Teacher Superlatives

**Best Dressed**
Mr. Pacevich
Ms. Fittipaldi

**Most Athletic**
Mr. Olson
Ms. Siscone

**Most Adventurous**
Mr. DeNote
Ms. Crossan

**Best Sense of Humor**
Mr. Daly
Ms. Zukawski

**Most Likely to Rule the World**
Mr. Polo
Mrs. Gibson

**Most Likely to Be a Reality TV Star**
Mr. Gary Douglass
Ms. Siscone

**Friendliest**
Mr. Slaney
Mrs. Bispels

**Most School Spirit**
Mr. Suter
Mrs. Bispels

**Most Intellectual**
Mr. Roth
Mrs. Eakin
**Which Teacher Reminds You of You?**

**Kevin Flad:** Mr. Grottola because he surfs like me.

**Rebecca Holden:** Ms. Siscone because I want to be an English teacher, we are both athletic, and we have the same mannerisms.

**CJ Young:** Mr. Lee Pierce because he’s relaxed and calm.

**Derik Ludlam:** Mr. Best because he’s a great guy.

**Shantel Johnston:** Mrs. Z because we are both enthusiastic and athletic.

**Karleigh Spicer:** Mrs. Spicer - we are exactly alike.

**Hamilton Wilde:** Mr. Roth because we are both very sarcastic.

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**Which Student Reminds You Most of Yourself as a High School Student?**

**Ms. Markovitz:** Lauren Gallagher because she really earns her grades and works hard.

**Mrs. Spicer:** Taryn McCullough because we are both homecoming queens; we’re always happy and get along with everybody.

**Mrs. Sockriter:** Amanda Vassar because she’s a good student, likes everyone, she’s always happy and tries to be friends with everyone.

**Ms. Ludgate:** Sarah Stadnicar because she’s a hard worker and she tries in sports and academics. She’s also very polite and respectful.

**Mr. Belasco:** Lila Belasco because she does well in school, has fun, and has a lot of personality.

**Mr. Polo:** Natalie Craig - She is conscientious about doing work. She has a good sense of humor and is usually in pretty good spirits.

**Mr. Obst:** Shannah Rose because we both stress about everything.

**Ms. Siscone:** Lindsay Lare because she is incredibly tenacious, hardworking, and she’s a fiery athlete.

**Mr. Suter:** Bobby O’Donnell because he’s not afraid of the mic.

**Mr. Daly:** Mike Edwards because I was just like him. Everybody knows both of us.

**Mr. Wunder:** Jason Hoban - We share the same interests like football and fishing.
On January 18th 2011, one girl’s childhood dream came to fruition. Hannah Lamey and her dance team Shore Thing received a call offering them the chance to go to California and a spot to perform on the new television series, Paula Abdul’s “Live to Dance.” Hannah and her 18 teammates, including her sister Ashley, were on their way to California not knowing what to expect when they got there. This had been a dream for Hannah since she started dancing at Tumbling with Spirit, and then switched over to Stina Smith when she decided to purchase a building and start her new studio, which is now called the Jersey Cape Dance & Gymnastics Academy.

Hannah is a junior at Lower Cape May Regional School and she has mastered the art of time management. She has to balance out her dance schedule along with her AP History, AP English, and Honors Spanish classes. Even her peers notice her great work ethic. “Hannah is dedicated and a hard worker,” said her fellow dancer Victoria Jacoby. Hannah is also very active outside of school besides dance. She involved in National Honors Society, Key Club, Tri-M, the Spring Musical, Jazz Choir, Choir, and Cheerleading. Hanna is an extremely busy girl in and out of school. On top of all that she still manages to have a social life. Hannah enjoys hanging out in Cape May with her friends but what she loves the most would have to be shopping. She is at the top of her game right now and things can only get better for her.

Hannah’s dream all started when a producer saw a video of their team dancing on the internet. From the Stage to the Page!

By: Robert O’Donnell

open audition at the Jacob K. Javits Convention Center in New York City.

