



HC cross country coaches on the run

By Ryan Behre



Photo courtesy of Ryan Behre

Dylan Marton, a cross country coach at Hunterdon Central, ran the New York City Marathon on November 2. Despite the adverse weather conditions, Marton finished with a time of 2:43 and was proud of his performance.

Hunterdon Central's three cross country coaches—Sharon Tompa, Dylan Marton, and Walter Ingram—have proven this fall that they not only embrace their sport as coaches, they do so as competitors, too. The three coaches make up one of the youngest coaching staffs in the state. Tompa is twenty-five, Marton is twenty-three, and Ingram is twenty-two. In fact, Ingram just graduated from The College of New Jersey last spring. The trio of young coaches managed to squeeze in training for themselves during the past several months in preparation for their marathons.

Recently, head coach Tompa bravely ran a half marathon and a full marathon in two days back-to-back, on October 25 and 26, Marton ran a nearly elite time in the New York City Marathon on November 2nd, while not even looking tired, and Ingram ran the Philadelphia Marathon on November 22.

Tompa decided to run the Chowdah Challenge in Massachusetts. This was her first half marathon, and she wanted to get the mug each runner receives for completing the long race.

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Student reactions to street harassment

By Amy Fallat

What comes to mind when thinking about street harassment? Most would reply with things like catcalling, and inappropriate touching. Both are valid, but they are only part of the problem.



Graphic by Emilck Schalk

Just to put things into perspective, a recent social experiment conducted by Hollaback!, an anti-street harassment organization, should be taken into account. Men and women on the street were asked various questions regarding their experiences with harassment. Sixty-five percent of women admitted to being harassed on the streets, with 23% of women admitting to being touched sexually, 20% to being followed, and 9% to being forced into a sexual act. For men, 25% reported harassment, many being apart of the LGBTQ+ community with 9% of those harassment cases related to transphobic or homophobic slurs. Anybody can become a victim of harassment.

Street harassment is more than just a problem, it is an epidemic. It isn't just spreading through the streets of big cities, or small towns. It is infecting our schools as well.

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The daily grind returns

Flemington's new coffee shop signals a Renaissance for artistic community

By Sahand Barazesh

Stangl Factory, located in Downtown Flemington, is home to some of Flemington's most popular eateries, art galleries, clothing boutiques, and on Saturdays, farmers market. Its unique design, complete with kilns and an upscale warehouse style, attract more and more customers every day. Despite the popularity of the area today, the one-time factory was completely vacant just a few short years ago.

Originally, the factory was known as Hill Pottery. The building was a utilitarian shop that produced jars, drain pipes, and storage crocks. In 1978 a pottery store, Pfaltzgraff, opened in the same space and

stayed open for 30 years until its closure in 2008. Eventually local businesses filled the area once again, making it more similar to the Stangl factory we recognize today.

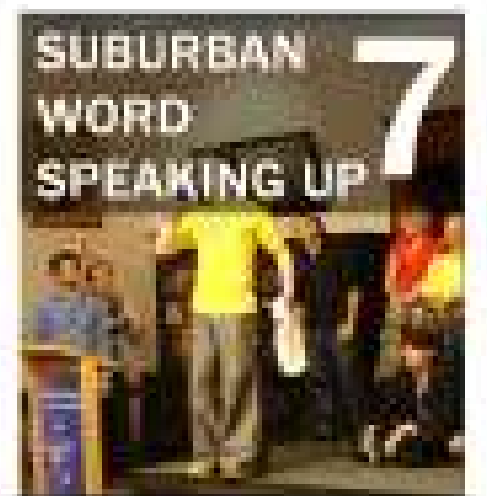
The first major business to open in the area was The Blue Fish Grill—a great place to get a casual lunch or dinner of anything ranging from fish and chips to a taco. The owners of Blue Fish Grill have even worked with world renowned chef Wolfgang Puck to develop their skills. The accomplished restaurant has a California style menu attracting customers from far and wide for their seafood and ambiance.

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Photos courtesy of Sonay Barazesh

The old Stangl factory is now the site of Flemington's upscale shopping and dining. By incorporating elements of the original building, the business owners have created a unique cultural space.



Superintendent intends to improve public knowledge of HC

By Fahima Waqqas

Recently, Christina Steffner, the Superintendent of Hunterdon Central, has started producing an online newsletter for the community. On the webpage, there are many different links and videos for parents, students, and other members of the community to learn more about the events happening at Hunterdon Central. Steffner has also begun monthly radio broadcasts with the Hunterdon County Chamber of Commerce radio. Her goal is to allow parents and other concerned community members to learn more about the school.

The webpage presents radio podcasts, as well as HCTV clips that feature faculty members giving their insight on the school. Steffner offers that this, altogether, will shed light on Central's activities. "This will give people a more realistic view of Hunterdon Central," she said.

To do this, she showcases many of the different projects that have taken place over the past few months at the school. Online, there are videos of renovations being

carried out in different instructional facilities across different departments. Biology, robotics, and photography rooms, for example, have undergone big changes in recent months to help improve these classes.

Steffner hopes that the newsletter will allow the community to learn about the efforts that Central has made to give students a more updated and educational learning environment. She aims to discuss how these changes —A/B scheduling, PARCC assessments, etc.— positively affect parents and children.

Steffner feels that displaying a positive image is a key purpose of the new public perception program. "This allows people to see the good things that are happening in the school, rather than the bad," she said. She believes that this program will contribute to a more informed community, with parents obtaining more insight as to what their children are doing every day. On television, for example, she aims to clearly broadcast the environment in which students, teachers, and counselors convene.

Steffner also wishes to inform

the community of any changes made to the school, so that everyone can be involved in the activities going on at Central. "Sometimes, when you make a lot of changes, it scares people," she said, "But if the people living in the area are well informed, we will create a more cooperative and united community."

