

## **A Tribute to Dr. Fried**

**By Lasya Hota**

As many of us are aware, Dr. Fried is unfortunately leaving the Harrington Park School District, which will be a hard transition as he had been our superintendent for about 17 years. As he will soon be leaving our district, we wish him all the best as he moves on to the Ramapo College of New Jersey as the Assistant Dean for the School of Education of Undergraduate and Graduate Studies. Let's hear what he has to say about his wonderful experience here at Harrington Park, and his thoughts on both the future of his career and our school:

I had the pleasure of sitting with Dr. Fried for an interview regarding his time at Harrington Park. Our discussion led to his initial inspiration to become a superintendent. This actually went back to when Dr. Fried was younger and had moved from South Florida to a small town in Bergen County, which was a tough transition. "It was really hard, I was 12 years old in a totally different state, I didn't know anyone there, and I was also struggling as a student." However, he was incredibly inspired by the superintendent who had worked there for many years, and Dr. Fried expresses how he always felt like it was a family with the wonderful community and relationships the superintendent created with the students. "While I knew he

might not know all of our names, he cared about us. I just love what he created." This touching aspect highly encouraged Dr. Fried throughout his career. It was his hope to replicate that family feeling as a district.

Before being a superintendent, Dr. Fried had interestingly worked as a Student Assistant in another district to observe how other administrators worked. This experience was something he was truly grateful to have had. "I think that's something I was blessed to see, because I got to work with so many smart leaders, and it was an insightful experience," and he recalls it being a very memorable and special experience, as it was a chance to see the inner-workings before actually stepping into the job.



Far beyond his own accomplishments for the school, from being here for so long, Dr. Fried is most proud of the culture that the Spartans have created over this time. "It's about creating something special together with the administrators, and I do think the Spartans have created something special in the last 17 years." The staff, administration, and even the students have all contributed to and created a wonderful culture in the past for future students to thrive

upon. Most of all, Dr. Fried is proud to be a part of this community, "...and I will always say that we are all a family."

Dr. Fried conveys how the ideal had been to develop a great culture of leadership amongst the Spartans, which is not only with the administrators but also the staff and students becoming the leaders too. He brings this point back to the Circle of Leadership, signifying how it is not a hall of fame for academics or great athletes, as the most important aspect is about being a great leader. "Everyone on that board is a great leader, and they were what we call a ripple," and Dr. Fried describes that ripple effect of leaders being the wonderful culture that defines our school. This culture of leadership is amongst the Spartans and is something that we have always followed based on the beliefs that are true to us, and Dr. Fried explains how it helps us further progress. "I think that these are our truths in HP, and we hold them very tight and don't let them go. This is what makes us successful and helps us thrive as a family."

As a very compassionate superintendent, Dr. Fried says that the most rewarding part of the job is being able to see the students grow from a young age and become leaders as they go off to high school, which he is very humbled and honored to see. "That's the whole part of this philosophy: we're all leaders," and at the end of the day all of the great ideas and accomplishments had come from everyone helping each other together, which is what Dr. Fried will remember the most as he leaves.

However, Dr. Fried faced many challenging situations throughout his career, as well. The most stressful issue, he recalls, had occurred about a decade ago when the districts had lost all of their money and funding for the state of New Jersey. This was an extremely distressing time because the schools didn't have the staff or the programs, and the issue had to be solved within 14 days. "Normally, most districts cut down on the staff because it was easier. But we did it a lot differently by bringing everybody together and holding numerous meetings, and people had all of these great ideas, so we didn't lose a teacher or program." This unforgettable experience not only brought the staff and administrators together, but it also made many people realize how the work and decisions aren't made by only one person; everyone contributes by working together.

In addition, Dr. Fried expresses how he feels the job had the greatest impact on both the school, as well as his own character and perspective. The job involves being a part of the family and not only the title, and he had grown a lot as a person over this time, which certainly stemmed from everyone working together. The amazing thing about the school, Dr. Fried recognizes, is "the fact that this is something that everyone shares in the community, where people want to contribute and help."

Dr. Fried explains how the hardest part about this transition is simply the thought that he was a part of this school for such a long time, and he is defined by it in many ways. "It also makes me grateful for the time we got to spend with each other." There's a line he always thinks about, 'through suffering comes enlightenment,' so even through the sadness and pain of leaving, there is a certainty and strong belief that something better will come out of it.

Looking towards the future, however, Dr. Fried is thrilled to have this incredible opportunity to continue his work in a college community! "I am so grateful for this amazing blessing to lead a college of education, to lead other teachers and college students." Despite the tough transition of leaving those he had watched grow up, he views this as a great chance to build communities and wonderful things with others, similar to how he did in our school.

Ultimately, the final piece of advice Dr. Fried would like to leave for the school and staff members is to lead the way! While leading the way is a motto in front of the district, it has moved many people to do great things, so the advice is to not be on the sidelines and face the challenge. "This is your guide, your North Star, and there's nothing else. If everyone does that, nothing can ever take this place down, and it will always continue to be the Spartans. Lead the way!"

Dr. Fried, on behalf of our school, the staff, and students, we thank you for your time and dedication to our community. We wish you the best of luck in your next chapter.



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**Dear Spartacus,**

This year had truly started great so far; even better than what I was expecting! With my classes, friends, and the workload, everything began smoothly. However, a couple of weeks into school, things started to turn around. The teachers have been progressively assigning us more projects to complete, and I find myself having trouble understanding a lot of the concepts. On top of that, I have been trying to join some extracurricular activities or school clubs, but I have no idea where to start or what to do, while my friends have already decided. I'm really worried about my grades and the activities! What should I do?

Kindest Regards,  
Anxious Ava

**Dear Anxious Ava,**

I completely understand how you feel, and I'm sure that you're not the only one! It's normal to feel pressured, but remember to not stress out! The first thing you must do is prioritize and not procrastinate. With the many tasks, you might find yourself focusing too much on one thing and overlooking the other until the last minute. You can avoid this by identifying which tasks are more significant while keeping in mind the deadlines. The next step is to keep organized by setting up schedules for yourself on when you want to complete everything. As for extracurriculars, try to choose ones that fit within your interests, but it's great to test the waters with new activities as well! Finally, don't be afraid to ask for help, because grasping the concepts is a crucial aspect. Your parents, teachers, and even friends are there to aid you, so take the extra study sessions! I hope this helps you!

Sincerely,  
Spartacus

# CONGRATULATIONS, MS. SABO!

## Mrs. Sabo's Legacy

By Ellie Kim

Mrs. Sabo is a beloved teacher by all. As a sixth grade social studies teacher at HP for 34 and a half years, she has decided that her time for retirement has come, and she will officially leave this December. Let's rewind and take a look at her favorite moments at HP.

As a truly selfless and dedicated teacher, Mrs. Sabo says that her favorite part about teaching is her students. "It's why I decided to stay teaching. It's a great profession to be in, and you don't realize until many years later until when students say, "I remember this, I remember that," she recalls. "[I love] when I get a handwritten note or letter from a student who tells me how much I've made a difference. It might not have been academic, just little things, like making them feel comfortable in class."

Throughout all of her years teaching, Mrs. Sabo has faced many challenges. Her biggest hurdle came in 2020, during the height of the COVID-19 pandemic with the sudden switch to completely virtual teaching. "Technology [is tough]," she laughs. "I was not raised with a computer, [and] we didn't have computers when I was growing up, so the new technology that you guys are so used to, I have to learn." When asked what she gained from this experience, Mrs. Sabo replies, "It's a source to tell kids that you think you can't do something and it makes you nervous, but you realize that you can. That happened to me with Zoom and all the technology. If I can do it, they can."

Through her teaching experience, Mrs. Sabo talks about characteristics she's gained. "Patience," she says, is very important. "Life's a big journey of transformation and new challenges, and you learn a lot of patience."

With all the wisdom she's accumulated over the years, Mrs. Sabo has three final thoughts to leave at HP. She first says, "What I'd like to say to everybody is look at different perspectives. Slow down and take concern about others." Empathize, and be aware that everyone has their own story. Secondly, she reflects, "Slow down and don't worry so much about what everybody else thinks." In other words, live your life how *you* want to. Lastly, Mrs. Sabo believes, "It's not always about the A, but it's about how you get there and the journey there. Did you feel good about it?" She regards the destination as secondary, or not the most important. Rather, the journey is, and the effort put into it.

For Mrs. Sabo, her journey in teaching is truly admirable, and the passion she has for her career is seen by the students who've been taught by her. Her students know her as not only a great teacher, but also as one with many wise stories, a great sense of humor, and a teacher that's easy to talk to. All of Mrs. Sabo's wisdom, funny moments, and stories will live on in her legacy long after her career.



