

History Books in the Making

By Kellie Newman and Meghan Peterson



President Barack Obama

The 2008 Presidential election will no doubt be in history books. There has never been a campaign that has gained so much attention among young people. Teens especially have been voicing their opinions on topics such as the War in Iraq, the economy, abortion, health care, and education; the issues are endless. So how exactly do Quincy High students feel about the election?

According to a recent poll given out to 179 students in grades ten to twelve, Barack Obama was the favorite candidate (with a total of 110 votes) to John McCain's 27 votes. Surprisingly, 42 students felt that neither candidate was qualified. When asked for their reasons for voting a particular way, many were outspoken in their opinions. One Barack Obama supporter wrote, "I support Barack Obama/Joe Biden because if McCain was in the White House, then they might as well keep George W. Bush in office." On the other end of the political spectrum, a John McCain fan said, "I think he

knows what he's really doing. Obama can make a good speech, but he can't back it up once it really needs to be done.' As for students who did not vote for either candidate, one person summed up their reasons, "Since I can't vote yet because of my age, I don't really follow the election because my say makes no difference."

Quincy High students know where they stand when it comes to the election, but which issue do they feel is most important? The economy and the War in Iraq were in the forefront, while education and health care trailed behind. The fact that the economy and the war are the two biggest issues should not be a surprise: after all, they are the two most often in the news. Education directly concerns all students, and for seniors heading to college next fall, the economy will affect their educational choices. The next president was elected on November 4th, 2008. Barack Obama will be sworn in on January 20th, 2009.

Hopefully, he will be sworn in on January 20th, 2009. Hopefully, he will remain true to his word and bring change to this country. There has never been a time in history where change is needed in America as much as it is now.



Vice President Joe Biden

School News

Behind the Camera

By: Alyssa Mullen

At 7:45 the bell signals all students to homeroom. Instantly, a wailing electric guitar screams Quincy High School's school song. All attention turns to the classroom television set where channel 22 projects familiar faces for the Morning Announcements.

The Morning Announcements, a live news show, airs every weekday at 7:45 a.m. on channel 22. The show is written, directed, and produced by the seniors in our broadcasting class. Students are in charge of the set design, the opening, the daily scripts, and all choreography. Though it may look easy and simple, there are many things going on behind the scenes of every morning's broadcast that the audience does not get to view.

Just like any news station on TV, the day starts early for the students involved with the morning announcements. Broadcasting students must arrive at 7:30 a.m. in order to prepare for the show's ever-changing script. After starting the equipment, the day's jobs are delegated. Two or three people are chosen to be on the air, depending



Claire Brennan and Bonnie Maderios

on whether it is a sports day, while others are chosen to be director, floor director, switcher, audio, and VCR tech. After each student is assigned a job, it is necessary to do a "read-through". A "read-through" is a practice run so that everyone becomes familiar with the script, and their audio levels, so the sounds are in a normal tone.

As the final homeroom bell rings, a student puts the show on air, through a cable box located in the classroom. The box is hooked up to QATV and the show is put immediately on air. The show starts with the VCR person selecting an opening and

playing it. The pledge of allegiance and a moment of silence precede a montage of shots from around the studio. These shots are selected and put on air by the student controlling the switchboard. Then, the director begins the countdown and informs the audio person to play the school song and get the mics ready. As the director is doing this, the floor director begins his countdown to ensure the talent knows when to begin speaking.



Eddie Sholes and Katie Geraghty

What follows is the Morning Announcement show, the exciting result of a carefully planned and executed collaboration. "Da Na-Na-Na Na-Na-Naaa Na." That song will be tuck in your head all day!

Green Chemistry for a Sustainable Future

By Katherine Marchand

An auditorium full of people stared at a middle-aged man wearing a pair of Reebok sneakers, black cargo pants, and a black-gray baseball t-shirt. He goes by the name John C. Warner, and is an alumnus of Quincy High School, founder of the company Beyond Benign, and a pioneer in the field of green chemistry. He stood in front of the stage, refused to use a microphone, and proclaimed to his audience, "The City of Quincy is the birthplace of green chemistry."