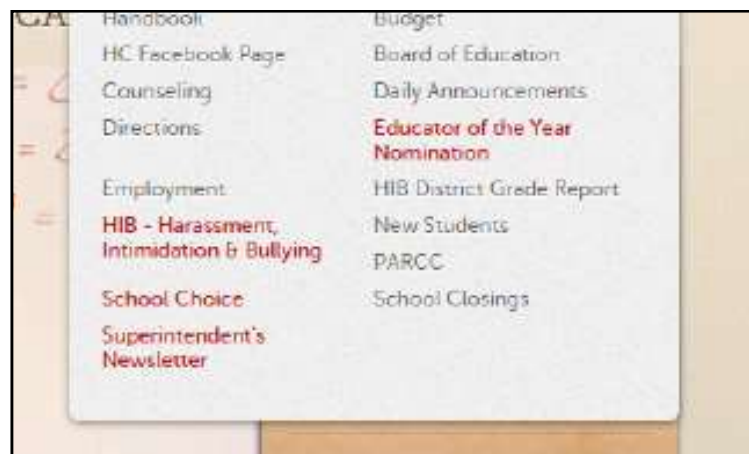
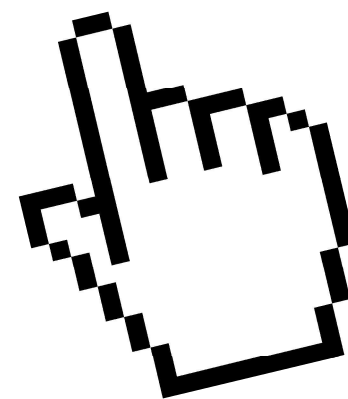
"This allows people to see the good things that are happening in the school, rather than the bad."

-Christina Steffner

Her goal is not only to inform people about the changes made in the school. Steffner also wants to create opportunities to showcase students' talents and achievements. Already posted online are

exemplary Summer Experience projects that give students recognition for their outstanding work.

Altogether, the e-newsletter page, television shows, and radio sessions exist as part of a new program aimed at informing the community and recognizing outstanding student work. You can find all of this information in a link titled 'Superintendent's Newsletter' on the school website, under Quicklinks. There, you can view posts, images, and videos that document current projects and activities.



Graphics by Alex Eng

The Superintendent's Newsletter can be found on the school's website.

Central upgrades technology in new schoolwide program



Photo by Ryan Guistwite

Hundreds of new Chromebooks are in place throughout Central.

Central makes the towards Chromebooks

By Ryan Guistwite and Alex Eng

For some time, students have grown accustomed to using the rather old-fashioned style of desktop computers, each propped up in its own clunky station, gathering dust in the back corners of classrooms. The long loading times and sluggish speed of these seemingly ancient machines usually leave students with an experience of both frustration and unnecessary time consumption. Luckily for Hunterdon Central students, the Technology Department has gone through some notable changes since last year.

Now, with the school's recent renovations and renewed focus on technologies, Chromebooks have been widely adopted and distributed to students and staff throughout the school. With this shift to Chromebooks, there will be fewer instances in which students will have to work with old, slow, and less reliable machines.

These Chromebooks include such vast improvements like a six times faster running capability, as well as exponentially faster boot times. Where a desktop takes precious class time to initialize hardware scanning, pre-load boot preparations, and load an operating system. Chromebooks run on pre-loaded and pre-scanned hardware, and use an operating system so light that a Chromebook takes only a few seconds

to completely load up for connection to Wi-Fi, Google Drive, and more. Combining the stability of having very few bugs and errors with the security of being much more virus-resistant, Chromebooks are efficient, productive, and speedy.

But not only is the software light; the laptop itself weighs a mere 2.4 pounds. Approximately 11 inches by 8 inches, a Chromebook can fit into backpacks and purses with ease. Being able to transport the Chromebooks around easily is also a huge improvement from older electronics that would usually take two or more people just to move the monitor. Senior Allie Degen shared that she liked the lightweight nature of Chromebooks. "I like how lightweight they are, and how much easier it is to use the Internet with one browser. They are much more efficient than the old laptops, and classwork can get done a lot faster," she said.

"I like how lightweight they are. They are much more efficient, and classwork can get done a lot faster."

-Senior, Allie Degen

The amount of computers per room since last year has also increased, thanks to this upgrade program. Being able to use twenty Chromebooks per room is a huge improvement from just having five or six large computers available. Having this greater amount of computers gives entire classes access to the Internet, instead of just the first six students who first reach the desktop computers in the back of the room.

This can help improve the amount and quality of work that students can get done in their classes, because everyone can be working on something simultaneously, rather than incrementally. Students, as a result of this major improvement, can now achieve greater quality of work and have a more enjoyable experience working with the school's newly provided technology.



Graphic by Alex Eng

Senior Dan Prager offers that Chromebooks are an extremely valuable educational tool. "They are really helpful for staying organized on [Google] Drive, and it is much easier than keeping binders of loose paper. Plus, your work is easy to access on your phone, so you can work even without paper and a pencil," he said. "I like the change. It helps me do work better, easier, and faster."

Indeed, with these improvements, students will rarely have to worry about crashes and other problems that the previous computers had. Altogether, this program to introduce new technology ensures that students are constantly given the most updated and efficient learning tools at their disposal.

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The war against whole wheat

By Melissa Bridenbaugh

It is a sad moment when you bite into a school-wide renowned muffin and find that it is not the same as you remember—the sweetness is gone, the texture is not the same, and the color is a darker, patchier brown. This would be the result of the school's war on white, applying whole wheat to as many foods as possible; even the "ooey gooey" will be whole grain in the next few months.



Photo by Kathleen Barnes

These changes are due to regulations that have been laid out for New Jersey schools to follow, changes sparked by the problem of obesity in the United States. The New Jersey School Nutrition/Wellness Policy has determined that schools cannot sell foods with sugar listed as the first ingredient and banned the sale of any sort of candy.

Furthermore, the After School Snack Program, a federal program in which public and non-profit private schools receive cash subsidies from the government for serving healthy snacks, has limited school snack foods to having a maximum of eight grams of fat and two grams of saturated fat per serving.

But although these policies have good intentions and prevalent nutritional benefits, there are several downsides to the school menu's addition of whole wheat.

Some students, like junior Maddy Sias, believe that the administration has the right idea but is executing it the wrong way. "Giving us an option of healthy versus normal food would be better overall—there are kids who won't eat the healthy options, so they end up getting nothing for lunch," she explained. By adopting the New Jersey School Nutrition/Wellness Policy, the school has devoted themselves to encouraging students to make healthier decisions and providing healthier options in schools. But many students think that the decision aspect of this policy has been taken away, and that whole wheat is tarnishing the school's food.

"There are kids who won't eat the healthy options, so they end up getting nothing for lunch."

- Maddy Sias, junior

If students were given a choice in the matter, they would be responsible for their own health rather than having one definitive food set out in front of them to eat. It would encourage them to make smart choices and take their health into their own hands, something they will need to do in college and in life as they get older. There is no responsibility without choice and therefore no choice in wheat over white. But although student opinions and reasoning may clash heads with the whole wheat movement, whole wheat muffins, bagels, Rice Krispies, and ooey gooey will still exist in the school store and the cafeterias—and eventually, Central may just have to adapt to the new era of whole wheat.



