



Golden Bear Class of 2023

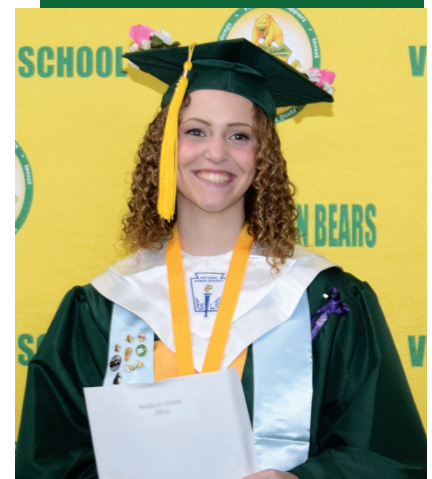
The morning of June 24th was overcast, but the sun would shine again before the ceremony was over. Members of the Vestal High School Class of 2023 wore purple ribbons in memory of their friend, Kadin. As they took their seats for the 83rd commencement of the Vestal Central School District, he was with them. And, as they make their way out into the world, they take him with them, just as they take with them everyone who helped them these past 13 years.

"Everyone in Vestal is rooting for you!" said Superintendent Jeffrey Ahearn as he urged them to create their own opportunities to succeed in whatever dream they planned to pursue. "So, you stand, not by yourself, but supported by every teacher who challenged you, every aide who encouraged you, every principal who recognized you."

"As you leave Vestal High School, dare to be yourself, for you do that better than anyone else can," said Principal Dawn Young. "You are in control of your future. And I couldn't be more proud of the mark you have made and will continue to make on the world around you."

In her remarks to her classmates, Valedictorian Victoria Lamoureux shared, "I do not know what we all will be doing in the future... But, I do know that the resilience, empathy and kindness we learned at Vestal will guide us far and will forever be essential to our lives."

Continued on page 8



**More Senior Photos
on page 9...**

**Cover article
continued
on page 8**



UPCOMING DATE REMINDERS

August 26 - SAT, 7:45 a.m. (Area Schools)

August 28 - VMS Sixth-Grade Orientation

9 a.m. or 1 p.m. (Vestal Middle School)

August 29 - VHS Chromebook Pickups

Gr. 10: 8 - 10 a.m. / Gr. 11: 10 a.m. - 12 p.m. (Vestal HS)

August 29 - THE Kindergarten Orientation

5:30 - 7 p.m. (Tioga Hills Elementary)

August 30 - VHS Gr. 9/New Student Orientation

8 - 11:30 a.m. (Vestal HS)

August 30 - GLE Kindergarten Orientation

4 - 5:30 p.m. (Glenwood Elementary)

August 31 - Senior Organization Day

10 a.m. - 12 p.m... Chromebook pickups/Locker selections/Parking Tags (Vestal HS)

August 31 - UPK at JCC Parent Orientation

6:30 p.m. (Jewish Community Center)

August 31 - VHE Kindergarten Orientation

5:30 - 7 p.m. (Vestal Hills Elementary)

September 5 - UPK at JCC First Day of School

September 6 - UPK at Cub Care Classroom

Orientations, 10 a.m. or 2 p.m. (Cub Care)

September 7 - First Day of School Grs. K - 12 and UPK at Cub Care

September 9 - ACT Exam, 7:45 a.m. (Area Schools)

- Curriculum Nights -

Vestal Middle - 6 p.m., Sept. 14

Vestal HS - 6:30 p.m., Sept. 18

Glenwood - 6 p.m., Sept. 26

Vestal Hills - 6 p.m., Sept. 27

African Road, Clayton Avenue, Tioga Hills - 6 p.m., Sept. 28

Cover Photo ~ *In a tradition started last year, seniors returned to their former elementary schools on June 16 to walk through the halls in their caps and gowns. Tioga Hills fifth-grade teachers Corinne Schake and Sarah Gilliland are surrounded by their former students, all grown up and ready for their graduation ceremony on June 24.*

Use of School District Facilities

Vestal Central School District is moving from paper forms to an online process for requesting use of District facilities. We are using the Master Library system to facilitate building-use requests.

