



Tiger Tales



PPHS Exhibits Fine Art Talents



Students' art work is displayed at the art gallery in Riverside Square Mall on Thursday, February 23rd. Photos courtesy of PPHS teacher Audrey Dellosa and Lauren Perez.

by Michael Brestin

The PPHS art department held its First Annual Student Art Exhibition at the Riverside Gallery in Hackensack in late February.

While this exhibit featured mostly AP class artwork, pieces from all art classes at PPHS were featured as well. The work ranged from complex paintings, vividly detailed drawings, and creative ceramics to plaster pieces. The art department has held similar shows in the past during the Spring Cultural Arts Festival, but this was the first time it was at an art gallery, not at the high school, making this year's art exhibit truly extraordinary.

Since this was the first year that the art display was featured at an out-of-school venue, there was uncertainty as to how many people would be present to see

the art on display. Undoubtedly, the show was a success. There was an amazing turn out, with members of the entire community coming to see the remarkable works. At one point, there were an estimated 200 people in the gallery room. Board of Education members, teachers, parents, aunts, uncles, policemen, and firemen all came to see the talent of the Palisades Park High School, which was evident in the dozens of works that were on display. "It's impressive to see the caliber of artistic abilities that are present at PPHS. It was also nice to see such a large showing from students, parents, and faculty," commented Mrs. Youmshakian, who was in attendance that night.

This successful event has allowed talented students to engage in the professional field of art as

well. In fact, 3 AP Art seniors-- Hannah Kang, Davina An, and Caitlynn Ra - are currently interning at the gallery where the event was held. In fact, "Hannah Kang came up with the idea and asked [AP Art teacher Mrs. Sterni] if it would be a possibility," commented art teacher Ms. Dellosa.

Several outstanding pieces were featured, including senior Hannah Kang's work, entitled "Egg". As opposed to just portraying a single art movement, the piece included impressionism, monochromatic colors, futurism, 3-dimensional elements, realism, and a wide variety of colour schemes. Mrs. Sterni, who coordinated the event, plans to continue this memorable event every year or every other year. "Although this event was a huge success, we are not sure if it will

PARCC Testing: Year Three

by Jasleen Nanda

Standardized testing has always been despised, but with the substitution of PARCC for the NJASK and HSPA tests (New Jersey's old state tests), many students and teachers have mixed feelings.

The first year of PARCC took place in 2015, and many people were in the dark about what to study and what to expect with the new exam. Now, as people become more acquainted with the PARCC exam, feelings have changed, however some are still hostile to this computerized testing method. In this high-school, PARCC scheduling can often be a hassle. Even in the third year of PARCC, the "tiger schedule" was rather chaotic and at times unorganized. Sophomore Andrew Kim is against the PARCC exam because, "PARCC takes a long time to take because of all the technical problems. The NJASK is better."

Compared to first impressions and current standards, PARCC is now tolerated and in some cases liked by teachers who think it is a refreshing change to the once easy and underappreciated HSPA. With the PARCC tests taking place entirely on computers, students often find difficulty with the math portion where after writing all the work out on paper, need to type it up into the box provided. For English, problems ensue when students cannot type very quickly or simply prefer pen and paper. Sometimes, understanding the tasks tends to be a nuisance.

Today, the PARCC may be dreaded just as much as any other time consuming test. New Jersey students may no longer fear it, but they do find it somewhat difficult. However, it seems that the test itself is graded leniently, and even the number of students that opted out in the first few years has decreased greatly.

After three years of tweaks and changes by Pearson and the State of New Jersey, the PARCC test has slowly become familiar to NJ students. In the near future, passing the PARCC will be a requirement in order to graduate. Some students are a bit worried, but with Palisades Park High-School scoring higher than most local towns, most students should be fine. The PARCC exam was created to challenge students and actually make them work in a way that shows their understanding, rather than focusing on silly short stories, as the HSPA did. The PARCC test, even with its flaws, seems to be here for the long haul.

be annual or bi-annual as it is a huge undertaking," added Ms. Dellosa.

"It was a new and exciting opportunity to experience," commented Caitlynn Ra, who plans to study art at either SVA or William Paterson.

