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THE

SATOMA

NEWSMAGAZINE

BISHOP GEORGE AHR HS
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Have a heart, do your part

BY: ERIN PTASZYNSKI

Each year, Bishop Ahr High School faculty, students and alumni come together to go to battle, and have a blast, on the basketball court at the “Hoops for Hearts” charity event. The purpose of the event is to raise money to support a great cause, The American Heart Association. The upcoming annual event, which was held on March 7, 2019, was the 11th in the school’s history. The Christian Social Action Club’s “Hoops For Hearts” Committee, along with Sister Cynthia, worked hard to ensure that the charity event was the overwhelming success that it has proven to be in the past. Participants in the event, as well as spectators, had a great time, while raising money for a great, non-profit organization. These participants included Daniel

Devitt and Thomas Weiler, who succeeded in making shots from the half court line.

Since 1924, The American Heart Association has been dedicated to improving heart health and reducing deaths from cardiovascular diseases and strokes. This organization is constantly striving to save and improve lives. It is the leader in providing vital funding for research of heart disease and stroke, as well as bringing awareness to this horrid epidemic. Its mission is “to be a relentless force for a world of longer, healthier lives.”

Heart disease is an insidious, and often silent, killer that affects people from all walks of life. It does not discriminate. It targets men, women, fathers, mothers, husbands, wives, sons, daughters, brothers and sisters. It destroys lives and devastates

families. Many people do not even know that they are affected by heart disease until it is too late. Every minute in the United States, someone dies from this dreadful disease. It is the number one kill-

er of men and women in the United States, but the Bishop George Ahr High School community made strides to help by making a grand contribution of \$5500 to the American Heart Association!



RYAN PITTARI, DANIEL RANKIN, AND CHRISTIAN KADI SPRINT DOWN THE COURT. (PHOTO COURTESY OF LORS PHOTOGRAPHY)

Gowns and veils and bracelets, oh my!

BY: CLAIRE FROEHLICH

Service is a key aspect of being a part of the school community. Coming in freshman year, a fifty-hour minimum service requirement sounded just about impossible, but once made aware of the infinite service opportunities the school has to offer, it no longer seemed to be such an overwhelming demand. Year after year students are provided with returning service programs, and the CSAC Executive Board is always looking for ways to improve, revamp, or add to the long list of service options. 2019’s third quarter was no different! Let’s take a look back at the history, results, and benefits of the third quarter service events that took place.

This year’s prom gown collection took place from February 4th through February 8th. Both new and used prom gowns were open to do-

nation, so long as they are in acceptable and usable condition. It was requested that clean, in-style, age friendly dresses be brought down to 106-A for service credit. They are brought to St. Ann’s Catholic Outreach located in Kingstree, South Carolina. The Felician Sisters run this outreach program, one example of their missions to the poor. Christian Social Action Club has been doing this collection for at least 10 years, giving young women prom dresses who cannot afford to buy one for themselves.

Another service opportunity provided in the third quarter was the Communion Item Collection, which took place March 4th through March 8th. Similar to the prom gowns, new or gently used Communion dresses are eligible for donation. Veils, suits, and unused shoes were accepted, as well. An additional \$300-

\$400 is donated through the CSAC dress down money to provide extra veils. These donations are delivered to the St. Vincent de Paul Society in Perth Amboy, New Jersey. This service program makes our students aware that the less fortunate don’t only exist hundreds of miles away, but right here in our state, and neighboring towns. It helps our community to not only be grateful for the many blessings God has given us, but gives us the opportunity to help the needy receive their own religious blessing through the sacrament of First Holy Communion.

The annual Cancer Awareness Fundraiser got a new look this year. It opened its sponsorship to not just leukemia, but all cancers, specifically regarding children. Money was raised through a weeklong bracelet sale, as well as a Valentine’s Day

bake sale. Between the bracelets and abundant trays of Roche cookies, students were able to raise \$716. The best part was everything was clear profit, so all benefits went to the Pediatric Cancer Department at St. Peter’s Hospital.

Another successful service quarter in the books, deepening the school’s principles of faith and Catholic tradition. The reason our activities are so prosperous and are brought back year, after year, is due to the overwhelming response received from our community. No matter how many service opportunities are provided, not one of them would be successful if it wasn’t for the desire within people to participate. The wide-ranging variety of service programs provided inspire an awakening within people, which establishes the heart and soul of the students and overall school community.

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'Tis the season to a clean home

It's that time of the year again - spring cleaning! People dust their furniture, open their closets, look through their dressers, and clear out everything they don't need anymore. In a sense, spring cleaning is quite cathartic. It symbolizes starting off the season with a clean slate. Decluttering our homes acts as a reflection of how we want to declutter our lives. With each belonging we get rid of and each part of the house we clean, our hearts feel lighter, the weather gets warmer, and the days are brighter. If you are someone who doesn't embrace spring cleaning - whether it is because of business or laziness - this year, maybe you can consider the following.

Cleaning out your living space can have a great effect on your brain. It is proven that the messier your area is, the harder it is for you to focus. Clutter also detracts from the brain's ability to process information. This is especially

important for students, trying to take in all the information possible in the quickest amount of time. Clutter and dirt render you disorganized, distracted, and restless. Cleaning can help your brain function faster and your mind feel serene. Doing so before spring is a good idea, and you might even see a difference in your performance!

Cleaning can also be very rewarding. People say that making your bed first thing in the morning dictates how the rest of your day will go. Making your bed is essentially your first task. It is the first hurdle of the day. If you can jump over that, what else can you accomplish? The rest of the day you will be facing more struggles, but how can you get through it without jumping over the very first hurdle? Spring cleaning is the same. It just has to be done, and once it's over, you feel like you've accomplished something. All of your tasks

afterward will seem menial and easy to achieve. Not only will you be proud of yourself, but you will also feel inspired to do more. Spring cleaning can cause a change of mood and outlook for the months to come.

Spring cleaning is a way to press the reset button and start fresh. Say goodbye to the winter gloom, and get ready for a period of warmth, new life, and new beginnings. It is a great thing to do as a reset before the new season comes.

Lastly, spring cleaning is fun. It is a way in which you can look back and let the nostalgia hit you. Looking through old pictures, finding ticket stubs from a concert, or discovering artwork from kindergarten can take you down memory lane and remind you of the good times. Memorabilia can boost your mood. It can be a reminder to relax, let loose, and have fun. After all, summer is only a few months away!

Happy mind, happy life

The seasons are changing, and spring is just around the corner. The April showers provide a perfect setting for a day of spring cleaning. This annual tidying up can be viewed as a new year: a time for setting new goals and a fresh start. However, others notice the more frequent rainfall and think nothing of spring cleaning. Even if spring cleaning doesn't seem like your thing, it's still a good idea to do a little sprucing up. It helps to start small and work on one thing at a time. Making a checklist is another way to stay organized in the cleaning process.

The change in seasons may prompt physical cleaning, but perhaps it's more important to apply the spring cleaning principle to your mind. This time can serve as a mental cleaning. It's always important to be optimistic, but there are times when it can be hard. Spring can serve as

a new beginning, so it is a good idea to treat the change in season as a new year.

A good place to start is to write down positive things that have happened in the past few months. Events like making honor roll, getting a new job, being accepted into the college of your choice are all accomplishments that you should be proud of yourself for. After realizing your achievements, make some new goals for yourself. They don't have to be life changing, but it can be little things. Maybe you want to get an extra hour of sleep each night or drink less caffeine. These are all little things that will make you feel happy once you accomplish them. You can also make some long term goals, or even make edits to your New Year's resolutions. A way to keep track of your goals and accomplishments is by keeping a journal. By writing down important events,

you have the chance to look back at the list in the future and be reminded of the positive aspects of the season.

Spring cleaning can be a perfect time to release grudges or make necessary apologies. If you are waiting to forgive someone, talk to that person and resolve the problem. It will not only settle the issue, but it will remove any unnecessary discomfort inside of you and repair that damaged connection. Releasing grudges can free up emotional energy that can be used more efficiently in other positive aspects of your life. Holding onto a grudge allows those feelings of anger to ultimately hurt you.

The concept of spring cleaning isn't just about being organized and getting rid of clutter, but instead it offers a time to redefine yourself. Spring cleaning may just be the new beginning that you need at the moment.

Streaming to jazz up your life

BY: SAMANTHA SOLDO

Whether we realize it or not, music is a big part of our lives. With genres of music ranging from pop to rock, jazz to hip hop, and country to techno, there's a band or artist out there for everyone, and so, music is integrated into the very core of our everyday lives. The amount of music we listen to has only increased with the influx of streaming apps available to our mobile phones. Apps like Apple Music, Spotify, and more give listeners the opportunity to hear their favorite music on demand, create playlists, and even get music recommended back to them. Among avid music listeners, however, debate has sparked over which of these popular music streaming apps is the best, with favor placed in all different directions. With a combined total of 247,000,000 listeners, Apple Music and Spotify rank as the most coveted of all music streaming apps. But even though both apps hold millions of the same songs, music fans are still quick to judge, which app is better than the other. Let's analyze the features, the positives, and the negatives of both apps, and determine once and for all which app is truly superior.

