



# The Jaguar Journal

March and April 2019

## Running is a Mental Sport

By Zoe Welch

Cross country is not a club where you travel all over the world, but rather the sport in which teams and individuals compete in a 5k (3.1 mile) race on and through natural terrains such as dirt, grass, hills, and woods. And don't you dare even get me started on the assumption that cross country is the same thing as track. There is a difference between running 3.1 miles consecutively and up to 3 miles with all your events combined.

A standard high school cross country team varies from 7-40 members, and our JMHS team averages from 15-30 members. There are three different levels of competition within each school: varsity, junior varsity (JV), and freshman. The seven fastest runners make up varsity while everybody else falls into the JV category, unless they are a freshman who doesn't run JV. The goal in cross country is the same as golf: score the



least amount of points as possible. The lowest/best score you can get is 15 points, meaning your runners would have to finish first through fifth. The first five runners on each team score points for your team, the sixth and seventh runners are there as tie-breakers.

Our cross country team does well at each meet—we don't always come in first but we don't come in last either—but our team considers any completed race a win. The cross country season begins in the middle of July and ends at the beginning of November.

In the summer, we meet three to four times a week but once school starts, we meet every day during the week after school and we either have a meet or practice every Saturday. We are coached by Coach Glenda Calabro, who is assisted by Coach Jenna Dubrow.

So you may be wondering, why do people do this and what do they get out of this? Many people do cross country because it is fun—maybe not the running part, but the friendships that blossom on the team. You learn what it means to have community, commitment, and mental toughness. We win as a team, or we lose as a team, and one person can make the difference between winning a meet and losing or coming in third place. There are no shortcuts to running and cross country. You won't benefit from taking the easy way and you get disqualified if you take a shortcut in a meet. You only get better through hard work and commitment to the team and to yourself. You learn how to keep on going even when you don't want or you think you can't. Les Brown—world famous motivational speaker once said: "Running is a mental sport...and we're all insane!"

## Wrestle Like a Girl

By Madison Pesavage

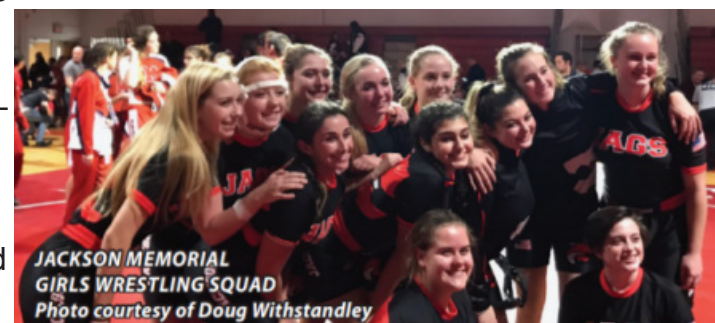
Being a part of the Jackson Memorial High School athletics program is an experience that is unlike no other. All athletes take major pride in wearing the colors of Jackson Memorial High School and these colors represent years of success. Being a part of a team can reveal insight in the sport itself.

This is my first year being a part of the Jackson Memorial girls' wrestling program, as it was the first for many. I stepped on the mat not knowing what I was truly getting myself into. The first time I went was a club practice and the room was cluttered with people wall to wall. As the weeks passed only the strongest and toughest minded people stayed in the room. This sport requires so much more than simply physical strength. Being mentally tough is a major factor in being able to grasp wrestling. I didn't understand this until the practices got harder and with every moment of muscles aching and tiredness trying to take over, overcoming it was the only thing I could do. Mentally having the ability to push everything aside to keep going is something a lot of people can't do. And when it comes down to you, the mat, and the opponent, being mentally ready is what you have to be prepared for, the overtimes making every second count, and no matter how tired you are pushing through is the only option.

While going through this the people around you help along the way. Until now, I'd never been on a team where we all got along together and protected each other no matter what. Everyone is here for the same reason and that's to show what girls can do. We wrestled in front of crowds of people not knowing that feeling of being on the mat with all eyes on us, with crowds gathered to see the talk about the girls wrestling. There is no feeling that can compare to standing on that mat. Through all this nerve wracking and new experience we helped and looked after each other no matter what. Even our coaches screaming encouragement at us from the corner was soothing. Whether it's in the practice room or during a match, we are always supporting each other. Even most of the guys were always there through every moment we needed help.

