

National Merit Scholar Students

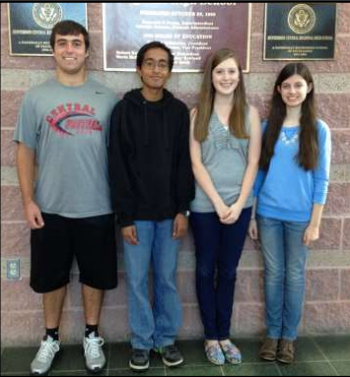


Photo by Julie Blake

By Tiffany Jiang

Each year, the National Merit Scholarship Corporation (NMSC) recognizes about fifty thousand students based on their scores on the PSAT/NMSQT test. About 1.5 million students sit for the exam each year in October of their junior year. Of those fifty thousand students that are recognized, two-thirds (about thirty four thousand) students are commended. The top third (about sixteen thousand) continue on in the competition for National Merit Scholarships. They are qualified as either semi-finalists or finalists, depending on their score on the PSAT/NMSQT and grades in school. For the past couple of years, the National Merit Scholarship Corporation has recognized a good number of Hunterdon Central students.

Senior Julia Tonnessen is one of the students to be considered a semi-finalist. "It feels great to be recognized. It's very rewarding to see hard work paying off," said Tonnessen.

In the Class of 2011, 23 students were commended, and 8 students were semi-finalists. In the class of 2012, 28 students were commended and 3 students became semi-finalists. In last year's graduating class, 17 students were commended and 5 received semi-finalist awards. Lastly, in this year's senior class, 17 students have been commended and 4 students are semi-finalists. These semi-finalists are Anne Nazzaro, Ryan O'Gorman, Rahul Rajagopalan, and Julia Tonnessen.

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You will Remember Mama!



Photo by Helena Gan

The cast of I Remember Mama rehearsing for their performance on November 15th and 16th.

By Emily Schalk

When the curtains rise in the Little Theater on November 15th, the character Katrin Harrison will utter the famous line, "But first and foremost, I remember Mama," as she reminisces on her

childhood. It's a major moment in the play "I Remember Mama," which Central's freshman and sophomores will be performing, and sets the cast up for a dramatic night.

The play is a simple but heartwarming story about a family's

struggles in a new country. As one of two student directors, nobody should know it better than senior Brianna Graf. When describing it, she said, "The play is called I Remember Mama and it is about a Norwegian family who comes to America. It is a coming of age type

of story and talks about difficult and happy times in their life. It is based off of a true story entitled Mama's Bank Account."

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Photo courtesy of U.S Embassy New Delhi

By Tommy Gonzalez

In late November, Thanksgiving will be the only things on our minds. The large meals and gathering with family is a familiar scene that plays in our minds. However, six days before that wondrous feast, a terrible tragedy will reach its 50th anniversary.

On November 22nd, 1963 our 35th President, John F. Kennedy, was assassinated in Dallas, Texas by Lee Harvey Oswald. Kennedy's death marked the end of a far too brief era in American history that has been as romanticized as the west. The images of his son, John Jr., saluting his coffin, the eternal flame in Arlington National Cem-

etry, and all the images of a man that will never look older than forty-six, show great importance and great sadness from this tragedy.

The now infamous footage by Abraham Zapruder captured the entire assassination. At about frame 170, about 7.1 seconds, the first shot fires and misses. Kennedy turns to his right and waves. The car is blocked by a street sign when the second shot fires at frame 224, about 9.3 seconds. Kennedy's arms rise to the air violently. His wife, Jackie, leans in towards him and then, at frame 313, about 13 seconds, the third shot strikes his head.

Continued on page two

Insert stereotypical headline here

A look into the stereotypes that exist about the students from Central's sending districts

By Taylor Allen and Angelisa Cuniff

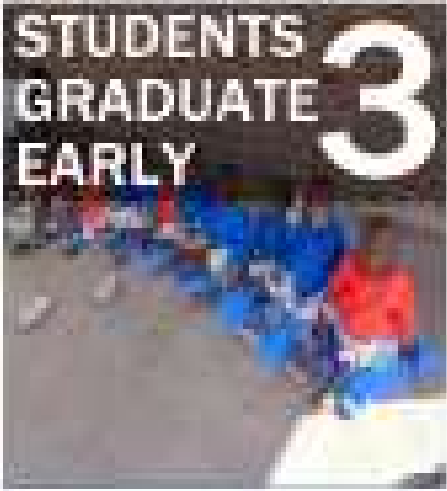
Whether students come from Readington, J. P. Case, Delaware, or East Amwell, most students at one point in their high school careers have been judged on stereotypes, preconceived notions based on a student's middle school, friends, or physical appearance, but not his character. middle school years. Some origins of these stereotypes have some sensibility behind them (geography, economic status, common speech) while others are derived from the oddest of places. Regardless of origin though, each stereotype, ranging in believability, leaves a marked impact on how we interact with each other once arriving at Central.

Sometimes these judgments are subconscious, but more often than

not they stem from pre-existing ideas that students have acquired in different ways throughout their high school years and sometimes middle school years.

In most students' experiences, older siblings and other upper-classmen strongly influenced their thoughts about the types of kids at Central. Unfortunately, these older kids don't always portray other schools in a good light for the younger students. good light for the younger students. All too often, the actions of a few are left to represent the entirety of a sending district. So, what are these stereotypes of the different school districts? Unfortunately, the consensus is mostly the same, even between students who went to different middle schools.

Continued on page four



Universal Issues with the Common App

The new “Common Application VI” is plagued with glitches, causing colleges nationwide to extend deadlines to accomodate the numerous technological problems

By Lizzie Ryan

The Common Application is an online application used by about 520 colleges to connect with prospective students across the nation and the world for college admission. Each year on August 1, the Common App website opens to students. Students can create an account and start completing the questions for their college applications.

For the 2013-2014 application season, the fourth version of the website was released with a variety of new features to hopefully make the tedious process easier for all those involved. Unfortunately, these recent changes have resulted in technical problems that have not only affected high school seniors and colleges, but also parents and high school counselors. As a result, many colleges have been forced to extend their “early decision” or “early action” deadlines in October and November.

The “Common App IV” is nothing like its predecessors. The entire interface of the website is now different: there is a new look to the site, the menu has changed, and the application questions are different. Additionally, changes were made to ensure that there are no unnecessary or redundant questions. For example, if one question is, “Did your parents go to college?” and you answer no, there will not be another question that asks, “Where did your parents go to college?” since you’ve already established that they did not go to college.

