



# Tiger Tales



## Palisades Park High School Welcomes Long Time Educator as New Principal

by Nicole Briones

Palisades Park High School congratulates and welcomes its new principal, Mr. Frank Donohue. Many have noticed Mr. Donohue's caring and determined personality characteristics, which allowed him to get the opportunity to become the new principal. He did not anticipate getting this position, when former principal Mr. Cipriano left to become superintendent in Wood-Ridge.

Mr. Donohue was the former vice-principal of Lindbergh Elementary School and described his position as principal at the high school as different from his previous position. He used to

be in charge of all the disciplinary conflicts, but now he has more of a leadership role, while still remaining in charge of bullying investigations.

Mr. Donohue oversees everything and is very passionate about the well being of his students. He enjoys being able to be back with former students and describes the faculty at our high school as very hard working and dedicated. One of his goals is to increase student participation.

Mr. Donohue is very involved in our sports teams as he was a former coach at PPHS. He coached Basketball and Cross Country for numerous years and also taught in the school, before

moving into administration.

Palisades Park High School Technology Teacher Frank Ring has worked alongside Mr. Donohue both as a coach and educator. Mr. Ring says Mr. Donohue's leadership skills enable students to grow in a healthy environment while, "pushing stu-

dents to excel and really feel it. He has a magic touch, and really knows how to motivate people and inspire them to achieve."

Mr. Donohue has a glowing reputation. His colleagues have nothing but impeccable things to say about him. One of his peers, Mr. Spooner, the district's Super-

visor of Mathematics and Science, who has known Mr. Donohue for nearly 30 years, describes him as "very nice, passionate, confident, and easy to get along with." He continued to explain how much he cares about kids and how open he is to hearing any opinions or concerns of parents both in and out of school.

Social Studies teacher, Mrs. Turro, who has worked with Mr. Donohue for 10 years at Lindbergh, says he is, "very easy to talk to as a supervisor and administrator, very reliable, and caring." Mr. Donohue also played a role in helping her start a middle school basketball team.

Having a familiar face come in to take charge also has a positive impact on school climate. In Mr. Donohue's first few months, his presence has already had a positive impact on PPHS, and many look forward to him serving as principal for years to come.



Mr. Donohue brings over 30 years of teaching and administrative experience to PPHS. Photo courtesy of Jenna Bober.

## Running for a Cause

by Arianna Lopez

On Sunday October 4th, Jefferson Township hosted their annual Wrobo Run. About 100 people unite every year for this special event for two reasons: to help a cause and honor the 2nd Lt. John T. Wroblewski. The 2nd Lt. John T. Wroblewski passed away from succumbing to injuries in Ramadi, Iraq while in battle. At the run John T. Wroblewski's parents were honored with sand from the exact site their son last battled.

This April marks eleven years since his death. As our long-time Athletic Director, Mr. Wroblewski says "a soldier never dies until he's forgotten." That is exactly why for the past eleven years and many more to come, friends and neighbors join together to honor the 2nd Lt. John T. Wroblewski at the annual Wrobo Run.

The Junior Woman's Club of Jefferson Township chose CARES as the place they would give the proceeds of the run to. CARES, a center for addiction

recovery education and success, is an organization that facilitates those in their recovery process. The center is located in Rockaway, NJ and is a "peer to peer volunteer based sanctuary."

This year's theme for the run was super heroes. Besides a costume contest, awards for overall top three men, and women were given out and winners for each age group. On the boy's side Junior Dante Gonzalez won the overall male award and on the girl's side Senior Arianna Lopez won her age group.

"I know how much it means to Wrobo when we go and I love to see the smile on his face when he sees how many people admire his son and are thankful for people like his son who gave their all for our protection and safety," said Junior cross country runner Nicole Briones.

After the run/ walk the Palisades Park cross country team enjoyed a nice lunch hosted by the Wroblewski's and played the traditional football game to end the day.



Junior Dante Gonzalez and friends pose for a picture following the Wrobo Run. Photo Courtesy of Arianna Lopez.

## Benches Remember Staff and Students



Photo courtesy of Jenna Bober.

On Sept. 25th 2015, the benches in front of the school were dedicated to some of Palisades Park's angels.

The four benches leading up to the main entrance memorialize four community members who left an idellible mark on the hearts and minds of their teachers, friends, and co-workers

One bench remembers long time educator Denise Reale. The other three benches honor young students who passed: Andri Rakotoselson, Harold Wrightington, and Christian Cereijo.

Longtime Palisades Park Math teacher, and current Supervisor of Mathematics and Science, Bill Spooner lamented, "I think it's an honor to think of former teachers and honoring members who once attended this school. They were important to us than are still important to us now."

## Students Show Tiger Pride

by Emily Kim

"Spirit Week" at Palisades Park High School turned out to be a success! Many students participated in this annual event during the week of October 19th.

During "School Spirit" week, students and faculty at PPHS celebrated their school pride by dressing according to a different theme each day, participating in activities related to school colors, raising awareness, and most importantly having fun, all while showing their school spirit.

On Monday, students took part in "Mismatch Day." The goal of this day was to dress as crazily and uniquely as possible. On Tuesday, "Pink Day," students were asked to wear pink to support breast cancer research.

On Wednesday, students were able to choose a classmate

to dress alike with for "Buddy Day."

