

PIONEER POST

Volume 20 Issue 2

The Student Newspaper of Poughkeepsie High School

January 2020

Big Fight Brings Big Changes

In an effort to maintain order, teachers lose some prep periods, and students get lanyards

by Emily DeJesus

Due to there being an insufficient number of security guards, teachers now bear the responsibility of going on patrol duty. This is happening at a time when the number of security guards at the high school is low, and some people claim that the students run the school.

Teachers in all subjects have to give up their preparation periods to walk the halls and make sure students are not roaming aimlessly. Instructors like Ms. Lashlee, creative crafts teacher, have to patrol the school on a specific schedule. Lashlee patrols the lobby during 5th period.

"I have a lot of kids that come for help on 5th because that's their only free period, and it sucks that I have to sacrifice that time for patrol," Lashlee said.

Dr. Considine, chair of the science department, stated, "It's unfortunate that we're losing the first period where we get to work together because a lot of collaboration happens during that period, but for the good of the building, I think the hall duty and the study halls are absolutely going to help with improving the learning environment of the high school. As we're starting, we're seeing a lot of kids without passes, without IDs, and I think that, now that we're getting IDs, steps and protocols are following; in regards to being in the class, I think it's going to get better."

Considine feels there could be an alternative that would let teachers keep their prep periods. "The best scenario would be having more security in the hallways to alleviate the teachers from having to do it," Considine said.

What caused the change

On Monday, November 18, 2019, after an altercation involving



PHS students Nevaeh Groucher and Roje Fitz-Henley display the latest in Pioneer fashion: visible ID cards on lanyards

Photo by Hannah Raizman

"The expectation is that you will wear your ID card and will present it to any staff member without issue at any time."

— PHS Administration

over a dozen students, administration responded by calling a lockdown at 1:03 pm. The conflict went so far that the high school requested assistance from local law enforcement for the incident. The lockdown lasted 23 minutes until a transition to shelter-in-place was announced, which was later lifted at 2:12 pm.

This event only highlighted the need for security guards and stricter consequences for students. As a result of the conflict, on Wednesday, November 20th administrators held grade-level meetings in the auditorium, discussing and reviewing school rules, including attendance expectations, student ID cards, and lockdown expectations.

While discussing attendance

expectations, administrators stated, "Students who are out in the hall after the bell without a pass will be sent home for the remainder of the day. You will be allowed to return the next day with the expectation that you will attend. If you are disrespectful or insubordinate to any member of the staff who directs you to go to class, you will have additional disciplinary actions."

When it came to student ID cards, administration clarified, "The expectation is that you will wear your ID card and will present it to any staff member without issue at any time." Administration added that every single student who attends Poughkeepsie High School

"Big" continued on page 7

A Graphic Greeting

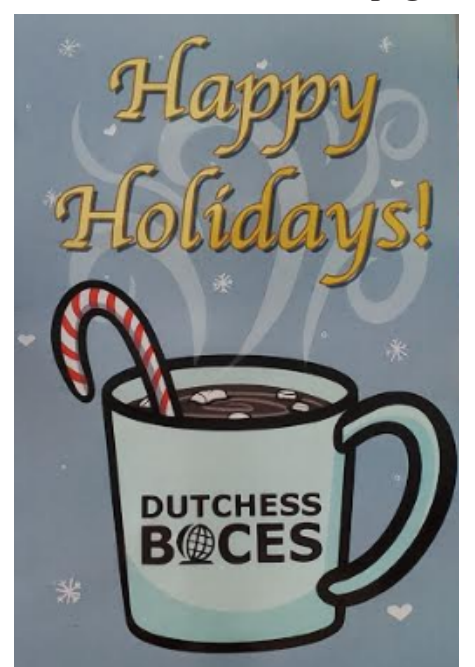
PHS senior's holiday card design chosen by BOCES

by Hannah Raizman and JonPaul Gomez

Dutchess County Superintendent Richard Hooley wanted to call on BOCES students to develop a holiday card to be sent to all related superintendents. According to a newsletter from Dutchess BOCES, students in the Graphics program at CTI were "hired" to create the design for the card. One PHS senior, Belladonna "Billie" Rodriguez, came up with the crisp, "all-encompassing" visual that Hooley was seeking.

According to Rodriguez, the illustration took her approximately four hours overall. The card features a mug full of hot cocoa, with a candy cane sticking out. While she

"Card" continued on page 7



Billie Rodriguez's design is now the BOCES holiday card

Index

Club Notes	2-3
School News	4-5
Outside School	6
Arts & Culture	7
En Espanol	8
Opinions	9
Entertainment	10
Sports	11-12

Club Notes

Get out your brushes and pencils!

The Art Club is here for all your artistic desires

by Rebecca Neville

The Art Club is a club created for Poughkeepsie High School students who want to spend additional time on artistic projects outside of the classroom. These projects can vary between group or independent work. Here, members also have the freedom to try out projects that wouldn't typically be conducted in a normal art class.

Currently, the Art Club is working in conjunction with the student government to design and paint the bathroom doors of the main lobby as well as the math wing. Future projects and events include a visit to the Metropolitan Museum of Modern Art and the spring art show. The show will take place in the main lobby of PHS on Thursday, May 28 during the Poughkeepsie High School Arts Festival and Spring Concert.

"The Art Club is a good way to express yourself without using

words," says Carissa Douglas, who has been in the Art Club for the past two years. She adds, "It's a great way to learn and meet new people in a warm and inviting environment."

Another artist, Karega Wood, added, "It's a fun club with

supportive people who will assist you in your artistic dreams."

Art Club meets every Tuesday from 2:45-4:00 in Room 129 with the advisor, Mrs. Duncan-Carter.



Art Club members participate in Trunk-or-Treat in October 2019.

Photo courtesy of Heather Martino

Stop for the camera!

Students at PHS team up to create the 2019-2020 Yearbook

by Rebecca Neville

The Yearbook Committee is a club where students can gain experience in using a camera as they help put together the book that holds all the memories of the school year. Members can also express some of their creativity and imagination by helping create the cover of our school's yearbook.

One member, Emely Accostupa, shared her experience, saying, "Yearbook is a place where you can let your creativity flow."

"It's a place where you can capture the moment," says club member Kevin Lopez-Santiago.

Currently, yearbook staff are working on collecting and organizing senior profiles. They also are typing up quotes and activities submitted by graduating seniors. Soon they will begin designing the cover of the yearbook itself.

The Yearbook Committee meets every Thursday at 2:40 in room 218 with the advisors, Ms. Ward and Mr. Lawrence.

AFJROTC Helps Bring Holiday Joy with Toys for Tots

by Chiara Cassone

Once a year, when the holiday season rolls around, we are often reminded that there are many less fortunate than us. Toys For Tots is one of the biggest reminders. The innocence of children is one of the most beautiful things. Toys for Tots is an amazing opportunity to do a little good this holiday season. The AFJROTC at the high school does a great deal of community service every chance it gets. Cadets are always willing to give their time to worthwhile causes. Throughout our 5 years in Poughkeepsie, we have done a lot to better our community.

The United States Marine Corps have ran Toys For Tots since 1947. The Local Chapter happens at the Rochdale Arlington Fire House. There were 3 separate days the

JROTC program helped out. The first day, most of the toys were laid out for easy access. The other two days, families submitted lists of their children, ages and genders. Volunteers worked together to get all the toys where they needed to go. This allowed for many children to be able to enjoy their Christmas without worry.

This holiday season, many PHS community members helped to make people's lives a little brighter.



What Is Going On in the Multicultural Club?

by Sheila Chamorro

The Multicultural Club is one of many after school programs that Poughkeepsie High School has to offer. As our high school has students from many different backgrounds, the Multicultural Club aims to promote these cultural differences and create a safe environment where any student can come and bond with others. Not only does the Multicultural Club strive to bond our students closer, but it also provides students with information and connections to educational programs that are available in our community.

