COLT CHRONICLE

SPRING ISSUE 2024



Swinging into another season
pg. 12

New Taylor Swift Album: 'The Tortured Poets Department'
pg. 5

Healthy Hearts, Happy Minds
pg. 19

Illustration by Aarushi Kumar

International Debate Student Creates New Club

An emerging new club allows students to work on their debate skills and expand their extracurriculars

By Julia Haines, Staff Reporter

Sara Garg, co-president of the debate club, is an experienced debater, competing internationally since seventh grade. Her positive experience with debate has inspired her to create a brand new club so that others can learn and benefit from the same skills that she has.

Any student searching to enhance their extracurriculars can consider joining the debate club to learn life skills such as public speaking and how to develop arguments.

According to Garg, “Debate is known to improve critical thinking skills and analysis.” These critical thinking skills can translate to other aspects of life and even help students in their classes. In fact, Garg adds, “Debate is known to boost points on the SAT.”

Joining this club can make students stand out on college applications. For the many students nervously anticipating the college application process, joining the debate club is a compelling way for them to increase extracurriculars and enhance their image for colleges. Since debate skills are beneficial for many future careers, participation in this club gives members an advantage in getting into their top schools.



Illustration by Siyana Ahmed

A girl takes part in a debate tournament.

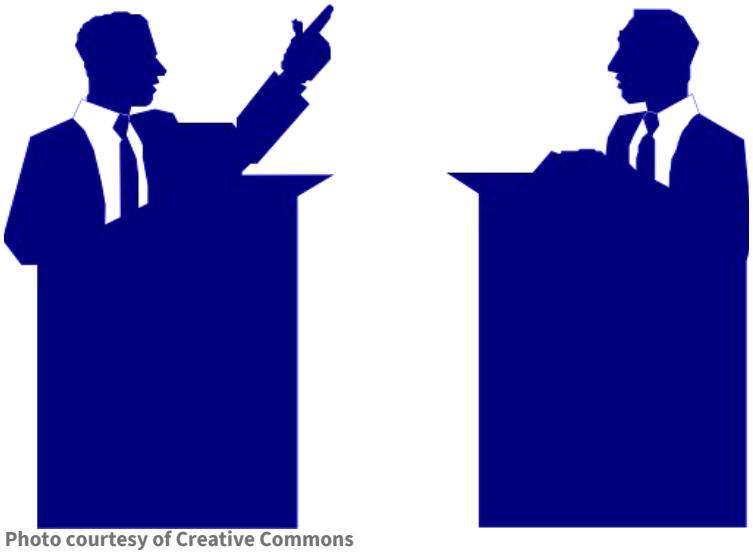


Photo courtesy of Creative Commons

Aside from the academic aspect of the debate club, this club serves as a way for members to socialize and make new friends. Garg aims to create a safe, fun environment for all members.

She projects club meetings to occur 1-2 times a month and expects members to stay active by checking the Google Classroom for updates.

A tournament will take place at the end of the year for students to debate on a topic. This competition will grant competitors the chance to win a monetary prize. To prepare for the tournament, members will learn valuable skills from the club leaders and practice formulating arguments. As they research the assigned topic, students will gain perspective on global issues and have a deeper understanding of what is occurring in the world.

For anyone interested in joining the debate club, the Google Classroom code is 2ugojpn. If anyone has any questions, they can reach Garg via email: gargs@students.kinnelon.org

Finals: How To Prepare And What To Expect

Students must decide which finals to drop, and how to study for the ones they don't

By Olivia Bsales, Staff Reporter

"My biggest mistake was throwing away my worksheets after each marking period because when it was time to study for finals, I barely had anything to study from"

- Sophomore Gianni Nrecaj

The students at KHS are scheduled to take finals from June 10-13, and as always, it is important to be prepared, well informed, and to decide which finals to take or to drop.

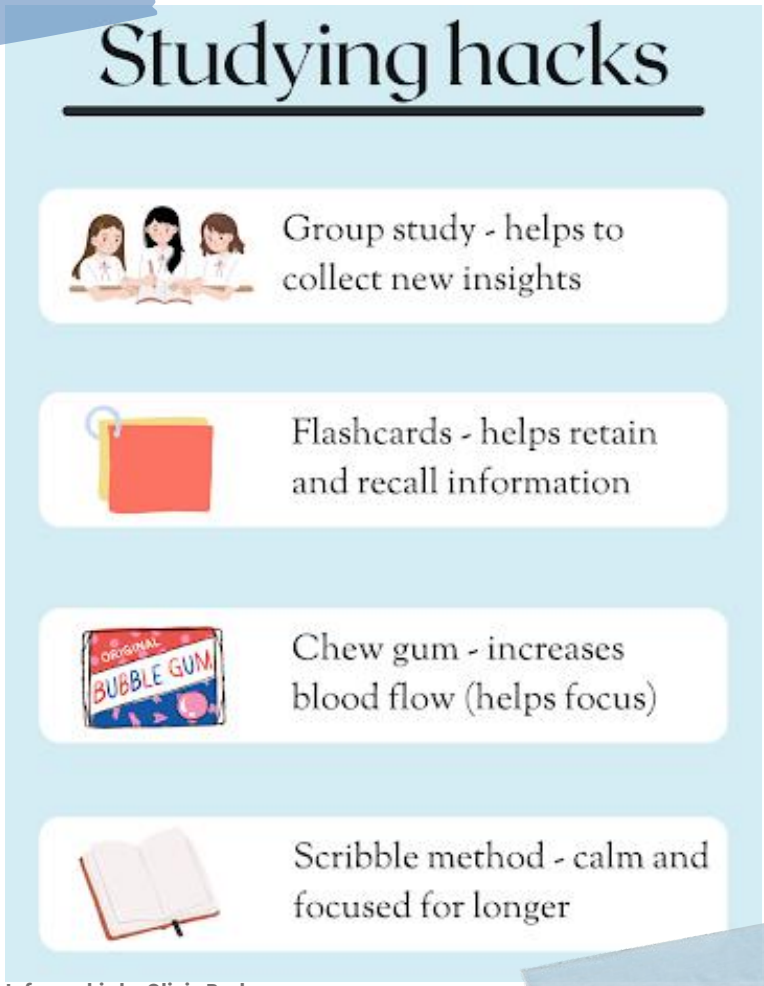
Freshmen are required to take all of their finals, sophomores are permitted to drop one of their finals, juniors are permitted to drop two of their finals, and seniors are permitted to drop unlimited finals. However, the average in that class must be a 90% or higher, to drop that final. Seniors who qualify for and utilize senior service are exempt from all finals.

Preparing for finals is different for everyone, including students and teachers. For students, studying early is the key to success. This comes with staying organized throughout the school year and holding onto information after each unit. When backpacks become too cluttered, instead of throwing everything away, an important hack is to empty folders and binders into safe spots at home.

Some teachers provide review packets, and it is crucial to complete these packets for the greatest success. Also, if a teacher does not provide any form of review, it could be helpful to reach out by asking what would be most important to review.

"I was very scared before finals last year, and I did not know what to expect, but I started studying about two weeks earlier, and I did well on all of my finals," said sophomore Monica Pazowski. Teachers are not trying to trick students on the finals; they are just challenging them.

When deciding on what finals to drop, factors like grade, class difficulty, and study time can affect what class a student chooses. "This year I think I am going to drop my physics class because I have a good grade, but I find myself studying for hours before each test and I have trouble recalling the information after each chapter," said junior Gianna Gianforte.



Infographic by Olivia Bsales

It is important to remember that it might be time-consuming to study for multiple different finals, so consider dropping a class for which it would take more time to study.

Staying calm and being well-rested is vital for achieving good grades. It is not beneficial to stay up late on the night before the test because it affects the way the body and the brain function. "Loss of sleep impairs your higher levels of reasoning, problem-solving, and attention to detail," said Dr. Merrill Mitler, a sleep expert and neuroscientist at News in Health (NIH). Being well-prepared can prevent nerves and panic, but this starts with staying attentive and studying at a good time.