Photo courtesy of Wikimedia



Photo courtesy of Kathleen Barnes



Photo courtesy of pixabay.com

HCRHS fate in the books as Booker sweeps Senate

By Tadd Bindas

Citizens across the United States cast their ballots on November 4th to determine who they believe should represent the people in the Senate and in the House of Representatives. The results are in and Republican Leonard Lance is now the Representative of New Jersey's 7th district, and Democrat Cory Booker will remain New Jersey Senator.

Republican Jeff Bell.

However, the biggest news of the night was the Republican Party taking the majority of the Senate. According to AP Government student and senior John Postiglione, this is bad news. "While President Obama is in office, a Republican Congress will not be able to cooperate effectively enough with him and his administration to get any more done." Postiglione said, "This Congress is on track to

there will be gridlock in Washington. Fellow AP Government student and senior Tina LaRitz agrees with Postiglione. "The Republican Senate will make it very difficult for either party to make a change," she said. These new senators will be sworn in during the month of January, giving the Democrats until then to make changes in Washington.

With Cory Booker placing K-12 education and teacher rewards at the top of his agenda, his official election to the Senate could have important impacts on the students and staff of Hunterdon Central. However, despite these changes in office, this election may only tighten the political gridlock, which could limit the changes members of Central can expect to see. It is possible that due to the lack of cooperation between parties, few compromises will be struck, few laws passed, and little will change in the lives of any student of Hunterdon Central. Senior Dimitri Henry expressed his doubts about the upcoming political situation in America. "Unless our country's leaders can learn the definition of bipartisanship, I will continue to be unaffected as a student," he said. The key to getting work done in Congress is putting the needs of the American people ahead of the needs of each party. Senators and Representatives need to reach across the aisle and compromise with each other. According to a Gallup poll done in September, the latest congressional approval is at 14%, the lowest before an election since 1974 when Richard Nixon resigned and Gerald Ford was sworn in. Without a sense of unity, the political system in Washington is bound to remain stagnant and students can expect the political situation to remain unmoving as it has been for the past few years.



Photos courtesy of Wikimedia

Cory Booker (right) and Leonard Lance (left) were recently elected on November 4th to hold the offices of New Jersey Senator and Representative for New Jersey's 7th district.

Leonard Lance was elected to the United States House of Representatives in November 2008, and has served since. He will represent Hunterdon Central's students, parents, and staff in Congress for the next two years in the House of Representatives. Cory Booker was initially elected to the Senate in 2013 to replace the late Frank Lautenberg. Despite the majority of Hunterdon County voting Republican, Booker drew 55.8% of the votes across the State. This carried him to victory over

becoming the least productive in history." This is a bold statement, but there may evidence to back it up. Due to the system of checks and balances, any law drafted by the president can be overturned by two thirds vote of both houses. One being the House of Representatives where there is a large amount of Republicans, and another being the Republican dominated Senate. The President can also veto any bill passed by Congress. With President Obama being a Democrat and the number of Republicans in Congress,

	Republican	Democrat
Votes for Senate candidates in Hunterdon (Booker v Bell)	21,625	14,168
Votes for Senate candidates in New Jersey (Booker v Bell)	997,331	762,981
Votes for House of Representatives candidates	22,921	12,648
Seats in Senate	53	46
Seats in House	234	201

Statistics courtesy of NJ State Department

Hunterdon voted primarily Republican in this election, unlike the rest of New Jersey which voted mainly for Democrats. Across the nation however, Republicans were largely more successful.

Central Speaks

How will the midterm elections affect you and the people of Hunterdon Central?



Photos by Ben Lazarus

"What are the midterm elections?"

-Austin Fields, Junior

"Students, many of whom will be first time voters in 2016, will be actively targeted by both parties in the presidential election as a result of the slight move away from the left towards the center in this past election. This should result in more issues concerning young people making it onto the political agenda at the state and federal level as each party courts their votes."

- Darrel De Temple, Teacher



"As a future student, co-operation between Democrats and Republicans is important for student loans in the future"

