

Sterling High School

KnightLine

Volume 2, Edition 2



National Honor Society Inducts 49 New Members

By: Manas Gupta

This past December, the annual National Honor Society Induction took place in Sterling High School's auditorium. What is the National Honor Society (NHS)? The NHS is an organization that recognizes outstanding students who demonstrate the pillars of NHS: scholarship, service, leadership, and character. Members of the National Honor Society also participate in community service to help their school and community. Being a member of the National Honor Society is a privilege for high-achieving students. In order to become a member of the NHS, students must be selected by faculty members as a candidate. Candidates must then complete a form and write an essay to be considered for membership. The students must also demonstrate the pillars of NHS and meet the GPA requirement to be considered for membership.

At the induction on Wednesday, December 5th, new junior and senior members were inducted. They signed their names in the National Honor Society book and were given their pins. Senior members were also given the opportunity to choose a person in their life, their mentor, and recognize them in a speech and thank them. Each mentor that the senior members chose had an impact on him or her or influenced him or her in some way. The speeches that the students wrote to their mentors were beautifully written and moving. Then, both current members and inductees recited the National Honor Society pledge. Near the conclusion of the induction, this year's Honorary Member, Mr. Shawn Klenk, was introduced by Mr. Flocco and gave a speech. Thank you to everyone who made the night possible. Congratulations to the new inductees, and good luck to this year's seniors!



National Honor Society ceremony



Senior Dominic Osciak with his mentor Mr. Carpenter



Senior Manas Gupta lighting the candle

Annual Turkey Drive Kicks of Season of Giving



By: Paul Stanko and
Mike Goffredo

How did it start?

Mr. Stanko came to Sterling from Delsea High School. While he was the student government advisor, he and the school nurse came up with the idea to provide a full turkey dinner to families and community members in need during the Thanksgiving holiday. After the transition to Sterling High School, Mr. Stanko joined a collaborative effort with Marci Stepash in order to make the holiday dinner drive a student driven reality at Sterling. Over the last three years, students from Democracy and Society, Interact, Allied Health, and NJROTC have been the pioneers for not only the collection, but distribution as well. However, we can really say that most of Sterling High School has a stake in the

project. The Interact Club not only contributes their time but also helps to collect canned goods for the baskets.

The students in the programs above not only contribute to this collection, but they inventory each item in the back of Mr. Goffredo's 309 classroom, Sterling's food bank. After the collection and inventory, the solicitation for turkeys begins.

As with the cans Sterling's student body and staff are also very helpful with turkey donations. Once we understand the demand for dinner baskets, we often have to purchase additional turkeys.

The Sterling Education Association provides a generous monetary donation that allows Mr. Stanko to purchase turkeys. Again, it is truly a collective Sterling project, and it is no surprise given the helping and rallying culture within the building.

The last step in the process is the assembling of the boxes and the contact with families. Allied Health students

assemble the boxes that contain a set list of foods. The boxes are transported to the Media Center where parents, guardians, and students pick them up. This is always the best part because of the face to face interaction because we can share in the happiness of the moment brought on by this Sterling community service project. This year, we were also able to give out Christmas baskets. As we move forward, we hope to not only get more students involved, but we wish see the program grow to sending districts as well. Thank you to everyone who has ever participated in this project.

Year 1
26 Baskets

Year 2
22 Baskets

Year 3
24 Baskets

Year 4
16 Thanksgiving Baskets
10 Christmas Baskets

Toy Drive spreads Christmas Cheer



By: Aaron Major

On Friday December 15th 2018 Sterling Radio hosted its sixth annual Toys for Tots Toy Drive. “The idea for the toy drive started in class on a whiteboard” said Rob Strauss, radio broadcast teacher, and co-founder of the Toy-Drive. “A small class wanted to do a live broadcast with community involvement and that’s how the toy drive began.” The goal of the toy drive is to collect toys for families in need in the surrounding area who may not be able to afford toys during the holiday season. This year the secondary goal was to beat the previous year’s total of toys collected with 1034 and if that goal was reached, Mr. Strauss would take a polar plunge in a pool full of ice water.

The day started off strong, by 7:35 the amount of toys reached 241, surpassing what was raised the inaugural year. That number kept steadily rising and rising throughout the morning as more and more classes came out and students dropped off toys. At about 9:22 Santa Claus made an appearance, coming in on a fire truck decorated as his sleigh.

