

The Blue & Gray

Manasquan High School

December 2017

Squan Wins STEAM Competition

Statewide contest featured 193 teams; MHS places 1st & 3rd



Above: Academy of Engineering Director Mrs. Edwards and her prize-winning team!

Spirit Week Traditions Continue



in this issue



Halloween a day to enjoy at MHS
Key Club Food Drive feeds 14 families
Drama Club presents a fun fall play
NHS Inducts 44 new members!
Exchange students discuss Holidays
#MeToo a social media phenomenon
Antonucci leads Warriors to big win

Squan Engineers Take Home First Place at STEAM Tank Challenge

By: Vicky Gathmann

For most people, getting married, graduating high school, having their first baby, or even doing something as remarkable as climbing Mt. Everest would be considered the peak of their lives. But for senior Kevin Lin, he recently experienced his own greatest moment of pride as part of the winning team in the STEAM Tank Challenge.

"[Winning was] the climax of my life. I've never had the chance to do anything like that before where it would be a step into my future," Kevin said.

Back on October 25th, students in the Academy of Engineering and in the Robotics Club presented their ideas, inventions, and innovations to a panel of judges down in Atlantic City during the final round of the statewide competition. Two weeks later, they learned the amazing news that they had placed first out of 193 teams from around New Jersey.

John Heeseman, Marc Gargiulo, and Kevin Lin, all seniors here at MHS, were the members of the winning team, alongside 2017 graduate Mike Lurch and junior Matt Palangio. Awarded first place was the Outdoor Eco-Track, a concept utilizing 3D printing technology to create an environmentally friendly, removable and reusable outdoor track for sports such as Cross Country and Track and Field.

When asked about how he felt when his project took home the first-place prize, John said, "Obviously I was super excited. I knew we had a good idea and that it would do well, but I wouldn't say I knew we were going to get first place." He elaborated on what the victory meant for the school and for the

future of this invention. The school would gladly explore using the "eco-track".

His teammate Kevin was less sure of his team's victory, saying that he was surprised that they won. "We've been working on this [project] for months. About in the middle, we had a lot of errors and considered just giving up but we knew that the reward [of potential victory] would be worth it."

John, Kevin, and the rest of their team have recently been talking to patent attorneys to try receiving a patent for their invention, as well as working with the president of the Tesla Science

Foundation Chapter New Jersey, Samuel Mason, to expand product development and to make prototypes.

Manasquan High School's other competing team the Exo-Controller, an Xbox controller powered by the thermal heat produced by a player's hands, took third place.

The goal of the The STEAM (Science, Technology, Engineering, Arts, & Math) Tank Challenge's task was to "invent something new, modify an existing product or identify a situation or problem that needs resolution ... and present their inventions before a panel of entrepreneurs, business leaders, and inventors". We can't wait to see what the future holds for our engineers here at MHS!



The smiles of victory! Above, members of the first and third place teams pictured with Academy of Engineering Director Mrs. Edwards, (back row, from left to right) Mark Gargiulo, Joe Maimone, Mike Lurch (class of 2017), Chris Palangio, Kevin Lin, John Heeseman, and (kneeling, front row) Will Bielicki and Matt Palangio.



Left (top): Winners Marc, John, and Kevin show their winning certificate; (below): Mike Lurch (at right) presents the Exo-controller, an Xbox compatible device that took third place in the competition.

Memorable Night at MHS as Students Are Inducted into National Honor Society

By: Max Strapp

As the lights shone down on them, students took to the stage and waited to be inducted into National Honor Society. Each year, students and parents come to the school on a special night, to commemorate Manasquan's best and brightest students. This year, the students being inducted were no exception.

The night kicked off with a handful of great speeches, as NHS Inductees from the previous year described the four pillars of NHS and what it means to be a member. Those important characteristics are: Scholarship, Character, Leadership and Service. From there, the students rose from their seats, lit the candles they were given, and took the pledge to officially become a member of the National Honor Society.