All the help and support we got over the course of the season lead four of the athletes to battle our way through regionals and to go to states for the first time ever for girls. In fact, the NJSIAA (New Jersey State Interscholastic Athletic Association) just approved girls' wrestling as an official sport. New Jersey is now the 14th state in the nation to offer girls' wrestling, and is also the first in the the Mid-Atlantic region to do so. Thanks to the coaching staff and the other members of the team, each and every day we got more encouraged and truly proved what girls are made of. We truly hope that any girl interested will come out and give

wrestling a try, because, in the words of Coach Doug Withstandley, we are "pioneers."



JACKSON MEMORIAL  
GIRLS WRESTLING SQUAD  
Photo courtesy of Doug Withstandley



## 2 A for Effort: *Night School* Movie Review

By: Gianna Anzalone

*Night School*, starring Kevin Hart and Tiffany Haddish, is centered around Teddy Walker, a high school dropout and recently fired BBQ sales rep who's hiding the fact that he's broke from Lisa, the way out-of-his-league fiancée. Teddy has the chance to land a job with his best friend as a financial analyst if he can get his GED, which prompts him to sign up for night school. When signing up for the classes, Teddy encounters his arch-nemesis, Stewart, who bothered him in high school until Teddy publicly embarrassed him. Stewart is now the principal of the school and takes this opportunity to get revenge on Teddy. The rest of the movie follows Teddy as he struggles to keep up his facade and pass the test, with Tiffany Haddish starring as the night school teacher, Carrie Carter.

The movie, in my opinion, deserves three and a half stars – definitely not the equivalent of an A mark, but the effort was there. *Night School* keys in on a couple strong messages: everyone deserves a second chance, honesty is the best policy, and a dedicated teacher can change students' lives. This makes it one of those typical feel-good movies, completed with the classic secondary misfit characters that wind up all becoming friends. The film also draws attention to some present day issues, like teachers being overworked and underappreciated.

Though the characters' performances were stellar, the plot of the story sometimes missed its mark. The events of the movie didn't really flow: one minute Teddy is being kicked out for cheating and the

next Carrie has him in an octagon as she pummels him for every review question he answers incorrectly. The choppy sequence of events ruined the humor of the moment too sometimes; one second the characters were very serious and having a heart-to-heart only for it to be ruined by some poorly timed innuendos.

Though the film is rated PG-13, *Night School*'s sometimes strong and racy language makes watching it with a parent not the best idea. If you're just looking for a movie as part of your weekend binge-watch session and have low expectations, then I would recommend *Night School*, but if you're looking for a wholesome movie that will give you all the feels, then I would keep looking.



## Aquaman Tides Us Over

By: Mr. Apa

Starting with 2013's *Man of Steel* Warner Bros has tried to build a cinematic universe to rival Marvel's own. For the most part this connected universe of movies has torn critics and fans alike. With the exception of Patty Jenkins' *Wonder Woman*, which gained critical success, these movies have been a bit of a mess. But, I still love them all (except *Suicide Squad*, we do not talk about *Suicide Squad*).

What DC always seems to get right in these movies is the casting of its characters. Henry Cavill is arguably the best iteration of Superman to hit the screen (dare I say ever? I do), and Ben Affleck is hands down the best, most accurate version of Batman (sorry Christian Bale fans, you're wrong). While Jason Momoa was initially an odd choice for the blonde haired, blue eyed Atlantean king, his rock star attitude and charm pulled *Aquaman* from the joke infested waters that he swam in on into a relatable and likable character.

*Aquaman* is the second critical success of the DC cinematic universe, even surpassing 2017's *Wonder Woman* (sorry, Mrs. Novak), and, in my opinion, rightly so. While *Wonder Woman* was a great movie, and Gal Gadot, was, again, perfect casting as our Amazonian princess, *Aquaman* managed to edge her out of the way with just a little bit more fun.

To be honest, *Aquaman*, like most DC movies, was a bit of a wreck. It contained some weak villain motivation, and had a hard time figuring out just what movie it wanted to be. Throughout the scenes, I picked out (and this could be coincidental) echoes of *Indiana Jones*, *The Goonies*, *Lord of the Rings*, and the prequel films of the *Star Wars* series. It also contained some pretty cringeworthy banter, such as in the opening scenes when *Aquaman* busts into a submarine overrun by pirates and says, "Permission to come aboard."

