

THE COURIER

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The longest running middle school newspaper in the United States!

White Plains Welcomes a New Superintendent

By Scott Louis

The White Plains School District has just welcomed our new superintendent, Dr. Christopher Clouet. As a superintendent, Dr. Clouet's job is to function as the CEO of the school district. In essence, he is the chief administrator. Dr. Clouet's education is very diverse. He obtained a doctorate degree in education from Columbia University,

as well as a master's degree in international studies from Brown University. Additionally, he has earned a master's degree in corporate and political communications from Fairfield University.

Some of Dr. Clouet's past jobs were as a superintendent of schools in New London, Connecticut, a high school principal, a district director of technology, and a teacher at the elementary and high school levels. Dr. Clouet decided he wanted to teach because he wanted to use his interest of languages, and love of cultures to unite the students. He decided to be a

superintendent because over time, he developed leadership skills that he thought he could use to lead a school district and community. Dr. Clouet plans to work closely with teachers to look at how we organize instruction and assessment to ensure teachers and administrators are responsive to the needs of 21st century students. He plans to work with teachers to explore uses of technology to achieve that goal. Dr. Clouet loves the people, students, and the community here in White Plains. He loves the vitality of the community, and working with the teachers and administrators here.

Finally Dr. Clouet wants to say a word to all of the White Plains middle school students. He says, "Being in middle school is one of the most important periods of your life. Decisions you make now play an important role of who you will become. Take yourself seriously; you have a lot to offer to the world."



Highlands Elects New S.O Officers

By Brian Couch

On October 26, 2009, the Highlands elections took place. There were many people running for each spot, but only four lucky people were elected.

Running for Treasurer was Jacob Brady, Kit Devine, and Luis Valenzuela; however, Jacob Brady was the lucky winner who found the X on this spot!

Running for Secretary was Jessica Levine and Anthony Varela, with Jessica conjuring up most of the votes for the position.

Running for Vice-President was Anthony Mubiala, Nina Tucker, Jack Vignone, and Tyese Melton. Tyese was declared the winner.

And for the most distinguished spot, President, Austin Dallas, Dawn Giuliano, and Matt Siebecker were neck-in-neck between votes for the esteemed position, but Austin Dallas took the cake and won the spot as the 2009-2010 president of Highlands!

Congrats to all of you who ran, because it took a lot of guts, and congratulations to all the winners!



Eastview 6th Graders Making Aloo Tikkis (Indian Potato Patties)

Eastview S.O. Starts with a Bang!

By Allison Jasne

The Eastview S.O. has been very busy! On October 9th, we had the elections with candidates for secretary treasurer, vice-president, and president.

Josephine Mercado, Miriam Cantú, Louis Waxman, Cardon Furry, Jacob Press, Sarah Siebes, Jamie Fernandez, and Jared Roseman ran for secretary treasurer, with Josephine Mercado being the winner. Allison Jasne, Ben Kanas, Sarah Lambert, and Rowan Lynch-Samant all wanted to be Eastview's vice-president,

but Ben Kanas got the job. Jocelyn Roseman, Franzi Burnett, Sabrina Mya, Jerry Jia, and Megan Caceres made valiant efforts to get the top spot, and Sabrina Mya got it.

Prior to the elections, we had "Treats 4 Troops." 6th graders donated store-bought cookies, 7th graders were asked to bring store-bought snacks, and 8th graders contributed candy. All grades could bring in decks of playing cards. Eastview donated until October 9th, and at the October 8th meeting the Journal News came to take pictures and interview a few students! All the donations were given to wounded veterans recovering at Walter Reed Army Medical Center.



Eastview Goes Global

By Rachel Morris

As the seventh and eighth graders left the auditorium on Friday morning, all the sixth graders wondered what we would do that day, since the teachers had told us not to bring our book bags. Well Global Awareness Day on October 23 was the kick off to the Global Run. If Eastview walks 5,000 miles we will be able to build a library in Kenya. Instead of going to classes Friday, we would be going to seven stations around the school to learn about the world.

We made Aloo Tikis and fried rice with Ms. Turk and Ms. Holder. We learned about video conferencing with Ms. Kennedy. We talked about the UN with Mr. Wallace. We played Shuffle board and Bocce ball with Mr. Huges and Ms. Fleishman. We drummed in an African drumming circle with Mr. Homez. Finally, we participated in the hunger banquet where we were either poor, middle class or rich and we got a snack depending on what group we were put in.

It was a very powerful day, and everyone who participated came out with a different view on the world.

7th Grade Treks to Bear Mountain

By Jarrett Sannerud

Last month the Highlands seventh graders went on a trip to Bear Mountain State Park in Bear Mountain, New York. Though they had to endure a one hour bus ride, they were rewarded with a great time. The students had a chance to stroll around the lake embedded in the vast expanse of nature in Bear Mountain,

see a wide variety of animals that the park boasts and, at the end, get a great view of the Bear Mountain Bridge and the beautiful scenery surrounding it. They also got a chance to test their artistic skills by drawing a picture of the landscape and sending it to someone in the form of a postcard that incorporated figurative language. Leo Fisher said, "Bear Mountain is beautiful and the trip was fun." I was pleasantly surprised that an educational trip could be filled with so much beauty and fun!



7th students enjoy a beautiful day at Bear Mountain State Park.

Jazz Band Plays Again

By Brian LaPlaca

Jazz Band is back again and is better than ever! For anyone who doesn't know, Jazz Band is another great extracurricular activity headed by Mr. Tim Veeder. Jazz Band is open to 7th and 8th graders in both Highlands and Eastview. Unlike a regular band, only some instruments can be in the Jazz Ensemble.

