

The Paulsentinel

Winter 2017

A Paulsboro High School Publication

50 Cents

We Are The Champions...AGAIN!

By Quamire Gantt

The Paulsboro Red Raiders football team started off a very good season with tough practices that lead them to their first victory against Woodbury High School (32-0). Going into the season, the Raiders held their own in another victory against Glassboro (42-13) and then a hard fought-victory against Gateway Regional High School (21-14). After Paulsboro's bye week, Haddon Township's Hawks was their next victory (49-0), which made them 4-0. At least until the following week when they suffered a loss to Haddonfield's Bulldogs (0-31) destroying the dream of a repeat undefeated season. The team picked up another win against Haddon Heights for the homecoming game (42-14).

After Haddon Heights, the Raiders kept the momentum going, losing only to West Deptford for the rest of the season. Although it was a tough loss, since the Eagles took advantage of

three turnovers, it was softened by knowing that West Deptford would meet their rival Haddonfield in the SJ Group 2 finals, while we would go against Penns Grove in the SJ Group I final.

Senior and team leader, Dehron Holloway, delivered a moving pre-game speech before leading his team out for one final game as a Red Raider and on to victory as the 2017 NJSIAA football Champions. Dehron scored three touchdowns and had three interceptions helping the Raiders win with a score of 34-24. This is Paulsboro's third championship in the last 4 years and its 19th overall. For the seniors, like Eric Diaz and Wyatt Hinkle, going out as winners 3 out of 4 years on the team is as good as it gets.

Fans are not the only ones who show the team their support. The Paulsboro High School

Cheerleaders also show support during games hyping up the crowd and cheering the team on. The lady Raiders are there whenever the team takes the field. The PHS seniors on the cheerleading squad are captains Gina Ware, Daijah Montgomery, and Carly Coleman. Amaya Wilson, Aniyah Bagby, and Logan Popp are also seniors. Cameron Holloway, a junior from GCIT is the fourth captain on the squad.

Photo courtesy of PHS



Photo courtesy of PHS Wrestling



How do you top your high school's 30th State Wrestling Championship? By winning a 31st state Championship and by going undefeated once again for **an entire season**. With a season that has 21 wins and 0 losses, Paulsboro had an amazing year. Senior wrestler Dimetreus Day said, "One of the best parts about wrestling for Paulsboro High School is tradition and knowing that you have the best

coaches to prepare you for anything that you may come across."

#31 came from Sophomore Georgio Mazzeo's 5-3 decision at 113 lbs in the Group 1 championship held in Tom's River. The Red Raiders also had three tech fallers: Jacob Perez, George Worthy, and Brandon Green who helped tip the scales.

When asked if there were standouts on the team this year, head coach Mr. Morina said, "The team as a whole has performed beyond my expectations this season." At the NJSIAA

... AND AGAIN!

By Lewis Oster

State Championship Paulsboro came out on top with a final score of 32-22 getting them their 31st state championship title.

Paulsboro's wrestling program was established in 1938 and is one of the most historic in the nation. In 2011, we became the 3rd HS in the country to have 1000 wins with Mr. Morina heading up 500 of those. Between 1971 and 2008, PHS was undefeated in conference recording 307 victories straight and gaining 25 consecutive state championships in 37 yrs. Individually, PHS has 26 State titles, 115 Regional Champs, and 396 District Champs.

Mr. Paul Morina, PHS Principal

Mr. James Pandolfo, Vice Principal - PHS

Mr. John Giovanitti Vice Principal - PMS

Senior trip

By Christina Franks

Senior year is the best, most exciting time of your high school experience. You are finally, **FINALLY** getting out of high school. You are thinking about the future: A job, college, trade school, or maybe the military. Some of us are even looking forward to being out on our own. You are looking to celebrate this milestone by having a party, looking at future schools, and filling out scholarships, but why not celebrate at least once more with the people you’ve been with - possibly since kindergarten? One of the highlights of senior year is the senior trip, but many seniors come up with reasons to not go. Yes, it may be a little expensive, but that’s not really an excuse since Mrs. C and Mrs. Garner hold fundraisers all the time (and you can start saving now if you’re not a senior).

