

CHRONICLE

BLOOD DRIVE EXCEEDS GOAL

by Madison Matice

The Averill Park Key Club's blood drive on October 25 was a success. Overall, the Key Club collected forty units



of blood, which is three units over its set goal. This means the Averill Park community could impact the lives of 120 hospital patients.

Leading up to the blood drive, many club members volunteered their time to hold sign-ups during lunches

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INTRODUCING MR. QUILES RETURNING TO APHS AS NEW PRINCIPAL

by Alexander Michaels

Since the first morning of the school year, students have been welcomed to Averill Park High School by the smiling face of our new principal, Mr. Quiles. This is the second time Mr. Quiles has worked at Averill Park; from 2006 - 2011 he served as an assistant principal here. After working here, he needed to leave APHS in order to gain experience as a principal. This opportunity arose for Quiles at Coxsackie Athens High School, where he served as principal from 2011 - 2018. Leaving Averill Park was hard for Mr. Quiles. "I absolutely loved it here," he

said, "I consider it to be home." Upon learning that Averill Park was searching for



a new principal, Quiles immediately applied for the position.

When Quiles returned from his time at Coxsackie Athens, he noticed several large changes at APHS. He says operations around the school now run more smoothly, and he has noticed an expansion in academic programs, such as advanced classes. Yet, Quiles says the core aspects of the school have not changed at all. "We want to respect the traditions and values that make us who we are." For instance, Quiles says that the strong student body at Averill Park has remained to this day. He says his favorite part about the students is their "energy and spirit... our students care

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BUS WINDOWS SMASHED NO STUDENTS INJURED DURING MISHAP

An Averill Park Central School District bus carrying students on the way to school was in an accident on the morning of October 22. The bus, number 117, was turning onto Rabie Road from Millers Corners Road and "made contact with branches from an apple tree while turning...the impact of the branches caused multiple windows to break," according to an email released by the school district following the accident,



and there were no injuries reported from the incident.

Four students from the high school were on the bus at the time, as well as students from other grades.

"It was really shocking and unexpected," said freshman Dani LaPier, one of the students on the bus. "Everyone screamed and shouted. There was glass all over, in their hair and backpacks."

School Transporta-

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**PRINCIPAL
(CONTINUED
FROM PAGE 1)**

about our school community." Quiles takes pride in the students at Averill Park; our student body served as a large role in his decision to return to Averill Park.

Prior to his career in administration, Quiles served as a language teacher. He taught Spanish and French at Shenendehowa, Shaker, and in Worcester, Massachusetts. Later, he traveled to Barcelona, Spain and taught an English course. Yet, Quiles decided to join administration because "I wanted to have a bigger impact on school communities at large," in order to enact widespread positive change.

Before teaching, Quiles attended Clark University where he received a Bachelor's degree in Foreign Language and Literature and Secondary Education. He then attended SUNY Albany to obtain a Master's degree in Educational Administration and Policy Studies. Quiles is now continuing his education through pre-doctoral work through SUNY Albany.

Along with his pre-doctoral work, Quiles enjoys spending time on multiple hobbies outside of school. He has recently begun to re-learn the piano (playing for the first time since elementary school). This year also marks his first year of bee-keeping; he already owns over 60,000 bees. The final hobby Quiles has is taking care of his new dog. Since May, Quiles and his husband have been training the dog that they received from Homeward Bound through the help of the Engels. Just as Quiles is excited to begin all of his new hobbies, he is excited to begin his time as principal at Averill Park.

IT'S EASY TO HELP... A VARIETY OF OPPORTUNITIES OFFERED

by Bridget Mulligan, Zephyr Noble, Zach Purdy and Samantha Schroeder

"Community service is a non-paying job performed by one person or a group of people for the benefit of the community or its institutions. Community service is distinct from volunteering, since it is not always performed on a voluntary basis."

"Community service is important, because it feels good to help people," said Kyle Snyder. And there are many opportunities for students at Averill Park to help other people and your community. As students in AP Connections, located upstairs in room 600 of the math wing, we have a lot of experience with community service. The students in our program go out to work every day. We go to Little Learners preschool, Ludder's Country Home, Shop Rite, Healthy Pet Center, Jiffy Lube and our very own Averill Park elementary schools to help in the cafeteria's and libraries. We are also a part of the very important "Backpack Program" which helps families have enough food for the weekend. Start early at Averill Park so you are prepared for when you are a senior - you will need to complete ten hours of Community service. We have done some of the work for you in finding some places where you could do your community service.