Jazz Band meets every week for the entire year. They meet every Tuesday at Highlands between 2:45 - 4:15.

I talked to Mr. Veeder about this year's plans for Jazz Band. He said that the band will be playing a lot more music than last year and more new music which will include rock and of course jazz. Mr. Veeder also said that the Jazz Band will be performing at many more places than last year. Some of these places may include concerts, pep rallies, and even some public gigs (that means a day away from school!).

Unlike regular band, Jazz Band is only offered to special instruments. Trumpets, Trombones, Drum Sets, Saxophone, Piano, Guitar and Bass are all the instruments that can play in the band. This year Mr. Veeder wants to incorporate other instruments that should be included because this is a public school. Baritone is an example of an instrument that may be allowed in the Jazz Band.

Last year's Jazz Band was a learning experience for the students and Mr. Veeder. Jazz Band will be ten times better than last year. It is a great opportunity for everyone!



Hispanic Heritage Month

By Catalina Martinez

Hispanic Heritage Month is the month in which all Hispanics take a moment to think about our ancestors and the special things they have contributed to our world. This special celebration occurs during the month of October. In many, many ways Hispanics have contributed to our world from literature to architecture, from politics to culture, and so much more.

The term Hispanic, as defined by the U.S. Census Bureau, refers to Spanish-speaking people in the United States of any race. On the 2000 Census form, people of Spanish/Hispanic/Latino origin could identify themselves as Mexican, Puerto Rican, Cuban, or "other Spanish/Hispanic/Latino." More than 35 million

people identified themselves as Hispanic or Latino on the 2000 Census. WOW! THAT'S A BUNCH OF PEOPLE!!!

There have been many accomplishments by Hispanic people. One example is the famous Gabriel Garcia Marquez. He is one of the greatest Hispanic authors! He has written a ton of books like *100 Years of Solitude*. Mario Molina was a Hispanic scientist who WON the Nobel Prize was. Molino began researching chlorofluorocarbons (CFCs), and then widely used in refrigerators, spray cans, and cleaning solvents. He discovered that the release of CFCs could destroy the ozone layer in the stratosphere, allowing more ultraviolet light to get through to Earth and potentially increasing the rate of skin cancer. As you can see, Hispanics have that have changed our world in many ways!



Mrs. Nieves is a fabulous chef who loves to share her traditional recipes

Recipe: Budin

Among the many things Hispanics are noted for, one is their delicious cuisine. Here is a recipe for Simple Bread Pudding, or "Budin", submitted by Mrs. Nieves.

Ingredients

- 1 loaf (1lb) of sliced white bread
- 3 ½ cups of whole milk
- 1 ¼ cups of sugar
- 3 large eggs (not beaten)
- ¼ tsp. of nutmeg
- 1 tsp cinnamon
- 2 tsp vanilla extract
- 4 tbsp. melted butter
- ½ cup raisins

Directions

Preheat oven to 350°

In a bowl, break bread apart (use a food processor to chop)

Mix all above ingredients well

Grease a square 8x8 inch pan with butter. Place in oven and bake 1¼ hours or until golden. Allow to cool at room temperature before serving. Cut into squares and enjoy!

Languages! Languages! Learn All About Them!

By Melina Africano

The language teachers here at WPMS love to teach and be with children. At Highlands, the 6th graders have four different languages to choose from. There is French, Italian, Spanish, and the brand new language to Highlands, Mandarin Chinese. Eastview continues to offer Spanish and French for all students. Before this year, Highlands only offered languages for the 8th graders. Now all grades take languages. The 6th graders love their language courses because they are different from what they are used to.

The 6th grade French teachers are: Madame Amir, Madame Sands and Mademoiselle

always exciting because each day is different. I would get bored doing a job that was repetitive and didn't allow me to interact with people. Being a media specialist allows me to be active and work with students and teachers on different projects.

Q: Tell me your experience at Highlands so far.

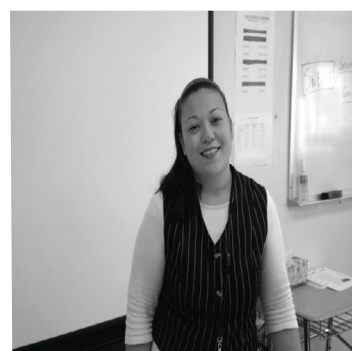
A: "I am so happy to be here at Highlands. The students, teacher and staff have all made me feel very welcome and supported. I am impressed



Miss Nugent

favorite book was *Thank you Mr Falker*, by Patricia Polacco, and her favorite genre is poetry because it gives you the freedom to express yourself without grammatical errors. Some of her favorite authors are Shel Silverstien and the legendary Dr. Suess. Ms. Almanzar grew up in California, and has travelled a lot in her lifetime.

I also had the pleasure of interviewing Mr. Sibrizzi, who has preferred to keep



Ms. Almanzar

Nudge. Señora Cunnington, Señorita Diaz, Señorita Staub, Señora Sands and Señora Amir teach Spanish. Mrs. Altman (Zhang Lao Shi) is the Mandarin teacher and Ms. Cieloszyk teaches Latin. Signorina Gilot, Signorina Mannino and Signorina DiLeo all teach Italian. For Eastview the language teachers' names are: Mademoiselle Nudge and Madame Von Sauer for French, Señora Plant, Señorita Nudge and Señora Wahl teach Spanish.