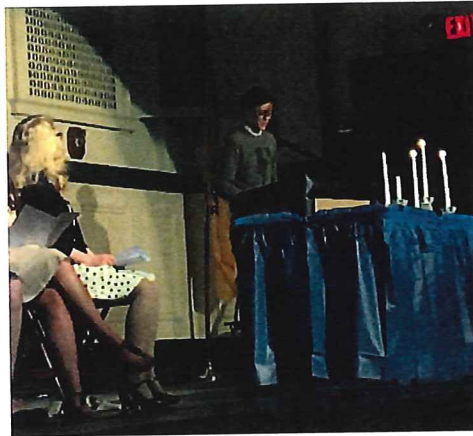
Then, the newly-inducted members walked up to the podium one-by-one and gave a speech commemorating their NHS sponsor. This has always been a great way to give thanks to many of the teachers that had helped the National Honor Society inductees to get to where they are. Each student reads aloud a paragraph about a moment with their sponsor or about how much the person meant to them as they traversed through their high school years.

"Listening to the speeches is so amazing," commented English teacher Mr. Mawn. "I love seeing these excellent students say such special things about their teachers. It's truly special."

One of the many inductees this year is junior Brendan Magrini, and the teacher that he chose to sponsor him was Mr. Fagen. He decided to choose Mr. Fagen because he felt that he is "a great role model and a great teacher" and that "he's also really funny in class." Even though this is the first year that Brendan and Mr. Fagen



Above: National Honor Society inductees stand for the ceremonial Candle-lighting; below: senior Cassidy Turnbach speaks about the pillars of NHS.



will be in a class together, they had already built a solid relationship from numerous clubs and activities throughout the years. As a result, choosing Fagen was an easy decision for Brendan. In addition, he added, the best part of the night was "probably, hugging Fagen" prior to his speech. The moment highlighted how great of a relationship the two had and how great both of their personalities are. Soon after, Magrini's speech emphasized these points even further.

Another inductee is senior Quincy Zawadzky. In his speech, he decided to honor his history teacher Mr. Bryant. Quincy didn't know Mr. Bryant until his sophomore year, but, within the first week, he and Bryant formed such a great relationship that Mr. Bryant nicknamed him "Q-Dog." Throughout their

first year together, Mr. Bryant inspired Quincy to take a broader interest in History, and, as a result, Quincy is now a student in AP US, a class that Mr. Bryant also teaches.

Over the summer, every inductee is required to set up and lead a local community service project in their own community. This gives students the opportunity to make a real, positive impact in their community and to demonstrate their leadership skills. Usually, the projects range from a local food drive to a park

or beach clean-up. For Brendan Magrini, this meant working alongside the Public Works of Avon in order to build a fence around a local parking lot. In addition, Quincy helped manage a new location for the charity organization Habitat for Humanity and helped his brother, Noah, organize a food drive across Monmouth and Ocean County.

After the ceremony was over, the students and parents filed into the cafeteria where they had the chance to talk with and thank their sponsors in person while they enjoyed food donated by former inductees currently attending Manasquan High School.

Not only was this night a way for students to honor all of the teachers who have helped them reach their goals, but it was also a night where many of the students who make our school and communities so great were honored. They have proven what great students they are through their ample work in the community, and the commitment they have made to excelling in school in order to qualify for National Honor Society. It is easy to imagine that in the coming years these students will continue the amazing work they have done to reach this point, and they will continue to be exceptional role models in our school and our community.

Drama Club

Continued from previous page

perfect timing and many exotic props. While there were a few minor setbacks during rehearsal and during the show itself, the cast and crew maintained a bright smile and pushed through.

Sophomore Keelin Stark, who played the main character Alice, explained, "There was a lot of stress. Mr. Weisert is an amazing director but he has a very rigorous schedule from six thirty to nine thirty on school nights, but the show came out really well so it's worth it." As Keelin mentioned, the cast and crew put in long hours every week and weekend leading up to the performance and it certainly paid off.

The student body of M.H.S. were excited to see something comedic in the Jack Nicholson Theatre and characters like drunken actress Gay Wellington, played by sophomore Elizabeth Roberts, struck the audience with lots of laughter. Also, junior Sarah Curtis danced and pirouetted across the stage in nearly every one of her scenes. And another character that caused a big sensation was senior Connor Hughes's Boris Kolenkhov, Essie's ballet instructor. Connor's spot on Russian accent and larger than life movements added extra hilarity.

The final moments of the play consist of the Kirby's, the Sycamore's, and their various guests sitting down together as one big family. This is a fitting end, as it accurately describes the M.H.S. Drama Club: a unique set of people coming together to create and during the process, they become family. *The Blue and Gray* looks forward to seeing what the spring musical holds for Drama Club!



Tommy Freda and Al Monteverdi

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and it just kept going and going. At this point I was shaking because I knew it was the biggest fish that I had ever hooked on a spinning rod in my life. I was ecstatic because I finally hooked one of these fish."

