the NFL feels the pressure and finally makes this move to lift the medical marijuana ban, we will see other leagues follow suit, and the medical marijuana movement will reach one of its largest milestones yet.





## Secret Talent?

*continued from previous page*

we needed to slow down just a little. I was glad he gave us advice, because it would help us if we truly wanted to become singers. That piece of advice has stuck with me throughout my years.

Since we sang on a Friday, on Monday many people still were coming up to us and saying that we did a great job and if they had the ability to sing they would have never done what we did.

For the next three years, Rebecca and I would sing for at least three classes per year, because I never really learned to close my mouth about us singing.

Soon we took it beyond the walls of Manasquan High School. If it wasn't for Mr. Hyland in freshman year, I never would have had the confidence to audition for America's Got Talent. But two years ago, that's exactly what we did.

Although we didn't make it, that didn't stop us from trying. This year we will audition online again for America's Got Talent, and I'm also hoping that Rebecca will agree to go to the "open call" audition in New York in January. If she doesn't do it with me, I may have to just ride solo. This would be a big step since, like I said earlier, I always sing with Rebecca.

But if it does happen, I will at least

be a little bit prepared.

This year I have Mr. Hyland as a teacher again, this time in Emergency Clinical Care. Having him again as a senior I was sure he would make me sing in front of the class again. As it turns out, he didn't make me sing in front of the class. This time it was different. Because instead of him saying something, it was me.

As part of a class project we could bring in treats like baking or pizza, but for me, it was the power of my voice. I was very hesitant to raise my hand but at one point I just shot my hand up. Mr. Hyland called on me and I said I would sing in front of the class.

I could tell he was shocked when I said that. He knows that I am a very shy person and that I don't talk a lot in class. He said he would have to come back to me and sure enough he did. Just a few moments later he said I can sing for the class but there was an unexpected twist. Most of my class had already heard me sing, so it wasn't anything new. Rebecca isn't in the class with me so I would have to sing all by myself.

This made me feel nervous. Rebecca and I always sing together but this time – I would have to come out of my shell and do it on my own. On top of that, there was a twist. Mr. Hyland said I wouldn't know when I would have to sing. One random day he would come into class

and tell me that I would have to sing that day.

As days passed by I was very anxious and always trying to be on top of my game. I kept practicing every chance I got. I ended up choosing "Down to Earth" by Justin Bieber. This was because even though I had multiple songs, Rebecca wanted me to do a Justin Bieber song.

In October, the day finally came. He walked into class and announced that I would be singing. My face started to turn red and I was trying to think of a way out. But I finally got up, and stood in front of the class, and started to sing the song. The first thing I noticed was that I wasn't as nervous as I thought I would be. I had done this more than once throughout high school, and I was pretty comfortable with it. Once I finished the song, everyone started to clap.

Even though I always loved to sing, I never thought that I would be singing for multiple classes during high school. Looking back on it, if I had never sung for my health class, I probably would of never have auditioned for America's Got Talent. Now I'm thinking of even trying for The Voice.

If I ever make it onto TV, I will definitely owe it to Mr. Hyland for making me come out of my comfort zone.



## Trump's Cabinet

*continued from page 23*

it makes sense that someone who employs thousands of immigrants takes these sort of views.

Rex Tillerson is the current CEO of Exxon Mobil, and soon to be our Secretary of State. Tillerson is known for having extremely close ties to Russia, which will prove to be interesting after Russia's alleged involvement in our election. He's so close with Russia that Vladimir Putin actually awarded him the Order of Friendship, an award signifying friendship to the country. Aside from the concerns about Russia, Tillerson has faced criticism over having never held public office before, and having



Rex Tillerson

no diplomatic experience. However, the man heads one of the largest American corporations in the world. He's spoken with many nations over the course of his career, and will hopefully fill the position well.

