



The Emerald Press



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School News

Yearbook Spirit Week

By Ezra Stahlberg

This next week, from the 10th to the 14th of February, the HCS yearbook will host our second spirit week, followed by the second pep rally. The themes for each day are a tropical vacation for Monday; Tuesday is Mathlete vs. Athlete; Wednesday brings Anything but a Water Bottle Day; Thursday is Adam Sandler Day, and Friday the class color day and the pep rally and tournament. This next week will be one of the most festive times for school spirit, and with the excitement building up, I decided to interview our local HCS community about what they're looking forward to.

Who do you think will win the Volleyball tournament?

Dylan George: “Juniors were going for three in a row, and this one is significant, coming off a massive win against the seniors in Raider ball. This will help continue the dominant 3-0 run we have held onto the past three years.”

James Hamner: “Juniors, because we won the last pep rallies, we got a good chance at taking this home.”

Luke Langel: “The sophomores will win because they have a ton of volleyball talent and some serious athletes compared to our grade, which is rough. But the seniors could also win because of Drew Baker and his extreme stature.”

Mrs Moren: “The juniors want it more than the seniors, who expect it. With the way these tournaments are run, it looks like the seniors might bring it home.”

What day are you looking forward to the most?

Dylan George: “It's water bottle day because I was hoping to bring in a water gun, which I think would be pretty funny.”

James Hamner: “Class color because I love expressing my love for my fellow juniors and our class, and I am also excited to watch the volleyball game.”

Luke Langel: “The mathlete vs athlete because I want to wear my Bronny James jersey because he's my favorite NBA player.”

Mrs Moren: First, I miss Pajama Day, but Monday or Tuesday will be my favorite next week. Both are funny, even though I haven't decided what to do yet. And I'm intrigued by everything but a water bottle day.”

Agriscience Happenings

By Eve McCorkle

This week, in the Agriscience class, the students have been learning more and more about different types of meat, such as beef, lamb, pork, and many others. The students have just finished their presentations on the topics that each group was assigned! Everyone did a great job and learned a lot in the process, so you could say that they met their goal of becoming pros at the topics they were given. Now, this



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week, the students are learning about barbecue sauce and meatballs for the meatball contest. The contest entails that the students will come up with their choice sauce and meatball recipe of their choice and then make them on Wednesday!

The students had a day where they went into the kitchen and had three different variations of Sweet Baby Ray's barbecue sauce. Yet, the catch was that they didn't know which was which. Their choices were mustard-based, tomato-based, and vinegar-based. So, each student made their hypothesis on which bottle was which. After, the students were given a little bit of each, and they had to record how the sauces smelled, looked, the color, and if they loved it or would leave it. Once they were done making their guesses, they were told which was which and the majority of the class was correct.



The next day in class, the students were told to come up with their own barbecue sauce and meatball recipe that they would want to create on Wednesday. The students researched to get some ideas of what they would want in their sauces and meatballs. Once they got their desired ingredients and were set they needed to come up with a name for their sauce and a slogan.

At this point, the students are coming up with ideas for their slogans and names. They are also preparing for the day they get to create their meatballs and sauces to go along with them. Overall, the students have been doing a great job keeping up and getting prepared to make this.

Spirit Week!

By: Rihana Dye

The yearbook class decided to plan a spirit week to promote the last week of the yearbook being on sale, and to kick off the winter break! This spirit week starts on Monday. Make sure to participate and **BUY YOUR YEARBOOK BY**

FRIDAY FEBRUARY 14th! Spirit week looks like this:

Monday - Tropical vacation

Wear your best summer outfit or something you would wear on vacation (Keep it school appropriate).

Tuesday- Mathletes VS Athletes

Dress up as a famous athlete, high school or college athlete, or like a Scholar in Academia.

Wednesday- Anything but a water bottle

Use a unique (but appropriate) container for your drinking water for the day.

Thursday - Adam Sandler day

Dress like Adam Sandler!

Friday- Class color day

- Seniors: White
- Juniors: Green
- Sophomores: Blue
- Freshman: Red
- 8th: Yellow
- 7th: Purple
- 6th: Pink

School Spotlights

Teacher Spotlight

Mrs. Poyer

By Gavin Rutledge

For those who don't know, we have a new counselor at HCS due to Mrs. Pustay being on maternity leave. I decided to go interview Mrs. Poyer, so people can get to know her better.