On Thursday, each student wore an article of clothing with the name of a college or university that they either hope to attend or will be attending. Even a few teachers participated in this theme by wearing clothing from their alma mater.

Lastly, Friday was "Tiger Pride" day. Students and faculty wore school colors - blue and white - to show support for senior athletes who may have an important game in the future, in our case, the "White-Out Homecoming" football game.

In addition to celebrating "Tiger Pride," on Friday, the Pep Rally took place. As a result of the enthusiastic students and their supportive attitude, this year's Pep Rally was very competitive and exciting.

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This year's annual Breast Cancer walk was held on Sunday October 18th at Overpeck Park in Ridgefield Park. Besides the many students from the high school that participated in the walk, PPHS secretary Melissa Morin put together a team that walked for a lost loved one. Mrs. Morin sees the event is a humbling experience for students. She says it's "important to realize how many people are affected (by breast cancer). The first time I walked, I was shocked by how many people were affected by this disease." Photo courtesy of Jenna Bober.

## Homecoming King and Queen Crowned

by Clara Kim

Spirit Week was full of fun and competition, whose end was marked by the annual Homecoming game. The Palisades Park Tiger's team scored 42 points, beating Lodi who scored only 35 points. This game was filled with lots of school spirit, as much of the student body attended to participate in the white-out.

However, the white-out didn't go as planned; rather than wearing white, most of the students' main concern was staying warm.

Before the game, the school held its annual pep rally. At the end of the pep rally, the Homecoming King and Queen were revealed. Jordan Velez and Alex Robaina were crowned king

and queen. King Velez commented, "It meant alot to me being named king. It shows that students believe I have school spirit. It's also nice having Alex as queen because her and I are close friends."

The limitless mass of entertainment, school spirit, and excitement, led to the football team to win this game.

# It is Never Too Early to Prepare for the SAT's

by Dae Hee Lee

For many students, the SAT is a topic they don't even want to think about. It is already hard enough trying to scrape by in school, earning good grades, juggling extra-curricular activities and managing a social life, let alone making time for a gigantic test. However, life is not that sim-

## In my Opinion

ple. As a high school student, one is expected to take standardized tests, such as the SAT, in order to evaluate one's academic skills and potential. It might be easier and more comfortable to ignore the test for a while, but in the end, a lack of planning ahead, and an unwillingness to meet obstacles face-to-face will bite a student in the butt.

The SAT is a test given in October, November, December, January, March, May, and June of every school year. It tests the math, reading, and writ-

ing skills of a student on a scale of 200-800 for each subject, for a maximum total score of 2400. The SAT is used as a measuring tool by most universities, to gauge the potential of how a student may perform in college.

Most colleges actually use the SAT as part of their student admittance policy. In fact, in

many instances, the more competitive the school, the higher the score needs to be for the student to be admitted.

So, any student who wants to go to college needs to be prepared for this exam. The problem is when and how to start preparing. Some people are not certain when the most appropri-

ate time is to start studying. They end up procrastinating. However, studies show students who start preparing as sophomores and juniors score higher on the SAT's compared to those who rush to take the test in his or her senior year. The SAT, like all tests, requires preparation. The more one prepares the better one may do.

One issue that may arise is the cost of test preparation courses. These courses now commonly cost well into the thousands of dollars. Luckily, there is a ton of free preparation materials. This includes resources provided by Kaplan, Princeton Review, and other prep books in the school and public library, as well

as the SAT preparation class offered by the Palisades Park High School at a more affordable cost. In Palisades Park, there are many opportunities for anyone: students just have to reach out and take them.

The SAT can be a defining test in a high school career; one that students must take if they want to go to college. It can seem daunting and scary, but at the end of the day, it is inevitable that most students will have to go to school on a Saturday, sit down in a classroom, and take this test. If students take the time to prepare themselves they may be surprised how well they can do.



Photo Courtesy of Excellenceforcollege.com

## It is Time To Expand the Academies

by Alexandra Miskulin

Five years after its establishment the Palisades Park Math and Science Academy is alive and well. Yet, I sometimes wonder if it is time for the academy to broaden its horizons. There are sections of our students that are being ignored by the current academic class structure. What do I mean by this?

## In my Opinion

Well, this school has done a good job with accounting for students passionate about math and science. Via the Math and Science Academy, students wishing to major in these fields receive rigorous training while in high school. This intensive program features advanced math and science courses followed by a senior year internship. But what about the students who can't stand numbers or just hate math or science in general? Are there any advanced academy programs geared toward students looking into an English, History, or Fine and Performing arts field? The answer is no.

Our school could do a

better job promoting the humanities in the high school. Though some may argue that more lucrative career options are available in the math and science fields, the importance of other areas of study cannot be ignored. Law, business, real estate, and sales are just a few of the myriad of career options students can choose from. Something must be done to promote these subjects in our school.

There are two solutions to tweak our current academy structure. One is to broaden the academic offerings within the existing Math and Science Academy. This can be done by incorporating history and english subjects into the curriculum, making the classes less specialized, and giving academy students more flexibility in choosing what classes they want to take.

Another solution is to keep the Math and Science Academy the way it is and create a separate Humanities-driven academy. We can do this by following the model set forth by Cresskill High school. They offer three different academy tracks; a Performing and Visual Arts Academy, a

Science, Math and Technology Academy and a Global Perspectives Academy with law, business, world languages, english and social studies as focuses.

