



Graphic by Alyson Danielson

VOL. 4 NO. 5: April 2023

Southwestern High School's Student Newspaper

GIRLS JUST WANNA HAVE FUN!

Girls' Flag Football Comes to SWCS

By Madison Swartz

JAMESTOWN, N.Y. - You've heard the rumor, and it's true: flag football for the ladies is here!

For the first time in history at Southwestern, our girls will be out on the field pulling flags.



Flag Football Seniors. Photo By Madison Swartz

Mr. Burkholder and Mr. Arnold are the coaches. Practices are typically at night with room for multi-athletes and games are on the weekend. This is a non-contact sport, but still very similar to regular football and the coaches have had about 30 girls sign up already!

See FLAG FOOTBALL, Page C1



NPR Student Podcast Challenge



Thumbnail by Justin Vanstrom

By Trojan Times Staff

Trojan Times staff will compete in this year's Student Podcast Challenge from NPR!

Four groups each recorded a podcast: learning to script, record and produce the podcast using Adobe Audition.

You can listen to well-made podcasts like Cheese Caves, The Do's And Don'ts Of Dating, The Cure: Graduation and The War On The Worlds Podcast inside this edition!

Listen To These Podcasts On Page A6

Trojans Triumph At States

By Nate Lewis

JAMESTOWN, N.Y. - The past winter season for Southwestern sports has proven to be one of the best the school has seen in years. Eight talented athletes performed above and beyond representing this school, and none came back empty-handed.

See TROJANS TRIUMPH, Page C1



Tavio Hoose at States. Submitted photo.



Key

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Letter from the Editors

NEWS

European Adventures

Thanks for picking up this spring's edition of the Trojan Times! Southwestern has been busy competing, traveling, learning and we've been there for all of it.

This edition is one of the biggest we've ever had. Sports recaps, school trips, and even an NBA play-offs analysis are just a portion of the topics you'll find inside.

The highlight of this edition is the podcasts made by our very own news-writing staff to enter into the NPR challenge. This was a mammoth undertaking, as we all had to learn how to record and edit with the Adobe Audition program. Each podcast is about four to eight minutes in length and can be listened to using the QR codes on page A6.

Check out our back page to see a collage of candid photos from Battle of the Classes, the France and Spain trip, and from daily life around the school.

Thanks for reading and we hope you enjoy our April edition. Go Trojans!

Your Editors,

Janmanshi Padhya & Dustin Hendrix



Southwestern students in front of the castle in Carcassonne. Photo submitted by Ms. Anderson

By Angelina Wilder

EUROPE – This year, Southwestern students traveled to France and Spain over mid-winter break, from Feb. 16 to Feb. 26. Thirty-nine students from both Spanish classes and French classes traveled across the Atlantic.

The gap of the trip being every other year gives time for fundraising. Fundraising allows students to go on tours, restaurants, hotels and transportation.

Mrs. Anderson and Madame Mazzone are the foreign language teachers who attend all of these trips. They help organize and plan new activities every trip.

"We visited a new town this year in the south of France, Carcassonne, which was really cool," Mrs. Anderson, the high school Spanish teacher, said.

The small town seemed to be a fan favorite for the travelling students.

"I liked the smaller city that we went to in France, Carcassonne, because there were funny stories about the castle, and then we got to walk through the entire castle," Erin Keppel said.

"The trip was fantastic," Sam Kautzman said. "My favorite city was probably Carcassonne. The architecture there was quite old, and super cool to see. Also, we had a beautiful view from the top of the castle walls, looking out over the city and mountains. It was very interesting to see the difference in European culture compared to what we are used to."

Although Mrs. Anderson has traveled with Southwestern students for several of these trips, she still continues to be sparked by the excitement of her students.

"It's awesome to see the wonder and the amazement on the kids' faces when they see some of this stuff," Mrs. Anderson said. "It opens horizons for the kids and shows them there is more out there than this small corner of the world."

The next trip is planned for 2025, so any current underclassmen and upcoming high-schoolers will have a chance to travel to other countries with their classmates and see many new cultures firsthand.



Students in front of La Sagrada Familia. Photo submitted by Arrington Restivo

A Closer Look:

SWCS Coffee Cart

By Janmanshi Padhya

JAMESTOWN, N.Y. -The smooth running of our school depends on the staff and faculty. Let's thank the members of the coffee cart for supplying them with their morning boost of energy.