Previously, students were able to upload a file of their essays that were approximately 500 words. Now, students are required to type their essay in a text box on the website that will cut the essay off at 650

words—no exceptions.

While these changes are positive and have made the tedious application process easier, other changes have inconvenienced users. For example, students’ essays now look like one big blob when colleges read it: the paragraph breaks don’t show up and the essays are not formatted properly. Additionally, the new Common Application does not let a student upload their resume. They are forced to find other means of sending their resume to the schools they are applying to, whether by email or snail mail, unless there is a way to upload it via the supplement for the specific school.

The biggest issue that students have faced on the Common App thus far is that the “Print Preview” and “Submit” buttons have not been working. Students would try to preview their application before submitting, but the site wouldn’t allow them to view it. When they did try to submit, that button also often didn’t work.

There have also been reports of some problems with application payment fees. Students would pay for their applications, yet not receive a confirmation email, so they would pay again. This resulted in multiple processed payments.

For some colleges on the Common App, the supplement was not available. This caused many students to worry about whether or not they would be able to complete their applications on time.

To add to all of this confusion, colleges themselves were unable to access the site until October. Since it opened in August, this proved a problem for colleges because they had no idea of how many applications they had, which is a key factor in colleges’ applicant statistics and

finance options.

Another problem some students had with the Common App was the green check mark that was supposed to show up when one completed that portion of the application, but often didn’t.

Senior Kerry DeWan was one of the millions of students who faced problems during the past few months. “For the most part, I had few problems in filling out the application. I ran into issues when the PDF wouldn’t load and when it messed up the essay I typed in by not saving it,” she said. “Most schools were flexible about it and said that the formatting of the essay didn’t really matter. I didn’t have as much trouble as others but it really messed me up for the night of submission.”

Another senior, Raeya McGuire, has faced multiple issues with the website as well. “I have to apply regular decision because I can’t deal with the stress of trying to get it done for early decision. Sometimes the website wouldn’t let me send anything and other times I couldn’t even log in,” she said.

The biggest complaint about all of these technical issues is that the Common App doesn’t have a phone number to call for help. On the main page of the Common App website, there is a link to the Help Center that has information regarding common issues students deal with.

Jennifer Nuechterlein, Hunterdon Central’s college and career counselor, believes that students need to be proactive in seeking answers to their questions and in having updated information. “I encourage students to subscribe to the Help Center on Common App, use the Facebook page, and follow their Twitter in order to receive in-



Cartoon by Crina Magalio

formation on the known issues and progress updates. Also, don’t hesitate to come to either me or your counselors with any issues that you may have,” said Nuechterlein.

At least 42 schools have extended their early deadlines. In most cases, these deadlines are extended by about a week so that prospective students are able to overcome the technical problems and turn in all necessary materials.

Overall, the multitude of prob-

lems on the Common App are affecting millions of people nationwide, from high school seniors to college admission counselors, and everyone in between. While these problems are not likely to subside anytime soon, since there are just too many of them, most colleges have been accommodating by extending deadlines, as well as being flexible with specific issues.

National Merit Scholarships awarded to Central students



Photos by Julie Blake

Seventeen of Central’s students were commended for scoring in the 99th percentile on the PSATs.

Continued from page one

Commended students receive a Letter of Commendation from the NMSC to congratulate them on their scores and reward them for all of their hard work.

While it varies from year to year and across states, this year’s semifinalist score cutoff in New Jersey was a score of 224, one of the highest in the nation.

Although the journey through the competition for scholarships from the NMSC might be over for them, many of these students receive other types of scholarships sponsored by businesses or corporations.

In September, the NMSC notifies students to recognize them as semifinalists. From there, they must apply for a National Merit Scholarship. To receive a scholarship, they must be deemed “finalists” after review of their application.

Then, in February, 15,000 finalists are notified by their respective high schools of their achievement. Their applications are evaluated based on their school performance as well as the score from the PSAT/NMSQT test.

From March until mid-June only about 8,000 finalists receive a scholarship.

Scholarships are given based on a student’s academic record

from freshman through senior year, a high school official’s recommendation, information about their activities, accomplishments, and leadership, and the finalist’s own essay.

There are three types of scholarships a student might be eligible to receive.

“It feels great to be recognized. It’s very rewarding to see hard work paying off.”

-Senior Julia Tonnessen

The first type of scholarship, a National Merit \$2,500 Scholarship, is awarded based on a state representational basis without regard to the family’s financial status or the student’s college and major of choice.

The second type of scholarship, called the “Corporate-Sponsored Merit Scholarship Award”, is given to students whose parent is an employee of a corporation, who resides in a town in which a business operates, or who want to major in the field of a certain corporation.

Lastly, the third scholarship, a

“College-Sponsored Merit Scholarship Award” is given to students who are already accepted into a college and have notified the NMSC that the said college is their first choice.

These awards can be renewed for up to four years of undergraduate study. Receiving any type of award, whether it is a letter of commendation or a scholarship, is an incredible accomplishment.

Executive assistant of counseling services, Lynn Sheard is proud not only of the students recognized but also what it means for the Central community. “Recognition of HCRHS students in any academic achievement, or other category, reflects positively on the reputation of the institution,” she said.

In addition, a PSAT score can be a useful tool to predict future success. “According to College Board, the scores serve as indicators to help educators gauge college readiness and success in the first year of college. Benchmark values are used as one measure to predict college GPA and performance.”

The PSAT test not only demonstrates a student’s skills in reading, writing and math, but also their preparedness for college. On this basis, thousands of scholarships are awarded each year.



Semifinalists Ryan O’Gorman, Rahul Rajagopalan, Julia Tonnessen, and Anne Nazzaro had to score at least a 224 on the PSATs.



Photos courtesy of Emily Cataldi

Emily Cataldi holds a malnourished child at the orphanage she volunteered for in Iringa, Tanzania. Cataldi traveled to Tanzania with Gap Medics, a program for students who graduated high school early or are not going straight to college.

Early Out is “In” at Central

Students graduate early and spend a gap year traveling the world

By Hirra Muzaffar

Ever wonder what it would feel like to graduate from high school early? To get out into the world to pursue other desires? Early graduation is a great option available that many students either don't know about or never consider. The extra year earned by graduating early can be used to go to college a year early or have an extraordinary, once-in-a-lifetime experience like traveling to another country to do service work.

