

# THE Banner

June 2006

North Brunswick Township High School  
North Brunswick, NJ 08902

Volume 23, Issue 06

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## A New Spin on an Old School

Frank Panico  
Editor In Chief/Photographer

After more than two years of construction the 7 million dollar addition to North Brunswick Township High school is nearly completed. This giant state of the art extension consists of 19 new classrooms, 4 science laboratories, 3 large lecture halls, separate instrumental and choir rooms, theatre, music, photo and computer labs, a greenhouse and a broadcast studio. Recently this addition has been opened up for a few exclusive tours and the NBTHS Banner was fortunately allowed to explore the previously uncharted new addition. Accompanied by Loraine Knox (head custodian) and Kevin Conlon (Forman of construction), we explored the ins and outs of the new North Brunswick High school.

Entering the new addition behind Patio B, the first area you encounter is the photo, video, and broadcast studios. There is a large room to your immediate left, which is supposedly the broadcast studio itself. Here cameras will be set up, a backdrop will be created and students will record and broadcast news and various other events. Separated by large glass windows is a smaller control room, where one can oversee what is being recorded in the broadcast room. Down the hall way there are various editing and video studios in which students can edit and professionally master their recordings. This section also consists of a large journalism room, which will hopefully become the official Banner room. This state of the art section will allow North Brunswick students greater journalistic possibil-

ities, allowing them to create video journalism while also giving the newspaper its own editing and production room.

The next area explored was the new music section, which consists of an instrumental room and a choir room. These large state of the art rooms are acoustically designed to optimize sound quality. They are designed so that the band and choir will be elevated upon multiple level risers. These rooms also provide ample storage space and house several offices for the music department.

Near the music section one will find the lecture halls and theatre. These lecture halls are college style classrooms, consisting of stadium seating. Large classes can comfortably gather and teachers can give entertaining lectures in this state of the art area. There is only one sole lecture hall, while the two other are attached to the theatre. The new theatre/ auditorium at NBTHS can hold close to 1,000 people and looks like something straight off Broadway. The stage itself is humongous and consists of several trap doors. There is a professional orchestra pit where the live music will be played and the theatre has two skyboxes, which can be used for acting or viewing.

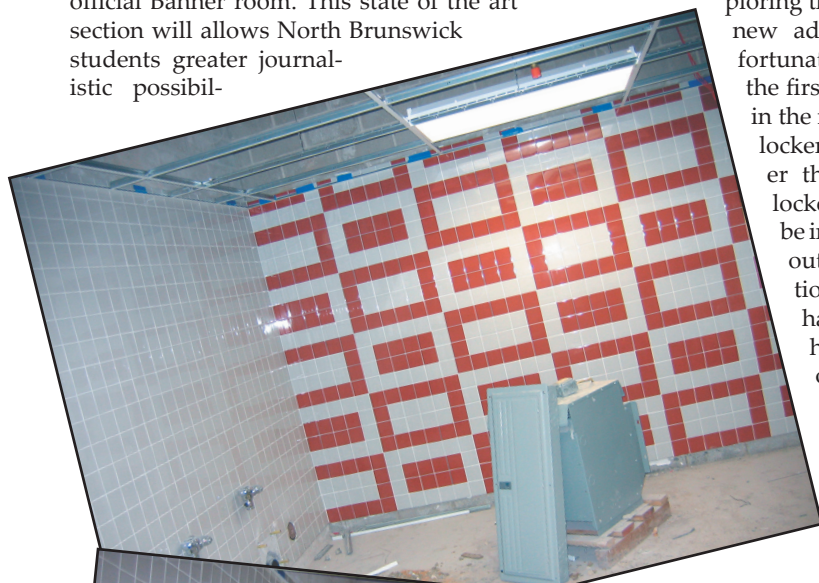
Upstairs is where most of the new classrooms are located. There are also several science laboratories, and a greenhouse with large glass skylights. Also, while exploring the upstairs of the new addition we were fortunate enough to see the first locker installed in the new wing. These lockers are much larger than our existing lockers and will soon be installed throughout the new addition. Many people have seen the glass hallway from the outside of the

school, but walking through it is a completely different experience. It offers a great view and is a beautiful escape from the white concrete walls of our high school.

Forman Kevin Conlon told me, "We have run into several obstacles along this process (contaminated soil and whether problems), but the new wing will hopefully be ready by next school year". This new addition should be a breath of fresh air for North Brunswick students and faculty. With this addition the educational possibilities at our school will become endless.



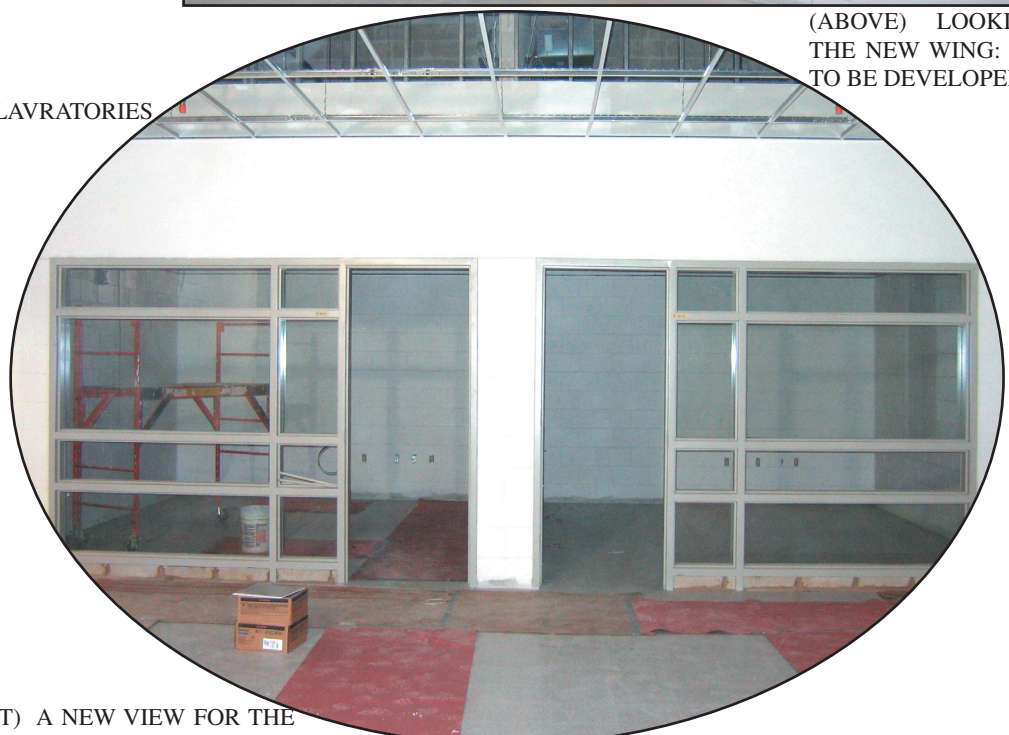
SCALED SEATING FOR THE NBTHS BAND!