On November 8th, six Multicultural Club members attended the 25th Annual Multicultural Education Conference, held at SUNY New Paltz, where they were able to learn about the stories and struggles of minority groups in the past and present. This conference gave students the opportunity to attend two workshops throughout the day, where they were able to discuss hard-hitting topics, such as the victimization of young women, integrating activism into the classroom,

empowering bystander intervention in the face of rape culture, and how to become an LGBTQ+ ally. In these workshops, students were able to discuss these topics with community members of all ages and backgrounds and learned how to become leaders for those who need support. We not only like to volunteer and help the community, but we also like to have fun together, as a family. On November 14th, the Multicultural Club held our annual bowling trip at Spins Bowl in Poughkeepsie. Everyone bowled regardless of their abilities, and the event wasn't about winning or losing, just about having a good time.

On November 20th, the Multicultural Club held a field trip to visit the "Dear Carlos: Mail from a detention complex" exhibit that was being held at Vassar College. On this field trip, students were able to read handwritten letters from peo-

"Multicultural" continued on page 3

Corrections

The Pioneer Post staff apologizes to Kerena Rattray for misspelling her name in the October issue.

Also, we apologize for incorrectly including Margaret Chau on the Cross Country roster.

The Pioneer Post

Club Officers:

Hannah Raizman (Pres.), Emily DeJesus and Zhane Williams (VPs), Natasha Chambers (Sec.), Jonathan Baker (Treas.)

Staff Writers & Contributors:

Emily DeJesus, Hannah Raizman, JonPaul Gomez, Rebecca Neville, Chiara Cassone, Sheila Chamorro, Cassidy Douglas, Jaden Ababio, Elgin Chavez, Neyman Tapia, McKayla Wood, Tyler Manrique

Banner Art and Spot Art: JonPaul Gomez

Faculty Advisor: J. Robin Ward

Club Notes

So, What’s College Like, Anyway?

The Exploring College program gives students a chance to try out life after high school

by Cassidy Douglas

Students bustling into the room after a long, tiring day of school, mentors greeting them with smiles on their faces and eager with questions about how their day went, the delectable snacks to replenish the scholars’ energy, and finally the numerous, captivating activities on demand for the for the scholars. This is what happens in Rm. 105 on Tuesdays and Thursdays from 3:00 to 5:00. Exploring College is an academic enrichment program that helps students with homework, SAT prep, college readiness, and the college application process.

The goal for Exploring College is to help scholars to be prepared for life by providing services including SAT/ACT tutoring, conducting academic enrichment projects suitable for college, and finding passions for their potential career. All mentors are ready and willing to work with and improve students’ lives.

Emily DeJesus, a senior who has been in the program for two

years, says, “Exploring College is a really fun after-school activity; it's really helped with preparing me for the SATs. I've been able to learn about a lot of things from the serious (like how to deal with stress and overwhelming situations) to the leisurely (like how to make certain origami animals and how to make face masks). It's something that I would recommend everybody, as long as you're willing to participate and put your own input into the conversation.”

In this reporter’s experience Exploring Colleges has been of beneficial help to her. This enrichment program has provided me with tremendous help with not only homework, but also with guidance for my future such as my personal college and career goals. Moreover, this program has given me and the other scholars a listening ear and hand when we need it the most. I, and many other scholars would recommend this program for any high-school student who plans to succeed in the future.

“Multicultural” continued from page 2

ple that are being held in an I.C.E detention facility in Pearsall, Texas. This exhibit, created by Carlos Espina, consisted of a large wall covered by letters from immigrants who expressed their struggles and daily life in this detention facility. Students were not only able to read these letters but were also able to write letters back to some of these people to express their support.

On Tuesday, November 26th, the day before our Thanksgiving break, the Multicultural Club also held its annual Thanksgiving Pie Sale! This year was one of our most successful years yet, and the Multicultural Club would like to thank all of those who bought pies and supported our club in any way. To give back to our community, and to keep the holiday cheer going, the

Multicultural Club also collected canned food items and nonperishables to donate to the Grace Smith House. The club was able to fill five boxes full of food that will be donated to those in need this holiday season.

Only a couple of months into the school year, the Multicultural Club has accomplished many goals that were set, such as giving back to our community. We hope to continue to give students a safe place to grow, regardless of their background, and to give back to our community in any way possible. The Multicultural Club welcomes all with open arms and meets every Wednesday after school in room 109. Feel free to stop by; we hope to see you at our next meeting.

**Is your club doing something cool?
Let the school community know!
Write a press release for
the next issue of
*The Pioneer Post!***

**See Ms. Ward in Room 226
for information.**

Clubbin’ at PHS

Want to get involved?

Here’s a schedule of club meetings and locations so you can get active in extracurriculars!

Senior Class Advisors: Ms. Martino & Ms Moore Meetings announced as scheduled	Sister 2 Sister Advisor: Ms. Ingram Thursdays 2:40-3:30 Rm. 221
Genders and Sexualities Alliance Advisor: Mr. Grover Thursdays 2:50 Chorus Room	Debate Club Advisors: Mr. Murphy & Ms. Andrawis Thursdays 2:50-3:50 Rm. 209
The New Pioneers of Jazz Fusion Advisor: Mr. Laffin Tuesdays 2:45 Band Room	National Honor Society Advisor: Ms. Kapogiannis First Thursday of each month 2:45 Rm. 227
Brother 2 Brother Advisors: Mr. Hargett & Mr. Woods 1 Thursday per month, announced 3:00-4:00 PMS Rm 308	Music Ensemble Advisor: Mr. North Tuesdays & Thursdays 7:00am Band Room
Pioneer Post Advisor: Ms. Ward Tuesdays 3:00 Rm. 226	Science Olympiad Advisor: Mr. Stolarski Tuesdays 2:45-3:45 Rm. 232
Step Team Advisor: Ms. Worsley Tuesdays, Wednesdays, and Thursdays 3:10-6:15 Rm. Large Cafeteria	Student Government Advisor: Mr. Donnelly Wednesdays 2:45-3:45 Rm. 217
Yearbook Advisors: Ms. Ward & Mr. Lawrence Thursdays 2:45 Rm. 218	Multicultural Club Advisors: Ms. Bailon & Mr. Perez Wednesdays 2:45 Rm. 109
Math Team Advisor: Mr. Cassidy Wednesdays 2:45-3:25 Rm. 117	Vassar Science Scholars Advisor: Ms. Kapogiannis Scheduled Saturdays 9:00 - 12:00 Vassar College
Art Club Advisor: Ms. Duncan-Carter Tuesdays 2:45-4:00 Rm. 129	Drama Club Advisors: Ms. Green & Ms. Lee Thursdays 3:00-4:00 Rm. 208
Chess Club Advisor: Mr. Chipak Tuesdays 2:45-4:00	Extracurricular clubs are a great way to meet people, discover interests, and develop talents ...and they look great on college applications and resumes!



NATIONAL HONOR SOCIETY AND DEBATE CLUB
PRESENT



PHS Club Game Night: Beat the Winter Blues!

Bring your favorite
board game!



All active student club members
are invited!

Friday, March 6th
2:45-4:45
Small Cafeteria

Chef Dave's Famous Hot Cocoa will Be Served!

Bring a dessert or
snack to share!



Students getting active around PHS!



Student Government helps make life better around the school.

Left, Student Government members prime bathroom doors to prepare them for fresh coats of paint.

Right: Estefani Rojas and Tania Hernandez, with Mr. Donnelly and Ms. Karabec, debut the new recycling bins that are now distributed throughout the building.

Photos by Cassidy Douglas.

School News

AP Biology Students Check Out Norrie Point

Scholars examine the Hudson River ecosystem

By: Hannah Raizman

On October 22nd, 2019, the AP Biology class of 2019-2020 took the annual trip to Mills Norrie State Park, also known as Norrie Point. The dreary sky did not match the excitement of the students, as they restlessly loaded themselves on the bus and made their way to the Environmental Center.

