

The Patriot

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Voters back referendum

Lauren McGuire '05

On December 14th, 2004, Washington Township residents made it their point to be out and voting on a \$30 million referendum. It all started nearly 6 months ago when the Board of Education began to develop a write up for the referendum. By November 2004, the legal terms were translated to "plain English" and the ballots were packed up. All that was left was to promote and introduce what would soon be voted on.

During the 2003-2004 school year, Chestnut Ridge Middle School and Orchard Valley Middle School had faced mold issues that soon became health issues. The December referendum covered the situation with the first of two questions.

It proposed a HVAC (heating cooling system) to be installed into both schools. If this question alone did not pass, then there would be no question 2 in any terms. Mr. Earling, WTPS BOE member said that it's important to know that question one is a state health issue, and it is a necessity to be done and taken care of.

Luckily, it passed so the tension was somewhat lifted.

The second part, or question two, of the referendum had a variety of details. This included renovations to the 11/12 auditorium and the addition of a catwalk for lighting, the installation of an all weather track and two turf fields at the high school, air conditioning in all schools, fixing up science labs, the addition of security cameras in the district and

on buses, and a pole barn for storage. This may seem like a lot, but all aspects are truly needed to keep improving our district.

As of now we have a partially unusable 11/12 auditorium, an old and unsafe track, minor problems with behavior on school buses, and an abundant amount of excess school supplies crammed into small areas. It's time to make Township a premiere community, and our district truly the best.

Each year, the state education programs have money set aside to give to schools in the state of New Jersey. This money is to be given in the form of a bond. In the case of the Washington Township School District 46%, nearly \$14 million dollars would be funded. This would leave resident tax payers of an average assessed home (\$127,000) only to pay an extra \$32 a year on their current payments if question two were to pass. To make the timing even better, New Jersey interest rates were at a 40 year low.

Fortunately, although by only 200 votes, question two passed, leaving WTPS future a little bit brighter.

It is important to know how many people have contributed to the research and promotion of this bond. The group consists of over 200 people.

The community surveys were taken through an ad hoc committee and there were many individual efforts. From sports teams to parents, many people took time out of their lives to show up at school board meetings and voice their opinions.

With a high percent of voter turnout Washington Township helped make this a successful venture. Many



Mallory Heimlich / The Patriot

Voters turned out at WTHS to cast their ballot on the Referendum

agreed that it was nice to finally see people come out and support the district.

As of January, bids were made for the HVAC systems and some security has been updated. Within the next couple months the turf and track renovations will be underway and should be ready for the 2005-2006 school year.

A look farther into the future includes the installation of air conditioning in all schools, 11/12 auditorium renovation, and fixing up the science labs. With a lot of work ahead, in a few years people can look back and say, "Remember when...!"

Thanks are due to so many individuals including: Mr. Tom Flemming, Mr. Charles Earling of the Board of Education, Ms. Jan Giel, and Mr. Marty Bouchard for the promotional video, Project 540 for informing the student body, Mr. Murphy, athletic director, for his informative presentations, and the countless number of volunteers that made this whole thing possible. It's great to look strongly upon the future in Washington Township and how it will make an unbelievable difference.

"I'd have to say that the projects that will be completed because of the referendum won't just update the school district," said Mr. Bouchard. The improvements should conceivably bring revenue to the district as well.

The future of Washington Township Public Schools is bright, and will bring many new ventures to a popular community.



Mallory Heimlich / The Patriot

ROTC cadets helped voters find their way to the 9/10 gym.

Club teaches recording techniques

Cheryl Supernavage '06

Most people who sing along with the music blasting out of the radio never give a thought to how it was recorded. But if recording is something that does interest you, you can learn everything you need to know and do music recording yourself right here at WTHS.

WTHS students have the opportunity to record by joining the Music Technology Enterprise Account (MTEA). All you need to do is successfully complete the Music Technology I class and move on to Music Technology II Digital Recording. You can then be a part of the program where you can practice your skills and make some side cash.

Members work during concerts, college auditions, demo disc and local band recordings, and other events that take place in the high school. The group records the performance and sells the recording when the activity is over. The money goes to the equipment necessary for recording and pays the members \$6.50 an hour.

18 students are currently participating in MTEA, and they only meet when there are performances. They learn everything they need to know about recording in class and simply go to the concert hall, the CBAC or 11/12 Auditorium, and get hands on and live recording experience that can help them in the real world of recording.

"It is what most of us want to do in college and is a good opportunity to enhance our understanding of the music industry," said Brian Malvey '05, current MTEA member.

Mr. Dessaigne, WTHS' Music Technology teacher, is the advisor. "It's the kind of program that we'll expand more in the future. It is working well and is a good chance to do something we can't do inside class. It's a good opportunity to get world experience," said Dessaigne.

If you are interested in joining MTEA, you can sign up for the course next year and begin learning about the recording process. The experience is real and well worth it for future Music Technology majors.

If you are interested in being recorded, contact Mr. Dessaigne in C-9 of the 11/12 wing. The cost is between \$30 and \$50 an hour which is very reasonable compared to that of commercial studios.

Wanted: opinionated sports fans

S.T.A.T. Pack offers trivia, fun

Scott Grandrino '05

Are you a sports fan? Do you like talking with other diehard sports fans? Do you like to argue like you're on the Presidential Debate, except you're talking about sports? If any of these questions fit you, then the S.T.A.T. Pack is where it's at!

The S.T.A.T. Pack (Sports Talk And Trivia) is a brand-new club for sports lovers. The club is designed for people who like sports to talk about their interests and to have fun.

Every two to three weeks the members meet after school and begin their sports conversation through group discussions and debates.

In addition to talking about sports, each member takes a trivia quiz. The trivia quiz has questions about sports of present times and of the past. It is very challenging and competitive. Mr. Andy Holmes, the club's advisor, says the point of the trivia quiz is to "be challenged, but to have fun." Holmes will keep a cumulative score for each of the members all year long.

The S.T.A.T. Pack also plays group and individual games. It has a very fun and sports loving atmosphere, which is really what the club is all about.

According to Holmes, the S.T.A.T. Pack's purpose is "to provide an arena in which the student

of WTHS can gather to share interests, opinions, and knowledge of sports in a fun and constructive manner."

Advisor Holmes is not only a teacher at Washington Township high school but also a coach for the JV boy's basketball team. This fall he coached for the junior girl's powder puff and occasionally helps with the tennis team. His love for sports is what convinced him to create this club. He enjoys talking about sports and hearing what others have to say.

"I want the students to come and have fun discussing about sports because I love it," said Holmes.

"I like it because it's one place

where I can express my opinion in sports without being put down," said Matt Racioppio '05 about the club.

Holmes designed S.T.A.T. Pack not only as a club to talk about sports but to also learn something from it. Holmes is willing to help students who have a deep interest for sports and who would like to continue with it through college and maybe as a career. He has connections with professionals involved in sports. He can use his connections to help a student out and will also use them as guest speakers at the meetings.

So if you're a diehard, sports-crazy maniac, listen for news of the next S.T.A.T. pack meeting in room D-5.

Clay Aiken, Christmas spirit and song fill the CBAC

Cheryl Supernavage '06

Tickets were sold out, parking lots were full, and lines were long as Clay Aiken fans anticipated Clay's arrival to the CBAC. As the curtains opened, the audience screamed, waiting to see Clay walk on stage and grace them with his outstanding voice. The Clay Aiken Christmas Concert was on December 2 and had an incredible turn-out. The show was sold-out and lucky lobby dwellers without tickets ended up with them only by the generosity of internet tickets that kind-hearted people gave away.

White sheers, colored lights, an incredible orchestra and snow flake patterns made the stage look amazing. To look at the scene brought a wintry air to the rather hot and crowded CBAC, setting the mood for a Christmas concert.

Clay sang all the traditional Christmas carols with minor adjustments to add some originality to them. Whether up in the balcony or on the floor, Clay's voice resonated throughout the CBAC making every seat in the house worthwhile.

The sound system was loud and clear for everyone's enjoyment, and Clay's comments to the fans between songs were well-heard.

He brought a very comfortable and familiar atmosphere to the night,



American Idol Contestent Clay Aiken performed at the CBAC in December.

full of laughter as well as "ooh's" and "ahh's." Clay even walked into the audience to sing to a lucky girl and kiss her hand.

That lucky girl got an opportunity that no one else got because Clay didn't sign any autographs, even for The Clearview High School Choir members who accompanied him in the second half of the show.

Overall, the concert was wonderful and a nice way to start off the holiday season. If it didn't feel like Christmas before the concert, it sure felt like Christmas when it was over.

Calling all cartoonists!

The Patriot is currently seeking cartoonists to draw editorial cartoons, comic strips or single panel cartoons for an upcoming comics page.

If you are interested in finding out more, contact us at WTHSPatriot@gmail.com

Do you have any news story ideas?

Please let us know. Send us your ideas.

wthspatriot@gmail.net subject:news

Inside 24 at the Core

Ashley Mackowiak '05

This is my second year on the Class Council Executive Board, and I can honestly say the busiest time of the year for us is right before the holidays. Preparations for the Toys for Tots collections began back in the middle of November. The biggest thing to do was spread the word for all to see. Nearly 30 posters had to be made, flyers had to be copied, cut and posted, and large boxes had to be wrapped. 'Toys for Tots' was starting, but it seemed like a never ending process.

'Toys for Tots' runs for one week in December (December 6-10). At the start of the week, we had hit our first major problem that put us behind from last year. There was no school for students. During the entire week, the other seventeen officers and I each go to three or four of the junior and senior class homerooms asking for toy or money donations. With one day less to go to homerooms, we were wondering if we were going to achieve our goal.

When Thursday came, we were all beaming with excitement. Whether it was the new members anticipating the night ahead, or the second-year students reminiscing about last year's event, everyone had something to be excited about. We knew we would all be tired and run down at the end, but half the excitement would be getting there.

'24 at the core' is when the seventeen officers and I, in addition to our three advisors, campout in the core of the high school all night. It began at 1:30 when we left our eighth period classes. We strung the trees out front with lights, drilled large candy canes to the fences, and set up our fireplace, each of us finding some way to get the Core decked out for the holidays while Christmas music played in the background. We also



Ashley Mackowiak '05/The Patriot

Erick Shoyer '05 and Kyle Terry '05 working towards spreading holiday cheer.

set up a television to watch our favorite holiday movies.

Once everything was set up, the bell rang and students eager to leave school on a Friday afternoon filled the halls. Our job was, in a way, to hassle the kids and ask them to donate money. We held out our Santa hats, sang a few holiday songs, and got an amazing response from the generous students.

As the night drew closer, everyone in the community began bringing us a toy or money donation. As our toy pile began to increase and the money jar got heavier, so did the food table. We each signed up for our family to bring something for the night, so there was always an abundance of food. From pizzas and hoagies for dinner, to bagels and doughnuts for lunch, hungry was not in our vocabulary for the night.

A couple of us had the opportunity to dress up as Santa Claus for a little while as young children came to drop off a toy with their parents. We had a Polaroid camera and a large box of candy canes for the kids. Each child walked away with a huge grin on his or her face, feeling like they had really just seen Santa. It was amazing to see their stares of awe when they walked over to sit on my lap.

Around six members of the Hurfville Fire Company brought over one of their fire trucks. We each had the opportunity to climb on top to take pictures and just have a good time. It is always exciting to see so many members of the community come out and support one another.

Around midnight, after everyone left and the Christmas movies were done, it was time to go to bed.

Throughout the whole night, there was only one drawback: the weather. We were planning to

sleep outside in our tents, but we all voted to stay inside instead so we didn't get wet. Everyone got their 'bed' ready and blew up the air mattresses. Mr. Bollendorf stayed until about midnight because he had a small 'show' prepared for us. He told us a few jokes and put on a hilarious magic routine for us. With everyone awake from laughing so much, it was hard to go to sleep.

For the next two, nearly three hours, we all sat up and talked. Every so often Mrs. Costello would wake up

and tell us to be quiet and go to bed. That did not stop us. We learned so much about each other that night. Being at a big slumber party with eighteen people is always fun.

Early the next morning, as the doors were being unlocked, we were all woken up. 5:30 came so quickly for all of us and it took a long time to get up. During the entire day on Friday, we were still asleep and had a hard time staying awake.

It was not until we had to load the endless number of toy bags into the truck that we realized how many toys we had acquired. It had turned out to be another amazing year, and the needy families in the area were so thrilled when they saw what we got.

'Toys for Tots' is truly an amazing activity for class council. It helps so many families for the holidays and makes everyone around enjoy the season. The entire community participates and it brings everyone closer. On Thursday night alone, the community's donations peeked over 1600 dollars, not counting change or any other day. It is a lot of work, but the results are tremendous.

Toy drive brightens season

Darby DeCicco '05

While gifts don't necessarily make a happy holiday, they do brighten the mood for many children during the holiday season.

Junior and Senior Class Council has made a tradition of collecting toys and monetary donations from students, faculty members, and Washington Township citizens in an effort to provide a little bit of holiday cheer to children who might not otherwise receive gifts.