Eighteen middle and high school students spent six weeks of the summer in the science labs of Quincy High School. They studied green chemistry principles and worked on labs that allowed the students to implement what they learned. Projects ranged from creating a roof-top garden, to making

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solar cells with blackberry juice; from creating crayon companies, to making biodiesel from vegetable oil.

Workers from Beyond Benign helped students throughout the course work during the program. Beyond Benign is a non-profit company devoted to "[promoting] science driven by the principles of Green Chemistry in order to create an environmentally, socially, and economically prosperous world," according to the company's website. The twelve principles of Green Chemistry can be found online at www.beyondbenign.org.

Most of the students, like senior Trang Vo, favored the crayon production project as the most interesting project. Students were required to break into four groups and created companies that manufactured crayons and had to follow the twelve principles of green chemistry. The project became a competition to see which group could create the "greenest" company. Trang commented, "My favorite part of the summer was the 'green' crayon production because we got a glimpse of how

a 'real' company operates and the many things they have to deal with and consider throughout production like toxic wastes and costs."

On Monday, October 6, the green chemistry students and their advisers invited the public to Quincy High School to listen to the students present all of the activities they worked on during the summer. The program was sponsored by Beyond Benign and was monitored by the Environmental Protection Agency (EPA). The night concluded with an hour long speech by John Warner, followed by an awards ceremony in which students, faculty, and Mr. Warner were honored with various distinctions. Mr. Swanson, Ms. Krieger, Dr. T, and Raks Derival acted as the adult advisers for the group.

Near the end of the night, John reminded the audience, "The world's changing and this is becoming so much more important," referring to studies in green chemistry, toxicology, and environmental issues.

Opinions

Mixed Messages from the Media

By Meghan Peterson

Approximately once a month, my doorstep is graced by several glossy and colorful publications being Photoshopped and entirely unrealistic pictures of celebrities. As much as I attempt to refrain from indulging in these magazines, I find myself drawn in month after month. But what kind of message are magazines sending to teenage girls?

Possibly one of the more annoying aspects of the teen magazine industry is its insistence on creating features that encourage positive self-esteem and body image, only to contradict those same messages just a few pages later. The popular Seventeen Magazine routinely runs articles that proclaim one should possess love for her body and acknowledges that we are all different—yet the

models that the magazine chooses to portray are rarely anything less than thin, pretty, and white.

Magazines butcher natural beauty in an effort to craft an illusion of unattainable "perfection." Cover girls are consistently Photoshopped to appear more slender and have smoother complexions. With just a glance at any teen magazine, one will find herself confronted with a plethora of altered images that lack any natural blemishes or pores; even just a smidge of body fat is eliminated through computer editing.

What the industry fails to recognize is how

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vastly their publications influence both society and the lives of teenagers. Teen girls should not be expected to live up to an artificial ideal because publishers choose to promote one in their magazines merely to make a profit. In an age of low self-esteem and body issues, what magazines should be promoting is happiness, health, and uniqueness through models that don't all fulfill a stereotype.

The next time I receive a letter from Teen Vogue, Seventeen, or any other of those numerous glossies pleading for me to renew my subscription, I will resist the temptation. I refuse to buy into any magazine that tells me that looking a certain way or wearing the right lip gloss is the best way to succeed in life, because what magazines should really do is promote individuality and a good sense of self.

Teens Today

By Kellie Newman

Since its release last year, the sales of the iPhone have taken off. People—both young and old—are anxious to get their hands on the latest advancement in technology. It is hard to believe that ten years ago cell phones were a rare sight to see, especially in high schools. The lives of teens have changed in ten years.

When it comes to the usage of technology, today's teen have it easier than their predecessors. Back in the day, research meant going to the library and looking through books for information, but now it's just a matter of hopping online and with a single click of the mouse, printing out pages of needed information. Computers make the lives of active teens simpler, particularly when it comes to homework and other education-related things. However, computers can also distract teens from focusing on their work. When writing an essay or researching for a class, teens will somehow find their way onto Facebook, and hours later realize they still have work to get done.