VULTURES 1 BY KANYE WEST & TY DOLLA $IGN REVIEW

Kanye's new bird nearly misses its landing

By Owen Fernstrom, Staff Reporter

Ye (formerly known as Kanye West) has finally released the highly anticipated collab album with well-respected vocalist Ty Dolla $ign. The new release, called "Vultures," has been teased since mid-2023 with multiple changes to the track list over the past six months due to sample clearance problems for the song 'Everybody" that never got to the final album. The album was split into three parts, each releasing over the spring. After the past two years and a lifetime of massive controversy, the question asked by listeners is can Ye come back to musical stardom? The truth is that "Vultures 1" is a good album with strong points but also one that can't find an identity in its frenzy of ideas.



Photo from Danielle DeGrasse-Alston
Kanye at his listening party for "Vultures 1"

> **"We finna go where the stars at and beyond that/This that rip up the contract"**
>
> ***- Ye on "Stars"***

"Vultures" starts with "Stars," a song that gives Kanye space to contemplate his place in the music industry while allowing the audience to feel the beautiful choir on the beat. "Stars" is a great opener as it perfectly explains what "Vultures" wants to do. The album explains many of the problems that Ye has dealt with since the release of his last album, "Donda," including his antisemitic remarks which he has since admitted to regretting. The album is not an apology tour, as it includes many of Kanye's least serious songs such as "Back to Me" and the hit song "Carnival" featuring Playboi Carti, both of which are very tongue-in-cheek. This reminds the listener of many of his earlier albums such as "The College Dropout," which itself had humorous lyrics and songs.

"Vultures 1" is also an album that slows itself down and becomes more contemplative during songs like "Beg Forgiveness" which features another canceled artist Chris Brown and "Good (Don't Die)" which includes a sample from Donna Summer's "I Feel Love."

Ty Dolla $ign is able to find his footing throughout this album with great hooks on songs such as "Paid" or by providing much-needed lyrical intelligence that Ye sometimes lacks in the second half of "Talking" where $ign explains his view of fatherhood that he has developed over his life in a verse reminiscent of West's classic song "Violent Crimes."

It does often feel as though Ty is not on equal footing with Ye most of the creative decisions were clearly made by Kanye. Ty is not even on the cover of the album; instead, Kanye's new wife Bianca Censori is displayed as she is Kanye's current muse for his songwriting which is shown through the lovesick verses on "Burn" and "Problematic."

This makes one wonder why he wouldn't just get features from the many singers and vocalists that he has worked with in the past instead of the perhaps overutilized $ign. In totality, the album works as a cleansing of Kanye's sins as he expels many of his worst thoughts and beliefs while allowing the love of his friends and family to reach him through songs like the single "Talking" which has a chorus from Ye's own daughter, North West.

Vultures works in the current space of rap music; it has some great songs that have many people still excited for Kanye's re-entrance into music but it lacks the direction and depth of many of his past works. Compared to West's "Donda" which was bloated but still incredibly strong, "Vultures 1" is a step down in the vision that one would expect from Kanye, even with its hits.

TAYLOR SWIFT'S NEW ALBUM: 'THE TORTURED POETS DEPARTMENT'

Fan theories swirl around pop star's 11th studio album release

By Amelie Swiatek, Staff Reporter

Taylor Swift won her 13th Grammy for "The Best Pop Vocal Album" category for her album Midnights on Feb 4. During her acceptance speech, she announced that her upcoming album was coming out, called "The Tortured Poets Department," after keeping it a secret for the past two years.

THE ALBUM'S EXPECTED RELEASE DATE

The Tortured Poets Department will be released on April 19. This will be her 11th studio album. She started working on this project shortly after finishing her other album "Midnights" and continued working on it while on The Eras Tour (2023-2024). Swift has made the album available for pre-order on her website right after announcing it at the Grammy's.



Photo from Wikimedia Commons
Taylor Swift at the 2023 MTV Video Music Awards

SONGS EXPECTED TO BE FEATURED ON THIS ALBUM

On Feb., Swift dropped the official track list of the songs in her new album. The album will have 16 songs total, plus one bonus track titled "The Manuscript." The other titles include: "My Boy Only Breaks His Favorite Toys," "Guilty as Sin," "I Can Fix Him (No Really I Can), and "I Can Do It With a Broken Heart." "I Can Fix Him (No Really I Can)" is going to make me cry I can feel it" says sophomore Julia Gutkin. Swift is also collaborating with other artists like American rapper Post Malone on the first song "Fortnight" and English indie rock band Florence and the Machine on "Florida!!!," which fans think is highly unexpected.

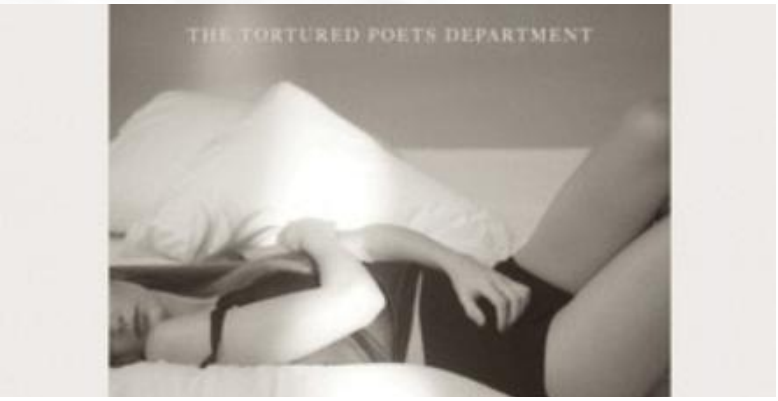


Photo by Wikipedia
One of Taylor's cover artwork for her new album

COVER ART

The cover art, as shown in the picture, was photographed by Beth Garrabrant. The picture is a black-and-white shot of Swift laying on a sofa with black lingerie: a black see-through top and shorts. The image on the back cover contains the words "I love you, it's ruining my life."

According to Taylor Swifts stylist, Joseph Cassel, she was wearing clothes from the fashion line "The Row" and "Yves Saint Laurent.

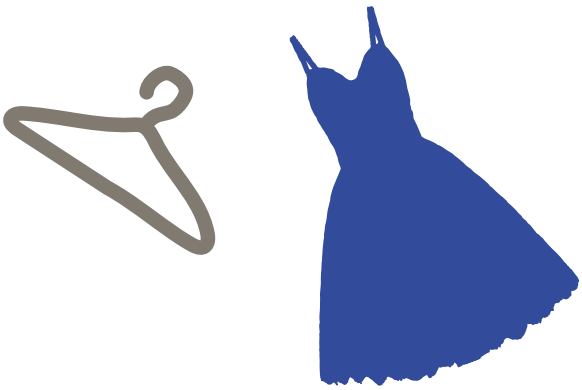
Both the artwork and title was spread through numerous brands, organizations, sports teams, and franchises. It was posted all of her social media accounts, along with a photograph of a handwritten note, which reads in English: "And so I enter into evidence / My tarnished coat of arms / My muses, acquired like bruises / My talismans and charms / The tick, tick, tick of love bombs / My veins of pitch black ink / All's fair in love and poetry...Sincerely, The Chairman of the Tortured Poets Department."

FAN THEORIES

Since Swift didn't reveal much, fans are left scouting for clues on what her album will be like. According to some fans on the internet, the title of her album seems to be targeted towards her ex-boyfriend, Joe Alwyn.

"I think there will be Travis references, but also references to her breakup with Joe," Gutkin says. Others think that this album will explore more than one of her muses. One Swiftie commented in a Buzzfeed article, "She's the chairman of the department because she loved and left them all! She even told us the album is about more than Joe, by highlighting 'my muses, acquired like bruises.'"

Unveiling the Ultimate Prom Dress Destinations!



Where to get your dream dress

By Sophia Angermund, Staff Reporter

The school year has been flying by, and just around the corner is the KHS junior/senior prom. This year, prom takes place on June 5 and is located at the Legacy Castle, and it's never too soon to start looking for your prom dress! Here are some highly-rated places nearby and online to start shopping.

Windsor

Windsor is a store from where many people get their homecoming dresses. However, they also carry prom dresses. Windsor is affordable and mostly has locations at every mall. There is one located in the local Willowbrook and Rockaway Mall. They also have an online website where one can purchase their dress.

