



# Manasquan's Warrior Spearhead

## December 2020

Editor: Molly McCarthy

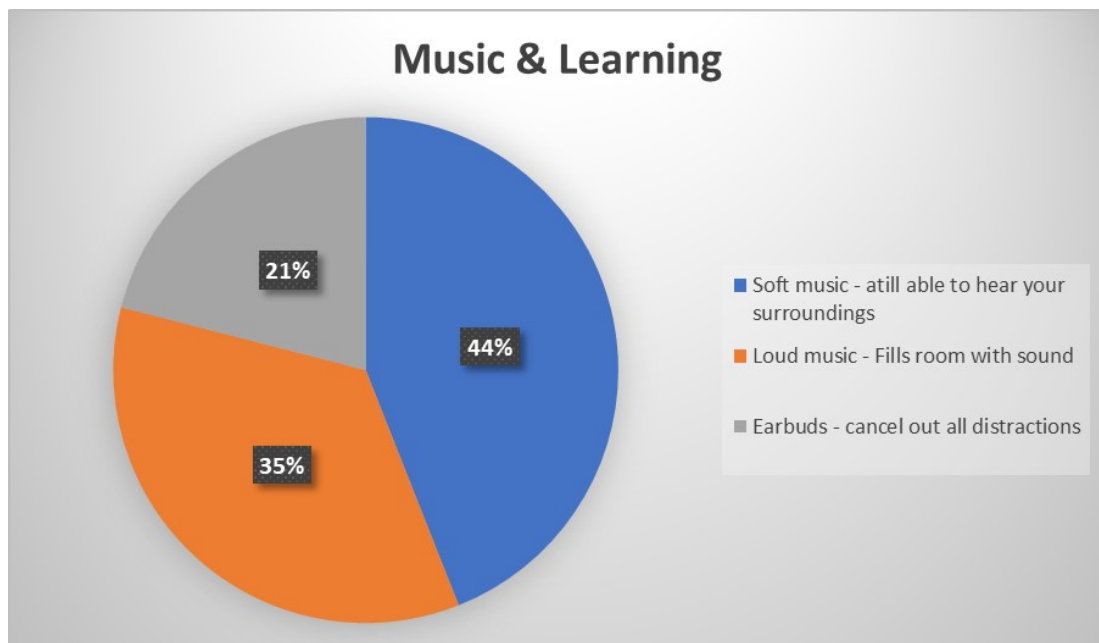
Cover Art: Donovan Brown

# FUN AND FOCUSED

What music helps you improve your focus?

By Ally Attardo

Nowadays, studying has become a long dreadful process. During tests or schoolwork, focusing isn't too easy. Kids need to be able to keep their full attention and grades up in a fun way. Thankfully, there's a solution... Music! Some types of music seem to help with learning and improve our ability to process information. Other types help block out distracting background noise. Many websites have put lists of the best types of music to help improve student's understanding of schoolwork. The majority of websites said that classical music helps you best in productivity. Researchers have concluded that listening to classical music can help people complete tasks more efficiently. This theory, which has been dubbed "the Mozart Effect" states that listening to classical composers can enhance brain activity and act as a catalyst for improving health and well-being. Other styles of music such as nature, cinematic, and even your favorite music has an impact on your learning. Usually, music without words help improve faster but it all depends on the person. What music helps you focus?



This pie chart shows people's opinions on the volume of the music that helps them best.

Covid-19 has taken the world by surprise and left everyone at home in quarantine for the past nine months. No one can visit family or friends, so it does get to be a little lonely. To add on, people are bored and need to fill in the empty time even though we can't be around other people. Here are ways you can fill in that time

### **1. Look up fun recipes.**

Over the quarantine, you can become a new master chef and come up with delicious foods to eat. To add on, you can share with your family and you will expand your plate on food to eat.



### **2. Go on walks with your family**

With staying in all day, there isn't much exercise you can do. However, you can still walk or bike. The benefit will help you bond with your family and also exercise since you might eat more during the quarantine.