- Zach Sokol, Junior

Agway mural brings harmony to Flemington

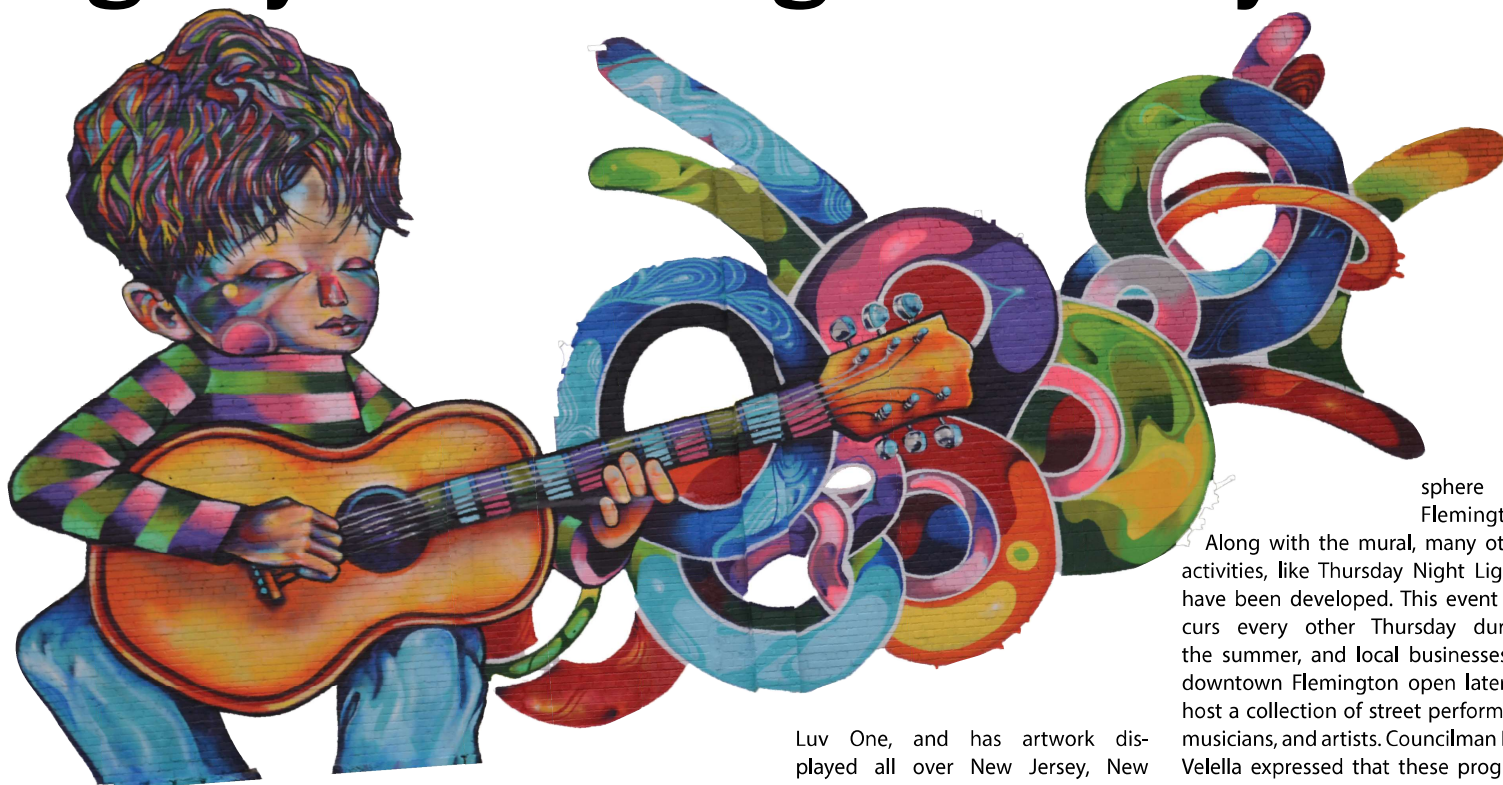


Photo by Helena Gan

By Xining Gao

Where once was a blank wall of the old Agway feed mill in Flemington, now stands a vibrant mural depicting a boy playing a guitar. Showing off a bright palette of all different hues, the piece is bursting with life. The music that the boy plays on the wall, although not heard, explodes onto the white brick wall that it rests on with swirling pinks, blues, and greens.

Receiving \$2000 of funding from the Board of the Flemington Business Improvement District (BID),

the artist, James Kelewae, created the piece using spray paint. A Flemington resident himself, Kelewae originally envisioned the mural to depict a “funky chicken” which would correspond with the Old Egg Auction building. The BID board, however, vetoed this idea. Many proposals were made for the subject of the painting. Because Flemington is very historically-inclined, council-members suggested a historical or patriotic theme. In the end, Kelewae settled upon the boy and his guitar, inspired, perhaps, by his own son, whom he hopes will practice his guitar more.

This mural is not Kelewae’s first, though. He is also known as

Luv One, and has artwork displayed all over New Jersey, New York, Philadelphia, and Chicago. Kelewae says that his art is greatly influenced by his music, which is evident in his most recent piece, the Agway feed mill mural.

The BID board members, along with Kelewae, hope that this project will “breathe new life into Flemington” and spur on the growing art scene in the borough. Many speculate that the mural resonates well with this envisioned atmo-

sphere for Flemington. Along with the mural, many other activities, like Thursday Night Lights, have been developed. This event occurs every other Thursday during the summer, and local businesses in downtown Flemington open later to host a collection of street performers, musicians, and artists. Councilman Phil Vellella expressed that these progressive movements made within Flemington will hopefully encourage a rejuvenation

of a lively and artistic community. As over-the-summer events end for the season, the mural is a warm reminder of the Flemington art scene. The life of this new mural may be short lived, however. While plans for the mural were being discussed, a huge issue was the (indefinite) plan for the demolition and redevelopment of the feed mill. In early August, the project was approved by the BID board, and it was decided that the presence of the mural would not impede the owner Nilkanth LLC’s actions, if its redevelopment plans were to be implemented. Until further plans are discussed, this mural will stand as a symbol of the enlivening of Flemington. This mural may only be temporary, but its meaning leaves lasting impact on the people and their community.



Stangl factory innovates

Continued from page 1

For those who do not enjoy seafood however, there is also a new café within the Stangl factory, Factory Fuel. Factory Fuel is a recently opened coffee joint that provides a wide variety of beverages and, according to freshman Christina Gomez, a unique ambiance to its customers. “Factory Fuel is amazing—it’s a great place to hang out, the coffee is great, and they have a great, cozy environment,” said Gomez. “There’s nothing else like it in Flemington.”

Besides the counter culture coffee and tea, Factory Fuel also has a great selection of pastries and dessert. “The salted caramel brownies are literally the best things ever,” says Gomez. A Factory Fuel barista, Neda Maize, describes more in-depth what makes the cafe so unique. “I think that we have a very in-depth perception of coffee and where it comes from,” said Maize. “Most people don’t know that with the change of humidity and weather, that the coffee changes flavors, and that the grinds have to adjust

to acknowledge that. We put a lot of work into making sure we have the best products possible.” However, the Stangl factory has more to offer than food. There is a prevalent art scene that includes galleries showcasing work from local artists. At the SOMI Fine Art Gallery, there is a collection of paintings and photography for sale. Because Stangl was once a factory used for the manufacture of pottery, there are many kilns throughout the building. The SOMI Gallery is centered around one of these kilns, which can be found in many of the shops in the factory.

Art work is even displayed inside the kilns—but not to worry, these kilns have long been out of order. Another shop in the factory is the Kissimmee River Pottery Gallery. The gallery is owned by nationally renowned artist John Fulwood. It offers beautiful pieces ranging from practical dishes to ornate wall art. Aside from the art for sale, the gallery Fulwood also offers a multitude of classes ranging from beginners skill development to advanced experimentation. “We offer eight week classes, that meet once a week for three hours.

The classes have a maximum of ten people and are specialized in using a pottery wheel,” said Fulwood. “It’s a really fun time, the people in the class become friends really fast, it’s a great community.” So is Flemington really the land of nothing to do? With all the activities at Stangl, it’s hard to deem Flemington boring nowadays.

Photo by Chris Staikos

Do it yourself: a look into creativity

By Tristan Armstrong

Many actions and efforts are being made to turn Flemington into a more modern, creative place for the current and newer generation of inhabitants. Flemington DIY, located on 90 Main Street, is a big part of that movement. The organization's goal is shared on their website and hung up outside of the building. It states, "Flemington DIY is an organization whose mission is to inspire social change by fostering and cultivating projects that connect the local community with musicians and artists in Flemington. We seek to provide a safe and creative space for the community to engage with a burgeoning local arts scene. In maintaining such a space, we strive to provide production facilities to locally-based artists in tandem with coordinating arts-based programs and events."

