

The Patriot

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Washington Township High School,
529 Hurffville-Cross Keys Road, Sewell, NJ

February 2010

Raise the Roof

Windstorm damage causes evacuation, cancellation

Kevin Whitehead '10

One of the more bizarre incidents in WTHS history took place as wind swept across the high school campus on Jan. 25. With temperatures flirting with freezing levels and straight line winds of 37 miles per hour, the 9/10 Wing's L-Pod roof broke from its binding.

The students in L-Pod found themselves beneath a furious battle between Mother Nature and the 20 year old roof.

9/10 Executive Assistant Principal Ms. Ann Moore was notified by alarmed teachers of the noises above. Moore immediately assessed L-Pod to get a sense of the situation.

"Once I got upstairs, I realized how potentially serious it was. It sounded like a train driving across our school building. It was that loud," Moore said.

Moore took immediate action. With the help of 9/10 Assistant Principal Mr. Rich O'Neil, she ordered all students to be evacuated from L-Pod and into the TD Bank Arts Center. Then she called Director of Operations, Mr. Bob Schoenfeldt. Moore told him that there was a serious problem taking place.

Once Schoenfeldt arrived, he went on the roof to assess the situation.

"When I got up there, the wind was very strong. That wind was rippling underneath which gave [the roof] a floating [appearance]," Schoenfeldt said.

According to Schoenfeldt, the wind got underneath the external wooden nailer and got between the rubber and the insulation which was only held together by glue. The power of the wind ripped right through the glue. The only thing holding it down were screws on the other sides.

Soon enough, rain water was streaming directly into the building.



THE PATRIOT

Custodial, maintenance and grounds workers' labor reopened the school on Jan. 26 after one day of cancelled classes. Roofers completed the work before record snows hit the region.

"Right where the ceiling tiles came together, there literally was a stream of water," Mr. David Wright said, recalling the incident which altered his annual Egg Project plans. "It was like waterfall!"

Once the water had rushed into the ceiling, it short-circuited the alarm system, setting off the fire alarm. Orders were to evacuate the building.

Board secretary Ms. Meehan alerted the fire company, that there was indeed no fire. The fire chief later granted access for the students to return to the complex.

"Because of the conditions, we wanted to get the kids right back in the building," Executive Principal Mr. Joseph Bollendorf said.

About an hour after the students had returned to the building, the rest of the school day was cancelled due to the incident. Since it was past noon, the day was official.

Bollendorf felt it was unreasonable to attempt to finish the

remaining class periods.

"To think we were going to move 1300 kids in and out of the auditorium every 45 minutes was not a practical solution," Bollendorf said.

Once the students left, there was serious work to be done.

After 3:00 P.M., the entire grounds maintenance and custodial staff began working. With the assistance of Supervisor Mr. Jeff Walter and Ground Supervisor Mr. Bill Carney, the crews pulled ceiling tiles down and wiping down any wet surfaces. Also, WTHS's contracted roofing company Brown and Guarino Roofing came only to assess the damage considering there was nothing to be done with a drenched roof.

Collectively, the cleanup took about 180 working hours.

According to Bollendorf, the following day there were dozens of employees working tirelessly putting in ceiling tile and cleaning up the mess in an effort to get the

school reopened. Every WTHS custodian and maintenance and buildings and grounds crew personnel from throughout the district, worked furiously along with the hired contractors.

Brown and Guarino cut out all the rubber roofing, removed it from the roof, and discarded it.

"I remember thinking that it seemed worse, than the day before," Bollendorf said. "I thought there was no way we're going to open."

Contradicting Bollendorf's initial thoughts, the workers were able to fix everything that was needed for the school to be reopened on Wednesday, Jan. 27.

"I have to give everyone and administration points because they got the ceiling and the tiles replaced," L-Pod physical science teacher Mr. James Hurtt said. "Man, they got it done."

The current roof is only a temporary fix. Schoenfeldt is hoping to get a grant approved by New

See **ROOF** page 3

Monzo raises \$100,000 for ALS

Taylor Vandell '10

On Jan. 15, Monzo Madness, Washington Township's charity dance marathon event, really raised the leaky roof by reaching their seven-year goal of earning \$100,000 in donations for the ALS Foundation, a serious disease commonly referred to as Lou Gehrig's Disease.

Raising \$24,000 alone this year, Monzo had a total of 205 couples that participated in the event. Even though Monzo was almost cancelled that day due to the bomb scare that forced students to leave school early, almost everything went according to plan. Monzo started at 7pm Friday night and did not end until 9am Saturday morning.

"I wasn't happy at first that Monzo was starting late, because part of the fun is getting out of class early," said Emily Parry '12, "but the best part is dancing all night with your friends until you can't feel your legs and feet anymore."

During the duration of the night, all different genres of music were



TAYLOR VANDELL '10/The Patriot

Students gathered on the dance floor in the 9/10 Auxiliary Gym for the annual Monzo Madness event on January 15.

played by the DJ, and the students of WTHS had fun with the time there was. Even though not all of the students and chaperones could make the event because of the bomb scare, those in attendance had a great time.

"This was my first year doing Monzo Madness," said Jordan Wilson '10, "I'm really glad I got to participate because it's my senior year and my last chance to be part

of it."

For Interact advisor Mrs. Tracy Naval (See related story - page 10), Monzo Madness has a special place in her heart. The event is dedicated to her sister Kathy Monzo, who died from ALS.

When the event first started in 2004, only 50 students were part of it. As the years have gone on, more and more students have decided they want to be a part of the phenomenon.

"I believe that Monzo solely depends on the enthusiasm of the students that are involved," says Naval. "The kids really enjoy being a part of an event that helps out a great cause."

But not all of the money that was raised was specifically from the students who participated in Monzo Madness. Interact also hosted a Teacher Dress Down Day on Friday January 15, to help raise money for the cause as well. The teachers paid a minimum of \$5 to wear jeans or casual attire, and the teachers alone raised \$900.

Also, the Manuary men of WTHS walked around the cafeterias that Friday taking any donations to help support the cause. The men also auctioned themselves off at the event to raise even more money, and all together, they raised \$350.

"Monzo Madness has shown me that there are so many people in this community that support me and my family," said Naval, "and now I find that students and faculty are now more aware of what this disease actually is."

Students strive for better year

Luke Verrillo '10

Some may vow to lose weight or work on strained relationships, while others aspire to do their personal best in their careers and education. Whatever the case may be, New Year's resolutions tend to fade out of mind after January has passed. However, with the start of a new decade, students at WTHS are determined to see their goals through til the end.

"Every year, I start off really well [with my resolution] but I forget about it when school picks back up again after the winter break," Michelle Biala '10 says. "Hopefully, for me, 2010 is different. I want to work on my shopping addictions because my paychecks just aren't cutting it anymore."

Finally making the decision to get healthy and get in shape is one of the most popular resolutions. Whether it's joining a new sport or simply becoming more active, students are making the effort.

"I want to be healthier this year. Normally, once football ends I stop working out, but now with swim team, I'll be in better shape," Blaise Basile '13 says.

"I finally joined a gym over the break. It's been a long time coming," Leah Power '10 adds, "I go almost every day to run and, so far, I think I'll be able to keep it up."

Schoolwork is another area in students' lives that many are seeking to make changes in. For many seniors who have the added pressure of college applications and decisions, earning better grades is on the top of their resolution lists.

"I really want to get straight A's this year," Santina Mazzola '10 says. "Being on the principal's list will definitely look better on transcripts so I'm setting aside time for studying and schoolwork. I'm going to try my best to avoid 'senioritis'."

Seniors can be under enormous pressure in the classrooms, but that same pressure can sometimes be



PHOTO COURTESY OF FORBES.COM

Students continue to uphold resolutions for the new decade.

found amongst the underclassmen in the 9/10 wing.

Janel Eldridge's '12 plan involves balancing her social life and schoolwork. "It's only my sophomore year, so I don't want to overdue anything but I think balancing things in my life a bit better will go a long way in helping me."

Despite the good intentions of the aforementioned students, there are still a few that remain cynical about the idea of a resolution for the

new year.

"I never make resolutions for myself because you always are disappointed," Zach Kenney '10 says. "I don't need to add the failure of maintaining a resolution to life."

For those who are trying to set their own resolutions, it is often said that it's better to start small.

"I'm keeping my resolution pretty simple this year," Dylan Brody '10 says. "I just want to make it through senior year and have a good time. I think I can do that."

Manuary reveals the true men

Class of 2010 continues tradition

Taylor Vandell '10

January is most commonly known as a time for New Years resolutions and change, but at Washington Township High School, January is known as Manuary.

Beards and flannel shirts fill the halls of WTHS, as many male students participate in Manuary, a tradition started two years ago by History teacher Mr. Dan Saia. Even though Manuary is a group for fun, there are still some rules.

“There are only a few simple rules to follow,” says Pat Visgil '10, “not shaving for the whole month, wear flannels on Fridays and wake up at 6am each Sunday and get the lumberjack special at Denny’s, and chop down trees.”

To add to Manuary, the boys all made a donation that will benefit an organization in need. Kyle Bunting, the organizer and leader of Manuary, was in charge of all of the fundraising. The proceeds from the fundraising were donated to the ALS fund, which is also where the proceeds from Monzo Madness are donated. At Monzo, the boys auctioned themselves off to raise money, and throughout that entire day, the group raised about \$370.

“Manuary is the time of month where everyone brings out their inner man,” said Kevin Coroneos ('10), “to be the manliest of men we have to grow out our facial hair, except for me, because I can’t grow it.”

Not shaving during the month of January is a key part of Manuary. The members believe that their facial hair brings out their masculinity, along with their flannel shirts. The penalty for shaving during Manuary: the member is kicked out. This is one of the main reasons that many men do not get themselves involved in the group.

“Not shaving for the entire month isn’t bad at all, and any guy who says it is obviously isn’t manly,” said Visgil.

Even though not every member is quite able to grow a “manly” beard, they still do not shave for the entire month. Manuary gives students at our high school a chance to bond with other students that they may not of talked to beforehand. The month attracts many different groups of students, and during these students’ senior year, it’s important to come acquainted with more and more people before they say good-bye at the end of June.

Every member of Manuary has a name that replaces their own so that they can be identified by during the month.

“I came up with the name Goku,” said Zach Kenney '10, “Goku is a character from an old cartoon called *Dragonball Z*, and he is awesome.” Instead of Zach Kenney, he is known during Manuary as Goku Kenney.

Manuary of 2010 has really exceeded the expectations of many graduated students from last year. The enthusiasm of the group really made Manuary worthwhile for the members, leaving them with long lasting memories that they can always look back on.

“Manuary is something I will always remember, because I got to experience something unique that is truly memorable with my fellow



KEITH MARR '10/The Patriot

Seniors (from left) Michael Cedrone, Sean Flannagan, Kyle Bunting, Matt Zambino, and Wayne Caprio embodied Manuary by taking part in Sunday excursions into the wilderness.

Lumberjacks,” says Nick Zambino '10. The rest of the Manuary crew shares his sentiments and reiterate that this experience will forever be memorable.

The men of Manuary 2010 not only took part in this annual tradition for good laughs and memories, but for a good cause as well. With the month come and gone, and hundreds of dollars donated to the ALS Foundation, the men did their part to help those in need, a very manly act indeed.

Storm damages L-pod roof

From ROOF page 1

Jersey and do a total rip-off in the summer.

Collectively, WTHS had to deal with an unusual problem. The students conducted themselves positively given the circumstances.

“I felt we had an immediate positive response from the students

and staff. They were very cooperative. That’s typical,” Moore said.

January had some difficult situations that all parts of Washington Twp. had to deal with. “We’re so lucky here because our kids always respond whenever there is a crisis,” Bollendorf said. “They make our jobs so much easier.”

Inside

- | | | | |
|-------|-------------|-------|----------------------|
| p. 4 | Commentary | p. 16 | Arts & Entertainment |
| p. 6 | Letters | p. 20 | Books |
| p. 9 | Features | p. 23 | Tech Talk |
| p. 10 | People | p. 25 | Sports |
| p. 13 | Odds & Ends | | |
| p. 14 | Lifestyles | | |

Commentary

Should all electives be mandatory?

Julia Hahn '10

Most Washington Township students know that in order for them to graduate, they need a year of a practical art and a year of a performing/visual art.

For most students this is a relatively easy rule to follow due to the large variety of classes that this school provides, but for others this poses a problem.

Some students feel that the elective classes that this school offers do not fit any of their interests

"It's frustrating for me to have to choose electives every year because I really want to fill my schedule up with math and science courses and neither one of them fall into the practical or performing arts category," states Alexa Simone '11.



Two types of electives that are available to students

Google Images

"And even if I do choose a performing art, one year I will have to choose a practical art and that will take the spot of a class I really

want to take," Simone says.

This is true for quite a number of students especially in Chorale.

Students wish to take the

singing class every year, but along with their required classes they need to drop their lunch in order to fit in a practical art.

"I understand the point of making students take a practical and visual class, but it shouldn't apply to some students who already know what they want to do," explains John Marolodo '12.

"My plans for after high school don't involve any of the visual or performing classes that this school offers," Marolodo states.

Some students have proposed that before entering the high school, everyone should fill out a survey that applies to their interests and future goals. That way everyone would feel like they are spending their time in school the best way they possibly can.

Tiger Woods isn't that great...

Carolyn Cicalese '10

Is America becoming less faithful?

Tiger Woods is the newest member of the growing crowd of unfaithful Americans. We see it in movies and we see it in the biggest stars, but really, Tiger Woods? The one we all saw as the all American boy, who rose up from nothing to be the greatest golfer the world has ever seen, now has many, how he puts it, "transgressions".

And now we find out that not only did Tiger Woods cheat on his wife with just one woman, but women are coming out of the woodworks like crazy. This is just another famous man showing many others around the world that somehow this is okay.

The only good thing so far is that the media is portraying Tiger as a bad person. But is it possible to forgive Tiger? I mean, Jude Law has cheated on just about anyone he has ever been with and somehow he still manages to steal our hearts in every movie he's in. Brad Pitt was practically cheating on Jennifer Anniston and yet everyone had a

field day when Angelina and him were having their first child.

It seems that these things blow up for a period of time, and then somehow manage to simmer back down with people claiming that "they're only human" which makes everything okay. But it's not. In Tiger's case it can be seen that he is an athlete and him having many, many affairs doesn't affect his game or his love for the game.