Students got to participate in activities that related to research about the Hudson River ecosystem. These activities included donning waders (hip-high waterproof overalls with attached boots), catching sea creatures in the seine net (sort of like a volleyball net for catching very small fish), and later identifying the species from the catch. They also collected data about the pH,



AP biology students visit Norrie Point. Left to right: Tyler Manrique, Hannah Raizman, Rebecca Neville, Danielle Raymundo-Santiago, and Margarita Juarez-Velasquez. Photo courtesy of Nicole Vilardi

temperature, conductivity, and clarity of the water in the great Hudson River.

The Environmental Center at Norrie Point serves as a vital collector of data about the Hudson River. The New York Department of Environmental Conservation uses information gathered from various centers to solve problems such as invasive species, poor water quality, and the decline in certain sea life populations. The data collected by PHS students -- not only from the AP Biology group, but also the Living Environment students who would visit in the following weeks - - will be used in the state-wide effort to learn more about the Hudson River and to protect the life within it.

Field trips like these allow students to take a hands-on approach to learning and connect what they learn in the classroom with real-life examples. Also, spending a day in the life of an environmental researcher may spark a passion within some students and inspire them to go into a career field that they may have failed to consider before.

AP Biology student Margarita Juarez, who attended the October trip, spoke about her experience, stating, “I had fun. It was educational and entertaining at the same time.” Juarez believes that trips like these are important for the experience and learning opportunities they provide.

Leader at the Helm

PHS and PMS students meet with the new school district superintendent, Dr. Eric Rosser

by Hannah Raizman

Poughkeepsie High and Middle School students were selected by guidance counselors to represent their peers at a luncheon with their new Superintendent Dr. Eric Rosser.

Rosser wished to meet with students to personally hear their complaints about the school district. He hopes that by connecting with dedicated students directly, he can use their responses to come up with solutions to better the Poughkeepsie City School District as a whole.

The trip began with a bus ride to Dutchess Community College. There, students took a tour of DCC, and then met up to grab refreshments and speak with Dr. Rosser. The superintendent stood at

a podium in front of the gathered students, and addressed pupils one by one, writing down their opinions and asking clarifying questions. Many students were interested in a proposed student representative team, in which students could possibly represent the wishes and grievances of their peers at events such as the Board of Education meetings.

Students were pleased with the direct communication from Rosser. For many PHS scholars, it was the first time they felt as if their voices were being heard, and that they could share their opinions in a non-hostile environment. Those same scholars hope that the information shared at the luncheon will be addressed as the school year proceeds.

Celebrating Our Rights

Students travel to historic church for Bill of Rights Day event



PHS Students attended the Bill of Rights Day Conference at St. Paul’s church in Mount Vernon. Left to right, back row: Alija Clark, Aaliyah Bautista, Summer Juliano, Cassidy Douglas, Mr. Donnelly; middle row: Angel Smith, Steve-Ann Gordon, Angel Henderson, Estefani Rojas, Jane Weaver; front row: Georgian Green, Tania Hernandez, Hannah Raizman, Jaden Ababio, Andialisa Velasquez-Chaclan. Photo courtesy of Mr. Lawrence.

by Cassidy Douglas and Hannah Raizman

PHS Scholars in Student Government and DCC Participation in Government classes took a bus down to the Historic St. Paul’s Church in Mount Vernon on December 13th to celebrate the upcoming Bill of Rights day. Presenters included Shannon Wong from the New York Civil Liberties Union, Victor Osborne who spoke about the history of the site, Professor Olivier Sylvain of Fordham University, and student contest winners Jean Claude Martinez and Naomi Meiseles.

St. Paul’s Church, as described by Osborne, was previously a military hospital during the American Revolution. In 1787, pews were slowly added as the town was repopulated and families sponsored the Church. Originally, there was no ceiling, much less no heat, so the pews had high sides, allowing families to bundle together and share a quilt during mass.

Professor Sylvain spoke about the famous Bill of Rights, and how they protect the natural rights of Americans. The presentation was especially centered around the 4th amendment, and how it fits into the modern-day. The amendment, according to Sylvain, was originally intended to counter the writs of assistance that allowed British soldiers to search colonists’ property whenever they chose; nowadays, the fourth addition to the constitution has different implications.

Sylvain emphasized the

right to privacy, and how surveillance systems such as the Amazon Ring, a surveillance camera and doorbell combo, can violate this privacy. He implored students to think about how this loss of privacy can affect the liberties of those in American society, and if they are unnecessary if at all, hindering freedoms. He told students to ponder if companies such as Amazon should be forced to and/or allowed to give information that they collect, such as surveillance videos captured, to the police.

Two students, Jean Claude Martinez and Naomi Meiseles, demonstrated their opinions with passionate poems about racism, sexism, police brutality, and corruption. Meiseles believes that oppression of minorities runs “from doorbells to gunshots” and that America needs to step up to protect the rights of the people.

After the presentations, PHS students visited the adjacent building to the church. They were able to view exhibits about the rich history of the church.



St. Paul’s Church, Mount Vernon. Photo by Hannah Raizman

Outside School

Mayoral Election Results Lead to Surprising Language

by Cassidy Douglas

In the election for mayor of the city of Poughkeepsie, the Democrat lost to the Republican, 2523 to 2835.

The Democratic candidate, Joash Ward, had a lot to say after losing to Republican candidate Rob Rolinson.

Ward said (in a speech sprinkled with expletives), “For those of you who voted for the first time in your lives, having seen the world, you believed that a 24 year old from Public Housing with a Poughkeepsie High School education was the answer: Today, the headlines are about you and my team: the greatest band of political rebels in history: I love you! You did what no one else was willing to do. We took on the Republicans, the Democrats, the community organiser (sic), the liars, the sell-outs, the White Suprematist (sic) and their Black enablers—like Atlas, we put this city on our backs!”

Ward continued, “Now, some of you are angry, so let me say what’s on our minds: (censored) the Republicans , (censored) the Mayor, (censored) the Police, (censored) Every Member of the School Board, (censored) the Gentrifier, (censored) the Jail, (censored) the Racist, the White Supremacist, (censored) the Bigot, (censored) the narrow Minded Bonehead , (censored) the

Traitor , and (censored) the Uncle Tom. Sometimes it just has to be said, right? Allow me to reintroduce myself. My name is Joash Ward, I was elected by popular vote: Leader of The Opposition. #Joash4ThePeople.”

This language came as a shock to many of his supporters, as this expletive rant was a stray from his normally calm and eloquent way of expressing himself.

Furthermore, citizens of Poughkeepsie were in equal shock as they expressed their views on midhudsonnews.com

Irene Buhler stated, “Seems as if Mr. Ward expresses the frustration of the Democrat party on the national level as well. They would do well to vent their frustration instead of taking it out on the entire country. Losing always sucks; it is what it is. Question is: will Mr. Ward get over it? or react like Schiff, Pelosi, Nadler and the rest and carry it around for years?”

Another citizen, Conchetta Jean, expressed, “Wow, he is scary. I think it best he go get anger management.”

Ward has yet to apologize for his expletive-laden attack towards people such as the mayor, school board members, and the police department, and could potentially face the loss of respect his supporters once held for him.

Celebration of Lights



article and photos
by Emily DeJesus

Poughkeepsie City held its 26th annual celebration of lights parade and fireworks on Friday, December 6th.

The main parade route went from Main and Garden streets all the way to Main and Clover streets, finishing at the park at Dongan Place.

Performers of the parade included Highland Pipers, Poughkeepsie High School Jazz Ensemble, Spackenkill High School Marching Band, Red Knights Motorcycle Club, Vanaver Caravan, the Art In Motion Dance Academy, and AFJROTC to name a few.

The parade included a few Christmas trees that were lit up on the back of a truck, a Poughkeepsie City bus decorated with lights, an illuminated tow truck, a horse statue,

a painted garbage truck with the words “Poughkeepsie Clean Go Green” on it, and Santa was even seen riding in the back of a Poughkeepsie fire truck during the parade.

Towards the end of the parade, mayor Robert G. Rolison declared, "Let's give a big, big shout out thank you to the Poughkeepsie Police Department, who are out here making sure we were all safe, and



the city of Poughkeepsie Fire Department, who brought Santa here on the tower ladder."