Investing in a separate academy will cost money, take time, and require a drastic revision of our current schedule. Yet, I believe our High school is obligated to bend over backwards to enhance the educational experience for all students in this school. Why do math and science take special preference in this school over all other subjects? Why aren't all subjects given equal treatment in this school?

These are questions I urge all students to ask themselves. As Palisades Park High School continues to strive forward, it is evident there is more we can do to improve the student learning experience.

## Trash Everywhere

by Michael Brestin

It's 6:00 in the morning. I get out of bed and walk towards the window, anxious to see a thick blanket of colorful autumn leaves that stretch across the block. Instead, I see an uninviting layer of dirty diapers, soda cans, and discarded food. Most of us in this

## In my Opinion

neighborhood have learned to accept this as a way of life. However, it does not have to be this way.

It is time that we no longer look away and ignore this disgusting situation. We must work together to restore our community and prevent it from becoming a permanent dumping ground.

I understand that there are people who are not willing to clean up someone else's garbage. However, if every person took charge of his or her own garbage and used a receptacle to get rid of their candy wrappers and other junk, as opposed to just lazily throwing trash onto someone's lawn or driveway, our town would be cleaner and much more beautiful.

The same situation applies at school. Just think about

## Personal Growth Through Sport

by Kevin Taylor

Beep! Beep! My alarm clock sounds. I grudgingly get out the bed to stop the irritating noise that has corrupted my dreams. It's 5 a.m., and I am on my way to chase a dream that others would consider delusional. Without a doubt, even I question my own beliefs from time to time. This lifestyle is quite stressful, but as time passes by, results have become much more noticeable as I develop as an athlete. So, as I dribble my basketball on the concrete courts of Palisades Park, I ask myself this, "Why am I up?"

For a brief moment, I could not answer my own question. The countless hours have drifted away from me to a meaningless abyss that lies hidden in my deepest fears. As a couple days pass by, I did not find the answer through myself, but through the lives of others. There is much more than meets the eye when it comes to sports. The opportunity to dream the impossible creates an everlasting feeling of hope we instill in ourselves and openly share with others.

The world of sports is viewed from numerous individual perspectives. Some are passionate about their craft, while others view it as a hobby. Two conflicting beliefs, neither is wrong. Almost all sub consciously connect those tools of sports as a relation to our own life. Through my personal experience and knowledge, athletics has given me a chance to feel different and to escape the traps that society creates.

When discussing the concept of hard work, I believe what you put in is often what you get out, when it comes to sports, as well as life. Sports can be nothing but an activity.. For me, it is a journey of life lessons, emotional challenges, and an evaluation of myself through pain and glory. Without a doubt, sports are just as unstable as life can be. Dealing with pressure has become a common feeling that I have learned to handle with through patience and experience.

Through my career, there have been many more losses than wins, but none are regretted. Soaking in every experience and learning through failure has been a blessing. Realizing your mistakes could possibly be a stepping stone to something much greater. Growth replaces regret. So as the last play awaits us, finding peace and harmony within ourselves seems to be the goal. We're trying to score more than just a basket.



Food, cans, and other trash left behind after lunch in the Pal Park student cafeteria. Photo Courtesy of Jenna Bober

how the cafeteria looks after lunch. Students leave their half-eaten lunches strewn all over the tables for the custodians to clean up. One student may think that it is okay to leave leftovers, but what they don't realize is that hundreds of other students are doing the same thing. Imagine the mess that the custodians are faced

with every day!

It is important that we take this situation seriously. We can start by becoming aware of what we are doing with our leftovers, candy wrappers, or soda cans. We need to be responsible to throw away our own garbage and not accept a neighborhood of litter as a way of life.

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# Students and Staff Give Back to Less Fortunate During Holidays

## Purses with a Purpose

by Vera Khym

During the holidays, purses are a very popular gift for women. Women who are less fortunate and cannot be with their families can be given the opportunity to feel special by receiving a handbag filled with essentials.



The PPHS Girls Volleyball team participated in the Purses with Purpose Charity Drive this holiday season. This was the first annual event for which new or gently used purses filled with toiletries were collected to send to a womens' shelter for the holidays. With the help and support of students and faculty, they received over 150 donations of purses and toiletries were collected. They

will be sending all of the proceeds to "Shelter our Sisters." Senior Tatiana Reynoso stated, "Thank you to everyone who participated! It feels good when everything is all packed and ready to go!"

## Coats for Kids

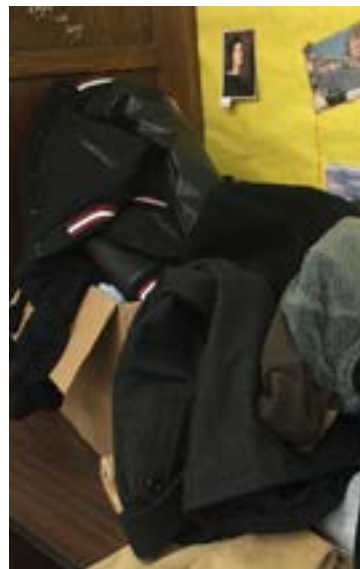
by Arianna Lopez

Other than purses and toiletries, coats are a necessity to beat the brutal winters. The Italian National Honor Society hosted their 7th annual "Coats for Kids" drive that started December 4th. Every morning the members from the Italian National Honor Society patiently wait in the lobby for donations from the students entering the school from

7:35 in the morning until 8:05. Other than just coats, the society has received generous donations from students like Elida Cabrera who brought in bags of toys for the many less fortunate kids. On top of that some mittens and even money has been collected for the cause. Every lunch period the Italian Honors Society members rotate in collecting money for the cause.