# **NORTHERN VALLEY MAGAZINE**

## **FEATURE ARTICLES**

### **Meet Your Neighbors: Former Olympic Swimmers**

**By Colin Karpati**

On the surface, Joseph Lee and Mary Kim, along with their three children—Alex (Grade 10), Minjoon (Grade 7), and Luna (pre-K)—look like a typical Harrington Park family. But Mr. Lee and Ms. Kim are not typical at all. Both are former Olympians for Korea who moved to the U.S. to coach swimming and synchronized swimming. Mr. Lee founded the New Jersey Swimming Group (NJSJG), a group of certified coaches who are former Korean Olympic swimmers using the teaching methods of both Korean and U.S. swim teams ([newjerseyswimminggroup.com](http://newjerseyswimminggroup.com)).

Mr. Lee, Head Coach of NJSJG, was a member of the Korea Swimming National Team from 1994-1998. He competed in the 1996 Summer Olympics in Atlanta, GA, and the 1996 Asia Swimming Championship, where he placed 1<sup>st</sup> in the 1500m freestyle.

Ms. Kim, Head Coach of M Synchronized Swimming with NJSJG, was a member of the Korea Synchronized Swimming National Team from 2000-2001. She competed in the 2000 Olympic Games in Sydney, Australia. She also swam in the World Cup Synchronized Swimming Championship in 1999. In addition to coaching with NJSJG, Ms. Kim teaches swimming at home in HP. Several HP parents at the HP Swim Club described her lessons as “immediate game changers” for their kids. If interested, you can contact her at [mj1227j@gmail.com](mailto:mj1227j@gmail.com).

Mr. Lee and Ms. Kim met in July 2002 in Seoul, South Korea. They moved to the U.S. in 2012. They like living in Harrington Park, though of course they miss Korea sometimes. Both love coaching, and neither one misses competing because the training was so intense. “Our favorite career memories are when our students achieve great results in competitions,” said Ms. Kim. “My husband and I feel a major sense of accomplishment when our students improve.”

Their sons Alex and Joon are awesome swimmers but do not swim competitively. However, Ms. Kim hopes her daughter Luna will eventually compete. She offered the following advice for parents of kids interested in competitive swimming: “Take it easy at the start, and make sure your child enjoys swimming.” For the kids, she said, “Try to have fun while always trying your best!”

### **Spartan Summer Escape: Another Success**

**By Chaeran Alyssa Oh**

Were your kids on screens too much over the summer? If so, Spartan Summer Escape can help prevent a repeat of the situation next year. Located at Harrington Park School (HPS), Spartan Summer Escape offers an affordable solution with a load of activities to foster creativity. Unlike many summer camps, which wrap up at the end of July, this wonderful camp runs for the month of August from 9 AM through 12 PM. For most kids entering kindergarten through 8th grade, August tends to be an unscheduled and boring month, leaving them with a lot of free time on their hands. “Summer Escape takes this time and structures it with a fun learning experience,” explained Summer Escape Director Colette Wise, who promised a return of the camp next year. “The goal of this camp is to offer a unique experience for children and have them succeed and learn in individual areas of their interests,” she said.

Summer Escape offered a variety of enrichment classes ranging from academic to play-based, such as Little Chefs, Poetry Writing, Math Magicians, Escape Room, Sports and Games, Scrapbooking, and many more. “We tried to create enjoyable classes that are educational in multiple subjects,” said Dr. Adam Fried, Superintendent of Harrington Park School District. Summer Escape aligns with HPS’ core values and is run by HPS teachers and other certified personnel. Ms. Wise explained, “The goals of each course are different, but the major outcome is for the children to have fun in a warm environment.” According to HPS kindergarten teacher and Summer Escape instructor Laura Scuro, research shows that the more fun students have while learning, the more quickly, deeply, and durably they learn.

Spartan Summer Escape is different from other camps because it offers one-hour to three-hour weekly courses. The enrichment classes change every week, and there’s a large variety to choose from. “Last year, so many students enrolled in multiple classes that we decided to bring Summer Escape back—but bigger,” stated Dr. Fried. You can expect the same next year.

From the teacher’s perspective, the learning environment is more informal and less structured than the regular school year. “It relies more on play as a learning vehicle,” remarked Ms. Scuro, “Yet the material taught through play is similar to the material that the children will learn in kindergarten, helping to prepare them for a smooth transition in the fall.”

Ms. Scuro taught Garden Gurus because of her passion for gardening. “It is a wonderful medium for teaching personal responsibility and life lessons. Furthermore, a positive experience with gardening during early childhood might help foster a lifelong passion for gardening,” she said.

Taylor Saccoccio, a second grade teacher at HPS and an instructor at Summer Escape, stated, “I love that Summer Escape allows students to explore current passions on a deeper level and, even better, to sample new interests. At the end of the day, Summer Escape is all about trying new things!” Mark your calendars now for next August so that your kids can take advantage of everything HPS will have to offer.

## **The Harrington Park Library: Not Just Books**

**By Chaerin Isabella Oh**

The library is not only a great place to find books, but it’s also a great place to make lasting memories. “The love of reading is a lifetime gift, and the library is a great place to start that journey,” said Michele Blackinton, Head of Children’s Services at the Harrington Park Library.

The Harrington Park Library was buzzing with activities this past summer. For the summer reading kick-off event, a dinosaur visited the Library from Field Station Dinosaurs. The NJ State Library’s summer reading theme was “Oceans of Possibilities,” so activities included things like making crab headbands and shark airplane gliders. There were also some great reading incentives, lots of fun MakerSpace projects that kids could do at home or at the library, and Summer Storytime held outdoors. There was a sharing shells project, a visit from a caricature artist, and an adult fitness class.

Now that the leaves are turning color and beginning to fall, a series of new activities are rolling out, including a new program called “Library of Things”—educational toys that kids can check out along with their favorite books. Fall storytime has also begun, and the Reading to Rover Therapy Dog program starts. The Rubber Ducky Club continues to run all year, as does the Birthday Book Club. For adults, the library hosts a Virtual Book Discussion Group, a Social Stitchery Group, and Conversational English as a Second Language (E.S.L.) sessions, either one-on-one or in a group. You can stop by the Library to be matched with a tutor. For more information on all of the latest programs, visit [www.harringtonparklibrary.bccls.org](http://www.harringtonparklibrary.bccls.org).

Of course many people visit the library to simply check out a book or two, to read a magazine or newspaper, or to check out some new music or a DVD from the best feature DVD collection in the Northern Valley. When kids ask Mrs. Blackinton for a book recommendation or if they are reluctant readers, she is so



happy when a book she offers sparks an interest in them and their faces light up. She loves answering kids' questions. "It always makes me laugh when kids ask where I live, and they are surprised to find out it's not at the library!" Mrs. Blackinton said. Among her favorite activities are the Touch-A-Truck Event, Take Your Child to the Library Day, and Kindergarten visits during which kindergarteners get their first library card. As a reminder, Mrs. Blackinton said, "Getting a new library card or updating your old one is easy." It can be done in just a few minutes online or in person.

Covid-19 affected the library just like everything else during lockdown. The library staff worked from home and sought out ways to provide their patrons with suggestions of things people could do from home, whether it be reading ebooks, visiting a museum online, or just fun projects to do as a family. Mrs. Blackinton even started sending out virtual Storytime videos, which she filmed at her home with accompanying crafts that parents could pick up from the library.

When the library reopened in June 2020, the librarians were all a bit hesitant before the vaccine came out. They were all wearing masks, gloves, and face shields to protect each other. They even quarantined the books and wiped the returned materials down! The library offered curbside pick up for the community and still continues the service to this day. "We are so happy to be back open to the public and for our patrons to be able to come back into the Library!" Mrs. Blackinton exclaimed. Just like the librarians, the whole Harrington Park community is so glad to be able to enjoy the library in person! Now that the library is open once again (masks required!), it's time to make new memories!