You can volunteer at a local church. Some of the things

that you can do are light the candles, become a parish nurse, participate in VIRTUS training, or join a Rosary Altar Society.

The New York State Parks also need your help. They are always looking for people to help clean up trails, pick up garbage, and help with spe-

shelter, food, and other services for anyone who needs it. Some examples of community service that students can do through organizations like this are: making welcome and goodnight bags that have items in them like toiletries, blankets and flashlights, helping serve and deliver 10,000

meals for their annual Thanksgiving Community Dinner, and collecting toys, clothing and other gifts in December for families in the domestic violence shelters and programs.

Community service means "giving back to others," said Mrs. assistant princi-

pal Mrs. Mein. Last year, "I took all of the freshman to eight different sites last year," she said. "We went to West Sand Lake elementary and painted on their playground, Spread mulch at Butler Park, cleaned up at Veterans park and Sand Lake Center for the arts, planted flowers here at the high school, ran the preschool story hour at the Poestenkill library and read and played with students at Poestenkill and Miller Hill." Teaching assistant Mrs. Dobert think community service is important "because people in the community have to take care of each other."

Don't worry if none of these look appealing to you, since you can always ask someone for ideas. Also, you could visit the counseling center and check out the community service bulletin board for opportunities in your area.

No matter what you choose to do, community service is helping people in your local area.



**Community
Service**

cial events such as parties and building maintenance.

Ever wonder who puts the signs out for politicians? Political campaigns would like your help with door to door

soliciting, handing out fliers at a fair or public event, preparing mailings, making phone calls and placing signs in the community. You can even just help people register to vote.

Local homeless shelters and food pantries are always in need of an extra hand. For example, Equinox is a place near Albany that provides

MEETING THE NEEDS OF ALL... SCHOOL SAFETY A NEW PRIORITY

by Kyle Reasor

School safety has become increasingly important and a bigger source of concern lately, with many incidences of violence or threats in schools around the country. Accordingly, Averill Park has begun putting more thought and effort into protecting the students in their district. Last year students felt a new safety presence when Deputy Nikles joined the district as the Student Resource Officer. This year, additional safety features have been added or improved. Assistant principal Mr. Bishop has been heavily involved in these safety measures, and has been a major force in the implementation of programs such as the Raptor System, with the help of faculty member Mr. Zehnder.

The new Raptor System will directly influence students and parents. When entering the school buildings in the district as a guest, all visitors must present their

driver's license to office personnel where it will be checked for first name, last name, and date of birth. It is scanned and checked against

know exactly who is in the building at any given time. It is important to note that this is for visitors who need to "gain access," not those who

rect initiative by our Superintendent Dr. Franchini to raise safety precautions in the district. The list is a series of questions or items to use in case of a bomb threat call. It is mostly for the office staff, since most communication comes through the main offices rather than individual teachers. The list of questions must be posted near phones and filled out by jotting down information such as voice tone, whether it is a recording or a human, the sex of the caller, background noises, threats given, or possible bomb location. There is a list of things to check off as the call proceeds. The hope is to help authorities with as much information as possible if and when a threat occurs.

Bishop also discussed future upgrades to the Raptor System including tying into official Orders of Protection. The district is also "looking to update the reunification program," which allows students to get home to their

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the Sex Offender Registry. If it matches something in the system, an alert will be given and school personnel will determine if it is a "true or false match" against pictures provided. When and if the visitor is approved, he or she will receive an ID tag or sticker that must be worn during their visit.

This creates a visitor log, and administrators will

are simply dropping off items for a child. If there is a case where someone does not have an ID, he or she will need to be escorted through the building. The Raptor System provides an extra layer of protection across the district.

The Bomb Threat Checklist is another safety feature that has recently been implemented. This was a di-

BUILDING PROJECT IN PLANNING STAGES COULD ADDRESS SAFETY, SPORTS AND EDUCATION NEEDS

by Payton Van Aken

The Averill Park Central School District has begun taking steps to develop a long-range planning strategy to identify improvements needed to the district's facilities, with an expected date to present the project for voter approval in May of 2019.