The intention was to collect as much money as possible and then go to a store to buy as many coats as they can with the money raised.

The drive is intended to help those in our school that may not have winter gear for the up-



coming cold weather. Any leftover coats will be donated to a local church to help the less fortunate this holiday season.

Ms. DeBlasio would like to thank Mr. Cho for all his help and generosity with the drive. Mr. Cho offered to assist with the "Coats for Kids" drive; collecting coats from his own church, Onnuri Community Church in Fort Lee. Together Ms. DeBlasio and Mr. Cho will donate the many coats, cold weather gear, and toys collected for the drive.

"In the beginning, the students were not very active

when it came to participating in the "Coats for Kids" drive. However, Mr. Bott was kind enough to send out a tweet to help raise awareness, which in return we have received many more coats and essentials," Ms. DeBlasio stated about this year's drive.

## Gloves and Scarves

by Nicole Briones

Every year, the Palisades Park High School student council members dedicate their time to help collect hats and scarves for the less fortunate during the cold winter months. The gloves and scarves are collected every morning in the lobby for three weeks straight by the student council during the month of December.

When the drive is over the items are donated to St. Michaels church where they distribute them to those in need of warm clothing.

Every year this drive is a huge success. It is important to recognize how fortunate we are because we often do not recognize that not everyone is as fortunate. It is incredible to see Palisades Park High School take steps to help those in need, especially during the holidays.



## #Yale2020

by Nicole Briones

The Palisades Park Junior Senior High School community proudly congratulates Seyong Park for his full scholarship to Yale University!

Seyong is the first student at PPHS accepted to this prestigious school. With a 4.2 GPA, and 2240 SAT, it's no wonder he was accepted. However, other factors helped Seyong stand out well.

He participates in two varsity sports, is Vice President of his class, captain of the varsity basketball team, and is president of the National Honor Society. Seyong also made missionary trips to Honduras and Wisconsin.

Seyong received a full scholarship by applying to Questbridge, a program for students all over the country who meet certain financial and statistical requirements. Seyong was one of a select few chosen.

Upon receiving his acceptance letter, he immediately called his Dad and Grandma who were both euphoric.



"I am grateful for everyone who helped me. My classmates were the most influential. They pushed me to always do better. Being a student in a small school like Pal Park I was able to unlock my full potential." - Seyong Park. Photo courtesy of Arianna Lopez.

# Ninth Grader Designs Award Winning Holiday Patch

by Clara Kim

Yubin Im is a ninth grader who is known for having exceptional art skills. She was able to reveal her talent last year, during Mrs. Lenge's Challenger class.

Students were assigned to draw a unique mission patch design based on Halley's comet, and their works would be submitted to the Buehler Challenger and Science Center. Their staff would choose one mission patch design out of hundreds for their annual Holiday card.

Yubin Im's outstanding artwork was able to grab their at-

tention, thus, her design was determined to be the cover of their 2014-2015 Holiday card.

Mrs. Lenge was very excited and proud of Yubin for her accomplishment. Although she no longer teaches the Challenger class, Yubin was able to create an unforgettable memory for Mrs. Lenge and herself. Yubin felt honored to be chosen out of the 2,000 plus contest entries. In addition, she felt surprised because she did not even imagine winning the contest. Upon receiving word she won the contest. She is overwhelmed because her effort and talents payed off.



The patch made by Yubin for the Buehler Challenger and Science Center holiday card. Photo courtesy of Ms. Bickford.

# Holiday Funnies...



1. What do Santa's elves drink?
2. What do Santa's elves drive?
3. What do Santa's elves learn in school?
4. Which reindeer likes to clean?



Senior Alex Robaina hands a candy cane to an elated girl at Breakfast with Santa. Over a dozen high school students and staff members volunteered their time to make this event successful. Photo courtesy of Jenna Bober.

## 'Santa Claus is Coming to Town'

by Dae Hee Lee

This year's Breakfast with Santa, hosted on December 12, 2015 was a rousing success. Breakfast with Santa, an annual festival hosted in early December for children from third to fifth grades, has been a part of PPHS tradition for many years.

Yet, this year's Breakfast with Santa was the biggest to date, with over 200 children showing up for the festivities hosted by the Class of 2016. Volunteers from the senior class and their advisors all joined together to recreate the North Pole in the high school cafeteria, from the initial decorating to the arts and crafts section.

Breakfast with Santa had two parts, the initial breakfast part and the latter activities part. Seung Ju Lee and Mr. Morici parceled out the food, which included bagels and various pastries, while the rest of the volunteers prepared for the activities.

Jennifer You helped the

children with the arts and crafts section, where they made reindeers and Christmas trees from paper; Sarah Kim face-painted on the kids' faces the iconic red nose of Rudolph and the white beard of Santa. Irene Kim and Andy Park led the "Pin the tail on the Rudolph" game, a game that had a lot in common with Pin the Tail on the Donkey; Bailey Di-John handed out the goodie bags and the gifts, while Mr. Mascolo played the role of Santa, who listened to the kids' wishes and gift lists all morning long.