## **NEW FACES AT HP**

### **Ms. Franceschini**

By Ava Topple

Harrington Park welcomes Ms. Franceschini, a first grade teacher. Ms. Franceschini has ALWAYS wanted to be a teacher! Her mom is a teacher and she always wanted to be just like her, so she really inspired her. She also had such amazing teachers when she was in school. This is her 7th year teaching, and her first year teaching at Harrington Park! She has always wanted to be a first grade teacher because her mom taught first grade. She taught second grade and fourth grade and loved teaching them! "There are great things about teaching all of the grades, but first grade is my favorite :)" she said. Her favorite subject to teach is reading because she LOVES to read and wants all of her students to have that love of reading as well. There are easy days teaching for her and hard days, too! "I think because I love teaching so much, it comes easy, but there are parts of it that can be hard sometimes." She's not sure that she would change something about herself as a teacher! If she could have a superpower, it would be to fly. She would use this power in teaching to take her students to cool places to learn new things! Reading was her favorite subject in school, and it is still her favorite! She thinks it affects her as a teacher because she loves doing read-alouds and she makes sure that she gets to as many as she can throughout the day. "I really try to foster a love of reading in my students!" Her goal for her students is to be the best that they can be, not only in their learning, but as people, too! "I want them to learn to never give up." she says. Welcome Ms. Franceschini!



## **Ms. Pabst**

**By Maddie Kim**

Ms. Pabst is a new 1st grade teacher at HP. An interesting fact about Ms. Pabst is that she attended HP School when she was a kid. How cool is that! We have another of our fellow Spartans teaching us! Her mother was the school nurse here for a bit of time, too. Prior to starting here, Ms. Pabst moved to Connecticut and formally taught there before coming back to her hometown to teach us Spartans! She loves to cook and she also LOVES the beach. Her favorite sport is tennis and she likes to play it mostly on the weekends. She also loves to watch football and baseball on TV. Her favorite teams are the Mets (Baseball), and the Giants (Football). Welcome Ms. Pabst!



## **Ms. Paternostro**

**By Isabella Oh**

Ever since last year, new teachers have been pouring into Harrington Park School with lots of love and knowledge to share with the students. Ms. Paternostro, being one of them, was more than happy to get interviewed on how her time at Harrington Park is going and what her future plans for her students are.

When Ms. Paternostro was asked how her first year went, she was happy to share her opinion on the past year. "I really enjoyed my first year at Harrington Park. I taught 6th Grade ELA and had a blast!" the teacher said, relishing in her old memories.

"What is an element of Harrington Park that you like or enjoy?" The interviewer asked and received a statement that couldn't be more true. She said that Harrington Park was like one big team, sticking together through thick and thin. "I really enjoy how much of a family Harrington Park School is! Everyone is so kind and helpful towards one another." she cheerfully replied. It is certainly true-- Harrington Park is always pitching into each other!

Going back to the memory lane, the teacher was asked what some of her favorite memories last year were. She talked about her experience coaching some of the school's sports teams and the annual sixth-grade camping trip. "Some of my favorite memories from last year would be going on the 6th Grade field trip to Fairview Lake," She explained, "and coaching the Girls' Basketball and softball teams!"

"What is a goal for the fifth graders you're teaching this year?" The interviewer asked, moving on from the past and looking ahead to the future. "My goal for my 5th graders this year is for them to foster a love of reading and really look forward to coming to school every day!" Ms. Paternostro answered, full of enthusiasm. As she said, reading is a very important facet of your childhood that you can't leave out. It helps you a lot in the future, so what she's doing is very important! Kudos to Ms. Paternostro!

Ms. Paternostro believes that one of the most important parts of learning in her classroom is being able to believe it is okay to make mistakes. In her opinion, feeling accepted helps students learn not only more



comfortably but also with more fun. "In my opinion, I believe that it is important for students to feel welcome and safe to make mistakes and learn in their classroom," she stated.

Last but not least, one question remained. The interviewer asked Ms.Paternostro, "What is something you like from this year that is a bit different from last year?" She said that she knew what the fifth graders had to expect next year, and that was a helpful factor. "I love that I am teaching ELA again this year," she explained, "and by teaching 6th Grade last year, I know what these 5th graders have to look forward to next year."

Everyone is so happy to have Ms.Paternostro with us this year and into the future. We hope that Ms.Paternostro-- and all of the Spartans-- have an amazing year!

## **Ms. Comstock**

**By Ellie Kim**

This September, Harrington Park welcomed Ms. Comstock, the newest 6th and 7th grade language arts teacher to the school-- but not for the first time. Did you know that Ms. Comstock taught 6th and 8th grade language arts at HP from November 2019 to June 2020 as leave replacements for Ms. Weber and Mr. Conn respectively?



There are so many other fun facts about Ms. Comstock that you might not know. Ms. Comstock *loves* reading, spending time with her family, running, hiking with her dog, and gardening. Maybe you share an interest with her!

When asked about how she enjoys teaching at HP so far this year, she replies, "I love HP! My colleagues are helpful, kind and welcoming, [and] my students are patient and hardworking." She also has her classroom decorated with a variety of colors as well as many pictures and posters. Her favorite part about teaching is "seeing 'A-ha' moments happen for students" and sharing her "passion for reading, and helping kids make life connections" through books. We are so excited to have Ms. Comstock at HP!

## **Mr. Lawlor**

**By Sophia Park**

As you may have noticed we have a new face in the gym here at HP. Mr. Lawlor is our new K-8 physical education teacher. Mr. Lawlor grew up in Hillsdale and now lives in Westwood. He taught for 8 years in Midland Park prior to Harrington Park. Mr. Lawlor says, "Ever since college, I knew I wanted to teach gym and coach. Luckily, I knew Mr. Torrie for a while so when Mr. Morgan retired, he suggested that I apply to teach here." A fun fact about Mr. Lawlor is that he just got married this summer! Hopefully, you learned something about our new gym teacher, so make sure to say hi next time you see him!



# Mr. Daleus

By Zach Chaung

Meet Mr. Daleus, the new HP Band Director for grades 5-8. In the past years, band students entering 5th grade will leave Ms. Woods and enter the HP band room to meet Mr. Adel. Now that Mr. Adel is working as a band director at Paramus High School, 5th graders will be working with Mr. Daleus.

Before working at HP, Mr. Daleus worked as the 8th Grade Band Director at the middle school in Hawthorne and the Director of Choirs and Jazz Band at the high school in Hawthorne. He currently helps with the NVOT marching band alongside Ms. Willcox, the high school band director.

Mr. Daleus said his favorite part of teaching and playing in a band "...is being able to connect with people and build strong relationships and connections." His favorite and primary instrument is the clarinet, although he plays many instruments such as the trumpet, trombone, saxophone, and even the tuba!

Mr. Daleus (who got teacher of the month for September) loves being part of the HP community and describes HP as quaint (old-fashioned), lovely, and a great family.

If you are interested in learning more about playing in our band, contact Mr. Daleus at [daleus@hpsd.org](mailto:daleus@hpsd.org) or speak to him in the band room any time!



## GUIDANCE CORNER

### Executive Functioning Lessons

By Cyla Cafuoco

To start the year, Mrs. Rozema has been teaching the 6th grade students about being organized and having a planned out lifestyle, also known as executive functioning skills. What are executive functioning skills? These are skills to help students plan out projects, finish projects and get assignments in on time. Whether it's cleaning your room or finishing homework, we can create guidelines to complete these tasks. Mrs. Rozema thinks that it is so important for students to learn and grow using these tips and schedules that she is slowly introducing them to the students. She hopes that this will encourage better habits that will follow them into later life and use throughout their years of school. These skills will help them study and get better grades. Having this tool can not just help the sixth graders but everyone else as well. We can all benefit from using these strategies, even adults. Mrs. Rozema loves sharing her lessons and choosing the right one that will lead HP students to success. She shared, "I think all my lessons are pretty applicable to our human lifestyle and I wish they can learn a little bit about themselves along the way."



# EVENTS

## Respect Week

By Samantha Finer & Mrs. Vilaridi

Respect Week is a great way to respect schools! Respect Week is always during the first week of October. All public schools in New Jersey get to celebrate Respect Week!

The week of respect gives schools the opportunity to concentrate on providing students with a safe and supportive school environment without bullying. Ms. Bradbury and Mrs. Rozema teach the students about respect, during the week when they do classroom lessons.

In our school, we take part in theme days. This year our theme days included: Wear Neon/Sparkles, Wear a Team Jersey, Wear your Comfiest Clothes, and Respect our School - Spartan blue and white day.

As you can see, Respect Week is a great way to show respect to ourselves, each other, and our schools!



## School Violence Awareness Week

By Lasya Hota

Although many of us remain a positive and kind attitude toward others, bullying remains a serious issue throughout many school districts in New Jersey. Most likely, we all have some general knowledge about what School Violence Awareness Week is about, but not many people know the story behind it. While School Violence Awareness Week is an aspect to ideally prevent violence, it is also a way for other schools to honor and keep in mind the seriousness of it. Here is some important background information as to what the event is and why we take part in it:

### **What is the Idea of School Violence Awareness Week?**

School Violence Awareness Week takes place every year from the week of October. It is an important time when the state of New Jersey requires all public and charter schools to discuss and vigilantly observe the student body for any signs of violence.