Thousands of teens are a part of a social network, whether it's a Facebook or Myspace

profile, in many cases both. Sites such as these are an easy way to stay in touch with friends who have moved, or just to see what they're up to. However, there are possible dangers when it comes to using such sites, and all teens should be aware of them when talking to people they do not know well. These sites have been blocked in schools, though that does not prevent students from using them. Many don't need to be at a computer to log in; they have access to the social networking sites on their cell phones. Cell phones are a common sight in schools, and are as much a part of the daily routine as eating and studying. Though talking on cell phones is not allowed, that does not stop teens from



communicating with friends in other classes. Texting is the preferred way to talk, because it's faster.

Technology will improve as expected, and teens will be right there to use the latest and the greatest available in the market. The usage of technology is a positive thing, so long as it is not used negatively by teens.

Fitness Fashion

By Morgan Tucker and Jeff Pereira

Let's face it. We are all concerned with our appearance, even when we are working out. With the winter months quickly approaching, staying fit and looking good while still keeping warm is nearly an impossible task. Living in New England we face almost every weather condition imaginable. How are we expected to keep up with our athletic routines yet stay stylish? With the help of eighty-one seniors, we have found a few ways to stay in fashion while staying in shape.

The Nike "swoosh" sign is one of the most recognizable symbols in athletic wear. Take a look around your classroom and chances are you will see someone with a pair of Nikes. Out of eighty-one students, fifty-five said that Nike is their favorite brand as far as footwear. Adidas came in second with only twelve seniors favoring the brand. Now that we know what brand works for most of us, the

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next question our minds is where can we get the shoes for a good price? Forty-two of the eighty-one seniors surveyed said that they would only be willing to dish out somewhere between \$75.00 to \$125.00



for the latest athletic footwear. Thirty-three of the seniors said that Foot Locker is worth the trip to the South Shore

Plaza, while only thirteen seniors say that Olympia Sports has everything they need. You may need to dole out a few extra dollars to keep up with the winter trends, because the most popular winter wear brands are The Northface and Under Armor—which can cost you a pretty penny.

Staying fit is hard, but looking good while doing it is even harder. Hopefully, with the suggestions from the seniors that were surveyed, you will have more information about what items will keep you looking stylish while getting in shape.

A Blast from the Past

By Caylie Gibson

It seems that high school has always been about the latest trends. Teens feel pressure to wear the top designer labels and have the newest phones and iPods. Even here at QHS, students are striving for image perfection. However, if you were to take a walk through the halls of QHS fifteen to twenty years ago, you would not see all



the girls in their Hollister or Abercrombie sweatshirts and the guys in their Nike Air Forces. What you would actually see may surprise you, so get ready for a blast from the past as we compare the trends of today with those of yesteryear.

The 90s may not seem like a long time ago, but the trends that were “in” at that time are now long gone. Brands such as Tommy Hilfiger and Calvin Klein were at the top of the clothing totem pole, due to the huge demand for their overalls and brightly colored sweatshirts. For entertainment students rushed home to watch TV and hung posters on their walls. The hit was 90210 which lasted all throughout the 90s with a whopping 10 seasons on air. As for celebrities, the buzz was all about Jennifer Aniston and men such as Tom Cruise and George Clooney, who had teen girls going gaga for their manly physiques and golden performances. TV shows such as ER were very popular.

Although many of us were not born in the 80s, many of the trends that were once “rocking” in that time are beginning to find their way back into the homes of many high school teenagers. Neon colors, leggings, and leg warmers are just some of the fashion statements that could be seen on teens over 20 years ago and on those of today, too. Clothing brands like Champion and Jorban and Kangaroo sneakers were flying off the shelves like wild fire in the 80s. Hair was larger than life, literally. Girls spent hours teasing, crimping, and curling their hair and finishing it off with pounds of Aqua net hair spray. There were no cell phones in the 80s. Teens either used house phones or simply talked in person about all the latest gossip. The topic of the gossip was mostly about teen stars like Molly Ringwald, who starred in hit movies such as Breakfast Club, Pretty in Pink, and Sixteen Candles. She was also recently in the successful ABC family show “Secret Life of the American Teenager.” New Kids on the Block, who many of us know due to their recent comeback, could be seen all over magazines such as “Bop” and television channels such as MTV (when the channel actually played music videos).

