



The Memorial Voice

New Year's Resolutions: Will You Stick to Yours?

By Ny'Asia Butler and Devyn Ciccio

This year, I'm going to be more outgoing! This year, I'm going to start working out! This year, I'm going to try harder in school!

People make New Year's resolutions every January. New Year's is a time for changing anything and everything, from that 76 you got in Chemistry to that 30 pounds you've been wanting to lose. Sadly, only about 8% of Americans are going to stick to their goal for 2014.

The ever knowledgeable Wikipedia defines a New Year's resolution as "a promise that you make to yourself to start doing something good or stop doing something bad on the first day of the year." If you've made a New Year's resolution, ask yourself, "Have I been working towards my goal?" About 75% of resolution-makers keep

their goal for the first week, but after that, the percentage begins to dwindle. The hardest part of making a change is the long-term commitment. Remember, it's never too late to pick up where you left off and continue working toward your goal.

To help ensure that you succeed in reaching your goal, there are a few things you can do. Don't try to achieve a giant goal all at once. Set small steps. Martin Luther King Jr. said, "If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do you have to keep moving forward."

Know your limits. Don't push yourself too hard. You aren't going to lose fifty pounds in one week. You're not going to organize your entire life in one hour. Ronald Reagan said, "My philosophy of life is that if we make up our mind what we are going to



make of our lives, then work hard toward that goal, we never lose - somehow we win out."

Finally, have fun. Goals aren't meant to be torture. Make sure that the work is rewarding and that you are eager to achieve your resolution. If you want to change, you have to be ready to change!

So, do you think you will you stick to yours?

Get Involved!

By Sunni Klein-Parks

MILLVILLE—You might think school clubs are not for you, but that might just be because you haven't found the right one yet! Clubs are a way to have fun, meet people that share your interests, and learn more about things that interest you.

At Memorial, clubs are meeting everywhere. Just look for posters or listen to announcements to find out what clubs you can become involved with.

There are many new clubs at Memorial this year, including Anime Club. Anime Club is full of people that

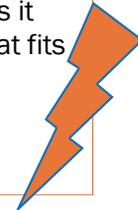
share an interest in Anime, Japanese-animated cartoons. They meet on Wednesdays in the library to draw, snack, watch Anime, and learn Japanese.

Club advisor Ms. Finney says, "I really like [Anime]! I think it's a great form of artistic expression."

If you're not interested in Anime, but you are looking to be creative, you might want to consider Drawing Club or Comic Book Club. If you want to learn more about an academic area of interest, you could check out Chemistry or History Club. Grab a friend and look into joining Chess Club or Book Club. Student Council

and Memorial Mentors are a great way to become involved with our school and community, but you'll have to wait until next school year to apply. If you enjoy sports, you can become a sports team student manager, just contact individual coaches to find out more. There is something for everyone and most clubs are still accepting members.

Clubs are a great way to be involved and with so many choices it shouldn't be hard to find one that fits your personality.



Too Much Stress!

By Gabby Lilly

MILLVILLE—Homework? Grades? Tests? Projects? When you hear these words, you probably start to panic and start to stress about how much you have to do. It's normal for teens to worry about school.

Homework overload causes stress for teens. Some high schools, like Memorial & Senior High in Millville, use block scheduling. This means students have two semesters with four classes per semester. Class scheduling like this can add to your stress.

For example, this semester I have a world language, Algebra, an elective, and gym and choir on A/B schedule. I only get homework in my Algebra class. Next semester, I have most of my academic classes which means more homework and much more stress. It would be better to have an equal amount of academic classes each semester so it wouldn't be as

stressful. Getting pounded with homework in one semester is overload.

Stress levels for teens have been rising. A little bit of stress is healthy for you because it helps motivate you to finish everything you want done, but when you get overloaded with homework and over-stress, you could lose your motivation to finish high school or get into college. Stress can cause you to give up on everything you have been dreaming of and planning for.

Other factors: diet, sleep, & depression. Unhealthy dieting can cause you to stress more than normal. Stress can affect your sleeping schedule as well.

Too much stress can cause depression and could turn into self-harm.

Finals week is coming up and it's a new experience for freshman! Sophomores already know first-hand how stressful it will be. Two hours of testing for two classes each day of finals. That's eight hours of testing! But don't stress too much. You can get yourself prepared for it in just three simple steps. Most importantly, study now while you still have time. Don't get overwhelmed. Just relax and try your hardest without overloading yourself with too much work in one shot. During the week of finals, you will need to get lots of sleep so you can wake up on time and be well rested. Lastly, eat a healthy breakfast every morning so you will be full of energy.



Best Apps for Teens

from: www.common sense media.org



You Don't Know Jack

Sarcastic, funny trivia game occasionally goes too far.

Age Range: 15
Platforms: iPad



Infinity Blade

Medieval battle game is too violent for young kids.

Age Range: 15
Platforms: iPad, iPhone, iPod Touch



The Sims 3

Riveting, complicated simulation game reflects life.

Age Range: 15
Platforms: Android, iPad, iPhone, iPod Touch



Winter Pep Rally

By Ny'Asia Butler

MILLVILLE—Last month Memorial High School held its annual winter pep rally for students and staff. Orange and blue were paraded around as freshman and sophomores fought for bragging rights for most spirited.

