

the

DMS Press

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TIM SHOEMAKER

By Chris Alverontas

A police officer from Ramsey, New Jersey, Timothy Shoemaker came to Demarest Middle School to give a presentation on “the good life.” This presentation informed the students about how to be aware of events that can harm you, and how to live a good life.

Mr. Shoemaker spoke about how everyday we have choices (continued on page 2)

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TIM SHOEMAKER

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to make. Mr. Shoemaker also noted that those choices may not be as interesting as saving someone's life, but they could be as simple as figuring out what kind of clothes to wear.

In Shoemaker's speech, he also talked about paradigms and how they affect you. A paradigm is a pattern of thought that happens automatically to you. He explained that these could be good or bad. Some bad examples that he mentioned to us about paradigms were smoking and drinking alcohol because the smokers and alcoholics do these things on a regular schedule. Some good examples studying for exams and playing sports. These are good paradigms, he mentioned to us, because they help your body instead of hurting it.

One of the main ideas in Shoemaker's speech was "the good life." The meaning of good life, he told us, was gaining success and being with the ones you love and trust, which would be your friends and family.

Also, Shoemaker told us about our purpose in life and how to respect ourselves for who we are. He explained to us that our purpose creates who we are. Also, he told us about respecting ourselves for who we are. He explained that if you know that you're doing something right, you shouldn't wait for someone to applaud you. You need to respect and applaud yourself, because people aren't going to encourage what's right, just what looks cool.

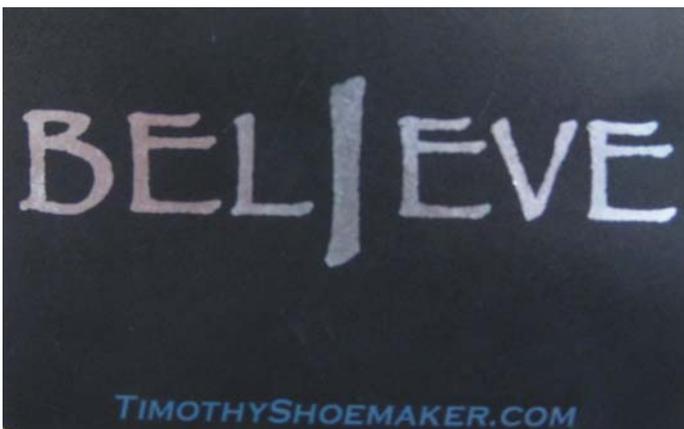
BUEHLER CHALLENGE

By Thea Maletta

The fifth graders went on a trip to the Buehler Challenger and Science Center located in Paramus, NJ. Mrs. Cavalli said, "The purpose of the field trip is to enhance and support the fifth grade science curriculum." The fifth graders are currently studying space exploration; this trip allowed them to apply some of the things they learned in class. During the trip, the fifth graders did the Challenger mission in a simulator. The goal of the mission was to understand how a space shuttle crew had to work together as a team in order to rendezvous with Comet Halley. It provided an experience for the students to complete a variety of different tasks that make up the space mission. The students were split up into teams to complete the mission while conducting experiments using logic and reasoning. Each student got a task card, which gave instructions based on their job. For the simulated mission the students had to apply what they have learned in science, math, and technology. Once everyone completed his or her task cards successfully the simulated space ship blasted off, as if it would in a real-life mission.

Ava Maletta, was a part of the probe team whose job was to construct and deploy the probe, which will be launched to Comet Halley. Ava stated that she learned "how to cooperate in a team and learned how to use communication skills like listening." These techniques were crucial for her job as part of the probe team. Her team had to communicate with other teams by using an electronic device in order to collect and transmit information and data to a receiver. Along with that team, there was the navigation, remote, communication, data, isolation, medical, and life support teams.

One of the main benefits of taking the fifth graders to the Buehler Challenger and Science Center each year is for the students to learn teamwork and cooperation. The science curriculum says that the fifth grade students must learn about space, which is exactly what the Buehler Science Center offers, in a more entertaining way.