Please visit our **Public Use of Facilities** page on the District website, found under the **District Info** drop-down menu (under **Resources**) or go to www.vestaltier.org/PublicUseofFacilities.aspx, for more information. It has fees, plus guides and videos showing you how to register for an account, how to submit your use of facilities request, and more.

Procedures for the use of School Facilities are as follows:

- The School Board or Superintendent may waive facility-use fees for non-profit, tax-exempt Vestal youth organizations. Proof of non-profit, tax-exempt status must be submitted with the application for Use of School-District Facilities.*
- All organizations will be responsible for the cost of damages to school property occasioned by its use.
- All facility-use requests must be approved by the Superintendent or designee prior to use, not just the building administrator.
- No organization may monopolize the use of a facility.
- Organizations may not reserve two locations, with one requested as a backup.

*If an organization misuses school district property, its waiver of facility-use fees may be rescinded.

What Parents Need to Know about... Immunizations for 2023-24

Required Immunizations for Students entering Kindergarten and Grades 1, 2, 3, 4 & 5

Vaccine	Number of Doses
Polio (IPV/OPV)	4 doses, <i>or</i> 3 doses if the 3rd dose was at age 4 or older
Hepatitis B	3 doses, <i>or</i> (See Hepatitis B in the chart below.)
Diphtheria/Tetanus/Pertussis (DTaP/DTP/Tdap/Td)	5 doses, <i>or</i> 4 doses if the 4th dose is given at age 4 or older, <i>or</i> 3 doses if the child is age 7 or older <i>and</i> the series started at age 1 or older
Measles/Mumps/Rubella (MMR)	2 doses
Varicella (Chickenpox)	2 doses



For more helpful information, see [Health Information & Forms](#) or [School Nurses](#) pages on the District website!

Required Immunizations for Students entering Grades 6, 7, 8, 9, 10 & 11

Vaccine	Number of Doses
DTap/DTP	3 doses
Tdap Booster	1 dose; must receive a vaccine containing Tetanus and Diphtheria Toxoids, and Pertussis vaccine adolescent booster (Tdap)
Polio	4 doses, <i>or</i> 3 doses, if the 3rd dose was received at age 4 or older
MMR	2 doses
Hepatitis B	3 doses, <i>or</i> 2 doses of adult hepatitis B vaccine (Recombivax) for children who receive doses at least 4 months apart between the ages of 11 - 15 years
Varicella (Chickenpox)	2 doses
Meningococcal conjugate (MenACWY)	1 dose (Grades 7 - 11)
Meningococcal conjugate (MenACWY)	2 doses by Grade 12, <i>or</i> 1 dose, if received by age 16 or older

Information on Physical Exam Requirements

Health examinations are required for students who are:

- entering school for the first time (Pre-K or Kindergarten), and again in Grades 1, 3, 5, 7, 9 & 11.
- referred by the Committee on Special Education.
- new to the Vestal CSD.
- need a work permit.
- participating in interscholastic sports.
- required by the NYS Commissioner of Education.

The physical exam must be recorded on the NYS Health Examination form. (This form is available online under [Physical Exam Requirements](#) on the Health Information & Forms web page of the District website.) In order to assist families, if you are unable to secure a health exam for your student with your Health Care Provider, the District will make arrangements with our school physician to provide a physical exam for your student during the 2023 - 24 school year.



Community 101

Vestal students wrapped up the school year with projects to benefit the community...

Clayton Avenue Elementary

A schoolwide coin drive was held from May 8 - 19. Classes were in competition to raise the most money for the Upstate NY Chapter of the ALS Association. Altogether, over \$869 was donated! The top class, collecting more than \$160, was Ms. Liberatore's fifth-grade class.

