

THE COURIER

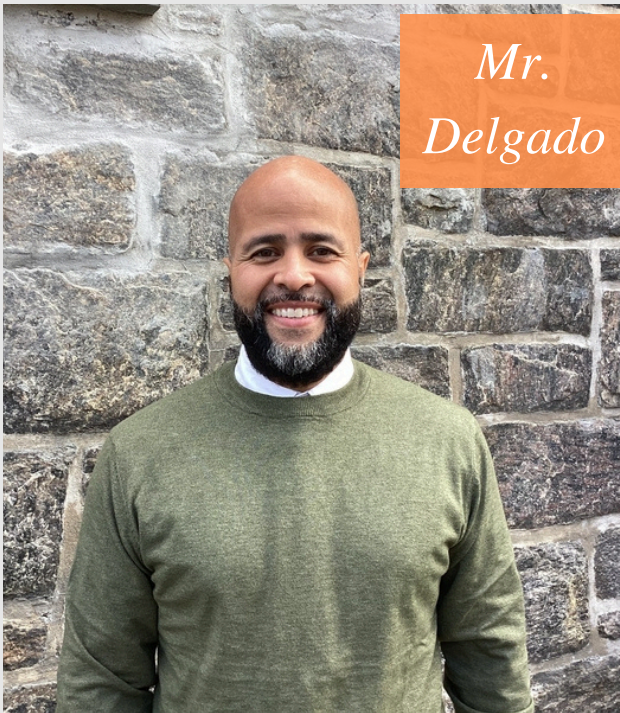
THE LONGEST RUNNING MIDDLE SCHOOLS NEWSPAPER IN THE UNITED STATES

LOCAL NEWS



WELCOME TO HIGHLANDS, MR. DELGADO!

By Britney Paucar



Where did you grow up and go to school?

"I grew up in Yonkers, New York and I graduated from Fordham Prep High School."

What made you want to go into Education?

"I love working with kids and was drawn to teaching kids how to read."

How many years have you been teaching?

"I taught for 8 years and then I became an Assistant Principal."

Who are your role models? Why?

"My biggest role model is my father because he taught me the value of hard work."

What are your hobbies? What do you do for fun on your free time?

"On my free time I play baseball and basketball games with my kids."

What is your favorite book that you've ever read?

"Tales of a Fourth Grade Nothing by Judy Blume. I used to read it to my class and children."

What subject was your favorite when you were a student? Why?

"My most favorite subject was social studies because I liked to learn about history, the past and how it all began."

What advice do you have for students today?

"Stay focused, keep your eyes off phones and learn as much as you can."

What are you most looking forward to this year at Highlands?

"I'm looking forward to know all of the students and staff since it's been a big school, that is my goal."

What else would you like our readers to know about you?

"I love pizza and chocolate. And my favorite team is the Yankees!"

ENCORE TEACHER SPOTLIGHT By Ariel Garcia

Upon the day of each human, is a face or just a voice we can depend on or simply find ourselves simply depending on. This is characterized by some simple characteristics reminiscent to what pleases each of us, beyond a word or sentiment. For this, we can find such complexity in our nature, and the nature of our peerage. Albeit the complex simplicity of humanity. Our grandiose mind achieves equilibrium with our animal nature. And within the chemical compounds of our molecule, the very ones that form the connection of our thoughts intertwined into true visage, the unspeakable is spoken. To “Speak the unspeakable...” as sang by the Smashing Pumpkins.

Ms. Almeida as a wonderful being, is all that there is to be defined of the unspeakable. A helpful enthusiast towards building goodness in humanity. Not around, but rather at the base nature of it. Her passionate teaching commenced with virtue for every respect towards each student. The reciprocating of each child, and what they should need to become the best they can in their English learning. What do you curate in your students? English excellency, or perhaps a foundation? Ms. Almeida is a fair teacher herself in each being as her student.

She only wishes to be for them what she could have had as a young girl learning English. Instead of those rigid ways, perhaps a more social and simplified structure. She bases her teaching on her own personal experience and also appreciates structure.



Ms.
Almeida

7TH GRADE TEACHER SPOTLIGHT

By Jahnavi Jahnavi

Mr. Czuprynski is a 7th grade ELA teacher, and he is happy to hear that he is part of the spotlight, and because it will also help for future students to get to know him a little better. One thing he values is to have students have conversation connected to the learning experience. When questioned Mr. Czuprynski said that

“We speak in life right that is the way that we interact with people out in the world, and it is a natural weight of how we learn and so I try to bring that into the classroom as well.”

Stating that, Mr. Czuprynski wants students to communicate more than just one way. Being a teacher was not his first plan. As he relatively felt consumed by astronomy.

He was initially in Brooklyn, but felt that White Plains resonated with his love of greenery.

“The other aspects of all that it’s huge for sure right the middle school student is not easy, but it does give us the opportunity to just step back and remember.”

“We’re reflecting our best effort and so if we can kind of take that burden away from ourselves perfect burden, then it lets us be a little more free a little more loose and just, let’s just go and do this and never bring back joy in the fund that he thinks is so valuable.”

Mr. Czuprynski
Team 7C



8TH GRADE TEACHER SPOTLIGHT By Salvatore Bonaiuto

What advice do you have for students at Highlands?

Mr. B: "My advice for Highlands students would be to create good habits NOW! Middle school is a great time to figure out how to be a good student and what works best for you. Also, be good to your teachers. We work hard for your benefit!"

What did you originally want to do for work?

Mr. B: "I originally wanted to be a lawyer, and I did become one. Practicing law did not fulfill my desire to impact the world in a positive way, so I switched careers to teaching fifteen years ago. One of the best decisions that I've ever made - I love teaching (most days)."

