STUDENT NEWSPAPER

FREWSBURG CENTRAL SCHOOL

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F²CS MARCHES ON



Kelsey Fisher in the 2025 Blue and Gold Marching Band Photo by Eliza Dahlin

TABLE OF CONTENTS

Page 1:
Marching Band

Pages 2-3:
Homecoming

Pages 4-6:
Sports

Page 7:
Contest Winners

Page 8:
Editorial

Marching Band Goes to States

written by Zoe Chitester

Frewsburg Falconer's Blue and Gold Vanguard marching band headed to Syracuse for their biggest competition of the year on Sunday, October 26. I interviewed the Blue and Gold Vanguard Director, Mrs. Laska; Drum Major, Braedan Signorino; and Color Guard Captain, Brea Ruprecht. The members shared what hard work they put in to be ready for their competition against many other schools in the state, but they are also taking the time to give our local audience a show at closer performances.

Q: What is the theme for this season's performance?

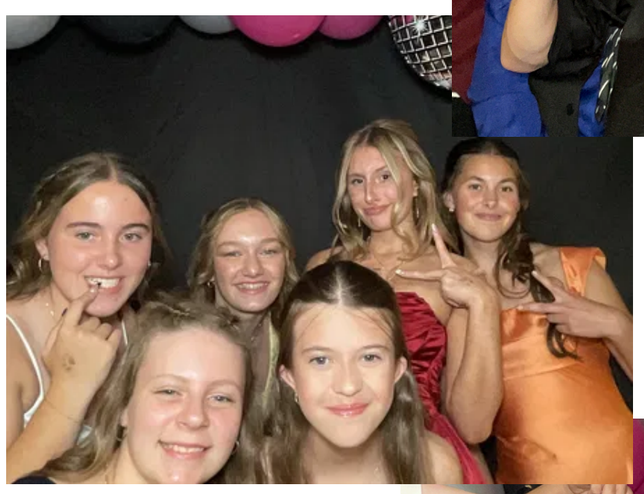
Mrs. Laska: I think our program book summary says it best:
The Blue and Gold Vanguard is proud to present our 2025 show "Through the Storm." "Through the Storm" begins with a sunrise. Casting its first light on a brand-new day, the morning is filled with hope and promise. The air feels calm and fresh, but soon the skies begin to shift.

More on Page 4

Homecoming Dance

Dear FCS 9th-12th graders,

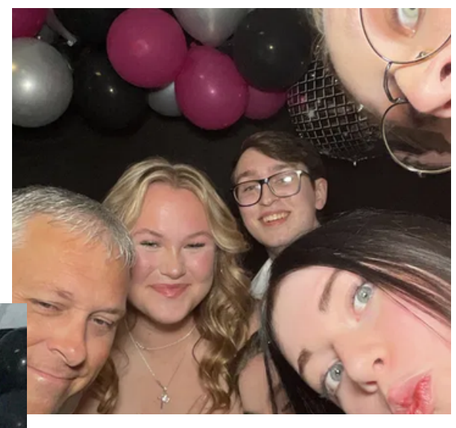












Glittery shoes, expensive dresses, put together tuxes and smiles - everything that goes into Homecoming. That's right everyone, homecoming is here on Saturday October 18th, 2025. Grab your friends or partners and take a ride on the dance floor. Just in case, here's a Homecoming checklist for you and your friends. Use this for optimal fun on homecoming day and night.

First, get a good night's rest! Having good sleep for a long day of preparing for long-term fun is the best you can do. That way, there's no anger when your moms are trying to take as many pictures as they can. Studies show that getting at least 8 hours of sleep for teenagers results in the best success, but getting that 10 hours total could be really helpful before homecoming.

Secondly, have your makeup done! Get that good primer so your makeup lasts through sweating all night. Though we like to believe that we don't sweat, busting it down on the dance floor is exercise, so let's stay dressed up while we burn some calories. Along with makeup is hair. This applies to everyone; hairspray and/or gel keeps your hair at its best all night long. Some of my favorite brands are got2b, Suave and Aussie. They all have gotten me through dance competitions; though got2b may be good, but will literally glue your hair down, so be careful.

