

Saunders Sentinel



Saunders Welcomes New Staff

Welcome Mr. Rynders

Mr. Nofal, Class of 2024

The 2023-2024 school year came with many changes. One of the most significant changes was our new principal, Mr. Rynders. Mr. Rynders was born and raised in Houston, Texas. He has degrees in biology, psychology, and a master's degree from CUNY Lehman right here in New York. He went from teaching biology and history in the Bronx to being a school administrator in the South Bronx. Eventually, he moved his career to Yonkers. This led to last year when he was the assistant principal of the Saunders class of 2023. Mr. Rynders is motivated by the thought that we are a part of something bigger than ourselves. When asked what steps he would take to better motivate the students, he said "our students don't really need much motivation; we have a lot of students who are incredibly creative. They are a reflection of the classes Saunders offers and the opportunities that make them stronger." He continues, "It's our responsibility to do everything we can to improve everything around us." His strengths are caring for people; he believes showing kindness to people is critical. "What you give, you receive." He believes a good high school principal is a good listener, coolheaded but also decisive. Mr. Rynders' words for the students and staff is "Work hard, ask for help and remember to help others."



Welcome Mr. Nesbeth

Lauren Olivera, Class of 2026

"Always be true to yourself" are wise words spoken by the new Saunders carpentry teacher, Mr. Nesbeth. From a newspaper boy to a military soldier stationed in Germany, it seems like this man has experienced it all. With a background in construction and a masters in physical education, he used his two skills to become the wood shop teacher at Lincoln. He remained there for 7 years before transferring to teach at Saunders this year. So far, the underclassmen in carpentry have been working on spoons and bird houses. We can't wait to see what the year has in store for Mr. Nesbeth and his students!

=Welcome=

Welcome Mr. Lombardi

Lauren Olivera, Class of 2026

Among our many new staff members, we welcome Mr. Lombardi to the Saunders History Department! Previously a teacher at Yonkers High School, Mr. Lombardi has come to Saunders to teach social studies to our ninth and eleventh graders. Teaching was something Lombardi realized he was interested in during college, studying education at SUNY Oneonta. Starting off at a middle school in the South Bronx to now a teacher here at our school, he found himself surprised and impressed by the magnet culture at Saunders. So far his students are enjoying the year and are looking forward to lots of learning.

In the Magnets



Bio-Chem

Jada Chang, Khadija Dewan, Surbhi Singhal, Class of 2024

In the wonderfully analytical and scientific world of bio-chem, the senior class of 2024 collaborated with the class of 2027 to carry out the long-standing tradition of Freshman Friday. Taking place about twice a month in room 314's chem lab, Freshman Fridays are an opportunity for the seniors of bio-chem to teach the freshman class how to conduct a particular lab.

Although many Freshman Friday activities may seem simple, such initiatives are crucial in developing scientific thinking skills that will come in handy throughout their careers at Saunders. The gained lab experience will be of use for the students' future labs, as well as while conducting their senior exit projects (tech-prep). Though perhaps most importantly, these senior-run labs are a great way to welcome the bio-chem freshmen to their magnet!

This week, the freshmen learned a recipe for gak (slime) and were asked to manipulate the ratio of ingredients to see which group could create the stretchiest one. Led by senior Khadija Dewan and made possible by the help of Mr. Hall and the bio-chem seniors, this Freshman Friday was filled with laughs and learning fun, and was definitely another to remember!

Cosmetology & Barbering

Mr. Nofal, Class of 2024



On October 23, 2023, a cosmetology alumni, Irinel DeLeon, came and spoke to our cosmetology students. Irinel graduated from Saunders in 2006, and today she works with many celebrities including the Kardashians, Beibers, and other influencers. Irinel says, "Cosmetology is more than just a profession. It's an art form, a science, and a dynamic field that is constantly evolving. It's about enhancing natural beauty, boosting confidence, and helping clients feel their absolute best. As budding cosmetologists, you are the architects of self-esteem, the sculptors of styling, and the maestros of transformation." Irinel is an inspiration for many generations, and Saunders wishes her the best in her career.