Awards Won at Competition

by Clara Kim

Model UN is an extracurricular organization that PPHS and thousands of other high schools offer to give high school students the opportunity to roleplay as delegates from different nations and have mock UN conferences.

The club had been dormant for several years, but was officially brought back by senior SeulBom Lee last year, and she has been making great contributions towards the club ever since.

At the latest Model UN conference at Saint Peter's University, SeulBom won best delegate in her committee. Sebastian Munoz and Alexandra Miskulin won best delegation in their committee, and Alexandra even received honorable mention for best delegate.

Members of the PPHS Model UN team hone research, public speaking, and debate skills at their club meetings. Topics discussed usually relate to current international issues.

"Some topics could be real and relevant issues, such as nuclear weapons, human rights violations, and terrorism, while others can be a little lighter. They gain insight into foreign countries," commented advisor Mr. Mascolo.

At the conference, the different schools representing different countries on the committees meet and try to negotiate favorable terms and come to a "resolution" for their topic."

Annual Fashion Show a Big Success at the Fiesta

Staff Article

On the evening of Thursday, March 16th, students, parents, and teachers ascended on the Fiesta in Wood-Ridge. The Palisades Park Parent-Teacher-Student Association hosted the second annual fashion show. The event featured students of all ages sporting apparel in line with the "Through the Years" theme. Sponsors included Group USA, Bou Bou, Sal Laurretta Men, and Femmebot.

One of the event's main organizers, Melissa Morin is a parent of two children in the school district, and a secretary at the high school. She explained that students wore both formal outfits and Palisades Park clothing from various decades. "I thought the show was fabulous. The kids did great and they also looked great!" Students in grades Kindergarten through 12th took to the runway to strut their stuff. The show also featured music from the various time periods that matched the clothing.

Senior Noura Alomar said her favorite part was being able to be up on the runway in front of everyone. She also noted, "It was a great event, because it brought out students of all ages, along



Junior Christian Rodriguez manages to squeeze himself into a "senior only" photo opportunity at the fashion show on Thursday, March 16th. Back row, Rodriguez, Christina Velez, Noura Alomar, Ashley Pardo, William Taylor, Derek Oh, Daniza Valdez, Kenneth Ofori-Benne. Front row, Sophie Huh and Brianna Charles. Organizer Melissa Morin remarked, "The event was a huge success and we are hopeful this will become an annual community event." Photo courtesy of Melissa Morin.

with their parents and many community members. It also helped raise a lot of money!"

Ninth grader, Christopher Rodriguez said he enjoyed dressing up as a rock star. He commented, "It was cool being there with all

my friends. I really enjoyed getting to show myself off to everyone. Overall, it was just a lot of fun."

Mrs. Morin said the PTSA plans on doing the event every year because it is a good fund-

raiser for the association, and it gets a lot of community members involved. Proceeds from the fashion show go towards Project Graduation and technology upgrades at all of the schools within the Palisades Park district.

Pal Park High Bathrooms in Desperate Need of Upgrade

by Lauren Cheng

As soon as I walk into the second floor girls' bathroom, a whiff of something unpleasant hits me.

"It stinks in here!" I pinch my nose and walk to the sink, only to find that there's no more soap. On top of that, I noticed a puddle of water inching towards my feet and I quickly jumped out of its way. The first stall's toilet was overflowing. Again.

The bathroom has been among the complaints that the high school receives. And yet, the issue never seems to be resolved. Maybe they replace the toilet paper and soap more frequently or install bathroom locks that don't even fit, but the bathrooms never go through a dramatic change.

"My experience with the school bathrooms throughout these past four years has been decidedly poor. Missing locks on doors, an absence of toilet paper, a shortage of soap... are just a few of the many shortcomings that I've personally witnessed. The school's commitment to its students is commendable, but it must be said that the school bathrooms do leave much to be desired," junior Joanna Jo stated.