A committee composed of volunteers made up of parents, community members, faculty and staff, administrators and school board members came together for

the first time in December 2017 to begin putting together

ment for the committee is, "Enhance Averill Park's edu-



er recommendations for the next district-wide capital project.

The mission state-

ed, operationally efficient and structurally sound." As set forth in the mission statement on the district website, the goal of the next capital project is to use technological advancements to make Averill Park a safer school that connects students to their community.

It is the committee's hope that this can be done in a way that is financially responsible while still ensuring the high quality of its products, service and support. The

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DISTRICT PINK OUT DAY SEES RECORD NUMBERS

FUNDRAISER RAISES AWARENESS ALONG WITH NEARLY \$6000

by Abby Vandenberg

Student Government goes out of its way every year to enhance the Averill Park School District and help out our community. At the beginning of this school year, the Student Government tackled its biggest project yet. The Pink Out event was created, covering the district in pink the first week of October, entirely coordinated by the students in Student Government Club.

This successful event was chaired by senior Julia Haworth as well as junior Alyssa Lindheimer, who presented the idea to the AP Board of Education, organized the weekly meetings, and effectively got everyone involved.

The Pink Out event

included t-shirt sales, with profits donated to the American Cancer Society. Money was also raised from donation jars set out at lunch, a



bake sale at the football game that Friday, the participation by Unbreakable Nutrition (see their review on

page 7) through their creation of a pink drink, and a variety of other sources.

The sizeable amount that was raised for cancer research can really be attributed to the generosity of the Averill Park community. Together, AP raised \$5,956.14.

This total is more than a number. It is a sign of the district coming together for a cause we can all get behind. These efforts were so expansive that our Pink Out was even on a local news television channel. On that Friday, our schools, our teams, and even our school buses could be seen with

accents of pink to support the Cure.

With the help of a dedicated group of APHS students on the Pink Out Committee, we were really able to make a difference. Way to go Student Government and Averill Park community members!



SAFETY (CONTINUED FROM PAGE 3)

families quickly and efficiently in the case of an evacuation. Bishop stated the goal is to “create a seamless, quick, safe manner to get everyone home.” Recently, Bishop and

Nikles began a program to work on developing this process. The current method is sufficient, but they would like to “make improvements” to be sure that it runs as efficiently

as possible.

Bishop explained that the district has a unique opportunity to bring safety and security into the schools. He believes that safety needs to be

in the forefront of minds and that students must be comfortable attending school each day. The district is constantly looking for improvements to make the district a safer and more secure place.

BUS (CONTINUED FROM PAGE 1)

tion Supervisor Mark Premo stated that the windows on a school bus “are made of a special safety glass. They are designed to break into little beads of glass.” Because of this, they are “designed not to cut,” he said.

“All the kids were good, actually,” said Averill Park High School nurse Mrs. Miller, one of two school nurses who saw students after the accident. “Some of the middle schoolers were a little nervous, but our high schoolers were great.” She

corroborated that “there were absolutely no injuries.” Most of the students did go home to take showers to get the glass off of them, according to LaPier.

The parents were notified of the accident, and students were transported to

their respective schools on another bus.

While it’s fortunate everyone was OK after the incident, “It’s not how I thought Monday was going to go,” said LaPier.

A NEW VISION FOR EDUCATION

INNOVATIVE PROGRAMS GIVE STUDENTS PRACTICAL EXPERIENCE

by Jessica Beskid

The New Visions programs provided by Questar III are an excellent opportunity for highly motivated and academically successful high school seniors. New Visions is available to seniors from many high schools, not just from APHS.

The programs use government buildings, medical facilities, and other places of business to provide students with a new approach to learning. Students who are accepted into this highly selective program attend class for 3 ½ hours a day to learn in a stimulating environment and make their mark on the world.

New Visions classes are different from normal high school classes. Students participate in classroom work, but they also work with professionals in their field of interest and have many internship opportunities available to them. They earn academic credits for English, social studies, and two electives specific to their chosen program. Academic credits for physical education and health are also available for some of the programs upon request. Additionally, these students earn college credits for their hard work, which also varies depending on the program. New Visions is recognized by many colleges and stands out on applications because of the “real world” experience that students gain.