One reason you should go on your senior trip is because it is one whole week at the happiest place on earth... Disney World! You get to get away from your parents who often like to nag about chores and to clean your room. Every day is a new adventure in a new, different part of Disney or Epcot. Days start early in the mornings and end late at night, which we already do now anyway. The teachers form a trust bond with you and may allow you and your group to go off on your own in the parks (as long as you’re back by the time you’re given.) Not only will you be going with all of your friends, but towards the end of the trip, you will form all new friendships with people you never thought you would possibly from places you may not have even heard about before. You only get one senior trip, so take this once in a lifetime opportunity and go have fun at the happiest place on earth!

Mr. Krasting Directs the All South New Jersey Senior High

By Chamique Ellison



Photo courtesy of ASJSH

Mr. Krasting has wanted to be the All South New Jersey Senior High Choral Conductor since high school. On January 27th and 28th 2018, he had the chance to do just that. He was the South Jersey Junior High School Choral Conductor in 2010, which was an honor, but it is not the same as conducting the high school choir, including at least one of your own students. Mr. Krasting was picked out of

an undetermined number of nominees. He does not know because that is one of the things the committee keeps secret. They do not tell nominees how many directors were nominated or even who nominated you, probably because the choir directors all know each other and are friends. Mr. Krasting has been an active staff member of Paulsboro High school for twenty years and has helped with multiple musicals for the Paulsboro Theater Department. Mr. Krasting was thrilled to be nominated to be the All Jersey Senior High Choral Director. “If I could do it again I would.”



Paulsboro Says Goodbye to some Favorites! Retirements: 2018

By Joseph DiBernardi



Mrs. Montemore

Mrs. Montemore has been the Guidance Secretary here at Paulsboro High school for 23 years. Her duties have included keeping records and helping students and staff with a variety of needs including report cards, scheduling appointments and college visits, and generally keeping the guidance department running smoothly. This year her duties also included general office duties like scheduling substitute teachers. After she retires, she said that “she is going to do nothing special, just relaxing.” Mrs. Montemore will enjoy

spending time with her husband, but miss being in school with her granddaughter. Her favorite memory at the school has been the time spent with the students. She has enjoyed getting to know many of us through the years, and will miss us greatly, but not as much as we will miss her. The things she is going to miss most about the school are spending time with the students and staff. “After all these years will it be weird not going to work anymore?” The response that she had was “Yes, very much so.”

Mrs. Davis has been a Spanish teacher here at Paulsboro High school for 17 years teaching all 4 levels and being the ‘go-to’ translator for everyone and everything relating

to the Spanish language. After she retires from PHS, she said that she is going to “Follow the Lord” and “Let the Lord guide me down my path.” She has so many memories at the school, and added “She had a lot of fun while teaching in Paulsboro.” The things that she is going to miss most about the school is spending time every day with the students and staff. When asked if after all these years is it going to be weird not waking up every morning not going to work, Mrs. Davis’ reply was “Yea, very strange, but I’ll get used to it” in her typical, happy and genial manor.

Mrs. Davis





Club News

By: Cheyann Weiss

New coaches, teams, routines and classes can be a bit hectic, but with the school year rapidly fading away, the students here at PHS are finally full swing into the 2017-2018 schedule.

Here at PHS & PJHS, you can be rewarded for achieving good grades, maintaining respectful behavior, and having no more than three unexcused absences. The **Renaissance** program is designed to promote a positive environment in school and reward those students who achieve the goals in each of those areas. The requirements are basically the same, but the grades may vary. For the **White card** students need a C average, **Red Card** requires honor roll grades, and **Gold Card** members achieve principals honor roll. If you succeeded in these expectations, you were rewarded with a

breakfast (red and gold) and lunch at the Hometown Deli (gold) during MP1, snacks at lunch (white), and more recently, a pasta with the principal (gold and red) in MP 2. More activities are coming – so get those grades and DON’T get in trouble.

