



The Prophet

UNION CATHOLIC REGIONAL HIGH SCHOOL

November 8, 2006

In this issue:

Sophomore Day of Reflection	2
Top 10 Uses for Leftover Turkey	2
Great American Smoke Out	3
Turkey Facts	4
Mike's Life	4
Vegan Thanksgiving	5
America Votes	5
UC Crossword	6
Fall Sports Wrap Up	8
Chat Corner: Thanksgiving	8

Thanksgiving Liturgy

Keyana Jones

ON NOVEMBER 20, THE UNION Catholic community assembled in the gymnasium for the annual Thanksgiving Liturgy. UC was honored to have the superintendent of schools for the Archdiocese of Newark, Father Kevin M. Hanbury as the celebrant.

Archbishop John J. Myer appointed Father Hanbury as vicar superintendent in July. Father Hanbury was selected because of his dynamic image and great potential to serve as the leader of our schools and religious education ministries.

"It's an honor to have him visit us and worship with us," said Mrs. Schurtz, head of campus ministry. The mass centered on the theme of "the presence of thanksgiving"

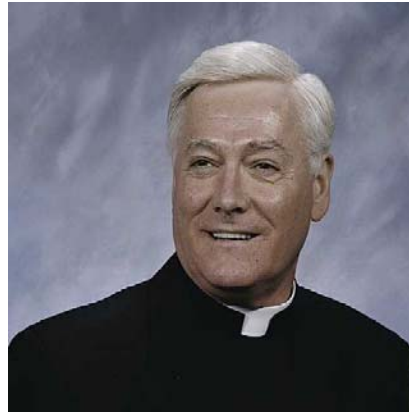
or gratitude, which was stressed by Sister Percylee, Hart R.S.M. and Father Hanbury. The traditional thanksgiving basket was displayed, representing the contributions and donations of food from the UC community to the hungry.

Peer Ministry's overall goal this year is to

have "teens planning mass for teens," explained Mrs. Schurtz.

The mass ended with "Lord I Lift Your Name on High," an uplifting hymn, which has been designated as the new closing song of every mass ceremony for this school year.

According to Mrs. Schurtz, clapping during the mass ceremony has become a concern. Clapping is appropriate "as long as it's done with the most genuine of emotion," said Mrs. Schurtz. Sister Percylee notes that mass is a "sacred space", but a "spontaneous outpouring" sometimes is inevitable after certain hymns and uplifting sermons.



Sophomore Olympics

Ashley Wytenus

ON THURSDAY, NOVEMBER 9, sophomores participated in the Sophomore Olympics inside and outside the doors of Union Catholic. During the day, which was organized by chemistry teacher Mrs. Mascolino, students participated in a broad range of challenges, from racing to the finish line while being tied to another person to knowing how much makes up a gross. The sophomore class was

divided up by homeroom, and at the end of the day, Homeroom 220 won both the academic and physical portions of the Olympics. Though a power outage momentarily paused the proceeding of the day's activities, the event still went on smoothly.

Described as a "fierce competition" by Mrs. Mascolino, the day consisted of potato sack races, basket-

ball, soccer, volleyball, and three-legged races. Due to the rain the day before, the fields were excessively muddy and most of the students slid in the mud. A lucky few even fell full throttle into the wet dirt. "I tripped into the mud and had to change my pants, but the day was still a lot of fun!" exclaimed Jessica Murawski '09.

(continued on page 3)

Sophomore Day of Recollection

Sarah Getz

“FINDING THE PATH” WAS THE THEME for this year’s Sophomore Day of Recollection, which was held at the Immaculate Heart of Mary Church on November 15. Union Catholic Peer Ministers worked for weeks to plan the event which was overseen by religion teacher and Campus Minister Mrs. Schurtz, English and religion teacher Mr. Marino, and history teacher Mr. Elmera.

As all days should begin, the Sophomore Day of Recollection started in the cafeteria with breakfast - well, with a game involving breakfast. The Pop Tart game required four contestants to eat a Pop Tart without their hands and then guess the flavor. Students then filled out letters containing their goals and dreams for the future that will be given to them when they are seniors. This started students thinking about what paths they want to follow.

The sophomore class then proceeded across the street to IHM where the Human Maze was introduced, in

which a student guided another classmate through a maze. He or she had to do his or her best to stay on the right path and maneuver around the obstacles, just like on the road of life.

