Left To the Imagination

Guest Artist Joe Pimentel Helps Beautify Poughkeepsie High School

by Hannah Raizman

Last year, he worked on the wing that adorns the hallway leading to the cafeterias. This past September, Hudson Valley’s Joseph Pimentel came back to Poughkeepsie High School with another mural in mind. This time, however, he presented Poughkeepsie High School students with a challenge: creating a mural that is not only bright and eye catching, but also wraps around the staircase leading to the science wing!

When asked about his inspiration, Mr. Pimentel responded “The inspiration for this year was to focus on highlighting only the abstraction; to explore complex shapes and patterns and see how the use of bright color would bring them to life. By removing the figurative elements and allowing line, form, and color to define the image, the mural takes on an open interpretation. Anyone who looks at it can take away something unique and inspiring based on their own impressions. The hope was to have the students find their own meanings and let their imaginations run wild.”

Some faculty members agree with the policy. Mr. Rother and Ms. Dingee both agree that they’re “tired of students wearing pants with rips on the upper thigh. This new dress code policy is to prepare students for interviews and the professional working life, as well as be conservative with grooming. According to an administrator, “Students are expected to dress and groom themselves in an appropriate manner.”

Some students are displeased with this new dress code. Tenth grader Kerena Rettray said, “Girls should be allowed to still wear ripped jeans but have something under it.” She adds, “We should also be allowed to keep durags and bonnets. It is part of our culture.”

Some faculty members agree with the policy. Mr. Rother and Ms. Dingee both agree that they’re “tired of students wearing revealing clothes.”

It remains to be seen whether these changes will be consistently enforced, and if they will have any impact on school culture.

PHS Blood Donations

Not in Vein

Red Cross comes to PHS

by Jonathan Baker

The American Red Cross came to Poughkeepsie High School on October 11th to draw blood from the generous students and faculty in the small cafeteria.

The Red Cross describes blood donations as a great way to make a difference. Every blood donation goes towards helping people in need, such as cancer patients, car accident victims, or those with sickle cell disease.

There are a few steps that a person must go through before donating blood. First is registration. An ID is required, and if the donor is 16 years old, they must also bring a signed parental consent form. They will then be asked to answer some questions about any medication they take, places they have traveled, and their general health. Next comes a mini-physical to ensure a person is fit to give blood. This includes checking blood pressure, temperature, pulse, and blood count.

If a person is deemed fit to donate blood, they will be moved to the donation area where a staff member will locate a vein, clean the donor area, and insert a needle to collect the blood.

It wasn’t hot during October, but it certainly got hot in the senior group chat. Tensions rose as seniors came up with different ideas for the senior shirts. Various ideas were thrown around, like a Rugrats themed shirt, a shirt with the names of every senior, and a shirt involving the pun “2020 vision,” but all these ideas were dubbed either corny or stupid. A senior meeting was held, but no resolution was found.

After some time, one idea in particular rose to the top. The plan was to change the Toy Story logo and the iconic line “To infinity and beyond” to say “Senior Story” and “2 infinity and beyond.”

This idea received the most positive feedback, but then another idea received the most positive feedback, but then another...
**School News**

## Science Olympiad: A Club for Science Lovers

by Tahjae Davis, Elijah Johnson, Nadia Morales, and Margaret Chau

Science Olympiad is a club where high school students partake in regional, state, and national competitions that encourage innovation, creativity, and analytical thinking in the field of science.

Current members are Nadia Morales, Margaret Chau, Kadyl Mullings, Tahjae Davis, and Elijah Johnson.

The goal for Science Olympiad is for students to build and research scientific innovations and notions they are passionate about and to encourage cooperation and teamwork among peers. All acceptable projects are located within the Science Olympiad Handbook.

“Science Olympiad is an amazing opportunity for students to improve their cooperation while being academically active,” says Elijah Johnson. “The team is not simply for you to show off your scientific prowess, but to have fun working with your peers in something that you are passionate about.”