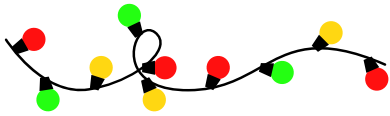
In the Magnets

Graphic Design

Daniel Santiago, Class of 2027



For the past few weeks, the Graphics class of 2027 has had a very special guest; Ms. Dene Ross came to teach the kids how to make paper. All of the students in the magnet have had a chance to not only learn the paper making process but also engage with it. The class started with a brief history of paper, followed by an instructional video on how to make it out of discarded objects such as cloth or old blue jeans. Next, the class got to actually go through the process. First, we mixed the pulp and pulled the paper, and then we strained and dried it. After the paper dried, we printed designs on them, which we made in Photoshop, using the brand new MacBooks. After all the printing is done, we will put them all together and make a display.



ECC 11 and 12

Ava Romero, class of 2024



The school year began with students learning to use Autodesk Inventor to create components such as Lego blocks. Starting in December, students will use their coding skills to program a light show with the Light-O-Rama sequence editor. Juniors will create their own digital music to accompany their light shows. The Christmas lights are hung in the ECC classroom, and all magnets will be invited to watch this annual holiday tradition in Mr. Nunez's class.



Fashion

Marina Friscia, Class of 2026

This year as tenth graders, the Saunders Fashions students have already learned so much. First, they began working on the machines. These machines include industrial sewing machines, irons and sergers. After getting used to their assigned sewing machines, they created samples on different stitches and techniques to reference for the rest of their fashion careers. Later, they started creating their own garments. Their first project is a lined pencil skirt with a zipper that uses multiple basic techniques. They learned how to pick out the correct fabrics, read and follow pattern instructions, and assemble the garment to fit to their liking. After the skirt was done, they were able to freely decorate it with unique trims and add-ons. After just the first two months, they are already able to create their very own pieces of clothing! Our next project will be a tailored button-down shirt. We will be going on a field trip in early November to JoAnn's Fabrics to learn how to purchase fabrics and patterns. It will definitely be a very exciting year!



In the Magnets

Architecture

Lizeth Severo, class of 2024



Architecture, one of the busiest magnets, has already started their full-year effort in working on various projects relating to understanding many basic architectural principles. With the help of the informative yet engaging teachers, Mrs. Brown and Mr. Mitrione, the students are actively involved in the lessons which will create the foundation they need for the Architectural Open House.

The 9th graders are currently working in their required Career and Financial Management class. Although not architecturally related, the students recently worked in groups to create baseball posters. Mrs. Brown is currently teaching this course and will begin to teach them the architectural portion of the year later on and prepare them for the four-year long journey ahead of them.

The 10th graders are developing their drafting skills in Arch. Draft. Lab. The students are currently working on understanding how to convert isometric or 3D drawings into three-view drawings. This process consists of understanding the different faces of various unique shapes and essentially drafting each individual side, or laying the entire shape out flat. Mrs. Brown is also currently teaching this course.

The 11th graders, with the guidance of Mr. Mitrione, are working on designing their very own apartments. After completing the first project, which consisted of them designing their own bedrooms, the students moved on to their next project which requires them to layout and design the interior of an apartment. Mr. Mitrione then moved onto the Restaurant project. In this project, our Juniors will have the opportunity to design the interior, exterior and their very own logo for a proposed restaurant. By doing these projects, the Juniors will learn the basics of designing buildings on AutoCAD and expand their knowledge. The knowledge gained from these projects will accumulate and help them when it is time to create their Junior house model.

Last but not least, our 12th graders are continuously working on a variety of projects, putting all the skills they've learned throughout the years to use. The Seniors began their year by designing and drafting a parking lot, their goal was to try and conserve as many trees within the parking lot as possible. Afterwards, they jumped back onto AutoCAD and began designing their very own keychains for their Keychain Fundraiser which did extremely well this year. A handful of students learned how to operate the laser-cutting machine, which was needed in order to cut out the keychains. Our Seniors then began to tackle their Work-Based Learning Hours by working on different projects for our school's sports teams and various other schools throughout Yonkers. Some of those projects consisted of designing customizable keychains with the logos of our varsity teams and designing posters for former assistant principal, Ms. LaBanca and her school, Khalil Gibran. Finally, with our upcoming Parade of Curriculum, our Seniors have been working together in preparation for the biggest event of the year and through all their hard work, managed to take home First Place in the Pep Rally Championship!

