

# The Patriot

Issue 3

Washington Township High School, Sewell, NJ

March 2009

## Just Warming Up

### Boys' track ready to carry success into Spring

Kevin Whitehead '10

"We love it!"

That team motto sets the Washington Township Track team aside as one of the best, instead one of the rest. Along with their dedication and love of their sport, the determination demonstrated in daily practice has brought them a national honor that has been attached to their name for the past two years.

At the State Relays in the Bennett Indoor Complex in Tom's River, the sprint medley team of Tim Carey '09, Nick Krauss '09, Xavier Fraction '09, and Devon Carter '10, took first place with a time of 3:37.77. They broke the state record originally held by Morris Hill High school by one and 12 hundredths of a second. And amazingly this same group ran the 4x400 meter race and won as well. Two victories in two races. Can't ask for much more.

These upperclassmen have proved that if you put in the time and work everyday, good things can happen.

Head coach Mr. Rich Bostwick has set workouts everyday for four of these D-Block members to help them excel. D-Block is the superior members of the team, which mostly consists of upperclassmen.

"D-Block is not just distance. It's the best of the best. It's really the Dedicated Block instead of distance block," Bostwick said.

The coach just assigned the work for that day. And these four went above and beyond.

"I just put the program out



Kevin Whitehead '10/ The Patriot

**The sprint medley relay of Tim Carey, Nick Krauss, Devon Carter, and Xavier Fraction posted nationally ranked times. They hope to build on their national spotlight heading into the Spring.**

there," Bostwick said. "They need to do the extras away from me. It's the little things that make the difference and I hold them accountable for everything they do.

"They're upperclassmen and they know what's expected of them," said Bostwick.

To have a repeat performance as winners, the team has put themselves in a class all their own. Washington Township's Track team has now been put on the map as one of the best, if not the best out there.

"I'm really happy about the win. Everyone pulled together as one. We're the same team and we

executed the same thing," Carey said.

A true formula of success was constructed in the last two years and it has really paid off. They are all motivated not only by their teammates and peers, but the very inner drive of being the best. When that all accumulates in each leg of the race, whether it be the 200 meter, the 800, or the 400, a skinny time and high honors are always the pinnacle of the track mountain top.

"I'm proud of them. I know how hard they're working. Even with this cold weather, they've stayed healthy, and performed. That's the key to consistency and

there are no timeouts!" Bostwick said.

Aside from the top performers, the rest of the team has put in the time and effort to follow in their footsteps. Along with Carey, Krauss, and Fraction, key seniors will be moving on. Brian Gillespie, Greg Krause, Ryan Tiernan, Andrew Magee, Brian Keane, Jordan DiPinto, and high jumper Joe Mineo, will be exiting the program, passing the torch to the younger runners to fill their void.

"We have a nice group of

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# Hoagie sale helps good cause

Katie Mount '09

Super Bowl Sunday is a day that, for many, is filled with traditions. Some include: getting together with friends and family, going out to eat and watching the game, listening to the halftime performers, and observing all of the new commercials. For Washington Township, there is another tradition. On Feb 1, WTHS hosted the annual Super Bowl Sunday Hoagie Sale. Over two hundred people volunteered their time to help, and over \$10,000 was made from generous contributions.

The hoagie sale is a charity event organized by the Orchard Valley Middle School student council and co advisors Mr. Ron Lucarini and Ms. Kim Kalber. They received help with the organization and advertising of the event from all of the schools in the district.

"Without the support of teachers throughout the district, [the hoagie sale] would not have experienced the success we have," Lucarini said.

On the day of the event, two foot Italian hoagies are sold for \$10 each, and the money earned goes towards helping people in need. The theme for this year's event was



Katie Mount '09/The Patriot

**Volunteers prepare hoagies for pick up. The event raised over \$10,000 on Super Bowl Sunday.**

"Profiles in Courage"; the bulk of the sales went to benefiting three young girls with severe medical issues.

Michaela Healy, a seventh grader at OVMS, suffers from Hydrocephalus, more commonly referred to as water on the brain.

Healy was also helped last year from the event, and this year, the money will help the family while she goes through her 130<sup>th</sup> surgery.

"The response is overwhelming," Mike Healy,

Michaela's father, said. "People from all over are pitching in, and it definitely helps us."

Taylor Buonadonna '12 was diagnosed with Osteosarcoma (bone cancer) in June 2006. Doctors recently found another tumor on her knee, and she is currently seeking treatment. Although this is the first time money from the sales will assist her, she is no stranger to the fundraiser. Last year, she generously volunteered her time to help sell the hoagies.

"It's different now that it's my family being helped," she said. "I'm very happy and grateful for their help."

Colette Bleistine, a WTHS graduate, is now a sophomore at Rowan University. She has suffered from cystic fibrosis her entire life, and as of mid-January was transferred to the intensive care unit at Children's Hospital of Philadelphia awaiting a double lung transplant.

Lucarini said that many times he hears about the people they help through individuals reaching out to their organization.

"Over the years, the Hoagie Sale and several other projects have become so well known that people just call us," said Lucarini, "Sometimes we have neighbors of the people in need calling."

He added that although their goal is to give back to the community, he and Kalber hope for their students to receive something from the experience as well.

"[Our] other goal is to have students understand the value of meaningful community service, and to make a real sacrifice and effort in the way of hard work for someone and something other than themselves."

## Winning ways continue

TRACK from pg. 1

freshmen. I have to teach them how to train. And then the rest of the team is Cell Block—the unknowns really. Once these guys learn, they'll be moving up. It looks good because we're scoring in every grade [at every meet]," Bostwick said.

These underclassmen including standout Michael Lobban '12 who boasts a 7.07 seconds time in the 55 meter dash, long distance men Anthony Dentino '11, who ran 10:04.58 3200 meter at the SJ TCA and Dan Gresh, who ran 18:04.00 in the 5000 meter race, will concentrate on training techniques into the outdoor season. Bostwick will try to lead the freshmen and sophomore athletes in the same direction as Carey, Fraction, Krauss, and Carter.

The team bonding at everyday practice has helped these boys push each other to achieve.

"It's all about practicing with my teammates. They bring the best out of me. When I practice they push me, so when I'm in a race I

have that same feeling," Fraction said.

The track team has workouts Mondays and Fridays and also on the dreaded "Workout Wednesdays." Every week, weather permitting the track team really "hits it hard" these days. Typically the most strenuous workouts are assigned and the team really builds endurance in strength in this midweek mash.

"I like the workout where I start out with a 1000 meter, a 300 meter, and then another 1000 meter run. It gets my wheels going," Fraction said.

When the conditions are too unbearable to run in, like many days in the indoor season, the runners are put through sessions called conditioning, where they work their core and strengthen their legs.

Witnessing these players go through their two hour practice sessions simply proves a life lesson of sticking with something your good at, to finally reach the top. The sprint medley team earned accolades and respect that coincides with

every victory.

"It feels great," Krauss said. "We had an extra year of training and we worked our butt off. [The state victory was] surely was the biggest win of my life."

In addition to their recent state success, the relay team of Carey, Krauss, Fraction, and Steve Morrone '10, participated in the Millrose Games in Madison Square Garden on Jan. 30. By way of a rare accident causing a dropped baton, the team uncharacteristically did not finish in the top three, however getting to this national stage was an honor in itself.

As the 2009 Indoor Track team moves forward, the same thought process still lives on.

"I enjoy helping these athletes and the relationships I have with them. I like to know that I'm affecting their lives. Because after all, there are more that didn't win than did [in high school track]. But as long as I'm making an impact, I'm here," Bostwick said.



# Dancing for dollars

## Monzo Madness raises \$24,000

Sarah Kurtz '10

Madness. A word generally used to describe intense excitement or enthusiasm, which is exactly what monzo madness is. Monzo madness is a 24-hour dance that WTHS students participate in to help raise money to fight Amyotrophic Lateral Sclerosis (ALS).

The dance started at 1:00PM on Friday, Jan. 16. For the participants, Monzo Madness is tons of fun and supports a great cause.

Organized by WTHS Interact under the supervision of advisors Mrs. Tracy Naval and Miss Elizabeth Longo, this year's event raised over \$24,000. Since the inception of the event, Interact has raised over \$76,000 to fight ALS.

"It wouldn't be the exciting night it is without the 400+ students who attend," said Interact president Gina Parker '09.

Monzo Madness all starts with registration. Participants receive their numbers and get ready to dance the night, and day, away.

Each hour of dancing has a different music theme. Some hours

the music may have been less popular than others, but everyone kept dancing.

Every hour the DJ announced a ten minute break, which for many felt like thirty seconds. After ten minutes were up participants had to be ready to dance again. Those still sitting received an X on their hands and their chance to win was over.

Twenty four hours is a long time, especially when dancing. The first ten hours of the madness are the easiest, after that some felt they were pretty much a zombie.

"I couldn't feel my feet anymore but I couldn't stop dancing. I didn't make the full 24 last year so I had to finish this year." said Kim Kraus '10.

To grab some rest while they could, many kids brought sleeping bags, food, pillows, and even air mattresses, transforming the gym into a giant bedroom full of exhausted kids. But not everyone is too tired to dance. Some students actually lasted the full time. Kraus and Nicole Kovacs '10 were among those who were able to go the distance.

The 24 hour event required three months of preparation by the committee members of the Interact



Gina Parker '09/The Patriot

**Students dance all night at the annual dance marathon raising money for the ALS Foundation.**

executive board. They were responsible for organizing donations of food and money, registering dancers and ordering T-shirts.

"This year the success of Monzo meant more to us than ever," said Parker, "not only because it was the senior year for many of the

chairmen but because every year we recognize how many people we have the chance to help."

"It's something that only happens once a year," said Kovacs, "and if I have to ruin my weekend by sleeping the whole next day I will. It's worth it."

# NHS members enjoy induction

Sarah Hollins '09

This year's National Honor Society induction ceremony was a great send-off for its departing seniors and a great mid-year inspiration for its newly inducted juniors.

"I thought it went by very smooth and efficiently. And I think it was more enjoyable this year. It was too long and drawn out last year." says Joe Kocher '09, NHS member.

The seniors also felt that the short sentimental statements for their sponsors were cut shorter this year; contributing to a much shorter program.

The program was centered around speeches from members of the NHS executive board. Members like Catherine Kology, who spoke on NHS's commitment to community service, and Jessica Kline, who spoke about NHS's history,



attempted to sum up the importance and influence of NHS. This importance was ultimately summed up in the symbolic ritual of the induction ceremony, the lighting of the candles.

Each candle represented a different ideal of NHS. Brook Ma lit the candle of knowledge, Arice Thayer lit the candle of scholarship, Raychel Vassallo lit the candle of leadership, Chelsea Gliner lit the candle of the character, and Any Kong lit the candle of service. These candles were symbols of everything that NHS stands for and prides themselves on.

Prachi Parihar, the NHS executive board co-chair of induction, introduced Donna Pancari, the official speaker of the evening. Pancari has been teaching English at WTHS for seven years. She was a member of NHS at Sacred Heart High School and was a member of its executive board.

Possessing a Masters degree in English and

pursuing a future interdisciplinary masters at NYU, Pancari displays the qualities of most NHS members and serves as a role model for academic achievement as well.

Her speech was short and creative, as she related her favorite literature to the qualities possessed by NHS members.

"There is another source available to all of us, when we need guidance, encouragement, and inspiration. A source I have turned to countless times. I'm talking about literature." said Pancari.