"It's a win-win for everybody," Mrs. Cybart said, "It's good coffee, the money goes to the school and it's one of the things I look forward to every morning."



Mr. Pagett receives his morning coffee.
Photo by Janmanshi Padhya

The coffee cart takes place every single morning during EET. One member of the student transition program and one member of the National Honor Society walks around high school and middle school accompanied by either Mrs. Evans, Mrs. Seeley or Mrs. Stockwell. They sell coffee and baked goods to teachers.

"I like the coffee cart," Treton Fegley, a member of the transition program, said. "We go around and give baked goods and coffee to people."

The coffee is made fresh every single morning and the baked goods include muffins, cookies, brownies and other treats.

The coffee cart began at the end of COVID-19. The transition program members used to go out to local community businesses and volunteer locations to gain job skills, but due to covid they could not go out. Therefore, they came up with an in-house business.

"The program has been a huge success," Mrs. Stockwell said,



Shawn Munson, Mrs. Evans and Mrs. Stockwell pose for a picture. Photo by Janmanshi Padhya

"The transition students really enjoy the coffee cart and for the NHS students, I think it's nice that there are kids in the school that may not have ever met and they get to know each other."

Battle of the Classes

By Dustin Hendrix

JAMESTOWN, N.Y. – The junior class reigned victorious as Southwestern High School recently held its annual Battle of the Classes. Seniors fought hard but came in close second. The sophomores had to settle for third place, and the freshmen came in last.

The Battle of the Classes featured a range of exciting competitions that tested students' physical skills, team coordination and school spirit. While the events took place throughout the week, the classes came head-to-head on The Night of Battle. Southwestern looked on as students competed in volleyball, pie-eating, dodgeball, the relay race, the Hula-Hoop race and the class dance competition.

This year's dance competition was taken by the seniors, performing "Zero to Hero" from the movie "Hercules" while dressed as ancient Greeks. The juniors came in second with a pop-rock medley while dressed as boxers. The sophomores performed a line dance while dressed as pirates, taking third, and the freshmen glowed in the dark while they performed the Superbowl half-time show.

The Credit Union interns coordinated a concession stand for Battle of the Classes. The proceeds from the sale of those items in the total of \$62.75 was donated to the school Community Closet. The Community Closet is a school initiative that provides clothes, shoes, and other basic necessities to students in need.



Hercules (Will Hoden) holding up King Shiv during the Senior Dance routine.
Photo Submitted by Henry Marshall



Jessica Quijano-Fuentes giving the donation to Mrs. Stockwell for the Community Closet.
Photo submitted by Edith Parker

FEATURED CLUB COLUMN

Art Club

By Janmanshi Padhya

JAMESTOWN, N.Y. - Throughout the history of mankind, art has prevailed. In the early days, art helped humans to communicate. The oldest artwork discovered is by the Neanderthals (primates) almost 50,000 years ago. Over the years, art has significantly evolved. However, even today, art serves a similar purpose.

Art allows one to express themselves and unleash their creativity without any limitations. The Art Club at our school provides a platform for students to do so.

Art Club takes place once a month in Mrs. Brown's room (299). The club is limited to 15 sign-ups each month, which runs on a first-come, first-get basis.

It is open for anyone to join.

"The projects are the best part, and being able to talk to your friends," Angel Seeley, a member of the art club, said. "And Mrs. Brown is really nice. The club gives me space and time to be creative and I really enjoy it."

Mrs. Brown has been running the club for 27 years, and it started even before.

"I think it is a good opportunity for kids that might not have time to take an art class to be creative," Mrs. Brown said.

In sociologist Charles Horton Cooley's words, "An artist cannot fail; it is a success to be one."

If you are an existing or a prospective artist, joining this club will give you opportunities to have a good time setting free your imagination. Stop by Mrs. Brown's room and give it a try!



SW students do arts and crafts. Photo by Mrs. Brown

Southwestern Awards Seals of Biliteracy: Bilingual Seniors



Samuel Mincarelli, Elizabeth Kane, Madison Cresanti and Nathan Lewis obtain the Seal of Biliteracy.

Photo submitted by Mrs. Donahue

By William Dorman

JAMESTOWN, N.Y. – After an arduous year-long process, several Southwestern seniors obtained the New York State Seal of Biliteracy.

The Seal of Biliteracy is a lifelong certification which shows that a student has attained proficiency in a foreign language to colleges and employers.