As the day went on the community outreach continued, members of the Somerdale Police Department dropped off three squad cars full of toys. Along with many Sterling alumni who made appearances and donated toys.

During the event there were many live contests and shows such as a cookie eating and eggnog drinking contest, a frozen t-shirt contest where contestants had to try to free a t-shirt from a block of ice, and a “guess that holiday song” project where contestants had to guess holiday tunes played on a piano, and Holiday Movie Trivia. Along with a Gingerbread House competition between the four grades, won by the senior class of 2019.

However the amount of donations hit a lull during the afternoon, being 300 donations down with three hours left in the school day, many of the students began to wonder if they were going to break the record at all. Radio Student and Sterling Senior Albert Tang said “We expected the toys to come in waves, and we had a wave in the morning then a period of doubt where there were few toys coming in, but in the end we had another wave of toys come in and we were good.”

And in the end the sixth annual sterling toy drive collected 1051 toys breaking last year's record and reaching the goal. Radio student and Sterling Senior Logan Medeiros told us “Everyone contributed, it was a very overwhelming feeling that we weren’t going to break it and it was close, but we pulled it off last minute and in the end it was a very good feeling.”



Winter Concert

By: Julia Petrongolo

There are many who will viciously debate the right time to start listening to holiday music. Most wait religiously until after Thanksgiving, and will argue to no ends with any fool who disagrees. They proclaim, often in anger that Christmas is edging earlier every year. On the other hand, those who have more spirit than patience will start playing their sleigh bell-saturated tunes the moment Halloween has ended. These are the ones who decorate so early that their Christmas trees are undeniably dead by the New Year. At some point or another, though, all students of the Sterling High School concert band have learned to modify their preferences - it is no later than the first week of September that they blast the holiday cheer in daily rehearsals, having only just left summer behind. The experience, though necessary, is one of the strangest ones imaginable, since a student may find him- or herself asking friends about their summer vacations, and immediately afterwards learn how to play Leroy Anderson's "Sleigh Ride". However, willingness to encounter absurdity is one of the most necessary tools for anyone who plans to participate in the Sterling High School concert band, and if you join without it, it won't be long before you acquire the skill.

In this year's winter concert, the strangeness began in low doses- one of the band's first pieces featured only some light shouting. In a piece entitled "We Wish You a Mambo Christmas", the band played elements of Latin music to the melody of the not-quite-titular classic Christmas carol. The performance was a point of pride for the band, characterized by complex rhythms and harmonies inspired by the better-known "Mambo" from West Side Story. All in all, an interesting and generally normal tune, with the exception that the band collectively shouted "MAMBO" at the halfway point. Mid-music shouting is nothing the band hasn't tackled before, and nothing they wouldn't do again, so this one can be considered an appetizer of unusual- in spirit, foreshadowing what is to come.



The true spectacle, however, was yet to arrive. The pinnacle of the show's absurdity was almost entirely unprecedented, with only a brief introduction saying that the band would be playing "Snow Miser/Heat Miser" from *A Year Without a Santa Claus*. The audience had no reason to expect the character that would leap out onto the stage before them. Senior and trombone player Matt DiGialleonardo, with a grey wig and blue scepter, danced onto the stage and sang, in a manner that was clearly intentionally awful, the entire anthem of the Snow Miser, with enthusiastic accompaniment from the band, and even more enthusiastic support from the percussionist backup dancers. His resemblance to the elderly ruler of ice was, oddly enough, uncanny, and the band put on the most thoroughly entertaining show yet seen.

One would assume that this would be the best of it, an insurmountable record of ridiculousness set by the music program. But alas, Matt was off the stage for barely a moment before the music started again, and out marched an image that was, impossibly, more nonsensical than the last. In representation of the Heat Miser, Steven Wells, senior and saxophonist, replaced the Snow Miser's chill with a frighteningly spiky red wig and a matching clown nose (a characteristic which was, of course, reflected in the backup dancers). With no better vocals than the former performance, and not an ounce less enthusiasm, the Heat Miser's song, despite being musically straightforward, was a show to behold and a sight to be seen





A Message from the Superintendent

By: Mark Napoleon, Superintendent

Happy New Year to students, staff and the Sterling Family! 2019 promises to be an exciting time for Sterling High School. I already sense great enthusiasm and eagerness from everyone as we approach the end of the 1st semester. Before we know it, it will be time for our Senior Class Trip to Orlando, Jr and Senior Prom, and Graduation. I appreciate the good work from Mr. Sheehan, the Administration and our highly effective staff in providing quality education and a safe environment throughout the first semester.