Pancari drew comparisons from works such as *Great Expectations*, *The Odyssey*, *Romeo and Juliet*, *A Tale of Two Cities*, and *The Good Earth*. According to Pancari, *Great Expectations* teaches us to be "great people", *The Odyssey* teaches us "patience, perseverance, and humility", and *Romeo and Juliet* teaches us "the dangers of impetuous action, the poisonous futility of hatred."

Her closing words of advice for help for the future was to "pick up a book."

# Commentary

## Choosing patriotism over President-bashing

David Kramer '09

As we all know, Barack Obama is the newly elected president of the United States.

While most people celebrate him being in office, others heavily criticize it, especially hardcore Republicans.

As a Republican myself, I have heard many harsh things from fellow classmates and relatives. But face it, Barack Obama is our new President – and nobody is going to change that for the next four years.

During the last administration, many people criticized President Bush's work in office and how his shaky foreign policy misled America.

For the most part – those critics were right. Although I was a Bush supporter throughout his two terms in office, even I can look back and say "Wow, he really did mess some things up."

Yet I found it disturbing when everyday I would watch the news and hear many criticize the President of the United States. Everyday I would go to school and hear teachers and fellow classmates describe the President of the United

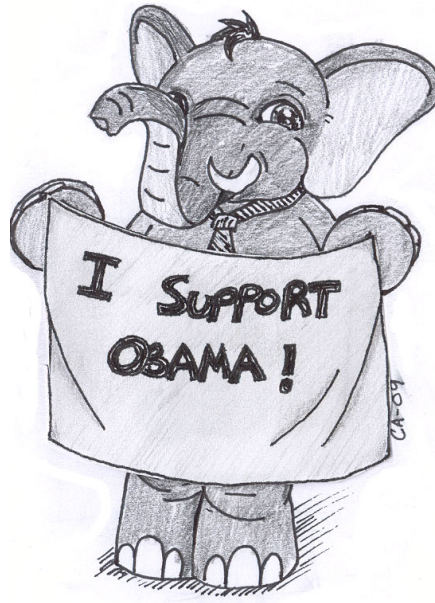


illustration by Christina Alberichi '09

States as a "hick" or "nobody".

Everyone has their own opinions, but personally, this made me sick to see that Americans had absolutely no faith, or confidence,

in the leader of their country.

Watching the Obama inauguration, I felt a new sense of pride. A sense that Americans are ready for a new direction.

For the first time in a while, I felt that the America was united and ready. Watching the inauguration that day, I felt more patriotic than I'd ever felt before. A feeling that the United States was finally "united"

Although there are some republicans who feel disgraced that Obama is our president, I don't.

I have a newfound sense of patriotism now that America is ready for a new direction, and I feel thrilled that many people are no longer criticizing the president of the United States, but praising him.

Personally, I don't feel dis-graced as a Republican for supporting the fact that America finally feels united after eight years of an old legacy.

I believe that all people, Republicans too, should feel a new sense of patriotism that the American people are pumped for the next four years for our country.

## Music enhances learning environment

Diana Lezenby '10

Many different people like many different kind of music. Some people listen to music to relax, to express themselves, or just for enjoyment.

For the most part, some students listen to music when they do everyday things, such as while they do their homework and study. They become accustomed to music as a way of being able to concentrate.

Since, students listen to music while they study, it could be easier to take a test with music playing softly in the background. Some teachers already put on soft classical music while we work, and for me it is a great way to concentrate. Studies do show that people who listen to music while testing, usually score higher.

Although I personally, would work more efficiently if every teacher played music while testing or working, not everyone would be in favor of it.

Some people need complete silence to work, and the music might bother them rather than help them. Even if the music is playing at a low volume, students might complain about the distraction.

Music is apart of people, and it's in their

everyday lives. With some much noise flowing into their ears at all hours of the day, you'd think they would bring it into the classroom.

The music in between periods has already brought a big difference in this school.

People are more aware when the music

comes on, weather they like the song or not. It wakes people up and gets them prepared for their next class.

I think playing music in the classroom every once in a while would be a great way for students to raise their grades and enjoy their classes more.

### The Patriot Issue 3-February 2008

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# Prison closing ill-planned

Dan Lacca '09

One of the first action that President Barack Obama took as the new leader of the United States was to close Guantanamo Bay prison.

Guantanamo Bay Detention Camp, or Gitmo, is a group of high security prisons, run by the US Military, located in Cuba at the Guantanamo Bay Naval Base. Since 9/11 Gitmo has been used as a holding facility for people considered to be "enemy combatants," and was primarily meant to hold anyone suspected of terrorism. Many of the prisoners being held at Gitmo have possible links to al-Qaeda, the Taliban and other Islamic terrorist organizations. This situation may not have been thoroughly analyzed by the new president .

The prison may take up to a year to fully shut down; however the out come could still prove to be chaotic. The closing of Guantanamo Bay prison was prompted by reports of inhuman torture.

Is that a reason to shut the center down completely? The plan for the detainees is to be handed over to their country of citizenship and tried under their own governments. Of course that is if their Governments accept them back. If so, the majority would be handed over to the Iraqi and Afghan Government. Both of these areas are still hot zones for the War on Terror. If

the Gitmo prisoners are convicted and placed in prisons in those nations, would they stay in prison long? Since these are still two countries where fighting is intense, how long would it take for one of the radical prisoners to be busted out by insurgents? Once released, they would return to their militant organizations and simply pose more opposition to the U.S.

## Many of the prisoners being held at [Guantanamo Bay] have possible links to al-Qaeda, the Taliban and other Islamic terrorist organizations.

Those that are not sent to another country will be impounded here in the United States. In many ways, this would be no better. Prisons all over the country are currently overcrowded by the hundreds. Is this country ready to take on detaining these people with the current weak

criminal justice system the United States has? How soon or easily will they be released into American society? These are not average criminals; these are extreme political activists who know exactly what they were doing and why they were doing it.

Osama Bin Laden said that his organization would destroy America from the inside out.

Closing Guantanamo Bay Prison was rushed and ill thought out. Instead of closing the facility President Obama should have passed legislation to investigate and stop any torturing from happening, and keep Gitmo open.

Closing the prison will open up a whole case of problems that this country is not prepared to face.

# Displays of affection need to be restrained

Jennifer Russo '10

In the crowded halls of our beloved Washington Township the last thing we want to run into is a couple showing more affection than necessary.

How do you feel when you see such things?

Some of us encounter it with a simple understanding, noting how a person wants to spend every moment wrapped in the arms of that special someone.

For others it's a blunt annoyance to round a corner and accidentally run into such a couple. For those coming off a break-up it can be just a little bit painful, for we long for that kind of opportunity again.

The embarrassment we feel when we run into such a couple stings deep as we think that we are intruding. One might try to brush it off with a "get a room!" kind of statement, but in truth many of us feel that some students take their affection just a little too far.

For those out there you have a habit of doing such things, you might want to tone it down a bit. It's understandable that you enjoy the person you're kissing, and whatnot, but for us out there it would be better if you leave that behavior until after school.

If you are really a serious couple, then you probably already make time to see each other out of school. This leaves no need for the huge scenes in the hallways.

I see nothing wrong with some affection in these hallways: holding hands, a peck on the cheek or lips before class starts, a quick hug now and then, but no more than that. This is school; we don't come here to see that.

So next time you drag your special someone to your favorite corner before fifth period, think about how others might react to it. Kiss your partner quickly and save the serious stuff for your alone time.

## Be a part of the Writers' Bloc!

Sign up for Creative Writing & Journalism.

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\* See your work published in *The Patriot*.

Talk to your counselor or see/email Mr. Jim Evangelisti (D-8) for more details.

## Have an opinion?

Send your letters to *The Patriot*.

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## People

# Senior comic gets “serious”

Sarah Hollins '09

Chris Neuteboom will one day rule the world. In fifty years he sees himself controlling the world's economy. He plans on going to college for business and staying close to home because he would miss his mom too much. One should not be fooled by this serious exterior, Neuteboom is a complete comedian.

Always the joker, Neuteboom is hardly ever serious. He does and says whatever he can to get a rise and a laugh out of everyone. Saying silly things like, “I put my mom's lipstick on at night and call myself beautiful”, or doing silly things, like drinking a bottle of Pepto Bismol for three dollars. Apparently he needed the money.

For now, let's look past this silliness and learn about who he really is. Neuteboom's favorite past time is his job, delivering pizzas. With his amiable personality, it must be a blast for him and the customers. He loves to hang with his friends and sleep. He likes to wink at people he likes to see if they notice. He also loves to carry around his favorite possession, a miniature



Maggie Bonanni '09/ The Patriot

**Neuteboom was also a participant of Manuary.**

Buddha statue, because he finds it peaceful. His idea of the perfect day would be “skydiving followed by olive garden”. What would Neuteboom bring with him if stranded on an island? “A squirrel stuffed with cheese”. As you can tell, he's ever so serious.

If you want to be part of his favorite past times, make sure you don't have any of his pet peeves. “I hate smelly people” and “I hate when people sing songs, or try to, but they don't know all the lyrics and instead replace it with the beat or melody.” He also hates when “people ask and answer their own questions.” If you possess none of these qualities, then you're in the clear. If you want to be in the running to be his new best friend, you have to have a great personality and smile.

Neuteboom's favorite self-possessed quality is that his friends' parents like him more than his friends do. In fact, the parents of one of his friends are always pushing him to date their daughter. His least favorite quality is his voice. “I wish I had the really deep Kool-Aid man voice.”

In fifty years, he wants to be “married with multiple wives” and maybe live in Canada because of the free health care. His life goal is “to hunt hawks, eagles, and cougars in the African jungle.” It's safe to say that no matter what Neuteboom does with his future, it's going to be very interesting.

# Cheer captain having great year

Jenn Gordun '12

As one of the three captains of the varsity cheerleading squad, Lauren Smith '09 is well known for her cheering on the Washington Township Minutemen football team. Smith has been in the Washington Township football program since she was only eight years old and started out cheering for the Patriots. As she progressed, she became a part of the Blue Angels All Star Team. When she was in seventh grade, the Blue Angels won the National Championship. “It was an incredible feeling to win something that our team had worked so hard to achieve,” said Smith.

Smith cheered on the Blue Angels All Stars for two years until she reached high school, where she finally became a part of Washington Township's competition and football cheerleading squads. She believes that being on the squad is her greatest achievement as a cheerleader so far.

“Being apart of the Washington Township varsity cheerleading team, every girl is extremely talented and unique.” She said, “This team has won Conference Grand Champs for nine years in a row and it is an honor being able to say I am a part of this outstanding team.”

For her first year at WTHS, Smith made the freshman team for the football cheerleading squad

and the junior varsity team for the basketball cheer squad. She made the JV cheer squads for both sports in her sophomore year. Smith began working harder than ever during her second year at Washington Township High School, and it paid off. For her junior and senior years, she made the varsity cheerleading squads for both football and basketball.

Lauren Smith is not only one of the talented twenty-eight girls who made the varsity squad, but she is one of the three captains of the squad. “I felt very honored when I found out I was a captain. Of course it was even better when I knew that Victoria Collins '09 and Taylor Satorio '09 would be captains with me.” Smith said, “Every senior really did deserve the position as well, and to be one of the three girls out of twenty-eight is amazing.”

Not only is Smith a talented cheerleader, she was also one of the twelve nominees for the



Gina Parker '09/ The Patriot

**Smith's outgoing personality and bright smile help her cheer on the Minutemen with pride.**

home coming court. Smith says that to be nominated into the court is “incredible”, and she feels very honored to be able to get to know the other eleven beautiful girls that were nominated with her.

