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2019 Freshmen Experience mixed freshmen, upperclassmen and teachers in an atmosphere of fun and community.

Stopping Suicide: How to Help

By Arianne Garcia

In the past few years, suicide rates among adolescents have risen considerably and have become the third leading cause of death. Since this is an issue that could possibly affect the students of DMAE, the ZONE took action. On Wednesday, Sept. 18-19, 2019, the ZONE held presentations about suicide prevention in classrooms and in the school library.

“Too many lives are impacted by suicide, from the one who dies by suicide, to their families, friends, and communities. It is very important that we learn how to come together as a society to help those in need and prevent unnecessary and traumatic loss,” said ZONE advisor and director of Adolescent and School Based Youth Services Mariam Gerges.

In the presentation, Ms. Gerges covered the major topics of how to recognize red flags of suicidal thinking, how to support friends who are struggling, where to find help for

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yourself or friends, the difference between being depressed and suicidal thinking, and the main kinds of suicidal thoughts. All the presentations emphasized how suicide awareness is important especially at the start of a school year, which is why September is Suicide Prevention month. Additionally, Ms. Gerges and other ZONE representatives want to be sure DMAE students understand that they are far from alone and may get help if they are struggling.

“Presenting on this topic always leads to students feeling that they can come for support. And usually students are able to open up about their experiences,” Ms. Gerges said.

The ZONE prioritizes educating and supporting students on this subject matter, and the passionate counselors believe that one life is one too many to lose. Ms. Gerges plans to keep underscoring this important subject to make sure students know that their lives are precious, and that they have a sanctuary right here at DMAE.

“I would like students to know that they do not have to carry the burden alone. There are caring people here and in the world who are willing to listen and help,” she concluded.



Junior Joey Liberti, fourth from left, spearheaded the Climate Walkout as president of Mission Green club this year and was joined by earth lovers, from l to r, Christine Salazar, Sharlene Bergantinos, Principal Ben Suro, Julie Jang and Sienna Tu. Top right, Walkout crowd, bottom right, l to r, a group of caring upperclassmen, back row, Sofia Figueroa, Tenzin Dekyi Tsotsong, Nelufar Shaturun, Hyun-soo Kim, front row, Caleb Kim, Gianna Scarpa, April Yoo and Rebecca Reyes.

DMAE Joins Global Strike

By Julia Schwartz

Hundreds of DMAE students gathered in solidarity in front of the Dizzy Gillespie Auditorium joining thousands of other students worldwide on September 20, 2019, to demand immediate climate change action. With carbon emissions and temperatures rising, and scientists predicting that humanity has less than a hundred years of existence left, young people across the world are concerned and want laws to stop global warming before it's too late.

“It is kind of terrifying what is happening to our world right now,

and yet nothing seems to be changing administration-wise, and most adults do not seem to care, leaving it up to us [young people] to be advocates for the planet and the future we want to live,” senior Ameera Baksh said.

The protest at DMAE, organized primarily by junior and Project Green president Joey Liberti, took place during second and third periods and included two speakers. Students marched in unison wearing green and toted signs with slogans such as “There is no Planet B” and “Science not Silence,” and were photographed



by the local press. While students rallied, Joey took the podium to speak to the crowd.

“It is all about the little things we can do to save our environment - recycling and cutting down carbon emissions, just doing something,” he said. “By doing these little things and demanding action we are already winning the war against climate change,” he added.

Sara Stroman, a member of the Englewood NJ Environmental Commission, spoke as well, urging students to make their voices heard regarding climate issues, commenting “We are all lettuce.” This statement was made to emphasize that all hu-

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mans rely on the environment and if the environment gets destroyed, humanity does as well. Stroman suggested one action that would make a huge impact: “Stop using plastic water bottles!”

The event took approximately two weeks to organize with the help of teacher Judy Aronson.

“I heard about the walkout before Joey and by chance ran into him at a football game, and it evolved into something - a movement for DMAE students,” Ms. Aronson stated.

Many view the walkout as the beginning of the new and powerful environmental agenda. With the success of this Earth Day, students are hopeful that voting in the November elections will lead to the election of candidates concerned with the climate crisis for their sake and the sake of the planet.

Voter Registration Drive Flops

By Devin Kim

Voting has always been of the utmost importance in the United States. At one time or another, various social groups — African-Americans, women, and even 18-year-olds — have all fought for the right to vote. But why is voting so important?

Raymond Smith, the leader of Shiloh Lodge No. 53 (a Masonic Lodge located in Englewood), had an answer.

“Voting allows citizens to select public officials to represent their interests. These interests include jobs, roadway repairs, school budget, property tax, recreation, healthcare, and more,” he explained.

However, young people across the nation have become less interested in voting. In order to address this issue, Mr. Smith worked with teacher Thomas Corizzi and Principal Ben Suro to host a voter registration drive

on Friday, Oct. 11, 2019. The event was held in the Common Area at 8 a.m. Unfortunately, only a few students attended, and in the end, only three out of approximately 100 eligible students registered to vote.

While this event was geared towards registering students eligible to vote in the November 5th elections, Mr. Smith also wished to speak to students about the significance of voting.

Mr. Suro and Mr. Smith admitted that the drive could have been better and that it was hard to organize at the beginning of the school year, but both are hopeful that a future drive will be more successful.

“We could entertain another drive in May prior to senior graduation. Perhaps if we pair the drive with a social studies or political science class it would be more fruitful,” Mr. Smith concluded.

Sports

Teen Pep Team Builds Trust

By Godsy Philip



Service to DMAE comes in many forms including learning how to trust. Upper-classmen at the Teen Pep Retreat learned how to be supportive of each other so that they will be able to support and teach freshmen.