Elaine Chao is a trailblazer for Asian Americans; she is the first Asian American woman to be appointed to the President's cabinet, and the only cabinet member to be in George W. Bush's cabinet for both of his terms. She has served as both Deputy Secretary of Transportation under George H.W. Bush and Secretary of Labor under George W. Bush. She's also married to the Senate Majority Leader, Mitch McConnell. Though Chao is certainly a qualified pick, arguably the most qualified out of all the nominees, she brings some controversy. Many voters were behind Trump because he promised to "drain the swamp," or



Elaine Chao

clear out the public figures who remain in office while doing a poor job. Chao is viewed by many as a member of the establishment, regardless of how good of a job she does. This conflict between Trump supporters and Trump's establishment nominees should be interesting to watch, and it certainly will go on.

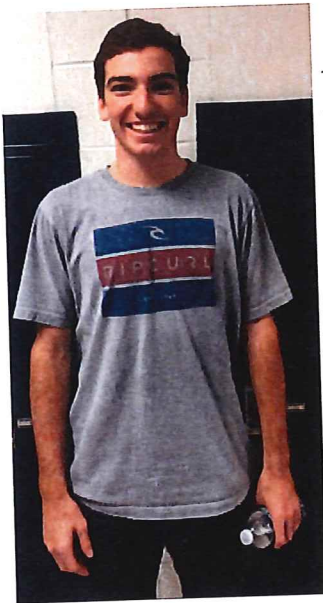
Cabinet picks are extremely important, as they're the head advisors to the president. Most will be almost completely in charge of policy in their respective field, so I'd hope that they all know what they're doing. Trump's current picks aren't awful, but keep in mind that they're not final by any means. They still have to be formally approved by the Senate in a vote. There's also more cabinet positions that need to be filled as of the time of this publication, which can go a number of ways based on speculation. However, Trump has proven time and time again that speculation is virtually pointless when it comes to his administration. Only time will tell who he picks for these positions.



# What's Your New Years Resolution?

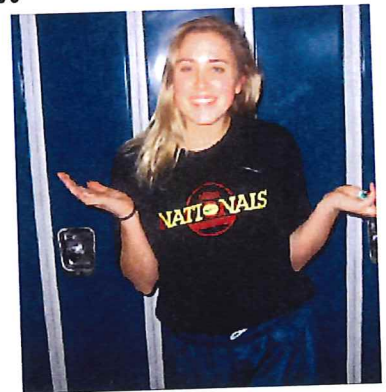
By: Nicole Zito and Leah Tilton

New Year's is a brand new fresh start. A page has been turned. A new chapter in life waits to be written. New questions to be asked, new people to be loved, and new faces to meet. An, of course, new goals waiting to be met. You have the power to create your world again. Start now.



**Matt Kavanagh**

*I want to keep my grades up and hang with my friends before college*



**Addie Masonius**

*To be the happiest I can be and to stand on top of my world.*

**Annie Heenan (below left)**

*I plan on keeping my friendships strong and spending time together before we leave for college*



**Abby Rice**

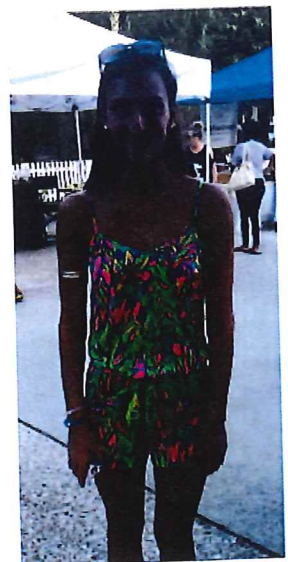
*My main goal is to get in shape for my trip to the Bahamas for February break. Also I say every year intending for it to work, but to stop drinking soda.*

**Brendan Reilly (on Adam's back)**

*Avoid the disease known as "senioritis"*

**Adam Schreck (holding Brendan)**

*To get in shape for baseball season*







# BLUE & GRAY SPORTS



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## On-The-Rise Wrestling Team Blends Excited Newcomers with Season Veterans