"It's a lot of work," senior Jennifer You commented. "The kids have a lot of energy, especially in a Santa-themed place. But it's also really fun, because there's this Christmas spirit and energy just bubbling from the kids."

Junior Irene Kim added, "Yeah, it was actually more fun than what I thought it would be. I was actually almost disappointed when we had to close up."

# Teacher Feature: Mrs. Turro

by Jenna Bober

This September Palisades Park High School welcomed a familiar face - Mrs. Turro. Mrs. Turro is one of the new additions to the teaching staff here at PPHS. She teaches Economics, Civics, US History 2, Hollywood Goes to War, and "The 60's." Mrs. Turro had many students she previously taught at Lindbergh as a seventh grade history teacher, so it was not difficult for her to adjust to the high school's student body. Mrs. Turro says the students and teachers at PPHS are very welcoming, "The high school is a wonderful environment to work in."

Not only is Mrs. Turro a teacher here at PPHS, but she is also the advisor of the class of 2019. She's excited for all their future fundraisers, and is very happy to get to watch the kids she once taught at Lindbergh move through high school. She believes they will have a prosperous four

years and can't wait for what's ahead.

A difficult adjustment for Mrs. Turro was the rotating class schedule we have at the high school. She stated "I still get confused and have to look back at my schedule that I keep in my binder often." Mrs. Turro enjoys the spirit of the students in the High School, and says that it's nice to see familiar faces, and there aren't too many new names to learn!

She was excited to experience spirit week at PPHS, and the competition between the grades to win. She always wanted to teach high school students so she's happy that she gets to do that, and especially with kids she's known since they were students in middle school. Mrs. Turro believes the high school is definitely full of wonderful students and wonderful teachers, and she wishes to be a great addition to the PPHS community.



Seniors at the Pep Rally. Photo courtesy of Jenna Bober

## PPHS Spirit Week a Huge Success

continued from page 1

Furthermore, "Spirit Week" was made into a competition between grades. The winner was determined by tallying up which class had the most participation during the week and was awarded with a double-lunch! Although all of the grades actively participated in

"Spirit Week," the Class of 2018 (sophomores) came through with the win.

The main purpose of "Spirit Week" is to let students focus on building school pride and uniting the school. Of course, the final prize provided incentive for many of the students to participate in "Spirit Week", which contributed toward the success of this event. This year's spirit week was like no other; everyone had fun and the participation levels had never been higher.

## Online Learning Comes to PPHS

by Juan Marin

Who would've thought a high school course could be taught online? Apparently Palisades Park! Palisades Park High School now offers an online French III course. This class is for juniors that have completed French I and French II. Currently, there are seven students enrolled in the course.

The class is run through a company called Edmentum. The Palisades Park Board Of Education decided to offer this course to ensure students could get three years of education in French.

"We decided to offer this course because it is a graduation requirement to take a foreign language course for two years, but it would look good on your college resume if you take one language for three years, and also because

## New Club Brings Spirit to Stands

by Alex Robaina

Over the past few years, the stands have sometimes been empty at Palisades Park sporting events. Spectator participation at games and sporting events dwindled. The school began looking for new ways to get kids together to enjoy the sporting events more. This motivated a group of seniors to start a new club. Spirit Club is the way to get students involved in school activities. The club is intended to bring a student section to all sporting events, generate ideas for spirit week, and get more people to support PPHS athletes at games.

This past October, there was a homecoming game and pep rally. It also happened to be the first meeting of the club, where members spread the word about spirit for the week. At the pep rally, each class impressed the club leaders by wearing all tiger gear and making signs and showing class pride. Even though all students participated in the week, the sophomores won for most spirited.

The homecoming football game was crowded despite cold temperatures. The students came to cheer on the Tigers as they defeated Lodi. The game was a success with students cheering and a win for the Palisades Park/Leonia team.

The club leaders are hoping to keep this club going after this year's seniors leave. Advisor Mrs. Deblasio said, "I would like to see them present at games, not just football but hopefully during basketball season."

it's an online option," stated Palisades Park High Schools Vice Principal, Mr. Bott.

"We have to do a lot of work... we have one free period every day and we have good communication with the teacher," claims junior, Amber Rodriguez, who is a participant in the online course.



Homecoming king and queen contestants. Pictured left to right; Alex Robaina, Giuseppe Eslava, Tatiana Reynoso, Joanna Kim, Justin Kil, and Jordan Velez. Photo courtesy of Jenna Bober

## September Student of the Month: Arianna Lopez

Senior excels in the classroom, on the track, and in the community

by Nicole Briones

"Life is not about finding yourself, life is about creating yourself." This quote is September Student of the Month Arianna Lopez's favorite quote - a quote that ultimately pushed her to achieve numerous goals both in and out of the classroom.

Arianna works hard to succeed in all of her endeavors, whether it is in the classroom, on the track, or on the basketball court. She has been named the top distance runner in NJIC Patriot League for both Cross-Country and Track. Her dedication and determination also helped her qualify for the State Championship meets in both Cross-Country and Spring Track.