GIRLS AND BOYS LAVATORIES



(ABOVE) LOOKING OUT OF THE NEW WING: MORE LAND TO BE DEVELOPED.



(RIGHT) A NEW VIEW FOR THE OLD SCHOOL: DOORS WITH VIEW OF A HALLWAY.



# Bed Bugs: The Growing Infestation

Patrick Chung  
Staff Writer

"Bed bugs" is a familiar term used in our average-day nursery rhymes and to wish each other a good night's sleep. But, in recent times, these almost fairy tale-like creatures have been making a comeback in the United States. These pests, which were once thought to be completely wiped out in the United States, have begun to plague us once more.

Bed bugs are very pestilent creatures. Much like ticks, they feed on the blood of warm-blooded animals. The most common species of bed bugs prefers human blood, having been accustomed to it over thousands of years. These parasites, which have been with the human race since the beginning of time, are extraordinarily hard to find and kill. Able to live for up to a year without a blood meal and reproduce a full generation (almost five offspring) a day, they are able to survive and flourish very effectively. No bigger than a few millimeter, these bugs can hide in the smallest of places; places easily unnoticed by most people. The eggs of the female bedbug are even smaller, averaging to about the size of a speck of dust. In addition, bed bug infestations are not attributed to clean or dirty places. Bed bugs are not attracted to dirt and squalor and can live in the most pristine environments. As long as there is food, the bed bug will take up residence there. These attributes combine to make the common bed bug a very resilient creature.

Bed bugs were a huge problem in the United States before World War Two. After the introduction of DDT, a very pesticide that is banned because of its dangerous side effects, the American population essentially eradicated the bed bug population. And because of the use of DDT and other pesticides, bed bugs were almost nonexistent in the United States, while they flourished in other parts of the world. The recent increase in immigration and international travel has begun to create a bed bug problem. These parasites, which can latch on to luggage, clothing, and etc are able to travel with a traveler into another country. And because of this, the common bed bug has been reintroduced into the United States. They are now being reported in hotels, homes, apartments, and dormitories all over the country.

Bed bugs DO NOT transmit diseases. Although they do feed on blood, they are not known to carry and pass any blood-related diseases. Most side effects include swelling of the area where the bug bit the skin, itchiness, and redness. These side effects can be very confusing because they can be attributed to a number of causes such as mosquitoes, ticks, and etc. Because of the relative harmless side effects of the bed bug's bite, they are not considered a danger to the United States population and little has been done to eradicate the increasing bed bug population. So, it falls onto the individual person to prevent and possibly destroy the threat of bed bugs.

The first step is to identify the presence of bed bugs. This proves to be a very challenging feat. Because of the bed bug's small size and its nocturnal feeding pattern, it is very hard to find and identify them. But, the bed bug leaves several clues that it has taken up residence in your home. First, look for small black spots around your room of rest. These small black spots are the fecal remains of the bed bugs. Look for these remains in secluded areas, mostly around your bed. Check your headboard and the mattress itself. These are the two hot spots for bed bugs. Second, look at the bites you received. Bed bugs feed by following the veins in your body. So, if your bites are going down your leg or arm in a linear fashion, you know you have a bed bug problem. Last, bed bugs almost always feed during the night. If you wake up and have itchy spots on your skin that you did not have before you went to bed, you can make a good guess that the culprit is the bed bug. By spotting these small clues, you can save yourself a huge pest problem that is a nuisance to you and to the rest of the people in the building.

Bed bugs are becoming a growing problem. Small parasites that feed on blood that can survive through almost any conditions: every person's worst nightmare. Although not dangerous, these bugs are a pesky little nuisance that can add trouble to a person's life. So, whenever you check into a hotel or go to sleep in someone else's home, you should know that there is always a possibility that the bed bugs will bite.

# Animal House

Farnaz Manouri & Amrita Patel  
Features Editor & Staff Writer

North Brunswick Township High School is not only a community for student and faculty, but is also a community for animals. A pair of Canadian Geese made a home for themselves on the roof above the old auditorium, now known as the new library.

The upstairs faculty room is the



Photos courtesy of  
Melanie Mendoza

perfect place to look at geese. Ms. Schantzenbach, an English and journalism teacher here NBTHS said, "Instead of teachers asking about one another's day, we ask, 'So how are the geese?'" While making photocopies, many teachers

look out the window to see how the family is doing.

Mrs. Kruzik said, "Around April I saw the two geese. The mother was gathering material to make her nest." The mother sat on her eggs for about thirty days making sure her eggs were protected. Many noticed that the gander was always on the look out to keep potential intruders away. Standing on the ledge of the building, the gander would fly down to the patio to make sure his family was safe.

Mrs. Knox, the school's plant manager, feed the two geese water soaked bread for about a month. The goslings were born on May 7th of Sunday and Monday, May 8th.

The staff worried about what the goslings would do for food and water, fortunately, by Monday afternoon, one of the janitors went up on the roof and rescued the goslings. The janitor placed them gently into a box, later, letting them free on the grass by the trailers.

However bus drivers felt the students would harm the goslings, so they called animal control to come collect them. Even though the geese and their gosling are now in good care, there is still more concern that the mother and father would not go back to their babies due to human scent after so much contact.

Luckily, due to the support of NBTHS staff members the goslings were reunited with their parents later that day. Animal control put the goslings in a cage for a while but once the buses and students left they were let out by the trailers where later their mother and father came to get hold of them.



# Reckless Dieting: Taking Over Teenagers

Farnaz Mansouri  
Features Editor

A good diet is important for people of all ages to maintain. From toddlers, to teenagers, to adults, we need to eat the type of foods that help keep our bodies healthy and bones strong. However, in our day and age, staying healthy can be difficult. America is considered to be the most overweight country in the world, which causes adults and especially teens to become over conscience and insecure about their weight. This insecurity leads teens to irrational diets, and in some cases, eating disorders. "I think people are comfortable with themselves, until someone else notices or says something. That's what leads to dieting," says Andrea Chang, a junior at NBTHS. There is no doubt that if actually done correctly, dieting is a

helpful way to shed unwanted weight. Yet teens today don't have the necessary knowledge needed to properly go about dieting, and therefore it never works out. "Many teens don't understand the word 'diet.' They think not eating enough helps loose weight instead of going on a diet and exercising," says Heather Sivetz. An anonymous NBTHS student even admits to being on the cranberry juice diet, "I only drink cranberry juice for 24 hours. It helps flush down your system." This dangerous and reckless behavior is a mere example of what teens do to loose weight, the type of behavior that society needs to put an end to.