Madison Cresanti, Nathan Lewis, Elizabeth Kane and Samuel Mincarelli, after researching a specific topic for an entire year, gave a 20-minute-long presentation to a panel of three judges in the foreign language that they study.

Spanish students Cresanti, Kane and Lewis were judged by Mrs. Anderson, Ms. Dejoy and Mrs. Delahoy, while French student Mincarelli was judged by Madame Mazzone, Mr. Jouanet and Mrs. Douglas.

After presenting their topics, the students were "grilled" by the panel of judges to ensure that the students had an intermediate-to-advanced level of proficiency in their second language.

The Seal of Biliteracy is extremely challenging to obtain and represents a great achievement for the seniors who acquire it.

"It's a noteworthy achievement," Mrs. Anderson said. "They put in a lot of hard work not only for the seal, but also during class."

In addition to the difficulty of the actual presentation, students had to focus on the Seal of Biliteracy throughout the year, preparing to present their topic.

"I'm proud of [Samuel Mincarelli]," Madame Mazzone said. "He had to stay focused on one project all year and learned that he could do something like that. It's a great learning experience. I'm excited to see the program continue."

Although difficult and time-consuming, the Seal of Biliteracy shows the hard work these students dedicate towards learning.

Dhondt Siblings Travel to Mexico on Mission Trip

By Kira Ricker

JUAREZ, Mexico - Southwestern students Jude and Jayla Dhondt traveled to Juarez, Mexico during February break on a mission trip with their church, Church on the Rock.

Accompanied by their family and others from their church, this pair of siblings enjoyed their time in Mexico worshipping, helping and connecting with the families and children in Juarez.

Seeing as the children of Juarez spoke primarily Spanish, the language barrier proved to be an obstacle; however, a game of UNO brought everyone together. As they ate lunch with the kids and enjoyed games, they found that when playing UNO, both English and Spanish were spoken by both groups through numbers and letters.

Although UNO was a big hit, the children enjoyed playing soccer best and proved to be fantastic at the sport as well. "Soccer was their thing," Jayla Dhondt said.

Aside from games and fun activities, the Dhondts helped this community in numerous ways. Jude worked construction on the Children's Home by doing electrical, flooring and trim while Jayla painted the home, including a beautiful mural of a tree the children helped with.

The siblings made an even bigger impact on the community by leading several different worships and services alongside their church, as well as singing with the children.

The Dhondts made a big positive impact on Juarez's community but also left the experience with a few takeaways of their own.

"Something that I took away from it is that we are super fortunate here to have all the stuff we have, because the people there are [impoverished]," Jayla said.

While some members of Juarez's population may be less fortunate, both Jude and Jayla made it a point to express how the kind and happy children in Juarez show that happiness can stem from many places. It is important, they said, to be grateful for everything you have.



Scenes from the mission trip. Photos submitted by the Dhondts.

FINANCIAL COLUMN with Southern Chautauqua FCU TIPS FOR BUYING YOUR FIRST CAR



By Alyson Dalton

JAMESTOWN, N.Y. - Are you thinking of buying your first car? Did you know that there is more to buying a car than just how much it costs? Buying a car is something that many teenagers in high school look forward to. We see it as having our next step to freedom. But what financial responsibilities come with buying and owning a car?

I interviewed John Felton, the CEO of the Southern Chautauqua Federal Credit Union, to get more insight on the car buying process and what to expect when you buy your first car.

As teenagers, we all hope that we are just going to be given a car when we turn 16; however, the reality for most is not that. Some people are fortunate enough to get a car handed down to them from a family member, but a lot of teenagers work and save up to purchase a car when they get their license.

"There is a process: a lot of people are very fortunate that they will use grandma's car or an extra car in the household, but eventually everyone's going to want to buy their own car," Mr. Felton said.

A common mistake people make when buying a car is not sufficiently researching the car that you want to buy to make sure that it's reliable. Mr. Felton suggests that you make sure you research the car's reliability and the price. Make sure it's an affordable price for you and find out how much the car is selling for, so you know that you are getting the right value.

I asked Mr. Felton what the most important thing someone should know before buying a car, and he suggested that people should start saving at a young age so when it comes time to buy your first car, you already have some money saved up.

"Life is not about how much money you make, it's about what you do with the money you have," Mr. Felton said.

Saving early makes you better prepared for the bigger purchases you will make in your life.

Stop into the Credit Union for more information.