This past summer, Arianna ran 336 miles, and even trained in Flagstaff, Arizona at 7,000 feet elevation with some of the top professional runners in

the world. This clearly paid off considering she won the Bergen County Group E Cross Country meet by a whopping 43 seconds! Before races Arianna recalls a quote by one of her inspirations, Steve Prefontaine, "The best pace is a suicide pace, and today seems










like a good day to die." She leaves her blood, sweat, and tears on every course she runs, allowing her

to gain title after title.


Not only is she athletically talented, but Arianna also has one of the highest GPAs in her grade, takes numerous AP classes, is an Eighth Grade GAP advisor, and is a part of the Math and Science Academy. She is also editor of the school newspaper, and is president of the Italian National Honors Society.

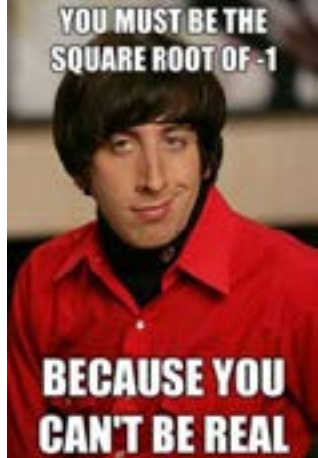
She has completed almost 100 hours of volunteer work at Englewood Hospital. Her peers describe her as a "loyal, caring, and dedicated person who knows how to brighten up their day no matter what." Arianna Lopez's vast amount of achievements have not gone unnoticed which is why Palisades Park High School proudly presented her with the September Student of the Month Award. Arianna is a great example of an all around student. Congratulations Arianna Lopez!

**T H E F U N N I E S**

1.  ALL	2.  HEADTEN
3. 	4.  
5. 	6. 

Why are circles so hot?  
Because they're 360 degrees.



  
YOU MUST BE THE SQUARE ROOT OF -1  
BECAUSE YOU CAN'T BE REAL

## Match the Teacher with the Fact!

1. This teacher has ancestors hailing from Jamaica.
2. This teacher is French, Canadian, Lithuanian, Eskimoan.
3. This teacher was a rebel, and was kicked out of pre k as a child.
4. This teacher led a parade down Main Street at Disney World.
5. This teacher wrote a screenplay that was used at Marist college.

### Answer Key

- A. Ms. Morgese B. Mrs. Lenge  
C. Mr. Biagiotti D. Mr. Spooner  
E. Mr. Hutchinson



# Tiger Sports Fall Wrap-Up



## Small in Numbers, Large in Heart

Staff Article

A small group of dedicated individuals can often make a large impact. Such was the case with this year's Boys' and Girls' Cross Country Teams. For many races, the two teams did not even have enough competitors to field a full five-man team. Still, the results were often impressive.

On the boys' side, freshman Samuel Golovin proved to be a strong runner, with a bright varsity future. He often finished near the top of many freshmen class races.

Returning varsity runners, Dante Gonzalez, Jin Kyu Kang, and Adalberto Jimenez found their names on the Patriot All-League squad at the end of the season. Gonzalez garnered first-team honors, while Kang and Jimenez made second-team.

On the girls' side, senior

Arianna Lopez dominated the competition. At the conclusion of the season, she found her name atop the first-team all league list for the fourth straight year and third-team all county. First year junior runner Alexandra Miskulin made honorable mention all-league.

Early November marked the start of state-level meets. At the State-Sectional meet, Lopez came in fourth place to move onto the State-Group Meet where she ultimately finished 29th in a field of nearly 150 competitors.

Junior Dante Gonzalez also found success in the end-of-season competition. Coming off a season in which he ran the fourth fastest time in the past ten years at the Darlington course, Dante Gonzalez advanced to the State Group Meet, taking ninth place in the sectional meet. The



The 2015 Boys' and Girls' Cross Country Teams pose for a quick photo before competing.

rising junior even amazed himself by making it that far, "Not a lot of people make it up to that level. I thought I had a shot but knew I'd have to push myself. It was one

of my goals before I graduate. Next year I want to make it to the Meet of Champions."

At the group race, Gonzalez crossed the finish line in

57th place among a field of 143 runners.

With several returning runners next year, Assistant Coach Mr. Ring says there is some promise, "Dante is coming back. That's a huge plus. Dante will be a monster next year. Sam is very talented. Junior Nicole Briones should be healthy next year, and Alexandra will have a full summer of training. And, of course we need to recruit."

## Strong Tennis Season

## V-Ballers Come Together

by Emily Kim

The Girls' Volleyball Team, both Junior Varsity and Varsity, had a great season this year thanks to their supportive coaches, Mrs. Rovetto and Ms. Allegretta. This year's Varsity volleyball team has had the best season in many years.

Their coaches were very proud of them and hope that they all continue to improve their skills. Each player on the Varsity team had their own strengths in certain aspects of the game, including spiking and serving. One of their highlights of the season was when they won their first game against Hawthorne Christian.

Captain Christina Velez led the Junior Varsity team.

Many of the girls from last season came back to continue following their volleyball ambitions, but there were a few players who decided to try this sport for the first time.

Sophomore Carolyn Lee wanted to have the experience of playing a team sport, so she decided to try volleyball. "I was

definitely really nervous about not being as good as the other girls, but my teammates ended up being very helpful and supportive and taught me a lot," she said.