Phase II Construction Update

Several Phase I and Phase II Construction projects are complete and are currently being used by students and staff to improve instruction. A State of the art Auditorium and Culinary Arts Classroom, HVAC upgrades throughout the high school, new tennis courts, upgrades to student bathrooms and a new marquee along Warwick Road are just a few projects that are all significant improvements. The final phase of athletic field installation will be complete this spring with two new softball, sub varsity baseball, and two varsity level soccer fields. The district is currently working on an area in the Board Office Building that will be the new home for our NJROTC Program. The Camden County Office of Education gave Sterling High School approval for Educational use in this building. All NJROTC instruction will take place in the new location starting in February 2019.

If you have any questions on past, current or future construction projects, please contact me at 856-784-1287.

Warwick Road Upgrades

I would like to thank Camden County Department of Public Works, Mayor Passanante, Somerdale Police, Sterling High School Administration, Sterling High School Maintenance and Custodial Staff, Board Members and the community for their assistance in getting the upgrades to Warwick Road and new sidewalk complete. The improvements will ensure student safety for years to come. Thank you!!!

Bricklayers Local 5 Visit

Eighteen seniors visited the Bricklayers Local 5 on December 18, 2018. The students were able to get hands on experience at the Bricklayers Training Center in Bordentown NJ. Three instructors and two apprentices worked with our students so that they could have a better understanding of skills needed to be a bricklayer. Wages, benefits and working conditions were the main topics discussed. Several students have a strong interest in joining trade unions after high school.

From the Principal's Desk

By: Matthew Sheehan, Principal

We are at the midway point in the 2018-19 school year and are pleased with many aspects of life at Sterling but we are constantly looking to improve. The mid-year point is a good time to assess how things are going, what we have learned, and how to prepare for what's next.



The biggest developments at Sterling deal with completed construction projects. First on the list has been the completion of the work on Warwick Road. The new turning lanes, curbing, and general road improvements has had a positive impact on the traffic flow around Sterling. Secondly, our foods room has opened after several months of construction. The improvements are dramatic as we transformed from kitchens from the 1970s to modern kitchens. Our foods room now includes eight workstations, stronger ventilation hood system, high efficiency appliances, new refrigeration system, high out-put stoves, a handicapped accessible station, and a teacher demonstration kitchen with video monitors and projection. Mr. Riley and his students are enthused about the upgrades and excited about their current and future experiences in the Culinary Arts. Finally, our athletic field construction is complete and this spring will be the first time in three years where we will have our entire athletic complex open for activity. The most recent work was the completion of the "JV" side of the complex where we leveled out two athletic fields and reset our baseball field. At Sterling High School, we understand the importance of our activities beyond the school day and are confident that upgrades to our complex will serve our current and future students as well as our community groups who use our facilities. We encourage Sterling community members to support the various sports and activities at Sterling and to check out the facilities.

Linda Heuschkel, a Physical Education Teacher since 1981, is retiring on January 31, 2019. Ms. Heuschkel has been an integral member of the staff through her teaching, coaching, SEA involvement, and general support of Sterling students for over thirty-eight years. Ms. Heuschkel taught current SHS staff members John Gardiner, Jason Kangas, Kate McDonald, Kristin Kelsey, Pete Marlys, Sarah DiMarco, Mike Goffredo, Alexis Ciccarella, Joyce Phillips, Lauren Rossi, Bill Hoff, Tom McLaughlin, Kasey Billingsley, Julia Haughwout, Kate Ford, and me. Sterling honored Ms. Heuschkel as the December 2018 Staff Member of the Month. She will be recognized at the January 31st BOE meeting. On behalf of the Board of Education, Superintendent, Administration, staff, and student (past and present) we would like to thank Ms. Heuschkel for the years of service and wish her the very best in her retirement.



Knight Spotlight

Swim Team

By: Coach Kevin Stewart

The success of our team starts and ends with the kids that are on it; and it starts from the top down. I have great captains, Max Klenk, Sam Gogolin, and Chiara Roma, who set the example for how you come to practice every day ready to work. 5:30AM practices aren't easy, but these kids support one another, they pick each other up, and it doesn't matter who is racing they're always cheering for each other. They've made my job as coach, very easy; I just need to put them in positions where they can succeed and they have time and time again. Against Bishop Eustace, probably our toughest meet yet, a lot of them thought we would lose. The team stepped up, set a handful of personal records, broke two Sterling records, and even though we tied; we saw that as a huge positive. The seniors on this team set high expectations for this season, we want to go undefeated and win our division, and we are well on our way to doing just that.