I had the privilege of interviewing Mrs. Cunnington and Mrs. Altman. Señora Cunnington shared with me her favorite word in Spanish. "My classes are going to smile at this one; my favorite word is probably the word "anaranjado" which, my students can tell you, is the color orange!" Mrs. Altman had some very nice things to say about Highlands. "I am so proud and privileged to with how active students are in extracurricular activities and how the teachers generously give their time for students to have these opportunities. Even though there are many students and many teachers, Highlands feels like a family to me already!"

I asked Ms. Levin the same questions, and here are her answers:

"I have always wanted to be a teacher, since I was a little child playing school with my friends. I love how I can give the same exact assignment to a class, and everyone returns with their own interpretations and a whole mosaic of new ideas. I love designing lessons which capture kids' excitement. Although I have taught all subjects in elementary school, I like teaching science even more because there are so

be the teacher of this class," said Mrs. Altman. "They are all so nice and I love teaching them."

The language teachers at Highlands and at Eastview love teaching their classes and are looking forward to a great school year!



Signorina Mannino

many interesting activities I can share, and what could be more important than learning how the world works?" "I am having a wonderful time at Highlands so far. I felt welcomed back by not only the staff, but by my old 4th and 6th grade students, who are now 6th and 8th graders. I love it when my former students come to visit and tell me how they are doing."

It's great to have new faces come into the building, so welcome Ms. Nugent and Ms. Levin!



Ms. Levin

his first name a secret. Mr. Sibrizzi teaches eighth grade algebra, as well as pre-algebra and seventh grade math. Mr. Sibrizzi is a great teacher who loves to teach, (but not as much as he loves hot dogs). He is currently teaching in his seventh year, and has just transferred here from teaching six years at Highlands. As for Mr. Sibrizzi's goals, he hopes to one day to own and fly a green helicopter, as well as wrestle a giraffe down with his bare hands. He also plans to spend the summer on the moon. For now, let's hope he just keeps on teaching!

We also have a new Family Consumer Science teacher, since Ms. Calbro retired. Our new teacher is Ms. Ilana Brennan. Ms. Brennan teaches seventh and eighth grade FCS, as well as in the Newcomer program. She has been teaching for nine long years, and has entered her tenth. As an FCS teacher, she says she loves to cook, because



Ms. Brennan

people enjoy the creative things she makes, and her favorite food is a "Tinroof" ice-cream sundae with fudge and peanuts. She grew up in Oahu in Hawaii, and moved here to go to college.

Sadly, I did not get the pleasure to interview all the new teachers, but I will not forget to mention them. So everyone please welcome Ms. Kelly Carfi, Ms. Liz Daiber, and Ms. Paula Dalto. Welcome Eastview Middle School!

WPMS Club Page

Art Club



Get Artsy with the Art Club

By Tori Cignarella

The Middle School Art Club is run by Mr. Wintersteen, one of the art teachers at Highlands. He is very excited about this year's turnout. It was actually very large and had to be cut to just seventh and eighth graders! All the meetings will be held on Thursdays from 2:45-4:15 in Room 5 at Highlands.

Some of the projects done this year are ceramics, cartoons, t-shirts, drawing and painting. The Art Club will run until the beginning of spring, before this year's musical begins.

I was able to speak with Mr. Wintersteen, and he said, "The Art Club is one of the more popular clubs. We have a huge turnout every year. It's a lot of fun, and it's a place where students can come and be creative after school."

Art Club is definitely a good way to express your inner creativity, and here there are no grades to worry about.

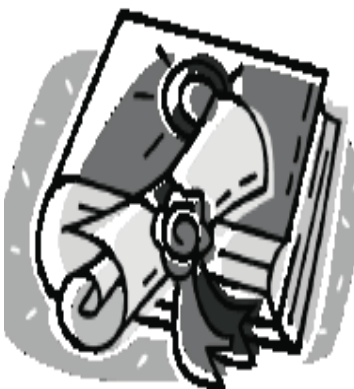
The Hook on the Yearbook

By Haydn Pope

What better way to remember your friends than by getting a yearbook? The Yearbook Committee is starting. There are two teachers in charge of it; Mr. Mulcahy at Highlands and Ms. Sabatini at Eastview.

Members of the yearbook committee can do many jobs, including deciding what the theme will be, selecting photos and selecting artwork. The yearbook will contain pictures of sport teams, clubs, orchestra, band, committees, etc. The eighth graders will be the only ones to have the option to personalize their yearbook, which means to have their names on the cover of their yearbook.

The yearbooks can be pre-ordered, and will be distributed in the spring during lunch. 8th Graders will be able to buy a yearbook with their name engraved on the front cover next month for \$23 a book. Yearbooks will be distributed in late May or early June and are given out to those who buy a book first. We then sell what is left on a first come first serve basis. Be sure to reserve your copy!



STEP TEAM KEEPS THE BEAT

By Torry Haggins

Try to do a split. Get back up. Keep on stepping or dancing. You think it's easy? Well, sorry to burst your bubble but it's not. This is what happens every Monday and Thursday at Highlands during Step Team rehearsals.

Mrs. Baker and Ms. Johnson lead a talented group of dancers. This year they are bringing something new. They combined dance and stepping to the Step Team. The teachers are doing well with the BIG group. Keep your eyes out for the Step Team. We still not have found the name, so listen out for it. Come see if you can keep the beat!