The **2018 yearbook: The Pegasus**, is ready to go, so come and get it now. You can get your yearbook and reminisce on your memories this past school year for only \$95. You can visit Mrs. Morina or Mrs. Dell for your copy. Better hurry up before it’s too late.

Key club turned up the flame raising \$94 with a bake sale. Coming up next on February 27th, they are starting *Hats off to Cancer*. The donation starts at \$1, but

you are more than welcome to donate to an awesome cause.

Are you looking for information about business opportunities in the work place? If so, join Future Business Leaders of America (FBLA). **FBLA**’s main goal is to inform students with information about business opportunities in the work place and motivate students to consider going to school in a business related course of study. The advisors, Mr. Thomas and Mrs. Morina, are still in the beginning stages of this awesome program, but once they get things up and running with enough information meetings will be assembled. Surveys are still being conducted with students to see their interests in careers or business fields.

Scholarship Information

By Christina Franks

The following is a list of available scholarships. Please feel free to visit guidance for more information.

- AAA South Jersey Scholarship: High School Senior - \$2,500, March 31, 2018
- Janice Scott Memorial Scholarship Fund: Senior whose family income is less than \$50,000, March 31, 2018
- Toni Donato-Bolis & Baby RJ Foundation: Seniors furthering their education, April 4, 2018
- Generating Achievement Potential (GAP) Scholarship: Minimum of 2.5 GPA Must be a minority—\$250, April 6, 2018
- National Association of Water Companies: Interested in water utility industry—\$2,500, April 7, 2018
- New Jersey Utilities Association—\$1,500, April 7, 2018
- Shades of Harmony Chorus: Female interested in pursuing a career in vocal music—\$500, April 14, 2018
- American Association of University Women: Female Seniors—\$1,000, April 14, 2018
- Dunkin’ Donuts Philadelphia Regional Scholarship: Dunkinodnuts.com/scholarship—\$2,000, April 15, 2018
- NJ State Elks Special Children’s Committee: Seniors with physical, mental or learning disabilities—\$2500 , April 16, 2018
- Gloucester County NAACP Scholarship: Minorities Minimum GPA 2.5—\$500, April 21, 2018
- Builders League of South Jersey Scholarship: Pursuing real estate or the construction industry - \$3,500, April 30, 2018
- Delia Ford Textbook Scholarship: Attending 2 or 4 year college or trade school - \$500, April 30, 2018
- South Jersey Bass Club Association (SJBCA): Pursuing major in fisheries management, environmental science, or related fields—\$500, May 1, 2018
- Fresh n’ Lean Scholarship: High School Seniors - \$1,500, May 1, 2018
- Greater Woodbury Garden Club Scholarship: Pursuing major in agriculture/landscaping - \$500, May 15, 2018
- Disabled American Veterans Dept. of NJ: Natural descendant of member of Disabled American Vets - \$1,500, May 18, 2018
- South Jersey Chapter of JDRF: Type 1 Diabetic, 3.5 GPA, participates in sports—\$1000, May 18, 2018

Junior and senior year are two of the most important of your high school career. Not only do your grades matter so you can graduate, but you also have to think about your future and where, or even if, you want to go to college. Various colleges have different requirements about grades, SAT scores, and even community involvement. One of the most important considerations about college is how you or your parents will pay for it. That’s where scholarships come in. Applying for scholarships can be one of the most important steps in the application process. There are so many scholarships that you can apply for. There are written essay types, scholarships where you don’t have to write essays, scholarships for ethnicity, scholarships for men or women, and the list goes on and on. Mrs. Suggs in the Guidance office is a good place to start. She puts out a list that has active scholarship information and Mrs. Montemore in Guidance keeps a folder across from her desk in case the guidance counselors are busy with other students when you go to ask questions. Stop by today if you need help planning your future and how to pay for it all.