By: Abby McHugh

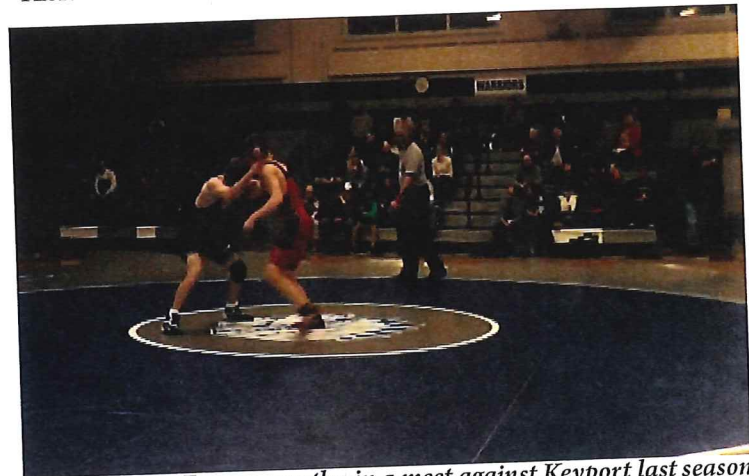
Mansquan Varsity Wrestling hopes to get its season off to a good start on December 17th at Old Bridge High School.

Last season was a tumultuous one for the team. Although the team had a 5-19 record, it was also the first season since head coach Mr. Voskian's takeover of the team that the filled all 14 weight classes. Voskian says he is confident that is veteran roster will improve on their record from last year: "We really only graduated one senior this year [Kevin Pompilio, who now wrestles at Division III University of Scranton]. We'll be able to fill all of the weight classes again, which is a major accomplishment."

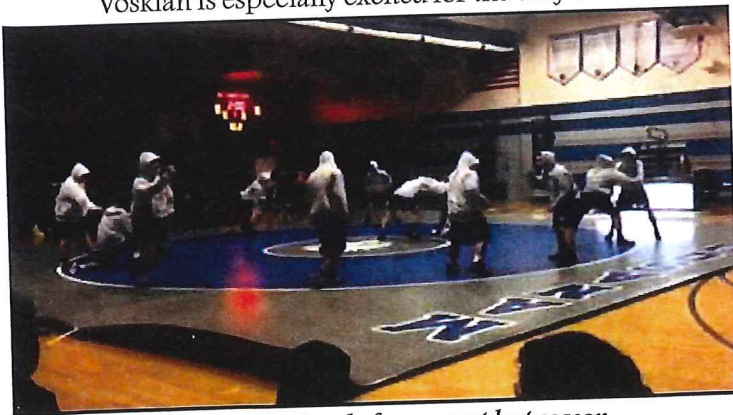
If one team doesn't fill the weight class with at least one person, they automatically forfeit points to the other team. For smaller schools like Manasquan, Voskian says, "Filling the weight class can be a struggle, and I'm happy that we can do it again." He adds, "We have some great seniors like Joey Ostberg and Frankie Faasen who are going to do well this year."

Voskian is especially excited for the only female wres-

training partner Shawn Saulys. She said she's most excited to "Kick some butt" this season, and has aspirations of "going



*Junior Francis Faasen wrestles in a meet against Keyport last season.*



*The team practices before a meet last season.*

ter on the team, Bella Serrano. After an incredibly successful freshmen season, where she won 10 matches against boys in the 106-pound weight class, Bella has been training hard at Kurt Pellegrino's in Wall to make this season even better. She trains 6 days per week, every day except Sunday, and lifts with

undefeated". Her highlight from last year was placing 3rd in a field of 14 other boys at a late-season tournament. On wrestling, and being a girl, Bella says "It's almost an advantage. Last year, I had wins because people forfeited, they didn't want to wrestle me. I'm never uncomfortable- but they are, and that's already a mental advantage for me." In her 106-pound weight category, she mostly wrestles freshmen. She finds that this is another advantage: "There uncomfortable. They don't know what its like to be in the ring. And, they're wrestling a girl. For me, it's a great situation to be in."