The special effects were done well, and the scenery was impressive, but Atlantis itself was turned into an odd Joel

Schumacher neon mess (see *Batman Forever* if you don't understand that statement). Some parts of Atlantis, the parts that showed ancient ruins that you could imagine sunk to the sea in Ancient Greece were impressive, but the Wakanda like technology the movie boasted was a little over the top for me.

So, if I hated it so much, why the heck do I love it? Because I really didn't hate it at all. *Aquaman* has its flaws, but there is so much there to make it worth a watch or two (or ten). While some of the banter between Momoa's Arthur Curry and the bad guys is pretty cheesy, there are also truly funny moments, and charming moments, and tender moments. While the scenery is sometimes over the top with neon bridges and jellyfish, and fish cars, it is at other times beautiful and quaint and jaw dropping, and I'm not just talking about the ruins, I'm talking about the real life setting of Sicily, a place we can hop on a plane and get to right now... no, seriously, let's go!

And the best part of the movie is Jason Momoa himself. Momoa manages to breath some new life into a character that, thanks to shows like *Superfriends*, *Robot Chicken*, and *Family Guy* has been a bit of a joke. The character began to see a resurgence of popularity when DC launched their comic arc *The New 52*, and now Jason Momoa solidifies it. For those who thought that *Aquaman* was just a guy who talked to fish, just watch as he lifts a submarine from the ocean, or takes a grenade to the chest and is only momentarily stunned. Momoa plays *Aquaman* as a hero, sometimes he is reluctant to step into that role, but he always does the right thing in the end, and by the film's conclusion he embraces his hero status.

Luckily, there is plenty of good to overshadow the bad, and by the end of the movie, you're really just there for the ride. And it is a truly fun ride.

THE JAGUAR  
Journal

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# Aladdin: Movie Vs. Broadway

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By Alyssa Kelleher



The street rat from the animated movie, Aladdin, has hit the golden stage on Broadway. The new production, Aladdin the Musical, premiered on March 20, 2014, at the New Amsterdam Theatre in Manhattan, NYC. Fortunately, the glitz and glamour still appears in the new live act along with a majority of the main characters. Although the musical performance is based on the original 1992 Disney movie, it does have its differences.

The magical Disney film stars Aladdin, Princess Jasmine, Genie, Jafar and many more citizens of Agrabah. Aladdin is a poor boy, left with just Abu the monkey, who runs all around Agrabah to steal food and eat, due to a lack of money. On the other side of Agrabah is Princess Jasmine, the daughter of the Sultan. With her is her tiger, Rajah. Rajah is a very sweet and loving pet who's always by Jasmine's side. Princess Jasmine runs away from home, dashes into the marketplace and bumps into Aladdin. Later on, Aladdin finds a

## Lead Club

By Tamia McEwen

Last fall JMHS implemented the Leading Educating and Advising Diversity Club, also known as The L.E.A.D Club. The idea of the LEAD Club started in the summer of 2018. A group of students were picked to go to a free diversity camp. The point of the camp was to accumulate a list of goals that would help improve the school. The students from JMHS chose diversity. The Lead Club's goal is to highlight diversity and appreciate it. The Lead Club's main concern is raising awareness for diversity, and their number one priority is to make students feel represented and heard. Aside from putting up posters, bi-monthly meetings and spreading their words on the announcements, every month they decorate the school, and dedicate it to a specific minority. They are also working on projects and fundraising. One project in particular is the Martin Luther King Scholarship. The scholarship is given to students who possess leadership qualities like Martin Luther King. The club was most excited for their food expo and Diversity Day (no date yet).

The club includes Eni Nubi (president), Dylan Celeste (vice president), Jade Bramwell, Kelly Keuhn, Jayson Dixon, Alina Dezoysza, Samantha Perez, Sabri Cellina, Madeine Gyulay. Recently the club went on a trip to Kean University to attend a graduation for the kids who went to the diversity camp.

magic lamp and a big, blue genie appears. The Genie grants Aladdin three wishes, no more and no less. They run into Jafar, the Sultan's "most trusted councilman" and Iago the Bird. Jafar attempts to steal Princess Jasmine's heart and to push Aladdin out of the way. This sends Aladdin, Princess Jasmine, the Genie, and many more residents of Agrabah on a wild adventure.

