

Students Tackle Issues in the World

The Blue & Gray Editorials

R Triggered on Campus R

By: Abby McHugh

Over the previous month, news coverage has been divided over a letter sent to incoming freshmen by the University of Chicago. The letter states that the school “does not support so-called ‘trigger warnings’” and that students should get comfortable getting uncomfortable. What the letter highlights, though, is a growing divide between safe-space proponents and those who staunchly oppose it. As much as the news media loves to portray this issue as democrat vs. republican, in truth the issue has become moderate democrats vs. staunch liberal democrats, with most of these battles taking place on northeast, rich, democrat-leaning campuses.

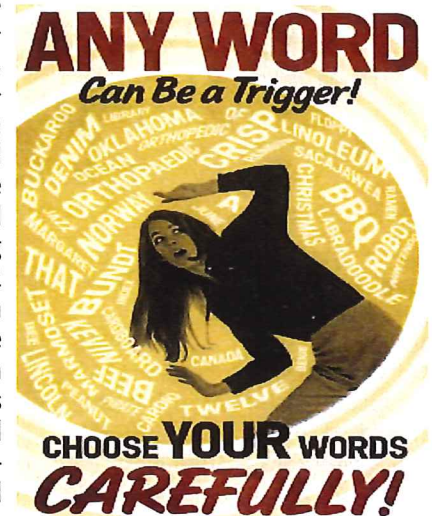
“Trigger warnings” are warnings issued before potentially traumatizing content is shown to students. Psychology Today’s Editor in Chief Hara Estroff Marano disagrees with the use of trigger warnings, writing that “Step by well-meaning step, colleges are being transformed into something more akin to mental health wards than citadels of learning”. She argues that kids these days are too fragile: “Angst has long afflicted those of college age; but once it

instances of students with severe psychological problems. In 2014, a survey by the American College Health Association reported that 54% of college students had reported they felt overwhelming anxiety in the past 12 perfect. Students seem to be reporting more emotional crises, seem more fragile, and this has certainly changed the way the universities they attend have interacted with them, by introducing safe spaces and trigger warnings.

However, instead of simply just taking away safe spaces and trigger warnings, colleges should introduce more mental health centers for students. If the internet age is not suited for the 21st century, stressed student, why not have help available away for them?

It is one of the only plausible solutions put forward by colleges and mental health experts today. But, it probably won’t be put into action- both sides are staunchly opposed to compromise, all at the expense of the student. In the 60 years since the American College Counseling Association has started collecting data, the rate of student suicides has increased 5-fold. It will probably take another 60 before both sides of this debate will come to agreement.

A recent cover of The Atlantic, whose cover story contributed to the debate.



A pro- trigger warning poster hung at Georgetown.



Students at the University of Chicago protest sexual assault.

had been an intellectual, existential cast. Now it is primarily emotional. By some psychic sleight, common life dilemmas have become mental disorders”. She blames this issue on a multitude of issues, including the 21st century academic pressure and prevalence of binge-drinking on campuses.

The University of Chicago sought to solve this issue by getting rid of the trigger warnings and safe spaces that made students so coddled in the first place. This is the right solution. According to the American College Counseling Association, nearly all member schools reported higher





Live From New York, It's Saturday Night!

By: Jeff Petrulla

SNL broke new ground this year as they opened Season 42, on October 1st, without some familiar faces. Missing from the cast are actors Taran Killam, Jay Pharoah, and Jon Rudnitsky. Taran Killam had been on SNL since 2010, but recently was let go from a seven-year contract due to scheduling conflicts caused by a movie he's directing. Jay Pharoah was also on SNL since 2010, but was actually cut along with Killam this year. Rudnitsky was originally a feature cast member, so his departure comes as a surprise. However, their places were filled quickly by actors Mikey Day, Alex Moffat, and Melissa Villaseñor. Mikey Day was a former writer and feature cast member, but he's now permanent. Alex Moffat and Melissa Villaseñor were both SNL outsiders, Melissa getting her start on YouTube and Alex starting in the stand-up comedy scene.

Apparently, the promise of new cast members and a brand new host, Margot Robbie, attracted many. Season 42's Premiere was the most popular in eight years, getting more than 5.8 percent of all household televisions watching. That's a whole lot of people, and a whole lot of pressure.

Of course, nobody cracked. The episode went seamlessly, with instant classic scenes like the Presidential Debate. SNL stuck to its famous political commentary, with Alec Baldwin playing Donald Trump and Kate McKinnon playing Hillary Clinton. Besides the politics, SNL kept up the comedy with skits like "The Librarian" and "Female Actresses Round Table," where even Robbie couldn't help but crack a few smiles.

My personal favorite sketch of the night was the "Family Feud: Political Edition" in which Team Trump faced off against Team Clinton. Team Trump was composed of campaign manager Kellyanne Conway, Ivanka Trump (and brothers), Chris Christie, and a shirtless Vladimir Putin. Team Clinton had Bernie Sanders, Lin-Manuel Miranda, Sarah Silverman, and Bill Clinton. The segment included multiple Bridgegate jokes (a Jersey favorite) and ended with Bill Clinton going off-stage with Ivanka Trump. Oh satire; sweet, sweet satire.

The Weeknd was the featured performer this episode, and he performed 'False Alarm' and 'Starboy'. I, as would many, say he absolutely killed it. The crowd went wild, and I doubt the studio signs saying "PLEASE CLAP" had anything to do with it. Some didn't recognize him,

with his fresh new haircut that isn't half as tall as the old one. Personally, I'm glad to see it gone. It feels less threatening around the pyrotechnics he tends to use.

The Weekend Update marked yet another year without Seth Meyers, who made a name for himself on the news bit. This episode's Weekend Update was hosted by Michael Che, a former Daily Show correspondent, and Colin Hanks, a former SNL writer. Despite the fact that everyone misses Seth Meyers, Che and Hanks did a great job and spurred some laughs with constant politically charged jokes. Even The Weeknd joined the fun with his own "Weekend Update." All he said was, "I got a haircut," and then it cut off. Comedy gold. I personally think the best joke of the segment was aimed at Hillary Clinton, and her poor song choice for her debate victory rally. She came out to "I Feel Good" by James Brown. Hanks noted, "This is awful ironic for someone who's recovering from pneumonia, considering James Brown died from pneumonia." Michael Che added a few moments later, "If she actually had black friends, she'd know that."