# Bringing history to life

Anthony Rue '09

American History teacher Mr. Robert Barnshaw has been teaching for twenty eight years and is consistently named as a favorite among many WTHS students. Barnshaw has had a commitment to excellence from the moment he started teaching.

"I was a junior in high school when I realized that I wanted to be a teacher, specifically an American history teacher,"

Barnshaw has quite the collection when it comes to the various awards he has been given over the course of his illustrious career. Among many others, he has won an award from Penn State because of his exemplary job as a mentor for honor's female students.

Perhaps the most prestigious award came in 1989 when he was named WTHS Teacher of the Year. Barnshaw's laundry list of awards proves his incredible gift for teaching, but he doesn't get arrogant or conceited when it comes to all the

attention.

"I've been blessed a lot of over the years I think." He states modestly.

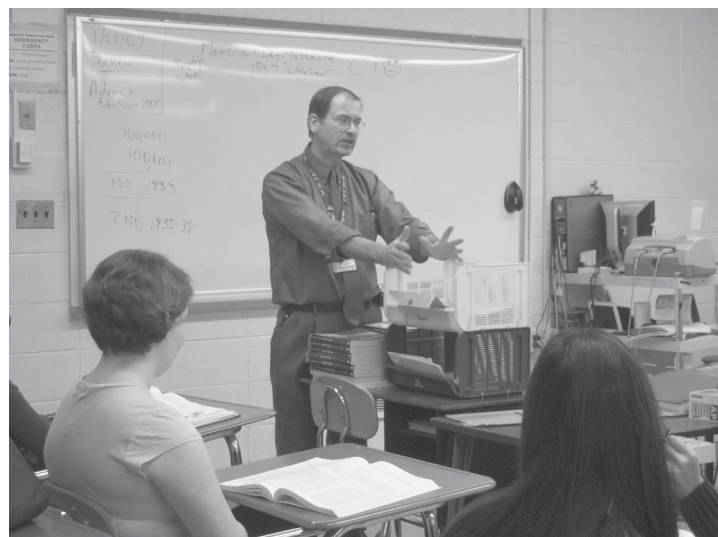
Barnshaw is a firm believer that respect is the key to helping students enjoy and succeed in his class.

"I have always believed that if a teacher gives respect to his or her students, then they will respect you back. They may not always like you or think everything you say is right, but they will at least give you respect in return."

Barnshaw has always been enamored with history and feels the best part of teaching his classes is when he can see his students understand it as well.

"I love American history, and I love when I see that my students can understand the subject matter. I try to always be sure that everyone in my class can grasp and understand the concept of what it is I'm teaching." Barnshaw said.

American History isn't the only area in which he teaches students and gives them guidance.



Gina Parker '09 / The Patriot

**Barnshaw is known for his captivating lessons about American History.**

Barnshaw is also the advisor for historical relevance. Regenerate (formerly Bible club).

Another big part of Barnshaw's everyday life is his interesting hobby of collecting historical artifacts. For many years he has been collecting all kinds of objects with

"I have all kinds of things in my collection: Flags from various countries, uniforms that were worn throughout different wars, posters that were prevalent during the World Wars among others."

# Music teacher finds humor in life

Sarah Hollins '09

"Live life sarcastically" is the motto of Mr. David Cona, WTHS music teacher.

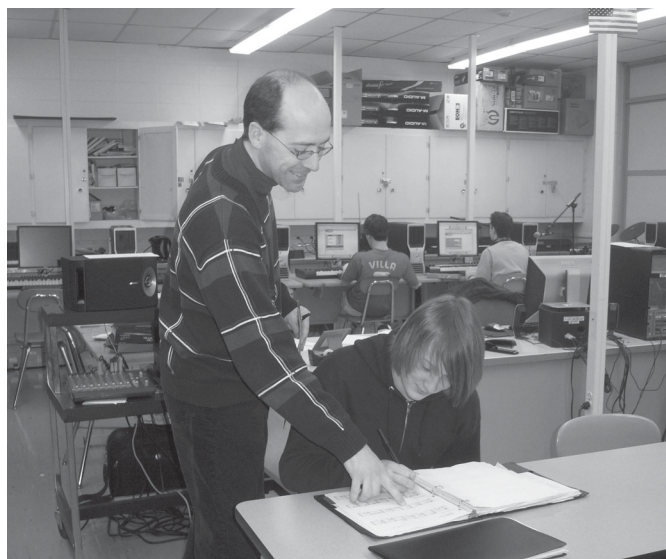
Students who know Cona would definitely agree that this is a quote he lives by. Students who are not familiar with Cona learn quickly, not to take a word this man says seriously.

He's constantly cracking jokes and teasing students.

Cona teaches Music Theory and Guitar 1. His inspiration is his high school history teacher, Mr. Collins, who taught him that teaching could be fun.

Cona initially went to college to be a history teacher, but switched to music because he could not escape his love for it.

Cona listens to everything from classical composers like Haydn and DeBussy to bands like Rush, Yes, and Nickel Creek. He loves to



Gina Parker '09/The Patriot

**Aside from teaching, Cona enjoys watching Monty Python.**

watch "Lost" and "Scrubs" and is a *Patton*, *Lord of the Rings*, and *Monty Python* fan. He has also recently gotten into cycling. Over the summer, he had some heart issues, so he hopped on a bike in hopes to get healthy and lose a few pounds.

While his newfound training is something

he is committed to, there are no dreams of bike races in the near future. Overall he considers himself a pretty pathetic cyclist at the moment.

Cona's favorite day of the week is Wednesday because of what he calls "Beating Night". His wife goes out and knits with friends, so he and his kids wrestle.

"They beat me," he said.

For those who would like to be in Cona's good graces, there are a few things to consider. People who are not very empathetic do not sit well with him. It bothers him when people are indifferent to others' feelings and think that their problems are always top priority.

Cona comes from a family of seven brothers and sisters. He's a very family-oriented man who is constantly telling stories about his kids. Once, one of his kids forgot to strap their Wii remote to their wrist and hurled it into the television.

Greatly influenced by his wife, he admits that she is always right and guides him in almost everything he does. This guidance is something he shares with his students. He does not boast though, because "pride comes later".

He does enjoy working with students and is proud of a time he helped a student through a personal tragedy with some bits of wisdom he had passed on years earlier.



# Odds and Ends

*Soup Kitchen of Advice* by Sarah Hollins '09

## LeChef serves up a recipe for love

Dear Soup Kitchen of Advice,  
I met someone in a book store and now I seem to see him everywhere. I can't get him out of my head but I'm too scared to do anything about it. He's a complete stranger but I know we like the same type of books. How should I approach him if I see him again?

Sincerely,  
Bashful Bookworm

Dear Bashful Bookworm,

Many of us can be intimidated by those we are infatuated by. Your timidity is nothing to be ashamed of. So cowardly lion, let's get you over to the wizard and get you some courage. Muster up some confidence and walk over to this mystery man.

Maybe a good opening liner would be about what you both have in common, in your case, something along the lines of, "I heard that's a good book". Talk about a mutual subject that you both enjoy. If he doesn't seem interested, then don't continuously pursue him. You have to accept that you can't always win every battle. And even though you lost this one, at least you tried. The worst thing that could happen is

rejection and then you just get back up on your feet. There's plenty other fish in the sea or in your case, books in the library.

And that's your spoonful of advice!

Sincerely, Le Chef

Dear Soup Kitchen of Advice,

My friend seems to still like an old flame, though he's moved on. She always seems like she's waiting around for him, but I know nothing will happen. How can I tell her to move on?

-A concerned friend

Dear Concerned friend,

It is most unfortunate that your friend is in this current predicament. I understand that you are a concerned friend, but in this situation you can't really interfere too much.

Your friend is a teenage girl and once a teenage girl likes a boy she makes him her world. Most of the time, she puts this boy before her friends. If you understand that, then maybe you can approach this situation a little more cautiously.

You should tell your friend how you feel and that you just care about her happiness, but you should do so

in an open way. Explain yourself and say that your place is of concern as a friend and the only reason you're butting in is because you care about her so much and don't want to see her get hurt. If your friend feels judged or bossed around at any point in time, she will tune out everything you say. In this situation, you can't decide for your friend. Sometimes, the more you nag the further they inch away. The best thing to do is to voice your opinion but support her no matter what she does. If it ends positively or negatively, you should be there for her either way.

And please, no "I told you so's" if this does end badly. I'm sure your friend appreciates how much you care about her. If she doesn't, then at least you've said your peace, gotten this off your chest, and attempted to help her. In the end, that's

all you can do and you should be proud of yourself for your selflessness. You are the staple of a true friend.

And that's your spoonful of advice!

Sincerely,  
Le Chef.

**If you have a question that you would like to share with the chef, send an e-mail to [wthspatriot@gmail.com](mailto:wthspatriot@gmail.com) Attn: Sarah H.**

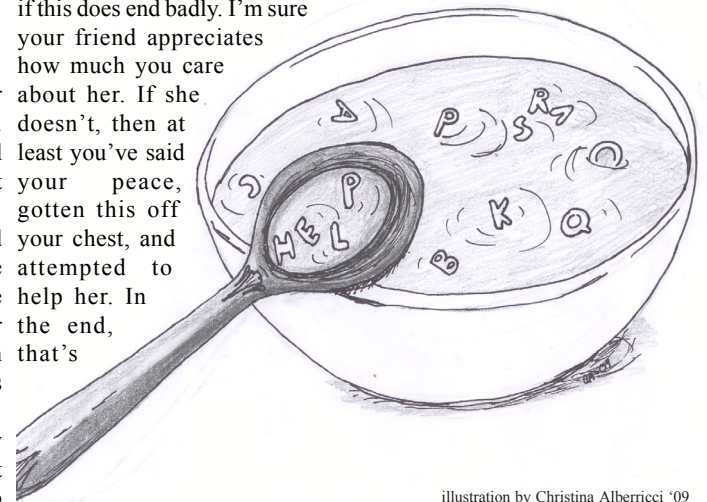


illustration by Christina Albericci '09

## Parents go back to school

*Brittney Collins '12*

Have you ever wondered what it would be like to have parent teach at your school?

I have often wondered this and recently got an answer to my question. My mother, after being a stay home mom since I was born, just recently started working again. She didn't want a full time job, because of my three younger sisters are still in elementary school.

She decided to start subbing.

She really wanted to sub at WTHS, and ended up getting a 17 day sub position as my health teacher.

I am very close to my mom, so I wasn't nervous or hesitant about her being a sub or embarrassing me in my class. Overall, it wasn't too bad. It is kind of weird to have your parent

as your teacher, but if she's happy, then I don't really mind. Even though there were some kids who thought they could take advantage of the situation, it ended up working out, and my mom had a lot of fun. My mom loves teaching, and I wouldn't want to stand in the way of her dreams.

One of the funniest things about having my mother as a substitute teacher was what she did outside of my class. My friend had her in a different class period, and she told me what my mom shared everyday.

You see, my mom is really open, and she liked to share anything and everything about her life, including what I ate for breakfast, or how my new braces were hurting me. My friend and I actually laughed at all the random things my mom talked about in class, so, I came to accept my mom teaching me.

I know there are some other kids in the school whose parents sub or even work here full time, and I bet they agree with me that having a parent in school is not as weird as it sounds.

