STAFF:

EDITORS:

KATHERINE GRYTSAYENKO LIA ZOIS

SECRETARY: OITVIA TERRELL

WRITERS:

ANGELINA LICOR
LIA ZOIS
HARVEY WANG
AMY YANG
PRISCILLA TAM
VÎNCENT LICOR
KATHERÎNE
GRYTSAYENKO
VALERIE BURKE
LAUREN GEIGER
WASAY NOOR

PHOTOGRAPHER: OLIVIA TERRELL

CROSSWORDS:

SHRISH SUBRAMANIAN

FORMATTER:

JANET PAN

ADVISORS:

MR. PAVESE MR. WEINSTEIN

SPECIAL THANKS TO THE SCHOOL!

PARSIPPANY HILLS HIGH SCHOOL NEWSLETTER VOL 10 1SSUE 5



DEC . 2018



A NOTE FROM THE NEWSPAPER STAFF

Here's the 5th issue of the school newspaper! We bring, once again, some interesting articles, which include school athletics and the importance of reading!

In this issue, we discuss sports at our school, including our very own PHHS cross-country and soccer teams.

Read through to find out!

IN THIS ISSUE....

AN UNLIKELY TURNAROUND 2-3

TEACHER INTERVIEW: MR. NAWROCKI 4

HOW BOOKS HAVE CHANGED MY LIFE 5-6

PHHS RUNNER'S WORLD (XC RECAP EDITION) 7-8

... and much more!

On the front cover: pictures from the winter play

DECEMBER IS HERE!

UPCOMING EVENTS:

- DEC 18: PHHS WINTER CONCERT
- DEC 18-21: SPIRIT WEEK!
- DEC 21: PEP RALLY/WINTER CONCERT
- DEC 21: HALF DAY (LAST DAY BEFORE BREAK!)
- DEC 24 JAN 1ST: ENJOY YOUR BREAK!

WINTER PLAY PICTURES





AN UNLIKELY TURNAROUND BY HARVEY WANG

An unlikely turnaround: the story of how the PHHS Boys Soccer Team turned a losing season into one of the best in school history. After putting up three consecutive wins in the first games of the season, the PHHS Boys Soccer Team looked to be on the verge of a breakthrough season. However, just when the season ahead looked bright, the Vikings lost three straight matches to put them at 3-3 in the season. As a result, the team earned only the 11th seed in the Morris County Tournament, placing them in a tough spot in the bracket. Most would have ruled them out of both the conference and the county tournament at this point, but Coach Wiegand had a plan in mind that helped the team return to its winning ways. After making some key changes to the formation and switching some players around, the Vikings finally began to win a few games. They then won some more. Then, all of a sudden the PHHS Boys Soccer had won 6 straight conference wins. In the meantime, they had upset a string of top-tier teams in the Morris County Tournament, including Dover, Mendham, and Chatham. As a team that had began their season as an 11th seed in the county with a 4-4 record, the Vikings soccer team found themselves with a 10-2 record over the course of twelve games and in contention for both the conference and Morris County Tournament titles. The Morris County Tournament finals was one of the best matches the team played all year long. Unfortunately, it was against the number one ranked team in the state, Delbarton. Despite a final score of 0-1, the Vikings held their heads high after putting up one of the most contested matches in the county finals that Delbarton had faced in the past 5 years. This incredible turnaround was not a chance occurrence; the Vikings Boys Soccer Team and its coaches understood their potential from the start of the season and were tirelessly trying to find a way to unlock it. With the support of Coach Ciampa, Coach Wells, Coach Justin, and Coach Diego,

(cont. from pg 2)

Coach Wiegand was ultimately able to surpass all expectations and give the team a final record of 14-7-1, the best the school team has been in the past decade. Congratulations to the PHHS Boys Soccer Team for an unforgettable season, one that showed the true strength of Viking spirit and defied expectations.

THE HOLIDAYS ARE COMING! 'TIS THE SEASON FOR

HAPPINESS AND HOT CHOCOLATE(OR TEA, IDK)!



(cont. from pg 7)

diligently and vigorously, putting everything they had into their respected races. Greystone Park, the site of a majority of the Cross Country meets (including State Sectionals), had its rough days, but the runners were able to prevail and do their best regardless of the mucky conditions. The Season concluded on November 3rd at States and the annual Cross Country Banquet took place on November 29th at the Lake Parsippany Firehouse. The following individuals received special recognition awards for astonishing work throughout the season:

Boys Coaches Award: Darshil Shah (Junior)

Boys Sportsmanship Award: Shiv Desai (Junior)

Boys Most Improved Award: Thomas Buckley (Senior)

Boys Rookie of The Year Award: Wasay Noor (Junior)

Boys MVP: Arnold Nguyen (Sophomore)

Girls Coaches Award: Lizz Parente (Senior)

Girls Sportsmanship Award: Kayla Johnson (Senior)

Girls Most Improved Award: Carolyn Modin (Junior)

Girls Rookie of The Year Award: Audrey Meng (Freshmen)

Girls MVP: Chloe Vergel de Dios (Sophomore)

The days of running 5k's may be over for most of the seniors but this does not mean that there was any lack of enthusiasm or heartfeltness in their senior speeches. All going off to pursue amazing futures, they will all be greatly missed, and the team will be sure to dominate the division next year in their name and in the name of all great runners that set foot on that PHHS track!