If the school were to improve

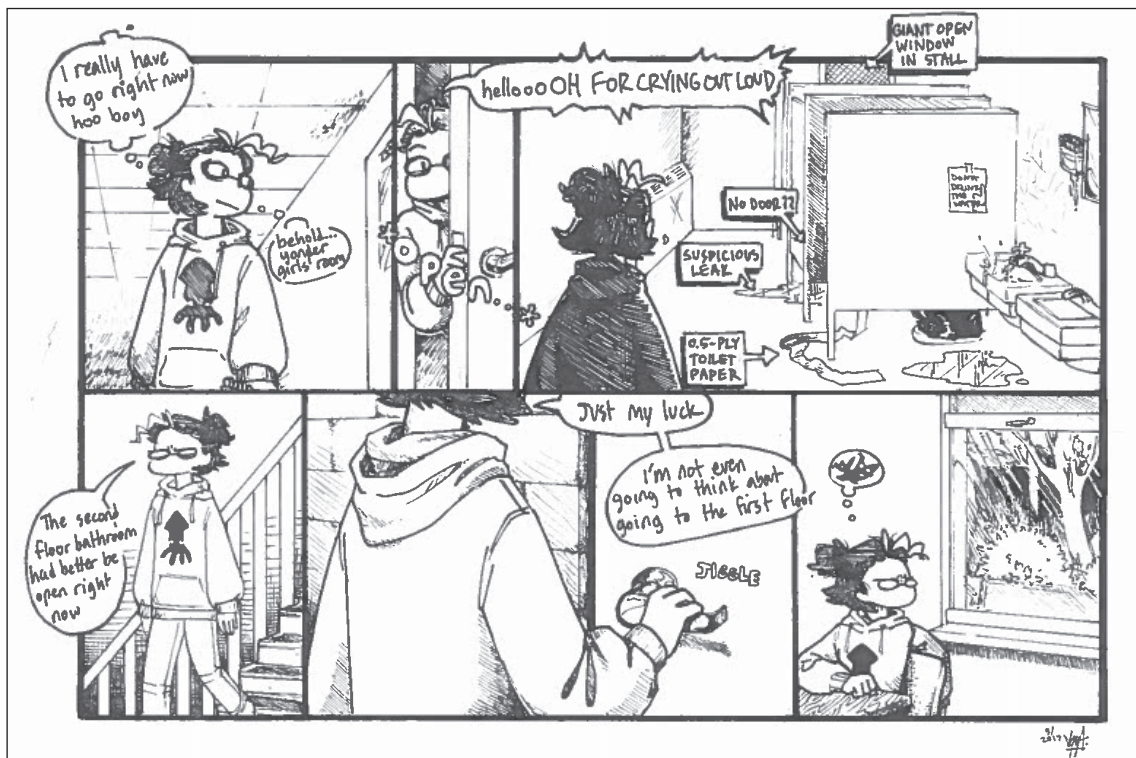
the bathrooms, what should they fix? There are plenty of things that the school can work on. Fixing the bathroom looks? Installing a new floor that's more appealing? Adding more stalls?

"Sometimes when I really have to go, I walk in and it looks like I'm not the only one. I check every single bathroom but they're either packed or locked," said Jinah Kang, a high school senior. When students have an emergency for whatever reason and need to use the bathroom as soon as possible, there's nothing much they can do about the three stalls that the bathroom has.

They can run to another floor's bathroom but those are usually locked due to an unknown policy. "People are always crowded in the bathrooms because there's a long line, especially in the girls' bathroom since they take a long time," junior Ling Chen stated.

Although the high school bathrooms could be worse, they are definitely far from pleasant. On an additional note, the bathrooms could be further improved by having toilet seat covers, which would greatly eliminate the germs inhabited on the toilet seats.

A bigger question would come



to the school's attention if it were to take action. Where would it get the money?

The school bathrooms don't need to transform into a fancy hotel bathroom, but instead of just focusing all of its money on a specific area of the school, the school could spend some of the money on working to improve its own bathrooms.

To Test or Not to Test: That is the Question

by Vivek Rajani

There you are, at home, studying for a history test you have tomorrow. You are focused on your notes and block everything else out. You try to remember as much information as you can. You lose track of time and realize that you have been studying for hours. The next day you walk into class, feeling confident that you are prepared. You sit down, the teacher hands out the tests and you start. Maybe you remember all the information or you completely forgot everything. Maybe you guess on everything or you answer everything correctly-- everyone has a different test taking experience. Everybody will have to take a test sometime in their life-- whether it's a board exam, for a job, for the military, or just a regular test in school.

