STUDENT NEWSPAPER

FREWSBURG CENTRAL SCHOOL

Frewspaper

VOL. 14
ISSUE 1
OCTOBER 2026

A NIGHT IN THE LIGHTS



Bouquets of Flowers for the Homecoming Dance Photo By: Michelle Vaughn

Fall 2026 Homecoming

by Josephine Vaughn

Homecoming is the time of year that brings people together to have one night of fun. Just dancing and being yourself, not worrying about your schoolwork and getting a bunch of good photos. Whether it's talking to one another, telling a funny joke, or just laughing, it brings everyone together by the impression it makes in someone's memory of you. This is what this photo is showing. All these girls came together to get closer, learn about one another, and dance! So give someone a compliment on their outfit or say they look cute, this is what homecoming is all about. And of course, dancing! I hope everyone loved their hoco experience this year; I know I did.

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Loud and Proud

by Shelby Perkins

The marching band played their instruments and the students cheered as the Fall Pep Rally began. All classes were on a shortened schedule so the students could make their way to the new gym to start the annual pep rally of 2026 in the afternoon on Thursday, October 1. The students lined the bleachers as the first announcer, Mr. Sposato, welcomed everyone in. He brought in the school spirit by calling every sports team down sporadically to introduce themselves. Those teams included: the boys soccer team, girls soccer team, swim team, girls tennis team, cheerleader team, football team, and cross country team.

It wouldn't be a pep rally without some friendly competition. Game number one had teams of two lined up on each side of the gym, holding a plastic bag. When the whistle was blown, both people threw a plastic bag into the air and then ran to the opposite side while their teammate tran to catch the bag their teammate threw.

Game number two entailed teams of six separated across the gym, three on each side. The right side threw an inflatable mattress on the ground. When the whistle blew, each person jumped onto it as they tried to move the mattress across the floor.

During the festivities, there wouldn't have been any pep if the marching band hadn't performed. They played their instruments and spun their flags as they played music such as "I Need A Hero" by Bonnie Tyler.

The final event was game number three. This required the teams to switch roles as all the students stayed on the bleachers and some of the teachers walked onto the court wearing giant inflatable creatures, such as sharks and dinosaurs. They then ran through the obstacle course, racing against each other. There were plenty of laughs from the crowd.

Even though the 2026 Fall Pep Rally has come to an end, we can still show our school spirit by being loud and proud of our school each day!



Teachers dressed in inflatable costumes to race through the obstacle course.



The F2CS Marching Band preparing to play at the fall pep assembly.



Mattress Flingers dash for first place!

Sports Photos



Junior Ellie Cappa attempting to score.



Strider Dahlin runs at McQuaid Invitational.

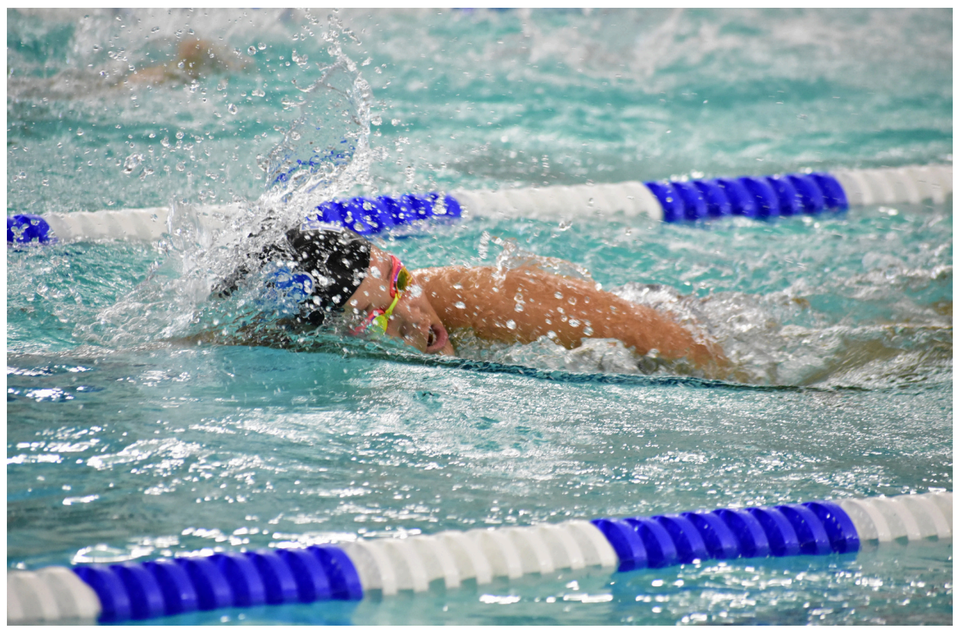


Raegan Cheney finishing extremely hard cross country course. Photo by Miranda Cortes-Diaz



