

Watch Your Head! Dress Code Changes Impact Student Options

by Anastasia Figueroa and Zhane Williams

As of October 3rd, PHS is enforcing the dress code policy. Students are no longer allowed to wear durags, head scarves, or bonnets, unless for religious purposes. Also, bandanas can not be hanging out of pockets. Another change is that female students can no longer wear 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.



Students flaunt the dress code rules by wearing hats.
Photo by Hannah Raizman

Left To the Imagination



Guest Artist Joe Pimentel Helps Beautify Poughkeepsie High School

by Hannah Raizman

Last year, he worked on the wings that adorn 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

“Artist” continued on page 6

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 “Blood” continued on page 6

Senior T-Shirts Up in Arms

by Cassidy Douglas and Jonathan Baker

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 bey0nd.”

This idea received the most positive feedback, but then another “Shirts” continued on page 7



Senior Ziggy Simms wears his shirt with pride.

Photo by Emily DeJesus

Index

School News.....	2-3
Features.....	3
Spirit Week/Homecoming....	4-5
Entertainment.....	6
Arts & Culture.....	7
Sports.....	8

School News

Science Olympiad:
A Club for Science Lovers

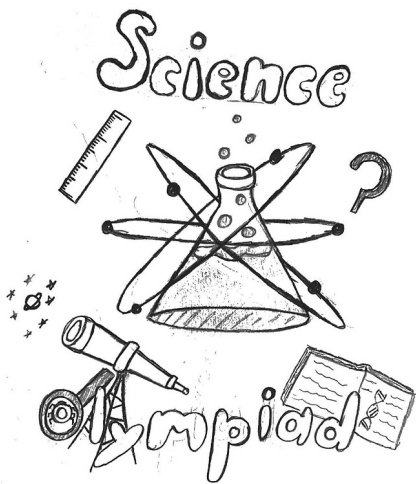
by Tahjae Davis, Elijah Johnson,
Nadia Morales, and Margaret Chau

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 or curious 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



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.”

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.



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 IDs.

While there, our students were told of the various resources available to them now that they are registered DCC students, such as ac-

cess 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.

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 too 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 Anaeto, 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 01:35:3399 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 marquee in front of the school.



Marathon Project members participate in the Color Blast Run.

Photo by Bob Kopac

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, Tahraeah Foster, 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

Features

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 pre-



Hannah Raizman and Matt Morales pose with a bag of glass eels.
Photo by Aaron Raizman

sentations 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 ate pizza. The Hudson River Eel Project was definitely an experience I won't

forget."

Mark Angevine:
(interviewed by JonPaul Gomez)

Mr. Angevine 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. Angevine'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 'Chemtrial Truthers 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 Stracqualursi, Trump tweeted back to Thunbergs video, "She seems like a very happy 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 Na-

tional 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 confides 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.

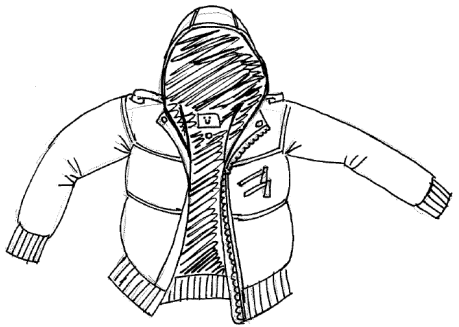
AFJROTC Coat Drive

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.



Art by JonPaul Gomez

“Ethics” continued on p. 8

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



Arts & Culture

“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.. Approxmiately 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 the long anticipated day approached, many wondered if any of the 3 million pledgers, who swore 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."

View Pimentel’s work at <http://www.joepimentelart.com>, or @joepimentelart on Instagram.

“Blood” continued from p. 1

arm, and insert a needle to begin drawing blood.

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 Figueroa. “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 School, 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



Senior Hasheem Rivers shows off his personal style at PHS.
Photo by Destiny Purvis

is better when everyone has a unique sense of creativity.

Getting into daily attire, students in high school may share a range of common clothing brands and shoes

Senior Kamille Rodriguez stated, “I believe the most common shoe brand has to either be Nike or Jordans. For clothes, I think Nike, too.”

Spanish teacher Ms. Chirico agrees that Nike is the most common shoe brand worn throughout the school. However, when it comes to clothing, Chirico states, “I see a lot of Michael Kors amongst the girls, and for guys there’s more of a variety... definitely Polo and Tommy Hilfiger.”

Although some students might care more about how one 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 students who do care about looking presentable, care less about their

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 grader 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 Michael Kors.