Some of the upsides of taking tests are to help to see what students know and what they need work on. Teachers evaluate how much information students retain about the subject and what they need to reteach or explain better

now and in the future. Taking tests allows students to apply what they have learned, to other scenarios, which in turn helps them better understand the topic. Additionally, receiving good scores on tests, can maintain or helps boost the grade in that class.

On the other hand, test taking has some prominent disadvantages. Firstly, studying for these test takes time from doing other extracurricular activities and spending time with friends and family. Some students also don't work well under pressure which causes them to do poorly. Statistics show that 40 to 60 percent of students feel anxiety right before a test. Performing poorly on tests then leads to a significant drop in a student's final grade.

Also, many students feel pressured when they have multiple tests in one day. This year at PPHS, the midterm assessment structure changed. Instead of having a week of half-days, where students take two midterms per day and then go home and have more time to study, the midterms

were split into parts and given during class. On these days, students could have other tests, quizzes, projects, and homework from other teachers. Some students complained of having three or even four tests along with their midterm. It is not easy managing time to study for all these tests, keeping grades up in all classes, and doing well on the midterm at the same time. However, this idea introduced project-based midterms which unburdened some students of the need to cram.

People have many different views on taking tests. However, everyone is encouraged to state their opinion on any test taking matter. For example, Elijah Falk, an 11th-grader in Washington state, in 2015, organized a boycott of a state exam. This grueling exam would not determine whether they graduated or not and would not go on their permanent record. In response to that, Falk decided that there was no point in taking this test as it wouldn't affect their grades. As many as 42,000 11th grade students did not show up to take the exam.

In conclusion, taking tests could be a bad thing or a good thing. But if you feel that something is not right about a test, you should speak up.

Seventh Grader Chronicles Life at PPHS

by Kristen Kim

You've probably seen smaller-than-average students carrying loads of books up the stairs. You've probably also seen small kids sprinting in the halls to get to their lockers, lunch, or class. Those little kids are PPHS's seventh graders.

Many changes have occurred for the past sixth graders who graduated from Lindbergh School as seventh graders, and have started their academic careers in the high school a year early. As they get introduced to the new school building, the seventh grade has experienced many new things, perhaps both negative and positive.

The negative side is probably the huge age gap between the seventh grade and other older students, but there are positive sides as well. Students are able to receive many more opportunities, meaning clubs and other extra curricular activities. They could also be taught to be more responsible and focus on our studies rather than doze off just like last year.

The new seventh graders can be considered lucky and unlucky at the same time, but more than half of the school year has passed by. In only a matter of months, this year's seventh graders will be PPHS veterans, and no longer the youngest in the school, as the next group of seventh graders come up from Lindbergh and begins the process again.

Necessities of Sex Education

by Jennifer Katsov

The public school system has had many great accomplishments. However, alongside those many accomplishments are a multitude of failures. One of them being the lack of sex education to young students.

From a very young age, society tells us that sex is bad and to wait until marriage, but for many young people, these diatribes are of little use.

To quote the very iconic film, Mean Girls, "Don't have sex, because you will get pregnant and die! Don't have sex in the missionary position, don't have sex standing up, just don't do it, OK, promise? OK, now everybody take some rubbers."

Although that film is fiction and obviously a comedy, the truth of the statement still remains. The lack of sex education is supposedly meant to promote safe sex, or abstinence in total.

However, in reality, statistics show that in 2013, 47% of high school students were sexually active. That is fifty percent of the population, which is a large amount. If they are not taught safe sex in school, where will they learn it?

Society cannot control who chooses to be sexually active and who does not; it is a personal choice that a person will make eventually in their lifetime. Unsafe sexual intercourse is the cause of STD's, unwanted pregnancy, and diseases such as HIV. Disease and pregnancy can be prevented by using contraceptives and being informed—one undeniably valuable benefit of a comprehensive sex ed program.

It is easy to be misinformed about safe sex, if heard from an unreliable source. Teens turn to the internet or to friends to learn the ropes of safe sex. That can be helpful, but is not always trustworthy.