How did it feel about being in the spotlight?

Mr. B: "I don't like lots of attention on me, but I love The Courier and feel honored to have been chosen. It is nice for students who don't have me as their teacher to get to know me a little bit better."

Why did you choose this district?

Mr. B: "White Plains' diversity was one of the major draws to this district. I love to learn about my students just as much as I love to teach them. So many cultures and countries are represented in Highlands, and that makes it a very special place."

Have you ever considered switching schools or grades?

Mr. B: "While teaching middle school students is my passion, I think I might like teaching in the high school at some point in my career because of the English elective courses. One day, I would love to teach a Creative Writing course, an Anime course, or a Film and Literature course."



Mr. Baldasaro
Team 8C

WELCOME TO THE HIGHLANDS TEAM TOURNAMENT!

By Julia Anselmo

This guide will cover the guidelines and important tournament dates that will help you earn points for a team! Do you like sports? Well, these tournaments might be of interest to you:

- Volleyball Tournament: 7th Grade: November 27, 2024 8th Grade: December 8, 2024
- Basketball Tournament: 7th Grade: February 14, 2024 8th Grade: sometime in May



Or maybe you're not that into sports, here are some other ways you can earn your team some points.

- Have great attendance
- Pass all their classes
- Make Honor Roll
- Maintain ROAR behavior
- Participate in a club
- Attend Homework center
- Show growth in the NWEA
- NYS testing participation

At the end of the first quarter (November 8th) we will be checking to see which teams have the best attendance, have gotten honor roll, good roar behavior, etc. If you're asking yourself "what's the point of this?" Well the rewards might Motivate you! (will post more info in the 2nd quarter edition).

- Quarter 1: Ice cream Party
- Quarter 2: Surprise Prize
- Quarter 3: Surprise Prize
- Quarter 4: The Team Trophy and an Afternoon of Fun

Want to see which team is in the lead? There is a bulletin board by the Security Desk so go check it out!

CURRENT EVENTS

NOBEL PRIZE REVIEW

By Wyatt Gonzalez

On October 11th 2024, the Nobel prizes were handed out in various parts of Scandinavia. These are some of the most prestigious awards that you can get in the scholarly world. The prize in distinct categories has been awarded a total of 621 times since 1901 up to 2024. The peace prize is awarded in Oslo, Norway, the Swedish academy for literature and the Nobel Assembly at the Karolinska Institute for Physiology or Medicine. All other prizes are doled out in Stockholm, the capital of Sweden. The reward for winning a prize is pretty big. You receive a medal plated in 24 karat gold, a diploma and 11 million in Swedish Krona, which is \$1,450,000 in US Dollars.



To win a prize, you or your team must be nominated by a qualified institution or individual selected by the Nobel Committee. The nominations are then sent to the committee usually by the January of that year for consideration. The Committee then chooses the winners, and they are announced at aforementioned places in October of that year. My favorite winner of this year was the Japanese organization Nihon Hidankyō which won the Peace Prize. This organization lobbies the Japanese government for more support sent to the victims of nuclear bombings, an especially relevant topic in Japan because of the Hiroshima and Nagasaki bombings in 1945, which the population of Japan is still suffering long term side effects from. These effects include Leukemia and increased risk of heart disease. This is an especially important topic to advocate for and I applaud the efforts of this organization.

Now for some background info on the event. The Nobel Prizes have been given out to candidates who have befitted humankind the most in the previous year. The prizes are named after Alfred Nobel, a Swedish chemist and engineer. His most well-known invention was the explosive Dynamite. He was commonly known as “The Merchant of Death” because of his work in explosives and the fact that he sold them to militaries to be used in combat. Alfred died in his villa in Italy at the age of 63 in 1896. In his will he stipulated that his fortune was to be used to create 5 prizes for the biggest contributors to humanity. That is how the Nobel Prizes came to be.

The other winners besides the Peace Prize in 2024 were, Physics: John J Hopfield and Geoffrey Hinton for their work and discoveries that have made machine learning with artificial neural networks possible. Chemistry: David Baker, Demis Hassasbis and John M Jumper for their contribution to protien Sciences. Medicine: Victor Ambros and Gary Ruvkun for discovering MicroRNA and its role in gene regulation. Literature: Han Kang for her poetic work that confronts historical Trauma and exposes the fragility of human life. Economics: Daron Acemoglu, Simon Johnson, and James A Robinson for their studies of how institutions are formed and affect prosperity. This is I thought that all recipients well deserved the prizes, and I would hope that they continue their work in the future. Thanks for reading!!

CURRENT EVENTS

HURRICANE HELENE IS MUCH WORSE THAN YOU THINK

by Maya Amir

Close to 100 dead after the hurricane's violent catastrophe —no one can begin to fathom what Hurricane Helene has taken from our country.