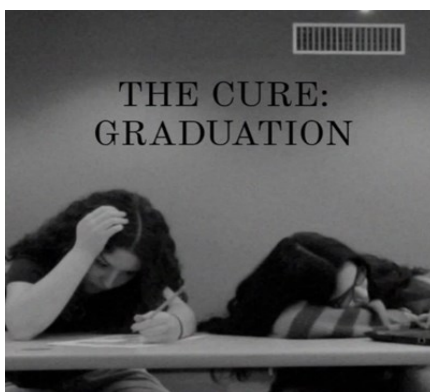


PODCASTS: Listen Now!

The Cure: Graduation

By Angelina Wilder and Janmanshi Padhya

Towards the end of high school, students have countless things on their mind. This is exactly when “senioritis” hits. In this podcast, you will understand how Southwestern seniors are dealing with senioritis and how one could get over it.



Thumbnail by Jay and Angie



The Do's And Don'ts Of Dating

By Kira Ricker and Madison Swartz

Whether you have experience in dating, or are just starting your first relationship, everyone could use a little bit of help navigating the complicated world of teenage love. Join us as we talk about the Do's and Don'ts of Dating!



Thumbnail by Kira and Madison



War On The Worlds Podcast

By William Dorman and Nathan Lewis

Have you been the victim of fake news? Maybe you don't realize how prevalent and easy it is to present a story as fact when it is made up. We hope to show people to double check their sources... and not to believe everything you hear!



Thumbnail by Nate Lewis



Cheese Caves

By Justin Vanstrom and Dustin Hendrix

Nuclear missile silos? A secret military bunker? The headquarters for the New World Order? What is the government hiding underground? 1.4 Billion Pounds of American Cheese...



Thumbnail by Justin Vanstrom



O P I N I O N

Does Taking Away Student Cell Phones Help or Hurt?

By Madison Swartz

JAMESTOWN N.Y.- One of the biggest debates in our school is if taking away a student's cell phone does anything. Personally, I think when students lose interest or attention in a class, they spend more time on their phones. Kids are getting phones younger in age each year. This means that students depend on cell phones at a younger age and are more likely to pick it up when they are bored.



Mr. Brown says that cell phones in the classroom are “perfectly acceptable in the way life is now for society.”

Whereas Mr. Pagett says cell phones are “not a problem until it's a problem.”

I support both teachers. If a student makes the choice themselves to be on their phone, not pay attention, and fail, then it is on the individual.

So, the real question is: is it worth trying to change? To me, no. In Southwestern we had a “red phone zone” policy where phones weren't allowed and then had the opposite, “green phone zone” and cell phones were allowed. With my experience of being in classes with these, it has never been effective. Cell phones may be a distraction in the classroom, but they can also be very beneficial. Every bit of knowledge is at the tip of our fingers, why not use our resources?

I am in college level courses and having my phone taken away in them can make me feel like I am back in middle school. To me, I think students who are eligible to take a college course should be responsible enough to handle their own cell phone and again, if they fail, it is on them.

This may sound like a normal teenager's perspective, which I am, but I personally think that is what high school is: a bunch of teenagers. Both teachers and students would easily disagree or agree on this topic.

So, the question to take with you is: should students' cell phones should be taken away or not?

Daylight Savings Time Soon To Be Gone: Good Riddance.

By William Dorman

Every year, Americans lose one hour of sleep in the spring to Daylight Savings time (DST). This ridiculous practice may finally come to an end because of Senate bill 623, the Sunshine Protection Act.

DST can be traced to Benjamin Franklin, but was only widely implemented by the Uniform Time Act of 1966. After this, DST became nationalized and most states now follow DST.

On March 15, 2022, the Senate passed the Sunshine Protection Act. If this bill passes through the House, it means that in November of 2023, we will not “fall back.”

Everyone is affected by DST, and there is a wide variety of opinions about this new bill.

Nathan Lewis, a senior at Southwestern for instance, is supportive of this new bill.

“I much prefer having an extra hour in the evening, rather than having one in the morning,” Lewis said. “[The Sunshine Protection Act] is interesting. I like the direction things are going in.”

Indeed, whether you are for or against DST depends on how much you value that hour in the morning.

Dustin Hendrix, a senior at Southwestern, said, “I like [an hour of light] in the morning rather than in the evening. The weather is bad this time of year, it's not like people are going and doing stuff outside in the evening anyways.”

Hendrix continued, “Also, it's safer having to drive in the morning when it's brighter.”

Hendrix's support for DST is very reasonable, but I for one strongly disagree.



