

Mustang Musings

MORRIS CENTRAL SCHOOL NEWSLETTER

"The beginning is the most important part of the work." —Plato

January/February 2024



NEWS FROM ADMINISTRATION

Welcome, 2024! The last few months have been full of learning, concerts, sporting events, and friendships at MCS. It is hard to believe that our school year is almost halfway over. As we enter the coldest winter months, it's hard to imagine that spring will be here before we know it. As the second half of the school year begins, please continue monitoring your child's progress and growth. Do not hesitate to reach out to your child's teachers or guidance counselors if you have any questions or concerns. With our next round of parent-teacher conferences approaching on February 2nd, we hope to see many of you in the building as we all work together to provide the best learning experience possible for your child.

In thinking about what to write for this newsletter I began reflecting on my love for our MCS community. I decided to create a list of my top five favorite parts of my work in Morris. So, I will close with my list:



The community support that we receive from families and other members of the Morris community.



The daily buzz within the building. Students learning, teachers teaching, and staff working behind the scenes to make it all come together.



The caring and respectful relationships I witness daily between our faculty, staff, students, and families.



The impact and growth we get to be a part of as we are so fortunate to be able to watch many of our students develop from Universal Pre-Kindergarten through their Senior year.



The students! MCS has the best students. There are so many kids doing wonderful things. From academics to extracurricular activities, our students are working hard and making a difference!

MCS has so much to be proud of!

—Mrs. April Vunk,
Instructional Support and Student Success Leader

Three Cheers For . . .

- The seniors, what a great senior play!
- Bands and Choruses for wonderful holiday concerts.
- Seniors who tutor underclassmen who need help in Algebra II and Geometry.
- Jason Barrett and Jed Dugan who hold the door for classmates everyday in Social Studies.
- The entire cafeteria staff for the love they show to our PreK students and helping us to learn manners!
- Yearbook students for working hard on finishing pages and meeting deadlines.
- Our entire MCS family for pulling together during trying times.
- Hayden Kolvik for making everyone smile when he says the morning announcements.
- The Student Voices, Student Choices Team (Aislinn Ray, Everett Pondolfino, Rachel Hill, Maddie Coleman, and Jessica Walling) for giving a fantastic presentation and winning \$4,000 to create a food and hygiene pantry in Morris. Local churches for their cooperation in this effort.
- All who helped with the Senior Citizens' Luncheon!
- For the NHS and Fifth Grade classes for running an extremely successful food drive. Over 500 items were donated to the Butternut Food Pantry.
- Everyone who purchased bread from the Safety Patrol.
- Mrs. Gould for going above and beyond to support students, staff, and families alike.
- Mrs. Townsend who makes a point of welcoming students in the morning and greeting them warmly.
- Mrs. Boss for giving Mrs. Kane's Consumer Math class a tour of the Morris branch of Community Bank as part of their Banking Unit.
- Our bus drivers for keeping our students safe on snowy roads.



**Morris Central School
Board Members**

Mary Dugan, President
Russell Tilley, Vice President
Emily Boss

Teresa DeLaurentiis
Wendy Moore

**Morris Central School
Administration**

Jamie Maistros, Superintendent
Katharine Smith, Interim Principal
April Vunk, Instructional Support
and Student Success Leader

Main Office (607) 263-6100

Guidance (607) 263-6116

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For submissions, calendar events
or to request a printed copy,
contact **Judy Matson**
(jmatson@morriscsd.org)
(607) 263-6102

or
Julene Waffle
(jwaffle@morriscsd.org)

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**NEW
WEBPAGE**

www.morriscsd.org

*You may have noticed MCS has
a new webpage. Please check it out.
It is full of important and useful
information.*

**MORRIS SCHOOL-BASED
HEALTH CLINIC**

Morris Central School and Bassett Healthcare have partnered for over twenty-seven years providing school-based health services to the children and youth in the Morris community.

The Morris School-Based Health Clinic (SBHC) provides easy access health care to students in grades pre-kindergarten through 12th grade. Services include annual exams, treatment of acute illness such as sore throats and ear infections, management of chronic conditions such as asthma and ADHD, immunizations, mental health counseling, nutrition counseling, and preventive dental care.

The Morris SBHC team includes Madison Paradis, Family Nurse Practitioner; William Fredette, Physician; Alexis Hungerford, Mental Health Clinician; Lisa Coyle, Front Office Assistant; Registered Dietician, Olivia Gates, and Kailee Pixley, Registered Dental Hygienist.