Maintaining a balanced diet means eating healthy and well portioned

foods, as well as following a short exercise program. Exercising daily is crucial for anyone desiring to loose weight. Our bodies run on the blood sugar and fat circulating in our blood. When we exercise enough to minimize the amount of blood sugar in our blood, the hormones in our bodies are released and instruct our fat cells to release fat into our blood. The fat flows to the muscles that need it as fuel, and we end up with less fat on our bodies. Also, safe diets such as the low fat diet plan and the healthy heart diet, which are proven to work very well, are the type of proportionate diets teens should read into. These are the only a few methods that could not only help teens loose weight, but in a way that won't danger their health.

## THE BANNER

The Banner of North Brunswick Township High School is obligated to report all newsworthy events to the student body. The paper issues stories based on the interests of the school. Our newspaper will always be sure to report on time with the best coverage. It is our pledge to avoid statements that may offend others. We will strive to produce the best product we can.

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## Men in Sweats Mr. Breheny and Mr. Martin

Frank Panico  
Editor In Chief

School can sometimes be mundane and monotonous. Day in and day out students roam from class to class along the same overcrowded hallways, sit for hours of lessons and lectures, and then go home to do even more work. It may seem that there are few escapes from the pressures of every day high school life, but two men have made it their business to change this and supply students with a fun and healthy release. Mr. Breheny and Mr. Martin have created a fun and relaxed environment where students can take a load off and truly have fun; even if its only for a forty minute gym period. Students often dread going to gym, however Mr. Breheny and Mr. Martin make gym class genuinely fun by whole heartedly getting involved, making everything interesting, and never being too serious. The two have recently teamed up, combining classes and supplying double the laughs.

Mr. Martin and Mr. Breheny make any seemingly boring game fun. Recently Mr. Martin and Mr. Breheny's classes have faced off in a series of games while both teachers serve as officials. The first game the classes played was kickball. Kickball might seem like a childish game, but both teachers pumped up their classes, sparking a fun and competitive spirit. "Come on guys, I want to win this one. If we loose that's it, were having practice after school", said Mr. Martin to his fourth period gym class. It is hard to not to participate while both teachers are so involved in the games. At each pitch Mr. Breheny will scream out "BALL" or "STRIKE" in a way that would make most students laugh. Whenever there is a play in the field Mr. Breheny and Mr. Martin will call out "SAFE" or "OUT" in an over animated way, bringing about a similar effect. The funniest of all comes when there is a close play or disputed call. Mr. Breheny and Mr. Martin gather together like professional referees and discuss the call, making sure one of them is positive they were able to see it. Some-

times when they really are not sure, Mr. Breheny will walk over to the both (which is really just a square cut out in the padding around the gym walls) and check the instant replay. "After further review, the throw was made in time and the foot was touching the base, the call on field stands", exclaims Mr. Breheny.

For years gym classes have played basketball, but no one has put a pin on it quite like Mr. Breheny and Mr. Martin. Upon deciding to play basketball, Mr. Martin came up with a fun idea that would get everyone involved; full court, NBA, style basketball. Each team has a coach anxiously pacing the sidelines, while fans in the packed bleachers cheer and jeer for the students on the court. Students sub in and out and there is continuous five on five action. Mr. Breheny and Mr. Martin both armed with whistles and call a tight game. Back court violations, reach ins, ten second violations, and three second technicals for standing in the paint are amongst the several calls made throughout a game. Adding sideline commentary the two make the game more fun than traditional gym basketball.

"Who's the world's strongest man?... A policeman because he could stop traffic with one hand!", exclaimed Mr. Breheny at the beginning of a class. Each day Mr. Breheny makes a point to tell his gym class some kind of joke. Although sometimes corny, it's the thought that counts and students can't help but laugh each day when Mr. Breheny tells another joke. Mr. Martin will talk to his students about almost anything, creating some semblance of realism in a school where things can be too structured and up tight. Both teachers are genuine guys and this is why students tend to get along with and respect them. Often times students think of teachers and other people in completely different lights, but Mr. Breheny and Mr. Martin are looked at as real people by all.



## Cahill: The History Behind The Books

Juli Woodbury and Stephanie Palm  
Staff Writers

Countless teachers and staff at NBTHS, including Ms. Rebecca Ann Cahill, have begun their first year on a fantastic note. Cahill, a first year US1 history teacher assists students in a unique way. Though many sophomores and students in general are acquainted with her in the classroom, she is often mistaken for a student, and asked for a hall pass. Behind the books and the chalkboard, lies a woman with an interesting background and personality.

Born in St. Peter's Hospital, in her hometown of New Brunswick, Cahill grew. Up in a family of four; her parents, Jim and Laura, and a brother, Casey, who contributed to many of her humorous childhood memories. One short anecdote includes her brother punting a basketball

college, she attended Rutgers, and was not able to dance or do any other sports due to a knee injury, but she continued her dancing career outside of school. She spent her time partying and studying for her many historical classes, including Latin American history and U.S and World courses.

On her free time, Cahill takes pleasure in going out with friends, shopping, and going into the city. She also travels to other exotic places including Vegas and Puerto Rico. She enjoys chocolate, naps, panda bears, the beach, shoes, and the Boston Red Sox. She is also a fan of her brother's baseball team, the Orioles. Her favorite color is green, and she enjoys listening to most genres of music excluding metal and country. Cahill has a pet fish named Charlemagne, and is going to be