Until now, the building was vacant for three years after being a PNC bank. Since the borough wanted to use part of the building for the Police Department, they had to purchase the whole building and keep it up to code with air conditioning, heat, insulation, and plumbing, even when it was not occupied. Seeing the space as a blank slate and great opportunity, Jeff Hersch and Mike Haller pitched the idea of an art space to hold art-based and performance events to the Business Improvement District, and the members of the BID thought it would be a great addition to downtown Flemington. Hersch said, "Students can get involved by constantly attending our events, promoting them, showing their art, playing our shows, and hanging out at 90 Main. We also offer affordable and great sounding recording. The possibilities are endless and the more that contribute, the better place we can make it together."

Many local Flemington natives support the organization, along with people from all over New Jersey who come to the events. All concerts held at DIY are open to people of all ages, and are alcohol and drug free. In the building, art made by local artists and students are hung up all around. Some are for sale while some are there to stay. A place for anyone to express themselves and showcase their talents is well-appreciated and much needed, especially for high school students. The Open Mic Nights are one of their more popular events, and are held once a month. They allow new artists to share their talent and gain confidence on stage, while more experienced artists are left to gain a fan base and to develop their own unique sound. Bill Patterson, an author and storyteller, makes sure to speak at every Open Mic and support other events held at the space. He shared, "I can't say all the art and music here speaks to me, but there are some paintings hung up that I keep looking at, or some musicians who I want to keep listening to. I think this place is valuable. It attracts people to Flemington, but also, and most importantly, it's bringing this town's people together through art."

Graphic by Tihana Bulut and Helena Gan

FLEMINGTON



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the new
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their art

Artists

Art students gain

can take them." The point of the mural is to show activities and highlights of a small town like Flemington that are open for citizens to take advantage of and appreciate. Art students and teachers



Photos by Helena Gan

By Tristan Armstrong

Just recently, Central art students have made a new addition of black silhouettes on colorful backgrounds to Main Street, Flemington's Union Hotel. As of Thursday, June 12, 2014, the project was well underway and took only a week longer to complete. The Union Hotel has been a part of Flemington and New Jersey's history since 1878. When first built, it was utilized as a place for 19th century stage-coach passengers and socialites to get together. In 1935, while the infamous Lindbergh trial took place right across the street, members of the national media stayed at the hotel. Recently, the Flemington Business Improvement District wanted to add color and showcase what Flemington has to offer. Wendy Richardson, president of a locally involved business Software School, asked Lindsay Blanton

Blanton Central, to help paint a mural in front of the hotel. Eager to pursue this project, Blanton accepted and involved Central students, as well. She asked for volunteers from her art classes, and also had other teachers help her recruit artists. Blanton said, "It was a great way for art students to gain art experience outside of the classroom. It's important for kids to expand outside of school and see

Lindsay Blanton, an art teacher at Central, designed the murals along the Union Hotel, drawing inspiration from artist Banksy. Artists include Matt Gertz, Sue Blanton, Craig Blanton, Gay Hong Hua, Wendy Richardson, Kristen DeVico, Erica Gaeta, Camille Mosolgo, Ava Aulisi, Jasmine Swami & her sister, Paige Brown, Gwendolyn Krol, John Askew, Chelsea Hamilton, Ian Solek, Jonathan Solek, Tihana Bulut, Atmika Ponnusamy, Patrick Quinn, Anjali Patel, Abigail Rugg, and Alexis Antelman.

effectively captured the variety and balance of Flemington between multiple generations. Blanton thought the process of creating it was a fantastic opportunity for her and fellow Central teacher Matt Gertz to connect with students and get them involved in the community. "I love it," said Senior student Devon Arbelo. "We need more opportunities to put our art to good use." Senior Tyler Floyd agreed that the mural was a good opportunity for the participants and adds visual appeal to Main Street. Floyd said, "I think it brightens up Main Street and was a cool project for students to work on." Flemington is true to its roots in encouraging younger citizens to get involved. The new Union Hotel mural not only showcases what this town has to offer, but also adds a touch of creativity to make Main Street a more beautiful place.

Do not walk past street harassment

A closer look at Hollaback!'s social experiment depicting a woman's daily encounters in NYC

Continued from page one

I know this because I've seen it happen, and it has happened directly to me on multiple occasions. I've had friends who have been harassed, and they have friends who have been harassed. Nobody is safe and no one asks for this to happen to them. If anything, most people, myself included, would ask for nothing more than for it to stop.

During just a short walk from the 9/10 to the 11/12 building on campus, I hear and see enough vulgarity to make my skin crawl. It's disgusting, to say the least.

Honestly, I believe that the people of Hunterdon County, especially at Central, are either very ignorant, or just like to believe that harassment couldn't happen in our hallways and classrooms. The school has made only some steps

to bring justice to the victims of harassment, intimidation, and bullying, such as the HIB laws and regulations.

However, knowing from experi-

"I hear and see enough vulgarity to make my skin crawl. It's disgusting, to say the least."

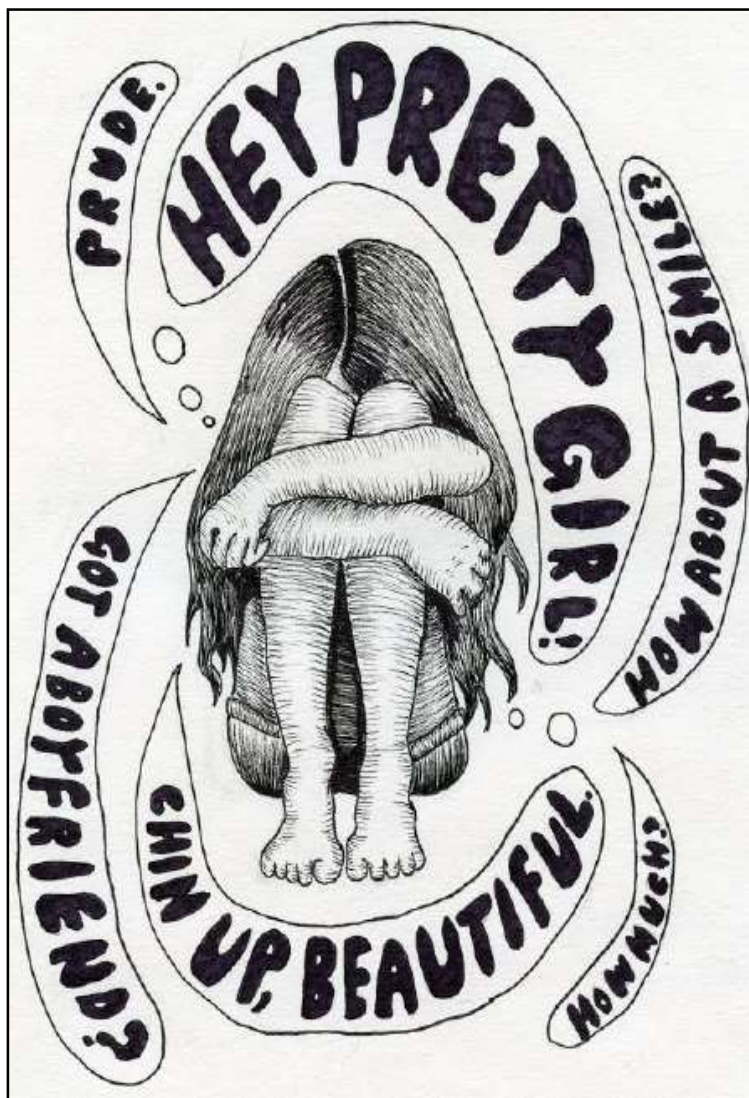
ence, these forms are a hassle to fill out and require very specific criteria for an incident to be classified as intimidation. Is our community working to prevent harassment, or the school's definition of harassment?