History teacher Mrs. Caffery, Kaitlin Butler '07 and Sean Rainey '07 gave inspirational speeches to the students. Mrs. Caffery spoke about what was important to keep in mind when traveling down the road of life. Her message was that the best way to stay on the right path is to choose love. Later, Butler told the students about her sophomore year and the journey that she took. Rainey concluded with a talk about how he endured the hard times in his life.

The rest of the day contained group discussions and other entertaining games before the students headed over to mass. Many were surprised to hear “Life is a Highway” blasting through the stereo as mass began, continuing the theme of the day. The homily also contained the message that,

although everyone makes mistakes, it is important to stay on the right path.

“My favorite game was the Human Musical Chairs.” said Gabby Garcia '09. “It was funny to watch.”

“I think today was really successful.” said Peer Minister Jill Barreto '07. “It looked like everyone had a really good time.”

This extravagant event took weeks to plan and coordinate. UC Peer Ministers had to choose activities that the students would enjoy and that reflected the theme of the day. Peer Ministry broke into leadership groups in order to make sure that everything was accomplished on time.

“I couldn’t be more proud of the work the Peer Ministers have been doing this year.” said Mr. Marino. “They are truly an awesome group of people.”

Top Ten Uses for Leftover Turkey

Jillian Hernandez

UC-ITES ARE FACED WITH THE SAME conundrum every Thanksgiving—what to do with their leftover turkey. Most have exhausted every possibility and still find themselves dissatisfied with a month of turkey soup and sandwiches. However, hope glimmers on the horizon for those brave enough to attempt the unthinkable. Below is a list of the top ten least common and most unconventional uses of leftover turkey. Warning: Do not use as directed.

10. Construct a turkey house of cards (well, not cards, obviously—turkey slices.)

9. Design your own line of turkey based clothing—hats, scarves, the works! The clothes, however, are not guaranteed a long life-span.

8. Set up some turkey slices on the table and use the drumsticks as they are named.

7. Make your own little turkey puppets and reenact the first Thanksgiving.

6. Create a checker board using the dark meat as black pieces and spaces and the light meat as red pieces and spaces.

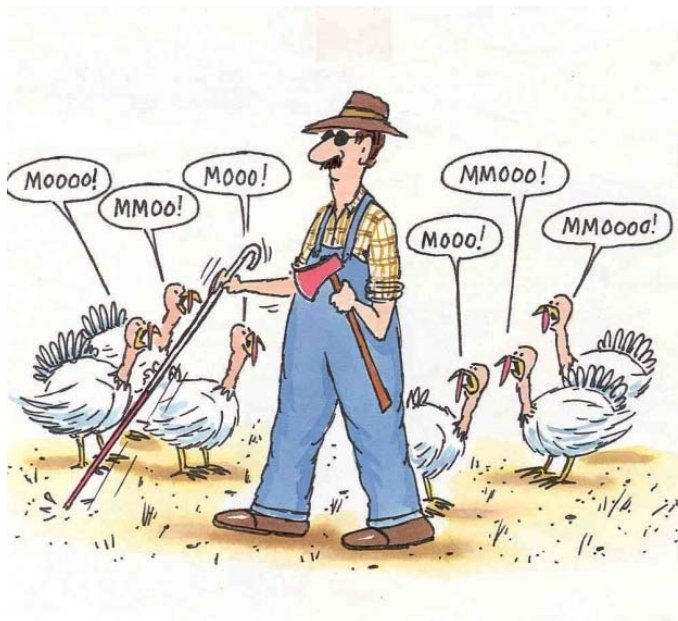
5. Use the carcass for a rag-tag game of flag football in the yard.

4. If you are short on cash when Christmas rolls around, keep your turkey frozen and re-gift it.

3. Cut shapes out of the slices and dip them in different colored paint. Stick them to the walls for a lovely decorating effect.

2. Using the wishbone and a gizzard or two (if you’re feeling daring), make a slingshot and fire some candied yams.

1. Place a pile of turkey under a cardboard box propped up by a stick and a piece of string. Try to catch other turkeys, so you can have even more turkeys to use these tips on!



Sophomore Olympics

(continued from page 1)

Many agreed with Murawski including Maxine Pais '09. "The day was a blast!" said Pais. "I'm so upset that we won't have an Olympics like this as juniors though."