No matter where one may be, fashion is everywhere. It is a way of communicating without communicating. In Poughkeepsie High, students keep up with these ongoing trends, and kids often decide to show off new outfits while in school. Students demonstrate creativity through clothing, taking the opportunity to be comfortable within themselves while in a public space.

Questions? Comments? Concerns?
Bring your ideas for The Pioneer Post
to Ms. Ward in room 226.

Entertainment

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) Only if it's super important or I know the answer is 100% correct.
C) I always raise my hand.
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) Receive way more texts than I send.
C) I'm always sending texts.

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.



QUIZ RESULTS:

If you have more A's you're an introvert 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.

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 out-going. On the negative side, they are sometimes described as attention-seeking, needy, easily distracted, and unable to spend time alone.

Horoscopes*

*for entertainment purposes only

Aquarius (January 20 - February 18) -- Watch yourself around the water fountains and vending machines. Everybody appreciates your grace and humor.	Pisces (February 19 - March 20) -- Be careful what you select for lunch; there may be interesting consequences. You're good at getting out of slippery situations.	Aries (March 21 - April 19) -- Stop being so egotistical; you are not the GOAT. But you do know how to get through tough times.
Taurus (April 20 - May 20) -- You look good in red! Be careful in the halls and around sharp corners.	Gemini (May 21 - June 20) -- Check yourself before you wreck yourself! It's sometimes good to be sensitive.	Cancer (June 21 - July 22) -- We've notice you've been acting a bit crabby lately. You're a good friend in a pinch.
Leo (July 23 - August 22) -- You're really feeling your Pioneer Pride. Wear it prrrrrroud and loud!	Virgo (August 23 - September 22) -- We appreciate your immaturity. Don't grow up too fast; take your time!	Libra (September 23 - October 22) -- Watch your step on the stairs this week. Make sure to eat a well-balanced breakfast.
Scorpio (October 23 - November 21) -- Don't be toxic. Start telling a new tale.	Sagittarius (November 22 - December 21) -- You are on point. Shoot for the moon! Even if you miss, you land among the stars.	Capricorn (December 22 - January 19) -- You are the GOAT. Be careful not to get a baaaaad attitude.

“Shirts” continued from p. 1
controversy arose. Two seniors, Treasure Mattis and Zion Reid, contributed their own interpretations of how the shirt would look, and people couldn’t decide which one to use. However, time was running short, so a decision had to be made. In the end, it was Zion’s design that was used.

The next issue was money. A poll had to be taken to discern how many people wanted to buy a shirt so it could be determined how many needed to be purchased and how much each shirt would be sold for. Some confusion arose about money from last year and just how involved

the senior advisors were in this process. A certain few students took charge, without any advisor say-so, and bulk ordered shirts from Millman’s T-Shirt Factory in Arlington. The shirts received a fair bit of negative feedback from students and faculty alike. After everyone who wanted a shirt bought one, there were still a large surplus of leftover shirts. All in all, the student’s who ordered the shirts still owe Millman’s a resounding \$720. However, this hiccup didn’t prevent students from showing their Pioneer Pride at the pep rally.

Stop & Shop A+ School Rewards Program

The Poughkeepsie City School District is registered to earn cash rewards through Stop & Shop.

Anybody with a Stop & Shop card can participate:

- Step 1: Go to <https://stopandshop.com>
- Step 2: Register your card using School ID# 15267
- Step 3: Present the card like you always do to claim your discounts or earn your gas points and PCSD will also earn a cash reward. You will not lose any of YOUR regular card benefits!

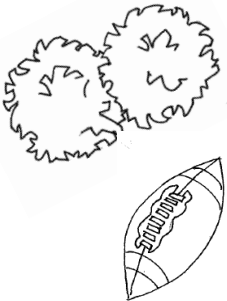
The more registered cards, the more cash for PCSD schools and kids!!

Sports

Fall Sports Rosters

Give it your all, Pioneers! We believe in you!