Personally, I hate DST. I hate losing an hour of sleep and suffering over the next few weeks adjusting my sleep schedule. I hate it being dark at 5 p.m. I hate

having to change the clock of every appliance in the house twice a year. I hate everything about DST.

Hopefully the establishment will agree with me. If the Sunshine Protection Act passes, Daylight Savings Time will be gone once and for all.

Good Riddance.

S P O R T S

Flag Football

Continued from A1

The big games will be played in Chautauqua County with six schools participating, including Jamestown, Clymer/Sherman, Cassadaga, Fredonia, Chautauqua Lake/Westfield and your home team, Southwestern.

"I am really looking forward to coaching flag football," Coach Burkholder said. "I think that it is a great opportunity to get more kids involved in athletics by providing another path for them to get involved. It is exciting to be a part of."

Most people have been very excited about this new journey for Southwestern. Many girls are venturing out and Mr. Burkholder also said they have mainly had many girls sign up that just want to try something new.

Lily Cobb is a senior who is trying out flag football as well. She has played many sports before and is also playing track during the football season. When I talked to her, she was looking forward to playing.

"I am very excited for flag football this year," Cobb said. "It is something new that I know a lot of girls, including me, can't wait to start. I think each year, girl's flag football will grow and gain more popularity and support."

Mr. Salisbury, Southwestern's athletic director, talked about how the program will grow in the next five years. He expects that by the "beginning of next school year, girls flag football teams in NYS will be able to compete for sectional and state championships."

Flag football is something new and exciting for our school and will hopefully grow throughout the upcoming years. Best of luck to our Lady Trojans this season as they explore this new adventure.



The girls pose for a picture during practice.

Photo by Maddie Swartz

Trojans Triumph

Continued from A1



The swimming State Championship qualifying athletes.
Photo submitted by Mrs. Moore

Tavio Hoose performed to the highest level that Southwestern wrestling has ever seen. As a freshman wrestling 172 pounds, his competition was strong, but he was stronger. Hoose won

the first few rounds, getting him to the State Championship match. It was a close one, coming down to the last few seconds, but he was victorious, beating the odds to become one of the few freshmen to win at such a competitive class.

"It was pretty wild," Hoose said. "I was excited to represent Southwestern on that stage."

"Being a freshman State Champ wrestling at 172 pounds is unheard of, it's absolutely incredible," Mr. Hetrick, one of the wrestling coaches stated. "You sometimes get younger kids in the lower weight classes, but for him to win at the higher class is amazing."

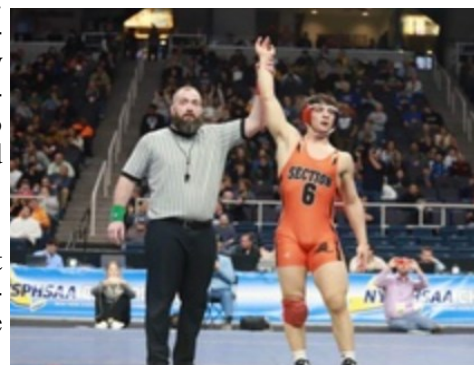
Other State qualifiers for wrestling included Carmine Calamari, returning to States for the second time in a row, also a freshman wrestling 120 pounds. Lastly, Kenji Walters, also returning to the State meet for the second time, wrestled 113 pounds as a junior. All three athletes competed well and represented the Trojans in a great way.

Additionally, five swimmers went to States and performed well for the Trojans: Logan Hren, Brady Lindstrom and Gannon, Miles and Grady Moore. Some highlights included the 200-medley relay, placing sixth in the finals and coming within 0.5 seconds off the all-American standard.

"Competing alongside my brothers was a great bonding experience for all of us," Gannon Moore, the captain of the swim team, stated.

"It was a great ending to my Varsity career to be competing with my two brothers and good friends."

Congratulations again to the eight athletes that participated in the State Championship meets!



Tavio Hoose wins the wrestling State Championships.
Photo submitted by Mrs. Hoose

THE RACE FOR THE RING

NBA Playoff Review and Predictions

By Justin Vanstrom

It is no longer open season. The play-in tournament is over, the brackets are set, and we are ready for some basketball. We have witnessed some unreal occurrences this season. From the Kings flipping last year's losing season into a third-seed spot in 2023, to Joel Embiid almost sealing the MVP debate, there is a lot going on. This review will look at favorites for the first-round matchups.