Regardless of gender, ethnicity, or sexual preference, all cases of harassment should be handled

with the same amount of seriousness and caution as any other.

What makes little Suzy being called the "s word" any more concerning than Billy being made fun of for how he likes to dress? What makes a racist joke aimed at Tommy any less important than Sally being criticized for holding hands with her girlfriend? Nothing—they are of equal concern and should be treated as such.

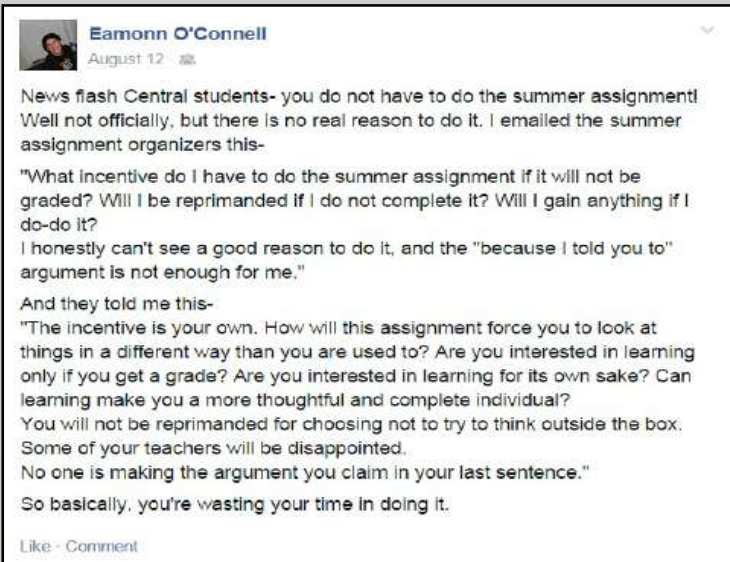
If it's bullying that you are looking to prevent Hunterdon Central, then you need to start small. A quick comment in the hallway can quickly escalate into an act of violence, or maybe something even worse. The first step to making our school a safe and comfortable learning environment is to eliminate hallway harassment, case closed.



Cartoon by Amy Fallat



Freshman Oonagh Mahoney worked very hard to perfect her self image project.



Central student Eamonn O'Connell took to Facebook to express his disapproval of the summer assignment.

I know what you didn't do last summer: a reflection on the summer experience

By Doug Woolever

Nothing ruins a summer away from school quite as much as a nice fat stack of homework. It had always historically been a Hunterdon Central policy for all AP and Honors classes to assign some form of independent summer assignment, but this year has marked the first time that this pattern was broken. In lieu of the traditional "read this book and write an essay" prompt that most have come to expect, students were instead granted the task of loosely reflecting upon a larger philosophical theme and relating it to their own lives. Each grade level was assigned a different theme to explore: inner-self for freshmen, inspiration for sophomores, global change for juniors, and legacy for seniors.

Despite some hailing the project as a novel concept and a simple idea, conflict began to set in. Instead of the relief and eagerness that Hunterdon Central had expected their students to display, the school was met with a wall of confusion and criticism about the project and its requirements. Many students exchanged heated emails with faculty members, citing the project as "convoluted" and "pointless". The most frequent problem students faced concerned

the vagueness and ambiguity of what the finalized assignment should entail, leading many to not take it seriously.

From the moment the 'AP & Honors Summer Experience' was announced, virtually every social media platform was besieged by students expressing their complete dissatisfaction with the assignment and everything it represented. Examining the prompt that can be found on Hunterdon Central's website certainly makes criticisms become somewhat justified. It asks students to create an inquiry question that they will eventually answer once they have compiled a list of sources and related each of their classes to their grade-specific theme, which can become extremely difficult when students try to work AP Physics into their legacy or Honors German into their inner-self.

Naturally a lot of stretches had to be made, and at the end of the project many students were left feeling like they weren't satisfied with the quality of their own work. Another huge topic of discussion regarding the experience was the fact that it would not be graded. Many students felt that there was no real reason to do the assignment at all if it wasn't going to be graded, which led to many choosing to consciously ignore it. As

more and more students came out on social media and said that they would not be doing the project at all, the idea of skipping out became increasingly appealing. Those who had been confused by the project now realized there were others like them who did not understand it either, and this sense of community made it surprisingly easy for them to simply ignore the project entirely.

Those who actually chose to do the project began to notice that the vagueness found in the prompt allowed them much creative freedom for choosing their mediums. Haikus were written, pictures were taken, and the sarcasm flowed. The entire point of the assignment was contorted to be humorous, which despite being highly entertaining, was not the original intent at all. In hindsight, it can be argued that the original intent was good, and that having one summer assignment instead of dozens was beneficial to reducing a student's stress level.

Unfortunately however, the unusual wording and execution of the assignment itself ended up completely overshadowing both of these positive aspects, and now most students will be unable to remember the great 2014 summer experience without first experiencing a slightly bad taste in their mouths.



The Lamp is written, designed, and produced bi-weekly by the students of Hunterdon Central Regional High School.

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Central kids express themselves through words

By Kerry Andrews

Hunterdon Central has a new society on campus, and it's called Suburban Word.

Getting its name from a poetry club in New York City known as Urban Word, the group adapted the title to fit the Hunterdon County setting. The members meet to discuss and read poetry on Fridays in Room 642. The meetings attempt to act as a forum for students who want to read poetry that they have found or written.

The club, gaining new members every week, was started by seniors Dimitri Henry and Tihana Bulut in hopes of creating a safe space for members to speak freely.

"I started the poetry club so kids could have a place to express themselves in forms of art that would be free of judgement," said Henry.