In other cases, many teens are also misinformed as to what consensual sexual intercourse is. That is a subject that is rarely touched upon in schools and in real life. They may not know that they can just say no, or leave the situation if they are uncomfortable. They may not know that they received a disease or are having early symptoms of pregnancy.

People argue that sexual education is not important for teenagers because they should not be engaging in sexual intercourse anyways. That is like saying rehab should not exist because people should not be taking drugs. This is the real world, and people will do what they please regardless of whether they should or should not.

In Palisades Park High School, there has been some criticism of the lack of a sex ed program. To avoid any discomfort, the school can fund an all girls sex ed class and an all boys sex ed class. That way, the teacher can educate the students properly in a safe environment, while avoiding discomfort.

The public education system needs to get its act together and begin teaching courses that really matter and affect students on a more or less daily basis. While they're at it, they can add a class on credit or taxes, but that is a whole other subject.

Tiger Tales Staff

Staff Members

- Sophie Huh
- Jennifer Katsov
- Beatriz Paniagua
- Ling Chen
- Lauren Cheng
- Esther Ko
- Emily Kim
- Clara Kim

- Michael Brestin
- Samuel Golovin
- Jasleen Nanda
- Isabel Alexis
- Vivek Rajani
- Kristen Kim

Advisors

- Mrs. Lauren Perez
- Mr. Lee Musler

More photos, videos, and articles online @ www.tigertalespphs.weebly.com, contact us at tigertalespphs@gmail.com. Follow us on Twitter! @TigertalesPPHS.

Mr. Pecorelli: The Man Behind the Beard

by Beatriz Paniagua

In the dimly lit room underneath a map of the United States and beside a row of presidential portraits, to which he himself added Barack Obama, and most recently, Donald Trump, sits Thomas Pecorelli. He has taught at PPHS for ten years. He has worked in the social studies department and mainly teaches U.S. History. He also teaches Un-

solved Mysteries of History-- an elective class which he created.

When asked what motivates him the most about teaching, he responded "it's a different experience every day. Different questions from kids different events that happen. It's never the same." The thing that most inspires him about his job is seeing "light bulbs go off"-- that wonderful moment when the students' eyes light up

and they finally understand what he is talking about.

When asked what his goals are for his job, he looked away and smiled, eyes crinkled at the corners, and responded that he just wanted to students to all pass and reach their full potential.

Before becoming an educator Mr. Pecorelli was a chef. He did fine dining and ran an executive dining division. The reason he be-

came an educator was because he wanted "a better quality of life," meaning better hours, and he felt as if he was doing something noble by teaching. He became a history teacher because "The only thing I was good at was history, and the only thing you could do with history is mainly teach."

"To describe Mr. Pecorelli I would use real. Mr. Pecorelli is Mr. Pecorelli." -Mr. Mascolo.

For his education in the culinary arts, Mr. Pecorelli went to Rutgers for undergraduate courses and then transferred to the Culinary Institute in New York.

For his major in education, he went to Montclair State University for undergrad, and later completed his master's degree at St. Peter's University. He says that switching careers was very difficult because cooking is much more hands-off, while teaching obviously is much more academic. His wife is a teacher, and that inspired him to pursue something he wanted to do with his life as well. "She kind of converted me," he said with a smile.



Mr. Pecorelli is in his 11th year teaching Social Studies at Palisades Park Junior/Senior High School. Photo courtesy of Daniel Nemesvari.

Service to the Community

by Vivek Rajani/Jasleen Nanda

Community Service may be a burden, but volunteering time for worthy causes is also a gift. These experiences are essential for both college applications and life, and beginning in 2018, community service hours are also essential for graduation.

The graduating Class of 2018 is the first grade that will be required to participate in community service activities for all four years of high school. All subsequent classes will also be required to complete a minimum of 60 hours before they graduate.

Students may do 15 hours each year or 60 in one year - they may essentially pace themselves. Vice Principal Mr. Bott says, "Community service hours are here to help you, not hurt you." He says this because students applying to colleges were often having trouble sending their community services forms, and for others, community service hours were non-existent.

One can gain community service hours in numerous places such as school clubs, local libraries, and animal shelters. Clubs in PPHS such as Environmental Club, Red Cross Club, and Student Council offer volunteer work in which students can earn hours. However, these benefits are not included in sports (excluding select fundraisers) and National Honor Societies.