Bou Bou

Located in Garden State Mall is the dress shop Bou Bou. Although it is a bit more pricey, this place carries a variety of stunning dresses. It's the seniors' last prom, so this might be a place that they want to check out. They do not have an online website, so one must go in person.



Picture by Kristina Haviland

Kristina finds her perfect senior prom dress at Glamour Couture in the Palisades Mall



Illustration by Sabrina Lopez

Three different prom dresses in multiple colors

Shelly Glam

Shelly Glam is located in Ridgewood and is once again a little more on the expensive side. The website offers an online catalog that can be used to find the perfect dress. They also have a "Quote" button that browsers can click to ask more questions about dresses in detail and get prices.

PromGirl

PromGirl is an online-only store where one can find their prom dresses online. With a variety of dresses and a variety of prices, buyers can find the ultimate dress. Online shopping is hard due to the sizing being off sometimes, but it is useful to read the reviews and they usually help to decipher whether to size up, size down, or go one's usual size. Returns can also be tricky, but PromGirl gives 10 days after delivery to return a dress to receive store credit.

There are so many other prom dresses located in other towns nearby. A simple Google search of "prom dresses near me" should do the trick. Have fun and find the perfect dress that fits you!

Behind The Scenes of The School Musical, 'Shrek'

What goes on behind the stage is often as important as on the stage

By Peyton Triano, Staff Reporter

"Shrek" was a monumental movie, making over four billion at the box office since its release on May 18, 2001. KHS has put a theatrical twist to the iconic film, with a fun spring show, "Shrek the Musical."

Many components went into making the excellent show including costume design, set preparation, and memorizing lines. Cast member sophomore Lindsey Mattie is playing Shrek's mom and is in the ensemble.

"There were efforts from Mr. [Charles] Linnell working lines and music schedules, also Ms. [Sabrina] Csatay working on all the dances and choreographing."

One of these efforts from play director Linnell was having a clear calendar for all cast members regarding when practices and setup would be. These efforts were shown throughout the play as all aspects were well designed and the cast worked hard to memorize Linnell's script.

Another behind-the-scenes of the Shrek musical was the memories made by the cast. Sophomore Sofia Villegas, who plays "The Big Bad Wolf," says that her favorite memory was "hanging out during tech week," which is a week of preparation before the play where attendance is mandatory to help with lighting, mics, and rehearsal. "It's super stressful, but also really fun."

Mattie also has a favorite memory: "Just laying on the stage with Sofia and Alice while we are supposed to be doing things." These cast members not only go to practice to put on a great performance but also to make memories with friends around them.

One of the most important parts of any play is the costumes. It's crucial to have well-planned costumes, from deciding what colors to what style and what accessories. Senior Nathan Shurts playing Shrek shows some of the behind-the-scenes of making these costumes.

"This year we ordered them so all we really had to do was get measured by Kaelyn and Mr. Linnell took care of the rest. We get them sometime around tech week typically." This work was worth it as the outfits look well-planned and professional.

After performing the musical, it is a relief that all the hard work put in by the cast members was worth it.

For seniors like Shurts, it also meant the end of a chapter. He has been a part of Kinnelon's theatre program since freshman year and finally ended his career in the musical Shrek. A memory that he will bring with him to the college next year is "I imagine being green and having to use a Scottish accent won't be something I forget quickly, but my favorite memory is getting to do duets with Tomas [Ospina] and cracking bad jokes back and forth. He's a very fun Donkey."

The Shrek musical took a lot of work, but more importantly, a lot of fun went into the production. From the audience's view much of the audience enjoys the great production, without knowing all the hard work and dedication those parts of the play put into their performance.



Illustration by Zoe Neves
Illustration of Shrek from "Shrek" and "Shrek: The Musical"

Scan here for a playlist of all the songs in Shrek: The Musical!

OPINION

Gay Straight Alliance: Celebrating Our Differences

GSA at KHS doubles down, despite wavering student support

By Nathan Shurts, Opinion Editor

Adviser's Note: The views, thoughts, and opinions expressed in this opinion article belong solely to the author and do not reflect the view of The Colt Chronicle Staff, Kinnelon High School, or its students and staff members.

Two years ago, the KHS Gay Straight Alliance (GSA) organized a triumphant celebration of the LGBTQ+ community complete with a Pride Flag raising ceremony and celebrated the first annual Kinnelon Pride Day. This year, the event is dangerously close to not even happening. What changed? What will happen next? Will there still be a Pride Day?

What is GSA?

GSA, the Gay Straight Alliance, is an organization that exists at KHS as well as many middle schools, high schools, colleges and universities. Its mission is to create a safe and welcoming school environment for LGBTQ+ youth and straight allies through programs, outreach, raising awareness of issues, and occasional celebrations.

Different GSAs have different approaches, but they are commonly found all across the U.S. and share the same key goals. One of GSA's greatest challenges is depoliticizing the issues surrounding the LGBTQ+ community, as tragically, even a person's very identity has become a politically-charged topic of discussion.

> **"When people can talk human to human instead of through parties, that shared humanity can override the political differences that people have. We really are all just people trying to pursue life, liberty, and happiness, and when we try to get away from the politics and just talk as human beings in a place of mutual respect, that's when real change can happen."**
>
> ***- Marlene Goudreau, Co-Advisor of GSA***



Photo by Marlene Goudreau
GSA tailgate stand

One of the biggest events that KHS GSA likes to run is the Pride Day celebration, typically held across from the school at the Municipal Building, during the first week of June, in honor of Pride Month. This event usually includes a variety of activities, games, literature tables, and a symbolic raising of the pride flag.

Often attended by scores of community members--GSA Club members, parents, students, and town officials alike-- the Pride Day celebration serves as an inspiring and exciting show of unity as well as an all-around fun celebration featuring everything from face painting to spike ball tournaments.

This year, Pride Day is still in the planning stages and it is already threatened.

Why is Pride Day Threatened?

Put bluntly, GSA is facing a dangerous lack of student support. Exactly one member attended the monthly meeting in January. There are also only 15 people in the Google Classroom at the time of this article's publication; a strong indication that participation has wavered since the golden age of the club just last year.

The resulting crisis surrounding Pride Day is a lack of support since GSA has always relied heavily on student participation and enthusiasm when programming events..

Continued on next page

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The very first Pride Day celebration two years ago, spearheaded and inspired by GSA's president Louis Waibel, was a huge event attended by Mayor Gavin Freda and involved a large spike ball tournament and an ice cream truck. The event was essentially Waibel's brainchild, as he was the life and blood of the club during its first year of operation. Unfortunately, now that he has graduated, the club lost a good deal of its fervor.

Taking Waibel's place as leader of the club came junior Vito Bubbico and his co-president senior Liora Shuster. Bubbico says, "It's a safe place, it's very welcoming, and I feel like people can join if they want to. I'm gonna try my best to do Pride Day again, I just have to talk to [former Pride Day event planners] about that, or maybe even Louis. We want to do Pride Day at the school again. Maybe something for Transgender Awareness Day too."

Despite his optimism, Bubbico is also painfully aware of the current drag that GSA was experiencing. "Right now, in the timeline, it's slow time for the program, but things will pick up a lot in early May."

Will There Still Be a Pride Day?

The short answer is yes, Kinnelon will still have a Pride Day celebration; it just may be smaller this year if fewer people are willing to make it happen. Thanks to the efforts of adviser Marlene Goudreau, Kinnelon's Pride Day will soon be on the calendar for early June.

According to Goudreau, "We're in the process of reaching out to [a member of] the town council who was really instrumental in helping us get things up and running last year. We haven't secured the date yet but I expect it to be similar to past years in that there'll be games, literature, materials to help students connect with resources, and to help students feel seen. Just a very laid back, celebratory environment."