Students of all grade levels bring their lunch to sit with those of similar interest. Senior Carly Mastrogiacomio joined the club to learn more about poetry. "I took Honors Imaginative Processes this year and wanted to explore different forms of poetry," said Mastrogiacomio.

"It's awesome to have Mrs. Mal-

zone as our advisor because she can go more into depth about poetry than in class, and she's a published poet."

Different from a creative writing or honors imaginative process

class, the meetings are an opportunity to talk about tough topics and problems our modern society faces. The members know that their peers there are available for support and help.

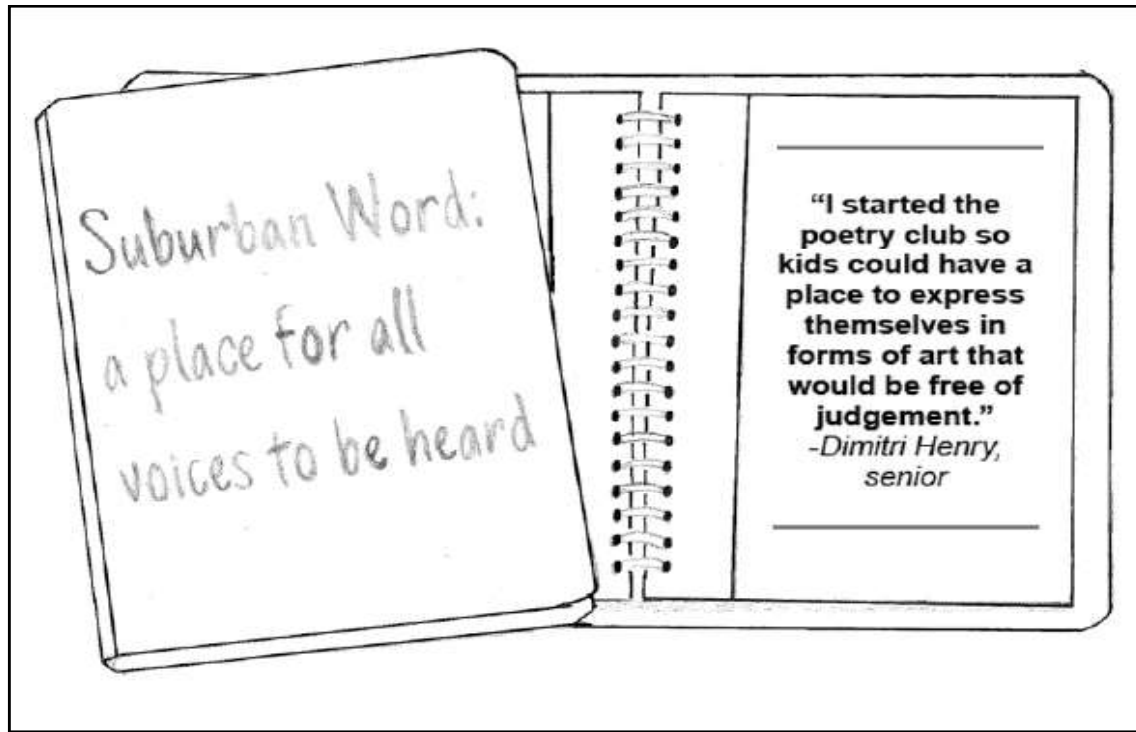
From slam poetry videos to quick witty poems, Suburban Word tries to look at issues many teenagers won't talk about. The members talk about mature topics, feelings, and issues going on around them.

At a recent meeting, the club watched "Letter to my sixteen year-old self" a poem written by George Watsky. This poem has themes that are relatable to teenagers of many different backgrounds. Declaring Room 642 a safe space, the students are able to read what they write and find in a supportive environment of their peers.

In the future, the club hopes to host coffee houses and poetry readings. After being established with many members, they want to open the club up to the Little Theatre during unit lunch and after school.

Senior Tess Richardson has already read some of her poems to the club and is excited for others to hear as well. "I'm looking forward to showcasing my work along with the others. I want it to expose the school community to the different problems we try to hide," said Richardson.

The club also plans on taking trips to see published poets perform their work build off that for their future poetry sessions.



Graphic by Libby Harrington

Flemington students come together on Thanksgiving

Students look forward to running a 5k in downtown Flemington to keep on the tradition



Cartoon by Ida Zhu

By Hannah Koontz

Thanksgiving usually signifies food, family, and celebration around this time of year. How-

ever, for many avid runners, Thanksgiving season also means crossing the finish line of the annual Turkey Trot Run. This Thanksgiving will be the 22nd Turkey Trot 5K Run and two Mile Fitness Walk.

The Trot takes place in Flemington, and is a fundraising event for the Center for Educational Advancement (CEA). The goal of CEA is to educate, empower, and employ individuals with special needs. About 3,000

runners and walkers arrive every year, dressed up for the season and eager to participate.

All of the runner's times are recorded by the B-Tag scoring system. The system consists of an ankle bracelet that tracks the time it takes for each runner to complete the race.

Last year, the first person to cross the finish line was twenty-seven year old Chris Pannone, with the time of 15:04.

The first woman, twenty-three year old Katrina Spratford, flew in with time of 16:43.

After the race is done, winners of different age groups are presented in an award ceremony. With the sponsorship of Johanna Farms, the Turkey Trot benefits the community around us, as well as local people in need during the holiday season.

Senior Gabby Longchamp clearly remembers the first time she participated in the Turkey Trot.

"I ran the 5K for the first time in the 6th grade with a few friends, and I enjoyed it so much that I ran it ever since". Longchamp enjoyed the opportunity of serving the community and preparing her stomach for the big meal that evening!

Connor Smith, a senior at Central, shares a similar experience. "The first time I ran the trot

was when I was in preschool," said Smith. "I ran and walked it with my dad and it took 45 minutes. I remember going into school, the next day and telling all my friends I ran it; even my teacher was impressed. I've been running it ever since and each year gets better."

After the 21st Turkey Trot, Director Michael Skoczek said, "I am grateful to the residents of Flemington who have embraced this event and came out to cheer on the participants, the Flemington BID, and the Flemington Borough Council."

He praised Flemington Mayor Erica Edwards, the Flemington Police Department, the Borough of Flemington Department of Public Works, the Flemington-Raritan

EMS squad, and the Hunterdon County Freeholders.

Skoczek expressed gratitude to the DJs, Michael Aversano and Jason Hayes from Showoff Productions, for entertaining the Turkey Trotters at both the start and finish lines, as well as on the course. Skoczek also mentioned that a new record was set last year at the 21st Trot with a number of 4190 participants.