### **What is the Story Behind it? How is it Related to the HIB Law?**

Back in 2011, a tragic case at Rutgers opened up about a boy who was severely bullied. After the occurrences of tragic events, the state immediately split apart to begin issuing laws after they identified the major problem. This was the start of the HIB Law, which stands for Harassment, Intimidation, and Bullying. The results increased sporadically, showing a vast improvement in school cultures, and to reestablish this growth, school districts further placed special efforts to promote a positive school environment. These efforts included Social Emotional Learning, Positive Behavior Student Organizations, "The Week of Respect," and most importantly, "School Violence Awareness Week" from 2014.

### **How Do Our School and Other Districts Contribute?**

For School Violence Awareness Week, many schools are required to provide parents and staff members the opportunity to discuss methods to keep their school safe from violence. Most often, they would implement helpful programs that recognize warnings of school violence, and provide further discussions on what to do if there are any issues. Along with this, our school contributes by instilling a theme day, revolving around

“keeping the peace” to keep kids safe. Every October 19th students and staff are encouraged to wear clothing with peace signs or tie-dye.

## **HP 5K**

**By Isabella Oh**



If you've been here at Harrington Park for a while now, you should be familiar with the annual 5K, or the 5K Fall Spectacular. There are signs everywhere about the event—whether on the school campus or near the Harrington Park library. So even if you haven't attended the event, the name should be familiar to you. But really, what *is* the 5K race?

First, what does “5K” stand for in the 5K race? *K* is a commonly used abbreviation for a thousand. So, if out of abbreviation, it would be the 5,000 race. This number stands for the number of meters you must run or walk when you

participate in the 5K Run & Walk. All ages are allowed to participate in this event. But, if you do want to send your kids off into a smaller group, ages nine and under are allowed to participate in a Mile Fun Run. A Kiddie Dash is available for little kids six and under, making it perfect for young, little energetic runners!

The 5K Race took place outside the building of Harrington Park School at 191 Harriot Avenue. The date of the race this year was November 12th, 2022. The Kiddie Dash began at 9:00 AM with the Mile Fun Run coming at 9:15 AM. Finally, last but *definitely* not least, the HP 5K Run began at 10:00 AM! Although strollers were welcomed to the event, bicycles, scooters, and dogs were not permitted to go on racing grounds.

Putting all of that information aside, who won in the race this year? With overall & men only results, Issac Updike placed first with a time of fourteen minutes, twenty-nine seconds. Next came Eion Nohilly, with a time of fifteen minutes, the last of the three came Steven Fiumefreddo, with a time of fifteen minutes and nineteen seconds. The first three women who finished the 5K included Kristin Siegle, who came in first with a time of eighteen minutes and ten seconds. Then came Fiona Bayly, with a time of eighteen minutes and thirty-one seconds. Last but certainly not least came Karen Dos Santos, who finished with a time of nineteen minutes and a second. (If you want to see winners of different age groups, please visit the website <http://bestrace.com/results/22/1112HA5.HTM>.)



Are you personally considering participating in the 5K next year? Well, now you know that it's an exhilarating yet refreshing event you can attend, especially if you're up for

a little challenge! You also know its location, rules, and this year's winners. We hope that even more spartans partake in this energetic event, and maybe even become the winners next year!

# Turkey Drive

By Nora Lee



The school's turkey drive is a great opportunity to give a whole Thanksgiving meal to families who are less fortunate. HP's Teens for Tomorrow Organization helps run the turkey drive which also goes through the school. Bags are filled with different condiments that would be found on a Thanksgiving dinner table including stuffing, cranberry sauce, canned yams, and more! Students and families donate by filling bags with these dinner items or they can donate through an online donation that goes towards the cause. Throughout the years, HP Teens for Tomorrow has worked with HP School's 8th Grade Project Pride to provide Thanksgiving dinners to more than

600 families. The drive is a great way to help families who might not be able to have a Thanksgiving meal for themselves.

# NVOT Trip

By Anay Nadgauda

On October 20, 2022, the current 8th graders visited Northern Valley Old Tappan (NVOT). This visit was to check out many class electives that the 8th graders will have next year in high school. There were many choices like music, art, etc.

Led by a former Harrington Park school (HP) student, the 8th graders got a tour of the large NVOT campus and saw various opportunities and electives for high school. These are some of the major electives; Theater, just like our school play, NVOT has a separate elective for students who want to take part in acting or singing. Then there is art, which is similar to Art in HP. The NVOT Art Club has various different projects for kids to do, like paper-mache, sculptures, big paintings, etc. NVOT also has a business elective where students learn many financial and marketing skills. Lastly, there is a cooking elective in which you can learn to cook or bake and various other skills needed in the kitchen.

These are just some of the various electives the 8th graders will be able to choose as they graduate from HP. All of them are very interesting. The 8th graders have a lot to look forward to!

# Chorus & String Ensemble

By Yujin Kim

Music is a powerful tool to connect people and share the same melody of emotions. Currently, the Chorus, led by Mrs. Park, is preparing for the winter concert, singing *It's Another Day of Sun* and *The Rhythm of Life*. With total students of 52, they are separated into three parts : alto, soprano, and baritone. Alto and soprano are sung by the girls and baritone for the boys. All of those students in Chorus meet at



7:50 am on Monday, Wednesday, and Thursday, to devote their passion for the concert in winter.

Analogous to the Chorus, the String Ensemble also is preparing for the following winter concert. String Ensemble, which Mrs. Woods is leading, is playing *Ukrainian Bell Carol* and *Themes from the Nutcracker* for the winter concert. Both songs are famous for the Christmas Carol. Not only for the winter concert, but the String Ensemble is also planning to perform their hard work at the Brookside Village, presenting *Chanukah Oh Chanukah*, *Maoz Tsur (Rock of Ages)*, *Silent Night*, *Deck the Halls with Boughs of Holly*, *Hark! The Herald Angels Sing*, and *Ding Dong Merrily on High*. All of them are famous Christmas carols. The Chorus and String Ensemble are working hard and are excited to perform for everyone at the winter concert.

## **STUDENT COUNCIL**

### **Executive Board**

By Nora Lee

The Student Council has been busy with many upcoming events and fresh ideas for the school that include mascots, fundraisers, and events! One of the recent highlights was the infamous spartan mascot! Student council had students vote, guessing who was under the mask, and it was no other than 8th grader Andoni Vazacopoulos. An especially exciting plan the Student Council has upcoming is fixing the old pencil box by the elevators near the stairs to the main gym. It will be a chance to spread some cool Spartan pencils around the school, and not feel guilty about stealing teachers' pencils. Don't worry HP school because the student council also listens to none other than YOU! A suggestion box is planned to be implemented in the school as a source of inspiration for wants spartans might have. When asked about the upcoming school year, Yuri Lee one of our student council presidents stated that the council is hoping to bring a lot more for the school and students at HP. The Student Council is also bringing back the Spartan Spotlight for the students that deserve a little shine because of the positivity they spread and bring to our school. Since the holidays are also circulating in the air, the student council will continue to make their cards to the amazing teachers at HP who make this school what it is. Our 8th grade executive board especially has been meeting with Doctor Fried to start implanting these ideas and traditions around the school.



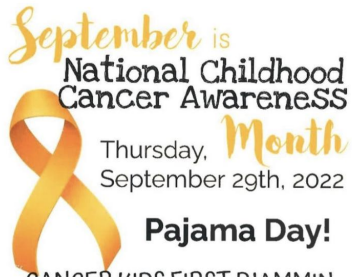
### **PJ Fundraiser**

By Alyssa Oh

Did you know September is National Childhood Cancer Awareness month? I bet you do thanks to our student council! On Thursday, September 29, 2022, HP Student Council held a pajama day to fundraise in partnership with the American Childhood Cancer Organization.



The American Childhood Cancer Organization, also known as ACCO, is an organization founded in 1970 that is a community of parents and children with cancer. Child cancer is one of the leading causes of death amongst children within the ages of four and fourteen.



ACCO's goal is to change that. They are trying to make child cancer a national health priority, so they are shaping policy, performing research, raising awareness, and providing educational resources and programs to past or current patients of cancer.



**CANCER KIDS FIRST PJAMMIN**  
Pajamas tend to be the uniforms of cancer patients. Staff and students get the opportunity to come to school in pajamas! We plan on honoring kids around the world with cancer.  
**In partnership with American Childhood Cancer Organization**  
[cancerkidsfirst.org/donate](http://cancerkidsfirst.org/donate)  
LET'S GO SPARTANS!