Science Olympiad will be meeting every Tuesday to discuss and build projects for upcoming competitions. Meetings are held in Room 232 with the advisor, Mr. Stolarski.

## Opinion: The Boogeyman in the Bathroom

by McKayla Wood

Throughout high school, there are many problems that the school officials ignore, one of those problems being the bathrooms. There are so many things wrong inside the bathrooms at the high school. To start with, there is often trash on the floor, as if the bathrooms are rarely cleaned. There are good days where the bathrooms are spic and span and others where it is completely trashed.

The soap dispensers are another problem within the bathrooms. After its emptied, we sometimes have to wait days before it’s refilled again, and that’s only after complaining multiple times.

Stalls pose another issue with the bathrooms. There is one bathroom where two stalls are completely out of order. One stall is plain locked, and while the other stall isn’t locked the toilet seat is completely missing. Therefore making it impossible to use.

Half the time the tampons/pads dispenser is empty, but that’s not something to necessarily blame on the ones that refill the dispenser. Some girls in high school are immature and will misuse these items; one time there was a pad sticking to the bathroom mirror.

The biggest problem of all is the locks on the stall doors. In almost every single girls bathroom, there is one or two stalls that can’t lock. The lock is either to low on the door to lock in place, or it doesn’t quite reach across. Most choose not to use these stalls, but when there are no other stalls available, there’s no other choice, making for an awkward encounter when you’re sitting on the toilet and suddenly the door starts creeping open.

## Run For Your Life!

### The Marathon Project Promotes Healthy Activity

by Jeremy Mbogo

Do you want to add more years to your life? If so, then the Marathon Project is for you. Studies have shown that running adds an average of three years to your life span.

The Marathon Project is a non-profit distance running program whose main aim is to reduce risk factors such as childhood obesity, school dropout, and substance misuse.

The Marathon Project pairs students with teacher mentors. The organization provides opportunities for both students and mentors to achieve their goals while having fun together.

The program has helped multiple students from many different schools, including Poughkeepsie High School. Students such as Alexis Ojeda, class of 2019, and Amara Anaeo, class of 2020, have reaped the benefits of the program.

Alexis Ojeda, who is currently a student at Marist College, had a successful time with the program. He completed both the Dutchess County Classic half marathon and Hartford Marathon with times of 01:35:33 and 3:25:03 respectively.

Participants’ practice distances depend on their goals. From a Walk/Run to an all out record shattering 5K time to a grueling 13.1 miles, running is truly individual.

Marathon Project is currently recruiting. The group meets after school on Tuesdays and Fridays at 2:50 pm. at the marque in front of the school.

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**Art by Nadia Morales**

Elijah Johnson. “The team is not simply for you to show off your scientific prowess, but to have fun working with your peers in something that you are passionate about.”

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## A Taste of the College Experience

### Concurrent Enrollment Students Visit DCC Campus

by Jonathan Baker

Sixty Poughkeepsie High School students taking either DCC English or DCC Participation in Government visited Dutchess Community College on October 3rd to tour campus and get their college feel.

While there, our students were told of the various resources available to them now that they are registered DCC students, such as access to the writing lab, Dutchess research databases, and even the on-campus gym. Some students also filled out applications for attending Dutchess in the Fall of 2020.

“Going to DCC gave me the opportunity to throw out all my misconceptions about the school,” says student Chiara Cassone. “This trip gave me a chance to see and consider all my choices for my future.

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**The Pioneer Post**

**Club Officers:**
- Hannah Raizman (Pres.), Emily DeJesus and Zhane Williams (VPs), Natasha Chambers (Sec.), Jonathan Baker (Treas.)