“We all danced our hearts out to receive a second call,” said Hannah.

The hard work paid off, and they did receive that second call, but there was no time to waste. At midnight the following night they were asked to come to the Liberty National Park in North Jersey where they were holding a taped audition with Paula Abdul and two other judges, Kimberly Wyatt and Travis Paine.

“We were all yanked out of our beds at four o’clock in the morning. It was insane!”

After the taped audition, they were put on the short list because they received three gold stars because of their outstanding performance. On December 7, 2010, they were contacted by Travis Paine, Michael Jackson’s choreographer and now a judge on the show, and he told them that they were one of the 18 acts that made it to the semi-finals. They would be leaving for California on January 19th, 2011.

Now the hard work and rehearsals all through Christmas break had to start. A new song had to be chosen and approved with copyrights, then choreographed by the teachers, and new costumes had to be made with the approval of CBS for television. The team also held a fundraiser at the Bayview Inn in Wildwood Crest to help raise funds to offset the expenses the girls would incur for the trip to California. This turned out to be a huge success and an amazing show of all the support from everyone in Cape May County.

“We were so grateful that everyone came out to support us,” said Hannah.

While they were in California, there was no time to relax and enjoy the weather.

“Out of the ten days we were there, we only had the chance to go swimming once,” said Victoria Jacoby, one of Hannah’s dance teammates.

The girls were followed by cameras while rehearsing and practicing, most of which took place right at the Embassy Suites where they stayed, until the latter part of the week when they were driven to the CBS lot for all rehearsals. Paula Abdul would come to the hotel every day with her dog and work with the six different acts that would continued...
perform for the live show. One person had to be chosen as the spokesperson for on-camera interviews and to answer questions every day. Hannah was the perfect person for the job, as she was elected to be the spokesperson by her teachers and peers. Even when things were going wrong, Hannah had to come up with something off the top of her head to tell the world what they were doing to prepare for their next performance.

“It was so nerve wracking to have a million cameras in front of my face.”

At the end of the week, the live show aired on national television. The team was phenomenal and was one of the two acts that received three gold stars. Sadly enough, however, Shore Thing didn’t receive enough votes to move onto the finals, but Cape May County couldn’t be more proud of them for putting us on the map.

Hannah credits her parents, Rob and Tracy, for all the love, support, and rides to class to further her dance and gymnastics training. She also credits her teachers Stina Smith, Annika Nash, Kendra Hemingway, and Kelli Rossi for helping her become the dancer she is today. They were her second family from the time she was five years old and joined the national award winning team. This year she made the tough decision to stop competing and concentrate on being more involved with school activities and clubs.

Through my unfortunate illness and dumb luck at the end of my own basketball season and her kindness and generosity, Hannah and I developed a close friendship, and I got the opportunity to know her very well. I was very impressed by the fact that she had the chance to perform on a national television show. I also had the chance to see for myself what an amazing dancer and singer she really is when she was chosen as the supporting actress in the LCMR spring musical, The Pajama Game. Hannah Lamey is the perfect example of someone who won’t just make goals for herself, but will do everything in her power to achieve them.

From the Front Lines to LCMR
By: Damiana Gumiran

“Very dedicated to his work, his students, and his family,” is how Ms. White described her fellow guidance counselor, Mr. Courtney. Mr. Courtney is known at school as a hard-working, kind-hearted person who has the success of his students at his best interest. Although the quietest of the five guidance counselors, he is able to connect with his students and help them just the same. Because of his quiet nature, a lot of people do not know that Mr. Courtney spent four years in the marines. Mr. Courtney is not the stereotypical, strict martinet that people expect a former marine to be. Instead, he is very reserved and focused.

