

March 2016

# Manasquan High School The Blue & Gray



**Squan  
Girls  
Rule  
Winter  
Sports!**



**Bowling,  
Basketball,  
and  
Swimming  
Are State  
Champs!**

## in this Issue



Mrs. Fenlon Named Teacher of the Year!  
Drama Club Ready for The Adams Family  
Junior Andy Beer Wins Junior Humanitarian Award  
Vacation Cruise Goes All Wrong  
MHS Pursues PowerSave Schools Distinction  
College Acceptances Continue to Add Up  
Prom Dresses, Purple Glaze, Face Swapping and more!

**The Adams  
Family  
Premiere  
Tonight  
7:30 MHS!**





# TEACHER of the YEAR



By: Julie Hohenstein

## Congratulations Mrs. Fenlon!

Anyone that has had the pleasure of Mrs. Fenlon's company can attest to the fact that she is a lively, passionate, and enlightening teacher. With 9 years of experience and degrees in both Literature and Secondary Education, Mrs. Fenlon is an incredible asset to MHS, and extremely deserving of the title as the 2015-2016 Teacher of the Year.

It is no easy feat to be named teacher of the year, as Manasquan has countless excellent educators. The annual tradition begins with staff nominations. Teachers praise their peers, applauding those that have dedicated their time to the school. Votes are then tallied in typical democratic fashion and a winner is determined with Mr. Coppola's seal of approval.

"It is an absolute honor," said Mrs. Fenlon in regards to her award. "Thank you to the faculty, the administration, and of course the students."

Mrs. Fenlon exhibits an admirable dedication to her classes as well as her extracurricular responsibilities. She is the advisor to the National Honor Society as well as the SAT verbal instructor for the PTO sponsored class.

"We love her," said senior Brianne Lauria. "I never had the opportunity to take a class with Mrs. Fenlon, but I was inducted into National Honor Society my junior year and have loved every second of it. She's an awesome advisor because she's always there for us whether it be club related or not. There is something about Mrs. Fenlon that is instantly welcoming."

The National Honor Society (NHS) hosted a surprise party for Mrs. Fenlon at their monthly meeting on Friday, February 19th, luring her away from the library and into room 109 with the help of Mr. Mawn. She entered unsuspectingly and was met by a sea of applause that took her breath away. Surrounded by streamers and balloons, the students indulged in treats before block one, including Megan Gianforte's famous rice krispie brownies.

Later that same day, Mrs. Fenlon's second block writing class kept with the trend, throwing their beloved teacher her second surprise party of the day. "She's just such a nice person and a great teacher. She always makes us laugh and smile in class, and it was rewarding to reverse roles and be able to put a smile on her face," said senior Rachael Gray, a member of both NHS and the block two writing class. "And I mean, any excuse to have food"

Clearly, Mrs. Fenlon's students are delighted and inspired by her victory. "She deserves so much more than a party," said senior NHS member Lily McNamara. "It was the least we could do to say thank you for all that she does for us constantly."

So thank you Mrs. Fenlon. Thank you for coming in to school early to organize meetings

and plan events. Thank you for staying late to help edit our never ending college essays. Thank you for searing a million vocabulary words into our heads before the infamous SATs. Thank you for teaching us what it means to be passionate. Congratulations!



*Pictured above: Mrs. Fenlon poses with her senior NHS members after the surprise party. Top row: Gill Black, Ilsa Papenun, Lily McNamara, Beau Bradley, Mrs. Fenlon, Matt Ertle, Rachael Gray, Megan Gianforte, Ryan Jensen, and Kevin Dempsey. Bottom row: Emma Russo, Hailey Crecca, Maddie Monaco, Julie Hohenstein, Alex Kurtz, and Brianne Lauria*



# The Addams Family is Coming to MHS

By: Rachael Gray



Everyone thinks that they have a weird family. Maybe your family raises dead ancestors for a yearly gathering, or has an uncle who is in love with the moon, or play strange games with guests at dinner parties. Well, maybe your family isn't this weird, but the Addams family is, and they're bringing their weirdness to the Jack Nicholson Theatre on March 17, 18, and 19 for a fun night hilarity and family values.

The Addams Family musical takes place with Wednesday and Pugsley being a bit more grown up that people may remember them from the original T.V. show or more recent movies. In the musical, Wednesday is in love with Lucas Beineke, a boy deemed "normal" by Wednesday. Lucas and his parents, Mal and Alice, have dinner at the Addams house, and of course the normal night that Wednesday desires does not occur. Throughout the play Wednesday's parents, Gomez and Morticia, face relationship issues of their own; and Lucas's parents, Mal and Alice, struggle to rekindle their marriage.

Manasquan High School is lucky to have a killer cast this year. Junior Adam Dayton plays the patriarch of the family, Gomez Addams. His beautiful wife, Morticia, is freshman Natalia Tapia, who describes the play as a great experience, and that she's really excited for the

show. Junior Delaney Heffernan plays Wednesday, and fellow junior Dimitrius Morgan is her brother Pugsley. Strange Uncle Fester is played by junior Connor Hughes,

and the crazy grandmother is senior Emily Neiberlien. The Addams Family wouldn't be complete without Lurch, their butler, whose state of being is undecided, played by senior Jackson Dunson. As for the Beineke family, Mal is junior Brendan Gillespie. The rhyming mother, Alice, is played by senior Jackie Phillips, and a freshman from Communications, Colin Waldman, plays Wednesday's love interest: Lucas.

The show is filled with so many dance numbers, more than in any show in quite a long time here at MHS. The opening number is sure to blow audiences away, and it only gets better from there. Not only are the dance numbers fantastic, but the jokes will leave the audience dying from laughter. This is a full on comedy that audiences of all ages will love. And fans of the original T.V. show need not worry, Thing and Cousin It will be making their special appearances as well.