### **3. Do fun STEM projects**

Look up some fun projects to do. One of them is the egg drop where you need to create shelter for your egg and then drop it. This is a fun way to learn and you have so much time to do it. Start getting creative and have fun with this!

### **4. Play with your siblings**

Not everyone has siblings, however, it's always nice to joke around and pull out a fun board game or learn to play new games. If you don't have siblings, maybe you have a pet to play with or just have fun with your parents.



### **5. Bond more with family**

It can be hard to get along with your family especially since you see them every day and have different interests and ages. However, you can get to know them more and you may like the things your siblings or parents like to do. Have a fun dance party or gather up with popcorn and watch a fun movie together.

### **6. Read a fun book**

It's a good idea to try and get away from technology especially since we are all doing online school. Good books to read are *The Hunger Games* or *The Harry Potter* series. Afterward, you can watch the movie for them. Let your mind rest from the technology a little. Not only are books entertaining, but they will also develop your reading and writing skills

It has been very difficult for everyone to get through such a harsh and cruel time. This raises nerves and puts everyone on edge. However, these fun activities will help you learn new things and have fun while doing it. Not only that, these activities will move you away from the screen and distress. Go out and have fun.

# Mask 101: Everything You Need to Know About All the Different Masks

By Aiden Opatosky

## **The Most Durable Mask**

With the pandemic, it became impossible to do anything in your daily life without wearing a mask. That caused the prices of all masks to skyrocket by about 275%! This led people into spending a fortune on masks that sometimes do not even last longer than a few months if you are not careful. Therefore, people need to know the most durable and long-lasting masks. Many doctors and health officials say that THE MOST durable mask and the most protective is the N95 double-strapped mask. According to [mayoclinic.org](https://www.mayoclinic.org), “As the name indicates, the mask is designed to block 95% of very small particles.” This mask then allows someone to certainly stay safe.



## **The Best—Looking Mask**

Even though they are not the most effective, many masks can still look pretty cool. Such as this LED mask (shown on the top—left) that you can have spell out anything you want! You can use it for many things, like make it cheer on your favorite sports team or even have an entire conversation with someone! Another cool mask that is on sale for the public is the face mask that looks like a face (shown on the bottom—left). This mask can make it seem like you are not even wearing a mask, so it feels as though you have traveled back to 2019 before COVID.



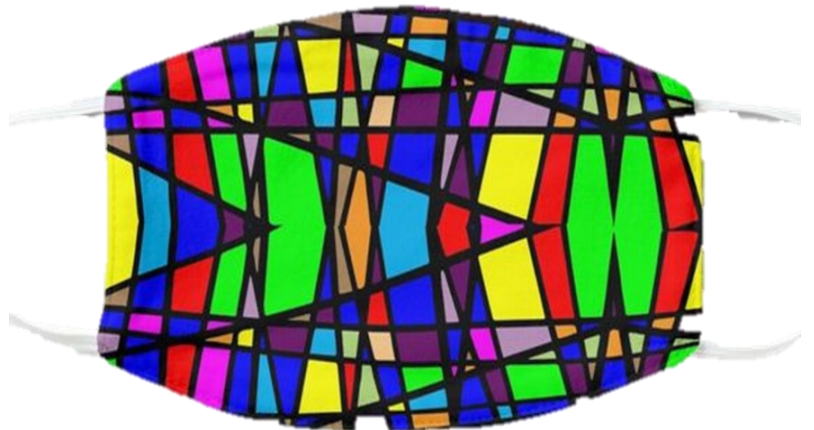
### **Most Comfortable Mask**

Having a mask on at work or school itself can be completely irritating, but what could make it even worse is if the mask gives you discomfort, or even does not stay on your face for long. Maybe that is why some manufacturers made a mask that can adjust its size to help keep it on your face. (Shown below). The slits on the straps around the mask slide back and forth, making them sizeable to differ for different types of people with different types of faces. This not only allows for the mask to stay onto your face easier and longer, but it also allows for it to fit onto your face with much more comfort.