Students can also gain them over summer vacation if completing this task is not possible during school. Students cannot earn hours from helping friends and family, or from school or court disciplinary actions.

If one is not sure about whether an organization's hours will be valid, contact a guidance counselor, Mrs. Retkwa, Ms. Rudolph, Mrs. Resnick or vice principal, Mr. Bott.

Pal Park High School Students Love Rutgers

by Ling Chen

During junior or senior year of high school, many students' major concern is what to do in the future. To many, a college education, while optional, is pretty much accepted as the next step after high school. In Palisades Park, the most popular school to apply to is Rutgers University.

In 2014, about 47 seniors applied for admission to Rutgers University. The average graduating class consists of about 100 people, so 47 seniors is about half the entire grade—an enormous portion to apply to one college. Last year, 30 seniors applied.

Ms. Rudolph, a guidance counselor, stated that many students apply there because Rutgers has a good reputation, and certain majors are competitive and well known. Not only are the pro-

grams of the school good, but, "The tuition is \$25,725 to live on campus, versus a private school which is ten to twenty thousand dollars more." Also, since everyone applies there, they bring each other to apply to Rutgers.

Chloe Kim, a senior that applied Rutgers as one of her top schools commented, "Rutgers is a huge state university, and the tuition is very cheap for my family to afford. Also it has a large community for me to explore and meet new groups of people to discuss interesting topics. I've heard that the professors have great teaching methods."

Fellow senior, Sean Lee plans to attend Rutgers this upcoming fall. Following his acceptance to the university, Sean remarked, "All my friends were applying there, so I figured I would apply

there too... it was the only school I applied to. Sean plans to major in math education.

The foundation of Rutgers University predates the American Revolution. The Rutgers website indicates that the school is the nation's eighth oldest institution of education. New Jersey was one of nine colonies which established a college education system. Rutgers could be considered to be as old as Yale University, Princeton University, Columbia University, and Brown University, and is held in high esteem.

In addition, the school received an invitation some time ago to the Ivy League—long established colleges and universities having high academic and social prestige. The Ivy League title was needed for a research powerhouse, which Rutgers is well known to be.

However, Rutgers turned down the invitation because it would turn the public state university to a private university, resulting in the loss of funding that the state offers. Also, many students apply to school due to comparatively low in-state tuition costs, and if the price range was around the same as Yale or Brown, then they would lose thousands of students.

Rutgers is best known for the Ernest Mario School of Pharmacy. They offer majors such as pharmacy, pharmaceutical science, and medicinal chemistry. For this particular school, the acceptance rate is 18% and it is a very competitive field. Applicants require high GPA, SAT and AP scores and some extracurricular activities. Many are involved in researching and analyzing medicines.

Humans of Palisades Park High School



Photo courtesy of Mrs. Perez

"I love helping out older people and just being with kids. I actually have done a lot of community service. I have 210 hours. In school, I like to take part in clubs such as the environmental club. The people in the environmental club are all sorts of people: dull, nice, crazy... it feels just like family. I try to welcome or greet new people to the school. I sit with them at lunch if they have no one to sit with. I also introduce myself and help them get comfortable by showing them around the school. I like to be friendly with everyone."

-Lesley Quiroa, 10th grade



Photo courtesy of Esther Ko

"My life is mostly black and white. There hasn't really been a "happy" moment in my life so far. All the stress and the realization of what the real world is really took a great toll on me and changed my perspective on everyone and everything around me. It dramatically changed who I am, but before all of this I was a naive child who knew nothing about reality and how life was unfair. I only cared about the good things and not the bad. There was no such thing as "what if this" or "what if that" during my childhood."