Stay updated on the in-season running sports (Indoor/Winter Track right now) by being on the lookout for more PHHS Runner's World articles, highlighting and showcasing all the great athletes, and running programs they have to offer!

PHHS RUNNER'S WORLD (XC RECAP EDITION) BY WASAY NOOR

The home of the Vikings may be known as the high school with the best cafeteria food and the biggest student bathrooms in New Jersey (not really either of those), but it is most definitely known for the monster athletic programs it holds. From Football and Soccer, to Swimming and Lacrosse, Par Hills sports leave quite a mark when they compete; the only thing that needs to be somewhat strengthened is its portrayal of runners and the explicit running sports it has to offer. I mean, yes when one thinks of Parsippany Hills High School the State Champ Vikings Football Team comes to mind, but what about the Cross Country or Track & Field teams? What about the sprinters, and distance runners, and throwers that make it to the "Meet Of Champions" (the most prestigious XC/TF meet in NJ)? Not here to advocate for a more comprehensive support and vaster representation of the running programs at PHHS (at least not yet...), there are many great things happening right now in the running world of the Vikings! This edition will be a recap of the PHHS Cross Country (XC) Season, but read as often as possible to stay in the know about all running sports as well the individuals and teams that are out there representing PHHS against athletes from across the state!

With the unfortunate and quite devastating loss of the very committed and active runners from the class of 2018, the XC team was undeniably left weakened this year. With both the boys and girls team having more losses than wins against other teams in our division, the team could have used the assistance those devoted athletes provided. However, this does not mean astounding standards and achievements were not grasped. The fact that almost every member of the team set a new PR (Personal Record) for themselves and that countless runners medalled throughout the season, it is undoubted that everyone worked

TEACHER INTERVIEW: MR. NAWROCKI BY MEEKA VARDI

What college did you attend?

I actually went to three colleges. I went to Essex County College, Morris County College and I got my Bachelor's degree from Montclair State University.

Have you always wanted to be a teacher?

No, I didn't decide to be a teacher until I was in my late 30s. I was always teaching people how to do things so as I got older I thought that I might want to be a teacher.

If you were not a teacher, what would you be and why?

Well, I've always liked building things and that's what I did before I was a teacher, so I would probably still be building. But, as I got older it was harder and harder to keep building.

Were you always interested in teaching? If not, what were you interested in?

I didn't think of becoming a teacher until late in my life, but I was always interested in building houses.

What has been your favorite moment in teaching?

I would say my favorite was when we had a school fair at the vocational school. It was to get kids to become interested in applying to go to the school. We built these giant displays with the students. That was probably my favorite because the students were really into it. It was a lot of fun, and it was challenging.

Random "fun" questions:

What is the first thing you would buy if you had a million dollars?

A new house. A million doesn't buy a lot nowadays.

If you could be any animal, what would you be and why?

Probably a house cat, because they don't do anything. They just do whatever they want. Eat and sleep, that's pretty much all they do.

HOW BOOKS HAVE CHANGED MY LIFE BY MEEKA VARDI

"Books are the treasured wealth of the world and the fit inheritance of generations and nations." (Thoreau 135).

As a child, I was anxious to begin reading. I would practice for hours on end, staring at the incoherent shapes known as "letters", trying to make sense of them. My competitive spirit made me determined to read before my twin sister could. Ultimately, I learned how. From then on, I began reading everything. From road signs to the directions on the back of shampoo bottles, I was eager to use my new skill. Every book I read seemed like the most interesting thing in the world. Eventually, reading became to feel more like a burden. My love for books dissipated. Several years later, however, I began reading in my spare time once more. Out of boredom, at first, then again for pleasure. Reading to me meant an escape from the real world. It was somewhere I could go when everything else in my life seemed messed up. I could go on adventures, learn about different cultures, travel to remote cities, without even leaving the comfort of my home. With each story I read, I gained a little more perspective. As if my mind were play-doh being molded with each syllable.

Walking into a library or book store is one of the most magical experiences. My mind automatically envisions the hundreds of stories that lay within the covers of each book. As this has become the age of technology, many people have begun to use e-readers such as kindles or nooks. However, I find that the experience one gets from reading a tangible book, one consisting of crisp, clean pages, waiting to be interpreted, is unlike any other. Some of my favorite novels include The Da Vinci Code, Great Expectations, The House of Mirth, and The Inferno. I find

(cont. from pg 5)

old english to be absolutely fascinating, and believe that it has helped to enhance my writing. As far as non-fiction goes, *Rise and Kill First, Life 3.0, Every Spy A Prince*, and famed author and Katsa in the Mossad, Victor Ostrovsky's *By Way Of Deception* and *The Other Side Of Deception*. Although I enjoy the wonder-filled fictitious worlds that make up some of my favorite novels, non-fiction books have become the cornerstone to which I base my opinions and values off of. True, there are a myriad of ways in this day and age to find information on, however, I prefer using written resources. They allow me to draw my own conclusions without distracting comments or advertisements.

My journey with books has taken me to the edges of the world, figuratively, of course. Yet they cease to amaze me. With every story I read, with every new character I meet, my love for books only grows.