In 1993, Mr. Courtney joined the marines and stayed in until 1997. When asked why he chose to join the marines, he said that he joined simply because he wanted to see if he could do it. To most people, the marines seem like a terrifying and life-changing experience. For Mr. Courtney, the marines were life changing, but not so much terrifying. When asked what the scariest thing about the marines was, he responded with, “I don’t think scary is the right word. It was more challenging.” According to Mr. Courtney, the marines are very similar to how it is portrayed in the movies. They had to take part in intense boot camp where they learned about weapons and different ways of self defense, such as martial arts.

Being in the marines would be quite the experience for anyone and would definitely change a per-

continued...
son in many ways. For Mr. Courtney, he became more responsible and more appreciative. He became more responsible in that he became more accountable for his actions. The structure in the marines also made him more prepared. The strict disciplining that he received in the marines stayed with him once he left, making it easier for him to discipline himself at home. The marines also made him more appreciative of the little things in life that most people take for granted. An obvious thing that he became more appreciative of was freedom. He also missed good food and home-cooked meals. Every once in a while, he and the guys might have been able to catch a meal at a nearby McDonald’s, but that was almost as gourmet as it got. He also became appreciative of living on his own. In the marines, they lived in tiny, crowded rooms that supplied them with little to no privacy. The marines changed a lot of things about Mr. Courtney, but responsibility and appreciation stood out the most to him.

Despite what many people might think, there were actually aspects of the marines that Mr. Courtney missed once he left the marines. He missed the structure and organization. Despite what Mr. Courtney said about the marines being too crowded, he also said that he missed the camaraderie. After the marines, Mr. Courtney began to work in an office, a very different setting compared to the one he had been living in for the past four years. Compared to the marines, the outside world had far less organization and structure. “Everything in the Marine Corps was black and white, while the outside world was colorful,” said Mr. Courtney. In the transition from being in the marines to being a guidance counselor, he had to get used to dealing with the occasional uncooperative student. In the marines, nobody was ever out of line or acting out, so that was a change for him.

His time in the marines definitely has an influence on the way he works in the guidance office. He handles all situations in an efficient way. Senior Brandon Adams, has been a student of Mr. Courtney’s for four years and says that it has been nothing but a positive experience. Adams said that Mr. Courtney is always, “keeping up with his students” and making sure they all succeed. Being in the marines gave him skills that help him efficiently guide his students down the right path. He is able to pass on the responsibility and appreciation he learned in the marines to his students. Even though many people do not know that Mr. Courtney was in the marines, it was the marines that made him the successful guidance counselor he is today.

Smart, helpful, enthusiastic, determined, fun, and just an overall good person. All of these things individually may describe many people, but all of these things as a whole describe one person. That person is Mrs. Vendetta. Mrs. Vendetta is an English teacher at Lower Cape May Regional, and is one of the best teachers in the school, but we weren’t always blessed with her presence here.

Mrs. Vendetta use to be a teacher in Florida, and it seems that the hot Florida sun can play tricks on your brain. One day Mrs. Vendetta and another teacher decided to go canoeing. Florida is filled with places where you can go and enjoy leisurely activities on the water, but Mrs. Vendetta, only being twenty-three at the time was a wild young adult. Wanting to live on the wild side, Mrs. Vendetta and her friend thought it would be a good, fun idea to go canoeing in of all places, an alligator breeding ground. As they approached the grounds, they come across a fence with a sign saying, “keep out.” With total disregard for her and her friend’s safety, they hopped the fence. They probably came across another sign that said something like, “What do you have half a brain? Turn around and leave.” Regardless, they did go canoeing, and luckily came out of there in one piece. “It was a stupid idea,” said Mrs. Vendetta about the whole ordeal.

As Mrs. Vendetta got older she became more mature. Now being a responsible adult, Mrs. Vendetta settled down to start a family. Her first born was her daughter Lindsey, followed by a couple years later with the birth of her son Tay...
lor, or T as she likes to call him. Raising these two kids became what she said is the biggest accomplishment in her life. She didn’t just raise two kids though, but she raised two well behaved kids that both became valedictorians. Lindsey has recently graduated from the University of South Carolina with a major in pre medicine, and Taylor is currently attending the Naval Academy in Annapolis, Maryland. The accomplishments of her children largely reflect on how good of a parent she was for them.