During the beginning of the season, it was difficult to work together as a team with new faces on the court. Over time, their teamwork started to come together and they pushed each other to strive for success. By the end of the season, the Junior Varsity team went from being teammates, to friends, and eventually they became like a family to one another. Sophomore Marisa Sforza said "Our biggest strength was that we worked well as a team. As a result, we were able to make a huge improvement throughout the season."

Senior Tatiana Reynoso received honorable mention all-league. Her advice to the returning players next season

is "never lose the passion you have for the game and always put 110% effort into the sport, because in the end, when you taste victory, it'll all be worth the hard work."



The Volleyball Girls and Coach Rovetto



The JV Girls' Soccer Team. Photo courtesy of Grace Kim.

## Youth Carries Soccer

### Girls' Soccer

by Andrew Lee

Posting a record of nine wins and ten losses, the Palisades Park/Leonia girls' soccer team found themselves in the state tournament for the second straight season. Led by junior captain, Tiffany Lazam, the girls were excited for the season to start. They overcame a tough schedule to finish with a record of nine wins and ten losses.

Although the girls lost to a high powered squad from Sparta in the first round, Coach Krajcovic knows a strong foundation is set for next year. He believes, "Each year, a team sets certain goals for itself. Some we achieve and some we fall short." With such a young team in his hands, the girls' soccer team is expected to make a huge leap into next year. He believes that "The game is won or lost on the field as much as it is off the field."

Being on such a rough schedule, Captain Tiffany Lazam was very excited for the season to

begin. She believed that playing tough teams has been a challenge that she has been waiting for.

### Boys' Soccer

by Michael Brestin

Another season of intense soccer has come and gone in the blink of an eye. The young Palisades Park squad faced a season of rebuilding. It was one where they continually grew and improved over the course of the fall.

The team was comprised primarily of underclassmen. These young athletes were challenged with competing against other teams made up of mostly upperclassmen, juniors and seniors. However, this does not mean that the Tigers do not have the potential to do outstanding well in the years to come. They return a strong core of players next season.

Though the boys' soccer team is young, it will grow into a strong team in the years to come, with these talented athletic youths leading the Palisades Park Tigers.

## Gridiron Gang Plays Through Ups and Downs

Staff Article

With a new head coach, and the graduation of key players, there were many questions surrounding the Football team this season. Any doubt as to how competitive the team would be was put to rest following a 21-15 road victory at Manchester Regional in mid-September.

Although the team would ultimately finish with three wins against six losses, the boys held their heads high knowing they faced one of the region's

toughest schedules, and low participation numbers. Seven of the nine teams the Tigers faced finished with records at .500 or above. Still, as Junior wide receiver/cornerback Derek Oh explained, "We kept working hard. No one expected us to win or be competitive. We had a new coach and lost a lot of players."

An October homecoming date with Lodi proved to be one of the major highlights of the squad's 2015 campaign. In a contest marked by frigid tempera-



tures and rain, the boys put up 42 points against the conference rival Rams. The team's other vic-

tory was an October ninth, 40-6 pummeling of Elmwood Park.

While kickoff for the 2016 season remains nearly nine months away, Oh knows there is promise for the team to continue to improve and find success on the field, "We just need to have the same mentality. I think the chances are high that we can compete for a spot in states. With guys like Eric (lineman, Eric Rosario), and Kenny (wide receiver, Kenneth Ofori) returning, I know we'll have a shot."



Senior Merilin Manashirov

by Eunice Hur

Palisades Park Junior/Senior High School's Girls' Tennis Team was on a roll this year with the help of Coach Aufiero and Coach Westcott. The season started during the summer and came to an end during the last week of October.

The varsity girls won their first match in years this season. When asked to describe this season, Senior Agvane Khederlarian explained, "This season was by far the best season for me, the varsity girls and I became a family... We won our first match in two years and won multiple ones after that." With just this sentence, it is obvious that the girls put everything they had into making this season into one of the best.

"This season is bitter-sweet for me because it's my last season as a high school athlete and being with my tennis family." Khederlarian explained.

In total, the girls won five matches. Their first victory came September 14th with a five to nothing sweep of Lodi Immaculate, whom they would beat again later in the season. Girl's tennis season has come to an end for the year 2015. Their final record was 5-12.



# Winter Sports Preview



## Boys' Tigers Return Experience, Leadership, and Scoring



Coach Wiseman and the Boys' Basketball Team have high hopes this season. Pictured left to right, seniors, Kevin Taylor, Carl DesRosiers, Michael Wearing, Christian Digsby, Seyong Park, and Jin Kyu Kang. Digsby says, "Playing together for so long gives us an edge. We know where we all are and what spots we are filling." Photo courtesy of Jenna Bober.

by Eunice Hur

Boys' Basketball is one of the most anticipated sports of the winter season. Practices started for all of the basketball players and the boys on the team are training hard for upcoming games. Junior Varsity coach, Mr. Hom and Varsity coach, Mr. Wiseman are working hard to help the players be in the best shape possible for this coming season. Last season, their record was 14-13. One of the biggest accomplishments for the boy's basketball team was winning a state game and advancing to the quarterfinals round.

"The team is very determined. Sometimes I may have to raise my voice a tad, but they usually inspire each other." Coach Wiseman mentions. This statement yields a sense of confidence and passion. The players on the team do not treat each other as

just teammates, but as brothers.