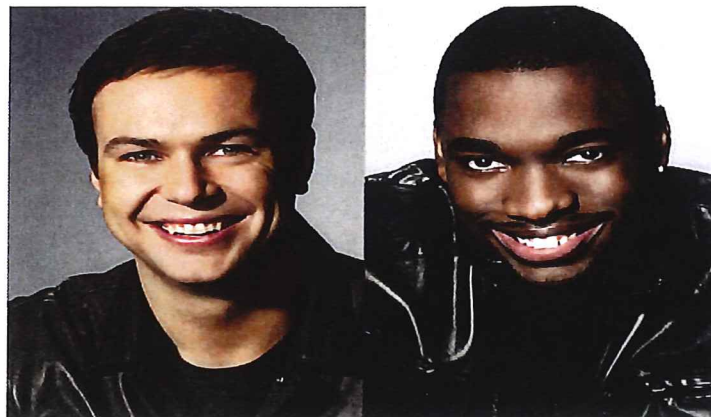
After the Weekend Update, actress Leslie Jones made a cameo, returning to SNL after her new Ghostbusters remake. The remake may have gotten poor reviews, but her spoof of Mr. Robot gets two thumbs up from me. Windows 95 and millennials jokes? Priceless. She even poked fun at her recent picture leak controversy, which is not only respectable, but hilarious.

Needless to say, the episode went well, and surely shut down any critics of SNL. It has had a growing opposition the past few seasons, between a long line of far from notable hosts and sketches that definitely won't be remembered in ten years. I foresee SNL turning over a new leaf after that premiere; here's to hoping it actually happens!

Taran Killam and Jay Pharoah, you will be missed!



Robbie as Ivanka Trump on Family Feud: Political Edition





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Hillary & Donald: The Cons

The hair

-Have you seen it? Have you ever seen it move? Does natural hair even bend that way?

•Constantly switches his opinion on voting issues

-He has "offered up three different views on abortion in eight hours"
- NBC News

-Goes from saying that he will ban all Muslims, to stating that it was a suggestion, then saying that it is matter of policy and it must happen, to then rebuking on his word and stating that the Muslim ban was never about Muslims.

- Wants to raise taxes on the wealthy, but also cut them.

- Criminalize abortion, wait, no, don't criminalize abortion.

•Has had no prior experience in government or otherwise as a public servant

-Held no elective, appointive, or military public experience

•Has cut corners in business

-“Donald Trump was... hunched over a platter of meat to kick off his line of premium steaks that he dubbed the “world’s greatest” ... has since been discontinued—maybe it had something to do with the Trump Steakhouse in Las Vegas being closed down in 2012 for 51 health code violations, including serving five-month old duck.” – Time Magazine.

-Trump University was responsible for defrauding thousands of students.

-Has been a defendant the 1,450 lawsuits filed against him.

-Is allegedly bigoted toward other cultures and religions

-Advocated for shutting down mosques.

-Didn't condemn anti-Semitic attacks on journalists.

- Wants to ban Muslims and Muslims from countries with terrorist backgrounds from entering the U.S.

- Long trail of corruption: Whitewater, Benghazi, email scandal

·Though it was before most of our lifetimes, the Whitewater scandal was a thorn in the Clintons' side during Bill's presidential campaign. It included a mix of corruption, underhanded real estate deals, and banking mistakes. Some would argue it's nothing compared to Benghazi, as 4 Americans died, but Hillary never was legally connected to either, so she shakes them off.

- Hawkish on Middle East policy

·Many would argue that Hillary looks to start an unwanted ground war in Syria, in order to set strong opposition to the Russians. Unfortunate for her, the Cold War is over, and a proxy war isn't economical or sensible for the United States.

- Operates secretly, not generally trusted

· Since her email scandal, the whole nation has been curious about Hillary and her conduct. She's been transparent, yet most people still don't trust her and her intentions. It doesn't help that she recently had a 200-day streak with no press conferences.

- Likely won't fix gridlock in Capitol Hill

·Everyone sees Hillary Clinton as a model Democrat, and also the Republicans' least favorite politician. This won't help her in an already stagnant Congressional setting.

- A little too close for comfort with Wall Street

·It's obvious that Hillary has gotten more than a fair amount of money for speaking fees from Goldman Sachs and other major financial institutions, so many people view her as a spokeswoman for the establishment.

The Exclusive (Electoral) College Parties

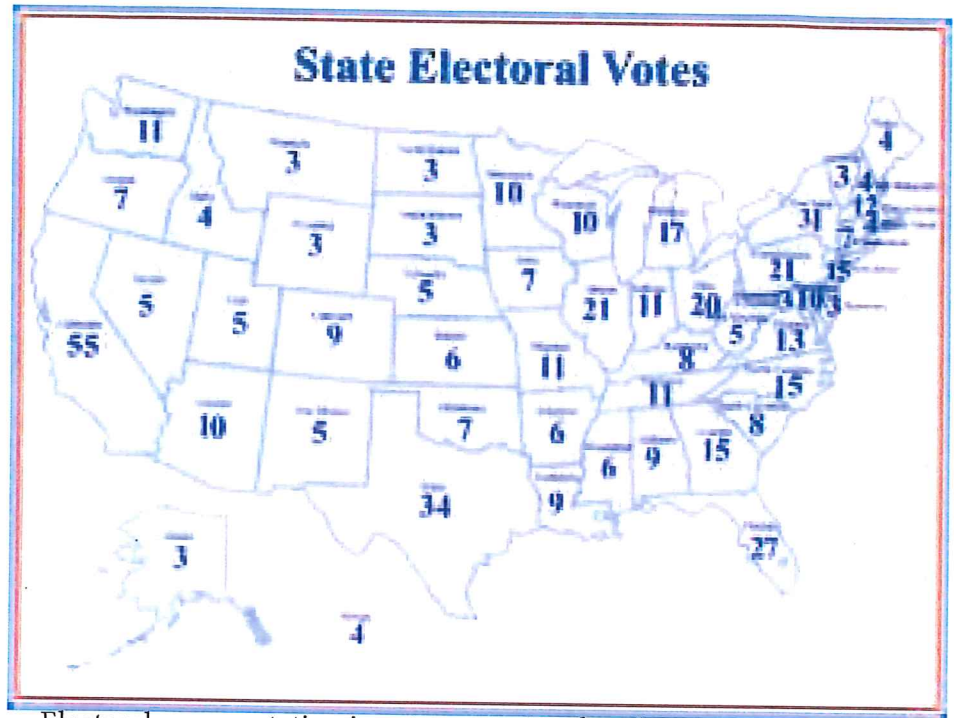
One of the most frequently suggested solutions to the electoral college is to depend solely on popular vote. While this would eliminate some issues, such as winning with less than a quarter of the country's support, it's still not perfect. Third parties would have a slightly better chance of winning, but it would still require a miracle.