He also recognized a few Poughkeepsie City Councilmembers, including Sarah A. Salem (2nd ward), Yvonne Flowers (5th ward), and Matthew McNamara (8th ward).

Later he gave the microphone to Santa as he helped count-down from ten to ignite the fireworks, which graced the night with spectacular bursts of lights.



photo by Rebecca Neville

Hudson Valley Stands Up

by JonPaul Gomez

Hudson Valley Stands up is a student-runned organization comprised of middle and highschool students from around Hudson Valley advocating for change in gun policy, demanding action to prevent gun violence and spreading awareness.

It was founded by Sabrina Goldfischer and Angela McDevitt in

response to the 2018 Parkland and Santa Fe school shootings.

June 6th 2019 they held a town hall with Antonio Delgado at Arlington High School and discussed gun control as well as a variety of other issues such as women’s rights, student debt, opioid crisis, and climate change. They also set up a rally at mural square in June of

2018.

They meet monthly to plan events orienting towards action through common sense gun laws within New York state as well as nationwide. Email them at hudsonvalleystandsup@gmail.com or go to their website at <https://www.hudsonvalleystandsup.com/> for meeting locations and times.

Did you discover something interesting about Poughkeepsie while doing your P.I.G. assignments?

The Pioneer Post would love to see your write-ups of local government meetings.

Come to a Pioneer Post meeting to find out how to get your writing published!

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!!

Arts & Culture

Each year, the City of Poughkeepsie participates in The Big Read, an event sponsored by the National Endowment for the Arts. The Big Read focuses on one book, and the entire community has access to events connected to the topics and themes of that book. This year, the Big Read book was *Burning Bright* by Ron Rash. Some PHS students who went to Big Read events have shared their experiences with Pioneer Post readers.

Portraits and Dreams

Vassar College held an event to help *Burning Bright* readers connect with the setting of the text: rural Appalachia

by Jaden Ababio

During a Vassar College art showcase, photographer Wendy Ewald displayed the artwork of children she had worked with in Kentucky schools, over 30 years ago. The photography displayed a story about the children, their families, communities, and dreams. Over the seven years the group worked together, the students made prints, read stories, and wrote an extraordinary amount. Stories about going to church, family get togethers, school lessons, or simply losing teeth were shared. No matter the tale, the children were extremely happy to give their own perspective. Throughout the entire project, not only did the children learn from Wendy, but she went away with an array of knowledge as well.

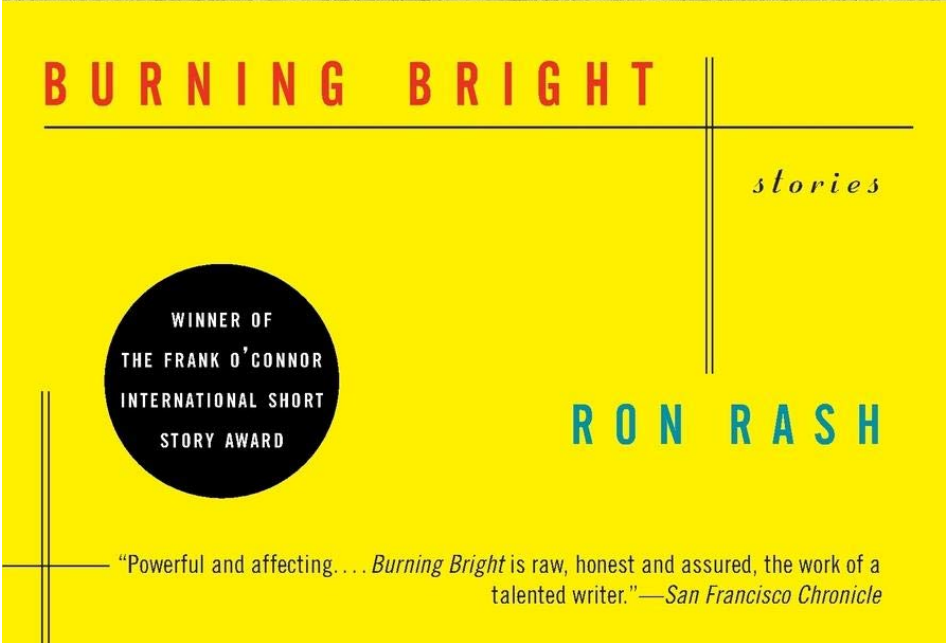
I personally found it powerful that small children were able to show such a large part of themselves in a few images. Many were even interviewed, and some as young as seven years old were aware of their unfortunate situations. The event taught me that children are highly under-appreciated and have a lot of valuable knowledge to share. Kids are intelligent and have passionate stories to tell of their own.

by Cassidy Douglas

Portraits and Dreams (1975-1982) was a project by Wendy Ewald where kids took pictures of various objects. Ewald taught in a small one-room school in Kentucky and wanted the students to express themselves through self-portraits because kids love to take and to be in photos, show their families because families were highly important in Kentucky and take pictures of their dreams because how they played showed their dreams and the endeavors they had for themselves.

The students that she did the projects with were kids in the fourth through eighth grade. A student by the name of Gary Crase had a set idea of the world and believed that the Appalachian Mountains were like a community, unlike the city which was big and scary. Crase was able to relay his feelings about his home perfectly through his project when he took many pictures of his various friends and families.

Personally, I found this presentation very touching because the love the kids had for their home was unmatched, and the way they expressed their dreams was both comical and heartwarming. It was moving to see the love the kids had



for their siblings and the extent they would go to show it. During the presentation, a quote that caught my attention was from one of Ewald's students who said, "In a community,

some people might believe that two plus two is equal to three, while two plus two is equal to four, but they all believe that two is."

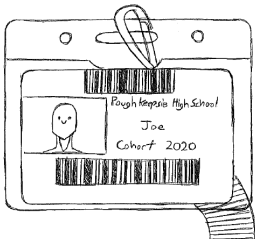
"Big" continued from page 1

was printed out a new ID and will receive the ID with a detachable lanyard as soon as possible. Once lanyards are distributed, students will not be allowed in the building without a visible ID card.

Some students are not happy with the new ID expectations. PHS student Anisha Weller, a current senior, feels that there's a difference between wearing ID at school as opposed to work. "Well, there's a difference between a job," Weller said. "I get paid and I wear ID because I have to wear it, and seeing as this is not an airport or train system, I shouldn't have to disclose my

ID for no reason. People could grab it; even if they're getting detachable ones, somebody could still take it and choke you with it. It's unsafe, and there's no reason for it. I don't understand the plan."

When asked what she would do if a teacher or security guard walked up and asked to see ID prior to the implementation of this new rule, Weller replied, "I would take it out of my bag and show my ID."



art by Jon-Paul Gomez

"Card" continued from page 1

wasn't exactly sure why her work was chosen, she stated, "I did put a lot of hard work into this... It definitely has a homey feel to it; almost comforting. Things that I always loved about the holidays. I hope that they too were able to feel that same way when looking at it, and find it an accurate representation of the homey feel that comes around this time of year."

Rodriguez believes that BOCES has helped her grow as an artist, "I came to this school knowing very little about art. I didn't understand some of the basic elements that I had learned there. It's really

helped me to see the world differently. I had an eye for art when I first started going, but BOCES really helped me harness that and make it into something more, and something I never could have imagined." She also added that the program helped her gain confidence, opportunities, and resources to succeed.

With her success, she hopes to "use it to finally make a name for myself as an artist. I really want to get into the graphics design field, and I'm hoping to use this all as a stepping stone and show just what I can do."

En Espanol

Grandes Peleas Atraen Grandes Cambios

En un esfuerzo por recuperar la escuela, los maestros pierden sus períodos de preparación y los estudiantes obtienen cuerdas de seguridad

De la página 1
Traducido por Elgin Chavez

En un esfuerzo por recuperar la escuela, los maestros pierden sus períodos de preparación y los estudiantes obtienen cuerdas de seguridad.

