October Focus: School Safety

By: Cheyenne Lord & Edward Wolf

School safety is a main focus at High School East. There are many faculty members and students who are involved in keeping East safe. Notable people who go out of their way to make East a better place include Mrs. Aulisi, Officer DeGrandis, Officer Kayler, and the members of the Safety Team.

Mrs. Aulisi, the Student Assistance Coordinator, is one of the biggest advocates of school safety. “Although there have been issues of school violence in our nation, I believe a child’s school should feel like a second home, free from crime, violence, and drugs,” she said. Mrs. Aulisi is a member of the Anti-bullying Team, and has a close relationship with the local Police Department, Fire Department, and Prosecutor’s Office. She also supervises students throughout the day and works with the school’s resource officer and the two safety officers to reduce opportunities for criminal activity on and off campus. Mrs. Aulisi believes “a very important aspect of school safety is a collaboration between parents, educators, and law enforcement, and at High School East we have this.”

East is prepared for a threat to the school or for any incident to happen. “I think that our school is one of the safest places because of the safety precautions that are mandatory,” junior Nicholas Price said. East has multiple precautions including a well-trained staff, an ID system to identify students and staff members, as well as several practice drills so everyone will know what to do in any situation.

School safety is not something that just the teachers care about, but the students as well. Many students who support school safety are also members of the Raider Safety Team. The Safety Team has a goal to keep East and its community safe. Members help out in evacuation drills and create presentations on safety to help inform others. “Students should be able to feel safe at school, and the Safety Team helps them achieve it,” Skylar Arminio, senior and Safety Team Co-Chair, said. The Raider Safety Team works daily to achieve its goal, keeping the community safe and well-prepared.

Although not everyone sees the work these students and staff members put into keeping the school safe, everyone benefits from what they do. “School safety is extremely important to me, too,” senior Kristen Henry said. “I don’t think about it much, but it beats having to look over my shoulder for threats.”
### Spirit Week:
#### October 26-30

**Monday:** Mathletes vs. Athletes  
**Tuesday:** Twin Day  
**Wednesday:** Powderpuff/Pink Out  
**Thursday:** Beach/Benny Day  
**Friday:** Halloween Costumes

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### “A Night at Sea”

By: Harley Zaraza

This year, the homecoming dance was held on Saturday, October 17 in the High School East Student Center. It was organized by the Raider cheerleaders. The theme was ‘A Night at Sea’. The cheerleaders transformed the main lobby into a cruise ship with decorations that made it feel like one was truly at sea. Many of the guests this year sported nautical colors; red, white, and navy blue. “My favorite part was probably the slushies,” senior Misty Patel said, “It was a great last homecoming for me.” Guests enjoyed a night filled with dancing and dining, all leading up to the crowning of Homecoming King Nick Grande and Queen Gabby Baggio. “Winning Homecoming Queen was the best moment of my high school experience,” Baggio said.

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### Thanksgiving Drive

By: Harley Zaraza

During the month of November, TRE Ambassadors and Raiders Helping Raiders will be running a Thanksgiving drive. The homeroom that brings in the most donations will win a bagel party. “It is a great way to give back to those who are in need of some help celebrating the holidays, along with some friendly competition,” Ambassador Advisors Mrs. Daniel and Ms. Schultz said. The main goal of the drive is to provide Thanksgiving meals for families in need, so that they can enjoy their holiday without the added stress of trying to afford a meal. Ms. Schultz and Mrs. Daniel play an important role with organizing the Ambassadors and helping with delivering the meals. Local grocery stores donate the turkeys, but it is up to the students and faculty at East to come up with all the fixings of Thanksgiving dinner. Anything students can bring are greatly appreciated, especially by the families whom which the meals are going to. Look for your donation box in your homeroom or ask your homeroom teacher for more details.

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### Powder Puff

By: Amanda Dietrich

After being postponed from October 28, the annual Powder Puff game was held on November 11 at 6:30 on the turf. This fundraiser supports both the senior and junior classes, to help pay for prom and Senior Night. Every year the roles of players and cheerleaders are switched, girls playing and boys cheering on the side line. The senior class this year is supervised by Mr. Knight and Mr. Sciarappa, and the junior class is supervised by Ms. Fazzini and Mr. Cicaless.

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### Ski Club

By: Amanda Dietrich

This winter season, the Ski Club will be heading to Mount Snow in Vermont for a weekend retreat. From February 19 to 21, students and faculty will be staying at Kitzhof Inn, a quarter of a mile from the base of the lodge. On the trip students can learn to ski, snowboard or just relax. The lodge includes a breakfast every morning, free Wi-Fi, and many more accommodations. Fees are going to vary depending on how many students sign up, and with enough participants the school could be eligible for reduced rates. For more information see Mr. Cicaless.