-Andy Lee 10th grade

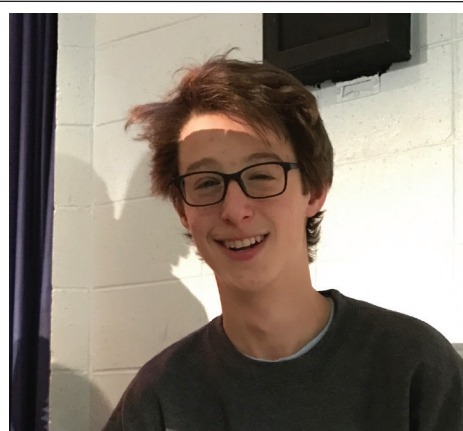


Photo courtesy of Mrs. Perez

"I am always willing to try anything at least once. I go by a very specific motto, "You can't say you do not like it, if you have not tried it yet." So I use that specific motto for everything in life. It has really helped me be exposed to so many different sports and different types of hobbies such as scuba diving, tennis, cross-country, competitive swimming, taking photographs of nature, finding new interests, and meeting new people and creating relationships with them. It is a great way to live and learn day by day."

-Michael Brestin, 10th grade



Photo courtesy of Sophie Huh

"When I found out my mom had stage four breast cancer, I couldn't feel anything. I was numb but I guess it was shock. The only thing that made it real was reading the diagnosis over and over again... I remember I took a picture of it and stared at it over and over again in school. It was my junior year of high school. It was like I kind of just went about my day but it was always in the back of my mind. I had days where I'd go with her to chemo, and then I would take care of her when we were home. There was no escape."

-Ashley Pardo, 12th grade



Tiger Sports: Spring Edition



Lady Tigers Improving on the Softball Diamond

Staff Article

Nearly two months of hard work finally paid off as the Palisades Park softball team emerged victorious in an April 26th contest against the Crusaders of Hawthorne Christian Academy. The Lady Tigers won by a margin of 23-13. Junior pitcher, Emily Kim explained, "We went into the game with a different attitude. We knew we could compete with Hawthorne Christian, and we achieved our goal. Winning the game puts in our head that if we play strong defense and score runs we can compete with more teams."

Returning second team all-league infielder, Melin DeLeon believes the team needs to focus

on continuing to get better everyday. "We need to work together. We do not communicate as much as we should, and we need to work on moving to the ball. Offensively, we have to get the ball in play more. That will lead to more runs, the senior remarked.

DeLeon also pointed to an injury she suffered earlier in the season as shaking up the infield. "I hurt my elbow, so now I play first base. Usually, I play third, but since I cannot throw, we had to shift everybody around," she explained.

As of early May, the girls have two victories. The season concludes Thursday evening, May 18th, with a Senior Night contest against North Arlington.



Sophomore Phil Lim (above) and doubles partner, junior Jae Hoon Yoon, volley with Becton during a league match. Lim, Yoon, and the rest of the boys' tennis squad head into their May 10th state tournament matchup with Glen Ridge as the number 14 seed. "Throughout the season, Captain Eric Cho has taken leadership of the team. The overall skill level of the boys' tennis team has improved tremendously, and despite devastating injuries, other players have stepped up nicely. The dominant Junior and Sophomore [members] have gained a lot of experience for next year," commented Head Coach Zegarra. "We are like a family. It builds confidence in all of us to help us win," stated sophomore third singles players Ethan Cao. Photo courtesy of Ethan Cao.



Pictured above, Infielder Cielo Rivera (#15), pitcher Emily Kim (#5), infielder Melin DeLeon (#13), and outfielder Gya Perez (#10) head over to hear Head Coach Bill Spooner's post-game speech following a 23-13 victory over Hawthorne Christian, April 26th. Photo courtesy of Mimi Kim.

Youth Guides Golf Team

by Clara Kim

When one thinks of golf, Tiger Woods or the movie Happy Gilmore may come to mind. At PPHS, however, it is a varsity co-ed spring sport that has been picking up steam year after year.

The golf team played a decent season last year, and Coach Wescott is looking forward to a better season with the team this season. A wet start to the season impeded the team's ability to work on their long-range shots, but the golf team has been practicing hard and improving their skills.

Unlike more popular spring sports like baseball, most students probably don't understand the

rules or regulations of competitive golf. During a match, 5 or 6 varsity golfers take to the "green" (the golf course) to represent Palisades Park High School, and players are paired up and travel with another pair from an opposing team. Or, if it is match with more than one opposing team, one player from each team is sent out in a group.

The best four scores are added up to equal a team score. In golf, the lower one's score is, the better. Hence, the team with the lowest sum will win the match.

As the team has no seniors, and only one junior-- Olivia Kim-- there is plenty of room for growth and improvement.