Earth Institute

By Jackson Hecker

Two weeks ago, the Earth Institute from Columbia University came to our school to talk to the students about how they can study science without being a really smart scientist and wearing a lab coat. In the beginning, she asked the students if anybody would like to be a scientist when they grew up. Not many people raised their hands to this question. Next, she asked if they like to talk, listen, draw, or use technology. Almost everybody in the school raised their hands for at least one of these topics. The students of DMS did not realize this was a science question. When students think of scientists they think of them as people in white lab coats, glasses and in labs. She showed a different side to science. She showed us pictures and videos of people contributing to science. One example was a painting of the Milky Way galaxy. The person who had painted it had to know about science, but she used her own skills of drawing to contribute to the science community. Mr. Quillen also believes there needs to be many areas to work on policies such as the environments. We need other people to help our scientists.

One topic she talked about was CO₂ and emissions in the air. Students learned climate change happens mostly from carbon dioxide. The people of the world burn natural gas and coal in facilities, which release emissions into the atmosphere. Emissions are also released through cars. She taught students how they we could make a difference. Using powers such as solar, wind and nuclear. She also taught ways to stop how much carbon dioxide is going into the air. Mr. Quillen, the 6th grade science teacher, believed that humans are affecting the CO₂ levels by the burning of fossil fuels and the utilization of the rainforest. She explained how using sequestration. She also taught is when we store carbon dioxide either in the ground or below the ocean floor. This helps the environment, and uses the carbon dioxide. The people from the Earth Institute students' understanding of how they can contribute to science and about emissions going into the air.

Peer Leaders

By Rhea Tejwani and Raymund Lee

The peer leader program is a group of 16 eighth graders, 8 girls and 8 boys, who help lead the younger students in the school. To get into the program, there was a selection process. All students were eligible to participate in the program. To begin, the former peer leaders came into each seventh grade classroom to introduce the program and handed out applications. After the students who wanted to participate filled out the applications, all students were given times for an interview. During the interview, a series of questions were asked by Mrs. Rinckhoff, who runs the peer leader program, Ms. Zitelli, the seventh grade language arts teacher, and Mr. Regan, head of the curriculum center. The responses given by students were scored on a point system. The students who scored the highest on the application and the interview were selected to participate in the program.

The main goal of the peer leaders is to assist the younger students at Demarest Middle School, specifically the fifth graders. During the first week of school, about three to four peer leaders went into the fifth grade hallway to assist the younger kids with their lockers and schedules. The fifth graders greatly appreciated all the help that the eighth grade peer leaders provided. This helped them feel more comfortable in the school environment.

Peer leaders will continue to have group activities throughout the year. The objective is to strengthen social, teamwork, and leadership skills, which will guide us in our professional lives. With the start of the second year in the program, the content is constantly being enhanced. Future plans include helping 5th graders become more aware of Internet safety and middle school rules that they may not be familiar with. We will teach each fifth grade homeroom a series of lessons throughout the year. We look forward to having a successful and exciting year in the program.



Soccer

By Ben Alfano and Jerry Abramson

In the 2014 school year, the Demarest Middle School Wildcats soccer team has faced many challenges.

The team fought off their opponents exceptionally well with a record of 7-2-4.

They held the third seed out of seven and battled for the second seed with Norwood who they recently tied with in their last game on Thursday, 10/9. We spoke with Alissa Gonzalez, the captain of the soccer team, about how she feels the team is doing so far.

"I feel the school soccer team is the best it has been in a long time. Every game, our team works together to the last whistle. Because of our strive for success, the DMS soccer team has never been better, and I hope we can score our way to first place," says Alissa.

She is extremely aggressive and is an important player to the team.

Alissa knows the game very well and was elected team captain because of her hard work and dedication to the game.

Jackson Hecker, one of the teams players said, "We are a small team with a big heart." We conversed with Matthew Hefter on how the team can improve and possibly win the entire league.

"The team could improve probably if we had more kids to show up to the games, because at most of our games we do not have enough players to keep going in and out with substitutions." Matthew is a center-defender who also is a great finisher at the goal.

His throw in is phenomenal and was a very important to the team.

