

The Barron Perspective

Inside this issue:

Students in the Spotlight	2
Principal for a Day	2
Students in the Spotlight	3
Homecoming	4

WHS: Giving Back to the Community

By: The Perspective Staff

Pictures courtesy of Mr. Angatia's Digital Photography students

The students at WHS know that community service is more than just something that you can put on your college transcripts; it is an important part of the high school experience and something that makes us students feel more like a part of the community. There are on-going efforts in WHS to allow students to help others; check the school's website and ask your teachers about events you can become involved in!

to local community soup kitchens. While WHS participates annually, Ms. Ramos added a new dimension to the food drive this year: non-perishable pet food is also being collected for the animals being housed at the Woodbridge Animal Shelter. This is a great opportunity for WHS students and staff to help the less fortunate community members, including those with paws!



and sent to our troops around the world so that they, too, can join in the fun of Halloween.

- Recently, Mr. Switek coordinated a walk for the Prodigal Foundation, a local organization that helps children who have been affected by cancer. With the help of Mr. Maddock, staff volunteers and nearly 200 students who sought sponsorship donations, the walk was held on October 20th on the track in Nicholas Priscoe stadium. *(Please see pictures throughout the article.)*



- Ms. Clarke is currently collecting baby items (diapers, baby food, etc.) for the Teddy Bear's Closet drive, which seeks to help families struggling to provide the necessities for their children. Again, this is an annual event, and all students are prompted to donate what they can to a worthy cause.



- Ms. Soto recently collected unwrapped Halloween candy in a Treats for the Troops drive. This candy will be packaged



- Ms. Ramos is currently collecting non-perishable food items to be distributed



Students in the Spotlight: Girls Cross Country Captains

By: Kyle Anderson, Kriesha Cruz, Raven Fairman, Ryan O'Donnell Lauren Passero and Zac Teresi

The Perspective students recently sat down with Desiree Archie and McKenna Coakley, the captains of the White Division Champion Girls' Cross Country team at WHS!

K.C.: What was your mindset going into Cross Country, and what makes you stay?

D.A.: I didn't know anyone because I was new. Then I found out that my cousin was on the team so I decided to join. The girls and the fact that I want to keep in shape is what makes me want to stay on the team.

M.C.: (thoughtfully) I didn't know what Cross Country was. I was recruited by Coach Grasso. The girls on the team make me want to stay on the team.

K.A.: How do you guys run and run and not be upset or tired?

M.C.: We do get tired, but we just practice enough so we get used to it.

D.A.: When I run, I just zone out and clear my mind. I don't have to think about college or high school.

L.P.: What kind of meal do you like to eat the night before a big meet?

D.A.: Pasta, bagels, and a lot of carbo-

hydrates.

M.C.: Pasta, chicken, cupcakes, pork roll and cheese

Z.T.: What's the longest distance you've ever run?

M.C.: Nine miles.

D.A.: Eight miles.



Above: Desiree Archie and McKenna Coakley

Z.T.: Do your legs get numb and itch when you run a long time?

D.A.: (laughs) No, they only get numb after I finish.

M.C.: (laughs) No, not until after the race.

R.O.: Do you have any pre-race rituals? If so, what are they?

MC & DA: Yea, we have a chant... (after some prodding, the captains

performed their chant).

R.O.: What's your fastest time?

MC: In the 5K? 21:30.

DA: 21:07 in the 5K.

R.O.: Do you have a goal time you want to achieve before the season is over?

MC: I'm going to try to reach 20 this season.

DA: Well I've already peaked with my 21 [laughing], uh but I guess I'll try to go for 20 too.

K.C.: How did you feel when you found out about you being White Division Champions?

D.A.: (laughing) I was so happy because I leave high school this year accomplishing something really good. "Yay White Division Champs!"

M.C.: (smiling) I was crying; I was so happy and excited that we won the title. We accomplished something really good.

CONGRATULATIONS TO THE GIRLS CROSS COUNTRY TEAM AND COACH GRASSO ON THEIR WHITE DIVISION CHAMPIONSHIP AND THEIR PERFECT 8-0 SEASON! THAT'S THE MOST WINS IN WHS HISTORY!

Principal for a Day!

By: The Perspective Staff

Mr. David Goodes, an executive at the Hess Corporation, served as the "Principal for a Day" at WHS on October 19th.

Mr. Goodes toured the school, paying specific attention to the new science labs that the Hess Corpo-

ration generously funded.

Getting a feel for the school, Mr. Goodes was greeted with open arms and smiles from students and staff alike. In addressing the Prodigal Walk volunteers, Mr. Goode commended the students for their civic-mindedness and, of course, reminded

everyone to fill their tanks at their local Hess station only!



Mr. Goodes and Mr. Warren discussing the (temporary) duties of the Principal for a Day

Spotlight on Students: Football Captains

By: Shiraz Abbasi, Martina Ducret, Trisha Egan, Sarah Kulick, J.R. Lopez, Patrick McKim, Isabella Montalban, Kiersten Morgan, Garrett Stepien and Peter Willoughby

Pictures retrieved from woodrbridge-football.net

The Perspective recently interviewed Kyle Anderson and Anthony Nyers, the 2011 WHS Football captains; the team is on their way to the playoffs and we were excited to hear about their season.