"It has been a nice tradition promoting community service and bonding among the community and school district," said senior class advisor Mrs. Carol Costello, explaining why the annual drive has been such a success.

With a week-long collection from students and faculty, and the annual "24 at the Core" drive both members of the WTHS community and Washington Township citizens had plenty of opportunities to make contributions.

And the contributions they made were above and beyond what Class Council had expected.

"This year we raised over \$1500 and collected about 4000 toys," Costello said, noting that people were

exceptionally generous this year. "It is above average compared to what we've received in the past."

This generosity benefits the community in many ways, Class Council members explained.

"It gets everyone into the holiday mood in a way that helps people, too," Jillian Caprio '05 said, explaining that Toys for Tots is a drive in which the entire community can become involved.

Yet even with the community bonding and school spirit the drive generates, the most important benefits of Toys for Tots are for the children and families who receive the donations.

"This year we had more needy families than in the past," Costello explained. "The toys are distributed to needy families in Washington Township and Gloucester County and to family service organizations, while the money is used to buy gift certificates for the older kids."

This means that the thousands of dollars and toys donated by the WTHS community will go to good use by making the holidays brighter for countless children in our area.

"Every child should have a good holiday," said Class Council member Justin Huckle '06, "and this drive makes it possible."



Ashley Mackowiak '05/The Patriot

Class Council sleeping after a productive day.

FCCLA cooks up holiday treat

Carmen Orapallo '05

Every year the Washington Township High School branch of FCCLA contributes to the Ronald McDonald house in Camden, New Jersey. This year under the direction of Mrs. Elizabeth Molle and Mrs. Lisa Morris, 15 students involved in FCCLA cooked for two hours after school to prepare meals for approximately 50 people.

Chicken Divan was the main dish served by the members of FCCLA (Family, Career and Community Leaders of America). They also baked cookies for the residents in addition to preparing the chicken entrée. Executive members Jessica Stark '05, Lauren Breslin '06, Krystina Tucci '05, Kristina Dibona '05, Letty Scanlon '07, and Tara Amaraska '07 were happy to volunteer in such a meaningful event. Not only did the members prepare the meals, but they also delivered them and served the residents when they arrived.

"It really taught us how to be grateful at a time when we all take

things for granted," said Stark, the club's president.

The Ronald McDonald House has a long tradition of helping people. In 1974, Kim Hill, the 3-year old daughter of Philadelphia Eagles tight end Fred Hill, was diagnosed with leukemia. Since Kim was constantly being treated for three years, Fred and

"It really taught us how to be grateful at a time when we all take things for granted."

- Jessica Stark '05

his wife Fran Hill camped outside the hospital in a tent whenever their daughter was being treated. Not only did they have poor sleeping arrangements, but their meal options changed as well; they satisfied their hunger with makeshift meals from vending machines. The Hills were not the only family living in these conditions; other families were doing



Krystina Tucci '05/The Patriot

After serving dinner to families at the Ronald McDonald House, FCCLA members pose for pictures with Philadelphia Eagles Josh Parry (l.) and Koy Detmer (r.)

the same because they couldn't afford a hotel room. Hill was fed up, and was determined to find a solution.

Hill discussed the idea with his

fellow teammates and asked for their support. The team's general manager, Jim Murray, talked with Dr. Audrey Evans, a head doctor of the pediatric oncology unit at Children's Hospital of Philadelphia, and together they came up with a solution. Then the first Ronald McDonald House was born in Philadelphia. Today there are nearly 240 Ronald McDonald Houses in 25 countries around the world.

These dedicated FCCLA volunteers were surprised when they arrived with the presence of two Philadelphia Eagles Koy Detmer and Josh Parry, both of whom brought toys to distribute to the children. Parry and Detmer also signed autographs and posed for pictures with the FCCLA volunteers. After dinner, the FCCLA members were also given a tour of the house and were shown one of the rooms.

"It was such a great experience, and I would definitely do it again," said Tucci.

Tucci as well as the other participants plan on repeating the good deed and returning to the Ronald McDonald House later in the year. The advisors were very pleased with this year's turn out, and they are looking forward to helping out again.

"I am very proud of our FCCLA members for taking the time to help others at such a busy time of year. They are true examples of the real meaning of Christmas," said Molle.

The members, as well as the advisors, had such a great time and are looking forward to the other community service activities to come, such as their fundraising activities to help out the tsunami victims.

A different kind of high school hero

Ashley Mackowiak '05

"How is it that firefighters run into burning buildings while everyone else is running out?" John Travolta's character in the film *Ladder 49*, raised an interesting question. Senior, volunteer firefighter, Anthony D'Amico, says firefighting "is more serious than people think," and it is often overlooked.

D'Amico spends most of his down-time at the Whitman Square Fire Company volunteering as a firefighter. This past spring, he underwent a five month fire-school process which allowed him to graduate from a Junior Firefighter to the "real thing."

D'Amico first got interested in fire fighting at age 15, when a friend of his older brothers brought him to the fire house. D'Amico received a tour of the house and was shown what fire fighting is really about. The minute he turned sixteen, he signed up.

"It felt so good to know that I saved the man's life," said D'Amico. "It was all up to me, and I did it."

"My parents were scared at first," said D'Amico. "They didn't understand why I wanted to do it."

It is a logical feeling for parents to be scared for their child, but once

he explained his reasons and they learned the facts, D'Amico's parents supported him fully. He wanted to help the community and do something for others, and firefighting seemed to be the perfect way to do it.

While most of us would be terrified to go into a burning building, D'Amico is not.

"It is a rush for me," he says. "If I get scared, I will lose site of my job and what I have to do."

Once in the building, it is a fire fighters duty to first search for any people. They are then to locate the fire, extinguish it, and then check for any extensions of the fire. Although he is now able to go into burning buildings, D'Amico has not yet had the experience. The only thing he has done so far is go to car accidents and alarm notifications.

Even though nothing very traumatic has happened yet, D'Amico still has had some bad experiences. He recalls his worst experience, when he was training in fire school. While practicing in the burning building, a friend of his passed out and Anthony had to carry him out to safety.

Along with the bad comes the good. D'Amico believes his best moment while being a firefighter happened this summer. He brought an elderly man back to life by doing compressions.

"It felt so good to know that I saved the man's life," said D'Amico.



Ashley Mackowiak '05/The Patriot

Anthony D'Amico has been a volunteer firefighter since age 16.

"It was all up to me, and I did it."

It is moments like that which keep him coming back for more. D'Amico believes that firefighting is a great job, and even though he is currently a volunteer, he hopes to keep it in his life. After coming back from the Marines, Anthony's goal is to have firefighting be his career.

It may be hard for most of us to enter a very dangerous situation like a fire, but D'Amico is fine with it. He does this job for the excitement, but mostly to help out his community.

"Once you start," said D'Amico, "you just fall in love with it."

Commentary

Christmas traditions persist through the years

Bethany Messick '06

All of the preparations that go into Christmas and Christmas Eve may seem like a hassle, but the childlike and corny traditions that we do every year are what we remember the most. When you look back and talk about your family traditions, they may seem stupid and clichéd, but when you're wrapped up in the Christmas spirit and you're spending time with your family, these little things seem fun and amusing.

Most families have at least one crazy or fun little tradition. Sara Magoffin '06 watches the movie "Christmas Vacation" every year on Christmas day with her family. Even though this is just a simple tradition, for Magoffin it is a fun little holiday ritual she will always remember.

"I've watched it a million times," she said, "and every year it gets better and better. It's not just the movie that I love, but it's something my whole family

enjoys."

People also have special traditions on Christmas Eve. Simone Miliariesis '06 unwraps one gift on Christmas Eve every year but don't think she's getting an early surprise. She already knows what is in the box before she opens it. Her parents give her pajamas every year on Christmas Eve, so she can wear them to bed. Although Miliariesis isn't a little girl anymore, this tradition sticks in her mind as something she will always remember.

Miliariesis said, "When I was little I loved the fact that I was getting an early present, but now my parents just do it to keep up the tradition."

For some people the old-fashioned traditions are something out of the ordinary. Chelsea Gledhill '06 goes to church every Christmas Eve. This may seem common to many, but for her family going to church is very unusual.

She said, "My family is religious don't get me wrong, but

church just isn't our thing, so every Christmas Eve when we all get dressed up and go to church. It's something special."

In some cases, Christmas and Christmas Eve aren't the most tradition filled days, but rather it's the day after that all the fun happens.

Anthony Baccare '07 said, "Christmas Eve and Christmas are great with all the presents and food, but the day after Christmas is the best."

His family goes over to his aunt's house every year for a party. All of his aunts, uncles, cousins, and friends of the family all lay back, relax, and enjoy each other's company. They don't have to deal with all the commotion of unwrapping gifts and different people having to go to different houses. It is just something nice that the whole family goes to.

It might seem like traditions aren't that important but they are what everyone remembers. The next time your parents want you to participate in a corny family tradition just go along with it, because the tradition may be the one thing you'll remember and cherish in the future. Don't be surprised if one day you find yourself carrying the same traditions as your parents.



illustration by Cassy Matos '07

Holidays more jolly without homework

Brent Bartosiewicz '06

Holidays are a time for relaxation and families to get together and celebrate. I enjoy the holidays particularly because I get to see my family and talk to relatives who I don't see very often. I also look forward to relaxing, having a good time, and not worrying about much of anything, especially homework. Teachers love to assign homework and projects over holiday breaks. They do so because they feel students have plenty of time to complete them. For myself and

many other students this is not the case.

Having homework over the holiday casts a burden over me. The entire time off from school I know I have to do it, but I am always bombarded with so many other obligations. Homework is just not something I want to be thinking of. Students have a lot of other things to do such as family dinners, family activities, gatherings, holiday events, socializing with friends and working. When combined, everything becomes very overwhelming.

In Manassas, Virginia, my older brother Brad, 25 is an administrator for the school district of Benton Middle School. At that school there is a policy that teachers may not give out any type of homework over the holidays. I believe this is a great idea. This gives students the time off they deserve after working hard in school every day. I believe this standard should be set for every school, including ours.

Many people I have talked to usually get a good amount of homework over the holidays. Why? I guess teachers feel the need to smash information into your brain about their class so you don't forget. But then again, I don't know how it will

make me remember a whole lot. This homework will be done very quickly due to the busy schedule, very sloppy because it was done so fast, and it will be done very poorly due to the lack of attention.

Don't get me wrong though, homework is a part of learning, and it must be done. It really does reinforce what is learned in the classroom, but

when it is given on a holiday with so much commotion going on; homework does not become the priority it usually is on school days and weekends.

The bottom line is homework should not be given on holidays. There is so much going on for the holidays that homework turns out to be more troublesome than helpful.

The Patriot
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your letters to
wthspatriot@gmail.com
or drop them off in
room D-8.

Be sure to include
your name.

The Patriot

Editor-in-Chief - Mallory Heimlich '05

Sports Editors - Scott Grandrino '05, Joe Comerford '06

Managing Editor - Cheryl Supernavage '06

News Editor - Darby DeCicco '05

Entertainment Editors - Christian Heim '05, Jamie Valentine '05

Commentary Editors - Ashley Horan '05, Mike Jones '06

Features Editors - Tiffany Narducci '05, Julia Verniero '05

Photography Editor - Jamie Recchino '05

Layout and Design - Journalism II

Printing - Mr. Steve Whalen & Advanced Graphics

Advisor - Mr. Jim Evangelisti

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529 Hurffville-Cross Keys Road, Sewell, NJ 08080
Send letters to the editors, opinions, and ideas
to: WTHSPatriot@gmail.com

Parents' encouragement: sometimes too much

Cheryl Supernavage '06

You're running down the field, in the heat of the game, and the next thing you know, you're down. The crowd goes silent as your coach calls a time out. You can't move your arm, and now you are scared. After being examined by a doctor, your arm is broken. You have to sit out for the rest of the season with the possibility of not coming back, period. All the preparation and time put into practicing has gone down the drain in one second. Was all the drama behind being *athletic* really worth it?

Some parents feel sports are important and push their kids to the limit. They want their child to be the best on the team and get as much out of the sport as possible. They claim it gives the child something to be dedicated to, a form of discipline and a way to make friends. It also keeps them out of drugs and other bad things because they get drug tested, and it takes some of their free time away.

Being involved in sports does provide that, but so can other things such as playing instruments, joining other clubs at school or raising a pet. Yet some parents still seem set on the idea of pushing their kids in sports.

Sometimes it seems like the parents are the ones with the passion for the sport and the child is merely fulfilling some unachieved fantasy drilled in their heads by their parents. Being so young, children do not know whether or not they want to play a sport or even what sport to play; their parents are the driving force. You can tell when they are too pushy when they start getting more excited before games than their own child does.

Once the child gets involved, in most cases, they stick with it. They get praise and encouragement from their parents and suck it up. They could really not want to play the sport but just enjoy the added attention of it.

Is it really the parents' place to push their children into sports or should they keep the option open and let the child decide? What if the child is lazy and doesn't push themselves to get out and to something and end up involved in other, bad things?