"For the next two years, I will have the same group of kids which will be great for the program," commented coach Mr. Westcott. "The team plays well, but they need to learn how to score well, and that will happen next year."

In early May, the team will take to the greens for a league and invitational tournament

Small Numbers on the Diamond

Staff Article

As the baseball season wraps up, the boys can look back and say, "We went through some ups and downs, but we finally came together as a team and won some games. We're more serious now than the start of the season," remarked junior catcher/pitcher Saro Barsamyan. Barsamyan said there was a lot of individual pressure, at times, on the players, as they usually only had about ten players per game. "There's no one behind you to play if you mess up, so you need to perform... but, we are all friendly with each other, we hang out, and have good chemistry."

Former assistant coach Chris Messina is in his first season as head coach. He has helped guide the team to victories over Queen of Peace and Manchester Regional thus far. He's assisted on the bench by former Palisades Park High School All-League pitcher Danny Glavan.

New Staff Brings Big Changes on the Track

by Jasleen Nanda

The 2017 track season has arrived and with a new year comes an entirely new coaching staff.

Coach Brandon Fronjian, who has been an assistant coach for years, has been named head coach and is excited for the opportunity. He states, "I am confident that I will continue to lead this team to further success."

The two other new coaches include Ms. Graf who will focus her efforts on the distance team, and Mr. Garcia, who will handle the jumps. Coach Panissidi has returned as a throwing and weight coach and a notable volunteer on the team is Coach Barcia. Senior captains include Dante Gonzales, Derek Oh, Christina Velez, William Taylor, Ashley Pardo, and Kenny Ofori. There are also two new sophomore captains: Laila Khatib and Rachel Yoo.

Coach Fronjian, a former member of the PPHS track team himself believes "when it comes to Track and Field, it takes a team of individuals who are mentally and physically tough and are willing to face adversity head-on."

One of those "tough" competitors happens to be senior Dante Gonzalez. Known for his running, Gonzalez emerged last year as one of the premiere high jump-

ers in the county, and even made it all the way to State Meet Group of Champions. He's cleared 6' 2" multiple times, and has his eyes set on at least tying the school record of 6' 4" this season.

Gonzalez also believes all the captains are hard on themselves, always pushing themselves and everybody of all skill levels on the team, to improve and do better. This attitude is passed down



Sophomore Rachel Yoo, warms up prior to the 400 meter intermediate hurdles at the North Jersey Interscholastic Conference Patriot League Championship meet. The meet was held at Emerson High School. The boys' took home fourth place overall, while the girls' finished in seventh. Photo courtesy of Jessica Graf.

As a captain, Gonzalez says that he and the other senior leaders like to joke around and keep things light, but, "When it's time to be serious, we're serious."

to the younger athletes. "As long as you do your best in each event, you don't have to be #1. You can place and still score points for the team. That's what it's all about."

Striking Towards Perfection

by Emily Kim

The Palisades Park Bowling team knocked down their opponents, one pin at a time. Both Junior Varsity and Varsity bowlers had the best season they have had in a very long time. As a team, they were able to show that dedication and hard work leads to success when each player carries their own weight.

This season's bowling team consisted of seven seniors: Kevin Son, Frederick Lee, and Andrew Lee, Eric Lee, Wonho Lee, Daniel Song, and Irene Kim. As a sophomore, Charles Ko had an extraordinary performance throughout the duration of the season. During a late season game, he bowled a tremendous 263 out of a possible "perfect score" of 300.

Under long time coach, mr. Youmshakian, both Junior Varsity and Varsity had desired records, placing high in their league. Varsity placed second out of nine teams, while Junior Varsity placed first out of nine teams. After the conclusion of their regular season games, Varsity advanced to the States tournament. After a hard-fought game, they placed fourth out of ten other teams in Bergen County.

Often times, some of the team members tended to overthink and "crack" under pressure during the second half of their games, but as a whole, their biggest strength was that they encouraged each other to play to their maximum potential at all times. Senior, Frederick Lee stated, "In the four years that I have been a part of the bowling team, this has been the strongest team that I've played with." Congratulations to the Palisades Park bowling team for their accomplishments which led to an overall successful season!