

September

2011

FP

Soundings

FAIRFIELD COLLEGE PREPARATORY SCHOOL

“Men for Others, Delivering News to Others

A Reflection on Hurricane Irene

By Ethan Doerger '13

By the end of August, Fairfield Prep had already lost two days of classes to inclement weather. By inclement weather, I mean that of Hurricane Irene. The storm knocked out power for millions across Connecticut, and damage was widespread, and the Prep administration was forced to cancel school after only 1 day of classes due to the devastation.

Photo below Taken from the Daily Norwalk

The uncommon natural Connecticut folk) cut off Carolinas all the way up originally hit the coast of Category 3 storm, but by the Northeast, she was being said, judging by people questioned Category 1.



disaster (at least for us power for many from the to Maine. Irene had the United States as a the time she arrived into only a Category 1. That what she left behind, many whether in fact she was a

I myself rode out the storm with my family in my hometown of Ridgefield, about a 45 minute drive north of Fairfield. I woke up to lost power and downed trees, branches, and power lines littering streets and yards. It was a shocking sight to see what a hurricane could do to a state not used to hurricanes. But the damage that Irene caused wasn't confined to the outside world. People lost homes, cars, maybe even loved ones to this horrible storm. As men for others, it is our job to pray for those who were affected by this disaster.

Mrs. Hoover Prepares for the Fall Play: pg. 7

September

2011

Letter from the Editor

Soundings

Ethan Doerger '13

Editor in Chief

Jake Cogguilo '12

Nick Martinez '13

Matt Contino '13

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Timmy Attolino '13

Sports Editor

Dan Sanchez '12

*Campus Life / Religious Corner
Editor*

Brendan Yep '13

Science Editor

Matt and Ray Kingsbury '13

Ipinion / Movie Review Editors

Mr. Frank Bramble

Faculty Advisor

Obviously, I am not Connor Ryan, whose hard work and dedication has gone into this newspaper for the past 2 years. My name is Ethan Doerger, the new editor-in-chief for Soundings. I am currently a junior here at Fairfield Prep, and ready to take over as editor to build on the success that the paper has seen in recent months.

When I first came to Prep, I joined the newspaper and found a staff of only 5 or 6 people, a disorganized board of article assignments, and little hope. When I walked out on the last day of my freshmen year, Soundings had made a roaring comeback. Our staff had doubled, our supporters had doubled, and it all continued going into the 2010-11 school year. The paper itself grew to about 20 pages in length, with a wide range of topics from the performing arts to iPinion. There can never be enough thanks given to the efforts of the English department, particularly Mrs. Clark and Ms. Kaye. Thanks to them, Mr. Bramble, and a variety of others, Soundings has become an interesting publication for students, faculty, and alumni.

With all the accomplishments being said, our mission here in Soundings isn't quite finished. We are still looking to acquire more readers and are open to any new staff members and ideas. One of my chief goals as editor for Soundings is to have the most organized and complete publication that Prep has to offer. Of course, this goal will require hard work, dedication, and focus on the mission of Soundings: delivering news to others.

Enjoy the September 2011 Issue!

Sports

September

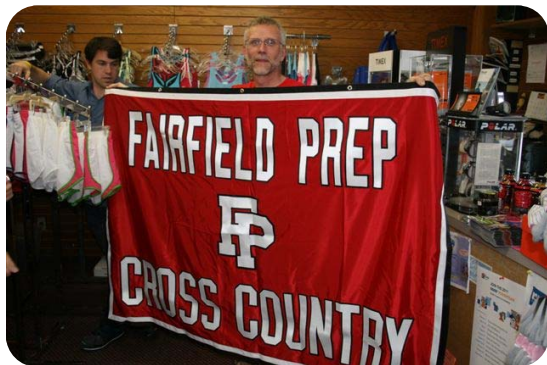
2011

Fall Sports Preview

By Timmy Attolino '13

Varsity Cross Country

“Dude that kid’s faster than a car.” That is one quote that describes the amazing sensation which we call Connor Rog, the 2011 Gatorade Cross Country Runner of the Year. He leads the stacked cross country team into the 2011 season, with fellow seniors Pat Corona, Michael Whelan and Billy Schloth by his side. Sophomores Christian Alvarado and James Murphy will also play prominent roles this year, as Prep is striving towards a state championship. Coaches Robert Ford Sr. and Robert Ford Jr. have very high expectations for the team this season.