CLUB NEWS



Chess Club

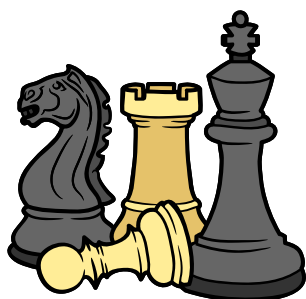
Jean Celi, Class of 2024

Chess is an internationally recognized game that requires patience, strategy, and resourcefulness to win. While it may sound like a difficult game at first, it's really not once you get the basic fundamentals down. Here in chess club, we welcome students of all skillsets. If you're a beginner, don't worry! Chess mentor Mr. Nuchims and his students are there to get you started. If you're more advanced, there's always someone to challenge. If not, then go challenge Mr. Nuchims!

Join Chess Club on Wednesdays at room 319!

Make a decision you can be proud of: Join the

CHESS CLUB

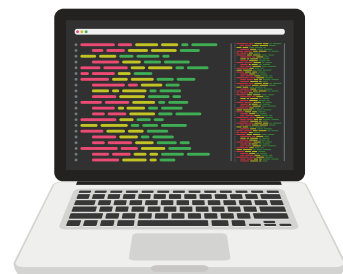


My Sister's Keeper (MSK)

MSK is always looking for new members! The club aims to empower young women, build bonds and connections, and provide community service to the local community, as well as the school community. If you would like more information, please see Ms. Hill in room 311 or Ms. Delucia in room 226. You can also join MSK at their meetings on Tuesdays after school, in room 226.

Coding Club

Coding Club meets every Thursday, directly after school, in room 117W. Come join the fun and learn about AP Computer Science!





CLUB NEWS



National Honors Society

William Williams, Class of 2025

One of the most esteemed extracurricular activities a student is able to be apart of, the National Honors Society, is a club that recognizes the achievement of students at Saunders Trades and Technical High School, pushing them past their limits, encouraging them to excel beyond expectations. Founded in 1921, the prestigious organization created to recognize the academic merit of students, has followed the path of honoring those who transcend past the normal grade level, rewarding overachievers with scholarships, allowing them to attain numerous hours of community service and creating an environment of like-minded students whilst providing many opportunities of leadership, an outstanding program for highschoolers. Requiring a grade point average of 89.5, students in the National Honors Society Club are inspired to work harder than they normally would. To push themselves in all of their classes, completing projects with the best effort and tests with the highest scores, they strive to be the top of their grade. Not to mention the community service hours required, allowing students to gain experience and diversity, being able to add even more on their work or college resumes. Scholarships are given out as well, as an incentive for the hard work and passion students at Saunders exhibit, leading them to an even greater future. With the combination of events students are attending, the opportunities they'd meet, and the drive and excellence they're expected to put forward; this is what makes the National Honors Society club, the club to join.

My Brothers Keeper

The My Brothers Keeper club, widely known as MBK, an organization established by Barack Obama to uplift young men and women of color, making sure they have a bright and clear future not only concerning their academics but in society as well, is an incredible addition to Saunders High School. One of the many aspects of the My Brothers Keeper club that allows everyone to feel at home, is the fact that all students are included as a community, no matter what country they're from, or what grade level they're in. We are all coming together to make sure our generation has equal opportunities in the world, one step at a time. Speaking of being a big help in the community, often times students in MBK go on trips to help out and give service when needed. Whether it's picking up garbage off of the sidewalks, or even helping out someone in need, we find a way to contribute any time. In addition to this, My Brothers Keeper also brings us together. Many times we're on school trips to have contests and games with neighboring highschool and middle schools, a real bonding experience that unites us as a whole, letting young men and women know that someone MBK is there for them. Alongside this, we spend time together seeing a handful of many movies, bonding us in the process. Kids also feel in charge more, as they are given more responsibilities with roles such as the President and Vice President, further leaving them feeling included and intertwined. These categories of MBK are what make it amazing, and overall prove how much of an honor it is to be apart of.