Questar III offers four unique New Visions programs. Each of these programs has a particular focus on a single area of study.

These programs are: “STEM,” “Scientific Research and World Health,” “Medical,” and “Visual and Performing Arts.”

The “STEM” program

is located at the Rensselaer Polytechnic Institute in Troy. This program is intended for students interested in engineering and physical sciences. Accepted students learn from college faculty, speak with professionals in related fields, and participate in labs. In this program, students earn an additional 8 college credits from RPI.

The “STEM” program is located at the Rensselaer Polytechnic Institute in Troy. This program is intended for students interested in engineering and physical sciences. Accepted students learn from college faculty, speak with professionals in related fields, and participate in labs. In this program, students earn an additional 8 college credits from RPI.

The “Scientific Research and World Health” program is located at the University at Albany’s Health Sci-

ences Campus in Rensselaer. This program is intended for students interested in public health and laboratory research, with a particular focus

on biology. Accepted students are involved in rotations where they will participate in experiments, listen to professionals discuss their work,

gaining hands-on experience. In this program, students earn an additional 8 credits from The Sage Colleges. The “Visual and Performing Arts” program is located at The Arts Center of the Capital Region in Troy. This program is intended for students interested in pursuing a career in the arts. Accepted students work alongside local visual and performing arts professionals and compose their own professional-quality work in a media of their choice. These students will put together portfolios that will make them competitive candidates in the college admissions process. At the present time, this last program is unavailable to APHS students.

If you are interested in New Visions, information sessions are widely advertised and will be held near the end of the year for high school juniors. You will need to complete an online application and attend an interview in order to be considered for the program.



and even conduct and present their own studies. In this program, students earn an additional 15 college credits from the University at Albany and Russell Sage College.

The “Medical” program is located at Samaritan Hospital in Troy. This program is intended for students interested in pursuing a career in the medical field. Accepted students will spend the majority of their time in clinical settings, and will learn directly from medical professionals,

We Want Your IDEAS

The *Averill Park Chronicle* wants your story ideas. Send them to any Journalism Club member, or to Mr. Strich, *The Chronicle's* advisor.

THAT'S ITALIAN!

SPRING TRIP GEARS UP FOR AN EDUCATIONAL TRIP

by Xander Michaels

This spring, students at Averill Park will have the opportunity to travel across the Atlantic Ocean to Italy. The nine day trip is being led by Mrs. Bailey and Dr. Perry. These two teachers will be accompanied by 50 travelers, a mix of students and others in the community. Through the Educational Tours (EF) organization, the travelers will visit Milan, Venice, Florence, Cinque Terre, and the Como region. For many students on the trip, the most exciting part will be to tour the world renowned cities of Venice and Florence. "I am looking forward to discovering the art and history there," said junior Quinn Goddard-Hathaway. "I am excited to try all of the different foods," added junior Mackenzie Julien.

Visiting these cities will be an unforgettable adventure, but Perry is looking forward to another part of the trip in particular. Perry says she is excited to visit



the coastal towns of Cinque Terre. These five villages offer beautiful views from mountains on the Mediterranean coast which travelers will have the opportunity to discover along their train ride through the towns.

This amazing opportunity didn't come easily. Bailey and Perry have put in great efforts to make this trip possible, through the approval process with the Averill Park Board of Education and other preparations. Perry's motiva-

tion to begin the trip came from a similar experience of her own. "When I was in high school I took a trip to Spain, Italy, and France... and it just so dramatically changed how I saw the world; it was such an amazing experience...I think students need to expand their borders from Averill Park." Similarly, Bailey said "Travel to anywhere is essential to education, and there is a benefit to cultural education." Without the efforts from the trip leaders, this opportunity would never have existed for our travelers.

Students and chaperones will surely have the experience of a lifetime in Italy this Spring. Through the work of Bailey and Perry, all will have the opportunity to discover the art, history, and culture that surrounds Italy. However, this will not be the only chance students will have to explore another country; Bailey is preparing a trip to Italy and Greece in 2021. If you were unable to join the trip to Italy, be sure to join Bailey in 2021; you will not regret it.

We Want Your IDEAS

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BLOOD DRIVE (CONTINUED FROM PAGE 1)

in the cafeteria and in Mrs. Gaboury's room during advisory period.