When is there too much encouragement from parents? There is a fine line between pointing your child in the right direction and deciding for them.

Reflection

Got milk...and political activism in a bag

Mike Jones '06

For those who look back on it, milk-in-a-bag was the best thing ever to happen in Washington Township. Not only in our school system, but in our lives. Never would politics have interested us without the idea of a milk-filled bag. Indeed, it was the traumatic event of our youth.

Upon receiving my first bag of milky glory, I stood in a long line of very confused children staring at what appeared to be a crate of white and brown blobs. What kind of kid has to grow up in a society that doesn't have milk cartons? How would we ever



know about missing kids, or handy words-of-the-day? Worse yet, how were we supposed to drink from a bag?

I felt the apocalypse draw closer with my first stab at the bag, which of course was a failure, because I was angry at society, and scared for it at the same time. I might have jabbed it a little too hard, putting the straw all the way through the bag. I then gazed upon what I had done with utmost horror. The bag sat limp, and mutilated in front of me gushing chocolate milk onto the tray it had once bounced upon so happily.

Milk-in-a-bag became a rallying point in the lives of township students. Leaders emerged, as school patriotism

rose to new levels. Six and seven year old students soon learned the use of a petition. As elementary school children became political representatives for their peers, the school was united in the hysteria of anti-baggism. Milk-in a bag taught us the value of democracy in America.

After a two-year battle with the board of education, milk-in-a-bag was forever shunned. The political figures of the fifth grade marveled at their own magnificence, as they had asserted themselves as a generation of leaders and independent thinkers. They had succeeded in the restoration of the milk-carton.



Illustration by Helen Zeng '05

Whose future is it anyway?

Tiffany Narducci '05

I thought senior year was supposed to be fun, even when it came time for looking at colleges. It is not supposed to be about fighting with my parents over which college I am going to and what the major I want to choose can be. Because it is ultimately my choice, you would think that they would be okay with what I would choose. Not this time.

My parents have always told me that whatever I choose would be fine. Living in a world of options, I have wanted to be everything from a doctor to a writer; and finally I decided that I want to teach. The main reason being that I have had a teacher every year, that has made a difference in my life and I want to pass down what has seemed to become a tradition.

I told my parents this and my father practically choked on his dinner. My parents were always hooked on the fact that I wanted to be a doctor when I was younger. My parents always believed that I could become one, and they felt that I had

the brain power to succeed. There's just one problem, blood makes me nauseous. I wanted to be a pediatrician because I just wanted to be around children. I don't see myself as a doctor; it's not who I am.

In all my career choices, children are the center. I have been around children for as long as I can remember, and I want that to continue. My family is one of those large Italian families, and I intend to create a larger one that also involves students. Being a teacher might not pay as much as some other fields, but money is not the only form of payment. I want to wake up in the morning knowing that I am making a difference. Waking up to that kind of knowledge pays more than money ever could.

Maybe being a teacher is not a fancy job, and I know that I complain alot now as a student, but my generation does not have many role models for its teens and children. Our boys have rappers and would-be criminals, while our girls have women like Christina Aguilera and Britney

Spears. I do not think that our children and teens should grow up and think that Hollywood and the media should dictate what is appropriate and inappropriate. I would much rather hear my son or daughter come to me and say, "I want to be like my teacher" than hear, "I want to be like this famous person."

I cannot make my parents or anyone else for that matter, understand why I want to be a teacher by just telling them the same thing in repetition. I know that I just have to show them. This is just going to be a challenge, and although it may not be easy, it is not going to be my hardest. That day will come, the first time I step into my classroom.

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"Can't we all just get along?"

Darby DeCicco '05

You've all heard it plenty of times before.

Since we were little kids we've been told that we need to accept each other's differences, respect each other's opinions, and be tolerant of the things we don't understand. Usually, these lectures about tolerance refer to race, religion, or ethnicity.

The lecture I don't think any of us ever got, however, was not the one about accepting other people's beliefs, but the one about accepting other people's clothes. Or hair. Or music. Or friends.

Let's face it. We all have our own style, our own likes, and our own groups of friends. And there's nothing wrong with that. But we also all have our own stereotypes and misconceptions about people who dress differently, act differently, or speak differently than we do.

Lately, it doesn't feel like you have to go to another state or country to find people who are entirely foreign because Township itself is full of people who couldn't be more different. If you walk from group to group in the hallways, you can even hear what sound like different languages.

What you can also hear are complaints, jokes, and mean comments from nearly every group about the others.

What I just can't understand is where it's set in stone that kids who

wear basketball jerseys can't be friends with kids who wear A Static Lullaby t-shirts. I don't know when it became okay not to like someone just because they listen to Jay-Z and you listen to Led Zeppelin.

I'll admit that I've done it, too. It's easy to make fun of someone or shy away from someone just because



they're not part of the same kind of "scene" as you are. But when you stop and think about it for a minute, the people we dislike so much for being different are the same people we played with on the playground not that many years ago. Before it mattered what kind of clothes we all wore or what we all chose to do with our weekends, most of us were able to just get along.

There's nothing wrong with everybody having their own likes and

styles, and it would be naïve to think that all the different cliques in Township could ever be true friends. But it also seems ridiculous that just because of our different clothes, music, or activities, Township has to be so divided.



Illustration by Helen Zeng '05

Too much stress, not enough rest

Kyleigh Nevins '08

Stress is something that affects not only hardworking adults but also hardworking students. Every student knows what it's like to be stressed out by a final exam or a difficult test. But there is no need to feel that way.

Every student thinks that just because they have stress, simply studying and taking their time to review their notes is all they can do achieve their goals, but they're wrong.

There are many things to do when you get stressed, so for girls if you have a make-up bag, carry a bottle of Ylang-Ylang. Found in Asia, it is a part of the custard apple family and you can buy it at a local Bath and Body Works store. Use Ylang-Ylang organic oil because it has a spicy aroma and exotic scent. So whenever you get stressed and need to relax a bit, waft in a small amount.

Many different aromas can be soothing. Candles are one of the best ways to relieve stress. The scent of lavender is a natural relaxant, so you might want to try that out, but be very careful when lighting it.

Chamomile, which has been used for centuries to treat nervousness and insomnia, is found in Asia and is a

part of the custard apple family. To use it as a stress reliever, simply brew two teabags, and when you are done making your tea, save the teabags, wait until they are warm to the touch and use them as eye compresses.

Another way to relieve stress is through exercise. Even simply rolling your eyes can bring relief. Tired eyes may cause mental strain, so it's great if you relax them every once in a while.

Simply taking a shower might be a good way to calm yourself, so adjust your shower on full water power because water pounding on your head stimulates the brain cells.

There are many ways to deal with stress, and hopefully you can find one that works for you.

Latest *Idol* rejected

Jamie Recchino '05

American Idol became an overnight success in the summer of 2002. It's now 2005, and the next search has begun. Correct me if I'm wrong, but isn't the show called *American Idol*? They should change that to "idols", since they are obviously planning to drag this search on forever.

It's not like I've never seen the show, I've given it a chance or two. I find it far more entertaining to watch the first few episodes, where these "idols" are few and far between, and the contestants sound even worse than I do when I sing in the shower. Once the show narrows it down to the "final" idols, it gets corny and depressing.

For instance, why do the contestants all live together in one house? This isn't MTV's *Real World*. It's like they couldn't fill up enough air time with the contestants' songs, so they tried to create drama somewhere else. They show the contestants hanging around the "idol"

home, and we watch as they go through a variety of clichéd skits. This even lets the singers show their acting ability, which isn't exactly top notch.

The judges are getting tiresome. Simon Cowell's attitude is starting to die away, and my former appreciation for his British accent is fading. Randy Jackson needs to stop calling the contestants "dawgs", and Paula Abdul has been making appearances on Nickelodeon, a network for kids. Enough said.

Kelly Clarkson was the first winner from the show, and I can't name the idols beyond that without looking them up. I wonder how Clarkson feels, since she's no longer the only *American Idol*. She's sharing the title with two other singers, and soon enough, there will be a fourth idol in the mix.

Instead of airing season after season of this tired show, the judges may as well just picked four final idols from the first group. Although the show still wouldn't have lived up to the second half of its' name, time and trouble would have been saved.

Out with the new, in with the old

Mike Jones '06

Rap. Nowadays, it's more or less the author's rant about whatever drugs were taken before their latest drive-by. As charming or stimulating this subject may be for some, we the average people only see it as chaos. Indeed, it has become hard to defend "to the window, to the wall" as being true music.

I however, remember a time when Hip-hop was fresh (and still called Hip-hop), and Hammer was out in his parachute pants everyday dancing his heart out. When the Fresh Prince and Jam Masta Jay did *Girls Aint Nothin' but Trouble*, and Snoop Dog was still known as Snoop Doggy Dog. Those were the good ol' days of rap.

Of course, I have no doubt in my mind that the same crime polluted the world of gangster rap back then as it

does now. But Biggy never let the public in on the shoot out he was involved in the previous day. Rap was made out of fun, that's what the masses grew to love about it, not the crime.

Today, few can seriously think of rap as music. Hip-hop's been dead since MC Hammer last wore parachute pants in public. As I said, you cannot defend "to the window, to the wall" and expect to win your argument. At one time, it took talent to free style. It would be like a mob boss telling his seven-year-old children about the man he had thrown off a bridge that day. Old-school rap had class.

So, when people ask me if I like rap I tell them I do. As they reel off the names of new rappers varying in offense, asking if I've heard of them. I can't help but laugh, wondering how long it will be before they are eradicated in the world of modern rap.

Features

OVMS teacher moves to high school

Brent Bartosiewicz '06

Watch out, there's a new face in town and he goes by Mr. Heinze. This new teacher isn't as new as you may think. He has been teaching science and computer science for twelve years, but just this year he moved to WTHS. He decided to move from Orchard Valley Middle School so he could teach Applied Physical Science (APS) which is a higher level class.

Mr. Heinze loves teaching because "I can share my knowledge with my students."

If you sat in one of his classrooms you can really see his determination and enthusiasm. His favorite part of teaching is, "When the students finally understand a difficult concept," said Heinze.

Just because teachers teach the students doesn't mean the students can't teach the teacher.

"I find that we can also learn from each other", Mr. Heinze found that, "Students keep me young."

How Heinze came about being a teacher is rather unique compared to most people. He found a job at Radio Shack teaching computer programming. Through teaching programming, he found that he enjoyed the teaching aspect of his job and that's how he decided to become a teacher.

Heinze is not only a science teacher, but he has taught stage crew since 1976, every aspect of theater for eighteen years, and is the assistant tech crew advisor to Mr. Huff here at WTHS.

A degree in Secondary Education in Science and minors in theater and computer science from Temple University gave him the knowledge he has today.

As Heinze has been an inspiration and role model for many students, there has been one role model in particular that he always looked up to, his father, of whom Heinze speaks highly.

"My father could fix anything," said Heinze.

You could say Heinze is following in his father's footsteps and truly was an inspiration for him because he can also fix and repair almost anything. In addition to being a computer programmer, he is an electrician, plumber, carpenter, and knows construction. With all of these skills in mind; Heinze describes his goal as, "To be the best

I can; I am always working at it."

Speaking of working, Heinze has worked at JCC Camps in Medford, which is a day camp, for fifteen years as the site manager. His duty was to be manager of all maintenance and custodial crews which consisted of cleanup, painting, leave removal, construction, etc. The biggest impact working at the JCC for Heinze was learning to manage large crews.

As you can see Heinze likes to stay busy with his easygoing, multitasking personality. He plays the piano, sings, enjoys swimming, and bike rides.

Keeping busy for Heinze includes his extensive train collection and, uniquely, his collection of Mr. and Mrs. Santa

Clause salt and pepper shakers. Another hobby of his is theater work; his most recent show he has performed was the musical *1776*. The most exciting production for Heinze was *Bye-Bye Birdie* when he was in charge of the tech and stage crews. He had only two weeks to get everything built and teched and literally worked until one minute before the show.

With an exciting life as this teacher has, he takes some down time by watching his favorite television show, *Star Trek*, listening to classic rock, pop, or musicals, his favorite music, or eating chocolate chip cookies, and relaxing at home with his family.

Family is very important to Mr. Heinze; he is happily married and has two children, Chris 10 and Nick

8. Heinze values home greatly because, "Home is where the heart is, being with my children and companion."



Brent Bartosiewicz '06/The Patriot

Mr. Heinze looks forward to new challenges at WTHS.

To your health by Steve Dunn '06

Wake up Township!!! Teens ignore essential rest

How many times have you had trouble getting up in the morning, or stayed up late? Lack of sleep is one of the most significant and common health related problems teenagers deal with. While sleep is often played off as unimportant by many teenagers, it is instead vital, and lack of sleep can yield many, sometimes serious side effects in all aspects of a person's life.

According to the National Sleep Foundation, teenagers need more sleep than their younger siblings as well as their parents, about nine hours and 15 minutes each night. I often feel lucky if I'm able to get about eight hours of sleep on a given school night. However, The National Sleep Foundation research shows that the average teenager averages six hours of sleep per night.