OPEN HOUSE

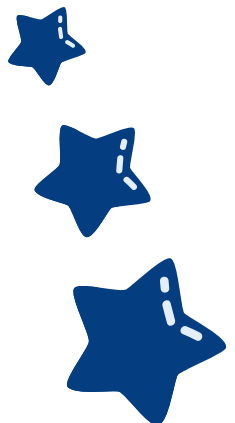
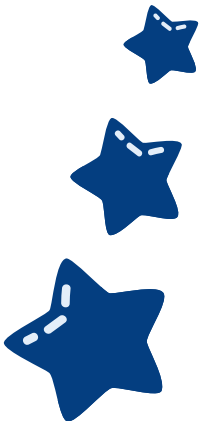
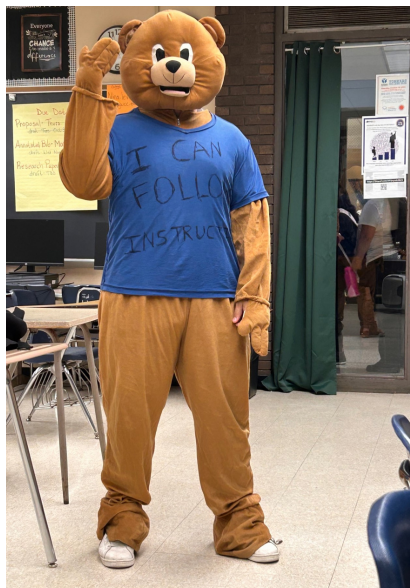
Open House was held this year on Wednesday, October 4th. It was a great night to meet parents, raise funds, and see every thing that is happening at Saunders!



SPIRIT WEEK

Sofia Tejada, Class of 2026

Spirit week is a celebration where the students and staff gather to participate in showing school spirit. This is one of the most anticipated activities of the school year, where excitement is in the air! As quoted by the flyers distributed for the preparation of the event, a week is chosen to have a sequence of days where a theme is set to each one. This spirit week's first theme was Fashion Swap for Monday, where clothing items are exchanged or swapped with someone else's. Tuesday was Multicultural Day, and everyone was encouraged to show their culture and traditional clothings. The following day was White Lie Wednesday, placing a funny white lie on a white shirt, like "I hate attention !" Thursday, a student favorite was Throwback day, where you had to choose any style from a past decade! Finally, the very exiting Saunders pride for Friday. The school colors blue, white and grey are worn, as well as the school merch which gives a variety of selections for the student to buy from. Moreover, this week is a fun event for student to be able express themselves creatively and enjoy themselves!



PEP RALLY

This year's Pep Rally was on Monday, October 23rd.
What a spectacular day to represent Saunders with school spirit and fun!



PEP RALLY



FALL SPORTS

Girls' Varsity Volleyball

Khadija Dewan, Class of 2024

The girls' varsity volleyball team marked the end of yet another tremendous season. Their final game, which also happened to be their senior game, was played against Yonkers High School on Friday, October 20th. To celebrate the seniors one last time, spectators were asked to wear pink in support of Saunders, calling their senior night a "Pink Out". The spectacular crowd, game intensity, and pink all around, truly made for a marvelous ending of the 2023 season.

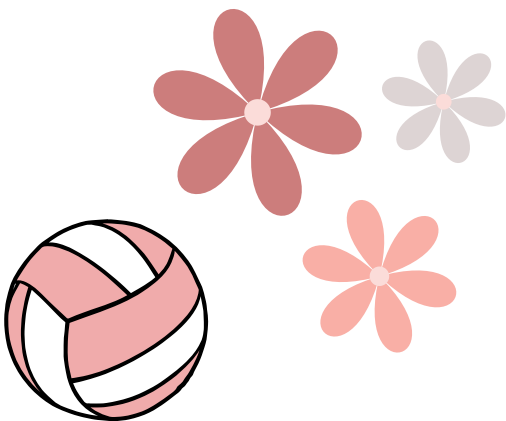
The captains of the team this year were two of our beautiful and talented seniors, Lea Roxas (#3) and Katelyn Lazo (#2). I had the opportunity to interview Lea, asking her a few questions, as well as her final thoughts on the season. Truly, it was insightful, and her love for the sport was evident.

Lea expressed how much cohesion she and her team had this year, and how she adores each member she's played with. She especially loves the moments of team bonding she's had with her fellow teammates this season, mentioning the joy it has brought her. Whether it's been while seriously practicing, or while dancing to Disney songs, Lea has enjoyed and cherished every moment she's spent with the girls, on and off the court.