Before the day's competitions started, sophomores ate a complimentary breakfast in the cafeteria with their homerooms to socialize and discuss their game plan. A nice sugar rush made even the most unenthused students pumped about the upcoming day. Following the physical challenges, students were again refueled with more sugar to stimulate their brains for the upcoming academic challenge, which almost did not even happen due to a black out in the Scotch Plains area.

As Assistant Principal Mr. Reagan gave an announcement to the students in the cafeteria about staying calm during the blackout, the lights in the school suddenly went on. Sophomores cheered in the cafeteria, for this meant that the academic challenge would proceed as planned. Principal Sister Percylee Hart, R.S.M. came on the intercom shortly thereafter and announced her appreciation for everyone and the way they handled the emergency. With this, students proceeded by homeroom to the auditorium for the academic portion of the Olympics.

For the academic challenge, each homeroom nominated three representatives to participate in the competition. Each homeroom was asked a series of questions, which were created by Mrs. Mascolino and other contribut-

ing teachers and ranged from math to United States Interstates. Whichever homerooms gained the most points after each round advanced on to the next round. Homeroom 220 and Homeroom 225 faced off in the final round, but in the end, Homeroom 220, represented by Steven Berger '09, Chris Brown '09, and Anthony Caravano '09, prevailed. As if the academic challenge was not enough, Homeroom 220 won the physical challenges as well, making them the overall victors

After the winning homeroom accepted the prestigious Olympiad award with the 5 ring Olympic symbol on it, the entire school was dismissed at 11:41 a.m.

A Day to "Butt Out"

ON THE THIRD THURSDAY OF NOVEMBER, one week before Thanksgiving, the Great American Smokeout is held annually every year to help regular smokers overcome their addiction and – hopefully – to quit. This year, the Smokeout was held on November 16.

The concept of the GASO tradition dates back to the early '70s when Lynn Smith, publisher of the Monticello Times of Minnesota, announced the first observance and called it "D Day." The idea caught on in state after state until 1977, when it went nationwide under the sponsorship of the American Cancer Society. According to the past successful results of the Smokeouts, an estimated one-third of the nation's 46 million smokers could be taking the entire day off from smoking this year.

Every year, during GASO, the American Cancer Society promotes local and nationwide activities that focus light-heartedly on the benefits of not smoking. In the previous year, a national sandwich shop company gave out free cookies and "cold turkey" sandwiches to smokers who turned in at least a half pack of cigarettes, and newborn babies at Washington's Columbia Hospital received T-shirts that said "I'm a Born Nonsmoker." Last year's slogan, "Don't Let Smoking be an Obstacle, was for a Houston activity in which smokers ran an obstacle course consisting of

oversized cigarette packs, matches, and ashtrays. Preschoolers in Texas played "Gonesmoke, a Tale of the New West," while wearing red bandannas and Smokeout deputy badges. Other events include public appearances by celebrities who have quit, along with parades, rallies, athletic events and ceremonial cigarette burials and bonfires.

The rules of GASO are simple: simply quit smoking for the 24 hours of the Smokeout. What makes it easier is that smokers will not be alone; they can exchange advice, share jokes and complaints with other "quitters," nonsmokers, and the American Cancer Society volunteers who will be supporting them throughout the day.

However, smokers, nonsmokers, and quitters are not the only ones participating. Behind the festivities of GASO are the serious efforts of thousands of hard-working American Can-



Octavia Knight



cer Society volunteers who visit the schools, malls, and workplaces to publicize the activities and distribute information about quitting. They also ask nonsmokers to "adopt" smokers for the day and support them with advice and snacks. The support is continued after the program is over for however long the soon-to-be-quitters need the encouragement.

If you know anyone who smokes cigarettes frequently this could be the chance to help them overcome that crippling obstacle and to help them join millions of other smokers in saying "no thanks" to cigarettes for 24 hours. Tell them about the Great American Smokeout; it could change their lives. For more information about the GASO, program visit their website at

www.americansmokeout.com.

Turkey Facts: Did You Know?

Heather Heaney

EACH YEAR, MILLIONS OF PEOPLE SIT down to a big turkey dinner on Thanksgiving evening. However, few people know very much about the bird they consume. Have you ever wondered why you always feel so tired after your Thanksgiving dinner? It's no coincidence that you feel the same way every year. Have you ever felt that the bald eagle was too weak or cowardly to be our national symbol? Someone did. Here are some interesting turkey facts that you probably never knew.