Tiger Tube: The YouTube of WPMS

By Lauren Woods

Tiger Productions comes back to Highlands for the second year in a row! What is Tiger Productions, you ask? Tiger Productions is a multi-media club. This basically means that they use programs like MovieMaker, PhotoStory, and etc.

What is new this year is Adobe Premiere. Adobe Premiere is a program that is used to make videos. However, it is still being worked on so we will have to see how it ends up.

Mr. Jones, the advisor of Tiger Productions says the greatest thing about Tiger Productions is having opportunities to use your creativity and working with others. TigerTube.tv has

lots of videos to watch. "All the videos are pretty much what the students involved want to make", says Mr. Jones. You will definitely have lots to do when you go to TigerTube.tv. There are fun videos and some school-related videos.

of education, or disease. Each group will be paired with a global partner who will give a global perspective to the issue they are exploring.

Q: What will Global Ambassadors do later on?
A: They will then create a video that will help teach others about what they learned. The Pearson Foundation and Nokia will help us by giving us cell phones to use and laptops with great software for video editing. All finished videos will be posted on our school website.

Q: What country will the Global Ambassadors be helping and why?
A: We will be helping Kenya this year to enable them to have better schools, libraries, and clean water.

Besides making videos, the members of Tiger Productions can take pictures, make Power Points, and use audio. Next time you are on the computer make sure you check out this website. TigerTube.tv. It just might become the new school sensation.

WPMS's Mighty Math Team

By Leo Fisher

"We are going to rock! We're going to the states, then the nationals!" says dedicated teacher and leader of the math team Mrs. Smith. The math team is a group of students that spend a great deal of time solving math problems using creative problem solving challenges and strategies.

The Math Team competes in a variety of math competitions against Westlake, Ardsley, Rye and Somers. We typically have about 5 meets a year. In February, our top 8 students compete in Mathcounts, a nationally

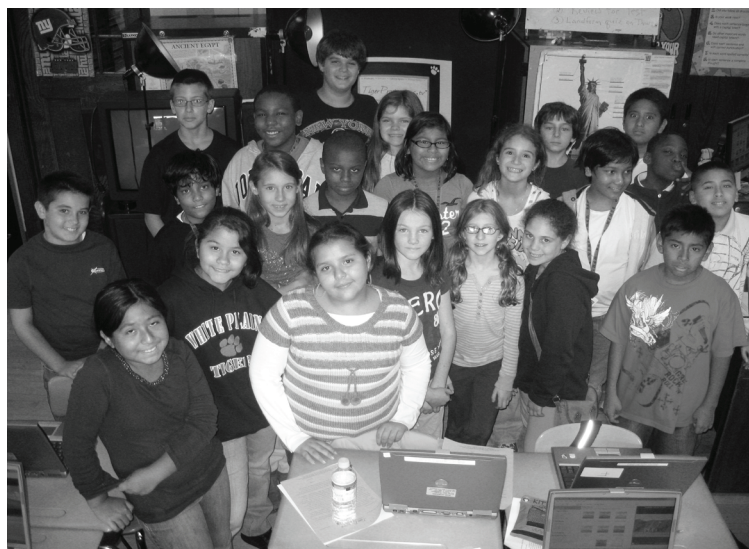
renowned and well publicized competition, which leads to national level competitions.

Compared to last year, this was a much bigger turnout. "Last year, the team could barely fill up half of the room and now the room is overflowing," said Drew Smiley. This year, Mrs. Smith hopes the whole team will make it to the Math count, which is a very big competition. "I hope the entire Mathcount team wins at the regional Mathcount level this year," said Leo Fisher. "Last year Jerry Jia came in 2nd and went to the state competition and the team came in 4th just missing the chance to attend the state competition.

"This year I'm looking for the whole team to attend the state competition," said Mrs. Smith. "The math team is going to be good this year" said Jarrett Sannerud.

lots of videos to watch. "All the videos are pretty much what the students involved want to make", says Mr. Jones. You will definitely have lots to do when you go to TigerTube.tv. There are fun videos and some school-related videos.

Besides making videos, the



The members of the Tiger Productions Club

EASTVIEW'S

Global Ambassadors Saving the World One Student at a Time

By Maggie Marotta

I had a chance to interview Ms. Kennedy from the Eastview Campus about the fantastic program Global Ambassadors.

Q: What is Global Ambassadors?

A: A program that promotes student leaders who can help raise awareness about

local and global issues. Ambassadors learn about ways to take action. We host events such as the Global Run and the Fashion for a Cause to teach our school and community about ways they can help make a difference.

Q: What does it take to be a Global Ambassador?
A: Commitment, passion, and hard work.

Q: What are the Ambassadors currently working on?
A: Ambassadors are breaking into small groups this fall. Each group will choose a global issue they want to research such as climate change, pollution, world hunger, lack

the upper cut, and the hook. The jab is a punch to throw off your opponent. The reverse punch is a punch aimed for the center of the face. The upper cut is a punch for either the chin or gut, aimed for the cheek bone. The coach is very experienced. She is a 2nd degree black belt in martial arts. Ms. Fleischman has been practicing martial arts for years and loves it. This club is very good for the students because it teaches them defense skills. Club members are extremely dedicated. The club runs from 3:00 to 4:10. It is a fantastic, fun, educational club for 6th grade girls!

KICKBOXING

Watch Out! Girl's Kickboxing has Begun!