There are many reasons for lack of sleep, ranging from negligence to daily routines. While many teenagers may stay up late watching television, talking on the phone, working on the computer, or finishing homework, it is a person's daily routine which actually affect sleep patterns the most.

During puberty, a person's biological clock changes and moves later; in other words, a person will naturally go to sleep, and wake up at later times than they would have before puberty. A teenager won't

naturally feel tired or sleepy until around eleven p.m. at night. Likewise, naturally won't wake up until nine or ten hours later. Here at Washington Township High School, many students have to wake up around six in the morning, and sometimes earlier in order to get ready for school. Having to wake up this early goes against the natural biological clock of many teenagers.

The poor sleeping habits of some teenagers are not helped by their often busy schedules. Many students, (whether it be athletics, drama, or community service clubs) are involved in extracurricular activities after school. Students involved in these activities will most likely expend more energy throughout the course of the day than student who are not. These students come home from school later and still have a lot to do before going to bed. I usually do not get home from track practice until around five o'clock each day. Upon returning home, I usually have to deal with about two hours of homework, dinner, and finding time to relax, and there are many students with busier schedules than I.

So how exactly does sleep deprivation affect a student? A lousy night of sleep may prevent a student from completely "waking up"

until maybe three or four periods into the day. An exhausted or tired person often has trouble focusing, concentration, and thinking sharply. Being tired or sleepy throughout the day will often lead to a poorer academic performance. Regardless of age, being fatigued on a daily basis is also not healthy for any person, as it greatly increases the likelihood of becoming ill.

Many drink coffee in order to get a jump start on their day, while this is effective, coffee does contain caffeine, which is a drug. To one who drinks coffee every morning, a morning without it could lead to a slow and drowsy day.

While there are many ways to deal with lack of sleep, the best, most feasible, and most natural option for students is to change their schedules and get to bed earlier. While starting the school day later would help, many factors go into deciding the hours of school, and it is highly doubtful the school's schedule will change to accommodate the sleeping needs of teenagers any time soon.

Sleep deprivation probably affects the vast majority of students in our school, myself included. The best solution, as I state before, is to manage time more efficiently, and get more sleep.

Styles to consider for the different body types

Comparing your body to a fruit, vegetable, or even an everyday object is a bit strange. It may seem ridiculous; however, placing your body type in a category can be fun and helpful when it comes to fashion. In this world, women come in many shapes and sizes, and they are often grouped together by specific body types. A person's somatotype, or the body frame that they were born with, dictates the ways they can effectively dress themselves.

Having a small bust and a shapely waist with larger hips and thighs groups women into the "pear shaped" category. When it comes to shopping for clothing, women need to remember one idea, that balancing the body is a key. For these women, tight clothing is no longer your friend. Lean towards loose and draped fabrics that taper to avoid allusions of being larger in the hip area. Enhance your upper body by broadening the shoulders with square necklines and shoulder pads.

Worrying about your small bust, slender shoulders, broad hips and larger



These are just a few examples of the body types that make each women different.

thighs is no longer an issue for women because having these types of characteristics makes your body part of the diamond shape structure. These frame bodies, should avoid pants that appear to shorten the legs. Stick with pants that slightly taper toward the bottom. In regards to the top half of the body, shirts should accentuate the

chest area and loosely fit over the hips.

Occasionally women today have a round body shape, which includes skinny legs, small hips, a thicker middle section, and a large bust. When applying clothing to this body frame, try to avoid outfits that will cling to the larger areas. Attempt to lengthen the torso by wearing longer tops and

pants with a vertical line. Avoid accessories that will cut your middle section like belts and short handbags. Minimize the bust area by covering the cleavage and wearing tops with smaller necklines.

When a woman's top half seems to be slightly larger than the bottom, she becomes grouped in the inverted triangle shape category. These women have long slender legs and small hips. However, their bodies will expand upward with an average bust and waist and broad shoulders. Correcting broad shoulders is simple if sleeves are set in high on jackets. Try to stay away from tight fitting skirts that will cause the lower body to appear disproportional to the top. Skirts with a slight flare will balance the shoulders with the legs. For an added accessory, wear a belt low on the hips to attract the eye towards more slender area of the body.

Slender women, whose bodies are parallel, with long thin legs, a long torso, tiny hips, and a small bust, are part of the straight body type. When selecting clothing, straight body types should choose fabric that is soft and flowing. It will continue to slenderize and lengthen the body without completely covering up the sleek figure. Long v-neck tops will appear to lengthen the neck and the torso instead of cutting it off. An overall tailored look will accommodate this body type the best.

Most women's desired dream figure is the hourglass shape, but even this ideal body shape needs to be clothed in the right manner. By avoiding oversized clothing that hangs, their average bust, defined waist, curved hips, and slender legs show. Accessories such as belts, wrap tops, and defined waistbands will help bring attention to the hourglass defined waist. Clothing must be tasteful and not excessively clingy to the back area. This body type has perfect proportions, so have fun with clothing and try to choose looks that are best for this shape.

Clothing is one of the best ways a woman can express herself. When it comes time for making a good first impression, clothing can make or break your experience. A great, complimentary outfit can make you feel better as a person and your confidence will show to the world. Every woman's body is beautiful, and there is no one who should be hiding it. Find the look that expresses your inner self; take a trip shopping with our style tips, and let your personality shine on the outside.

Make-up Your Mind By Ashley Mackowiak '05

Finding the beauty essentials

When women walk into the beauty section of a store, they are often dumbfounded because there are nearly ten different company's products on the market and quality of makeup should never be compromised.

Many cosmetic companies are often overlooked due to their availability. When standing in front of the makeup counter in a store, women look for the cheapest product and open their wallets at the counter. While the companies may be inexpensive and easily available at the time, you may be sacrificing your beauty.

Companies like Avon and Mary Kay have been around for longer than most people know, but they do not get the recognition they should. To purchase those products, you must find a representative of the company and order it directly. Many of their catalogs offer a wider variety of products and specials not available in any store at a price that cannot be beat. Better customer appreciation and understanding comes with the companies along with impeccable makeup.

Along with companies overlooked, many products have also gotten the boot over the years. Every-

one woman uses makeup brushes, but never gives the time to notice or use them correctly. The most trouble with brushes is presented on the cheeks and eyes. In terms of face powder or bronzer, a larger, longer bristled brush is better for the blending after the makeup is applied, giving the face an all over glow. In contrast, the smaller cheek brush is better for keeping the makeup in one specific area. For eye shadow purposes, the thinnest brush is best. It gives you a thin, clean line

Even though we live in a society where we feel the need to be perfect, makeup is not always the answer.

with your makeup. A medium sized brush works best when used for contouring the eyelid and under the brow.

Another great makeup tool undiscovered would be the eyelash curler. The product is designed to give the illusion that you have long full-bodied eyelashes. Many women want to have lovely, long eyelashes, but do not give, or do not have, the time to achieve their goal. Top results are attainable by curling both before and after applying mascara.

With all the makeup used today, skin is truly suffering. The most imperative rule to remember is to wash. A common misconception many women share is that soap and water removes your makeup. In fact, soaps are often contributors to the problem. They do not clean out your pores, but only clog them. The safest way to clean your skin is with a product designated towards makeup removal and skin cleanser. Those products contain special chemicals that find a way to react with the ingredients found in most makeup. Many also contain cleansing beads to help unclog your pores.

Even though we live in a society where we feel the need to be perfect, makeup is not always the answer. Makeup gives women the ability to put on a "face" for others to see. In doing this, they often hide their real self, but usually are unaware of the situation.

No one was created in need of makeup and products should not change who you are. Often times women apply too much because they believe they look more attractive with it 'caked on'. They best way to grab a man's attention is to be yourself, which includes your face.

Perspectives on Powder Puff 2004

Cheerleaders share in the fun

Mark Natale '06

Arriving home late on a Tuesday night, I sat half awake at my computer chair with UnderArmor sticking to me, struggling to maintain consciousness. No, I was not exhausted from my latest rigorous track practice...

I was a cheerleader.

Ever since Sophomore year, my friends and I had looked forward to Powder Puff. Running around, acting crazy, and dancing in front of thousands of people, what could be better?

We were so excited, that upon hearing that people were going to come to school early to sign up, we made sure we got to school at 5:15 AM. Some called us nuts, but after all, that was the hardest thing we would have to do. The rest is just cheerleading, no problem, right?

Wrong.

I must say, until you are actually at a practice trying to time your movements perfectly with four other guys in order to throw someone up in the air, you don't understand what it's about. Getting your rhythm down isn't as easy as you would think, and cheerleading is more physically exhausting than one would imagine. In the end, however, it was all worth it.

The big day finally rolled around,

and it would be hard to miss me and my fellow cheerleaders. We walked into school proudly brandishing our blue and red, complete with spandex and short shorts.

Some of us were more noticeable than others, dancing in the hallway to our chosen songs on a purple boom box. (Ok, that was me.) While it seemed on that day the masses of blue and red were bitter enemies, there was something we all shared.

We were all having as much fun as physically possible.

Students called us crazy, they called us weird, they called us things I can't repeat in this paper, but they could not deny the fact that many of us were having the time of our lives. I can say without remorse that Powderpuff was the highlight of my high school career, and I know many of my team mates felt the same.

"The Powder Puff experience



Illustrated by Larissa Chopyk '05

Football offers chance for "male" bonding

Lindsay Zoladz '05

This news may come as a surprise to anyone who witnessed the whirlwind of school spirit that engulfed the halls on the days leading up to November 23, but there are Powder Puff skeptics out there. They are the upperclassmen who made a conscious effort to wear colors other than red and blue that week. They are the ones who scoff at the seniors' claim "undefeated." I'd be willing to venture that almost all of these skeptics are male.

Girls and guys are entirely different species, and there are situations that illustrate this point indisputably. When found that she is the object of an insult, for example, a girl will much quicker seek revenge than her male counterpart. A guy will, in all likelihood, find the source of the insult, talk it over with him in a conversation littered with "dudes and bros," and then be done with the whole thing. But girls will more often seek vengeance and retribution or at the very least, confrontation. I can say this knowingly and without consequence because I am a girl.

For one week in November, every girl at WTHS is given the opportunity to cast aside their catty, cliquish nature and play some football. To outsiders, Powder Puff may seem to be nothing more than a dumb tradition, but any girl who has ever played in the game knows there's much more to it.

This year, I was a linebacker and I got to play in the final minutes of the game. My jitters transformed into manic energy as soon as I stepped onto the field, and I made a tackle right near my team's sideline. I grabbed the flag and triumphantly held it high for my whole team to see. A roar went up from the sidelines; over 200 girls (and some very enthusiastic male cheerleaders) all jumping up and down, screaming. Among them were girls I'd never spoken to, girls with whom I had previously had absolutely nothing in common, and that girl who started rumors about me in seventh grade (we all have one of those in our past, don't we?).

At that moment, I knew how important Powder Puff was. It united me with my class like no other experience has ever before. And girls need that every once in a while, a common bond, a reason to all cheer for the same team.

was exhilarating and something I'll never forget," a skirt-wearing Dave Zappacosta said.

So while most Washington Township male students would loathe any experience involving participating in a 'girl's sport,' the select 60 cheerleaders reveled in it. We can all only hope one thing- that next year's game will be even better.



Seniors, juniors battle to historic tie.

60-60

photos by Meegan Wadleigh '06



The Powder Puff Experience

Senior spirit proves infectious

Darby DeCicco '05

You know the feeling.

It's the one that can make you pour your heart and soul into a single game. It's the one that can turn the girliest girl into a football player. It's the one that can turn a simple bunch of girls into a team.



Trey Miller '05/The Patriot

Powder Puff gave friends the opportunity to bond as a team.

It's also the feeling that infected every senior Powder Puff player this year, and it's a feeling that isn't determined by the outcome of the game.

From the very beginning of the very first practice, I could tell that my fellow seniors had come to play this year. Everywhere I looked girls were willing to practice longer, run faster, and hit harder than they ever had before. The seniors were all business.

And I wasn't surprised by the determination and concentration the senior team displayed. We girls of '05 knew that we had a lot to live up to, and the intensity we all brought to practice was proof that we were willing to put everything we had into playing the

best game we could.

Everything we had turned out to be exactly what we needed.

We seniors took our concentration and determination from practice to the game. With energy, excitement, and intensity we took the field. We knew it was time to use what we had all learned in practice.

Of course, at practice we had learned more than you might think. It wasn't just our knowledge of passing and plays that the senior girls used on the night of Powder Puff, because learning how to run blitzes and kick field goals had turned us into more than just adept football players.

It had turned us into a team.



Jamie Recchino '05/The Patriot

Seniors share their team spirit on game day.

Anybody watching from the senior stands on the night of the game probably wasn't aware of the feeling that had settled somewhere beneath every red jersey.

From far off, the sidelines might have looked like they were swamped with just another large senior class, but on the field the girls of '05 were cheering for each other.