The Addams Family opens March 17, 18, and 19 in the Jack Nicholson Theatre. Tickets are \$10 for students/seniors and \$15 for adults. Tickets will be available for sale in the cafeteria the week of the show, or at the door. Come out with your family for "one normal night" at the theater!



Above: Junior Adam Dayton and freshman Natalia Tapia in makeup as Gomez and Morticia Addams

Upper right: Junior Chris Heilos in makeup as an ancestor

## Academy of Finance Fashion Show

### PREVIEW

By: Nicole Place

The annual AOF Fashion Show will be held on March 22nd this year, after months of preperation this event is not something you want to skip out on! Chances are one of your friends will be walking in it since there is around 85 or so students participating in it, so come out and support them!

The gift auction is the first event of the night and will be taking place at 6:30. Last year's winner, Kyle Stewart, won a brand new Xbox One. Seniors Alex Kurtz and Emily Maher are in charge

Below: AOF Fashion Show shots from last year: Seniors Ryan Jensen and Emily Petillo, along with juniors Caroline Carter and Macay Mencer



of the gift auction. Together, they contact stores and get donations, along with ads for the program. On the night of the show they make sure that everything runs smoothly.

After the giveaway, the show itself begins at 7:30. Seniors Nick Aromondo and Brianne Lauria are in charge of getting the models together, making the program and tickets, distributing the tickets, getting in contact with the stores, and making sure that the models are well prepared for the show.



# Student Spotlight

## MHS Senior Matt Del Guercio Leads Eagle Scout Project

By: Beau Bradley



MANASQUAN – Matt Del Guercio, a senior at Manasquan High School, took on the rigorous task of executing his Eagle Scout project this February. His project consisted of rebuilding tables and inputting a bike rack at Allaire State Park.

Many people underestimate the amount of work that goes into completing a full Eagle Scout project before turning the age of 18. Eagle Scouts must go through a long process in order to even plan a project. The process truly starts when you join as a Cub Scout when you are about 7 years old, and it ends when you are 18.

Matt's been planning rapidly since November for three days of hard work this February. He had three meetings with the Allaire State Park Ranger, he had raised money

to fund his project, and he had to contact local businesses for bigger donations, which is a large effort in itself.

Matt has participated in scouts since second grade, and all of his work, community service, and constant weekly meetings has led up to his Eagle Scout project.

Matt was able to gather friends and family to work alongside him. The Eagle Scout project is not a one-man project, but more for one person to delegate work to others. The Eagle Scout project is less manual labor than it is leadership.

The project is a huge effort, but it is without a doubt worthwhile. The Eagle Scout title is a great honor, and is a huge help for scholarships for college and jobs in the future.

No Boy Scout that reaches the level of Eagle Scout regrets their hard work to get to the top of the food chain.

Now that the manual labor and planning is done, Matt must attend a few board meetings to finalize his project, and hopes to be 100% complete by May. It is a massive achievement for anyone to stick to something for so many years and finally make it to the top.

The Blue & Gray would like to congratulate Matt on his high achievements and efforts at Allaire State Park this February, and we wish him luck in making it official.





# Wake Up! Warm Weather Calls for Fun Outdoor Activities!

By: Morgan Lavalla

## Allaire State Park 4265 Atlantic Avenue, Farmingdale, NJ

Allaire State Park is well known for its historic 19th-century iron making town display, Allaire Village, along with its reenactors, and its antique steam trains on the Pine Creek Railroad. Canoeists and fishermen are also attracted to this site as the Manasquan River passes through the park. The park is also home to over 200 different species of wildflowers, trees and plants as well as habitat for birds and other wildlife, and provides new sights to see with every visit. This site is perfect for out-

side people of all interests as it provides activities for Hikers, mountain bikers and even horseback riders.



## Manasquan Reservoir 311 Windeler Rd, Howell, NJ

The Manasquan Reservoir Park includes many fun activities for people of all interests. The Manasquan reservoir is 1,204 acres of land, including a one mile nature trail, playground, ice-skating, and kayak / rowboat rentals. The reservoir also includes a historic visitor center.



## George W Childs Park Silver Lake Road, Dingmans Ferry, PA (part of the Delaware water gap)



The purchaser of the land, George W. Childs believed that the beauty of the land should be accessible to people of all different incomes, not just wealthy landowners, which is why he donated the park to the Commonwealth of Pennsylvania in 1912. Eventually it became part of Delaware Water Gap National Recreation Area in 1983. One of the main trails follows Dingmans Creek, which

overlooks three beautiful waterfalls, and a ravine. This makes Childs park the perfect place to take an adventurous hike, and enjoy a picnic with scenic views.

## Worthington State Forest Warren County, Old Mine Road Delaware Water Gap

Being one of the most challenging hiking sites in northern New Jersey, Worthington State Forest is considered one of the most outstanding parks to visit in the summer. A steep and challenging trail follows from Dunnfield Creek to the Delaware River, until finally reaching Mount Tammany, where hikers are exposed to some of the most spectacular views in all of New Jersey. Hikers may also choose to follow the route to Sunfish Pond, which is an extremely popular site. The trail runs along a pond which is carved out by glacial forces millions of years ago during the last ice age.







# College Acceptances



Attention seniors! Submit your letters of acceptance to Guidance, and add your name to our list next month!