Last years champions, Old Tappan, were looking very good again this year and seem to be the hardest team to beat.

Matthew Hefter stated that the DMS soccer team can beat a team with such dominance as Old Tappan.

"If we get enough shots off and exploit them, and our defense can shut down their main threats," he believes that the school team can come out on top.

As recently as Thursday, the Wildcats came very close to a win against Norwood, another strong team in the league.



Pictures by Emma Miller

Volleyball

By Sofia Kontolios

Bump, Set, Spike! This year, Demarest Middle School's volleyball team had a blast playing against other teams in the Valley. Their record was 4 wins, 8 losses. The team of nineteen driven, skilled players worked together to bring pride and success to DMS.

Meet the Coach... Ms. Cohen, coach of this year's team and gym/health teacher here at DMS, had a few things to say about the playoffs, the way the team worked, and her feelings about being a part of Demarest Middle School's first volleyball win in four years! The team having won four games, Ms. Cohen had confidence they would make it to the finals. "...We need to bring some new skills to our game and become even more effective with the skills we already have." Coach said about the girls going to the Playoffs. She believed that they should have achieved this because as their team got better, the other six teams in the Valley were improving as well.

Get Your Head in the Game...Ms. Cohen stated how determination was the team's main strength in the game. Even with the "we can do this" cheers and hoots coming from players on the bench at games, being focused is also a vital part of this game. Coach's main plan was to teach the girls mental toughness and how to stay focused. This is very important because being mentally strong is a lot more difficult than being physically strong in the game of volleyball.

Zero to Hero...At the start of the season, the girls on the team were nervous yet excited about playing in the first game. "From the first serve to the last, I admit I was pretty scared but I knew we'd win it." Sofia Kontolios, an eighth grader on the team, expressed about them winning DMS's first volleyball game in four years. The girls celebrated their win by cheering and taking tons of victory shots afterwards. Coach says that the feeling of winning after such a long time was "incredible" and mentioned that the first word that came to her mind was "excited". This win, along with three others, definitely boosted the team's confidence and performance on the court.



Picture by Sharon Hong

Breast Cancer Carnival

By Sydney Woods

Clubs such as the Student Council, run by Mrs. Korines and Ms. Zitelli, plus the KARE Club, run by Mrs. Calegari, Mrs. Conti, and Mrs. Worgul try their best to help out the community as much as they can. Recently, the Demarest Middle School and its clubs have hosted a few events to raise money for Breast Cancer.

The 31 days in October are days that represent Breast Cancer Awareness Month. The pink ribbon is everywhere, and DMS helped to raise awareness for Breast Cancer. There was a carnival on October 15 to raise money for Breast Cancer. It took place in the DMS courtyard from 3:15 to 5:00. There was an abundance of games, prizes, raffles, tattoos, and food. All proceeds raised during Breast Cancer events went to the National Breast Cancer Foundation. According to their website, "The National Breast Cancer Foundation's mission is to help women now by providing help and inspiring hope to those affected by breast cancer through early detection, education, and support services." With participation from our community in DMS's events, we can help make this foundation succeed.

Also, the Student Council sold pink breast cancer socks. The socks came this contest, so they will in different pink colors with ribbons on them. All profits from the socks went directly to the National Breast Cancer Foundation.



On October 18, groups of people wearing pink showed up to County Road School to walk for the cure. Demarest hosted a Breast Cancer 5k with food, raffles, face painting and more. Raffle items such as gift cards, autographs, and a grand prize of a Toshiba television were given out. And finally, Demarest Middle School's very own Ms. Cohen pushed a car 35 feet! Overall, the Breast Cancer walk was a huge success. We raised over \$6,000.



The Breast Cancer Carnival is not the only event DMS ran to help out during Breast Cancer Awareness month. For six days, the Student Council had many pink spirit day events. Some of the spirit days included wearing a pink shirt, pants, and shoes. Every person who wore the correct pink clothing item received one point per day for his or her grade level. The sixth grade won and received a pajama day.