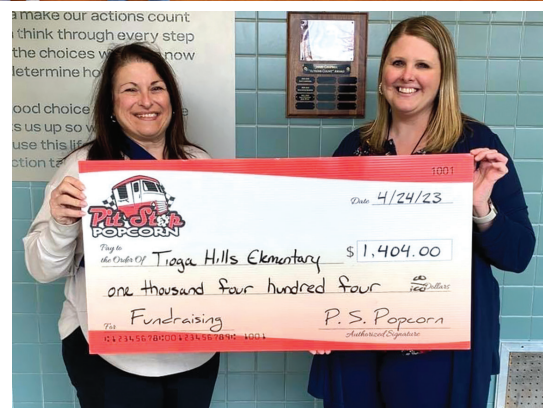
Glenwood Elementary

From February 6 - March 17, Ms. Brigham's and Mrs. Cherevko's classes hosted a Lollipop fundraiser to support the veterinarian bill at Every Cats Dream. The second-graders made announcements about the lollipop sales and collected the money while the first-graders helped sort the lollipops and distribute the orders. In total, they raised \$923.76!



Tioga Hills Elementary

Tioga Hills students and staff made their Actions Count as they continued their support of school children in Haiti through Dr. Jennifer Musa's (SUNY Broome professor of biology) Health for Haiti outreach. They sold PitStop Popcorn through April and donated the proceeds, \$1,404, to Health for Haiti... If you'd like to add your support, you can take your refundable cans and bottles to Vestal Beverage & Redemption Center on State Rte. 26 any time they are open. Tell them you'd like to donate the money to Tioga Hills' Health for Haiti fund. Thank you!



Vestal High School

Students in the Gay-Straight Alliance supported those taking the VHS Success Seminar course with a fundraiser to benefit The Trevor Project. On February 9, they sold lanyards, bracelets, and chances to pie a teacher during an upcoming pep rally. They raised \$250 for The Trevor Project.

Diversity Club coordinated a fundraiser Feb. 27 - March 3 to benefit Pakistan Flood Relief. Diversity Club President Rania Khan and her team applied henna art and sold bracelets, pins and more. They raised over \$670, which went to Muslim Response USA to provide



Photos, from top: Glenwood first- and second-graders worked together to help a cause close to their hearts... Tioga Hills School Counselor Rhonda Ruhm and Principal Hayley Crimmins helped guide their school to support children in Haiti... Riley Smith and Alexis Horn gave up their lunch period for The Trevor Project fundraiser.



hot meals, water, food supplies and hygiene products to those families affected by the Pakistani floods.

They followed that with a fundraiser for Turkey-Syria earthquake relief from March 27 - 31. They sold bracelets, key chains, traditional Turkish jewelry, henna art, baked goods, and Peace by Chocolate candy bars. Thanks to their efforts, over \$2,000 was donated to the Turkey and Syria Earthquake Recovery fund through the Center for Disaster Philanthropy.

World Down Syndrome Day was Tuesday, March 21, and VHS students were asked to wear blue and gold, as well as mismatched socks, in honor of this day celebrating kindness and inclusiveness. In addition, VHS students on the board of the local Gigi's Playhouse, Cayman Bruce and Ariella Rabineau, hosted a table where they gave out bracelets, beaded necklaces and stickers. They also encouraged their peers to sign the Generation G Pledge:

"This pledge is a daily reminder to be better every day, and always act with acceptance and generosity... I pledge to join Generation G. I accept you as you are. I choose to be better every day, by being accepting, being generous, being kind!"

In another show of support, a \$300 portion of the proceeds from the Talent Fest was donated to our Southern Tier Gigi's Playhouse. If you would like to donate, visit <https://gigisplayhouse.org/southern-tier-ny/> and click the blue heart.

The hugely popular Running of the Bears 5K, coordinated by Varsity Club, was run on April 1 at Vestal HS. Varsity Club raised over \$5,620 for Team Hopefull, an organization that supports families living with Prader Willi Syndrome. Congratulation to Joseph Vallone, the first student to cross the finish line!