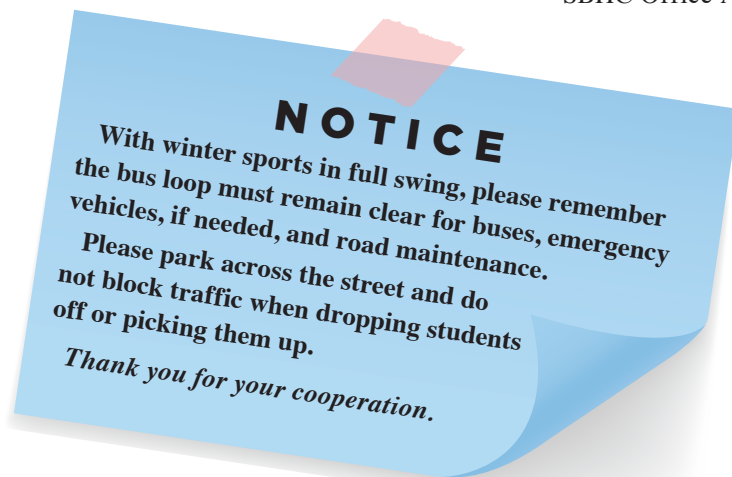
The SBHC is open Monday-Friday 7:30am-4:00pm. The SBHC is open the third Tuesday of every month from 9:30am-6:00pm to provide easy access to parents/guardians.

Please contact the Morris SBHC for appointments or any questions you may have at 607-263-2619 or 844-255-7242.

One question SBHC often receives is “What happens when my child is ill and school is closed?”

When school is closed on weekdays, there will be at least two SBHC’s open in the area to see patients. Staff and practitioners will be available to see patients, answer questions, renew prescriptions, and provide guidance. Contact the SBHC toll-free number at 844-255-7242 for an appointment.

—Mrs. Lisa Coyle,
SBHC Office Assistant



DIGITAL NEWSLETTER

Going green by making the newsletter digital certainly helped save money for the district, and it was good for the environment. The District will continue this practice this year as well. You may access the newsletter under the “Newsletter” tab on the District web page. You may also access the calendar on-line under “Calendar of Events” and in the Athletics tab.

If you do not have computer access and/or would like a hard copy of the newsletter sent directly to you, please call the School’s District Office at (607) 263-6102 to request a copy be mailed to you.

Thank you for your understanding and support in this matter.

WELCOME NEW FACULTY & STAFF



Stephanie Connally, Physical Therapist (PT)

I am Stephanie Connally, and I am the PT at Morris this year. I live locally but work for Access Therapy Group, a company based out of Clifton Park, NY. I am part-time at Morris and split the rest of my time between other local schools and providing physical therapy through Early Intervention and Preschool services to local families. I grew up in Morris and graduated from MCS. I attended Russell Sage College for my Master's Degree in PT. I lived in the Capital District for several years, met and married my husband, Tom, and we started our family there. We moved back to Morris in 2016. Being a part of the Morris staff has been a great experience so far. I am looking forward to the rest of the year and hopefully many years ahead!



Beth Bubadias, Head Bus Driver

Hello! I was hired in August as the new head bus driver. I am the mother of three grown children and the grandmother of five. If you want to get me talking, ask me about my grandbabies. I moved from NJ in July of 2022. I worked for a school district there as a bus driver, trip scheduler, and new driver trainer. Besides working for the school, I also taught horseback riding for nearly 20 years. I taught many disciplines including Hunter Jumpers, Equitation, Western Pleasure, Western Speed, and Dressage, both English and Western. I currently have ten of my retired lesson horses living out their lives in leisure. I am looking forward to getting to know all of the Morris Central School Family.



FOOD DRIVE THANKS

Each year National Honor Society students must plan and carry out a service project. In November, *Robert Hill* ('26) with the help of the Fifth Grade chose to help out The Butternut Valley Food Pantry.

Thank you for all for the generosity you shared and inspired in your students during the 5th grade and National Honor Society November Food Drive. After all the donations were collected, sorted and counted, our community donated a whopping 450 items to the Butternut Valley Food Pantry! The volunteers who greeted our students at delivery were totally blown away. Thank you again.

—*The National Honor Society and The Fifth Grade*

COMING TO THE MORRIS STAGE! MARCH 15TH-17TH, 2024



MORRIS CENTRAL SCHOOL 1ST QUARTER • 2023-2024

HONOR ROLL

7th GRADE

Holden Boss
Keenan Hoyt
Christopher Kara

8th GRADE

Aniya Kogut

9th GRADE

Jason Barrett
Nathan Gregory
Hailie Lindberg
Jason Valentine

10th GRADE

David Holt

11th GRADE

Marshall Fish
Georgia Kolka
Brooke McKinney

12th GRADE

Jacob Morlock

HIGH HONOR ROLL

7th GRADE

Jordan Ard
Landen Atcher
Noah Baldo
Kristena Barringer
Aomi Brauseur-Longcor
Hailie Brown
Aubree Canfileld
Michael Coffyn
Mark Johnson
Kendolyn McEntee
Peyton Ritchey
Matthew Smith
Owen Wagner
Blailyn Wilson

8th GRADE

Kylee Canfield
Marjorie Ostroff
Richard Pegg

9th GRADE

Josiah Dugan
Kara Hand
Hayden Kolvik
Johnathan LaTour
Lucas Waffle
William Weber
Timothy Wood