Senior Spotlight

By: Cheyann Weiss & Dai'jaun Jackson-Edwards



Amaya Wilson

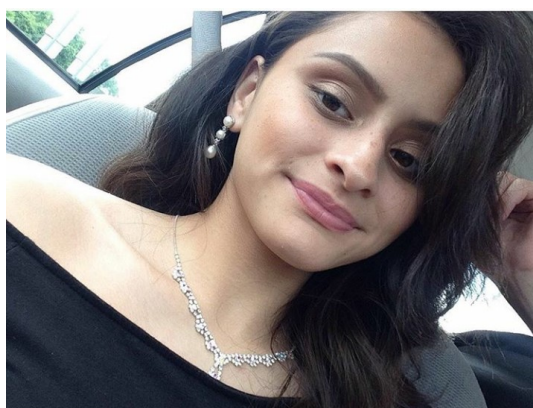
Amaya's favorite memory from Paulsboro is winning the TOC 2 years ago. After high school, Amaya plans to attend college for nursing. While at Paulsboro, she has participated in cheerleading, which she has been involved with all her life, and records the basketball statistics for the Varsity Boys Basketball team. Her favorite teacher is Ms. Beaman and her role model is her mother. Amaya received the most votes for "cutest girl" for the class of 2018.



Sean Lucci

Sean is known as "The Voice of PHS" for reporting the morning and afternoon announcements. Sean's favorite memories from PHS are the plays. He has performed in over 15 Plays throughout his

youth including Annie, Sleeping Beauty and Shrek. Besides his involvement in theater, Sean is also a member or Student Council and SURE. After high school Sean's plans include going to college and starting his filming career. His favorite teacher is Ms. Ladue and his role model is David Bowie. Sean will miss the teachers at PHS and the programs. His advice to the younger students is "Do your best, take everything one step at a time".



Stephanie Santiago

Despite being a teen mother, skipping a grade, working, and going through the horrible experience of losing her family home to a fire, Stephanie doesn't let life get her down. A resident of Paulsboro, her favorite memory from PHS is the brotherhood assembly. After high school Stephanie plans on going to Rutgers, New Brunswick to study pre-medicine to become a Cardiothoracic Surgeon. She has received many scholarships to various schools and Universities. While at Paulsboro, she played softball. Her favorite teacher was Ms. Schafer who is also her

role model. Stephanie's advice to underclassmen is, "If you want something, you need to put in the effort."



Justin Blair

Justin is very athletic and plays two sports: football and track. His favorite memory is a no brainer - winning back to back championships in football. In Justin's future he plans to maintain playing football while perusing a career in Athletic Training, although he has not yet decided which college he will attend in the fall. Justin tells the children, "stay focused on your work and you'll succeed." Justin says that what helped him become a better student was actually studying, staying on top of his work, and asking for and receiving help from his teachers. He also thinks that it's important to have a good group of friends that have goals in life and are smart who help him strive to become a better student athlete. Justin's role model is his father and his favorite teacher is Ms. Beaman.

Freshman Phenom: Christian Sparks takes it to the next Level!

By Alexandria Dudlick

Many people have a passion for music, but not everyone has what it takes to make it into the elite groups that many have their hearts set on. Christian Sparks, a Paulsboro High School freshman, is clearly an exception. He was recently accepted into not only the All South Jersey Concert Band, but the All State Concert Band as well. This is a huge achievement, especially for freshman.

What are these bands and why is it such an accomplishment to get in? The All South Jersey and All State Concert Bands are audition bands that thousands upon thousands compete to get into each year. These auditions are incredibly competitive, leading some people to practice all year for solely this event.