Aladdin the Musical has the same storyline as the original movie, but it has its little tweaks. For example, in the original movie, Aladdin has a sidekick, Abu the monkey. But in the Broadway show, Aladdin has three best friends by his side. In fact, they're all thieves too. But not only is Abu missing from this musical, so is Rajah. Instead of replacing Rajah with another set of characters, the writers decided to remove Rajah's character out of the entire production. Another thing that is different is, Aladdin still wishes to become a prince (he later then labels himself as Prince Ali) and for the Genie's freedom, but instead of wishing to save his life from an ocean, he wishes to save himself and his three friends from being chained up in the chambers of the kingdom.

Everyone knows and loves the big, blue Genie. Although the Genie is still just as lovable in the musical, as he is in the movie, his skin isn't blue and he doesn't fly. Instead, he wears a big, sparkly, and blue outfit and he dances all over the stage. There is also another difference, Iago the bird isn't portrayed as, well, a bird. In the musical, he is portrayed as a very short and stubby human-being who wears a

pink, red, and gold outfit. Other than these changes, there's nothing really different from the original 1992 movie. There is definitely more sparkles and glamour than the classic movie, but the same amount of dazzle from each character.

There are also new songs added to the soundtrack in the Broadway performance. In the film, the songs featured in the soundtrack are, Arabian Nights, One Jump Ahead, Friend Like Me, Prince Ali, and the all-time classic, A Whole New World. In no way are these songs cut from the Broadway show. I mean, this is a musical, it's going to have a surplus of singing. Some songs that are added to the Broadway performance that weren't in the movie are, High Adventure, Diamond in the Rough, These Palace Walls, Proud of Your Boy, Babkak, Omar, Aladdin, Kassim, Somebody's Got Your Back, and a medley made just for the Genie.

Aladdin is definitely a magical adventure, on-screen and on-stage. The original movie completely stunned viewers all the way back in 1992. But now, the live Broadway show has left the audience speechless. Although there is some diversity in between the two productions, they're still equally as fantastic and marvelous. No matter if you watch the original 1992 film, or hop on your magic carpet to see the Broadway Production of the movie, it will always be a whole new world.

## Ask Jade

Dear Jade,

**All of my friends have been peer pressuring me into drinking and I don't want to do it but I still want to hang out with them. What should do?**

-Iwantfriends009

Dear Iwantfriends,

As a teen living in the twenty first century I know how hard peer pressure can be. People like to force you to do things you do not want to do. I know first hand people ask me all the time to smoke and I decline but some kids can be influenced very heavily to do things. But you have to make the decision whether you would like to fit in with your friends or loose a few people due to you not wanting to do something. This is something you have to learn now so in the future you won't be influenced to do stupid things. I know this is an analogy everyone uses but let's say this, if your friend is jumping off a building will you do it too to look cool and break your neck or decide to be smart? I'd find a new group of friends that don't force you to do things you don't want to do. I hope this helped you with your problem.

Good luck,  
Jade

They also went to see how much progress each school had made. The club will continue to make the school a more diversified environment.



See Mr. Melendez in room 608 for more information.

By Jaira Navarro

As many know, the Marvel Cinematic Universe (MCU) is a very successful movie franchise. Most fans this year are excited for the upcoming lineup of movies, whether they are rumored to be cancelled or not (but we'll get back to that later). This year, after the success of Spider-Man: Into the Spider-Verse, Marvel has released Captain Marvel, and is soon to release Avengers: Endgame and Spider-Man: Far From Home. Marvel is also planning to release X-Men: Dark Phoenix, the last of Fox's X-Men franchise.

This year Marvel will release three films from the main MCU, which includes characters like Iron Man and Captain America. The first movie to appear on the big screen is Captain Marvel. This movie came out on March 8, 2019 and follows the plot of an alien human look alike Carol Danvers (whose alias is Captain Marvel) and her endeavours as she ends up in a galactic war between two alien races. Next up on the roster is Avengers: Endgame, which is set to release on April 26, 2019. This Avengers movie focuses on the aftermath of all the Marvel heroes and what they're going to do to save earth,

thanks to the destruction bestowed upon by the purple behemoth, Thanos. Last, but certainly not forgotten, is the Spider-Man sequel Spider-Man: Far From Home. This movie is set to kick off phase four of the MCU after the events of Avengers: Endgame.