Q: Favorite thing to do outside of school?

A: "Horseback riding, hiking, cross-country skiing."

Q: How many horses do you have?

A: "3, and one is 32 years old!"

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Q: What is your favorite part about Hamilton?

A: "I like how small the school is and how close everyone is, everyone is very nice and friendly and everyone knows everyone."

Q: Where did you work before here?

A: "Sherburne-Earlville, for 30 years."

Q: What is your favorite food?

A: "Pizza!"

Q: What do you look forward to most in the summer?

A: "Spending time with family, riding horses, and I like to travel."

Q: What is a fun fact about you?

A: "I like to do hunter paces (Trail ride but you go over jumps)."

Local news

Weekly Weather Preview

By Cheyanne Bennett



Next week looks to be mostly cloudy and cold with some snow showers throughout the weekend. Make sure you all stay warm!!

Monday, February 10th, 2025: Mostly cloudy with a high of 24 degrees and a low of 14 degrees with winds at 5 to 10 mph.

Tuesday, February 11th, 2025: Overcast with a high of 23 degrees and a low of 12 degrees with winds at 5 to 10 mph.

Wednesday, February 12th, 2025: Mainly cloudy with a high of 21 degrees and a low of 10 degrees with winds at 5 to 10 mph.

Thursday, February 13th, 2025: Partly to mostly cloudy with a high of 22 degrees and a low of 10 degrees with winds at 5 to 10 mph.

Friday, February 14th, 2025: Cloudy with a high of 28 degrees and a low of 18 degrees with winds at 5 to 10 mph.

Saturday, February 15th, 2025: Occasional snow showers with a high of 28 degrees and a low of 14 degrees with winds at 10 to 15 mph. 1 to 3 inches of snow expected.

Sunday, February 16th, 2025: Mainly cloudy with snow showers in the morning with a high of 27 degrees and a low of 14 degrees with winds at 10 to 15 mph. About one inch of snow is expected.

I hope you all had a great week!

Photo credit- The Weather Channel

Info credit- The Weather Channel

US News

Landslide in California

By: Pyper McEwan

A heavy rain storm hit California causing a landslide, this landslide caused some really bad damage. This landslide caused damage on roads and this forced them to close down the roads.



There has also been some flooding in the rivers from the heavy rainfall, there is also expected to be more rain on its way. The first storm that hit affected Los Angeles, San Francisco and Sacramento, these places had major flooding. The landslides and the rivers flooding had brought a lot of debris into the areas that are still recovering from the recent wildfires.

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A house has been swept away into the Russian river from the flooding and landslide, the rain has made a hillside muddy, forcing the house to slide right into the river. The house sliding was also caused by wet ground, heavy rainfall and unstable soil. There has been more than the house sliding into the river, there has been trees and other debris. Along with some buildings along the edge of the water. They say the Russian river is a very beautiful place but when it gets hit with heavy rainfall it gets very unpredictable. Lots of areas around the place of the landslide and flooding are getting some heavy rainfall, Places as far as seventeen to fifty miles are getting hit with the heavy rainfall.



Photo cred: CNN
Info: CNN

Philly Plane Crash

By : Maren Ettrich

On Friday, January 31, 2025 at 6 pm, a plane went down near Roosevelt Boulevard in Philadelphia PA. There were 7 passengers on the medical jet. The crash happened near a mall and caused the neighborhood around the crash to panic. There also were countless number of home security cameras that caught the plane crash. This crash followed a crash that happened in Washington D.C. a few days before. When the plane went down, it crashed and then blew up into a huge fire that shut down the boulevard for several hours. Now people in the community have to deal with the after-effects of this crash.

The 7 passengers on the jet all died. The people on the plane were Captain Alan Alejandro Montoya, who was flying the plane at the time of the crash; his co-pilot, Josue De jesu Jarez; and Dr. Raul Meza. There were also 3 paramedics on this jet as well. Their families are heartbroken over this crash. There was a patient who died as

well who just finished treatment. It is suspected that after the plane blew into flames the 7 people died quickly after. Or that they died on impact ever the case maybe this has affected all of their families in a very negative way and the community that saw this crash happen.