**Staff Writers & Contributors:**
- Jonathan Baker, Olivia Barker-Duncan, Natasha Chambers, Margaret Chau, Tahjae Davis, Emily DeJesus, Cassidy Douglas, Anastasia Figueroa, Tahreah Fost, JonPaul Gomez, Elijah Johnson, Jeremy Mbogo, Nadia Morales, Destiny Purvis, Hannah Raizman, Zhane Williams, McKayla Wood

**Banner Art and Spot Art:**
- JonPaul Gomez

**Faculty Advisor:** J. Robin Ward

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**Photo by Bob Kopac**

Marathon Project members participate in the Color Blast Run.
The Eel Project: 4 Perspectives

by Hannah Raizman and JonPaul Gomez

The Eel Project is a unique, hands-on research project that is ongoing in the Hudson Valley and open anyone looking to volunteer! Students, teachers, and everyone in between don their waders, step into various creeks stemming from the Hudson River, and count the glass eels that are caught in the fyke nets, eel mops, and eel ladders. There is no set end date, and the program runs every Spring. Recruitment starts in March, and there will be auditorium shows and classroom presentations for Poughkeepsie High School Students.

Hannah Raizman:
"Personally, I consider eel project to be the most wholesome and stress-free activity that I’ve participated in during high school. Putting on the waders, carefully stepping into the cool water, and then delicately collecting glass eels is the ideal way to simultaneously reduce stress and help the community. Also, I have made some close friends during the program last year, most of whom I still speak to! The program is vital to our community, as well as the environment."

JonPaul Gomez:
"The Eel Project was a great way for me to get involved in helping the environment. What we did was go down to the creek just below the Hudson Walkway, catch some eels, and count how many we had gotten. We then documented the total eels we caught for the day, and took them to Marist College for further study. At the end of the program, we had a big celebration with all the participants and other community members. We all received a medal [the Iron Eel award for perfect attendance], a certificate for completing the Eel project, and a pizza. The Hudson River Eel Project was definitely an experience I won’t forget."

Mark Anglevine:
(interviewed by JonPaul Gomez)

Mr. Anglevine joined eel project 12 years ago during his time with the Dutchess BOCES program. He was the environmental teacher when Chris Bowser, one of Eel Project’s leaders, approached him about the program. With a desire to help kids get outdoors, and get involved with their community, he agreed to participate. Anglevine’s fondest memories of the program include taking the goofy group pictures by the Fallkill Creek at the end of every season, watching students hanging out with their friends, building friendships with others, and watching students learn from, and work with, scientists. He notes that the record number of eels in one year was approximately 11,777, and that so far there has been a combined total of roughly 51,002 eels counted in the program’s history!

Shannon Considine:
(interviewed by Hannah Raizman)

Dr. Shannon Considine believes that the eel project is a significant part of the Hudson Valley community. She believes that providing the students with a hands-on experience with researching eels and learning about the ecosystem is valuable, stating, "Many students do not always understand the importance of the river and all the species in it. This program gives students hands on experience with their environment; some students also find that they enjoy studying the environment in a new way." Considine is dedicated to her students, and recalls that her fondest memories are the moments when a student holds and discovers a glass eel for the first time. When asked about the record number of eels she had seen, she noted that on one day in early 2019, there was over 1000 glass eels collected!

The Environmental Dilemma

by Natasha Chambers

Over the years there has been a dilemma involving our environment and has progressively been getting worse. This dilemma includes global warming and we are suffering. Especially according to Greta Thunberg, who is a sixteen year old climate activist from Sweden.

In a video posted by the United Nations, in her speech at the Climate Action Summit she states, "People are suffering, people are dying, entire ecosystems are collapsing, we are in the beginning of a mass extinction, and all you can talk about is money and fairy tales of eternal economic growth. How dare you?"

While she is speaking out, there are people that are attacking her for it. According to an article called 'Chemtrail Trusters Are Coming After Greta Thunberg' written by Kelly Weill, there is a group of people called the ‘Chemtrial Truthers’. According to the article, they believe that the cause of the problems in our environment are due to the government spraying chemicals out of planes for evil purposes. Some theories are mind control or weather control. They don’t agree with Thunberg and ridicule her ideas.