## Class of 2016

### Lily McNamara:

Loyola University Maryland  
Mount St. Mary's University  
Washington College

### Madeline Monaco:

Cornell University  
The University of Alabama  
University of Mississippi

### Kiera Mulroy:

The University of Scranton  
Fordham University  
Loyola University Maryland  
University of Miami

### Sabrina Muscato:

Salisbury University  
Towson University  
University of Mary Washington  
Flagler College  
Manhattan College  
Ramapo College  
Rowan University

### Emily Neiberlien:

Hofstra University  
Kutztown University  
William Patterson University

### Jon Nielsen:

Long Island University-Brooklyn

### Shawn Nolan:

Loyola University of Maryland  
The Pennsylvania State University-Abington  
Providence College  
Rutgers University  
University of Rhode Island

### Jenna Nudo:

Towson University  
Quinnipiac University  
William Paterson University  
Pennsylvania State University-Altoona  
High Point University  
University of Maine

### Rory O'Connell:

East Carolina University  
University of Mississippi  
Kean University

### Stefan Ogden:

Wheaton College

### Tori Olsen:

Mount St. Mary's University

### Allyson Pearce

Montclair State University

### Katelyn Pearce:

Kean University  
Susquehanna University  
Chestnut Hill College  
University of Hartford

### Kayla Perez:

Delaware Valley University  
Montclair State University  
Quinnipiac University

### Emily Petillo:

University of Louisville

### Kevin Pompilio:

Delaware Valley University  
King's College  
Salisbury University  
University of Scranton  
Washington College  
West Chester University  
York College

### Jacqueline Phillips:

Arcadia University  
Rowan University  
Pennsylvania State University-University Park  
Towson University

### Jack Rible:

Monmouth University

### Sienna Richert:

East Carolina University

### Gabrielle Roe

Moravian College  
William Patterson University

### Emma Russo:

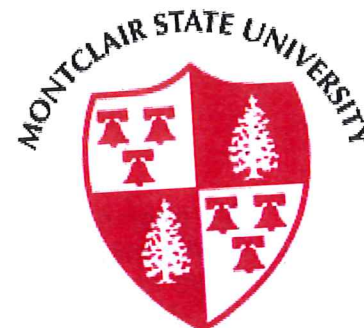
Marymount Manhattan College

### Ryan Shafer:

Coastal Carolina University  
College of Charleston  
East Carolina University  
Monmouth University  
University of North Carolina at Wilmington  
University of Rhode Island  
University of Vermont

### Tyler Shafer:

Coastal Carolina University  
East Carolina University  
Monmouth University  
West Chester University of Pennsylvania  
University of Rhode Island



### Morgan Sisom:

Moravian College

### Kyle Stewart:

Saint Peter's University

### Santino Timpani:

Rider University  
Rowan University  
Seton Hall University

### Phillip Vorbach:

Drexel University  
Florida Institute of Technology  
New Jersey Institute of Technology  
San Diego State University  
Purdue University  
Temple University  
Widener University

### Alexandra Warren:

Baylor University  
University of Colorado at Boulder  
University of Arizona  
Virginia Tech

### Casey Wiesing:

Saint Leo University





# The Blue & Gray

## FEATURES

### Medical Terminology class "scrubs into surgery" with Jell-O

By: Chloe Cox

Back in February, the Medical Terminology class got a feel of what real surgery is like, but in a unique way. Mr. Hyland's class "scrubbed into surgery" to test body planes and regions on the body of a homemade Jell-O figure.

In Medical Terminology, the class studies all of the different whole body systems and learns medical terms. The purpose of the Jell-O project was for students to learn all the organs of the body, and the surgical tools needed to remove organs in a surgery.

Mr. Hyland directed the class as to what incisions to make, and how to remove the organs. Senior Mary Nicholas explained, "We used very precise incisions to remove the main organs."

Seniors Olivia Munn and Lindsey Gladden said they felt

like they were in a real surgery.

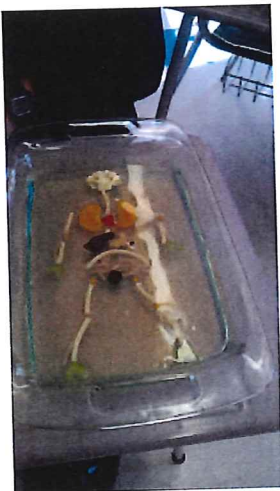
Overall, the class really enjoyed this hands-on project. Kayla Perez said, "It was really fun and a good interactive activity that Mr. Hyland came up with." Kate Morello agreed and said, "I really enjoyed the dissection with my group."

Mr. Hyland said, "I find it fun to implement labs in classroom activities because being hands on is a great way to learn."

The Medical Terminology class is filled with fun and interesting labs like this one, and is definitely a great class to take if you love to get involved with your schoolwork, learn about the health care industry, and make cool projects.



Above: Members of the class show off their body plans.



Below left: A Jell-O figure in progress.  
Below center: Bailey Stark begins dissecting her Jell-O figure.  
At Right: Senior Mike Tantum and junior Joey Ostberg dissect their Jell-o.



#### Kayla Perez's Jell-O Man was made out of:

- Brain-noodles
- Stomach- corn flakes
- Liver-Popcorn Kernels
- Lungs- Beans
- Joints- Peas





# Republican Party Candidates



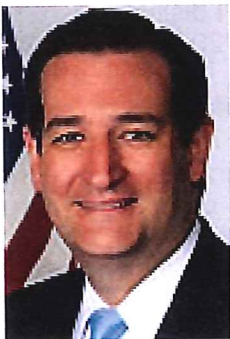
## Businessman Donald Trump (New York)

- Budget: Government must cut spending more.
- Climate Change: Trump does not believe in climate change and believes it to be a hoax.
- Entitlements: Do not cut Social Security or Medicare benefits. Grow the economy to save those programs.
- Gun Control: Limit restrictions on guns. Ban some assault weapons and extend the waiting period for purchase.
- Immigration and Refugees: Deport all undocumented individuals. Freeze green cards. Ban all Muslims from entering the United States, at least temporarily.
- Obamacare: Doesn't believe Obamacare is working. Believes we should repeal it and replace it.
- Social Issues: Abortion should be limited. Marriage is between a man and a woman and should be defined state by state.
- Taxes: Fewer tax brackets with lower tax rates.
- Iran and Israel: Walk away from nuclear talks. Increase sanctions.