There are many programs for students who want to do service work during their gap year. A number of Central alumni have used their gap year to do this. Emily Cataldi, class of 2014, graduated last year, with the class of 2013, though she was only a junior. Cataldi had always wanted to travel to and volunteer in a third-world country, so she knew that graduating early would provide the perfect opportunity. She found a service program called Gap Medics, and from there she planned her trip to Iringa, Tanzania. Cataldi had never been away from home for more than a week, let alone lived on another continent for two months, so she knew going to Africa would be a new and strange experience.



One of the infants sleeps in the Neonatal Intensive Care Unit.

This reality did not faze her, however. “I knew this was something I absolutely had to do, so I planned it anyway,” she said.

Working in Tanzania was a life-changing experience that will stay with her forever. “We did everything from drawing blood to delivering babies, assisting in surgeries, and trying to help as many people as we could,” she said.

Cataldi's trip made her realize how truly advanced the facilities and tools are that we have access to in the United States. “These hospitals didn't have half of the medical supplies we are so blessed with. I'm so glad I had the opportunity to help

the people I did there,” she said. She fundraised and collected supplies for the hospital she worked in, and the staff was extremely grateful for the materials that volunteers



Cataldi and a doctor receive a baby to resuscitate during a C-section.

were able to bring in.

Graduating in three years instead of four allowed Cataldi to have this amazing experience and will allow her to enter college at the same time as the members of the class of 2014. Early graduation gave her a learning opportunity that high school can't provide, but can help make possible. “It was a really great experience, and I met some really great people that I will most definitely stay in touch with now that I'm back,” she said.

Another student who opted to graduate early was Korey Finn, a member of the class of 2013 who graduated in 2012 and spent what would have been her senior year in Chile. “When I found out about the opportunity to go on an exchange program for a whole year, the choice between staying in school and going abroad seemed pretty obvious. There were just a lot more opportunities for me if I graduated early,” she said. “I got to see the world and the United States from a different perspective, which was really eye-opening.”

To start the process of graduating early, Finn talked to her guidance counselor, who guided her every step of the way. They organized her schedule so she could have all of her graduation requirements and credits fulfilled. “It turned out to be a pretty painless process,” she said. She also had to file a report with the Board of Education at the beginning of her junior year. Finn was able to not only fulfill but then actually exceeded her requirements by taking three AP classes in her junior year that earned her 24 college credits at Lehigh University, where she is a freshman this year.

She had applied to college while abroad, and took the SATs a year early, but by cutting out her senior year, she was able to spend a year in Chile and start at Lehigh with students who are the same age as her. “I think that it's awesome because there are so many opportunities,” she said. “Plus people are really impressed when you tell them you graduated from high school in three years. So in my opinion, it was the best decision I could have made.”

Experiences like these from Central alumni show that graduating early is a very realistic and rewarding option for anyone because it is such an easy process. In addition, students are able to get out into the real world and work toward what they want; whether it is starting college earlier, getting a full-time job, or traveling with ex-



Cataldi pictured with an infant delivered by C-section with the Gap Medics program.

change or service programs.

Graduation in three years is possible for anyone if they pass the HSPA and earn 120 credits that satisfy Central's distribution requirements, which can be found in the Program of Studies. The success and joy that early graduates have found proves that education is meant to be personalized and that even the most nontraditional

Commemorating John F. Kennedy

Continued from page one

The nation was grieving along with him, but everyone knew that soon someone had to take his brother's place. As years passed, his younger brother, Robert, seemed to be promising. The nation needed to fill the hole that had been left by the assassination, especially since there was an increasing conflict in Vietnam. Robert had the youth and charm of his brother and was well-liked by the people. He ran for presidency in 1968. Tragically, history repeated itself on June 5th, 1968, when he was assassinated at the Ambassador Hotel in Los Angeles.

The 1960s then belonged to Lyndon B. Johnson. He had completed Kennedy's term and was then elected President in his own right. On the plane back to Washington, Johnson was sworn in as the 36th President of the United

Kennedy's wishes were honored on July 2, when the bill was put into action.

We will never truly know what Roosevelt would have done during his term, but Johnson did some exceptional things. In 1964, upon his request, Congress passed the Revenue Act of 1964 and the Economic Opportunity Act, providing services such as food stamps, Medicare, and Medicaid. In 1965, he passed the Immigration Act of 1965, doubling immigration in the next five years. In 1969, his dream of landing on the moon was finally achieved. However, regardless of the good in the country, the nation couldn't get over the horrific trauma inflicted upon them nine years before.

The one word associated with Johnson is “Vietnam,” and with Nixon, “Watergate.” Both things Americans don't like to think about. Kennedy's ability to move



Photo courtesy of U.S. Embassy New Delhi

President Kennedy and V.P. Johnson welcome Prime Minister Jawaharlal Nehru in Washington in 1961.

which was rather crude. But, it managed to sum up Johnson's feelings about the hole he seemed to have put himself in. However, when the assassination happened, Johnson played his cards right. He had an approval rating of 79% in February of 1964, almost exclusively based on how he reacted to the event.

That same year, the Civil Rights Bill of 1964 was to be voted on, a bill that Kennedy had been a large proponent of. Trying to gain support for the bill, Johnson said: “No memorial oration or eulogy could honor President Kennedy's memory than the earliest passing of the Civil Rights Bill which he fought so long.”

His efforts were strong. The bill was passed with a 70% majority.

roe's: somewhere the real Kennedy is hidden, but he's more of a blur. His youth inspired the nation while the Cold War was at a fever pitch. His handling of the Cuban Missile Crisis is cited as his greatest achievement but he also had a profound impact on the Civil Rights Movement, providing federal support for the cause.

Kennedy's death may have been tragic, but his legacy is larger than any living man's. In fact, “American Experience” on PBS aired a four-hour JFK documentary on November 11th. Personally, on each November 22nd, I won't look back on the assassination with remorse, but rather, pay tribute to all the good done in his name. We should always remember.

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Where students stand on stereotypes

Do they exist, do we identify with them, do they affect us?

Continued from page 1

MeHow Podstawski, a senior, thinks that Central definitely has stereotypes. "Of course there are stereotypes. What high school doesn't? There are labels like preps, jocks, skaters, band kids, and stoners," he said. "Two of my best friends are in band, and another happens to be a cheerleader."

Junior Hope Koene agrees with Podstawski. "I think that stereotypes do still exist, but many people fall into more than one stereotype. Also, I think people are more accepting of differences and willing to put themselves out there, so traditional stereotypes don't really apply as much as they used to," she said.

Fellow junior Karissa Zubulake feels differently. "I don't think that stereotypes still exist at Central.