She also gained a reaction from our president, Donald Trump. As most people know, our dear president doesn’t believe that global warming is an actual problem. According to an article by Veronica Straccia, Trump tweeted back to Thunberg’s video, "She seems like a very young girl looking forward to a bright and wonderful future. So nice to see!" In turn, basically mocking her and belittling her argument.

My Experience with Ethics Bowl

by Hannah Raizman (with Emily DeJesus)

Last fall, I decided to make the commitment to join the PHS Debate Club, and prepare for the National High School Ethics Bowl Competition at Manhattanville College. Quite frankly, it ended up being one of the best decisions I have ever made. Ethics Bowl is all about discussing, dissecting, and rationalizing moral dilemmas. This club is perfect for those who love to break down controversial topics and decide how they should be solved. Also, the topics have a wide variety - from political, to medical, to social, and more - so there will always be a case that will interest you.

Personally, my favorite cases were the ones dealing with everyday personal drama. One exceptional example is case one, “Company Woman” (from the National High School Ethics Bowl Regional Cases 2018-2019). This case follows two coworkers-turned-best-friends, Ravi and Amaia. Their boss, Ed, favors Amaia and has given her more opportunities. Ravi, on the other hand, has been doing “essential but menial work”, and picking up the slack of three coworkers who quit-all without a raise. Ravi concedes in Amaia that he has decided to leave the company to go back to college in a few months, however, he will ask for a raise in the meantime. Ravi asks Amaia to keep this decision a secret from Ed, as it may affect his chances of getting a raise. Uncomfortable with the situation, Amaia tells Ravi that she won’t confront Ed, however, if he confronts her, she won’t lie. Eventually, Ed does confer with Amaia, and she was true to her word. Ravi did not get the raise he was hoping for and was angry with Amaia for ‘betraying’ him. Now, this case may seem simple on the surface: Amaia supposedly betrayed her friend. However, when you start to dig deeper and analyze the case to answer the given questions, it suddenly becomes apparent that the case isn’t so black and white. While it does appear that Amaia violated her friendship with Ravi, try thinking about the case from another point of view.

AFJROTC Coat Drive

by Olivia Barker-Duncan

Each year Dutchess Outreach distributes thousands of warm coats to our neighbors in need throughout Dutchess County.

AFJROTC will be collecting gently used coats from October 1-31 2019.

There is a box in the front office near the teacher sign in sheets where all coats will be kept we hope to get as many donations as possible.
Spirit Week

Spirit Week, Pep Rally, and Homecoming...
PHS students showed their school spirit bright and clear!

Photos by Emily DeJesus and Hannah Raizman
Homecoming
“They Can’t Stop All Of Us!”
How September 20 Really Went Down at Area 51
by Hannah Raizman

“Storm Area 51- They Can’t Stop All of Us” is the Facebook group, created June 27th, 2019, that will live in infamy.. Approximately 3 million people pledged to take up the quest to end all quests, and “raid” the secretive Area 51 on September 20th, 2019. The Facebook group, started by 21 year old, Californian Matty Roberts, became a meme this past summer, and went viral. The shared alien-seeking sentiment was so popular that the United States Military had to hold meetings discussing the rumored raid, and the definition of a “Naruto run.” The internet was absolutely determined to get their hands on their very own alien!

As long as the anticipated day approached, many wondered if any of the 3 million pledgers, who swore to themselves to the cause, were serious. There were reports of a pair of boys who were arrested for attempting to break into the famed site, however, they did not assume this adventure on September 20th.

On the morning of September 20th, there was a chill in the air. Some refreshed and refreshed their Instagram feeds, anxiously awaiting the news. Others went about their day with a somber mood- respecting the soon-to-be fallen heroes. Finally the news broke… the raid had turned into an intergalactic themed music festival! Men adorned in tin-foil hats, and others bearing creative posters, gathered just outside of the fence that separates the rest of the United States from the secrets within. A stage was even erected for the some 75 “raiders.” While we may never know if there are aliens in Area 51, we all get to revel in something greater- the person who Naruto ran behind that ABC News newscaster.