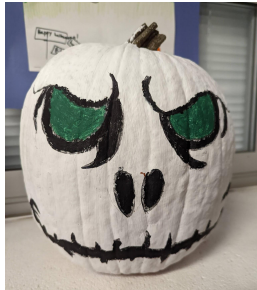
On the Thursday of September 29, 2022, the student council held a fundraiser for students to wear pajamas to school. This is because cancer patients' attire is most commonly pajamas due to the amount of

time they spend hospitalized. In honor of that, students and teachers paid one dollar to wear pajamas on September 29.

## **Pumpkin Decorating Contest**

**By Noah Ahn**

This year, the tradition continued as Mrs. McHale hosted the annual pumpkin decorating contest. There were different categories for pumpkins - most original, funniest, and spookiest. There were many participants. All the pumpkins were amazing. Some had a lot of color while others were extremely creative. The winners were: Funniest-Spa Pumpkin by Sadie Hubbard, Spookiest-Ghost Pumpkin by Jesse Beezer, and Most Original-Curly Rainbow Hair by Erielle Ruberte. Students had to decorate pumpkins using paint and everything from pom poms to googly eyes. Way to go, all participants!



## **Candy Count Contest**

**By Noah Ahn & Mrs. Vazquez**

Again this year, the Student Council hosted the 'Candy Count' contest. This contest is an easy and fun way for students to guess how much candy is in a jar in order to win a prize. The money that is raised is donated to the Leukemia & Lymphoma Society. There were many good guesses. The winner was Matt Goodman who guessed 691 when the actual amount was 692. What great estimating Matt!. Many people had participated in the contest so a lot of money was raised. Go HP!

# **SPARTAN SPORTS**

## **Spartan Soccer**

**By Jessica Kim**

The Harrington Park soccer team is very talented and is led by Mrs. Scuro's strong coaching. The coach emphasized that everyone represented their team and their school with proper conduct and good sportsmanship. The team was led by eighth graders, Yuri Lee and Andoni Vazacopoulos. They normally have practices 2-3 times a week and during that time, they practice different drills, set plays, and usually end with a scrimmage. Yuri states, "I can't lie; it was a bit tough. However, the teamwork I saw come together surprised me completely!" Although all the players played as hard as they could, they unfortunately lost their first game against Northvale. As the team developed and got more comfortable with each other, they tied the next match against Northvale. Mrs.



Scuro claims, "Although our season was not the most successful, I'm proud of the player's efforts and attitudes and the lessons they can learn from losing. Losing provides valuable lessons; it proves that you can continually improve no matter how good you are. Losing fosters determination. It also builds character." HP played as hard as they could, but unfortunately, they finished the season at 1-1-9.

The coach is very optimistic about the upcoming season and exclaimed, "I'm looking forward to seeing many of our players return to the field. We have a great group of talented soccer players who can come back and lead our team to a championship." Next season, players that played in this season will be able to return to the field again. And for the rising sixth graders, the coach is eager to see them try out for the team! While the eighth graders will be moving on to high school, the rising seventh graders will take charge and lead the team. I am personally excited for the next season and to observe how the team builds on this year's efforts and takes the leap in pursuit of a championship!

## **Spartan Volleyball**

**By Sophia Varni**



Sports are a great way to get included in activities! Have you ever thought about joining a sports team? Harrington Park school has a wide range of sports to participate in. Volleyball being one of them.

School volleyball is a great way to train for highschool, college, ect. You learn so much doing middle school sports. You learn to communicate well with others, also staying active. This year, there is a new coach, Mr. Lawlor, he chose sixteen girls for this year,

there are six eighth graders, eight seventh graders, and two sixth graders. Mr. Lawlor is very determined and always communicating with his team. Mr. Lawlor's quote for this season is, "Why not us?" This quote was important to the whole team, because it means why wouldn't we win. This quote's meaning is also even if they are better you can still win. There is no reason they can't win. The volleyball team is about determination, communication, and learning from your mistakes. The volleyball team had a good season, and they played well. The team is getting ready for next year, by learning from their mistakes this year.

The volleyball team had practice everyday, they played a lot of queen of the court, which is a drill to get prepared for games. They also enjoyed doing a lot of receiving and serving. Practice is a great way to get prepared for games against good teams. Their final record for this year's season was 3-9. The team looks forward to having fun, and learning more about volleyball next season. The team is prepared for a good year for volleyball, at Harrington Park School!

If you ever thought about joining the volleyball team for Harrington Park school, this is more information you might want to know! I hope this article informs you about school volleyball team and leadership!

## Ask a Teacher...

By Sophia Park

You see your teachers on a day-to-day basis, but do you ever wonder, "What is she/he like outside of school?" Believe it or not, teachers have a different life outside of school. Although we cannot find out every detail about them, I have compiled a few questions that may help you learn more about our fellow Harrington Park teachers.

### **What has been your favorite memory while teaching in Harrington Park?**

I have so many memories. The greatest one I have right now is teaching with former students of mine. I was fortunate enough to have taught Ms. Patenostro, Ms. Pasi, and Ms. Pabst. ~ Ms. Sabo

Anytime I see a student start to enjoy math or I see them understand a concept they were having trouble with. ~ Ms. Silver

I started as a classroom teacher in 1st grade in 1996 and when I returned in 2014 as a librarian I realized how much I loved reading aloud. ~ Ms. Mchale

### **What are some things you enjoy doing out of school?**

I love reading and decorating. ~ Ms. Sabo

Outside of school, I like to bake, take scenic walks with family and friends and cuddle on the couch with my cat, and watch tv. I am also a big Disney fan. ~ Ms. Silver

I love riding my bike, reading and I love to cook ~ Ms. Mchale

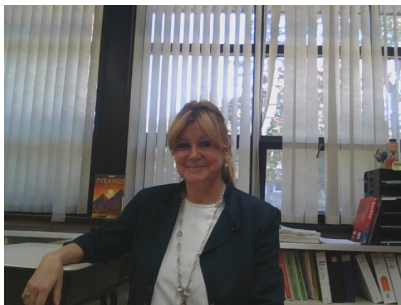
### **What was your favorite subject in Elementary/Middle school?**

My favorite subjects were History & English. ~Ms. Sabo

Math, of course. It always was and still is. ~Ms. Silver

Drama and theater ~Ms. Mchale





As you can see, teachers are just like us, and you may even have something in common with them! Do you enjoy math like Ms. Silver? Or enjoy decorating like Ms, Sabo? Either way, it is essential to have mutual respect and a good relationship with your teachers. Did you learn anything new about our HP teachers?

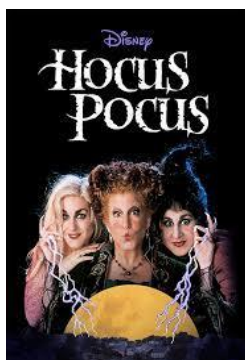
# REVIEWS

## Movie Classics

By Chloe Song

From time to time everyone needs a good reliable movie to watch with family, and or friends. There are many fantastic movies to choose from, but here are some classic movie favorites. These movies all have sequels!

### *HOCUS POCUS*



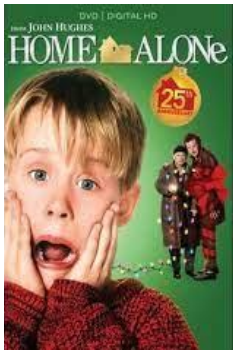
After moving to Salem, teenager Max investigates an abandoned house with his sister Dani and their new friend, Allison. After ignoring a superstitious Allison tells, Max accidentally releases 3 evil witches who used to live in the house. With the help of a magical cat, the kids must retrieve a spell book to prevent the witches from becoming immortal.

### *ICE AGE*



Long ago the Earth was a prehistoric world filled with many hazards. To prevent extreme frostbite, the Earth's fantastic creatures-- and a couple small, slow ones, migrate south. The story revolves around the main characters: a woolly mammoth, saber tooth, a sloth, and a prehistoric combination of a squirrel and rat named Scrat.





### HOME ALONE

Bratty 8-year-old Kevin McCallister acts out the day before their big family trip to Paris. Kevin's mother sent Kevin to sleep in the attic as a punishment. After the McCallister family leaves to Paris without Kevin, he wakes up to an empty house believing his wish to have no family came true. All his excitement comes to a screeching halt when two men plan on robbing the McCallister home. From that point on Kevin is on a mission to protect his home.

These listed films are some all time favorites you can enjoy at any time of the year.