Varsity Football (Male)		Varsity Swim (Female)		Varsity Soccer (Male)	
Head Coach: Bianco, Mark		Head Coach: Franchek, Galen		Head Coach: Gil, Dan	
Name	Grade	Name	Grade	Name (Grades Not Available)	
Akpojetavwo, Joseph	12	Alvarez, Veronica	10	Laveriega, Alexis	
Grant, Shelvon	11	Antonio-Lopez, Yaquelin	7	Santiago, Bryan	
Paul, Amari	12	Anotnio-Reyes, Brisely	7	Agustine, Samuel	
Higgs, Dalano	9	Antonio, Princess	10	Stedford, Dawayne	
Whitehead, Hakeem	12	Arteaga, Aracelly	7	Provost, Carvel	
Chambers, Jaden	10	Arteaga, Ariana	7	Lopez, Jesus	
Douglas, Layquan	12	Browne, Makeda	10	Rosas, Jose	
Jenkins, Mike	12	Castellanos-Antonio, Dulce	11	Ortega, Mathew	
Dixon, Tysean	11	Clifford, Grace	9	Hinds, Kasai	
Bennett, Davion	11	Collins, Njeri	11	Pendergast, Nicholas	
Francis, Da'Homey	10	Creavy, Riona	10	Calderon, Mario	
Reddiex, William	11	Cruz-Im, Sandra	10	Hernandez, Angel	
Moore, Sam	10	Dandridge, Ariel	9	Ellis, Kristoff	
Joyce, Jahmier	11	Elmachmour-Reyes, Fatima	10	Gomez, Edwin	
Christie, Ricardo	11	Gaspar, Kimberlin	10	Xo-Pop, Edwin	
Ricketts, Rashid	10	Gutierrez-Mendoza, Sonia	9	Martines, Angel	
Daughtry, Caliel	10	Harrel, Aya	7	Stewart, Nateek	
Kelly, Edward	10	Iberra, Cindy	10	Urbina, Jexon	
Hamilton, Dahmier	9	Lavariega, Vicki	12	Mathurin, Dawson	
Curtis, Zacci	10	Luis-Ruiz, Gianelly	11	Pop-Choc, Dennis	
Webb, Kevin	11	Marshall, Asynia	9		
Reed, James	12	Martinez, Lluvia	7		
Cordova, Angel	11	Morales, Nadia	11		
Meisner, Mike	11	Ojeda, Ashley	10		
Bremnor, Nathan	11	Oliverez, Paulina	7		
Sharples, Jeremiah	10	Oliverez, Camilia	8		
Coston, Amari	11	Perez-Lopez, Linsay	11		
Tirado, Issac	11	Perez-Im, Alison	11		
Smith-Drumgold, Sajour	11	Perez, Yana	7		
Meke, Ifeany	11	Pillsbury, Rosalie	10		
Johnson, Shaun	12	Price, Lyndsey	9		
Bentley, Jahquan	12	Quezada, Julia	10		
Patterson, Jamil	10	Rivera, Jamie	8		
Dahomey, Francis	10	Roja-Antonio, Jocelyn	7		
Lester, Sawyer	10	Santiago-Cuevas, Marlene	12		
White, Laqui	9	Santos-Perez, Ashley	8		
Reed, Davonte	9	Santos-Perez, Debora	10		
McKinnon, Tao	11	Schuyler, Birrittella	8		
		Shaw, Gianna	11		
		Vega, Sophie	9		
Varsity Cheerleading (Female)		Varsity Cross Country (Co-Ed)		JV Soccer (Male)	
Head Coach: Edmond, Lynnece		Head Coach: Rother, Kevin		Head Coach: Nathan Rosenburger	
Name	Grade	Name	Grade	Name	
Lewis, Talisha	9	Cherrington, Lamar	10	Antonio-Lopez, Arturo	
Salmon, Kerice	9	Davis, Tahjae	10	Benetiz-Martinez, Jaziel	
Peifer, Kaitlyn	11	Gonzales, Angel	12	Calderon, Cesar	
Garrett, Onajahnae	12	Guthrie, Kemarion	9	De la Torre, Leonel	
Foster, Tahraeah	12	Hernandez, Jimmy	10	Hernandez, Yonatan	
Fullenweider, Khianna	12	Johnson, Daniel	9	Juarez, Christian	
Smith, Rae'lynn	11	Lyons, Maury	10	Lavariega, Alexis	
Shamsiddeen, Sacred	11	Manrique, Tyler	12	Mendez, Marlon	
Bishop, Jayniah	9	Mbogo, Jeremy	12	Muir, Kareem	
Minott, Brittany	10	Santiago-Ventura, Roy	10	Perez-Treto, David	
Thomas, Janessa	7	Celaya-Luis, Rosa	10	Quijada, Samuel	
Bland, Autumn	8	Estrada, Katia	9	Santiago-Cuervas, Adrian	
Lopez, Natalia	7	Prindle, Mary	9	Williams, Brandon	
		Chau, Margaret	10	Lopez-Lopez, Danel	
Varsity Tennis (Female)		Varsity Volleyball (Female)		JV Soccer (Female)	
Head Coach: Bass, Ashley		Head Coaches: Schinella, Jasmine Green-Smith, Pamela		Head Coach: Cadia Chambers	
Name	Grade	Name	Grade	Name	
Powers, Deanna	11	Coates, Aniyah	12	Barcenas, Victoria	
Powers, Julianna	10	Martinez, Paola	12	Mattis, Treasure	
Gordon, Steve-Ann	12	Savage, Makaila	12	Moddie, Saanie	
Weaver, Jane	12	Tangun, Micvick	11	Ortega, Tracy	
Stephenson, Damoya	12	Miller, Mia	11	Cortez, Christiana	
Stevens, Aniyah	10	Morgan, Tyonna	11	West, Akira	
Rojas, Estefani	12	Matias, Ines	11	Gordon, Carlia	
Britt, Tytiana	11	Jackson, Teeghan	11	Cassone, Chiara	
Graham, Annakay	10	Sanders, Ahjanay	11	Colon, Genesis	
Smalling, Taznir	12	Gore, Zyera	11	Antonio-Santizo, Amanda	
Mullings, Kadyl	11	Williams, Shay	12	Cousins, Anika	
Chau, Margaret	10			Garcia, Caylee	
				Lawrence, Shauna	
				Stone, Christina	
				Cammuk, Jada	
				Herrera, Melanie	
				Na-Aata, Billkiss	
				Jack, Tiffani	
				Stephens, Shaylyn	
				Long, Ariel	
				Holness, Tamian	