If you're lucky enough to already own an iPhone, there's a good chance that you've heard of Apple Music. Available only to Apple users, Apple Music is a built-in stream-

ing app that lets users add whatever songs, albums, music videos, and so on to their libraries without any limitations on how much they can download or how frequently they can listen. If you're thinking that there is a lot offered, just remember the best things in life are certainly not free. Apple Music costs a single user \$9.99 per month, or \$14.99 a month for a family package of up to six people. For years, Apple only provided their users with the iTunes store, a virtual shop where device members could purchase and take ownership of any songs or album they pleased. But as of 2015, Apple has opened up a new space for people to enjoy music without committing to purchasing a song to do so. Despite the unfavorable price tag, Apple Music does have its perks. Subscribers of this service are allowed access to over 50,000,000 different songs, and can listen to their music advertisement-free. Apple Music also is very user-intuitive, and creates playlists specialized for the account that's registered. On top of fun pre-made playlists like "Pop Hits," "Breakup Songs Essentials," and "Summer Waves," Apple Music makes playlists according to what a user is already listening to, such as a Favorites Mix. The streaming service also neatly organizes the songs you play frequently and albums it thinks you might like. It features a radio option as well, with featured shows

like "Beats 1" and "Pure Pop," and a social-networking system that lets fans "follow" their favorite artists. Through Connect, a feature unique to Apple Music subscribers can access behind the scenes footage, sneak peeks, and extras from their favorite musicians. If you're a fan of keeping up with an artist's content as much as you are of their music and prefer your music to be organized as clean-cut as possible, then consider Apple Music the streaming service for you.

If you aren't as willing, to pay for music, then Spotify might be your best option for streaming music. With over 191 million active listeners since December 2018, Spotify has become the favored service for music fans without iPhones. Spotify is loved widely for its engagement with its users, that goes a little beyond what Apple Music provides. Spotify collects data from its users to create new playlists everyday, such as music based on users moods, what you're regularly listening to, and what new music they think the user will enjoy. The streaming service also likes to promote music that you've likely never heard of, so that you'll constantly have new music to learn and love. With the playlist "Discover Weekly," the app organizes thirty new songs refreshed every week that you haven't heard of based music you listened to. Also, with the playlist "Release Radar" refreshed

weekly, Spotify recommends you new music (based on what you've been listening to) out of songs that have just been released. The service is also very collaborative, and allows users not only to make playlists, but to open them to others so that multiple people can put a single one together. A negative of this app though, however, is the advertisements. Usually there will be an advertisement to interrupt your listening every 15-30 minutes. This problem, though, can be solved, but with a cost. To listen to music without the pain of ads, you'll have to pay a monthly subscription fee of \$9.99 or \$14.99 in a family package, ironically the same price as Apple Music charges. By becoming a Spotify Premium member, you can listen to music free of ads, and can now download your music. Even without paying the monthly subscription, though, Spotify is a service that can be enjoyed by all, especially those who love playlist making and sharing.

The final verdict that can be determined after evaluating both services is that one app is not "better" than the other, but depends more on personal preference. Both streaming services cater to the individual that uses them, and have the overall goal of making music more enjoyable. If neither appeals to you there are plenty of other services available to all kinds of listeners.

Award season kicks off the new year

BY: Wafa Qureshi

Award season has rolled around yet again, and everyone is talking about it. The Golden Globes, Grammys, and Oscars have everyone guessing who's nominated, who's performing, and most importantly, who's winning. With all the hype surrounding awards season, here's a look at the big headlines from the red carpet.

The 76th Annual Golden Globes was the first show of the season to air on January 6, hosted by actress Sandra Oh and actor Andy Samberg from Beverly Hills, California. Green Brook took home the most. Awards including Best Supporting Actor, Best Motion Picture, and Best Screenplay. Vice had a total of six nominations but only snagged Best Actor. Actress, Carol Burnett, was honored with an award being named after her, rewarding excellence in television.

The 61st Annual Grammy Awards was second in line to air on February 10, hosted by singer Alicia Keys in Los Angeles. Performances included Cardi B, H.E.R., Travis Scott, and many more. Childish Gambino's "This is America" won Best Song and Record of the Year, but Childish Gambino was not present to accept the award. Cardi B won the Grammy, Best Rap Album for *Invasion of Privacy*. This caused some drama over social media between Cardi B and Ariana Grande whose deceased ex-boyfriend, Mac Miller was also nominated for his album *Swimming*. Grande refused to show up to the Grammys after calling out the show's producer and took to Twitter, calling the program many offensive things. On the other hand, Jennifer Lopez and Smokey Robinson lead a tribute to Motown to celebrate the record label's 60th anniversary. In

addition, Dolly Parton had the honor of being the Person of the Year.

The 91st Annual Academy Awards aired on February 24 and for the first time in 30 years went without a host. Since there was no host, the ceremony was run by the presenters Tina Fey, Chadwick Boseman, and Paul Rudd. Queen, Lady Gaga, and

Kendrick Lamar were among the performers at the ceremony. Roma and The Favourite tied for most nominations with a total of 10 nominations each, including Best Picture, Best Actress, and Best Director.

This year's awards season brought many surprises and has everyone excited for what next year will bring.



|| MAYA RUDOLPH, TINA FEY, AND AMY POEHLER INTRODUCE THE OSCARS WITHOUT A HOST. (IMAGE COURTESY OF GOOGLE IMAGES)

“Golden Hour” grabs the grammy

BY: JALEN BULIYAT

New country sensation, Kacey Musgraves, has broken into the spotlight after her latest album *Golden Hour*. Born August 21, 1988, in Golden, Texas, Kacey has been songwriting since the age of 8. She started her music career at the age of 18 when she recorded demos to try to make some money. Later she attempted a run on the reality television singing competition *Nashville Star* in 2007, in which she achieved 7th place, but it didn't help her gain much attention. She was later discovered professionally in 2008 by Monte Robison of the record label Triple Pop. Kacey

later signed with Mercury Nashville in 2012, where she made her debut album, *Same Trailer Different Park*. It gained immediate success, attracting praise from a variety of people who wouldn't be normally interested in modern mainstream country. This is because her music diverts from the usual brand of country and falls under what is known as contemporary country, which is essentially a new subgenre of country that incorporates both pop-influenced styles and neo-traditionalist country, combining the two into extremely catchy music. She then received 4 nominations at the 56th Annual Grammy Awards:

Best New Artist, Best Country Album, and Best Country Song for both “Merry Go ‘Round” and “Mama’s Broken Heart.” She tied both Taylor Swift and Lorde for most nominations received by a woman that year. Kacey capitalized on this success with her second album release, *Pagan Material*, in 2016, before achieving mainstream success at the 61st Grammy Awards where she won Best Country Song for “Space Cowboy,” Best Country Solo Performance for “Butterflies,” and Best Country Album and Album of the Year for her third album, *Golden Hour*.

Golden Hour, released in 2018, launched Kacey onto a new plateau of fame, breaking all her previous streaming records that she had before. Her lack of range compared to her peers is made up with her expressive charisma, and how well she is able to incorporate her rich musicianship along with her stunning vocals. The 45-minute album *Golden Hour* kicks off with “Slow Burn,” which sets up the album with soothing and comforting lyrics about getting intoxicated with loved ones and letting time pass away without a care in the world. This theme continues on the song “Lonely Weekend” where Kacey describes that being alone can be a positive experience as it allows

people to spend time doing what they like and getting in tune with themselves. The track “Butterflies” describes the emotions of enduring obstacles and being able to find the light of the end of the tunnel. All this joy seems to culminate on “Oh, What a World” where Kacey marvels at the beauties of the world and her love for her spouse, singer and songwriter Ruston Kelly. Other tracks differentiate from the theme such as “Happy & Sad” where she describes the bittersweet feeling of how knowing the good times won't last forever. Skipping a couple of tracks, the album closes off with “Everything’s Gonna Be Alright” and “Rainbows,” where she ends the album on a positive high note.

It's no wonder that the album gained significant traction. Her use of laid back instrumentals and amazing vocals makes it easy for anyone to get hooked on these catchy country tunes. In a day and age where a lot of the top artists are trying to push a political agenda, Kacey's *Golden Hour* is able to stand out by only focusing on love and contentedness with life. *Golden Hour* helped push mainstream country to new heights and erased many stereotypes that people associated with the genre, all while being an enjoyable and solid peace of music.



KACEY MUSGRAVES ON THE COVER OF HER GRAMMY WINNING ALBUM “GOLDEN HOUR”(IMAGE COURTESY OF GOOGLE IMAGES)

The hero we've been waiting for

BY: KISHAN PATEL

Almost one year ago, superhero lovers were let down with bitter ending of *Avengers Infinity War*. With half of the Marvel universe being wiped out, movie viewers were anticipating something to look forward to in the ending credits. Marvel, yet again, didn't fail to draw all eyes to next *Avengers* movie, *Avengers Endgame*, but in specific, the lead role in the movie—*Captain Marvel*. Marvel just recently released their teaser-trailer for *Captain Marvel* bringing movie critics from all over to make their first predictions of how this movie will play out.

From every big name YouTuber making their predictions as what's going to happen, to big name media outlets making their box office predictions, viewers are watching and reading everything they can in anticipation to this “jaw-dropping” thriller premiering on March 8th.