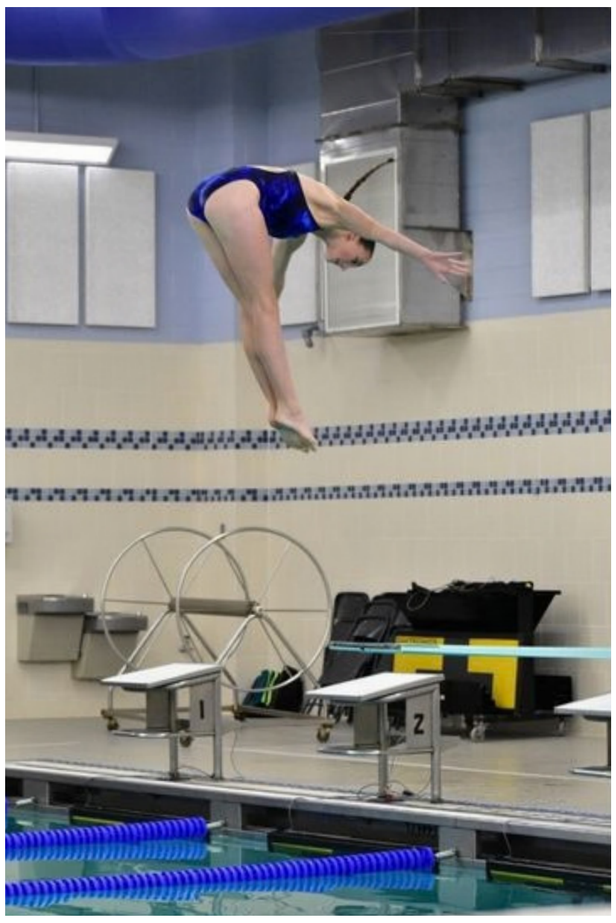








Ava Krofka in game against Silvercreek.



Anelia Pitts diving during a double dual meet against Fredonia and Panama.

Center column, from top to bottom:

Jaden Jimerson racing for the ball at home soccer game.

Frewsburg's Tristan Stormer looking for the ball. Photo taken by Brionna Constantino

Gavin Weaver, Isaac Hultburg, and Gavin Kent in game against Jamestown. Photo by Brionna Constantino.

Kaylee Melquist swimming a strong 500 at meet against Panama and Fredonia.

Photos by Zoe Chitester unless otherwise noted.

Project Hail Mary: The Next Space Odyssey You Should Watch

by Colten Kramer

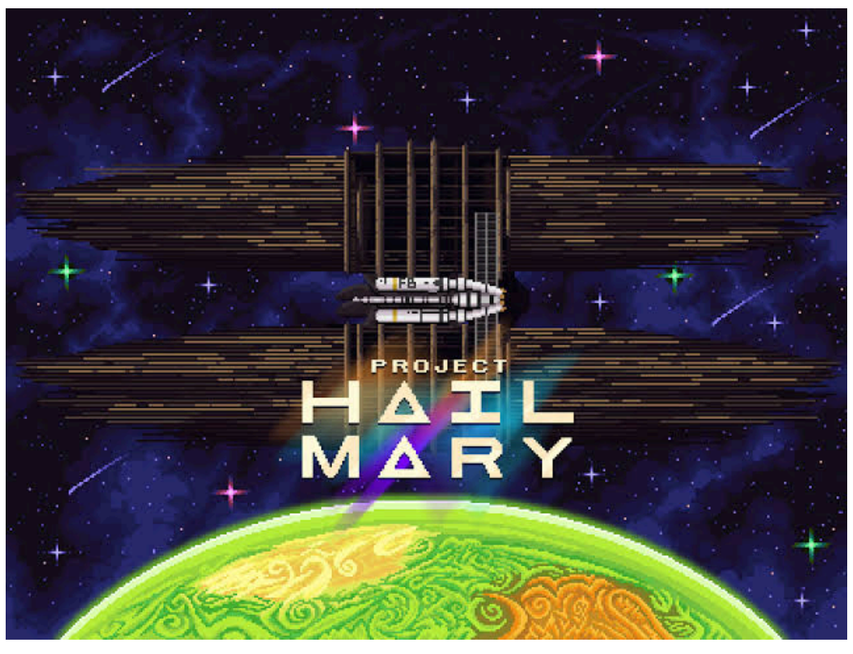
Project Hail Mary, directed by Phil Lord and Christopher Miller, is adapted from the novel of the same name by Andy Weir. Both the book and the movie follow the story of Ryland Grace, a middle school teacher who is unexpectedly thrust into a mission to save the world from a dire threat that could plunge our planet into a devastating ice age, putting all life as we know it at risk.