### **Most Colorful Mask**

The type of mask that you wear can say a lot about you, so it is important to make sure that you only wear the types of masks you want. If you are a very bright and colorful person, this boldly designed surgical mask is just for you! (Shown on right). With its rainbow colors mixed up in the design, it seems as though you made the mask yourself.







# Fun Times in December!

*By Julianna Martell*

What is your favorite part of December and why?  
Let's see what the 4<sup>th</sup> and 5<sup>th</sup> graders of MES had to say!

December is full of many fun activities and holidays. Everyone loves the month for different reasons. Last week I asked the 4th and 5th grades of MES what their favorite part of December was and why. Out of 21 responses, 85.7% said Christmas was their favorite part of December. The most common reason why was because they get to see their family. I relate to this because this is the main reason why I enjoy Christmas. For me seeing all my family and spending time with them brings me joy. Another popular answer was because of receiving presents. Some students said the joy of waking up on Christmas morning and see their presents downstairs was the best. While others said they enjoyed giving presents to others rather than receiving them. 4.8% of the answers said New Year's Eve was their favorite part. The reasoning behind this answer was most frequently because everyone wants 2020 to end. This seems to be a popular feeling as this year comes to an end because many people wish to leave behind the bad memories associated with this year, and the reminders of covid and quarantine. Others had their favorite parts including holiday spirit because, "It makes the whole season special, not just a single day!" After surveying the students, it can be concluded that December is filled with love for family, holiday spirit, and joy. I hope all your Decembers are just as great as these 4th and 5th graders Decembers are!



# Where Will MES Eighth Graders Be Next Year?

*There are so many options for high school! Here's a look into which ones this year's eighth graders will be attending.*

**Charlotte McKeon**

There are many schools in New Jersey that are unique and set students up for success! Students from Manasquan Elementary School are lucky to have such amazing options in the area. As we move further into the 2020-2021 school year, eighth graders at MES are looking into some of their options for next year. Additionally, students surveyed shared which school they wish to attend. There are very diverse opportunities in each specific educational field. From technology, biology, and military prep options, if students know what they want, they can get it. However, while there are all different kinds of specified options, most eighth graders graduating haven't thought about what they want to be in the future!

Manasquan High School has an amazingly broad spectrum of what you can choose to study while attending. Manasquan High School has amazing opportunities. Manasquan is one of the greatest high schools in the area. It is many student's top choice for where they want to go and spend their high school years.

When I surveyed eighth grade students about their intentions for high school, I asked where they wish to at-

tend, why, and what they are excited for. Options varied on the survey from public to private schools. 50% of students who took the survey answered they were attending Manasquan High School. 20% said they wanted Communications High School. 10% answered Marine Academy of Science and Technology, 10% said High Technology High School, 10% said Biotechnology High School and a handful of students will apply to CBA or Trinity Hall. When the students justified their answers, eighth grader Ally Attardo, attending Manasquan High School, said, "It's the perfect school for me in both academics and sports."

The students who filled out the survey wrote that they were ready for next year. Students said they looked forward to getting away from MES, meeting new people, and the better experiences that were to come. Where will MES alumni end up in high school? Time will tell.

***"It's the perfect school for me in both academics and sports." - Ally Attardo,***





# Favorite Holiday Recipes

By Will Pettit

Along with holiday carols, festive decorations, and family traditions, food is a major tradition of the holiday season. Growing up, food was always a major component of my family's Christmas celebrations, and my favorite part of the holidays, whether it be take-out or homemade. As we approach the holidays, I am looking forward to enjoying my favorite dishes, and I hope others can enjoy them, too. To spread great recipes, and the holiday spirit, I have compiled a list containing my family's favorite holiday recipes. Enjoy!





4 slices uncooked bacon, small dice

1 medium onion, small dice

2 cloves garlic, fine dice

1 stalk celery, fine dice

2 tbsp. flour

1 tsp. thyme leaves, fresh

1 bay leaf

Salt

Black pepper, freshly ground

1/2 cup white wine

1 qt chicken stock

2 ears corn, husked with corn cut from cob

1 cup heavy cream

1.4 cup sweetened condensed milk

1 cup boiling potatoes, peeled, medium dice.