Youtubers throughout the internet can't help but to share their theories and predictions in their “top tens”, combining everything from the comics and trailers to get people brainstorming on what could possibly happen. Media outlets, such as *Forbes*, made their predictions for the box office on opening night saying, “provided Brie Larson... doesn't soar unexpectedly to high or plunge surprisingly low.... The standard for a merely “really good” non-sequel comic book superhero opening is between \$80 million and \$103million.”

In accordance with any great movie ever released by Marvel, toys are released months in advance by companies to spread the hype to people of all ages, and *Captain Marvel* is no exception. Hasbro has already started to put new action figures on shelves in stores throughout the nation, even including key symbols from the movie that foreshadow what's to happen in the movie and create even

more theories and anticipation, all in hopes to get as many people as possible to watch this must see thriller.

Overall, *Captain Marvel* is going to be on most people's list of movies to watch this spring and

will definitely be a great addition to yours. So grab a friend, buy some popcorn, and mix your favorite slurpee flavors because *Captain Marvel* is hitting theatres and you don't want to be the one person to miss it!



BRIE LARSON STARS AS CAPTIAN MARVEL IN THE NEW MOVIE(IMAGE COURTESY OF GOOGLE IMAGES)

CATHOLIC SCHOOLS WEEK 2019

We ARE one body

BY: DANIEL DEVITT

Catholic Schools Week is a special time for the entire community. Many of the students enjoy the intensity and competitive nature of the long awaited Battle of the Classes. On Teacher Swap Day, the teachers take a break while the students take their place and lead their classes. However, one event that brings the whole school together in celebration of Catholic Schools Week is the annual Mass.

Vice Principal, Mr. Fiore, and religion teacher Mrs. Williamson started us off with an introduction to the Mass, reflecting upon the events of Catholic Schools Week 2019. This was followed with members of the Music Department singing “Malo Malo” as the crucifix and candles were carried down the aisle by student altar servers. After receiving an opening blessing from Father Keith, senior Ryan Breyta approached the pulpit and began to recite the first reading, Hebrews 10:11-18. This reading was followed with a Responsorial Psalm, Psalms 110:1-4,

led by choir members Lauren Stoll and Carolyn Foley. The sounds of instruments filled the gym and the floor began to shake from the beating of a drum as students and teachers alike stood up to clap and sing in unison during “Sing Hallelujah”.

The gospel, Mark 4:1-20, was read by Father Keith and followed with a homily where Father spoke about Catholic education and how our faith is transferred into each of our extracurricular activities, shining throughout our lives on the field, on the stage, and in the classroom. During the homily, multiple faculty members were called to the altar and given a special blessing. Later in the celebration, the petitions were read by students and faculty members fluent in foreign languages, including Spanish, Chinese, Polish, Slovakian, German, and, of course, English.

After the Eucharist and wine were consecrated, they were distributed as “We Come To Your Feast” was performed by the choir in prayer. Once all of the school body re-



THE SCHOOL BODY SINGING AND DANCING IN UNISON TO CELEBRATE CATHOLIC SCHOOLS WEEK (PICTURE COURTESY OF LORS PHOTOGRAPHY)

ceived the Body of Christ, awards for continued commitment of working in Catholic education were distributed to the teachers and staff. Many students were also awarded for their commitment to community volunteer work, with junior Maia Lim and senior Martin Vavrak each amassing over 1,000 hours of service during their high school career.

The Mass came to a close with the school favorite “Big House” as students paraded around the gym-

nasium with all collectively singing, dancing, and praising God. Once the song concluded, Sister Donna gave some closing remarks and dismissed each grade to resume the rest of the school day. Overall, the event was an enticing culmination of faith, love, and community that shined upon everyone in attendance. The Mass is a wonderful reminder for all of the foundation of our school and the importance of faith in our school community.

SENIORS DOMINATE THEIR LAST BATTLE OF THE CLASSES

BY: THOMAS KOENIG

Catholic Schools Week made sure to end things with a bang with the annual Battle of the Classes. The student body came together to show their fellow classmates their ability and put them to the test with events such as relay races, Minute to Win It, volleyball and basketball. Some students had the opportunity to take control of different events and help run them, such as senior Kevin O’Neil, who led the rounds of Minute to Win It. “It was a great experience seeing the interactions of all of the kids cheering for their fellow classmates.” said O’Neil. Senior Ryan Breyta took charge as a referee, stating that “It was a very fun time seeing the energy being shown and the rivalries between the classes.” The message from the two upperclassmen is that if there was no enthusiasm given by the students, Battle of the Classes would not be nearly as fun, intense, and thrilling as it truly is.

Each grade competed not only

separately, but head to head as well with the freshmen against the sophomores and the juniors against the seniors. The students showed their excitement and competitiveness through chants, participation and cheering, as well as embracing their class spirit with flamboyant colored costumes, bandanas, face paint, and much more. Our community highly embraces our mission statement, which includes: “Every student is encouraged to strive for spiritual, academic, social, creative and athletic excellence through the interaction of a caring community.” Battle of the Classes is more than just competition; it’s a way for the classes to come together with a sense of camaraderie, permitting students to meet someone new or spark a new friendship.

In the end, the standings showed the seniors in first, the sophomores in second, the juniors in third, and the freshmen in fourth, but each and every student felt like a winner just because of the experience.



JUNIOR REBECCA IRIZARRY BLOCKS OFF SENIOR LIANNA HALLETT FROM THE REST OF HER TEAM IN A GAME OF SPEEDBALL ON BATTLE OF THE CLASSES. (PICTURE COURTESY OF LORS PHOTOGRAPHY)

Everybody was putting their best effort in everything, whether they were cheering for their fellow classmates or trying to score the winning point. Everybody used their gifts and abilities, embodying the Bible passage of Philippians 4:13, which states: “I can do all things through

Christ which strengthens me.” This line shows what people can accomplish with their God-given talents, whether on this intense day of competition or our day-to-day lives. The Student Council will continue to develop new games and activities for years to come!

BE BOLD, GET COLD AT POLAR PLUNGE

BY: JAREN BULIYAT

This year's Polar Plunge was a "BURR"fect splash. The plunge took place on Sunday, January 27, 2019 in Sea Bright, NJ. The school raised exactly \$91,326.41, the most raised in BGA history. This money will be used to renovate the science labs and used for clubs, fine arts, and athletics.

The Polar Plunge is an event in which brave individuals volunteer to fight the elements and jump into the ice cold ocean in the middle of winter to raise money for Catholic education. The AOH Polar Bear Plunge was created in 2007 by the Ancient Order of Hibernians (Division 2 Monmouth County) in order to raise money for Catholic education. Over time, the event has raised approximately \$1.2 million since its start for Catholic schools.

The amount raised would not have been possible without the hard work of the Polar Plunge committee. The committee would help come up with ideas to advertise for the Polar Plunge. "The people have to know about the Polar Plunge!" was a common saying amongst the group. One main way the group advertised was



FACULTY MEMBERS MICHELLE PENNY AND CHRISTINA RICCIARDI PARTICIPATE IN POLAR PLUNGE TO RAISE MONEY FOR BISHOP AHR (PICTURE COURTESY OF BGA PRODUCTIONS)

by making phone calls to alumni. Members would skip lunch or stay after school in order to call alumni and ask if they were interested in being a part of the plunge. "It was a blast hanging out with friends and raising money for our school!" exclaimed sophomore Joey Valenzuela. The Polar Plunge committee was full of school spirit, and they can't wait for next year's plunge.

This committee could not do it on their own. Thanks to Mr. Nolan

And Mrs. Chippendale, the Chairpersons of the plunge, the committee was able to get together and work hard due to their leadership and charisma. "One of my favorite aspects of the plunge was definitely working alongside the hardworking students," said Mrs. Chippendale.

Another very vital group to the Polar Plunge was the student council. The members of the student council showed great support for the plunge. Many students have listened to ath-

letic chair, Ryan Breyta, make his daily Polar Plunge announcement with the saying "be bold get cold" getting the students excited for the plunge. The council came up with great ideas such as selling t-shirts and having the polar bear mascot get the crowd pumped at the winter pep rally.

Of course, the Polar Plunge definitely would not have been possible if it wasn't for generous contributions of the donors. The student who raised the most money was freshman Matthew Kelly. The department that raised the most money was the drama department. The sports team that raised the most money was the bowling team.

After all the donations and hard work, the 41 degree water of Sea Bright New Jersey was waiting for the plungers to take dip. Thirty-five students and seventeen faculty members showed up in the warmest clothing they could find in their closet ready to plunge. Plunger Anthony Cacchione said this about the plunge: "When I first signed up for the Polar Plunge I wasn't sure if I would enjoy it but once I actually plunged I didn't regret it one bit. I recommend everyone does it!"