On October 2, 2019, the DMAE Teen Pep class went on a three-day retreat to Camp Bernie in Port Murray, NJ. The annual retreat is meant to be a bonding experience for the students as they engage in interactive group activities that build community within the class.

"I always hope that the trip will help create a well

"I had an awesome time at the retreat. It allowed me to learn ... that everyone goes through their own struggles."

adjusted, cohesive team that will effectively problem solve and become comfortable when given a collaborative task," coordinator Maria Buckley said.

Ms. Buckley and history teacher Brian Foster chaperoned the group of 28 students who attended the trip. The students were broken up into two groups once they arrived at the campsite. Each group engaged in group-building activities for which they were given specific and difficult tasks to complete. In one activity, for example, they had to work together to get every team member onto the other side of a low rope without touching the rope. The purpose of these tasks was to build cooperation and communication skills, and bring students closer to each other.

"The activities really forced us to work together as a group, which I appreciated because it served as an amazing bonding experience that opened the door to many new friendships," senior Kamila

Mazzoni said.

Students also took part in archery and the Swing, a landmark Camp Bernie activity that takes students 30 feet into the air over a lake.

In between the games and physical activities, the students also learned the Teen Pep curriculum through a series of listening and sharing activities. Boundary Breaking was a favorite among the students, and its objective was to understand commonalities within the group and become more aware and empathetic of each other. After these sharing activities, the group reflected on what they learned.

During the last night of the trip, the entire group engaged in an activity called Sharing which allowed the students to further open up about their personal struggles and connect with each other on a deeper level.

"I had an awesome time at the retreat. It was an eye opener for me because it allowed me to learn about other people's experiences, which made me realize that everyone goes through their own struggles. I feel like the sharing activities especially helped us connect as a group," senior Natalia Krol explained thoughtfully.

While the retreat was an overall success, the cold and rainy weather put a damper on some of the planned outdoor activities on the second day. The group did not get to enjoy zip-lining, which is typically a student favorite. Nonetheless, students felt the retreat was a successful and worthwhile experience as it allowed for new friendships to be born and unforgettable memories to be made.



Junior Ryan Fletcher, center, scores touchdown in win against Ridgefield Park.

"Raider Pride"

By Klaudia Spahiu

The Dwight Morrow Football team had an excellent start to the 2019 season and hopes to have more wins before it ends. The players came out strong, and though they took a hard loss the first game against Pascack Valley, 12-46, they came back with a well-earned victory against Cliffside Park, 20-19, and then a super Homecoming game win against Ridgefield Park, 26-13.

The homecoming game on October 27, 2019, was a tough fight at first, but the team showed its strength and dedication. Senior Cori Mar-

tin made one touchdown and 29 carries, and junior Ryan Fletcher made an astonishing three touchdowns.

"This season has had its ups and downs. We went 2-3 but we can still go far. We just have to show that we can

do more, which we can 100% do. These next games

will be decided upon by our dedication and focus and I believe we can do it," senior defensive tackle Hector Lebron said.

The Maroon Raiders are

"We just have to show that we can do more, which we can 100% do."

games against Bergenfield and Paramus coming up.

Regardless of the outcome, the team stands united with Raider Pride as they represent not only DMHS but also the whole Englewood community.

Freshmen EX Breaks the Ice

By Tenzin Dhasel



DMAE freshmen lining up for Archery. Bullseye anyone?

Nervous buzz in the air, exciting chatter, and peer leaders wearing colorful decorations can only mean one thing: Freshmen Experience! The 2019 day-long event was held Tuesday, Sept., 10, 2019, at Alpine Scout Camp in Alpine, NJ, and it was a day of bonding and fun.

"Freshmen at any high school need an activity like this to help them bond, but at our school, where students come from so many different towns and are enrolled in two different academic programs, it is essential that they meet at the beginning of the school

year," coordinator Judy Aronson explained. "The activities help them relax a little,

"I loved all the activities and the upper-classmen were really friendly."

open up, smile and feel less stressed."

At the Camp, the freshmen hiked, conquered rock climbing, played laser tag and basketball, shot arrows, and created skits. Thanks to a grant from the Dwight Morrow High School Alumni Educational Alliance, a high-

led by three captains this year, senior Hector Lebron, and juniors VeRon Garrison and Jalen Hoyle. Defensive tackle and center VeRon is proud of the team's growth.

"The season is tough so far but we feel as a team that we are getting better and better as we go on. What we have improved on is playing as one unit," VeRon said.

One new change to the coaching staff is head coach Joe Hoyle. Previously an assistant on the Raiders' staff the last three seasons, he moved up to lead the boys.

"We've always talked Raider Pride in Englewood. It's something that has been instilled in me since I was a kid -- it's not just two words that sound good. I want to bring back the winning mentality," Coach Hoyle said in a *North Jersey Record* article.

The Raiders are hopeful for two more wins, with the

quality sound system was rented and students were able to enjoy music all day long as they ate, danced, and made new friends.

"I liked that we got to meet new people. I loved all of the activities and the upperclassmen were really friendly," freshman Ria Vij remarked. "I met a lot of different people and got close with them," she added.

This year, a drumming circle led by a professional Jazz musician was organized instead of the traditional square dancing, and students enjoyed it.

"I think the drumming circle was a nice addition because it was still an event where everyone had to work together, but one kids were willing to do," chaperone Jackie Goolsarran explained.

At the end of the day, skits livened up the mood along with s'mores made by upperclassmen and students boarded the buses with tired but happy faces.

"Many people made Freshmen Experience the success that it was including Barbara Manche, the school nurse, Alison Fordice, Ms. Goolsarran and teacher chaperones," Ms. Aronson said. "This event could not have happened without them."