The line has definitely blurred between a jock and nerd because most people now are really focused on grades as well as sports to get into college," said Zubulake.

In most students' experiences, older siblings and other upper-classmen strongly influenced their thoughts about the stereotypes of kids at Central. Unfortunately, these older kids don't always portray other schools in a good light for the younger students. So, what are these stereotypes of the students from the different school districts?

Unfortunately, the opinions are mostly the same between students from different middle schools. Madison Hill, a junior who attended Readington, learned about the stereotypes even before entering high school. "I was told that Case had stuck up kids, and I thought that

Delaware and East Amwell kids were farmers," she said.

Senior Alyssa Trecuzzi, from East Amwell, was told similar things. She said, "I heard that East Amwell kids were farmers, and that it only took one school bus for us to get to Central, and many more."

Fortunately, these stereotypes do end up fading down the line. Eventually the students here at our high school end up blending together until hurtful assumptions are put to rest.

Sophomore Jason Burd, from Delaware, has formed opinions of his own about the accuracy of Central's sending districts' stereotypes. "At first, I heard Case had mean kids, and I didn't even know about Readington kids at all," said Burd. "But believe the exact opposite of what people are telling you. These

stereotypes aren't true, they're just biased opinions."

While many students break the middle school stereotypes they were branded with as freshmen, as they get older new stereotypes developed in high school are applied. Many times the labels people are given do not accurately represent who those individuals are. In fact, some students feel like they are negatively affected by the stereotypes they are labeled with. Junior Carol Cheney claims that the stereotyping of her group of friends has harmed people's perspective of her. "I hang out mostly with a crowd that everyone just assumes we do certain things. People just assume we're all delinquents," she said. "We aren't though. When people actually get to know me, they are shocked that I'm in all AP classes and in honor societies. I'm always prejudged."

Similarly, junior Abel Castro has experienced stereotyping of his own because he is involved with

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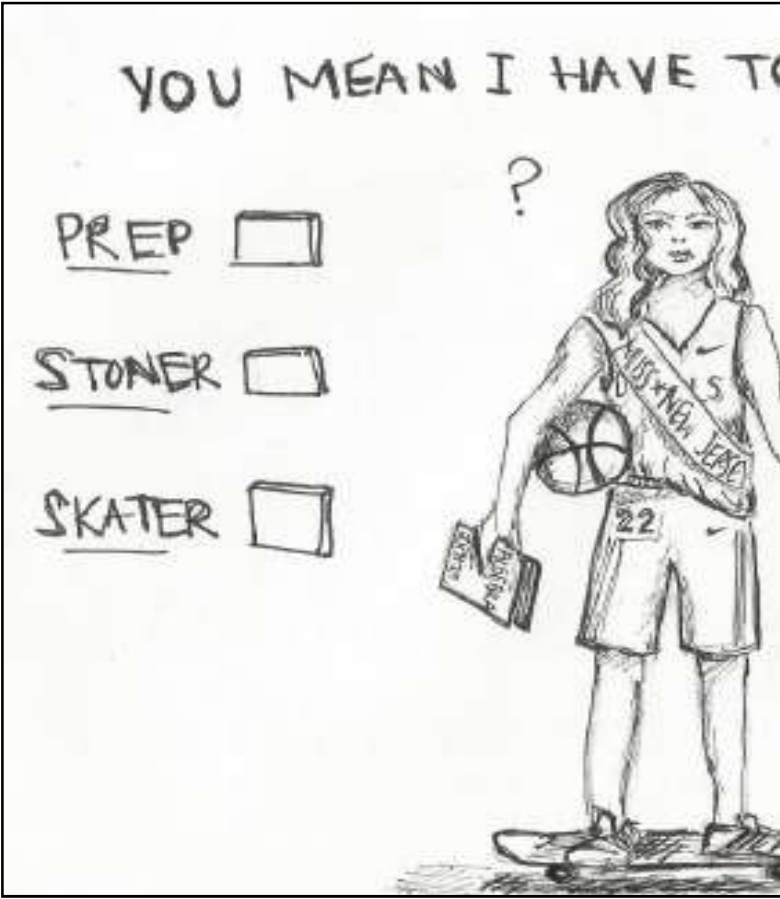
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Photo courtesy of Alexis Morillo



Photo courtesy of Bobby Lanzillotta



The social scenes for Central teens

By Brittany Anno

Flemington: a small suburb with a plethora of pharmacies and banks. Hunterdon Central Regional High School lies right near the center of the town and is where students spend their Mondays through Fridays. On Saturdays and Sundays, it is up to the kids to decide where they'll spend their time.

Obviously, Flemington is not exactly known for its extensive list of places to spend time with friends outside of school. In a town with virtually nothing to do, where do the students of Hunterdon Central even hang out?

Besides the countless TD banks

and CVS's, Flemington is filled with various different restaurants, where kids, like senior Corey Saunders, enjoy getting food and spending time with friends. "I hang out at Jack's Pizza on Main Street," he said. "I also hang out at Panera Bread when I really need to study."

Recently, a new food chain, 16 Handles, has also become very popular, especially among the students at Hunterdon Central. It's a great place to get frozen yogurt, but it is also fun to hang out with friends. Sophomore Emily Ward thinks that it was a great addition to the small town of Flemington. "I love going to 16 Handles, especially with friends. It's a fun restaurant to go

to, and the frozen yogurt is always so good," she said.

Besides the numerous restaurants, there are many other places to spend time outside of school. Sophomore Dhwani Kadakia prefers spending time at some of the shops around town. "I like hanging out at 7-11. I also like going to Liberty Village," said Kadakia. Liberty Village, filled with over 30 stores, is a popular place to go to with friends to get some shopping done, or just walk around the outlets.

The area that surrounds Central is clearly not known for being a fun place to hang out, so the high school is the only place for students

to gather. Students who reside in Readington, like senior Carmen Troia, often find themselves going to different towns in order to find things to do. "[We go to] Hillsborough movie theater since that's basically the closest one now, since Flemington's closed," he said.

Others, like junior Julia London, are willing to trek even further in order to have a good time with friends. "We go to New Hope, have dinner at the restaurants, and go shopping at the stores. It's sort of a far drive but it's something fun to do on the weekends," she said.

Of course, there is always the obvious option of staying after school for a game, a play, or any of

the events hosted by different clubs throughout the school year. Senior Tim Perkins explained that fun things are always going on around campus. "This is going to sound lame but we mostly hang out at the school. There's normally just so much going on there that we can always find something to do even if we're just goofing around," he said.