Satoma presents: question of the quarter

BY: LAUREN GARDA

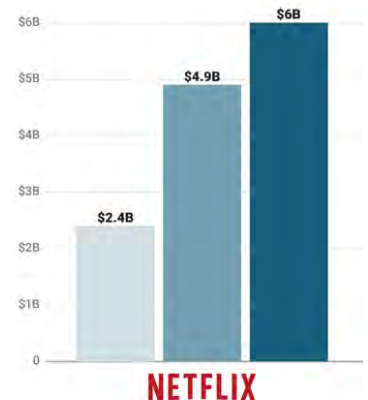
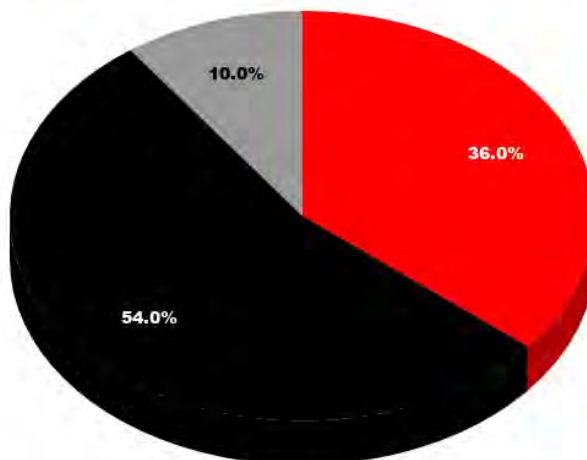
Once again, Netflix has raised its prices on its most popular plan, the standard plan, from \$11.99 to \$12.99 a month. After delving into the pros and cons of the streaming service, is the value of Netflix really worth the content that the streaming service provides? Netflix includes many updates, binge-worthy shows, and original content, which can lead to a great replacement over cable to save money. It's a very simple platform, once you get used to it and it can be canceled at any time. Another factor of Netflix is if you don't hold good Internet service, the amount of time the movie buffers can be longer than its own duration. Netflix has also run into some issues with copyright, so anything can be taken off with no warning. Most of the content on Netflix consists of older films and shows, so it may not be

the best place to look for *Captain Marvel* (featured on page 4). Although Netflix is one of the most popular options on the market, there are plenty of other options available to streamers including Hulu and

Amazon Prime Video. If none of these suit your needs, give it some time and wait to see what upcoming streaming services from Disney and Apple will provide. The choice is yours whether you think that the

negative factors that come with Netflix ruin the experience completely and leave it as a waste of money or if you think that these issues are bearable and that there are plenty of positive aspects that overcome the bad.

● \$15/Month ● \$20/Month ● \$25/Month



OVER SEVEN YEARS, NETFLIX DRASTICALLY INCREASED SPENDING ON CONTENT. (PHOTO COURTESY OF GOOGLE IMAGES)

SIX OF SATOMA'S FAVORITE

'POLAR EXPRESS' GOES 'BACK TO THE FUTURE'

A popular children's book adapted into a movie in 2004, *Polar Express* gained much attention for its storyline of a young boy journeying to the North Pole via locomotive, ultimately renewing his belief in Santa Claus. In addition to its lighthearted plot, the film also gained attention through its many hidden references to the renowned 1985 film *Back to the Future*.

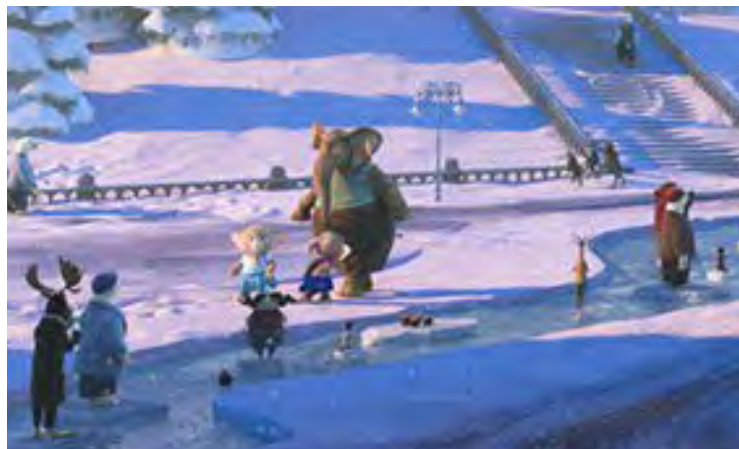
The film was referenced numerous times in *Polar Express*, rather un- incidentally as both films were directed by Robert Zemeckis. *Back to the Future* deals with a teenage boy and scientist moving back and forth in time between the 1950s and 1980s. This was made possible through the flux ca-

pacitor, a piece of the time machine that the scientist claims "is what makes time travel possible." In a scene of the *Polar Express* when the engineers of the locomotive are fumbling to get the train to realign with its tracks, a flux capacitor identical to the one in *Back to the Future* is seen in the background. This hidden Easter Egg was Zemeckis' clever way of suggesting that Santa Claus is able to deliver billions of gifts within one night by time traveling.



RIGHT: THE POSTER FOR THE CHILDREN'S CLASSIC: *POLAR EXPRESS* (IMAGE COURTESY OF GOOGLE IMAGES)

LEFT: THE FLUX CAPACITOR OF THE *BACK TO THE FUTURE* FRANCHISE SEEN IN THE *POLAR EXPRESS* TRAIN (IMAGE COURTESY OF GOOGLE IMAGES)



'Zootopia' gets 'Frozen'

The movie *Frozen* came out on November 27, 2013. In the movie, the kingdom becomes trapped in perpetual winter because of the newly appointed Queen Elsa. The basic premise of the film is that Elsa's sister Anna must work with an iceworker, Kristoff, to save the kingdom. Along the way, Anna and Kristoff encounter some mystical trolls and a talking snowman named Olaf. Anna and Kristoff brave many dangers and save the kingdom from the never-ending winter. Fast-forward to March 4, 2016 and the release of *Zootopia*, the story of Judy Hopps, the first ever bunny police officer to be on Zootopia's police force. Judy quickly learns how tough it is to enforce laws in Zootopia, but jumps at the opportunity to solve a mysterious case with the help of an unexpected ally Nick Wilde, a wily fox. As Nick and Judy go around the various districts of Zootopia, they come across Tundra Town where all the cold climate animals live. There is an ice-skating rink in Tundra Town that has two little elephants skating along the frozen rink dressed as Elsa and Anna. This clearly was done by Disney as homage to the royal sisters from Arendelle.

TWO YOUNG ELEPHANTS IN *ZOOTOPIA* DRESSED AS TWO OF DISNEY'S MOST ICONIC CHARACTERS (IMAGE COURTESY OF GOOGLE IMAGES)

'HARRY POTTER'

In *Harry Potter and the Prisoner of Azkaban*, audiences were introduced to the infamous Marauder's Map, a magical map that revealed the location of everyone in Hogwarts School of Witchcraft and Wizardry. As loyal fans know, the map was made by Harry Potter's dad James Potter and his friends Sirius Black, Remus Lupin, and Peter Pettigrew while they were attending Hogwarts. While at Hogwarts, the quartet, nicknamed the Marauders, were known mischief-makers and made the map with the intent of causing more mischief. But because Lupin was a werewolf, the three other Marauders became unregistered animagi, a witch or wizard who can turn into an animal, to assist him during his monthly transformation into a werewolf. Potter became a stag, Black became a dog, and Pettigrew became a rat. The animal forms inspired their nicknames of Prongs, Padfoot, Moony, and Wormtail (Potter, Black, Lupin, and Pettigrew respectively).

On the Marauder's Map in the movie version of *Harry Potter and the Prisoner of Azkaban* however, Moony is spelled differently; instead, it is spelled as Mooney. This misspelling was intentional as filmmakers wanted to include an homage to the visual effects supervisor of the movie: Karl Mooney. Mooney, and the rest of the visual effects crew, later received a British Academy of Film and Television Arts (BAFTA) Award for Best Special Visual Effects nomination for the effects of this movie.



THE SOLE SHOT OF THE INTENTIONAL MISPELLING OF ONE OF *HARRY POTTER*'S MOST POPULAR CHARACTERS (IMAGE COURTESY OF GOOGLE IMAGES)

THE MOVIE EASTER EGGS

PULP FICTION' MAKES A MARVEL CINEMATIC UNIVERSE CAMEO



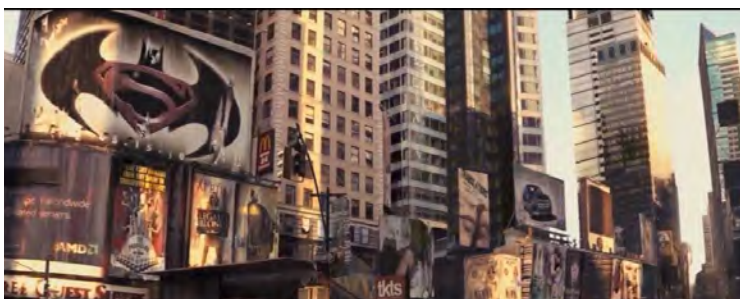
ABOVE: THE GRAVESTONE OF NICK FURY AFTER HIS DEATH WITH THE PASSAGE FROM EZEKIEL 25:17 (IMAGE COURTESY OF GOOGLE IMAGES)

BELOW: THE TITLE CARD FOR *READY PLAYER ONE* (IMAGE COURTESY OF GOOGLE IMAGES)



'I AM LEGEND'

In 2007, before putting Easter eggs in movies became the “thing” it is today, *I Am Legend* included a reference to the future blockbuster hit: *Batman v Superman: Dawn of Justice*. In a scene, set in Times Square, New York, Robert Neville, played by Will Smith, passes by a large billboard hung above the street that advertised the future film. *I Am Legend* was released nine years before director Zack Snyder released the superhero flick. It is interesting to see a reference so accurately predicted without any previous knowledge of the future film coming out.