10th GRADE

Natalie Barley
Ryland Boss
Hailey Canfield
Luis Cruz
Robert Hill
Shiloh Jones
Katrina Romano
Amira Ross
Ty Turner
Grace Wing

11th GRADE

Zeithan Dunham
Leah Gregory
Emmy Lentz
Mason Linton
Levi Waffle

12th GRADE

Chase Burlison
Haylee Cole
Samantha Coyle
Sean Dill
Asa Dugan
Rachel Hill
Tatiana Ives
Aislinn Ray
Tiger Ross

PRINCIPAL'S LIST

7th GRADE

Sierra Coyle
Ethan Fallon
Brenan Fraser
Kendall Gould
Charles Kolka
Aurora Kopp
Hannah Moore
Bryden Wyckoff

8th GRADE

Julia Barrett
Broden Connally
Alanna Davies
Chloe Ross
Samuel Schiller
Delilah Triolo

9th GRADE

Savannah Coyle
Lainey Fraser
Jacob Johnson
Jacob Knapp
Ella Moore
Matthew Schiller
Kiarra Walker

10th GRADE

Jonah Baldo
Zackary Chase
Brodie Coleman
Alisandra Farmer
Ryan Murphy
Michael Saggese
Carter Swayer

11th GRADE

Makenzie Hoyt
Madison Moore
Ethan Nisius
Grace Schiller
Hannah Wist

12th GRADE

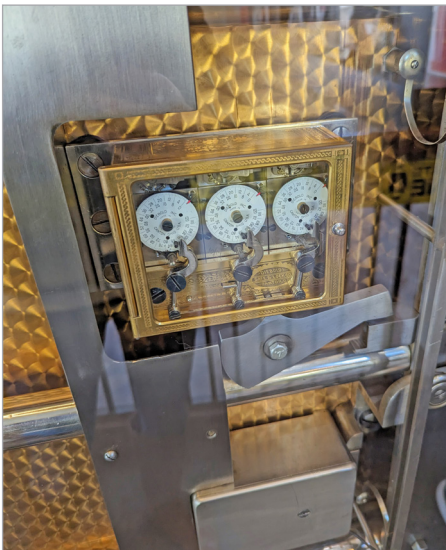
Maddie Coleman
Dominique Cruz
Ethan Herring
Magdalena King
Kaylee Kolka
Tatiana McAdams
Noah Moore
Everett Pondolfinio
Jessica Walling
Reed Wolfe
Max Yaeger

CONSUMER MATH

One Last Visit Before Closing

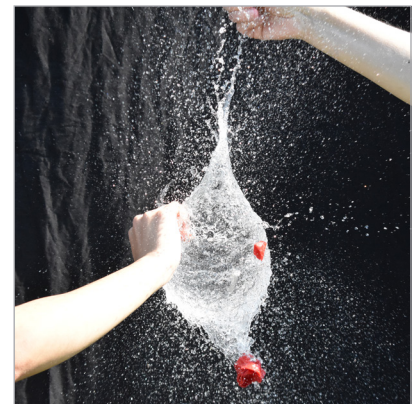
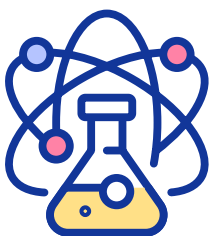
Consumer Math students have been learning about the banking system and all things related. Mrs. Boss visited MCS to speak to the students about any unanswered questions they had. This included: how to open an account, what information is necessary, and new ways to save money. Mrs. Boss offered to take us on a tour of the Community Bank here in Morris before it closes down forever. The students thoroughly enjoyed the visit to the bank and are very sad to see it closing down as some students have accounts there and use it regularly.

—Mrs. Teresa Kane, Math Teacher



LIVING ENVIRONMENT

Living Environment students have been practicing their microscope skills while completing one of the required state labs to learn about cell transport. They learned how to make their own wet-mount slides and practiced making detailed sketches of what they were viewing. Pictured here are *Lucas Waffle* ('27) and *Matt Schiller* ('27).



Emmy Lentz, Junior, was working with shutter speed for a photography assignment. In this photo, *Brooke McKinney*, also a Junior, was holding up a water balloon while *Emmy* popped it. She had to take a number of photos to catch the water as it fell to the ground. One thing she jokingly said she discovered during this assignment was "Cameras can be a little bit waterproof."

HISTORY AT MORRIS CENTRAL SCHOOL

American History: Learning About Our Country's Vast History

The United States of America, when compared to many other countries, is still very new. That doesn't mean it lacks an extensive history, however. Ever since the creation of the Declaration of Independence in 1776, The U.S. has had a long and storied history. This is what juniors are learning about this year in Mr. Greg's US History and College US History classes.