Photo by Kinnelon High School Students
GSA stand at the tailgate last year

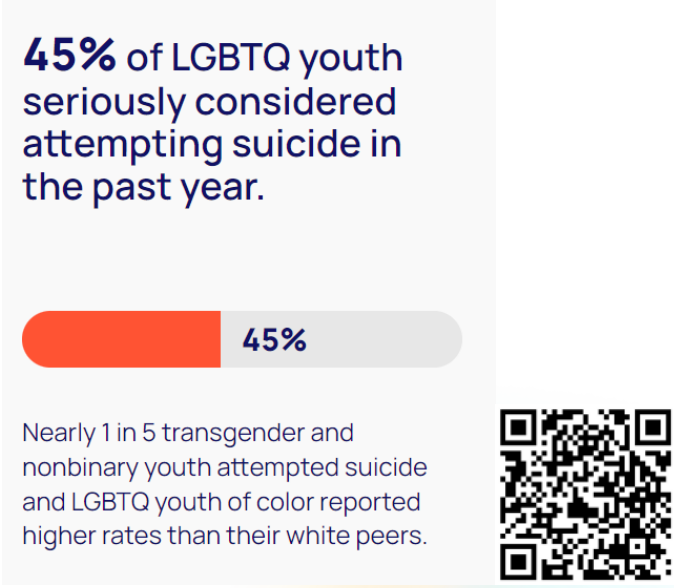
Right now, the best thing you can do if you want to help make Pride Day happen is to reach out to me (Nathan Shurts) or Marlene Goudreau (co-advisor Lauren Biggins is currently out on maternity leave) and ask what you can do to help. Every student counts, and the club's very mission is to make sure every voice is heard and every person is celebrated. Don't be afraid to speak up!

GSA is More Important than Ever.

If you or someone you know goes to a school that doesn't have a GSA, good news! It is very easy to start one. As a matter of fact, your right to start a GSA club in your school is protected by the Constitution under the Equal Access Act, and all you need to do is get a faculty advisor and some brief paperwork done (which you can learn about from your guidance counselor).

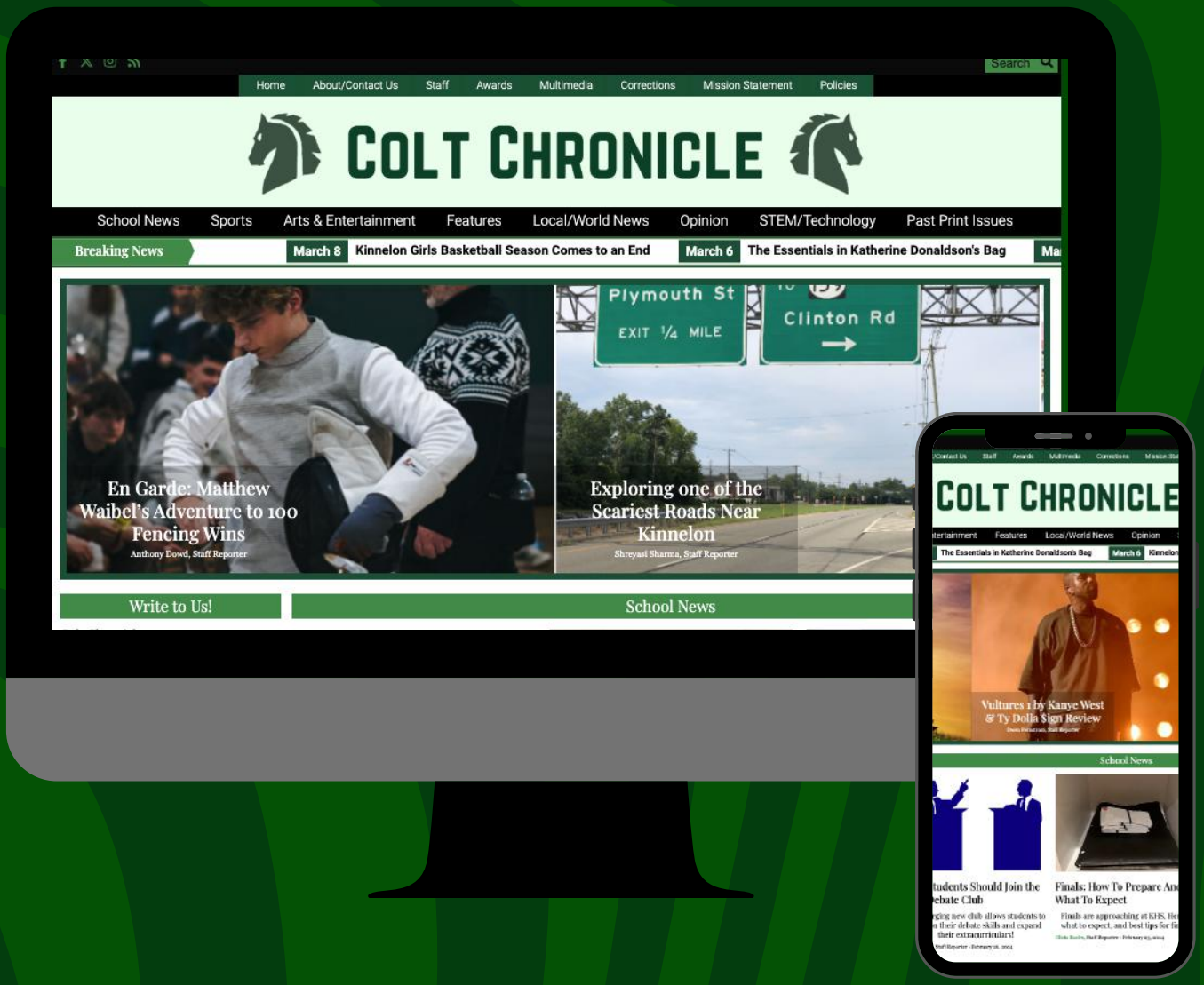
Despite the valiant efforts of GSA's all across the country, these problems don't just go away. One of the best things schools, students, and communities can do is support initiatives such as GSA in their schools that strive to create a safer, more welcome, and inclusive environment for all students regardless of their identity or sexual orientation.

Even you as an individual can help by being a good ally to your friends and family members. As the KHS GSA fights to come out of its slump stronger than ever, continue to support the cause in every way possible. Sometimes all it takes is one person to make a difference.



Courtesy of the Trevor Project
Scan the QR Code to learn more about the methodology of the survey results.

www.coltchronicle.org



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Photo by Foxcraft Academy licensed by CC | FA Field Hockey vs Mattanawcook

Challenges with New Field Hockey Team

Rumors of the addition of a field hockey team to the KHS fall sports lineup leaves students with a lot to say

By Alexandra Haines, Staff Reporter

From football to fencing, Kinnelon High School provides its students with the opportunity to play a multitude of sports. Whether their talents lie in punting a soccer ball or racing in the pool, most students have found a sport they love and thrive in.

With that being said, Kinnelon High School has previously failed to incorporate field hockey into its athletic programs. Now there has been news circulating the halls of KHS about a potential new field hockey team.

Field hockey teams consist of 11 players on the field at a time, and these players use hockey-esque sticks to move a hockey ball around a field and score goals against their opponents. Field hockey is a great opportunity for students to create new friendships, prevents them from simply sitting at home and watching TV after school, and is a good form of exercise.

A major issue that students have with the creation of the team is the timing of the sport.

Junior Katie Ford says she doesn't think “enough girls will sign up because of how many people are already in a fall sport.” These sports include cheerleading, volleyball, cross country, etc, all popular sports. So even if a student did want to join the team, there's a good chance they are unable to as they are already involved in a different sport that season. This could make it difficult to have a full roster.

But, there may still be hope for the future success of a field hockey team. Students like junior Sonia Haasner said, “I wouldn't join the team because I think it's a little too late for me to start a new sport, but it could be a good opportunity for the incoming freshmen or some sophomores who want something to do.” The addition of field hockey to Kinnelon’s athletics can be beneficial to both the school and the entire community.

SWINGING INTO ANOTHER SEASON

How the Kinnelon Baseball team has their eyes set on a championship

By Scott Sancyzk, Sports Editor







Picture by Heather Cornett | Coach Dan Clark exchanges some words with the home plate umpire against Pompton Lakes.



Picture by Heather Cornett | Senior Greg Nascimiento pitches a fastball in a state sectional loss versus Pompton Lakes.