ABOVE LEFT: AN ADVERTISEMENT FOR A DIFFERENT VERSION OF A BATMAN VS. SUPERMAN FILM THAN THE ONE RELEASED IN 2016.

ABOVE RIGHT: A PROMOTIONAL POSTER FOR *READY PLAYER ONE* SHOWCASING ITS CHARACTERS SIMILAR TO THE *STAR WARS* SAGA (IMAGES COURTESY OF GOOGLE IMAGES)

In a famous speech from *Pulp Fiction* (1994), Samuel L. Jackson quotes Ezekiel 25:17 in one of the most iconic scenes of the film. The passage states, “And I will strike down upon thee with great vengeance and furious anger those who attempt to poison and destroy my brothers. And you will know I am the Lord when I lay my vengeance upon you.” In *Pulp Fiction*, Jackson’s character quotes Ezekiel before he executes “vengeance.” This passage is also used in another one of Samuel L. Jackson’s movies, *Captain America: The Winter Soldier*. In the movie, Nick Fury, played by Jackson, is “killed” by the antagonist and buried beneath a tombstone with Ezekiel 25:17 written upon it. The true reason as to why the Russo brothers used this passage for Fury’s epitaph isn’t as exciting. In an interview, Anthony and Joe Russo recalled that after many failed concepts, their effects supervisor, Dan DeLeeuw, came up with the idea to reference *Pulp Fiction*. Both brothers agreed that “...it’s better to put something in there that is a wink and a smile and excites people than just something bland...” In addition, the brothers acknowledged that their ‘geeky’ sides allowed for the passage to stay in the final cut because they “love that kind of stuff.”

'Ready Player One'

Ready Player One isn’t the most popular movies in the world, but this Steven Spielberg directed book turned movie is loaded with Easter eggs. Written as a science fiction, dystopia, action movie millennials have geeked out finding references back to movies past. From the get go, you can already see on the film’s poster that the logo is actually a maze. There are also moments where the characters are playing video games and the avatars are actually characters from popular horror films, such as Freddy Krueger from *A Nightmare on Elm Street* and Jason Voorhees from the *Friday the 13th* movies. In Halliday’s vision of his funeral, he imagines it in a Star Trek themed church and is laid down in the same coffin that Spock was sent to oblivion in in *Star Trek II: The Wrath of Khan*. Parzival’s vehicle of choice was Marty McFly’s DeLorean from *Back to the Future*. In addition, there is also a cameo from the queen T-rex from *Jurassic Park* tearing apart the tracks. When Anorak refers to Z as “padawan”, it’s a tease towards how Jedi refer to their apprentices in the *Star Wars* prequel trilogy. The Holy Hand Grenade is the weapon of choice, which is a jab towards the Holy Grail in *Monty Python and the Holy Grail*. The box I-R0k uses to contain the orb is the same box Mogwai came to suburbia in during *Gremlins*. As Aech gets ready for the big date you can see in his garage a poster from the original Mel Gibson-starring Mad Max. In a similar fashion, when Wade leaves Sorrento’s faux-office, he rips his face off to reveal his true identity as Parzival in a visual intentionally evocative of *Mission: Impossible* and its many sequels.



(PAGES COMPILED BY SATOMA STAFF)

DEATH OF OPPORTUNITY

BY: MAIA LIM

America has been sending rovers to Mars since the late twentieth century. The discoveries scientists have made through these rovers are revolutionary. Within the last 22 years, NASA has sent four rovers to Mars; one of the most influential in the exploration of Mars was Opportunity. Although Opportunity, the longest running rover on Mars, met its official demise on February 13, 2019, its history will continue to be told as a crucial component of the exploration of the red planet.

The rover landed on Mars in 2004 along with its twin, Spirit, for a mission that was only supposed to last 92 days. Although both rovers exceeded the predicted time period of the mission, Spirit met its death in 2010 while Opportunity continued to trek across the planet's craters and deserts. One of Opportunity's first discoveries was the evidence of water on Mars, seen initially through exposed layers of bedrock. The NASA

team solidified evidence of water over Opportunity's 15-year life on Mars. In addition to the evidence of water, NASA was able to build up an extensive record of Mars' history and its seasonal dust patterns. This was recorded through the discoveries of exposed rocks from large impact craters, which uncovered more of the planet's history; intact meteorites, which indicated the past sustainability of life on Mars; and Gypsum veins, which further cemented the evidence of water on Mars. In addition to all of Opportunity's discoveries, it broke a record by covering the most distance out of any rover, with a total of 45.16 kilometers travelled by June 2018. With all of these breakthroughs, Opportunity "shattered records for planetary exploration."

As Opportunity continued on its mission over the years, it began to

wear down and was finally delivered a fatal blow by the most severe dust storm seen on Mars in a decade. It went silent in June 2018 in the midst of the dust storm and the NASA



A NASA ILLUSTRATION OF OPPORTUNITY (IMAGE COURTESY OF GOOGLE IMAGES)

team concluded that the rover's internal clock had malfunctioned and was burning through its battery. With the harsh Martian autumn be-

ginning in only a month and after many failed attempts to reestablish a connection, Thomas Zurbuchen, the associate administrator of NASA's Science Mission Directorate, announced the closing of Opportunity's mission on February 13, 2019.

Although Opportunity is no longer in action, its discoveries will "[shape] Mars missions for years to come" and its legacy will live on in Curiosity, the rover currently still exploring Mars. With the extensive amount of exploration done on Mars in the past couple of decades and through the discoveries of other rovers like Opportunity, it is evident

that scientists will continue to uncover the mysteries of the solar system and bring about scientific breakthroughs in the years to come.

Amazon is 'Ama-gone' from New York

BY: FAITH SMITH

Amazon canceled its controversial plans for Long Island City, Queens on February 14, 2019. Initially, Amazon was going to build a corporate campus there that would create thousands of new jobs and a boom to its economy in subsequent years. While it is important to note that Amazon pulling out was a big decision, it is also crucial to recognize the underlying topics: Governor Andrew Cuomo and Mayor Bill de Blasio's mutual agreement on the deal has backfired, the extreme political opposition from the progressive left, and the fact that this ordeal

will keep Amazon in the spotlight.

Mayor de Blasio and Governor Cuomo always seem to be at odds. Cuomo a business-forward moderate, has always shown interest to this deal. De Blasio, on the other hand, cannot say the same. He has appointed himself as a face of the progressive left but with this deal, he has put himself at odds with the very movement he claims to be a champion of. Regardless of their relationship with one another or their political background, they still agree on one thing: they wish the deal had gone through. De Blasio stated, "Instead of working with the community,

Amazon threw away that opportunity." Cuomo, who worked privately on this deal, joked about renaming himself "Amazon Cuomo" to entice the company into working with the state. The disruption of this deal has proven to be a severe blow to both politicians, and a myriad of people are waiting to see the outcome.

The really interesting thing about this entire ordeal was the strong political opposition. Amazon's endeavor created deep divides within the Democratic party in New York. Cuomo and de Blasio believed it would be a way to boost the economy and transform Long Island City, but others like Representative Alexandria Ocasio-Cortez believed that this was another opportunity for a big corporation to profit off of the backs of the helpless and exploit the government. The \$3 billion tax break is what incited most opposition, and many were vocal about it. Senator Elizabeth Warren stated that "Amazon walked away from billions in taxpayer bribes" and asked the question, "How long will we allow giant corporations to hold our democracy hostage?" These quotes sum up the view of the opposers pretty well. Although the opposing party was very vocal about

their stance on the situation, polls showed that this deal was very popular with the citizens of New York.

While abandoning plans for their New York campus has stopped the protests, it has not removed the spotlight from Amazon. In fact, it has made the spotlight even brighter because many are curious to see where Amazon goes from here. Their actions have raised questions about the company's communication skills. Amazon may have great ideas, but if they cannot communicate them well, they may never be able to penetrate strongholds like New York. Amazon has set a precedent of being adamant during political "opposition," but this has put them in a place of complexity within the American people. Amazon has been able to survive criticism and controversy since its founding, but its sales have yet to be majorly affected.

Amazon canceled its plans for a corporate campus in Long Island City, Queens because of extreme opposition by local politicians and members of the community. The choice to abandon their plans has stopped the protests, but not the scrutiny. Many people are waiting to see the effects of Amazon's decision to abandon the idea of a New York headquarters.



A GROUP OF PROTESTORS FIGHTING AGAINST AMAZON'S DECISION TO COME TO NEW YORK (IMAGE COURTESY OF GOOGLE IMAGES)

Destruction to the fish market

BY: MARIE MAURO

The Earth is currently suffering but nothing seems to be getting done to fix it. Many scientific studies are proving that humans are negatively contributing to the destruction of Earth and its environments. This phenomenon is known as climate change. The carbon footprint that the human population is leaving on Earth is only getting bigger and it is obliterating the Earth's atmosphere and environment even more. The effects from everyone's carbon footprint are grave and are causing a harmful ripple effect in the environment. One of the effects is the depletion of the world's fish.