Christian Sparks has been playing for quite a few years, but has only been playing on the contra clarinet, which he auditioned on, for about two years. He is in the Paulsboro

High School marching band, as well as their jazz band, usually playing

the baritone saxophone. He also does things outside of school like participating and playing in a Mummer's band.

When asked, Christian said that the most stressful part of auditioning wasn't learning the solo or memorizing the scales, but the actual pressure of auditioning. For those that haven't had to experience being a part of an audition, it certainly is a nerve-wracking experience. Auditioning is something that's just a part of the music life, which Christian intends to pursue. He'd like to play music professionally one day, which is completely within the realm of possibility for someone as talented as him!



Photo courtesy of J. Hurst

PHS Concerts

By Alexandria Dudlick

The Winter concert came and went with a bang. The concert band and choir performed during December, both featuring songs that got attendees in the Christmas mood. This year, the junior and senior high choir are combined. Together, they performed hits from the movie, Frozen. Both the junior high and senior high bands pushed out amazing songs, with the senior high band ending the night with "Christmas Eve/Sarajevo 12/24" which the crowd loved.

The Spring concert is quickly approaching. The concert band has been working on songs under the theme of movies. Attend the concert and you'll be sure to hear favorites like "Hallelujah" and a medley of songs from the Harry Potter movies. They are also performing "How Far I'll Go," and piece from the new movie, Moana. This goes along with what the concert choir is performing. They are doing a medley from Moana as well. They are also doing a medley of songs from the hit Broadway production, Hamilton, which is sure to be a favorite amongst the crowd. While the auditorium is still under construction, the Spring Concert will be held in the gym. The dates are uncertain as of right now, but it's being planned for the beginning of May. We hope to see you there!

Vasquez Sings in All South Jersey Choir

By Alexandria Dudlick

Reinaldo Vazquez, a PHS senior, has been singing for eight years, but this was the year his dreams came true. This year, Reinaldo auditioned for the All South Jersey Choir and was accepted. Practicing every day, Reinaldo knew he could accomplish his goals if he just worked hard enough. However, this wasn't the first time he'd auditioned. Reinaldo had tried out for the choir back in his freshman year, but unfortunately, just missed the cut-off for who was accepted. Now this year, Reinaldo was determined to work harder than before.

When audition day came, he was anxious but excited, "I had been practicing for months, yet I was so nervous that my breath was shaking when I first started performing my scales." Evidently, he did a great job, because he was accepted into the highly competitive choir as a part of their Bass/Baritone section. Leading up to the performance, they had a few practices as a group, and Reinaldo practiced on his own every single day, enough to nearly

lose his voice right before the concert! The All South Jersey choir had their performance back at the end of January, and Reinaldo says it was, "unlike anything I'd done before." Although auditioning is a scary thing to do, Reinaldo impressed the judges, and he definitely impressed us.



Photo courtesy of J. Hurst



100 Never Looked so Good!

Junior Santino Morina is just another student here at PHS. He takes the same classes, has the same block schedule, and practices hard with his teams. He talks to friends and eats lunch with his mom... Of course, not many others who have walked these halls can claim 100 wins in wrestling. On Feb 17th, Santino won his match at the District 26 Championships earning a place with the elite. Last year he lost in the district finals facing the same opponent he’s faces the last 7 years, but came back in 2018 in a big way: He became a District 26 Champion, earned the 100th win of his career,

and claimed 5th place at States. Santino has been a part of three Championship teams in wrestling, two of which the Red Raiders went undefeated. That’s a great way to end Districts, but Santino was concentrating on States. He ended the season in 5th place and is already looking towards next year.