# Corn Chowder



1. In a soup pot, heat bacon on medium heat to render fat. When the bacon begins to brown, reduce heat slightly.
2. Add onion, garlic and celery, and sauté until onions turn transparent.
3. Whisk in flour to form roux and reduce heat to very low. Allow this roux to cook 3 minutes. Stir occasionally.
4. Add thyme, bay leaf, salt, and pepper. Add white wine, stock, and corn. Bring to boil.
5. Reduce heat to simmer for 30 minutes.

3/4 cup sugar

2 teaspoons cornstarch

1/3 cup vinegar

1/3 cup water

4 cups cooked beets

3 tablespoons

1/4 teaspoon salt

1/8 teaspoon pepper

1. Combine sugar and cornstarch

2. Add vinegar and water and boil for 5 minutes.

3. Add beets and simmer 1/2 hour.

4. Add butter and season with salt and pepper.

5. Serves 6 to 8. Slice or dice beets.

# Harvard Beets



## Apple Sauce

4 apples - peeled, cored and chopped

3/4 cup water

1/4 cup white sugar

1/2 teaspoon ground cinnamon

1. In a saucepan, combine apples, water, sugar, and cinnamon.
2. Cover, and cook over medium heat for 15 to 20 minutes, or until apples are soft.
3. Allow to cool, then mash with a fork or potato masher.

Serves 4.



## Pumpkin Chocolate Chip Muffins

3 cups flour

2 tsp baking soda

2 tsp. cinnamon

1/2 tsp salt

4 large eggs

2 cups sugar

1 can (15 oz.) pure pumpkin

1 cup vegetable oil.

2 cups semi sweet chocolate morsels.

1. Preheat oven to 350 degrees.
2. Grease 48 muffins in pan.
3. Combine flour, baking soda, baking powder, cinnamon, and salt in medium bowl.
4. Combine eggs and sugar in large bowl. Add pumpkin and oil; mix well.
5. Stir in flour mixture until moistened.
6. Stir in morsels.
7. Spoon batter into prepared muffin pan.
8. Bake 20-25 minutes.



# Apple Pie

1 recipe pastry for a 9 inch double crust pie

1/2 cup unsalted butter

3 tablespoons all-purpose flour

1/4 cup water

1/2 cup white sugar

1/2 cup packed brown sugar

8 Granny Smith apples - peeled, cored and sliced



1.Preheat oven to 425 degrees F.

2.Melt the butter in a saucepan.

3.Stir in flour to form a paste.

4.Add water, white sugar and brown sugar, and bring to a boil.

5.Reduce temperature and let simmer.

6.Place the bottom crust in your pan.

7.Fill with apples, mounded slightly.

8.Cover with a lattice work crust.

9.Gently pour the sugar and butter liquid over the crust. Pour slowly so that it does not run off.

10.Bake 15 minutes in the preheated oven.

11.Reduce the temperature to 350 degrees F. Continue baking for 35 to 45 minutes, until apples are soft.

Food can make any situation a little bit better. A good meal will unite anyone, even if it may be around a dining room table. I hope these new recipes have made your holidays brighter during these seemingly dark days.



# Holiday Sugar Cookies

By Molly McCarthy

My sisters and I bake these cookies every year with our grandma. She taught us everything we know, and it is one of our most beloved family traditions. The recipe was first used for Christmas and other winter holidays, but with different cookie cutters and sprinkles, they can be enjoyed all year round. The dough can be prepared in advance to rolling and decorating and can be chilled. Food brings my family together, and these cookies are filled with memories I treasure. I hope your family can enjoy these as much as mine!