The last question is what is next? Well, this crash is still being looked into by the police. This crash may take many weeks to get to the bottom of what happened. But as the weeks go on the community and people's families will hopefully get some answers. When we get these answers the government takes every plane crash seriously. Once we find out the reason for this crash the government will do its best to make sure that something like this never happens again.

Source: CBS News

Photo credit: CNN

Global News

Earthquakes Strike Island in Santorini

By Cheyanne Bennett

Thousands of Santorini residents in Santorini have left due to the earthquakes that were reported by Greek Island for the fourth consecutive day. Many Earthquakes have hit Greek Island, but this earthquake on Tuesday, February 5th, 2025 has been one of Greek Islands strongest earthquakes, with a magnitude of five. Approximately 51 firefighters and approximately nine vehicles, a fire department helicopter, and aerial rescuers have been brought to Greek Island as a precaution.

The director of the Geodynamic Institute of Athens, Vasilis Karastathis, said, "In our

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country, we have not seen anything similar with so many earthquakes of this magnitude. On the contrary, we see an increase in frequency and magnitude". Vasilis Karastathis also said on the radio "Things are developing in a way that concerns... we can not reassure people". Many schools in or around Santorini and Greek Island will remain closed until Friday and any access to Ammoudi, Armeni, Korfos Thirassis, and the Old Port of Fira has been suspended. Greek authorities have said the tremors that are recent have been related to tectonic plate movements, not volcanic activity.



Photo credit- Fox 13
Info credit- BBC News

Entertainment

Recipe of the Week

By Rhiannon Murray

This week I decided to cook something that was easy but also delicious! My favorite food is mashed potatoes as many of you know, so that's what we are making this week! This is a very basic recipe, but my personal favorite. This recipe is best when topped with bacon, cheese, sour cream, butter, and/or chives.

Ingredients :

- 5 pounds potatoes (I use half Yukon Gold, half Russet potatoes)
- 2 large cloves garlic, minced
- fine sea salt
- 6 tablespoons butter
- 1 cup whole milk
- 4 ounces cream cheese, room temperature

Instructions :

1. Cut the potatoes. Again, feel free to peel your potatoes or leave the skins on. (I always leave them on for the extra nutrients and flavor.) Cut your potatoes into evenly-sized chunks, about an inch or so thick. Then transfer them to a large stockpot full of cold water until all of the potatoes are cut and ready to go.
2. Boil the potatoes. Once all of your potatoes are cut, be sure that there is enough cold water in the pan so that the water line sits about 1 inch above the potatoes. Add the garlic and 1 tablespoon salt to the water. Then turn on high heat until the water comes to a boil. And boil the potatoes for about 10-12 minutes until a knife inserted in the middle of a potato goes in with almost no resistance. Carefully drain out all of the water.
3. Prepare your melted butter mixture. Meanwhile, as the potatoes are boiling, heat your butter, milk and an additional 2 teaspoons of sea salt together either in a small saucepan or in the microwave until the butter is just melted. (You want to avoid boiling the milk.) Set aside until ready to use.
4. Pan-dry the potatoes. Return the potatoes to the hot stockpot, and then place the stockpot back on the hot burner, turning the heat down to low. Using two oven mitts, carefully hold the handles on the stockpot and shake it gently on the burner for about 1 minute to help cook off some of the remaining steam within the potatoes. Then remove the stockpot entirely from the heat.
5. Mash the potatoes. Using your preferred kind of masher (see above), mash the potatoes to your desired consistency.
6. Stir everything together. Then pour half of the melted butter mixture over the potatoes, and fold it in with a wooden spoon or spatula until potatoes have soaked up the liquid. Repeat with the remaining butter. And then again with the

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cream cheese. Fold each addition in until just combined to avoid overmixing, or else you will end up with gummy potatoes.

7. Taste and season. One final time, adding in extra salt (plus black pepper, if you would like) to taste.
8. Serve warm, garnished with any extra toppings that you might like, and enjoy!!