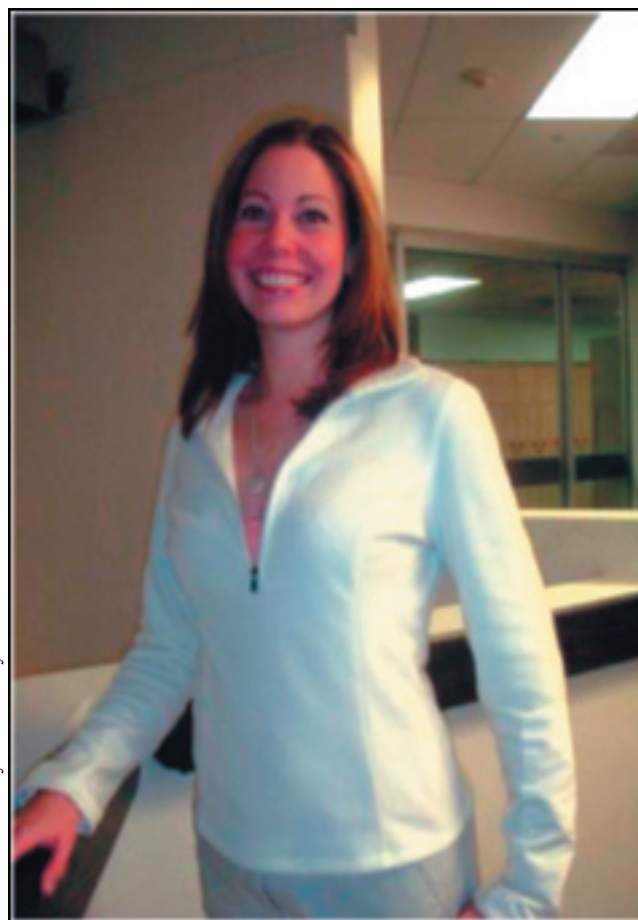


Photo courtesy of Wendy Chen

CAHILL MADE SURE TO TAKE OUT TIME FROM HER BUSY DAY OF TEACHING TO HELP HER STUDENTS AS WELL AS HELP WITH AFTER SCHOOL CLUBS

with his father's shoes on. After a good, hard kick, one of the shoes landed on the roof of the garage, leaving both brother and sister in hysteric laughter.

Other than memories of her brother, Cahill has a variety of highlights from her childhood, including being a performer on stage, watching her brother play baseball, and going to live concerts, such as New Kids on the Block. As a child, she enjoyed playing baseball, soccer, the piano, and dancing. On her free time, she would play kickball and wiffle ball in the street with her neighbors and family. As a child, she desired to become a teacher, lawyer, a dance studio owner, and possibly a farmer.

Growing up, Cahill attended Bishop Ahr High School, where she participated in theatrical performances. In

adopting a dog in July, naming it Gus.

In the years leading up to the present, Cahill worked many jobs, in the St. Peter's Rectery, for one year, and in the New Brunswick Development Corporation, for one year. She also babysat for 3 years, and taught at Linwood as a history teacher for one year. Cahill has been teaching dance since she was sixteen, and is into her ninth year. She has taught at a total of three different studios and one company.

Presently, Cahill works as a teacher, dance instructor, coach, tutor, and choreographer, and hopes to continue working in the field of education in the future. She greatly enjoys having fun when she teaches, being silly, and knowing that she has accomplished making a difference and contributing to a student's future.



# HELPING STUDENTS

Alyssa Selvaggio  
Opinions Editor

On April 26, 2006, students and faculty joined together to help raise money for an NBTHS student with cancer and to increase cancer awareness.

The basketball game was students versus teachers, each very confident that they were going to win. Announcer and Social Studies teacher, Mr. Chesler claimed, "The staff will win, and if they don't, they're doing the students a favor." Malcolm Stoby, junior and member of the

showed off their talent, while the staff team tried to keep up.

The lights went down and the spotlights came up; Referee and Social Studies teacher, Mr. Zilenski came out and Mr. Chesler announced the teams. With made up heights for the staff, making them seem taller than they are, spotlights and cheers filled the auditorium. Staff cheerleaders cheered as every player ran on the court.

After everyone was introduced, the game began. The student team made the first basket, which was quickly followed by the staff. As time passed, the students gradually took the lead. Student player, Jeff Ashamole, a junior, impressed the crowd by dunking numerous times and scoring countless points. By the time the first half was over, the students were winning 42 to 27.

As the second half dribbled around, the staff team made a basket that was counted as 11 points to make the score closer. Mr. Smutko dominated the staff team, causing them to gain the lead in the middle of the second half. Ms. Valerio contributed to the staff team by scoring three point shots. Mr. Cogan also added a three pointer helping the team.

With the remaining 14 minutes, the staff was still keeping their lead. Routine substitutes for both teams made sure that the players were en-

gaged and ready to go. With 3 minutes left, the score was tied 81 to 81. Soon after, the teachers took the lead. A quick three-point retaliation by the student team brought them in the lead. The buzzer went off as there was no time left, and the students won victoriously 92 to 87.



ABOVE: MALCOM STOBY AND KEITH ROBINSON

student team retaliated, "The final score will definitely be a lot to a little in our favor, and we're going for 100 points."

As doors opened at 7PM, spectators walked in and saw both teams warming up on the court. The student team, named "The Future"

# BONE CANCER

Kinza Akhuzada & Sheena Desai  
Staff Writers

The Hoops Benefit hosted by NBTHS, took place for a student diagnosed with bone cancer, a type of that is uncommon and rare.

Sponsored by the American Cancer Society, the benefit consisted of a basketball game of staff versus winners of the March Madness tournament. A lot of students, staff, and town residents came out to support the American Cancer society, and the benefit was highly successful.

There are two different types of bone cancer, primary and secondary. Primary bone cancer is established in the bone itself while secondary bone cancer begins somewhere else in the body and eventually spreads to the bone.

Two main types of primary bone cancer are osteosarcoma and chondrosarcoma, often occurring in people between the ages of ten and thirty; Osteosarcoma is the cancer of the actual bone itself. It starts in the bones of the arms or legs, and eventually spreads to other bones throughout the body. Chondrosarcoma is the cancer of the cartilage cells in the bone. These cells make up the cartilage, a connective tissue found at the ends of the bones. People younger than twenty are diagnosed with Chondrosarcoma.

Although an exact cause for bone cancer is unknown, there are risk factors associated with the disease. Some risk factors linked to bone cancer are age, radiation treatment for an earlier cancer, and a previous bone marrow transplant.

There are no known ways to prevent a person's chance of getting bone cancer. However, there are certain

signs and symptoms that can be recognized as detections of the cancer. Some symptoms of bone cancer include pain and swelling in the affected bone. Others include fractures because of the weakened bone. Signs that the cancer has spread to other organs are weight loss and fatigue. Several methods are used to find bone cancer by doctors, such as the symptoms, a physical exam, or blood tests.

Bone cancer can be treated by various methods. One way to remove the cancer is by surgery. Surgery removes the bone tumor and some of the tissue surrounding it. When necessary, doctors perform limb-sparing surgery, in which they remove pieces of the bone, and replace it with metal plates. In some severe cases, an amputation is needed, in which an artificial limb, a prosthesis, replaces the actual limb. Another way to treat bone cancer is by radiation therapy. Radiation therapy consists of using high energy radiation to kill clusters of cancer cells. It can also be used to ease symptoms of the cancer.