A lot of students might have some misconceived notions about it being an easy class if your parent was your teacher, but it's actually the opposite. I don't know about any other parents, but my mom said from the beginning that she was going to be harder on me than the rest of the class.

I am more of a quiet student, and I don't speak up that often, but my mom made sure to make me participate at least once each day.

In all, having a parent teach you is an experience. You'll laugh, and probably get embarrassed, but it's worth having that experience.



# Model commands attention

Kim Scott '10

Supermodel is a word that inspires images of blond bombshells or bronze goddesses such as Heidi Klum and Gisele Bundchen, but few people outside the fashion circle instantly think of Coco Rocha. She is Canadian model of Irish, Russian, and Welsh descent, gifted with a pout that could make heads turn and a walk down the runway to match.

Rocha was discovered at the ripe age of fourteen while participating in an Irish dance competition by Charles Stuart, a prominent agent.

Rocha stands at 5'10", a relatively average height for models, but towers over the majority of the average height of women in the United States, 5'4". The "It" feature, essential to a model's success, is her avant-garde facial features that demand attention in a sea of models. Her oval face consists of sharp angles, high cheekbones, a pixie nose, and an everpresent pout.

An issue more admirable than Rocha's physical attributes is her stance on the issue of eating disorders in the fashion world. She has made clear in a series of articles

her staunch disapproval of the unfair pressure on models during Fashion Week and the viewers who are effected by the distorted body image they emanate.

At first, Coco Rocha blended in with the crowd of tall, stunning models that walked down the runway in 2006. I had previously viewed the fall '06 runway shows of ready-to-wear Marc Jacobs, Anna Sui, Prada, and Dolce & Gabbana and remained oblivious to Rocha while other models such as Gemma Ward and Vlada Roslyakova shone through the veil of anonymity.

While escaping notice, Rocha did catch the eye of Style.com, who named her as a rising star along with the fellow Canadian darling, Irina Lazareanu. The reputable Models.com also cited Rocha as one of their Top 10 New Faces of fall and winter 2006.

Rocha displayed even more promise, when the Vancouver native was handpicked for a Dolce and Gabbana campaign before she even appeared on the runway. Rocha soon was chosen to close the spring 2007 ready to wear show of Vera Wang, then opened that same season of ready to wear Balenciaga and

couture Christian Lacroix. This list excludes the numerous shows she debuted in for spring 2007, such as Michael Kors, Derek Lam, and Malo.

The monumental event that happened later that year, the event that changed my perception of the dark haired, blue eyed waif was Jean Paul Gaultier's ready to wear fall show in March 2007. The theme of the collection was bathed with Scottish pride; plaid, tartan, fur, dramatic colors, and equally dramatic plumes of feathers resting on the heads of various models throughout the show.

Rocha pounded down the runway with graceful ferocity as she riverdanced across the hard, vinyl floorings, clad in a blood red jacket. As a viewer, I was in awe of the sheer power that Rocha possessed as she stomped and leaped into the air. In that moment, I understood that Coco Rocha was not just a pout and a magnificent walk, but possessed what models strived for, what fashion is all about: beauty and a sense of empowerment.

Throughout 2006, 2007, and 2008, the face of Coco Rocha has graced the covers of *Italian Vogue*, *Dazed and Confused*, *Numéro*, *Time*



style.com

**Rocha is known to model couture clothing such as Dolce & Gabbana, Marc Jacobs, Anna Sui, and Prada.**

- the *Style & Design Supplement*, *Japanese Vogue*, and has appeared in numerous editorials in *US Vogue*. Rocha continues to appear in many collections throughout the spring and fall seasons of 2008 and fall 2009 with her trademark pout curled into a cheshire grin as she stands at the end of the runway.

**Noticing the '90s** by Alyssa Couce '09

## Remembering playtime

Do you remember the 90's?

It's an era most of us grew up in. Many things have changed since then.

Although technology has advanced I still prefer the toys we grew up with.

Do you remember Simon? It was a toy that lit up in patterns. You had to repeat the pattern by pressing the lights in the same order.

How about Bop It! They have advanced versions but do you remember the original? You had to hit the middle of the toy when it yelled Bop It, twist the right side and pull the other when it said "twist" or "pull." It was so aggravating when you lost and the toy actually yelled at you!

Another favorite past time was playing with my Easy Bake Oven. The Easy Bake Oven helped children cook as safely as possible. The oven could be plugged into any outlet and you would wait for the oven to get hot. You could buy different recipes like cookies and cakes. You mixed the mixtures it came with and put them in a small tin tray. The oven came with a spatula



hasbrotoyshop.com

**Though it bears little resemblance to its 90's predecessor, the Easy Bake Oven is still a popular toy for today's children.**

that held the tray making it easy and safe to slide the tray in the middle of the oven. I can still remember making my parents and sisters try the crazy concoctions I made.

Another favorite was shrinky dinks. You would take pieces of plastic it came with and draw and cut. When finished you slid the plastic

in an oven similar to the easy bake oven. The plastic would then shrink to 1/4 its size and become thick and hard once cooled.

Who could forget "Skip It?!" This toy was the next best thing to the hoola hoop. Skip it was a ball of some sort attached to a wire that went around your ankle you would roll the ball in a circle around your body and jump over the wire as long as you could. I had one that actually counted how many times you skipped.

Another popular toy was the little skateboards and bikes that came with mini wrenches and screw drivers. You could unscrew the tires and replace them with new ones. A lot of kids would use their fingers as legs to make the skateboards do tricks. The most fun was to use the mini screwdriver to take apart the board and replace it with a different one.

Even though we now have play station and handheld game systems like PSP's I for one miss the original toys we grew up with.

## Features

# Early school hours cause sleep deprivation

Sarah Hollins '09

At WTHS, students are accustomed to waking up at extremely early hours in order to get to school on time. As they shuffle into school and make their way to classes, they are noticeably starting to resemble zombies.

School districts all around the country have always complained about low test scores, but our country is at an all time high in low test scores. In our attempts to compete with and succeed other nations' intellect, our country is starting to seriously investigate the way our schools work. The best place to start is right at the root of the problem, which many students deem to be lack of sleep.

Students know all too well the side affects of a late night studying.

According to Matthew McDonald, author of *Your Brain the Missing Manual*, side affects of short-term sleep deprivation are a decrease in attention, reaction time, mood swings, and weight gain.

"If you're short on sleep you can't

concentrate. You're likely to be sidetracked more often, and you'll have...trouble with...anything that needs solid focus, say mental math."

McDonald also states that "the teenage brain can't get by on 7 or 8 hours of sleep, you need 9 or 10.



Illustration by Alexandra Pasquelone

And to make matters worse, the circadian rhythm (An activity cycle lasting 24 hours. Many living things, including humans, follow a circadian rhythm i.e. a biological clock) of your teenage brain shifts, so that it expects to stay up later and sleep- in longer...you'll need to compensate by going to bed earlier than they want to." McDonald proposes a splendidly simple idea, just get to bed a little earlier; but as most teenagers know, it's not that easy.

Many WTHS students pile on the work, taking honors classes and the occasional AP class. With so much homework every night, it's impossible to go to bed early. Some students are up all night struggling to complete it all.

"A lot of honors classes give a lot of homework and you're up

till the wee hours of the morning finishing it," says Joe Kocher, WTHS Senior, "An extra hour of sleep in the morning would help you concentrate better."

Some students believe that an extra hour for sleep in the morning would be more practical than an extra hour at night. This would push everything back, making departure from school an hour later. For some students this poses as a problem because of other commitments, but students like Jen Russo 11' think otherwise.

"Getting out at 3 or 4 o' clock in the afternoon is no problem for me," she said, "I still have hours until I have to go to bed."

Many schools around the country are winding their clocks back and letting their students get some extra snooze time. But until our district does the same, here are some tips for quick power naps or just better sleep in general.

"The secret to getting a good nap is to break it off before you enter the deepest part of your sleep cycle. Anecdotal evidence suggests that, on average, a 20 minute nap leaves the brain lightly refreshed" *Your Brain the Missing Manual*.

According to *Mind Performance Hacks: Tips and Tools for Over Clocking Your Brain*, tips for getting better sleep are, "make a comfortable bed, be somewhere quiet, be somewhere warm or cool, be somewhere dark, be well-nourished but don't eat heavily right before sleep, and cut out caffeine at least 8 hours before bed."

For us humans, who spend about 20 years asleep, lack of sleep is important and can negatively affect health and daily performance. While you're busy waiting for school officials to come around to the idea of changing school hours, get some sleep.

*Lives of Military Brats* by David Kramer '09

## Militant to mellow

David Kramer '09

What is a military parent like? Most kids who don't have parents or relatives in the military, assume that military parents are strict and disciplined, unlike their average civilian counterpart. What they don't realize though is that many military parents leave work, and become another person when they get home-A more loving and caring parent, rather than a disciplined and strict soldier.

Usually when my Dad arrives at home, he's really stressed out and looks tired. He comes in, takes a seat and reads the newspaper for an hour or so. Most of the time I'll come into the kitchen and we'll talk for awhile about how a day went, or interesting news in the sports world. Bottom line is that my Dad is a more mellow and friendly person when he comes home, opposed to him being at work.

When I was 12 years old, I remember going to my Dad's office at the NRO (National Reconnaissance Office) in Washington, D.C. At the time, he was an active duty airman, working with civilian contractors that worked with various branches in the military. As soon as we walked into his office, he became a different person. No longer George Kramer, my father, but Technical Sergeant George Kramer. He immediately started giving out orders to his airman (He was supervisor of the personnel department), as well as his civilian workers. Never had I seen my dad with so much responsibility. It was shocking to see my dad at work, almost as if there was another side to him that I'd never seen before. From that day on, I realized that my Dad was one person at work, and another at home.

My life really hasn't been strict or disciplined due to my Father's line of work. My dad is a very family-oriented person, and you would never know that he was some sort of military "machine" when you saw him at home. He enjoys watching and playing sports, lifting weights, and spending time with the kids. He, like other career military men and women, has two lives - one of a family man, and another of a military man.



# Manuary gets tough, raises funds for charity

Miranda Steinman '09

For most, January is a time for resolutions and new beginnings. At Washington Township High School, however, the month has a whole different meaning.

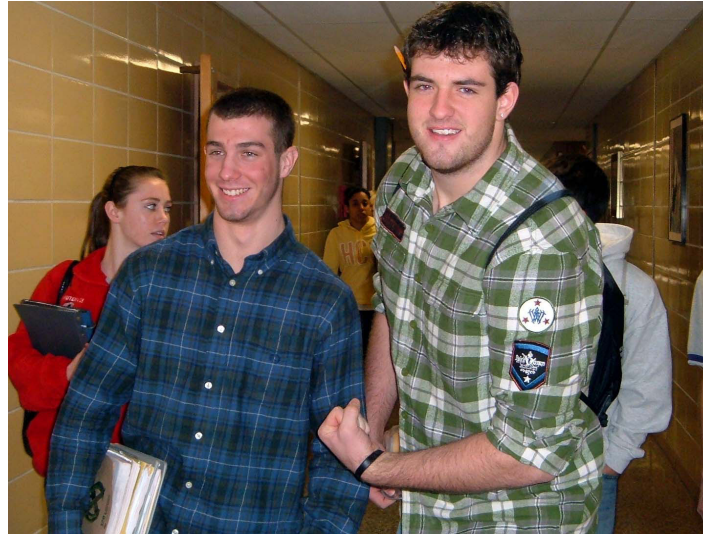
If one walks down the halls in the midst of January, he or she might see a few things that are out of the ordinary.