Flemington may be small, but it's all about having a group of friends that can find a way to make things fun. Food joints, parks and nearby cities are all alternate options to the oh-so cliché hanging out in someone else's basement.

Roving Reporter:

Where do you go to hang out outside of school?



Photo courtesy of Jon Spilletti

I play basketball at Health Quest after school and on the weekends. I live five minutes away so it's perfect.
-Dominic Capone,



Photo courtesy of Alexis Morillo

"Outside of school I typically hang out at my friends houses or drive to Bridgewater for Chipotle."
-Danielle Kobner,

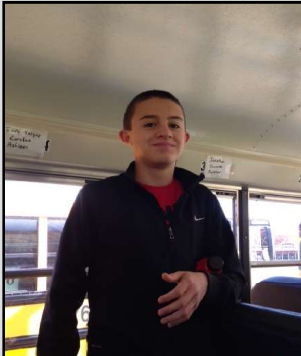


Photo courtesy of Jon Spilletti

"Usually I hang out with my friends at the movies on the weekends."
-Raymond Crisci,



Photo courtesy of Alexis Morillo

"I hang out at Panera, 16 Handles, or Liberty Village when I'm not working."
-Chelsea Valderas Junior

Stereotypes at Hunterdon Central

Affect our social lives, and can we overcome them?

Central's theatre productions. "A lot of times theater kids are perceived to have big personalities, be loud, and be flamboyant, which can be accurate for a majority of us. But not all of us have the wild antics of the characters we portray on stage or in the spotlight," said Castro.

Senior Matt Hoe says that he has been stereotyped as well. "I am occasionally stereotyped as your typical frail Asian that is completely consumed in school work. I break this stereotype in two ways," he

said. "First I procrastinate getting my homework done like no other. Second, I spend more of my time training in Parkour than I do studying."

Still some students, like Koene, don't think that they fit into the traditional stereotypes at all. "The fact that I'm blonde carries a negative stigma to a certain extent but I break that stereotype by challenging myself academically," said Koene. "I participate in sports such as cross country, track, and soccer

but I think that the old 'jock' stereotype is pretty inaccurate... I'm not really sure that I fit into a stereotype because I consider my interests to be pretty eclectic."

Although there are two sides to the debate on how severely Central students stereotype each other, stereotyping is present and very much relevant. Now there is still the question on how to end such a negative aspect of high school.

Junior Emily Gwizdz believes that open discussion on the topic of stereotypes is the best way to end this plight. "No one talks about it. Everyone is aware of the stereotypes in the school, but no one ever mentions it. It's like an unwritten thing that everyone just knows and never questions," she said. "If we could just get people to talk about it, to discuss it all in the open, I

think that would be a great first step."

Senior Devany Burke thinks that there isn't much one can do about stereotyping. "It happens all the time. I'm not saying it's right, but it's human nature to be around people with similar interests which is what creates a clique," she said. "It's also natural for people then to notice the similarities within the clique and then exaggerate those similarities; and that is how stereotypes are created," she continued.

When students come together at Hunterdon Central and put aside their differences, no matter what they might be, the student community here at Central ends up growing stronger. "Get involved and don't be afraid to make new friends. I met some of my best friends freshman year because I had nobody I

knew in my classes," said Trecozzi.

Junior Hena Parmar of J.P. Case was influenced by her older sister's and friends' opinions before coming here. "They told me things about the other middle schools," said Parmar. "They influenced my opinions of the other students a lot." However, Parmar doesn't feel the same way now. "Come to Central with an open mind. Just because people have these stereotypes doesn't mean they're not nice people," said Parmar. "Make friends with everyone and anyone, no matter what other people may tell you."

Whether or not stereotyping can be avoided, it is always important to keep in mind that stereotypes can and have been broken. It's impossible for every person to fit a certain mold, stereotypes are only based on generalizations.



Photo courtesy of Emma Frenchu

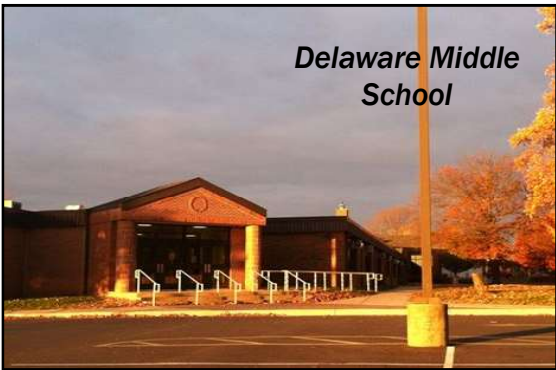


Photo courtesy of Emma Frenchu

Student Spotlight: Joey Harkness

By Alexis Morillo and Jon Spilletti

Sophomore Joey Harkness from Delaware Township describes himself as the stereotypical band geek and to the untrained eye he may appear to be just that. However, upon closer inspection he is a unique example of a Hunterdon Central Red Devil. When Harkness is not playing for the boys' volleyball team, he is probably playing in the drumline for the Marching Red Devils.

Q: In six words, how would you describe yourself?
A: Weird, musical, loud, unattentive, happy, and energetic.

Q: What common stereotypes/cliques do you think you fit into?
A: Definitely a nerd, as can be seen by my participation in marching band.

Q: What would the title be for your autobiography?
A: The Lifelong Reports of a Gym Class Hero.

Q: How do you prefer to eat your potatoes, and why?
A: Mashed is by far the best way to go. Nothing is better than mashed potatoes. Nothing.

Q: What is the best present you've ever received?
A: My Heelys for sure.

Q: What is your favorite school subject?
A: Biology.

Q: What do you visualize yourself doing after high school?
A: I have an aspiration to study premed and become a medical doctor, but I want to see how AP Bio goes first.

Q: Who is your favorite super hero?
A: Aquaman....just kidding, it would have to be Iron Man.

Q: Do you have any phobias?
A: I can't stand hair.

Q: What was your favorite childhood experience?
A: Probably riding on my Heelys or learning how to water-ski for the first time.

Q: If you were exiled what country would you choose as your new home?
A: Back to the motherland, Italy.

Q: You can have five people at your dinner table who do you choose?
A: Gandhi, Jackie Robinson, Jon Spilletti, Howard Wolowitz, and Macklemore.

Q: What is your favorite movie of all time?
A: The SpongeBob SquarePants

Movie.

Q: What do you do when you're stressed out?
A: Sleep.

Q: If you could do anything without failing what would it be?
A: Probably play soccer just because it's so much fun.