## Movie Reviews

By Ashley Weng



### BLACK PANTHER: WAKANDA FOREVER

**Sequel to:** Black Panther

**Age rating :** PG-13

**Summary:** After their protector, King T'challa, dies, Wakanda is under the pressure from other nations to share their supply of vibranium with others. It has been taken to such measures that many nations have tried, and failed, to steal the vibranium. However, a year later, a powerful community of creatures from the sea called the Talokan say that they have vibranium too, and that they want Wakanda's help to protect their precious supply from foreigners. However, Talokan's leader has ill intentions in doing so. Shuri and Ramonda, the only members of T'challa's family alive, find themselves making difficult decisions that could not only change Wakanda, but the course of the world.

**Review:** This is a great movie for anyone who watched, and liked the first Black Panther. Black Panther: Wakanda Forever, is just as thrilling as the first.

### AVATAR

**Sequel:** Avatar: The Way of Water (Releasing in December)

**Age Rating:** PG-13

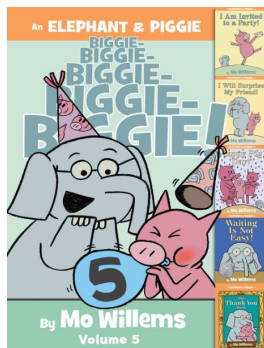
**Summary:** On the planet of Pandora live beautiful people called the Na'vi, who have formed a relatively peaceful civilization. Humans explore these people by creating Avatars, which can be completely controlled by humans. Jake Sully, a paralyzed veteran marine, goes on a mission to find out more information about the Na'vi. Throughout the movie, he meets the Na'vi princess and learns more about their culture and kingdom. However, not all humans have peaceful intentions, and soon, Jake finds himself defending the Na'vi's home.



**Review:** *Avatar* was an enjoyable movie from start to finish. The storyline and quality was amazing and was unique in its own way.

## Book Reviews: Grades K-2

By Ryan Weng

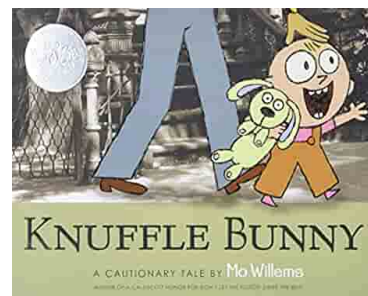


### Kindergarten: *Piggy and Gerald Series*

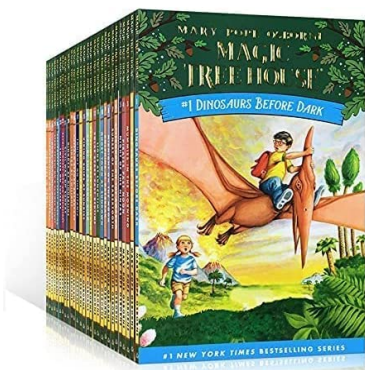
*Piggy and Gerald* are SUCH good books! It is a great series that is engaging and filled with lots of humor for little kids. It's about two best friends named Piggy and Gerald. They do so many weird and funny things with each other that it makes you want to laugh your heart out! If I would rate this book I would say it's a 10.1/10! It's a GREAT book series that I recommend to you!

### First Grade: *Knuffle Bunny*

A book that first graders love is *Knuffle Bunny* by Mo Willems. *Knuffle Bunny* is about a girl who has a doll that she loves. One day while running an errand with her dad, she loses her doll! She keeps on trying to tell her dad that she's missing something, but she can't talk. Once they get home, her mom realizes that her doll is gone! They go back and find her doll. Out of 10 I rate this book a definite 9.5. It's a great book and if you haven't read it yet, you should.



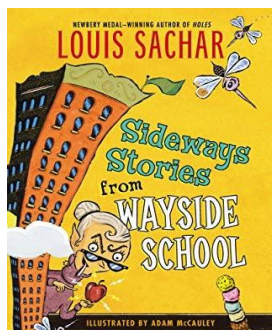
### Second Grade: *Magic Treehouse Series*



And finally, a great series for second graders is *Magic Treehouse*. It is about two kids who found a treehouse that could travel in time using books. Their names are Jack and Annie. Just because of this magic treehouse they almost die or get themselves into bad situations! It is a very exciting book. There is adventure, magic, and suspense that makes these books great! I would instantly rate this book 9.25 out of 10!

## Book Reviews: Grades 3-5

By Elisah Kim & Claire Jeon

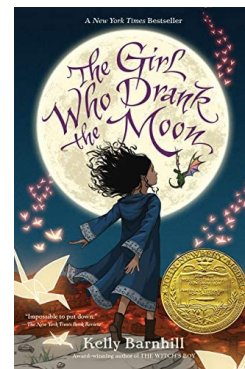


### Third Grade: *Sideways Stories from Wayside School*

For the third graders, we recommend *Sideways Stories from Wayside School* by Louis Sachar. This funny book contains many short chapters, each written from a different point of view. Find out the crazy things that happen to the students in Mrs. Jewl's class, and in her classroom. If you like this book, there are many others in this series!

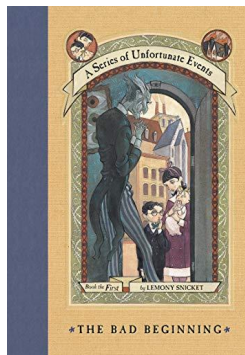
Fourth Grade: *The Girl Who Drank the Moon*

We recommend *The Girl Who Drank the Moon* by Kelly Barnhill for fourth graders. This book is about a witch named Xan, who typically feeds babies starlight, but accidentally feeds a baby moonlight instead. The baby inherits magical powers from the moonlight she was fed. *The Girl Who Drank the Moon* is a book that makes you want to read more and more everytime you finish reading a page.



Fifth Grade: *A Series of Unfortunate Events*

Lastly, for the fifth graders, we recommend *A Series of Unfortunate Events: The Bad Beginning*, by Lemony Snicket. We want you to read this book, because it is humorous and serious at the same time. This book is about three kids, Violet, Klaus, and Sunny Baudelaire. These three kids suffer lots and lots of unfortunate things, because they have the worst luck. Find out what happens to them! Also, if you really liked and enjoyed this book, check out the entire series, which has thirteen books in total, including this one!



## Book Reviews: Grades 6-8

By Alyssa Oh

Are you part of the majority struggling to find a book to read after not reading for months throughout summer break? If you're having this problem, this article has got you covered if you're in grades six through eight. Read on to find book recommendations just right for you!

6th Grade Book: *Slacker*

Cameron Boxer is an ordinary middle school boy who enjoys playing video games and not doing his homework. As Cam progresses through a video game, incidents have happened. Cam's house has almost been burnt to ashes! To cover his "slacking" off, Cam and his friends get a genius idea to create a club that makes them look like they're doing good deeds. However, there is a small oops. A majority of people are convinced that this club is real, and Cam is stuck as president. While running a non-existent club, Cam is to keep a beaver named Elvis from extinction. What can Cam possibly do? Read *Slacker* to find out!



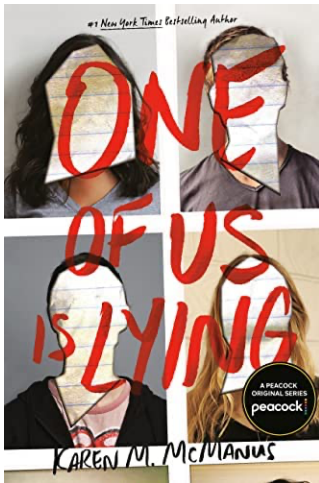
7th Grade Book: *The Summer I Turned Pretty*

Isabel "Belly" Conklin is your average 15-year-old girl who likes boys and likes spending time at the beach. Belly's mother, Laurel, is friends with Susannah Fisher, the mother of two boys named Conrad and Jeremiah. For the last 15 years, Belly's family spent the summer at the Fisher's beach house at Cousins. This year things have changed. Belly has become much more prettier which makes the boys look at her in more than a platonic way, and Conrad's mental health has deteriorated. As the summer continues, Conrad and Jeremiah's tension





grows, and there are many obstacles for them to overcome. With the drama around Belly, what will she do? Read *The Summer I Turned Pretty* to go out!



### 8th Grade Book: One of Us is Lying

Brownyn, Addy, Nate, and Cooper are all various students of Bayview High School. One day, an anonymous person sneaks extra phones into all of these student's backpacks to send them to detention. However, this is not a coincidence. After school in detention, Simon, a hated outcast who made the controversial gossip app called *About That* starts to have a fatal allergic reaction to water that contained peanut oil in it. As everyone panics, there are "coincidentally" no epipens to be found. The situation gets worse, and Simon is driven to a hospital not long after. After his death is announced, the four students become suspects of murder. Will the group be able to return to normalcy or be in trouble? May one of them possibly be lying? Read *One of Us is Lying* to unlock the secrets of Simon's murder!