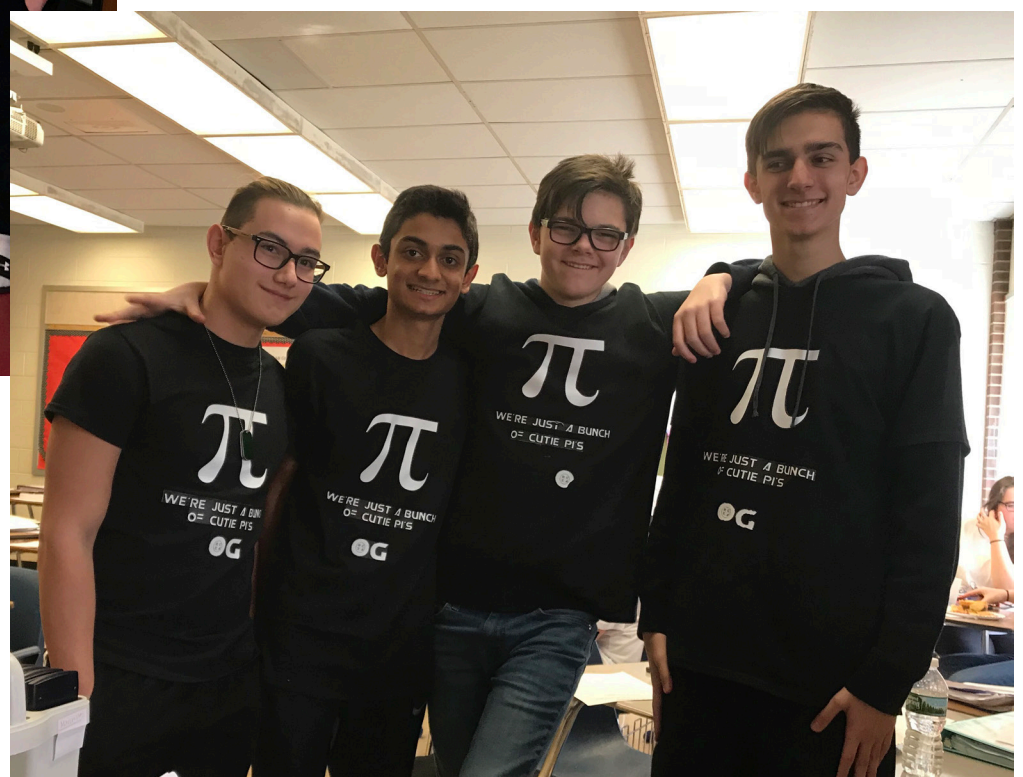
X-Men: Dark Phoenix is the only X-Men film that's releasing this year and will be the last of the Fox released films, since the Disney/Fox merger. This film surrounds the X-Men and how they must join together and save one of their own, Jean Grey, after she is hit by a mysterious cosmic force and is nearly killed. The X-Men's goal, in this case, is to keep Grey under control and stop other aliens from trying to use her abilities to take over the galaxy. The movie is set to release on June 7, 2019. With some recent subpar additions to the franchise, fans are hoping for the best of this beloved story from X-Men history.

As for the future of each of Marvel's storylines after Avengers: Endgame, many fans either think the big three (Iron Man, Captain America, and Thor) will die or that they will somehow live to see another film.

However, most fans are pretty set on the fact that we won't be seeing Steve Rogers in the franchise any longer due to his actor's (Chris Evans) post on October 4, 2018 that strongly hints that Captain fought his last battle. Marvel also said that Peter Parker was supposed to "guide" fans into phase four through Spider-Man: Far From Home and by having him as a familiar face when new characters are (possibly) introduced. As for the X-Men franchise, Ryan Reynolds, who plays Wade Wilson a.k.a. Deadpool, has hinted that there might be a Deadpool three in the works. As mentioned before, Dark Phoenix is supposed to be the set up of a new chapter for the X-Men franchise, which subtly hints at the possibility of more X-Men movies to come. As for the Sony Marvel universe Venom 2 is now officially in the works and (yet another) Spider-Man spinoff, Morbius, The Living Vampire is said to conclude its filming May of this year and come out in 2020, along with Venom 2.



## JMHS Celebrates...



By Brianna Cadavero

With any society or community come social norms and taboos. Social norms allow people in a community to know what is acceptable and what's not acceptable to say, talk about or do. Taboos are typically an unacceptable, untalked about topic that is generally not openly or easily discussed. For example, sex is the second most taboo topic, according to Forbes.com. And from my common knowledge, the topic is especially taboo in the high school classroom, even though it shouldn't be!