The problem arises after scientists recently discovered an area of interest: an infrared light streak stretching from the sun, known as the "Petrova Line." This discovery is linked to microorganisms called astropage, which feed off the sun's energy. As these tiny creatures multiply, they are causing the sun's luminosity to dim, and if this trend continues, it could result in a reduction of the sunlight we receive by as much as 10%. Such a change would have catastrophic consequences for ecosystems around the globe. Recognizing the urgency of the situation, Eva Stratt, the head of the project, embarks on a mission to find skilled individuals for this last-ditch effort to save humanity. Her search leads her to the more than reluctant Ryland Grace, a former molecular biologist who is grappling with his own doubts and fears. As he is thrust into the role of leader for this monumental mission, he will meet an unexpected companion along the way.



DeviantArt MaKaReNo

With all the action and twists, it leaves viewers and readers alike wondering: will Ryland become the hero we need, embodying the spirit of a patron saint to save the world, or will he ultimately burn out like a dying star, unable to rise to the occasion? This intense blend of science fiction and human struggle makes *Project Hail Mary* a must-watch or read for anyone interested in the next great space odyssey that hits hard with themes of unexpected friendship, overcoming fear, and personal sacrifice.



DeviantArt Fatbeard91



DeviantArt Tailsfox101

The Effects of AI on Students Intelligence and Health

By: Leah Pasieka



Easy-peasy.ai AI image generator

Today, there is a lot of controversy surrounding how the use of AI affects students' learning. There are several paths you can go down when debating the use of AI in our world in general, not just in schools. Despite this, there is one question that should undoubtedly have an answer: Is AI a friend or foe to students? Kids are the face of the future, so developing their ability to think critically and solve problems is crucial. However, if you look at a student's perspective, your opinion could easily be swayed– as AI is not just a cheating robot for homework and writing assignments, but a tool to make everyday tasks more efficient.

It's no secret that AI is often utilized as a cheating robot, allowing students to avoid putting actual effort into assignments, but the harm runs much deeper than that. The overuse of AI can result in kids having a lack of social skills, emotional intelligence, and increased stress. This happens because kids may begin to depend on AI for even the simplest everyday tasks, instead of thinking it through and solving it on their own. In the long term, an overreliance on AI for things like homework and more will lead kids to grow into adults who lack independent qualities and are unprepared to face the challenges the world has for them. The National Library of Medicine stated in an article addressing the issue, “ With the growing dependence on AI for learning, communication, and entertainment, students are exposed to digital environments that might lead to negative consequences for their overall well-being.” This is important because it shows that not only can AI affect how you learn and your intelligence, but also your mental health. Using AI too much could result in isolation from friends and family. People often forget the importance of interacting with other people for their mental health. In a separate article, the National Library of Medicine notes this, “Social connection plays a vital role in preventing mental health problems, maintaining good mental health, and aiding in the recovery from both moderate and severe mental health conditions, while isolation and loneliness have been associated with poorer mental health.” Always remember that it’s not only kids' intelligence that can be harmed by AI, but their mental and social health. If kids are the future, we shouldn’t be dooming them by setting them up for inevitable failure. Although it’s believed by many that AI is not helping now and won’t help ever, this is simply not true. There are also lots of benefits to using AI in the classroom, and some should not be immediately labeled as bad ideas. For example, students may find it helpful to have a simpler explanation for complex topics, which AI can provide in seconds. Alternatively, AI could be used as a study tool for tests and exams. Students may also find it helpful to have advice on events happening in school and home life. AI doesn’t have to be a horrible thing if it is used in moderation and doesn’t take away students' opportunities to learn and grow in new ways or gain important skills.