Q: What's your morning routine?
A: Wake up, shower, and sit around, probably finish some homework, and wait for my older sister to take me to school.

Q: What has been your most serious injury?
A: Breaking my wrist while backflipping off a swing.

Q: What is a hidden talent you have?
A: I can make a clicking noise with my tongue.

Q: Greasers or Socs?
A: GREASERS DO IT FOR JOHN-NY.



Photos courtesy of Joey Harkness

Harkness poses for various pictures around school and during extracurricular activities.

Q: Which Grease/Harry Potter character would you be?
A: Captain America.

Q: What are your top five favorite bands?
A: Imagine Dragons, Fall Out Boy, The Gaslight Anthem, Streetlight Manifesto, and Blink-182.

Q: Do you sing in the shower and what's your favorite song to sing?
A: Sadly, I don't sing in the shower as much as I should.

Q: If you could have three wishes from a genie what would they be?
A: I know it's very generic but complete and utter world peace, for people in need to get whatever they need, and the ability to transform into anything I want.

Q: What is the weirdest dream you've ever had?
A: Where I'm climbing a cliff in the middle of the ocean but I fall off a few feet from the top.

NSA Gathers Intelligence, Looks Foolish in Process

After catching the NSA engaging in questionable acts of surveillance, european nations fire back

By Vinayak Srikrishna

Ever since former contractor Edward Snowden revealed the National Security Agency's warrantless surveillance campaign to the media, public outcry has been steadily increasing from Americans and foreign citizens alike. And for good reason: tapping the cell phone of a world leader of a NATO country doesn't serve U.S interests, even if spying on U.S enemies does.

For those who aren't aware, the NSA monitors internet traffic and phone records through PRISM, a top secret "data mining" surveillance effort, by requesting information. Companies like Apple, Google, Facebook, and Yahoo have been quick to release statements denying involvement with the NSA, despite the fact that presentation slides leaked by Snowden seem to reveal that the agency has infiltrated Google and Yahoo data centers all throughout the world. That wasn't all they were spying on, however.

After suspecting that the U.S may have spied on her mobile phone, German chancellor Angela Merkel called on U.S officials to

reveal the scope of U.S surveillance in her country. Last month White House spokesman Jay Carney assured the public that "the United States is not monitoring and will not monitor the communications of the chancellor."



Photo courtesy of Wikimedia
Edward Snowden, former Contractor for the NSA, is causing controversy once more as an informant to members of the EU

An internal review conducted by the Obama administration, however, made the President and other White House officials aware of the NSA's tapping of the communications of some 35 world leaders including American allies, a

program that began in 2002.

Like counterterrorism and international relations, the President was not aware of this according to White House officials. He claimed only to have been informed about the general policy of gathering intelligence, and to have been ignorant of how it was used against the specific targets.

Germany now seeks to gather as much information as possible about US cyber espionage. Members of the German Green Party politician Hans-Christian Stroebel met with the exiled Edward Snowden recently, who "made it clear that he knows a very great deal" according to Stroebel.

In France, the newspaper Le Monde asserted that the NSA intercepted millions of phone calls in France, though U.S Intelligence Chief James Clapper denies this. The Spanish newspaper El Mundo also published documents obtained from Snowden showing that the NSA intercepted over 60 million phone calls and texts in Spain, which caused concern from the Spanish government.

The EU has recently sent a 9 member delegation to Washington

to discuss NSA related concerns. In Asia, Snowden-leaked documents prompted the Indonesian Foreign Ministry to call on american officials to clarify whether Indonesian president Susilo Bambang was spied on.

These allies should be sharing intel, not tapping one other's phone conversations.

A Chinese foreign ministry spokeswoman also demanded that the U.S explain its espionage using Australian embassies all across Asia, which the Australian government permitted. Throughout the world, it seems, the extent of U.S cyber dominance and intelligence-gathering is coming into serious question.

Germany, France, and Spain are some of the U.S's closest allies, and all active members in the NATO alliance, in which the member countries are obliged to defend one against external threats. These

allies should be sharing intelligence information, not tapping one other's phone conversations.

Consider, for example, how the United States government would react if it found that the German or French intelligence agency had tapped President Obama's personal cell phone or listened in to private cell phone calls in New York — probably not very calmly, to say the least. We would point to constitutional rights and U.S sovereignty. America trying to justify its spying activities by claiming that "leadership intentions is kind of a basic tenet of what we collect and analyze," as Intelligence Chief James Clapper did, sends a message to other countries that their privacy concerns don't matter in our eyes.

To combat counterterrorism and for security purposes, some cyber-surveillance is ethically justified. But tapping the cell phones of leaders of friendly nations, and spying on Asian nations using Australian embassies is going too far. Foreign uproar over cyber-surveillance is perfectly justified, and the U.S needs to seriously examine the practices of the NSA.

Central Students Lose Sleep Over Early Start



Photo courtesy of Collegedegree, Information courtesy of the Mayo Clinic

By Jordan Cohn

To an outsider who finds themselves wandering the hallways of Hunterdon Central on any given morning, it may seem more like the set of The Walking Dead than a high school. Wandering around aimlessly are the zombies...or students, of Central, as they make their way towards their first block class. And the cause of all this pseudo-undead horror: sheer lack of adequate sleep.

According to the National Sleep Foundation, nowadays most high school days begin at around 8:00 am, and for your average Hunterdon

Central student, even that would be improvement. The Hunterdon Central day starts at 7:35 officially; however, most students arrive at school at around 7:15. Working our way backwards through the process of waking up, getting ready, and getting to school, it's not unreasonable to estimate that a typical student could conceivably wake up at around 6:00 am, or earlier. And that in conjunction with the amount of homework students typically receive, it's hard to get the full eight hours that many doctors and scientists recommend. Of course, there are always going to be those people

that say that we should just get to bed at a more reasonable hour, but it just not that simple.

Every human being has an internal clock, called their circadian rhythm. And when you disturb it, it can mess up lots of other aspects of life, triggering dizziness, confusion, muscle fatigue, and exhaustion. And

these are only some of the symptoms that arise as a direct result of insufficient sleep. And easy as it is to disturb this circadian rhythm, re-adjusting it isn't so simple: one can't just go to bed earlier all of a sudden and expect to sleep easily. It can take days to get back into the rhythm.

And the implications of inadequate sleep can be more than just physiological, often draining a person's mental faculties, attention span, and so on. As students are already under pressure to succeed, it can't be healthy to head into this gauntlet of education with a tired, stunted mind. But beyond even the trials and tribulations of being a student, lack of sleep can have some very serious outcomes.