Class of 1978 Update

Randy Haldeman, Sterling's Class of 78 President recently provided the class with an update during their 40th reunion in November. Every graduating class presents Sterling with a gift, but The Class of 78 decided to stray from tradition and leave behind a legacy. The class unanimously decided to pay it forward by sponsoring a school in Kenya. Fueled with ambition and a goal in mind, the seniors formulated a plan to raise the money. Ultimately, they raised \$401.50 to provide children in Kenya with the same opportunity they had been given

Winter Track

By: Coach Jeff McIlvaine

The Sterling Boys and Girls Winter Track & Field teams have enjoyed a very successful season. The team competes against the best talent in New Jersey every week at the Bennett Indoor Track in Toms River New Jersey. Through hard work and commitment, each individual continued to improve through the treacherous winter months. From the 55 meters, to the 2 mile, to the shot put, the team consistently performed at a high level each week.

The team was led on the Boys side by Manas Gupta, Nick Harmer and Reece Jones. Nick Harmer broke the Boys Indoor Shot put school record with a throw of 42'10". This is Nick's first season throwing shot put. The boys continued to improve throughout the season and positioned themselves as a team on the rise

The Girls Side also is enjoying a great season. Seniors Alijah Caul, Leyna Jewell, and Sammy Callahan are showing the underclassman what it takes to be successful in the sport. Alijah Caul broke the Shot Put school record set in 1982 with a throw of 40'2". Congratulations to both the boys and girls on a great season!!

Their efforts resulted in presenting a struggling community in Kenya with a school building and a water tank. The spirit of their kindness proved to be contagious as The Class of 82 followed their lead and built another school building. The overwhelming success led Randy to present the idea to his graduating class at Duke University and another school structure was added. As a result of The Class of 78's generosity more than 10,000 students in Kenya have received their education and are thriving.

From the Creative Arts Departments

Timeless By: Taylor Redd

Suddenly, a brisk wind started to blow, and the sun dove into the clouds for warmth.

The trees began to worry how they will survive in the cold so they begin to cut off their leaves one by one.

The leaves dance as they floated onto the concrete below.

They continue to dance as they were raked into piles that were ruined by children jumping into them, sending them flying in all directions, then raked into another pile again.

The leaves are trampled, ripped to shreds, and crushed beneath our feet but still they dance.

Flashes of colors ranging from bright red to dull green to a deep brown waltzed with the wind.

As the leaves dance about, they watch the world around them.

Thunder clouds rumbled above as the clouds tears softly kissed the ground.

The soft crackle of fire is complemented by the sound of friends making s'mores while drinking apple cider.

A pumpkin with an illuminated smile watches as monsters roam free for one night in search of candy.

Families gather around a table filled with plentiful amounts of food, chatting, laughing and eating.

People are happy, people are free like the leaves.

But then winter came, chasing people indoors and beating the leaves into the ground with a harsh winter rain, never to be seen again.

The winter storm howled and plunged the world in a sheet of white.

Then all was still, and dark.

In the middle of it all, stood a tall evergreen tree, watching the world around it.

Its green pine needle seemed untouched.

The pine cones in pristine condition.

The smell of pine remained strong and fresh.

The untouched snow wrapped around the thick trunk of the tree.

On the very top of that tree, shone a star so bright that it cut through the darkness.

And with that, the tall tree stood, watching the great cycle continue.

Save the Date
Chicago the Musical
March 28- 30th



Take a sneak peak at
Sterling's Annual Art Show
May 10th

"We will be featuring more ceramics than ever! Additionally, be on the lookout for garments, fashion accessories and textiles - items that have not been featured in the show in the past. I'm also hoping to include an greater presence from our photography students this year. I'm really excited about it!"
- Joyce Phillips Art Teacher

"My Graphic Design students will be all new projects, eye catching visuals and 2018/19 trends in design. We will also focus on product development, package design, advertising and marketing. Joyce and I will be collaborating in Art and Design to create a new and unique experience in textile design. We are excited about this project"
- Shehnaz Patel Graphic Design Teacher