Debido a que no hay un número insuficiente de guardias de seguridad, maestros ahora asumen la responsabilidad de ir a patrullar. Esto está sucediendo en un momento en el que el número de seguridad de guardias de la escuela secundaria está bajo y algunas personas asumen que los estudiantes dirigen la escuela.

Los maestros en todas las materias tienen que abandonar sus períodos de preparación para caminar por los pasillos y asegurarse de que los estudiantes no estén caminando sin rumbo fijo en los pasillos. Instructores como la señorita Lashlee, maestra de manualidades creativas, tienen que patrullar la escuela en un horario específico. Lashlee patrulla el pasillo durante el 5to período.

"Tengo muchos niños que vienen en busca de ayuda el 5to periodo porque ese es su único período libre, y apesta que tenga que sacrificar ese tiempo para patrullar". Dijo la señorita Lashlee.

La Dr. Considine, presidenta del departamento de ciencias, de-

claró: "Es desafortunado que este-mos perdiendo el primer período en el que trabajamos juntos, porque ocurre mucha colaboración durante ese período, pero por el bien del edificio, creo que el El servicio de sala y las salas de estudio ayudarán absolutamente a mejorar el ambiente de aprendizaje de la escuela secundaria. A medida que comenzamos, vemos a muchos niños sin pases, sin identificaciones, y creo que, ahora que estamos obteniendo identificaciones y se siguen los pasos y protocolos; en cuanto a estar en la clase, creo que va a mejorar ".

Considine siente que podría haber una alternativa que permitiría a los maestros mantener sus períodos de preparación. "La mejor opción sería tener más seguridad en los pasillos para aliviar a los maestros de tener que hacerlo", dijo Considine.

Que Causó el Cambio

El lunes 18 de noviembre de 2019 se emitió un bloqueó a la 1:03 pm. Esto se debió a un problema que involucró a más de una docena de estudiantes; el conflicto llegó tan lejos que la escuela secundaria solicitó asistencia de la policía local para el incidente. El bloqueo duró 23 minutos hasta que se anunció una transición a a refugio en el lugar, que luego se levantó a las 2:12 pm. Una investigación sobre el incidente

está en curso. Sin embargo, este evento solo destacó la necesidad de guardias de seguridad y consecuencias más estrictas para los estudiantes. Como resultado del conflicto, el miércoles 20 de noviembre los administradores llevaron a cabo reuniones por niveles de grado en el auditorio discutiendo y revisando las reglas escolares, incluidas las expectativas de asistencia, las tarjetas de identificación de los estudiantes y las expectativas de los bloqueos.

Mientras discutían las expectativas de asistencia, los administradores declararon: "Los estudiantes que estén en el pasillo después de la campana sin un pase serán enviados a casa por el resto del día. Se les permitirá regresar al día siguiente con la expectativa de que asistirán a tiempo a sus clases. Si eres irrespetuoso o insubordinado con cualquier miembro del personal que te indique que vayas a clase, tendrás acciones disciplinarias adicionales ".

En lo que respecta a las tarjetas de identificación de los estudiantes, la administración aclaró: "La expectativa es que los estudiantes usarán su tarjeta de identificación y la presentarán a cualquier miembro del personal sin problemas en cualquier momento". La Administración agregó que a cada estudiante que asiste a Poughkeepsie High

School se le imprimió una nueva identificación y recibirá la identificación con un cordón desmontable lo antes posible. Una vez que se distribuyan los cordones, no se permitirá la entrada a los estudiantes al edificio sin una tarjeta de identificación visible.

La estudiante de la secundaria de Poughkeepsie Anisha Weller, una estudiante de último año actual, siente que hay una diferencia entre usar una identificación en la escuela que en el trabajo. "Bueno, hay una diferencia entre un trabajo", dijo Weller. "Me pagan y uso una identificación porque tengo que usarla, y como se ve, este no es un aeropuerto o sistema de tren, no debería tener que revelar mi identificación sin ninguna razón. La gente podría tomarlo; incluso si están obteniendo unos cordones desmontable , alguien podría tomarlo y ahorcarte con el. Es inseguro, y no hay razón para ello. No entiendo el plan ".

Cuando se le preguntó qué haría si un maestro o guardia de seguridad se le acercara y le pidiera ver una identificación antes de la implementación de esta nueva regla, Weller respondió: "Lo sacaría de mi bolso y mostraría mi identificación".

¿Qué está pasando en el club multicultural de Poughkeepsie High School?

Servicio comunitario, recaudación de fondos, exploración y experiencias que cambian la vida.

De la página 2
Traducido por Neyman Tapia

El Club Multicultural es uno de los muchos programas para después de la escuela que Poughkeepsie High School tiene para ofrecer. Como nuestra escuela secundaria tiene estudiantes de diferentes orígenes, el Club Multicultural tiene como objetivo promover estas diferencias culturales y crear un ambiente seguro donde cualquier estudiante pueda venir y unirse con otros. El Club Multicultural no solo se esfuerza por unir a nuestros estudiantes más cerca, sino que también les brinda información y conexiones a los programas educativos que están disponibles en nuestra comunidad.

El 8 de noviembre, seis miembros del Club Multicultural asistieron a la 25ª Conferencia Anual de Educación Multicultural, celebrada en el colegio de SUNY New Paltz, donde pudieron aprender sobre las historias y las luchas de los

grupos minoritarios en el pasado y el presente. Esta conferencia brindó a los estudiantes la oportunidad de asistir a dos talleres a lo largo del día, donde pudieron debatir temas contundentes, como la victimización de las mujeres jóvenes, la integración del activismo en el aula, el empoderamiento de la intervención de los espectadores frente a la cultura de la violación y cómo convertirse en un aliado LGBTQ +. En estos talleres, los estudiantes pudieron discutir estos temas con miembros de la comunidad de todas las edades y orígenes y aprendieron cómo convertirse en líderes para aquellos que necesitan apoyo.

No solo nos gusta ser voluntarios y ayudar a la comunidad, sino que también nos gusta divertirnos juntos, como familia. El 14 de noviembre, el Club Multicultural realizó nuestro viaje anual de bolos en Spins Bowl en Poughkeepsie. Todos jugaron bolos independientemente de sus habilidades, y el evento no se

trataba de ganar o perder, sino de pasar un buen rato.

El 20 de noviembre, el Club Multicultural realizó una excursión para visitar la exhibición "Estimado Carlos: Correo de un complejo de detención" que se estaba llevando a cabo en el Colegio Vassar. En esta excursión, los estudiantes pudieron leer cartas escritas a mano de personas que se encuentran recluidas en un centro de detención de I.C.E en Pearsall, Texas. Esta exhibición, creada por Carlos Espina, consistía en un gran muro cubierto por cartas de inmigrantes que expresaban sus luchas y su vida cotidiana en este centro de detención. Los estudiantes no solo pudieron leer estas cartas sino que también pudieron escribir cartas a algunas de estas personas para expresar su apoyo.

¡El martes 26 de noviembre, el día antes de nuestro descanso de Acción de Gracias, el Club Multicultural también realizó su Venta anual de Pastel de Acción de Gra-

cias! Este año fue uno de los más exitosos hasta el momento, y el Club Multicultural quisiera agradecer a todos los que compraron pasteles y apoyaron a nuestro club de alguna manera. Para retribuir a nuestra comunidad, y para mantener la alegría festiva, el Club Multicultural también recolectó alimentos enlatados y no perecederos para donar a la Casa Grace Smith. El club pudo llenar cinco cajas llenas de alimentos que serán donados a los necesitados en esta temporada de fiesta.

En un par de meses después del año escolar, el club multicultural ha logrado muchas metas que se establecieron, como retribuir a nuestra comunidad. Esperamos continuar brindando a los estudiantes un lugar seguro para crecer, independientemente de sus orígenes, y seguir ayudando a la comunidad. El club multicultural les da la bienvenida a todos. Nos reunimos miercoles despues de la escuela en el salón 109.