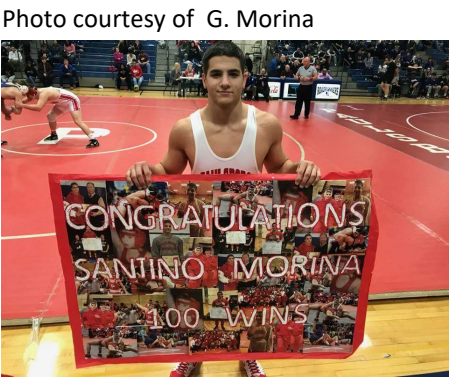


Photo courtesy of G. Morina

1,000 Points Times 2!

By: Kayla Serrano

During the 2017-2018 season, seniors Aniyah Bagby and Eric Diaz accomplished something pretty amazing. Both seniors scored over a total of 1,000 points total throughout their high school career. Both were asked 5 questions about this accomplishment and here’s what they had to say.

Senior Aniyah Bagby totaled 1,121 points and when asked how it felt to be able to score that many points as a high school student, she said “overwhelming.” Getting 1,000 points is not something that happens naturally so we asked her how she made it to this point and she said, “Working hard and dedicating myself.” Of course, someone had to be there

with her along the way - motivating her and supporting her. When asked who this person was she smiled and answered, “My mom.” But just because her high school career is over, that doesn’t mean she is done playing basketball on a team forever. When asked if she is planning to play in college Aniyah emphatically stated, “Yes, for Stockton University.” We asked Aniyah why she plays basketball and her answer was “because it’s my way of expressing how I feel and it’s something I love.”

Senior Eric Diaz scored a total of 1,241 points in his high school career. When asked how it felt to be able to do attain that many points in four

years, he said, “it felt good, not many people can achieve that goal.” Getting 1,000 points is not something that just happens, when asked how he made it to this point, Diaz answered,



“...just playing basketball and having fun, I never had a trainer. I got good from playing at the courts.” Someone had to be there with him throughout the whole journey, pushing him. When asked who this person was, he said “my two cousins Robert and Carl.” Just because his high school basketball career is over does not mean he is done playing forever. Eric says, “Honestly I really haven’t decided yet” about if, or where, he will play ball in college. Eric does however know why he plays basketball... his answer? “I always had fun doing it.”



The Pegasus Players present: Disney’s Aladdin Jr.

By Kody Pidliskey

What’s better then dinner and show? Come out to Paulsboro High School on March 16th and 17th to see *Disney’s Aladdin Junior* performed by Paulsboro’s Pegasus Players. Show dates are March 16th at 7 pm and March 17th at 11am and 6 pm, evening shows are \$18 and the Saturday morning matinee show is \$10. Dinner will be served at the evening shows, but not for the

matinee. Entrée choices are spaghetti and meatballs, lasagna or pulled pork. Cast for the lead roles in the show this year are: Sean Lucci (Senior) as Aladdin, Lily Jenkins (Senior) as Jasmine and Allison Wileczek (Junior) as the Genie. This year’s production will be performed in the cafeteria due to renovations that are taking place in the auditorium.



Wall art by students in Mrs. LaDue’s Classes

Robotics

By: Julie Haruch-Johnson

When you think of Robotics, you think of a club where you build robots and that’s that, but that’s where you’re wrong. It’s not a club, but a class 7th and 8th graders can elect to take for a semester. It’s taught by Mrs. Broder, who advocated adding it to PHS’ curriculum. At first, students ignored it, thinking it wasn’t important and only three students took the class. But, Mrs. Broder wouldn’t leave it like that, and made the class known, causing more students than ever to sign up. The class can hold up to 10 students, and many activities were held. Mechanical LEGOS were used to build robots, and then an app called mindstorm was used to program the robots to do many things: talk, move around the room, pick things up and put them down, are just some of the things students have ‘taught’ their robots. Students build the robots themselves, program them themselves, and even name them. Not everything has to be on your own though. You and your friends can also pair up and make the ultimate robot! You might think it’s complicated, but instead it’s actually a lot of fun! So you 7th and 8th graders out there? Next year, bring your friends and sign up! You’ll enjoy it more than you think!