We're Here to Cheer! PHS Cheerleading is “not just a sport.”

by Tahraeah Foster

Cheerleading is a very competitive and diverse sport. We dance, tumble, cheer, jump, and stunt all in one routine.

The Poughkeepsie Pioneer Cheer Team is not just a sport. We're a family! We do not think of each other as just teammates or coaches. We look out for one another and care for each other as if we are biologically family.

Our team always makes sure that no one ever feels left out or like an outsider. Even with all of the frustration we deal with, we never give up on each other, which makes our team stronger as one!

As a team, we have a motto, “practice makes permanent,” so if you go home and practice what you've learned, you will be one step closer to reaching your goal!

“Ethics” continued from p. 3

Wasn't it Ravi that violated his friendship with Amaia? He forced information upon her that could have put her career in jeopardy if she had lied to her boss. Now, take it from yet another point of view: the company. Ravi was also unfair to the company, as he knew that he was going to be leaving, which would cause them to lose what was essentially four jobs in one, all without a proper warning. I could keep discussing different points of views, but I think the point has become clear: there is never just one side in the Ethics Bowl. It is up to you and your teammates how you want to argue your case. The fun part about Ethics Bowl is exploring each and every possible side and forming and reforming your position. If you don't believe me, head over to the regional Ethics Bowl website, www.nhseb.unc.edu (or look up “Ethics Bowl cases 2019”), and check out a case for yourself. Read it, and then try to answer the first question. Then, think of counterpoints that could weaken your argument and watch the case become more and more complex.

Ethics Bowl isn't for everyone, of course, but if you enjoy talking about moral crises- or at least love a good debate- then it may just be the club for you. As aforementioned, joining Debate Club and participating in Ethics Bowl has been an invaluable decision for me. Firstly, having to break down these cases, and being forced to constantly defend and reconsider my point, has only made my arguments stronger.



The 2018-2019 Ethics Bowl team competes at Manhattanville College.

Photo courtesy of Ms. Andrawis

This is apparent when I write argument essays for school, as I just think back to the structure of Ethics Bowl: discuss your position, defend, and acknowledge all points of view. Secondly, Ethics Bowl has expanded my reasoning skills. During Ethics Bowl, Mrs. Andrawis, Mr. Murphy, and your teammates will continue to push you to think deeper and deeper about each case. This will only serve to help you develop strategies for breaking down situations, seeing things from different points of view, and - most importantly- solving problems. Also, from student-to-student, participating in Ethics Bowl looks outstanding on college applications. Colleges will be able to recognize that you have commitment and dedication to a time-consuming, intellectual activity, superior problem-solving strategies, and a passion for being ethical. Interested in Joining? Ethics Bowl is a part of the PHS Debate Club, which meets every Friday after school in room 209. We are currently accepting new members. See Ms. Andrawis or Mr. Murphy for more details.

Do you want to contribute to
The Pioneer Post?
Join the staff!
No experience necessary!
Meetings are Tuesdays after school
in Rm. 226.