Teenagers with facial hair can be seen around every corner. These students can also be found at Denny's every Sunday eating the Lumberjack special and drinking black coffee. Every Friday the boys are clad in plaid as the participants in this event wear flannel shirts and work boots for "Flannel Fridays." It is all part of a new tradition titled "Manuary."

"The rules go as follow," said Chris Neuteboom '09, "Do not shave, do not cuddle. Eat Denny's, and wear flannel on Fridays."

The guys in Manuary are no joke. Anything they deem as "unmanly" is strictly forbidden. If the rules are broken, the culprit must wear a sign displaying his mistake, or he could possibly be kicked out of the group.

This happened several times, and some of the "fallen" members included: Steven Romano, Alec Swiecinski, Rodrigo Mateo, Luke



Maggie Bonanni '09/ The Patriot

**Manuary men show thier manliness by wearing plaid, not shaving their faces, and soliciting funds for a good cause.**

Atzert, Jeff Lamb, Sean Kelly, and Joe Contino (All class of 09.)

"I dropped out of Manuary because I thought my facial hair wouldn't be up to par with everyone else's," says Alec "Swiz" Swiecinski, 09, "and I wasn't man enough to cut down trees."

One of the main points of Manuary is to be as manly as possible. While growing out facial hair and wearing flannel fit the boys' vision of masculinity, a lumberjack would not hold true to his name if he did not actually perform the deed.

This is why you can find several videos posted online displaying some of the participants sawing or chopping down trees as a declaration of their manhood. Although they are not showing their environmental sides, the boys just want to stay true to their titles.

Although this 'tradition' was started last year in Mr. Dan Saia's sixth period economics class, the festivities hold another meaning for this year's group of "lumberjacks." The boys have raised money for ALS and have given all proceeds to

the Monzo Fund. They felt that after a good friend's mother passed away from this disease, raising money was a great way to give the family their regards and help other families in the same situation.

"A lot of the fund raising was run by Paul Buono '09, collecting, hustling, extorting," said Neuteboom, "and the Manuary cards were my creation, but everyone does their share."

At Monzo Madness, the 24 hour dance-a-thon, the Manuary participants led several activities during the 10 minute break periods. Each was another motivation for people to donate whatever they could. At one point, the boys auctioned themselves off for a dance to the highest bidder.

Manuary 2009 was memorable because of everyone's enthusiasm and participation. It would not be unlikely if future classes want to out do the preceding years.

Hopefully they will take the boys' wonderful spirit and determination in raising money as inspiration for making Manuary not only a fun activity, but a great way to fund organizations. Next time you look at the hairy faces of your classmates, remember that they are not only doing it for laughs, but in good spirits for a good cause.

## FBI visits WTHS

On Jan. 21 and 22, the Philadelphia branch of the Federal Baeru of Investigation (FBI) had agents visit WTHS Forensics classes. Agent Tom Duffy instructed students on how the FBI uses forensics to investigate and solve matters.



Katie Mount '09/ The Patriot

## Lifestyles

# Avoiding sunless tanning's pitfalls

Grace Glennan '11

We all know that everyone wants a summer tan all throughout the year. It unfortunately doesn't work that way. We get burnt, we get tan, and then by mid September we are back to our normal skin tone.

Teenage girls especially are always looking for ways to keep the tan. The only problem with that is it isn't always healthy.

If you do not have time or access to the tried and true method of tanning in natural sunlight, there are several different ways to tan. You could lie in a tanning bed in a salon, use an airbrush tan, or take tanning pills.

Many people go to tanning salons such as Hollywood Tans and use the tanning bed technique. Although effective after the first few uses, safety is questionable. Tanning beds put you really close to UV (ultraviolet) rays. The UV rays damage skin.

With this type of tanning you also have to worry about your eyes. The tanning beds emit so much light it can damage your eyes. This is why when you go tanning you need to wear the goggles.

Another way to a sunless tan is using the airbrush technique. While it may protect you from those harmful UV rays, it can prove harmful in other ways if the spray is

**Just remember that each method has its side effects so take the necessary precautions when tanning.**

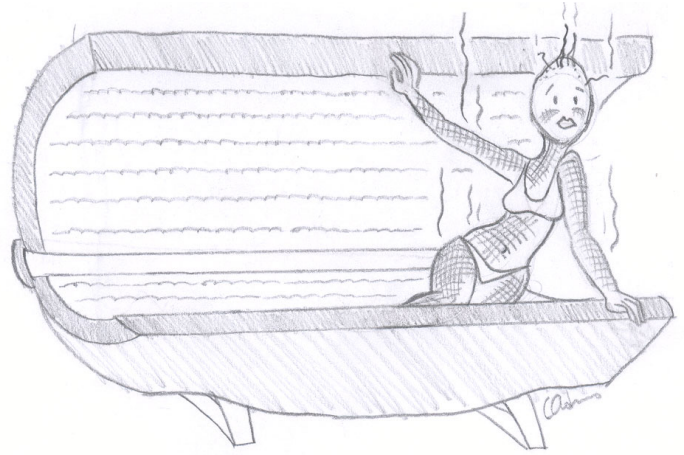


illustration by Chris Adams '09

**As with natural tanning, most artificial means can have drawbacks.**

not applied properly. According to [www.oregon.gov](http://www.oregon.gov) the FDA has approved a chemical in the tanning

solution called dihydroxyacetone (DHA), this is safe to apply externally but should not be sprayed in or around the mouth nose or eyes. They cannot give exact side effects because none are known but as a precaution you should not spray in these places.

Just as you need to wear goggles to use a tanning bed the FDA, according to [www.oregon.gov](http://www.oregon.gov), states that you should wear goggles in this type of tanning as well. They also recommend you to plug your nostrils and ears and use a lip balm.

Tanning pills should be avoided as they are deemed to be dangerous. They unlike the chemical DHA are not approved by the FDA. According to [mayoclinic.com](http://mayoclinic.com), they contain a color addictive chemical. These chemicals will stay in your body and your skin and can cause eye damage as well as nausea and cramps.

If you are looking for a year-round tan, the things to beware of are the chemical DHA in the spray and lotion tan, the UV rays in tanning beds that cause damage to your skin and eyes, and pills that will only cause more trouble and will not work. The healthiest choice is spray tanning.

Just remember that each method has its side effects so take the necessary precautions when tanning.

## Controlling teen obesity

Jenn Gordun '12

Many teenagers are found obsessing over the way they look.

Whether it's getting a hall pass and fixing their make-up in the bathroom, or checking their hair in the hallway mirrors, teenagers are meticulous with their appearance.

One aspect of appearance that teens obsess over is their weight. Obesity is defined as being at least 20% heavier than your ideal body weight. It is something that 15% of teenagers worldwide are going through, and 15% more are in danger of experiencing.

Many people do not take weight seriously. They figure, "I like to eat, I'm a little fat, so what?" Not many people recognize the serious danger that they put themselves into when giving in, and eating that one junk food that they cannot resist.

It's not just eating too much of fattening foods that puts teenagers in serious risk; it's staying inactive and not giving your body the exercise it needs. Many kids come home from school, and go right onto the computer, or go and watch TV. Some

might not think that it's a big deal, but it's the little things that matter. Even just twenty minutes of exercise three to four times a week can help fight off obesity. It's not a difficult task to help keep you healthy, and it can be easy and fun.

Instead of coming home and sitting down to watch TV, just go for a walk, or do some quick sit-ups while watching TV to get your blood flowing. The little things make all the difference.

The effects of being overweight and staying inactive are very serious. Being inactive and not getting enough exercise can increase your blood pressure. Additional fat tissue in your body requires more oxygen and nutrients, so the blood vessels and heart have to work harder to get that extra oxygen into your body. This can eventually lead to high blood pressure.

Heart disease is also very common in obese people. The fatty tissue builds up in the arteries, making it harder for blood to flow. Eventually, the artery might completely close with fatty tissue, causing a heart attack.

Having an increased amount of weight also affects the health of your joints and muscles. Adding extra weight to your body puts stress on your knees and hips. Joint replacement surgery might not be an option because an artificial joint has a higher risk for loosening and causing damage. Obesity also causes for a higher risk of cancer in both males and females.

Obesity also causes extra weight to the chest and lungs and could cause sleep apnea (when people stop breathing for brief periods). This can cause little sleep at nighttime and drowsiness during the day. It also can cause heavy breathing and snoring. These are all affects to the respiratory system, when the added weight of the chest walls squeeze on your lungs.

Most of these problems can be avoided with preventative care. So think twice before you go home after school and go on the computer, or watch TV all weekend. Just a little exercise a few times a week can not only change your appearance, but it can change your outlook on life and your future health.



# Tech Talk

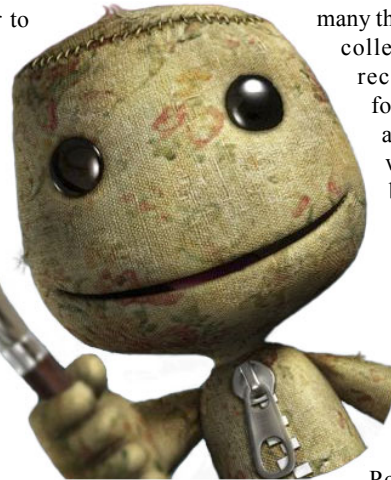
## LBP provides world of entertainment

Jason Frederick '10

When looking for a game to play, most people search for something that will draw them in and make them want to continue. They also look for games that are graphically superior to others. In today's market, many games either have one of these qualities that triumph over the other (usually it's the graphics), or altogether they fall short. Recently one game has stepped above the rest in individuality, fun factor, party play, and graphics; that game is *LittleBigPlanet* (*LBP*).

The PS3 was well noted for its Core Processor unit when it first came out, but not too many games have been able to fully utilize it. Many multi-platform

**LBP uses avatars resembling potato sacks that can be accessorized.**



www.spin1038.com

games have not touched down because they look the same on both the 360 and PS3. *LBP* has taken advantage of the Core Processor, and the effects can clearly be seen while playing the game.

*LBP* revolves around you controlling avatars called Sackboys, small potato sack bag boys brought to life. They are free to roam around the world, going to various places and collecting various items. Of the many things you can collect, you can receive outfits for him that lie around the world in small b u b b l e s .

Once you have found the outfits, you are free to fully customize his appearance using the PopIt menu. Another set of

items you can collect are stickers that you can put around levels randomly at your disposal. You can also take pictures of Sackboy in various poses, with different faces, clothes, and such,

and they are converted into stickers.

There is a story mode to *LBP* called Playstation Trophy. In this mode you can receive trophies by doing random tasks such as Sackbird (remaining in the air for 8 seconds).

The game was created by MediaMolecule, an indie company from England came into the market in 2006. They produced pre-made levels (50 in total) for story mode which touch on such places as Japanese gardens, Russian icelands, African savannahs, and New York City streets.

There are also moons in *LBP* that you can use as level creation slots. These levels can be shared online with friends and the public to view. Such things can be made like an Escape from Alcatraz level, levels to help other players collect trophies, or you could remake your favorite songs using music tiles.

There were a few minor glitches such as freezing while in the air and levels not loading. However, MediaMolecule is attempting to fix and correct many of these glitches.

This game will appeal to both hardcore and casual gamers. If you are looking for a game to that will keep you wanting more, than *LittleBigPlanet* is definitely a game worth checking out.

