

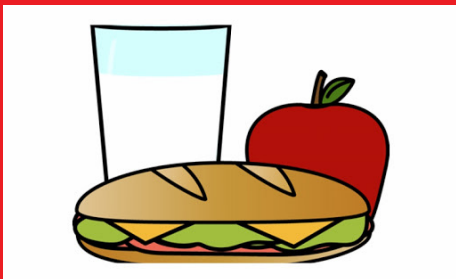
## Cafeteria Food

Kevin Matais

Sure, there are many people who do not like cafeteria food. Some students think the prices are too high, while others think there is not a huge variety.

A lot of people find the food too bland and flavorless. One solution would be to have a larger selection, with more variety of food at lower prices. The hamburgers could have different types of cheese and a variety of toppings.

The cafeteria should continue to offer new foods and see whether the students enjoyed it or not. Then they could add it to the menu. For example, the cafeteria tried some new dishes, like the Mac and Cheese Grilled Cheese sandwich, the Buffalo Pizza, and the Yogurt Parfait. Some were a success and some were not, but this is a step in the right direction.



## Mr. U's Ice Challenge

James Ramundo

Mr. U's science classes explored ways to melt and insulate ice cubes. It was challenging because you only had 5 minutes to melt as much of the ice cube as you could. You were not permitted to plug anything in to an outlet to power something, use anything that absorbs water, or use

anything that physically touched the ice. As well as being able to melt the ice cube, you also had to be able to insulate it and prevent it from melting with the same rules. Even though Mr. U's challenges are hard, all of the students enjoyed participating.

## 3 Crazy Things That Happened

### From 2018 to 2019

Irena Avalos

2018 and 2019 were both crazy and eventful years. Here are a few news stories that I think are interesting:

**Doctor Grew Ear in Soldier's Arm** - An army soldier by the name of Shamika Burrage almost died when she was ejected from her car in a fatal car crash. She survived, but her left ear was gone. While at the hospital for an ear reconstruction procedure, something went wrong. Cartilage in the shape of an ear grew under the skin in her arm.

**Colorado Man Survived a Shark and Bear Attack** - A 22 year old young outdoorsman by the name of Dylan McWilliams, has been through a shark and bear attack and survived with all of his limbs intact. Over the summer, he was bitten on the leg by a 6 to 8 feet long tiger shark.

About a month later, while sleeping on a camping trip, he woke up to his head being clamped by the jaws of a bear. This incident resulted in 9 staples to the back of the head. Even after both of these incidents, he still enjoys the outdoors and exploring.

**Rare Albino Panda Spotted in China** - Last April, an employee at the Wolong National Nature Reserve in China photographed a never-before-seen albino panda walking through the forest. The panda, with an all-white body and reddish eyes, is one of the only 2,000 albino pandas in the world. The panda still remains at the nature reserve and has cameras in its habitat in order for scientists to learn about this rare species.

# Study Tips

Anna Bergelson

- 1 Stay Neat:** Keep your study space neat and organized. With a neat study space, you will become less confused when looking through your study materials.
- 2 Partner up:** Study with a partner. You can test each other on the material you are studying.
- 3 Prioritize:** Do not study for a test that is a week away. Instead, study for a test that is two days away.
- 4 Take practice tests:** There are plenty of practice tests online on almost any topic, which will help you know what to expect on your real test.
- 5 Pretend to be the teacher:** Explain what you are studying to a friend, parent, or just say it out loud. It will help you remember the information better.
- 6 Color code your notes:** Use highlighters or colored pens to help important information stand out when taking notes. Take as many notes as you can.
- 7 Don't Procrastinate:** Start studying as early as possible. Then you will know the material well.
- 8 Rest up and stay healthy:** On the night before the test, get a good amount of sleep. Eat well and stay hydrated.