Opinion

Food Review

By: Dylan George

This past week, after a long Monday at the office, Ezra, Luke, Brody, Gavin, and I decided we needed to practice our skills but needed a quick snack beforehand. After a quick scroll on TikTok, we were alerted that Subway had just released a new dessert. If you aren't aware, Subway has foot-long chocolate chip cookies, and recently, they just released the Oreo footlong cookie. We decided we needed to try this new creation. Luckily for us, Subway has a location in our beloved town, so it was an easily accessible drive before a good hoop session. We packed into the car to test this creation. Here are our ratings out of 10 of the Oreo footlong Cookie:

Gavin Hames: "The Oreo cookie was good but not great. Unfortunately, my high expectations were unmet because this cookie wasn't as good as the chocolate chip. I do not plan on getting this cookie ever again. **Overall: 7.0/10**

Ezra Stahlberg: "The Cookie was dry and terrible. They overheated the cookie, which burned my mouth, which was very annoying. Didn't taste like much, and there was no flavor." **Overall: 3.2/10**

Luke Langel: "I hated this cookie. I wasn't a big fan of the chocolate chip footlong cookie and was hoping this Oreo one would rebound from the previous failure; it did not rebound." **Overall: 1.8/10**

Dylan George: "I was not a big fan of this cookie. They overheated the cookie, and it was very dry. It was significantly worse than the footlong chocolate chip cookie, which was disappointing because it wasn't delicious either." **Overall: 4.4/10**

Our trip to our beloved Subway was very disappointing, and we hope that the next footlong dessert item they release will be better than the Oreo cookie.
Photo Credit: Subway



Caz Hockey Recap / Review

By Rhiannon Murray

This past Tuesday night we bundled up and took the short venture over to the Morrisville Iceplex. Per usual there was no parking to be found, let me mind you we arrived at 6:20, 10 minutes before the start of the game. We might have parked slightly illegally but no one really needs to know that. This trip we have a newcomer, Chloe Shea LaFrance. Not only has she not attended with us, she has never been before. She was in for a night to remember when Eve quickly reminded us as we were running into the rink about the lovely smell that awaits us inside. Polly slowly opened the first door to see what the skank level was going to be tonight... to our surprise it was NOT BAD!!! Nothing compared to how it was last time we attended.

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We found some seats in our own little section with many other Green Mile students. This was the best ratio of Hamtown to Caz students, VERYYYY ideal. After a scoreless first period we were delighted because Ezra previously in gym class predicted the score to be 2-5.

We girls rushed out of the freezing and smelly rink to go get a snack. This is where our first issue of the night arose. Myself and Chloe bought a bag of chips, easy peasy. Then Polly went to purchase a bag of gummy bears... for five dollars... which then got stuck. Polly was FURIOUS about her wasted five dollars and began to bang, rock, sway, punch, pretty much anything she could do to get these gummy bears out of the machine. This is pictured on the left. The



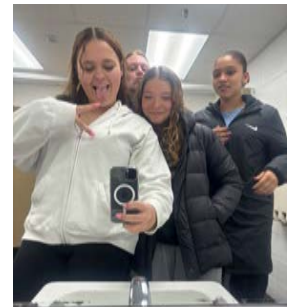
poor girl spent over five minutes as Chloe helped, Eve and I laughed and encouraged them that they were “getting closer.” Then these very kind Caz girls came over to the machine and also wanted gummy bears!!! It was Polly’s lucky day as after these girls put their money in BOTH bags shot out of the machine! We then ventured back into the rink, bearing the smell for the second period.

As the second period began we became a little chilly and bored as neither team continued to score. Then the dreaded event happened, RFA scored. However not long after a kid named Henry, (not THE Henry Miller, the other one) scored for Caz!! Unfortunately by the end of the second period RFA had scored again making it 1-2.

After the period the most exciting event of the night happened Chuck-A-Puck! I bought two pucks and didn’t win. Polly also bought two pucks... didn’t win. We clearly are not that good, but it is still very fun! Pyper, Chloe, and I went and played some volleyball in the Rec Center we did not know we had access to!!

The third period came and went, the only real notable moment being THE Henry Miller scored a goal. Oh and the final score was 2-5, so Ezra was spot on. Speaking of Ezra he was FIRE in the goal having 57 amazing saves.