## Online role playing creates hype

David Kramer '09

There are many games that keep people pre-occupied for days, weeks, even months. But no game has seemed to be as addicting as *World of Warcraft* (*WoW*). With more than 11.5 million subscribers, *World of Warcraft* holds the record for being the largest MMORPG (Massively Multiplayer Online Role Playing Game) in the world.

*World of Warcraft* is an online game that takes place in the fantasy world of Azeroth. Players control a character avatar within the game world, exploring multiple landscapes, fighting monsters and their bosses, and completing quests throughout the virtual world.

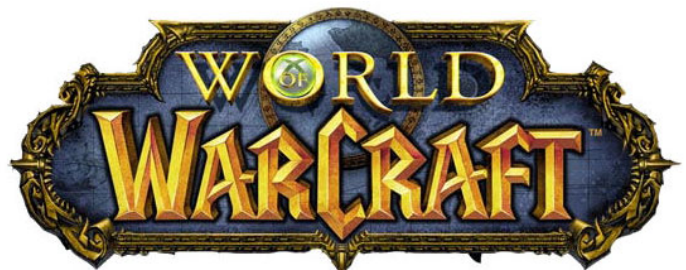
Prior to starting this epic adventure, players are required to choose a realm, or server, to play through. Each realm differs through set-categories. There are PvP (player versus player) realms where players can fight against each other, and PvE (player versus environment) realms

where the main focus is defeating monsters and completing quests.

Players are also required to make a character. There are set races to choose from which belong to either the Alliance or Horde. Humans, dwarves, elves, and gnomes belong to the Alliance while the orcs, trolls, taurens, and undead belong to the Horde. With the different types of races, come classes. Classes range from Warriors and hunters to mages and warlocks.

Like many other MMORPGs, *World of Warcraft* requires that their players pay a subscription fee via credit card or game cards that can be purchased at local game stores.

*World of Warcraft's* gameplay is based off a very unique leveling system. By fighting various monsters and characters and completing quests throughout Azeroth, characters advance in level. Quests usually involve killing a number of creatures, gathering resources, visiting specific locations, and interacting with various objects



www.gagogeek.com

**Blizzard Entertainment has already released two expansions.**

and players throughout the world. 2.4 million copies in 24 hours. The Players can also form groups expansion after that one, *Wrath of the Lich King*, released in November of 2008, sold 2.8 million copies in 24 hours, making it the fastest selling computer game of all time! Both of these expansions contained new character races and classes, along with new quests to complete.

*World of Warcrafts* fan base is only getting bigger these days. Although the game was released in November of 2004, there have been two expansion releases that have kept fans on the edge of their seats. The growing addiction for this game has already given it the title of Game of the Year for 2004. With currently over 11 million users logging on every night to play, the addiction for *WoW* will only get stronger within the coming years.

The first expansion to the game, *The Burning Crusade*, was released in January of 2007 and sold

## Arts & Entertainment

# Dog tale captivates audiences

Sarah Hollins '09

The newest gem for dog and animal lovers everywhere is *Marley and Me*; a beautifully crafted "dramedy" about the true story of a troublesome dog and how he impacts his owners' lives.

The movie is based on the autobiographical novel written by John Grogan. It covers the thirteen years of Grogan and his family's life while Marley, the golden lab, was living with them.

John (Owen Wilson) and Jenny Grogan (Jennifer Aniston) start the movie off as newlyweds. We watch John and Jenny enjoy the new marriage bliss. Chasing John's dream of being a news writer, the couple moves to Florida where he gets a job at the "South Florida Sun-Sentinel" newspaper.

Jenny is ready for kids but John is not, so he buys a puppy to test the waters. John brings home Marley, who turns out to be quite a handful.

During Marley's first car ride with John, he chews through the seatbelt. When John puts him in a



Google Image

**Marley's heart-warming story touches dog lovers everywhere.**

box in the garage to sleep during a thunderstorm, frightened by the thunder, he trashes the garage. Marley's antics end up providing John with inspiration for a column he ends up writing. Giving up his dreams of being a news reporter for this column, John feels like he's settling.

*Marley and Me* surprises its audiences. People are deceived, by the funny commercial promos, into believing this movie to be a silly "dog behaving badly" comedy. The movie ends up being completely contradictory to these beliefs.

While Marley is wonderfully peppered with hilarious moments,

it's a true and sad portrait of the overwhelming feeling of losing yourself and your dreams when you settle down and have kids.

*Marley and Me's* biggest enticement for audiences is its leading stars. Providing some of the best performances of their career, Aniston and Wilson carry the movie on their openness, honesty, and commitment to the characters.

Aniston breaks out of her "girlfriend" image, playing a mother which is a first for her. She is wonderfully tender as Jenny and brings much humility to the role, making you feel sorry for Jenny while she and John fight.

Wilson gives his first performance since his suicide attempt last year and brings that heartache to the role, giving it a real heartbeat.

In a recent *Vogue* interview, Aniston commented on Wilson's performance, saying, "Everything he went through in the last year really allowed for a beautiful performance. He arrives in this film."

*Marley and Me* is a truly special film and a definite must see.

# Rourke's gripping comeback

Anthony Rue '09

*The Wrestler* has been widely regarded as one of the best dramas of 2008. Quite often, movies are made revolving around someone whose life is falling apart at the seams, whose family rejects them, and whose dreams are unattainable. Mickey Rourke's performance, in which he plays a character that he relates to, has landed him a Golden Globe Award for best leading actor.

In this film, the viewer is captivated by the ups and downs of the sorry life being portrayed on the screen. Darren Aronofsky's *The Wrestler* is a beautiful interpretation of the wrestling career.

The movie stars Mickey Rourke, who plays the role of Randy "The Ram" Robinson, an aging professional wrestler in the present who is still clinging to his glory days of the 80's. The man who was once in the limelight of wrestling fans across the world now goes show to show wrestling in his mid 50's, not only to relive his glory days, but to maintain a living.

Considering the fact that his own career in the acting business almost parallels "The Ram's" wrestling career, many think that Rourke is perfect for this role. Once a big time Hollywood actor in the 80s, Rourke has since struggled to overcome drug addictions and other personal problems, and his career suffered because of it.

Rourke portrays the character in such an excellent fashion that audiences will feel sorrow for "The Ram" throughout the film even though his character flaws are obvious. Throughout the film he tries to redeem broken relationships with family members (his daughter Stephanie, played by Evan Rachel Wood) and friends (Cassidy, a strip club dancer played by Marisa Tomei.) but other things constantly get in the way of making things right.

Whether it be a drunken night on the town when he was supposed to meet with his daughter, or a wrestling match that he enters three weeks after having a heart attack despite Cassidy's pleading him not to, Randy appears too flawed

to ever make the right decisions. Despite all of this, the viewer will find that it is impossible not to care about the washed up wrestler- even if no one in his own life does.

The realism of the film's setting also accentuates it's high quality. Aronofsky went to great lengths to make the wrestling scenes seem as genuine as possible. He gives you a look into the lives of professional wrestlers, demonstrating the brotherhood in the locker rooms and the respect that they all have for each other.

Also, all wrestling matches that take place in the film were very consistent of what you would see from any independent promotion across the country. Rourke was trained for the wrestling scenes in the movie by former professional wrestling champion Afa Anoa'i.

Wrestling fan or not, this movie will captivate viewers like no film has been able to do in quite some time. This is definitely a must see for any movie goer in the coming months.



# Curiosity results in Oscars

Sarah Hollins '09

A newly beloved character is currently ruling the box offices. His name is Benjamin Button (Brad Pitt). His story is told in a hospital room during Hurricane Katrina.

A dying old woman, Daisy (Cate Blanchett), asks her daughter, Caroline (Julia Ormond) to read to her out of Benjamin Button's diary. It tells of how he was born under unusual circumstances.

"While everyone else was aging, I was getting younger... all alone." Benjamin was born an aged baby, riddled with arthritis and cataracts so bad he couldn't see. Viewed to be a monster by his father, he was abandoned at an old folk's home, where the caretaker, Queenie (Taraji P. Henson), finds him.

Queenie takes care of Benjamin and loves him as if he were her own flesh and blood. It is predicted that Benjamin will not live very long; but every year he surprises everyone by growing healthier and stronger. Benjamin soon realizes that he is

aging backwards; he is getting younger while everyone is growing older.

In the old folk's home, he meets Daisy and is immediately entranced by her. He never forgets her no matter where he goes. When Benjamin comes of "age", he decides to go to sea for years and finally returns home and to his family and Daisy.

Daisy and Benjamin end up involved in a rollercoaster relationship. She is constantly back and forth over her love for Benjamin, but he never leaves. Their relationship is a model of true love.

Benjamin learns many life lessons and the audience learns right along with him. Benjamin's extremely optimistic outlook on life is what makes the movie so special. Despite his difficult circumstances, Benjamin stays optimistic and never lets life beat him down.

"Our lives are defined by opportunities, even the ones we miss," he says.

*The Curious Case of Benjamin Button* has everything you could ask



Google Image

**Benjamin Buttons ages backwards, and grows younger each day.**

and hope for in a film. The message is simple and beautiful: to live. The dialogue is quotable and inspiring.

The music sweeps you up and takes you from the 1920s New Orleans and transcends with you as it brings you back to the city in present day.

With an Oscar for best visual effects, best makeup, and best art direction, this film has proven to audiences everywhere that it has

what it takes to be legendary.

Director, David Fincher (*Zodiac*, *Fight Club*), has created a masterful film out of F. Scott Fitzgerald's short story, and had been nominated for "Best Film" and "Best Director." Fincher is clearly skilled at taking a book to the screen and breathing life into it. Benjamin Button has crept into our hearts and changed our lives. This film is a definite must-see for movie lovers everywhere.

# Smith tackles emotional role

Luke Verrillo, '10

He's played an alcoholic super hero, an alien-vanquishing secret agent, a robot-fighting cop, and even a shark-slaying fish. But now, Will Smith is tackling one of his most emotionally gripping roles yet as IRS agent Ben Thomas in *Seven Pounds*.

The film tells Thomas's story as he tries to better the lives of strangers around him. A woman with an abusive boyfriend, a hockey coach who inspires his less fortunate players, and a child service worker. These are only a handful of the people Thomas attempts to help.

However, as the marketing of this film has pointed out, not all is what it seems when it comes to Ben Thomas. Until the film's climax, when the story finally comes together, audiences aren't even sure whether he's the good guy or not.

The film's cast is superb. Will Smith, as always, is at the top of his game and is a strong presence in each scene he appears in. Rosario



Google Image

**Smith plays a more sensitive character in this touching film.**

Dawson, most commonly recognized for her roles in *Sin City* and *RENT*, shines as Thomas's love interest. The chemistry between the two is palpable and strongly captivates the audience. Woody Harrelson, not normally one to be a part of dramatic films, manages to hold his own as the blind Ezra Turner, one of the many people

affected by Thomas.

Though it has not proved popular with critics, general audiences everywhere are applauding the film. It will have you guessing at the end of every scene and crying at its finale. *Seven Pounds* is a rare film that makes you question what you believe in and inspires you to be a better person.

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# Tough girl goes soft

Sarah Hollins '09

Although the character of Christine Collins is far more reserved than Angelina Jolie's previous action movie roles, it is just as impressive.

*Changeling* is a portrait of the corruption of the Los Angeles police in the 1920's and their horrible treatment of Christine Collins, the mother of a missing child.

It movingly shows how she stood up to the police and refused to back down. Based on a heart wrenching true event, this movie will strike a chord in audiences everywhere. Hitting close to home is the idea that this could happen to you, to your child, to your family.