Tommy himself put in a solid fifteen minutes trying to reel it in, but he called for backup and passed the rod to his dad, who then passed it to JP after 20 minutes. Everyone continued to pass it around, and it took them four rounds before they finally got the huge fish out of the water and onto the boat.

Everyone celebrated after all that hard work, and they made their way back to the marina where the fish weighed in at 120 pounds and fifty-seven and

a half inches, which is what landed Tommy and Al on the cover of a national magazine. Although the catch was nearly a year ago, the feature story (written by Mr. Freda; he took the cover photo as well) is current in the November/December 2017 issue of *On the Water* magazine.

This was one of the biggest catches Tommy has made to date, and to him, it was a "once in a lifetime experience" because he finally caught the fish he had been searching for, plus, he got to share the experience with his friends.

So far, the 2017 season hasn't been as lucky for "chasing ghosts". Tommy said, "We haven't really seen any yet this season," which comes as a disappointment to not only him, but all of the others who haven't been as lucky in their fishing past. With the season coming to a close on the 31st of December, many are not too hopeful...but you never know.

The Blue & Gray

FEATURES

Seniors Prove Superior at Annual Pep Rally

By: Christian Rogich

All that could be seen in the stampede of high schoolers going towards the gym was smiles and joy as the 2017 Homecoming Pep-rally began. The decorating for each homecoming took lots of time, with the gym taking one hour and the hallways taking 2 hours. Sophomore Cayla Anderson liked the decorations for this year stating, "I like this year's theme for my class, I thought it was creative, and I also enjoyed the games." Junior Aimet Salinas was ecstatic for all the fun and said, "I love pep rallies, because color guard gets to perform, we practiced our routine for a week."

The games included were a relay race, flag football, a tug of war, and t-shirt, pie eating, balloon popping, and hall decorating competitions. Winners of the relay are as follows in order first through third: seniors, sophomores, teachers. The pie eating champion was James O'Neill, and the juniors won first place in balloon popping.

The gym exploded in a thunderous roar during flag-football. The seniors hastily beat freshman 2-0. Juniors triumphantly pummeled sophomores 1-0. Juniors beat the seniors 2-1, and were victorious as they beat the teachers 7-6. The Juniors weren't so lucky in tug of war.

The superior seniors dragged the young freshman across the floor in the first round of tug of war. Then the juniors battled it out for dominance with the sophomores, and eventually won. The battles tightened, as the seniors struggled with the juniors at first, but eventually mustered enough strength to secure a

victory. They followed up that victory and showed their steel as they beat the teachers.

Each fall sports team was recognized during a ceremony in

which two students came forward as representatives. The following students recognized their respective teams. Girls Tennis: Lexie Minton, Harley Pilling, Erin Nolan. Boys Soccer: Chris Black and Nick Bilotti. Girls Soccer: Kat Mahon and Rainie Montes. Field Hockey: Julianna DeGenova, Meg Cobb, Grace Beyer. Boys Cross Country: Colin Flood and Dan Kelly. Girls Cross Country: Haley Daughton and Grace Weber. Gymnastics: Bella Jannarone & Jess Waldeyer. Football: Tommy Antonucci & Evan Hilla.

The Gym fired up in a frenzy of applause and excitement as the homecoming court was announced. This year's homecoming court consists of freshman: Luke McHugh & Bevin Cranley, sophomores: Keelin Stark & Jason Rosenfeld, juniors: Brian Heine & Brielle Day, and seniors: Chris Capone & Jess Waldeyer. This year's King and Queen are Brian Rogers & Dayna Van Pelt. Congratulations!



Key Club Shines

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the giving tree set up. Teachers can take a tag with an age written on it and then buy the suggested present on the tag. It is a great way to help out local students and parents in our school community! Members were also asked to sell at least 10 Christmas wreaths as another big winter fundraiser.

Key Club senior executive officers Hoa Huynh, Christopher Black, Julianna DeGenova, Gabriella Farneti and Tyler Walker are doing a great job this year. Hoa says, "I am so excited to be a part of the Key Club executive board. We all have worked so well together" They have been setting up volunteer opportunities in the school and throughout the community for the members. Keep up the great work Key Club!



Above: Key Club adviser Mrs. Basaman (far right), along with seniors (left to right) Ethan Thompson, Erin Weber, Jules DeGenova, and Ty Walker, display the many cans collected in the annual food drive.