Did you know that according to Planned Parenthood.org, 55% of both males and females have had sex before the age of 18? It is surprising that something common enough for half of the population to do is as taboo as it is. If more than half of the teenage population is doing it, why do we collectively refrain from sexual discussion in the classroom?

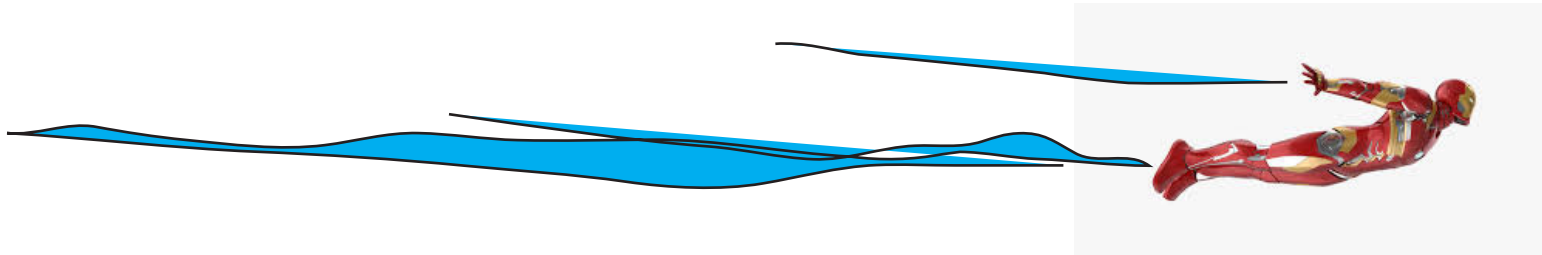
While I do agree that a sexual conversation is not appropriate in all conditions,

I do not agree with the lack of discussion in high school classes like health. Through an informal survey, I discovered that most of the students at JMHS have not received adequate sex education. Personally, the only sex education I have had in the classroom was information about abstinence, which is the practice of completely refraining from sexual activity. While abstinence is a very valid form of birth control, I believe students at JMHS should receive a broader understanding of other methods of contraception.

I believe it is important to reinforce this part of our high school curriculum because in reality, you can't stop teens from having sex, but you can properly inform them about birth control and preventing STDs and STIs. I propose an informative, communicative class where students can learn where they can receive help and guidance. I don't want my classmates to think that if they get pregnant or get an STD, that their

lives are over. I would like my classmates to be properly informed that there are options; that they are not alone, and that they can receive help safely. I propose the encouragement of discussion. It is crazy that something so widely done, is discussed so little. Break the norm! And talk about the high school taboo.

If you are eager to inform yourself about sex, you can talk to your parents (which might be awkward for some) or a trusted adult about it, or you can read up on [plannedparenthood.org](http://plannedparenthood.org) or similar reliable, trustworthy websites. If you need help with pregnancy or STD/STI's, you can contact several free hotlines available online or have a trusted adult bring you to the nearest planned parenthood health center or your pediatrician. If you have questions don't avoid the subject: seek out honest answers that educate you and break the taboo once and for all.



## State Champions

By Amber Masirik

The Jackson Memorial Cheerleading team is known for many successful seasons over the course of many years. Their season usually starts mid-May with tryouts and has a practice every week during the summer to prep for the season. Multiple practices start up towards the end of August, ranging from 3-4 practices every week for 2 hours, working hard to perfect their routine to prepare themselves for the upcoming competitions starting in November. This past season, the Large Varsity team had the opportunity to perform very well at many local competitions, placing first and grand champions at multiple competitions. They also had the opportunity to be invited down to Florida for UCA Nationals, which is a huge accomplishment just to make it down their due to the fact that not everyone gets the invitation to perform at nationals. However, the biggest accomplishment of the entire season was winning not only one, but TWO state titles this past February. They won for their division, Large Varsity, as well as their division title for their group. In the past, only one other state title was won by the Jackson Memorial Cheerleading team which was in 2016. So, to be the second team to ever win a state title for the school was a very huge accomplishment for the team. With half the team being seniors, it was an amazing way to end the season and their high school cheerleading career. All 25 girls on and off the mat put in the hardwork and effort that their coaches wanted them to and more which paid off in the end.