Varsity Football

Coming off a 3-7 season last year, the Prep Jesuits have high aspirations for this year. Senior Tom Brewster will be the signal caller, surrounded by many offensive threats, including exciting junior halfback Joe McBride. On the defensive side of the ball, senior co captains Justin Haley, Shane Dempsey, Serge Jean-Baptiste, and Michael Seelye, will ensure that no drives will be easy for opposing offenses. Under the tutelage of Coach Tom Shea '73, Prep is destined for greatness this year.



Sports

September
2011

Varsity Soccer

Coach Ryan Lyddy '93 has his 2011 Fairfield Prep Jesuit varsity soccer team ready to take it to the competition. Junior co-captain goalkeeper Will Steiner has risen up to be one of the best goalies in the state, with spectacular save instincts. Seniors Mike Matera (co-captain) and Charlie Duffy have their eyes set on a state championship this year, and nothing will get in the way of that goal. Junior Pat Connolly's unending grit and determination ensures that the Jesuits will never say die.

Halfway into the season, All-State junior Davie Bruton will return from injury and help give Prep a well needed boost in the second half of the year. Junior Tim Frassetto will keep morale, as well as the ball, high with his strong right foot. Watch out for sophomores Austin Sims and Stephen Tortora, providing an attacking spark for the team. This is the year of greatness for the Fairfield Prep Jesuit soccer team!

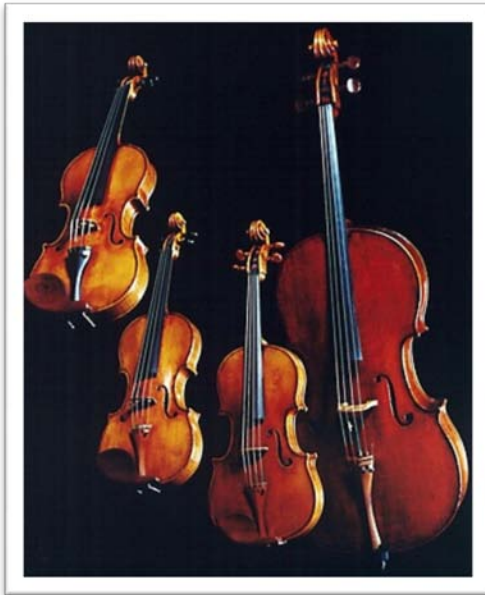
Below: Pat Connolly goes for the ball



Symphonic Band Adds Strings

By Nick Martinez '13

There's something new and exciting in the music room this year at Fairfield Prep. No, not the shiny linoleum tiling. And no, it's not the freshmen either. Are you stumped? It's the Symphonic Band's new string section! That's right! The Symphonic Band, Prep's upper-level band, which



prior to this year was solely a woodwind ensemble, has added strings to the mix, effectively making it the Symphonic Orchestra. Now, you may be asking yourself (and understandably so), "Why change that which is not broken? Why risk rattling the successful Fairfield Prep Symphonic Band by transforming it into a full-fledged orchestra?" Well, who better to answer those questions than Ms. Christine Dominguez, the Symphonic Orchestra's director? When asked why she chose to bring a string element into the Symphonic Band, Ms. Dominguez replied, "I felt [the Symphonic Band] was plateauing and needed another challenge. A string

section provides that challenge." According to Ms. Dominguez, the addition of strings to the band could also work as a tool to attract potential students to Fairfield Prep. "It could be the tipping point in someone's decision about whether or not to come to Prep," she said. So, in other words, adding a string element to the Symphonic Band works both as a catalyst to propel the band to new heights and as a promotional tool for Fairfield Prep. We'll look forward to this enhanced ensemble's debut at the holiday concert in December. Look for more details on that concert and other performances in future Soundings issues.