But when people look up to him as a person, young or old, doesn't he have an image to uphold? Is there nothing that people hold sacred anymore?

Apparently not, Tiger has two kids and his wife is gorgeous, and not only did he have their love he had the love of America and quite possibly the world, and yet he still manages to toss it all away.

Now Tiger might want to issue an apology. If only someone could explain to me why it is necessary for him to apologize to us. . We are no where near his family, and I totally comprehend that he wants to win over our hearts again, and be a changed man. But really next time he chips a golf ball the first thing



Favber.com

Tiger Woods with his family

that I'm going to think of is that Tiger Woods is pretty much a liar and a cheater but he has a good swing.

Could the real answer to this

issue might be possibly that we, collectively as a nation, need to completely butt out of celebrities' lives? But the real question after that would be well what would we talk about?

I really don't mind having a good amount of celebrity gossip, but when I hear that someone has yet again cheated on their wife, telling American men and women that being unfaithful is done by the rich and the famous so why not them.

So long story short, Tiger's a cheat, America's eating up the topic, but in the end possibly Tiger's wife will forgive him and America will move on.

School too early for the brain?

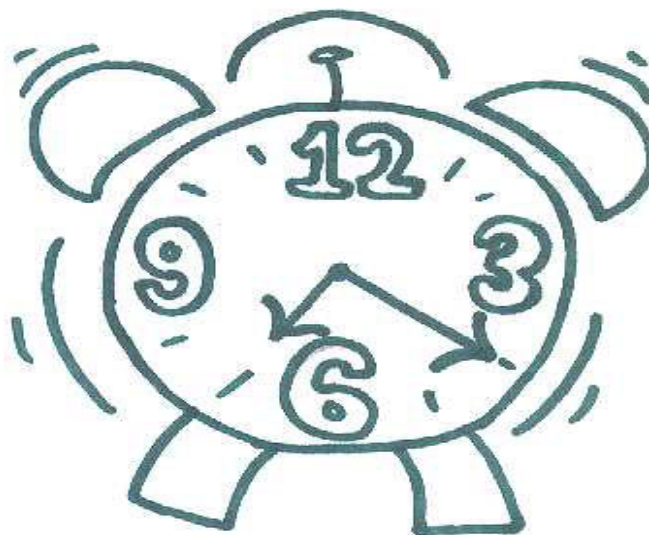
Joe Marino '13

Beep! Beep! Beep! One kid gets out of bed, disgruntled and sleepy. He walks downstairs, plops on the couch, and lays there for twenty minutes before getting ready. Then he walks down to the bus stop in twilight, cold and tired. He doesn't feel himself until three periods into the day.

Another very different kid gets up, feeling energized and refreshed. She has an hour and a half before the bus comes, and spends it by watching TV, getting ready, and reading. She even finishes up some homework from last night. Then, when she gets to school, she is ready to learn for the earlier part of the day.

These are two different students who are faced with the difficulty of getting up at the peak hours of the day. Some handle it well, others not so much.

Many believe that getting up so early is a burden, and causes



Christina Schiallci 'The Patriot

students to be tired during classes.

Studies show that teens' brains do not start working in full until later in the day, whereas younger kids' brains begin working early.

Students say that they feel

better later on, after they are up for a while.

Some also do not eat breakfast, since it is too early to eat. Then, they feel hungry before lunch and are distracted. Many enjoy sleeping in,

but are unable to, due to the demanding hours of the school day. Others feel they are the most aware in the morning.

They feel refreshed and energized. Ben Franklin once said, "Early to bed, early to rise makes a man healthy, wealthy, and wise."

Some do embrace this concept. Others simply enjoy it because they get home earlier and have more time to do other things and extracurricular activities.

Unfortunately, everyone is different, and while some people can get up at 5:40 A.M. every morning, others go crazy from it.

Many feel there are benefits to getting home earlier, but others do not think it is worth it. Could starting school later help bring grades up if students got more sleep, or would it interfere with after school activities?

So the hot topic question still remains: should you set your daily alarm for 6:00, or for 10:00? That's for you to decide.

Mall security too strict for teens

Christina Cockerill '12

It's Friday night and, like most high school students, you want to take advantage of the time to go out and hang out with friends. As always, one of the most popular destinations has always been the mall.

The problem is that mall security has been getting absolutely out of control. Due to the massive amounts of students going and economic troubles, the mall has begun to employ security more than ever.

Rules are getting slightly out of hand—standing, now, is considered criminal as mall cops reprimand teenagers for standing anywhere and even for just sitting on the benches placed in front of stores.

Around nine, most kids are waiting by the door for parents and rides home, but even the fact that teens are leaving has become an offense.

Even when adhering to the ridiculous rules set, students are still finding themselves in trouble for the

stupidest things. After being harassed out of the mall for standing around, a group of high school students sat outside on the ledge and decided to hang out there while waiting for rides.

However, it wasn't long before

a white truck pulled up and told them that if they hadn't previously been kicked out that they should go back into the mall. They began to get up and plan on moving, until the mall cop singled out one of the boys in the group.

Teens spend their money at the mall, even if they aren't big spenders, and most respect the facility. While some may be trouble making, it's definitely wrong to punish the rest of the age group for a minority.

The Patriot

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Washington Township High School, 519 Hurffville-Cross Keys Road, Sewell, NJ

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Please send all correspondence to: wthspatriot@gmail.com

Letters

Vegetarianism not for everyone

Dear Editors:

I am writing in response to the article "Choice for the animals" (November, 2009). Even though vegetarianism is a good lifestyle for some people, it is not for everyone. I do agree that the way they kill the animals is inhumane.

However, just because you think that something is morally wrong doesn't mean someone else has the same belief as you. Stating that vegetarianism is healthier than eating meat is not so true because a lot of people have gotten sick because of bacteria that grows on vegetables. Also, if you don't eat meat, you are denying your body a source of much needed protein.

Finally, meatless substitutes might taste like meat to the author and her friends but it doesn't mean that it will taste the same to other people who try it. Everyone has different tastes and feelings. Just because something is right for you, doesn't mean it is right for everyone else. Vegetarianism might be right for some but it doesn't mean it is a lifestyle choice for everybody.

-Sam Greenlaw '11

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the Writers' Bloc!**

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or see/email
Mr. Jim Evangelisti
(G-208) for more details.

Open to debate

Dear Editors:

I've read a few issues of *The Patriot* over the years and have enjoyed my experience. I always try to look for something unexpected, but the majority of what I find seems to be, for the most part, stuff I already know.

I have a suggestion for a section that could make the paper a little more interesting and could get people talking. The idea is to add a debate article, taking a subject and putting a positive review against a negative one. The subjects could range from political discussion to something as simple as arguments over a video game or book. The possibilities are nearly endless!

This kind of topic makes the paper more personal instead of one-sided. An article like this can get people talking and debating among themselves. It would be interesting to see an intelligent conversation going on in the hallway or in class.

-Eric McComb '11

Help for blood donors

Dear Editors:

I am writing in response to the article "One pint can make a difference" (November 2009). It was very well written and was informative of what the blood drive was all about and how it is a great cause. I think it is important for the student body to know how much the blood drive makes a difference in people's lives.

However, I think for the next time the school hosts another blood drive, the students should be highly encouraged to drink and eat more than what they normally would to help them feel better after giving blood.

Though donors were reminded to drink fluids, in my opinion, one bottle of water was not enough if that is all the donor has to drink. There were some people passing out or throwing up. This could have been prevented if they had eaten a good breakfast and lunch along with drinking plenty of fluids.

While the article gave awesome information on how donating helps people in need, next time *The Patriot* could mention the proper way to prepare. This will help make the experience of first-time donors a positive one.

-Ashley Hall '11

Patriot worth a closer look

Dear Editors:

In the morning when *The Patriot* comes to my homeroom, it makes my day. I enjoy most of the topics in *The Patriot*.

Some sections that interest me are commentary, people and sports. The commentary is a good way to start your day off. The people section lets me know what is going on with my peers and what they accomplished. The sports section is always interesting. It lets me know how well our athletes and sports teams are performing.

Not a lot of people read *The Patriot* and that disappoints me. Most of the students will take a quick glance and won't actually take the time out to read it. *The Patriot* editors deserve lots of credit. I know you guys put a lot of hard work and time into this newspaper. Keep up the good work.

-Chris Courtney '11

Send your letters
to...

wthspatriot
@gmail.com

Letters should not exceed 200 words.

The Patriot reserves the right to edit all correspondence for clarity, brevity and/or appropriate content.

Features

Student work on display

Christina Schillaci '10

It isn't hard to miss the core showcase at Washington Township High School. The showcase proudly displays the artwork of various students around the building

"The pieces in the core are on display for two weeks at a time," said Mrs. Kirsten Smith, who teaches Intro to Pottery and Animation and Digital Imaging and Design. "[The art teachers] each get a two week block to put in our classes' work combined."

Despite what students may think, the showcase does not strictly display seniors' art. Instead, the art placed in the core is a combination of all grade levels, depending mostly on which teacher is placing their students' art in the case during their block, and what classes that teacher runs.

Although the core showcase is not only used for senior students, in the past there has always been



CHRISTINA SCHILLACI '10/The Patriot

The showcase in the core is always filled with students' artwork.

the slot for the Senior Showcase. This year, due to the loss of Art 4, the art department is sticking to their two week slots, and as for the Senior Showcase, it is still in the works.

Many students at Washington

Township do not realize their fellow peers' artistic talents. The showcases are a perfect way to show off their abilities.

"It's nice for students to see what other students have accomplished," Mrs. Kirsten Smith

said. "Some don't even know we have animation classes!"

Students take pride in having their artwork displayed in the building. "It's awesome that students can see our work in the halls. Otherwise I don't think people would know I was an art student," Emily Zargan '10 said.

In addition to the case in the core, a smaller case situated in Little A Hall shows off students' art from the 11/12 building. Smaller galleries are also situated in H Hall on the 9/10 side, as well as upstairs G Hall.

"I think it's pretty much surreal to have my work in the core gallery. I've never had my work hung in anything before so it's a pretty awesome feeling," said Frank Valloreo '10.

The art teachers work to put in the most recent art from their classes. If you're interested in taking an art class next year, check out the core gallery to see what students are working on.

Snow scares young drivers

Dianna Lombardo '10

This recent winter, Washington Township found itself covered by 22, if not more, inches of snow.

This snowstorm gave township students the ability to sleep in, since the public school district gave us two days off. With two days off of school, township students who had a license drove to where ever they could find a nice hill to sled down.

The downside of all this snow is that it can be a risky situation while driving in the snow. Even four wheel drive cars, trucks and SUVs had a difficult time maintaining control over the slippery road.

"Driving in the snow was a lot different than I had expected." Kristen Kellenyi, '10, said about her driving experience, "I didn't realize how difficult it was. During the snow storm I found myself sliding all over the roads."

This snow storm left roads covered with snow, ice and slush. They were terrible to drive on. Back roads and developments weren't plowed enough, or even not plowed at all.

Main roads were plowed as best as they could be, yet were still slippery from the couple inches of ice left, and dangerous to drive on.



The huge snow storms left many drivers afraid to drive on the slippery roads.

School busses had a hard time getting kids to and from school on the half day township students had after the two snow days and before winter break. Not everyone had a difficult time driving around though.

"I had no problem driving in the snow. The only problem I had was that my parking spot had a mound of snow on it and now I have to park far away now." Diana Lezenby, '10.

Lezenby's covered parking spot was one of less serious worries within the student body.

"Driving in the snow makes me nervous. My mom always tells me 'never go faster than you want to hit something'", Ashley Cosden, '10, says.

Just driving to a friend's house, I personally saw two or three cars that had slipped off the roads and ended up in a pile or snow or a bush.

Hopefully the obnoxious amount of snowfall has stopped for the season, making the roads a lot safer to drive on.

Want to express your opinions?

Want to see your work published in *The Patriot*?

Come to the newspaper club!

Tuesdays G-208

University bans smoking, helps health

Meghan DeSimone '10

As of July 1, 2010 Widener University located in Chester, PA will become the very first local university to ban smoking, inside and out on school grounds.

A decision illustrates the concern that teachers and the administration, have concerning the harm of second hand smoke.

Their decision has not been taken lightly, it has a full year to go into effect, and many programs have been set up. Long time smokers will be aided in their fight to stop smoking through classes, and being offered nicotine supplements.

Those who continue the fight to keep smoking public feel personal rights are at stake.

"It goes against our freedom", seventeen year old non- smoker Kelsey Richmond, '10, said, "In a way. I would prefer to make it less strict, and maybe make smoking areas."

Smoking areas are a quick fix. Many businesses, like Denny's keep this option open.

Another key factor is addiction. Smoking tobacco and cigarettes are highly addictive and

there are many tell tale signs which reveal this addiction such as: withdrawal, shaking, sweating, and general irritation.

"[Banning smoking] indoors is a good thing, but out doors is a little much. Some people just need that one smoke," said Gloria Maynard '10 another non-smoker.

But with the added support of the school, and newly made programs, are these valid excuses to avoid the ban?

This drug is being nationally accepted, but many people are still completely opposed to it.

Joe Loughery '10 said, "It's healthier for everyone."

some feel that maybe there is a chance for current smokers to get the small incentive to quit their habit.

At least this seems to be the approach the University has recently put into play.

Second-hand smoke, though not as endangering as first-hand smoking, can still cause lung cancer.

Knowing that, many people don't want the risk of breathing in the toxic fumes.

Becky Burton said, "You could choose to smoke, but you don't want to endanger other people's health."

The rift between smoking and non-smoking parties is

getting larger as more establishments opt for smoking bans. Public establishments seem to now hold the cards, and their own judgments make things happen.

As these decisions are made, smokers are having a harder time finding the smoking section.

"It goes against our freedom. I would prefer to make it less strict, and maybe make smoking areas."

-Kelsey Richmond '10

Quitting smoking becomes harder than ever

Dianna Lombardo '10

More and more public places are cracking down on it and not allowing smokers to light up in public.

Many smokers are upset by this, but in the long run, they're just trying to help your future health.

About 440,000 people, according to smoking-facts.net, are killed each year as a result of smoking related illnesses. Women make up 39% of this total.

With this statistics, you'd think someone would quit, but it is harder than it seems. There are many different ways to quit.