Tryptophan, found in turkey, is an essential amino acid. Since the body cannot produce these, it has to get tryptophan and other essential amino acids from food. Tryptophan helps the body to produce the B-vitamin niacin, which in turn helps the body make serotonin. This chemical acts as a calming agent in the brain and plays a role in making people sleep, thus the exhaustion after eating large amounts of turkey.

Surprisingly, turkey is very popular all year round, not just during the holidays. In fact, it is so popular that when Neil Armstrong and Edwin Aldrin had their first meal on the moon, their food packets contained roasted turkey and its trimmings. Fifty percent of

Americans eat turkey at least once every two weeks, and in 2001 alone, each person in the US devoured an average of 17.5 pounds of it. Today, 32% of all turkey is consumed during the holidays; more than 45 million turkeys are cooked and eaten in the U.S. on Thanksgiving alone. In 1995, retail



sales of turkey reached \$4.4 billion and have continued to increase each year.

Not only do people love the food, but they also love the animal itself. Benjamin Franklin admired it so much, that he proposed the turkey as

the national bird. He was upset when the bald eagle was chosen because he felt that it was too feeble to be a national symbol. He felt so strongly about this issue that he even sent his daughter a letter criticizing the choice of the eagle over the turkey. The letter read: "For my own part, I wish the Bald Eagle had not been chosen the Representative of our Country. He is a bird of bad moral character. He does not get his living honestly." The turkey may have lost the fight for national bird, but it won the battles over the state game bird of Alabama and official state bird of Oklahoma.

Shockingly, turkey even had a ballroom dance named after it. The Turkey Trot was named for the short, jerky steps that a turkey makes. It is also ironic that, despite turkeys' poor sense of smell, they have excellent senses of taste; Americans must love the taste of turkey since so much is bought and eaten every year!

This Thanksgiving, when you sit down at the table to have dinner, enjoy the fact that you now know a little bit more about the bird you are going to eat, and when you start to dose off halfway through dinner, now

Mike's Life

I HAVE RECENTLY OBTAINED AN AXE clicker, like the one from the commercial in which Nick Lache counts how many girls "check him out." So, for a week instead of counting how many girls check me out (because there are so many), I have been walking through



the hallways and classrooms counting how many times students use the words "like" and "yeah."

On average, I have heard the words "like" and "yeah" about 860 times in a day. These two expressions are included in the most overused words among adolescents. Teens have been saying these mainly as fillers or for emphasis during conversations, instead of using these words the way they are intended to be used.

"I don't even realize when I say it," said Lauren Maluchnik '07. "People use them instead of stuttering and to keep the other person's attention."

Liz Peach '08 said, "One way of trying to stop is by expanding my vocabulary, also, by thinking before I talk."

Michael Cordeiro

This isn't that big of a problem, but it is something that we need to work on. If we don't, we could end up sounding like an 80's "Valley Girl." There are so many more words that we could use; we just need to discover them.



Vegan Thanksgiving

MOST AMERICANS CONSIDER TURKEY an essential to all Thanksgiving celebrations; to many, Thanksgiving centers on the bird alone. However, this does not hold true among vegans, who do not eat food containing any animal product, such as meat, dairy, or eggs, for a variety of ethical, health, and environmental reasons. Many vegans still celebrate Thanksgiving, just with a few modifications.

Tofurky, an all-natural soy based stuffed vegetarian roast, has gained popularity and is now available nationwide. Many vegans consider Tofurky to be an easy and delicious option and the perfect centerpiece for any vegetarian Thanksgiving table. Still, some vegans opt for other more unconventional holiday dishes.

Nearly all baked goods can be

easily “veganized.” regular milk can be substituted with a nondairy milk, such as soy milk, rice milk, or almond milk. Eggs can be replaced in a variety of ways, but this depends on the particular recipe.

For the less adventurous, many already “veganized” dessert recipes are available in vegan cookbooks and on the Internet.

Gingerbread Cupcakes with Lemony Frosting

“Nothing says waiting for the holiday season like these moist, fluffy gingerbread cupcakes.”

