



Photo by Teresa Colanero

PHS Sports Hall of Fame Inductees — Members of the 2016 class were inducted on Oct. 28, following a buffet banquet held in the high school gym. Earlier in the day, several of the honorees attended the PHS homecoming pep rally. Left to right, they included coach/contributor, Larry Trautwein and athletes Wanda Sharpe Kauffman, '97; Rodney Davis, '81; Thomas Gaines, '84; and Isaac Redman, '03. Other honorees not pictured are Zach Garren, '03; and members of the 1951 and 1994 football teams. More than 200 attended the annual event.

Sports Corner

Wrestlers gear up for new season

By Steve Anuszewski

The 2016-17 Paulsboro wrestling team opens its season on Dec. 17 in the John and Betty Vageding Tournament at PHS. The Red Raiders are the defending N.J. State Group I champions. They finished with an 18-1 record in 2016.

This year's squad includes a dozen experienced wrestlers and some promising newcomers. Three-year starter and returning district champion, Anthony Duca, enters his senior season with a 94-23 career record. Joey Perez, who was slowed by injuries last season after an outstanding sophomore campaign, also returns this year.

Battling injuries in his

junior year, Sam Giordano, has been a solid contributor for three seasons. Seniors Josh Bailey, who has been a three-year starter, Jake Medica, and Frank Mooney will anchor the upper weights.

Junior Rick Eli, who won a 4-3 decision to seal the state final match against Kittatinny a year ago, will lead a group of underclassmen that include five solid sophomores. Geno Duca, George Worthy, Santino Morina and Anthony Morina all won over 20 matches as freshmen and qualified for the Region 8 tournament.

Lightweight Matt Marcucci also picked up some big wins for the Raiders in spot duty. Worthy qualified

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Paulsboro High School 100 years of pride & tradition

Alumni share their favorite memories



Bee Ficara Flain, 1945

My favorite teacher was Mr. Bernard Rider. He taught Civics and was so nice.



Vince Manzoni, 1947
My favorite teacher was football and basketball coach, Jim Ross.

When we got in a huddle before a tough game, Ross would say, "Don't worry about those guys. They put their shorts on one leg at a time."



Bea Ficara Weiss, 1955

My favorite memory is dancing in the cafeteria at lunchtime.

My favorite teacher was art instructor Mrs. Haven. I went to Moore College of Art because of Mrs. Haven!

Photos by
Teresa Colanero

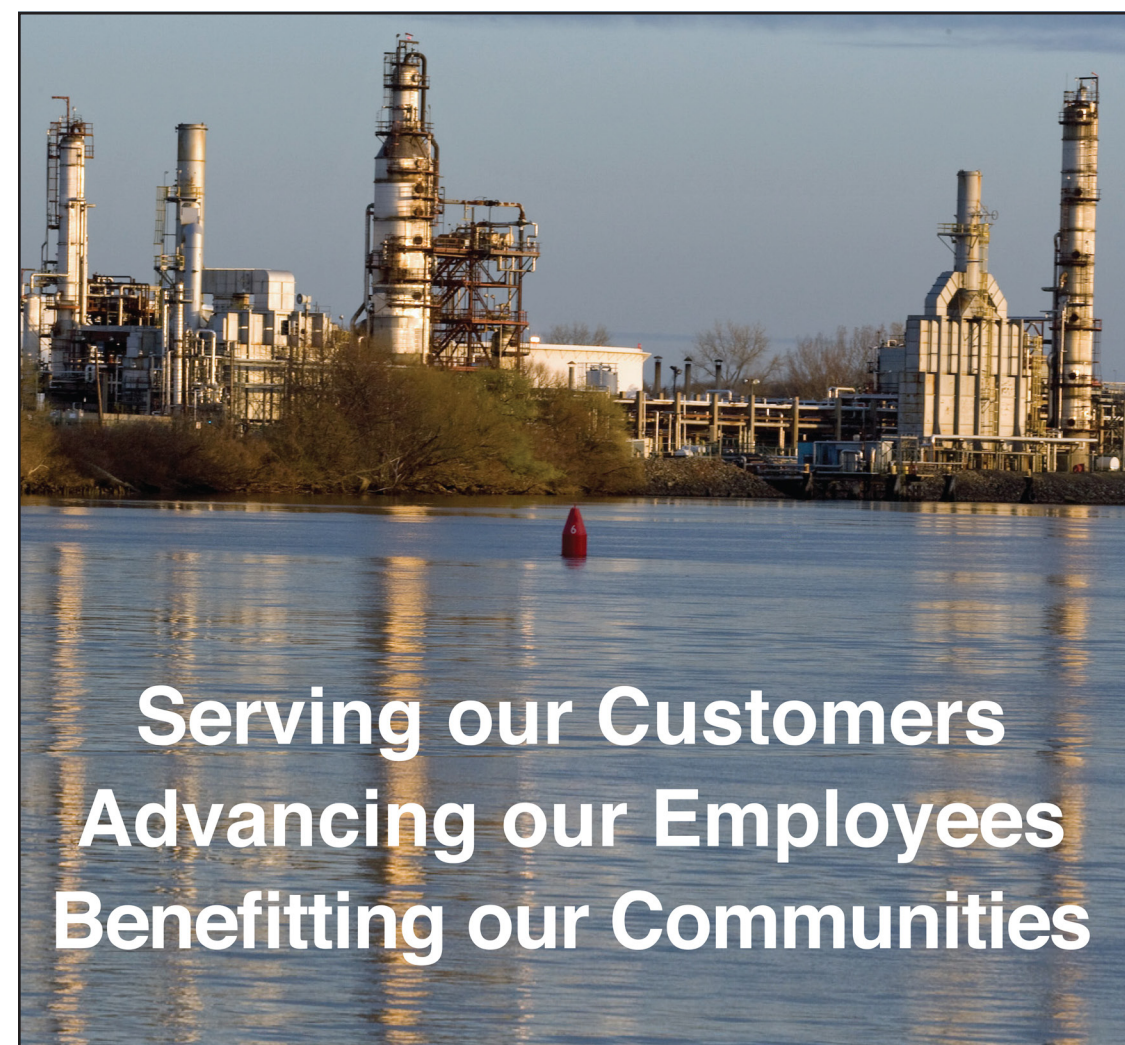
The Green Corner By Kaitlynn Shawaryn

Go for a greener winter both inside and outside the house with these tips.

1. Keep doors shut in rooms that are not being used to minimize drafts in the house.
2. Wash clothing in cold or warm water, rather than hot water, to reduce energy usage.
3. Save energy and keep active by sledding, skiing, or building snowmen instead of watching TV or playing video games.
4. Host a board game party to stay off electronics.
5. Freshen up homes by dabbing essential oils, such as lavender, lemon, or peppermint, on old porous wood or cotton balls tucked away in safe places around the house.
6. Spread sand instead of salt to deice areas. Salt is more harmful to landscapes and vegetation.

For more information on green tips, visit wholeliving.com/133860/winter-green-ecofriendly-ways-stay-healthy-season, greenhome.com/blog/10-green-ways-to-get-through-winters-days.

Look for the next issue of The Record Today in March.



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