The music scene, clothing, and television shows will continue to change through the years. One thing is for sure, the styles keep evolving and the teens keep on following them.

Music and Film

High School Musical 3: Senior Year Not Exactly Music to Your Ears

By Kevin Mei



First of all, I have to admit that I have not watched the first two films. I have watched a handful of clips from the previous movies, and that's it. But still, I don't really have much respect for the stuff that the Disney Channel is producing. It is overrated and cliched and cannot really be considered

movies, just a bunch of music videos interspersed with transitional scenes in order to resemble a movie. It is all style and no substance, without anything original or interesting. The over-the-top cheerfulness in these movies is enough to make the Care Bears ill. And yet, they're all the rage with the kids today.

I really can't say anything good about the characterization. Tray, Chad, and Gabriella are just too bland. Sharpay is the overused "snobby right girl" archetype that every show or movie based on high school seems to have. And Ryan's only character trait is that he's really campy. None of them have any actual personalities. Mannequins have more emotions than these characters. Come to think of it, even a brick wall has more of a personality than these guys. Also, the romance is just underdeveloped. Troy and Gabriella don't really have any chemistry.

In addition to the usual cast, some new characters have been introduced. There's a girl name Tiara who's exactly like Sharpay, except she's British. Then, there's a boy named Jimmie who's like Troy, except he has black hair. Apparently, in the minds of the HSM director Kenny Ortega and writer Peter Barsocchini, a change in hair color or accent automatically makes a character not a derivative rehash of another character. And with news that an HSM 4 might be (unfortunately) coming, I expect that these two characters will be used in the sequel.

And now, there's the plot. Part of the plot's something about troy having to choose to go to one college where he can play basketball or another where he can be an actor. There's also something about the gang having to do a musical act on stage. Also, Sharpay makes a petty attempt to kiss Troy. Aside from some teenage angst going on, that's about it. The plot's about as deep as a puddle.

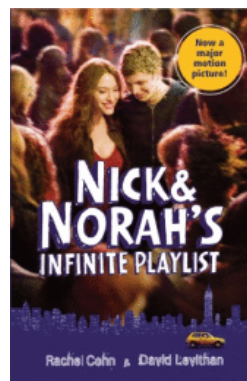
But most of all, I have to talk about one notable scene in which Troy is talking to his dad about stuff. When realizing that his dad wants him to go to the college that has basketball, troy feels that he's only doing what his dad wants him to do instead of what he actually wants to do. Then Troy wanders off into the school. He changes his shirt (for no reason) and starts wandering through the halls while breaking into song. After that, the halls start twirling around in a bad attempt to look symbolic. Then, Troy enters the gym where, in an even worse attempt to look symbolic, raining basketballs start to appear. In the end, Troy goes to the theatre and starts screaming. We're supposed to feel bad for Troy due to his inability to make a choice about something, but it just feels too melodramatic.

Rating: 4/10

Nick & Norah's Infinite Playlist

What were you expecting a review of that stupid Chihuahua movie?

By Kevin Mei



In Nick and Norah's Infinite Playlist, Michael Cera (Juno, Superbad) plays Nick O'Leary, a guy who recently broke up with his girlfriend. He ends up joining his band to go to a place and sing. There, Nick meets Norah (played by Kat Dennings). Taking advantage of an opportunity to stand up to

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one of the girls at her school (who coincidentally happened to be Nick's ex-girlfriend), Norah ends up kissing Nick and the two pretend to be together for a few moments. They end up slowly forming a relationship that involves chasing Norah's drunken friend, an alternative Jewish rock band, and a piece of gum that was dipped in vomit.