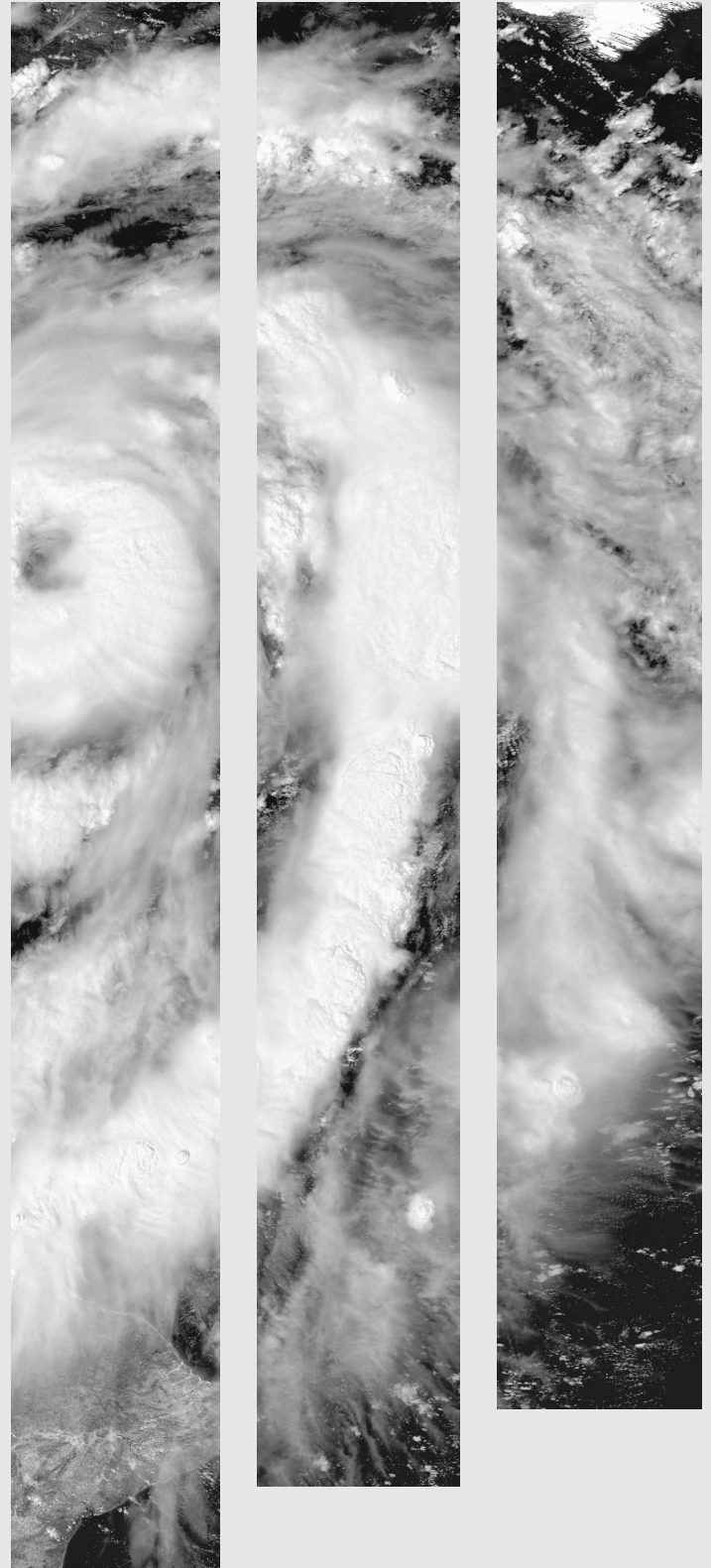
Currently, damages are estimated to be a substantial 53 billion, solely accounting for the damages in which North Carolina has faced. Home internet is still not available for thousands across the state; Horrible floods have rendered telecommunication and electricity unavailable.

“This storm has brought catastrophic devastation of historic proportions to North Carolina,” states North Carolina Governor Cooper on a recent CBS interview, “Our priority has been to get people out, and get supplies in.”

Despite the horrid tragedies, people still find hope. With CEO of Tesla Elon Musks' use of satellite-based network Starlink, disaster survivors labeled missing can connect with loved ones and tell them they are recovering. Additionally, almost 900 million in funding has been raised by generous lawmakers and kind donors for disaster relief. Hundreds gather across the country to find their loved ones in areas of ruin. Helicopters desperately roam the area in search of people to save.

“We’re really lucky,” Says Dave, a survivor of the hurricane's tragedy, on an interview with ‘On Three,’ “I didn’t think I was going to make it at a certain point.” There is still hope in this world for the survivors of Hurricane Helene. For ways to donate and help survivors:

<https://www.fema.gov/blog/4-ways-help-hurricane-helene-survivors>





TECHNOLOGY, HOW ITS ARTIFICIAL /POINT/

by Charlotte Pizzirusso

Do you remember the time before we had devices in school? Before all the complicated technology, school was much better in all possible ways. Kids learned better, were more social, and were even healthier.

Before electronic devices were introduced in schools, kids learned more efficiently. For one, without a screen always in reach kids, were less distracted. The article “Tenny School Screen Time in School: When are students ready for it and what are the downsides” states “Screens make it harder for children to focus on school, which unsurprisingly affects their behavior. As students develop into lifelong learners, they deserve to put their best foot forward in the classroom. When screens are involved, sometimes it hinders students’ ability to be attentive during lessons and assessments”. This suggests that after using a screen it’s harder for students to pay full attention. “Tenny School” says “unfortunately, when we allow students to access electronic devices, we risk that they will get off task on said devices.” There is an endless electronic world of what to most students is more interesting stuff than what they are learning in class, so it is extremely easy for students to get distracted and play a game or watch a video.

Having the iPads stops them from actually learning anything at all, which can have major effects later in life.

Another way school was better before there were electronic devices is that kids were more social. I myself and many others, probably including you, have seen that at lunch there will be kids who do not talk to anyone and just stare at their iPads the whole period. Lunch is one of the only times you can openly talk to your friends at school. But with technology kids do not take that time. This hurts them socially and if you don’t keep talking with your friends you will drift apart, and you can lose many friendships this way. Also, according to Potential Drawbacks of Technology on Social Skills, “A primary concern is that over reliance on digital communication may hinder the development and practice of face-to-face social skills. Non-verbal cues, such as body language, facial expressions, and tone of voice, are essential to in-person communication. These nuances can often be lost in digital communication, potentially leading to misunderstandings.” These misunderstandings lead to fights which sometimes cannot be fixed.