The Blue & Gray

FEATURES

Seniors Dominate Powderpuff in Shut Out Win over Juniors

By: Maggie Kelly

It was a breezy, cold Sunday morning on November 19, 2017, but the weather would not stop the seniors. They were ready for Powderpuff 2017. Last year, they deserved the win. Gab Farneti recovered a fumble and ran for a touchdown, but the touchdown was called back and the juniors could not pull off the upset against the seniors. This year was different. The seniors wanted not only to win, but they wanted to destroy. And they did.



Intimidating seniors take the field for the annual Powderpuff football showdown versus the juniors.

Right from the beginning the seniors were on their game. A kickoff from Maggie Kelly led to an immediate stop by the senior defensive line. The defense was led by linebacker and defensive MVP, Cammy Carton. Carton forced many fumbles and tackles that the juniors could not seem to stop. Junior quarterback Mary Mills was left in the dust as the senior defensive line came charging. The line was hard to stop.

Junior coaches Art Foreman, Riley Callahan, Matt Lyons, Anders Scala and Jack Fabean had nothing left in the playbook. The junior offense could not handle the senior defense. Senior spectators Emma McMenaman and Christina Healy said, "The defense was so good! We were cheering for the seniors the whole time!"

Now it was the senior offense's time to shine. Led by quarterback Camryn McTighe, the

seniors scored 4 times out of the 5 offensive plays they ran the entire game. Star running back Megan Cobb destroyed the juniors with her blazing speed as she ran for 3 amazing touchdowns to put the seniors up 21-0. This is exactly what the seniors were looking for.

Late in the game, junior running back Janie Cowley sparked the junior offense gaining a lot of yardage with her quick speed. Just when they thought they

were close, the senior defense stepped up again, and shut down any chance the juniors had.

With only a few minutes left, the senior offense huddled up and coaches Tommy Antonucci, Evan Hilla, Connor Morgan and James Mele decided to go long and have McTighe throw it. It had been a windy morning, but with time running out, they thought to give it a try. At the snap of the ball, wide receivers Abby Kinneally and Phoebe Mervine, and tight end Maggie Kelly ran straight down the field. McTighe found Kelly and she ran it in for a touchdown, led by Abby Kinneally's stellar blocking!

The seniors were crowned champions and ran for a group hug to end the game! It was a tough loss for the juniors, but the seniors showed great sportsmanship at the end.

Congrats seniors and good luck to the juniors in next year's game!

Students Tackle World Issues

The Blue & Gray Editorials

Christie Out, New Governor Phil Murphy In

By: Max Strapp

Across the country, people flocked to their local polling stations to cast their votes which would determine many of the most important positions in our government. This year, the mid-term elections occurred on the 6th of November.

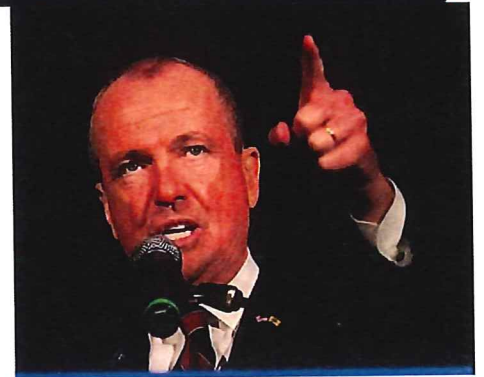
In our home state of New Jersey, Phil Murphy, Democrat and former U.S. ambassador to Germany, was able to easily defeat Lt. Gov. Kim Guadagno to become the 56th governor of the state of New Jersey. He will be the first Democrat to hold the position since before Chris Christie came into office in early 2010.

For the Democratic party, this was a major victory. It gives a boost to the party's anti-Trump platform and will give the party nearly

complete control over the state government. Over the next few years, the Democrats will be able to pass many bills into law that were struck down during Christie's administration. Issues such as tighter gun laws and a raised minimum wage are just some of the policies that Governor Christie has fought against over the past few years that the Democrats will have no problem passing come 2018.

The Governor-Elect's main goals are centered around making New Jersey a more progressive state. Some focal points of his campaign include increasing funding toward education, legalizing and taxing marijuana in order to generate more income for the state, and to fight President Trump's agenda and policies.