Left to Right(Top) -Rachel McCord, Erin McGrath, Alyssa Masarik, Emma Milani, Sydney Horton, Ella Farkas, Brianna Wishengrad, Heather Buckholz, Tiffany Duffy, Brooke Hentz, Paige Hentz, Caragh McBride, and Hope Vilacoba  
Left to Right(Middle)- Samantha Demuro, Ciarra Lubertazzi, Mackenzie Demuro, Julia Lefante, Allison Graff, Emily Noviello, and Julia Macone

## Jaguar Journal needs: Writers, Photographers, and Graphic Artists!

## Stop by room 520 for more information

# Seniors of The Month

## Abigail Reist

If I could give advice to current students, it would be to get involved in as much as you can. Although it sounds cliché, participating in a wide range of activities allows you to meet new people and gain more experience than ever anticipated. While at JMHS I have been in a wide variety of clubs and played on several teams. Heavily involving yourself creates unforgettable experiences, allows you to express creativity, and defines your time management skills. because it goes by quick.



## Robert Guisti



What is your superpower?

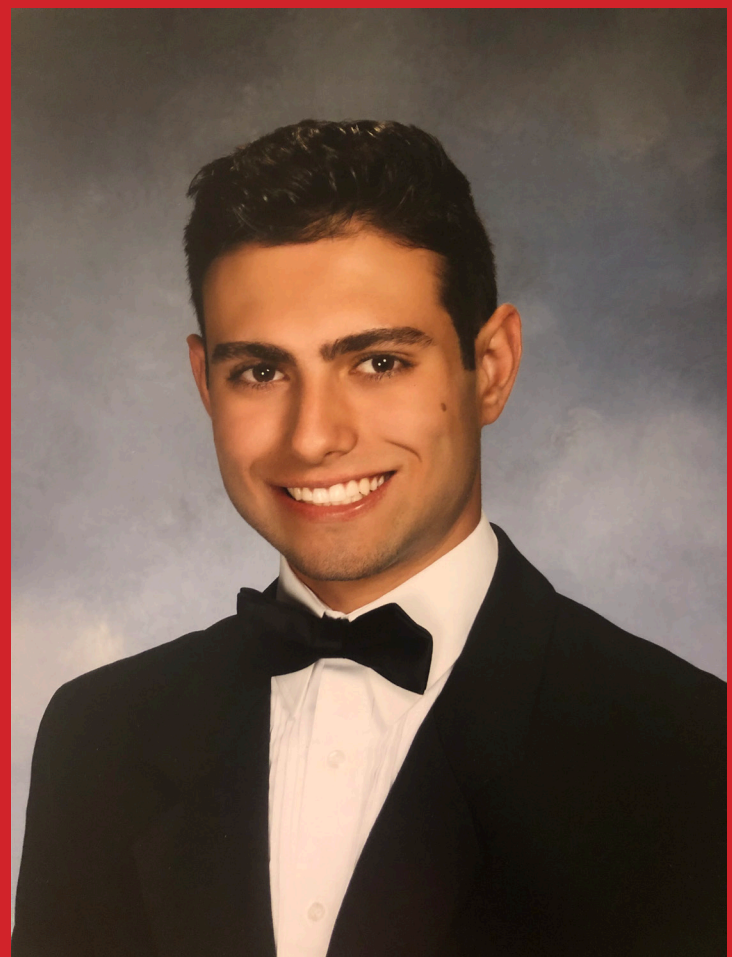
I have a strong bond with calculus. Of course, there are stumbles here and there; however, my ability to retain the methodology of the field is uncanny. As such, I have considered utilizing my skills in mathematics in my career prospects. After all, "great power comes with great responsibility".

## Jamie Klag



As I reflect on my high school career I cannot help but think about how fast it has gone by. It feels like yesterday that I was sitting in the auditorium at freshman orientation, taking my first STEM class, and swimming in my first high school swim meet. I always heard this advice but until now I have not realized the truth to it; get involved and take every opportunity you have because your time at JMHS will fly by. We are lucky to be surrounded by teachers who have our best interest at heart so build relationships. These relationships will expose you to new ways of thinking, different clubs and activities, and an overwhelming feeling of support. Without my amazing teachers and involvement in activities, I would not be the student and person I am today.

## Robert Petrow



If I could have any superpower it would be the manipulation of probability. What does this mean? It means changing all odds to my favor. I'll be a ladies man. What are the chances she goes to dinner with me? 100%. What are the chances I win the lottery? 100%. What are the chances I become an Olympic gold medal winner? 100%.