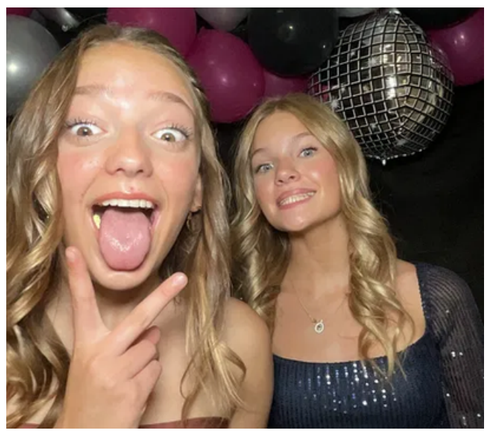
Thirdly, get dressed! You or your parents spent the money on your outfit, so show it off. Wear what makes you feel comfortable! Show everyone, including yourself, the best possible you, you can be. The advice I give you is, keep your outfits as long as you can wear them somewhere else and/or use them for future family events. If that's not your type of road, donating it is the best thing you can do. It's not only recycling, which is good for the environment, but it gives the chance for other people to show it off…again.

Lastly, get those pictures! This is the time for the best pictures to be taken, along with memories, and your moms having that chance to get that off their bucket list. This isn't just a you event, it's a friends, family and you event. So have the best time and rip up that dance floor later. The last advice I could give, as a senior, is to take pictures at Erlandson Park. It has the best views and backgrounds for your pictures.

Remember to take your time getting ready, taking pictures, dancing and getting those memories. As freshman, sophomores, and juniors, you only have so many of them so cherish the moments you have. As for seniors; this is your last one. Take the time to do the things you didn't do other years and remember that no matter what you do on the dance floor, if you have fun it doesn't matter. Have that moment, where you look back at the other three dances. Most importantly, keep every memory you can, before it's too late. That's the advice I can give you! Have the best time, and best of luck!

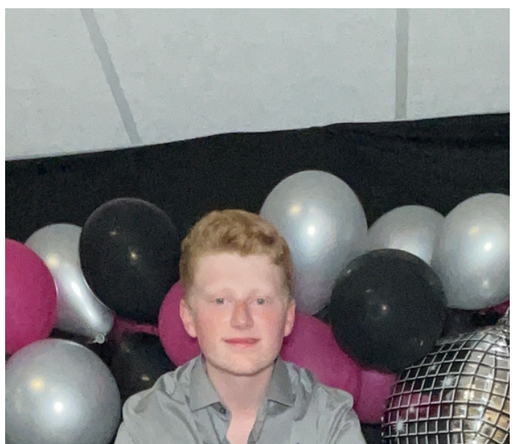
With hope and joy,
Cordelia Rodgers FCS Senior/ Editor-in-Chief

Homecoming Dance






















Sports

Marching Band continued from page 1

Clouds gather, shadows deepen, and the tension builds as a storm approaches, full of energy and power.

The storm swirls with intensity before finally giving way, breaking apart to reveal a brilliant rainbow arching overhead. Bright colors shine across the sky, reminding us that even after moments of darkness and uncertainty, beauty and possibility emerge. Through the Storm celebrates resilience, the promise of brighter days, and the joy of what is yet to come.

Music selections include, "Through the Clouds" by Alex Yoder, "Thunderstruck" by AC/DC, and "True Colors" by Cyndi Lauper.

Q: What are some of the plans for the rest of the year?

Mrs.Laska: We have two, possibly three public performances left this season. Friday 10/24 we will perform for the Home Game and Senior Recognition night at Southwestern. Saturday 10/25 we will perform for friends and family before departing for Syracuse. Sunday 10/26 is our NYSFBC State Championships show at JMA Wireless Dome at Syracuse University. It's going to be a busy weekend!

Q: What would you say is the biggest accomplishment for this year?

Mrs.Laska: Teaching new students to move and perform at the same time is a colossal undertaking every year! Some of our members come to us never having touched a flag, rifle, or knowing only about 5 notes on their instrument. Going from that kind of novice status to being a full performing and contributing member in a matter of a few months is a wonderful accomplishment.

Q: What goes into preparing for big performances?

Mrs.Laska: There are many moving parts in every performance. Our practices focus on everything from the basics of marching and body carriage to tuning and horn angles. We have to think about flag, rifle, and sabre routines, dance steps and how to really exaggerate our performance so that the things that are happening on the field can be seen and appreciated by the audience in the stands. Students on the field need to be counting on multiple levels. Music has meters and they need to count every measure while also counting the number of steps between each set. They have to know when the impacts are in the music and what visual accentuates that impact and how to execute each maneuver. And that's just the tip of the iceberg! We also have uniforms, costumes, flags, amplification, airblades, a guitar and storm effects!