This can ruin even longtime friendships.

Lastly, school was better before student electronics because kids were healthier. Kaspersky’s article “How does Technology Affect Your Physical Health” says “In addition, activities on digital devices can be stimulating and make us much less ready for sleep. As a result, people can become absorbed and continue using the technology past their bedtime.” Not having enough sleep can really hurt students’ academic performance in class, which hinders grades greatly. “Prolonged use of earphones, headphones, or earbuds at high volumes can cause hearing loss. The World Health Organization estimates that young people worldwide are at risk of hearing loss due to unsafe

listening practices.” Using screens in school leads to use of headphones and hearing loss can be a big problem in later life.

This all shows that schools would be better without electronic devices because they hurt students’ health, academic performance, and social skills. Do you agree?



TECHNOLOGICAL BENEFITS **/COUNTER-POINT/**

By Lizzie Orzuna Santiago

Despite people saying we are using too much technology I disagree. Technology is helping us, out school experience /and the world! We are not using too much tech. In fact, tech is 1) helping our environment, 2) It makes a lot of stuff accessible, 3) It helps people stay organized, and so much more! Here's a few reasons why you should agree too!

#1 It Helps Our World

Before technology, everything was on paper. Which is good...right...? Not exactly, 'every year, 61.5 million trees are killed and used for paper. And that same paper is used for children's homework.' * Not only we have to chop down all those trees, but I know for SURE most of you all near the end of the quarter throw most of the papers away. ALL THAT TREES WASTED. In addition, some kids lose their papers, so extra tree wasted. Also 'an average textbook contains about 700 pages, and 3,000,000 trees are cut down to make textbooks.'** Let us be real. Most of us do not use textbooks, in most classrooms, people do not use textbooks. So, we waste so many trees, with global warming rising, we need to conserve our trees, not cut them down just to throw them away. (*8billiontrees.com) (**patch.com, Opinion: Too Much Homework Leaves No Time to Be A Kid paragraph 9)

#2 Accessibility Issue Solved!

Back then, when technology did not exist, (or was new.) It was quite hard to access things. If you were making a paper essay using a format. and lost it, then you would have to ask your teacher to get you a new paper, redo it and unfortunately turn it in LATE. Not only you might lose a bit of points, but you have to waste another piece of paper. However, now if you lose it, no worries! Now a lot of teachers put it online so you could do it online. In addition, back then if you were researching something, (like newspaper) you would have to go to the library or interview someone. Yet, what if it was snowing? What if the library was closed? You couldn't communicate with the other person? Well now thanks to technology, we have entire libraries accessible, plus if the person is confused and you're at a club, they can just send a quick text in seconds!

#3 Planning

Before there was technology, most teachers had to plan theirs up ahead, if they lost their planner they lost all their planned work. Now, if they lose their plans, they have it online so its easily accesible. In addition, if they are sick they can quickly send a message notifying the school and so can kids!

#4 Engaging

Now that there's technology, so many more kids are engaged in learning, we have Blooket, GimKit, Kahoot! To name a few. There's Quizizz, (can't spell) Quizlet, ClassKick and so much more! Now we have so much more then just crossword puzzles, word searches and drawing. In addition, now that's there's apps, we can do so much more! For example, digital art. If you make a mistake you can undo, and some apps like sketchbook, you have layers causing drawing to be so much easier! Now as you can see, this why technology helps more then harm. Some people might disagree, but as you can see, technology helps way more. Thanks for reading my article and have a wonderful day!



WANDERLUST DELPHINIUM

by Ariel Garcia



he heavenly prose of the delphinium is a wonderful invention. Yet in its esoteric orbit, and dewed coalescence of deep purples, and warm snow whites is not itself, whole. Through the petals, and delicate buds, there is a wonderful nature as elysian as the ether. Above the two skies, are the simples of the apart natural and present. As ushered by the ancient thoughts of boredom, of those dull desires, unsatisfied. 'We need to stop and learn to fly, to fly away, to smell the laburnums, delphiniums and roses.'

In our inherent humanity, we find a vacuole of our fragility and desperado. A heart, within our heart. And for those sentiments we can each a tune our every canto, towards becoming ourself. Why should our every day and minute, contain the sadness and rush of yesterday? From our within, our contained selves, we are veiled with our physiognomy and gifted the many wonders of sentiments of bleeding sorrows, joys, and amaranthine loves. Yet a day is enough for a man to feel the very love of our soul, and around us. There is an aspect in the variable of everything. The every verb, warped and curled in such a sensual way. The word 'innocence,' is infinitesimally so sweet, and bitter. Both the everything we've ever known becomes in weaved in mysticism and is foreign to us.

For every beauty, we ravish ourselves into it and destroy it through our own human nature. Yet there is a preservation that calls from our humanity in a celestial coalesce. Laced in winter warmth and honeyed with a porcelain fragility. Our instinct and mind, intuition and hearts are all what create us. We are a four-in-one wilding. And within the precipice of ourselves we experience the simple, and complex through our own prism. A alighted shape, we shift through metamorphism. In our prism we see the world and cosmos quite indeed differently. And for those differences we reap the woes and celebrate the inventions of our past and ancestors.

We take their problems and incorporate them into our lives, now as inventions. The ecclesiastical courts, canon inverse of civil laws. We spectate the reformations of states, nations, churches, and laws. And in this piece, itself, we analyze human civilization itself, its very principle and aspect in life, and that molecule which is incorporated within our minds to turn. Metamorphose into a hatred towards life, something within its ring. And allows the human mind to usher something new. Languidly, bursting from fingertips an invention is carved. And for that, a life is saved and another cut. Our sole existence as humans, burgeon and bright should never change the beauties that bloom next to us. And for the very words of these cantos, the margins of books, the mind, and soul should be indulged in beauty, and wrapped in natures kind soulful embrace. Each tendon draped in the velvets of our body, same as the velvets of Asian orchids. As our eyes consuming all around us, through the present shadows and highlights of the objects in front of us. As the caterpillar does in preparation to the chrysalis. Grand preparation and change.