Juniors get first taste of great tradition

Cheryl Supernavage '06

With rivalry blowing through the air, the Juniors were pumped for Powder Puff. Signs in the halls, cafeterias and classrooms kept spirits high for a tough game against the undefeated seniors.

Aneta Strus '06 showing enthusiasm for the juniors said, "Drop it like it's hot... juniors woo go BLUE!"

New friends were made and old friendships reestablished making the preparation for Powder Puff an enjoyable one.

The coaches were great, and first time assistant coach, Mr. Chew, said the experience was tremendous. All the junior coaches worked extremely hard and kept aspirations for winning high, so no one got discouraged. They were really passionate about the game and could be viewed from the sidelines cheering on the juniors as well as shouting uncalled or miscalled penalties.



Meegan Wadleigh '06/The Patriot

The junior cafeteria was a sea of blue.



Meegan Wadleigh '06/The Patriot

The juniors were undaunted by the undefeated seniors.

The field and the sideline were completely different experiences. On the field, adrenaline ran fiercely through the juniors' veins as they tried their best to stop the Seniors and score their own touchdowns.

Jackie Terrill '06 felt the juniors had an awesome comeback, and it was a good game for both teams.

Hearing the crowd cheer and boo inspired a desire for more practice even though being out there was an incredible feeling.

From the sideline, everyone felt a feeling of unity

Lauren Talvacchio '06 said, "I was really impressed on how our team pulled it together."

The first, allowed pile-up showed the unity of the junior class. Everyone was

happily jumping on and holding up people they barely even knew.

With help from the cheerleaders, things were kept exciting and fun.

Cheerleading coach, Dana Nelson '06, said, "The boys were really respectful towards everyone and learned everything quickly. I was really impressed."

They definitely displayed what a little dedication and practice can do. Four days of practice, and they knew their routine enough to enjoy the moment rather than focus on steps.

Cheerleader, Mike Miller '06, said, "It was a fun experience learning the cheers. I give a lot more respect to cheerleaders for what they do."

All 34 Junior cheerleaders joined together for this one statement: "We bleed blue and white, we have the three D's: Determination, Dedication and Damn sexy."

Although the result wasn't a



Meegan Wadleigh '06/The Patriot

Powder Puff was a chance to make new friends.

victory for either side, all in all it was a great game. Both juniors and seniors can hold their heads high and be pleased with what they did on the field. Even though it seemed like the seniors were going to walk away with the win, the juniors didn't let the fans down.

"I think the juniors really stepped it up and took on the Senior competition," said Deanna Wooster '06.

Powder Puff held the attention of everyone till the very end for an exciting and, considering how hard both teams had practiced and played, an almost disappointing tie.

On the bright side however, the juniors and seniors can be proud to hold the record for being the first year WTHS can simultaneously boast two undefeated teams.



Meegan Wadleigh '06/The Patriot

Both players and fans anticipated the big game.

Jordan is history; model teacher to retire

After 33 years in classroom, educator plans to travel country

Jamie Valentine '05

Mr. Rufus Jordan, Honors World History and CP US I teacher, is retiring at the end of this year. He has been teaching history since 1971, and at this school since 1980.

He is retiring because, "In a nutshell I'm tired. Physically tired. I get very passionate in class. Also an emotional tiredness." He must also take more time to take care of his mother and aunt who are in assisted living.

"Every time a student sees the connection ... That is what has kept me going and that's what I'm going to miss the most."

- Mr. Rufus Jordan

That decision to retire was a difficult one for Mr. Jordan. "You do something for years, and it's tough. I'm going to miss, not the building, but the students. It's bittersweet."

Mr. Jordan never intended to become a teacher. "I wanted to be a naval aviator. I got the grades but I was turned off by questions I was asked by representatives of the naval academy. I decided I would go to the University of Nebraska because they

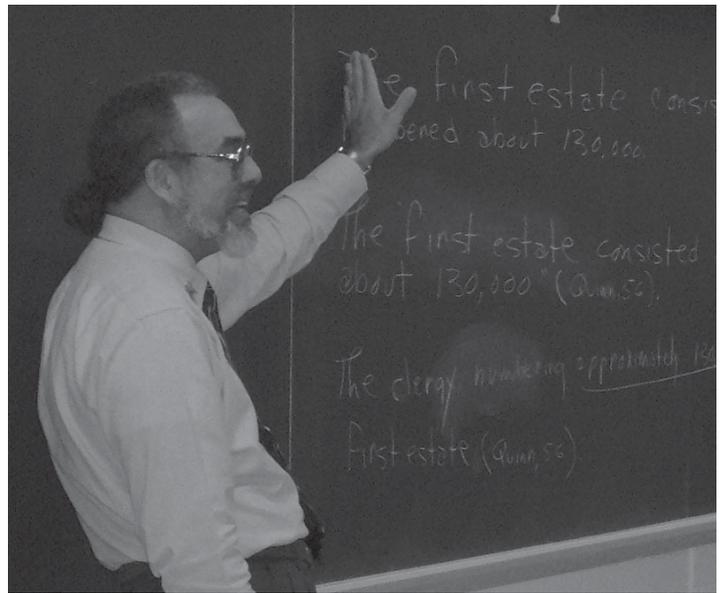
had a naval ROTC." However, because of financial issues, "I ended up at Rowan. I was always going to major in history. At the end of sophomore year, I asked myself what jobs could I get, and I added an education major." In 1971, "I figured let me try teaching. I had been working for General Motors, which paid a lot more than my first year of teaching."

In thirty-three years as a teacher, Mr. Jordan has seen many changes. "The biggest change is in the students. That change is students today have an attitude of entitlement. They have very little sense if the real world. When I started, even freshman knew the political issues."

Mr. Jordan has been the faculty advisor of Model United Nations and Youth and Government since 1991. "Mr. Barnshaw used to run both clubs, and he asked me to fill in."

For Jordan, leaving these clubs is one of the hardest things about retiring.

"It's been an overall pleasant experience. The students involved learn a lot because they are required to do a lot. Those that stay are motivated. I do worry about the clubs when I leave, but somebody will step forward. Mr. Oberholtzer has expressed interest. I would expect



Jamie Valentine '05/The Patriot

Mr. Jordan has taught history at WTHS since 1980.

him to put in for the advisorship. I've been spending time with club officers, showing them the ins and outs of the club."

During his retirement, he intends to travel the country by car with his wife, take care of his mother and aunt, and participate in his Homeowner's Association.

Mr. Jordan has had a long

education career, some of it frustrating. However there are many rewards.

"The highlight is every time a student makes a connection. Every time a student sees the connection between pieces of information that have nothing to do with each other.

That is what has kept me going and that's what I'm going to miss the most."

Have They Got Talent?

YOU be Simon.
Judge your teachers...
"idols" or wannabees?

Faculty Talent Show

CBAC

February 17, 2005-7:00PM
Tickets: \$5.00 (while they last)

Benefits Project Graduation
and Renaissance

French club celebrates



Photo courtesy of Mrs. Knepler

Mrs. Knepler (front row left) and senior members of the French Club gather for a photo-op at the club's annual Soiree. This year's event to celebrate the holiday season was held at senior member Kristina Tucci's house. A night of delicious French dishes and great music was enjoyed by all.

Teen jobs create conflict, instill responsibility

Julia Verniero '05

With constantly rising costs and new products frequently being put on the market the need for an income seems vital not only for adults but students too. So many teenagers have jobs, but is it necessarily a good thing? Like most things in life, allowing teenagers to hold jobs has its perks and downsides.

Teens need money for their car insurance, cell phones, and such. Most students cannot depend on parents for money and luxuries all the time. Others need to start saving for college tuitions.

Also, our futures are closer than some realize. Soon we will be out of school and starting careers. We must start somewhere. The less job experience one has the more difficult it is to begin a career. Some students already have their careers picked out. So, why shouldn't they start a job related to that field of work now to get ahead of the game? Of course, not all high school students have their whole lives planned out. However, holding a job early in life is something that stands out to colleges and employers. By holding a part time job and going to school students learn time management, respect for authority, and how to interact with society. They meet new people from different areas, and learn to get along with all different types of people.

However, for some, the downsides may outweigh the benefits. Balancing a job and schoolwork may be difficult for some, because employers expect their student employees to put their job before anything else, while teachers expect schoolwork to be the first priority. Some students go from school directly to work. This cuts into time for homework, extracurricular activities, friends, family, relationships, and even time to sleep. Employers expect teens to work long hours, or even until closing although there are laws that regulate the working hours of minors. However teens do not stand up for themselves because they want more money and are afraid of losing their job.

The benefits of balancing a job and high school seem so mandatory to some people. Yet others swear that being able to concentrate primarily on school work is preparing them better for life than any job could. The decision depends upon the person. If you think you are capable of having a job and doing school work, then go for it. If not, just take your time and maybe in a few years a job will be right for you.

Teens ally to make Christmas merry

Middle and high school students play Santa's elves



More than 50 middle school students donated their time to help wrap gifts.



Over 600 gifts and toys were donated by elementary and middle school families.



The event, organized by Mr. Patrick Rumaker and Mr. and Mrs. Lucarini, enabled 300 area children to receive gifts.



Tired and worn-out, after wrapping late into the night, Teen Alliance and Interact volunteers combined to make the event a success.

Lunch Tray Tribulations

Food service director manages complex task

Tiffany Narducci '05

On a day to day basis many of the WTHS students complain about the quality and lack of satisfaction of the lunches offered. As director of the food service department, Virginia Bowden's job is to oversee the kitchens and make sure the monthly lunch menu complies with the governments regulations.

The government controls everything; what is sold, how much of a product is sold, and what the price will be set as. If students noticed the increase in price that they find, it must be known that, there is no other funding to help in dispersing the cost. The money goes towards labor and the price of food.

This year, there has been a major change in the cafeteria menu. "Foods are now low-fat, baked, having no trans-fat, no first ingredient sugar, no fat or saturated fat. There are five choices offered daily; one meat, one grain, one fruit and or vegetable, and one dairy," Ms. Bowden verified.

Also, the cafés also have vegan options or different items to choose from. Currently they sell garden burgers and salads containing beans and or nuts, or a salad of your choice. They are working on more options, perhaps even soy based options. When and if these or other new options become available they will be placed on sale.

Although choices and quality are big issues, the biggest problem which had been identified to Ms. Bowden

was the problem which was occurring in 7th period lunch. Lunches were not presently available, yet the next days were being prepared. Many students were being denied lunches, simply because their tables were the last tables called. While Ms. Bowden agreed this was not acceptable, she also noted that taking attendance in the beginning of the period may have been a contributing factor.

"I am positive I will be able to correct these mistakes because they shouldn't be happening everyday," Bowden stated.

While the café is trying to become healthier, the same lunches are still being offered as before. The new choices are just other options the school can offer.

Entertainment

New Release

It's good to live *The Life Aquatic*

Darby DeCicco '05

At a time when Hollywood rarely seems able to create a film that isn't either hopelessly ridiculous or hopelessly thought-provoking, writer/director Wes Anderson (*Rushmore*, *The Royal Tenenbaums*) provides us

character's craziest and most deplorable antics justifiable. Murray is joined by Angelica Huston, who plays Zissou's wife, Eleanor, and Owen Wilson, who brings romance and innocence to the character of Zissou's possible son, Ned. Willem Dafoe plays Klaus, the most lovable member of



imdb.com

Willem Dafoe, Owen Wilson, and Bill Murray on board *The Bellafonte* in smart new film

with *The Life Aquatic with Steve Zissou*; a smart, funny, heartfelt film that combines the best of both worlds.

The Life Aquatic follows Steve Zissou, a famous oceanographer making a documentary about his attempt to hunt down what may or may not be the shark that ate his best friend. Joined by "Team Zissou," an eccentric band of adventurers that include his possible son, his wife, seven interns from the University of North Alaska and a pregnant reporter, Zissou sets off on an unforgettable adventure on which kidnapping, bankruptcy, and several magical journeys under the sea take place.

Though the first several minutes of the movie may feel both confusing and unnecessarily long, the film's ensuing excitement, enchantment, and humor more than make up for a few moment's disappointment.

A well-chosen cast, meanwhile, ties what might at first feel like an overwhelming mess into a neatly wrapped package of intelligent humor, edge-of-your-seat adventure, and insightful looks at love, loyalty, and family ties.

Bill Murray, in what will surely go down as one of the greatest roles of his career, plays Zissou with a wit and charm that make even the

Team Zissou, Cate Blanchett portrays Jane Winslett-Richardson, a tough-skinned reporter with a softer side just below the surface, and Jeff Goldblum, as antagonistic fellow-oceanographer Alistair Hennessy, will make you love him more than you ever thought you could.

As if intelligent content, sly humor, a distinguished cast, and eccentric adventure were not enough, *The Life Aquatic's* exotic sets and breathtaking locations lend a final touch to the already exquisite film. From private tropical islands to Team Zissou's rundown ship *The Bellafonte* to underwater scenes with sea creatures made from the kind of imaginative, captivating stop-action puppets that would give even Jim Hensen a run for his money, the film provides no shortage of interesting sets to capture the audience's imagination.