Some ways to quit are pills, fake cigarettes to try and curve the craving, self help guides, and lifestyle changes.

Although there are many ways to quit, not everyone can do it.

"Quitting isn't as easy as people think it is, it's really hard to stop once you start. It's stress reliving and just something I do." Alyssa

Scarpato, '10, said about her habit.

90% of smokers start as teenagers. Kids who smoke have reduced lung growth and abnormal lung function as an adult.

Other side effects of smoking is a change in someone's appearance.

"Everyone says smoking makes your hair smell, your teeth yellow and your fingernails yellow, but I'm pretty sure you can use perfume, brush your teeth and wash your hands. I like to smoke, and I don't think that's going to change." Chelsie Jennings, '10, said as she defended her habit.

Not only are the outsides of a person's body changed, the insides are as well.

When a person smokes, their heart races 10-20 beats more per minute. Their blood pressure raises 5-10 points and skin temperature drops 6 degrees. A single cigarette can take about 5 1/2 minutes off of a persons life.

Just because people smoke around you, doesn't mean that you have to pick up the habit for yourself.

"It doesn't bother me, but I would never do it." Charlotte Calabree, '10, exclaims.

Although, there are many bad side effects

"Quitting isn't as easy as people think it is, it's really hard to stop once you start."

-Alyssa Scarpato '10



A wide range of products exist to help the everyday smoker try and quit with a small dose of nicotine, designed to curb the craving.

of smoking, that doesn't stop everyone from doing it.

It would be healthier if everyone who smoked quit, or at least cut down by a few cigarettes a day. It will pay off in the long run.

Loss of sleep affects academic performance

Kristen Kellenyi '10

In the hallways, you are almost guaranteed to see yawning or hear the words "I am so tired" coming from the surrounding students.

However, this doesn't just take place during the morning rush. You will hear this up until the end of the school day and beyond.

It is starting to become a pattern with students not getting enough sleep.

There are many reasons for this however, that comes into play when it comes down to getting sleep at night.

One important factor to the lack of sleep is the stress of homework and testing in our schools.

Many students in high school pressure themselves to be perfect. College will follow and they need to do their best to succeed.

Of course this is good, however, the stress a student can place on him or herself, can cause nervousness and keep them awake or unable to sleep for a night if not more.

Jessica Sparacio '12 says school plays a huge part into the sleep she gets.

"I feel like I never have time to sleep with all the homework I get." she said "I spend more time in my room trying to get work done than I even thought was possible."

A big factor of the lack of sleep in our school community is the internet. Internet programs



CHRISTINA SCHILLACI '10/The Patriot

Lack of sleep is a common factor between all Washington Township students.

such as; Facebook, Myspace, and ooVoo, have played a huge role in keeping students awake at night. Websites are now becoming addicting to students.

Rather than spending hours on their

homework, many will spend time on the internet forgetting about homework until later at night.

"Sometimes I will go on Facebook at around six o'clock, and hours later I will realize it is one in the morning and not even know it", says Junior Olivia Delre '11.

Sports and jobs for students have caused a busy schedule pushing everything back leaving a student with little for sleep.

It is hard to balance school, sports, and a job as a high school student, especially a senior with all the events to look forward too.

Some students who work may not get done until late hours at night keeping away from their studies and delaying the amount of time for sleeping.

"During the week, sometimes I will not get out of work until late at night" said Tiffany Pezzano '10 "By the time I get home, I have my homework and other things to do, so I am not able to get much sleep" she said.

There are many reasons for the not so well rested students here at Township.

"It is best to try and maintain a healthy day to day schedule while enjoying your days also. A little sleep once in a while can't hurt!" says Sparacio '12.

"I think everyone needs to find at least one day a week to just relax, and catch up on some sleep" says senior Brian Harrington '10.

Cold classrooms don't please students

Jordan Wilson '10

It takes some students five minutes to pick out their clothes for school.

Other students put more thought into their wardrobe.

However, at WTHS, there is something more to consider other than what fashion statement you want to make, the temperature.

This year students and faculty alike have had some complaints about the chill throughout classrooms. Not only is it changing what students are picking out to wear but it is affecting their ability to learn as well.

"Some teachers believe a cold classroom keeps kids awake and focused but personally I think it just makes paying attention even more difficult." said senior Luke Verillo.

"Although most of my classes are freezing, some are really hot, so I always have to be prepared." said senior Taylor Vandell.

Winter's low temperatures cause classrooms to vary widely in their comfort level.

Lots of students keep sweaters and sweatshirts in their lockers so that they can keep warm in their colder classrooms.



CHRISTINA SCHILLACI '10/The Patriot

Students wearing winter jackets is a common sight this year throughout the hallways however, students should beware this is

against the dress code.

Dressing in layers may be a smarter choice so that you can stay warm while staying out of trouble.

Faculty members can also hardly bare the cold. Some teachers frequently call or e-mail maintenance to find out what is wrong with their heat.

Other teachers have come up with clever tricks to warm their rooms. Some teachers have even found that hanging cool rags over the thermostats in their rooms raises the temperature.

It is obvious that everyone in the building is willing to do whatever it takes to maintain a comfortable learning environment.

Luckily we only have to face a few more weeks of below freezing temperatures. Before long the leaves will be back on the trees, flowers will begin to bloom and we will all have a taste of spring fever.

Let's just hope the air conditioning is more efficient than the heat!

People

Biology teacher keeps Interact active

Jessica Bowers '10

Mrs. Tracy Naval is a teacher who actively tries to make a difference in her student's lives.

She chose to teach biology because she had an amazing biology teacher in college who got her interested in it; he made it very enjoyable for her. She chose teaching as a career because she likes working with people and she likes learning.

"Put working with people and learning things together and that's teaching," Naval said.

Although she enjoys teaching, it can sometimes get hard for her. There's always so much to do and grade and deadlines to meet. There are also conflicts between her and students that make it difficult.

"Sometimes kids think that teachers just want to be mean and don't have a sense of humor, but sometimes when you are dealing with 130 kids a day and the little things like kids talking and asking the same questions over and over because they aren't listening just starts to wear thin," she said.

In her free time, Naval likes to read books. Her favorite book is *Pride and Prejudice*, because it's well written and a love story, but because it also has a lot of humor in it. In her free time, Naval is involved in Interact. Interact is a WTHS club that helps charities and special needs adults.

"First, I wanted an opportunity to work with students outside of the classroom, in a different way. Second, I believe in service; when you serve other people, it makes you better and

more appreciative," she said.

Interact helps several different charities that the students select. Interact has worked with ALS, March of Dimes, Smile Train, the American Cancer Society, the Lymphoma and Leukemia Society, and the Juvenile Diabetes Research Fund. It also helps out local charities like Mother's Cupboard, Philadelphia area homeless shelters, Apostles Lutheran Church Food Bank, and others. They also run blood drives at the school for the American Red Cross.

There are over 400 students who are members of Interact, and more people are still joining.

"My favorite [aspect of Interact] is watching the students

work with special needs guests of give blood, or do some other act of service and see how it affects them and makes them feel good. Hopefully that motivates them to continue to serve other people throughout their lives," said Naval.

Monzo Madness is a dance marathon that Interact holds every year in January that raises money for ALS. (See related story page 2)

The event is named after her sister Kathy Monzo who died from this disease in 2001.



NICOLE HEATH '10 / The Patriot

Interact advisor Mrs. Tracy Naval holds a check from this year's Monzo Madness dance marathon. Naval works tirelessly to help students gain an appreciation for serving their community.

This year Naval lost a second sister to ALS.

The money raised from Monzo is used for research to someday find a cure for ALS. Naval's favorite event is Monzo.

"It's a lot of fun and it raises money for a charity close to my heart," she said.

Naval keeps Interact going strong by recruiting new students every year.

"The list could go on and on about how we help give back to the community," Naval said.

Creativity key for student writer

Anthony Dentino '11

Diversity is an important part of a person's life. Whether it is being involved in after-school activities like COW or SURE, hanging out with her friends, or writing a book, Breanna White '12 exemplifies this.

White, who describes herself as "loud, fun, and crazy (in a good way)," has many unique talents and varied interests.

White '12 lives with her parents and has two older siblings, Brent, 25, and Brittany, 21. She is exceptionally close with her family and feels that her sister is her best friend.

She said "I get spoiled because I'm the youngest."

She and her family have lived in both New Jersey and Florida, and



ANTHONY DENTINO '11/The Patriot

Brianna White enjoys writing in her free time.

she thinks that both states have their advantages and disadvantages, but is certainly content with Township.

A typical day for White does not end at 2:10, as she participates in the COW and SURE clubs. When she has some down time, she enjoys

listening to music, and occasionally likes to watch TV shows such as *Law and Order SVU*, and *Degrassi*. In school, White's favorite subject is English, and she enjoys the writing aspect of the class.

White wrote a book called *Seventeen Days* which highlights the story of a teenage girl who loses her father tragically, and must find her aunt. The book is in the process of being published, and she is excited to see if it will actually be printed. She says much of her love of English came from her sixth grade English teacher, Mrs. Muth.

White considers Muth a true role model and a vital part of her life. She says that Muth made her into the writer that she is today, and touched her personally by helping her through family troubles.

White also looks up the famous figure Nelson Mandela because of what he overcame, and his hard working and benevolent mannerisms. Another one of her major role models is her father.

White said, "[My Dad] came from a really rough childhood, and it was very brave of him to come out of his shell and be happy."

Her role models inspire her to work diligently and strive to achieve a successful life. White has high hopes for the future and although she has three more years of high school ahead, she already has a general idea of what she would like to do with part of her future.

She plans on attending college in either Florida or New Jersey, and would like to major in Psychology, or a field that involves writing.

Hard work invested pays dividends

Anthony Dentino '11

WTHS has approximately 2,800 students with almost 700 per grade level, which makes it very hard to stand out. Some of the most interesting students are hidden due the school's great size.

One of these students is Chris Bucci '10. Bucci is consistently an honor roll student and also excels as a varsity member of the high school cross country, indoor track, and outdoor track teams.

Going into his junior year, Bucci was in essence just another runner for the program. He exploded on to the scene in a big way that season running the mile in 4 minutes 44 seconds and later that season, the two-mile in 11 minutes at the Sectional Meet.

Now as a senior, Bucci realizes that this is his final shot to achieve his goals. Over the summer, he trained hard and averaged roughly 60 miles a week, one of the highest mileage totals on the team.

He is currently reaping the benefits. In fact, he has improved his cross country times by over three minutes from the start of last season. Bucci downplays his jaw-dropping improvement.

Distance runner Chris Bucci is set to make his mark this season. Last year his improving times inspired him to increase his training.

“[In races] I just go out as fast as possible and try to kill it every time.”

-Chris Bucci

“I just listened to the coach and put in a lot of hard work,” he said.

This sums up Bucci's favorite part of running. He began the sport looking to be successful in something, and through the years has realized that “you can make yourself successful through hard work.”

First-year cross country head coach and long time track coach Mr. Rich Bostwick has brought a different style to his new position, making it a smooth transition for runners like Bucci. Many team members would agree that the



distance runner has certainly bought in to Bostwick's system.

Cross country and track teammate Ryan Gorz '10 said of Bucci's dedication, “He has been at peak performance for our team thanks to a productive off season of constant training.”

Bucci's varsity teammate, Dan Gresh '11, agreed, “Bucci is a determined individual, who through Boz's [Coach Bostwick's] strict training regimen and his own hard work, has drastically improved.”

Bucci has been on a tear from last season's spring track, right through the summer and into cross country, establishing himself as the team's number two runner.

While he is thrilled with his progress, he admits that there is a lot more pressure, but that it only fuels him to race faster. He tends not to overanalyze racing strategies

“I just go out as fast as possible and try to kill it every time,” he said, “and I'll see what happens.”

As simple as his strategy may be, it does work for Bucci, who is looking to continue his hot streak right through the end of his high school running career.

Throughout all the brutal pain of races, workouts, and distance runs, Bucci has created some memorable moments for himself throughout his running career.

He felt accomplished to have run at Sectionals last year, and was ecstatic over his unexpected 4:44 mile in track.

This year, his two happiest cross country moments were placing in the top 25 of the South Jersey Shootout “Stud Race” setting a personal record (PR) in the 5k with a time of 17:04, and winning a dual meet against Eastern and Pennsauken with his current PR of 16:47.

While Bucci is pleased with his progress, he strongly believes that he can and will achieve bigger and better things in track after a strong cross country season this year.

In cross country, he helped the team win the Gloucester County championship and ran a PR 16:47 5k against Eastern.

In track, Bucci hopes to “get on the banner” by winning indoor and outdoor Sectionals, and go to nationals as a part of a relay team. He would also like to improve his time in the mile to 4 minutes and 25 seconds or better.

Many of these lofty goals seem unattainable, but Bucci and his teammates think that they are definitely within reach with continued hard work and effort.

PTO Craft Show
SAT. March 6
6:00AM-4:00PM
9/10 Aux/Gym & CafeC/D

Spring Musical
Disco
Inferno
 March 18-20, 7:30PM
 11/12 Auditorium

Coffeehouse
MUSIC, POETRY, ART
FOOD, and FUN
 March 5
 6:00PM-10:00PM
 Cafeteria B

Bouncing Back

Veteran teacher still enjoys motivating students

Leanne Abrams '11

Last spring, Physical Education teacher Mr. Bill Hyatt had a life changing experience, he had a heart attack.

"[Since that occurred] I don't take anything for granted and I really watch what I eat. My whole attitude towards life has changed," he said.

He hopes to use that to encourage his students to set goals and stay healthy.

"I have always loved teaching at Washington Township, I fell in love with it right away" said Hyatt.

Hyatt has taught at Washington Township for 34 years. Hyatt grew up in Salem County New Jersey and earned his degree from Glassboro State College, (Rowan University). He is certified to teach physical education at both the secondary and elementary levels.

"I guess I always was involved in sports, and enjoyed playing sports" said Hyatt. "So naturally, I just knew Physical Education and Health was a good fit for me. Teachers in high school left me with the impression of what education was really about. That's the reason I became a teacher."

When Hyatt started at WTHS he taught seniors his first eight to ten years. He has taught juniors ever since. His favorite things about teaching are getting to experience different personalities every year, and forming relationships with them.