Howard selected as the SJ Touch Down Club Coach of the Year AND NJ State - South Coach of the Year.



Coach Howard received the Dr. Warren J. McClain Touchdown Club of Southern New Jersey

“This is like a team award. It’s not just me. There are a lot of people whose efforts make this what it is, the Paulsboro football program.”

Coach Howard played 4 years at the University of Minnesota and had 3 seasons with the Philadelphia/Baltimore Stars of the USFL after graduating from PHS in 1977. He began as an assistant coach at PHS when he was 26 and was offered the head coaching position after the retiring head coach moved to a different school. Coach Howard does not take the credit for the winning seasons or the honor given to him. “This is just the culmination of all the hard work that the assistant coaches put in, all the hard work the players put in, the time, the commitment.”

Varsity Basketball

By: Kayla Serrano

The Boy’s and Girls’ varsity basketball teams fought to push their way through this years season pretty hard so far. Here’s what went on during the 2017-2018 season ...

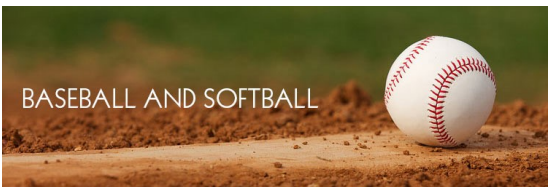
The girls went 5-20 this season. There were 2 seniors Katirah Howell and Aniyah Bagby who season ended early due to an injury. The girls made it to the 1st round of playoffs on February 26, 2018, but their season ended with a 31-47 loss against Gloucester. Senior Aniyah Bagby leads the Lady Raiders in points scoring 256 for the season.

The boys went 13-12 this season. They managed to beat Lindenwold in a very intense 68-56 game in the first round of playoffs. Their season came to an end after a tragic loss to the Glassboro Bulldogs on March 2, 2018 in a 40-53 game. They had 5 seniors on the squad Joe Childress, Perry Corsey, Calil Harold, Dehron Holloway and Eric Diaz. Senior Guard Eric Diaz leads the Red Raiders offence with 19.1 points per game for a total of 461 points this season.



Paulsboro Baseball-Softball Preview

By: Jason Weaver



The PHS baseball team’s season starts on Monday, March 19 at 4:00 PM against Glassboro. The Paulsboro varsity baseball team has a home non-conference game vs. Glassboro. The Paulsboro varsity baseball team has a home game vs. Schalick (Pittsgrove, NJ) on Thursday, March 22 at 4 PM. The Sterling (Somerdale, NJ) varsity baseball team has a home game vs. Paulsboro on Monday, April 2 at 4 PM. The Paulsboro varsity baseball team has a home conference game vs. Gateway Regional (Woodbury Heights, NJ) on Tuesday,

April 3 at 4 PM. The Paulsboro varsity baseball team has a home conference game vs. Haddon Township (Westmont, NJ) on Thursday, April 5 at 4 PM. The boys coach is Dave Glocker this season.

The Paulsboro high school softball team’s season will start on March 15. The Paulsboro varsity softball team has an away non-conference game @ Salem (NJ) on Thursday, March 15 at 4 PM. The Clayton (NJ) varsity softball team has a home non-conference game vs. Paulsboro on Tuesday, March 20 at 4 PM. The Paulsboro varsity softball team has a

home non-conference game vs. Glassboro (NJ) on Monday, March 26 at 4 PM. The Paulsboro varsity softball team has a home conference game vs. Sterling (Somerdale, NJ) on Monday, April 2 at 4 PM. The Paulsboro varsity softball team has a home non-conference game vs. LEAP Academy (Camden, NJ) on Friday, April 6 at 4 PM. The Paulsboro varsity softball team has a home conference game vs. West Deptford (Westville, NJ) on Monday, April 9 at 4 PM. The girls softball coach is Mandy Thomas this season.

Flu Season is Upon Us!