By Meredith Abato and Elana Mariani

What's a better way to end the day than with Kickboxing? This club is held in the gym and in Room 104 at Eastview with Ms. Fleischman. During Kickboxing we only use targets to practice—we never hit each other. We have learned four punches. They are the jab, the reverse punch,

the upper cut, and the hook. The jab is a punch to throw off your opponent. The reverse punch is a punch aimed for the center of the face. The upper cut is a punch for either the chin or gut, aimed for the cheek bone. The coach is very experienced. She is a 2nd degree black belt in martial arts. Ms. Fleischman has been practicing martial arts for years and loves it. This club is very good for the students because it teaches them defense skills. Club members are extremely dedicated. The club runs from 3:00 to 4:10. It is a fantastic, fun, educational club for 6th grade girls!

Halloween 2009

HIGHLANDS



There's no better place to be on Halloween than on a White Plains Middle School campus! At Highlands, students and staff came in costume and competed for prizes during the annual lunchtime Halloween parade. At Eastview, students and staff also showed their Halloween spirit by coming to school in costume. At both campuses, the culminating activity was the annual PTA sponsored Fred Gressler Walkathon. Money was raised to fund PTA grants in our schools.



EASTVIEW



Fall Pep Rally

By Sebastian Vignone

Hey there all you Tigers! We hope you enjoyed the Fall Pep Rally. We loved watching the teachers participate in events like the water ballon toss and the relay races. It's always fun, even though it was really cold!

We want to give props to the fall sports teams. The weather is just starting to become cold and a little unpredictable, so it must be tough. Tug of war is always fun no matter when you do it.

Thanks to the Pep Rally, we all got out of our 8th period classes a little earlier. It would've been an alternate 2 schedule, but because the school changed the periods and their times, we left during eighth period.

Our next Pep Rally is the spring one which is scheduled for May 14th. Our favorite part was the dancing Tiger, but that's just our opinion. We can only hope that the Spring Pep Rally is just as much fun!



SPOTLIGHT ON OUR FABULOUS TEACHERS

Mrs. Davila in the Spotlight

By Will Socolof

With her way to make students want to learn and perform music, Mrs. Davila has claimed her moment in our Courier Spotlight. Mrs. Davila, the music teacher at Highlands has been teaching for thirteen years, ten of which have been spent at WPMS. "This is my tenth year working at Highlands and I love working with the students here. I absolutely adore the diversity at Highlands Middle School," says Mrs. Davila.

"I only had Mrs. Davila for one year but we already built a relationship." Mrs. Davila not only teaches general music but also directs two choirs, Select Choir and Eighth Grade Chorus. When it comes down to it, Mrs. Davila is a respected, experienced teacher who loves what she does. "I feel my greatest accomplishment is when a student discovers themselves by performing. Students that have difficulties in other classes can come into my class and be successful. I love watching them go into the high school and still be successful in musical activities and life."



"My greatest accomplishment is when a student discovers themselves by performing."

Extraordinary Eastview Teachers

By Rachel Morris

Even though I have been at Eastview for a short time, I have met some really good teachers. They do fun projects too!

Sra. Wahl is the Spanish teacher at Eastview. In her class we are learning the names of the body parts. At home we have to create a 3D monster and present it to the class in Spanish. We also

have to sing a famous song using 15-20 Spanish words. It is a lot of fun.

Ms. Anastacio is a sixth grade ELA teacher at Eastview. She is helpful and always has fun. She likes to make jokes but can always keep us learning. In her class we are writing memoirs. She says, "This activity helps students learn about the expectations of middle school." These teachers are doing some interesting stuff in the classrooms and I know we can expect a lot more.



Food for Thought... Healthy Eating is the Way to Go!

By Hadar Arens

Eating healthy shouldn't freak you out. There's no reason to diet, unless it's a personal issue that you have to talk to your doctor about. It doesn't mean that you'll never see junk food ever again. It is just for you to eat less of the bad stuff and more of the good stuff—*whole foods*. A whole food is a food that has only one ingredient. For instance, fruits and vegetables are all whole foods. If you eat fruits and vegetables everyday you can stay healthy very easily. There are many vitamins that you consume in the food you eat each day. Which vitamins do you need? You need to drink milk everyday to give you a tall and straight posture. Eating a non-sugary cereal in the morning with 2% milk is great! Other dairy products are excellent sources of calcium, just as well. Eating red meat, wholegrain bread, dried beans, and apricots will give you Iron. To earn Vitamin B you must eat meat, fish, dried beans, leafy green veggies, and whole

Features

wheat products. For amazing vision and smooth skin eating carrots, apricots, nectarines, spinach, sweet potato, and squash will give you Vitamin A.

When you have a cold, the best way to get rid of it is not just medicine, but also oranges, peppers, broccoli, strawberries, cabbage and spinach. To get strong and healthy teeth you have to eat milk, eggs, salmon and liver. To protect your skin tissue, eating sunflower seeds, green veggies, avocados, and nuts will help you receive your Vitamin E. For blood that thickens quickly when you get a cut, eating cabbage, lettuce, cheese, and broccoli will give you a great source of Vitamin K. Drinking water or other natural juices can make a difference.

Reward yourself after a big test or after studying with dark chocolate. Once in a while you can defiantly have a bag of chips that is made with natural sunflower oil or a nutty peanut butter and jelly sandwich. When you watch what you're eating, it impacts on how your body reacts to you.

Source: *The Care & Keeping of You: The Body Book for Girls* (American Girl Library) by Valorie Schaefer.

Students and Staff Speak Out

Students and teachers give their answers on their favorite ethnic food.