The day of the blood drive was very organized. The work ranged from registering the students, staff and citizens who signed up to give blood to handing out snacks and keeping an eye on those who just donated.

The blood drive had a lot of walk-ins this time. Many students heard about the drive during the last week, but weren't sure if they

wanted to give blood. But once they got over their fears, they came and signed up because they knew it would be for a



good cause.

When "students donate blood for the first time

in a place they feel a sense of connection and comfort, like the high school, where they are supported by their teachers and the staff," said Gaboury, it "often makes return donors of them — people who enjoy the feeling of giving back to their community and being part of something bigger."

A big thank you goes out to club co-advisors Gaboury and Mr. Brown for all their help with the blood drive, as well as the Red Cross for their outstanding team.

EDITORIAL PAGES

NEW RULES A MIXED BAG

by Mackenzie Julien

Many new rules — some bad, some good — have entered the everyday life of the students and staff at Averill Park High School.

One of these new rules includes a single dismissal at 2:10, in which all students leave their last block class at the same time. This rule makes the school day last five minutes longer for everyone and has caused nothing but confusion and buildup in the halls.

Since all students are released at once, hall monitors and other staff do not know which students are taking the bus, causing confusion that could lead to students missing their bus or holding the buses from leaving without any real cause.

This single dismissal has caused general confusion and a rush in the parking lots by students trying to beat the



buses out; this could lead to more accidents when conditions worsen as winter approaches.

Another rule that has been recently implemented is the new schedule. Now, students have only four minutes to walk from class to class, and have a whole new period called advisory. The

shortened time between classes has proven difficult for many students, especially upperclassmen, who had gotten used to the extra time that allowed for leisurely walks from one class to the next.

Many students used this time to go to the bathroom or stop by another class to quickly grab something, but since the time has been reduced by two minutes there is only time to walk straight from one class to the next. The shortened time barely allows students to walk from one corner of the school to the other on time.

Although many of the new rules such as the single dismissal and short-

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The Averill Park Chronicle and its staff are protected by, and bound to, the principles of the First Amendment and other protections and limitations afforded by the Constitution and the various court decisions implementing those principles.

While *The Averill Park Chronicle* does accept outside article submissions, each submitted piece must be reviewed by the newspaper advisor and club editors. *The Averill Park Chronicle* will also accept signed letters to the editor and guest editorials.

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The content of *The Averill Park Chronicle* represents the views of the students and editors and not school officials.

Editors:

- Jessica Beskid (Features)
- Carley Salerno (News)
- Lilly Kronau (Profiles)
- Kyle Reasor (Sports)
- Lauren Harland (Editorials/Reviews)
- Advisor: Mr. Strich

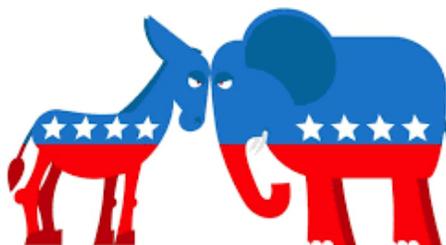
RED OR BLUE?

by Sydney Ferguson

The 2018 midterm elections are coming up, and the stakes are high. With so much riding on the results of these events, it's important for everyone to stay informed. Here's everything you need to know.

These elections will determine which party controls the Senate and the House. Right now, Republicans dominate both. Will that change after this year's elections? No one knows for sure, but some argue that Democrats are more intense and energized this year. If the

Republicans continue to control Congress, we can expect to see efforts to "repeal and replace" the Affordable Care



Act passed by former president Obama, which is something Republican senators failed to do last year. If the Democrats control Congress,

we can expect to see impeachment proceedings taking action against the President. Either way, the outcome of these elections are going to significantly impact the future of Donald Trump's presidency.

Mid-terms are the elections that occur halfway between every Presidential election, which occurs every four years. Registered voters will flock to the polls on Tuesday, November 6th to vote for

Congress, governors, state legislators, and mayors. Every one of the four hundred thirty-five seats in the House of Representatives is open and one third of the Senate is open (thirty-three seats). Two hundred eighteen House seats need to be held by either the Democratic or Republican party in order for that party to dominate the House. Fifty-one seats in the Senate are needed for a party to dominate. This year in New York State, we'll have twenty-seven seats open for the House of Representatives. Every vote matters.