PHILOSOPHY & ARTS



WHAT IS THE MEANING OF LIFE?

by Ariel Garcia

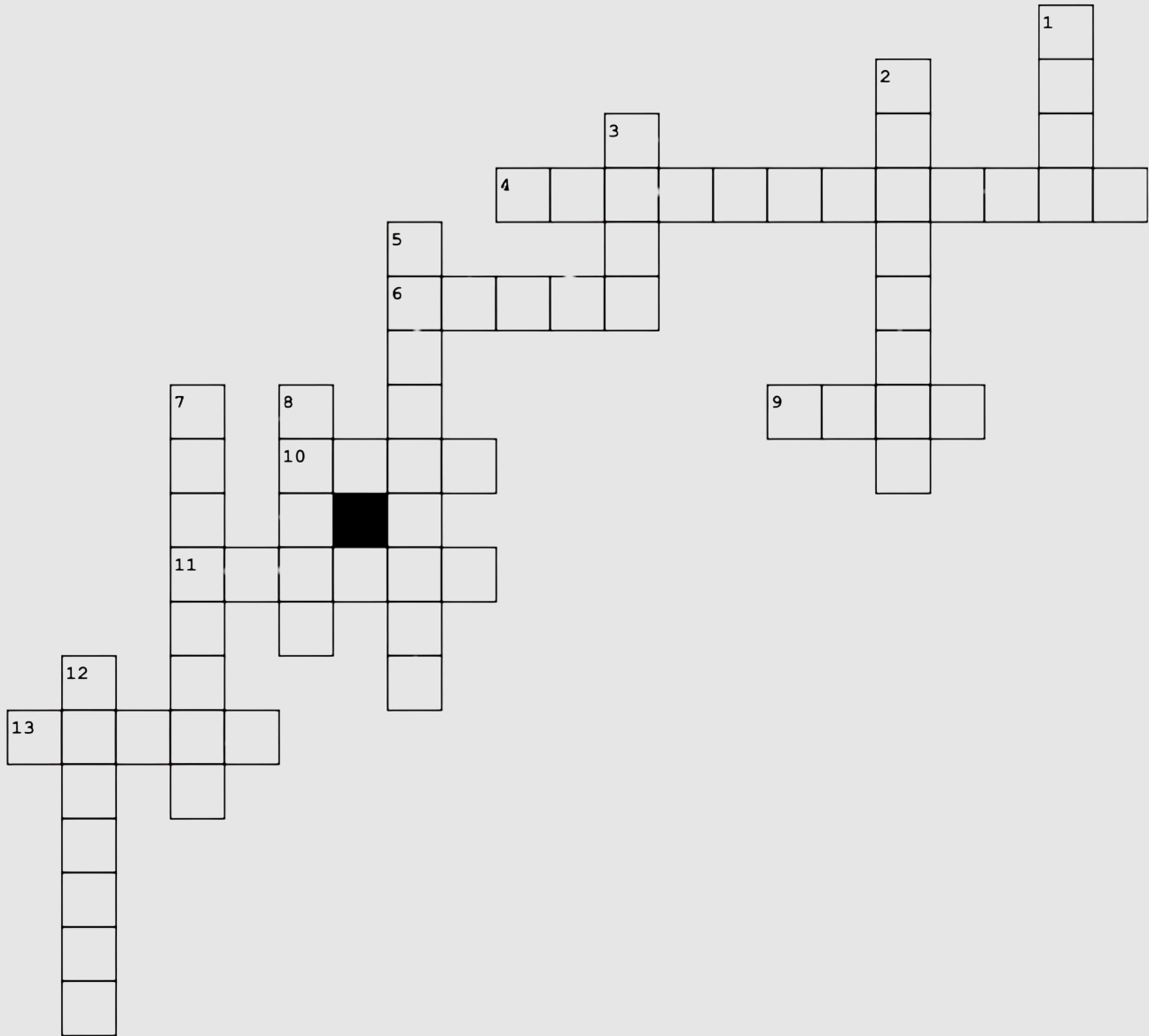
The senses are an instrument. Infinity is human. The basis of true love is faith, percussion for the performing senses, and quiet thoughts of understanding. What is love? As Bjork says, "All is full of love." And within the bounds of a web, there are those tiny trails of water. A dewed coalescence on something to beautiful and small. We cannot confine the principles of the unknown to the basis of a word. In the confidence of solitary experience, of Grecian anecdotes and ancient histories may each show us our own prism. And explain ourselves to us. This states for the enigmatic snake to charm us with its supple words, and every lesson to be short of an open ear and erotic voice of true whispers of nature.

For Helens abduction. The war of Troy and spiraling eye. From one point in the next in confusion, consumed by aflame anger, and tears set afire with love abolished by the tides of Athenas wrath. From the lives of the past decadence, a lotus blooms. A peace within the earth bound. The surroundings within our hearts, and conditions upon its pedestal are vital to reading whom we are and what will play in our life. Through Helens own tired will, she seduced herself with her own folly. Her own illusion of Paris, with his stubborn physiognomy and character. For an illusion of being caressed by true love, and lively love.