High school students participated in a blood drive in the gym during Physical Education classes on April 5. Over 100 students signed up to give and many were first-time donors because the last VHS Blood Drive to benefit the American Red Cross was before the pandemic. We are thrilled to bring back this long-standing Golden Bear tradition!

Seniors in the International Baccalaureate classes cleaned up the grounds at The Discovery Center of the Southern Tier and helped sort food donations at CHOW as part of their annual Day of Service on May 23.

Photos, from top: Diversity Club members Grace Yoon, Asiya Patel, Rania Khan, and Sana Khan selling bracelets and pins... Cayman Bruce and Ariella Rabineau ask their peers to be accepting... First-time donor Jayli Tate holds the fun tee shirt she received after donating blood in the annual VHS Blood Drive to benefit the American Red Cross... Emma Ciaravino, Caden Della-Penta, Gustav Gebbie, and Evan Purdy sort food donations at CHOW.

Universal Pre-K - *Special Ladies Day*

Universal Pre-Kindergarten students at our Cub Care campus honored the Special Ladies in their lives with homemade crowns, special bouquets, and some lovely treats on May 5, 2023. They also did some crafts together. The Special Ladies Celebration is an annual tradition, along with the Special Guys party.

Mom Ashley wears the crown that her daughter, Eden, made just for her.



Phillyana Milner cuddles "Keeper," a Golden Retriever therapy dog.

Clayton Avenue *Author Visit*

Popular children's book author Tracey West highlighted the creative process and the discipline that writing requires in two presentations to Clayton Avenue students on June 9, 2023.

Mrs. West's series include "Dragon Masters," "Pixie Tricks," "The Underdogs," and "The Cupcake Diaries," just to name a few. Altogether, she has written 400 books over her 30-year career!



Mrs. Braman's first-grade class with children's book author Tracey West.

Tracey West's visit was courtesy of CAPTO and coordinated by First-Grade Teacher Amy Braman.

Glenwood - *Career Month(s)*

The strength of the bond between school and home was evident when Principal Hannah Lamphere and her team scheduled Career Month for fifth-graders. They asked parents and others in the Glenwood school community to devote a little of their time sharing their career with fifth-grade students. So many signed up that what began as

a March Career Month stretched into April!

Students learned about these careers: Police Officer, Social Worker, Project Manager, Respiratory Therapist, Pharmacist, Anesthesiologist, Basketball Coach, Meteorologist, Video Producer, Veterinarian, Electrical Engineer, and more. Most importantly, they had time to ask questions and hear about the education and experience needed for each.

Anesthesiologist Dr. Missih with fifth-graders Amelia Berger, Olivia Varano, Juliet Williams, and Robbie Kirchheimer.



THE Golden Bear-to-be Violet and a furry new friend.

Tioga Hills Kindergarten "Signings"

Tioga Hills staff were determined to make sure Kindergarten students received a positive first experience as they entered their new school for screenings in May. They hosted "Kindergarten Signing Days," complete with balloons, a giant pencil, and a huggable Vestal bear. The school's newest students-to-be had their photos taken in front of the Golden Bear "Wall of Fame," and then received a goodie packet and a container of Play-Doh.



Madeline Fosco with her award-winning photo.

Vestal Hills - National Reflections Winner

Congratulations to Madeline Fosco, whose photograph "Small" won an Award of Excellence in the National PTA Reflections adjudication. This is the top honor to be awarded in this contest, and Maddie is the first Vestal Hills student, and possibly the first Vestal student, to win it!



Vestal Middle School School Nurse Michelle Hroncich is an American Red Cross "Real Hero!"

VMS School Nurse Michelle Hroncich was honored with the 2023 Education Award at the Southern Tier American Red Cross "Real Heroes" Breakfast on May 25, 2023, for her actions in responding to a student's medical emergency in April 2022. Her story was shared with those attending the honors ceremony. One medical professional commented that the student "hit the trifecta" with Mrs. Hroncich, as her multiple skills and detailed knowledge as a former cardiac care nurse were invaluable during this response.