Juniors learn about the early days of our country, and they seem to be doing well in class. History is one of the most straightforward classes I am taking," said *Sera Lentz* ('25). Juniors find US History very interesting, and enjoy learning about numerous facets of our country's history. *Jackson Ross* ('25) said, "The most interesting part of American History this year has been learning about the American Revolution and how our nation was started."

While some juniors still are curious about world history which they learned much of in their freshman and sophomore years, US History is still fun to learn about. "I enjoy World History more, overall, but I enjoy learning about any kind of history," said *Jackson Ross* ('25).

—*Mason Linton*, Junior

Seventh Grade History Buffs

The Seventh grade class jumped right into American History this year. The students started with the early stages of our country and will go into the basics of our government. Mr. Roser said, "We started off the year learning about the Native Americans and the Iroquois. Then we talk about European colonization, the foundation of the 13 colonies, and slavery in the colonies. We are currently in our American Revolution unit. Our next unit is on the Articles of Confederation, the US Constitution, and the foundations and principles of our government."

Each student had a favorite unit: *Brenan Fraser* ('29) said that "The Native Americans were the most interesting thing we learned" while *Aomi* ('29) said, "The most interesting thing we learned about was the battle of Saratoga." Some students were just happy to be there to learn about their country. *Ethan Fallon* ('29) said, "I think that learning about our country's history is really fun and interesting."

—*Noah Moore*, Senior

History Through Film

There are two new and interesting history classes that were offered this year: one is History Through Film taught by Mr. Roser and the other is College Geography taught by Mr. Gregg.

History Through Film teaches history through historically accurate movies and after watching, they discuss important moments and lessons to be learned.

Many people who take History Through Film say they enjoy the class very much. *Noah Moore* ('24) said, "I think that this new class is a great and interesting way to teach history." This class takes a non-traditional way of learning and uses it effectively to make it an entertaining way to learn. *Hannah Wist* ('25) said, "It's a fun and interesting mix between learning history and enjoying the movies."

Geography is a class that is available for seniors to take for a college credit. *Everett Pondofino* ('24) who takes this class said, "It is really interesting to see the way the physical landscape has affected our development as a species; we get to see why countries act the way they do and what advantages some have over others." Many others who take this class enjoy the interesting information that is taught to them as well.

These new history classes are a great and meaningful addition to our MCS class options. They help the students learn and have a better understanding of history throughout the world around them.

—*Ethan Herring*, Senior

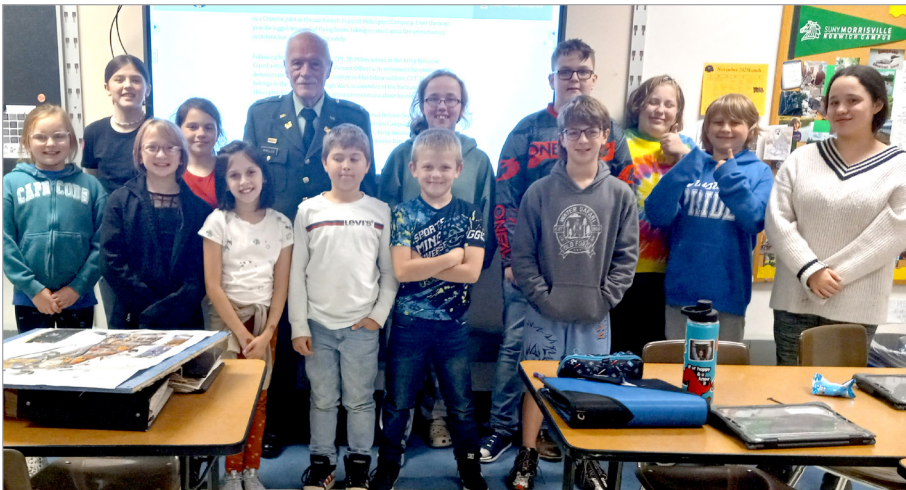


A HEALTHY DOSE OF HISTORY

The Liberty Partnerships Program (LLP) students received a healthy dose of history in November! On November 6, they were delighted to meet Thomas McMillen. McMillen is a highly regarded, local veteran who, in 2018, was inducted to the New York State Senate Veterans Hall of Fame. Mr. McMillen recounted his two tours in Vietnam as a decorated captain and a Chinook helicopter pilot. Following his release from active duty, he served in the Army National Guard.

LPP students were also treated to two nights of metal detecting as part of a student/family-led activity, all thanks to the Hoosock family: Bill, Heather, Tessa, and Liam. The Morris Methodist Church graciously allowed our students to explore the grounds, yielding such goodies as a 1925 Buffalo head quarter.

—Mrs. Lisa Marino, Liberty Partnership Program



Eighth Grade History Brought to You by Mr. Roser

This year in 8th grade History, Mr. Roser has taught the effects of Amerigo Vespucci, the Gilded Age, immigration, and some of the effects on the immigrants and US citizens. These are some of many periods in time that have impacted us today. Mr. Roser has made class interesting for many students in 7th and 8th grade, as well as upperclassmen.