EDITORIAL PAGES

AP'S DRESS CODE IS SO SEXIST

by Paige Graham

If you didn't know already, our school has a dress code, but it is a very unfair dress code. It seems pretty simple to follow, but it is sexist. There is a huge controversy surrounding this subject. Many schools across the country are changing their dress codes to make them more fair, and Averill Park should, too.

Most people say that some parts are unfair and don't make sense. Some people don't have many clothes that fit. The dress code has parts of it that are fine, but it's the parts that don't make sense or are unfair that should be changed.

One thing that stands out the most about the dress code are tank tops and shorts. A lot of the students

say that spaghetti straps and short shorts are fine as long as you are not flashing everyone. So as long as your shorts cover your buttocks, you should be fine, especially



if you are wearing leggings.

Also, the rule is unfair for long-legged students. The people with short legs get to wear shorter shorts while the people with long legs have to wear longer shorts.

And students should be allowed to wear spaghetti straps because they cover everything that needs to be covered. Boys can wear muscle tank tops,

but girls can't wear strapless and backless tops. Boys show more skin than the girls wearing a strapless or backless top.

Another topic that comes up is that the dress code body shames certain

students. "Top-heavy" girls can't wear a low cut shirt without getting dress coded while less endowed girls can get away with it. Even though both girls may wear the same shirt, only one of them would get dress coded because, technically, they are "showing cleavage". This rule is demeaning and embarrassing for students. You can't help how you are born. Students should have the freedom to wear what they want without thinking too much about it. In the long run it causes more stress and worry than anything else.

So, our school has a dress code that has been deemed sexist by the students, and maybe even a few teachers and parents. I heard there had already been a movement to change the dress code. Hopefully it is a dress code that is fair.

NEW RULES (CONTINUED FROM PAGE 7)

ened passing time are widely disliked, other new rules such as advisory have been welcomed by students. This new "period" after second block occurs every day and acts as a time for students to see teachers for help, do homework, or just relax for about thirty minutes.

This period has generally been very successful and liked around the school. This time gives students a break after working hard for the first half of the day and time to prepare themselves

for the rest of their day. This period allows all classes to be the same length instead of the previous extended lunch block. This relieves students of the stress of getting their least favorite class for two hours instead of the regular 80 minutes.

Overall, the new rules and changes around the school have not been well received. Despite this, many of the rules will ultimately benefit the student body regardless of their popularity. The shortened passing time

between classes will encourage students to stop fooling around in the halls and head to class on time, and the single dismissal will soon become the new normal. And if the rules are truly out of place, hopefully the mistakes will be found and corrected before the beginning of next year.

As for the advisory period, the students of Averill Park will continue to benefit from the additional help and downtime.

GET INVOLVED
Join the Averill Park Journalism Club!

The Averill Park Chronicle is looking for writers, editors and photographers. Meetings are held the first Wednesday of each month at 2:20 pm in room 209.

EDITORIAL PAGES

THE ADJUSTMENT CAN BE OVERWHELMING!

by Katie Armlin

The beginning of a new school year is hectic. For me, it means early wake-ups and the crazy morning rush to get ready. Like many other students I have a lot on my plate, and the beginning of the school year marks the start of fall activities. Sports practice, club teams, dance rehearsals, music lessons, and school club meetings fill students' schedules to the brim. In the summer, there are few obligations: sports practice, a trip, a summer camp, and maybe a summer assignment from our new English teacher. Students spend time planning out fall schedules with all the things they want to do. With a carefree, "all the time in the world" attitude, we don't even begin to expect what the school year will bring. For most, adjusting to a school-centered mindset is a difficult task.

A new school year brings new teachers and new expectations. Although we receive syllabi and the basis of class information from our teachers, it is up to us, the stu-

dents, to find the most effective way to go about managing class responsibilities. The first few weeks of the school year are trial and error time for



students; we have to learn to keep up with new teaching styles and find out how much detail and effort to put into each assignment.

Each teacher has his or her own policy on retakes and grading, and in certain classes students may need extra help. In order to get this, students must plan out when to stay after or visit teachers during study halls. After spending the last two and a half months in summer mode, it takes a little adjusting to get

back into the swing of managing and prioritizing academic and extracurricular obligations.