Michelle Hroncich with her award and presenter Jeff Miller from Education award sponsor Preferred Mutual Life Insurance Company.

Class of 2023 Graduation *(from cover)*

"Growing up is vulnerable, it's risky... But, isn't that beautiful," exclaimed class speaker Caden DellaPenta. "Now, there is so much more ahead of us, than behind us."

Academically, 55% of the students in the Class of 2023 had an average of 90 or better. The Top 10 Students, with a weighted cumulative average of at least 102.11, included Valedictorian Victoria Lamoureux

- Salutatorian Banshika Mangal • Gustav Gebbie • Samson Wong • Grace Yoon • Joshua Jang • Sophia Chiu • Justin Colon • Ana Sargent • Andrea Waldmiller

Receiving International Baccalaureate Diplomas were

- Sophia Chiu • Karina Guizano • Asiya Patel • Grace Yoon

These seniors, along with those listed above, earned Vestal's Scholar Certificate

- Madison Alton • Ameet Ashok • Lucas Catarella • Abeera Chaudhri • Ivan Chen • Michael Chernova • Lila Condie • Cole DeVantier • Kara Dhakal • Aya Dousa • Gustav Gebbie • Kaden Grayson • Imani Hardy • Gabrielle Horn • Elie Issa • Joshua Jang • Rejee Kestay • Anthony Khadjadorian • Rania Khan • Victoria Lamoureux • Ngonidzashe Mandizha • Banshika Mangal • Emily Martin • Nada Mustafa • David Ojo • Samuel Olson • Santiago Perez • Teresa Pyo • Raveena Rai • Alexandria Roberto • Ana Sargent • Cade Schafer • Parker Schafer • Nathan Scheel • Timothy Smith • Parker Starr • Susannah Stuppel • Ashley Trelease • Samson Wong • Samuel Xu • Emily Yetsko • Maggie Zhang

Vestal High School continues to have a number of students receiving the NYS Seal of Biliteracy, including

- Madison Alton • Lesly Argueta-Martinez • Janileisy Cartagena Lugo • Michael Chernova • Sophia Chiu • Lila Condie • Caden DellaPenta • Kara Dhakal • Gustav Gebbie • Karina Guizano • Victoria Lamoureux • Banshika Mangal • Allison Miller • Nada Mustafa • Asiya Patel • Teresa Pyo • Nathan Scheel • Neda Sezgin • Angelina Souphavanh • Samson Wong • Grace Yoon • Maggie Zhang

Last year, Vestal was one of only 111 school districts to pilot the NYS Seal of Civic Readiness initiative and over 60 Golden Bear graduates earned this honor in 2022. This year, that number more than doubled, with an astounding 148 members of the Class of 2023 receiving the Seal of Civic Readiness!

We are also pleased to highlight these seniors receiving Career & Technical Education certificates, including

- Kyle Bennett • Brendyn Brooks-Shoemaker • Brittaney Brunette • Noelle Dailey • Ethan Daviau • Kyleigh Escolastico • Nathan Fimbres • Ryan Fimbres • Arielle Fitch • Dominik Gleeson • Abrar Haque • Noah Kirsch • Madison Lis • Nusrat Maliha • Connor Manzer • Mateya Montgomery • Hailey Morris • Steven Pittman • Claire Porter • Jaylee Purdy • Sonny Reece • Kyle Riesbeck • Evan Ross • Guiliana Santobuono • Nitro Sharp • Kaden Smith • Levi Tennant • Owen Ward • Alyssa Weaver • Benjamin Wheeler

Finally, we congratulate our New Visions graduates including **(Business)** Ameet Ashok • David Ojo