By Annick Tabb

As the new school year starts, you start thinking about a lot of things. You start thinking about if you're going to fit in. You start worrying about your grades and you think about the most important thing—the cafeteria food. But what about the food you eat outside of school?

I asked a couple of people around school, and I got very different answers. I got some ordinary dishes like pasta with sauce (Rachel Morris) to the most outrageous foods like chicken tikka masala (Ms. Loparo). Elizabeth Luckner, Laura Prestipino and Mrs. Anastacio also listed Italian food as being their favorite. Others like Olivia Bratkovics like Chinese lo Mein.

Personally, I enjoy American, Chinese and Indian. So when you're thinking about going out or just kicking back in your fuzzy pajamas and slippers, you have some new food ideas to try.

A Great Man Retires

By Scott Louis

Last year, Mr. Roger Siegel retired as The Courier Adviser after 38 years of service. Mr. Siegel was dedicated to the Courier, and put so much time and effort into our publication. The Courier would not be what it is today, if Mr. Siegel had not been so dedicated. After he retired from teaching, he continued to come back as the Highlands adviser because of his love for the newspaper.

Last year Mr. Siegel decided that his work was done, and it was time to pass down the job, after so many long and hard years. When Mr. Siegel announced his final retirement, we all felt a little sadness within us, but we understood his reasons. He is a great teacher and a great mentor. From the Courier staff to you, Mr. Siegel, we would like you to know that we miss you and hope you are having a great retirement!

largest diorama in the United States. They had dinner and a campfire before they went to their tents. On Monday they drove back to White Plains. For more information about the BSA, go to www.troop73bsa.com. The meetings are at Highlands in the South Gym every Tuesday 7:30-9:00pm. All boys are welcome to join us.

Highlands R.O.A.R.s!

by Jacqueline Rayo

What is ROAR you ask? ROAR means Respectful Organized Accepting Responsible. Teachers give out tickets to students who follow the ROAR principles, and those tickets can be redeemed for cool privileges.

To be **respectful** in school, you need to follow the rules of school policies, remember don't talk back to a teacher (it is very rude). If you feel you are being harassed by a teacher, talk to your guidance counselor but don't ever be disrespectful!

Organized: Great advice is to keep your locker neat so that it is easy for you to get to class, have a folder for each subject so that you can find things easily, and be prepared. Want to be more organized? Why not get a binder for morning



classes and afternoon classes, put your folders in the binder this way you don't forget your supplies.

Accepting: Accept people for who they are everyone have their own opinions just like you have yours. Don't criticize people; be accepting, as they say "treat people the way you want to be treated".

Responsible: DON'T BELATE TO CLASS that is a big part of your responsibility. Middle school is about becoming independent, so don't rely on other people to take care of your responsibilities.

ROAR is a great way to motivate students to do good in classes and in our Highlands community.

What's Hot and What's Not

By Michelle Chin

New artists have been coming out this year. One of the top artists that all teen girls love and adore is Justin Bieber and his new song *One Time*. Justin was born in Toronto, Canada and he began posting YouTube videos for his family and friends. Over time, Justin's popularity rose. His manager flew him down to Atlanta, Georgia to meet Usher. Usher loved his voice and decided to sign him. Justin Bieber's album will be released in November. Ever since his new song *One Time* was released, Justin Bieber has stolen girl's hearts all across America.

Lady Gaga rose up to fame also, as she recently won her first VMA award ever and feels extremely proud about that. Chris Brown has been debuting new songs, and attracting attention from many fans.

Michael Jackson's new movie, *This Is It* was just released in theaters and it sold out almost immediately. Those lucky ticketholders got a great show!

Beyonce just keeps on getting better in her singing. Beyonce has released a song called *Single Ladies* which was a hit single that won her a VMA award for video of the year; *Sweet Dreams* is also an excellent song by Beyonce.

As you all may know at the 2009 VMA's Kanye West interrupted Taylor Swift's acceptance speech. Since that



Michael Jackson's posthumous release, *This is It* sold out almost immediately.

incident Taylor Swift has been gaining popularity and Kanye West losing his fans and peers. Jay-Z's new song *Empire State of Mind* was a blowout, you hear it on the radio every time, and it makes you feel proud that you live in a state with all this music popularity.

Music News

By Nick Dagher

Jay Sean was nominated as #1 on Billboard.com for top music. He was born March 26 1981. He is currently signed to Cash Money Records in the US. He showed talent at the age of 11 when he and his cousin formed a hip hop duo called "Compulsive Disorder". Jay Sean released a single "Eyes on You" in the UK and it became one of the top ten, it peaked at number six. In 2008 he signed a contract with Cash Money Records which he announced at the MOBO awards. He is currently #1 for his song "Down" featuring Lil Wayne. He has been on the top for 16 weeks now.

Boy Scouts Provide Enough Adventure for a Lifetime

By Max Kratzok

On Columbus Day weekend Troop 73 of the Boy Scouts of America (BSA) went camping at Gettysburg, Pennsylvania. On Saturday they put flags on all the graves of New York soldiers who died at the Battle of Gettysburg. The 40 scouts on the trip recited the name on the grave and then put a flag in the ground in front of it. They did this 867 times once for every grave.

Their Scout Master, Mike Bennett, gave them a tour of the battlefield. That night they had a ghost "hunt" tour. When they got back to the campsite all the patrols (smaller groups in the troop) cooked a freeze dried meal for dinner. Everyone slept in a tent they helped set up.