"It's nice to see the students' progressions throughout the year and how much they mature," said Hyatt.

Every year his simple goal is to get to know the students and have them in a "comfort zone", which he feels makes for a better learning environment.

"I try to make strong points that being fair and open are very important," said Hyatt.

After teaching for 34 years he has been able to see and experience many generations of students.

"It's not so much that the students themselves have changed, but I think society has changed. I have noticed over the years that students seem to be more open and tell you what is on their minds" said Hyatt.

Nowadays he thinks there are issues about which students just need to be able to express themselves.

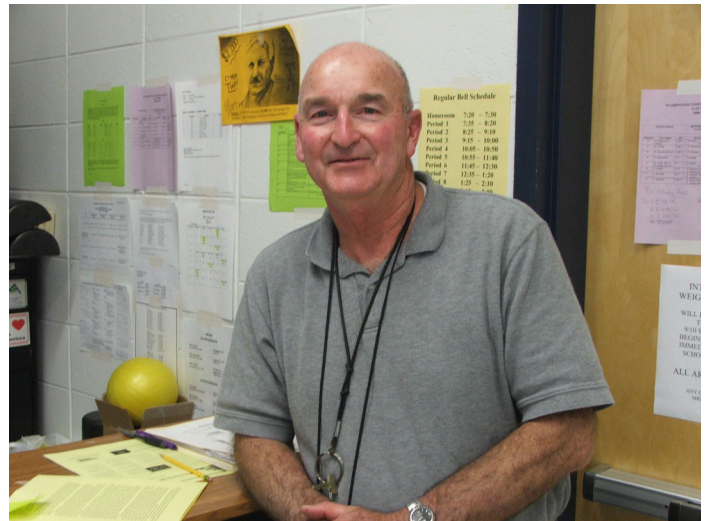
"Students in the past didn't say what was on their minds," said Hyatt.

He has also seen fitness change over the years, and he thinks that technology (computers, T.V. and video games) and the lack of physical exercise are the key factors for the child obesity in the United States.

"We need to take more time to educate students about the importance of fitness, and encourage them to exercise and eat right," he said.

He believes teaching has many challenges to it. Each student is different and therefore each progresses at his or her own rate.

"Sometimes we have certain expectations of students that are too high," he said. "We as



KEVIN WHITEHEAD '10/ The Patriot

Even after 34 years as an educator, Mr. Bill Hyatt enjoys getting to know his students and teaching them the finer points for living a healthy lifestyle.

teachers need to be patient and simply encourage students to do the best they can with everything they do."

Having taught for many years, Hyatt would recommend teaching as a career to anyone.

"Even with all the challenges teachers face today, I wouldn't give up my job for anything," he said.

Years ago he stopped teaching for a year to work at a nuclear plant, doing this he realized that he missed teaching, and that it was where he belonged.

When Hyatt retires from teaching he wants to learn to golf and go fishing. His dream would be to move down south and enjoy time with his family.

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Odds & Ends

Facing Your Fears by Leanne Abrams '11

Anxiety behind the wheel

Leanne Abrams '11

Some may call me a baby; I tend to be afraid a lot. As a teen, everyone looks forward to driving and the independence of it all. Not me.

From looking cool with the seat back far, to showing off a junker of a car you think is cool. For me I wanted to drive, but when it came time to get serious and do my six hours behind the wheel, I freaked out big time.

For weeks leading up to it all I could think about was driving; I kept asking people obvious annoying questions to give myself some kind of comfort. Part of me just wanted to do it to show all who doubted me that they were wrong. I wanted to grow up and drive myself places, but I was so nervous

My brother, a natural at driving, made it seem so easy. He had learned how to drive a stick shift in a few hours and seemed to be a professional at driving. I thought, if he can do it, then I could do it.

Turns out I was extremely wrong. When I drove for the first hour I did so bad, the instructor lost patience and just asked me to pull over. They took me out on the highway for my first time and it was raining. I was a stressed out mess, begging myself on the inside to not have a

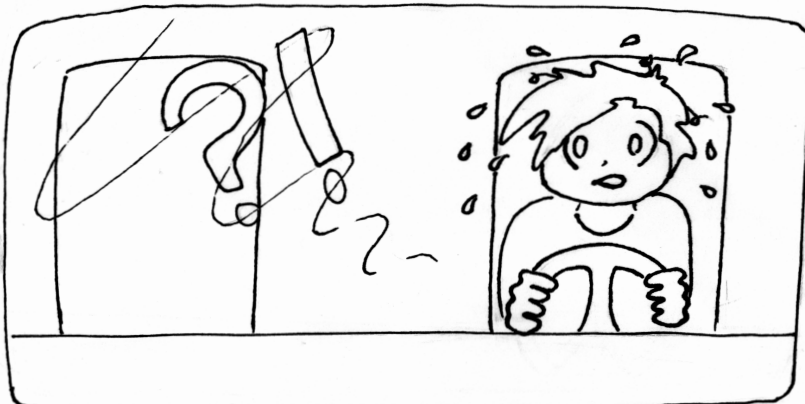
panic attack. It took me awhile to get down the turning process.

I learned that because I was so nervous, I wasn't providing any confidence for myself that I needed in order to do well at driving. I learned to just keep telling myself that I could do it. That just because my brother was good at it, didn't mean I had to get it the first couple of hours driving.

Then a strange thing happen, I soon found out that I wasn't the only teen with a fear of driving. Many people have this fear, because it's

a lot of responsibility and is out of their comfort zone. I only needed to practice and show myself I had the potential of being a good driver. Having the confidence I shortly got after completing my six hours helped me very much. I asked people for advice, and watched the driver in the car when I was the passenger.

Knowing what I was doing, proving to myself that I could drive well, and having confidence in myself took me a long way with helping myself face my fear of driving. If I can do it, any other scared teen can do it.



CHRISTINA SCHILLACI '10/The Patriot

Do You Remember? by Renee Blitman '10

New toons can't match 90s' classics

Renee Blitman '10

3:30 P.M. and your getting out of school, what was the first thing on your mind?

When you're in elementary school do you go out after school with your friends? No, you rush home to watch your favorite after school program.

For many first and second graders the best part about after school was the *Rugrats* – the real *Rugrats*. Where Tommy was in diapers and Chuckie was an only child. Third and fourth grade, you probably enjoyed *Ahhh! Real Monsters* or *Rocko's Modern Life* for some "big-kid" jokes.

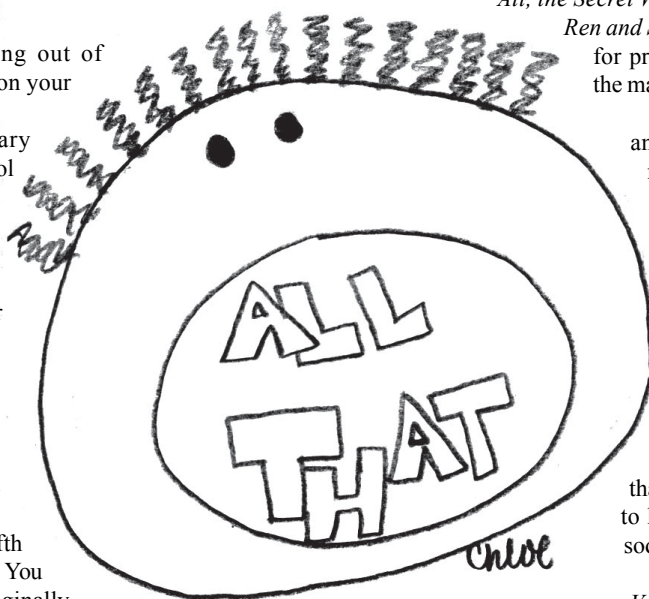
By the time one reached fifth grade, Nickelodeon meant nothing. You were all about Snick with hit originally shows like: *All That*, *Clarissa Explains it*

All, the Secret World of Alex Mack, Are you Afraid of the Dark?, Ren and Stimpy, and other great classics. Snick was a place for pre-teens across America to experience history in the making.

Children's programs are not the same anymore. Times change, and society is calling for a new form of animated entertainment. Just like Pixar's computer generated films have taken the place of Disney's hand-drawn animated movies, very few children's programs are animated; let alone hand-drawn. Computer generated cartoons have begun a whole new era.

Unfortunately for the children of the 90's, taking a trip down memory lane is hard to come by. Reruns rarely come on, and kids these days will never grow up knowing what Pinky and the Brain planned to do today, that little red-headed Chuckie Finster was not meant to have an adopted sister, or that Kel loves orange soda.

Though kids may enjoy *iCarly*, *True Jackson V.P.*, or *Big Time Rush*, they're pale in comparison to our beloved favorites that shaped our childhoods.



CHLOE DAWSON '10/The Patriot

Lifestyles

Fashion trends of 2010

Shacarra Almon '10

The year of 2009- 2010 is full with new fashions. Teens are no longer wearing only Hollister and Aeropostale!

With the sun melting winter away, the favorite apparel among girls are sun dresses. Long or short you can see every girl with a trendy sundress. Ranging from \$19.99 to \$32.99, they come in many patterns and sizes for all shapes and sizes!

Flip flops seem to be a never ending fad, but platforms sandals were very popular for women. Many high fashion designers like Dolce & Gabbana, Steve Madden, and Jessica Simpson had a lot of nice heels for all occasions.

Another year-round trend is sunglasses. Everyone hates the sun in their eyes, so why not own a pair of Versace shades?

A lot of high fashion designers made millions off sunglasses. Lower priced shades are just as nice.

As the sun sets and leaves begin to fall, a new trend is falling into

place so quickly many cannot wait for it to be cold. A forever fad is plaid!

From plaid skinnys to shirts, girls and boys are rocking them in school and out. There are even plaid accessories like headbands, purses and shoes!

Bye-bye saggy jeans and hello skinnys! Although you may be used to seeing boys with their boxers hanging out; more recently they are wearing the most popular bottoms, skinnys. Many are skeptical about males wearing tight jeans, but at least they are not saggy low to their knees.

Girls' and boys' pea coats are also a fab this winter. They come in every color imaginable. You can find them in Delia's or Pac-Sun in our local Deptford mall. If your feet are cold you cannot go wrong with a pair of Uggs. Most wear black, brown, or chestnut; but they offer every color from purple to pink.

If you have not noticed, fashion usually repeats itself. People forget about the famous designers, who have been around for years.



Yahoo imagine

The runway fashions of 2009 as they walk into the past.

Designers like Louis Vuitton and Ralph Lauren are a favorite in high school.

Polo is one of the most worn lines of this year. Known for its signature horse, the company makes

sneakers, boots, V-neck t shirts, sweaters and jeans.

As the year comes to an end I am extremely excited to see what the trends of 2010 will be. Always keep in mind your own style.

Local tanning salons offer variety

Maria Petruzzi '10

As the winter season begins teenagers become more self conscious about their appearance. They look in the mirrors and see their summer tans fading causing a paleness to their complexion. Most girls solve this problem by joining the local tanning salons. But the question is, which tanning salon will provide the best tan, and the cheapest for their wallets.

Since Washington Township is so large there are five different tanning salons not counting the tanning facilities gyms can provide.

Paradise Cove is the closest and most convenient salon to the high school located at 475 Hurffville Crosskeys Road. Students have gone straight after school and walked across the street since they opened two years ago. Although Paradise may be close and convenient, especially for younger teens who do not drive, the wait to get a bed can depend on the season, take up to an hour.

Prom season is coming up soon and everyone should plan ahead if they have other commitments to come at a later time or to race to be the first one there with luck. Paradise is one of the cheaper options as well. For one month unlimited



Paradisetanning.com

Reviewing the equipment each facility has to offer is an essential step in finding a salon that fits your needs.

tanning the cost is 32.09 dollars and 7 dollars for one laydown and 12 dollars for one standing tan. Customers have to watch out because there are some people that walk out not that much tanner for their dollar. I personally have had better results elsewhere and at paradise I have to go every day for several weeks to get a shade darker.

Recently people have been attending the one of the newest tanning salon on Sicklerville Road, Island of the Sun tanning. They have been promoting their salon by giving every new

member a free week of tanning in any level of lay down or stand up bed. They have also been having specials and sales on their packages.

Although Island of the Sun has specials and sales, they are the most expensive in town. For one month of tanning in a vhr bed is 65.99. They have many different packages depending on what you are looking for with varied prices. Customers though have not complained about the product. After one or two tans you can see a difference from when you started. I have a membership there now and am very satisfied.

Regardless of which salon you attend, you must be 18 or older or have a parents approval. The companies also require everyone to cover their eyes with the goggles that you receive when signing up. When joining a tanning salon you should already know the risks and have thought them over. Tanning can cause skin cancer and is not recommended for very light skin or for people who tend to burn easily. When signing with a tanning salon you are at your own risk.

Everyone should take precautions and come prepared with lotion and goggles. Before picking a tanning salon, ask around in school or out around town about the product, prices and service. Reviewing before paying is your safest bet.

Good Eatin' by Chloe Dawson '10

A classic Jersey diner

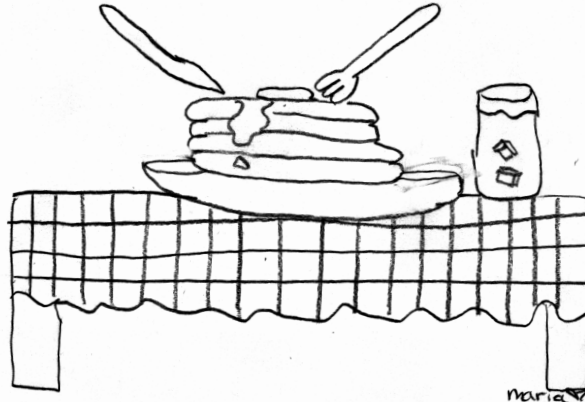
Chloe Dawson '10

New Jersey is known to be a hotspot of diners in the country. There are more diners in New Jersey than any other state. Off the top of my head I can think of almost four diners within twenty minutes of Washington Township. They are known for their service, good hospitality, and their inexpensive comforting food.

Five Points diner is located right on the edge of our town and Deptford. Its popular and also has a large dining room to accommodate everyone that walks in. It is split between bar stools, booths, and another larger dining room.

The dining room gets full fast on Saturday and Sunday mornings. The place can get pretty packed, but you'll never seem to be waiting that long. The atmosphere of the diner is traditional. To the left of every booth you can slide in a quarter or two and listen to some oldies or new songs, while you wait for your eggs and bacon.