Chemotherapy is the method of using drugs to kill cancer cells. Chemotherapy has the widest range of side effects, some of which include vomiting, hair loss, loss of appetite, and others. Fortunately, the side effects stop once the treatment is stopped.

Once the cancer is removed from the body, there is a chance it can reoccur. To prevent the recurrence of bone cancer, doctors administer physical exams, and look for new symptoms. If there is a hint of the cancer returning, it can be treated successfully if found early.

# Hoops



# VOLUNTEERING HEAD

While the Hoops Benefit helped a certain family battle cancer, there are many other organizations that contribute to the problems of society in the year 2006, that deserve recognition.

Circle K, an international community service organization, have several projects for this year. The club consists of college students from seven different countries, all promoting the same things: leadership, fellowship, and service. Circle K's focus is helping children all around the world. They have several projects each year to raise money for various different causes.

One of the NJ District Circle K projects this year, NJ Save a Pet, in which foster families take in stray pets in an attempt to reduce the number of animals in shelters. Circle K donates money to those families who participate to cover expenses such as vet bills. Another project this year is called Hugs and Hope, and Better World Books, where Circle K members make cards and send gifts to terminally ill children and their families. Also, Circle K aims to collect and donate books to send to New Orleans's libraries for stock.

Rutgers Circle K consists of devoted and selfless people who try their hardest to help as many causes as possible. Megan Maroney, Editor of the NJ District Circle K said, "It's nice to see already busy college students taking time out of their studies to help the community, and I'm glad to be a part of that."

A popular fundraiser for cancer research in North Brunswick is the Care-To-Walk/Run event that takes place in October each year for the past eight years. The fundraiser was formed in 1998 by women who had dealt personally with breast and/or ovarian cancer, according to the Care-To-Walk/Run website. The organization states that early detection and treatment are pertinent to surviving these illnesses. In 2001, the organization became the affiliate of



Benefit

VOLUNTEER FRONTIER

Wendy Chen  
In-Depth Editor



In a world filled with concerned and thoughtful people, many individuals of all ages attended the Hoops Benefit to raise money for the American Cancer Association and a student. From basketball players to the band trio, volunteers excitedly made this benefit possible on April 26, 2006.

Weeks before the Hoops Benefit Game, preparation and practice were already in progress. Mr. Garcia's ESL classes painted banners with encouraging words such as, "GOOD LUCK TO THE FUTURE," and informative banners to attract as many people for the evening.

As for the basketball players, the

faculty staff broke out in the usual sweat and aggressive behavior, but on the court. Mr. Huber, math teacher of NBTHS, admitted, "We really have no plan at all."



MS. BERCH (ABOVE) AND MR. RAGATI (BELOW) PREPARE FOR THE GAME

Weeks prior to the game, teachers have tried to squeeze as many practices after school. Mr. Huber has only attended two, but still had confidence for the team. With fourteen players on the faculty team and only seven student players, the students had much confidence in themselves. Captains of the March Madness winning team, juniors Keith Robinson and Malcolm Stoby, plan to "dunk on the teachers". Speaking on behalf of the winning team of the March Madness Basketball Tournament, Stoby says they were "all for it".

During the game, refreshments and upbeat music were provided. The class of 2008 and the African American Club sold refreshments, which all pro-



ceeds were donated to the American Cancer Association. A small band consisting of Joe Scala, John Maroney, and Alex Glassglow, played throughout the game, creating an anticipating atmosphere as players dribbled the ball. It was a fun night for John Maroney also because "we got to jam together since we haven't bonded on a while." Basketball not only brings victory to a team, but bonds between friends.

When the faculty staff, NBTHS Blue, shot a basket, faculty cheerleaders screamed and supported their team. As their pompoms waved in the air, lots of energy was bursting through their body and encouraging NBTHS Blue. Before the game started, cheerleaders did one last practice and last minute additions to their uniforms. Most of the cheerleaders had ribbons in their ponytails, team numbers smeared, and stickers on their face. Ms. DePasquale says she refuses to wear a ribbon in her hair, for some unknown reason. During halftime, the enthusiastic cheerleaders performed their long-practiced routine, choreographed by Ms. Cahill. "Everyone contributed on the cheerleading team," Ms. Cahill explains.

The winning team felt a great triumph, as well as all of those who helped.



NG FROM THE ART

the central New Jersey SHARE (Self Help for Women with Breast and Ovarian Cancer). Today, the organization runs the Care-To-Walk/Run for those interested in helping the cause. Walkers/Runners are sponsored for their time and the proceeds go towards research for cancer treatment.

The American Cancer Society has a long list of fundraising and volunteer activities that help to raise money in the fight against cancer. Each year in order to raise money, the ACS sponsors relays in all different parts of the country, with three million volunteers in total. An overnight event, teams gather at schools, parks and other public places to run laps in a relay-style race. The ACS also conducts local and national golf tournaments for free or low prices, in order to raise money for the cause.

Revlon is sponsoring its 9th annual Run/Walk for women's cancers. On Saturday, May 6th, 2006 participants will meet in Times Square, New York to participate in the 5K (equivalent to 3.1 miles) Run/Walk event. The Run/Walk ends in the East Meadow of Central Park. Over 40,000 men, women, and children have signed up for the event, which raises awareness and funds that are crucial for women's cancers research, counseling, and outreach programs.

The Revlon Run/Walk event was started in 1993 by Lily Tartikoff and Ronald O. Perelman of the Entertainment Industry Foundation. The Revlon Run/Walk for women has grown tremendously since then, becoming one of the nation's largest 5K fundraising events. The event is not only held in New York, but also in Los Angeles. The Revlon Run/Walk event has contributed more than 36 million dollars towards cancer research.

Since there are so many different organizations centered on helping those in need, it is simple for North Brunswick residents to take part in something bigger than themselves.



**Up and Coming...****Papoose**Frank Panico  
Editor in Chief

New York rapper Papoose has recently been named MTV's "You Hear it First" artist of the month. Quite frankly Papoose feels it is "about time". After years of slaying rappers in the underground

just enough money from the hyped-up audiences, Pap started to finance his own disc, underscored by the inimitable A-to-Z joint, "Alphabetical Slaughter". Papoose began writing the track in 1994 but didn't



photo courtesy of yahoo.com

hip-hop scene with his hard, politically charged rhymes, Papoose is finally ready to take his lyrical flows to the masses. With the success of his underground demo's and large East coast fan base, Papoose feels he has the means to take the rap game by storm and rise quickly to the top.