Climate change is caused by many factors and it is actually a natural occurrence that transpires on Earth. No matter what, climate change will always occur because of the many natural factors that are beyond control such as the natural climate cycle on Earth, solar changes with the sun, the Earth's volcanoes, and Earth's orbit. But much evidence over the years proves that the drastic warming of Earth is because of an abundance of carbon dioxide in the atmosphere. Human industrialization and other activity have emitted tons of CO2 gas and other greenhouse gases. The gas traps heat in the atmosphere resulting in the Earth getting warmer. Since 1950, CO2 secretions from humans have increased by 400%. It

is no wonder why recently the environment has changed so much, such as the melting of ice caps causing the sea levels to rise and the warming of the water bodies on Earth.

So many people around the world depend on fish as a main food source. Greenhouse gases, such as CO2, are warming the oceans and are depleting oxygen from marine life. Each year the amount of fish that is commercially caught keeps decreasing. At Rutgers University, scientists analyzed the changes of fishing that were results of catches related to temperature rises. They concluded that fish stocks were significantly affected. They also warned that this could affect the food supply for millions of people. Seafood makes up half of the animal protein that is consumed by developing countries so this is unquestionably a drastic issue.

This crisis in the drop of fish supply is mainly affecting the coastal counties in East Asia, home of a good amount of the world's population. Developing countries such as the Maldives, Indonesia, and Kiribati are at great risk since many of the people from these countries depend on fish for employment and food. The oceans in East Asia have a rapid amount of warming occurring and an extreme amount of overfishing. Over the past 80 years, fish supply in the East China Sea and Japan's Kuroshio Current saw a decline in

stocks by 15-35%. Overfishing also is contributing to the warming since removing the largest fish destroys the reproductive capacity in those fish and in the long term makes them more susceptible to the effects of global warming. However, some fish populations are thriving from this warming, such as the black sea bass located in the US East Coast. But as the oceans get warmer, even fish that are thriving could also be at risk and possibly go extinct.

It is time to take action to help fix these dilemmas from climate change and overfishing that are affecting not only people but also the Earth as a whole. What people fail to realize is that an increase in CO2 and overfishing not only affects the fish and oceans but themselves too.

These developing countries especially depend on fish as a means of living and the destruction to the environment puts these people at risk. Governments should ban overfishing and create agreements to share stock between areas that have negatively been affected by the ocean warming and those that have been positively affected in the meantime. Also, developing countries could turn towards protein sources that could be grown such as tofu, lentils, and quinoa; doing this would also be better for the environment. Everyone's goal should be to try and reverse the depletion of the fish and oceans that are a result of climate change and overfishing as well, while also making sure that people do not suffer and are able to sustain their lives.



A SCHOOL OF FISH SWIMMING IN THE OCEAN (IMAGE COURTESY OF GOOGLE IMAGES)

Trump and Kim meet again



PRESIDENT DONALD TRUMP AND NORTH KOREAN SUPREME LEADER KIM JONG UN SHAKES HANDS IN THE BEGINNING OF THEIR SUMMIT (IMAGE COURTESY OF GOOGLE IMAGES)

BY: MICHAEL TRINIDAD

After a rather successful 2018 summit in Singapore, U.S. President Donald Trump and North Korean Supreme Leader Kim Jong

Un mutually agreed to meet again for another historic summit in Hanoi, Vietnam. The pair of world leaders met on February 27, 2019.

At the first summit, Trump and

Kim had agreed to pursue the "denuclearization of the Korean peninsula". When the meeting was arranged, experts hoped Trump and Kim would both agree on a fair deal to diminish the adverse impact of the American-led economic sanctions on the Korean economy and begin the removal of all nuclear sites. Despite the success of the previous meeting, Kim still remained reluctant to abandon every nuclear site stationed in North Korea. He agreed to close a large portion of the nuclear sites in exchange for all sanctions to be removed. However, Trump refused, saying in a post-summit conference: "They were willing to de-nuke a large portion of the areas that we wanted, but we couldn't give up all of the sanctions for that."

The negotiation talks broke down on the second day of the Vietnam

summit. The supposed "signing ceremony" never occurred, nor did the planned lunch that was to follow. Trump departed the summit empty-handed, as he and Kim returned to their home countries. The U.S. and North Korea were unable to agree on a fair deal for either country and will hopefully meet again in the near future. Trump reasoned his decision to walk away: "You always have to be prepared to walk. I could have 100 percent signed something today — we actually had papers ready to be signed — but it just wasn't appropriate. I want to do it right: I'd much rather do it right than do it fast." Although neither side has discussed a future summit to be held, people around the world remain hopeful the U.S. and North Korea can inch towards an agreement to ensure a better, safer, and more peaceful tomorrow.

CAST OF SPAMALOT FINDS THEIR GRAIL

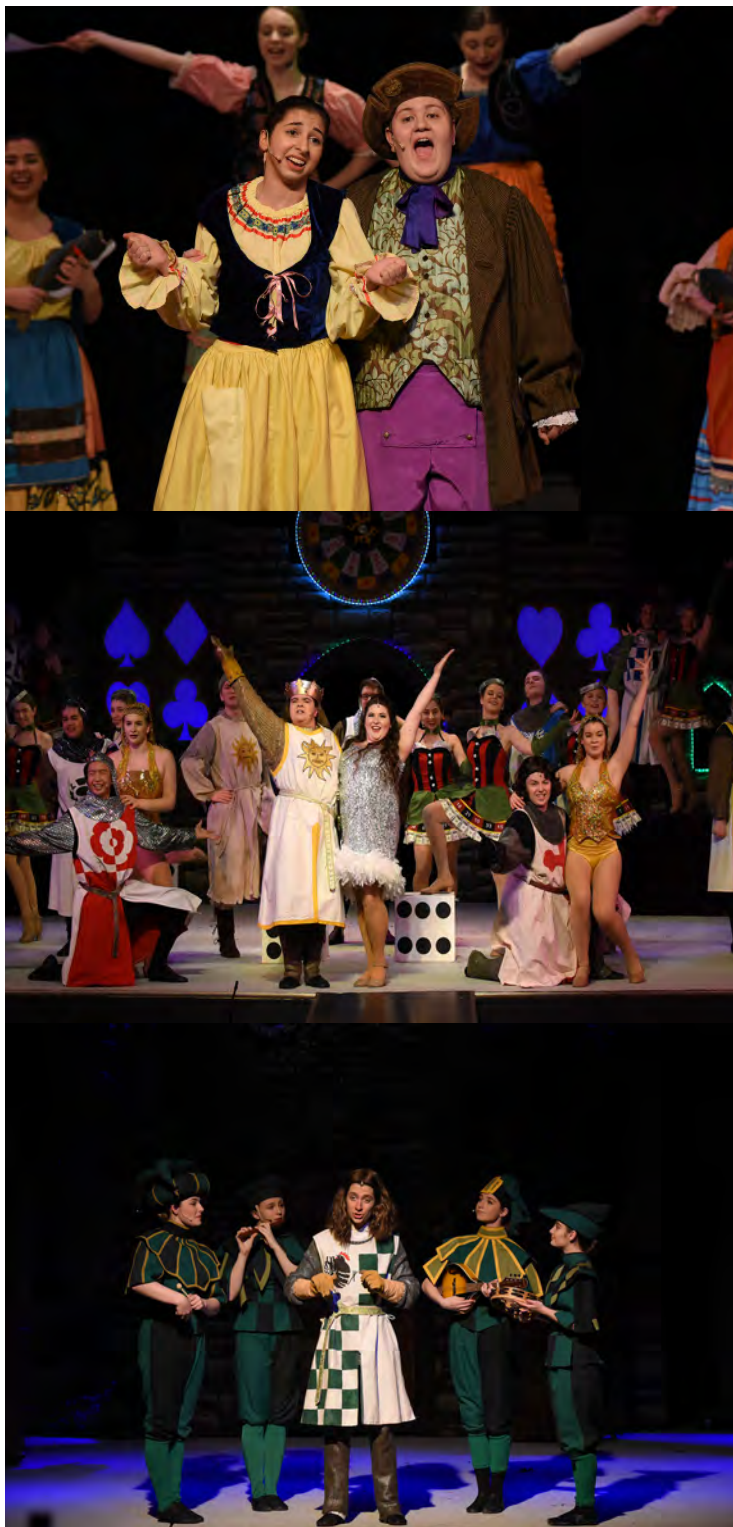
BY: GIANNA MAURO

In the past weekends, the drama department brought the musical comedy of Monty Python's *Spamalot* to life on the Little Theater stage. Based off of the original movie *Monty Python* and the *Holy Grail*, the comedy followed the legendary King Arthur's quest for the Holy Grail. Senior Trisha Ponik tackled the lead role of King Arthur as her 12th and final role on the Bishop Ahr stage. "I was extremely humbled, yet very excited to play King Arthur in my final BGA show! I couldn't wait to get out on stage and give the audiences one last laugh," Ponik said.

The show began with a historical background of Medieval England, given by the Historian, played by senior John Makuch. After a traditional Finnish dance, which was cut off by an annoyed Historian, King Arthur (senior Trisha Ponik) galloped on stage, followed by her squire Patsy (sophomore Anthony Cacchione), who clapped two coconuts together to make the sounds of horses hooves. After a comical debate with two squires, Arthur continued to search for knights to join his Round Table, and the curtain reopened to reveal a poverty-stricken town, where Robin (junior Cristian Vozza) was collecting the bodies of plague victims. He was met by Lancelot (senior Kevin O'Neil), who was trying to dispose of Not Dead Fred (sophomore Thomas Koenig), who proved he is healthy in his song "Not Dead Yet." Lancelot and Robin agreed to enlist in Arthur's army together, Lancelot for the fighting, and Robin for the singing and dancing.