Like any diner you can get breakfast any time of the day. You



Maria Petruzzi '10/The Patriot

can get a good amount of food for two people and leave with a box of leftovers to take home and without putting a dent in your wallet.

The usual order people order is eggs, bacon, toast, and a large glass of orange juice. I noticed that many like to order Five Point's omelets. Five Points offers a wide range of omelets you could choose from. I have always been to Five Points just for breakfast even during the evening. Even though as I sometimes browse the menu they still have home comforting diner food like an open face roast beef sandwich

or Rubens.

Five Points Diner is one of the many diners that are around our town. It happens to be my favorite because I've always gone there ever since I was little. I am fond of the service, food, and prices of their food. Even though it may have some flaws, maybe your food isn't as hot, or the food may take a little longer to come out, but they are trying to satisfy all of their customers and leaving them with a full stomach, and always wanting them to come back for more.

Vegetarianism by Meghan Maher '10

Choosing vegetarian lifestyle

I have been a vegetarian since I was eleven years old. I am now seventeen. Sometimes only the sight or smell of meat could make me nauseous because I am not used to being around it.

When I was in sixth grade I was assigned a project on animal rights. My assignment was to look up how animals are treated by people in different parts of the world and also how they are treated in slaughterhouses.

The information, pictures and videos I found on various websites were disgusting. Animals were kept in tiny cages being beaten constantly in preparation to being killed for someone's one night meal. The thought that a person could treat an animal so cruelly was appalling to me, and from that moment on I have never eaten a piece of meat again.

Being a vegetarian is something that I feel very deeply about and I will always stick by my decision to never eat meat again.

If people really knew what went on in these slaughterhouses, or really knew how these animals were treated, I think they would think again about eating that steak.

From sixth grade to freshman year I thought eating fish was okay. I later came to the realization that fish are living creatures too. They should not be killed for people to eat. Fish are taken out of their ocean homes by the hundreds in a big net, and suffocate. With this realization,

I cut all fish out of my diet.

I do not believe that being a vegetarian means that you have to be a vegan. Many people confuse the two. Vegans are people who do not eat any product that come from an animal. This includes sea creatures as well. This means that they will not eat cheese, milk, ice cream or any other dairy product.

I do not mind when people question me about my vegetarianism, because it is something I feel strongly about and I am happy to share my views. I also do not mind when people eat or cook meat around me as long as they do not try to preach about eating meat to me.

People who are close to me understand my opinion and respect it, but some people do not understand and will try to sway me in the opposite direction.

Dangers of trans fats

Sarah Kurtz '10

Before 1990, very little was known about how *trans* fat can harm your health. In the 1990s, research began identifying the adverse health effects of *trans* fats. Small amounts of *trans* fats occur naturally in some meat and dairy products, including beef, lamb and butterfat. It isn't clear; though, whether these naturally occurring *trans* fats have the same bad effects on cholesterol levels as *trans* fats that have been industrially manufactured.

Another name for *trans* fats is "partially hydrogenated oils." *Trans* fats are always added for the food industry to make the foods taste better and more appealing to the population, which is why they keep coming back for more.

Trans fats raise your bad (LDL) cholesterol levels and lower your good (HDL) cholesterol levels. Eating *trans* fats increases your risk of developing heart disease and stroke. It's also associated with a higher risk of developing type 2 diabetes.

Trans fats can be found in many foods – but especially in fried foods like French fries and doughnuts, and baked goods including pastries, pie crusts, biscuits, pizza dough, cookies, crackers, and stick margarine and shortenings. You can determine the amount of *trans* fats in a particular packaged food by looking at the Nutrition Facts label. You can also spot *trans* fats by reading ingredient lists and looking for the ingredients referred to as "partially hydrogenated oils."

The American Heart Association recommends limiting the amount of *trans* fats you eat to less than 1 percent of your total daily calories. That means if you need 2,000 calories a day, no more than 20 of those calories should come from *trans* fats. That's less than 2 grams of *trans* fats a day. Given the amount of naturally occurring *trans* fats you probably eat every day, this leaves virtually no room at all for industrially manufactured *trans* fats. So, watch what you eat and just make sure to watch out for food labels and always check your *trans* fat levels.

Arts & Entertainment

New precedent in visual effects

Nicole Heath '10

Excitement and skepticism was high upon the release of director James Cameron's (*Titanic*) *Avatar*. There was a doubt whether a 3D, special effects film could really achieve the status of epic. But when the trailers ended and the lights dimmed all skepticism was put to rest. *Avatar* is a glorious cinematic experience combining drama and striking visuals that's worthy of an Oscar nomination.

The movie centers on the life of paraplegic ex-marine Jake Sully when he reaches the planet Pandora. Sully, filling in the place of his dead brother, partakes in the scientific mission to study and find a 'diplomatic' way of getting the natives, the Na'vi to allow the corporation extract a pricey material from the land. Once there, Sully's ideas and allegiances come into question as he starts to find a place



GOOGLE IMAGE

Sully's allegiances are questioned after he begins to find a place with the Na'vi.

Thought set in the future, *Avatar* isn't your sci-fi channel film gone big screen. As usual with Cameron films, the set--with its over-the-top design and cost--is what gives the sense of amazement to the film. The graphics pull viewers in and makes them see pass the screen and into the world of Pandora, making you forget you've

been staring at a screen for almost three hours.

The claims that *Avatar* is as groundbreaking a work in cinema as the addition of color may be a bit exaggerated, but there is much to be said about its fusion of serious drama with 3D. Rarely does a gold screen film manage to combine the two without generating a childlike *Spy Kids* atmosphere. However Cameron

does just that, making viewers feel like they are actually looking at a landscape and not just an enhanced screen.

Sigourney Weaver, starring in her third Cameron film, is excellent as her role as Dr. Grace Augustine. Her character depth to the story as the audience witness her character develop from a simple scientific enthusiast to a feeling comrade.

Those not taken with the film claim that its plot is familiar to that of *Dances With Wolves* and other similar tales. Man versus machine, the ship destined for disaster, and the natives against greedy corporation are stories that can easily be traced to dozens of other sources.

But the lack of an original plot doesn't detract from the movie. Cameron knows how to take an old story and make you want to see it again and again, making him a master at cinematic storytelling.

Chilling journey through post-apocalyptic world

Luke Verillo '10

The Road, the Pulitzer Prize-winning novel by Cormac McCarthy, author of *No Country for Old Men*, translates beautifully to screen as a story of human nature and the need to survive. By avoiding Hollywood clichés and over-the-top special effects, this film provides audiences with a haunting glimpse of a bleak future.

The Road tells the story of one man and his son as they trek across the desolate, post-apocalyptic world, moving from place to place in search of shelter and, more importantly, food. This isn't *I Am Legend*. The survivors left don't have New York City at their disposal, nor a fully-functioning home with food and running water. These people are sick, rapidly losing hope and starving, with some resorting to horrific cannibalistic means of survival.

The cast truly carry this film, captivating audiences with their honest portrayals of ordinary men and women in extraordinary

circumstances. Viggo Mortenson, (*Lord of the Ring*) plays the father. In the scenes involving his son (newcomer Kodi Smit-McPhee) and the flashbacks with his wife (Charlize Theron), Mortenson delivers a performance that feels genuine.

Theron, as always, proves why she is an Oscar winner. Though she only appears in flashbacks, the actress—with help from director John Hillcoat—manages to make a character whose presence can be felt throughout. In her short scenes, Theron creates a character with real dilemmas, creating thought-provoking questions that sit with the audience and get them to question their own morals.

Smit-McPhee, however, is the film's biggest surprise as the young actor holds his own against these A-List stars with his subtle but genuine performance as a little boy forced to grow up in this dark future. Robert Duvall also appears in the film in a memorable small role as another survivor, barely clinging to life. His performance is sure to generate tears



GOOGLE IMAGE

In this post-apocalyptic world a man and his son are attempting to make it to the ocean.

in the audience.

The film's director, John Hillcoat, has created an apocalyptic film unlike any other that Hollywood has recently released. Without the green screens and the cheap effects, *The Road* is chilling and frighteningly real.

The backdrops of dead forests and derelict cities add to the film's eeriness and the sense of hopelessness that Hillcoat injects throughout. The film's art design is

sure to garner attention to award season, as will the cinematography.

If you're looking for an action or adventure film, this isn't it. Though some of the characters that the father and son run into provide for intense moments on film, this film is a character study above all else—a glimpse of human nature. With the fascinating performances by the whole cast, you'll remember your trip down *The Road* long after you've left the theater.

Having kicks with their “bucket list”

Taylor Perkins '11

We all have a list of things that we would love to do before we die. We all think about places we would love to visit and languages we want to learn.

But at the end of the day most people just put those dreams aside and realize that there are more important things to worry about.

But what if you found out that you only had one day to live, which one of those dreams would you fulfill? Would you go skydiving, swim with sharks, travel to China or learn how to speak Japanese?

In *The Buried Life*, Four guys Ben, Duncan, Dave and Jonnie travel around the world doing 100 things that they would love to do before they die.

The guys have done things such as ride a bull, sing to a packed stadium, kiss the Stanley Cup, and get their own TV show, (which they

can cross off of their list).

But there is a catch to the show, for every goal that they achieve they will help a stranger achieve one of their goals. They will do whatever it takes to help people fulfill their dreams and live their lives.

The guys ask people of all ages what they want to do before they die. And they will not leave that place until they help that person do the impossible. For example in the first episode the guys even perform a street performance in order to earn money to buy a computer for a school.

I think that the show is a great idea. It will really be interesting to hear what people want to do and what the guys would like to do. *The Buried Life* is a fun show that will definitely get you laughing. Many of the things on their list don't seem to be humanly impossible, but somehow the guys manage to



PHOTO CURTESY OF GOOGLE

The four young men travel the country by bus fulfilling their lists of life-long goals and helping others start their own.

achieve their goals and help a person along the way. One goal that might be impossible for the guys to achieve is to play basketball with President Obama, but you never know, maybe he'll be up for the challenge.

In conclusion *The Buried Life* is a very unique show and will definitely keep viewers interested and wanting more. Make sure to tune in every Monday at 10 p.m. to catch the excitement.

A new Sherlock Holmes

Carolyn Cicalese '10

A drunk, a genius, a gambler, a boxer, and he's Sherlock Holmes?

This new version of Sherlock Holmes is a modern and fast paced form of cinematography, but that is director Guy Ritchie's style.

This isn't your typical Sherlock Holmes. The detective who is always solving local mysteries in an overcoat and a deerstalker hat with a pipe always in hand, is not the same Sherlock Holmes portrayed in this movie.

The thing Ritchie did get correct though was the genius of Sherlock Holmes. This was not forgotten in the script or in the cinematography itself.

There is often a voice over of Sherlock Holmes describing what he will do next. This intricacy is interesting, showing you how his mind works and showing it to you after the action takes place.

Ritchie also attempted to tap into Holmes' mind by having him voice over exactly what he is



PHOTO CURTESY OF GOOGLE

Sherlock Holmes is back again with a slightly different mentality, but with the same trusty sidekick Watson.

thinking at times before the action takes place, describing exactly what he'll do. This may make for an interesting way of story telling or character reveal, but after a while it almost gets exhausting.

For the version of Sherlock Holmes that Robert Downey Jr. was playing, he did a wonderful job, as always. He was able to play the

drunken man who somehow seems all knowing, who is dangerous and adventurous all at the same time. Holmes was not traditionally portrayed as the “ladies man”, but here Downey will convince you otherwise.

The only thing he may have in common with the Holmes of the books, is that he smokes a pipe, is

logical, is a genius, and has a best friend named Watson.

Watson, on the other hand, was different than what was expected. In this film Watson actually had his own personality, I mean granted it was Jude Law so it's hard to not have a personality. But Watson always seemed like he would just go along with whatever Holmes decided, but here instead all he wanted to do was separate from Holmes.

Rachel McAdams was thrown in there as the “only woman” Holmes ever really fell for and as the plot continues it she reveals a secret.

She is like Holmes, very hard to read at times because not all information is revealed until after the action has taken place.

It was a new and different take on the old classic. Avid fans might not be ready for this quick moving film, but it's modern and “hip” as some would say, but for some maybe this new Holmes is just what they were looking for.

The Fame Monster

Meghan DeSimone '10

The music scene is filled with bright lights and growing idols, but a new monster has hit the dance floor.

This monster is Lady Gaga with her newest hit, *The Fame Monster* and she's stealing everyone's attention, one outrageous costume at a time.

Beneath sequin patterns and bleach blonde hair lies a very talented musician, and hidden in her extravagant sleeves are her secrets. Her reasons behind her need to shock, and her key to thriving in the spotlight.

Lady Gaga, a native New Yorker, has always loved the spotlight, even from childhood. At an early age she learned the piano and then began to perform at open music night clubs. By the age of twenty she began writing songs for famous groups such as The Pussycat Dolls.

Her first album hit stores August 2008. Released by Interscope records, *The Fame* was a funky, party CD that teased the audience with the talent Gaga had in store. With that CD the random and insane personality of Gaga was truly noticed.

Not only does her music entice people all around the world, but her quirky attire does just the same. Some say it is a desperate attempt to cling to the spotlight, maybe it is. But she does have the right idea by drawing any attention she can and thriving on it.

The weird videos of random costume changes and vulgar lyrics does put that shock



GOOGLE IMAGE

Lady Gaga's music, attire, and personality have captured the attention of the world.

factor into her work, which gets listeners mentally ready for her new fabulous album, *The Fame Monster*.

This record takes off with the hit single, "Bad Romance" and leads the way for many techno-pop dance scenes. This cd is the perfect sound to get anyone swaying, and generally open your eyes to a new music culture. Lady Gaga carries her signature party lyrics throughout her eight tracks, and even has a featuring singer. Beyonce and Gaga collaborate on "Telephone," a

song based off of girls just wanting to have fun, and boyfriends who keep calling their phones.

The Fame Monster includes other songs such as: "Alejandro," "Monster," and "Teeth" songs full of catchy riffs and fast beats. A good cd in most standards, but not nearly as dominating in the music scene as *The Fame* currently is.

Nevertheless, her newest release is far from a flop, and is still dance worthy. Lady Gaga's reign is nowhere near over, and we may be looking at the next Madonna.