Q: Is there anything else you would like me to add?

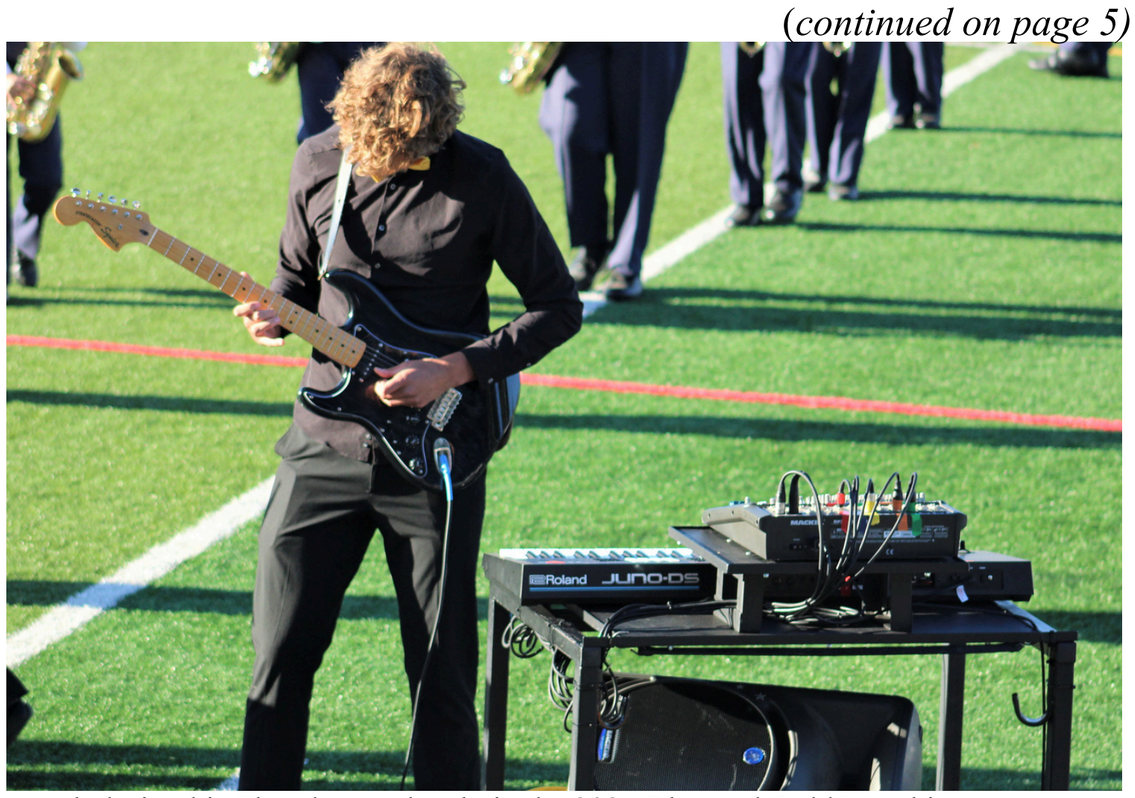
Mrs.Laska: We've had a really great year! We're going to miss our seniors, but we're also really excited to see what next year brings!

Braeden Signorino, who shares the drum major position this year with Taran Laska, detailed the importance of his role. As the conductor of the whole band and color guard, the drum majors are responsible for maintaining a smooth performance that is enjoyable to watch and hear.

Q: What is your role as drum major?

Braeden: As a drum major, my most important goal is to lead the band, whether that is keeping everyone on time, fixing problems,

(*continued on page 5)*



Noah during his Thunderstruck solo in the 2025 Blue and Gold Marching

~ Photo by Eliza Dahlin

Marching Band continued from page 4

or helping out members regardless of section. I like to think of it like the drum major is the conductor of a train, without a conductor, the train will go off the tracks and destroy itself. It's the same thing in marching band, but the conductor is the drum major and the train is the rest of the band and guard.

Q: What is the hardest part of being a drum major?

Braeden: The hardest part of being drum major for me is that I am always being watched in a sense, I can't goof off with friends or mess around because if people in the band see the "head guy" messing around, they think it is okay for them to mess around too.