In fact, even if your imagination is not captured, your attention surely will be. *The Life Aquatic with Steve Zissou* is a film made for everyone. Insightful without being too serious, funny without being too crass, and original without being too over-the-top, from the moment you enter the theater, you'll understand why it's good to live *The Life*.

#1 Debut

Linkin Park and Jay-Z on *Collision Course*

Bethany Messick '06

Linkin Park and Jay-Z are "One Step Closer" to being the musical geniuses of the decade.

The CD *Collision Course* is a combination of the greatest beats of Jay-Z and the lyrical intelligence that Linkin Park possesses. The CD has six tracks that are upbeat and clever. Each track combines at least one Jay-Z song and one Linkin Park song. All of the songs that were combined are previous hits, so they are all recognizable.

What is most impressive is how the two artists combined their songs, matching similar beats with similar meanings in the songs.

Jay-Z and Linkin Park merged the songs "Big Pimpin'" and "Paper Cut" because they have similar beat patterns. They also have similar meaning, too. "Big Pimpin'" is about all Jay-Z's girl problems and how a lot of girls just want his money. Linkin Park's song "Paper Cut" relates the band's paranoia with relationships with girls. Merging the songs with their similarities in beat patterns and lyrical meanings make the song into a compelling track.

The song "Numb/Encore" is also an example of how Linkin Park and Jay-

Z united
s o n g
meanings.
T h e s e
s o n g s
relate the
fact that
Jay-Z has
been in the
r a p
business
for a while
and has
d o n e
everything

he could have to satisfy his audience. Linkin Park's song "Numb" is about how they are trying to be perfect, and doing everything they can to make people happy and reaching the goal that Jay-Z has.

The CD also includes a DVD of Linkin Park and Jay-Z making the CD. It shows them all in the studio mixing and matching beats and verses. It shows how Jay-Z and Linkin Park rerecorded verses to make them "fit"

into the new beats. In the song "Jigga What/ Faint," Jay-Z had to speed up his entire verse to fit it into the correct time frame. Linkin Park had to change their vocals as well. Chester, the lead singer of Linkin Park, had to take his vocals a tune lower than what he is used to singing.

You can tell that Jay-Z and Linkin Park put a lot of thought and energy into this CD just by watching the DVD.

The DVD also shows a private concert that Jay-Z and Linkin Park held. They mailed tickets to people in their fan clubs that seemed to be interested in it. The DVD of the concert is reason enough to buy the CD. It shows each of the six tracks performed on stage in front of a small crowd. The concert also shows the way that Linkin Park and Jay-Z interacted on stage together. They all seemed to be friendly and comfortable with each other which is pretty amazing considering these two groups have completely opposite interests.

If you are a Jay-Z fan you will be impressed that he managed to keep his style of rap, and at the same time introduced a whole different genre into his music. He demonstrates the same level of genius as all of his other songs, except this CD puts a little twist to it.



mtv.com

Rapper Jay-Z and Chester of Linkin Park on the mics, delivering their collaboration "Numb/Encore."

It is a great addition to all of Jay-Z's musical accomplishments.

For all of you Linkin Park fans, this CD pays equal attention to the rock band and rap star. Linkin Park does a phenomenal job at emphasizing their talents in sync with Jay-Z's. The concoction of the two is exhilarating to listen to.

This CD is a definite success. It is hard to believe that Jay-Z and Linkin Park actually pulled off a rap/rock CD.

Did “good teenagers” really go bad?

Reuben Gutierrez '05

Senior writer, Reuben Gutierrez, will take you into the depths of the Walt Disney Company. He will reveal to the readers of The Patriot the truth behind well-known rumors and myths of Disney's animated features, theme parks, and founder. Is that really an unmentionable on the cover of The Little Mermaid VHS cover? Did someone really die while waiting in line for a ride in Disneyland? Was Walt Disney really cryogenically frozen? You can find the answers to these questions and more every month when Reuben takes you “behind the ears.”

Aladdin, one of Walt Disney Feature Animation's most popular films, is the Arabian tale of a “street rat” who stumbles into the business of a villain and ends up with the fortune of a magical, wish-granting genie. Remembered for its animation, story, comedy, and music, Aladdin is also known for its rumored subliminal message. How much truth is there to the naughty phrase some believe Aladdin to whisper?

Aladdin has just stepped onto Jasmine's balcony, hoping to win her love. Jasmine's pet tiger, Rajah, leaps out at the stranger. Surprised by the snarling animal, Aladdin backs off, tries to shoo the cat away and whispers “Good kitty. Take off.” This comment is also verified if one turns on the television's Closed Captions setting. During these moments of the scene, many have come to believe that Aladdin is actually whispering “Good

teenagers, take off your clothes.” This belief is false and was simply misconceived.

In theaters, hardly anybody had noticed this so-called subliminal message. If they did, it was never reported or complained about. I had seen Aladdin five times in theaters during its 1992 release, and I do not recall hearing the offensive phrase. After, the 1993 VHS release of the film, the rumor began and the phrase spread like wildfire across America.

The origins of this rumor had been traced back to Matthew Ford, who had been a senior of University of Northern Iowa when the rumor began. In an article about subliminal messaging in Disney movies, Wall Street Journal writer Lisa Bannon wrote: “[Ford] heard the line on his own. The college student...is an electronic media major who hopes to go into the movie business. A self-confessed movie buff, he happened to be watching “Aladdin” one day last January [1995] when he stumbled across the alleged line. He had no moral

or religious purpose in spreading the word about it. He simply thought it was funny.” From there, the rumor spread orally from person to person as something silly a college student noticed in the movie. Soon, the story of Disney using subliminal messaging was published in Movie Guide, a Christian magazine from Atlanta.

After listening to this segment of the video a few times, a sharp ear and a high volume setting allowed me to hear a very distorted garbled phrase. Amidst the snarls of Rajah, Aladdin w h i s p e r s numerous ad-libbed phrases such as “Nice kitty” and “Look, a mouse!” to get

the tiger to back off. Though immediately after the scene cuts from a shot of Genie whispering to Carpet, Aladdin's rumored whisper is spoken. What was thought to be “Good teenagers, take off your clothes,” actually sounds more like “Scat...c'mon...good kit, take off clo...” The line sounds like it was meant

to be “Good kitty, take off, go.” The voice that utters the line does not sound like Scott Weinger, the voice actor of Aladdin. The voice is a lower pitch, a quieter whisper, and gets cut-off. The thought-to-be-naughty line is most likely the result of bad sound editing. With the recent DVD release, the line in question had been edited out.

The misheard line turned into a wild rumor that will always and forever be a rumor. One person's claim caused everyone to “hear” the line since the idea was put into his or her head. This is what psychologists call the power of suggestion. Many people had not heard the line before, but once they were told it was there, they tried to listen for it. Though still very unclear, their minds told them it was there.

The main problem arising from the rumor was the thought that America's children were being corrupted. Even if a child did hear the phrase, they most likely wouldn't understand the command or even follow it. Being too engrossed in the story of the movie, children would probably not even give the phrase a second thought.

If Disney had really inserted a truly legitimate subliminal message in Aladdin, there probably would have been thousands of teenagers arrested in 1992 for parading around the streets of America naked. For the record, Walt Disney Feature Animation did not insert a subliminal message into Aladdin. The general public put it there themselves.



www.ginevra2000.it

Was Rajah really the victim of inappropriate subliminal messages?

Meet the Fockers falls short of original

Joe Comerford '06

Expectations were just too high, and Meet the Fockers never had a chance to equal the quality comedy that was Meet the Parents.

Meet the Fockers was the keenly anticipated sequel to Meet the Parents, and it retained all of the cast members from the first movie. In Meet the

Fockers, Gaylord “Greg” Focker (Ben Stiller) travels with his fiancé Pam Brynes (Teri Polo) and her two parents, Dina Byrnes (Blythe Danner) and Jack Byrnes (Robert De Niro) and her nephew little Jack (Spencer and Bradley Pickren).

Jack has taken little Jack under his wing, teaching him things such as infant sign-language and having him



Jack (Robert De Niro) teaching Little Jack the tricks of the trade in this disappointing sequel.

listen to classical music, which sets up some funny moments throughout the movie.

The group decides to take Jack's new RV to Detroit to meet Greg's parents. His mother Roz (Barbra Streisand) is a

sex therapist at the Florida Senior Citizens' Center and his dad Bernie (Dustin Hoffman), a stay-at-home dad.

The movie starts out with a very funny sequence in which Greg, who is a male nurse, delivers a foreign couple's baby. Upon the birth, the couple tells Greg that in their country it is tradition to name the baby after whoever delivered it, not realizing Greg's real name is Gaylord Focker.

This was a sign that the movie was teetering on the brink of failure; they had already touched on two of the main jokes from Meet the Parents in a short period of time. This signaled early that Meet the Fockers was going to rely too heavily on Meet the Parents as a crutch.

Meet the Fockers has the same premise as Meet the Parents, it focuses on the awkward relationship between Jack and Greg. While Jack is more accepting of Greg in this movie, he still does not fully trust him.

One of the main problems with Meet the Fockers is the fact that it

too similar to Meet the Parents, except this time they are on Greg's home turf as opposed to Jack's. Instead of Jack thinking Greg is smoking marijuana, he thinks he has fathered an illegitimate child.

This film had so much potential, and initially, the casting of Barbara Streisand and Dustin Hoffman as Roz and Bernie Focker seemed like a stroke of genius. It brings to mind an odd-couple relationship, oozing with comic potential. Unfortunately, it seems that that potential is never completely realized, giving into some awkward moments that the movie can do without. The movie does not focus on characters like Pam, Greg's fiancé, Dina, Pam's mom, or Roz, Greg's mom, nearly enough.

Meet the Fockers was not a complete disaster. It had its funny moments, but it was not a complete film. Here is the main problem: no matter how good it could be, it will always pale in comparison to Meet the Parents. Some things are better left alone.

Jazz, classic rock top Fanslau's picks

Faculty Favorites will highlight the musical favorites of various WTHS teachers. In this edition, student assistance counselor, Mr. Richard Fanslau describes his top ten favorite albums (in no particular order).

Interview by Joe Forte '06

John Coltrane - The Complete 1961 Village Vanguard Recordings

Coltrane has a magical, spiritual sound. The musicians on this album are the cream of the cream of the crop, Eric Dolphy - alto sax, Elvin Jones - Drums, McCoy Tyner - Piano, Jimmy Garrison - Bass, and of course, Coltrane soloing on sax. This album is a 4-disc set, so you get the most bang for your buck.

(One of Mr. Fanslau's two cats is named Coltrane, the other, Mingus, after the great jazz bassist Charles Mingus.)

Miles Davis - Bitches Brew



Many times in Davis's Career he has single-handedly invented a new direction in jazz. *Bitches Brew* makes a completely new style that has gotten enormously popular, Jazz Fusion. Every time I listen to this album I hear something new, something I've never heard before, that just makes me enjoy the album even more.

Wynton Marsalis - City Movement

I've seen him and his sextet live, promoting this album. Seeing this preformed live literally brought tears to my eye.

Miles Davis - Miles Ahead

This Album is Miles Davis, and the Gill Evans Orchestra. Miles is the only soloist on this album, and he's backed by one of the most astounding orchestras on any jazz CD.

The Band - The Band

One of my favorite CD's of all time. Very, very underrated.

Jimi Hendrix - Are you Experienced?

My CD contains the US and the UK versions of this album. I think, without a doubt, that this is the best debut album in the history of rock and roll.

The Who - Quadrophenia

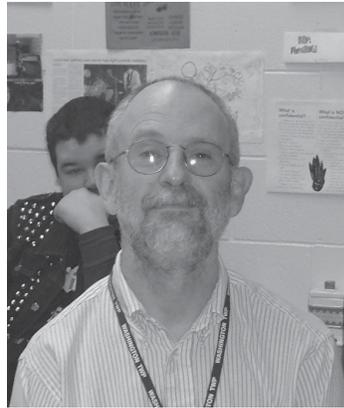
Choosing this album was hard. It was a toss up between this, and *Live at Leeds*. But I had to chose this, because it is all new music, and it was perfected in a studio to make the sound more textured.

Antiquities by Chris Heim '05

Share in Kafka's nightmare vision

"The Metamorphosis" is a quite simple book. In short it is about a man that is mysteriously transformed into a giant beetle, and how the rest of his life is affected. Looking deeper into the book, there are powerful themes of depression and the desperation that comes hand in hand with loneliness.

Written by the German writer Franz Kafka, it is a very accurate reflection of his life. Various problems with his headstrong father



Leslie Charles/ The Patriot

A long-time music lover, Mr. Fanslau had trouble narrowing his favorites to only ten.

The Rolling Stones - Exile on Main Street

This album was the Stones's last great album. They should have stopped after it; it was all down hill from there.

The Allman Brothers - Live at the Fillmore East

This was one of my favorite albums back in high school. And I think it sounds just as fresh now as it did in 11th grade.