Autumn leaves mark with memorable lyrics

Christina Cockrill '12

Few performers are as versatile as Emilie Autumn. A talented violinist, pianist, violist, guitarist, and vocalist, her skills don't end with the instrumentals. She also dabbles in other arts, designing her own clothing and a published poet. The only thing more varied than her talents would have to be the music she produces.

Her first album, *On A Day*, was purely an instrumental and mostly electric-violin based production. It was then followed by *Enchant* in 2003. *Enchant* held a wide appeal to many listeners—from the fast paced pop sounds of "Juliet" and "How Strange" to the classic and more vocal based "What If" and all the way to a harder, rock single

"Chambermaid." All the lyrics in this album were based around the fairytale, Victorian era of England and Autumn gave her music taste a new name. "Victorian-Industrial."

Three years later, her work took a much harder twist when *Opheliac* was released.

Her first album to be widely released, it received mixed reviews, but was generally liked by the public.

The darker, harsher guitar sounds and electric appealed to many more than *Enchant* had, yet in many of her songs she retained the classic and refined sound heard

previously.

Tracks like "Liar" and "Gothic Lolita" were appealing to fans of metal, but any partial to work similar

On "Thank God I'm Pretty", her voice is dripping with rueful sarcasm...

to that off *Enchant* could easily enjoy songs with the same appeal.

In this album, she definitely avoided the one mistake many metal artists tend to do. No matter what was playing in the background, she never loses her lyrics to the guitar riffs and notes and is easily understood.

This is especially matters because of how poetic and witty her words tend to be and how well she communicates with tone. On "Thank God I'm Pretty", her voice is dripping with rueful sarcasm as she laments the shallow nature of humans and how she is rarely seen for more than her looks.

Though sometimes her songs can't be considered something to relate to, they do entertain and they are certainly out of the ordinary. Her former album having a more feminine approach, she balanced it out with the latter, with *Opheliac* definitely of interest to any Avant-Garde or metal fan, boy or girl.

On a scale of one to five, this receives a four and a half for its out of the ordinary charm and excellent music.

Washington has another hit

Jennifer Pflugfelder '10

The Book of Eli, directed by Albert and Allen Hughes, recently hit theaters. The movie is a post-apocalyptic tale, where Denzel Washington plays Eli.

Eli travels west through the wasteland of the United States, which has been completely destroyed by a horrible war and the power of nuclear weapons. On his way, he meets gangs and

savages that roam the wasteland to kill and steal, as well as a post-apocalyptic town full of criminals. Throughout Eli's journey, he carries an amazing, yet dangerous secret that could change the whole world.

This movie was not only filled with lots of action, but it also had some religious aspects and mystery. I thought the action in this movie was very good. There were a lot of killing scenes that were fairly bloody, but not enough to keep me from watching.

Many of these intense scenes kept me excited throughout the entire movie and made me anticipate the rest. Washington's fighting skills were excellent. Washington, as well as the other characters, moved so



PHOTO COURTESY OF GOOGLE
Denzel Washington makes his way west in the United States through the wasteland.

fast in each scene, making the action very interesting.

The religious theme for the movie was also very interesting. I liked how Washington kept incorporating prayers and parts of the Bible into the movie. It foreshadowed the end of the movie, which I thought was clever. It also put much mystery behind Washington's journey, making the movie much more exciting.

The characters of *The Book of Eli* were very well detailed. It showed the terrible and mischievous ways of the gangs and criminals of the uncivilized wasteland. Their attire and the way they were presented seemed like it would be very accurate, and it also made the

movie much more exciting.

One of the slaves of the post-apocalyptic town was played by Mila Kunis, from *That 70's show*. She was able to add a lot to the humorous parts of the film.

My favorite element to the whole film was the setting, the background to every scene. The deserted and vast wasteland was actually creepy and thrilling at times.

Everything looked so realistic. The entire world was destroyed. And what was left was a complete mystery. Everything was changed. The whole nation was just filled with sand, desert, and ruins. The remains of the main highways that were supported off the ground, showed when Washington travels through the country on them, were just amazing to look at. It's incredible what damage could be done in nuclear war.

The action and suspense was definitely what made the film. I was on the edge of my seat the entire time. The plot and mystery of the story was also very exciting, and kept me thinking throughout the movie.

Inspiring story fulfills promise

Leslie Asibey-Anokye '11

The Blind Side is an adaptation of an inspiring true story that teaches viewers that people from poor backgrounds can rise up and achieve greatness.

The film stars Quinton Aaron as Michael Oher, a homeless 18-year old born to a mother addicted to crack cocaine. Michael was found on the streets of Memphis, Tennessee and taken in by a generous woman named Leigh Anne Tuohy played by Sandra Bullock. Bullock's character, her husband Sean Tuohy, played by Tim McGraw, and the rest of her family treated him like part of the family and got him re-educated.

Michael is also a very strong football player. In one scene he lifts a player over a railing.

Leigh Anne proves just as strong emotionally as she fights to get him into a good school with the help of tutor, Miss Sue, played by Kathy Bates. She keeps him out of trouble from his old toxic neighborhood. Bullock's character isn't afraid of anything or anyone.

Michael's rapid success in school and on the football field, draws attention and many deans and football scouts come to his newly found home to recruit him.

The real Michael Oher went on to college and became a first round draft pick for the NFL's Baltimore Ravens as an offensive lineman.

The Blind Side is a great movie for the family to see because one of the main themes is the importance of family, real or adopted. This 128 minute film will be sure to touch hearts and inspire kids and teens who grow up in poor surroundings to strive for something more than what they have.

The Blind Side really does amaze you with it's story of a man starting from nothing and ending up in the NFL.

Editors' pick for Oscars

Luke Verrillo '10 & Carolyn Cicalese '10

Best Lead Actor

Colin Firth for *A Single Man*

Best Lead Actress

Sandra Bullock for *The Blind Side*

Best Supporting Actor

Christopher Waltz for *Inglorious Basterds*

Best Supporting Actress

Mo'Nique for *Precious: Based on the Novel Push by Sapphire*

Best Director

Lee Daniels for *Precious: Based on the Novel Push by Sapphire*

Best Original Screenplay

Quentin Tarantino for *Inglorious Basterds*

Best Animated Feature:

Up

Best Picture:

Up in the Air



Google Image

Steve Martin and Alec Baldwin will host this year's Academy Awards.

Books

Wickedly Lovely

Jessica Clark '13

Picture this. You are walking down a cold winter street and you spot somebody at the corner. You take a quick glance and it looks like any normal person to you, but upon further inspection you see iridescent wings that shine in the faint winter sunlight, hair that is so soft it looks like silk, and lastly a face so creepily beautiful that you know it can not possibly be human. You know it as a fairy and you know you must get away. You quickly walk down another street. Now you know what it is like to be a girl named Aislinn. Aislinn from the outside looks like any other normal teenage girl with normal everyday problems like school, hanging with friends, and trying to get her best friend to notice her as something more, but she has a very special gift or curse depending on how you look at it.

Through her whole life she has been plagued with the ability to see faeries, and she was taught to pretend that they never existed.

Now you bring in a weak fairy king named Keenan who is looking for his Summer Queen and you add more weird situations to Aislinn's already unusual life. Aislinn is consistently followed by Keenan and his summer fey who all want to make her his Summer Queen so they can defeat the Winter Court and his mother the Winter Queen. He even goes as far as to take her mortality from her. However, if she refuses his offer Winter will prevail and crush the Summer Court and its Summer King.

With the help of her best friend Seth, who she secretly loves, she will make the hardest decisions of her life that either save or destroy the mortal world and the world of fey. Will Aislinn say yes to Keenan and become his Summer Queen. Will Summer finally defeat Winter? Find out by reading Wicked Lovely.

Also if you liked the book Wicked Lovely check out the next two books in the series Ink Exchange and Fragile Eternity.

Falling for a good book

Leanne Abrams '11

When I look for a good book, I try to find one that relates with something that is going on in my life or something from my past. While I am reading, a book keeps my interest if I feel a connection with the characters or situations going on through out the novel. "While I am Falling" by Laura Moriarty is a wonderful book to read if have ever been through struggles or hardships within your family and within yourself. This novel tends to give you advice without even meaning to.

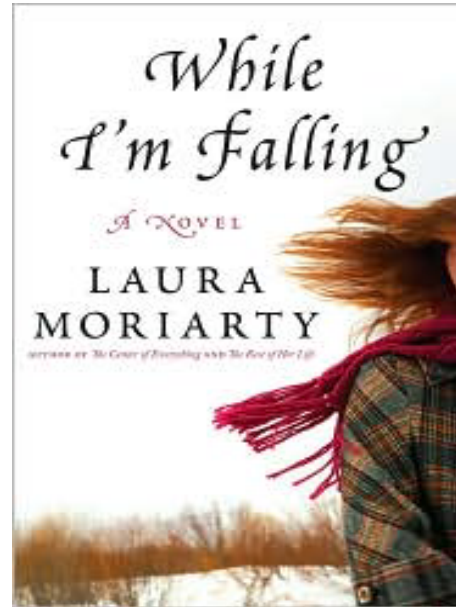
This novel is about a young woman in college, who is trying to handle the life of college responsibilities while dealing with the changes and struggles with her family; as well as within her own personal life and thoughts. After learning her parents are divorcing and selling the house she grew up in, she feels her world is crashing beneath her own feet. With all the pressure and stress of the family she really feels the pressure of a pre med student which leads her in a terrifying situation and a heart break she never thought she could cause.

Early one morning she then gets a surprising visitor at her dorm room door. Soon roles of mother and

daughter get reversed and she is taking care of her homeless mother. This soon brings her and her mother to a bond of closeness she never thought they could have.

She learns how to have a relationship with both parents and soon realizes that with a lot of love, and faith anything good can come out

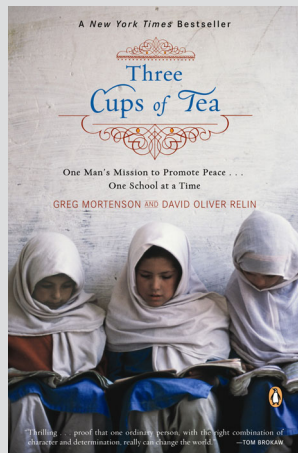
of a bad situation. This novel really helped me handle the devastating surprise divorce of my parents and the struggles I faced soon came after the process was started. I would really recommend this book to any teenage girl going through a path of hard ships and pain that wants advice but may feel too embarrassed to ask for it.



Google Image

Moriarty's book tells the story of a young girl who tries to deal with college and her family issues.

Join Book Club



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Meetings are the last Wednesday of every month in the IMC after school.

This month's book is *Three Cups of Tea*, the true story of one man's goal to fulfill a promise by bringing education to the remote and dangerous reaches of the Middle East.

Dear John, the ultimate tearjerker

Maria Petruzzi '10

From the classic love stories *A Walk to Remember* and *The Notebook*, Nicholas Sparks has brought fans a new romance novel, *Dear John*. *Dear John* is another one of Spark's New York Times number one bestsellers. Unlike his other popular romances he begins this one differently. In the prologue you find an important piece of the novel to be shocking and unlike the typical predictable "love story".

The novel is narrated by an army soldier, John, who has always had a reputation as the "bad boy", living with his dad his whole life and not speaking more than a few sentences to him in one sitting. After enlisting in the Army and being stationed in Germany, he comes home to find himself to be a different person than he once was and feeling something he never felt before along with it.

Within the two weeks of his leave, he finds Savannah, who is the total opposite of himself, and falls for the cliché of love at first sight. Savannah is involved with the Habitat For Humanity, and is only in Wrightsville Beach for the summer.

They both spend more time with each other in the few weeks they have than they came to

the beach for. When realizing that John will soon be going back to his station, they promise to forever be in love and to one day be joined together by marriage. After his leave they write continuously to each other, she would write more than five letters a week and he would return. John also would write to his father, but he didn't say much, still keeping their relationship distant.

Throughout the time he is stationed, their relationship strengthens from being away from each other. As time goes on, John is looking forward to spending time with Savannah after his retirement, but then 9/11 occurs. John then decides to reenlist in the Army for the next two years, with Savannah supporting his decision. They continue their relationship, but suddenly he feels like there might be something Savannah isn't saying. Along with the confusion and frustration of Iraq, he has to deal with the burden of losing his father from recurring heart attacks.

The readers begin then to wonder if both can last almost four years with only every six week leaves for home and just bonding through letters is going to be enough. While reading the novel prepare to sit with a box of tissues and realize this could be the story of many soldiers. Like many of Sparks' novels, *Dear John* has been made into a movie. It hit theaters on



JULIA HAHN '10/ The Patriot

Nicholas Sparks introduces new characters in yet another best-seller.

February 5. Hopefully the director can perform a terrific job in keeping the novel and the film the same.

Victim seeks justice from afterlife

Dianna Lombardo '10

In 2002, Alice Sebold filled bookshelves with her novel, *The Lovely Bones*. This instant best seller rose to the top of the charts quickly, and inspired a movie.

The Lovely Bones tells the story of Susie Salmon, a fourteen year old girl who is raped and killed.

The story has a timeline from the day she dies, til about ten years later, when her family is finally pulling back together and moving on. She watches from heaven, as her family and friends continue to live their lives without her.

Susie can't tell her loved ones that she's dead, so rumors spread around her town like wildfire that she has gone missing. What upsets her the most is that her parents are still holding out for her, wishing that the police will find her.

During this trying period her family fights more than ever about her loss. Her siblings- older sister and



Yahoo Image

Through the first person perspective of her main character, Susie Salmon (played by Saoirse Ronan in the new film), Sebold does an excellent job of capturing the interest of her many readers.

younger brother- can't help but collapse with her disappearance.

Susie watches from heaven during the duration of the novel. As she looks around in heaven, she realizes that it looks like her school's

playground. She meets with the counselors in heaven to help her adjust to her new "living" conditions.

As Susie's loss grows longer and longer, her father goes on a rampage filled search for her killer. He assumes

that he knows who the killer is, and he is correct, but the only problem is convincing the police. Her mother begins an affair with another man on the other side of the country, to try and fill the void left by her daughter's death.

Her sister, once very outgoing, becomes extremely introverted, withdrawing from her friends. Susie's younger brother can't cope with the idea that Susie isn't coming back.