After the game we tried to quickly scurry out but got stuck by the team coming off the ice... very scary experience. We gathered with Reagan and Levi and we all thought we found a quicker way to get to our cars. We cut through the Rec Center and got ourselves into this long hallway which we had zero idea where it led. After our long walk and us finding a skeleton in a classroom, I really can’t tell you where we were. We found a door to the outside, which only got us out about 10 feet closer to our cars. A win was really a win.



We hopped into our car in hopes to warm up to go get some pizza from the Pub. After pizza we did stop at McDanks for some ice cream and to see some bball players from DeRuyter. Overall this was a great experience and I can not WAIT to go next Monday.

Ratings :

Rhi: 8.5/10 I had a great time!!! Even though they lost, the game was so much fun! Ezzy was AWESOME in the goal and Henry Miller scored!! The smell was bearable this outing and my snacks didn’t get stuck so I was happy!

Chloe: 8/10 It was so cold and smelled bad in there (she is not used to the smell), but it was SO fun to watch Dilly, Ezzy, and Elijah! Also, the Green Mile was good too!

Eve: 7/10 it didn’t smell as bad as it did last time and the game was alright but they lost. The maze we took to get out of the place was a great experience and the pub after was buss down.

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Then the stop of McDanks was awesome because the DeRuyter basketball team was there and we were making friends. (Polly especially, “Hall? I’m Polly!!”) Overall the game gets a 7/10 but the aftermath gets a 10/10!!!

Polly: 8/10 - had an amazing time exploring SUNY Morrisville and the rec center, but they did lose by quite a bit. Pizza Pub and McDanks was the best part, and I made a friend so that was really awesome. The gummy bears in the vending machine were very expensive and they got stuck and I had to really push the vending machine and still did not come out; luckily some Caz girl also wanted gummy bears so she ordered some and then they came out.

Pyper : 7/10 It was fun to watch but they did lose so that brought my score down a little bit...

Syracuse Stage

By: Gavin Snyder

On Wednesday the senior English class went on a field trip to the Syracuse stage to see their new play, *Primary Trust*. It was about a guy with his imaginary friend, Burt, who he had because of his mother's death. He made up with Burt because when he found his mother dead, he stuffed her in a closet and six days later the real Burt found him with his mother. Burt said he would come back and be his friend, but he never did. So the main character made him up. The overall play was very interesting, to say the least. With only four cast members they were able to play so many characters. After the play, I asked other people's opinions of the play.

Dom M - The play was a 2/10. I watched it for ten minutes and then realized it was not the most

interesting to me so I put in my airpods and slept through the rest of it.

Gavin R - I thought the play was a 7.5/10. I loved the part where the main guy flipped out but it would be higher if he didn't spit so much when he talked.

Photo Credit: Dom M

Sports

Varsity Girls Basketball

By Eve McCorkle

On January 27th, 2025, the varsity girls played Dolgeville High School at home. The girls ended up winning 66 to 33. Leading HCS was Logan Langel with 26 points, Rhiana Dye with 12, and Reagan Hope with 9 points and 10 rebounds. Also, Reagan Hope recorded her 500th career rebound in that game for HCS.

First Quarter: Dolgeville won the tip to start the game, and they were off. Dolgeville's offense wasn't great but they put some pressure on our girls. Yet, the knights did not let up, and they played some great defense, resulting in Chloe LaFrance getting her hand on the ball and giving our knights the turnover. Hamilton took the ball down the court and moved it around quite a bit, then Reagan drove to the basket for a shot, but it was just too much. Hamilton did end up getting the rebound, and Logan took the ball to the basket again and had an easy layup. By the end



of the first quarter, the score was 12 to 7, with Hamilton up.