From Helens face, the face that launched a thousand ships, there is a moment in time that purity warps over everything. Its embrace is forever and almost no lie nor trick is observed or ever perceived. It is the first trick in history, for Odysseus and his men to be hidden in a horse. It is the first warped perversity that envelopes the earth. This quite simply furrowed the true nature of humanity. The compass which guides our paced steps, towards capitalized treachery. How a fire only needs oxygen to spread, and how a man only needs his burgeoning mind to perverse the every surrounding piece that encloses him, for his doctrine to grow. How feeble humanity is. our nature for this, can only certainly give meaning to life. For those feeble to contrast the wise, and every simple human to contrast their complex human counterpart. For our entire span of being to be intertwined in the history of our very development. We are life, we shall only need a mind to recognize the past and truly see the meaning in life. Not the war and the very event, albeit the motivations and sentiments behind them.

LIFE & LEISURE

Fall 2024 Crossword



Across

- 4. A time to thank something/someone
- 6. A red or green fruit that can be caramelized
- 9. Falls from a tree in fall
- 10. A black bird that can remember faces
- 11. Traditionally eaten on thanksgiving
- 13. A knitted blanket

Down

- 1. Grows on a stalk
- 2. A type of protection from the rain
- 3. Used to organize leaves into piles
- 5. A holiday where candy is collected
- 7. A popular American sport that is played with a weirdly shaped ball
- 8. type of nut that falls from a tree
- 12. You can carve these

LIFE & LEISURE

THE ORIGINS OF HALLOWEEN

By Eleanor Ingram

Have you ever wondered why every October 31st people all over the nation celebrate Halloween? This holiday originated as an ancient Celtic festival of Samhain, which means summer's end. This festival began as a religious ceremony to celebrate the end of summer harvest. People would dress up to ward off ghosts and have huge bonfires.

In the 800's, Pope Gregory the 3rd made November first the day to honor All Saints Day. This holiday had some of the Samhain traditions, but was a holiday made to honor the saints of the church. Like how Christmas has an Eve, so did All Saints Day. The day before All Saints Day over time became known as All Hollows' Eve, which eventually became Halloween.



This holiday adapted into what we know it as today after American colonists brought it here. But many of these original American colonists were puritans and did not believe in celebrating Halloween. This holiday was not celebrated in America until the mid 1800's when there was a huge potato famine in Ireland. As a result, many immigrants came to America and brought their holidays and more with them including Halloween. As the many different traditions on how to celebrate this holiday came together as well as some Native American traditions, Halloween as we know it came to be.

Many of the typical Halloween traditions we celebrate today are from the Celts. For example, having jack-o-lanterns comes from their big bonfires. Additionally, dressing up comes from the scary costumes the Celtic would wear to scare off ghosts. Finally, no one knows the exact origin of trick or treating, but it is believed that during Samhain the poor would go from house to house and prey for the family members souls. In doing so, they would get paid.

Over time, Americans wanted to make this holiday more of a community celebration and so newspapers and community leaders would encourage everyday people to have party's and trick or treat in frightening costumes. As time went on, Halloween became as it is today and many people in America and Europe celebrate it.



LIFE & LEISURE

FALL COUIER BOOK REVIEW

By Eleanor Ingram

If you like the books Scythe by Neal Shusterman, Matched by Ally Condie and The Hunger Games by Suzanne Collins then you will surely like this book too. The next book you should read is Legend by Marie Lu. This book is a dystopian novel told from two perspectives. One of the perspectives is from a girl believed to be a prodigy named June Iparis who comes from loyal government backgrounds. The other perspective is from a boy named Day who is a rebel against the corrupt government. These two characters meet when June wrongly thinks that Day had killed her brother, Metias. June is torn apart from her brother's death since her parents had died when she was incredibly young and so Metias had stepped in as her parents.

As a result of her brother's death, June is allowed to go on a classified mission for the Government since her brother was the one keeping her from doing extremely dangerous things for the Government. A few days into her mission, June gets pulled into a "Skiz fight," or a series of fights where you bet on the person who will win. The person that wins keeps fighting for money until they lose. June feels bad for someone who got pushed into the ring and jumps in to fight instead. During this fight she gets severely injured and needs help. From here, Day helps her escape the battle and brings her with him. It turns out that the person that got tossed into the ring unwillingly is the person Day travels around with, Tess. Tess helps bandage June up and as June and Day start to spend more time together while she recovers, June starts to relise who the real enemy may be and the truth behind a believed to be perfect government.



This books writing is exceptional, and its ending will leave you wanting more without an annoying cliff hanger. Since Legend is book one of a four book series you get even more exceptional writing in the next few books. As USA Today says, "[This book is] a 'legend in the making.'" That quote sums up the book well since every element of the typical dystopian Young Adult novel is in this book, yet it still is phenomenal in the way that Marie Lu puts her own spin on the world and details in it.