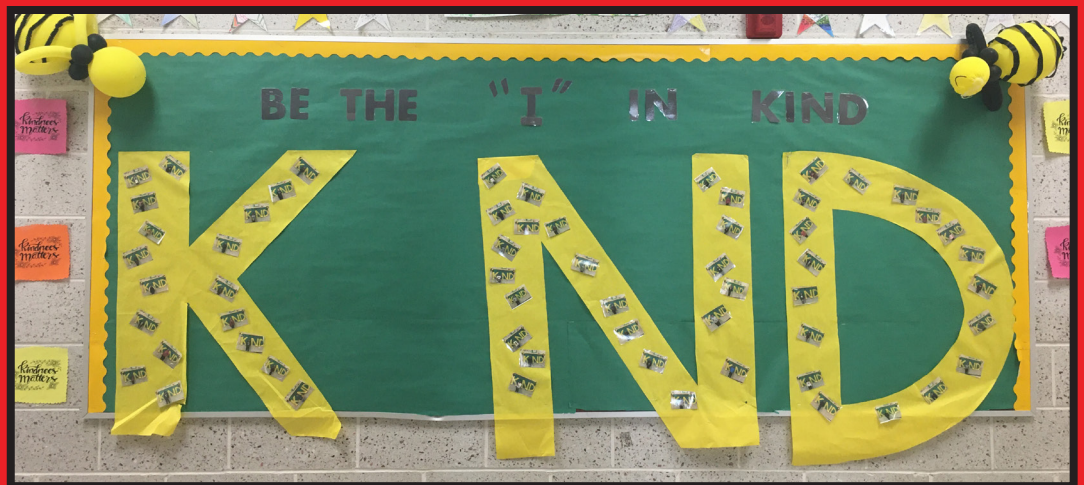
# Peer Leaders

Lois Kim

The Peer Leadership Program is a 21st Century After School Program at Cliffside Park Middle School. In the beginning, they welcomed new students and have now transformed into a more community service and character education club. The first initiative was the "Kindness Project", where the Peer Leaders created a bulletin board around the word "KIND" and students were the "i" in kind. The students' pictures were hung up on the letters. This event took place during Kindness Week in February. In March, Peer Leaders worked on another initiative called "Shamrocks for Shelters". "Shamrocks for Shelters" is a fundraiser with the proceeds being donated to North Porch, a center that provides critical supplies for babies and toddlers in need. The Peer Leaders sold St. Patrick's Day themed stickers and lollipops for \$0.25. There was also a raffle for a basket containing many St. Patrick's Day goodies, such as homework passes, lucky charms, and candy.

# Staff

James Ramundo  
Lois Kim  
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Kevin Matias  
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Anna Bergelson  
Irena Avalos  
Matthew Brodsky  
Matthew Dominguez  
Nicolas Jaramillo



# Ben Luderer

Matthew Brunelli



Ben Luderer was born on September 29, 1989 and was adopted by his wonderful parents Bill and Elaine. Ben grew up in Rivervale New Jersey where he excelled in both hockey and baseball. Ben went to High School at Don Bosco Prep, where he played baseball and had an incredible career. During his senior season, Ben was part of a Don Bosco Prep baseball team that won county and state titles, and finished with an overall record of 33-0 and was ranked the #1 team in the nation. Ben was a pivotal part of that team, starting at the catcher's position every single game and hitting 6th in the lineup. Ben went on to continue his baseball career at Marist College, where he played baseball and had a successful career that was unfortunately derailed by a few of injuries. It was at Marist College where Ben met his wonderful wife Brandy, whom he would marry in June of 2014. The two bought a house together in Washington Township and began their careers. After college, Ben got a job as a Special Education teacher at Cliffside Park, and was also hired as the Varsity Baseball coach. Ben excelled at coaching, and made an incredible difference in each of his players lives both on and off the field. The culture he built in the Cliffside Park baseball program was nothing short of remarkable, and the kids whom he groomed since they were teenagers had become some of the nicest and most respectful kids in the building, thanks to Ben's guidance. Ben loved to disc golf, watch baseball, attend hockey games, play video games, and most importantly, was a devoted husband.

Ben always walked into the gym 6th period, usually with a cup of coffee in his hand, to hang out with Matt and Cosar in the office- without a doubt if I saw him and he saw me he had smile on his face and waved or would say something funny or witty to me across the gym. 6th period will never feel the same without Ben's presence. I feel blessed to have had a conversation with him on our last day of school, and of course it included many laughs as usual. I'll always remember his smile and the funny guy he was. Rest easy my friend.  
#BenWasTheBest

-Amy Matesic

My personal blurb about Ben:  
When I met Ben Luderer, a little over 6 years ago after randomly bumping into him in the hallway I never imagined we'd have the friendship that we had today. Believe it or not, me and Ben actually knew each other in high school on the baseball field as seniors where he was a star at Don Bosco. In fact, Ben hit a homerun that game and as I watched the ball go 20 feet over the fence in left field I never thought I'd become such great friends with the person who hit it. Through coaching together, I really got to know Ben and see what kind of caring, helpful, and funny person he actually was. When my brother suddenly passed away, Ben was there for me. When I was beating myself up after a loss in volleyball, Ben was there for me. When I got operated on my shoulder, Ben was there to guide me through. Through my 6 years of coaching baseball he was an enormous help, and even made me (a mere middle school baseball coach) feel empowered and like my voice actually mattered. Who really cares what a middle school baseball coach thinks? Ben did. He was that kinda guy, and I was lucky enough to not only coach with him, but to call him a friend. He is the reason that I am a Varsity volleyball coach right now, if it wasn't for his help, wisdom, support, and encouragement I don't think I would have had the courage to take this step in my life. I'll never forget the times we had together and all the rounds of disc golf we played, and the many dinners and memories we shared together. I love you Benny, wherever you are.  
-Matthew Brunelli