Proportional representation, in many ways, is a better system. Put simply, if a party gets 30% of the votes, that party gets 30% of the seats available. This system is used by over 80 countries, spread across every continent, and is the gold standard of democracy in Europe.

It's main benefit would be that everyone's vote really is making a difference. Voting for Johnson or Stein is no longer wasting a vote. It no longer leaves you with two unappealing candidates. Support for lesser-known parties will also grow as they would then have *some* level of representation.

With our current system, every state must have a minimum of three electoral votes, so states like Wyoming, which technically should only have one, now have three. And states like California, that should have 65, are moved down to 55. Rhode Island has twice as much representation than it should have, while California has 4/5 of its proper representation. By winning these radically over-represented states, candidates can become president with 22% of the nation's support.

Making every percent matter would mean that candidates would have to care about every state



Electoral representation is not proportional to the amount of eligible voters in each state. If it was, representation would equal 100%. Here are some ridiculous examples:

Florida: 83%
California: 85%
Arizona: 87%
Texas: 79%

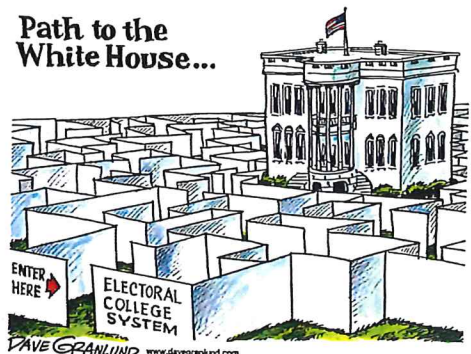
Rhode Island: 215%
Alaska: 247%
North Dakota: 264%
South Dakota: 211%

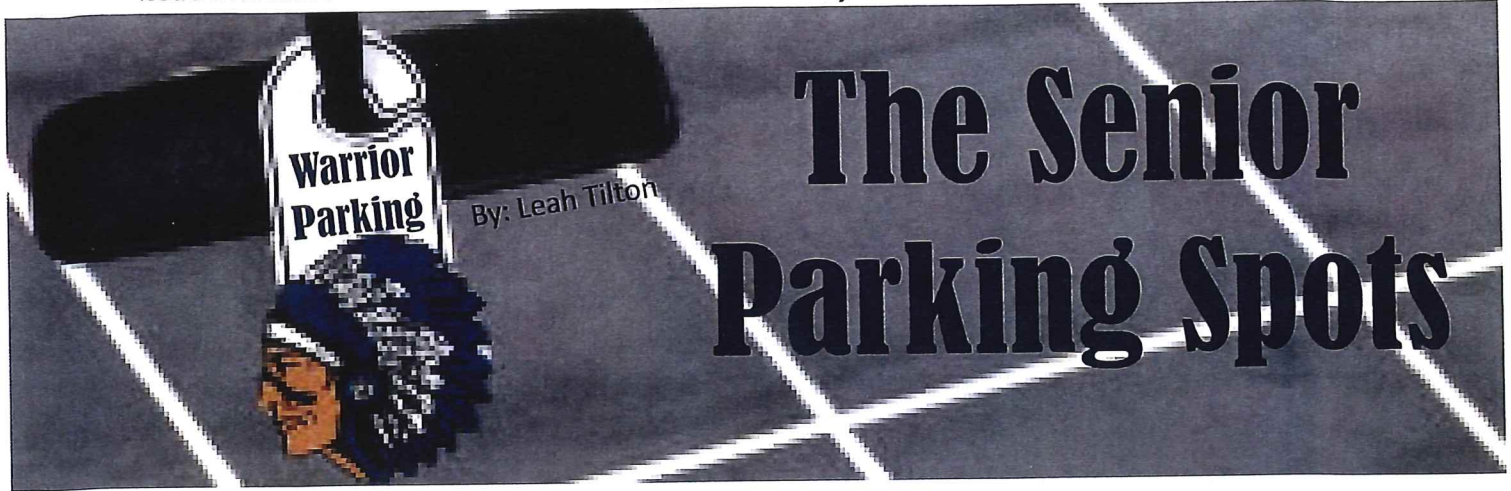
Wyoming: 318%
New York: 90%
Delaware: 194%
D.C.: 286%

and every vote. When we vote, the point is to make a difference and have our voices heard, so why not have a system that actually supports that? Some people will stop this system dead in its tracks, citing that it's not in the Constitution, but consider this: the Constitution was written over two centuries ago. In 1776, the electoral college was a mediocre system when we only had a handful of states. Now we have 50 states to account for. It may be time for an update.

With the election being right around the corner, many will likely forget about this issue after November. That's a huge obstacle.

With something this important, bringing it up once every four years really hampers the credibility of any argument. If instituting proportional representation is something that is really wanted, this needs to be pushed all year long.





The Senior Parking Spots

For anyone that has ever driven to Manasquan High School in the middle of January, it is well known fact that the trek from your car to the front door doubles as a walk through the tundra. The days it rains leave you slippery and soaked, and humid mornings cause you to sweat before the day even begins. It has always been the dream of MHS students to have a closer place to park their car in the morning, and this year that dream is finally becoming a reality.

The administration has reserved two spots in the teacher's parking lot for a few very lucky seniors to make use of this year. Each student will automatically be entered in the lottery for the spot during their birthday month. At the beginning of each month, one student's name will be drawn from the list at random, and the name pulled will be the person to receive the spot until

the next drawing. How the second spot will be given is still being discussed among the administration.

Vice Principal, Mr. Read, who has helped in coordinating the idea remarked "Winning is really just luck, if

you were born in a month with few birthdays, you have a better chance to win."