The Kinks - The Village Green Preservation Society

In two words, I would describe this album as "happy music." In three, "Perfect Rock Album."

and his upbringing in the socially divided Prague led him to a life of loneliness, desperation, and severe depression. In the story the main character is tormented by his new form and rejected by his family and peers. They try to accept him, but after time, none of them can stand his noxious new form.

While the plot seems sort of ridiculous, Kafka shows his amazing writing abilities by turning this almost silly story into a deep and

moving tale of the darker side of life.

While it is only about 75 pages long, there is a lot more than meets the eye if you are willing to scratch a bit under the surface. I suggest reading it twice to try and get the most out of it. A quick and satisfying read, with much more for those willing to look, your enjoyment will be based off how deep you are willing to dive into the troubled mind of Kafka.

Bands You've Never Even Heard Of by Chris Heim '05

Sage Francis teaches rap a lesson

Alright, before you rip out this page and burn it for someone mentioning hip hop, hear me out.

I used to despise everything that was rap, R&B, or hip hop music. I thought it was pointless. I thought that the very essence of rap was evil, something that could never be good. I've learned a lot about music in the last few years however, and in the process I have broadened my horizons as well. Sage Francis was one of the first rappers that got me listening to my arch nemesis- rap.

Most people's gripes with rap are the same. It's all just a bunch of guys dancing and driving their hummer to the club to grind with bootylicious women in scandalous clothing and sip Courvoisier. Sage Francis is different, he has a more mellow style and much more intricate rhymes. Every song is packed with metaphors and references. He has a way of warping phrases and saying to give them a new

meaning which relates to his song, "I've learned not to feed the hand that bites me," is a perfect example. The first time you hear it, it sounds ridiculous, but if you think about it, it is really quite clever.

But Sage Francis is more than just clever, his songs are deep and raise eyebrows with issues about drug addiction, broken love, and bitter isolation. It's quite refreshing to hear rap with actual thought out lyrics and truly meaningful poems and rhymes that will really make you think.

Sage Francis is anything but straightforward rap. His influences are all over the place and even his beats vary from the cut and dried drum and bass heard in most of the hip hop that is popular at the moment.

I recommend this guy to



Sage Francis on stage, an alternative to the rap mainstream.

everyone, even you die-hard rock purists that will never ever like rap or hip hop. With intelligent, thought provoking lyrics, and talent backed by original and interesting beats, Sage Francis is different.

As he raps, he is "Different like a platypus, analytical analysis, by the time you're done this record I'll make sure you know who Sage Francis is."

The Republican Foundation for a Better Tomorrow

Rob Davis '06

The Republican Foundation for a Better Tomorrow may sound like a community political organization, but they are, in fact, a group of musicians. More commonly known as The Foundation, they are a combination of many different bands with each member having different musical backgrounds. The musicians come together to create some of the most unique and innovative songs in the area. Recently, I was able to catch up with members Erik Altieri '06 and Justin Hammel '05.

Erik Altieri

Q: How long have you guys been together?

A: Justin and I got the idea to start making music together last year in Music Theory class, but we didn't start practicing and writing until May-June of this year.

Q: What was it like to record your demo, "Helping the World One Person at a Time?"

A: Once we had gotten together writing the material came really easy and we wrote all the songs that are on that CD in about a month. We started recording it on July 3rd and we got most of the actual recording done that day, but the mixing drug on for quite a few months. Recording a CD isn't really all that fun, but it was a nice experience to work in a nice studio like we did, even if it did set us back several hundred dollars.

Q: Your music has a very distinct style to it. Where do you think that stems from?

A: I'd think it comes from our very diverse and unique influences. We listen to a really wide array of stuff like jazz, techno, house music, funk, punk, rock, and even some classical. We get our ideas from so many different places and meld them together to make something, I think at least, sounds new. We also have a love for experimentation with new musical ideas.

Q: How would you describe your live stage performances?

A: We are still working on the overall tightness and cohesiveness of it all, but we like to do some unique things so that people really have fun and enjoy themselves. I think personally that people don't come to rock shows to just hear the music they come for a unique experience and we do things to try to make our performances stand out. We wear ridiculous costumes or sometimes suits, we had a member totally dance and strip out of

his outfit and put on a new one all while we were performing music. We want people to come, dance, rock-out, or whatever it takes for them to have fun.

Q: I understand that you play most of the bass in the songs. What made you decide to play that instead of a standard six-string guitar?

A: Several years ago when I was forming my first band we had what we needed except a bassist so I was that by default. I continue to focus mainly on that instrument because, though I really enjoy playing guitar, I feel more flexible on the bass. I think it's a lot easier to go to the extremes, like one measure you can be just mellowed out and riding on a jazz or blues line then you can just move onto a total slap-funk freak out and it wouldn't be very hard to do. I find it easier to get out what I have to say on bass than other instruments.

Q: What can we expect from the Foundation in the future?

A: We are currently writing a lot of new material, a lot with more of a message about current affairs than before. I also think it's taking our sound in a new direction, but you will be the ones to judge that. We have some big shows coming up. We are in communication with the Student Relations up at Syracuse University who really want us to come up there. Our live shows should continue to get more extreme and music more intense.

Justin Hammel

Q: I understand that you do a lot of the songwriting. Where do you get your ideas from?

A: What I write really depends on my mood, but I'll usually break out and write something when I'm angry about something, say political or just plain having to do with the entirety of our society.

Q: What instruments other than the standard guitar/bass/drums play a part in your music?

A: Well we try to bring a lot of synthesizers to the table because not a lot of bands are using that stuff much around here and I also love to incorporate piano into some of our music. Sometimes for acoustic sets we will use more unique drums like congas and other such "African" drums. I also hope to bring some live violin into the mix.

Q: You have a very unique style of playing guitar. Who would you consider to have had a big influence on you?



photo courtesy of Erik Altieri

Recently the Foundation, (l-r) Jeff Nickel '05, Brian Reilly, Justin Hammel '05 and Erik Altieri '06, has been signed to 401 Records.

A: A lot of my influence has got to be from Radiohead. The way they layer their guitar parts is just amazing. I also have to credit John Petrucci [of Dream Theater] just because he is my guitar idol and I aspire to be able to play like him one day. Also Ler [Larry Lalonde] from Primus has some crazy guitar parts that I am particularly fond of and I love his crazy erratic soloing style.

Q: Do you just plug your guitar straight into your amplifier, or is there anything else in between?

A: Straight to the amp. Not a huge fan of any fancy effects, I just love the sounds I can get from my [Peavey] 5150 and I pretty much just use its clean channel and its distortion, although I am quite the fan of the Moogerfooger ring mod and I may begin to use that a bit just because it will help me get those crazy sounds I look for in music.

Q: How long have you been playing guitar, and what got you started on it?

A: I'll have been playing guitar now for 3 years in February and really what got me started into music was the

band The Offspring. I just really loved the energy of their older stuff and it really got me pumped up and interested in playing fast stuff like theirs.

Q: What would you say the best part of being in the band is?

A: We don't just practice and not really associate with each other otherwise. We hang out and have fun besides the music. Plus I also enjoy the fact that in this band we don't really sound like anyone else out there, at least not locally, so we are hoping to bring to light more styles of music to people who really haven't been exposed to much other than what is on the radio and MTV and played popularly around the NJ "scene."

The Foundation has several shows coming up in the near future such as a battle of the bands at the JCC in Cherry Hill and some shows in North Jersey supporting the Cosmic Brotherhood of Ra. More shows are constantly being booked. For new information you can keep checking www.therepublicanfoundation.tk

Boys basketball steps up intensity

Mark Natale '06

Over the past few years, the boys' basketball team has not seemed to reach the level of success that accompanies a Washington Township program. Our Minutemen failed to reach the state playoffs for several years, and seemed to occupy the cellar of the Olympic Conference.

However, during last season, everything seemed a bit different. The revelation came with the coaching change from Steve Selby to coach Bob Byatt. All of a sudden, the Minutemen were competing in every game, and pulling out victories that fans thought would never come.

Coming from West Deptford, Byatt was used to the success that Township fans have been looking for. In his first year, Coach Byatt was able to surpass the .500 mark in wins, and qualified for the state championship for the first time in five years.

Donning shirts with the phrase "Intensity Wins", the Minutemen plan to use their tenacity to take their success from last season and use it as a stepping stone. Last year, making states was a great accomplishment but simply qualifying will not please this new group of Minutemen.

In West Deptford, qualifying for States was an after-thought. It was just understood. That's the attitude I want

to establish here," said Byatt.

The team will attempt to set a winning tradition this year with senior leaders Drew Fagundas and Mike Amador and a predominantly young '04-'05 team.

"We are full of well-schooled, fundamentally sound, and athletic players."

-Minutemen Assistant Coach Andrew Holmes

Along with Fagundas and Amador, junior guards Dan Betteridge, Chris Amador, Tracy Brown, and Andrew Peurifoy form a great core of perimeter players. Juniors Nate Cooper, Adrian Gilliard, and Doug Griese add young size to what has typically been a small team in the past. But it is neither the size nor the perimeter game that is the team's best asset. Instead, the depth and athleticism is what will lead this team to success.

"We have the ability to do a lot of different things. We are full of well-schooled, fundamentally sound, and athletic players," said Minutemen Assistant Coach Andrew Holmes.

By using the depth, Byatt plans to expand on the ground work that

was put in place in his first season. Last year, the Minutemen were known for their stifling defense. For this season, Byatt hopes to turn that defense into consistent offense, using trap-zones and fast breaks to produce points.

With the schedule that Township is facing this year, it is going to take the balance of both offense and defense in order to reach their desired success. Playing in the Olympic Conference American Division, a fan can honestly say they face one of the toughest schedules in South Jersey. This difficulty goes well beyond their inter-division games.

After all, it was known that the Minutemen had to play Courier Post ranked #3 Lenape twice, #8 Cherokee twice, and the familiar crowd of tough Olympic Conference opponents such as Eastern and Cherry Hill East. But to get matched up face to face with #2 Woodrow Wilson, #5 Camden, and #6 Rancocas Valley in their non-division games, pushed this schedule

to a new level of difficulty.

To their fans who they hope will come support the team, the coaches would only promise one thing: every game is going to be a fight. After watching the first two games, it would be clear to even a casual fan that the coaches are not going back on their word.

After pulling out a tough road victory over an athletic Winslow team, the Minutemen came back to Washington Township to face one of the Olympic Conference's best: the Cherokee Chiefs. Although they led at halftime. The game was tied with only a few minutes remaining, Township fell short of the upset. They then proceeded to beat Rancocas Valley and Pennsauken. After winning the Moorestown Holiday Tournament, the Minutemen suffered a three game losing streak.

As of January 28th, the team had a record of 6-7, needing three wins by February 6th to qualify for the playoffs.

Wrestlers enter new era

Steve Dunn '06

Wrestling is perhaps the most difficult, challenging, and physically and mentally demanding sport a person could get themselves involved with. Under new coach Mr. Ralph Ross, the Minutemen wrestling team looks to achieve as much success as possible with a young and inexperienced team.

The Washington Township High School boys wrestling team has fourteen weight levels in which a match is held for ranging from 103 pounds to Heavyweight.

The Wrestling Team was dealt a tough blow by graduation this year, losing ten seniors, four of which qualified for state finals competition.

Among last year's seniors, the team lost Steve Buckley '04 who qualified for states at 119 pounds and Tyler Tisdell '04 who took sixth at states in his weight class of 152 pounds. Other notable losses to graduation include Mark Ring '04 and Ryan Walsh '04.

Even with these losses the WTHS Boys Wrestling team was ranked thirteenth in the Courier-Post preseason Top 20 rankings.

The wrestling team also has a new coach this year. Mr. Ralph Ross, a teacher at Bankbridge Regional, is now starting his first season as head coach of the Washington Township

wrestling team. Ross has previously spent seven years as the head coach of Williamstown, and three years as the head coach at West Deptford. West Deptford won a state championship during his tenure there.

"We are very young and inexperienced," Ross said.

Leading the way this year for the wrestling team are team Captains Brandon O'Hara '06, and senior Matt Sheldon '05. O'Hara wrestles at 130 pounds and Sheldon at 135 pounds. Both of them, along with other wrestlers, William Leeper '07, John Price '06, Bob Tanner '05, and Tom

As of January 26th, they are 18th in the Courier-Post South Jersey Top 20.

Williamson '07, hope to lead a young and inexperienced team to a winning record this year.

The primary goals for the wrestling team this year are rebuilding while achieving as much success as possible.

"We want to end the year with at least a .500 record," O'Hara said.

This year's wrestling team looks to be competitive and successful despite its youth and inexperience. As of January 26th, they are (5-3) and number 18 in the Courier-Post South Jersey Top 20.

Cheer set for winter

Township aims for sixth conference title

Richie Elles '08

Being led by second-year Head Coach Lauryn Atkinson, the winter girls cheerleading squad looks better than ever and is ready for another exciting season. The return of many seniors, as well as new additions to the team gives the season a great look of promise.

Team captains have yet to be named by the coach, but it has been hinted that the seniors will lead the

"We will gain more from each other as the year progresses."