Contagion Movie Review

By Ray Kingsbury '13

Contagion is a movie that portrays the reactions of people to a large scale epidemic. In Contagion, a rapid spreading virus that has no vaccine or antidote is released into large cities throughout the world and causes pandemonium.

The movie consists of a few characters that show the viewer what the effects of the epidemic are from different sides of the disease. A large portion of the movie is centered on a man named Mitch Emhoff, who lost his wife and is trying to put the pieces together, these segments of the movie show the hardship and difficulties that people could face if humanity was ever encountered by it. Another point of view is that of a doctor named Ellis Cheever who is leading the research and development for a vaccine. Doctor Cheever's wife is assaulted and his houses broken into as people are scared for their lives and looking for any means of survival. Through Dr. Cheever's point of view the viewer is able to see how intense the disease is, and how difficult it is to control it.



The movie is chronologically based but highlights scenes from around the world at the same time to show the magnitude of the virus. The plot was well planned, and easy to follow, but lacked the depth that most blockbuster films have today. Contagion also shows how the virus could spread, how the public would react to a situation such as this and also how the government would need to handle it.

Overall Rating: 7/10

“The Complete Works of William Shakespeare, Abridged”

November 17 and 18 at 8pm – in the Black Box Theater at the Quick Center.

By: Jake Cogguillo ‘12

The Prep Players are a group of young talented actors and actresses from across the area that are renowned for their abilities to bring both laughter and tears to their large audiences each fall and spring. Their newest production, which combines all of Shakespeare’s 37 plays into one show, is an ambitious ensemble comedy that will premiere in November. I recently had the opportunity to interview the longtime director of the Prep Players, drama teacher Mrs. Hoover, to get the inside scoop on what we all can expect from the highly anticipated show.

What prompted you to pick this play?

MH: The students who are currently involved with Prep Players are incredibly talented. They do a really wonderful job interpreting a script and making it their own, which is really important when you are dealing with Shakespeare. They are also a fun, silly, energetic group that is willing to take risks, which is exactly what you need when you take Shakespeare and put this kind of crazy spin on it.

How large is the cast?

MH: 25 – the biggest for a fall show in my time here.

What Prep students are involved? What roles?

MH: This is a tricky question – this show is unique in that there aren’t really any roles. Everyone is a member of the ensemble, jumping in and out of several roles in an attempt to portray all of Shakespeare’s 37 plays in the course of about 97 minutes.

Briefly discuss the general process in preparing for the fall play.

MH: It is sort of hard to explain the whole process briefly, but the basics are elements any athlete would be familiar with. You gain the fundamental skills with drills, you let the coach teach you as many strategies and plays as she can, you scrimmage, and then it’s time for the big game. Only difference here is, there are only two games all season, and so we really have to make them count.

How are you feeling so far about the way the play is shaping up? Are you happy with your cast list, etc?

MH: I am thrilled with the cast. Their auditions blew me away – it was one of the most wonderfully entertaining auditions I have ever been a part of. I think these guys are going to blow the audience away.

Are there other opportunities for Prep students who are not acting in the play to get involved?

MH: Absolutely. Theatre is not just about the actors, we need students to help build and paint the set, run the sound, hang the lights. We cannot do this alone.

I also recently had the opportunity to talk to two senior members of the upcoming play, Bryan Dougherty and Emma Linsenmeyer

Arts

September

2011

(Laurelton Hall) who portray the pair of Shakespeare's most infamous star-crossed lovers. While the two raved about each other's talent and their excellent on-and-off stage chemistry, each also privately reflected on their own experience in the play, and furthermore about how they felt about their time in Prep Players drawing to a close.

Bryan Dougherty:

How is the fall play going so far?