I can't help but feel bad for Michael Cera. He's already been typecast as this geeky kid who can only hold functional relationships with cynical girls who have similar musical tastes but are the exact opposite to him, personality-wise. But I digress. The movie was based off a novel written by Rachel Cohn and David Levithan, who are people I have never heard of. I haven't read the book, so I don't know if the movie is a faithful adaptation. And I don't really care. So, let's get this review on the road.

The movie loses focus on the plot several times in the story. For example, the first half of the movie involves the characters trying to find Norah's drunken friend, Caroline, after she runs off. This doesn't really add much to the plot other than showing what the characters are like. After the "Chase Norah's Drunken Friend" subplot, the main plot finally starts to progress. This involves Nick and Norah's relationship with each other and their past love interests. I'll admit that it's kind of interesting to see how their current relationship compares to their past ones, but it isn't detailed enough. I just didn't feel enough sympathy for the characters. Neither Nick nor Norah were able to tell their former lovers that their relationship was over, all they did was leave without saying anything.

The dialogue was okay. The scenery was decent. I thought that filming most of the movie during the night was good. The actors gave decent performances. However, the last part of the movie wasn't given enough time. Overall, it was okay. It doesn't offer anything new or refreshing. Nevertheless, the movie didn't have any major flaws.

Rating: 6/10

T.I., *Paper Trail*

By Richard Ash



You can argue that many writers create their best pieces under intense pressure, like athletes excelling in the final minutes of games. This notion of poise and power during one's most difficult moments brings us to T.I.'s latest effort, *Paper Trail*.

Arguably his best album to date, most of the songs are products of his latest struggle with jail time (similar to Lil' Kim's *The Naked Truth*).

The album holds a number of jewels and many of the songs have already been released as singles. Included in these are the addictive "Live Your Life," with a radio-friendly chorus from Rihanna, a self-reflective pump, "No Matter What," and the catchy summer anthem, "Whatever You Like." At first, the disc seems to be focused on R&B hooks, "My Life, Your Entertainment" with Usher, and "Dead and Gone" with Justin Timberlake. When a listener takes a closer listen to the album, however, he hears strong lyrics and solid rhythms, all the way from "56 Barz" to "What's Up, What's Happenin'."

Jay-Z once sang, "the drought defines a man, when the well dries up." T.I.'s *Paper Trail* proves that T.I. not only handles adversity but excels through it. This talented lyricist has emerged from a jail cell and will be walking home to great record sales and ecstatic fans.

Grade: A-

Jennifer Hudson, *Jennifer Hudson*

By: Richard Ash



Most American Idol contestants emerge from the contest with highly advertised debut albums. Most American Idol contestants also come out with the same formulated set of songs:

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a CD that always has exactly two hip-hop/R&B numbers, a few pop-tinged upbeat titles, six filler tracks, and one or two power ballads. It is as predictable as the Pythagorean Theorem. However, most American Idol contestants don't have the chops that Jennifer Hudson does, nor are they already renowned actresses in award-winning films and Broadway plays. That's the difference.

Although Hudson's latest self-titled album is formulated with all of the now-generic Idolized accents, it does include a number of great tracks. One of the album's best tracks is "If It Isn't Love," a light pop song reminiscent of Jordan Sparks' "One Step at a Time." Another favorite track is "My

Heart," which relies upon a simplistic, bass-heavy, beat that will easily attract hip-hop listeners. Ne-You is now famous. The filler ballads do tend to blend together, especially "Giving Myself," and "And I Am Telling You," but they do not detract from the album's quality.

JHud doesn't necessarily have a mainstream voice, as she is already known for her gospel tone ("Jesus Promised Me A Home Over There"). With this album, though, the American Idol team pushed itself into overdrive. Jennifer Hudson is a formulaic, but polished and powerful, album.

Grade: B

Download this: "Invisible"

Poetry

Hero

By Peter Palmatier

What is a hero but a person?
A person who believes in good.
And is not afraid to show it,
Whether that good would be for others
Or for themselves.