For example, according to the UCLA Health and Sleep Center, many modern disasters can be at least partially attributed to loss of sleep, including the Chernobyl nuclear power plant disaster, and the Exxon Valdez oil spill off the coast of Alaska. Those poor, enervated workers had such a vigorous schedule that they couldn't even

afford to get a few good hours of sleep, and the results were, quite evidently, disastrous. Are students in high schools throughout the world doomed to share their fate? While the implications of an early start may yet fall somewhat short of "nuclear disaster," I think you get what I'm trying to say.

And the one, very simple solution? Start the school day later! Since most of us don't do homework right from the time we get home to the time we go to bed, it seems more than likely that we'd end up going to sleep at about the same time we always have. And so, any extra time granted in the morning routine would almost certainly result in a net gain to our nightly sleep time, bringing us ever closer to that precious threshold of a healthy circadian rhythm. It seems just too obvious to ignore: the only possible outcome is happier, healthier students and faculty. And at long last, the words "Hunterdon Central" and "morning" could finally be used in the same sentence without inducing cringes (or yawns) from students.

the lamp

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Environmental
Tip of the Week:
Don't Litter



Photo courtesy of Wikimedia Commons

By Tamanna Desai

Did you know that, according to www.statisticbrain.com, nine billion tons of litter are poured into the ocean every year? A simple lazy act such as littering can cause hazardous or even fatal results. Certain types of litter can emit greenhouse emissions and impact global warming; other types of litter could spread diseases; other times, litter can trap or poison animals when they eat or step on it.

Furthermore, most types of litter are not biodegradable, so they cause long-term damage to the environment. For instance, cigarette butts, which make up 50% of all litter, take five years to decompose. According to the U.S. National Park Service, it takes plastic bags 20 years to decompose, tin cans 50 years, aluminum cans 200 years, and glass bottles 1 million years. It is crucial to stop this polluting habit.

There are a few things you can do to reduce the amount of waste you produce. To help the environment, you can compost your kitchen scraps and use reusable containers. Also, just recently the environmental society at Central cleaned up Case Boulevard! There are many other similar Adopt-a-Highway projects nearby where volunteers can help maintain and clean up litter from a section of a road or highway. In return, they get to name the section of highway and post it on a sign. Overall, you can help make the environment a safer and more sustainable place by reducing, reusing, and recycling!

“I Remember Mama”
is a play to remember



Photos by Helena Gan

“I Remember Mama”, this year’s 9/10 play, is about a complicated Norweigan family from the early twentieth century. The story chronicals their joys and struggles trying to make a life in San Francisco. One of the main conflicts revolves around Trina and Mr. Thorkleson’s impending marriage.

Continued from page one

The characters are lively and engaging, but what really makes the play is the talented cast performing on opening night. The other student director, senior Carrie Scherder, was immensely proud of her cast. She seemed thrilled with their dedication, boasting, “It’s going to be awesome to see the kids get out there and be rewarded for all their hard work. They’re all very talented, so it’s going to be a great show!”

Like the family in the play, the cast of “I Remember Mama,” is a small, close group, but they had to go through a lot of hard work to get to where they are right now. Sophomore Sammi Triolo, who is playing writer Florence Dana Moorhead in the show, admitted that the work could be challenging sometimes. “Being an actor is definitely fun, but also really crazy. It’s rewarding in the sense that you get to perform in shows and make a lot of friends, but memorizing lines, stage direc-

tion, and the pressure of being on stage for an audience is the most challenging part of it for me.”



Mama’s intimidating but soft-hearted brother Uncle Chris, played by sophomore Lino Santiago, upbraids his nephew Niels, played by Charlie Segers.

Sophomore Lena Verga, who had the role of Aunt Trina, said that part of this process involved forming relationships not just with fellow actors, but with their own characters as well. When she began to learn more about her character, she became very attached, saying,

“I love Trina! As Mrs. Enterline describes her, Trina is just like that dog in ‘Up’; I think Doug was his name. Trina is ditsy, timid, as she is described in the play, but also very strong. All Trina wants is to marry Mr. Thorkleson, the undertaker. It’s a very sweet relationship.”

The feelings about opening day were a bit more mixed. Some students were nervous, but they were all excited to be on stage. As Verga said, “I don’t think it’s possible to not be nervous for opening day. There is always the fear of forgetting your line, or missing your cue, or the set change goes wrong, I could go on all day with awful scenarios about the show. The closer we get to opening day, the more excited and nervous I get.”

But when asked about opening day, Scherder shrugged off the mishaps. “It’s going to be really rewarding once the show is all put together on opening night,” she said. “I can’t wait!”



The play opens with an excerpt from the fictional memoir of the main character, Katrin, who narrates the story. Katrin is played by sophomore Ally Demarco.

Those who wish to see all these students’ hard work pay off can attend three performances. There’s one on November 15th from 7-10 pm, and two on November 16th. One runs from 2-5, and the other is also at 7-10. It’s definitely worth the time, so be there to give them all a standing ovation.

Book Review:
A Most Dangerous Deception

By Alyson Sandler

Peggy Fitzroy hasn’t had the best life. In fact, in modern vernacular, one can say her life sucks. Orphaned at a young age in the nineteenth century and sent to live with her uncle, aunt, and far prettier cousin, fifteen-year-old Peggy has just about had enough when our story begins, being told that she is betrothed. While people would claim that Peggy’s fiancé is the most handsome man they’ve ever seen, looks aren’t everything, and their first meeting ends with her fiancé being slapped by a very irate Peggy. Needless to say, she refuses to marry him, and it all goes downhill from there. Peggy is thrown out on the streets, but her life takes an unexpected turn when she assumes a fake identity of a lady-in-waiting at court—and suddenly, Peggy begins to suspect that the identity she assumed has something to do with a murder case.

Told in a highly witty, sardonic narrative unusual for its time period, *A Most Dangerous Deception* by Sarah Zettel is a tale of espionage, romance, and a girl who would have fit very well into a different age altogether. Despite the circumstances she’s been thrown into, Peggy maintains her extraordinary personality and hilariously sarcastic (and often disrespectful) voice. This book is a fantastic read for someone looking for a strong heroine, romance, and intrigue.