Amerigo Vespucci was an Italian explorer and navigator from the Republic of Florence, who participated in two voyages during the Age of Discovery for both Spain and Portugal. The term “America” was taken from Vespucci’s name. Vespucci lived from 1454-1512.

The Gilded Age had a HUGE impact on the United States and was a period of economic growth for the US which then led to the nation expanding its economy and business ventures especially in new areas of factories, railroads, and coal mining.

The Gilded Age led to more immigration. Many people moved to the US because of the economy and also because their countries might have been at war which meant more

and more poverty. Some of the effects on the US citizens were that they did not support foreigners coming into their country and taking their jobs. These feelings led to hundreds of deaths and years and years of violence.

Alanna Davies said, “In Mr. Roser’s class, I learned the effects of The Gilded Age. I was interested in the Industrialization period while he taught it.” Another student *Richard Pegg* said, “We learned a lot about Industrialization. We get interested by videos and group work with Mr. Roser. I would tell them that Mr. Roser is a great teacher and that you have to be organized for his classes.” Finally, *Brodan Connally* stated, “I have learned about Industrialization; I like how Mr. Roser does lots of different things. Mr. Roser is great, but you have to be good.”

The students in eighth grade enjoy Mr. Roser’s classes, as well as many other classes. Mr. Roser’s classes are relative to life; it gives us a background on how technology, clothing, food, etc. originated, which helps us shape the future.

—*Kiarra Walker*, Freshman

MUSICAL IN THE AIR

On December 9th, the Morris Drama Club held auditions for the spring musical in March 2024. The Drama Club will produce the musical *Shrek Jr.* on March 15th at 7 p.m., 16th at 7 p.m., and the 17th at 3 p.m. *Everett Pondolfino* (‘24) said, “I’m very excited to start the musical, with the cast we have I think it will be a great production.” The musical will involve many children from the elementary specifically in grades fourth through sixth as well as many middle school and high school students. Many students have shown interest in watching the musical. *Samantha Coyle* (‘24) said, “I’m excited to see how the show will turn out, especially with how funny Shrek and Donkey can be.” As for the seniors many of them feel a sense of nostalgia and sadness knowing this will be their last musical at Morris Central School. I know this show will be very bittersweet for me. I’m going to miss the wonderful people I’ve been working with for the past few years, and it’s going to be hard to say goodbye to the stage I learned so many talents on. Overall, auditions were a big success and everyone is thrilled to start the production of *Shrek Jr.* coming to the MCS stage in March of 2024..

—*Rachel Hill*, Junior



STUDENT VOICES • STUDENT CHOICES

Second Saturday Food Pantry ... Coming Soon to Morris!

If you see Senior Student Council members, *Everett Pondolfino, Maddie Coleman, Jessica Walling, Rachel Hill, and Aislinn Ray*, be sure to congratulate them on winning second place in the Student Voices Student Choices competition in November.

The competition required the students to identify a community need, come up with a program that would benefit our community, and create a plan to carry out their program. In November, the students traveled to Hartwick College where they had to present the community need, their program, and budget. Slade Theatre was full of judges, community members, students, teachers, and administrators. It was standing room only for most of the competition.

Their presentation went well and was thorough and explained with knowledge and enthusiasm and emotion. Their hard work paid off as they won \$4,000 to carry out their plan to create a pop-up food/hygiene pantry at the Magic Closet (Zion Church) in Morris on the second Saturday of each month. Also, a big thanks goes out to the Morris Methodist Church who will serve as a storage place for the food and hygiene items before they are distributed to community members who need it.

Thank you to all who helped the students along the way! A special thanks goes to Mr. Virgil as a representative of the Morris Rotary. The students are grateful for their new partnership as well. Thanks also go to Mrs. Waffle and Ms. Turner and all the families who were able to attend the presentation. Your support was greatly appreciated!

If you want to learn more about our project or if you would like to donate, please reach out to Mrs. Walling.

If you would like to see the presentation, here is a link to a video of it: https://oneonta365-my.sharepoint.com/:v:/g/personal/pondolal_oneonta_edu/ERTB1CuWQiFKuc_BopTZGk4BEmHY5vmcRZIN3rbOxjDqPA?e=s36Kkx