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### Congratulations to the Homecoming Court!

**Homecoming King Nick Grande**  
**and Queen Gabby Baggio**

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The Raider Readout
Character Education: Responsibility
By: Cheyenne Lord

“Responsibility: Do what you’re supposed to do.” - Mr. Wiedenbush

Continuing with East’s monthly “pillar” of character education, the Raider Math Department focused on responsibility throughout the month of October. Responsibility is defined as taking care of one’s duties and answering for one’s actions. “I’m making you guys responsible every day,” Ms. Dziedzic said during one of her Calculus classes. “Only you can do what you have to in this class.” The emphasis of this month is to teach students to be dependable, organized, and punctual, both in and out of the classroom.

One of the first lessons incorporated into the Freshman Lunchtime Academies was the act of goal-setting and following through on those goals. The idea of having goals made its way into the pillar of responsibility as well. A major discussion question this month was “Do you always follow through on your goals?” For many students, the answer was yes. “Reaching my goals is such a big accomplishment,” senior Leah Hopkinson said. “I’m in charge of my life, and achieving something proves that responsibility.” Other discussions included what students would do if they found money on the sidewalk or in the hallway, making and keeping promises, and how privileges and responsibilities are linked.

“You cannot escape the responsibility of tomorrow by evading it today,” Abraham Lincoln once said.

Physical Education Club
By: Edward Wolf

East has a new club, the Physical Education Club, also known as the Sports Club. This club is run by all the East Physical Education teachers. There will be many trips throughout the school year to different sporting events and wellness trips. The trips cost around 100 dollars, which includes the transportation, tickets, snacks, and a ten dollar coupon on concessions. Some of the sporting events that will be attended are ice hockey games and basketball games. Anyone is welcome to the club, which is free to join. The Physical Education Club will also be trying to offer a scholarship to one boy and one girl who are interested in majoring in PE/Health in college.

Congratulations to the Girls Volleyball team for their exceptional season this year. At the end of October, their record was 19-5. On November 2, they headed to the Shore Conference Semi-finals at Georgian Court University.

Raider Trick-or-Treat
By: Amanda Dietrich

Every Halloween, East hosts a safe Trick-or-Treat, which gives kids in Toms River an alternative to walking around the town. Kayla Holleran, one of the door decorators for the TV-21 class said, “This night is great because parents don’t have to worry about their kid’s candy or safety and students get to show their artistic abilities.” Each club in the school decorated a door with a different theme and Raider students dressed up to hand out candy to the kids. This year the event was held on Friday, October 30, from 4:30 to 5:30 p.m. Science teacher Mr. Peck, one of the organizers of this program, said, “My family loves Disney, and I couldn’t wait for them to see some of the themed doors.”

Girls Soccer Spotlight
By: Ashley Davidson

The Raider varsity soccer team has had an exceptionally good season this year with a record of 15-5-1. With practicing two days per week starting in August, the team was off to a great start. “There is a great combination of experienced seniors and hard-working underclassmen that truly believe in each other,” Head Coach Mr. Nichol said. The Toms River North, Toms River, South, and Brick Memorial are the team’s toughest competition. All of the players stand out to make up a successful and cooperative team. Coach Nichol, and assistant coaches Dennis Peregrim, Ashley Burgess, and Joseph McGovern, “are really proud of this group of girls and really enjoying coaching them and watching them play.”
Seniors:
- College/University representatives are coming to HSE to conduct information sessions. Please sign up in Guidance.
- Rider Instant Decision Day at HSE is on November 10 and Stockton's Instant Decision Day at HSE is on November 19. See your Guidance Counselor for more details.
- Scholarships are available on the HSE Guidance webpage. Please adhere to the deadline dates.

Underclassmen:
- College Night will be held on Tuesday, November 17.
- Volunteer hours need to be submitted at the end of every month. Please drop off your community service card in Guidance.
- There will be a college fair at the Atlantic City Convention Center on Tuesday, November 10. This is a great opportunity for juniors to begin the college research process.