As they set off to find more knights, the king met a peasant named Dennis Galahad (sophomore Joseph Valenzuela), who refused to believe that their king was chosen by a lady in a lake. King Arthur called to the Lady of the Lake (junior Faith Dodge), asking her to reveal herself to a doubting Dennis. The Lady of the Lake knighted Dennis, and the two ran off so that the Laker Girls could welcome him to King Arthur's Round Table. The couple returns to sing "The Song that Goes Like This," with Dennis now transformed into Galahad, a brave and handsome knight.

Following the Lady's exit, the Historian re-entered and introduced



TOP: SENIORS LAUREN GARDA AND MARTIN VAVRAK PERFORM THE "FISH SLAPPING SONG."

MIDDLE: KING ARTHUR (SENIOR TRISHA PONIK) AND HIS "KNIGHTS OF THE ROUND TABLE" ARRIVE IN CAMELOT.

BOTTOM: ROBIN (JUNIOR CRISTIAN VOZZA) EXPLAINS HOW TO PUT ON A BROADWAY PERFORMANCE. (ALL PHOTOS COURTESY TO LORS PHOTOGRAPHY)

King Arthur's Knights of the Round Table; the intelligent Sir Bedevere (junior Daniel Devitt), the handsome Sir Galahad, the brave Sir Lancelot, the not-so-brave Sir Robin, and the "aptly named" Sir Not-Appearing-in-this-Show. The knights sang "All for One" before heading off to Camelot, the Las Vegas of Medieval Times. Greeted by showgirls and cocktail waitresses, the knights performed a show stopping number, complete with a short performance by the Lady of the Lake, clad in a Cher-inspired outfit. Following their celebration in Camelot, the knights were challenged by God to find the Holy Grail, the cup used at the Last Supper. When they finally set out in search of the Grail, the knights were disheartened by the harsh tauntings of French soldiers they come across. The knights were ambushed by a mob of French people, ending Act I with the high energy number "Run Away."

After the vicious taunts by the French, Arthur's knights fled, being left to their own devices to search for the Holy Grail. Act two began with King Arthur and Patsy having the misfortune of meeting the Knights of Ni (pronounced -Nee), who demand they receive a shrubbery before Arthur and Patsy can continue on their journey. Feeling disheartened, King Arthur was cheered up by Patsy in his fun performance of "Always Look on the Bright Side of Life," which featured a tap routine by the Knights of Ni. After receiving their shrubbery, the Knights of Ni decided that instead they want King Arthur to put on a Broadway musical.

While Arthur searched for a way to put on his show, the Lady of the Lake sat in her dressing room, wondering why she hasn't been on stage since the first act in her ballad "Whatever Happened to My Part." "Being the Lady of the Lake is like a dream come true because she's so fun and easy going, but I can also channel my inner diva and have fun every time I perform," Dodge said about her role. King Arthur, separated from his knights, complained to Patsy in his song "I'm All Alone." Afterwards, the Lady of the Lake revealed to Arthur that she and Patsy had been with him the whole time, and tells him what he needs to do to finish his quest.

Spamalot is a tremendous undertaking and was supported by all!

SPORTS Spotlight

Name: Desiree Twumasi-Ankrah

Nickname: Des

Grade: 12

Sport: Cheerleading

Favorite Color: Teal

Lucky Number: 16

Favorite Movie: "The Lorax"



Name: Emily Fedor

Nickname: Em

Grade: 12

Sport: Cheerleading

Favorite Color: Yellow

Lucky Number: 21

Favorite Movie: "The Greatest Showman"



Name: Bianca Bacchione

Nickname: B

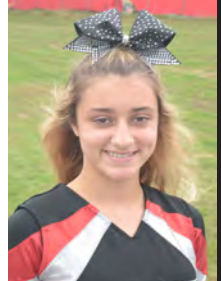
Grade: 12

Sport: Cheerleading

Favorite Color: Olive Green

Lucky Number: 3

Favorite Movie: "Madea"



Name: Shay Gutkowski

Nickname: Shay Butter

Grade: 12

Sport: Lacrosse

Favorite Color: Purple

Lucky Number: 5

Favorite Movie: "The Notebook"



Name: Kaitlyn Wilson

Nickname: Katie

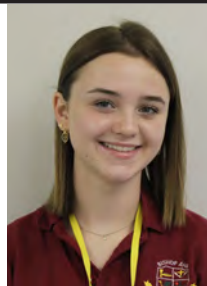
Grade: 11

Sport: Lacrosse

Favorite Color: Pink

Lucky Number: 14

Favorite Movie: "Cinderella"



Name: Sydney Samuelson

Nickname: Syd, Syd the kid, Squidney

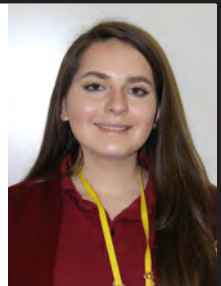
Grade: 11

Sport: Lacrosse

Favorite Color: Pink

Lucky Number: 35

Favorite Movie: "Deadpool 2"



Spring sports' calendar highlights: *Come Support 'Ahr' Teams!*

Thursday, April 11

- 4:00pm Lacrosse: Boys Varsity Game vs. North Brunswick High School @ North Brunswick Township High School
- 4:00pm Tennis: Boys Varsity Match vs. East Brunswick @ East Brunswick High School

Monday, April 15

- 4:00pm Baseball: Varsity Game vs. Highland Park @ Bishop Ahr High School Field 3
- 4:00pm Softball: Varsity Game vs. Old Bridge High School @ Geick Park, 4209 Rt. 516

Wednesday, April 17

- 4:00pm Spring Track: Girls Varsity Meet vs. Carteret High School @ Carteret High School
- 4:00pm Track: Boys Varsity Meet vs. Carteret High School @ Carteret High School

Thursday, April 18

- 4:00pm Baseball: Varsity Game vs. North Brunswick High School @ North Brunswick Township High School
- 4:00pm Softball: Varsity Game vs. Piscataway @ Bishop Ahr High School Field 4

Tuesday, April 23

- 3:30pm Golf: Boys Varsity Match vs. South River @ Raritan Landing Golf Course
4:00pm Baseball: Varsity Game vs. Dunellen @ Bishop Ahr High School Field 3

Thursday, April 25

- 3:30pm Golf: Boys Varsity Match vs. Perth Amboy @ Raritan Landing Golf Course

- 4:00pm Lacrosse: Boys Varsity Game vs. South Brunswick @ South Brunswick High School

Saturday, April 27

- 10:00am Softball: Varsity Game vs. Hunterdon Central @ Hunterdon Central Regional High School
11:00am Baseball: Varsity Game vs. David Brearley @ David Brearley High School



MORE THAN JUST A TRAINER

BY: OLIVIA RIVERA

There are many things that contribute to living a good life, and two of the most important things are health and physical activity. Bishop Ahr has a wide variety of sports available to students, and one of the most vitally important people involved in the athletics program is the athletic trainer, Amanda Kelly. Kelly was welcomed to BGA with open arms and a family-like atmosphere, making her experience here absolutely amazing.

Kelly has worked at BGA for four years, and has been on call for every single practice or game throughout the years, including those during weekends and school breaks. Her top priority is the well-being of every student athlete on and off the field. Her job requirements range from getting water jugs ready for games and practices, taping and bracing injuries, to helping students try to prevent injuries from reoccurring. She handles simple injuries such as muscle strains and more serious trau-

matic injuries such as concussions.

When asked about her job, Kelly stated, "I take my job extremely serious, and I'm glad that more and more schools are adding full time athletic trainers on staff!" However Kelly doesn't just take care of physical injuries. She also takes the time to listen to students whenever they have a problem, are in need of training advice, or they just want to talk. She also said, "When it has to do with an injury, the athlete just wants to get back to playing. I flat out tell them, if you listen to me and do exactly what I tell you, you will get back on that field! And when it actually happens, the expression on their face is priceless!"

Although her job can be stressful and full of hectic chaos, one of her favorite things about it is that she is able to have an impact on the lives of many students and act as a mentor or simply be someone to come to for help. A simple thank you from a student or even a par-

ent is the best feeling, and it goes a long way with Kelly. That doesn't just extend to current students, but also to the graduates and alumni that come back to visit her and are extremely grateful to her for everything she was able to do for them.

As a student herself at Old Bridge High School, Kelly's interests in a medical career started to form around her Junior year. She was very active and involved in sports her whole life, so when her parents sug-

gested she job shadow the athletic trainers at her high school, she decided to do it. The choice came down to becoming either a nurse or an athletic trainer. In the end, athletic training came out on top, and she became an athletic training major in college, getting her license as a healthcare professional at a CAATE certified school. Kelly is reminded that she made the right choice every time she makes students smile or hears how appreciative they are of her. Kelly's

hard work helps to keep the students safe and able to continue playing the sports that they love. Bishop Ahr is very lucky to have a dedicated Athletic Trainer like Kelly who always looks out for the students and their best interests.