Sebold's novel hit theaters December 11, 2009. Peter Jackson, *Lord of the Rings* royalty, bought the rights to the novel and is directing the movie with a PG 13 rating. The movie stars Mark Wahlberg, Rachel Weisz, Susan Sarandon and Saoirse Ronan.

The Lovely Bones is a sad yet uplifting novel that touches readers' hearts. Suspenseful and loving, the novel deals with the way Susie sees her personal heaven. *The Lovely Bones* shows a family at rock bottom and their intense struggle to climb back up the cliff.

Twilight books vs movies

Dianna Lombardo '10

Vampire addicts love it. Teenagers can't get enough of it. Movie critics praise it. Everywhere you turn, something with Edward, Bella, or Jacob's perfect little faces are staples in stores.

The four book Twilight saga, *Twilight*, *New Moon*, *Eclipse*, and *Breaking Dawn*, are being made into movies. Twilight's movie adaptation was disappointing, yet fulfilling at the same time. Many fans of the book exclaimed the movie left a lot out.

"I thought the book was better, the movie left a lot out and changed a lot. Once the movie came out though, everyone loved it. It became less valuable. The book had more meaning." Kristen Kellenyi '10 said.

Edward's character, played by the very good looking Robert Pattinson, makes girls swoon at his name and hearts melt with love for the sparkling, vegetarian vampire. Taylor Lautner, better known as Jacob, 'kid who shouldn't wear a shirt', is the part man, part werewolf.

The two enemies share only two things in common, their mutual hatred for each other, and their love for Bella.

Bella Swan, played by Kristen Stewart's character, is the girl torn between the two men.



Twilight's movies and books are the same, yet different, in many ways, according to the fans.

The latest movie *New Moon*, released November 20, had fans lining up around the theater to watch the sultry love triangle.

"I definitely think the second movie was better than the first movie just because it didn't go by as slow as the first one. The second movie stuck to the novel better than the first movie did, but both story lines were great." Devon Buonadonna '10 said. "It related to the book well, it used exact lines from it. The scenes were exactly

how I pictured them."

Personally, I think the first book was a lot better than the movie version of it.

The novel *New Moon's* novel is better than the movie adaptation also in my opinion, but the movie is still worth the ten dollars to see.

The one question every Twilight fan has trouble answering is if they prefer Edward or Jacob. Now the new question may be if they prefer the book or the movie?

Sisterly bond transcends cultures

Christina Schillaci '10

It has been said that first you must lose everything to truly understand the beauty of your life.

Shanghai Girls, a novel by Lisa See, tells the tale of two sisters, Pearl and May Chin, who are having the time of their lives until misfortune falls upon their family.

The story begins in 1937 in Shanghai, the "Paris of Asia".

Twenty-one year old Pearl and her younger sister May lead a modern life of glamour and fortune, backed by the success of their father's prosperous rickshaw business.

The sisters' carefree lifestyle changes abruptly when their father reveals that he has gambled all his money away. To pay off their father's debt, Pearl and May must be sold as wives to a pair of American brothers who have come to Shanghai in search of Chinese brides.

When their city is bombed by the Japanese, Pearl and May must head toward their futures, whether they wish to or not. A long, treacherous journey falls upon them, taking the sisters across the Pacific to Los Angeles and into the troubled life of their new American family.

Lisa See weaves a wonderful story illustrating the unbreakable bond of two sisters who must overcome the hardships dealt to them, and the beauty in discovering family in even the worst situations.

See's use of strong characters keeps the reader captivated. Though they are both beautiful, Pearl and May are extremely different in personality, which ultimately enables the sisters to learn from each other.

Pearl, the Dragon, is stubborn but strong in heart, while May is the ever lovable Sheep whom others find themselves wishing to please.

As the story develops, Pearl's attributes guide the girls through their hardships, and May's gentle nature brings them the love and compassion they crave.

This novel brings forth a wave of emotions. The story will make readers sympathize with Pearl and May as they travel in search of new life, and surge with joy in the happiness they find along the way.

A Precious story, brought to life

Taylor Perkins '11

A life of constant molestation and rape, by both her mother and father, is something that no child should have to endure. But in the life changing, emotional novel *Push*, author Sapphire tells the life story of a teenage girl name Claireece Precious Jones who has dealt with just that her entire life.

Precious is a 16 year old who has dealt with the unimaginable. When people see her walking down the street, they would think that she is just another heavy set black girl with really dark skin. Some people would laugh at her, and call her nasty names that were far from appropriate, but to most people she was just another girl walking the streets of Harlem.

But they don't know the the real story behind the life of Claireece Precious Jones.

Precious' father began molesting

her at the age of three years old. Her mother than began molesting within the years to follow. If you think that that is the worst part, you're partially wrong.

Precious is 16 years old, and cannot read or write. She is kicked out of middle school, for being over aged and pregnant again. The novel is written in Precious' point of view. She tells the story of her life and the challenges that she has to deal with. Her problems range from having two children by her father and being kicked out of middle school for being pregnant again and too old.

She deals with the challenges of her life by putting on a smile and making friends for the first time at her new school Each One Teach One. Precious and her new friends tell their stories to each other and they share passionate moments. The girls laugh, cry, and smile together as they all form a bond and stick by each others side.

Push is a novel that is emotional and heartbreaking. Some sections of the book will have you wanting to read more, while other sections will make you put the book down and not pick it up again until a week later.

The story line is one that many people might not understand. It can be too graphic for some people and others might be able to understand it perfectly. Because of the content of the story people a certain age should not be reading the book. Precious is writing the book, so it is written as if someone wrote who can't read or write. *Push* has a lot of adult language and Precious goes into great detail about the molestation and rape.

If you read the book, which I highly recommend, be prepared to be shocked and in disbelief. This novel will definitely have you wanting to cry and have you wondering if life will ever get better for Claireece Precious Jones.

Tech Talk

Rival phones hit market

Chris Bucci '10

Two brand new phones have just hit the market. Verizon's Droid and Google's Nexus One are both drawing interest from people looking for new phones. Although they both cost a pretty penny, they also both have many unique attributes that should make these products worth buying.

The Droid was the first of the pair to come out, and is supposed to resemble the iPhone. It contains a bunch of new apps and nice little useful gadgets that make this phone good to have. These tools include apps like: maps, latitude, voice search, Gmail, calendar, and the Droid is the first to have the new Google maps navigation.

The Droid is also the first handset to run the Android 2.0, which includes new features such as a combined inbox for multiple email accounts, a virtual keyboard with improved layout and word completion, and "Quick Contact," which enables you to call, email or



Hotcellularphone.com



scifiwire.com

The Droid(left) and Nexus One (right) are expected to compete heavily against each other

sends an SMS simply by clicking on a contact or photo.

The other very attractive phone out there is Google's Nexus One, which was also just released. This phone also has many attributes that people will find appealing. First it has 15,000 to 20,000 applications, which is significantly lower than Apple's iPhone, but is expanding rapidly. The email for Nexus One is also very

good. The Nexus One has a large screen, which may be a benefit for picture taking and overall usability. Some other benefits in having this phone are it has a five-mega pixel camera with a built-in flash and auto focus. Also, it has a removable battery, unlike the iPhone which is convenient for the owners because you can just replace the battery yourself. In addition to all this, the Nexus One also works very fast.

There are so pages that load slow, the screen rarely freezes and you just click and it goes to the next page immediately without delay.

A downfall to Google's new phone is that its network isn't as up to par as other phones like the iPhone and the Droid. Despite this, I still feel like the Nexus One is strong enough in other areas to compensate for this.

Overall both of these phones are solid choices to have. They both have a variety of applications to use, both work fast, both make it easy to Email and text, and both have a good network and are easy to use.

Of course, the only downfall to this is that they come at a high price.

However, I think that the extra features and the applications are definitely worth the extra money. The Droid and Nexus One compare very well to other phones on the market and either would be a good phone to have.

Warming up to robotic pets

Julia Hahn '10

This holiday season, the hot gift for children of all ages was Zhu Zhu pets! Zhu Zhu pets are small interactive electronic hamsters that are one of the best alternatives to a live pet, as electronic pets don't stink, produce waste, or die.

Though not living creatures, they are still tons of fun. Most electronic pets have the problem of being too unattractive to children, but Zhu Zhu pets are plush and cuddly for kids.

The small hamsters make a range of up to 40 different sound effects that depend on their environment. The sounds can be chirps, squeaks, sayings, or even the sound of a train. The Zhu Zhu hamster is also very affectionate because when a child picks it up and



afamilytoadopt.com

The Zhu-Zhu pets come in a variety of kinds that everybody can enjoy

clicks it on the nose it gives a little squeak of contentment. If a person simply pets the hamsters back they will make a noise and off they go on their little wheels.

A child can even purchase

several things for their Zhu Zhu Hamster to travel in such as tubes, balls, or small cars. Zhu Zhu pets are also interactive with each other when they are placed in their play sets. They meet other hamsters and

make noises of acknowledgement. Zhu Zhu pets include two play modes; nurturing mode where the hamsters coo and purr and adventure mode where the hamsters explore their habitat with intelligent audio and mechanical responses to various habitat stimuli.

There are over a dozen additions available in stores to build an amazing hamster world for your Zhu Zhu's to play in. Zhu Zhu hamsters also come in a variety of eight different hamsters for kids to collect. Pipsqueak is a yellow hamster, Numnums is a gray hamster, Chunk is white, Squiggles is tan, Patches is tan and white, Jilly is pink, Scoodles is dark chocolate, Winkie is dark gray, and Nugget is a pure golden hamster. These new technological toys are enjoyed by kids of all ages.

DJ Hero sure to please

Nicole Heath '10

With its bright colors and fast beats DJ Hero, the new *FreeStyleGames*, is a must have for gamers. Following its predecessor Guitar Hero, DJ offers a easy to understand game but with intense speed and quick movements that keep players on their fingertips. The graphics are supreme, but take a back seat to the intensity of the game.

DJ Master Flash introduces gamers in the basic and advanced tutorial levels and from there gamers can see just how complex the game will get. Tutorial levels only consist of five phases that begin with a demo and end with the gamer making an attempt at the new material. These opening tutorials teach the basics, but without the lengthy opening that is found in other games.

After gaining the knowledge of the DJ Hero symbols it's tempting to rush and start on a medium level, but the techniques to play this game need to be honed. Though the



milkeratenyc.com

DJ Hero proves to be another fun game spin-off of the popular *Guitar Hero* games.

beginner level is too easy for most gamers, the easy mode serves as a great introduction for all.

Though the game seems like just another repeat of *Guitar Hero*, it's not. The deceptively simple DJ turntable gets complex when

scratches, sequence scratches, and crossfader moves are thrown in. Even masters of *Guitar Hero* will have to take a few tries to get the game down.

As with most games, the locked DJs and songs are the best to play,

once players earn enough stars to unlock the material. But earning a star isn't easy in this fast paced game. The toughness of this game far succeeds that of *Guitar Hero*.

The music lacks some of the popularity and good listening of *Guitar Hero*. Designers tried to give the game mass appeal by creating mixes from a variety of genres. The scratches mixed with the slow oldies make the songs seem a little choppy, if not butchered. Still, with a mix from Michael Jackson to Black Eye Peas the DJ Hero playlists can please any from kids up to their grannies. Opening songs such as "Another One Bites the Dust" show the range of songs available in this game.

Using interesting DJ choices and somewhat familiar landscapes, DJ Hero seems to mimic its big brother *Guitar Hero*. But all you need is just one session will tell any gamer that DJ Hero has its own separate challenges that will keep gamers playing.

Out with the old, in with the new

Shacarra Almon '10

Facebook has been the new way of communication for teens world wide. In WTHS even Spirit Day was based off of Farmville, a game on Facebook. Farmville is a game where the computer user creates a farmer who has to harvest his crops and take care of animals on the farm. You can trade and sell animals and food for money. Facebook's cool, creative way of communicating captivates teens to the point that they cannot move from their computer desks. Studies have shown people are losing their verbal communication skills by texting and using the internet.

Facebook is a global social networking website that is operated and privately owned by Facebook, Inc. The website's name was created for start of the academic year by universities so students could get to know each other. On this website users can add friends, send messages, and update their personal profiles, to notify friends about themselves,



enviroblog.com



mateel.com

Most people today have moved on from myspace, onto facebook.

invite them to events, and so much more. Additionally, users can join networks and establish groups for career purposes and leisure.

Mark Zuckerberg founded Facebook with his college

roommates and classmates of his computer science class. The website's membership was originally accessible to Harvard students only, but was expanded to other colleges of high academic

standards. Later it expanded to any university student, high school students, and then to anyone 13 years old and over. The website currently has more than 350 million active users worldwide.

MySpace was very popular and is a competitor of Facebook. Myspace, similarly, is a social networking website created in June of 2006. Now, MySpace is currently being taken by its main competitor, Facebook, as of April 2008.

It's criticized for its accessibility, reliability, security, child safety, social and cultural, controversy over corporate history, censorship, stalking, and religious discrimination. The biggest of the problems are stalking, censorship, and child safety. Many problems expanded beyond myspace, like rape victims and kidnappings.

A lot of teens and/or children are not supervised on this website, leak too much information about themselves and some how they end up missing. These kind of things happen everyday.

Sports

Striking their way to the top

Bowling team seeks trip to states

Chris Bucci '10

Bowling has been one of the most successful teams in recent history. Last year, the team won the Olympic Conference title. The team was dominant in the conference all season long.

Despite impressive performances through out the season, they still fell short at Sectionals, coming in third. They missed qualifying for states as a team by only one place. In his junior year, John Bartesiewics '10 qualified for states as an individual. Bartesiewics came in third in the whole state, just missing a state championship.

The 2010 team, which are led by key players Bartesiewics '10, Steve Pavalinko '11, and captain Nick Maccarone '10 are having success so far this season. They have repeated as Winter Classic Tournament Champions and have dominated their opponents so far during the regular season. But, as Bartesiewics points out, their team has their mind set on bigger things.

"I am expecting our team will come in first at sectionals and qualify for states and to take the conference championship," said Bartesiewics.