Even though it may seem like you have to be a picture perfect person to raise two kids to achieve what they did, Mrs. Vendetta is still human, and has her flaws. Certain times of the year teachers have to go to department meetings, but one time Mrs. Vendetta was lost and unable to find the room her department was in. Mrs. Vendetta, frantic as ever decided the best thing to do in the situation would be just to go to the office and assigns an essay topic to her students. “She took me under her wing,” said Ms. Siscone. Ms. Siscone said she is one of the hardest working teachers in the school, and she worries about every student, so even from her desk she worries about every student, so she must have high blood pressure. “She’s a ball of stress,” said Ms. Siscone, which is very true because she is always frantic.

Mrs. Vendetta is also one of the main reasons there is an ice hockey team at LCMR. Mrs. Vendetta is the team manager, and she is the one who helps set up all the fund raisers so that the cost to play stays down. She also has the important role of riding the hockey bus to every practice, and every game. That’s is not always an easy thing to deal with all the players. “I’d be lost without her,” said Mr. Castellucci when asked how much of a help she is to the team.

Mrs. Vendetta has accomplished a lot in her life, and has helped a lot of people. She is like a superhero, she can do it all. That is why Mrs. Vendetta is a smart, helpful, enthusiastic, determined, fun, and just an overall good person that everyone else there, and making a big deal about him being there, but the funny part about this is Mrs. Vendetta had no clue who he was. She knew he was some famous guy so she wanted her picture with him.

Even though she has her moments, Mrs. Vendetta is still a role model for others. Ms. Siscone said Mrs. Vendetta is like a mother figure to her. “She took me under her wing,” said Ms. Siscone. Ms. Siscone said she is one of the hardest working teachers in the school, and she worries about every student, so even from her desk she worries about every student, so she must have high blood pressure. “She’s a ball of stress,” said Ms. Siscone, which is very true because she is always frantic.

Mrs. Vendetta has accomplished a lot in her life, and has helped a lot of people. She is like a superhero, she can do it all. That is why Mrs. Vendetta is a smart, helpful, enthusiastic, determined, fun, and just an overall good person that every needs to know, and once you know her you’ll never forget her.

Ready Set Go!

By: Matt Medero

This story will outline a typical day in the life of Mrs. McCracken. It started with the alarm clock ringing at 5:40 am. Like us all McCracken hits snooze twice for 20 minutes. Then she’s off throwing her sheets in the wash and jumping into the shower. She got dressed and ready for the day by making lunches for her three daughters Mack, Maddie, and Macie. Then McCracken emptied the dishwasher and used her big muscles to take the recyclers to the curb. After that she got Macie up and ready for school and fed their dog. Then she threw her comforter in the wash, said goodbye to her family and left towards LCMR at 7:27.

Mrs. McCracken arrived at school at 7:40 and runs into the building, opens her classroom door for Dana and Nick. She signs in at the office and assigns an essay topic for her 1st period. At 8:35 her 2nd period starts and she read hunger games, she follows this pattern of teaching 11-12 and 9-10 grade classes. 2:26 the end of the day McCracken locks up runs to her car then travels to North Wildwood to pick up her kids. 2:49 she arrived at Margaret Mace and picked up Mack, Maddie, Macie, and their friend Lily. Then from 2:52-3:05 McCracken dropped off advertisement sponsorships for Beach Blast tournament. After that until 3:45 she is in Shore Couture to look for a semi formal dress. At 3:50 she dropped the kids off at home and before she can even sit down she’s off again to shop at super fresh from 4-5. Then from 5-5:10 she was checking out but had issues with a coupon, the cashier was confused how to deduct it. At 5:15 McCracken arrived at home and has the kids help unload groceries and she unpacked them. From 5:25-6:08 she cleaned up her counter, started dinner, fed her kids and finished eating herself, and then cleaned the dishes.