Opinions

Opinion:
Students Should Have More
Options for Physical Education

by Hannah Raizman

At Poughkeepsie High School, students are blessed with wonderful physical education instructors. It would be beneficial to students if there were more options to choose from throughout the semester.

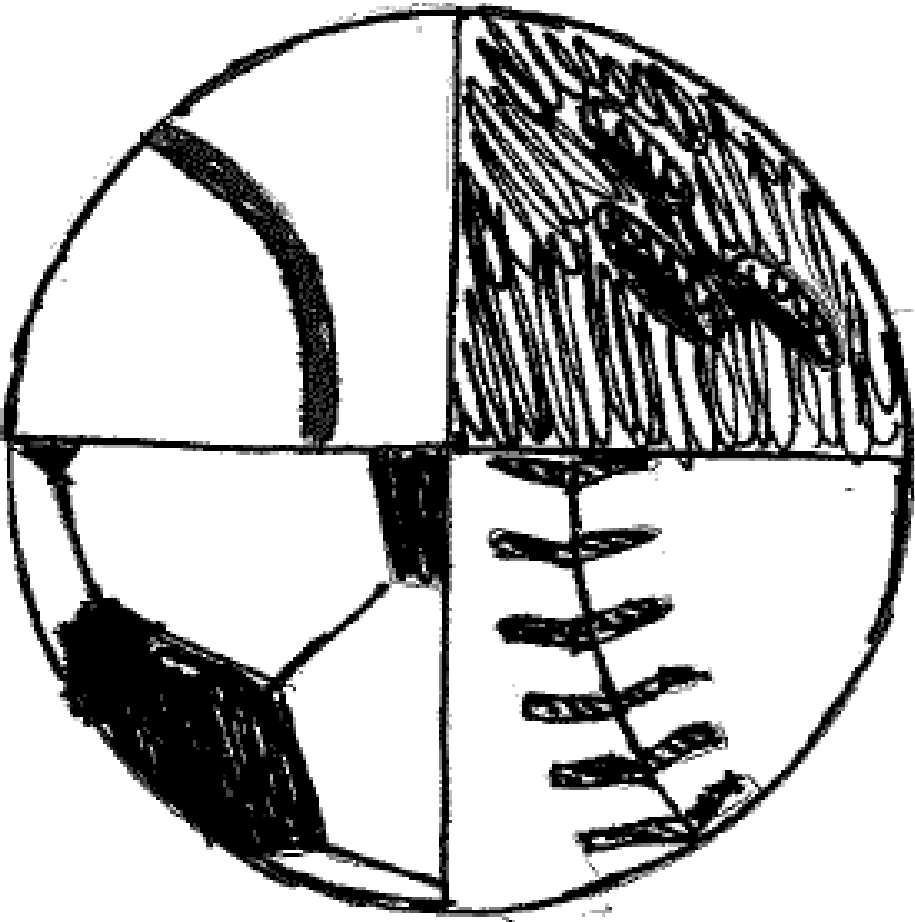
Gym teachers often struggle to get their students active and participating during class. Students may be more enthusiastic about PE if there were activity options that better suited their interests. Some students get anxious about the over-competitive nature of games such as basketball and volleyball, and would prefer activities such as dance and archery.

The New York Times published an article by Gretchen Reynolds that discusses the impact of PE on attitudes towards exercise

later in life. Scientists from Iowa State University found that those who detested gym class when they were in school often didn't exercise regularly as adults. Reynolds noted that students associate their memories of PE with those of embarrassment or shame. With alternative activities, some pressure to compete well and outperform peers would be alleviated.

Alternative, non-competitive activities could include archery, various forms of dance, and yoga. For those who simply don't enjoy the usually offered options, PE teachers could bring back bowling, ultimate frisbee, and floor hockey. If gym classes had different activities every week, then students are likely going to find something that encourages them to participate, and creates good memories of physical education.

Art by JonPaul Gomez



Do YOU have an opinion?
Well, SPEAK UP!

Write up your thoughts
about what matters,
and bring them to Ms. Ward in Rm. 226
for the next edition of *The Pioneer Post*.

Opinion:
Favoritism in the Halls
Follow the rules they said;
it would be easy they said



by McKayla Wood

Artwork by JonPaul Gomez

In my four years in high school, there have been many changes to the rules. One rule that has stuck out the most is the “no outside drinks” rule. This rule was created because of one student’s decision to bring bleach to school in a water bottle. Therefore their decision to create this rule was valid.

It would have been an acceptable rule, if only it was enforced equally. When the rule was first enforced, it applied to everyone. The only problem was that it wasn’t a “no outside drinks” rule. It was, you couldn’t have an open bottle and you couldn’t have an open cup from restaurants or deli shops, for example, Dunkin’ Donuts.

Obviously, there was some outrage, especially from those that could no longer get their morning coffee before school. The problem with this rule is that over time the security guards gradually stopped enforcing it, to the point where having an open bottle didn’t matter. The only thing that mattered was if you had an “open” cup.

There were many times where I was told that I had to stand

to finish my drink before going inside. They didn’t care that it was a full cup of hot chocolate or frozen coffee and I wanted to get to breakfast before it was over, I had to drink it right then and there or pour it out.

But what was so infuriating about having to do that, was walking into the cafeteria after finishing my drink, and seeing other students with their Dunkin’ or McDonalds cups full of their chosen drink. How was it fair that I had to stand at the door with my drink, while there were other students enjoying theirs in the cafeteria?

So of course when I mentioned this to a security guard they said either that I need to give them names or it wasn’t true. It was the same security guard that stopped me every time I had my coffee. Of course, it would be that same security guard, casually walking down the hall, while chatting with a student who had a Dunkin’ coffee in her hand. In the end, it isn’t a “no outside drinks” rule, it’s more of a “no outside drinks, except for select students” rule. If rules are made they should apply to everyone.

Entertainment

Netflix vs. Disney+:

Which will win the streaming battle?

by Hannah Raizman

There has been nonstop gossip surrounding the launch of Disney’s new streaming service, “Disney+.”

Disney+, unlike Disney’s free service, “DisneyNow” (which has content from their TV channel), costs \$6.99 a month, and will have titles from Disney, Pixar, Nat Geo Wild, and the Star Wars and Marvel franchises. Disney also struck up a deal with Verizon, allowing those with Verizon to access Disney+ for a year at no additional cost.

Many are concerned about the wellbeing of competitor, and original king of streaming, Netflix. Will Netflix be able to stand tall in light of not only a new competitor, but also the imminent loss of major titles such as The Office?

Netflix and Disney+ cost about the same, with Netflix ringing in at \$8.99, and Disney+ being two dollars shy.

Both streaming platforms have leverages over each other. Disney+ will have the streaming rights to nostalgic Disney Movies, and the TV shows many grew up with. Besides previous works by Disney,

there will also be new content features, such as Star Wars franchise addition The Mandalorian, which is the source for all the “baby Yoda” memes that have stormed social media platforms. Additionally, Disney owns FOX, so many of their shows, including The Simpsons and Nat Geo Wild documentaries will hit the service, raking in subscribers of all ages.

On the other hand, Netflix boasts its ever-growing list of originals, including hits such as Black Mirror, Big Mouth, and 13 Reasons Why. Also, according to the New York Times, Netflix is teaming up with Nickelodeon to produce spin-off shows to the popular children’s show Spongebob Squarepants; the deal focuses around Squidward and other new, original characters. Furthermore, Netflix also recently acquired Nickelodeon’s Victorious, which has been garnering views.

As of December 7th, 2019, Netflix’s stock has seen a 1.48% increase, while Disney has seen a 0.15% increase. Only time will tell if these numbers will change, as Disney+ is still in its early days.