G.S.: Looking back on the last two seasons, how much do you think it has prepared you to be successful this year?

K.A.: Sophomore year, the game was going so fast.... I would just throw it up into coverage. But later in my sophomore year, I was starting to learn more on the fly. Everything started to slow down more in junior year and this year.

A.N.: I definitely grew up my sophomore year. Playing with older kids at a young age, getting the experience definitely helped out. Junior year I got bigger and stronger after a lot of work in the weight room. I'm dominating now, it definitely helped.

IM: What improvements did you make during the off season?

KA: I think we really improved on our offensive line. Coach Hines made it a point of emphasis because he would work with us often at practice and in the weight room.

AN: Most of the varsity team consists of seniors so we knew the pressure was on us. Then seniors came together and worked on what was important.

P.M.: What kind of training do you go through to prepare for each football game?

K.A. and A.N.: Practice each day, lifting weights, and watching film of the previous game to spot errors that the players have made and talk about

how to correct them.

M.D: What's a typical day of practice for you guys?

K.A.: On a typical day of practice we work with our individual position, we go through an overview of the practice and what we will be doing and finally, we condition.

A.N.: We usually stretch, work on special team parts, then we come together as a team and condition.

J.R.L.: What is the hardest part about playing football?

A.N.: The hardest part about playing football is the mental part because people talk trash to you on the field and you have to keep calm and not say anything back because you don't want to get any selfish penalties.

K.A.: Coming together is the hardest part about football because you can all of the talent in the world and if everyone is selfish then you won't be good but if people just want to win and are selfless you'll be a lot more successful.

IM: What is something you do to get "pumped" before a game?

KA: After the spaghetti dinner, I change out of my dress clothes and drive around listening to music to clear my head.

AN: I always listen to my iPod and put all personal stuff aside to focus on the game.

P.W.: What do you feel during the games? What sort of emotion or feeling do you get?

K. A.: The first kick-off, it's like you get butterflies, like the game is about to go down. Then you calm down and focus. You get into the game.

A. N.: You feel nervous and anxious, then after the first play you settle down and you're not so anxious anymore.

K.M.: What are your feelings after a game? How is it different from when you win to when you lose?

K.A. When we win, right after the game we go to the locker room, put on club music and start dancing. All these kids you never thought could dance, like, bust out. But after a loss... just silence.

A.N.: There is no talking. The bus is silent, the locker room is silent. Coach Russo just says "See you Monday".

S.A.: Are you satisfied with your team's performance?

K.A.: Yes, I am satisfied... the only bad game was Sayreville, but the South Brunswick game wasn't too bad.

A.N.: I agree as well, Sayreville was the one bad game.

T.E.: Have you ever felt like you lost the game because of your own actions?

K.A.: Yes, South Brunswick, my junior year and East Brunswick, my sophomore year. It felt like time was going by too fast in those games.

A.N.: I've had bad games, but we never lost because of my bad day. We work together and somehow pull through to win.

S.K.: What position deserves more credit and why?

K.A.: The offensive line; they deserve more credit. And the long snapper. He's really good.

A.N.: The offensive line, because you can't do anything without them.

COME OUT TO CHEER FOR THE BARRONS FOOTBALL TEAM ON FRIDAY, NOV. 18TH AT THEIR PLAYOFF GAME!

Below: Kyle Anderson (l.) and Anthony Nyers (r.)



Homecoming 2011!



above: Homecoming candidates from left to right: Desiree Archie, Kiana McCallum, Morgan Merriweather, Justine Webster, Carly Matthews, Keith Capers, Dustin Heitner, Sean Villegas, Rob Handerhan and Julian Bonilla.

By: The Perspective staff

On October 21st, in the midst of a chilly autumn evening, ten outstanding seniors were on the 50 yard line, waiting to see who would be crowned as "2011's Homecoming Royalty".

Initially, teachers are asked to nominate the seniors they think best represent the class. From this list of nominees, students vote for their choices. This is how the King, Queen and their courts are nominated.

This year, the senior class chose Keith Capers, Julian Bonilla, Rob Handerhan, Sean Villegas and Dustin Heitner as their representatives in the king's court. As for young ladies, the seniors chose

Justine Webster, Morgan Merriweather, Desiree Archie, Carly Matthews and Kiana McCallum to represent their class at homecoming.

With pre-recorded audio playing through the field's public address system, the candidates took the field. The cheerleaders formed a gauntlet for the candidates to pass through, adding to the sense of unity and school spirit of WHS! Senior class officers and volunteers were at the ready, with medallions, tiaras and flowers. 2010's Homecoming Queen, Alejandra Villegas, graciously appeared at the ceremony to crown this year's queen, as well.

At the end of the ceremony, Keith Capers and Carly

Matthews were crowned as homecoming king and queen, but it was clear that all of the candidates were winners! Congratulations, everyone!



above: Queen Matthews and King Capers, moments after their coronation!