Q: What is your favorite part of your show?

Braeden: My favorite part of the show is the last movement when we play "True Colors". I feel like it's the most important part of the show and the most fun (to conduct anyways).

Q: Is there anything else you would like to add?

Braeden: I found that marching band shaped the musician I am today; without it, I don't think I would be as skilled as I am today.

Additionally, Brea Rubrecht, the Color Guard Captain, leads the color guard team during the entire performance. Brea shares her thoughts and experiences before a big performance.

Q: How have you prepared for the show in Syracuse this weekend?

Brea: If I'm gonna be totally honest, I just go with the flow. When it comes to Syracuse, I do run through the show a few times in my head. Remembering small changes and being confident is a HUGE key.

Q: What is one big accomplishment for the color guard this year?

Brea: One big accomplishment this year would just be making a whole lot of new memories and being with the guard and being able to make it through my last season of marching band:)

Q: Is there anything else you would like to share?

Brea: Uhh, sure! Don't let people talk you down; you can do something you really put your heart into; keep practicing and pushing yourself to success. Be confident in what you do and do things that make your heart happy.

The Blue and Gold Vanguard puts so much work into what they do. Whether it be practicing together until nine o'clock at night or individually on their own time, everyone puts in a lot of work. Not only do they have to know all of their music to performance level, they also have to know when to move around on the field. Every member of the marching band is talented at what they do. If you can, try to see one of their performances, it is a show you won't want to miss!



Marching Band Trumpets at Pep Assembly ~ Photo by: Cordelia Rodgers

Just Keep Swimming

Written by: Zoe Chitester

The Frewsburg Falconer girls swim team had an amazing meet a couple months ago. It is rare to see so many swimmers break their personal records and many girls did in multiple events. Olean came to Frewsburg for this meet, so having their home pool gave Frewsburg an advantage. These times don't just come out of nowhere either; everyone has been working hard in practice to reach these goals. Coach Mrs. Nelson shared her thoughts about the meet: "This was a great team meet! The girls have been working hard for 2 months, and it is starting to show with all the personal best times they are swimming. We are starting to swim fast at the right time, so the end of the season will be exciting and hopefully filled with some fast swimming!"

Frewsburg won the first relay of the night with Sydney Frederes swimming backstroke, Kennedy Nelson swimming breaststroke, Mickey Hartley swimming butterfly, and Mya Carmen swimming freestyle. The relay team finished with a time of 2:15.72. Frewsburg's other two relays placed third and fourth.

Kaylee Melquist dominated first place in the 200 free, with a time of 2.23:46. Zoe Chitester came in second with a time of 2:26.55 and Geneveive Bussman placed fourth with a personal best time of 2:27.35.

Sydney Canfield crushed first place and swam her best time to 2:45.29 in the 200 individual medley. Kennedy Nelson got third and also beat her best time by over five seconds. Lauren Yagger (Falconer) claimed fifth place with a time of 3:08.

Sydney Frederes won her first individual event of the night in the 50 freestyle with a time of 27.2. Mickey Hartley claimed second place and earned herself a new personal best time of 28.61. Mya Carmen also improved her time to 30.58. Avery Gifford, Elyse Eckberg, Luna Sadowski, Harper Waid, Aubrie Newburg, and Kadence Peterson also swam this event. Harper, Aubrie, and Kadence also swam their best times in the 50 freestyle.

During diving, Anelia Pitts claimed first with a score of 243.37. Falconer's Avery Yagger placed second with 146.55 points.

Sydney Canfield placed second in the 100 butterfly taking just under five seconds off her previous time. Mya Carmen and Lillian Swan also competed in the event. This was Lilli's first time racing butterfly.

Sydney Frederes' second individual win came with the 100 freestyle, where she put up a time of 1:00.7. Mickey Hartley took second place with a time of 1:03.73. Ave Reale swam into fourth in 1:19.39. Kaede Zeiders-Weber from Falconer and Aubrie Newburg show'd best time is this event. Emily Weilacher came very close to her previous times in the 100 freestyle.

Kaylee Mequist secured first place in the 500 freestyle with a comfortable lead over Olean's swimmer. Genevieve Bussman swam into third place with a time of 6:46.45, beating her personal record by seven and a half seconds. Zoe Chitester placed fourth with a time of 6:57.73.