# Fall Pages

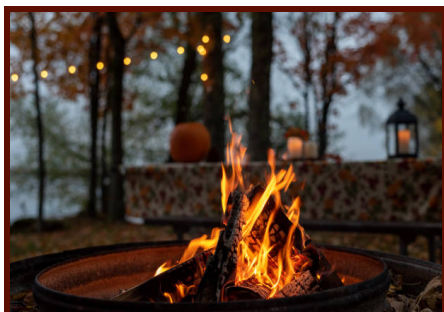
## Fall Activities

By Eunice Cho

Who doesn't love the fall season? The warm weather starts to drift away as the chilly one comes back. The leaves begin turning warm, beautiful shades of red, orange, and yellow. You can spot squirrels everywhere you go, gathering all the food they can find. Although we'll all miss the warm weather and cannon-balling into pools, autumn brings many opportunities for fun fall activities. Here are the top fall activities to do with friends and family this season!

### Apple Picking

Whenever the summer season begins to shift, apple picking is usually at the top of our to-do lists! Going on a trip to a nearby apple orchard with either your friends or family is tons of fun. After picking fresh and crisp apples, you can bring them home to make tasty desserts. For example, apple pies, cider, applesauce, and much more.



### Have a Bonfire

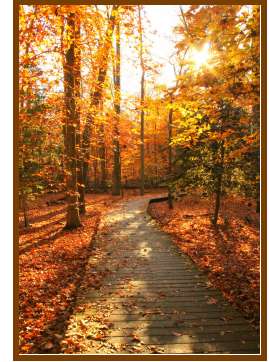
Cozying up in front of a large bonfire is possibly one of the best things you could do on a fall night. Huddling in with large fluffy blankets and spending some quality time is an amazing activity for the fall.

Warming up in front of a bonfire could be a way to celebrate the new season as well.

### Hiking

Of course, having a list of fall activities wouldn't be complete without a hiking trip. Admiring the flaming leaves is an essential part of the new season. Going on a refreshing hiking trip with friends or family, or even by yourself, can clear up your mind. Enjoy the rewarding views as you walk through a calming trail. If you're looking for an activity to destress, hiking should certainly be at the top of your list.

With so many different possibilities on what to do this fall, the perfect weather matches all activities! Activities ranging from apple picking to visiting a bonfire will certainly enlighten and refresh us. This autumnal season will certainly bring a great mood to all, and a warm spirit.



## Fall Crafts

By Rayna Nadguada

Has the cold and fun Fall season come up? Is jumping in the leaves getting a *little* old? I know what you could do. Let's make some cool, creative and fun crafts that are perfect for decorations.

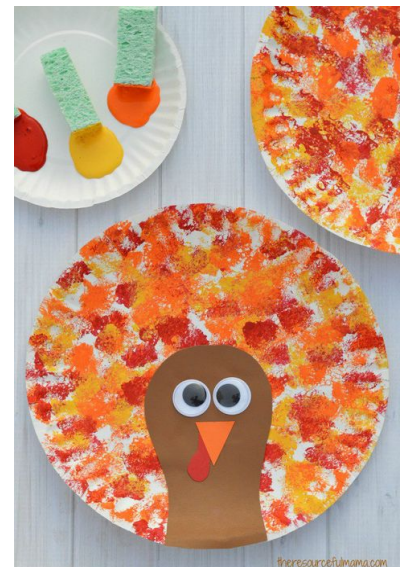
### The 1st craft in this article is: A Turkey!

The materials you will need are:

- a paper plate
- brown paper
- 2 googly eyes
- red, orange, and yellow paint
- a red and orange sheet of paper

Directions:

- 1 - First, you have to cut the brown paper into a turkey's head and neck.
- 2 - Next, cut the orange paper into a beak.
- 3 - Then, take the red paper and make the turkey's gobbler.
- 4 - Then, glue the 2 googly eyes.
- 5 - Now, glue all the pieces together.
- 6 - Lastly, take your paper plate, and use a sponge and dip it in: red, orange and yellow paint and dab the paint on the plate. You can blend colors too if you want.
- 7 - Once you are done, and the paint has dried, you can glue the turkey.





**Here is our next fun fall craft!  
It is a: Paper wreath!!!**

The materials you will need are:

- a paper plate
- red, orange, yellow and brown paper
- Glue
- Scissors
- exacto knife
- black marker
- hole puncher
- String



Directions:

- 1 - First of all, take your exacto knife and cut a circle in the middle of your paper plate. (Make sure it's a big circle. Do not let it tear all the way.)
- 2 - Next, cut leaves out of your color paper.
- 3 - Glue the leaves on the paper ring.
- 4 - Once you think you are done with the leaf gluing, take a hole puncher and punch 2 holes side-by-side.
- 5 - Finally, take your string and thread it through the holes and tie it.  
You are done! You can hang it up! Here is a picture of the finished wreath.

## Popular Halloween Costumes

By Tylar Trumbo, Olivia Miller-Kehati, & Mrs. Vilardi

Some of the most popular costumes are the most original, or the most recent. A very popular costume is the inflatable dinosaur. Another popular costume choice are characters from the popular TV Show, Stranger Things. The witch or specifically the witches from Hocus Pocus were a popular costume this year, topping the chart as number one! Below is a list of the top 10 Halloween costumes of 2022.

1. *Witch*
2. *Spider-Man*
3. *Dinosaur*
4. *"Stranger Things"*
5. *Fairy*
6. *Pirate*
7. *Rabbit*
8. *Cheerleader*
9. *Cowboy*
10. *Harley Quinn*



(List taken from cnn.com)

# Thanksgiving Traditions

By Arsh Nadgauda

Woah, what a touchdown! My brother and I were staring at the screen while my mom was making a special meal. Do you know what that special meal was for? It was for Thanksgiving. Thanksgiving is a holiday that was first celebrated in 1621. Americans believe that Thanksgiving is modeled on a 1621 harvest feast shared by the English colonists (Pilgrims) of Plymouth and the Wampanoag people. Thanksgiving Day involves prayer for blessings for safe journey, military victories, or abundant harvests. It is celebrated usually in North America and is always celebrated on the last Thursday of November.



Food is a big part of Thanksgiving. Some of the most common foods include turkey, mashed potatoes, sweet potatoes, cranberry sauce, and much more! Common desserts include an array of pies that include pumpkin, apple, and pecan.

In addition, there are many different activities tied to Thanksgiving. For example, people watch the Macy's Thanksgiving Parade in the morning, and they also enjoy some football throughout the day. Many people also call or visit friends and family to show their thankfulness. In conclusion, Thanksgiving is all about being together and being grateful for what you have.

What food do you eat on Thanksgiving? What activities do you do? Thanksgiving is just around the corner, so what are you waiting for, it's time to get in the Thanksgiving spirit.

# Thanksgiving Foods

By Gabeen (Joy) Kim & Mrs. Vazquez

## Top 10 Thanksgiving Foods

- 1 - Turkey
- 2 - Stuffing
- 3 - Mashed Potatoes
- 4 - Sweet Potatoes
- 5 - Rolls
- 6 - Corn
- 7 - Cranberry Sauce
- 8 - Green Beans
- 9 - Mac n Cheese
- 10 - Pumpkin Pie

When people think of Thanksgiving, the first thing most people think about is FOOD! The most popular food is turkey! Approximately 46 million turkeys are eaten every Thanksgiving! Besides turkey, some popular sides are mashed potatoes (with or without gravy), cranberry sauce, and corn. Corn was one of the foods Native Americans brought to the first Thanksgiving feast. To finish the meal, a popular Thanksgiving dessert is pumpkin pie. Last but not least, there's casseroles. Casseroles are made with potatoes and other types of different ingredients.



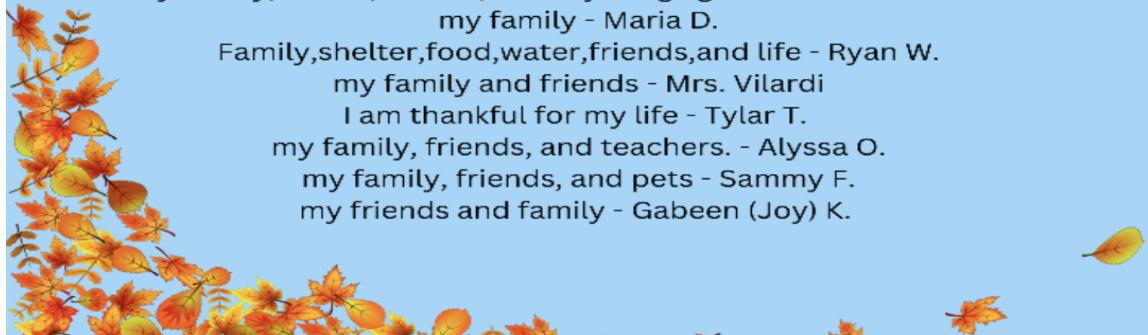
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# What Are WE Thankful For?