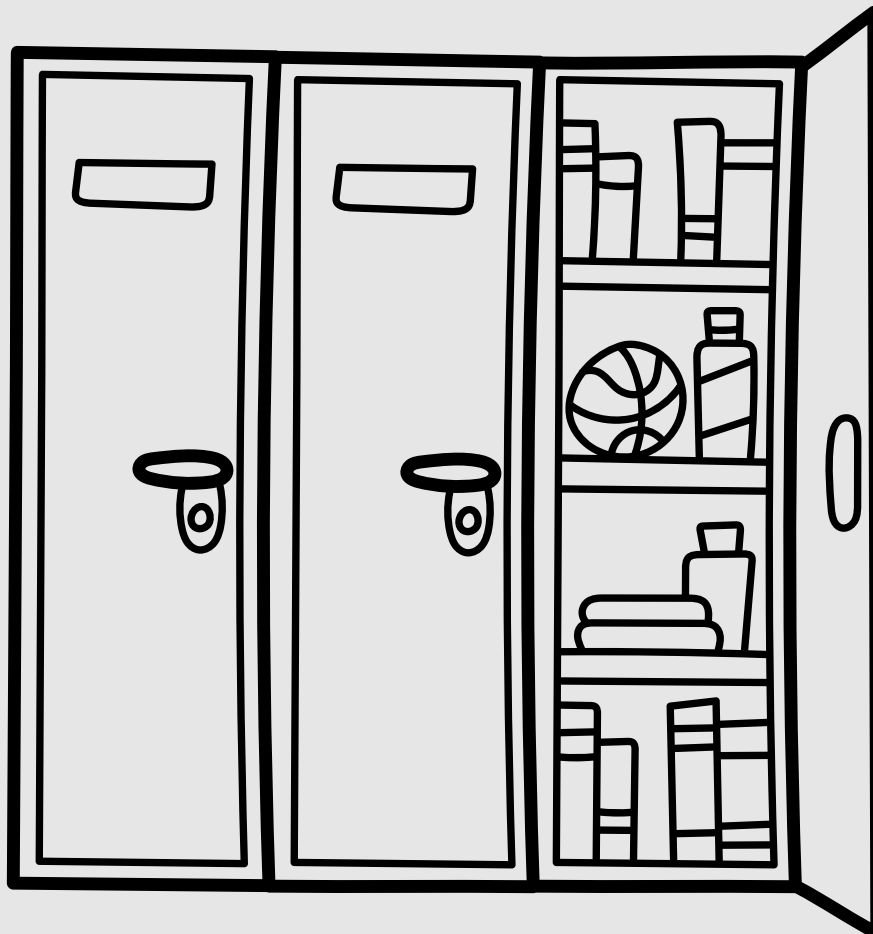
Finally, if you like this book other titles you should check out are War Girls by Tochi Onyebuchi which is another remarkably interesting dystopian novel about two girls that get separated in battle and are searching to find each other throughout the book. You should also check The Inheritance Games by Jennifer Lynn Barnes which is an incredibly riveting book about an everyday high schooler who inherits a billionaire's fortune and gets pulled into family drama and more.

LIFE & LEISURE

AN 8TH GRADER'S GUIDE ON HOW TO SURVIVE MIDDLE SCHOOL

By Salvatore Bonaiuto

- Make sure to get your homework done!
 - It may be hard to balance homework between school, clubs, sports, responsibilities, and other activities, so I recommend doing as soon as possible. I try to do mine as soon as I get home.
- Make sure to communicate with others
 - Communication is key to your success, especially in middle school. Don't be afraid communicate with your teachers for any reason you need. Make sure to have a support system of friends in place if you are stressed or having trouble. Additionally, make sure to have open communication with your other people, like parents and siblings, your friends can't handle everything
- Stay out of trouble
 - Getting into fights alight makes you think your cool, but they just make you seem annoying. And if enough people cause enough trouble, during your lunch period the administrators make everyone sit in the auditorium and listen to them talk. Usually, it cuts into the time you would go outside, to the library, to a teacher, and nobody really cares, so do us all a favor and don't be stupid



MODIFIED FALL SPORTS SEASON REVIEW

By Kellen Doherty

The first of three modified sports season finished with a bang: undefeated teams, blowouts, invitational winners, and great representation from every team to put on the White Plains Tigers uniform. For the fall, each and every player to participate in a sport showed their dedication and determination to not only be the best and to keep up with the demands of schoolwork. In this article, I'll take you through a quick recap of each sport's season.

Women's Swimming and Diving

The swimming and diving team had a great season! They had multiple finishes of first and second from multiple swimmers, like Vivienne Mittenzwei, Maddie Hyatt, Liya Espin and Emma Tufaro. Along with that, they also had a dominant relay team, consisting of Violet Scheer, Vivienne Mittenzwei, Grace Garcia, Clara Ercole- Kiernan and Maddie Hyatt that won in multiple events. When asked about the season, Coach Quinones of the Swim team said that "This season went very well, we had many first-place swims throughout the season. The girls pushed themselves and gave this season their all. We are very excited for what next season will hold for us and how the girls will do as they continue on their swim journey! I am so proud to be their coach!" Some leaders on the team were Mittenzwei, Hyatt and Sienna Zimmerman. Overall, it was a great season for the swim team!

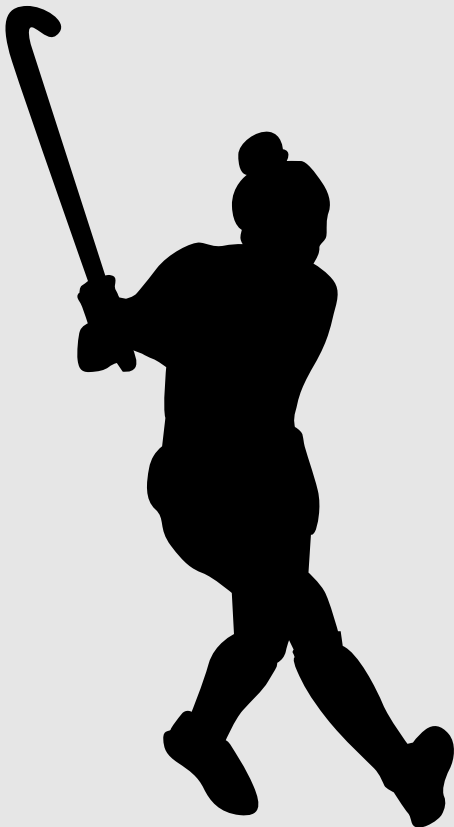


Field Hockey

This year, the field hockey team finished with a 7-2-1 record. Ava Marrano led the team with 10 goals on the season. Margo Gordon says the highlight of her season was "That we won our last game against Mamaroneck, 1-0."