Ben coaches travel baseball and we coordinated so my son's team could play Ben's team. Ben was always offering to help w college recruiting bc he knew a lot of coaches. On the Friday we left he asked me which schools were his top 2 choices. 5 minutes later Ben came back in the gym and showed me the text he sent the coach and what they said about Andrew. That was Ben- always making the effort to help. He didn't have to do that - but he did it bc he was a great guy. #BenWasTheBest  
-Linda Ludwikowski

I like so many of us know, Ben to be a great guy whether it was teaching, coaching or just hanging out. I remember meeting him for the first time in the back parking lot and I introduced myself having known his mother for several years. When he started coaching I worked at many of his games and it was rough going that first year, I remember saying after each tough loss to hang in there he was doing the right thing always trying to keep positive... I also taught many of his students in band and I came to find out that he played the drums, so sometimes he would come down and play and he soon became my drum repairman. He will be sorely missed. RIP Ben and may God Bless You forever...#Ben Was The Best

-Jerry DeLisio

# #BenWasTheBest

Ben would work the grill for our football games and every game during half-time I would get a sausage, pepper and onion sandwich, but I would have to go after the cheerleaders performed and sometimes there would be none left. Ben always made one for me and put it aside so it was ready for whenever I got there. That was Ben. That's when I realized #BenWasTheBest

-Stephanie Schmitt

Ben sent me his resume in the mail because he didn't want to use my friendship with his Mom as a way of obtaining a position. When I interviewed him it was actually the first time I met him and I knew after 5 minutes that he was going to make a great teacher and someday be a future coach. I hired him the next day because I didn't want to lose him to another district. I knew, as we all were to find out, that he had all the qualities needed to make a great teacher. I know he touched the lives of many of his students as well as his peers. He was a great guy and I consider myself lucky that I was able to get the opportunity to know and work with him.

-Michael Romagnino

Ben & I would always talk hockey. He being a Devils Fan & me a Rangers fan. I enjoyed us both busting each others chops about who was the better team. He always had a smile on his face no matter what the situation was with his students. He was kind, understanding and always looked at the positive in all situations. He always went the extra mile for his students. He will be missed by all. May he rest in peace. #BenwasTheBest. He really was.

-Robert Bargna

Ben and I would often walk in and out of the building talking Yankees. The convo would always be the same start critical and end positive looking forward to that night's game. Among other things I will miss our conversations my man. RIP I hope someday we can talk Yankees again. #BenWasTheBest

-Michael Spirito

I heard "Ben Stories" for years working with his mother, Elaine. I referred to him as "Gentle Ben" (I know I am dating myself). I had the pleasure, thankfully, of finally meeting and working with him. Believe me, even in the 10 minutes of Morning Duty each day, he was the one that kept me grounded when kids were acting up. He was giving me help the last 2 days on how to plan lessons virtually for my class, as he had already scheduled a "practice" virtual day before we left. His mother would laugh when I said he looked like a strong farm boy!

-Marcelle LaRose

These are hard words to have to write. I have so many funny memories of Ben it feels like they are flying past me, one after the other. But probably my favorite thing about him was that he never met a stranger. He found a home wherever he went, with whoever was there with him. I know our home at #6 won't be the same without him. Love you, Ben. #Benwasthebest

-Meghan Haney

Ben and I would chat in my office. I would give him the business about the Devils since I was a Ranger fan. We would also talk about the Yankees and how bad Boone made his moves. We had lots of laughs. Can't believe he's gone. Pray!

-Robert Walker

I remember a conversation with Ben talking about celebrating his anniversary with Brandy. He was saying he wanted to get something special because it was the "paper year" and all I could think was "Wow, he is really putting so much thought into this." I hadn't even heard about the paper year and here he was coming up with these thoughtful gift ideas. I was amazed, but it made total sense. He was always so sincere and went out of his way to make others feel good. #BenWasTheBest

-Krystal Mirkovic

Last year, Ben and his students joined my class on our field trip to the 9/11 museum. The night before, he got food poisoning. Nevertheless, he came to school, rode the school bus, and enjoyed the day with the kids. Never once did he complain that he felt crappy. He even remarked he was so glad he got to experience the museum. I will so miss his sarcastic sense of humor. #BenWasTheBest