In their home city of LA, Collins's son goes missing. The police department returns her son to her, only for her to suspect that he is an imposter. The evidence of this mistake is overwhelming and many citizens rally around her. Because she starts making the police look bad, they put her away in a mental institution to shut her up.

Director Clint Eastwood (*Million Dollar Baby*, *Flags of Our Fathers*) delivered, yet again, with a fantastic movie. The result was more than just a film, but a beautiful piece of art.

With lush backdrops that really transport you to the time period and simple music that envelops you in the story and never distracts from the plot, the movie transforms the screen into another world. The camera angles that smartly



Google Image

**Collins (Jolie) shocks police when she tells them that the boy they return to her is not her son.**

zoom in at key points and fade to reveal other actors' reactions, the powerful yet subtle lighting, and the amazingly historically accurate sets never outshine one another; they all play a part in making the story unforgettable.

The most beautiful aspect of this movie, however, is Angelina Jolie's outstanding performance as Christine Collins.

In this career-defining role, Jolie sheds the comfort of her typical "Laura Croft" action heroes. Jolie creates a character that is tender, feminine, motherly, soft spoken, and well-mannered; an extreme contrast to her usual characters. She shines as a light of hope throughout the movie; the only one who believes her son could still be alive and never gives up on him.

This movie deserves to become a classic. *Changeling* is definitely one of the best of the year.

*iTalk, You listen*

by Miranda Steinman '09

## Women who tell it like it is.

In each edition, Steinman will talk about break through music artists.

Women music artists have always struggled to rise above the status quo while some have made it bigger than they would have ever dreamed. They were few in number compared to the male artists in previous years. Present day, however, women have been taking control and showing what they can do with a microphone (and a few music notes.)

Lily Allen is one of the first British female artists I listened to. I had heard her most popular song, "Smile", on the radio. The chorus about Allen's break up which states,

"At first when I see you cry, it makes me smile," reveals a dark humor that intrigued me to hear what else she had up her sleeve.

I bought her album, *Alright, Still* and immediately fell in love with it. Her sinister sense of humor and blunt lyrics keep listeners eager and excited for the next song. Most of the songs are upbeat, and some of the linguistic differences between British and American word usage definitely add to the cheekiness of the entire musical collection. Fans are thrilled with Allen and are electrified by her cleverness.

**Made of Bricks, radiates a quirkiness that makes it impossible not to smile while you listen**

Like Lily Allen, Kate Nash's album, *Made of Bricks*, radiates a quirkiness that makes it impossible not to smile while you listen. Nash also uses honest lyrics, but they go along with bubbly tunes. Her songs are easy to understand and relate to because she is so frank about all of the situations they describe. I was thrilled by Nash's album because it has a variety of beats and styles which keeps it exciting. It is a great CD to sing along to or background music for a party.

The Ting Tings' album, *We Started Nothing*, also emits a party-esque essence. The English duo consists of Jules De Martino, (guitar, drums, vocals.) and Katie White (vocals, guitar, bass drum). The entire album makes you want to dance because of its mix of electronica and pop sounds. White's vocals are not particularly technical, but they definitely justify the duo's rising popularity.

The British female artists have been very successful and are "tearing up" the American music scene.

## Great Reads Book Sale

April 1st - Save the Date!

New & gently used books will be on sale for \$1 each.

Stop in early for the best selection!

Proceeds from the sale will benefit First Book, an organization that provides books for children in need.

Sponsored by WTHS Book Club.



# Books

*Dust the Spine* by Theresa DiGravio '12

## Mr. Monk attempts to balance assistants

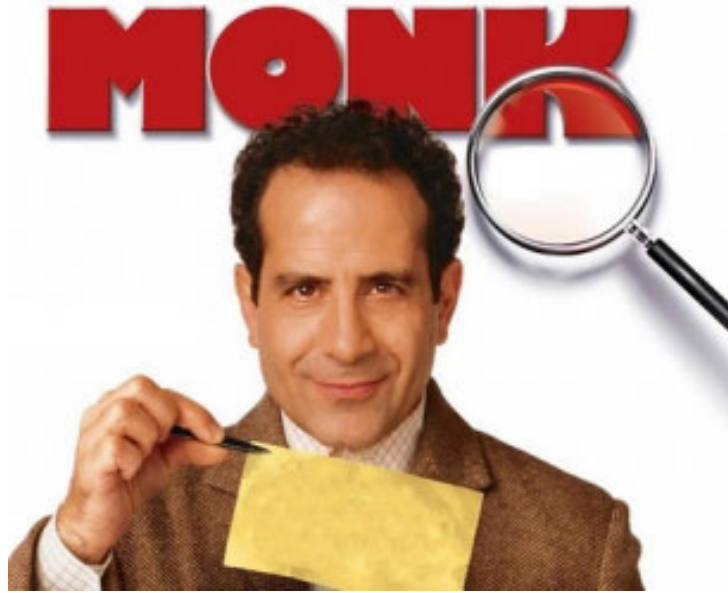
Imagine living in a world where everything is the same. Everything is symmetrical and perfectly lined up. Imagine a world where the clouds are shaped into congruent cubes, houses are perfectly parallel to each other. Detective Adrian Monk would like to live in a world like this.

Unfortunately for him, this is not a perfect world.

Of course, that does not stop him from trying to change everything and everyone in it. However, a few things may stand in his way. Such as: the return of his old assistant, the jealousy of his new one, the bickering between the two, and murders. San Francisco's favorite obsessive compulsive detective is back, and he is as out there as ever.

Seven years ago, Monk's world came crashing down around him when his wife Trudy was killed tragically by a car bomb. He has always blamed himself for her death, his guilt growing bigger everyday that her killer runs free. After Trudy's death, Monk retrogressed and would not leave his house for three years.

Now Monk works almost fanatically, solving any case that he can get his hands on. It's his way of apologizing to Trudy for not catching her murderer. Every time a case is solved, Monk's world



Google

**Monk often faces some of his biggest phobias while investigating.**

is perfect, at least for a little while.

*Mr. Monk and the Two Assistants* is told from Natalie Teeger's point of view, Monk's new assistant. Sharona Fleming, the old assistant, returns after unexpectedly leaving both San Francisco and Monk two years earlier. Now that her never-do-well husband, Trevor, has been arrested for murder, Sharona is back in San Francisco. She is ready and willing to reclaim her place in Monk's life. This does not sit well with Natalie.

After hours of convincing,

Monk travels with both Sharona and Natalie to Los Angeles to investigate the murder that Trevor allegedly committed.

While trying to maintain a balance between the two women, Monk uncovers multiple snags in the case. Monk finds himself going up against a serial killer who not only understands him, but is one step ahead. Read as Monk tries to take down an influential man who could send everyone Monk knows to jail with just a snap of his fingers.

This book was pretty good.

It has comedy, mystery, and everything in between. However, I could have done without the hints of romance.

Author Lee Goldberg provides descriptions and scenarios that provide insight into the differences of the personalities and the traits between both major and minor characters.

That was when the biggest cockroach I've ever seen in my life crawled over her shoulder and hissed at us.

Sharona and I instinctively jerked away, Monk instinctively ran out the door and back to the car. (page 110)

My cell phone rang. I could tell from the caller ID that it was Monk calling from the car on Sharona's phone.

"I can't believe you're still in there," Monk said.

"We haven't talked to Sally yet," I said.

"There's a cockroach the size of a dog on her," Monk yelled.

"It's jewelry," I said.

"Run," he said. "Run for your lives."

"Not until we're done," I said. (page 111)

Both of these dialogues show the characteristics and differences between two of the main characters. Monk: easily startled, overdramatic, Natalie: determined. In this novel, Natalie's determination will come in handy as Monk is forced to face several of his phobias in order to solve these strange cases.

The way that Goldberg displays the solving of the case, the presentation of the killer and the revealing of how these crimes were committed is astounding. *Mr. Monk and the Two Assistants* is definitely worth the read.

## Picoult reinvents romance

Diana Lezenby '10

The classic love story is usually boy meets girl, boy loses girl, then boy and girl live happily ever after. Now imagine a different type of love story. A kind of love story where only one person lives, and there is no happily ever after. *The Pact* by Jodi Picoult takes a classic love story and gives it a big twist.

Emily Gold and Christopher Harte were inseparable since the day they were born. Their parents, who were best friends, always dreamed that their two kids would be soul

mates. Their dreams end up actually becoming true. However, when everyone began to think that everyone was perfect, tragedy strikes both families.

Now that Emily is dead and Chris is charged for her murder, the two families split apart. From the time Chris spends in jail to the time of his courtroom trial, a lot is revealed about both Emily and Chris. *The Pact* shows just how far one person will go for the one they love.

Picoult is a very talented and employs unique techniques. In *The Pact* the chapters switch back and

forth from "Now" to "Then". With this unique style of writing, the reader gets to see the events leading up to the tragedy, starting when Chris and Emily were born. This innovative writing style makes it is hard to put the book down.

While reading *The Pact*, you might think you know the ending, or what will happen next. But, Picoult springs surprises in every chapter. The shocking ending will have you begging for more. *The Pact* is so suspenseful and filled with love and rage. This is Picoult's fifth book, and it may just be one of her best.

# Pro Sports

*This Month in Baseball* by Kevin Whitehead

## Absence of cap good fit for baseball

Kevin Whitehead '10

Major League Baseball's off-season has been headlined by record setting figures being offered to free agents like Mark Teixeira, C.C. Sabathia, and A.J. Burnett. Such signings have stirred a maelstrom in the baseball world.

The "hate 'em or love 'em" New York Yankees have renewed the controversy of buying dynasties by offering exponentially large prices for the top free agents this off-season. However the Yankees captured the top available players without compromising their future or their payroll and budget.

The "money talks" attitude of Hank Steinbrenner has led the Yankees to a seemingly set-in-stone World Series title with the acquisition of these marquee players. They have signed a Gold Glove first baseman, a pitcher two years removed from a Cy Young Award,



www.necn.com

**Sabathia and Burnett broke the bank this past winter.**

and a pitcher from the K corner who also was an 18 game winner with the team has been an American League East bottom feeder since 1993. They'll join future Hall of Famers such as Mariano Rivera and Derek Jeter. Not to mention Alex Rodriguez who has an uphill battle for the Hall.

As signings continue, some have claimed there should be a MLB salary cap, just as every other major sport does. I say let the general managers manage just like you let the players play.

The market for baseball is on the upswing. And even though

baseball fans have dealt with 50 hour long World Series Game fives and ties in the All-Star game (thanks Bud Selig), the purest baseball fans keep coming back for more. The League knows they have these die hards in their back pocket as well as their money. In order to expand the game, the MLB must market a product that is worth watching from any perspective. Whether fans view a game as nine long innings, a three hour diversion, or an excuse for beer and hot dogs, the league is trying to reach out to new fans in search of their dollars.

To do this, the MLB must have exciting, lace-smashing, and mitt popping teams. The 2009 Yankees (which almost ranks as a fantasy team) for example, will literally force people to watch their upcoming dominance. With all these superstars, the ripple effect begins to FOX or ESPN, which will make the ratings and revenue go through the roof.

Some may say that the Yankees are trying to buy championships. However the more elite teams have often built within their farm systems. The emergence of teams like the Rays, Phillies, or even the Twins illustrates an interesting paradox of how to build championships. In 2008, the Rays had the second lowest payroll while the Yankees had the highest in baseball.