BD: Having just started rehearsal, the cast is just so excited and ready to get cracking on the abundance of work we have to get done. The script is proving to be as comical and clever as we had hoped and things seem to be unfolding nicely considering it's the first week of rehearsals. Because we are a cast of both returning and new members, I think we are all eager to get to know each other and have the opportunity to explore the twisted yet genius view that these three playwrights have created.

How are you feeling about the fact that this will be your last fall play as a Prep Player?

BD: The Prep Players are a group of fighting, talented and ambitious teens who are ready to tackle anything and everything. I honestly don't think that there will be another group of actors I will come upon that will fulfill the quota of awesomeness that the Prep Players have. However, our success and talent is greatly due to our director, Mrs. Hoover. She brings out things in actors, especially myself that they never knew they had. So, yes, this last fall production as a Prep Player definitely isn't one I am sending off with happiness, but I am still overzealous with the fact that the Prep Players are able to take on, in my last fall production, the monument that is William Shakespeare in the manner that we know best. Comedy.

Emma Linsenmeyer:

How is the fall play going for you so far?

EL: Well, it's hard to put into words: the "fall play experience", I suppose. I would have to say that so far I've laughed, I've cried, I've rapped...quite the experience.

Are you sad to be leaving Prep Players after this year?

EL: Of course it's difficult to imagine a life without the Prep Players, which is funny, since I clearly don't even attend Prep. Nevertheless, I'm happy we're going out with a big bang, for this play will certainly have that sort of effect.

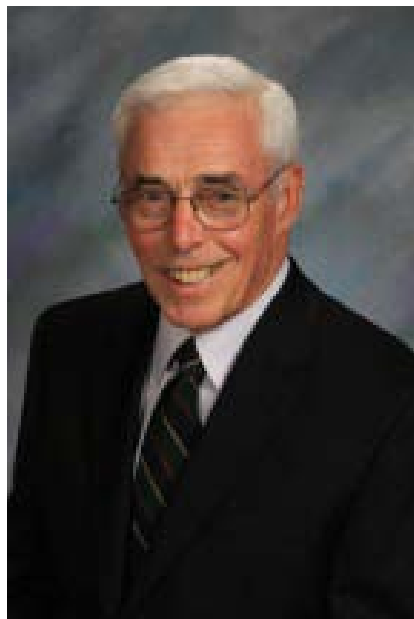
Campus Life

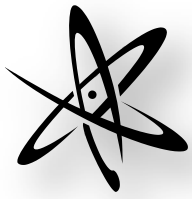
September
2011

Dr. Roach '50 Receives Ignatian Award

By Daniel Sanchez '12

At the Mass of the Holy Spirit, the Prep Community gathered for a tradition at Jesuit Schools and colleges around the world on September 9. Dr. James P. Roach, Class of 1950, received the second St. Ignatius of Loyola Alumni Award. This award is presented to those who demonstrate Prep's ideal of being a "Grad at Grad". The student body joined to honor Dr. Roach, praying tribute to his mission of being a Man for Others. In his speech, Dr. Roach spoke of St. Ignatius and Fr. Pedro Arrupe, S.J., and how both of them influenced his life. Today, Dr. Roach continues to be a dedicated physician of over 40 years. He has served as President of the Medical Staff at St. Vincent's Hospital and has been recognized by his fellow physicians for his good works. The Prep Community is very proud to recognize Dr. Roach for this important honor, and it is safe to say that many students this year will be inspired by his lifelong works.