Life After the Scandal:

Can we separate art from the artist?

by Hannah Raizman

A 2019 box office hit has sparked a long-standing controversy over the way consumers and the media should handle celebrity scandals. *Joker*, directed by Todd Phillips, and released on October 4th, 2019 in the United States, features the song “Rock and Roll Part 2” during the pivotal scene, in which Joaquin Phoenix (the Joker) saunters down a flight of stairs. The song, however, was performed by Paul Francis Gadd, known by his stage name Gary Glitter; Gadd, according to BBC news, “... was sentenced for attempted rape, four counts of indecent assault and one of having sex with a girl under 13.” He received 16 years in prison for crimes against three young girls between 1975 and 1980. Despite Glitter receiving no monetary gain from the movie, cinephiles were nonetheless concerned that someone with such heinous crimes on his record was used for the film.

In the wake of the #MeToo movement, and the allegations against stars such as Michael Jackson and Harvey Weinstein, the question must be asked: is it possible, and morally permissible, to separate art from the artist? Furthermore, is it alright to continue to enjoy work produced by celebrities accused of such crimes; where is the line drawn? What if those artists, such as Gary Glitter, don’t monetarily benefit from the use of their work? Should all of Michael Jackson’s hits be pulled from the shelves due to the accusations surrounding the Neverland Ranch- regardless of Jackson’s undeniable impact on American culture?

One Poughkeepsie High

School student, Naiya Whitaker, gave her opinion. She believes that it is possible to separate art from the artist “when the art in question doesn’t reflect the offensive views of the artists...”

Whitaker further explained that “The line is drawn when it is clearly influenced by their offensive views.” She made it clear that when something is based on harmful stereotypes, and falls apart without the offensive material, then the line has been crossed. According to her, the point of canceling an artist is about no longer showing them support monetarily, nor giving them notoriety to further their career, “You don’t need to go around parading that you’re a good person by canceling someone... You aren’t a good person for saying that Hitler is bad. Use the song, but don’t give [the artist] notoriety for it. No money, no notoriety... barely credit him.” Furthermore, Whitaker notes that if the artist is dead, it comes down to your own morals and how comfortable you are with their products, “If they’re dead it doesn’t matter anymore. They’re gone.”

Another PHS student, Tehneil Cawley, shared his thoughts with the Post. Personally, he doesn’t believe that it’s impossible to separate art from the artist, however, it depends on the circumstances. “After finding out certain things it is hard to separate because supporting them may be a difficult thing to do,” Cawley wrote, “In my opinion, I can, but it depends on case to case.” Additionally, he feels that whether or not the artist benefits matters, stating “... yes it does alter my decision because why should they be getting off without consequence?”

Winter Word Search

K F I J R K H K Y D M T E B G

G N R V T O U L A D M C W L F

L F Y E L R L J D V A F K I X

E J M I E I E K Q L F E U Z L

Z T D M H Z J T P H Z C V Z J

Q A A C S L I E N E N I B A O

Y E F L E D R N T I Q Y I R E

P Z F P O I Y K G P W T C D K

T U F Q F C U Q Z M W S E P A

V A K Z E X O C E A I O E A L

F U A C E D E H R U O R D E F

N A M W O N S N C Y N F P R W

P L P T L L C H Z T Y G E M O

D U L I C O D J S N O W B P N

V A C A T I O N J H I H W L S

Holiday

Vacation

Snow

Cold

Ice

Snowman

Snowflake

Freezing

Winter

Frosty

Chilly

Blizzard

Hot chocolate

Fireplace

Puzzle Solutions on p. 12

Winter Word Scramble

Can you figure out each mixed-up winter word?

1. NNAWOMS

2. NYACD ENCA

3. UAKKAHNH

4. RSCATSHIM

5. KNAAAZW

6. DMARI ARSG

7. ZBADIZLR

8. TOH LOEACHTCO

9. ESCDLAN

10. YAMLFI
-

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

Sports

Winter Sports Rosters

Make us proud,
Pioneers!

Varsity Track
(Female)
Head Coach: Kevin Rother

Name	Grade
Anson, Shyanne	11
Bain, Ciarra	11
Brown, Janae	9
Cammuk, Jada	9
Celaya-Luis, Rosa	10
Estrada, Katia	9
Foster, Tahraeah	12
Gordon, Renica	11
Herrera, Melanie	9
Lawrence, Shauna	9
Luis-Ruiz, Gianelli	10
Miller, Mia	11
Moodie, Saanie	9
Pear, Emonie	11
Savage, Makaila	12
Stone, Christina	9
Cammuk, Tiffany	11
Herman, Abbygail	9
Minott, Amber	11

Varsity Track
(Male)
Head Coach: Kevin Rother

Name	Grade
Cawley, Tehneil	12
Cherrington, Lamar	10
Douglas, Maurice	9
Guthrie, Kemarion	9
Johnson, Daniel	9
Johnson, Elijah	10
Lyons, Maury	10
Manrique, Tyler	12
Mauge, Jordan	12
Mbogo, Jeremy	12
Santiago-Ventura, Bryan	12
Santiago-Ventura, Roy	10
Rillie, Isaiah	12
Simms, Ziggy	12
Stedford, Dawayne	12
Torres, Freddy	12
Webb, Kahleel	11
Williams, Brandon	12

Wrestling
(Co-Ed)
Head Coach: Steve Price

Name	Grade
Ababio, Jaden	12
Anderson, Zion	10
Bremnor, Nathan	11
Hanley, Justice	11
Martino, Kevin	11
Opuiyo, Amara	12
Sanchez, Diego	11
Serrano, Taina	11
Stewart, Brennan	11
Thomas, Shayne	11
Thompson, Darius	12

Varsity Basketball
(Female)
Head Coach: Joe Laster

Name	Grade
Coates, Aniyah	12
Faircloth, Ja'Keliyah	12
Davis, Zykia	12
Morgan, Tyonna	11
Leid, Ashanti	11
Knox, Xion	11
Gore, Zyera	11
Berry, Tatiana	11
Lyons, Geona	11

Varsity Cheerleading
(Female)
Head Coach: Lynnece Edmond

Name	Grade
Burt, Rishanne	12
Campbell, Patrena	10
Ashley, Tashana	10
Guerra, Briana	9
Lewis, Talisha	9
Minott, Britany	10
Mitchell, Marissa	11
Salmon, Kerice	9
Shamsidden, Sacred	11
Bland, Autumn	8
Carpenter, Serenity	7
Harrell, Aya	7
Lopez, Natalia	7
Mullings, Christiana	7
Thomas, Janessa	7
Young, Destiny	7
Silvera, Madisen	7
Cortez, Cece	9
Fullenweider, Keke	12
Smith, Rae'Lynn	11

Varsity Swim
(Male)
Head Coach: Andrew Rao

Name	Grade
Gonzalez, Angel	12
Martinez, Gerardo	11
Misner, Michael	11
Ojeda, Jaudial	10
Fagan, Devon	10
Hernandez, Jimmy	10
McLain, Airin	10
Soriano, Felix	9
Castellanos, Christen	9
Espinoza, Marvin	9
Ojeda, Ryan	9
Pillsbury, Martin	9
Reid, Judah	9
Luis-Gabriel, Daniel	10

Varsity Basketball
(Male)
Head Coach: Moffett Codaryl

Name	Grade
Harrell, Ali	12
Garriga, Revelation	12
Cherry, Javel	11
Grant, Shelvon	11
Curtis, Zaccai	10
Buckley, JaDeion	12
Johnson, Shaun	12
Hamilton, Dejon	11
Bennett, Davion	11
Gause, Shaidell	11
Gause, Shaicem	11
Nesheiwat, Joseph	11
Forbes, Jordan	12

Junior Varsity Basketball
(Female)
Head Coach: Parish Tolbert

Name	Grade
Scott, Julecia	10
Mendez-Jimenez, Briana-Cristal	10
Arroyo-Amigon, Vianey	10
Na'aata, Abiba	10
Ibrahim, Amira	9
Velasquez, Sanaa	9
Cooper, Ava	9
Martin-Sellers, Layla	8
J'zelle Wison	9
Brathwaite, Nahgabriel	8
Gary, Jahi	8