Second Quarter: To continue the game in the second quarter, Hamilton put the ball in bounds, and they immediately played with great pace. They moved the ball around and eventually found Logan in the corner for a three to put them

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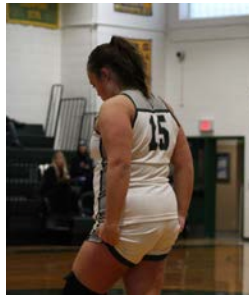
up even more. Dolgeville brought the ball down the court and tried to score a layup or anything, but they completely couldn't because of the girl's defense. The girls were defending so well to the point where Rihana Dye got a steal and got right down the court and passed to Chloe she went right back to Rihana, then her to Logan. Logan drove to the basket and kicked it out to Reagan, and she swished a three! Yet again, Rihana locked up on defense and blocked a pass from the other team, resulting in Cameron Cleveland getting the rebound and giving it to Logan to head down the court. With six minutes and forty-four seconds left in the second quarter, Hamilton was in the lead with 18 points and Dolgeville with seven. Hamilton was now playing defense after Dolgeville called a timeout. They were doing great, and Dolgeville did get a shot up, but it did not work out for them. By halftime, the score was 28 to 17, Hamilton up.

Third Quarter and Fourth Quarter:

Hamilton had the ball at the start. They passed it around and moved quickly to find Logan at the top of the key to drive to the basket. Dolgeville kept trying to get a shot up, but they just couldn't get the right shot. Adriana got the rebound, and she passed it to Rihana, who handed it off to Logan for another three. Hamilton was playing great defense and knocked the ball out of bounds, putting Dolgeville on the baseline to inbound the ball. Dolgeville inbounded the

ball and started to fumble the ball right off the bat. Then, Chloe LaFrance immediately snatched it from them and passed it to her guard to get down the court. Adey attempted to go up for a layup and ended up getting fouled, putting her on the line. She

ended up making both of her shots, and she put the Knights up 36 to 17. Dolgeville kept on shooting, but it wasn't working out for them. Logan got the rebound and took the ball down the court for an easy layup. Hamilton was on a roll! They brought the ball down the court and



passed it to Chloe, Reagan, Logan, and then to Chloe for another three. Dolgeville tried to get the ball inbounds, but the Knights took the ball immediately and brought it down the court. This time it didn't work out perfectly for our knights, and Dolgeville had possession again. They turned it over right away, and Hamilton had the ball at this point, completely dominating the game. At the end of the third, Hamilton was leading by quite a lot.

To end the game, Rihana and Logan passed between each other to get Logan open for a shot. Dolgeville was still struggling to get a shot off. Hamilton had possession, passed the ball around a little bit, and hit Rihana in the middle. She drove to the basket, but it just wasn't enough to get in. All of a sudden, Brooke Dunlay got the rebound and put the ball up twice, resulting in her getting fouled and putting her on the line. Her first shots were just a little short, but right after, she got right back on defense and gave it her all. Hamilton had a couple of mess-ups, but they got right back together and set everything right back up to get a shot up. They ran a quick play which helped them find Adey to give her an easy layup.

At the end of the fourth and final quarter, our Knights finished the game with a total of 66 points. Great job girls! The girls play away at Frankfort on February 5th, 2025, at 7 p.m. Good luck, girls!

Photo Credits: Eve McCorkle

Modified Recap

By: Pyper McEwan

Boys Modified Basketball:

The boys modified had a game against Waterville on Tuesday, February 5th. The 8th grade team lost 33-20, but they played a good game keeping up their energy. They were down quite a bit going into halftime; the score was 23-3 with Waterville in the lead. But then in the second half of the game, they brought up their

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energy and scored 17 to bring the final score pretty close.

The 7th grade boys won their game against Waterville 33-24, at half time the score was 16-7 Hamilton in the lead. The boys played a good second half to win the game by 9.

Girls Modified Basketball:

The girls had a game against Waterville on Tuesday, February 5th, the girls won their game 36-15. This was a good game for the girls, the girls were ahead the whole game and ended up winning by twenty-one points. Good job girls!

Varsity Boys Basketball

By: Gavin Snyder

Last Monday the boy's team played Cato Meridian in a great game. In the first quarter the boys did not start well being down 12-19 in the second quarter captain Bryce Wright was able to get them back on their feet to end the half 32-36.

The second half looked promising with Drew leading the team in points it looked as if there was no stopping the Knights, ending the third quarter 46-48.

To start the fourth both teams went back and forth, but Hamilton started to lose its edge, with a score of 46-53. Still down but slowly coming back to tie the game, Teddy hit a three with 42 seconds left.