## Ingredients

- ◆ ½ pound butter, softened overnight
- ◆ ¼ cup sugar
- ◆ 6 egg yolks – separate eggs and save whites to put on cookies when decorating
- ◆ 3 cups flour, additional flour for dusting and rolling
- ◆ Sprinkles and icing (optional but strongly recommended)

## Utensils

- ◆ Rolling pin
- ◆ Two Large Bowls
- ◆ Cookie cutters
- ◆ Spoons
- ◆ Electric mixer (optional)
- ◆ Cutting boards
- ◆ Greased cookie sheets

## Directions

Heat the oven to 350 degrees. Cream butter with sugar. Add the yolks, one at a time. Mix or whisk after each one is added. Work in the flour slowly, kneading if you wish. Place the finished dough onto a floured board. Roll out the dough and cut into desired shapes. Place the shapes onto a greased cookie sheet. Brush with egg whites and decorate. Bake at 350 degrees for 10-15 minutes, depending on the thickness of your cookie shapes.



# Student Council's Current Projects

By Ryan Rose

In November of 2020, Student Council and NJHS partnered up in order to collect food for the Thanksgiving food drive. They asked all students to bring in canned goods for families in need, and their efforts were successful, collecting over 700 items of food. This is just one example of the many projects and ideas that the Student Council has in store for the 2020-2021 school year. Currently they are working to help better the school and to allow students to be active in how the school improves.



One of the ideas that they have for the school is to help brighten the days of student by putting up positive message decals throughout the school bathrooms. Each bathroom will have its own unique message, and some will just have smiley faces on them to give the students a tiny boost of happiness throughout the day. The decals will also be sticky as to prevent students from rearranging them.



Finally, the student council will be building suggestion boxes to be placed in the cafeterias. The boxes will have the Manasquan M on them and will say Student Council Suggestion Box on them. All students are encouraged to place suggestions in them that could help to make MES a better place that is comfortable to all who go there. The boxes will be checked every week in order to maximize the amount of suggestions being read at once. The Student Council will do its best to try and get the ideas put into place. There are many more projects in the works



# School Art Appreciation

Have you ever stopped to look at the art scattered around our school?