The White Knight, The Dark Knight,
A fireman saving innocent people from a
burning building,
A policeman choosing to ask first
And shoot later,
Or a general leading his troops,
Not bother to have people in front of him.

The Passing Bystander, the obedient,
A fireman saving a cat from a tree,
A teenage girl not doing drugs
But instead taking a diploma,
A boy putting down the gun
And picking up the shovel.

The Last Steps

By Michael Butts

We could decide our fates for ourselves.
We are all brothers and share the same fate.
We were withered trees in the heart of the desert.
If he punishes us mercilessly then that means he loves us that
much more.
An order: run
Run as if you had the devil at your heels.
Don't look back.
The faster you run, the faster you get to sleep.
I'll run into the electrified barbed wire
That would be better than a slow Death in the flames.
We continued our march.
We were coming closer and closer to the pit in which
Flames were rising.
It's over. God is no long with us.
I was face to face with the angel of death.
He kept six crematoriums working day and night.
My soul had been invaded and devoured by the black flames.
Never shall I forget the flames that consumed my faith
forever. No guards in sight, just the shadow from the
chimney. Warning: danger of death, Hell does not last
forever.

**Note: Phrases and lines borrowed from *Night* by E. Wiesel

Football

By Sean Gray

Football is waking up to the beep, beep,
beep of the alarm clock at 6 a.m.,
trying to stretch out the pain in your neck,
wishing your had a few more hours to sleep.

Football is the stench of sweat and old shoulder
pads that strikes your nose the second
you step foot into the locker room.

Football is the still silence on the busses to games,
through which you can hear the soft
wind sneak through the crack in the window as you
wonder what everyone is
thinking.

Football is the taste of dry dirt that has been
sitting in your mouthpiece from last practice.

Football is wiping the seat out of your eyes when
you can barely see, halfway through
the game
wondering when it will stop burning.

Football is feeling your emotions going insane, and
not knowing what to do when you
look out your window and see a thin layer of fog
hovering over the ground.

Football is hearing the crowd come back to life,
after you hit someone so hard that you
can only hear a soft buzzing in your head.

Football is years of determination, the building of a
family, and memories left on the field
and in the weight room.

Football is the empty feeling you have in your stomach
after a one point loss, wondering
if you could have done something to change the outcome.

Football is the click clacks coming from the hundred
pairs of cleats leaving the tunnel
and feeling your sock absorbing the water left in
your cleats from the rainy game
you played last night.

Take when the wind has been knocked out of you,
by a 6 foot, 275 lb. defensive tackle
and you think you are not going to breath again
only to be relieved by that one
full breath that lets you know you are alright.

Football is the laughs and messes made for your
teammates on Thursday night pasta parties.

Football is the feeling that sits in your stomach until
the first kick off, when you get that first hit and
the pain of watching your teammates play when
you are injured and would do anything to be on
that field.

Football is the feeling of triumph when you know
your team has come together, and pulled out a victory.

Football is everything to me.

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They Won't Be Back in the Morning
By Valerie Chia

As I awoke from my sleep,
Crushing my dreams of raining money,
I wiped the crust out of the corners of my eyes,
And armored myself for the last and final
day of my agonizing job.

As I cushioned my butt
Comfortably in the block of stuffing they call a bus seat,
A slimy, germ-infested, half-bitten Cheese-It
Soared into my damp, cherry-fragranced strands of hair.

As I grinded my teeth,
The enamel scraping,
I restrained myself from smothering that snot-nosed
kid,
And gripped through the leather of my seat.

As the bright orange "Welcome to Camp" banner came
into
sight,
Repulsive smells of rotting pine cones and goeey guck
filled up
my lungs as I stepped off the bus and sunk my
feet into
A large pile of brown, squishy, bus-tracked mud.

As I walked down to the camp circle,
Kids with their tea kettle screams imprisoned me,
sprinkling me with their bubbly saliva.
I remember thinking I would rather have starved
maggots planted in my ear, chewing through each vein
and
artery in my body.