Poughkeepsie students demonstrate proper Naruto running technique. Photo by Hannah Raizman and Jonathan Baker

“Artist” continued from p. 1 take over.”

The mural fulfills the artist’s purpose; the mural is filled with bright, eye-catching colors, and design that gets more complex and intricate the longer you examine it. Not only does Pimentel’s work add a splash of color to the once drab hallways, but it also brings a sense of pride to the school community, as many PHS students contributed to the creation of the masterpiece.

Pimentel also noted the fact that he enjoyed working with the talented students of Poughkeepsie High School, and “... was intrigued by their curiosity and what the mural meant to them. I met several students who said they found a new appreciation for art during this experience and plan to allow their imaginations to inspire them to create more works of art.”

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After a pint of blood has been drawn, a staff member will remove the needle and place a bandage over the wound. Post-donation, the donor is required to spend around 15 minutes in the refreshment area where they are given snacks and beverages.

“Blood donations are needed and the more donations we get, the more people we can save.” says student blood drive volunteer, Anastasia Figuroa. “I’m very proud to have helped the Red Cross and PHS Nurse Bardin conduct this blood drive.”

The Red Cross will return to Poughkeepsie High School in January to host another blood drive, so be on the lookout if you want to make a difference.

Fashion in the Halls: What is PHS Wearing?!
by Destiny Purvis

In Poughkeepsie High, fashion trends among the students change each season and become more diverse as incoming freshmen fill the halls. Between the boys and girls, it is debatable to say one side dresses better than the other. Students are able to express themselves in their own ways through fashion. Therefore, no side grades?

Hasheem Rivers, PHS senior, says, “Just because some people take time out to get dressed up for school doesn’t mean they don’t want to learn when they come.” He adds, “You can come to school dressed like a bum and still be a careless student. It really just depends.”

In contrast, Mr. Donnelly, teacher in the history department, thinks somewhat differently. Donnelly stated, I think it’s mixed. In general, some students don’t prioritize school as much as they should. Definitely at this age, students do spend a lot of time thinking about fashion and how they present themselves.”

In schools around the United States, some students are required to wear uniforms. It is debatable whether it is a smart idea to implement uniforms at schools where students have worn regular clothes.

Navonni Martin, 11th grade graduating early, believes that “putting students in school uniforms is unfair. There’s a lot of people that go to PHS who are very creative. Putting uniforms into action would just deprive them of being able to express themselves.”

Donnelly agrees, stating, “I think students have the right or autonomy to have a way to express themselves.” Therefore, he concludes, school uniforms wouldn’t be the best thing to impose upon Poughkeepsie students.

When it comes to fashion, the students aren’t the only ones who know how to show out. Teachers take time out to look presentable for school, as well. Even though it’s not a requirement, some teachers dress fancy all year round. Chirico stated that the teachers she’s friends with in her department are really into brands like Anne Taylor and Tommy Hilfiger.

Although some students might care more about how they may be viewed based on outfits, there are some who don’t put much importance into getting dressed for school. Sometimes students may have to be reminded that school isn’t a fashion show, and kids come here to learn. However, does that mean the student who does care about looking presentable, care less about their grades?

“Put your heads in the game, and just be yourself.” Rivers thoughtfully added.

Fashion in the Halls continued from p.10

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Who Are You Really, Though? Extrovert, Introvert, or Ambivert?

Try our quiz to find out!

by Emily DeJesus

1. It’s the weekend and you have time for yourself; how do you feel?
   A) Love it!
   B) I feel like it’s okay to have no plans occasionally.
   C) I absolutely hate it! It’s too boring, and I’d rather be with other people.

2. How likely are you to raise your hand in class?
   A) I’m not taking a risk unless I’m called by the teacher.
   B) Sometimes I like to be with my friends, but sometimes I’m by myself.
   C) I am never alone.