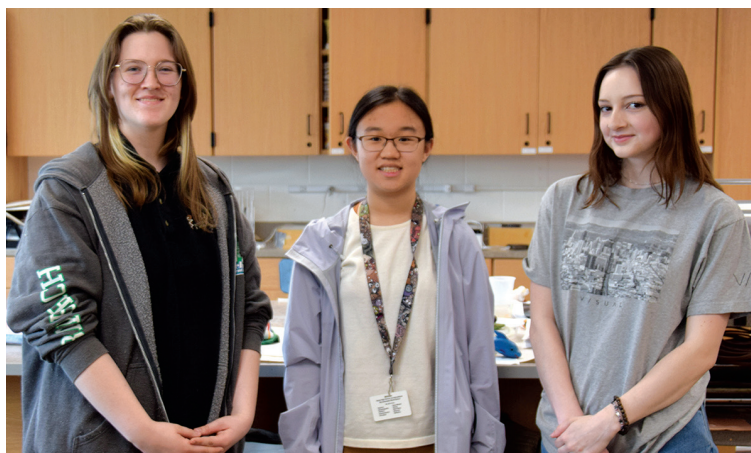
- (Education)** Caden DellaPenta • Ella McIntyre • Gianna Michitti **(Engineering)** Carmella DiRenzo • Allison Miller • Cody Zhou **(Health)** • Sophie Cooper • Raigan Correll • Molly Hubbard • Rania Khan • Banshika Mangal • Raveena Rai • Saba Rashid • Abdulmateen Shaikh **(Law)** Abeera Chaudhri • Ariana Ford • Joseph Greber • Steven Pittman

We are very proud to send this class of Vestal Golden Bears out into the world!



*Valedictorian
Victoria Lamoureux
receives her diploma*





Vestal HS seniors Alyessa Bolander, Sophia Chiu, and Taylor Bryson.

Congressional Art Award Winners

Senior Sophia Chiu was awarded first place in the 23rd District Congressional Art competition. Her charcoal drawing "Sunlit Peace" was selected for display in the U.S. Capitol, and she was invited to a National Reception in Washington, D.C. in June 2023. Sophia plans to study Animation & New Media at Rhode Island School of Design.

Seniors Alyessa Bolander and Taylor Bryson were also recognized in the Congressional Art Awards, placing second and third, respectively. Both of their pieces will be on exhibit in the Broome County Office building.

Class of 2023 Legacy

IB art students in the Class of 2023 beautified the Vestal CSD home office by painting a wall mural designed by Lily Cardone invoking the Golden Bear spirit. Many thanks to Alyessa Bolander, Taylor Bryson, Lily Cardone, Sophia Chiu, Lila Condie, Kara Dhakal, Victoria Lamoureux, Abigail Parsons, Molly Pompeii, and Ashley Trelease.



National Honor Society Induction

Vestal High School's Green and Gold chapter of the National Honor Society grew with the induction of the following students at a special ceremony on April 26, 2023... Congratulations to:

Brianna Albert
Sydney Alig
Thomas Allen
Madison Alton
Samuel Armand
Aditya Banerjee
Madelyn Bishop
Maryka Bleir
Kyle Bobal
Stephanie Bogart
Marko Boyko
Kendall Brady
William Brosius
Ava Brunetti
Jacob Burgin
Sriram Chakravadhanula
Natalie Christensen
Ella Coleman
Frank Consolazio
Rayna Cui

Cole DeVantier
Kara Dhakal
Alaina Domingo
Donovan Donlin
Ellie Friedman
Joseph Fletcher
Jinhwa Genese
Amber Gill
Jordyn Goldberg
Madelyn Green
Emmilene Griffiths
Owen Hatala
Mallory Heggelke
Claudia Heierman
Vanessa Hoke
Sonia Horowitz
Elie Issa
Michael Juriga
Alesha Khan
Gabriela Kwiatkowski
Jessica LaClair

Madison Lilley
Emily Martin
Rayaan Lodi
Nolan Magpantay
Alexander Matt
John McIntyre
Lauren Mitchell
Sofia Moroz
Fareeza Mostafa
Gracie Nush
Samuel Olson
Bianca Ortiz
Anjali Patel
Mia Perfetti
Gavin Pham
Evan Purdy
Sean Reinartz
Kate Reyen
Alexandria Roberto
Julia Sage
Hannah Salim