Papoose was born in Africa and at the age of five moved to New York. He was raised in the ghettos of Brooklyn by his mom and older sister. The MC says he knew early on that rapping was what he was born to do. Grinding the rough streets and warding off hustlers at every corner drove Papoose to churn out brutally honest songs, which has since become his trademark. "When you hear my hardcore lyrics and the negativity, it's not a bluff. It's real-life experience," said Papoose during his "You Hear it First" interview. Papoose went on to explain that he began spitting rhymes at his local park when he was only nine. Hustlers and gangsters of all ages were impressed by Pap's skills and grew to respect the young rapper. To this day Papoose claims if it wasn't for his gift of rhyme he would have inevitably been a part of the violence around him.

Fueled by the works of old-school rappers like Big Daddy Kane, Kool G Rap, Rakim and Slick Rick, Papoose, whose nickname was given to him by his grandmother, also draws inspiration from politics and literature. In particular he cites American poet Langston Hughes, who Papoose says challenged his ability to express emotions in more innovative ways. Papoose looks up to the authors and poets of the Harlem Renaissance and hopes to influence a new breed of black New York rappers and poets.

As buzz began to build for the up and coming rap star, Papoose began drawing block-party-size crowds to his basement shows in Brooklyn. Taking in

finish it until five years later. "The concept for "Alphabetical Slaughter" came from constantly hearing everybody doing the same thing," the rapper explained of the demo. "I just wanted to do something different. Nobody ever broke down twenty-six letters of the alphabet ... so precisely", said Papoose. The Alphabetical Slaughter was a totally new approach to the classic rap battle/diss record and separated Papoose from the other Brooklyn rappers.

Pap's approached the legendary DJ/radio host, Drama King, with a copy of his seven-track *The Art of War*, but was quickly rejected by the Drama King and the Hot 97 producers of the Drama Hour. "His reaction wasn't too smooth at the time," Pap recalled. "Me and him exchanged some words, so we didn't start off on a good foot, but I came back and he saw that I was persistent and I wasn't going away."

Pap's perseverance landed him a spot on the show; he spit some free style raps and the rest is history. Record labels started offering him deals, but Papoose has refused them all. Papoose is aware of the hype and what his fans expect of him. He is not willing to settle or to sell out to labels that wish to take him away from his hardcore roots. "I know I can be made into a bigger artist," Papoose said. "That's obvious, and a lot of fans want to see me go there, but it's got to be with someone that's going to take it to another level. There's no going backwards here".

Papoose has recently finished his first full-length album *Nacirema Dream* ("American" spelled backward), but is still looking for a label to release it. Pap is in no rush to release the album and is extremely confident he will become one of the world's top rappers. The hungry rapper is ready to take down any of his adversaries to see his dream come to light. "Everyone at the top, I'm coming for your spot," he warned.

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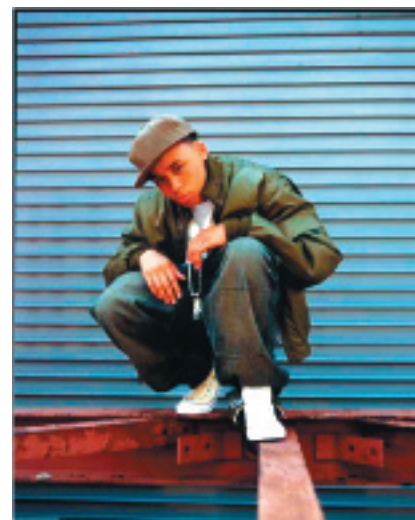
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Corey Gunz**Juli Woodbury  
Staff Writer

Rapper Corey Gunz, is slowly making his presence known to the public. With a father who introduced the Bronx to the hip-hop world, and a godfather who sets the bar high as basketball's living legend, Corey Gunz is promised a bright career in the spotlight.

Gunz is a 17 year-old aspiring rapper, promising to hit the hip hop world with something to give. Son to the famous Peter Gunz, who's partners with Lord Tariq, wrote "Déjà vu (Uptown Baby)". As a child, Gunz had his father to look up to, as well as his very well known godfather Shaquille O'Neal. Gunz explains "I have to let people know that what I'm doing is real, that it's not going to be easy... I'm going to be rememberd. If I'm not the 10th [best] MC it's gonna be something; y'all going to remember me...". Although, having a very famous father may be to his advantage, Gunz also needs to be able to separate himself from his father's legacy, and make his rhymes unique from those of other teen rappers. He plans to base his rhymes around the streets, rather than other teen issues such as girls and such, the real deal, what he goes through everyday. "I come from the ghetto where a lot of people don't believe kids my age go through things we go through... For example, there are kids on my block right now that are selling crack, shooting people, getting shot. They don't believe that kids are capable of doing things that adults are



doing." His sketchy experiences with the real world, frightened some labels, not knowing whether to show the rap world of the real deal.

His debut album *The Commencement*, features many songs in which have great sentimental value to the young MC. One song in particular is labeled "1668", the address of his apartment building in which he grew up in. On the track, lyrics describe the personality of each floor, and events.

"I was born and raised in this building... This building is the reason I rap... Floor six, I'd have to name that the drug floor; a lot of addicts live on that floor. Floor number four is two different situations: A girl younger than me, she's about 13, 14, got pregnant, had a child. And, I'm not going to name him, but there's an alcoholic guy over there". Other tracks involve lyrics about enjoying yourself when you're young, about feeling comfort for what he's doing exactly, not needing to deal drugs to make money. He likes to be serious, and yet, still look at the positive aspects of his life.

"I want to have a #1 album," he said. "I want to be consistent. I'm never going to give up. I'm going to be one of them artists that keep gunning and gunning and dropping albums and people accept me regardless of what I have to adapt to. I'm willing to just risk anything for this music. It's what I live for."



# Houston In New Jersey

Wendy Chen  
In-Depth Editor

Hundreds of excited fans looked forward to the buzzing sound that would fill their eardrums after a night of live music at Hamilton Street Café. On March 10, 2006 bands like Moraine, Kick over the Traces and Houston calls, passionately performed on the small dimly lit stage of Hamilton Street Café, giving fans a unique

the musician's careers, but members Rocky and Mike of Kick Over the Traces have decided to play in another musical group, The Showcase. So fans of ex-Kick Over the Traces, your lives aren't over.