1.) Bucks (1) vs. Heat (8)

Favorite: Bucks



Odds: -480

Although Bam Adebayo, Tyler Herro and Jimmy Butler are a solid big three, it is an unlikely outcome that upset the Bucks. The Bucks have a very well-rounded roster, from Brook Lopez to Jrue Holiday. However, the Bucks lost to the Heat twice in a row, one time by 16 points. It is unlikely, yet possible.

2.) Celtics (2) vs. Hawks (7)

Favorite: Celtics



Odds: -405

Although the Celtics are the favorite entering this series, it is most definitely not set in stone. There is a reason for the Celtics being favorites, with Jayson Tatum and Jaylen Brown being the superstars; however, Trae Young has been red hot. He has registered double doubles in the past three consecutive games. On top of the shooting aid from Dejounte Murray, the Hawks are a force to be reckoned with.

3.) 76er's (3) vs. Nets (6)

Favorite: 76er's



Odds: -480

Philadelphia is going to overwhelm the Nets. As said previously, Embiid is the MVP favorite. He has led season scoring for two consecutive years, on top of James Harden's bottomless bowl of assists. Mikal Bridges will not be able to carry this team alone.

4.) Knicks (5) vs. Cavaliers (4)

Favorite: Cavaliers



Odds: -225

This series will be a dog fight to the bitter end. Julius Randle and Jalen Brunson are consistently scoring, with a season average of 49.1 points per game between the two. It will be a challenge for the Cavs. However, Donovan Mitchell has been on fire with an average of 28.3 points, plus Evan Mobley's unreal athleticism and his 24 tallied double doubles. The only major edge the Cavs have is their youth. This series will be no less than a brawl.

5.) Nuggets (1) vs. Timberwolves (8)

Favorite: Nuggets



Odds: -335

The Timberwolves are in serious trouble. The Rudy Gobert trade was one of the most appalling offers in modern NBA history. Countless are shocked the league didn't enact the Stepien rule to override it, even then they have nothing to show for it. With Karl Anthony Towns constantly on injury, and now with shooting guard Anthony Edwards at the helm, they are nothing short of doomed.

6.) Grizzlies (2) vs. Lakers (7)

Favorite: Lakers



Odds: +152

Lebron is 38 years young and shows no signs of stopping.

This season he averaged 28.9 points and 8.3 rebounds per game, and when Anthony Davis is healthy (which is once in a blue moon), they are unstoppable. However, Desmond Banes and Luke Kennard's three-pointer sniping will take a lot of pressure off Ja Morant. If the Grizzlies can contain A.D. and Lebron, and not let the momentum swing, they will win.

7.) Kings (3) vs. Warriors (6)

Favorite: Kings



Odds: -115

The Kings will win this series. The 2022-2023 Kings hold the best offensive rating in NBA history; a whopping 119.4. The Gold State Warriors, on the other hand, have fallen off. They went 11-30 on the road, 15.8% of their possessions are turnovers, and their three big starters are 33 to 35 years old. De'Aaron Fox and Domantas Sabonis, the double-double machine, will make Kings' history.

8.) Suns (4) v. Clippers (5)

Favorite: Clippers



Odds: +270

We have not seen the full potential of Kevin Durant with the Suns as of right now. If K.D. can take over and hit his 29.4 average playoff points, while on defense they hit their average of forcing 14.5% of possessions to turnover, this will not go as predicted. With that being said, Kawai Leonard is the Clippers' X-factor. After all-star break, he has averaged 29 points per game, and when he hits the floor, the Clippers' net rating boosts by 6.1 points. On top of that, injuries to the Suns' roster has been rampant. If Paul George takes the floor, and Westbrook keeps his assists up, it will be an uphill battle for the Suns.



WINTER SPORTS RECAP



By Justin Vanstrom

Boys Basketball

League Record: 4-6

Overall: 12-12

Notes: Matt Pannes set the single game-scoring record and also scored over 1,000 career points.



Girls Basketball

League: 8-2

Overall: 17-6 overall

Notes: Section VI Class B2 champions



Boys Swimming

(Combined with Frewsburg)

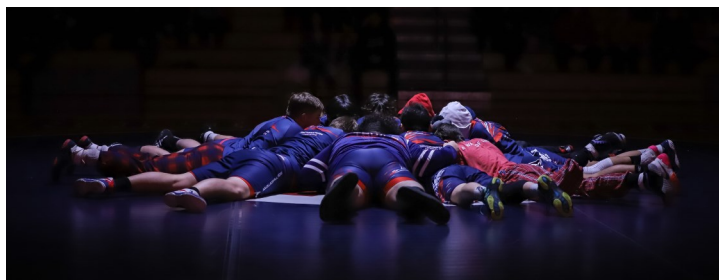
League: 6-0

Overall: 13-0

Notes: Sectional champions. State qualifier swimmers: Gannon Moore, Grady Moore, Miles Moore, Brady Lindstrom and Logan Hren. Multiple school records broken this season!