The winning students will receive a parking permit to hang in the car they drive to school. If they don't drive to school, and carpool instead, the permit can hang in their friend's car that drove them. On

October 5th, the administration pulled two names to receive the spots. They pulled for one birthday in September and one in October, so that September birthdays were also included. The two winners were Edward Perez, who has a birthday in September, and Anthony Davila, who has a birthday in October. To allow summer birthdays to also get a chance, in June Mr. Read will be generously giving up his spot in the parking lot. This will result in a total of three spots available for the final month of school, providing spots for people who have birthdays in June, July, and August.

When asked about who the second spot will be given to during the year, Mr. Read commented, "We are considering a number of ideas for how the second spot will be given, an announcement will be made soon as to how it will be handled."



Debate Overview	Best Zinger	Best Outright Lie	Winner
<p>Date: October 19th Location: University of Nevada, Las Vegas. Moderator: Chris Wallace, Fox News Candidates: Hillary Clinton (D) and Donald Trump (R)</p>	<p>Clinton: 1) (On Donald's meeting with the Mexican president): "Didn't even raise it [the issue of the wall]. He choked" 2) In response to how Putin has no respect for her: "Because he would rather have a puppet than a president" 3) On the Clinton Foundation: "I'd be happy to compare what we do to the Trump foundation, which took money from other people and bought a six-foot portrait of Donald" Trump: No good zingers to report. Check the Don's twitter, maybe?</p>	<p>Clinton: "Wiki-leaks is working with the Russian government". Not true! There has been no evidence that Wiki-leaks has colluded with the Russian government. Trump: "They are ripping babies out of the mother, three, two, even one day before the due date". Not only is this not medically correct, but women get these type of late-term abortions because they threaten their health of that of their baby. WRONG!</p>	<p>WINNER: HILLARY CLINTON. Clinton saves her best performance for last in this masterful takedown of Trump. In managing to adopt the traits that make him popular- the calling out, the interruptions- she manages to portray him as a spoiled child while also getting the policy discussion she deserved. Clinton looked stately, knowledgeable, and more willing to call out Trump on his lies than in debates past. If there were any undecided voters left, this debate surely had to have them saying #ImWithHer.</p>

Last-second Costume Ideas for Halloween

By: Mike Rafter



Ghost- For this simple costume, all you will need is a white bedsheet. Simply poke 2 holes out for eyes and throw it over your head. A ghastly getup indeed.



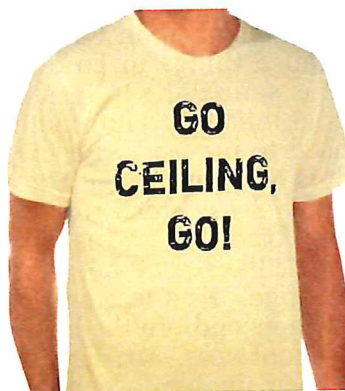
Identity Thief- If you have some nametags lying around, sticking them all around your body with different names on them is as witty as it is creative.



Greaser- Assuming every guy has at least one pair of jeans and a white t shirt, you can look straight out the 50's. Hair gel and a leather jacket aren't necessary, but helps sell the look.



Rosy the Riveter- Females have an easy costume with Rosie the riveter. Get your hands on a red bandana and a blue denim shirt. Roll up the sleeve and pull your hair back and you're ready to do it.



Ceiling Fan- Whether you want to a band wagoner or a true super fan, this costume is always there for those who want to show some appreciation to those fans.



Sports Player- To those athletic individuals who want to get dressed up at the last minute, you could just wear your uniform. Its and easy copout, but a stylish one at that.

Will you be wearing an elaborate or interesting costume this haloween? Have an outfit worth showing off? You may just end up in The Blue and Gray!



Entertainment

A CHILDHOOD FAVORITE WITH A TWIST

By: Elizabeth Rooney

This summer I went to go see *The BFG*, a movie based on the book by Roald Dahl and directed by Steven Spielberg. I was pleasantly surprised by how much I enjoyed the movie.

Growing up I was a fan of Dahl and the books he wrote. I have read most of them, including *The BFG*. I was a bit apprehensive to see the movie, because the book was one of my all-time favorite books I read as a kid. However, the movie didn't ruin the book for me like I afraid it would.

The BFG is a story about a giant and a young orphan girl named Sophie. Sophie has been taken by a giant who identifies himself as the Big Friendly Giant (BFG) who blows bottled dreams into the bedrooms of children. He explains that other giants eat children, unlike himself, who re-

fuses to eat children. Sophie and the BFG (mark Rylance) quickly become friends and join forces to dispose of the nine other vicious children-eating giants, with some help from the Queen of England.

Sophie was played by Ruby Barnhill, a 12 year old girl starring in her first movie. Rylance, as the BFG, previously won an Oscar for Best Supporting Actor in the movie *Bridge of Spies*.

The overall plot of the movie is pretty similar to the book's storyline. Sure there are little details here and there that are different, but nothing really drastic was changed throughout the movie. However, the ending in the movie and the book are different; in fact, the endings are completely opposite to each other. The movie's ending is the sadder one of the two... you'll have to see for yourself to learn more. I'll just leave it at that.

Despite the change in the ending, overall, the movie was highly enjoyable. *The BFG* is a book that I will always love, and for a movie to not tear the story line apart and ruin a great book, a childhood favorite for that matter, is wonderful. If the only major difference is in the end of the story, it really shows that Spielberg did try to stay true to Dahl's originally story.



THE WORLD IS MORE GIANT THAN YOU CAN IMAGINE

GUESS WHO?

CAN YOU GUESS WHO EACH ONE OF THESE SENIORS IS, BASED ON THE PICTURE AND THE DESCRIPTION?

BY: NICOLE ZITO & LAUREN FIELDER



This wacky individual, is highly sensitive with her emotions, has a deep passion (obsession) for One Tree Hill, and finds joy in running six miles every day. She was lucky enough to have braces from sixth grade all the way to senior year of high school. She also has the biggest fear of throw up. Who is she?

This dabbing fend is unbelievably talented. He can indeed touch his tongue to the tip of his nose. He has an appetite for chicken parmesan. He is also destined to marry his beloved, Jennifer Lawrence. Who is he?



This rocking senior has visions of one day becoming the female version of Michael Phelps. She compares herself to a bubble because she floats from person to person bursting with smiles. She is in love with bright, vibrant colors. Who is she?