## Governor John Kasich (Ohio)



- Climate Change: Climate change is real. The EPA should not regulate emissions.
- Criminal Justice: Less prison time for nonviolent offenders. Focus on rehabilitation and treatment.
- Education: Continue Common Core. Cut education spending.
- Immigration: Allow undocumented immigrants to stay in the country legally. A path to citizenship is not preferable but may be part of compromise.
- Social issues: It's time to move on from the same-sex marriage debate. Ban abortions after 20 weeks, with an exception if the life of the mother is in danger.
- Taxes: Cut income and corporate taxes. Close some loopholes. Raise other taxes, including a state tax on fracking.
- Unions and workers: Limit union powers, especially for public employees.
- Islamic State and Iraq: Put U.S. boots on the ground to fight ISIS.



## US Senator Ted Cruz (Texas)

- The Budget and debt: Mandate a balanced budget.
- Corporations: End corporate income tax. End some programs like the Export-Import bank and federal subsidies for renewable fuels.
- Immigration: Block any current effort that lets undocumented immigrants legally remain in the U.S.
- The Internet: Do not tax access to the Internet and block "net neutrality."
- Obamacare: Not for Obamacare, and wants to repeal it.
- Social Issues: Only the four states specifically named in the Supreme Court decision on gay marriage must abide by the ruling. In general, states should be allowed to define "marriage." There should be strict limits on abortion.
- Taxes and the IRS: Move toward a flat tax and abolish the IRS.
- Iran: Increase and toughen sanctions. End current nuclear talks until Congress approves the outlines of a deal.
- Islamic State: Don't send U.S. ground troops, yet. But use overpowering force otherwise, including "carpet-bombing."

## US Senator Marco Rubio (Florida)



- The budget: Believes we should balance it.
- Climate change: Believes climate change is real. Although, does not believe it is not caused by man.
- Obamacare: Repeal it. Replace it with tax credits and fewer regulations.
- Immigration: Secure the border, then work towards a legal status and possible path to citizenship. More vetting for refugees
- Social issues: The Supreme Court decision on gay marriage is the law of the land. Ban abortion after 20 weeks. Marriage is between a man and a woman.
- Taxes: Cut corporate taxes to 25 percent. Reform the tax code. Cap economic regulations.
- Cuba: Block the Obama administration's "normalization"
- Iran: Toughen sanctions. Scrap proposed nuclear deal.
- Islamic State: Aid local forces in Syria and Iraq.



# SAY *Yes* to the PROM Dress

By: Erin Brolewicz

*Prom season is approaching us quickly, making it necessary to start looking for dresses. I did some research on dresses that are definitely in this year and picked some of my most favorite ones. Take a look, and see if you like some of the dresses too! Happy shopping!*



Kimchi Blue Secret  
Garden Embroidered  
Dress  
**\$249**  
Found on:  
[urbanoutfitters.com](http://urbanoutfitters.com)



Crop Top Midi Prom  
Dress In Floral Print  
**\$120**  
Found on:  
[us.asos.com](http://us.asos.com)



Sherri Hill Long Prom Dress  
Style #50434  
(price not listed)  
Found on:  
[sherrihill.com](http://sherrihill.com)



Take the Kiss Dress  
Navy Print **\$45**  
Found on:  
[peppermayo.com](http://peppermayo.com)



Annabelle Dress  
**\$260**  
Found on:  
[bhldn.com](http://bhldn.com)



Beloved and  
Beyond Dress in  
Lilac **\$75**  
Found on:  
[modcloth.com](http://modcloth.com)



# FACE SWAP

Snapchat has recently introduced a new filter which allows you to switch faces with another person. You have most likely seen pictures of your friends trying it out, but can you guess which of your fellow classmates swapped faces?

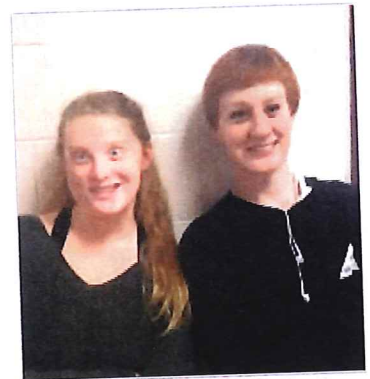
By: Nicole Place and Erin Brolewicz



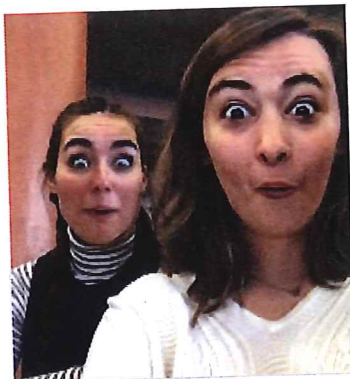
1. \_\_\_\_\_



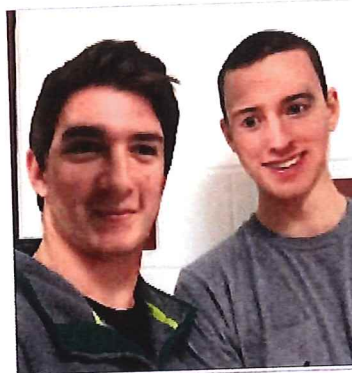
2. \_\_\_\_\_



3. \_\_\_\_\_



4. \_\_\_\_\_



5. \_\_\_\_\_



6. \_\_\_\_\_



Fill in your answers and bring this sheet into room 112 during block 5. If all your answers are correct you will win one free JiLi hug!







# And The Winners Are....

Listed below are just a few winners from the 58th annual Grammy awards. See if you can find your favorite artist on the list!