The 200 freestyle relay of Mickey Hartley, Sydney Canfield, Mya Carmen, and Sydney Frederes won the event with a time of 1:59.03. The second Frewsburg relay team of Avery Gifford, Zoe Chitester, Kaylee Mequist, and Genevieve Bussman came in close with a time of 2:05.84. Ave Reale, Anelia Pitts, Elyse Eckberg, and Avery Yagger's relay team came in fourth.

Lauren Yagger placed second in the 100 backstroke swimming a season best in 1:24.45. Ava Reale placed third, with a time of 1:39.32. Avery Yagger got to race against her sister for the first time, finishing with a time of 1:46.14.

Kennedy Nelson earned first place in the 100 breaststroke setting herself a new best time of 1:24.72. Avery Gifford placed third, also beating her best time, with a time of 1:31.19. Luna Sadowski also swam in this event.

The last event of the night was the 400 freestyle relay. Kaylee Mequist led off, followed by Sydney Canfield and Zoe Chitester, and Genevieve Bussman anchored, bringing the team to first place in 4:37.29. Finishing fourth was the team of Gracie Mitchner (Falconer), Luna Sadowski, Anelia Pitts, and Aubrie Newberg. Lauren Yagger, Elyse Eckberg, Lillian Swan and Kennedy Nelson also raced.



Anelia Pitts diving her way to first in a meet against Olean

~ Photo by Zoe Chitester

Contest Winners



1st - Braedan Signorino

Moments Before Greatness



2nd - Zoey Grey

Same Time Next Year?



3rd - Sarah Silverburg

Best Hoco Ever

Frewspaper Staff:
Mrs. Lisa Burns - Advisor

Editors:
Cordelia Rodgers- Editor-in-Chief
Hunter Felt - Editor Layout and Design
Zoe Chitester-Secretary and Journalist
Alexis Culpepper - Treasurer, Podcast Team, Photojournalist

Contributing Members:
Halileigh Cardot - Podcast Team
Eliza Dahlin - Journalist
Olivia Eckman - Podcast Team

Staff Members:
Sydney Canfield
Natalie David
Ava Krofka
Teagan Nazario
Kennedy Nelson
Olivia Nelson
Madeline Skeates
Claire Spielman
Jadyn Trocki

Thank you to all who make this paper possible!

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Note From the Editor

Dear Frewsburg,

Hello! My name is Cordelia Rodgers and I am a senior at Frewsburg Central School. I am the editor-in-chief of this year's 2025-2026 edition of the Frewspaper. Let me first tell you what I am hoping for this educational year. A new issue of the frewspaper will come out every two months, like clockwork. Each issue will include student participation from our amazing Frewspaper staff. We all include photographers, editors, a layout team, and writers/authors. Every published piece is hard work and straight from the heart of our staff, as we all work on the issue as a team or a family. Unfortunately, this is my last year at this school since I will be graduating. Due to that, every issue, I will send out a letter from the editor. Each time counting down to the last letter that will be published with me as the editor.

Along with each letter will be a get to know the staff! Some of our staff are seasoned members and others are new additions to the team. Why not let Frewsburg get to know them as much as the team members do? In this edition, I am going to be a little selfish and talk about myself. You already know I am a senior and the editor-in-chief of the Frewspaper, but let's learn more.

I am the daughter of Meg and Craig Rodgers Jr.; I also have 3 other siblings, making me the youngest of four. My choice of sport is competitive and recreational dance. Along with that, I teach dance to my wonderful students three days a week. As for other clubs, I am the president of the Frewsburg Leo Club, two years running. Before that I was the vice president for two years and the secretary for one. I am very involved in my church at Zion Lutheran, across the football field from the school. My church activities include the nursery, youth group outings/meetings and service projects through the youth group. Coming back to school, I was also nominated to be included in the National Honor Society and maintain a 4.0 GPA.

This year has so many memories that are in store for me and the staff members. Look out Frewsburg for the next Frewspaper staff member highlight.
Hint: It's the secretary, but who's that? Any guesses?

To making memories,
Cordelia Rodgers
Frewspaper editor-in-chief

MS Sports



Modified Girls soccer game ~ Photo by Eliza Dahlin



Modified Girls Soccer during their match against Dunkirk ~ Photo by Eliza Dahlin