To put it briefly, AI is not and should not be a “cheating robot”. AI should be utilized as it was made to be: as a tool. We should not over-depend on AI to do everything for us; that way, it can take away skills that we gain naturally from experiences in our lives. If you take those experiences away, there is no way to learn from them. In other words, we shouldn’t allow AI to dominate our characters or allow it to dull the qualities of our characters that make us who we are. Taking control over AI is much more important than just what goes on in the classroom. Having it accessible to us, yet not allowing it to have a hold on us, shows that people are the ones in control. So, to answer the question of whether AI is a friend or enemy, it shouldn’t be either. It shouldn’t have to be an enemy if humans are the ones with the power over it, and it shouldn’t be our friend either because we shouldn’t have to constantly depend on it to help and guide us.

NYFW to Your Everyday

By: Kennedy Nelson

This past September was a very exciting month for all of you fashionistas or New York Fashion Week enthusiasts. As someone who loves fashion, it got me wondering how I could participate in the latest trends of fashion. Have you ever seen an outfit on a runway that you absolutely loved, but thought, "I could never actually wear that"? High fashion may seem intimidating or too expensive, but I have a few tips and tricks on how to look straight out of the NYFW runway without breaking the bank!

What if I told you that you don't need labels or designer brands to be considered "fashionable"? Something as simple as the accessories or color combinations that you wear can make you look much trendier and stylish! The recent runways emphasized expressive fashion, creative styling, and playful proportions. I know this might sound confusing, but I promise that by the time you finish this article, you'll look straight off the runway!

NYFW seemed to highlight a bold mix of experimental color-blocking and mixing deep colors with a lighter tone or contrast. Popular color combos that you could give a try are: lime and cobalt blue, purple and cherry red, cobalt blue and butter yellow, and teal and coral. These colors can be incorporated into an outfit through socks, beanies, or a statement bag. Whether it's subtly through jewelry or hair accessories, there are many ways to play with color styling. Another type of styling that's quite popular in fashion is proportions. Runways showcased dramatic silhouettes like oversized power blazers, loose fluid tailoring, and asymmetrical hems. Here are some ways to capture this vibe without looking too corporate. The tied-sweater trick: This was showcased by brands like Coach and Loveshackfancy, and can simply be replicated by tying a knit sweater diagonally across your chest or casually around the waist or hips adds instant dimension to a plain t-shirt. Oversized blazers with casuals: pair a thrifted, boxy, 1980s-style statement blazer over comfortable loungewear like a cropped tee and loose low-rise baggy jeans to balance structure with comfort. One last way of styling is micro-trend accessorizing, which is the easiest and most budget friendly way for teens to express NYFW styles. Major designers like Ralph Lauren and Sandy Liang pinned large vintage brooches onto cardigans, collared shirts, and beanie hats. You can find these cheaply at local thrift stores or flea markets. Bag charms and ribbons are an easy way to decorate tote bags or school backpacks. Keychains can be plushies, ribbons, and even homemade beaded charms–a micro trend that dominates NYC street style. The last accessory to be effortlessly stylish, is bigger and bolder eyewear. Swapping out narrow framed sunglasses for 1970s boho-chic, oversized sunglasses instantly elevates a simple hoodie and sweatpants outfit.

At the end of the day, fashion is all about expressing yourself, not how much money you spend or what labels you wear. New York Fashion Week may introduce the trends, but you get to decide how to make them your own. Whether it's adding a pop of color, experimenting with proportions, or accessorizing with a thrifted find, even the smallest changes can transform an outfit. So, the next time you see a runway look you love, don't be afraid to recreate it in your own way. After all, you don't need a designer wardrobe to dress like you belong on the runway!



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Beyond the Field

By: Aubrie Newburg

As the steady beat of the drums begins, the bold sound of the brass follows. Nothing quite welcomes the new school year like the marching band. Many of us know, the sight of students marching onto the field is often just a sign that football season has started. Late Friday nights can begin, and a new school year has finally arrived. The F2CS Blue and Gold Vanguard is a marching band made up of students in grades 7–12 from Falconer and Frewsburg High Schools. As one of only two competitive field bands in Chautauqua County, F2CS has built a successful program.