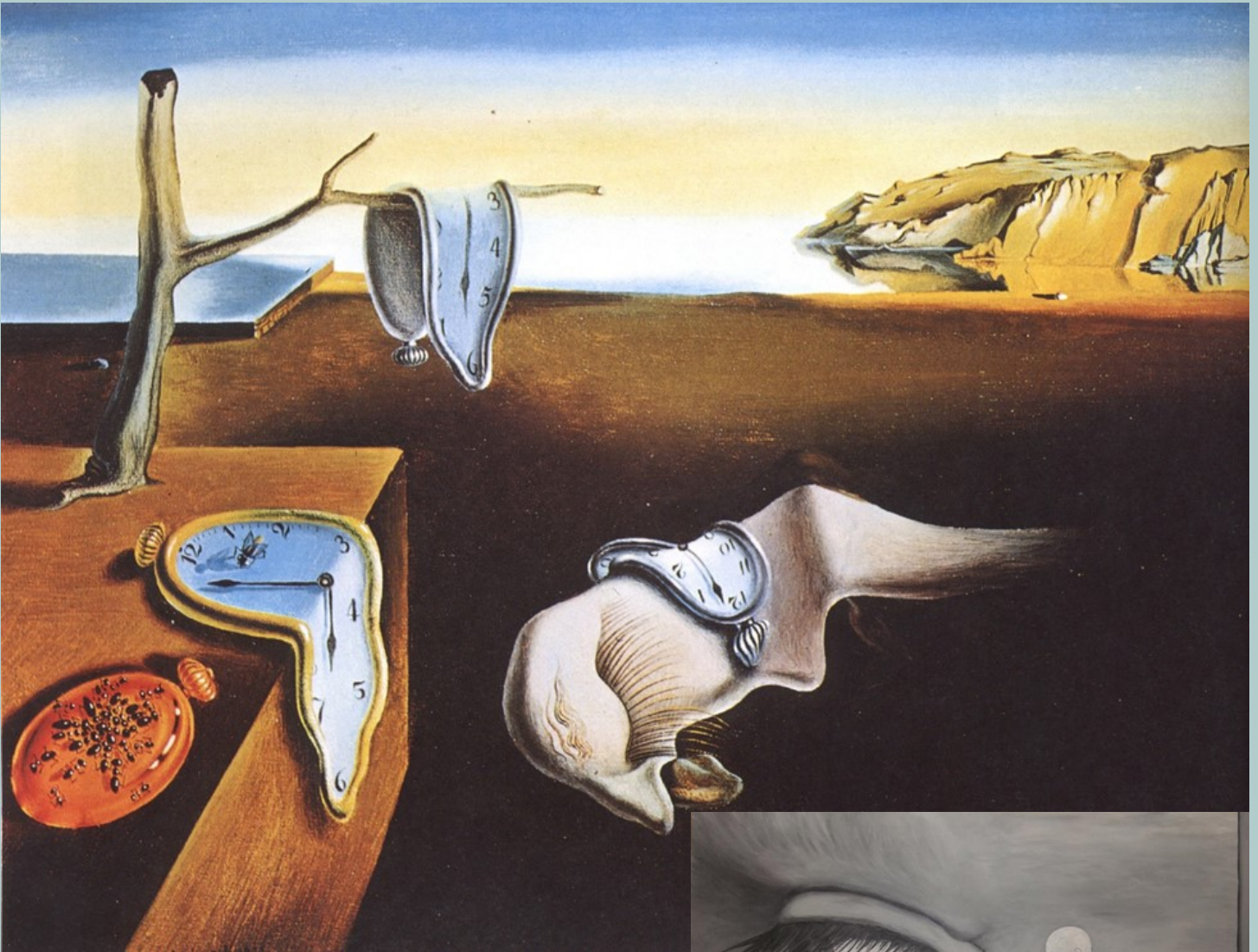
By. Maddy Marshall



## Lunch Atop a Skyscraper

Lunch Atop a Skyscraper was a photo created in 1932. It features 11 men atop the framework of a new building or monument above the New York City Streets. This picture was originally created to support the Rockefeller Center's new skyscraper. I love looking at this painting because of how peaceful it is. Being at that sort of height like these men are would be beautiful, especially eating lunch over the bustle of city traffic.





## The Persistence of Memory

The Persistence of Memory was painted in 1931 by Spanish artist, Salvador Dalí. The painting's deep meaning of subconscious division was what made a name for it. Salvador Dalí often felt distant from the rest of the world and was known to disassociate which helps make his painting all the more real. His painting makes me feel quite uneasy, maybe because of the multiple reality feel it has. The Persistence of Memory is currently in the Museum of Modern Art (MoMa).







## Self-Portrait with Bandaged Ear

*"If you truly love Nature, you will find beauty everywhere,"* - Vincent Van Gogh

Vincent van Gogh's self-portrait of him with a bandaged ear is a well-known painting created in 1889. The painting is currently on display in the collection of the Courtauld Institute of Art. This 131-year-old painting was last heard to have been worth 71.5 million dollars.



The background of the entire page is a reproduction of Vincent van Gogh's painting 'Sunflowers'. It depicts a bouquet of several sunflowers with bright yellow petals and dark brown centers, arranged in a simple, light-colored ceramic vase. The vase sits on a flat, yellowish-brown surface. The background is a pale, hazy blue. The brushstrokes are visible and expressive, characteristic of Van Gogh's style.

## Final Thoughts

I felt compelled to write about a few pieces of art around our school because of what nostalgia they bring me. I remember from a young age seeing all different art around the school that I didn't pay attention to until recently. I remember as a 3rd grader, going into the seventh and eighth graders hall and being excited to be just like them. I also recall linking some of the deeper and more serious paintings and artwork with being grown up. I occasionally go down the different sections of the school and see familiar work that I had never even paid attention too, yet I still remembered through my prior years at MES. I see the artwork around the school as sort of a milestone for maturity, which helped me be excited to advance and mature.