This highly approachable senior is passionate about her unicycle. Don't be fooled by the way she looks; this girl can chow down nine Windmill hotdogs at once. She's not a native here at Manasquan, but actually she comes from the great state of Colorado. Who is she?



This optimistic and amiable senior has a life-long love interest with the irresistible Jessica Alba. He also loves the great outdoors. You also may know him for his famous catch phrase... "YOU ROCK!" Who is he?

iPhone 7: Not Worth Camping Overnight For

By: Jeff Petrulla



Apple's new iPhone was released September 7th, 2016, and thus far it's gotten mostly positive responses. Plus, Apple stock has risen. So, it must be a huge success, right? Not necessarily. Some, including myself, would say the phone is a desperate attempt to mix things up and has only gone downhill.

The main issue I take up with the new phone is the removal of the headphone jack. That makes music almost exclusively available through Bluetooth, though a new adapter allows you to plug in headphones and auxiliary cords. The adapter is large and not as easy to carry as the headphones themselves would've been. If you don't want to deal with the adapter, you have to purchase the Bluetooth headphones, called AirPods, that have a \$160 price tag. And if you want to keep using your wired headphones while you charge, the adapter will cost you about \$40. Not satisfied with AirPods or an adapter, and want to buy higher class wireless headphones? Well, the prices are going to skyrocket, so jump on them while you can.

The one positive tradeoff the missing

headphone jack leaves is that the iPhone 7 is now "water resistant". Note that they said "water resistant" and not "water proof". This is likely an effort to cover themselves legally, but it could also imply that you're not going to want to go swimming with your phone anytime soon. Stick to the LifeProofs, if you want to be truly waterproof. Of course, they're not free, and a LifeProof iPhone 7 case will likely wrack up an \$80 bill.

The iPhone 7's only non-questionable advantage is its lack of competition. What else can you buy? The Samsung Galaxy Note 7 had battery issues where some phones' batteries overheat and explode. That's right, this phone had a chance of killing you. So, the phone was taken off of the market and production permanently halted. That puts Apple's main competitor, Samsung, on the sidelines this year. Microsoft hasn't released a new Nokia this year, so they likely won't be a player in Apple's sales. In fact, they recently announced they're only releasing one more phone before officially shutting down Nokia itself. The only edge any other smartphones have on the iPhone is security, and that's only really a factor for Blackberries.

As for specifications, the iPhone 7 is the same size as the iPhone 6 and only has a slightly brighter screen. Its battery life is reportedly unimpressive; though the camera quality has gotten even better than last year, a major selling point for iPhones. It seems likely that major specification/operating changes will come in iPhone 8 or 7s.

My conclusion? Wait until next year. You can suffer with an iPhone 6s for another year or so, I know I am. The slight changes aren't worth the \$700 price. Or, if you're really desperate, you can wait for Samsung to release a new Note, or buy the Galaxy S7.



The new Galaxy S7, a solid alternative.

Suicide Squad

continued from previous page

ologist who stumbled upon an interesting artifact in a cave. When the ancient rock was broken, it releases a spirit which possesses Dr. June Moone, who then turns into an extremely powerful witch. The US Government believes they can control this spirit, yet Enchantress prevails as the enemy as she attempts to take over the world. If that's not the corniest, lamest villain, then I don't know what is.

However, there were some other positives to be taken out of this movie. The soundtrack, for example, contains songs by popular artists such as Action Bronson, Eminem, G-Eazy, Twenty-One pilots, and Skrillex, which

are not exactly my cup of tea, but the songs blend well with the action in the film, which brings me to another point.

If you're simply a fan of pure action, you might be interested in picking up this movie when it's available for rental. The final battle of the film is very well put together from a cinematic standpoint, and all of the fight scenes contain great camera angles and special effects.

Overall, I'd recommend passing on this film. The producers had all the pieces in order to make this movie great, yet they could not put the puzzle together correctly. The poor writing and lack of character development overshadowed the positives of the movie, making *Suicide Squad* not worth your time or money.



MANASQUAN HIGH SCHOOL FASHION WEEK

BY: LEAH TILTON AND JENN FORCILLO



Chloe Luzzi

"Vintage with a slight sense of hippie chic"
Where do you get your clothes?

"I get almost all my clothes from Squan Dry Goods so it's all consigned which adds to my vintage approach and gives me a funky sort of look."



Ella Cardelfe

"Comfortable, more modern fashion"
What is your favorite article of clothing?

"I love sneakers; I think they can really change your outfit completely. My white Nike's are probably my favorite pair."



Paige Tipaldi

"out of the box, sort of boho chic"
What if your go-to outfit for Fall?

"Jeans are definitely my go to, especially with a comfy, flowy shirt. Depending on the day I'll grab a cute cardigan and then either boots or sneakers to match."

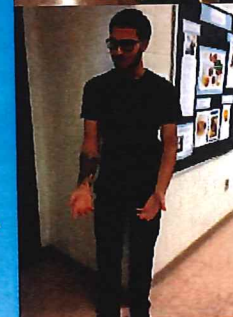


Clark Ellicott

"90s throwback with a lot of blue's involved"

Do you dress for fashion or comfort?

"I mean obviously fashion, have you seen my outfits? I mean a little bit of both but fashion plays more of a role when getting ready."



George McCormack

"hip"

Who's your biggest fashion inspiration?

"Kodak Black"



Cole Stevens

"rainy day look good"

How did you decide what to wear on the first day?

"I bought shorts at PacSun one day, then I bought a new shirt, and I realized they both matched my shoes so I thought it would be a good idea to wear them."

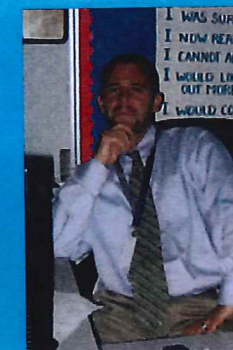


Mrs. Villano

"conservative"

How has your style changed over the years?

"Oh it has changed drastically. I mean I was so hip back in the day but now I just can't keep up with all the styles, they seem a little too young for me."



Mr. Fagen

"professional, this is a workplace not a runway"

Besides your oversized suits, what's your favorite business attire?

"I like ties, my favorite tie is my JFK one. It really blows people's minds."