Recipe by Isa Chandra Moskowitz, Terry Hope Romero

1 1/4 C. All-Purpose Flour
1 t. Baking Powder
1/2 t. Baking Soda
3 t. Ginger, ground
1 t. Cinnamon, ground
1/4 t. Cloves, ground
1/4 t. Salt
1/2 C. Vegetable Oil
1/3 C. Light Molasses
1/2 C. Maple Syrup
1/4 C. Soy Milk
2 T. Soy Yogurt
1 1/2 t. Lemon Zest, finely grated
1/4 C. Crystallized Ginger, finely chopped



1. Preheat the oven to 350. Line muffin pan with cupcake liners.
2. Sift flour, baking powder, baking soda, ginger, cinnamon, cloves and salt in a bowl and mix.
3. Whisk oil, molasses, maple syrup, soy milk, yogurt and lemon zest in a separate large bowl. Add the flour mixture to the wet ingredients and mix just until smooth. Fold in the chopped crystallized ginger.
4. Fill liners 2/3 full. Bake for 19 or 22 minutes, until a knife or toothpick inserted into the center comes out clean.
5. Let cool completely before icing.

Lemony Buttercream Frosting

1/2 C. Nonhydrogenated Shortening
1/2 C. Nonhydrogenated Margarine
3 1/2 C. Confectioners' Sugar
1 1/2 t. Vanilla Extract
1/4 C. Plain Soy Milk
1 T. Lemon Zest, finely grated

1. Beat shortening and margarine together until well combined and fluffy. Add sugar and beat for about 3 minutes. Add vanilla and soymilk, beat for another 5 to 7 minutes or until fluffy.

NOTES: Soy yogurt can be a difficult ingredient to find, but it can easily be subbed with soymilk mixed with a little cornstarch and then heated in the microwave—consistency is what matters. Honestly, Earth Balance shortening and margarine is a necessity for good, fluffy vegan frosting. In fact, the frosting may end up inedible without it, so take this as your warning. Also, pretend to care about your health and use good quality organic (if possible) expeller pressed canola oil. We recommend using Vitasoy Organic Unsweetened Original soy milk. If you have to, it is totally worth searching for a store that carries it! Try Wegman's or any supermarket with a yuppie health food section.

America Votes 2006

THIS YEAR'S MIDTERM ELECTIONS decided the fate of the United States Senate and House of Representatives. Election Day took place on Tuesday, November 7, and Union Catholic housed voting booths for local NJ residents. This was the first opportunity for a few UC students to vote as well. “I felt

it was a little intimidating for a first time voter,” said Laura Biondi '07, “but I really wanted to vote.” The outcome of the election was vital for both political parties, and in the end, the Democrats took control of the House of Representatives and Senate, and Democratic Congresswoman Nancy Pelosi became

the first female Speaker of the House. Democratic incumbent Bob Menendez won the NJ Senate Race.

Running a country with Democratic legislature and a Republican president may seem difficult, but President Bush has vowed to practice bipartisanship.