3. When it comes to people who are angry or upset...
   A) I avoid them at all costs.
   B) I deal with them only if they are close friends.
   C) If I can deal with them, I definitely will.

4. I always...
   A) Receive as many texts as I send.
   B) Sometimes I like to be with my friends, but sometimes I’m by myself.
   C) I always raise my hand.

5. My group of friends can be described as...
   A) A small, close circle.
   B) I have a lot of acquaintances but very few friends.
   C) I have a lot of acquaintances and a lot of friends.

6. In my free time I...
   A) Spend time with just me.
   B) Sometimes I like to be with my friends, but sometimes I’m by myself.
   C) I am never alone.

7. I would rather...
   A) Stay home and relax.
   B) Be at a small get-together at home.
   C) Go to a party.

8. I like to...
   A) Meditate.
   B) Play videogames.
   C) Go to a sports game.

If you have more A’s you’re an extrovert. If you have more B’s you’re an introvert. If you have more C’s you’re an ambivert.

You’re a good listener and you concentrate better. You don’t need people and make friends. The negative side of being an introvert is that people may think you’re rude, being shy and boring. It’s difficult to connect with people. Group conversations may be annoying and you may find it difficult to express yourself. Yet some positives are you have a lot of time to yourself. You’re a good listener and you concentrate better. You don’t need people to make you happy and you don’t crave attention. You may have a few close friends and fewer friends mean less drama.

If you have more B’s you’re an ambivert there are times when being with people gives you energy but there are times when you just need to be by yourself to recharge. Some disadvantages of being ambiverts are being moody, not sure of personality, hard to make plans with. Some positives are your independent, you don’t waste time. You’re able to measure the exact time for talks, you’re able to organize properly and you have a keen intuition. You tend to be relaxed and not demand things. You’re able to position yourself in compliance to situations and conditions.

If you have more C’s you’re an extrovert being around people gives you energy and you like to spend as much time as you can hanging out going places and making plans with other people. You enjoy spending time with friends and you even like meeting new people. On the positive side, extroverts are often described as talkative, sociable, action-oriented, enthusiastic, friendly, and outgoing. On the negative side, they are sometimes described as attention-seeking, needy, easily distracted, and unable to spend time alone.

QUIZ RESULTS:
If you have more A’s you’re an extrovert being around people usually sucks away your energy and you like to spend as much time as you can do things you love on your own. This doesn’t mean you hate people just that when you do spend time with others it’s usually someone from a tightly-knit circle you usually take time to open up to people and make friends. The negative side of being an introvert is that people may think you’re rude, being shy and boring. It’s difficult to connect with people. Group conversations may be annoying and you may find it difficult to express yourself. Yet some positives are you have a lot of time to yourself. You’re a good listener and you concentrate better. You don’t need people to make you happy and you don’t crave attention. You may have a few close friends and fewer friends mean less drama.

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<table>
<thead>
<tr>
<th>Name</th>
<th>Grade</th>
<th>Varsity Football (Male)</th>
<th>Head Coach: Bianco, Mark</th>
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<tbody>
<tr>
<td>Name</td>
<td>Grade</td>
<td>Varsity Swim (Female)</td>
<td>Head Coach: Franchek, Glen</td>
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<td>Name</td>
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<td>Varsity Soccer (Male)</td>
<td>Head Coach: Gil, Dan</td>
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<td>Head Coach: Nathan Rosenburger</td>
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<td>Name</td>
<td>Grade</td>
<td>Varsity Cross Country (Co-Ed)</td>
<td>Head Coach: Rother, Kevin</td>
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<tr>
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<td>Varsity Tennis (Female)</td>
<td>Head Coach: Bass, Ashley</td>
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<tr>
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<td>Head Coach: Bass, Ashley</td>
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<tr>
<td>Name</td>
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<td>Varsity Volleyball (Female)</td>
<td>Head Coach: Schnellia, (J)</td>
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