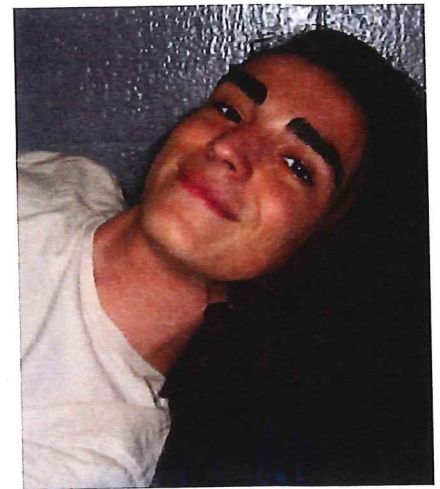




Tanner Caccavale- Music 50 years ago was better because it actually had more meaning. The only thing musicians care about now is the beat of the song.



Michaela Pollock - It is better now because music is better suited for modern life. Older music has not aged as well.



Ben LaMacchia- Older music. There was more talent to make a coherent song on analog recording and playing instruments.



Jack Bricken- 50 years ago. Music was better written back then. Overall, really it was better and that's why I prefer it.



Ella Cardelfe- I'd say music was better 50 years ago because now it's just written for kids. People only care about how well you can party to music nowadays.



Nikki Stevens- Music now because its more up-beat and popular. When I'm going to work out I don't want to hear to the Beatles in my ear.





Horoscopes

By: Leah Tilton



Aries

This month your friend will be asking for some help with their English paper that's due the next day, and you won't be able to stop yourself from helping out, because, after all, you are the best kind of friend.

Cancer

Lately you have really kept to yourself, and you most definitely shouldn't! Step out of the box you put yourself in and talk to new people, they are dying to meet you, especially you-know-who.

Libra

Good news is coming your way! I know the last few weeks have been kind of blah, but if you keep your eyes open, something big will be here before you know it.

Capricorn

You are finally ready for those changes you know need to happen. It has taken you a while to get there, but now that you are finally open to it you won't regret it.

Taurus

You are the friend the Aires was helping out, because, let's face it, you totally are a procrastinator. It's ok though, we all know you perform best under pressure.

Leo

Lately you and your new friends have been hanging out every day, but don't forget the ones who were there for you when you needed them! Make sure to give them a call and see if they want to swing by chipotle one day this week.

Scorpio

You are always the one to take charge in your friend group, and this weekend that will be a definite plus. It's going to take you forever to find plans so just do what you do best and organize it all.

Aquarius

You might be feeling like you aren't getting the recognition you deserve, but just keep working through it. Try even harder, and even if people don't realize the difference you are making, you will.

Gemini

Someone has been getting a little critical lately, but try not to let them worry you. Take what they have to say into consideration and then use your level-head to make the decision you know is right.

Virgo

If you know that the application deadline is coming up, start working on it. Even if you think you have all week for that bio assignment, due dates creep up on you and you should definitely get it started!

Sagittarius

You have been looking for big change in a certain aspect of your life, and its coming, but you need to make it happen! So stop sitting on the sidelines and step up to the plate.

Pisces

The past couple days haven't treated you the best, but instead of worrying about it, do something about it. Go for a walk or read a good book, do something for you and tomorrow will be a new day.



Squad Goals: MHS Cheerleaders

By: Jenn Forcillo



The Manasquan High School Cheerleaders are the unsung heroes of our football focused small town. Every football game, whether Saturday afternoons or under the Friday night lights, the cheerleaders come out and support.

The cheer squad is led by Coach Dana Warncke and senior captains, Leah Tilton, Cady Formichella, Ally Vernaglia, and Melissa Fischer who have been members of the varsity football cheer team for three years.

While these four ladies are seen in the front line of the team, they are joined by the rest of the team which consists of seniors Julia Barry, Olivia Chevance, Summer Farren, Maggie Flynn, Lizzie Kingman, and Emily Magrini.

The juniors on the team include Kate Degan, Olivia Easton, Arielle Falkinburg, Taylor Grieb, Alyssa Juhasz, Juliana Loughlin, Sara Lynch, Ann Ragan, Madison Rydholm, Lyndsey Starkey, Harley Tice, Olivia Werther, Lindsey White, and Lindsay Zangrando.

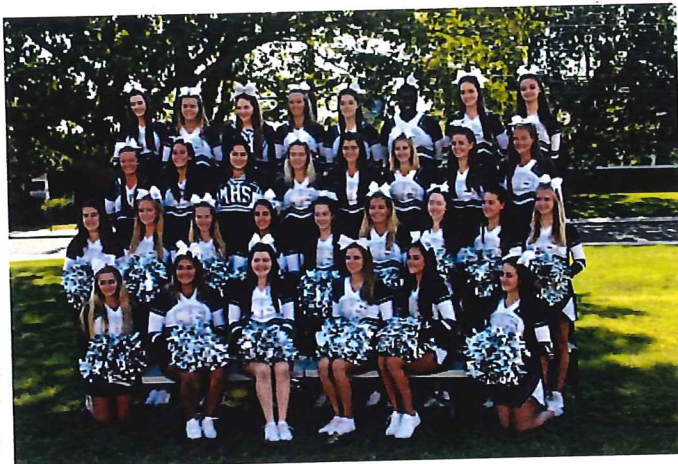
As sophomores, Ashley Alvarez, Sam Caccavale, Kaitlyn Hardmeyer, Serena Sinisi, Bella Vitale, Sarah Warren and Bridget Woodrow had the opportunity to cheer varsity this year for the first time.

There are 32 girls on the team, making this season the biggest squad Manasquan cheer has seen in a long time. While there is a lot of them to keep track of, having a large amount of ladies makes stunts easier to complete due to the

Thursday night. We also wear their jersey Friday in school if we have a night game."

These ladies have a lot of responsibility and obligations to the team, but do not let it stop them from having fun. Junior Olivia Easton described how close all of the girls are, "I think a lot of the time there is a stereotype that cheerleaders are really stuck up and cliquey but in reality we're like a family. There's no drama and we just all love being able to laugh and have a good time while cheering and supporting the football team."

We look forward to seeing and hearing our favorite cheers at the football games and we thank the Manasquan High School Cheer team for all the support they give!