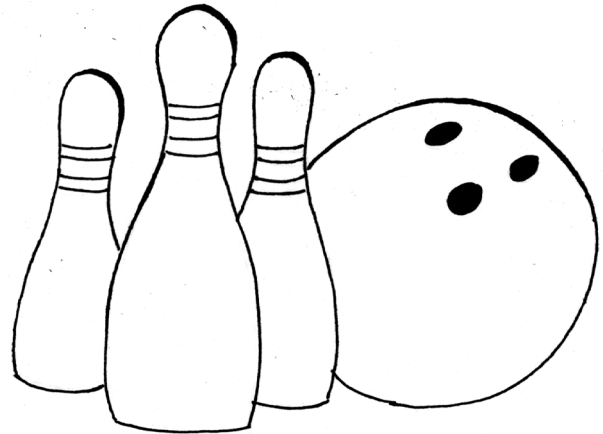
In order for the Minutemen to win the conference title, they will have to beat rival Eastern in the final match of the season. Eastern is usually the toughest opponent for the Minutemen, but they hope they can prevail against them. Another team that has given them trouble has been Cherokee.

"It just always seems that we can't get all four games against [Cherokee], it can get frustrating," said Bartesiewics.

With the team's success so far this season, there has been much accomplished individually. Both Pavalinko '10 and Bartesiewics have thrown perfect games for the Minutemen this year. This was Bartesiewic's first perfect game for the school.

"I didn't really care that I hadn't thrown one until now, I was just saving them up until the end of the year when it counts," said Bartesiewics.

This team has the confidence in each other and themselves this year.



CHRISTINA SHILLACI '10/The Patriot

The WTHS Bowling team hopes to win Olympic Conference, for the second consecutive year.

In addition, the Minutemen are filled with very hard workers and are really committed to taking the Conference title and at least qualifying as a team for states at sectionals.

"Our team is practicing very hard so we win the conference and qualify for states," said Bartesiewics. "Our team is very strong, if someone has a bad game, we have the other four team members to pick them up".

A Flag on the Play by Anthony Dentino '11

Minority coaches underused at collegiate level

In each edition of "A Flag on the Play" Anthony Dentino will examine scandals and controversies in the world of sports.

I was watching NBC's pre-game coverage of their Sunday Night Football game between the Arizona Cardinals and Minnesota Vikings.

After the commentators discussed the highlights around the league from earlier in the day, there was a piece about the lack of minority, specifically African-American coaches in professional and collegiate football.

It was a riveting and eye-opening segment, and it is deplorable how owners and collegiate presidents, athletic directors, and boosters treat minorities in the coaching ranks.

Admittedly, the NFL has taken gigantic steps in the process of hiring African-American coaches. Clearly they are fit for the job.

The 2005 Super Bowl featured two African-American coaches, Lovie Smith of the Chicago

Bears, and Tony Dungy of the Indianapolis Colts. It was the first time there were two black coaches.

Just last year, Mike Tomlin of the Pittsburgh Steelers followed Dungy as the second African-American coach to win the Super Bowl. The reason coaches like these have earned jobs is obviously because of their skill.

However, the Rooney Rule gave great coaches like these a chance. This NFL rule mandates that when interviewing candidates for a coaching position, at least one minority coach must be interviewed.

Unfortunately, this rule is non-existent in the collegiate ranks. Tomlin, a Super Bowl champion was once denied an interview when applying for a college job. Clearly, the question of racism comes into play in these situations. If a coach can win in the NFL, he certainly can win in college.

During this past 2009 college football season, there were 120 teams in the FBS,

(formerly Division 1A) and only seven had black coaches. Of those seven, only one, Randy Shannon who coaches at the University of Miami (FL), is the coach of a team who is a member of a conference where the champion receives an automatic bid to a BCS bowl game.

Sadly, few are working to fix this problem. Certainly, the battle against racism in sports has come a long way thanks to the skill and courage of numerous athletes dating back to the likes of Jesse Owens and Jackie Robinson.

However, if this is the way society treats coaches, there is a real problem. Realistically, it is probably only a few athletic directors, boosters or presidents supporting this deplorable trend. Yet it is evident that these few have made a significant impact in college football.

Colleges, in an effort to find the best person for the job, should at least be decent enough to interview a coach who applies, regardless of ethnic or religious status.

Lopez's stature noticed on, off court

Weston Eldridge '10

Almost everyone has probably spotted 6'11" Matt Lopez '10 walking through the halls at some point during the year. On his way to LaSalle University, Lopez will start his collegiate basketball career as a red-shirt freshman.

Being red-shirted means that Lopez will practice with the team, work out with the team, but can't dress with the team for one full season. Lopez feels this was the best decision for him because it gives him a chance to learn the game and develop his body so he can be at his best both physically and mentally by the time he sees real time.

"I felt red-shirting was the best decision for me because it gives me an opportunity to prepare physically and to look forward to more playing time in the future," said Lopez.

With many schools offering him scholarships, Lopez declined offers from high level programs such as Virginia, Army, Delaware, and Penn State on his way to his final decision of LaSalle. He feels LaSalle is the

best fit for him because of the atmosphere and national exposure of the program.

"I chose LaSalle because it's a great school in a great conference," said Lopez, "I'll also get serious professional looks if I excel on the court."

Improving since his freshman year, Lopez feels that his personal trainer Mr. Bill Burr and WTHS Varsity Coach Mr. Robert Byatt have been influential in his development as a player. He explains how Burr transformed him from a fat freshman into an athlete and taught him how to play the game. He credits his coach with building his mental strength.

"Coach Byatt has been there since the beginning and taught me how to think like a basketball player: being hungry, playing hard, and having heart," said Lopez.

With playing hard, having heart, and being hungry, Lopez has been able to create many lasting memories. One memory Lopez will be sure to take with him as he progresses forward to his ultimate goal of playing professional basketball is a



SHACARRA ALMON '10/The Patriot

La Salle bound Matt Lopez '10 takes a free throw against the West Deptford Eagles.

state playoff game against Rancocas Valley during his junior year.

"We went up there with no one believing in us and won in overtime," said Lopez, "I got a game-tying dunk

and Byatt had a moment with Ricky Hudson that I'll never forget."

Throughout his four years of high school play, Lopez learned that "impossible is nothing".

Minutemen in action



SHACARRA ALMON '10/The Patriot

Opinion

Eagles exiting emotional era

Chris Bucci '10

The Philadelphia Eagles have been one of the more consistent teams this decade. They have eight playoff appearances, five trips to the conference championship game, and one to the Super Bowl.

Most of this success came in the years 2000-2004. Since then, there has only been one conference championship game appearance and a few early playoff exits. This begs the question, is it finally time for major change to come to Philadelphia?

If you look back to the core of the most successful Eagle teams in the early 2000's, most of the players are gone. The first to go was long time tight end Chad Lewis. Lewis made the pro bowl from 2000-2002. As one of quarterback Donovan McNabb's favorite targets. He really helped out the passing game at a time when McNabb had average receivers at best. Lewis played his last game in 2005 after attempting to come back from a foot injury he suffered the previous year in the NFC championship win against Atlanta.

Another great player from those teams was long time free safety Brian Dawkins, who the Eagles let walk in free agency last year. Dawkins, an Eagle from 1996-2008, was a legend in Philadelphia and was a big part in all the success



AP IMAGE

In the McNabb and Reid era, the Eagles have been to the playoffs eight times, including five NFC Championships and one Super Bowl appearance.

they had this past decade. The safety put up good numbers and had amazing heart and leadership. In addition, he was selected to seven Pro Bowls and four all-pro teams during his time

as an Eagle. He is now in Denver playing for the Broncos and earned another pro bowl selection.

Some more key players from their past are offensive lineman duo of right tackle Jon Runyan and left tackle William Thomas. Runyan was an iron man starting every single game for the Eagles from 2000-2008. He was a rock protecting McNabb for all those years and earned a Pro Bowl selection in 2002.

Thomas was also stout lineman for the Eagles. He played from 1998-2008. He earned Pro Bowl selections in 2001, 2002, and 2004. All years the Eagles went to a NFC championship game. Both departing after last year, Runyan is in San Diego and Thomas isn't playing anymore. Also, other notable players such as Hugh Douglas and Jeremiah Trotter were also let go however Trotter was brought back this year but could be on his way back out.

There are two key pieces from those successful teams that are still around, quarterback Donovan McNabb and running back Brian Westbrook.

But for how long?

Westbrook has been decimated with rib, ankle, knee, and foot injuries and his latest problem, concussions. It is starting to look like those injuries have caught up to him.

Last year he only had 274 yards on 61 carries, the least in both categories since he was a rookie. The last playoff game in Dallas showed exactly what the future holds for him. Westbrook only received one screen pass in the biggest game of the year. It is clear that head coach Andy Reid is going with fullback Leonard Weaver and young running back LeSean McCoy.

Finally, there is the man who has been here for the whole ride, Donovan McNabb. McNabb came into the league as a very athletic quarterback with a huge arm. Neither adjective really describes what you want out of a quarterback in the West Coast offense. West Coast quarterbacks are asked to throw short and accurate passes to get down the field. But McNabb was such a good athlete and so talented that he made it work. From 2000-2004 he finished every season with a winning record and won seven playoff games. In the next five years, the Eagles had three winning seasons one of those seasons cut short for McNabb by an ACL tear. His two playoff wins since the Super Bowl loss, have come in the 2008 playoffs. Except for him rushing less, his stats haven't changed a whole lot since the first half of the decade. He just isn't the winner he used to be.

I don't see any more success coming from McNabb as our quarterback. It is time to move on and let young quarterback Kevin Kolb and this young offense grow together. When this off-season is up, the only remnants of those championship and Super Bowl teams will be Coach Reid and management.

Brothers enjoying unique opportunity

LOBBANS from page 28

This excellent pair played football since their freshman year, but sought a better route for their track careers.

"I like track. I thought I was better at track than at football," Tevin said.

They have been training identically for the past five months. Both have a unique opportunity to train and compete at a high level with each other.

"It's exciting," Michael said. "It's about competing [with each other] too. You try to see who has the faster time. I just try to work harder. [Just] to be faster than him."

Michael runs a key leg in the sophomore squad. Along with Randy Smith, Lawrence

"You try to see who has the faster time. I just try to work harder. [Just] to be faster than him."

-Michael Lobban

Porter, and A.J. Ashton, they captured first place in the 4x400 race at The Armory in New York City.

"The sophomore team is very strong," Bostwick said. "I can't see why they can't be going after some of these records the guys are setting now."

In addition to relay teams, the Lobban brothers compete in jumping events. Tevin is a hurdler and triple jumper, in which his personal best is 38-4. Michael is a long jumper. At the Hispanic Games in New York City, Michael jumped at a 19-11 mark.

The Lobban brothers will have to enjoy their track moments together. Tevin will be moving on when he goes to college next fall.

Tevin is looking into Delaware State, Eastern Shore, and University of Maryland.

Tevin is enjoying his chance to run with his brother. "Most people don't get to run with their brother on relays," Tevin said. "It's really exciting."

Running in the Family

Twp. Track finds success with siblings

The Tiernans

Kevin Whitehead '10

The Tiernan family has bred success on the track. For the past four years there has been at least one Tiernan sibling running for Washington Twp. They have not disappointed.

They first broke in when Ryan Tiernan '09 joined in 2006. Then followed Christian '11, Nicole '12, and Megan '12. They have sparked a tradition within the family.

Each sibling motivates each other to do well. Even friendly rivalries have emerged to create a fire burning in each runner to do well. When they toe the line, they are not only competing with those on the track, but with their own blood.

"[Nicole and Megan] definitely give me a motivation because their times are pretty close to mine," Christian said. "I just want to get the upper edge."

Nicole and Megan have already enjoyed success as sophomores. In the Sophomore Sprint Medley relay, Nicole, Megan, Miranda Roberts '12, and Kristen D'Alessandro '12, won the Group IV State Championship with a time of 4:14.9. Nicole ran the 400 meter leg, Roberts and D'Alessandro ran the 200 meter leg respectively, and Megan ran the 800. Their raw talent has blended with their camaraderie.

"We are really close," Megan said. "We were close with Kristen outside of track, but when Miranda came, it just clicked for everyone."

They ran against the best girls in New Jersey from the best Group IV schools.

"They're a talented group of girls that want



KEVIN WHITEHEAD '10/The Patriot

The Tiernan family have been running track since 2006, with eldest brother Ryan '09. Now twins Nicole and Megan carry on the legacy from brother Christian.

to work hard," head coach Mr. Bruce Burdall said. "I knew last year when they were freshman. I knew they had talent."

Nicole and Megan try to get faster by challenging each other at practice. There is always room for improvement.

"We were always fast since we were little," Nicole said. "We always had speed so once we got to track it was natural for us."

They have played lacrosse, travel soccer, intramural soccer, and field hockey since they were young. They both play field hockey, lacrosse, and run track for Washington Twp.

"You really have to push yourself at

practice especially because there are a lot of girls that are up to our speed. And that just pushes us," Megan said.

For long-distance runner Christian, there is another family rivalry besides his twin sisters.

"My dad's always bragging to me that he's really fast. He still thinks he can beat me in a race, but I'm not too sure about that," Christian said.

Every sibling wants each other to do well which emphasizes a bond amongst the family.

"I think that having twins sisters that are good in his sport pushes [Christian] to get better so people can recognize him too," Nicole said.



KEVIN WHITEHEAD '10/The Patriot

Michael and Tevin Lobban have played a key role in Township's success. The pair specializes in short distance as well as relays and jumping events.

The Lobban

Kevin Whitehead '10

Two brothers are taking Washington Twp. Track and Field to a new level. Though the team has enjoyed much success in past years, the 2009-10 achievements are running past the finish line with a family touch. Could be déjà vu for their opponents.

Tevin '10 and Michael '12 Lobban are becoming an elite duo this season. Their premier talent allows flexibility for head coach Mr. Rich Bostwick in choosing his all important relay teams.

"They cover a lot of events. That's great," Bostwick said. "Both of them are very strong on relays and they have very identical times."

Tevin runs the open 400 meter, 400 hurdles, 110 hurdles, shuttle hurdles, 4x400m, 4x200m, 4x800m, and the open 800m.

Tevin and Michael Lobban have been preparing since July for this year's races. Even though they are short distances runners, they opted to run Cross Country rather than playing football like years past. They chose to build up their endurance and strength, "suffering to prepare."

"I did Cross Country to become stronger for my certain events in track," Tevin said.

See **LOBBANS** page 27