While many students simply see a band performing on the field, very few seem to grasp just how much dedication goes into every practice. On average, the band spends three hours, two days a week, practicing with an additional half hour dedicated solely to stretching and basics. While these practices are only a portion of the work that goes into each performance, it doesn't come as a shock to me that marching band isn't for the weak. When asking Kaede Zeiders-Weber, a three-year member of the band, what the most challenging part was, she responded, "memorizing music in time." With only two weeks until their first performance, and only a few days between practices, members have to be ready to learn their music and memorize it quickly. When it comes down to a successful performance, that's when a musical ear comes in handy. "There's always an echo you have to listen back for," Zeiders-Weber mentions.

Ultimately, when asked what the band has taught her outside of music, Zeiders-Weber can proudly say, "It'd have to be the friendships you make along the way." Beyond the performances, competitions, and long hours of practice, marching band has given many students the opportunity to share the same passion and love for band music. "Marching Band has really taught me how to communicate with others," Zeiders-Weber adds. In the marching band there is so much happening on the field and with everyone having a different responsibility within the movement, communication is one of the most important skills a marcher can develop. Each person has to trust one another, listen, and work together to create one unified performance. These lessons extend far beyond the field, teaching members how to communicate, collaborate, and build relationships.

The F2CS Blue and Gold Vanguard is more than just a marching band; it is a community that teaches students just what teamwork can be. Many people see the marching band as simply part of football season. The hard work they put into their performance shouldn't be overlooked, nor the challenges they often face. Through their time on the field, members learn to communicate effectively and are always working together toward a goal. These are some of the many life skills students gain, making the whole experience meaningful. In the end, the marching band welcomes in the new school year and is a marker that the football season has started.



Homecoming



Homecoming



Powderpuff Game Night































Staff Members



Zoe Chitester - Editor-in-Chief

Zoe Chitester is a junior. She is enteringher first year as Editor-in-Chief and is very excited about her new role. She is a member of Pep cCub and Camera Club. She is running cross country this fall. Zoe enjoys snowboarding in the winter and biking and racing triathlons in the summer.



Leah Pasieka - Co-Treasurer and Journalist

Leah Pasieka is a freshman this year and although she was a member of *Frewspaper* last year, she is submitting her first piece to this issue. She participates in three sports: soccer, basketball, and flag football. She loves reading and watching movies as well as baking and doing crafts.



Aubrie Newburg - Co-Treasurer and Journalist

Aubrie is in ninth grade. She is a returning member after joining partway through the school year last year. She is a tri sport athlete, participationg is swimming, basketball, and track. Outside of school she enjoys playing piano.



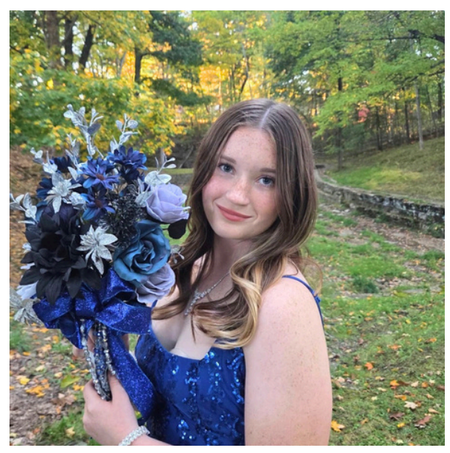
Kennedy Nelson - Secretary and Journalist

Kennedy is a sophmore and is entering her second year as a member of the *Frewspaper*. She is a dedicated swimmer, competing for both her high school and club teams. She is a member of Yearbook and spends her winter with the musical. Kennedy loves doing anything artsy, especially sewing. She also enjoys reading and watching tv.



Josephine Vaughn - Journalist

Josephine is in ninth grade and a new member of Frewspaper. When asked, she said that she “loved reading past articles and would like to be part of making them too.” Josephine plays soccer and runs both indoor and outdoor track. She is in both Yearbook and Student Council. Josephine loves to read in her free time.



Amelia Potter - Journalist

Amelia is a freshman and is completely new to Frewspaper. She plays a sport every season: soccer, basketball, and softball. She is a member of Student Council, Structural Integrity, and Mock Trial. She enjoys reading and painting and likes to spend time running and walking.