His victory can be best con-



Above: Will the new governor, Phil Murphy, get rid of PARCC testing, create more jobs and legalize recreational marijuana use? Only time will tell.

tributed to his predecessor Chris Christie's, record low approval rating for much of his term. For many, all they wanted was change and felt that Kim Guadagno, Christie's Lt. Governor, was too similar to both Governor Christie and President Trump. Murphy will take office in mid-January of 2018 and with him a new era of a Democrat-controlled New Jersey will be ushered in.

#MeToo

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forward about a traumatic incident, small or large, in a world where women are still objectified on a day to day basis.

My message to females is to support other females. Refrain from commenting on another female's sexuality, how she dresses, and her choices to transform every environment you're in into a supportive, safe place for all women.

Males who are in the workplace, an academic setting, or a social setting who see inappropriate behavior, have the courage to speak against it. If something doesn't feel right, it most likely isn't. Don't engage in banter that degrades and itemizes women. In this time where Hollywood and workplaces feel divided between men and women, men seeming like pacifists or abusers of privilege to some and women and young adults both

male and female, feeling unsafe, victims need advocates and voices.

If you have been a victim, not speaking out if you are not ready to does not invalidate what has happened to you. If tweeting #MeToo to some hundred followers seems daunting, it's okay. Talk to a trusted individual, like a friend or a counselor in your school, in a private setting if that is more comfortable for you. You are not alone. It is estimated that every two minutes, an American is sexually assaulted. You are not alone, and the fact that there are this many others like you is not okay. Fortunately recent developments in news regarding the injustices in Hollywood has shed a light on this issue that appears to be lasting.

Unfortunately, more actors and public figures have had allegations made against them since Weinstein's name hit the papers on a large scale in early October. Actors like Kevin Spacey, who has been accused by over a dozen men, many who were teenage boys at the time of sexual harassment, assault,

or rape. Netflix, the creators of the show he starred in, House of Cards, has since fired him. Comedian Louis C.K. has also been accused of sexual misconduct by half a dozen women. These are just a few names that have victimized countless individuals, adolescents and adults, men and women, but all undeserving of the pain and disrespect they had received.

Since Harvey Weinstein's victims have spoken out in a domino-like fashion and he has lost his job, he has made a public statement, acknowledging that "the way [he has] behaved with colleagues in the past has caused a lot of pain", as well as "sincerely [apologizing] for" his misconduct. This, as well as the money he used to pay off victims in return for their silence and the money he owes them legally, is like putting tape over fault lines from an earthquake. The actions that have taken such an astronomical emotional toll on the actresses he targeted cannot be erased by a dollar sign.

MHS Halloween

Continued from previous page



to *Dirty Dancing* or James's preference *Beauty and the Beast*. But Cammy won and James was still "excited to do the lift."

Many freshmen got creative and joined the fun as well. One group dressed as Pinatas, carefully designing their costumes with bright paper and colorful streamers to stand out from the crowd. And Sierra Berardi said that she spent over two hours gathering materials and putting together her fantastic jellyfish costume.

"I hoped I would win," she said. And she was ecstatic when she did.

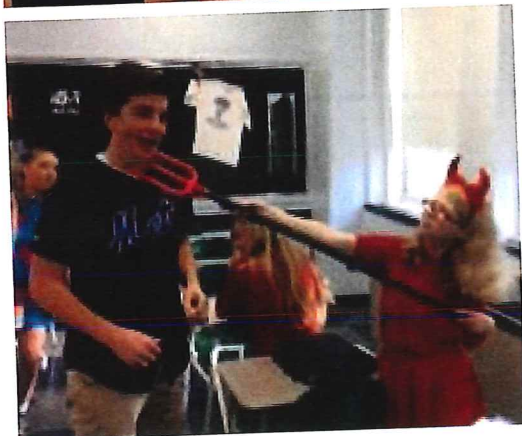
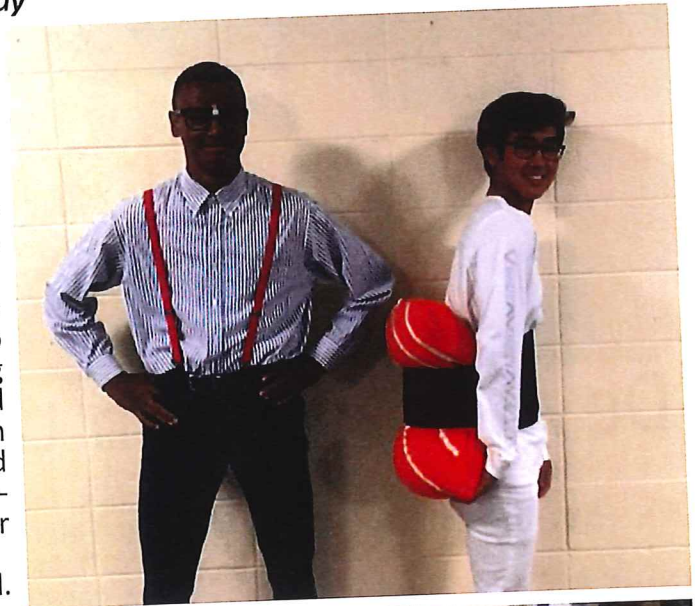
Teachers joined in the Halloween fun, dressing as PacMan and the ghosts. Mr. Craig and Mrs.