By: Zach Speakman

Seeing the light and walking towards it. That’s how you feel when you have the flu, or at least that’s how I felt. Missing two entire weeks of school sounds like fun... but no. Losing 10 pounds sounds good too...but no, I REALLY do not recommend it since it killed my metabolism.

According to the CDC, “The flu has been particularly severe this year, due in part to the especially prevalent Influenza a H3N2 strain. The flu vaccine is less effective against H3 viruses, which tend to cause more serious flu cases than other strains.” There have been at least 30 deaths

reported this year due to the flu, they have all been children. It is unclear if there are any flu related deaths in adults.

Mrs. Mervine is 1 of 3 district nurses who caught the flu and her experience was, “awful... It was 3 days of non-stop coughing, body aches and extreme fatigue. After the 3 days I was still feeling tired, but the cough was starting to diminish.” It is impossible to give a rough estimate of how many people at PHS had the flu due to how many students left when they were either not sick, feeling sick or had the flu. Besides being a school nurse,

Mrs. Mervine works in a hospital in the nic u. Since the flu was going around, they had to take more precautions with visitors and visiting hours since the very young and the very old are those who suffer most from the flu and are at a greater risk of serious complications.

If you haven’t caught the flu yet, be warned - flu season isn’t over until April. Mrs. Mervine, like many, received a flu shot, but was still sick for a week. To all healthy people you are lucky that you did not get the flu but, to those who suffered, you did not suffer alone.

Track Preview

By Chamique Ellison

The 2018 track & field season officially started on March 5, 2018, but many of the athletes have been lifting after school since the middle of January. The seniors returning for the girl’s team are Christina Franks, Katirah Howell, and Chamique Ellison. For the boy’s team, returning seniors include Eric Diaz, Johan Venture, Justin Blair, Nasser Bateman, Demetrius Day, and Aaron Hickox. Last season stand outs from the girls team was Amaya Reed-Clark who was able to overcome her ACL injury and go all the way to the Meet of Champions. This track season, it’s going to be a blast. If you are looking for something to do after school, join the PHS track and field team. Hampel, Costenbader, Brown, and Gunter would love to see you!



Tennis Preview

By: Alex Murschell

Tennis is starting soon and the team is going to have a good season. There is a new head coach this year and everyone hopes she does a great job making new players amazing and returning players even better than before. Although Mrs. Bish will be missed, the team knows Ms. Bradbury is going to do an excellent job keeping tennis full of skillful

players who are gladly willing to put as much effort into winning as possible. Hopefully there are young men at PHS willing to join boy’s tennis making sure that hard work and teamwork are the focus building the team and ensuring success for this season. The first game of the season is on April 2 at 4:00p.m against Sterling. The last

game is on May 17 at 4:00 p.m. against Woodbury. All of the games continue to be away games. Returning players will help the new players, getting them into the sport and playing well. Let’s hope this season PHS boys tennis can win the gold and get another trophy in the trophy case!

THANK YOU TO OUR BOARD OF EDUCATION MEMBERS

Dr. Laurie Bandlow, Superintendent
Mr. Thomas C. Ridinger, President
Mr. Marvin Hamilton
Mrs. Crystal Henderson

Mr. John Hughes (Greenwich Township)
Mr. Joseph L. Lisa
Mrs. Lisa L. Lozada-Shaw
Mr. William MacKenzie

Mrs. Lisa Priest
Mrs. Irma R. Stevenson
Mr. Jim Walter
Ms. Taylor Brady - Student Representative

Paulsentinel Staff

Joe DiBernardi
Alexandria Dudlick
Chamique Ellison
Pauline Evans
Christina Franks
Quamire Gantt
Julie Haruch-Johnson
Dai’jaun Jackson-Edwards
Alex Murschell
Lewis Oster
Kody Pidiliskey
Kayla Serrano
Zach Speakman
Jason Weaver
Cheyann Weiss
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