By: Erin Brolewicz

## Record of the Year:

Mark Ronson feat.  
Bruno Mars,  
"Uptown Funk"

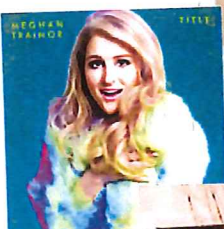


## Best Music Video:

Taylor Swift feat.  
Kendrick Lamar,  
"Bad Blood"

## Album of the Year:

Taylor Swift, 1989

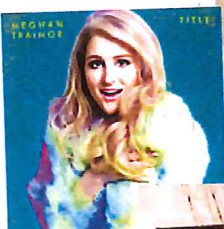


## Best Country Song:

Little Big Town,  
"Girl Crush"

## Best New Artist:

Meghan Trainor



## Best Rock

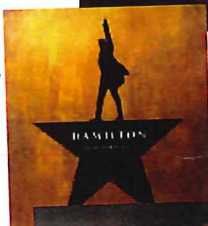
### Performance:

Alabama Shakes,  
"Don't Wanna Fight"



## Best Musical Theater Album:

Hamilton



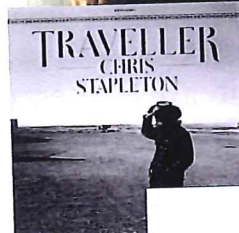
## Song of the Year:

Ed Sheeran,  
"Thinking Out Loud"



## Best Country Album:

Chris Stapleton,  
Traveller



## Best Rap Album:

Kendrick Lamar,  
To Pimp a Butterfly



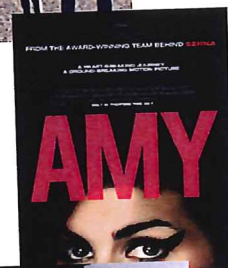
## Best Dance Recording:

Skrillex and Diplo With  
Justin Bieber,  
"Where Are Ü Now"



## Best Music Film:

Amy Winehouse,  
Amy



## Best R&B

### Performance:

The Weeknd,  
"Earned It (Fifty  
Shades of Grey)"



## Best Rock

Album: Muse,  
Drones



## Best Rap Song:

Kendrick Lamar,  
"Alright"



## Best Reggae Album:

Morgan Heritage,  
Strictly Roots



## Best Rap/Sung Collaboration:

Kendrick Lamar feat.  
Bilal, Anna Wise &  
Thundercat,  
"These Walls"





# Must-Read Book Review: *Extreme Ownership*

By Jocko Willink and Leif Babin

Review by: Beau Bradley

Ever wondered how Navy SEALs are so self-disciplined and composed in such high intensity situations? Jocko Willink and Leif Babin can answer that. As two retired Navy SEALs, the authors of *Extreme Ownership: How U.S. Navy SEALs Lead and Win* detail their methods and strategies for their success in combat and in life. Both authors led SEAL Team's Task Unit Bruiser, famously known as the unit of the American Sniper, Chris Kyle, in the Battle of Ramadi.

The book briefly details their time in a battle that "was already lost," then explains principles of leadership that they drew from those first-hand experiences, and applies them to life and business. Not only were Willink and Babin great Navy SEALs, but they also understand business on a very high level. The two authors are able to connect the different situations, battle and business, with one factor that leads to success - good leadership.

Each chapter identifies a different principle of leadership, such as leading up the chain, cover and move, and decentralized command. The book then shows how they are important in Navy SEAL situations, in large businesses, and in life.

*Extreme Ownership* was a life changing book. Literally. This book had such an impact on me that it changed my approach to daily life, ranging from simple tasks such as waking up earlier to start my day, to bigger tasks such as my mentality when taking on a challenge.

The title of the book may turn people away, as they would think that the book is for people interested in being Navy SEALs, but that is not the case at all. I would

recommend this book to anyone. This was without a doubt the best book I have read in the last couple of years.

One of the people that I recommended the book to was Manasquan's very own Mr. Battaglia. Over February break he picked it up, read it and enjoyed it. When I spoke to him about *Extreme Ownership*, he was eager to tell me about his experience with the book. "I've read other

books very similar to it," said Mr. B, "but I really liked its connection to American Sniper. It was really interesting to see how Chris Kyle was led." Although he has read books like it, *Extreme Ownership* had many unique qualities. Mr. B enjoyed the chapters that discuss the principles of Decentralized Command and Leading Up the Chain of Command. Like me, Mr. B would recommend this book to just about anyone. "I would recommend it. If you're looking to get yourself stuck out of a routine, or even if you just want to be honest with yourself, it's a good read." What Mr. B enjoyed most of all was that all of Willink and Babin's concepts connected back to one thing - ownership. He said that the book tells you the best ways to go about things, but it's not yelling at you, it's just recommending things. If you take those recommendations to heart, they could be very helpful.

To conclude, I enjoyed the book very much, and so did Mr. Battaglia, and we would both highly recommend the book to anyone. Jocko Willink and Leif Babin did a wonderful job in displaying important lessons they learned in combat by applying them to everyday life, and also big businesses. *Extreme Ownership* is an inspiring, all-around great read for anyone.

THE #1 NEW YORK TIMES BESTSELLER

## EXTREME OWNERSHIP

HOW

U.S. NAVY  
SEALS  
LEAD AND WIN

JOCKO WILLINK AND LEIF BABIN

My Rating: 9.5/10

Mr. B's Rating: 8/10





By: Nicole Place

Yelp rating: 4.8/5

Price Range: Inexpensive

Open from 7:30 am to 2:00 pm, closed Tuesdays

Purple Glaze Donuts is a family owned business that is located in Asbury Park, NJ. After opening in the summer of 2015, they have become a very popular shop amongst tourists and even the locals of the community. The shop offers a wide variety of donuts, so there is pretty much a guarantee that more than one thing on the menu will appeal to you. You can choose from their plain & simple, fancy & filled, or even their vegan sections.

These delicious donuts are made to order, ensuring that they are as fresh as they can possibly be.

Most of their donuts feature an amazing vanilla dough base, with bold and distinctive flavor combinations to go on top of it.

If all of this isn't enough for you they also have a "Heavy Metal Donut of the Week" - every "Metal Monday" they introduce a new donut that somehow relates to a heavy metal song or band.

So if you are ever in Asbury Park and are a proclaimed donut lover, stop by this place and see for yourself what the hype is all about. The friendly staff and amazingly unique donuts will not disappoint!