During the pep rally, held on December 20th, the cheerleaders hyped-up the crowd while students played on-stage games like Basketball Free-Throw and Decorate the Human Christmas Trees. Winter sports were introduced, including basketball, cheerleading, swimming, wrestling, and track. Memorial's clubs and participants were also highlighted.

The pep rally was a great way for Memorial to end 2013 and welcome the New Year. The sophomore boys were awarded the most spirited thunderbolt award and will defend their title at the spring pep rally, scheduled for April 4th.



Top : The JV and Varsity cheerleaders lead the crowd in a chant.

Middle: Students are decorated as Christmas trees for a contest.

Bottom : Freshman Vincent Brent wears a basketball hoop for another contest.

Coming to MSHS this Spring!

 **SHREK**
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MUSICAL

April 10th, 11th, & 12th @ 7:30 pm

**Tickets : \$8 for Students & Seniors
\$10 for Adults**

**Reserved Tickets Will Be Available For Sale in the
MSHS Main Office in March**

More Spring Performances

<u>Performance</u>	<u>Location</u>	<u>Date & Time</u>
Evening of Jazz	MSHS	March 5, 7pm
Lakeside Musical	Lakeside PAC	March 21, 7pm March 22, 7pm
Memorial Spring Concert & Art Expo	Memorial	May 6, 7pm

Josh Tigo Crowned Mr. Millville 2014

By Jaclyn Smith

MILLVILLE, NJ- On Saturday, January 18th, Josh Tigo was crowned Mr. Millville after a brilliant performance. Josh defeated eight other contestants for the title, including Chad Kahn, Ozmeare Evans, Garland Dempsey, Sean Platt, Tyler Loteck, Joshua Cardona, Clay Dobson, and David Flores. A tenth contestant, Jagger Pettit, withdrew from the competition due to suffering a recent concussion.

During the dress rehearsal the evening before the event, the contestants reflected on their biggest competition in the contest and the hardest part of preparing for the big night. Josh Cardona named Ozmeare Evans as his biggest competition and Tyler Loteck said that Sean Platt was his biggest competition. Ozmeare thought that the hardest part overall was teaching the dances, while David Flores concluded that the hardest part for him was learning all of the

choreography.

The theme of the night was Saturday Night Live. The opening performance included all nine contestants in “King Tut”, a choreographed performance based on an SNL skit by comedian Steve Martin. Next, each participant modeled casual wear, an outfit they picked out themselves. Then contestants performed in individual talents. Some of the talents that stood out were Ozmeare Evans’ Michael Jackson tribute, Sean Platt’s take on the original Saturday Night Live skit “Spartan Cheerleaders”, and Josh Tigo’s acoustic guitar and vocal performance of “Free to be Me” by Francesca Batistelli.

Finally, all contestants came out with their escorts in formal wear. After deliberating, the judges picked the top five, including Ozmeare Evans, Tyler Loteck, Clay Dobson, Josh Tigo, and Joshua Cardona. All five



were asked questions at random and scored on their answers.

Judges deliberated once again, eventually deciding on the order of the finalists: fourth runner-up Tyler Loteck, third runner-up Clay Dobson, and second runner-up Ozmeare Evans. After Josh Cardona was named first runner-up, Josh Tigo was crowned the winner of Mr. Millville 2014.



Is Money a “Get Out Of Jail Free” Card?

By Devyn Ciccio

Sixteen-year-old Ethan Couch stole beer from a Wal-Mart in Texas and then drove with a blood alcohol content three times the legal limit. While drunk driving, he crashed and killed four people. The story gets worse. Even though Ethan faced 20 years in prison, he got away with probation and psychological treatment. Why? Because he's rich.

Ethan Couch is a member of a wealthy family, and as such, he could afford a great lawyer. His family hired Reagan Wynn. According to www.kearneywynn.com, the firm's website, Wynn's accomplishments include being elected to The Best Lawyers in America from 2005-present and was one of three Fort Worth attorneys to be named "Lawyer of the Year" by Best Lawyers in America for 2011. Wynn has also been named a "Super Lawyer" by Texas

Monthly in 2003 and 2005, and a "Top Attorney" by *Fort Worth, Texas Magazine* from 2007-present. Attorneys like that don't come cheap, which raises the next question: Are wealthy people at an unfair advantage to the law because they can afford the best lawyers?

Why do some lawyers cost so much more than other lawyers? Check the stats. The more cases a lawyer has won, the more he or she is going to cost. Much like hiring a plumber; do you want the plumber who has a great reputation or an 'ok' one? We all know who we'd prefer, but also who would cost more.

Most of the country believes the wealthy are getting lighter sentences than they deserve because they can afford a great lawyer. To fix this, public defenders should receive better training. Judges should also take into consideration that the rich can afford the best of

the best, like Ethan Couch, and they can get away with serious crimes because of it. If America is so "equal," why is this happening?



WHO WILL BE IN YOUR YEARBOOK?

Guess these Famous Yearbook Pictures



A

B

C

D

E

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A. Halle Berry, B. Tom Cruise, C. Robert Downey, Jr., D. Angelina Jolie, E. Megan Fox

Questions or Comments?

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