Senior Superlatives
By: Cheyenne Lord

Most Likely to Succeed
Boy: Dan Smyth
Girl: Erin Downie

Most School Spirit
Boy: Tyler Idzinski
Girl: Hailey Smith

Most Likely to Bring Home to Mom and Dad
Boy: Chad Leonard
Girl: Kathleen Keogh

Class Cutie
Boy: Mark Gerbino
Girl: Gabby Baggio

Class Artist
Boy: Carlos Lingat
Girl: Jen Petrocelli

Class Thespian
Boy: Andrew Burak
Girl: Ashlynn Tursi

Class Musician
Boy: Reed Ricotta
Girl: Kim Bongard

Nicest Hair
Boy: Adam Dubicki
Girl: Dagney Driscoll

Class Individualist
Boy: Alex Dyer
Girl: Susan Keating

Best Dressed
Boy: Pat Flores
Girl: Tiffany Nguyen

Best All Around
Boy: Conner Robbins
Girl: Amanda Bruno

Nicest Eyes
Boy: Ryan West
Girl: Allie Rispoli

Nicest Smile
Boy: Nick Grande
Girl: Tyler Lee Monica

Most Athletic
Boy: Bailey Engelhard
Girl: Kaitlin Lister

Class Clown
Boy: Nolan Colantano
Girl: Billie Tice

Teacher's Pet
Boy: Tommy Rodgers
Girl: Jenna Platten

Class Couple
Nick Grande & Julia Guida

Best Friends
Boys: Tyler Machnik & Marco Morales
Girls: Mia Cipolla & Taylor Shortino

Motor Mouth
Boy: Brad Correia
Girl: Liz Naeker

Most Absent-Minded
Boy: Joey Ludolph
Girl: Liana Lamicella

Most Sarcastic
Boy: Kelly Conklin
Girl: Madison Moors

Total Turn Around
Boy: Tom McDermott
Girl: Amanda Kennedy
- Keep track of all your purchases.
- Bring only the most important items and be ready to share a room.
- Set certain rules with your new roommate(s) to avoid issues.
- Relieve stress by getting enough rest, exercising, and making new friends.
- Use technology to your advantage, whether it is to help you with homework or to take notes.
- Look for the cheapest route to get textbooks. Renting is a popular option.
- Keep track of calorie intake to live a healthier and cheaper life.
- Take advantage of free activities on campus, including tutoring.
- Schedule classes that will help you be the best student you can possibly be.
- Sit as close to the front of the class as you can.
- Use virus protection and firewalls on your laptop.
- Always stay with your clothes when going to a laundromat so you do not lose any of them or get anything stolen.
- If you have a dining pass or lunch pass do not treat your friends to food because it is still real money.
- Wash your hands often and have good hygiene.
- Enjoy the college experience.

Sources: www.usnews.com
www.psychologytoday.com

12/3: New Jersey Society of Certified Public Accountants Scholarship
12/11: The Central Jersey Club of the National Association of Negro Business & Professional Women's Clubs, Inc. Scholarship
12/15:
- AXA Achievement Scholarship
- Burger King McLamore Foundation Scholarship Program
- New Jersey State Daughters of the American Revolution Betty Bradbury Vail Scholarship
- Daughters of the American Revolution Captain Joshua Huddy Chapter Scholarship

Breast Cancer Awareness

By: Amanda Dietrich

October was Breast Cancer Awareness Month. Breast cancer is defined as malignant cells, or cancer cells, forming in the breast tissue. These cells can travel to other parts of the body and spread the disease. Almost every one in eight women will be diagnosed with breast cancer in her lifetime. Men can also be diagnosed with the disease, but it is far less likely. Although breast cancer seems to haunt the world, there is hope. Breast cancer death rates have been on the decline since 1990, due to earlier detection and more awareness of the symptoms.

Having a month dedicated to breast cancer helps spread the awareness that is saving lives. It is also a month to celebrate those who have beaten the disease and to honor and remember those who lost the fight. Every Wednesday in October, students and faculty were asked to wear pink in honor of the month. On Sunday, October 18, Making Strides Against Breast Cancer held a walk in Point Pleasant to spread awareness and raise money for the cause. The East community rallies around survivors every year. One breast cancer survivor, Mrs. Steinhart, said, “It is awesome there’s so much support from the school and my family and friends. Every year I work to raise money for the cause so one day we can live in a world without this disease.”
Dan Bianchini
By: Edward Wolf

Dan is a hardworking individual who is involved in many ways in the community and who is not afraid to share his knowledge with others. Dan is involved in the Marching Raiders, track, NHS, and Tri-M Music Honors Society. He also helps out with the Silverton First Aid Squad. “I haven’t failed. I’ve just found 10,000 ways that won’t work.” -Thomas Edison

Q: What teacher has influenced you the most?
A: This is a tie between Mr. Dirk and Mr. Peck. Mr. Peck has been a great mentor for me and clearly wants me to go wherever I will be happy in life. I had Mr. Dirk my freshman year and there’s a reason I still go visit him: he’s the one who got me started on a good path for high school and has been as great a teacher as he is a friend to me. I’m thankful for both of them and for all of my other teachers I’ve had.

Q: Do you have any advice for the underclassmen?
A: Get involved at East and in your community early on.