# LADIES WHO LUNCH



In the heart of downtown Point Pleasant Beach, amidst the sea of boutiques and antique shops, lies a little piece of heaven guaranteed to sell your new favorite sandwich. Open Monday through Saturday, the Beanery serves countless delicacies guaranteed to quell your cravings in a relaxed atmosphere.

To say that the restaurant is charming is a severe understatement. The adobe walls are sprinkled with abstract art and pieces of broken tea cups, complemented by variations in seating styles. The restaurant lacks typical uniformity, and therefore emits a cozy air. The comfort of home runs rampant and the initial infatuation grows as the restaurant experience continues.

The Beanery offers an array of specialty beverages: smoothies and espressos, frozen hot chocolate and frappuccinos, a tea for every taste bud. The 50s inspired coffee bar at the back of the shop is always bustling, a popular destination for both take-out and dine in customers.

Lunch is composed solely of soup, salads, and sandwiches. However, a perfect paradox, there are ample options even with the menu's limitations. My go to is always a BLT with



avocado on multi-grain bread, but I am never disappointed when I venture out of my comfort zone. For vegetarians I recommend the black bean burger (cheddar cheese, onion, tomato, romaine, herb mayo) or mozz-focaccia (mozzarella, sundried tomato, red peppers, romaine, balsamic) and meat lovers will be satisfied with the shore classic (ham, turkey, swiss cheese with romaine, tomato, and honey mustard). All sandwiches are served with a side of chips and homemade salsa, a sweet combination of crushed tomatoes and savory spices that acts as a healthier alternative to the french fries that most restaurants sell.

For lighter fare, try warm brie and apples or a gorgonzola salad (fresh greens, apples, grapes, walnuts, poppy seed dressing). The fresh ingredients are guaranteed to give you energy for hours. However, if none of these options make your mouth water, the Beanery also sells an array of daily specials. There is something on the menu for every eater.

So grab your friends, and embark on an adventure for your appetite that won't hurt your wallet.

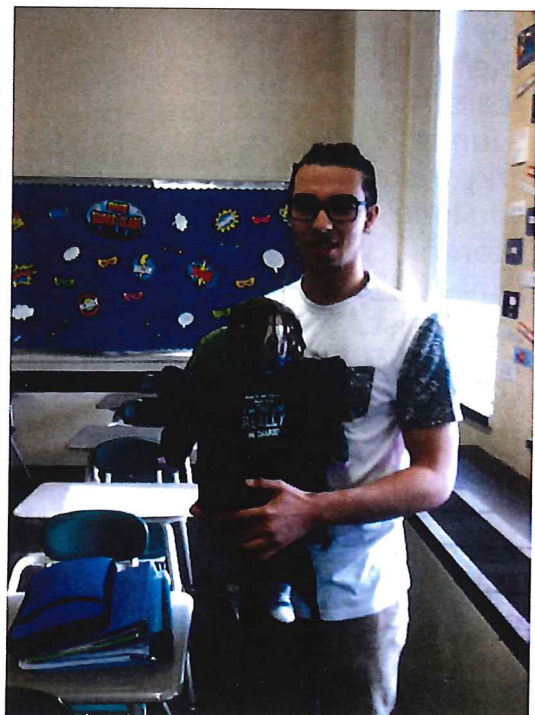
By:  
Julie Hohenstein



## Babies Invade MHS!

In Mrs. Kozic's Nutrition class, students made babies from bags of sugar or flour and materials, then learned the responsibilities that come with being a parent, by carrying the babies everywhere for several weeks. At right: the babies (while in progress) sit

safely on a windowsill in room 112; far right: junior George McCormack proudly holds his long-haired baby for display.







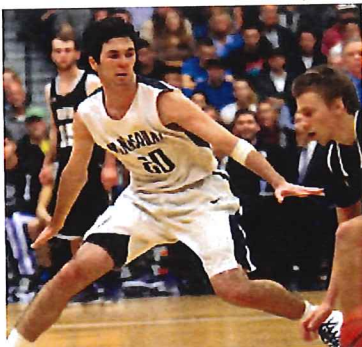
# BLUE & GRAY SPORTS

## Boys and Girls Basketball Excite Fans with Strong Shore Conference Tournament Runs

By : Ji Li Zhu

The Manasquan High School gym was rocking as the boys and the girls' basketball team won their first round Shore Conference Tournament games.

On February 18<sup>th</sup>, the Warriors soundly defeated the rams of Southern 73-58. Senior Ryan Jensen led all scorers with 22 points .He also grabbed 20 rebounds, including his 1000<sup>th</sup>, in the victory. Jensen is the second Manasquan player in the last four years to achieve that in the Shore Conference, joining Jimmy Walsh, a 2013 Manasquan graduate. Junior Tommy Sheehan poured in 18 points for Manasquan.



*Above: Senior Jack Sheehan plays strong defense .*

Senior Jack Sheehan dropped 12 points even though he missed the majority of the first half with a hip injury.

That same day, the Lady Warriors overpowered the Donovan Catholic 55-40. Sophomore Dara Mabrey led the team with 16 points. Junior Stella Clark and freshmen Faith Masonius both attained 15 points for Manasquan.

On Sunday, February 21<sup>st</sup>, the fans experienced something unusual. The

game just kept going. It was tied at the end of the fourth quarter, the first overtime, and the second overtime. As time wound down in the second overtime , Jack hit a jumper over the outstretched hand of a Rumson defender just inside the 3 point line that tied the game at 73-73 and forced the third overtime. The atmosphere intensified as the players on Manasquan and Rumson tried their best to break the tie. People described the triple-overtime shocker, which Manasquan won 80-77 , in different ways. Manasquan head coach Andrew Bilodeau considered it to be "hotly-contested". Jack regarded it as, the "craziest basketball game I've played in my entire life". The strengths they developed have helped them in the game



*Above : Sophomore Dara Mabrey looks for a shot.*

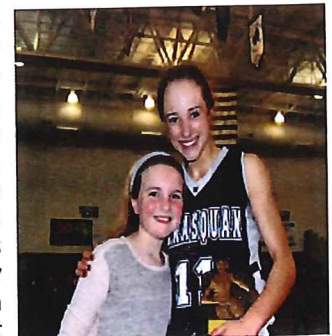
against Rumson. Jack led the warriors with 35 points .Ryan poured in additional 20 points, half came from foul line. He also



*Above: Senior Ryan Jensen looks for a rebound.*

had 27 rebounds and four blocks.