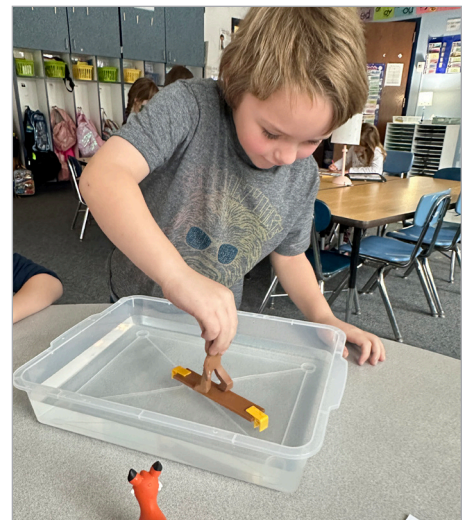
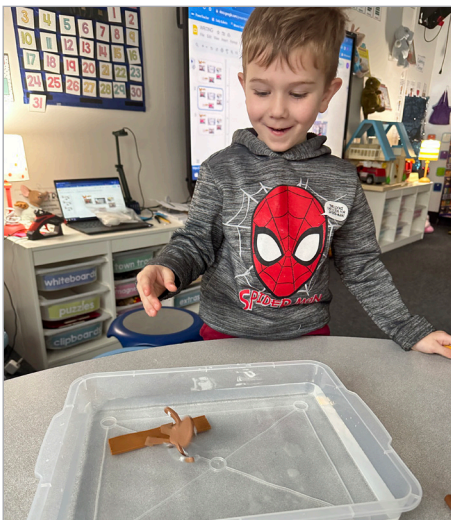
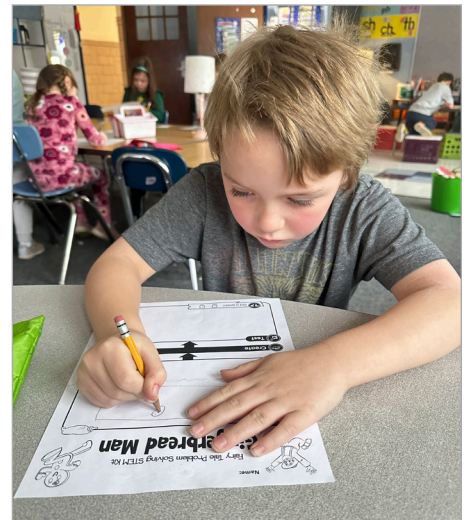
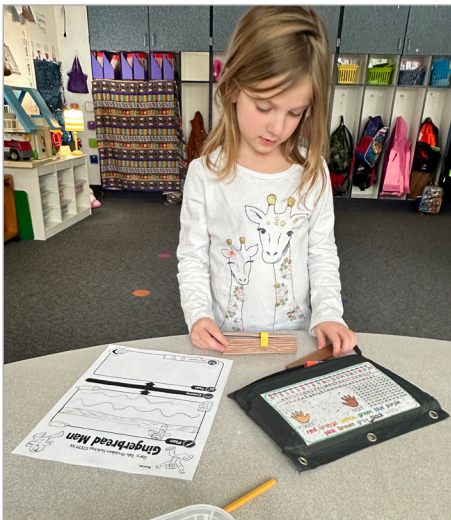
—Mrs. Diane Walling
Student Council Advisor
and Reading Specialist



Gingerbread STEM

Miss Callea's class learned different versions of The Gingerbread Man during December. Not only did they listen to a variety of stories, but they made gingerbread cookies and houses at the end of the month. Another fun activity they participated in included using a Fairy Tale STEM kit from ONC BOCES. The kit included everything they needed to design a plan, test it out, troubleshoot, and succeed in helping the Gingerbread Man get across a river.

—Miss Callea, Kindergarten Teacher



GIRLS STATE

Girls State is a program organized by the American Legion Auxiliary, where girls in the eleventh grade engage in hands-on experiences in self-governance. Participants learn about the political process, establish mock governments, and develop leadership skills. The program aims to foster civic engagement, leadership, and an understanding of how government functions at various levels. Each state conducts its own Girls State program, contributing to the participants' civic education and community involvement.

This summer, four Morris Central School students were chosen to participate in Girls State. *Maddie Coleman* ('24), *Yana King* ('24), *Jessica Walling* ('24), and *Tatiana McAdams* ('24) were each selected to be Girls State citizens. This pro-

gram took place at SUNY Brockport from July 2-July 8. *Tatiana McAdams* (24') explained that "Girls State was a wonderful, enlightening experience. I learned a lot more about the processes of the American government through the week at Girls State. I also learned how to live away from my parents and have a college-like experience while I was still enrolled in high school. I ended up making a lot of friends that I will miss dearly and I got to know people from around my area. I also got to spend more time with my best friend, Yana, (coincidentally) in my fake county." If more eleventh graders are eligible, this coming summer they can experience this governmental program as well.

—*Yana King*, Senior

CROP

"Tell me and I forget, teach me and I may remember, involve me and I learn," Benjamin Franklin once said. That is exactly what happens in Morris Central School's after school program, CROP: Creating Rural Opportunities Program. Within the program, students from Pre-K to Eighth Grade may remain after school from 3-5 p.m., Mondays through Friday. At CROP students are provided with many experiences where they can engage with other students their age and expand their minds beyond the classroom. *Brooke McKinney*, a junior at MCS and peer tutor who works in the program stated, "I really enjoy working with the younger students of my school. I feel the whole program is a really good learning experience for all ages involved."