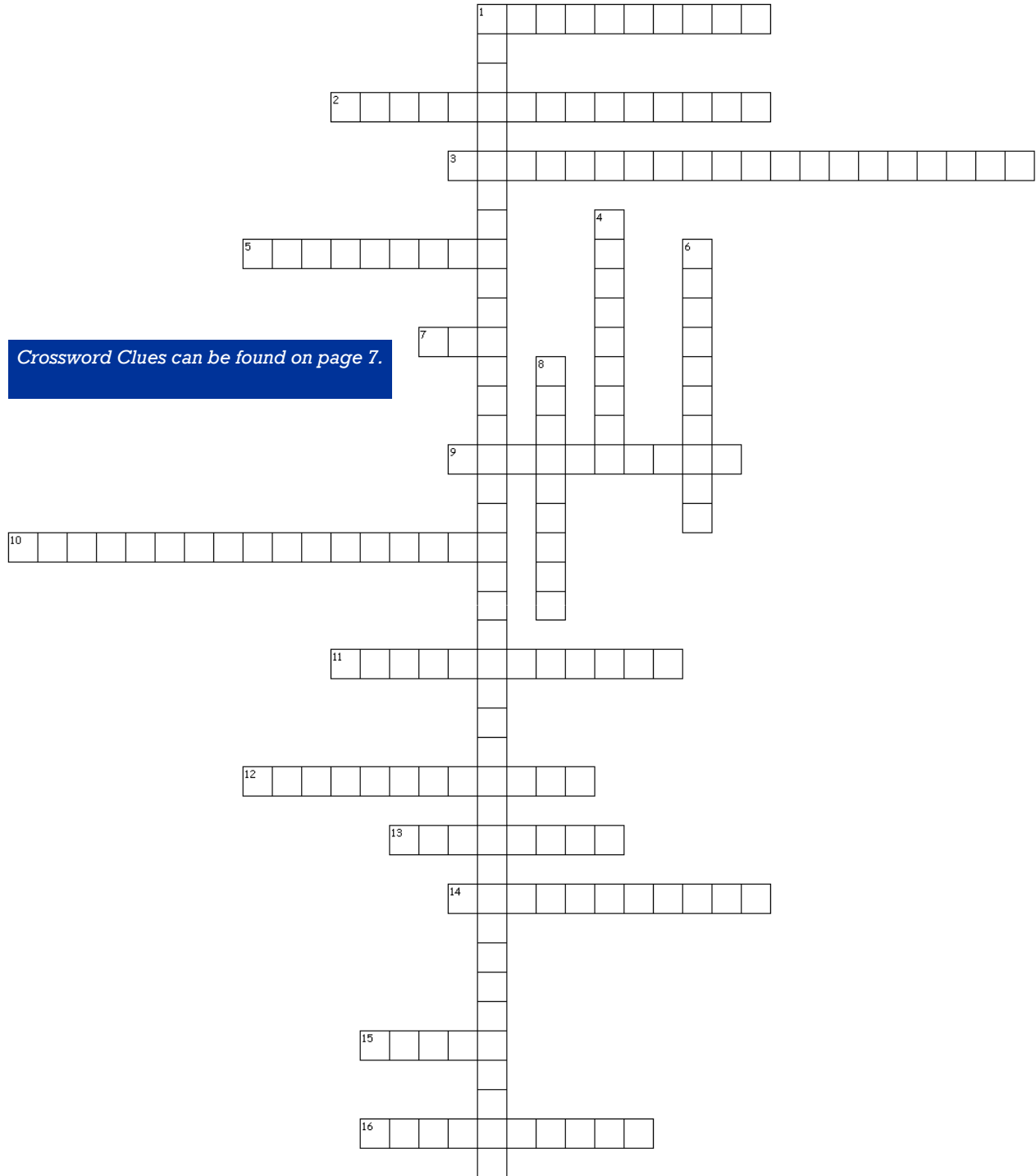
Christopher Wytenus

Samantha DeLucia

UC Crossword Puzzle

Samantha DeLucia

Crossword Clues can be found on page 7.



UC Crossword Clues*(continued from page 6)***Across**

1. phrase screamed out in the hallway randomly, or when someone drops something
2. any sweater that was not purchased from Flynn and O'Hara and says Union Catholic on it; usually worn by seniors
3. club of students that are paired with incoming freshmen to whom they write letters and help welcome to UC
5. rules that specify exactly how the students need to dress during a school day; violations are punishable by detention
7. performing arts company

9. extension cords throughout all classrooms which have six outlets on the ends
10. each grade has its own themed day, run by Peer Ministry for reflection and bonding
11. a faith-centered club of students who organize events such as the Days of Recollection
12. one who competes on the Forensics Team
13. club consisting of students that attend all UC sports games dressed in matching shirts to cheer the team on
14. to have the entire hard drive of one's laptop completely erased, to rid it of all viruses and laptops as well as anything

else on the laptop

15. slang for Student Council

16. Assistant Principal Mr. Reagan's saying, referring to proper dress code

Down

1. school motto
4. all history classes must read a number of articles weekly and write a small summary
6. commonly used saying when someone's laptop battery is dying and needs to be plugged in
8. long black cord with black charger thing on it

Freshman Field Day

FRESHMAN FIELD DAY TOOK PLACE Friday, October 6 and was a huge success, according to Sister Ann Sullivan, senior guidance counselor. Through the rain and cold, the freshmen continued to hold up their spirits and participate until they were relocated in the auditorium to watch movies. "Even with the rain, everyone was so cooperative," said Sister Ann.

Freshman Field Day is a yearly event run by Big Brothers and Sisters and the Student Council. It is a half day full of games, contests, and prizes for the freshman homerooms with the most

points and spirit. However, this year's Field Day was cut short by stormy weather and students were sent to the auditorium to watch *Grease*. "We had a lot of fun even though we were soaking wet," said Media Coordinator Nick Ferreira '07.