After dinner McCracken is off again. At 6:15 she dropped the kids’ friend Lily off. Then at 6:22 McCracken and her kids picked up their friend Caitlin. At this point she took all of the girls to soccer practice at Goshen. They arrived at
Goshen at 6:40 and McCracken sat in the car until 8 while Macie slept. While sitting in the car McCracken filled out two registrations for basketball camp. She also looked at her Super Fresh receipt and she realized she was charged for an extra tide detergent. She called Super Fresh to see if she could get a refund. At 8:06 the girls got back in the car. By 8:20 they dropped Caitlin off. After arriving at home at 8:22 she proceeded to get Macie ready for bed, which includes shower, lotion, pajamas, snack, and TV. At 9 o clock McCracken started cleaning her four bathrooms.

At 9:36 the wonderful super mom is still not ready to call it a day. She starts scrubbing her kitchen floor because she’s such a clean freak. 10:01 Maddie’s in bed. McCracken is showered and ready for bed and finally this mom relaxed and watched a movie with her youngest daughter Macie. After the movie it was 12 o clock goodnight, goodnight, and goodnight lights out! And that’s one of Mrs. McCracken’s most exciting, wonderful and totally not boring day. Even though Mrs. McCracken’s week is almost always like this, on the weekends she does have “mommy time” and nights out with her husband.

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**Spanish Teacher Brings Worldly Experience to LCMR**

By: Alice Bur

“I don’t think I would be here if I weren’t an exchange student.” Before coming to the United States, Lower Cape May Regional Spanish teacher Mrs. Adams grew up in Valdivia, Chile. She fondly describes her hometown as a university town with many lakes close to the Andes Mountains. When comparing the United States with Chile she says each culture has a “different way of looking at life.” Initially, Adams was nervous to come to a foreign country for her whole senior year, saying, “I was very worried. It was exciting. It was challenging because I thought I knew English.” Although she was nervous to come here, looking back, it was a very positive experience for her.

For her senior year in high school, Adams took the journey from Chile to Connecticut. Going to another country for a year was tough for Adams and she says, “It was tough to leave my family.” Once she arrived in the States she quickly formed a bond with her host family, who she describes as very Italian. “Everything was Italian,” she laughs. Adams recalls going to various high schools every Friday to speak about the exchange program. She also stayed with many families around the country, from Connecticut to Washington D.C. She compares her home country with the United States saying, “Everything was different. When you go out and experience different things you realize the difference.” She says the differences ranged from the meal times to the government. Adams had opportunities to see another country and have experiences she would not have had in Chile. If she never came to America, she would not have met her husband and would not have her children now, Alexandra, Christina, and Nicholas.

Adams’s daughter, Alexandra, is a junior at Lower Cape May Regional. She enjoys traveling to Chile once or twice a year with her mom and family. Growing up in America, she would rather live here than in Chile but she still wants to travel there annually. Having a mom from Chile allows her to see another culture and the differences between America and Chile. She says the food and meals are different as well as the schools. Adams says she does not want to be a Spanish teacher like her mom, but would like to have Spanish be part of her life.

The poster hanging on Adam’s classroom wall illustrates the Golden Rule: treat others the way you would like to be treated. Because of the experiences she had as an exchange student, this is a lesson that she lives by. Meeting new people from many countries and from all walks of life allowed Adams to empathize with those people. She says, “You put yourself in other people’s shoes” when meeting many different people. Coming from Chile and living with many families in the United States, Adams experienced different living situations and the family’s personal situations. This opened her eyes to the diversity and experiences different countries offer.

Behind her thick Spanish accent, Adams has many experiences and lessons that she has learned from the exchange program. She never thought she would live here, but coming to America her senior year changed her life forever. Coming to the States made her realize her love for languages and culture. When reflecting on the time she spent as an exchange student here, she says, “It was a learning experience for me.” She saw the differences between the culture in Chile and the United States. Adams loves her home country of Chile but has embraces her new home, the United States. She says, “Bottom line, I love Chile and I love the States.”