Sunday morning, the sleepy scouts cooked breakfast and prepared for a hike of the area. The troop saw a lot of monuments, each with its



The scouts placed flags to honor the soldiers killed in the Battle of Gettysburg

own story. Some re-enactors taught the scouts a few marching formations used in the war. Then they had lunch.

After lunch they started the long hike to Little Round Top where a major skirmish took place in the Battle of Gettysburg. From there they could see their next destination - Devil's Den. At Devil's Den, Confederate sharp shooters shot Union soldiers at Little Round Top easily during the battle. At Devil's Den the Boy Scouts enjoyed jumping from rock to rock. Afterwards, the troop started the hike back to the campsite.

That night they enjoyed seeing a model of the battle in the

MOVIE REVIEW

Where the Wild Things Are

By Drew Smiley

The movie *Where the Wild Things Are* is a great family movie for all, based on the popular children's book by Maurice Sendak. It combines imagination with love and family.

The story is about a young boy, Max, who has an un-loving sister and is misunderstood by his loving mother. When he can't stand them any more he runs away and eventually finds an island inhabited by monstrous creatures. They make him their king and they have a big adventure.

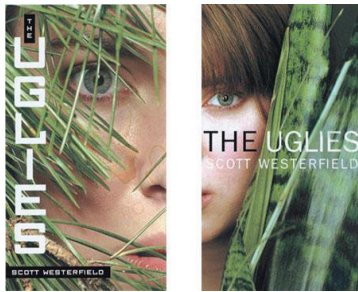


But to know exactly what happens you have to see it for yourself.

This movie will speak to your inner child and show that all of us have our own inner "Wild Thing". I thought this movie would get 5 or 6 stars, but after watching the film I give it a 9. So get to the theatre with your family soon to watch *Where The Wild Things Are!*

BOOK REVIEW:

Uglies by Scott Westerfield
By Allison Jasne



Uglies is about a future civilization where when you reach age sixteen, you undergo an operation that turns you from an Ugly to a Pretty. But when Tally Youngblood reaches the age, she is considered a Special

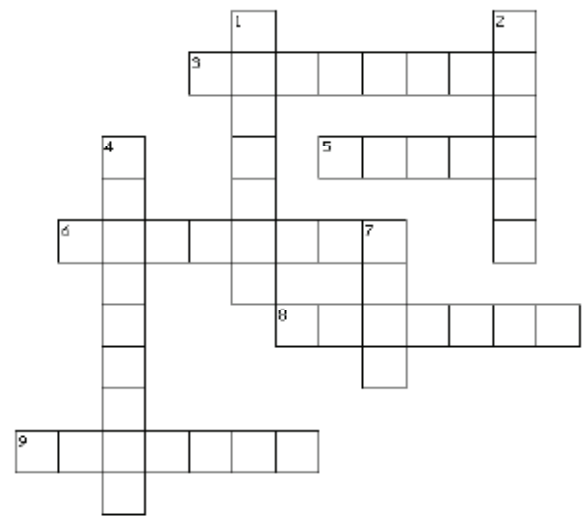
Circumstance. There are specials whose job it is to make sure the Pretties stay in the dark and the city is safe. Tally knows her new friend Shay has run away to avoid becoming a Pretty and left her a list of clues only

she can understand. Special Circumstances give her a choice: go into the wild, find Shay, and bring her back; or never become a Pretty. Follow her as she makes a choice that may very well change the entire world's way of life.



Team 6Y came to school decked out in pink to show their support on Passionately Pink Day.

Holiday Crossword Puzzle



- Across**
- Holiday when Hebrews celebrate the festival of lights
 - An attendant or guardian spirit
 - Something wrapped in colorful paper
 - Something fun to make in the snow
 - A week-long holiday honoring African heritage and culture

- Down**
- A stick made of wax
 - Very cold
 - Holiday when Christians celebrate the birth of Jesus
 - White ice

AUTUMN WORD SEARCH

By Lauren LaPlaca

E M Y D A J C P W M U U Q N L
 P G Q M Z L U R O Y G F A O E
 A U N Y Y M I G L G V P O L P
 O F P A P O W A L G R H O F F
 H D V K R T T H E Y C E M U S
 K J I W S O R A Y S E B E Y M
 G N T E Z E E L D D J P C N F
 S I K C D K E L E A V E S Q B
 K U V T X U S O L G M Y R P N
 A E M Z F W P W L Z L L L Q T
 B G M O P R G E R K D N C Z G
 Q M T I U E L E G I Y H R I H
 Y L L I H C D N K M E X A Z O
 G W E L P Y U H H O A I B X N
 N R V S K Z C I M D T J R X S



- CHILLY**
GREEN
HALLOWEEN
LEAVES
ORANGE

- PUMPKINS**
RED
SCHOOL
TREES
YELLOW

Math Challenge

	-		+		8
-		+		+	
	x		/		28
+		-		x	
	-		x		1
2		7		11	



Try to fill in the missing numbers.

Use the numbers 1 through 9 to complete the equations.

Each number is only used once.
Each row is a math equation. Each column is a math equation.
Remember that multiplication and division are performed before addition and subtraction.

Created using puzzlemaker.com

Autumn

By Hadar Arens

The time of the year when the leaves change colors.
It's the time of the year when the leaves start to crease

You can feel that light cold air touch your cheeks softly
Letting you feel more chilly.

Your hands, ears, and the tip of your nose, red like a rash
from last spring
When you were dared to touch the old bedspring

Once you get on that bus, you sigh

From that swoosh of hot air that reminded you of a hot steamy day in July.