Jaeger spent a few minutes running for their lives, trying to escape the many ghosts chasing them. And Mr. Lomas dressed as a magic banana, allowing the PacMen to eat the ghosts in pursuit. Good old fun.

Yet not everyone was satisfied. The International Justice League of Super Acquaintances, from Spongebob, were disappointed not to be considered for the best group prize. Consisting of seniors Shawn Hunt, James McElduff, Connor Tuzeneu and Ryan Flanagan, they looked very much like Barnacle Boy, Mermaid Man, the Quickster and Elastic Waistband. Popular opinion was on their side; many students agreed that they were one of the top groups to enter the contest.

The assembly moved along quickly, as the administrators wanted, but for many students it went too quickly. Many felt last year was longer and livelier, with music playing and Mr. Buss as Bob Barker entertaining the crowd. But as Mr. Bramley pointed out, that was partly the result of fewer students dressing up and entering the contest.

Junior Ava Jahnsen dressed with a group of her friends as M&Ms. Following the contest, Ava vowed that next year SHE WILL WIN the group contest. Her friends Peyton Sierra and Brooke Farrinaci agree that they'll join Ava and be a part of the group THAT WINS NEXT YEAR. So they have drawn the line in the sand. Who can beat them? Start thinking about next year's costumes, and good luck taking down those junior girls, MHS!



More Halloween fun: a couple of classics (top right) as Emilio Stevenson reenacted Erle and Thomas Nan made us hungry as a sushi roll; scary masks were popular, as were full costumes like the medieval warrior and hazmat-suit-guy; Senior Darcy Hesketh did the literary character thing as Harry Potter and junior Billy Bruno, dressed cleverly, as "Bill-ionaire". Junior Sarah Curtis revealed her inner devil, and pitchforked Owen Butz. (All Mets fans deserve a similar fate.) And would Halloween be complete without some senior showing some skin? Teo Manfredini, Grant Gilbert, Lambros Komitas and Kevin Lynn pushed the envelope as police you might not want to count on in a moment of crisis.



Students Tackle *The Blue & Gray* Editorials

World Issues

Controversial Tax Plan Passes in Senate; Offers Massive Cuts to Corporations

By Max Strapp

In the early morning of Saturday, December 2nd, the senate passed a tax reform that promised sweeping changes to many Obama-era tax policies and will have a dramatic impact across the country. It will be the single biggest tax overhaul that the nation has seen since the Reagan administration. The plan also intends to provide a huge boost to Trump's administration after it failed to repeal the Affordable Care Act.

Following closely to the idea of trickle-down economics and Reaganomics that dominated the 1980s, the plan promises to drastically cut the corporate tax rate from 35% down to 20%. Some senators are currently fighting to have this number pushed up to 22% in order to fund other tax cuts like an improved child tax credit or to lessen the impact the plan will have on the national deficit.

Still, this cut will most likely not be enacted until 2019 if the committee decides to go through with the Senate's approach rather than the House of Representative's plan. Many Republicans hope that corporations will use these massive

savings in order to aid the lower and middle class and increase tax revenue for the federal government



in the future. In other words, they hope that these savings will "trickle-down" as corporations funnel this money into the economy.

In total, the plan promises to cut taxes by \$1.5 trillion. Economists are skeptical, however, that the plan will help the American economy like many of the reformers are asserting. They also fear that the national deficit, which is well over \$18 trillion as it is, will rise by over another \$1 trillion if the Senate plan passes as it stands.