WINTER SPORTS RECAP

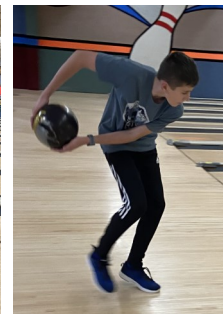


Boys Wrestling

League: 4-2

Overall: 11-6 overall

Notes: Sectional champions were Tavio Hoose, Kenji Walters and Carmine Calimeri. Tavio Hoose was the State champion!



Co-Ed Bowling

Overall: 6-36

Unified Bowling

Notes: First season participating in the culminating event at Airport Lanes. The team took fourth at Sectionals!

Bowling photos by Ms. Clauson and Mrs. Cresanti. All other photos by Shelly Phillips.



REVIEWS

DINING:

La Cocina Delivers Tasty Food & Colorful Ambience

By Janmanshi Padhya

LAKEWOOD, N.Y. — I could smell the taste of the vibrant flavors as soon as I opened the door. The colorful ambience was eye-catching, and I already could not resist planning another visit.



The ceiling decorations
Photo by Janmanshi Padhya

The restaurant La Cocina in Lakewood, New York offers Mexican cuisine and a casual dining experience at a reasonable price. I visited the place during lunch hour recently to form an opinion.

The food was authentic. The décor of the restaurant demonstrated the richness of the Mexican culture. The portion sizes were generous, so much so that I had leftovers to take home. La Cocina had satisfactory supplements for my requirements as I am a vegetarian.

I ordered a chimichanga with beans and paid \$17.25. The food was hot, fresh and worth the wait. As soon as I took the first bite, the flavors sunk in, and I was compelled to take another. The lettuce, sour cream, cheese and rice made the dish admirable overall. The amiable waitress added a plus point to the already pleasant environment.

"The service is very nice," a local diner said.

Check out the restaurant yourself between 11 a.m. to 9 p.m. Monday-Saturday or between 11 a.m. to 8 p.m. on Sunday at 273 E Fairmount Ave, Lakewood, NY 14750.



Chimichanga I ordered at La Cocina restaurant .
Photo by Janmanshi Padhya

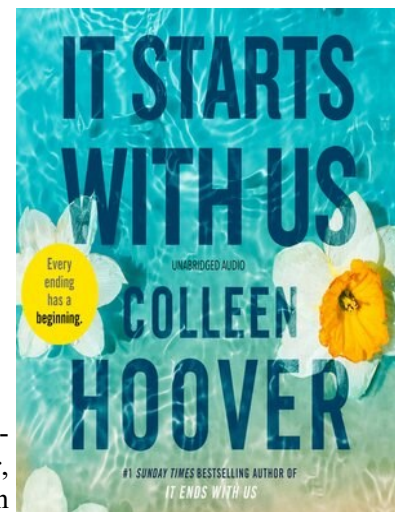
BOOKS:

"It Starts With Us"

by Colleen Hoover

By Kira Ricker

JAMESTOWN, N.Y. - The Colleen Hoover fandom only continues to grow as she released her newest novel, "It Starts With Us," the sequel to her best seller, "It Ends With Us." This novel captivated readers as the story followed the beloved character Lily Bloom into her happily ever after.



Book cover

Photo courtesy of Hoover's website

The New York Times bestselling author, Colleen Hoover, kickstarted her career as an author when she released "It Ends With Us" in August of 2016. The story was a heart-throbbing tale of Lily Bloom's past and present love life. Ending on a cliffhanger and so many unanswered questions, readers were begging for more. Hoover delivered on October 18, 2022 with "It Starts With Us," the heart-warming ending to the series.

The new novel was written with two narrators, alternating by chapter, which made the novel even more interesting. New characters were introduced while other characters showed their true colors and the reader was able to learn more about other characters' pasts. This book was similar to Hoover's previous books in that there is a captivating love interest, unique friendships and unanswered questions that make the reader engaged. However, this book was slightly different, as there were less twists and turns.