In order to excel as a team and make some noise in the post-season, senior guard Christian Digsby believes, "The team has to play smarter defense. We lacked that last season."

Returning All-League players, senior Kevin Taylor and junior big man William Taylor are sure to draw plenty of attention from opponents this year. Seniors Seyong Park, Christian Digsby, and Carl DesRosiers saw more than their fair share of time on the court last season, and are expected to play key roles again this year. This seasoned nucleus of talent will be complemented by juniors Jonathan Yi, Kenneth Ofori, and Derek Oh. Seniors Jin Kyu Kang and Ronald Taveras are also expected to contribute to the box score during the 2015-2016 campaign.

## Girls' Basketball Squad Enters Season with Youthful Look

by Kevin Taylor

Tis the season! The holidays are not the the only thing to be excited about! It's a new beginning for the PPHS girls basketball team as they look forward to making a statement.

Last year saw the Lady Tigers put up their most victories in recent memory, ultimately finishing with a record of 12 wins and fourteen losses, before bowing out in the state tournament.

According to junior guard Sophia Gomez, "Nobody wants to lose, so going through difficult times together wasn't easy. But we became a family during the journey."

While many teenagers lay on the hot beach this past summer, evening out their tan, the Girls basketball team spent countless hours perfecting their craft in the gym, never once forgetting about the hard work that has shaped them to who they are today.

"We weren't really a team yet. The summer allowed us to get to know each other. With the mix of girls we have this year, it's fun and different," says senior forward Katire Martinez.

With eight years of head coaching experience under

things along the way. This year, the team returns only one varsity starter. There are a lot of new faces on the team. Hutchinson says, "I've realized how important it is to be patient with the kids while they learn the right pace and mindset. At this point that's more

top five scorers from last year, players suddenly find themselves in new roles. Players previously in complementary roles will now be taking the lead.

"It's a lot of pressure. We need to make sure we are setting a good example for the younger players," says Martinez.

Returning seniors Katie Martinez, Arianna Lopez, and Susu Alomar are determined to motivate and inspire their younger teammates. Joining the senior trio at the varsity level are juniors Brianna Charles, Sophia Gomez, and Sophie Huh. Sophomore center Lani Watt is expected to eat-up some minutes in the middle. Additionally, ninth graders, Zaniyah Stewart and Nicolette Costanzo have found themselves in the varsity mix, and should factor into the scoring column once the season gets underway.

The girls start their season at home, December 21st against Elmwood Park.



his belt, Coach Will Hutchinson has not only enlightened his players, but has learned quite a few

important than understanding X's and O's."

Facing the loss of their

## Swim Team Ready for Big Season

by Merilin Manashirov

The swim team competed impressively last season. The girls went undefeated- 7-0- whereas the boys had a record of 4-7. "I'd like the girls to continue down their path of their undefeated record, and the boys to improve from last year's record," stated Coach Sterni.

Coach Retkwa knows that in order for the teams to build upon previous seasons, each swimmer must also focus on getting better. She said, "I'd like individual swimmers to improve their own times as well."

The coaches' wishes for their upcoming season should come true with returning seniors Vera Khym and Eunji Jung as well as returning varsity lettermen Caitlyn Ra, Carlos Guiterriez, and Aleksandra Miskulin, and newcomers Daniel Nemesvari and Nicole Briones.

Sam Golovin, a freshman free-styler brings ten years of club swimming experience to the team. Golovin says, "Swimming for your school is a different experience compared to club



The swim team competes earlier this month. Photo courtesy of Nicole Briones.

meets. It's an exhilarating experience, because you're competing as a team, rather than just as an individual. Coaches have hopes that Sam will make a great impact on the team this season and believe he could receive a record for the most 1st place finishes.

Vera Khym exclaimed, "Last year we were undefeated and were first team all league; all the girls have been working really hard, and I hope for a memorable last season."

## Bowlers Hit Their Stride

by Dae Hee Lee

This winter, PPHS continues its proud tradition of competitive bowling. Following last year's accomplishments, in which the team defeated Leonia for the first time in school history, and the team captain Ivan Peros was awarded second in the League, the bowling team has visions of success this year.

Coached by Mr. Youmshakian and led by team captain Seung Ju Lee, the varsity bowling team is composed of returning bowlers, senior Seung Ju Lee and Frederick Kim, as well as the rather unexpected treasure found in newcomer senior Justin Kim and sophomore Jae Hoon Yoon. The bowling team also welcomes newcomer Eric Kim and Irene Kim.

"I have really high hopes for this season in particular" Mr. Youmshakian added. "In fact, I would go as far as to say that we might be able to take first in the entire League for the first time in school history."

Seung Ju Lee shares the coach's beliefs. He added, "I see a lot of potential in this year's team. While last year's team was no slouch, I actually think we might do a lot better this year... At least if I don't choke (laughter)."

The team has already won four matches, including a sweep of last year's second place team, Queen of Peace. To date those four victories stand against only one loss.



While the fall sports season certainly was busy for the cheerleading squad, the girls also spent a great deal of time preparing for competition. They competed Sunday, December eleventh at Fairleigh Dickinson University. The team won numerous group and individual awards. The cheerleaders plan to keep bringing spirit to Pal Park basketball games this winter. Photo courtesy of Ms. DeBlasio.