Picture by Heather Cornett | Nick Canariato on the mound in extra innings against Pompton Lakes in the state sectional tournament.

The Kinnelon Baseball team (Kbase) looks to have a successful year in 2024. Coming off an 8-16 record in 2023, the Colts look to regain their fire like the 2022 season where the squad went 17-8 on the diamond.

"It was a bit of a disappointing season for sure," says senior Dylan Charles. "After such a good year in 2022, I thought we would be able to do something special, but it just did not work out the way we wanted. Despite this, despite our busy schedules, I love what we have done in the off-season."

In the off-season, starting in the winter, the Colts have team practice every Sunday to prepare the team for the upcoming season. These practices last for a couple of hours and it helps the team get familiar with the bat after some off months.

Kbase has some holes to fill after losing some key parts of the team this past year. Seniors Rich Geng, Christian LaRusso, Chris Balo, Parker Lazarski, and Bobby Portman all played a pivotal role in the lineup last year. Portman, for example, is a pitcher and outfielder who is attending the University of Rutgers-Newark as a baseball player.

However, the Colts will be able to fill these shoes with no problem, as they have a lot of players returning to the field, as well as an impressive freshman class. Last year, the Pearl R. Miller (PRM) baseball team won the county championship for the first time in 15 years.

"I am excited for what is to come in the next four years for me," says freshman Christian Markley.

> **"The goal is to always win a championship, no matter what."**
>
> ***- Head Coach Dan Clark***

"I cannot wait to get practice officially in front of the coaches and team. Even though I am a freshman, I think everyone is excited for a good season. I just love baseball." Markley competes for a club team, the Prospects, as well as his school team.

Official practice starts on March 15. The difference between that and what they are doing on Sundays is that this is a team, and once the 15th comes, head coach Dan Clark gets to see the team in action. Clark has been the coach of the Colts since the 2019 season and has been great since taking over from coach John McDonald.

Kbase also has one of the better players in Kinnelon history, pitcher Greg Nascimento. Nascimiento is fully committed to playing Baseball at the New Jersey Institute of Technology (NJIT). Nascimiento had 64 strikeouts this past season to go along with only ten earned Runs.

"I am so excited that I can play this great sport at the next level, however, I am sad that my high school season is starting to come to a close," says Nascimiento. "It has been a great four years playing with some of my best friends and best teammates, it is bittersweet."

Choose your Weapon: Sabre, Epée, or Foil

The swords of fencing and how KHS fencers choose their weapon

By Sabrina Lopez & Millie Cho, Staff Reporters









Photos by Sabrina Lopez | From a KHS home fencing match on Feb. 5

Honor is non-sharable. Only one can come out on top in this duel to the death. Stand up, grab your sword, and fight.

Since the 16th century, fencing is no longer a matter of life or death. There have been many advancements to the sport; one of the most prominent being your weapon of choice. Each weapon has a different style of use that is best suited for different fencers. One of the main challenges of becoming a fencer is finding whether the style of Sabre, Epée, or Foil best suits them.

Epée is agreed among most to be the easiest type of fencing style to learn. Epée fencers can attack anywhere on the opponent, including the head. Fencers also don't have to worry about complicated “right of way” rules, it's purely whoever hits their opponent first. The only rule epée fencers have to look out for is that they can only poke, and no slashes are allowed.

Every weapon is lightweight and has a blunted tip so as not to hurt anyone. For players, counterattacks are a big part of the epée fencing style. Though games can start slow after someone attacks, the bout picks up speed as the attackers quickly switch to defense while the other counterattacks.

One thing that every KHS epée fencer could agree on is that their favorite part of playing epée was the lack of attack rules.

KHS senior and captain Logan Sharbaugh explains, “It's fun 'cause there’s no rules whatsoever. I can jump; I can do whatever I want.” He chose epée for the lack of rules and how matches call for lots of strategies due to the usual slow start and fast ending. Sharbaugh loved the freedom to move however he wanted, like being able to jump, putting his left foot in front of the right, squat, lunge at their shoes or ankles, and being able to get a double point.

Siyana Ahmed had a very unique way of choosing her weapon. In eighth grade, Ahmed decided to take a personality test as to what weapon she should play with, after being told epée was the weapon best suited for her she stuck with it ever since. Ahmed also really enjoys the amount of freedom that comes with the lack of rules. She likes to play with the style of pushing them to the edge of the mat and then striking or, waiting for the other person to attack, read them, and then counterattack.

Foil is the most common kind of fencing around the world. Foil, same as sabre, also has “right of way” rules so if both fencers hit simultaneously, whoever started their attack first gets the point. The foil sword is lightweight and has a blunted tip.

Continued on next page



Photo by Sabrina Lopez | Sabre fencers in a bout on Feb. 5

The main difference between foil and epée or saber is that foil has a much smaller target area. Foil fencers can only attack the chest, stomach, or neck, they can't attack the arms, head, or legs. When attacking, fencers can only hit with the tip of their sword, no slashing. In foil, precision is essential, even other weapon fencers can recognize it. Sam Baldino, a KHS saber fencer, stated, “Foil is a type of fencing dedicated to the precise.”

Foil fencer Matthew Waibel, finds foil to be the most difficult. When asked if he always fenced foil Wailbel said that he started on epée but thought it was too easy to score points so he switched. He loves how much of a challenge foil is with the amount of focus and precision demanded of a fencer. Waibel stated, “[Foil fencing is] like an athletic version of chess.” He talked about how fencers have to stay defensive and strategize, they can't just “be all crazy.”

Waibel's fighting style focuses on his footwork because it's the key to getting into a good distance to score touches. He also focuses on where the other person's blade moves to figure out how they might attack. Foil requires heavy strategizing. Though it can be quick, you just have to take your time.

Sabre is generally known as the most difficult weapon type, as fencers have to worry about right of way, parries, and fast attacks. Right of way, a rule in both foil and sabre, determines which fencer gets the point after both fencers land a hit within the same time frame. Sabre matches move fast and require good reflexes, but fencers are given more freedom as to how they can attack. Foil and Epee are thrusting weapons only, while sabre fencers also incorporate slashes to score points. The target areas for sabres are everything above the waist, including both arms and the head. Similar to foil, sabre blades are required to weigh under 500 grams, but they feature a shorter blade and a larger hand guard.

> **"Especially as a beginner fencer, you'll have a lot to learn and you'll need time to practice and get better … But if you learn what you need to work on and continue moving forward, then you'll enjoy fencing much more."**
>
> ***- Sabre captain Aarushi Kumar***

Sabre fencers such as KHS junior and captain Aarushi Kumar and sophomore Juan Jaramillo seem to agree that sabre is the most “interesting”, and the most fast-paced.

The weapon is best suited for those who have good reflexes and favors quick predictions over meticulous planning. Fencers who are fast movers will find sabre best suits their style. "The most important thing is moving quickly and thinking on your feet and more often than not you'll get the point," said Kumar.

Both Kumar and Jaramillo started on sabre and stuck with the weapon. Jaramillo also attends a fencing academy and has trained extensively for his weapon. His strategy for scoring points is focusing on “glove touches. …When I'm losing ground, usually my opponent is too focused on charging me down and just hitting me. I [can] just tap them and the light will go off,"

Kumar feels a strong commitment to her weapon, which suits her fencing style the best. "I’ve never regretted my decision," says Kumar. "Fencing sabre has been my plan since the beginning, and it’s still just as fun for me." As the oldest sabre fencer at KHS, she also shared some advice: "Don't be so caught up on winning all the time … enjoying the journey of getting better, making friends, and having fun is the most important thing."

Choosing your weapon can be difficult, but every fencer can find a weapon that suits them best. Coaches and upperclassmen fencers say it's important to stay motivated through the sport.

RACE TO REDEMPTION

How senior Kinnelon track athletes prepare for their final season

By Jake Piccola, Staff Reporter

Spring track season has come back around as students enter the spring sports season. The start of the season lies around March 15. as teams have to wait two weeks after the closing of fall sports. At this time, many track athletes take to the track and field on any nice day to practice for spring track. Although each athlete runs for the track team, they all have different ways they prepare for the season.