Parker Schafer
Molly Schoenfeldt
Neda Sezgin
Alana Shear
Addison Shipp
Gavriie Singh
Ikjot Singh
Riley Smith
Rowen Smith
Angelina Souphavanh
Miron Sulicz
Kara Sullivan
Lillian Tripp
Samantha Tumey
Joseph Williams
Margaret Wood
Nicole Wowk
Samuel Xu
Tony Zhou
Justin Zhu
Tucker Zostant

GOLDEN BEAR ATHLETICS

National Letter of Intent Signings



Cross Country & Track teammates Lucas Catarella and Liam Cody signed National Letters of Intent to run with Division I colleges...

Lucas signed with St. Bonaventure on January 31, and Liam signed with Binghamton University on February 9. Congratulations to our Golden Bears turned future Bonnies & Bearcats!



A joint ceremony on June 6 celebrated the college choices for a number of Golden Bear athletes attending D1 and D3 schools!.. In photo order:

Kelsey Callaghan; Swimming - Wheaton College Thunder
Grace Gdovin; Volleyball - SUNY Oswego Lakers
Lauren Allen; Cheering - Elmira College Soaring Eagles
Keene Baldrige-Heywood; Cheering - Syracuse University Orange
Gabrielle Horn; Soccer - Keuka College Wolves
Sophia Bruce; Track & Field - Utica College Pioneers
Molly Pompeii; Gymnastics - Rhode Island College Anchormen
Edna Kiefer; Softball - Misericordia University Cougars

Coach Sax is the Max!



Congratulations to Varsity Field Hockey Coach Vickie Sax!.. She was selected as 2022 New York State Coach of the Year by MAX Field Hockey.

Coach Sax has coached Varsity Field Hockey

at Vestal High School for 21 seasons. She has led the Golden Bears to its first-ever NYS Field Hockey Championship, claiming the Class B title, and finishing the season 15 - 5.

Falls Sports Registration

Online registration for Golden Bear Fall Sports is open. Visit the Athletics web page and look for the **Operoo Online Registration** link on the right. The season starts Aug. 21: Vars/JV; Aug. 28: Modified Football Sept. 7: Remaining Modified Fall sports

Questions? Please email Athletic Director Josh Gannon at jtgannon@vestal.k12.ny.us.

Spring Sports Championships

Congratulations to our Golden Bear athletes who finished their Spring season strong!

- Boys & Girls Lacrosse took home the Sect. IV Class B championships...
- Our Boys Track & Field teams won their Sectionals as well...
- Tim Smith scored a NYS Championship in Track & Field for the 400-meter hurdles.



**Vestal Central
School District**
201 Main Street
Vestal, NY 13850

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FBLA National Champion

On a closing note, Vestal's FBLA chapter had seven students qualify to compete in the 2023 National Leadership Conference in June!

Congratulations to
Ameet Ashok,
Solomon Chen,
Daksh Dhamsania,

Abhiram Kandanati, Andrew Lee, Rayaana Lodi, and
Miron Sulicz.

Miron, a rising senior, captured first place in the category of Computer Game & Simulation Programming. He was also recognized as the Overall Champion in this event!

Photo courtesy of VHS FBLA advisor Annette Mezzadonna

Pesticide Application 48-hour Notification

The District maintains a list of persons in parental relation, faculty and staff who wish to receive 48-hour prior written notification of certain pesticide applications. If you would like to be on this notification list, go to www.vestal.stier.org/Downloads/Pest_Notification2023-24.pdf for the 48-hour Notification form. Or, use the QR code below. Once completed, you can email it to slabbott@vestal.k12.ny.us.

You can also print/complete the form and mail it to

**Vestal Central School District
201 Main Street
Vestal NY 13850
Attn: Facilities &
Operations Department**