Most of the Field Day's success is owed to the Big Brothers and Sisters, along with Student Council. The Big Brothers and Sisters, homeroom representatives, and Student Council Executive Board Members kept everyone enthusiastic and motivated throughout the cold and rainy weather. "We just

Samantha DeLucia

wanted everyone to have fun," said homeroom representative Sam Peters '08.

The UC Spirit Award went to homeroom 207. Homeroom 203 won first place for having the most points. Participation from teachers such as Mr. Gresco and Mr. Mariano greatly contributed to the success of the day. "It was very well directed," said Sister Ann. "Big Brothers and Sisters, and Student Council, really did a great job."

Your Thanksgiving Dinner

THANKSGIVING IS A TIME FOR FAMILY and food, and especially for thanks! However, for the majority of people, it's about the enormous dinner we all anticipate on Thanksgiving night.

Students are all too familiar with the story of the Pilgrims and the Native Americans. They shared a delicious dinner of corn, potatoes, cranberries, and of course turkey along with countless other delectables. They did this while giving thanks for the land, life and freedom with which God had blessed them.

Now while the thanks part is essential to this day, the majority of

people look forward to the dinners that families spend hours creating. Students here at Union Catholic are no different.

A survey taken of the Class of 2007 showed some interesting results. Three out of ten students shared a love for those juicy cranberries. Two out of ten students enjoyed mashed or baked potatoes. Four out of ten students couldn't get enough of the home made stuffing, yet only one student was interested in the turkey.

A survey of the Class of 2010 showed much different results. Five out of ten students polled preferred

turkey. Another three out of ten wanted to save room for their delicious pumpkin pie, while two out of ten would rather pig out on some stuffing.

Thanksgiving still remains a day of celebration, thanks and tradition. People may share different interests and preferences when it comes to what mouth-watering food they'd like, but many people would agree that the preparation of each meal is what really brings families and friends together to be thankful for one another.

Katherine Moore

Fall Sports Wrap-Up

THE UC FALL SPORTS TEAMS ENJOYED another successful season. This year, UC fielded varsity Girls' Tennis, Girls' Soccer, Boys' Soccer, Cross Country, Girls' Volleyball, and Cheerleading teams, all have something to be proud of.

The UC Lady Vikings' Volleyball team has quite a reputation, and this season was no exception to their winning tradition. The girls finished with a 17-7 record which was enough for the girls to capture the Mountain Valley League Championship. The girls also finished second in the Union County Tournament, losing in a heart-breaker to Number 11 ranked West-

field. The girls ended their season with a loss to Roselle Catholic in the North A State tournament.

The Boys' Soccer team had a successful season despite a new coaching staff and the loss of several key players through graduation. The boys finished with a 12-4-1 record and captured the Mountain Valley League Championship.

The Girls' Tennis team may not have finished with an overly impressive record, but the girls all felt that the season was a success. "I had such a great time bonding with my teammates," said Cindy Ritter '08. "I just hope we

find more tennis players to field a team next year!"

The Girls' Soccer team continued their winning ways this year, finishing with a 13-5-1 record. The girls bowed to Number 7 ranked Pingry in the North A State tournament in a close 2-1 game.

The Cheerleading team enjoyed another successful season with a new team and also a new coach. "I really had a lot of fun cheering the boys' and girls' soccer teams on this season," said Nicole Johnson '08. The team also had a great showing at the UC Fall Pep Rally.

Christopher Wytenus

The Chat Corner

During the Thanksgiving season, many people forget to offer thanks for all of the things with which they have been blessed. It is easy to get caught up in the vacations, food, and decorations, losing sight of the real meaning of this holiday we are about to celebrate. In addition, with some of the unpleasant events in today's world, we might feel that its best to block the "bad things" out and get on with life, only concerning ourselves with our own self-interests and needs. However, this is not the right way to go about it! Instead of avoiding the problems around us, we should reach out to those who need help, while giving thanks for the things and people we have in our own lives. One of the best parts of Turkey Day is the opportunity to gather with family and friends, but in the excitement, don't forget to pause and reflect on your life. Stop, look around, and be thankful for what you already – and will eventually – have. After all, that is what Thanksgiving is for.

The Prophet

2006-2007

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Omission: The names of two students, Brianna Dugan '07 and Melissa Dunn '07, were omitted from the list of NHS Inductees.