As Houston Calls, the last band to play, made their entrance, the atmosphere of the tightly packed room gradually

became stuffy and filled with anticipation. Houston Calls, a five piece "power pop" band from Rockway, New Jersey has toured around Japan, and other countries after debuting their CD, "A Collection of Short Stories" in the summer of 2005. When their first note struck, fans instantly knew it was going to be an awesome performance. Some of their most popular, "The Better Part of Valor," "One More Won't Hurt," and one of their catchiest songs, "Exit Emergency" were performed last. The crowd enjoyed themselves and the room was filled with emotion and energy, which was without a doubt influenced by Houston Calls. Mike Maroney, who attended the show, comments, "This is my third time [seeing Houston Calls] and they were just

as awesome."

Despite the heat, very little capacity, and obnoxious people you may encounter, Houston Calls was an excellent closure to a great night.



ABOVE: Rocky from Kick Over the Traces  
BELOW: Matt from Moraine  
Photos by: Wendy Chen

and intimate performance full. It was a night of laughter and memories for all.

Moraine, a six-piece band that formed in 2004 performed second. They have worked and recorded with Rob Freeman, Chris Badami and many other excellent producers. Their captivating tunes and lyrics hypnotize fans and the band has played numerous sold out shows. Not only is their music catchy, but fun as well.

Kick Over the Traces, from New Brunswick, New Jersey has gained much popularity since 2002 when they began as a garage band. Lead singer, Rocky, thanked everyone in the audience for joining them as they played their last show together known as Kick Over the Traces. Fans seemed excited to be a part of the bands final show, but were also sad that Kick Over the Traces wouldn't be together anymore. Their break up may seem like an end to



## A Death-Grip on Yesterday

Frank Panico  
Editor in Chief

Exploding out of Orange County, California, Atreyu has been at the forefront of an ever growing melodic hardcore scene. Atreyu grabbed the attention of a wide spectrum of music fans by demolishing the barriers between rock, melodic hardcore and metal. They have firmly established themselves on the side of solid songwriting, tight arrangements and musicianship with their two previous albums, Suicide Notes and Butterfly Kisses and The Curse.

Atreyu's upcoming album, A Death-Grip on Yesterday, takes their dedication to new heights with an arrangement of great metallic rock songs, mind-boggling guitar runs and dynamic brutality that they are known for. The album was produced by Atreyu in collaboration with Josh Abraham he is known for his work with Velvet Revolver, Korn and Staind. A Death-Grip on Yesterday shows off Atreyu's trademark incendiary guitars and captivating choruses with a thunderous rhythm sec-



All photos courtesy of www.atreyu.com

mented Alex. Drummer/vocalist, Brandon Saller agreed, saying, "Sonically, they really knew how to get the sounds we wanted. This record was very natural for us. We just kind of poured ourselves out for this one; it came more naturally than anything we've done in the past."

The album kicks off with "Creature," a blood pumping track that embodies everything that makes Atreyu unique; vocal interplay that flaunts the melodic

lines of drummer Brandon as they slam against the enraged roars of front man Varkatzas. "The Theft" builds arena-sized backgrounds of lush synth, joined by pretty guitar figures and a graceful vocal that harmoniously clashes with Varkatzas' screaming counterpoint. "Ex's and Oh's" takes Atreyu into more traditional rock territory, with sharp hooks and a truly spectacular guitar solo that takes the band from strong to colossal. While "Ex's and

Oh's" is the first single from A Death-Grip on Yesterday, Atreyu contributed an exclusive song to the soundtrack album for Underworld: Evolution, which debuted at #1 it's first week with 27.6 million dollars in ticket sales. The video for "Her Portrait In Black" is inter-cut with footage from the movie and has enjoyed massive plays from the online sites as well as MTV2 and FUSE.

With one of the top slots on this years Taste of Chaos Tour, Atreyu are poised to reach a huge audience and captivate them with their genre-bending metallic rock.

Their headlining slot on Ozzfest's second stage for summer 2006 will expose them to yet another scene of music lovers. Music fans of all genres can find something to love in Atreyu and with the more main-stream album A Death-Grip on Yesterday, Atreyu has put thcome one of the next big things in rock.



tion framing each track. "This record is a journey for me," singer Alex Varkatzas said in a FUSE interview. "This album is shedding the past and growing beyond it, and all that it entails."

The album was written in just two months in the fall of 2005 and with pre-production nailed down a few weeks later, Atreyu descended on Pulse Studios in the Silver Lake, LA to record their third album. The band discovered that in producer Abraham and engineer Ryan Williams they were able to deliver their songs with a whole new dimension of heaviness they had been looking for. "The talents of Josh and Ryan made things sound bigger and meaner than they ever had," com-





# The Good, The Bad, and The Dating

Vanessa Kappes  
Staff Writer

The latest craze for singles 18 and over is to find a "soul mate", in other words, someone to hang out with on your free time or Saturday nights. The on-line sites to find your match cause the public eye to think that anyone can easily register and find the love of their life. Although there may be a person for everyone, online dating sites can be easily corrupted.

Normally on one of these sites, one has access to others' profiles, where a person fills out certain information about his or her self. The information consists of what they like to do during their down time, their occupation, aspects of their personality, and other things the person may like or dislike. Some sites require a fee to create an online profile and interact with other users of that site. However, others allow you to register your e-mail address and other contact information to talk to other singles. Charging a small fee is the most the creator of the site can do, because anyone can create an online personality. This, unfortunately, includes stalkers, rapists, and other sick people who are just waiting for a chance to come across a girl in their teens, or even, a woman in their 30s, that they can take advantage of.

Although a couple of bucks a month seems plausible for finding a boyfriend or girlfriend that could eventually turn into your spouse, you can not "buy love". Just because one invests in an online dating website does not mean that within days or weeks they will find the person they were meant to be with. What if they're registered on a different site? What if they don't have the time to search the web for a new person in their life? A person should not have to resort to a website to find a spouse or a boyfriend or girlfriend.

Taking part in a dating site also creates a lazy look for the participants. How busy can a person be that they have to create a dating profile? If a person is too busy to go out and meet someone, then who knows if they will actually speak to singles interested in them? An online dating site should be used as a last resort for people who have a credible reason for not looking for "the one" on their own. These would include a job that takes up all of their time or just never being in a healthy relationship that really worked out.

Online dating should not be considered real dating. There are several problems with it: When do you gain trust in a person you have never seen or talked to in person? When do you finally meet them? How would the relationship work? Registering oneself in an online site just seems too complicated and desperate to use to find love.