One of the most controversial aspects of the tax reform that was proposed is the removal of the Individual Healthcare Mandate. Under this, everyone who was eligible

for healthcare was forced to buy healthcare or else they would suffer tax penalties. Even though this provision would still technically be a part of the plan, the penalty for infringing on it would fall to \$0. As a result of the new policy, its estimated that 13 million people will lose their healthcare and premiums will raise by about 10% across the board. On the plus-side, the federal deficit would decrease by well over \$300 billion.

Critics have also been very skeptical at the speed in which these bills have been created and are being passed. Both the House and the Senate hope to resolve their issues and give it to Mr. Trump to sign into law by Christmas Day. In the past, major tax reforms like this have gone through extensive vetting by our government and,

most importantly, by the public. This plan may be signed into law just three weeks after it was first passed in the House and Senate.

In all, there are many pros and cons with the new tax reform depending on where you fall on party lines and what your income is. Of course, there is a lot more to the new tax plan than what is covered in the article so it's important to find out more about the plan by yourself. The most important part of the plan is that it may benefit many people in our area as their taxes may lower even though things like the national deficit, income inequality, and prices for healthcare will worsen as a result of the plan.



Practicing Gratitude this Holiday Season



By: Kendall O'Malley, MHS Class of 2016

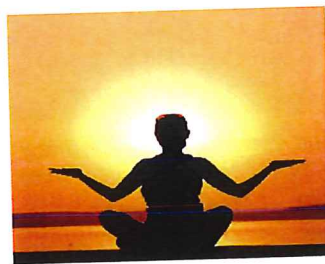
Giving and receiving presents is fondly considered a trademark of the holidays. However, most people would agree that the best part of the holidays is spending time with loved ones and experiencing the warm feelings of holiday cheer. A way to further enjoy the holiday season this year is to make the decision to "practice gratitude" more frequently, and thus become more appreciative for everything in your life. The practice of gratitude has been directly linked to lower stress levels, better relationships, and general well-being. During the stressful holiday season, it is especially beneficial to be mindful of expressing your appreciation for the people and things in your life. Practicing gratitude is a proactive way to lead a more positive, uplifting, and empowering lifestyle.

Some simple, but meaningful, ways to practice gratitude are:

• **Writing thank-you notes:** Thank-you notes do not just have to be for when we receive gifts. We often take special people in our lives for granted and the holidays are a perfect time to let others know that they are appreciated.



• **Meditating:** Designating several minutes each day to thoughtfully meditate is a powerful way to feel more at peace with yourself and the world around you.



• **Thank those who provide services:** The cashiers at stores, the barista, the bus driver: Thank all of the people who contribute to our lives, but often go unnoticed. Sincerely acknowledging these people for their helpfulness reminds us to not take people for granted.



• **Appreciating nature:**

Whether it be going for a stroll on the boardwalk, hanging out at the inlet, or meandering through a nature trail, spending time in nature is a simple way to feel the awe that our beautiful environment evokes.

• **Keeping a gratitude diary:** Taking time to acknowledge and write down different things you are grateful for each day is a great way to keep your mind focused on all of the positive things you have in your life, rather than the negative.

• **Complimenting strangers:** Actively looking for the good in other people promotes the attitude of appreciation rather than judgment.

• **Do an act of Kindness:** A random act of kindness will not only brighten another person's day, but will also bring joy to you as well.



Great Gifts 2017



If you're struggling to think of gifts to give this year... here are a few suggestions- big and small-that might help you out!

By: Maggie Kelly

Stocking Stuffers

- ❖ Portable Chargers- those are ALWAYS needed!
- ❖ Fidget Spinners- to keep you company!
- ❖ Gift Cards- to anywhere (literally)
- ❖ Pop Sockets- you need to hold your phone without hurting your fingers!
- ❖ Credit Card Holder- wallets are over rated...
- ❖ Beauty for Girls, Razors for Guys



The Biggies



- ❖ iPhone- always a big gift, whether it's the 8, 8plus, or X.
- ❖ Apple Watch- newest form of technology... on your wrist!
- ❖ A Speaker- any kind that will keep you jammin'!
- ❖ Bluetooth Earbuds- the cord on regular headphones is so last year.
- ❖ Clothes- ALWAYS
- ❖ Shoes- any type is great!