The opposing team came down and hit a three but Luke Langel dribbling through the team was able to get a shot off with zero seconds left. The refs called a foul and Langel made all three free throws, resulting in the game going into OT, 68-68.

Overtime did not last as Hamilton wasn't able to keep it close, eventually falling short to

Cato 79-74. Leading scorers were Drew with 27, Caleb with 15, and Luke with 13.

Photo Credit: Dom M

The Benefits of Playing Sports

By Silas Campbell

There are many benefits of playing sports. It takes a lot of time and energy to play sports. People might think that this distracts athletes from work, but it doesn't. The same skills needed for sports are used in classrooms: memorization, repetition, and learning.

One benefit is that sports teach teamwork by making you work with other people to solve problems. When people work together, it helps them accomplish their goals. This is an important skill for school and work.

Sports will also benefit you by helping you reach your fitness goals. The advantage is that people have more energy and their mental alertness is better. Being fit also helps fight diseases that occur later in life, for example, osteoporosis. Sports help build strong bones, which will prevent osteoporosis.

Another benefit that sports give you is it helps with academic stress. Exercising helps reduce stress. When you join a sport you make new friends. This gives you more people to hang out and talk your problems through with.

Playing a sport helps boost your self confidence. When you set more goals for yourself and achieve them, it will boost your self esteem and it will encourage you to set more goals for yourself.

I had the chance to speak with some of my friends about experiences they have while playing sports. When I asked Gavin Snyder what sports



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he plays he replied, "I play soccer and golf." I asked him which sport he likes best and he responded with "Definitely Soccer is more fun to play." Finally, when I asked if he feels like he gets any value from playing his sport he declared, "There are memories I get from traditions and the friends I make."

The next person I spoke with was Dylan George. I asked about the sports that he plays, he said, "I play hockey, soccer and golf." Then I asked him which sport he likes best and he announced, "Golf is my favorite one." Finally I asked Dylan if he gets any value from playing sports, and he said, "It's a fun activity to do outside of school and it's enjoyable to do with my friends."

Then I asked Rhiannon Murray, "What sports do you play?" She responded to the question "I play soccer, basketball, and softball." Next I asked her, "Which sport is more fun?" She said, "Softball is more fun." Lastly she told me that she does gain a lot of values while playing sports like connecting with friends, exercising, and learning new things.

The last person that I spoke with was Ezra Stahlberg. I asked him, "What sport do you play?" He responded by saying, "I play hockey and golf." Next I asked him, "Which sport is more fun?" "I like hockey the most." Lastly I asked him this question, "Do you gain any value from playing your sport?" He declared, "I gain a lot of value by hanging out with my friends, exercising, building relationships by connecting with people, and sportsmanship."

All of my friends made a point of saying that sports promotes the values of friendships. They all said that sports make them have stronger connections with friends, it helps them exercise more, and it also creates long-lasting life memories with excellent sportsmanship throughout their lives. The hard work pays off

once you get it all done and over with. The benefits of sports can last a lifetime.

Colgate Men's Hockey

By: Dylan George

The Colgate Men's hockey team had two games this past weekend on the road. On Friday night, the Raiders traveled up to Clarkson in Potsdam, NY, where they got the weekend's first win in a big league matchup. Niko Rexine and Micheal Neumeier scored the only two goals of the night in a 2-0 victory. Goaltender Andrew Takacs secured the shootout behind a strong defensive effort, saving all 29 shots.



Then, on Saturday, the team took a short drive to Canton, NY, to face off against a tough St. Lawrence team in a big-league matchup. The

Raiders dominated the game and secured their second-weekend win, winning 6-1. Five Raiders scored on the reward night, while Simone Dadiè led the team with two goals. Goaltender Andrew Takacs was able to stop 35/36 shots.

The Raiders now stand first in the ECAC with a league record 9-4-1 and 29 league points. After a great weekend this past weekend, goaltender Andrew Takacs earned ECAC goaltender of the month. The Raiders return to Hamilton this weekend, where they will host Union and RPI in two more league matchups.

Photo Credit: Colgate Athletics Website

Information Credit: Colgate Athletics Website

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