Junior Francis Marshall, a football player, is joining the wrestling team this year after training for many years at Kurt Pelligrino's, the same gym as Bella's. He hopes to go undefeated this year in the 152- pound weight class, and said he is most excited about "starting to train with the Manasquan team. Practices started the week after Thanksgiving, and it's been going really well. I'm looking forward to the season to start."

The season preview on their website also hints at the season to come. The team has been moved into the B- North

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# BLUE & GRAY SPORTS



## Winter Track is Coming

*By: Shane Connelly*

Winter is on its way, which means the 2016-2017 Manasquan High School winter track season is coming up soon. The team is already assembled and practicing, as their first meet is on January 4<sup>th</sup> at the Colts Neck Invitational.

This year's team is composed of sixty-five individuals competing in a variety of events such as hurdles, 400 meter, shotput, and pole vault. I was able to catch up with Ms. Zdanowicz, one of the track team's head coaches, and asked her about the upcoming season. She told me that this year is more of a "building year" for the team, as nearly half of the athletes have no prior track experience.

Though the team itself is young,

there are some returning stars who emerged last season. Ms. Zdanowicz complimented senior Brona Nielsen, sophomore Colin Flood, and juniors Meg Cobb and Dan Kelly. She pointed out that these athletes are the best of all the returning players, and they'll be looking for more of the same success this year.

The track team hasn't always been in the limelight at MHS, but this year the team has seen quite a large growth in numbers after many have observed the success they've had of late. Ms. Zdanowicz remarked that the team is "a lot larger" this year compared to last season, which is a good sign for the future of the team. With a lot of young competitors, the coaches will be able to develop the unexperienced athletes while those who have competed before will get their time to shine.

Ms. Z says that she's expecting "a successful season" despite the fact that the team is so young. The new additions to the team will be looking to gain much needed experience this year. The veterans will be looking to add some

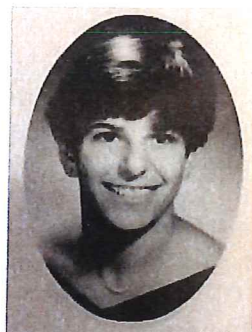


**Last year's award-winning relay team, (left to right): sophomore Grace Weber, Sophie Smith (graduated), senior Brona Nielsen, and junior Meg Cobb posing with their medals.**

more medals to their decorated mantles. Luckily, the track team has some time to practice and get organized, as their first meet is a couple weeks away.

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## MORE MANASQUAN FOR GENERATIONS



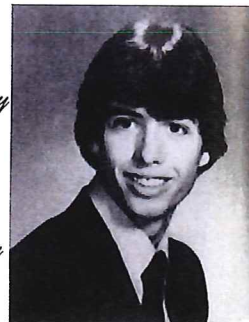
*Abby  
Rice*

*Christine  
Sciarappa*

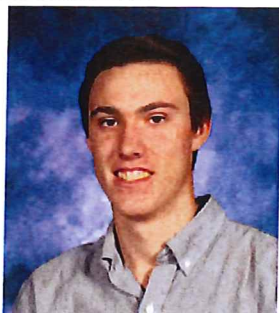


*Christian  
McCloskey*

*Robert  
McCloskey*

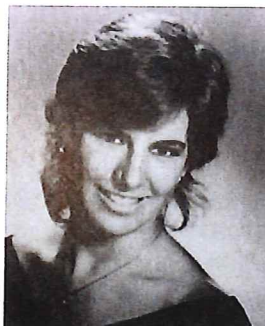
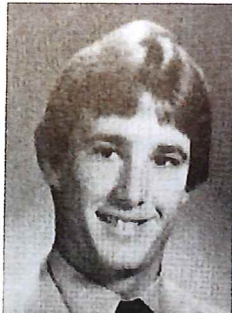


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*Thomas  
Reichy*

*Declan  
Reichy*



*Karen  
Redeker*

*Chris  
Heilos*