-Kathy Burns

I don't normally say much, but for my friend Ben it is necessary. I've gotten to know Ben better year after year. We could talk just about anything there was to talk about, and at times with no end to the conversation. He was always invested in the interests of everybody else. He always had a positive outlook about everything that he was involved in. When things were rough in his class during certain days, he would mention it once and then would make a joke or comment that would make us laugh and it would put everything in a positive light. Every time he came into the office to make his "18th" cup of coffee he would have those same ole Ben-jokes, which was funny all the time. He would always go the extra five miles to make sure everything was right with everybody else. School and sports won't ever be the same without him. I am humbled to call Ben a friend and will miss everything about him. #BenWasTheBest

-Cosar Tалу

# Students Remember Mr. Luderer

I'm gonna miss him. He was such a fun guy. He always seemed like a best friend. He let us dance in class and use his smartboard. When I was tired he always let me put my head down. He was my favorite kind of teacher, the one who could make learning fun. I still remember no one EVER made math as fun as he did.

--Miguel Brito

Mr. Luderer was the best and nice teacher to us. He opened my heart to sports. He was like a coach and a teacher to me. The day he died, my heart broke. He pulled parties if a field trip was cancelled. On Friday, the last day of school, I saw him. We talked to each other about sports and then he left for lunch and I said bye. That was the last goodbye from him to me and last time we'll talk. I will miss him.

R.I.P Luderer  
We will miss you

Sincerely,  
Jefferson Cabrera

He was a great teacher and was always welcoming to new students. He always had a great heart. May he rest in peace.

--Jaylyn Carbajal

He was one of the best teachers I know.

--Fernando Camejo

Mr. Luderer was a good, funny and sarcastic teacher. We didn't really see eye to eye sometimes but he still was my teacher. I was surprised and shocked that he had died.

--Jonathan Hernandez

Dear Mr. Luderer, you were the best teacher and you were always funny. Yours was the best class I've ever been to. I was really shocked when you passed away. I was really sad. :(

--Sincerely Diego v Landaverde

In the fifth grade, Mr. Luderer was a kind teacher when we met him on the first day of school. After about the middle of the school year he got more strict, but was still pretty chill. We all knew he was a baseball coach and I wish I got to know him better.

--Alexis Saquic-Pablo

# Remote Learning Comments from the CPMS Newspaper Staff

Virtual learning is unknown territory that students as well as teachers are trying to navigate. We are still not used to this new unfortunate turn of events that has led us to online school, but the best we can do is make the most of it.

--Irena Avalos

Unfortunately, school has been closed for an unknown period of time because of the virus. If we practice social distancing and wash our hands, we can prevent others from getting sick!

--Anna Bergelson

Virtual learning is really cool and it's something new. But I do miss seeing all my friends and teachers even though some have Google Meet.

--Nicolas Jaramillo

Although Cliffside Park is implementing virtual learning, activities are still taking place. School #6 is partaking in Autism Awareness Month, run by, Ms. McCloskey. The Middle School Advanced Art will also be joining Ms. McCloskey by creating puzzle pieces to raise awareness. World Autism Awareness Day took place on Thursday, April 2nd.

--Lois Kim

Remote Learning is a new experience. My initial thoughts were that it would be stress free to ease my mind off the news, yet I was quickly disappointed with the work assigned. Some teachers understand, whereas others believe that we can have the same amount of work equating to a regular school day. Although it would take a while to adjust to this new way of work, it is done to protect ourselves from the deadly virus that is quickly spreading.

--Alisona Le

Due to the Coronavirus outbreak, schools are closed across the US. But this is for our own good. This is to protect us and hopefully, this will end soon.

--Kevin Matias

Online school isn't fun for everyone, but it's a cool experience.

--James Ramundo



## What is Autism?

Lois Kim

Autism, or autism spectrum disorder (ASD), refers to a broad range of conditions characterized by challenges with social skills, repetitive behaviors, speech, and nonverbal communication. According to the Centers for Disease Control, autism affects an estimated 1 in 54 children in the United States today. We know that there are many subtypes, most influenced by a combination of genetic and environmental factors. Because autism is a spectrum disorder, each person with autism has a distinct set of strengths and challenges. The ways in which people with autism learn, think, and problem-solve can range from highly skilled to severely challenged. Some people with ASD may require significant support in their daily lives, while others may need less support and, in some cases, live entirely independently. Several factors may influence the development of autism, and it can be accompanied by sensory sensitivities and medical issues such as gastrointestinal (GI) disorders, seizures or sleep disorders, as well as mental health challenges such as anxiety, depression and attention issues. Indicators of autism usually appear by age 2 or 3. Some associated development delays can appear even earlier, and often, it can be diagnosed as early as 18 months. Research shows that early intervention leads to positive outcomes later in life for people with autism.

## Advanced Art Autism Puzzle Project