Science

September
2011

J.E.T.S

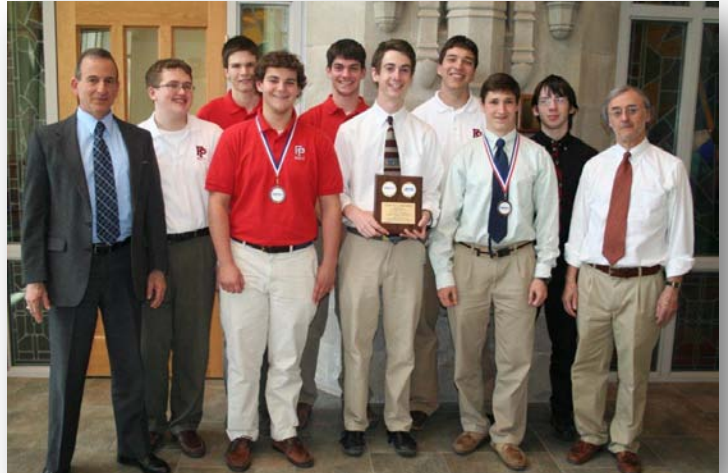
By: Brandon Yep'13

When a person hears the word J.E.T.S. they usually think of the New York Jets. Although both the football team and Fairfield Prep's J.E.T.S have the same name, they are very different.

J.E.T.S is an, "organization that facilitates the dissemination of engineering practice to students in grades 9 through 12," Dr. Lewis, the team's moderator said.

Every year, J.E.T.S attends the state TEAMS (Tests of Engineering Aptitude, Mathematics, and Science) Competition. In the TEAMS competition, J.E.T.S is given real life engineering problems ranging from solving problems in amusement parks to finding alternative energy solutions. Each of the eight members in JETS is given their own problem that they must solve within a designated time. They compete against schools all over Connecticut, making the scene, "exhilarating, fun, and intense," as Dr. Lewis described it. JETS meet regularly every Tuesday to train and learn more for the TEAMS competition. The members learn about real life situations and they really get a sense of teamwork. Dr. Lewis describes it as, "a really good learning environment."

This past year, JETS placed third amongst the represented teams in the state of CT and were ranked in the top 10% nationally. The team is currently in the process of training for this year's competition.



NFL 2011 App of the Month

Matt Kingsbury '13



The NFL 2011 App is out and the football season has started. If you want to be able to keep tabs on your favorite team this app is a must have for all diehard football fans. Don't miss out on statistics and highlights from your team's games just because you can't watch the game live!

Electricity on the Move

Matt Kingsbury '13

The nPower Peg is a pretty interesting product and gadget. It can charge things like your iPod, cell phone, and even a camera. It even gets its power that charges these devices from kinetic energy that you generate while walking or exercising and creates it into a usable power source for your mobile devices. You can buy it for around \$160 and have endless charging powers without having to charge up the batteries and use electricity.

Cream Cheese Pumpkin Pie

By Matt Contino '13

Ingredients

- 1 (8-ounce) package cream cheese, softened
- 2 cups canned pumpkin, mashed
- 1 cup sugar
- 1/4 teaspoon salt
- 1 egg plus 2 egg yolks, slightly beaten
- 1 cup half-and-half
- 1/4 cup (1/2 stick) melted butter
- 1 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger, optional
- 1 piece pre-made pie dough
- Whipped cream, for topping



Directions

Preheat the oven to 350 degrees F.

Pie Shell:

Place 1 piece of pre-made pie dough down into a (9-inch) pie pan and press down along the bottom and all sides.

Pinch and crimp the edges together to make it decorative.

Firm up the pie shell by putting it into the freezer for 1 hour. Cover/fit aluminum foil over the inside of the shell.

Food

September

2011

Place pie weights or dried beans on top of aluminum foil (about 1-2 pounds) and back it in over for 10 minutes.

Remove the foil and pie weights and bake for another 10 minutes or until the crust is dried out and beginning to color.

Pie Filling:

Beat the cream cheese with a mixer in a large mixing bowl.

Add the pumpkin and beat until combined.

Add the sugar and salt, and beat until combined.

Add the eggs mixed with the yolks, half-and-half, and melted butter, and beat until combined.

Add the vanilla, cinnamon, and ginger, if using, and beat until incorporated.

Combine:

Pour the filling into the pie crust and bake for 50 minutes, or until the center is set.

Place the pie on a wire rack and cool to room temperature.