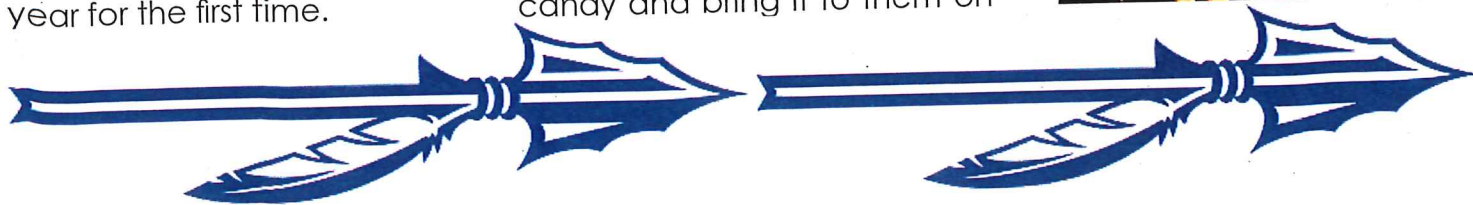
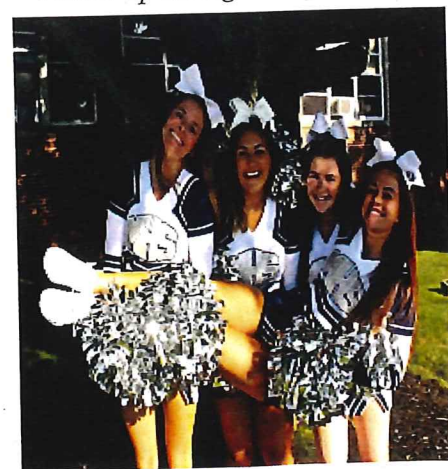


Featured above is the entirety of the MHS varsity cheer team

excess of talent and ability.

Cheerleaders are notorious for school spirit, especially for the football team and their individual varsity football player they chose. Senior and Captain Cady Formichella explained the tradition of supporting a single player and what being a cheerleader encompasses. "For home games, on the Friday night before we decorate our players' houses with signs, balloons, and streamers. Then when we have away games we make them goodie bags with their favorite snacks, drinks, candy and bring it to them on

Below, captains Ally Vernaglia, Leah Tilton, and Cady Formichella hold Melissa Fischer up during team pictures





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Cross Country Runners Stride for Success



The MHS Warriors girls and boys cross country team opened the season with determination. Both teams kicked off with The Battle of the Bowl at Holmdel Park. Both teams came to conquer and that is exactly what they managed to do. The squads were extremely eager to see where each of their seasons take them.

The girls introduced a new coach for the 2016-2017 school year, Coach Laura Klink. Coach Klink expressed high expectations and praised the girls: "The chemistry between these girls is remarkable. Each and every one of them work together to improve each other's time and it's just an amazing opportunity to be able to coach a wonderful group like them."

Coach Klink also was astonished by the results of the first race. "I had no idea what to expect for our

first race, but wow did these girls blow me away. I am so excited to see what is in store for the rest of the season."

Brona Nielsen, a senior, has been running since freshman year, and each year she amazes people more and more. She is the varsity captain this year, and for her, the season opener was not a surprise. Nielsen took second at Holmdel Park finishing with a time of 21:55.

Nielsen had a lot to say regarding her expectations this year. "I hope this year is the year we get to show people what the Manasquan Cross Country team can do. We have so much talent this year as a whole. I expect to make it to states this year. When I think back to previous seasons I always remember thinking if I work harder now, next year will be a piece of cake. Then I realized next year I won't be a Warrior. My four years as a Manasquan Warrior had vanished and I'm on the final stretch to the finish line."

Along with the girls strong first race, the boys squad also found success. They are coached by former MHS history teacher Mr. Schwartz, who has been a part of the boys and girls cross country program for years. He has coached the boys for ten years as well as the girls team too.

Coach Schwartz has many expectations for this year: "I couldn't ask more from these boys, they have grown so much year after year, and it's really obvious that they are putting in

By: Nicole Zito



**"Your workout is
our warm up"
-Kristin Lange**

the work in their off seasons. Every single one of them comes ready to run, and they run hard. I am continuously proud of this group of boys and we have our sights set on the best!"

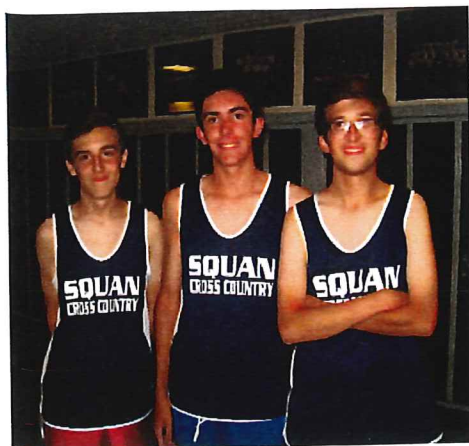
Senior Alex Fallon excelled in the team's first race, finishing his run with a time of 20:06.

Alex's times for the Holmdel Bowl seem to decrease each time that he is put into battle. Fallon is a four-year cross country runner and has improved greatly since his years as a freshman.

He said, "I take pride in being one of the oldest runners on the team and I hope I improve as a leader along with my running. This year we are scheduled to run the Holmdel Bowl more than any time we ever had. The reason for this is the switching of our division from last year, which results in a lot of dual meets that are settled at the bowl."

Like Brona, Alex also knows the end of his Warrior career is coming. "As the season continues I am slowly realizing that my time as a Manasquan Warrior cross country runner is lim-

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Striving to Improve in a New Conference

The Girls Varsity Soccer team has been challenged this season, struggling with a record of 3-10-3*. Consistency has been their biggest problem, with many competitive first halves harmed by second half letdowns.

In the season opener on September 8 against Monmouth Regional, the game was scoreless until the last 25 seconds of the game when Monmouth scored, giving Manasquan a heartbreaking first loss of the season, and proving the Warriors were going to face some difficulties this season.

The next two games showed some strengths and weaknesses for the team, with both ending in ties. The issue of not coming out as strong in the second half as they did at the start of the game continued, as both games saw Squan lose an early lead. The next two were tough losses for the Warriors, by the scores of 3-1 and 4-0. Again the team's play in the second half continued to cause trouble for the Warriors.

Head Varsity Coach Jamie Onorato discussed the persistent struggle this season with the second half, saying, "I feel like almost every game we have had is the

By: Elizabeth Rooney

same story, the second half starts and we come out flat."