When asked for her final piece of advice to leave with the underclassmen who may continue to play on the team, Lea advised for the girls to always keep it light-hearted. When playing a sport, one is ought to encounter challenges and mess up. Though as Lea had said, you can't allow these obstacles to get to your head, because at the end of the day, they are just a part of the game and the most important part is to be having fun. As we bid our senior varsity players adieu, we wish them nothing but their continued success and all the best in every road of life ahead. Congratulations to the Saunders' girls' varsity volleyball seniors!

"Always keep it fun...We always mess up when we are in our heads, so it's important to remember you're playing a sport you love and the people around you are your support."

- Lea Roxas (#3), Class of 2024



FALL SPORTS

Boy's Volleyball

Jason Martinez, Class of 2024

This year I was part of the Yonkers Varsity Boys Volleyball team. The heart of the team definitely starts with the coach. Our Coach was Mr. Sheldon Gomes, who teaches history at YMA. His approach to leading our team, regardless of a win or loss, was the reason our team had the determination to keep going. We also had amazing assistant coaches such as Coach Alex, Gabbi, and Ashely. Since this was only the team's second year in action, we were a combined team from all of the high schools in Yonkers. This year, we had students from YMA, Saunders, Lincoln, Roosevelt, and Yonkers High. Due to last year's team being mostly seniors, this year's roster was brand new.

We started tryouts for the preseason towards the last two weeks of August in our home gym at Cross Hill Academy, where practice was everyday after school from 3:00 - 5:30. Once the team was formed, we all enjoyed learning and helping each other grow. We encouraged each other and got excited to see fellow teammates who didn't usually hit the court have an opportunity to play. We cheered very loud for our team and made sure to keep the energy up for those on the court. My personal favorite cheer was “Y FUERA”, which means “out”.

The rigor of the team wasn't impossible as long as you tried your best. We did laps, exercises, and mostly practiced volleying, serve-receive, and hitting lines. For anyone who thinks they might want to give it a try, I say go for it. Since I am currently a senior, I will be graduating and will no longer be able to play. Though I leave behind a group of strong, determined, and hardworking young men who always put their best foot forward.

This year, only three students from the team were from Saunders. Mason Manalo, one of our determined team captains who played outside (#1), Diangelo Arias who was our amazing setter (#13), and myself, Jason Martinez, who was an alternate middle blocker (#18).

Our record was pretty good for having a brand new team. We took home 6 wins this year and a seat at sectionals. Hopefully, going into next year, the team progresses and gets better and better. It was an honor to be a part of the Yonkers Boys Volleyball family, and this is #18 signing out.





FALL SPORTS

Girl's Swimming

Alexis Fatiuk, Class of 2026

The Yonkers Varsity Girls Swimming team has just completed an eventful season for the fall season of 2023. This year was one that stood out from the rest. Numerous girls from around the Yonkers district high school started their first year on the team, including me. Although a handful of swim meets didn't end how we would've liked, all swimmers put in their best effort whenever put into a race. We were constantly reminded the importance of beating the clock and not the opponent. We practiced everyday for two months to beat our personal records and continue to take time off our last race.

Anxiety was what I mainly felt leading up to tryouts. It was resolved when I later felt the sense of comfortability because my coaches and captains were so welcoming. Our coaches, Julie Schoelank and Sean Clode never failed to make all of us motivated to get into the water and swim our hearts out.

However, it wasn't always so easy to hop into the pool; it takes not only psychological strength, but also mental strength. Our team showed strong dedication to the sport and demonstrated their want to do their best all the time!

Only two girls from Saunders were on the swim team, Maya Gardner and myself, Alexis Fatiuk! Our teammates featured students from Yonkers High, Lincoln, YMA, and Gorton. The seniors graduating this year are Sofia Medina (YMA), Amelia McKenna (Yonkers High), and Maichina Gennarelli (Yonkers High). They pushed us through the tough meets and reminded us that trying our best is the most important. Maichina broke many records supporting Yonkers and was our ace to racking up points!

This season's record wasn't too good, but we all had fun and shared moments with new friends and companions that will never be forgotten!

Boys' JV Soccer

Michael Jennings, Class of 2027

This year, I was a part of the JV boys soccer team. The best way to introduce the team is starting with the coach. Our coach's name is Kevin Rafferty. He is a supportive coach who would tell us what we were doing wrong and what we could improve. He was the main reason we stayed motivated throughout the season.