Q: Where are you planning on going to college?
A: I would love to go to Princeton University.

Q: What do you plan on majoring in?
A: Chemical Engineering right now, but it’s a subject to change.

Q: What is your favorite aspect about East?
A: I appreciate how much the teachers are willing to go out of their way to help their students succeed.

Q: Who has been your greatest influence?
A: My greatest influence has been my great circle of friends.

Q: If you could switch lives with anyone, living or dead, who would it be and why?
A: If you couldn’t tell by my quote, I love Arthurian Legends. So naturally, I would switch lives with Sir Lancelot, one of the most chivalrous and formidable Knights of the Round Table. It would be pretty cool if your job was to go on adventures, slay dragons, and help those who you encounter.

Kathleen Keogh
By: Amanda Dietrich

Kathleen is a student who is very involved in the Raider community. She is involved in Student Government, NHS, German NHS, and East Ambassadors. She also takes time to help out at her church. “If you’re lucky enough to be different, never change.”

Q: What qualities should the Senior of the Month have?
A: A good academic standing, should be involved, and have the six pillars of character.

Q: What teacher has influenced you the most?
A: Mrs. Applegate because she expanded my love for science, especially chemistry.

Q: Do you have any advice for the underclassmen?
A: Procrastinating is not a good idea.

Q: Where are you planning on going to college?
A: I am undecided.

Q: What do you plan on majoring in?
A: I want to major in Chemistry or Nursing.

Q: What is your favorite aspect about East?
A: I appreciate how much the teachers are willing to go out of their way to help their students succeed.

Q: Who has been your greatest influence?
A: My mom and dad influence me the most.

Q: What are your plans for your future?
A: To graduate college, have a good job, and start a family.

Q: What are your favorite television shows?
A: Pretty Little Liars and Gossip Girl.

Q: What are your favorite movies?

Congratulations to the October Seniors of the Month!
Mr. Weber  
By: Edward Wolf

Q: If you could travel anywhere in the world, where would you go?
A: I would love to visit and dive off the islands of the South Pacific.

Q: Who was your role model growing up?
A: Howard Stern.

Q: If you could go back in time, when and where would you go?
A: I would love to go back in time to the Americas pre-Columbus and live with the Blackfoot Indians in Southern Montana.

Q: What “grinds your gears”?
A: Ignorance.

Q: What do you do to keep fit?
A: I eat healthy and exercise every day. I also enjoy leisure activities that require fitness like scuba diving and snowboarding.

Q: What is your favorite show to binge watch?
A: I have never had enough time to binge watch anything, but I am a big fan of Game of Thrones and House of Cards.

Q: What is one thing you would never do?
A: Be on one of those Fear Factor shows.

Q: What was your first job?
A: A badge checker at Ortley Beach. Best job ever.

Q: What are your favorite 80’s or 90’s song?
A: “The Safety Dance” is hands down my favorite and “Material Girl” is a close second.

Q: Spiderman or Batman?
A: Neither.

Q: Favorite Disney character?
A: It’s too hard to pick just one. I love Sleeping Beauty and Snow White.

Q: If you could have any superpower, what would it be?
A: The ability to heal.

Q: What does family mean to you?
A: Everything. My husband and my daughters are my world. Life would be so empty without them. They make me laugh and smile every day. I’m also blessed with my extended family and an amazing group of friends who have become like a family to me.

Mrs. Daniel  
By: Caitlyn Dickinson

Q: If you could travel anywhere in the world, where would you go?
A: Fiji? Bora Bora? Any place tropical. The beach is my favorite place to be. I would also like to go to Europe. There are a lot of places I would like to go to. Do I have to just pick one?

Q: Who was your role model growing up?
A: Without a doubt, my mom. She still is my role model. She is like Wonder Woman. She does it all and does it well. And she usually does it in high heels.

Q: If you could go back in time, when and where would you go?
A: My wedding. I have such wonderful memories, and my brother, who has since passed away, was a very important part of my day.

Q: What “grinds your gears”?
A: People who have a lack of respect for others or a sense of entitlement.

Q: What is your favorite show to binge watch?
A: Oh, this is embarrassing to admit, but either Days of Our Lives, or Bachelor in Paradise.

Q: What is one thing you would never do?
A: Be on one of those Fear Factor shows.

Q: What was your first job?
A: A badge checker at Ortley Beach. Best job ever.

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A: Everything. My husband and my daughters are my world. Life would be so empty without them. They make me laugh and smile every day. I’m also blessed with my extended family and an amazing group of friends who have become like a family to me.
Favorite Thanksgiving Foods

What Students Are Grateful For

* All results were anonymous responses from High School East students.