As I dragged my feet onto the field,
The kids pleading me to play soccer one on nine,
Sweaty, onion-smelling kids, body-slammed me into the
ground, Feet, shoes, and boots smashed into my shins
repeatedly.

As my day trailed on,
I visited the nurse's office seven times,
Each time with a whining that sounded like crying
chipmunks,
Just to wash off the red streams trickling from the
broken skin.

As my day came to an end,
The kids tired and so was I,
I suddenly received wet, sloppy kisses, and mini-
bodies
engulfed me with their affection,
As they realized that camp was over and that they
wouldn't be
back in the morning.

As I sat on the broken white and dirt-colored bench,
Squeezing every tangled-haired, un-covered demon
attached to my hip,
The tears began to gush out from my stinging
eyeballs,
And I realized, this moment pained me ore than any
other
shin kick or hair grab.



Summer Love
By Kayla Cummings

We faded like a summer tan,
As Fall sweeps away our remains, I still long to hold
your hand.
Days when the sun blended into the sea,
Nights when the moonlight lit up the features of your
face,
Your gazing eyes still so clear to me.
Looking back, I don't want to look away,
Because mistakes I made that summer let your slip
away,
Right through my fingers, like the pale white sand we
walked on,

Or the stairs we sat on outside,
Where your lips first touched mine,
As the dark night,
The cool breeze,
And the whispering trees surrounded us.
And though I pretend to be fine when you look my way,
my heart is still full of that regret,
Pumping it through my body,
Sending it to my head.
But I'll keep on that smile of mine,
The one that spreads across my face
And wrinkles my cheeks, but holds no meaning,
merely masking the pain that lies beneath.
So as the leaves spiral down to the ground,
And as the cold harsh winter approaches,
I'll stay warm with thought of our summer love.

Sports

A Fantastic Fall Season

By Edward Sholes

The girls volleyball team, lead by Head Coach Jacqui Niosi, comiled a 4-5 non-league record this season and a 5-4 league record. Overall the girls finished with a .500 record and made the State Tournament.

The two soccer programs, girls and boys, have competed throughout the fall season. The boys team finished with a league record of 2-12-2, while the girls team finished the season with a 0-18 record. The head coach of the boys' team was Jason Karalexis and the head coach of the girls' team was Don Martin.

Boys' golf, lead by head coach Mr. Lou Venturelli, compiled a record of 1-15.

The boys' and girls' cross country team under the coaching of Mr. Jeff Hennesy compiled a record of 10-10. Individually the girls' team finished with a record of 6-4, while the boys' team finished 4-6.

There are a handful of standout runners for each team. For the girls, standouts include seniors Alyssa Mullen, Rahel Kazanoff, and Jen Nhan. That boys' team leaders were seniors Jeff Pereira, Matt McGroarty, Rob McGroarty, and Greg Gaffney. The girls' team place third at the Patriot League Championship meet this year, which was an enormous achievement.

Everything on the Court

By Bianca Blakesley



"Scrappy and annoying," were the words Coach Jacqui Niosi once used to describe the QHS Girls' volleyball team, because they just "don't go away". When 10 seniors left the team last year, they took with them a huge amount of talent that the

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team needed to have a good season. However, despite having very few experienced varsity players, this year the girls proved that they did have a chance and they could make it into the tournament.

Led by senior captain Elisa Lam and junior captain Olivia Berry, the volleyball team started off strong. Around the middle of the season morale declined as ailments struck, leaving freshman setter Nicole Parry out for three weeks with pneumonia and Kori Sorenson, another valuable player, out for the rest of the season. The girls fired back up and Nicole rejoined the team near the end of the season, and the team dugged, killed, and aced their way to a record of 9-9, enough to qualify for the tournament.