Photo from @kinnelontfxc on Instagram

Pictured are (from left) Joeseph Mendy, Matt Kispert, Jack Ahart, and Andrew Garcia after competing in New Balance Indoor Nationals after winning first place for the Section Eight 1600 meter Sprint.

Senior track athlete Riley Darlington is coming back strong for her last season of track. Darlington participates in cheerleading along with track and is a four-year varsity letter recipient. Darlington starts running right after her cheer season as she goes to the gym often and loves to run outside and run at intervals on the treadmill.

Darlington participates in the 100m, 200m, and long jump which require gaining a fast amount of speed in a short distance to build up as much momentum as possible. Darlington says, “I love to run and do timed intervals of sprinting and jogging. I feel like it gives me the ability to improve best at my events and helps me build up my speed.”

Darlington is already seeing improvement in her 200m race and is expecting more improvement throughout the season.

Matt Kispert is another athlete who participates in Soccer and both winter and spring track. Kispert has received many medals in both winter and spring track as he and three other runners went to the New Balance Invitationals where they came in first place for the Section Eight 1600 meter Sprint Medley Rising Stars. Kispert races in the 100, 200, 400, long jump, and triple jump which is where he thrives on the track.

Kispert runs for both winter and spring track which has allowed him to constantly work on his craft as he is always surrounded by his coaches during two of the three high school sporting seasons.



Photo from kinnelontfxc on Instagram

Kinnelon Boys Cross Country team after a valiant performance in their state meet ending their 2024 track season.

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> **...I see the work as one of the rewards to running long distances as it has taught me a lot of discipline and a good work ethic which are two things I will take with me."**
>
> ***- Senior Kyle Bjornson***

Kispert also often goes to the track where he does timed trial workouts to practice his takeoff on the block and increases his time each session. "By going to the track on days that we don't have practice or during the summer it has really helped me improve my times and my stamina too."

Kyle Bjornson is a distance runner as he has run for the varsity cross country team for four years, varsity spring track for four years, and varsity winter track for two years.

Bjornson is a dedicated track runner who has put in the work needed to compete at the higher levels of NJ cross country and track and field. Bjornson has goals of reaching a 4:25 mile time this year and there are multiple goals he has to pursue to be able to reach this goal.

Bjornson has been a track athlete for all three high school sporting seasons since his junior year. Being a long-distance runner is not easy as athletes have to run multiple miles a day to find improvement in their overall stamina and speed. Bjornson says, "Trying to improve mile and two-mile time is incredibly hard because of the work that is needed. However, I see the work as one of the rewards of running long distances as it has taught me a lot of discipline and a good work ethic which are two things I will take with me."



Infographic by Jake Piccola

The 2024 Lacrosse Season Begins with Preparation

KHS student-athletes have spent these past few winter months training for their upcoming lacrosse season.

By Liyana Aslani, Staff Reporter



Photo from the Kinnelon Boys Lacrosse Instagram

The 2024 season schedule for the boys lacrosse team, as posted to their Instagram.

The Kinnelon Colts will be returning to the field for this year's lacrosse season in no time. The boys and girls seasons began this month. However, this has not stopped the student-athletes from gearing up for the spring season ahead.

This year, both the boys' and girls' teams have already put a considerable amount of work into their training. After school, many students utilize the field to practice and run drills to help them prepare for the games ahead.

Senior captain Sam Mortimer explained what exactly some of this training looks like for the team. "During the winter, we had a winter league through LSP where a bunch of the girls on the team played. Through this league, the girls got back into the swing of things."

Mortimer's father also worked with the team on these skills and helped coach them. "We had speed and agility training on Tuesdays and Thursdays to condition, '' she said.

> **"The team is excited for the season, especially because we have a new coach. It's a new start. We have a great team, I can't wait to see what the season brings."**
>
> ***- Girls Captain Sam Mortimer***

In addition to these after-school training practices, Mortimer and fellow senior captain Kate Donaldson have been putting in the extra effort to build the strength of their team. They have dedicated time to captain's practices where they worked on their stick skills and drills involving catching and throwing. The girls also worked on their shooting and dodging, which included a wall ball test, to get ready for the upcoming season. The wall ball test specifically consists of throwing the ball against a wall multiple times and catching it to work on control skills.

Similarly, the boys have also shown dedication and worked on similar skill practices after school to get ready for this upcoming season.

Last year, the boys had a great season with their 15-3 record. Senior captains Jake Piccola and Ben Papendick have displayed initiative and dedication when organizing drills and practices for the team to help improve their skills overall. They are excited to step back onto the field this upcoming season.

The girls also played a good season last year, with their record being 13-7. The team played in the first round of the Morris County Tournament and also made it to the semifinals of the NJSIAA Tournament where they lost to Verona 13-5. This year, morale is high and the excitement is kicking in. The team can't wait for the season to start.

March Madness, The KHS Way

The long-awaited student council 3-on-3 basketball tournament is BACK

By Riley Darlington, A&E editor

Every March, students look forward to the 3-on-3 basketball tournament run by the Student Council. This tournament was started back in 2022, and there has been a great turnout for the past two years.

Each team is made up of three KHS students from any grade. However, only one KHS basketball player is allowed per team.



Photo by Riley Darlington

Marco Leitao (left) and Anthony Masherelli officiating the 3 on 3 tournament in 2023.

The tournament is held the last two weeks of March during lunch blocks, which makes a super exciting opportunity for students to get together from all grades during lunch, and have a fun time supporting their peers. The tournament starts off with round-robin and semi-final games and ends with a championship game. This tournament is one of the KHS student's favorite traditions.

> **"I am so excited to watch the 3-on-3 tournament again this year. It is so much fun to watch my friends in different grade levels compete against each other. The games get intense!"**
>
> ***- Senior Jake Piccola***

Last year, 15 teams participated in the tournament. Even students who were not participating in the tournament found ways to help out. Some students were referees and scorekeepers throughout the games at lunch. To participate in the tournament, athletes pay a $5 entry fee, which is donated to charity. Last year, student council members raised money for two charities, "Compassionate Kids NJ" and "Imagine," from participants and spectators donating.

The overall winner of the tournament is presented with the basketball trophy. Last year, "The Sharpshooters" won the entire tournament. They were awarded the basketball trophy and also received individual trophies to always remember the tournament. This was a very exciting moment for Scott Sanczyk, Troy Schneider, and Kyle Bjornson, the three members of the winning team.

Team Captain Sanczyk says, "It was an honor to be the inaugural champion, but I could not have done without my teammates and [alumnus] Richie Geng who stepped in for the finals. The Sharpshooters will be back for another championship this year, and our goal is nothing short of a championship."

Last year's tournament had an amazing turnout and is a tradition that the student council is excited to bring back this year.



Photo by Riley Darlington

2023 Championship trophy and individual trophies for winning team

Student Council advisor Hannah Sappio says, "The 3-on-3 tournament brings the KHS community together for some downtime during unit lunch. I am excited to host this tournament for a third year, along with the help of the student council members."

Healthy Hearts, Happy Minds

KHS Peer Leaders visit Kiel to teach students about heart health

By Kristina Haviland, Editor-in-Chief

February is American Heart Month, a time when people of all ages and genders are encouraged to focus on their cardiovascular health and learn the importance of preventing heart diseases. To spread awareness for young students, KHS Peer Leaders have dedicated one week to promoting heart health.



Photo by Rebecca Basnkinger

Senior Peer Leaders Ella Corigliano (left), Riley Darlington, Jordan Doty, Kristina Haviland, and Liora Shuster helping out at Kiel.

According to the National Heart, Lung, and Blood Institute, “Heart disease is a leading cause of death in the United States for both men and women.” For young people, the risk of cardiovascular issues has been on the rise. In a Harvard Health study, they found that young adults have an increased risk for hypotension and diabetes.

When physical education teacher Rebecca Baskinger started at Kiel nine years ago, she wanted to create an event that reminded students to take care of their actual physical hearts, as well as the hearts and well-being of others. “This event also coincides with our schoolwide Kiel Cares Foodrive, so all of the initiatives really tie into one another with caring for our physical hearts, as well as one's figurative heart.”