Although the program is primarily experienced during the school year, Summer CROP also has a place for an entire month of these student's lives in July. During this past summer, CROP students took field trips to several different places including the Utica Zoo, Noah's World, mini golfing, and even Interskate 88. On Fridays, students engaged in outdoor "water days" where they had water fights and took turns going down the gigantic, soapy, Slip 'n Slide that spilled down the back hill between the softball field and soccer field.

During the school year, student's activities often correlate with each of the seasons and holidays that passed. This winter, students learned about reindeer, their changing environments, and the many different traditions that families have for the holidays. They also have "Fun Fridays" each week, where, you guessed it, every Friday is filled with fun activities where students continue to enjoy themselves, while also using and expanding their creative minds.

—*Grace Schiller*, Junior



In Mr. Packard's Class, students were able to design a pattern and cut that pattern out on a pumpkin around Halloween time. Mr. Packard was really impressed with Eighth Grader, *Broden Connally's* Napoleon Dynamite pumpkin.

You Can Still Order Your Yearbook

If you have not ordered your yearbook yet, you still have a little time. You can even order personalization until the last week in January. The best time to order your book because of the price and the deals is September and October. The price for a full-sized book goes up with each ordering cycle. Right now the book is \$56 plus 8% tax. Elementary books are \$15 plus 8% tax. Books will be delivered late June. Please send order to Mrs. Waffle at school. Checks may be made payable to MCS Yearbook. Please don't wait until June to order your book. We have run out of books a few times. You don't want to miss out on this awesome MCS keepsake and history. If you have questions, you may contact Mrs. Waffle at school anytime.

—*Mrs. Julene Waffle*,
Yearbook Advisor and English Teacher

Edmeston-Morris Girls Basketball Merge



This year, the Edmeston and Morris girls' basketball teams decided to merge, as they have for other sports, such as soccer, softball, and track. Both coaches and athletic directors decided this would be best for both teams, as Morris was short on numbers and we already combined for other sports. Together, both schools are a powerful force in other sports, so it should be no surprise that this basketball team is extremely strong. But, first the girls had to learn about each other, their playing styles, personalities, and how to get along with each other.

As practices started, the girls started to adjust to each other and rosters began to form. Both teams agreed to practice in Morris for the first two weeks, switching over to Edmeston for the next two weeks, deciding to keep this schedule for the rest of the season. Soon, their first scrimmage approached against Sherburne-Earville. The junior varsity team did extremely well, only allowing the other team a couple baskets. The varsity team performed less than was expected, moving too fast and not organizing themselves enough. The team came away from the scrimmage with more knowledge than before with lots of lessons to learn the next day at practice. *McKenzie Hoyt* ('25) said, "We ended up running a lot at practice the next, and we practiced a lot of plays." That only made them better.



Soon their first game approached. It was a big one against Cherry Valley-Springfield, a team full of tall girls that had not lost the four games they had played so far. The teams were nervous and coaches stressed to the girls to not lose their heads. The junior varsity played first and ended up winning the game. They played well together, running their plays and making their shots. *Maddie Coleman* ('24) said, "The JV girls did really well. They had great team work, as well as some pretty good shots." Then it was the varsity's turn. The two teams stayed tied for most of the game. With a couple switches on court, some players in foul trouble, and making more shots, the varsity team pulled ahead in the fourth quarter. They finished their first game with a win of 34 to 22, giving Cherry Valley-Springfield their first loss.

Both teams pulled out big wins at the Pat Grasso Basketball Tournament in Laurens. They came home as champions and holding their new trophies high. There is still more to come for these two teams. But from what I can see, these teams will go far in the Tri-Valley Championships and Sectionals. They are both strong and agile teams because of the merge and will most likely have a great season.

—*Tatiana McAdams*, Senior

Indoor track

This year, MCS added indoor track to the options for winter sports. Indoor track isn't just outdoor track under a roof. Indoor tracks are 200 meters long while outdoor tracks are 400 meters long. Not only are the tracks and events different for those who do outdoor track, but these differences make indoor track very appealing to track and field athletes for many reasons.

First, indoor track is less running. For example, the athletes do 50, 55, or 60 meter dash to replace the 100 meter dash. Likewise, 50, 55, or 60 meter hurdles replace the 100 meters for both boys and girls. Due to the smaller track and limited area for field events, the events experienced indoors are different from those at an outdoor track and field meet.

As mentioned, the track is smaller for indoor track rather than outdoor track. In addition, indoor track has less running lanes, and it allows a chance for the athletes to be creative and try different things. Indoor track is also beneficial for the students or adults because it's indoors so this means they

are warm and not outside running in rain or snow, etc. There is also a less chance of muscle strains and joint pain. Indoor track isn't just about running either. There are still throwing events as well. One of the other popular events this season is shot putt and *Everett Pondolfino* ('24) enjoys shot putt and other events. The best part about indoor track and field is that students who love the sport can now participate in it all year round.