On February 20<sup>th</sup>, the girls continued their success with a hard-fought 47-36 win over Red Bank Catholic. As described by the Shore Sports Network, "the veteran leadership of junior Stella Clark and sophomore Dara Mabrey jump-started the Warriors offense. The duo would connect on back-to-back scoring opportunities and give the Warriors their first lead of the game at 8-5. " During the second quarter, the team quickly struck when Dara connected on a standard three point play. It pushed Manasquan's lead to 19-6. The Warriors defense became better as the they moved on from the second half. Stella led the team with 13 points followed by Dara with 10. Point guard Carly Geissler and



*Above: Junior Stella Clark (right) with her fan Cassidy Salway(left).*

*continued on  
next page*





# BLUE & GRAY SPORTS



## STATE CHAMPS

BY: JULIE HOHENSTEIN

Way back in November Mr. Murin wrote an advertisement looking for a swim manager. "How do you feel about chlorine and humidity?" it began before continuing on in a more serious nature. Now I don't know about you, but this announcement became a running joke in my friend group (as one of our best friends was captain of the girls swim team as well). Frankly, we all hated chlorine and humidity, but the sheer presentation of the request made the opportunity attractive.

Now, I doubt Mr. Murin thought twice before typing up the blurb. It was not a product of excessive thought or effort. It was natural, innate. And that is the thing about Mr. Murin: he is effortlessly witty. His intelligence extends far beyond the walls of the classroom, making him both an accomplished teacher and coach.

Under the leadership of Coach Murin and Coach Craig, the girls' and boys' swim teams celebrated the end of an extremely successful season. The co-op team with Point Pleasant Beach High School dominated the shore conference, distinguishing themselves amongst

their competition as the team to beat. However, no one could. Both the boys and girls swam to their second consecutive undefeated regular seasons, crowning both teams Shore Conference Central A Divisional Champions with matching records of 12-0.

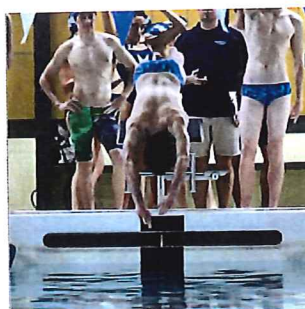
The boys' team secured 2nd place at the Monmouth County Championships, falling just short to CBA. As the top public school team, the boys went on to earn 4th place in the Shore Conference Championships and finished the season as State Sectional Semi-Finalists. Key players included the 50 free swimming senior Sean Rogers and the legendary Robinson twins, John swimming the 200 IM and James taking on the 100 breast.

Meanwhile, the girls' team proved unstoppable, exhibiting grace under pressure as the accolades accumulated. Monmouth County Champions. Shore Conference Champions. State Sectional Central B Champions. The energy at the Meet of Champions was ineffable as the girls brought home

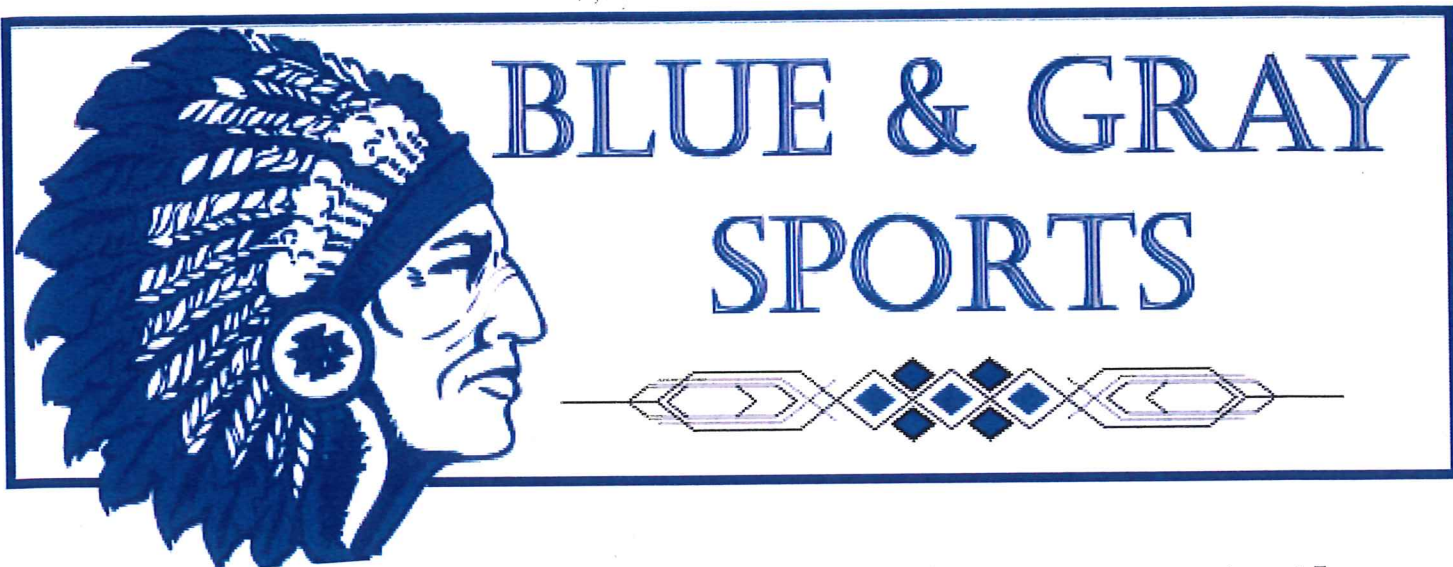
their first ever state title in program history with a win over West Windsor-Plainsboro South. Junior Kathryn Petrone helped to secure victory for the warriors with standout performances in the 200 and 500 free, and senior Sara Hegna stole the show in the 100 backstroke.