Hoover fan and avid reader, Maddie Swartz, stated this novel was "too generic" compared to others that were more suspenseful. She rated it a 7.5 out of 10.

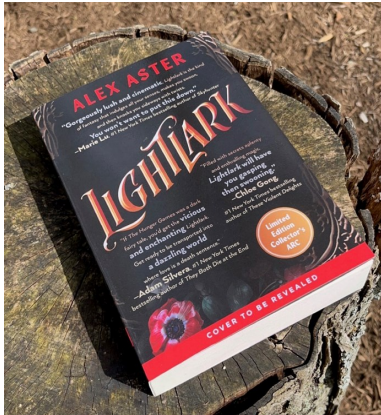
I strongly agree that this novel was more predictable and had a faster timeline compared to others; however, I feel this was the perfect ending to the series and it's what readers needed. I highly suggest reading this novel, but to get the full experience, make sure to read both novels to get a full grasp of the plot. It may not have been my favorite of Hoover's books, but it's definitely worth the read.

To read this novel, visit colleenhoover.com or find it at the local Walmart, Target, or your local or high school library!

STELLA READS

Book Review Column: New Releases

By Stella Hren



“LIGHTLARK” by Alex Aster

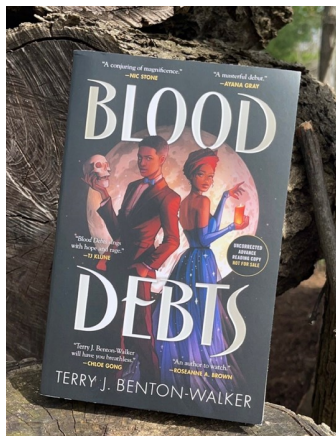
Have you always wondered what would happen if six realms that wielded magic were against each other? Do you like the classic enemies to lovers trope? Then you might want to check out “Lightlark” by Alex Aster.

“Lightlark” is about a 17-year-old girl named Isla Crown who rules the realm called the Wilding. Every one-hundred years, the island of Lightlark appears and the rulers of the six realms fight to break the curses and

win unlimited power. Isla is the youngest ruler aside from one other young girl. Isla must lie, betray, and cheat in order to survive and save her kingdom. Also, each realm can control their own type of power meaning Isla should be able to control plants too... right?

One of the aspects I really enjoyed about this book was the world-building aspect. Aster describes the world perfectly and I was able to imagine a clear picture in my head on each page turn. I was thoroughly captivated throughout the book and couldn’t put it down until I finished it later that same day.

If I’ve sprouted an interest inside you, then you can ask Ms. Wright or check out the Lakewood or Jamestown Public Library to find the book.



“BLOOD DEBT” by Terry J. Benton-Walkers

Are you interested in magic, romance, mystery, and unpaid blood debts? Are you looking for a newly published and released book? Well then, “Blood Debt” by Terry J. Benton-Walkers might be exactly what you’re looking for.

“Blood Debt” is about a family of African-Americans who live in modern-day New Orleans, except in this modern-day there exists magic. Two siblings, Christina and Clement Trudeau, try to solve a 30-year-old murder and generational

curse in order to bring their family back to power.

One of the novel’s many features that separates it from other books is its multiple perspective. Throughout the book it mainly switches between Christina and Clement, but there are several times where the perspective switches to another unusual character. I really liked this because the ability to see what everyone is thinking besides the main characters is so cool. Being able to see everyone’s emotions and feelings is exhilarating.

If this talk of magic has sparked a flame of interest inside you talk to Ms. Wright, visit the Lakewood or Jamestown Public Library or you can always check online through the library’s websites.

Surveying Southwestern: Dress Codes

Abby Flagella and Audrey DeLong hit the halls of Southwestern High School to ask students and faculty: what is YOUR opinion on dress codes?



“I believe they can be harmful to young women and their bodies, because they tell them that their body is bad and... it’s something to hide.”
- Sofia Powell, 9th grade



“[Dress code decisions]... those aren’t my decisions to make.” - Mr. Baglia



“It doesn’t really matter to me.” - Brooke Stutters, 11th grade



“A dress code in a professional setting can establish a sense of unity. It can help everyone feel like they’re a part of a team. While individual tastes are important, it’s a good idea to have boundaries to explore your own identity while still maintaining a level of decorum.” - Mrs. Carlson

Entertainment: CANDID CAMERA!