Varsity Bowling
(Co-Ed)
Head Coaches:
Richard VanScoyk and
Diane Moore

Name	Grade
Bautista, Isaia	11
Davis, Tahjae	10
Hall, Shakeen	10
Noel, Tamar	11
Reyes, Carlos	11
Tirado, Issac	11
Williams, Malik	9
Britt, Tytiana	11
Cao, Bianca	10
Chambers, Natasha	12
Clifford, Grace	9
Gordonel, Zakiyah	11
Graham, Annakay	10
Long, Arielle	12
Morales, Nadia	11
Mullings, Kadyl	11
Ojeda, Ashley	10
Powers, Deanna	11
Powers, Julianna	10

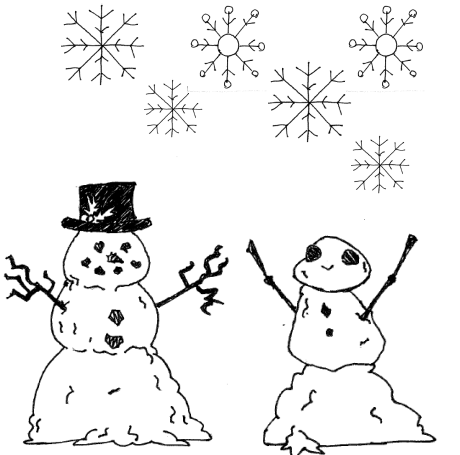
Junior Varsity Basketball
(Male)
Head Coach: Julius Cox

Name	Grade
Beal, Omarion	9
Higgs, Dalano	9
Fitz-Henley, Roje	10
Francis, Dahmoney	10
Hewitt, Andrew	10
Morgan, Jaysean	10
Morgan, Jahlyl	10
Parker, Nasir	10
Patterson, Jamil	10
Robinson, Daevon	10
Sharples, Jeremiah	10
Walters, Bernard	10

Freshman Basketball
(Male)
Head Coach: Jaquan Floyd

Name	Grade
Howard, Mark	9
Dickens, Raequon	9
Johnson, Jason	9
Ryan, Keyshawn	9
Jenkins, Hunter	9
White, Laqai	9
Thomas, Jah-zel	9
Padmore, Jeremiah	9
Mitchell, Benjamin	9
Nelson, Tanaireo	9
Mizell, Taron	9
Black, Darrian	9
Richardson, Jameel	9
Lock, Chris	9
Jackson, Ja-ki	8

**Going to the
game?
Become a
Sports Reporter!
See Ms. Ward in
Rm. 226
for details!**



Sports

A Family on the Track

All styles of runners work together to support their competitive goals

by Tyler Manrique

Although it may not seem like it at first glance, track and field is more than just running: it is a very competitive and diverse sport. There are a wide range of events which require every athlete to specialize. Sprinters generally focus on the 55m and the 300m sprints. Middle-distance runners focus on the 600m and 1000m races. And distance runners train for the one and two mile runs. But, this list doesn't include the various relay teams and throwing events such as shot put many team members also compete in. With such diverse events, track members need intensive training plans tailored to their needs in order to succeed.

At 3 pm practice starts, and everyone has to run four laps around the school and do callisthenics in the main lobby. But afterwards, each group usually does its own independent workout. For example, yesterday, the sprinters ran five 400 meter sprints, while the middle and long distance runners ran eight 600 meter runs. Although, everyone worked on their endurance, sprinters were more speed-focused than distance runners. Idealistically, all track members train all year to remain competitive in their races. Cross-country and Winter Track & Field are almost like virtual pre-seasons for the spring track season.

Since everyone is divided into different groups, it may seem like track doesn't have much teamwork. But actually, teamwork is the most important element to success in track. Every runner carries a men-

tal and physical burden during a race; the desire to stop or slow down haunts all runners. And unlike other sports, track members fight against themselves—the cruelest of all opponents—in order to succeed. As Glenn Cunningham puts it, “his [runners] adversary lies within him, in his ability, brain and heart to control and master himself and his emotions”. But, we—runners—are not really alone!

Possibly the most explicit and exciting example of this teamwork during a track meet are the relays. There are three relays in Winter Track & Field: the 4x200m relay, 4x400m relay, and the 4x800 meter relay. Unlike other events which are individually run, relays are competition between different schools. The four best sprinters, mid-distance, and distance runners from each school are selected to compete as a team in the relay. These four runners/sprinters have to run the same distance and pass their baton from runner to runner. Every baton switch is a battle and runners have to fight to maintain their spot in the race or move up a place. The last person—or anchor—is typically the fastest runner and has the explosive finish to end the race.

Track team members aren't just competition to best, and coaches aren't just advisors; at Poughkeepsie, they are family. And just like family, the Poughkeepsie High School Track team never gives up on its members. Even when we lose or make mistakes, we are still cheering each other on.

Making a Big Splash

Boys Swim Hits the Pool with Enthusiasm

by Hannah Raizman

One particular group of students at Poughkeepsie High School gets excited as the air gets chilly and frost creeps up the windows: the boy's swim season is upon them.

Boys' Varsity swim, one of the many winter sports offered at Poughkeepsie High School, attracted 14 members this year. Students of all grade levels enjoy participating, and highly recommend joining the team.

“If you have even the slightest want to be on the team, join,” said freshman Judah Reid.

Motives for joining the team varied amongst the swimmers; however, all who spoke with the Pioneer Post noted positive experiences.

Senior Angel Gonzalez stated, “I wanted to build endurance.” Gonzalez added that his biggest takeaway was learning how to swim and hold himself accountable.

In a similar vein, freshman Ryan Ojeda wanted to join the team so that he could become a faster swimmer. Not only did swimming make him a tougher person, but he disclosed that participating in swim helped him improve his time management skills.

Both Gonzalez and Ojeda agreed that swim was a major commitment.

With a wide smile on his face, Daniel Luis-Gabriel, a sophomore at PHS, revealed, “[I joined because of] my passion for swimming. I love swimming, and it is great for your health.” His smile only grew brighter when he mentioned that swimming not only increased his endurance, but allowed him to get his energy out so that he could focus in class.

The PHS swimmers also had

some words of wisdom to share.

Gonzales noted that when deciding whether or not he should join the team, he “just went for it” and encouraged others to “try something new.” He included that “Swimming as a sport is so much different than swimming in general.” His advice to incoming freshmen? He thinks that they should just show up and do what they have to do.

Luis-Gabriel took a reassuring approach, and said, “Don't be afraid if you think you can't swim, because I was in your position and it turned out okay!” He also mentioned that not only was swimming a fun sport, but it was a “good life skill.”

Additionally, freshman swimminers had freshman-to-freshman advice for incoming high schoolers looking to join the swim team.

Marvin Juarez-Espinoza mentioned that swim not only made him a more dedicated person, but is “a place where you can laugh.” Furthermore, he voiced that “I feel like I can be free here, and people are not as judgemental... They're your family, and you can be comfortable around them.”

Reid told the Post that swim has made him “more extraverted,” and that the “coaches and teammates are very supportive.”

Finally, freshman Ojeda's sentiment parallels with senior Gonzales': all students should try new things, and do things that they haven't done before!

The boys' swim season runs from early November to late February/early March.

As Ojeda jokingly noted, “We need more people for the team!”

Random Facts

Compiled by Cassidy Douglas
(These facts have not been checked for accuracy, so believe them or not!)

Did You Know...

...that sarcasm promotes creativity?

...that if you don't move for 15 minutes you will fall asleep?

...that if you eat a polar bear's liver you will die because of the exceedingly high amount of Vitamin A?

...that a can of Mountain Dew can dissolve a mouse?

...that there are lowercase numbers?

...that ketchup was sold as a medicine in the 1830s?

...that pineapples have a flesh-eating enzyme in them, so that's why your mouth stings when you eat it?

...that Bob Ross was a master sergeant in the military?

Puzzle Solutions (from p. 10)

1. SNOWMAN
2. CANDY CANE
3. HANUKKAH
4. CHRISTMAS
5. KWANZAA
6. MARDI GRAS
7. BLIZZARD
8. HOT CHOCOLATE
9. CANDLES
10. FAMILY