The first tournament game was on November 1st against Brookline, a formidable team. Excited and eager, the team put it all on the court but lost the first game, won the second, and narrowly lost the next two. The last game was played point for point, extremely close thanks in part to great serving by senior Bryce McNally, amazing offense played by Mary Parker, Kylie Kozlowski, and Meghan McCarthy, and the sets by Juila Yee and Nicole Parry that made it possible. Elisa Lam and Becca Shea played tough defense against Brookline's hard hitters. The game was one of the very best played all season, each player walking off the court leaving no regrets to their fans, their coach, or themselves.

A Decade of Dominance

By Edward Sholes



Football, considered by many as America's most beloved sport, is an outstanding tradition here at Quincy High. As the tradition

continues, new challenges arise. This year marks a new chapter in the Quincy High Football tradition as we move from the ACL to the Patriot League, Keenan Division. It also marks a new beginning in the form of a new head coach, Mr. Bill Reardon.

Under the leadership of the new head coach, the Presidents fought their way to a 5-6 record. After losing their first two regular season games in back-to-back non-league heartbreakers against Cohasset and Canton, the Presidents rebounded by shutting out former ACL rival Plymouth South 13-0. Following a bye week, the Presidents defeated the Rockland High Bulldogs 7-6 in a close game that came down to an extra point kick.

The following week was the Alumni Homecoming game against the Duxbury Dragons in which Quincy was defeated 18-0. After the tough loss the Presidents bounced back and routed inner division foe Whitman-Hanson 3-0. The story of that game was the game defining field goal made by senior Mark Gilbody. The following three weeks were quite strenuous as the Presidents went on a 3 game losing streak. Losses were all against fellow Keenan Division teams which includes Silver Lake, Scituate, and Hingham.

The Presidents once again came back and played their hearts out, finishing the season on a two game winning streak. First, they crushed Randolph 26-6 in a Patriot Bowl game and then won their tenth straight game against North Quincy on Thanksgiving Day, with the Presidents on top. Every player contributed in his own way and truly helped Quincy win their tenth in a row, completing a decade of dominance over North. Turkey Day touchdowns include three running TD's for senior Tim Lewis and one receiving touchdown for senior captain Sean Gray. the Golden Hammer award, which is given out each week to one player for outstanding performance on the field, was given to Adams Jean-Baptiste.

The Quincy Presidents varsity football team was led by senior captains Sean Gray (linebacker), and E.J. Lewis (Defensive Lineman). Other senior players were Derek Andrews, Tony Nguyen, Stephan Davis, Max Devoe, Pat Fernandez, Mark Gilbody, Ryan Lally, Zach Manning, Bryan McGee, Anthony Raddatz, Aldo Villena, and James Wilbur.

Team standouts included Anthony Raddatz (wide receiver) who led the team in points, touchdowns, and receiving yards with 62 points, 10 touchdowns, and 526 receiving yards; Lance

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Peterson (quarterback) who led the team in throwing touchdowns with 11; Tim Lewis (running back, defensive lineman) who led the team in sacks and rushing touch downs with 10 sacks and 5 rushing touchdowns; and Mark Gilbody who led the team in field goals and points-after-touchdown with 2 field goals and 8 PAT's. Some defensive standouts were interception leaders Jgozi Aguguo and Kenny Nguyen with 3 interceptions each and forced fumble leader James Nguyen with 4 forced fumbles.

Golden Hammer Award breakdown

Week 1 vs. Cohasset – Ngozi Aguguo

Week 2 at Canton – Tim Lewis

Week 3 vs. Plymouth-South –Stephan Davis

Week 4 [BYE] – N/A

Week 5 at Rockland – E.J. Lewis

Week 6 vs. Duxbury – Ngozi Aguguo

Week 7 at Whitman-Hanson –Adams Jean-Baptiste

Week 8 at Silver Lake – Sean Gray

Week 9 vs. Scituate –Derek Andrews

Week 10 at Hingham – Kenny Nguyen

Week 11 [BYE] – N/A

Week 12 vs. Randolph – N/A

Week 13 at North Quincy – Adams Jean-Baptiste



“Chrysanthemum Daisies” by Dee Dee Chin



Happy Holidays

From the Pony

Express Staff!