Also, despite that romance is advertised as a valuable asset of the book, the mushy stuff is actually kept satisfactorily off to the side while the fun stuff, like espionage, card games, and Peggy’s monologues on the tortures of the ridiculous clothing she’s forced to wear take center stage. When sparks do fly, it doesn’t take the focus away from the main plot, and is more often used as a device to edge the plot in a certain level of foreshadowing or as a tiny trigger for a significant event, and not as a driving point of the plot (which, in my opinion, happens far too often in teen novels nowadays). Hopefully, the next installment of the *Palace of Spies* series will prove just as engaging as the first!

If you’re looking for more, the *Palace of Spies* series follows a trend set by many other popular authors taking a spin on historical stories—usually with much artistic liberty. Some good books to check out are the *Leviathan* series by Scott Westerfeld, *A Great and Terrible Beauty* by Libba Bray, or *The Book Thief* by Markus Zusak.

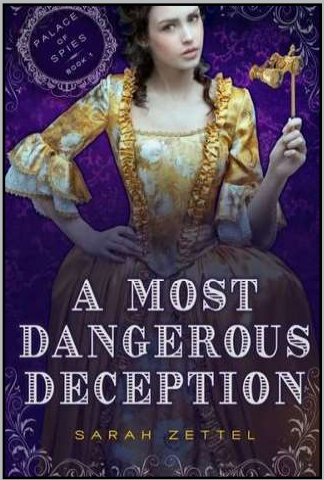


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Fall sports seasons wind down

Team captains describe the season in six words or less

Successful, enthusiastic, encouraging, courageous

-Maeve Stewart, gymnastics

Coming together every day as a team

-Ally Baligian, field hockey

Hard work, family, passion, engagement

- Rachel Catena, volleyball

Fun, exciting, rewarding, challenging, intense

-Lauren Eng, tennis

Start of a new era

-Sam Little, cross country

Resilience, response, bad luck

-Jason Cabinda, football

Bonding, motivation, confidence, improvement

-Shawna DeGrange, cheerleading

We're not done yet

-Austin Ciccarino, boys soccer

Persevere, heart, relentless, unity

-Bianca DiTrollo, girls soccer

Hundreds of runners, porta-potties, victories

- Heather Fraebel, cross country

Four Teams Secure Fall Championships

By Libby Harrington

This past week four Red Devil teams took home tournament championships. Three of these teams, volleyball, boys soccer, and girls soccer, won their respective Hunterdon Warren Sussex tournaments while gymnastics won the Skyland Conference Championship. Girls volleyball won their county final on Saturday, October 26 to North Hunterdon, to whom they had lost in last year's county final. Both boys and girls soccer traveled to Newton High School, defeating both teams on Saturday, November 2. The boys took the game at 1-0 with the goal

headed home by senior Max Gomez MVP and the girls left the field 4-2 with all goals scored in penalty kicks during overtime by freshman Brie Pavol, senior Emily Pizzuto and juniors Riley Coopersmith and Christine Tack.

Gymnastics took the mats to win the Skyland Conference Gymnastics Championship. The conference title marked Hunterdon Central's sixth title in school history and first since 2011. Senior Steph Reid finished first on vault (9.55) and floor (9.625) while settling for runner-up on bars (9.475, tied) and beam (9.5) to capture all-around honors with 38.15 points. Junior Jessica Vallo-

rosi took third at 36.8 and freshman Emma Acheson gained 35.225 to place eighth all-around for Hunterdon Central. Contributions from senior Maeve Stewart and juniors Lizzie Cloutier, Madison Heft, and Brittney Anno also led to the securing of the championship.

The gymnastics conference title marked Hunterdon Central's sixth in school history and first since 2011. Both boys and girls soccer are the two time reigning champions of the Hunterdon Warren Sussex championships, and volleyball lost in the 2012 season to North Hunterdon, ultimately taking back the championship this year.



Photo courtesy of Robert Rossi



Photo courtesy of Robert Rossi



Photo courtesy of nj.com



Photo courtesy of nj.com

Football team experiences setbacks

By Tre Butts

The Hunterdon Central Red Devil's 2013 football season is coming to a close. On November 8, the regular season officially ended as they took on Union Township. So far the Red Devils are 5-3 this season. After their hot 5-0 start, the team was plagued with injuries, resulting in three straight losses.

Seniors Jason Cabinda and Mike Knight, both captains, suffered serious season-ending injuries. Knight, the starting quarterback broke his leg in the first half of the game against Bridgewater in week four of the season. After Cabinda's more recent appendicitis, coming just after the Phillipsburg game in week six, the team will need to fill his role not only at running back, but at the linebacker position as well.

The most recent loss was against Ridge High School. The game was an unlucky one for the Red Devils, with backup quarterbacks sophomore James Mania and junior Bobby Cole both becoming injured during the game. As a result, junior Matt Pasko who primarily plays on the junior varsity team had to step in and run the offense. The final score of the game was 27-13, Central's largest defeat of the season.

There were a few positives to come of the loss on Friday night. Backup running back junior Leo Aquino showed that he is capable of handling a load of the carries since Cabinda is gone, he scored a touchdown in the first half. Pasko threw a touchdown pass to Junior Mike Kendzulak in the fourth quarter.

Though Central has lost three straight games, they still have a strong chance to make the playoffs. Winning each of their first five games, they've finished with enough points to make it into the playoffs. Each member of the team is excited for a chance to compete against some of New Jersey's best teams.

Senior Jordan Wideman, the starting cornerback for the Red Devils, looks optimistically into the rest of the season. "If we get into the playoffs this year, I will be so excited," said Wideman. "It'll be my first chance to start a playoff game and I can't wait to play some of the best teams."

The Red Devils have many players that need to step up for them in the upcoming weeks. Seniors Albert Polito, Kevin Wachter and Kevin Ioannidis will need to step up as the leaders of the team on and off the field.

They're certainly prepared for

the task. "I am ready to take on the challenge playing without our key players, and I am very excited to have a larger leadership role," said Wachter.

The near future for Central football is looking positive: a potential playoff spot and some unlikely players rising up to the occasion is a great thing for the entire program.

Considering what the team has been through this entire season, they are currently in a position to be proud of their many accomplishments.

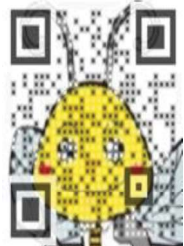
The team also has a chance to make this season truly memorable with the pursuit of a sectional championship. It won't come easy, though, as it will have to win three playoff games.

Corrections

A quote in last week's front page story about the Global Studies course attributed to Mr. Joseph Anthes was inaccurate.

The name of the author of last issue's "Environmental Tip of the Week" was misspelled; Tamanna Desai was the author.

The Lamp apologizes for these errors.



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