Amrita Patel  
Staff Writer

From the elderly to the young, many have taken the time to search for an on-line soul mate. According to the Jamaica BSERVER they stated, "In a survey done last October, Nielsen/Netratings found that twenty one million people visited on-line dating sites in that month." Everyone has his or her own views on online dating. The way I see it, there are many more pros to online dating than there are cons.

There are many things that make on-line dating positive. For example (<http://tinyurl.com/2lyea>) is an on-line dating service site that allows people to interact with one another and make the process of "dating" less stressful. Many people find on-line dating an easy and pressure-free way to meet people. Also if you want to end the on-line relationship it is so much easier than an actual relationship. It eliminates the harshness of emotional pain. Nobody can actually "reject" you and with on-line dating it's as painless as it can be.

Another positive thing about on-line dating is that you can take a compatibility test. This test shows you other people you are compatible to. This test saves you a lot of time. Instead of picking someone out at random, you can easily find people that you can relate to.

When it comes to relationships, time is an enormous issue. People are always on a set schedule and I believe that time runs us. People have to be at work on time, at school on time, picking up your children on time, etc. So it's obvious that time is what we have least of, and on-line dating saves tons of time. You just agree on a time to meet online and meet in person. And if your companion does not show, you can just talk to someone else in the mean time. There is nothing wrong with keeping your options open in online dating.

As you can see, online dating is a great thing and there are so many other pros about this. The cost is next-to-nothing, there is no need to get all ready and go out when you can just get into your pajamas and chat on-line. There is time for a lot more things and there is no need to be nervous about meeting that someone since you're not face-to-face.

## The Way I See It

Byron Goundrey  
Exiting Editor-in-Chief



## Thank You

Four years ago, it was hard to imagine that I would be standing at this major crossroad between high school and college. Back then, I always thought these days would be filled with a real sense of independence, freedom and a sense of relief. But I am finding that each new day is more of a mixture of sensations and emotions...excitement and anticipation clouded with apprehension and nostalgia for the safe and familiar.

Many of you may know that in April, I spent three weeks in the hospital due to complications from what was supposed to be minor surgery. There's nothing like lying for 22 days in intensive care, attached to a respirator while being stuck with needles or having your muscles electrically shocked, to remember how great your life had been at NBTHS. During most of those days, I would lie in bed wondering what was going on in my classes and what everyone was up to.

Teachers and friends would call with the latest news and gossip and cards and gifts arrived to cheer me. As the days grew gloomier and the news from the doctors seemed more worrisome, I found great comfort in memories of high school days. All of a sudden those 10 page English research papers and two-day history tests were stimulating, rather than onerous! The lunch periods where our table of six guys laughed and joked meant more than any 24 minute memory ever would. I thought back to last year's Junior Prom and how I threw an "anti Prom" poker party for those of us rebels.

All my bellyaching of how stupid high school was had morphed into sentimental memories of the "good ol' days at NBTHS!". And it was just those sentiments that made me want more than ever to return to the place that has meant so much to me over the past four years. With only a few days remaining, I am trying to soak up every last morsel of my high school days. My eyes and ears are like a camera trying to capture the sights and sounds for some album that I will cherish in later years.

As the final minutes are ticking down, I want to personally thank Mr. Mistretta and his administration for creating a place where we could grow and flourish. Many thanks to the staff for all you did to make the school function day in and day out. God bless our custodial staff for cleaning up our messes and the cafeteria staff for nourishing our bodies. To my teachers, you have reached inside my soul and laid the foundation to make me a better person. I hope to make you proud! To my friends and classmates, you touched my life and filled me with joy. This four years has been a tremendous ride!

Lastly, I reach out to the freshmen, sophomores and juniors to consider filling this spot every month in the Banner. Let your voice be heard. Believe it or not, you can change the world, or at least your little corner of it. Thanks so much and as Edward R. Murrow always said, "Good Night and Good Luck"!!!!

## Thin Is In

Alyssa Bongiovanni  
Staff Writer

Society has changed by leaps and bounds in the past fifty years. The innovations in technology and culture are unparalleled for the short period of time that has elapsed. The intense change in our society is apparent in all walks of life, and can be seen intensely in popular culture, especially in Hollywood. The content of what is considered fit to be seen on television has changed drastically since the days of I Love Lucy, when married couples could not even be shown sleeping in the same bed.

The ideals of what is "beautiful" and "sexy" are also very different. In the fifties, "sex symbols" were women who had natural curves and exuded a sense of confidence and dignity. Gone are the days when a size 14 Marilyn Monroe was the ultimate beauty. Nowadays, Hollywood's elite are beyond thin, emaciated even, and most are far from classy. Stars young and old have been dropping drastic amounts of weight, and not so secretly using unhealthy ways to do so.

Drugs like cocaine, diet pills, and eating disorders such as anorexia and bulimia, are only a few ways that stars use to achieve "perfect" bodies. For example, after a brief stay in the hospital for "exhaustion", starlet Lindsay Lohan emerged minus 15 pounds, and received compliments on her weight loss. Hollywood applauded the 18 year olds extreme weight loss for her already small frame, even though it was due to an illness. About a year later, and after having lost even more weight, she allegedly confessed to Vanity Fair that she "sometimes made [herself] throw up", and admitted to drug use.

Lohan, who is best known for her work with Disney, in films such as "Freaky Friday", "Herbie: Fully Loaded", and "Mean Girls", has a fan base that consists mainly of young, impressionable girls. Her admission to having an eating disorder sends a horrible message

to young girls. Not only does it endorse the fact that it's "in" to be as skinny as possible, but it sets a horrible example of how to achieve any sort of weight loss.

These days it's almost impossible to turn on the TV, read a magazine, or go online without the concept of weight being shoved in your face. From Anna Nicole Smith's ridiculously tacky ads for the weight loss drug "Trim Spa", to previously healthy looking stars like Jessica Simpson, Lindsay Lohan, Mary Kate Olsen, and Nicole Richie being applauded for their tremendous weight loss and damaging means of achieving it.

It's sickening to see how obsessed our society has become with losing weight, fad diets, and glorified eating disorders. Among many young girls, it is no longer even considered a bad thing to have an eating disorder, use unhealthy diet pills, or using drugs to lose weight. Girls admire those who have achieved the "ultimate" goal of losing half their body weight in the shortest period of time possible.

Something is seriously wrong with our society, and the way we look at weight loss, and body type. Exercising and dieting are an important part of leading a healthy life, and a successful way to lose weight, but should never be taken to the extreme. Young girls need to learn that there is a difference between being healthy and being skinny. Until then, it's pretty certain that in our society "thin is in", and it doesn't seem to be changing any time soon.