"I love track," said *Dominique Cruz* ('24). He's hoping to run 100, 200, or 400 meters this season.

This is Coach Rhone's second year coaching track and field, but it is her first coaching indoor track and field. She said, "We are very excited about kicking off a new season of indoor track and field this year. There are a lot of new events offered compared to outdoor track and field. This will be a season of learning, excitement, hard work, and aiming high for success.

—*Kaylee Kolka*, Senior

Morris All-Star Fall Sport Athletes

Congratulations to the following students for making the Tri-Valley League and State All-Star Team lists:

Girls Soccer:

First Team All-Star:
Jessica Walling ('24)
and *Hannah Wist* ('25)
First Team All-State:
Hannah Wist ('25)

Boys Soccer:

First Team All-Star:
Asa Dugan ('24) and *Ryan Murphy* ('26)
Second Team All-Star:
Tiger Ross ('24)
Honorable Mention:
Carter Swayer ('26)

Cross-Country:

Second Team All-Star:
Madison Moore ('25)

Happy Gilmore. Happy Golf Club

In November, Golf Club watched the classic golf movie *Happy Gilmore*. Fifteen students showed up in comfy clothes and settled in to watch the comedy on the big screen in the auditorium. During the movie, students laughed and had fun. There was even a large cheering section at the end when Happy Gilmore beat the odds and triumphed over the bad things that happened to him.

Tatiana McAdams, a senior, said, "I had a lot of fun at the movie night. I enjoy Adam Sandler movies, especially *Happy Gilmore*, so getting a chance to curl up in the auditorium with my blanket seemed too good to be true."

—*Mrs. Julene Waffle*, Golf Club Advisor



Outside School Sports

Many students at Morris enjoy out-of-school activities such as travel sports, music, volunteering, and much more. Specifically, numerous athletes work with travel teams to better themselves physically and mentally for their high school seasons. There are many benefits to these teams.

The athletes have an opportunity to connect with people from other schools in the area, keep themselves fit for the upcoming seasons, and develop their skills to be better for their high school travel seasons, and play with other elite athletes.

Seniors, *Keegan Fraser* and *Asa Dugan* are involved in a travel baseball team. *Asa* plays for a team based in Oneonta, NY, called The Oneonta Green Wave. He said, "Playing for The Green Wave has been a great experience as far as growing as a team player and an individual player. One of the most important aspects of playing for the team was the new friends and bonds I have built with the guys." The connections he has made with numerous athletes in and out of the area has been apparent, and he still talks to them out of season. Some of our seventh graders such as *Owen Wagner*, *Brenan Fraser*, and *Landen Atcher* played on a travel baseball team too.

Amira ('26) and *Chloe* ('28) *Ross* played on a travel softball team. *Hannah Wist* played with elite softball and soccer teams as well. She had the opportunity to play all over the country. Her soccer team is undefeated so far.

Quite a few older boys play on travel soccer teams (*Jacob Johnson* ('27), *Levi* ('25) and *Lucas Waffle* ('27), *Ryland Boss* ('26), *Ty Turner* ('26), *Jonah Baldo* ('26) *Ryan Murphy* ('26) and *Carter Swayer* ('26) are involved in a travel soccer team out of Oneonta, NY, called Calcio. *Ryan Murphy* was able to reflect

on his time on the team, "Playing with Calcio has been a very fun and rewarding experience. I am able to play with my friends and grow as a player at the same time." *Ryan's* extra time on the field has paid off. His teammate *Carter Sawyer* said, "The time we have spent with Calcio has been very beneficial to us and helped us become better for our school's soccer program."

Maddie Moore ('25) even ran in a few 5ks over the summer and fall. Placing very well in tough competition, those races certainly helped her better herself for her cross-country and track and field team.

Furthermore, many students participate in sports that MCS does not offer. For example, *Ella Moore* ('27), *Hannah Moore* ('29), and *Abby Connally* (31) all dance ballet. In fact, *Abby* landed the role of *Clara* in *The Nutcracker* this year, a role *Ella* had in the past. What an honor.

We even have students who are part of the Laurens Trap team: *Johnny LaTour* ('27), *Ricky Pegg* ('28), *Broden Connally* ('28), *Grace Wing* ('26), *Leah Gregory* ('25), *Tatiana McAdams* ('24), *Ben Newell* ('25), *Owen Wagner* ('29), *Levi* ('25) and *Lucas* ('27) *Waffle*. They shoot clay pigeons on Saturdays in the fall and spring at the Oneonta Sportsmans Club. This fall their team performed so well that they earned a second place finish in the conference which is a very large geographic area that includes many schools.

More athletes within the community, old and young, have started to branch out of MCS and bring their peers to keep themselves active and help grow their team's skills. We hope our sports programs continue to grow with their interest.

—*Hannah Wist*, Junior