The Peer Leaders assisted physical education classes with cardiovascular activities and ways to keep kids active and healthy. As leaders, they strive to educate their peers and create a healthy and motivating environment.

Club advisor and history teacher Danielle Elia says, “It is important to have positive role models for the younger kids. Sometimes it is more effective to hear the message from older kids and not just adults.”

This group of students are excellent candidates for this event because they embody positivity, which they wish to teach students at Kiel. Baskinger says, “It is absolutely heart-warming to see a KHS student coming alongside our Kiel students and playing a game together in PE and having those positive interactions.” Baskinger shares that her students hope to become Peer Leaders in high school and get the chance to help out with this event.

During their trip to Kiel, students were able to participate in fun activities that showed kids how physical activity can contribute to having a healthy heart. Sophomore leader Kelly Donaldson says, “We mostly played games with the students, like tag or soccer, or kickball, whatever they wanted to do.”

While these activities may seem as if they are simply for fun, they guide kids to be active from a young age. Elia says, “Introducing healthy habits and routines at a young age makes it easier for kids to continue them throughout their lives. Also, knowledge is power, so if kids know why it is important, they are more likely to buy in at a young age.”

Senior Peer Leader Marie Levi was able to share some of her knowledge with the students. “We told the kids to drink a lot of water, limit their salt and sugar, eat vegetables, exercise, limit stress, and have fun!”

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Photo courtesy of Rebecca Baskinger
Senior leader Nick Canariato jumping rope with a Kiel Student.

As they grow up, they will learn other ways to adopt a healthy lifestyle that contributes to reducing the risk of heart disease. Gym teacher Nino Capra says, “[Students can] get enough sleep, refrain from smoking, control their cholesterol, manage stress, manage blood sugar levels, and get at least 150 minutes of physical activity each week.”

While the event is mainly targeted toward physical health, it approaches physical activity from an intuitive lens. “We emphasize finding joy through movement and developing a personal interest and appreciation in movement and physical activity,” says Baskinger.

The event also emphasizes the importance of managing stress and regulating emotions, skills that can carry over into adulthood. Baskinger says, “We've also tied in mindfulness and calming techniques, such as taking five deep belly breaths, or looking around at nature and appreciating the beauty right before our very eyes.”

Baskinger stresses the importance of properly treating the body because everyone only gets one. “I also want my students to look back at Kiel PE and to remember how they felt: accepted, safe, and cared for.”

Along with being kind to themselves, they are being taught to show kindness to those around them. “Students are also being reminded of ways to care for the hearts of others. We talk about random acts of kindness, empathy, and sportsmanship, as well as full values, which is our character education program.”

Even though the peer leaders have a great deal of knowledge, they too, were able to learn from the event. Donaldson says, “It was very refreshing to be able to be around the optimism they had to offer, always wanting to play, and helping other kids when they fell. It helped me learn that we should all think like kids sometimes, and just be happy, and help other people.”



Infographic by Kristina Haviland

It's Getting Hot in Here

2024 could be the turning point for climate change

By Aarushi Kumar, Editor-in-Chief



Photo by Aarushi Kumar | Snow begins to melt as New Jersey welcomes the warm spring sunlight.

Now that the warm sun and cool breezes have finally chased away the never-ending winter cold, the end of March marks the official start of spring. Though New Jersey has had consistently low temperatures and snow during these past few months, 2023 was reported Earth's hottest year in human history, according to the World Meteorological Organization.

The Paris Agreement of 2015 – an international treaty on climate change – aims to limit the "long-term temperature increase… to no more than 1.5 C above pre-industrial [1850-1900] levels." Last year, the annual average planetary temperature reported 1.45 C above pre-industrial levels by leading datasets. In 2024, scientists project temperature could surpass this threshold, leading to further destabilization of the Earth's climate.

Climate change won't just make summers warmer. Rising temperatures also create drought, insect outbreaks, raise the severity of wildfires, hurricanes, and other natural disasters, increase diseases, and reduce agricultural yield.

As the planet heats up more every year, permafrost in Alaska and the Arctic Circle can start to release deadly diseases.

In August 2016, 72 nomadic herders, including 41 children were hospitalized from an Anthrax outbreak in the far north of Russia called the Yamal Peninsula, according to The Guardian. The "Siberian Plague" hadn't been seen in the region for 75 years, but the disease had a fresh breath of new life when rising temperatures revealed a reindeer that died from the anthrax infection buried under the ice.

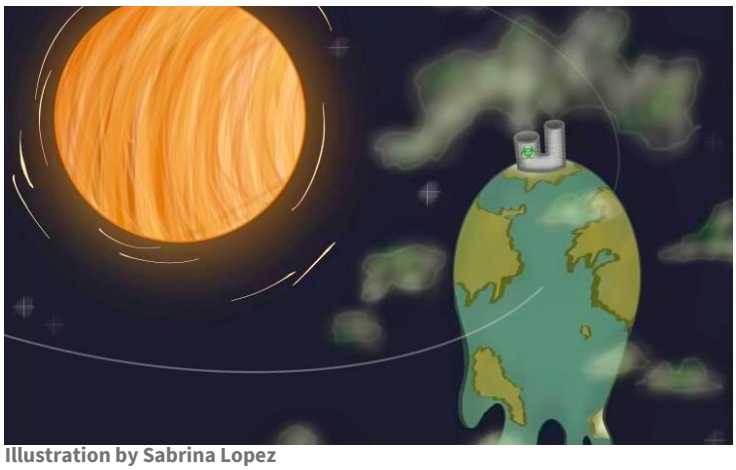


Illustration by Sabrina Lopez
Smoke surrounds a melting Earth

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According to the Department of Environmental Protection, New Jersey has increased 3.9 F since 1895, and heat-related hospitalizations in NJ increased 156 percent from 2004 to 2013. 29 percent of all New Jersey birds will also be vulnerable to climate change. Junior Hope Sirindes says, “I really love watching documentaries. And seeing all that beauty, and knowing all the bad things that are happening to it, I think it’s just really sad.”

However, 2024 could be the tipping point of irreversible damage to Earth’s climate system. As the Climate Council suggests, “Global greenhouse gas emissions may peak this year and start falling. This would be a historic turning point, heralding the end of the fossil fuel era as coal, oil, and gas are increasingly displaced by clean energy technologies.” It also believes that global emissions need to roughly halve by 2030, a monumental but crucial task to keep the planet from getting worse.

So, how is New Jersey responding to the climate crisis, and what can the state do to make sure that 2024 is as hot as temperatures get? Last year, Governor Phil Murphy announced a suite of measures to “incentivize clean energy and boost resilience,” according to RMI.

Sirindes suggested that the government could “teach about it [climate change] in school… since education is where people form their ideas. So maybe they can talk about something changing, and how we can take action in the little ways.”

As long as lawmakers and corporations continue to work to drop emissions and make the switch to cleaner energy technologies, we can enjoy the spring season with renewed hope.



Infographic by Aarushi Kumar

Here are the most beneficial things you can do to help stop climate change.



Photo by Daniel Case from Wikimedia Commons | A traffic stop on Clinton Road

CLINTON ROAD: NEW JERSEY'S SCARIEST ROAD

Analyzing and evaluating all urban legends on Clinton Road

By Shreyasi Sharma, Staff Reporter

In the dead of night, you can hear the presence of wind; it is almost like a whisper in your ear as it weaves through the gnarled branches. You are driving down Route 23, West Milford, and come across an empty road. You look at your surroundings and feel a lump in your throat, and your heart drops. You've arrived at the most spine-chilling road in all of America.

Clinton Road, located in Passaic County, has the reputation of being the scariest road in America. The area is covered with trees, giving the place a gloomy outlook. There are many frightening tales and encounters concerning the site. Even though the rightfulness of these tales isn't entirely confirmed, the history of the road is terrifying.

HISTORY

Learning the history of this place will help people understand the darkness surrounding this road. As detailed in "Clinton Road: A Dark Ride," rumor has it that the site used to be a Satan worship ground, and it was once a place where the KKK activities would take place.