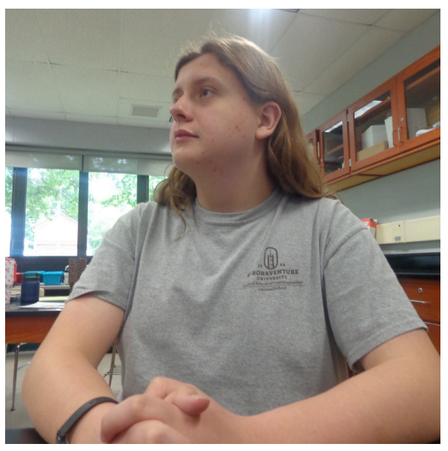
Shelby Perkins - Journalist

Shelby is in ninth grade, and not only is she new to *Frewspaper*, she is new to FCS. She is running cross country now and plans to play basketball when it begins. She has always enjoyed writing and journaling, and she likes to write her own books.



Colten Kramer - Journalist

Colten Kramer is a junior this year and is in his second year as a member of *Frewspaper*. He participates in diving and track. Colten is also a member of Marching Band, Mock Trial, Art Club, Yearbook, and is a Class Officer Delegate. Colten likes horror, music, and art. Colten hopes to bring more attention and publicity to the student newspaper this year as well as continuing our podcasts.



Hunter Felt - Layout and Design VIP

Hunter is a senior this year and has been a member of *Frewspaper* since 10th grade. Hunter participates in both indoor and outdoor track and has been a member of the bowling team. Hunter fills up his time by being in a lot of clubs: Envirothon, Camera Club, Pep Club, Structural Integrity, and STEM Wars.

Frewspaper Staff:

Mrs. Lisa Burns - Advisor

Editors:

Zoe Chitester - Editor in Chief

Hunter Felt - Editor Layout and Design

Members:

Aubrie Newburg - Journalist/Co-Treasurer

Amelia Potter - Journalist

Colten Kramer - Journalist

Josephine Vaughn - Journalist

Kennedy Nelson - Journalist/Secretary

Leah Pasieka - Journalist/Co-Treasurer

Shelby Perkins - Journalist

Thank you to all who make this paper possible!

FCS Administration:

Mrs. Kerri Levine, Superintendent of Schools

Mrs. Tiffany Frederes, Director of Curriculum and Student Services

Mrs. Jennifer Armella, MS/HS Principal

Ms. Justine Pelligrino, Director of Pupil Personnel Services

FCS Board of Education:

Michael LeBaron - President

Polly Hanson - Vice President

Randall Beckstrom

Brionna Constantino - Student Member

Landon Frederes - Student Member

Eric Harvey

Jason Ruhlman

Bradley Swanson

Eric Wright

Letter From the Advisor

As we prepared the first issue of *Frewspaper*, I was taken hold of the notion that each year the staff of this student newspaper has seasons much like those of Mother Nature. There have been years when the staff looked the same for many years and pushed out the first issue with familiar vigor. There were years when students struggled with world problems such as the Pandemic, only able to publish online. There have been staff who wanted to fight injustice, push their individual agendas, or focus more on creativity. One thing all the students of the past have done since I have been the advisor is persevere through any obstacles to produce a newspaper for their peers that reflects the students here at Frewsburg Middle/High School, just each in their own way, reflecting the overall personality of their generation and the staff on hand.

This year is different. This year we have many new faces, all working diligently, as a complete team, and generating ideas I haven't witnessed before. There are a few students who want to be a part of the group, but have many commitments outside of our club, and they are independently producing writing that shines on the page, yet they stay in close contact with the Editor-in-Chief, Zoe Chitester. This staff looks new, engaged, and cohesive. They are a more independent group and look like a real bunch of journalists. Everyone is part of the entire process and are finding ways beyond their designated job to contribute to our issue.

Just as the weather outside is unusually warm this late into October, this staff is unique in their approach to churning out the first issue of the student newspaper. As the leaves turn colors and produce a phenomenal show for us to see with vibrant bursts of ochre, auburn, chartreuse and ecru, the *Frewspaper* staff is hard at work trying to print a product of interest for their peers here at FCS. I am eager to see what the winter efforts bring forth. I am hopeful for a successful year of production and learning for all of us.

The staff and I hope you enjoy this first issue of this new season of journalists.

Mrs. Burns~Advisor Frewspaper

SaveAround Fundraiser

https://www.sapaynow.com/170734/69290

The FCS student newspaper is raising funds and we need your support! From now until October 26, we are taking orders for our only fundraiser of the year.

You can save money and support our club by purchasing this super valuable SaveAround book & app! Use the QR Code to make a purchase, or see a Frewspaper staff member.

The local businesses are places you shop, play and eat regularly!

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