- Coach Lauryn Atkinson

squad this year, as in previous years. Last season, the team rallied around the new head coach and put together an astounding year, bonding as a team, and individually.

"Last year was amazing, and we hope to do the same this year," said

Atkinson, after a Monday practice.

The team has been working hard. The after-school practices can range from a short meeting to a two and a half hour work-out. The team has already had their first event; they cheered our Minutemen at the State Championship against rival Shawnee Renegades on December 3.

The coach has set goals high for the season, as she would like the girls to learn the skills necessary, have fun, and most importantly come together as a team in order to perform to the best of their abilities. An important skill to learn for the sport is trust.

"Trust is key, and we will gain more from each other as the year progresses," said Atkinson.

Their routines include catches and falls, in which cooperation, trust, and friendship play a large part. This year's season is bound to go well under the coach along with high skill level of the athletes.

Track team preps for spring

Scott Grandrino '05

Mr. Richard Bostwick is the head coach for the boys' winter track team. This year his number one expectation was to get a solid number of guys involved with the team. He wanted guys who would stay committed and would work hard. His expectation was met with fifty guys on the team this year.

"My main expectation was to get a good group of guys to participate," said Bostwick.

His next expectation was to improve each individually by doing hard work. Bostwick has made practices tougher and the hard work has paid off. Bostwick has seen an improvement within the boys.

The boys need to stay in shape and be physically fit to compete in the Group IV. Bostwick said that the Group IV winter track schools are the toughest to compete against.

The team is going to compete in a few relays and invitational meets

this season. Winning a lot of relays will get them a place at the State Championship meet. Another meet they will be competing in is in New York City at the Armory.

Leading the team in the hard work these boys have done are Chuck Mehaffey '07, Steve Dunn '06, and Brett Salmon '06. Bostwick believes these will be a few of the key runners this season.

Mark Natale '06 and Anwar Sanders '07 are the captains of the team.

They were chosen as captains not just for their talent but by their commitment and leadership.

Bostwick said he has a "good group" of guys this year and expects a lot from them.

"This year I have a lot of guys that are committed," said Bostwick.



Joe Comerford '06/ The Patriot

When the temperatures dip, Winter Track comes inside

This year's group of guys is just what Bostwick hoped for.

These guys are runners who will stay committed and are willing to work hard during practice not just to improve themselves but also to improve the team.

Girls' track anticipates productive season in field events

Scott Grandrino '05

The girls' winter track team expects to improve from last year and do well in states.

"We improve every year," said Assistant Chris Mitchell, "We will improve well in the winter so that it will lead well in spring season."

They are in a very tough and strong conference.

"Our division is a little weaker, but our conference is very strong," said Mitchell.

The conference consists of teams like Lenape and Eastern, whom Mitchell said are "solid" teams.

"The best team in our conference is Winslow. Winslow is very good," said Mitchell.

For the girls to compete with these schools they need to continue to improve and get better day by day.

Mitchell knows the team can be competitors with these schools and would like to see many of the girls place in states.

The girls that Mitchell believes will have a key role in their success this season are Lauren McGuire '05, Melvin Mosley '05, and Marielle Aboyme '05. McGuire and Mosley are both captains.

Mitchell considers them captains because of their character and skill.

"They are both seniors, and the younger ones look up to them," said Mitchell, "Melvin is the best thrower on the team and is a leader by her

actions. Lauren shows leadership day in and day out."

Aboyme is inspiring and also shows good leadership qualities.

"Marielle may not be the best, but she does what the coaches want her to do," said Mitchell.

In the first meet at Haddonfield, Aboyme and Mosley both placed fifth and received medals. This was the first time in the four years that they have been on the team where they have won a medal.

At the Seton Hall invitational, Mosley placed in the top eight.

The girls really have improved and will continue to improve through out the rest of the season and going into the spring.

Dedication results in strong girls' swim team

Rob Czyzewicz '06

The Washington Township girls' swim team is prepared to have a terrific 2004-05 season.

"I feel that we have a very talented team this year," says head coach Jessica Slates. "We have girls that have been training for many years and work very hard all year round. I have many years of coaching experience and can bring these girls together in a way that is focused to win."

This is Slates first year as a coach here at Township. She is, however, a ten year veteran who began her coaching career at Rowan's TNT program, then spent five years at GCIT. Most recently, she was an

assistant for two seasons at Pitman High School.

There was a terrific turnout with tryouts this year. As many as 74 girls showed up to give it their best, and the competition was very tight as the team was carefully narrowed to 40.

"We want to improve on last year's second round elimination in states this season. We have many great swimmers, so the expectations we have set are very high," says swimmer Kelly Williams '06. "We have more serious swimmers, and we are a lot more dedicated [than years previous]."

The team's dedication is more than obvious.

"We practice five days a week at Rowan University," said Slates. "I have six to eight girls who also train

at a nearby club. These girls not only attend my practice but also train afterwards."

Slates described a typical, intense practice session. "The entire team so far has been working extremely hard. The practice focuses on endurance training as well as stroke techniques and mechanics. I love the sport, and I am so privileged to have the opportunity to coach here with so many talented girls."

Slates believes that Vineland will be a challenging opponent in their swim meet. Cherry Hill East and West will also be extremely competitive meets as well. If this year's Township girls swim team stays focused and performs up to their potential, they will be a very dangerous team to oppose all season.

Swim team shows promise

Rob Czyzewicz '06

Starting this season as last season's winners, the boys' swimming team expects more this season. Not only are they coming off of a winning season, but they are also coming off of their second state tournament appearance in school history (the first was two seasons ago). Two swimmers went to the state finals meet as individuals, but the team was knocked out in the first round.

"We also won the county meet for the third year in a row and graduated senior Mike Roth was named Swimmer of the Meet," said head coach Bill Albertson, who is in his sixth year as coach of the swim team. "This year we hope to improve because we have just about everybody back [except Roth] and we picked up a couple of new members with swimming backgrounds."

The team goal this year is to go to states and go further than they did last year. The team to beat is Cherry Hill East, as they are one of the best in the state. The team is in a very tough conference, so they will have to put forth extra effort to beat the in-conference rivals.

Some of the outstanding swimmers that will help to achieve all of these goals include Tom Canataro '05, Ryan O'Shea '05, Andy Bittner '06, Eric Beitz '06, Brandon Boucher '06, Billy Cregar '07, Blaise Lacca '07, and Andrew Wood '07.

Beitz '06 was excited about the upcoming year, saying, "We have a very deep team this year, and we're looking forward to the beginning of the upcoming season."

Although optimism is clearly running high throughout the team, they did take a very hard blow recently. The aforementioned, Boucher '06, who is a very important swimmer on the team and a large contributor to the success of the team, broke his arm. He will likely be inactive for the remainder of the swimming season. Albertson will have to keep the team optimistic and excited so that they will be able to achieve their expected goals and have a productive season.

"We will all have to step up now that Bouch [Boucher] is gone," said Beitz '06. "If we rebound well from this, we will still have many positive things happen this year."

Student-trainers wrapped up in sports

Brent Bartosiewicz '06

What happens when a professional athlete gets injured? They must seek the aid of their trainers. The student athletes here at WTHS do the same.

"It seemed like a good thing to join," said Jacquie Ruo '05 a member of the Athletic Training Assistant Program headed by Mrs. Tayna Dargusch since last year.

To become a member of the program, applicants must be first aid and CPR certified which can be done through school certification classes, and secondly, you must be willing to dedicate your time to one full season with a sports team at 180 hours or more, and attend a majority of the monthly meetings in order to earn a varsity letter.

A dedicated member of the program for the past three years for the football team, Jesse Totoro '05, feels that the club is, "just enjoyable".

Many students enjoy this extended service to the student athletes.

"I like working with physical athletes," said Totoro '05. When trainers work with a team for a season, they are considered apart of the team and must attend every practice and game.

"To get them back in the game as fast as possible," is the responsibility of the trainers according to Ruo '05. Many of the injuries encountered by the trainers are cuts, bruises,

lacerations, and sprains. If anyone is seriously injured, Dargusch handles the situation accordingly.

Also, they must stretch out, ice, and check up on injured players to make sure nobody is injured.

One of the club's goals is to, "Expand and increase the club's members," said Dargusch. They are also looking to take a tour of the Philadelphia Eagle's facility to learn

The only way to be successful in this field is to put your time in and work hard to learn.

about the latest technology in athletic training and physical therapy and learn what the professional athletic trainers use everyday.

The students must work hard to be successful because, "Knowing what to do on an injury," says Totoro '05, "is the most challenging". With the help of Dargusch, they are in good hands because she loves teaching.

With a Bachelor Degrees in both Sports and Medicine from



Lauren Van Antwerp '05/Patriot

Trainers work closely with student-athletes.

Central University in Michigan, Dargusch not only has the education but also the background to attribute to her experience. She has worked in industrial facilities and the health clinic in Glassboro, N.J. and hopes to pass her knowledge on to her students.

"She teaches me a lot," said Totoro '05 who plans to go to college and major in athletic training and physical therapy.

Other fields of study include numerous medical fields and nutritional studies.

The only way to be successful in this field is to put your time in and work hard to learn. For the students this is no problem because, "I love working with the students and teaching them with athletic training," says Dargusch.

Creatures reborn in 9/10 gym

Mark Natale '06

It's early on March night in Durham, North Carolina. In the locker room, the Duke Blue Devils are preparing for what could very well be the biggest game of their lives. But outside, in the stadium, is a whole different story. Dubbed the "Cameron Crazyes", these fans are more than what you would expect. Donning blue and white from head to toe, they are already cheering with energy as visible as the blue paint on their faces. To some, it's just a basketball game, but to them, it seems like much more.

That is the type of atmosphere the Bleacher Creatures will bring to Washington Township Minutemen basketball.

Attending all Minutemen home games, the Bleacher Creatures will be more than visible. Sitting in their exclusive section, you will see them adorned in their red shirts, brandishing signs and wearing enough blue paint

to renovate O'Brien Hall.

The club originally existed about 15 years ago. Their main purpose was to go to all home games and bring a type of energy and excitement that you can not get out of ordinary fans. However, after several key members graduated and the team experienced a coaching change, the Bleacher Creatures were no more.

Ask any athlete out there. Whether its football, basketball, soccer, track, or any other sport, players admit to getting lifted by the fans. Ask Jessie Cooper what it feels like to have the whole stadium turned into a state of madness as he returns a punt. Ask Ryan D'Imperio what its like to lift everyone off their feet with the homerun he just lifted to deep center field. Anybody who doesn't believe that fans play a factor in how athletes perform is just mistake.

That is the goal of the Bleacher Creatures. In the past, our basketball team has struggled. Those days are

long gone. We now have a talented team with a good foundation for the future. A new coach, new system, and young players all bode well for the team's success. The energy that the Bleacher Creatures will bring to the gym each and every night is simply one more element that will lift Washington Township boys' basketball to the South Jersey elite.

As President of the Bleacher Creatures, I know that there are enough crazed individuals in the halls of the 9/10 and the 11/12 wings to get this off the ground. After all, is there anyone that doesn't enjoy going out with their friends, acting crazy, and heckling other schools (all in clean fun of course), all at the same time? This club provides not only a boost for the team, but also a venue for fun. It is open to all students of all grades. Anybody who feels they are crazed enough to become a Bleacher Creature, contact Mr. Blank in room G-115 for information.

Opinion

Steroids a major league problem

Scott Grandrino '05

With the numerous other problems that baseball has, steroid use is the one that is making a big fuss. What ever happened to playing a sport with the talent that you have? Why do athletes need to use performance-enhancing drugs?

This past postseason for baseball was one of the most exciting postseasons in history. Watching the always underdog Boston Red Sox come back from three games to none to reverse the "curse" on the Yankees and win their first World Series title since 1918 was electrifying.

With this fun thrill ride of the postseason, baseball looked to be turning back to the true "American past time", just like it was once before. But now with the after season and learning about how more of my favorite players are admitting that they used steroids or any other type of performance-enhancing drug, is killing the game all over again.

The players in the MLB have amazing talent. Talent that I know all sports fans would die to have, so why take advantage of it? MLB players are also living the life, playing a sport as being there career and making millions of dollars doing it. So there's no point for them to use these drugs.

Using steroids or any other type of performance-enhancing drugs is like cheating off of someone on a test. It's wrong! And it's also illegal.

The players know its illegal but they think they can be "hot-shots" and use it and get away with it. That's what makes me sick about the players.

Their attitude toward the game, where that they can cheat and think they can get away with it, instead of thinking about themselves, they should think about the fans, the ones who help pay their salary. Think of how the fans feel when they find out their hometown hero is cheating! That won't go to well with them.

The league is trying to establish harsher rules and penalties on performance-enhancing use. The baseball players and owners are close to agreeing on a rule for steroid testing.

Bud Selig, the commissioner of the MLB, is calling for more frequent steroid testing and harsher penalties.

I believe with Commissioner Selig. The steroid testing should be more frequent and harsher penalties should be given to those "hot-shots" who think they can get away from it.