On top of having an incredible athletic year, the Tigers grew as a team and community over the season. When asked about the season, Field hockey Coach McAllen specifically talked about the team's dedication and growth, saying "This was an excellent season. The players were dedicated and communicated with one another during games. They were encouraging and supportive to one another." When Gordon was asked about the teams' community, she said "I think the team's community was great and everyone really got along all season, and that made us play better because we were all talking and communicating on the field." She also noted that everyone improved over the season, and everyone worked well together.

Gordon was a team leader, along with Stella Burr, Ava Marrano and Cameron Stabile. Overall, the team grew and got to know each other in order to establish their dominance on the field this season. It was another great season for Dubset Field Hockey



MODIFIED FALL SPORTS SEASON REVIEW (CONTINUED)

By Kellen Doherty



The team grew not just strength- wise but also as a community and as a team. 8th graders stepped up to be role models and team leaders for the new athletes and 7th graders. Throughout the season, you could sense the trust and support only grew for one another, and the hard work and dedication only grew as well. Coach Lupia said that “Many 8th graders took leadership roles and 7th graders started to get better as the season went on. The future looks bright for next year too!” Cruz, a leader on the team said that her highlight of her season was “running with my friends and feeling like a leader towards the 7th graders. I loved having fun with everyone, how even If we teased each other, we always cheered no matter what. So being with everyone was definitely my highlight.”

Cross Country

Once again, the modified cross country team dominated all season long, emerging as one of the top running squads in the section. The girls team finished with a 4-1 record, and the boys team finished with an undefeated 5-0 record! Cross Country Coach Lupia said, “Both teams (boys and girls) were dominant all season.” When asked about the team’s domination, Zoe Cruz, an 8th grader said that “Our coaches were great this year, and I think I can speak for everyone when saying that they really pushed us hard to be our best. We all made so many new friends, and it really helped our team get better with those people encouraging us. I personally had my best running season yet this year! So, I think it was truly our team in general.”

Along with that, Dubset did excellent at the Port Chester Invitational race, a 45-school meet held at Purchase College that is of the equivalence to a Sectional Championship. Dubset won the meet for 7th grade boys, following a strong performance from rising running Matthew Roseau, who ran an 8:29 time for a physically and mentally demanding 1.5-mile course, placing third in his heat. Dubset also got 2nd in 8th grade boys, due to having the winner of the race, Kellen Doherty, who ran an 8:08, and third place Jackson Shaver, who ran an 8:12. The girls also did great at the meet, with Eleanor Ingram, Marley Johnson and Breana Peters all running sub- 11-minute times.



MODIFIED FALL SPORTS SEASON REVIEW (CONTINUED)

Men's Soccer

The boy's soccer team had an outstanding season full of growth as players and as people. When asked about the season, Coach Cioriari said that "It was an up and down season losing the first game, winning the next 3, losing the next 5, and winning the last 2. The boys fought hard throughout and improved everyday." Coach Cioriari said his highlight of the season was "a 4-3 win over Port Chester at Ralph Field, and the 3-game win streak beating Rye Red, Rye Black and Port Chester." Dereck Peña and Dominic Bonnano were team leaders this year, and Harlin Sola led the team in goals. It was another great season for the Dubset soccer program. The future is looking bright in soccer!



Women's Soccer

"I would like to congratulate the girl's modified soccer team on an outstanding season!" Says girls' soccer Coach Francisco. This year, for the first time in 8 years, the soccer team went undefeated, finishing with an 9-0-1 record. Layla Weiss was a big part of that, scoring 20 goals this season! 30 players were on the team, and each contributed greatly. "The team really came together offensively and defensively but most importantly they had fun accomplishing their goals. Even when they fell behind the team didn't panic and remained calm until the end." Says Coach Francisco. "Our starters really did a great job of setting the direction of the game. I would like to wish the 8th graders the best as they move on next year to the high school, and to the 7th graders I hope to see you again next year. I am very proud of all of you."

Volleyball

The modified volleyball program learned a lot this season and had a great year of growth in the sport and as a team. Coach Sawyer of the volleyball orange team says that "We started the season off strong but played some really tough games on the later end of the season. The last five games were a battle for each point and Orange staying in the game against some formidable teams." The orange team finished with a 5-6 record. The highlight of the season according to Coach Sawyer was "A strong win against Scarsdale." Samantha Chavez and Zutmy Yallercco Gamarra had great plays all season. Maria Gutiérrez, Zaylee Hilario and Leila Rodgers were team leaders. Heidi Pérez and Jane Mitchele showed constant growth all season. It was a great season for the volleyball teams!

Football

Modified football dominated again this year, ending with an undefeated season! The final four games of the season were defensive shutouts, including an impressive win over Arlington, a historically tough team to play against. Over the past four season, Dubset has lost no more than one game per season, totaling to a 22-2 record since 2021. CJ Muscat, an 8th grade quarterback, and captain of the team says that the highlight of the season was "When we went undefeated and ran across the field (to celebrate their achievements)." He also says that "We played as a team."

Coach Armogida of the football team says that "The discipline and work ethic of the team is what made us successful this year," similarly to what Muscat had said. Other captains of the team were Logan Seguso, Hayden Porter, Miles Willis and Julian Trujillo.

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Fall Crossword Puzzle Answers

Across

- 4. Thanksgiving
- 6. Apple
- 9. Leaf
- 10. Crow
- 11. Turkey
- 13. Quilt



Down

- 1. Leaf
- 2. Raincoat
- 3. Rake
- 5. Halloween
- 7. Football
- 8. Acorn
- 12. Pumpkin