KELLY, AN IMPORTANT MEMBER OF THE ATHLETIC DEPARTMENT (IMAGE COURTESY OF BGA PRODUCTIONS)

Top health trends of 2019

BY: GIANNA STRAZZULLA

Just like in fashion and social media, the health and fitness world experiences trends. The top four health trends of 2019 so far are mushrooms, intermittent fasting, keto, and oat milk.

Although mushrooms have been used medically for thousands of years, just recently scientists have been able to find sufficient evidence of the source of their healing powers. Mushrooms are said to be adaptogens, natural substances that help your body respond to various stressors. Some studies suggest that adaptogens can help boost your energy, immunity, ability to concentrate, and lower inflammation. They are even said to fight cancer, high cholesterol, diabetes, and obesity. Mushrooms are being incorporated into supplemental pills, teas and coffee, jerky, and chocolate. But even if people aren't ready to jump head first into the mushroom mania, the vegetable is packed with fiber and Vitamin D and is a great alternative to meat.

This first diet plan isn't much focused on what you eat, but when. Intermittent fasting is different for

everyone; however, the two most popular ways to adhere to the diet are as follows. The first being that for two non-consecutive "fast" days each week, intermittent fasters abstain from eating except for one small meal of just 400 to 500 calories for women and 500 to 600 calories for men. For the remaining five "feed" days, they can eat whatever they want. The second is that followers fast for 14-16 hours everyday and eat during the remaining 10-8. Research shows intermittent fasting can lead to weight loss and that this type of diet, along with regular exercise, may be beneficial for lowering LDL or "bad" cholesterol levels and blood pressure. What makes intermittent fasting so popular is that it is easy to follow and does not require restriction of any specific foods, so eating away from home is still possible.

Recently, it seems that everyone in the world is talking about the keto diet. But what does it entail? The ketogenic or keto diet involves drastically reducing your intake of carbohydrates and replacing them with fats, forcing the body into a state of ketosis-when you burn fat instead of carbohydrates for energy.

The restrictive diet calls for its followers not only to reduce intake of unhealthy carbs like sugar but also those that are normally considered healthy, like most fruits and certain vegetables. It has followers replace these carbs with natural fats and protein. Research shows that a ketogenic diet can help in weight loss, reduce levels of inflammation, help control seizures in children with epilepsy, and may benefit people with type 2 diabetes.

Last but not least, the number one trend of the year goes to oat milk. Originally created in Sweden, from a company by the name of Oatly, this product is the latest craze in the States. So what makes oat milk so special from other substitutes? Creamier and more fiber-rich than other non-dairy milks, nut-free, protein packed, and possibly gluten-free (depending on where the oats are processed), oat milk is gaining traction in independent coffee shops because it foams just like dairy and tastes extremely similar. And oat milk's fame is just beginning. Brands like Quakers, Coca-Cola, and Pepsi are all planning on releasing some type of oat related product this year with

companies like Whole Foods promising to stock their shelves full of it.

Any health-related information is not intended to be a substitute for professional medical treatment. Always seek the advice of a qualified health provider for any questions you may have before embarking on any diet or wellness program. Every trend mentioned above has its pros and cons and affects every person in a different way.



A CARTON OF OAT MILK MADE BY THE COMPANY OATLY (IMAGE COURTESY OF GOOGLE IMAGES)

Pro - sports round-up

BY: MICAH KELLY

With the beginning of spring, the sports world enters into what many people consider to be the best part of the year. With March Madness underway, the end of the NBA and NHL on the horizon, the MLB season ready to officially begin, the NFL offseason dominating headlines, and the end of soccer leagues around the world, there is a lot to follow for any sports fan.

The highly-anticipated NCAA March Madness Tournament has dominated headlines for the last few weeks. Coming into the tournament, Duke was the heavy favorite because of the return of freshman superstar Zion Williamson from injury. Because of their victory in the ACC Tournament, Duke earned themselves a one-seed alongside Virginia, Gonzaga, and their long-time rival North Carolina. Although many felt confident taking a one-seed to win the entire tournament, only one of the four one-seeds advanced to the Final Four: Virginia. Virginia, looking for redemption after losing to a sixteen-seed last season, advanced to the finals against three-seed Texas Tech. In the end, it was Virginia who defeated Texas Tech in Minnesota. As a reminder, it was Virginia who lost to a sixteen seed in last year's tournament.

Many lower-seeded teams made runs in the tournament. Twelve-seed Murray State, led by breakout player

Ja Morant, was one of the many lower-seeded teams that advanced, although they ultimately fell to Florida State University. Oregon, another twelve-seed made it to the Sweet Sixteen but fell to Virginia. Five-seed Auburn was the lowest seed to advance to the Elite Eight, knocking out two-seed Kentucky before losing to Virginia in the Final Four. March Madness once again lived up to the hype and busted brackets.

In the NBA, the playoff hunt is beginning to wrap up. Although many fans will find the same usual suspects in playoff contention, the biggest surprise of this season is who isn't there: LeBron James and the Los Angeles Lakers. Although it was always going to be an uphill battle for the Lakers, many are surprised that James and his young head coach, Luke Walton, couldn't make the top eight. The western conference had its perennial powerhouses in the Golden State Warriors and Houston Rockets, but the real surprises came from the Eastern Conference where the Philadelphia 76ers appear to be a threat along with the dominant Milwaukee Bucks led by the Greek Freak, Giannis Antetokounmpo. One team to watch come playoff time to see if they can exorcise some playoff demons will be the Toronto Raptors, who were plagued by James's dominance in the previous years. With their new centerpiece Kawhi Leonard, the Raptors are looking to finally



ABOVE: LEBRON JAMES'S TENURE WITH THE LOS ANGELES LAKERS IS OFF TO A ROUGH START (IMAGE COURTESY OF GOOGLE IMAGES)

BELOW: STAR WIDE RECEIVER ODELL BECKHAM JR.'S TIME WITH THE ICONIC NEW YORK GIANTS HAS COME TO AN END (IMAGES COURTESY OF GOOGLE IMAGES)



make it to the coveted NBA Finals.

The MLB and NFL's offseasons were dominated by trades and massive contracts. In MLB, the first big development was Bryce Harper joining the Philadelphia Phillies on a thirteen-year, \$330 million contract, which at the time was the highest in the league. A few weeks later though that number seemed miniscule when word broke that the Los Angeles Angels had signed their superstar Mike Trout to a massive twelve-year, \$400 million contract. Although the MLB sparked a lot of hype from these massive signings, it was impossible not to pay attention to the twists and turns of the NFL offseason. For the Steelers, things took a very quick turn for the worse with the departures of Antonio Brown to the Oakland Raiders and Le'Veon Bell to the New York Jets. The Giants also appear to have taken a step back after losing Odell Beckham Jr. in a trade to the newly revitalized and retooled Cleveland Browns, who many consider to be a Super Bowl

contender now with Beckham joining a strong lineup of Kareem Hunt, Nick Chubb, and Baker Mayfield.

Overseas in Europe, soccer is dominating the sports headlines. In the Premier League in England, there is a two horse race for the top spot between Manchester City FC and Liverpool FC, which many pundits and analysts are not brave enough to call. In Spain, Barcelona holds a commanding ten point lead in the table over second spot Atletico Madrid. In Italy, all seems according to plan for Cristiano Ronaldo and Juventus FC as they hold a sizeable lead in the Serie A league table. And finally in the German Bundesliga, Borussia Dortmund and Bayern Munich appear to be in a neck and neck race to see who can go the longest without a mistake. It will be fascinating to see that result. In addition to the domestic races, soccer fans will also enjoy the culmination of the UEFA Champions League, which includes the top clubs from around Europe. The final eight will begin play in early April.



LEFT: FRESHMAN ZION WILLIAMSON CELEBRATING AFTER A GREAT PLAY. (IMAGE COURTESY OF GOOGLE IMAGES)



RIGHT: CENTER FIELDER MIKE TROUT HAS BECOME THE MOST PAID PLAYER IN THE MLB (IMAGE COURTESY OF GOOGLE IMAGES)

NHS SPRING BLOOD DRIVE

Thursday, April 11th
8 AM - 12:30 PM in Main Gym

Sign Up For An Appointment !
Help Save a Life!

* Anyone 16+ years old & weighs at least 110 lbs is eligible

VOLLEYBALL TOURNAMENT

WATCH THE
STUDENTS VS. TEACHERS

Thursday, April 11th
7-9 PM in Main Gym

Come Support The Ahr Stars !

LENTEN ALMSGIVING FOOD DRIVE

Easter Baskets Filled With Donations Go To Those in Need!

March 6th - April 11th

Bring food donations and sign in
Room 215 for service hours
(canned goods, pasta, powdered
milk, rice, etc)



SPRING CONCERT WITHOUT A THEME

May 1st and May 2nd
7:30 PM
in the Main Gym

\$12 Tickets



THE STATIONS OF THE CROSS

Tuesday, April 16
7 PM Little Theatre

Come to the Simple Soup Supper
before Stations of the Cross from 5:30 - 6:30 PM
in the BGA Cafeteria

- call 732 549 1108 ext. 648 to report how many people will be attending supper

Offerings appreciated for Elijah's Promise and TASK !