For many, the end of this season marks the end of an era. The team prides itself in its family dynamic and will mourn the loss of the graduating seniors, many of whom have been committed to the program since freshmen year. "It's been an amazing past four years and I'm so thankful I get to end it on such a high note" said senior captain Lauren McDonald. McDonald, who will be continuing her swimming career at Monmouth University next year, would like to thank Coach Murin and Coach Craig for helping her grow and succeed as a swimmer.

MHS is proud of all that the teams accomplished this season. These swimmers are the epitome of talent and the coaches exemplify enthusiasm. So, chlorine and humidity? Maybe we should all like them a little more. They must be the ingredients for success.







# Boys Lacrosse have high expectations for 2016 season

By: Chloe Cox

An exciting Warrior lacrosse season is expected this spring, as the boys follow up an impressive 14-4 record from last season.

Ranked number one in the Shore-B South division, the Warriors had a 5-0 record in the division.

After graduating many talented players, they still maintain a lot of skill. This year, the Warriors will be led majorly by the junior and senior players. They will be coached by Sean Cunningham who joined the team last year and has had much success with the team so far.

Last season's successes were halted by a 16-9 fall to Bernardsville in the NJ-SIAA tournament quarterfinal round. Yet it was a fine season along the way. Some exciting victories from last year were Manasquan's win against longtime rival, Wall Township, with a final score of 12-6. Also, the team defeated number two in the division, Barnegat with a final score of 7-4.

Junior Matt Thurman is looking forward

to the upcoming season and says, "I think we have a lot of talent in the returning starters as well as talent and potential in incoming players."

The seniors also have very high expectations for their last year of high school lacrosse. Senior Jimmy LaPoint said, "we expect to work as hard as we can this season in order to dominate the Shore Conference and make a run in states."

Senior, Peter Dignan agrees with Jimmy's expectations and says, "I think that we're going to do really well this season. We have a lot of returning starters. After just a few practices, we're already looking sharp."

It's very exciting to see such high expectations from the team at such an early point in the season. Based off of last year's achievements and the positivity of the players, the

2016 Warrior lacrosse season will not be one to miss.



Above: 2015 Lacrosse Team; Below: Warrior Goalie Tom Pollock hangs out in goal.







# BLUE & GRAY SPORTS

## College Basketball 2016: Are you Ready for March Madness?

By: Matt Collins

College Basketball has provided indelible memories and moments for years. This year has been no different. The 2015-2016 NCAA hoops season has been filled with intense games, thrilling dunks, and immense parity. Unlike 2015, which was dominated by Kentucky and Karl Anthony Towns' undefeated juggernaut, there hasn't been a dominant team this year in college hoops. 6 teams have held the number 1 ranking the AP Top 25 Poll: North Carolina, Kentucky, Michigan State, Kansas, Oklahoma, and Villanova.

Kentucky and Duke, which had top incoming freshman like Skal Labissiere, Brandon Ingram, and Isaiah Briscoe, have underachieved throughout the season including suffering bad losses to .500 squads like Auburn and Clemson. Despite the slow starts, both teams still look like they can make a run in their upcoming national and conference tournaments. Duke beat North Carolina in Chapel Hill with limited depth and Kentucky dominated LSU in their regular season finale.

But North Carolina bounced back to sweep through the ACC Tournament and win the toughest division in college basketball. They defeated Virginia in the championship game, and were rewarded for the victory with a #1 seed.

The surprise team of 2016 has without a doubt been Monmouth. The Hawks, a mid-major out of the MAAC, have a record of 25-6, won their conference's regular season championship,

and clinched the 1 seed for the MAAC's conference tournament championship in Albany. If the Hawks had won this, they would get an automatic-bid for the big dance, the NCAA Championship. Even if they don't win in Albany, the Hawks still have a great chance at an at large bid because of their numerous quality wins. Monmouth has beaten UCLA, Notre Dame, USC, Georgetown, and Rutgers, packing the MAC in the process and giving rise to the "bench mob," a creative group of players who provide entertainment despite never actually getting on the court.

Unfortunately, Monmouth was bypassed by the NCAA Selection

*Below: Monmouth bench players celebrating an exciting play on the court; Right: Seton Hall's Isaiah Whitehead holds the Big East championship trophy for all to see.*



Whitehead is the star of the group; displaying an NBA ready 3 point shot and the ability to drive to the basket and dish and emerging as the potential Big East player of the year. In the last 2 games of the regular season against Butler and DePaul, scoring 27 against the Bulldogs and a career high 33 against the Blue Demons on March 5<sup>th</sup>.

Then the Pirates shocked the Big East by beating Villanova and Xavier



in back to back nights to win their first Big East Championship since 1993. The Pirates jumped out to a large lead at halftime against Xavier and won 87-83, with Whitehead scoring 20 and Khadeen Carrington had a game-high 23. In the final against Villanova the Pirates led by 11 at halftime, let up the large lead, and won the game 69-67 when Whitehead, who had 26 points in the game, scored on a drive with under a minute left.

So as the regular season and conference tournaments have come to an end, it's time for the big dance, the NCAA tournament. Feel free to fill out a bracket and enjoy the madness.

Committee, and was not selected for the tournament.

Another pleasant surprise in local college basketball has been Seton Hall. The Pirates are led by a core of sophomores from the tri-state area; Isaiah Whitehead, Angel Delgado, Desi Rodriguez, and Khadeen Carrington.

**Enjoy the madness! Fill out our backpage bracket and see how you do!**