The fact that New York failed to make the post season, last year proves that teams can sign all the players they want, but winning really comes down to players stepping up at the right time. While the expensive veterans of the Yankees choked, and the young guns of Tampa played Ray-diculous baseball down the stretch.

The payroll of a team has a limited effect on how good it is. If general managers can stray away from big contracts for bad players (Andruw Jones), their teams would not receive such a hit in both their budget and performance. There is no reason to halt these high priced spendings on players if it's in the best interest of their team and baseball.

## Sixers pick up pace

Derek Nipps '11

This season, the Philadelphia Sixers got off to a disappointing start. With the acquisition of Elton Brand over the off season, the Sixers had slowed down their office and it just wasn't working out. With a starting squad consisting of Andre Miller, Andre Iguodala, Brand, and Sammy Dalembert, it's a wonder how they aren't winning games.

Then, when Brand went out with an injury, the Sixers started to get rejuvenated. They started getting out on the fast break, playing defense, and Dalembert started to become a real center and control the paint.

This is all because Elton Brand went out.

While Brand was in, the Sixers were waiting for him to get up the court and not playing like they should be. They are a fast, athletic team. If Brand wants to play here, he needs to learn how to run.

During the Sixers seven game win streak, they played great and up-beat. They beat prestigious teams like the San Antonio Spurs who are one of the best teams in the west.

Andre Iguodala is becoming the leader. He is capable of running the office, making clutch, and unbelievable shots. They have all the parts in becoming a more dominant team in the Eastern Conference.

Also, I think a lot of the Sixers recent success can be given to the young guys. Players like Louis Williams, Thaddeus Young, and Maurice Speights are running wild. All the Sixers have to do is learn to play together and I think they will definitely make the playoffs.



www.usatoday.com

**With the loss of Brand, the Sixers have reverted to their old style of ball of running the floor and have been successful ever since.**



# Sports

## Minutemen match up to competition

Maria Brasco '10

This year Township wrestling sent three wrestlers to the state championships. James Higgins '10, Charlie Huff '11 and Anthony Curcio '09. Curcio placed fifth in the state of New Jersey.

During states, Curcio set a WTHS record for career wins with 137. Higgins also reached a career milestone by picking up his 100th victory.

Township wrestlers not only improved tremendously as a team, but also their coaching staff. This year they've added two new coaches to their staff, Mr. Mark Manchio and Mr. Dave Tomasette.

Manchio's distinguished himself as a high school wrestler at Sterling. He was a three-time New Jersey champion (runner-up as a freshman), four-time district champion, four-time regional champion, high school all-American, and 1999 Beast of the East

champion. He has the best winning percentage in New Jersey history with a record of 125-2 including 93 consecutive; he was ranked third in the nation by Wrestling U.S.A. Manchio went to the University of Northern Iowa, where he earned a varsity spot as a freshman and was the first UNI freshman to qualify for nationals, since Tony Wieland in 1996.

### Anthony Curcio set a WTHS record with 137 career wins.



Gina Paker '09/The Patriot

### As the leading captain, Curcio has shown how to wrap up matches all year long.

Coach Manchio helped Township wrestlers step their intensity this season.

Tomasette graduated from WTHS, and was a state champion. He was an astounding student athlete. He still held the high school record with 136 wins until it was surpassed this year by Curcio. Tomasette graduated from Twp in 2003 and went onto college at Hofstra, where he almost became an all-American before he pulled his shoulder in the last round.

"Tomasette is known for having heart," said

head Coach Ralph Ross.

"Adding Coach [Tomasette] to our staff has had a great effect on our wrestlers. He is truly an asset to this team."

Not only has the coaching staff stepped up a level, so have the wrestlers individually. Shane West '10 (103) worked extremely hard over the summer to return this season. His work paid off. He made the varsity team and won most of his matches. Brothers Matt '12 (112) and Christian Salera '11 (135) have incredible strength and also did well this season. Steve Swayze '11 (145), focused on one goal—to one day make it out of regions.

"So far, Swayze looks like he has the skill to do so," Coach Fetty explained, "If he keeps up the hard work, I believe he will accomplish this."

Karch Connors '10 (heavyweight) was named the unsung hero by captain Anthony Curcio '09.

"Outside of wrestling, Karch is like a big teddy bear, but when he steps onto the mat, he's no longer a bear you'd like to mess with," Curcio joked.

Higgins (119), Charlie Huff '11 (125), Curcio (130), and Colin Walsh '10 (189) each won the district title. Curcio, Huff and Walsh also captured the regional first place titles with Higgins placing second.

This year's team was led by seniors Curcio, Steve Ambrose (140) and Kevin Ambrose (145).

Captains Higgins and Curcio are proud of the team's accomplishments this season.

### Winter Sports Update as of 3/2

**Boys' Winter Track-** '09 Group IV State Relay Champions. Xavier Fraction selected as Runner of the Year by the SJ Track Coaches Association.

**Boys' Basketball-** 16-7. Third place in Olympic American Conference behind Cherokee (16-5) and Lenape 17-7.

**Girls' Basketball-** 20-5. First place in Olympic American Conference. 6-4 in conference play and 54.8 PPG. Shauna Wert reached a milestone of 1,000 points.

**Boys' Swimming-** (7-4) Ocean division champions and Gloucester County champions.

**Ice Hockey-** Made it to the fourth round of their playoffs after a loss to Shawnee 7-5.

## Hockey team skates into playoffs

Chloe Dawson '10

As the season comes to a close, the boy's hockey team is now 17-1-1. Our hockey team has come close to becoming undefeated.

"Having played big games like Clearview, we're ready for the playoffs," Louie DeAngelo '10 said.

Clearview is one of Township's bigger rivals which usually involves highly competitive games.

"We always get in the arena an hour before the game and stretch. After that, our coach gives an encouraging speech to get us mentally prepared," said DeAngelo.

"The most important part before the game is our warm-up song 'Sandstorm.' It gets us focused and ready to go," DeAngelo said.

The team is never intimidated by Clearview or big games.

Their hockey team's success comes down to confidence, skill, and their offense. What has made them become a top ranked team is their



Chloe Dawson '10/The Patriot

### The Minutemen's upperclassmen have led them into the playoffs with a 17-1-1 record.

offense. They have speed and consistency to get the job done.

Some key offensive players are Captain Matt Fleekop '09, Jon Paulo '09, DeAngelo '10, and Eddie Sarin '11.

Also adding to their offensive production are the defensemen. Christopher Lyons '09, Ryan Carr '10, and John Rey '10 also play a major role on defense as well as their transition game coming out of their defensive zone and playing the point position on their power plays.

"Everyone contributes. If it wasn't for the whole team I don't think we could have this good record," DeAngelo said.

# Minutemaids dominate hardwood

Grace Glennan '11  
Written prior to 3/6/09

With a regular season record of 20-5, Coach Jennifer Natale can't help to be proud! The Girls' Varsity Basketball team has had a great season so far. She has been coaching the Varsity team for three years and has previously coached the JV for four years.

The two team captains are seniors Rachel Armor and Alyse Maiden. They along with the nine other team members keep a tough schedule. The regular season started the day after Thanksgiving and ended in February.

"The girls are very committed, they are good friends on and off the court," said Natale.

The Minutemaids' practices are from 4:30 to 6:30, four days a week, with games twice a week. They have five other teams in their conference; Cherokee, Eastern, Pennsauken, Lenape, and Cherry Hill East. The Minutemaids play each team twice, one home and one away. They play as far as Medford and Mainland and also had tournaments in Wildwood.



Gina Parker '09/The Patriot

**The Minutemaids look to build momentum as the competition will escalate later into the playoffs.**

"My favorite game so far this season is when we faced Cherry Hill East. There was a playoff type atmosphere," Natale said,

"It was an exciting game to

watch and also to coach, we came away with a big victory."

Twelve teams qualified for the playoffs. WTHS is in Group 4 Teams are judged by their records

## Olympic American Standings as of 3/6

Washington Twp.	20-5
Eastern	22-5
Cherry Hill East	17-7
Cherokee	15-7
Lenape	13-12
Pennsauken	3-20

up to a certain point in the season.

If a team qualifies, they play teams from all over the state.

"Our best game was versus Sacred Heart... Everyone had a part in the game," Natale said.

They also qualified for the state tournament by having a record above .500. The objective is to try to win your section. If a team wins their section, they move on to South Jersey sectionals, then to the number one seat. The Minutemaids are looking to make a run, but will have to get by rivals like Eastern.

"The hardest games we have played were the only two games we lost. Both were against Eastern," Natale said.

# Boys' swimming wins division

Weston Eldridge '10

It has been a season unlike any other for the WTHS Boys Varsity swim team. They posted a 6-3 record and captured first place in the Ocean Division. Division wins came against Lenape, Seneca, Paul VI, Sterling, and Haddon Township.

"It's the first time we've ever won our division, I would call it a successful season," said Coach Bill Albertson.

The Ocean Division championship was decided Jan. 17 at Burlington County College. In a head-to-head battle, both Lenape and WTHS swimmers knew they would have to turn in some of their strongest performances in order to hoist the trophy on Jan. 31 at South Jersey

Regionals. After a hard fought meet, WTHS prevailed with a convincing 118-68 victory.

"We swam up to the pressure and recorded our fastest times when it mattered the most," said Luke Verrillo '10, who swims the 100 yard backstroke.

Albertson thought that the leadership displayed by the upperclassmen was a key part of the team's success. In particular, Albertson noted captains Jake Klavens '09 and Charlie Borny '09.

"My role as captain was to try to get everyone excited for the meets, and to provide guidance for the underclassmen," said Borny.

"Being named captain was an honor, it's something I'll always remember," said Klavens.

Along with leadership, the team also brought a lot of depth to the table. Leading the way were Keith Marr '10 (100,200 freestyle), Borny (500 freestyle, 100 backstroke), Klavens (100 breaststroke, 100 butterfly), Sal Liberto '11 (200 IM, 100 butterfly), and Connor Hornibrook '12 (100 backstroke, 100 butterfly).

Albertson gave credit to divers Ben Brendlinger '10, Ryan Ellis '10, Ryan Albano '10, and Adam Stern '09. The four consistently finished atop the leader board, providing the team with key points.

Albertson was pleased with the contribution from the youth of the team and felt that incoming freshman Hornibrook and Kyle Hill were quick to positively impact the team.

With all that the team has already accomplished, Albertson still feels that more good things are attainable in the near future.

While the team did not qualify for the State Tournament, they did accomplish one of Albertson's preseason goals by winning Counties.

Their success did not come without hours upon of hours of hard work. The team's dedication was evident in their daily two hour practice sessions at Rowan. Another new element of the swim season was combining the boys and girls practices into one pool.

"Having practices with the girls pushed us and helped us to remain focused," stated Albertson.

"The future of WTHS swimming looks promising," said Albertson.

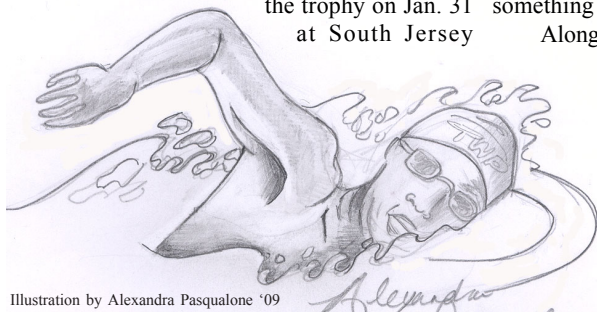


Illustration by Alexandra Pasqualone '09