Additionally, tales say a professional killer used Clinton Road's lake as a dumping ground for disposing of his victim's body. Such macabre stories deter anyone and everyone from traveling through this road. Despite the lack of concrete evidence substantiating the legends, the mere existence of these tales instills fear in people's hearts.

"There was a time when [when people worshiped Satan] because it was a secluded area. Some people were like subsets of society that lived in some of these areas which explain why they would do it," said math teacher Noah Blanchard, who lives near Clinton Road.

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THE GHOST BOY

There is a legend that a young boy died on the Dead Man's Curve, and his spirit remains around the location. The boy lives under the bridge and is rumored to give coins once you throw them into the water. In “Clinton Road: A Dark Ride,” they state how a boy died after throwing a penny into the lake. Another story goes that a little boy was hit by a car after he went up to pick a penny off the ground, and now, if a person went out and picked a penny up on the premises, it says that the boy will push the person into the lake.

THE GHOST TRUCK

The ghost truck's story scares many people living near the area. A vehicle has been seen chasing people down the road after crossing paths with them. Author J. Tonzelli states that the story begins at Jiles Jones's farmhouse. He used to live near the area and was known for being mean and reserved. He didn't like it when people came near his property; therefore, after his death, his spirit chased the people who he thought were trespassing on his property.



Illustration by Siyana Ahmed
Shadowed figure investigating Clinton Road in the dark



Photo by Daniel Case from Wikimedia Commons
The heavily forested stretch of Clinton Road

THE CROSS CASTLE:

The Cross Castle was established long ago and was built by Richard Cross for him and his family. After Cross's death, his family sold the Castle, but a fire ruined the whole structure of the building. In the Castle, there were rumors of Satan worshipping and KKK activities. Many have claimed to get chills down their spine as they go inside the Castle, and some have also witnessed the ghost of KKK members inside the Castle.

Clinton Road is the epitome of terror; it is the scariest road in the United States. It is akin to a horror movie materializing into reality. While the integrity of these tales remains a mystery, the legacy of being the scariest road will continue to captivate and terrify people. "The road brings people outside the community to see all the urban legends. I've run into many people who have traveled from somewhere else to explore the road," said Blanchard.

Racing Against the Clock

KHS students' take on daylight saving and how to prepare for the clock change

By Ava Gutkin, Staff Reporter

Around every 240 days, the world experiences arguably two of the most hated days of the year. The clock changes when the world either "springs forward" or "falls back" into reality. Despite this annual occurrence, many people do not know why some countries practice daylight saving.

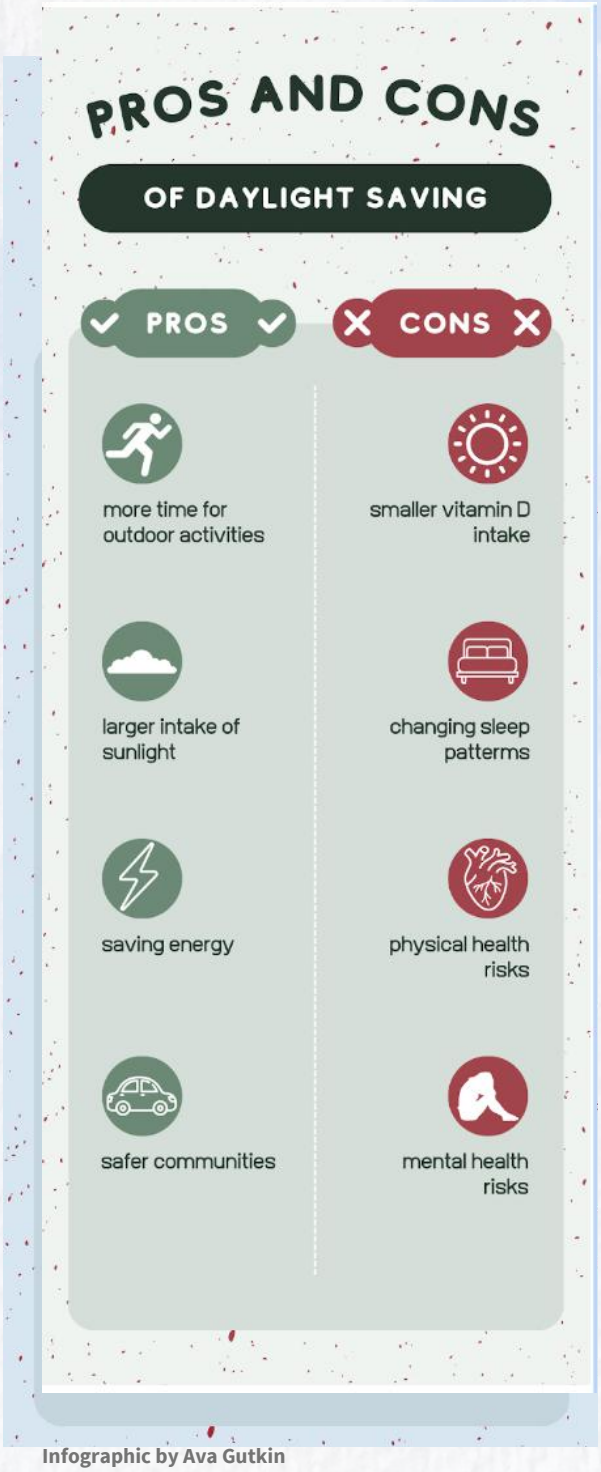
Daylight saving is the turning of the clocks either forward or backward based on the temperature and intake of sunlight. Daylight saving started with the Standard Time Act in March 1918, but it was repealed in 1919. It was established to conserve energy during World War I. When World War II began, the act was reinstated. This idea saved fuel costs by using more sunlight, rather than artificial light. Now, around a third of the countries still practice daylight saving today.

The Kinnelon community has conflicting views on daylight saving. A survey conducted at KHS showed that 53.1 percent of students said that they would get rid of daylight saving if they had the option, while 62.5 percent of the surveyed students felt that daylight saving does not have any health benefits.

"I feel like when it's dark, I don't want to do my schoolwork, and the only thing I want to do is sleep," said freshman Sage Kayden. "I don't feel like I gain anything from daylight saving. There's not really any point to it that I know of."

Daylight saving has been proven to change the body's circadian rhythm, which controls someone's behavioral changes throughout a 24-hour period. This explains the common tiredness and changes in mood. Many students added that the time shift also hurts their sleep schedules and vitamin D intake.

Freshman Sam Baldino said, "It just seems to mess everyone up. Daylight saving toys with people's sleep schedules, causing car accidents, heart attacks, and other issues."



Infographic by Ava Gutkin
Pros and cons of Daylight Savings

Continued from previous page



Infographic by Ava Gutkin
According to polled KHS students, 46.9 % would want to get rid of Daylight Saving, while the slim majority (53.1%) would keep it.

Freshman Alice Levi also worries about her health during the clock changes. She said, “I feel like when the clocks change, I’m never outside when it’s light out, so my body doesn’t get important vitamins.”

While many people feel the negative effects of daylight saving, there are ways to ensure that peoples’ bodies continue to feel well-rested and healthy. According to the Sleep Foundation, getting enough sleep before the clock changes and maintaining a healthy diet are a few ways to prepare for daylight saving.

The New York Times adds that anything that makes people feel relaxed can help with the adjustment. Weighted blankets and meditation are often considered relaxors that can help prepare for the time change.

As society “springs forward” into March 2024, chaos and panic may ensue. But in reality, daylight saving is just a means of measurement. While there are many health concerns linked to the shift, all people can do is get through the few tough days and make the most of their new time frame. After all, even time needs a change of scenery.

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*Policies were crafted with the help of Columbia Scholastic Press Association and FHN Today.

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Leadership Staff:

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Nathan Shurts, Opinion editor
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Layout:
Aarushi Kumar
Tina Xu
Fairooz Kabir
Millie Cho

Illustration:
Aarushi Kumar
Siyana Ahmed
Zoe Neves
Sabrina Lopez

Contacts:
Email:
vandersluysa@kinnelon.org
Write to:
121 Kinnelon road
Kinnelon, NJ 07438

Visit us at:
Website: ColtChronicle.org
Twitter: @kcoltchronicle
Instagram: @coltchronicle
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