As the season has moved on, the Warriors have had their ups and downs. Their record isn't as strong as they would have liked. But they have played many close and tough games in a new conference with bigger schools and powerful teams, that has proven very challenging.

However, Coach Onorato feels positive about the overall outcomes. "Early in the season we proved we could compete on that level with tie-results against some of the top teams in our conference," she said.

A bright spot has been the team's underclassmen, who have shown that they belong on the varsity team as they make a difference on the field. Freshmen Mary Kinneally and sophomore Molly Weirman both have been vital players for the Warriors, scoring goals, making assists, and taking the ball up the field away from the Warriors goal. The defense has been solid, sending the ball away from goalies senior Jackie Kurtz and sophomore Brooke Kelly as they try their best making tough save after tough save.

Even though there may only be a few more weeks left in the season, and more challenging games to come, Coach Onorato thinks, "If the girls continue to work hard to improve, they can really leave a lasting impression in the division."

With that in mind, they had their most impressive game yet this season on Wednesday, October 5, with a 4-1 win over Ocean. The Warriors were able to score two goals in the first 10 minutes of play. The first was scored by sophomore Molly Wierman in a rare heel-kick goal that you don't see often. Three minutes later junior Sam Wanamaker headed the

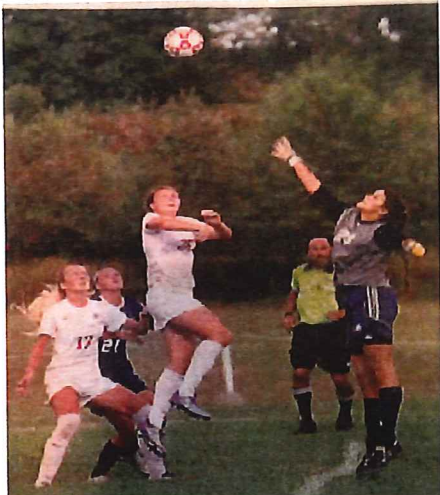


Seniors Jackie Kurtz, Kaitlyn Calabro, Gianna Murphy, and Ana Taboada pose for senior pictures

ball to score the second goal. Then just before half-time senior Gianna Murphy scored giving Manasquan a 3-0 lead at the half. The fourth goal came from freshman Mary Kinneally. Not only did that goal put the game in the second-half out of reach for Ocean, but also balanced the scoring perfectly. One goal was scored by a freshman, one by a sophomore, one by a junior, and one by a senior, which isn't achieved very often. The Warriors were able to show the diverse skill and talent on the team that led them to a win.

The Warriors continue to strive for improvement as the remainder of the season begins to wind down. They have had a challenging season in a tough conference having to prove constantly that they can compete on this level. It may have not been the season they have all hoped for, but as they continue to work hard to improve we'll just have to wait and see what happens.

Record as of Tuesday, October 18



Senior Jackie Kurtz goes up for yet another tough save this season.

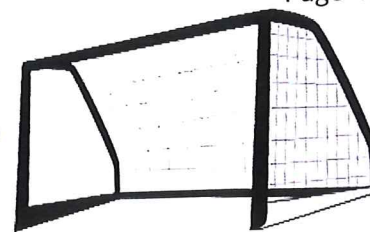


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Boys Soccer Makes Successful Move to New Division



By: Jenn Forcillo



As the Shore Conference Tournament and States approach, the Manasquan High School Boys Soccer Team has all eyes on them as they make waves in their new division. Big Blue has excelled in the Shore B North division with a record of 11-4-1.

The boys came up with victories against RBC and Long Branch late in the season to briefly take over first place, before falling to Middletown North on October 17th.

Clearly, the move up to a tough division and competing with bigger schools has not fazed the team, or affected its success.

Not only did the boys have to adjust to a new division, but to the graduation of many key players as well. After their 2015 season ended in a crushing loss against Cinnaminson last year in the state semi-finals, the Warriors were looking to make it back to states and the Shore Conference.

While the team, coached by Tom McGill, consists of an impressive amount of seniors, including Liam Cuozzo, Dan Del Guercio, Pat Felstedt, Matt Forcillo, Ivan Garcia, Aaron Kocienski, Jack Long, Jimmy McCutcheon, Logan Roddy, Bryan Tapia and Spencer Westcott, the younger classmen have been called upon to step up on and off the field.

The Warriors opened their season at Monmouth Regional where they won 2-0 on September 8th, followed by a 3-1 victory against Middletown South at the Vic Kubu Warrior Field on the 13th.

However, Big Blue struggled against the powerhouse that is Ocean Township, a new competitor this season, and finally was faced

with a 2-1 loss on September 15th.

In the wake of a loss, senior Jack Long had a lot to say about the season, "I think we are playing really well as a team, especially the sophomores and freshman stepping up. If we all keep working hard I think we have a good chance of winning the conference."

Only two days later, the Warriors were shut out and defeated by Matawan on September 17th. These losses must have been fresh in the boy's minds as they tied Manasquan's infamous rival, Wall in an impressive 0-0 game on the 19th.

Every team has ups and downs and the two losses did not prove to affect the boys as they kept the momentum up from their impactful tie and went on a six game winning streak. The Warriors continued to prove their resilience and strength as they beat Long Branch, Red Bank Catholic, Point Beach, Middletown North, Monmouth Regional, and Middletown South.

The defense has proved they are a force to be reckoned with as four of their six wins during their streak were shut-outs due to senior Jack Long's presence in the goal.

Defense is led by Junior and Captain Chris Black who says "getting a chance to play with this group of kids is a huge honor and one of the most rewarding parts of high school so far".

The success of the team was unluckily stopped

by Ocean Township High School once again. Hoping to revenge the 2-1 loss in September the boys played a remarkable game but eventually fell to the second best team in the shore conference, 1-0 in double overtime.

On the other hand, Big Blue faced Wall in a redemption match and came up with a massive 1-0 win with a goal from Dan Del Guercio; catapulting the team to a 9-3-1 record and bumping them to the second seed of the division behind Ocean Township.

However, the wins over RBC and Long Branch gave the Warriors an edge to take over the conference. After a loss to Middletown North, Ocean Township fell behind Manasquan in the standings and the boys took control.

The team will face St. Rose to finish off their regular season, before taking on the competition in the Shore Conference and States Tournament. They may not have the #1 seed, but they still have the chance to prove they're #1!

Below: The seniors stike a smile and pose for fall sports portraits.