# **2020-2021 MES Basketball Guidelines**

**By Shane Hagerman**

**On December 5, New Jersey governor, Phil Murphy paused all indoor sports until the first week of January. The governor wants to decrease the amount of Covid-19 cases that New Jersey is facing. Many sports are being affected by this new guideline, such as basketball, hockey, swimming, and other indoor sports. This year, MES's boys and girls basketball teams will not be able to start their season on time. Normally, the boys and girls basketball team have tryouts in the middle of November and start playing games in early December. The rising of coronavirus cases in New Jersey has forced the warriors to delay their season for a month.**

**Basketball is considered a medium to high risk sport because of the close contact between fifteen to twenty people. The safety of the students and players is the main goal of the coaches at MES. Mr. Manser, the head coach of MES' boys basketball team, had some thoughts on the guidelines and if there would be a 2020-21 basketball season. The boys head coach says that he's not exactly sure what the guidelines would be, but other leagues and high school sports will impact the new rules for our season. In addition, the players temperatures would be constantly taken, social distancing will take place at games and practices, and no spectators will probably be allowed to watch the games. With no spectators in the building, this should reduce the amount of cases that could be transmitted because of indoor sports. Mr. Manser hopes that he will hear good news so that basketball can resume in early January. He believes that if the practices go well for MES and the other teams on our schedule, then the games should start towards the middle of January. Finally, the boys health is the most important thing to Mr. Manser, and he will push the boys to socially distance, wear masks all the time, prevent close contact between all of the players, and to wash their hands before and after practice.**

**The new vaccine that was created on December 14th, 2020 will greatly help basketball to start up once again. The vaccine could decrease the amount of COVID-19 cases in New Jersey and the boys and girls will be able to start playing hoops the warrior way again in January. Basketball impacts many boys and girls around the world and they would feel lost without this sport. People look up to present and past NBA and WNBA stars such as LeBron James, Michael Jordan, Sue Bird, and Diana Taurasi. People want to be like them and not playing basketball would break their hearts. MES will follow all rules and guidelines to keep everyone safe, so that their hard-working student-athletes can play the sport that they love.**