This year, all who are involved in the Turkey Trot wait eagerly for the announcement of the number of participants and the amount of funds raised for the CEA. Hopefully, the race will have yet another record setting year.



Photo by Michael Longchamp

Seniors Gabby Didario and Gabby Longchamp run side by side in last year's race.

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Cross country coaches leading by example

Three HCRHS athletic coaches run in marathons across the Northeast

Continued from page one

The day after running her first half marathon, she participated in a full marathon, and her motivation was clear. "I wanted to do something crazy before my twenty-fifth birthday," she said. She also said her body felt great after the first day. "I made sure to drink my chocolate milk within thirty minutes after my race, and on Saturday I ate lots of carbohydrates to restock my energy; drinking and eating the right things before a run or race is key. These things can make or break your race."



Photo courtesy of Sharon Tompa

Tompa cooling off after marathon.

Assistant coach Dylan Marton ran a time of two hours and forty-three minutes in the New York City Marathon, which put him close to elite company. Marton commented on his feat and expressed his interest to improve in the future. "The classifications for 'elite' vary, based on the marathon," said Marton. "Most marathons consider 2:35 to be elite. The larger marathons will classify 2:25-2:30 as elite, and under 2:35 to be 'sub-elite'. I don't consider myself elite at the moment. My goal is to hit the 2:35 mark within the next two to three marathons or by the age

"It is extremely important to be headstrong and focus on your goals."

- Sharon Tompa,
cross country coach

of twenty-five."

Prior to the New York Marathon, Marton says his goal was to run 2:39. The wind in New York that day, however, became a major factor. He re-evaluated his goal to break 2:48 due to the tough conditions, which were forecast a couple days in advance. His eventual time of 2:43 was a personal best.

Assistant coach Walter Ingram ran the Philadelphia Marathon, his first one, this past weekend. Ingram decided he wanted to run this marathon after finishing his collegiate cross country and track career last spring. Ingram ran for TCNJ and was motivated to continue running competitively. "I just wanted to train this summer and stay in shape, since I was done running at TCNJ," he said.

Like many runners, Ingram is adamant on self-improvement. "I would really just like to break three hours, but after the past few weeks of great training and some solid workouts, I feel that I can go under 2:50 and maybe even under 2:45."

Training for a marathon takes careful planning and dedication. Tompa trained over the course of three months. Like her fellow coaches, she increased her weekly mileage every week. "It took a lot of mental strength to finish some of my runs, but if you put your mind to it you will be tough enough," said Tompa. She has concrete advice for those thinking of running a marathon. "Make sure you train,

make sure you listen to your body, pace yourself, and it is extremely important to be headstrong and focus on your goals."

Marton's preparation consisted of a gradual increase in miles and the amount of workouts. "I began training from roughly sixteen weeks out," said Marton. "I start around thirty-five miles a week and build up to seventy-five." Marton's long runs began around eleven miles, and he added one mile per week until he hit twenty-four miles. Rest is also important, especially before a big marathon. The final two weeks of Marton's training were what he called "down weeks" to taper and rest for the race.

Ingram followed a training plan from one of his former coaches at TCNJ. His plan included one to two workouts a week. His workouts usually were tempo runs (fast pace, middle distance runs), mile repeats or pickups (repetitions of fast and slow paces in a continuous run). "In general, my weekly mileage ranged from mid sixties to upper seventies, with a down week once every four to five weeks."

Ingram's longest run was twenty-two miles in preparing for the Philadelphia Marathon. Ingram started training for his marathon in early June. Therefore, he has been training for five months. His longest weekly mileage hit seventy-eight miles. "It wasn't too hard to do when you have a twenty-two mile run in there," he said. He advises that someone who is going to run a marathon should have a well mapped out plan and to push to get out the door everyday to run. "Once you get in shape, you'll be excited for workouts, long runs and, most importantly, the race."

Hunterdon Central's team just concluded its cross country season. The boys team reached the Group 4 meet and finished 13th in the meet at Holmdel Park. The girls team just missed qualifying for the Group 4 meet by a single point during the sectional meet at Thompson Park in

Jamesburg.

With coaches Tompa, Marton and Ingram steering the two teams, the future certainly looks bright for Hunterdon Central distance runners. These coaches

show determination to accomplish goals for themselves and their runners. Seeing how much effort they put in to accomplish their own goals motivates their runners to accomplish the same.



Photo courtesy by Dylan Marton

Marton running in the New York City Marathon on November 2nd.

Girls tennis served the competition

By Patrick Mulligan

This season was one to remember for the Girls Tennis team at Hunterdon Central. In between the white lines, the team outperformed any expectations, playing to an eight win and three loss record, and winning every fight of the Hunterdon/Warren/Sussex Tournament.

Then, to begin the Central Jersey Group 4 Tournament, they were awarded the sixth seed, a low seed for such a decorated team. In their first and only home match of the tournament, they proved the seed-makers wrong, beating Freehold Township 5-0, and only losing eight of the match's sixty-eight games.

In the next round, Central traveled to West Windsor-Plainsboro North, the third seed in the tournament. In a much closer match, their depth and durability, along with stellar comeback victories by the doubles teams of senior Ellen Ghong and junior Alexandra Switzler, and seniors Brielle Morgan and Morgan Timberlake, allowed them to pull out the victory, just as it had in the



Photo courtesy of Alexandra Switzler

Girls tennis team posing around their trophy at the Hunterdon Warren Sussex championship.

HWS Tournament.

In the semifinals, Hunterdon Central faced Montgomery, an opponent who had beaten them twice this past season. Junior

Tiffany Jiang and Angela Lai won their respective singles matches, and seniors Brianna Gosselin and Morgan Timberlake clinched the match with a doubles victory,

leading Central to prevail 3-2.

In the final match against West Windsor-Plainsboro South, the girls fell 3-2, but, according to them, their previous success in

the tournament was more than enough.

Alexandra Switzler was proud of the effort the team put in on the court this past season. "I think what paid off for me was the amount of training we did before the matches, during the summer," she said.

Switzler was also really impressed with how the team bonded over the season. "We really acted as a family between each match," she said.

Finally, Switzler recounted her favorite moment of the past season. "My favorite moment was definitely succeeding in getting the 5-0 shutout in Hunterdon Warren, and being able to share that with my doubles partner, Ellen," she said.

Everything went back to the team as a whole. Yet "team" seems too uniform a word for such a tight-knit group of athletes. Looking at their incredible run late in the season, it is clear their team unity was just as important as any shot they made, and this was the reason they succeeded, as a team, or "family," through and through.