The first tryouts started August twentieth. Unfortunately, attendance was low. There were just seven others and myself. Our tryouts and practices would run from 9:30 a.m. - 12:30 p.m., but would sometimes be switched to 10:00 a.m. - 1:00 p.m.

Once practices had began, we started running; We would jog/run either 10 laps (2 miles), or for 20-25 minutes. We would also do several shooting and passing drills, most of which included running (did I mention we did a lot of running?).

When we started our season, things went from bad to worse, with three or four games getting canceled before we actually got to play a game, and even when we did start playing, we got off to a bad start. However, we would later win a couple games in a row.

Girls' Varsity Soccer Senior Game

Lesly Torres, Class of 2024

On October 20th, the Saunders Blue Devil Girls Varsity Soccer team senior game was played against Roosevelt High School. Celebrating all seniors, Saunders was victorious with three goals by senior Ashley Flores, free kick; senior Evelyn Romero, a fabulous tap in; and Selene, a great shot with the assistance of senior Citlalli Peralta. Senior Lesly Torres had 3 saves.

As the season comes to an end, I would like to thank all the wonderful seniors for committing to the team.

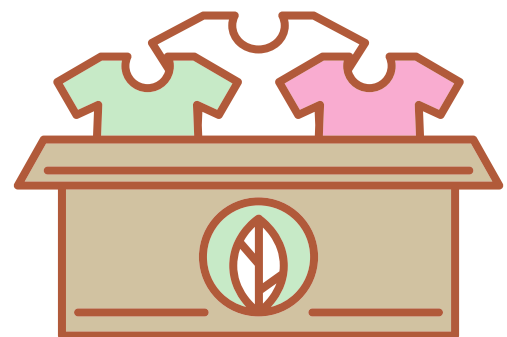


MORE FROM SAUNDERS

A Mission in Fashion

Mr. Mota

In an effort to increase our awareness about sustainability practices in the fashion industry, the fashion design program at Saunders has opened a textile recycling station to retain textiles such as garments and fabric scraps from entering landfills within our local community. With the help of Green Tree Textile, we managed to save 341 lbs. of fabric scraps from landfill and donated them to Green Tree Textile who will shred them and convert them into insulation for carpeting and soundproofing. Our goal is to continue this initiative and invite the Saunders community to participate in this great practice which will reduce our carbon footprint.



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Lizeth Serevo, Class of 2024

Surbhi Singhal, Class of 2024

Sofia Tejada, Class of 2026

Lesly Torres, Class of 2024

William Williams, Class of 2025



Saunders High School
Key Club

Thanksgiving Fundraiser

Now
until

November 23

Items Needed

Brown Rice Whole Grain Pasta Shelf-stocked Milk Juice
Canned Meat/Fish Peanut Butter Cereal (whole-grain)
Cake Mix Pie Filling Can or Dried Fruit Macaroni and Cheese
Gravy Canned Mixed Vegetables Canned Corn
Canned Sweet Potatoes Canned Green Beans Stuffing
Instant Mashed Potatoes Cranberry Sauce Corn Muffin Mix

Items must be newly purchased - NO past due dates NO Glass

Please make a monetary donation
using the QR Code or bring in non
perishables to the school.

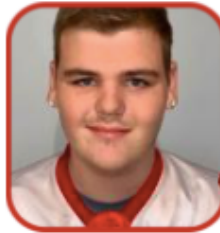
Helping our local community!

For more information please contact
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Saunders Trades and Technical High School
187 Palmer Rd. Yonkers, NY



HOLIDAY TOY DRIVE



**DONATIONS WILL GO TO
COLUMBIA CHILDREN'S HOSPITAL
IN MEMORY OF VINCENT SCHAUB**

**VINCENT POSTHUMOUSLY GRADUATED
FROM SAUNDERS TRADES & TECHNICAL
HIGH SCHOOL IN 2022.**

**UNWRAPPED TOYS, BOOKS & GAMES CHILDREN
OF ALL AGES & GIFT CARDS FOR TEENS.
FINANCIAL DONATIONS CAN BE GIVEN TO MS. LUISA
IN THE SAUNDERS HS MAIN OFFICE**

Do you have a
family member
who served?

11.11.2023

**VETERAN'S
DAY**

Fill out the form so
that we may
acknowledge them
with a star on our
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Name - _____
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