Circus

By Thea Maletta

During last week the entire student body got to participate in a circus week. Every student engaged in many activities and tricks that they learned for five days. The assembly was a great performance and it was a relaxing break from all the hard work that we have to do in school. Being part of the circus was very amusing and we all got to learn very neat tricks.

Jess Freeman is a sixth grader who was a part of circus week. She learned tricks for the juggle sticks and said that the circus people were really helpful. By the end of the week she was an expert juggler. Amanda Srebnick also was an active participant in the circus, not only did she learn how to use the juggle sticks but she got to try other circus acts, such as plate spinning. Both of these students had a great time participating in the circus.



During the circus the people performed acts that looked super tricky. However, those tricks were not as hard as they looked because they each had different tricks that would help us master them. The students got to try three different acts. The juggling sticks, plate spinning, and diablo, which was another juggling trick. After watching the performance, all grades got to participate in all three of the circus tricks throughout the week. For each one, we learned helpful tips so that we can learn all three acts.

At first, people struggled, but by the second day in participating in these games, it was very simple. One of my personal favorites was the diablo. When using the diablo, you had to use a string to throw up an oval shaped object. This was really cool getting to try to do one of the acts that the circus people taught us because it was something that I would usually do.



Having the circus come to our school was a totally different experience than all of our other assemblies. I really liked how in this assembly they made us an active participant. The circus was definitely a great way to keep the students occupied, and give them a break from school.



Creative Writing

Submit stories and poems to be in our next newspaper!

OCD by Claire Yoo

Did I leave the house lights on
house lights on house lights on house lights
on?
How many how many how many how many
people have touched this surface?
Why did they make that crack that crack
in the side walk slanted?
How many Advils have I taken taken taken
today?
Did I already wash this wash this wash this
wash this
counter top?
Did I close and open close and open close and
open close and open
the door five times?

How many hours has it been been been
since she called?
Do people purposely tilt mirrors?
Why did she reach her unwashed hand into the
chip bag
hand into the chip bag hand into the chip bag?
Was that door door door door door
open the whole day?
Should I rememorize rememorize rememorize
this safety handbook?
What if this plane, car, bus, train, bike, boat
crashes?
Did I leave the house lights on house lights on
house lights on?
Where is he where is he where is he where is he?
Did I close all the blinds close all the blinds?

Advice Column

By Ohr Yahalomi

What are some ways to relieve homework and studying stress?

Homework and studying stress can be caused by a bunch of factors. Maybe you didn't get enough sleep or you have to write a two page essay last minute. I find that I can relieve my stress by simply lying down on my bed and listening to my favorite songs. Other ways to relieve stress can be going for a nap, talking to a trusted friend or adult, exercise (such as going for a walk), and maybe even spending some time with your pet.

How do you stay organized as you get older, especially if you are in a rush?

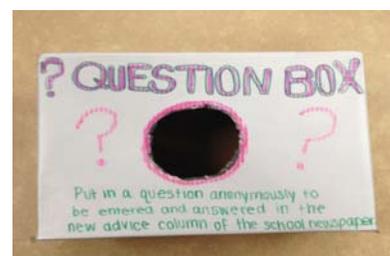
Staying organized is a really tough challenge that gets harder

as you get older. Being messy is certainly not going to get you anywhere, so here are some tips on organization.

- **Decide where you will put your folders whether it is in your binder or alone.**
- **Color code your folders for different classes or find some way to make sure that you know where to put what.**
- **Keep everything neat and if you have to, spend a little extra time tidying up your locker or desk at home so that there is not so much clutter.**
- **And lastly, don't be lazy: organization is hard work and it takes a lot of time to overcome being messy so don't slack off and put your math homework in your science folder.**

Put things in the right places and you'll be fine.

In my personal experience, staying organized and relieving many types of stress are two key parts of learning that it has taken a long time for me to master. Thanks to all the fifth graders for all the questions, and I hope that all ages in the school can benefit from the answers provided.



Submit questions in our advice box to be answered in future newspapers!

Halloween!

Here are some of the DMS students all dressed up!

Pictures by: Gillian Koch and Valentina Rosso