NIGHTMARE

By Amanda Cantu

Shadows dance across the walls,
The darkness getting closer and closer,
Horrid laughter fills the halls,
This blackness cannot die

Dreadful creatures arise from hell,
An evil is growing,
You can hear the demonis yell,
You try to run.

An evil monster appears from the dark,
With his red eyes and thorny tail,
And his sharp teeth and wild bark,
He runs towards you.

The monster laughs at your fright,
You run but can't hide,
He laughs with delight,
Suddenly he grabs you.

You struggle in his grasp,
He is happy with the screams you make,
You yell for help,
And then you wake.

SPORTS

ATHLETE OF THE MONTH

Rebecca Zdanoff

By Austin Bogart

Rebecca Zdanoff is the female athlete of the month; she is on the field hockey team. Rebecca is an eighth grader at Highlands. Rebecca was on the field hockey team last year. She is very loyal to the team, makes it to all of the practices, and she brings it to every game. She really enjoys the sport and she really has a fun time on the team. I talked to her the other day at lunch

and she said that she really enjoys the team and will miss playing it after the season is over. She really is dedicated to the team and the team is very lucky to have her.



Boys Soccer's Fabulous Fall

By Leo Fisher & Jarrett Sannerud

In late September, boys in 7th and 8th grade got a chance to play soccer for White Plains. Led by Coach Lambert, the A- Team got a kick start on the season with 2 wins, 2 ties, and 1 loss. The B-Team is working hard in preparation for next year. Leo Fisher of the A-Team

says, "We did well this year, but we can do better." Even though it was short, both soccer teams played well. Hats off to both of our Tiger soccer teams.



Fun Flag Football

BY Abby Lombino
For this interview I have interviewed Mr. McGuinn. Flag football is very exciting.

Q) What exactly do you do for the team?

A) I sign all the kids who are interested. I divide them into teams. I try to make the teams be fair. The program is not about winning but learning about football getting some exercise and having fun.

Q) When does season start?

A) Season starts late fall after the big football teams finish up

Q) What are some things about joining and playing and being a part of the team?

A) Being a part of the team is always a great bonding experience

Q) What do you expect from the team?

A) I expect them to treat everybody equally by letting

everybody play on all positions.

Q) What can players expect from you?

A) I hope the players find me to be a good teacher of football.

Q) Who do we play against and where?

A) We play against other Middle School teams.

Q) What do you like about this?

A) I like the fact that many of the kids I coach here have gone on to be stars on White Plains High School varsity and in my own mind I like to think that I helped make that happen.

Q) What's the memorable experience while coaching?

A) the thing I remember most is a sixth grader girl who came out for the team a few years ago the boys laughed at her until she turned out to be the fastest player on the team and none of the boys could catch her. That was funny!

Kick-Up the Spirit for Our Tigers!

By Louisa Abbott

This year's girl soccer team has started out strong! Both the "A" and "B" team have done very well. The "A" team coach is Mr. Sullivan, a sixth grade science teacher at Highlands. The "B" team has Coach Maffae.

The "A" team won against Albert Leonard, Isaac Young, and our very own "B" team. Unfortunately, they lost against Mamaroneck. In the game against Albert Leonard, we saw outstanding

defensive skills by Michelle Giraldo. It was a close game, until Michelle Kurug scored the winning goal with five seconds left in overtime!

Our "B" team experienced a tough loss against Mamaroneck as well, but that didn't stop them. They went on to beat Isaac Young, where Amaris Tapia played great in goal.

When both the "A" and "B" team battled it out, it was very close! The "B" team fought hard and showed enormous amounts of talent. At the next game, go out and show some spirit for our lady tigers!

Swift Swimmers Take the Plunge

By Nicole Carosella

The WPMS Modified Girls Swim team has been doing well since the start of the season. At press time, their record was two for two and they have two more meets to go. The swimmers have practice everyday starting at around 3 o'clock to 5pm and on Saturday morning from 7:45 am to 10 o'clock.

Coach Walling, the swim team coach told me that before every meet she is usually excited and proud of the confidence all the swimmers have. She also said that "the girls try hard to perform to the best of their ability." When she finds out they won, she is thrilled. This is coach Walling's second year coaching the swim team and she herself has been swimming on a team since she was 5 years old. Her reason for coaching the swim team is "it gives me an opportunity to meet the girls on a different level."



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WPMSCourier@gmail.com



Courier Goes Digital: The Longest Running Middle School newspaper Gets a Makeover

By: Brian LaPlaca

As you may have noticed, the Courier has a new and exciting look! For the past 38 years Mr. Roger Siegel was the Highlands adviser for the Courier. Each adviser has contributed greatly to this newspaper and Mr. Siegel is no exception. He worked with students every year to make this newspaper the best it could be.

But we all knew that someday, things would change. Last year Mr. Siegel retired from the Courier for good. This year, Ms. Kara Lyons and Ms. Marlena Simmons have taken over as the Highlands advisers of the Courier. Ms. Holder continues to be the adviser for Eastview. With the new advisers, we have changed many things. Many of the editor jobs have changed and new positions have been filled.

The biggest thing that has changed this year is that we are going digital! Since the Courier was first published 80-something years ago, we have used layout sheets and pasted articles to the paper. We then sent them to the printer. This year the layout and the articles are done on the computer. We then send the paper to the printer online. We are using a new program called In Design to layout our paper. With this we created a new logo for the Courier and got a new font.

This year is a fresh start for the Courier and it will be better than ever!