What's Your Preference? MHS Students Offer Thoughts on Christmas



By: Sara Rupertus and
Maggie Kelly

Favorite Christmas Movies

Frosty the Snowman 2

Polar Express 4

Elf 7

The Santa Clause 1

Home Alone 1

Grinch

Favorite Christmas Traditions

"Santa comes to our house on the eve"
- Jane Antonucci

"Cousins sleep over my house"
- Bella Jannarone

"Going to my grandma's house"
- Maci Black

"On Christmas Eve I open my PJs"
- Mikayla Keating

"Secret Santa with family members on
Christmas Eve"
-Max Strapp

Favorite Christmas Songs

Carol of the Bells

All I Want for Christmas

Jingle Bell Rock

Last Christmas

All I Want for Christmas is You

Baby it's Cold Outside

Dominic the Donkey

Rudolph the Red Nose Reindeer

White Christmas

Mistletoe



Men's Winter Fashion

Snow will soon be falling, temperatures are dropping, fashion is changing, and you might not know that your outfit doesn't cut it. Don't worry, *The Blue and Gray* is here to help.

In this fashion edition I will present you with different colors and style options to make your wardrobe spectacular.

Try mixing red, brown, and dark green together for a rugged yet festive look. I recommend you wear this combination in rural or woodland areas. Also try adding boots to complete the look.

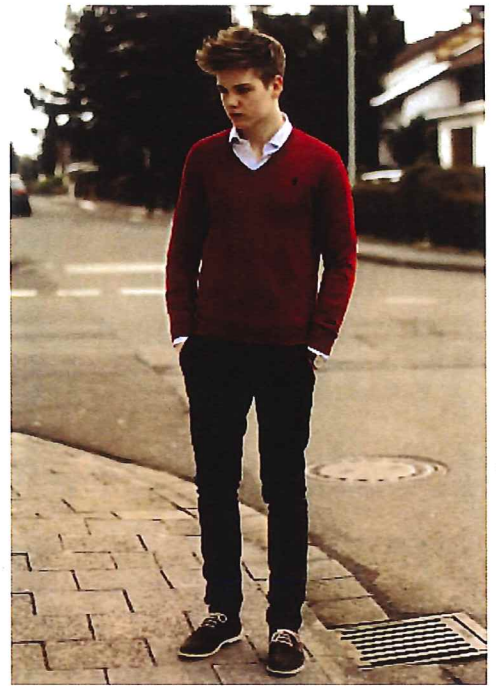
By: Chrstian Rogich

Blue, white, and gray are great colors for this season. Wear them in the city, at brunch, or when out shopping.

Two combinations I recommend are blue pants, a grey shirt, and a white scarf, or grey slacks, white shirt, and a blue blazer with either a grey or white scarf.

When it comes to the infamous holiday sweaters, they're better left at home for family dinners or holiday themed party's.

Statement jackets are very big this season, don't be afraid to be bold and shine!



Some jackets we recommend are trench coats, overcoats, puffer jackets, biker jackets, letterman jackets, and military style bomber jackets.

I hope my advice has helped you to be more stylish, trendy, unique, and iconic. Never be afraid to be bold and happy holidays!



Mrs. Bontales recently attended a workshop offered to all NJ Certified School Nurses entitled "STOP THE BLEED, SAVE A LIFE". Trauma nurses from Jersey Shore University Medical Center demonstrated techniques to locate and control arterial bleeding until EMTs arrive to transport the victim to the ER. Following the workshop, Mrs. Bontales has created seven "coagulation kits" that are located in every AED cabinet at MHS, and she will train staff/faculty on Trauma First Aid for life threatening bleeds in the near future. This is important, as Mrs. Bontales informs us that "uncontrolled bleeding is the number one cause of preventable death from trauma".



BLUE & GRAY SPORTS



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Warriors Win!

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against Wall. According to Antonucci, "the atmosphere in the locker room was great and it was a great way to start Thanksgiving."

On the Wall side, the team realized that even though they had practiced hard throughout the week like their opponents, the game just didn't go their way. According to Eddie Scott, the mood in the locker room was gloomy, but it was clear that many of the younger guys had a look of determination in their eyes. Most could not deny, however, that the Manasquan team had a great game.

It should be interesting to see if either of the teams we saw on Thursday come together as a team without their current senior leadership and how the matchups will play out in the future. Both teams have an ample amount of talent in the younger grades who should be able to rise to the occasion and lead these teams in the future.

Going into next season, Manasquan's future looks very bright. With a win on Thanksgiving, there is no denying that the team we had this year was something special, and it is not hard to imagine that they will have another great year again next year.