By Spartan Sentinel Staff  
Artwork by Maria DelGrande



our teachers who teach us things every day. - Claire J.  
my family - Paige R.  
for my family, friends, food, water, and shelter - Arsh N.  
my family and my friends because they are always there for me when I need them and always encourage me when I am down. - Jessie K.  
my family, my friends, my flaws, my home, my teachers, my coaches, my classmates, ICE CREAM, Chorus, Spartan Sentinel, LIFE, happiness, FOOD, my best friend ever, school, animals, and holidays. - Maddie K.  
my teachers - Ellie K.  
my dogs because they make me happy. - Noah A.  
everything/family & friends - Madison M.  
the short but exciting moments in my everyday life. - Chaerin Isabella O.  
my family - Sophia V.  
the creativity in this world. - Caroline R.  
my family and friends - Mrs. Vazquez  
the good health of my loved ones. - Eunice C.  
my friends, family, and the roof over my head. Also music and art. - Ashley W.  
my family and friends, shelter and food. - Cyla C.  
my family - Elisha K.  
my parents. - Yujin K.  
the people in my life who support me and are always there for me. - Lasya H.  
shelter, friends, family, teachers, schools, water, food. - Rayna N.  
all my teachers in Harrington Park school. - Rees C.  
my family, house, school, & everything I get to do in life. - Ava T.  
my family - Maria D.  
Family,shelter,food,water,friends,and life - Ryan W.  
my family and friends - Mrs. Vilardi  
I am thankful for my life - Tylar T.  
my family, friends, and teachers. - Alyssa O.  
my family, friends, and pets - Sammy F.  
my friends and family - Gabeen (Joy) K.



# Recipes

## Fall Recipes: Apple Cider Donuts & Pumpkin Pie

By Rees Cafuoco

Don't you just love the smell of pumpkin spice? Well I have the perfect recipes for you. You should try making apple cider doughnuts and pumpkin pie. I think these two desserts are perfect for fall.

### APPLE CIDER DONUTS

**Time:** 50 minutes - 1 hour

#### Ingredients:

- 1 and 1/2 cups apple cider
- 2 cups all-purpose flour
- 1 teaspoon baking soda
- 3/4 teaspoon baking powder
- 1 teaspoon ground cinnamon
- 1 teaspoon apple pie spice
- 1/4 teaspoon salt
- 2 Tablespoons unsalted butter, melted
- 1 large egg, at room temperature
- 1/2 cup packed light or dark brown sugar
- 1/2 cup granulated sugar
- 1/2 cup milk, at room temperature
- 1 teaspoon pure vanilla extract



#### Topping

- 1 cup granulated sugar
- 3/4 teaspoon ground cinnamon
- 3/4 teaspoon apple pie spice
- 6 Tablespoons unsalted butter, melted

#### Directions:

1. Simmer the apple cider in a small pan on low heat, wait until you have about 1/2 cup. (approx. 10-15 minutes)
2. Set the pan aside to cool for 10 minutes.
3. Preheat oven to 350 degrees.
4. Spray donut pan with non-stick spray.
5. To make the donuts: Whisk the flour, baking soda, baking powder, cinnamon, apple pie source, and salt in a large bowl. Set aside.
6. In a new bowl, whisk the melted butter, egg, brown sugar, granulated sugar, milk, and vanilla extract together. Pour into the dry ingredients, add the reduced apple cide, and whisk everything together.



7. Spoon batter into donut shapes. Cut a corner off the bottom of the bag and pipe the batter into each donut cup.
8. Bake 10-11 minutes or until edges and tops are lightly browned. Cool for 2 minutes and transfer to a wire rack.
9. To coat the donuts: Combine the granulated sugar, cinnamon, and apple pie spice in a medium bowl. When the donuts are cool, dunk both side in the melted butter and then in the apple spice topping.
10. ENJOY

## **PUMPKIN PIE**

**Time:** Approximately 45 minutes

### **Ingredients:**

- 1 cup fresh cranberries
- 2 cups sugar
- 1 cup water
- egg wash: 1 large egg beaten with 1 Tablespoon milk
- one 15oz can pumpkin puree
- 3 large eggs
- 1 and 1/4 cups packed light or dark brown sugar
- 1 Tablespoon cornstarch
- 1/2 teaspoon salt
- 1 and 1/2 teaspoons ground cinnamon
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground or freshly grated nutmeg
- 1/8 teaspoon ground cloves
- 1/8 teaspoon fresh ground black pepper
- 1 cup heavy cream
- 1/4 cup milk



### **Directions:**

1. Preheat oven to 350 degrees.
2. Whisk the pumpkin puree, sweetened condensed milk, eggs, cinnamon, ginger, nutmeg, and salt together until the mixture is smooth.
3. Pour the mixture into your pie crust (either store-bought or homemade).
4. Bake in the oven for 15 minutes.
5. Lower the heat to 325 degrees and continue to bake for 25 minutes.  
(It's ready when a knife inserted 1 inch from the crust comes out clean. Center might be a little jiggly.)

# CONTESTS

## Contest Winner

Contest by: Ava Topple and Sophie Donnelly



***Congratulations, Valeriane Ronan!***

Valeriane's Ghostly Graveyard Cupcakes

- made and designed by Valeriane Ronan

## Poetry Contest Winners

Contest By: Maddie Murray

***Congratulations, Angela Motylenski & Quinn Hutchinson!***



**The leaves are turning,  
Warm firewood is burning,  
Fall is welcomed back**

By: Quinn Hutchinson



# FUN PAGES

## Crossword Puzzle

### Back to School

**2 Down**

**12 Across**

**2 Across**

**7 Down**

**ACROSS**

4. a short period of time during the school day that children can play, usually outside

6. to provide schooling for; another word for teach that starts with an E; Teachers work hard to \_\_\_\_\_ their students.

8. a room where classes are taught in a school

9. an area of knowledge that is studied in school; Math is my favorite \_\_\_\_\_.

11. another word for completed that starts with an F; "Have you \_\_\_\_\_ your homework?"

**DOWN**

1. process of gaining knowledge by studying, practicing, being taught, or experiencing something; "I am \_\_\_\_\_ about fractions."

3. a planned piece of work that has a specific purpose and that usually requires a lot of time; "I'm doing a science \_\_\_\_\_ on volcanoes."

5. school work a student is given to do at their house

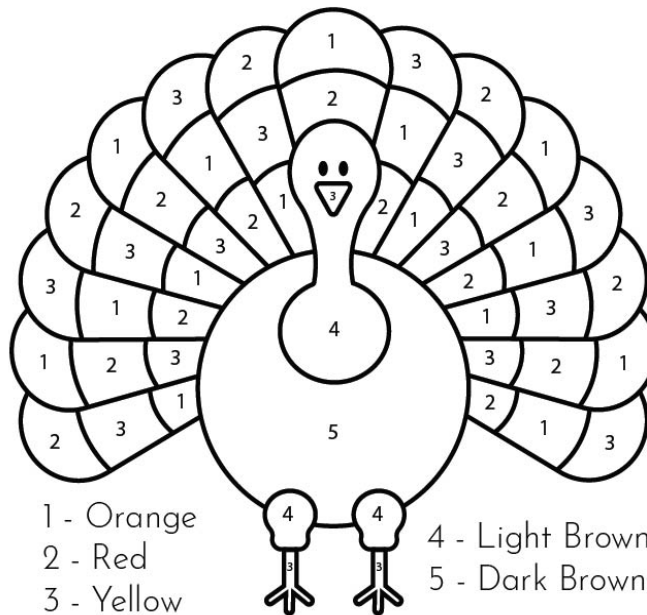
9. reading or memorizing facts to learn about a subject "I am \_\_\_\_\_ for my math test."

10. "I \_\_\_\_\_ for my math test yesterday."

## Jokes

By Alyssa Oh

1. I have a head, body, legs, and arms; but I am heartless and have no guts. What am I?
2. I hate the light, and I fly at night. What am I?
3. I wear a big black hat with a cat. What am I?
4. How do ghosts cry?
5. When a witch lands, where does she park?



Joke answers: A skeleton, a bat, a witch, "Boo-hoo", a broom closet

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