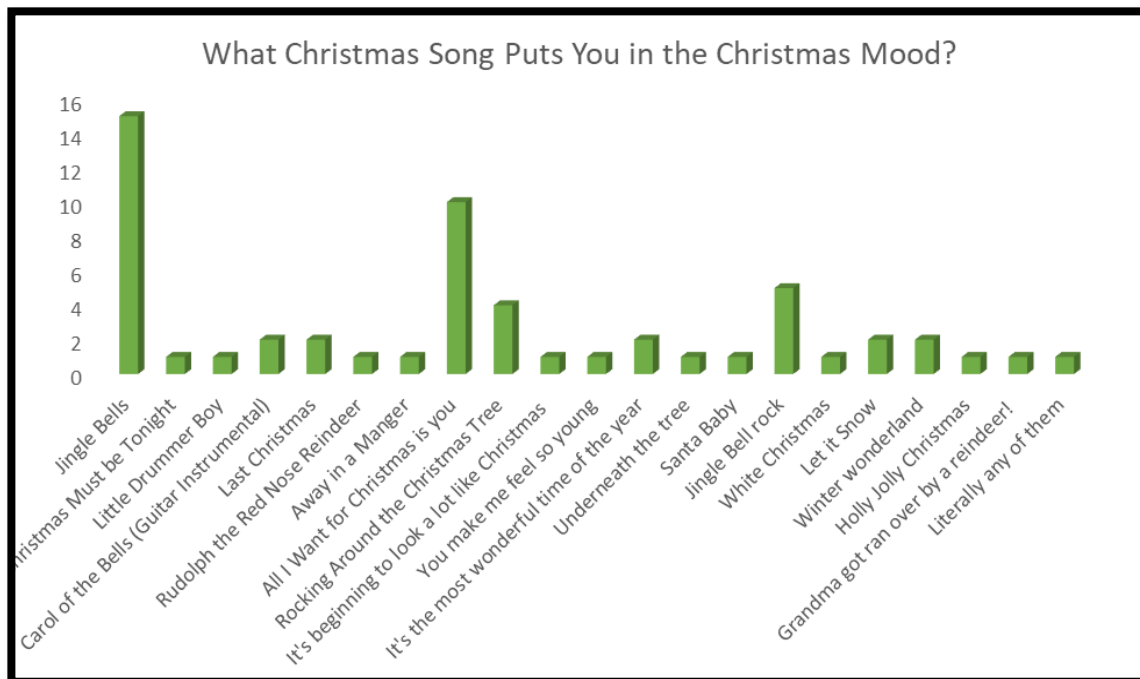


# Holiday Songs!

## What Holiday Song puts you in the Holiday Mood?

Yes, It's that time of the year again! December comes once again. You know what that means? **ITS HOLIDAY SEASON!** With each holiday season, music brings joy and excitement, but most importantly the songs! Everyone has their favorites, maybe “Last Christmas” by Wham, or the classic “All I Want for Christmas is You” by Mariah Carey. Or, you like all of them. Either way, they open the gates to the wonder and magic of the holidays. Music can help picture the gifts under the Christmas tree, or the chestnuts roasting over an open fire. Or the memories you have with certain songs. For example, I

always remember dancing to “Feliz Navidad” with my mom when I was a toddler. Maybe you have great memories with these jolly songs. One of the favorites, from the survey of sixth-eighth graders, was “Jingle Bells”,



a classic. The runner up was “All I Want for Christmas is You”. Another classic. On the chart above, you can see how many different songs put people in the holiday spirit. Everyone has his or her own taste, but all share one thing in common: the excitement for the holidays. With this shared excitement people bond, and become friends. It's the power of music that brings people together. So, the next time you meet someone ask them this one question: “What Christmas Song Puts You in the Christmas Mood?” I'm sure that their face will light up as they think about all their best holiday memories.

By Donovan Brown

# Making the Transition

## Freshmen give eighth graders advice

By: Caroline Giblin

I was dying to start middle school. I was dying to be in eighth grade. Now I'm dying to go to high school. Days go by and I forget that I should be celebrating my last months at Manasquan Elementary. I have spent eight years of my life in this school, and I don't know if anybody I meet will know me as well as my homeroom. I've been with these thirteen kids since fourth grade. I used to watch them pick their nose, which is disgusting, but my point is, we grew up together. I can happily say none of them still pick their nose and if they do, it's in private! I know which of them pick at their fingernails when they are nervous, I know their biggest fears, and their main goals. In just a couple months, we will go our separate ways; some I might pass in hallways at Manasquan High School. Some I might see at the grocery store; some I might swipe up on their Instagram story from time to time. Some of them I could depend on in the next four year chapter, or I might lose contact altogether. There are mixed emotions all around, so I sent out two surveys, quizzing freshmen and one quizzing eighth graders, trying to gauge how everyone is feeling.

The problem is, we think we have time. So my first question to the eighth graders was "What goal do you wish to accomplish before finishing at MES?" The most popular answer was to get good grades/high honor roll. As my mom always told me, this is the time to make mistakes; it's okay if you fail that test, it's okay if you're lost from time to time. Don't get too caught up in the numbers on the grade sheet, they don't represent you. Don't stay up all night trying to cram in more studying because the reality is a good sleep is most important. Others said that they wish to leave a legacy behind, improving the elementary school.

Freshmen are our greatest inspirations right now; they know best what going through 8<sup>th</sup> grade during a pandemic is like. Ellie Ragan was first to take the questionnaire. She is a brilliant student at Saint Rose. I contacted Colleen Ragan too, she's an intelligent attendee of Saint Rose. Last but certainly not least, I surveyed Grace Buckley; she's a great student at Manasquan High School. My first question was, "What goal did you accomplish before finishing at MES?" Their answers were similar to what eighth graders wanted; to finish with high grades. One response varied: I tried to get involved in as much as possible. It's difficult to balance school and try to participate but I think it's imperative to making eighth grade YOUR year. My next query was, "What was something you wish you did before going to high school?" The girls all said they craved a real ending, a proper goodbye. Specifically, if they could do it all again, they would socialize more and stress less. While, the girls can't redo eighth grade, we still have time. The last thing I asked was, "Are there any tips you would give current 8th graders about their final months at MES?" One of them said "Respect your teachers. You might need their connections later in life and they are your best key for success." They all included the basic concept: fulfill every moment; it goes faster than you think.



So let's live this year up! It will be one to remember forever.