New classes also mean

new students to work with. Whether or not you've worked with them before, it may take some time to figure out who you work best with, and who you can trust to do their part in group projects. Each of these things contributes to the trial and error period during the beginning of each new school year.

Each grade in the high school brings on new challenges and events. Freshmen have to adjust to new hallways and faces, find the best

routes to their classes, and acclimate to new expectations. On the other end of the spectrum, seniors prepare to apply for college, take the SAT one last time, and apply for National Honor Society. Due dates come up quickly and lots of stress piles up.

The beginning of a new school year is a crazy time for students. Adjusting back to the school and homework load along with club and activity obligations can be challenging. Managing a busy and new schedule is something each person needs to take time to become comfortable with. Students have to make sure that they are managing all the craziness in order to prevent a build up of immense amounts of stress. Students who are having trouble adapting to this new school year should know that it may take a few weeks to become fully adjusted and that they are not alone in the process. Going back to school with a busy schedule and a full plate is difficult and takes time to get used to.

BUILDING PROJECT (CONTINUED FROM PAGE 3)

committee will help determine the needs of the district and provide the Board of Education with recommendations and input about the upcoming capital project.

At this point the committee has toured each of the schools in the district and made a list of all the items that need attention. One of

the big topics for the high school was enhancing security. This could include buzz doors, teller windows, and license-scanned security checks. A major enhancement that has been discussed is installing metal detectors.

In regard to athletics, according to the website the committee has been dis-

cussing the pros and cons of either making the football field into a synthetic turf field or creating an entirely new synthetic multi-purpose field east of the tennis courts and to include more parking.

On the topic of education, the website states the committee would like to reach out to other districts for

collaboration on distance learning and flipped classrooms, as well as to expand programs including connections to collegiate level programs. The committee will continue to evaluate and prepare a proposal regarding the upcoming capital project.

The capital project vote will take place in May 2019.

REVIEWS

UNBREAKABLE NUTRITION: DRINK UP!

by Meghan Ratigan

Everyone in the Averill Park community has probably heard of the new hit tea, smoothie and juice bar, Unbreakable Nutrition, located in the 43 Mall in Averill Park. The restaurant's menu includes many unique flavors of protein shakes and teas. In addition to having many intriguing flavors, they show a lot of fun school spirit for certain Averill Park sports and games.

The smoothie and juice bar opened August 1,



2018 and has been a huge hit since. Owners Elissa Emery and Sarah Wehnau came up with the idea of a "sober bar," when Elissa's friend struggled with substance abuse. The two wanted to have a bar where they could have fun, but also drink alcohol-free. That's when they came up with the idea of having a "sober bar."

Visiting Unbreakable Nutrition twice, I enjoyed my experience both times. The employees are very willing to help you out by sug-

gesting certain flavors and making sure you are satisfied. The flavors are very filling and they give you a large portion. Personally, I enjoyed my experience.

Unbreakable Nutrition's Facebook page updates its followers on recent events, flavors, and more. If you are interested in following their page, to to: <https://www.facebook.com/Unbreakable-Nutrition-628327807533955/>

LOOKING INTO COLLEGE? SIENA ADMISSIONS REVEALS WHAT ITS LOOKING FOR

by Sarah Wallace

As the end of the first marking period approaches, so does our high school journey. Believe it or not, we're already about two months into school and soon another year of high school will be in the books for the students here at Averill Park. And the quicker the school year goes by, the closer we are to applying for colleges and basically our future.

Many students, myself included, get nervous about college and what each college has to offer. So to ease those nerves I decided to reach out to Siena college, a local, four-year private school in Loudonville, New York. Siena was a college I wanted to reach out to because of how close to home it is. Due to this fact, it makes

the process a little less nerve-racking for some students looking to apply. One reason for this is because an interview and visit at campus is very simple and easy to set up.



When I reached out to the head of admissions at Siena, I asked what they look for in upcoming applicants and what the school culture at Siena was like. Students looking

to apply to Siena should know that the school is a bit atypical when it comes to its admissions process. They require three materials when students apply:

the application, a guidance counselor letter of recommendation, and the transcript. Although all three of these requirements are very important, the most

important thing that Siena looks at are students grades.

Asked for one piece of advice they could give to students looking to apply at Siena, the admissions office response was, "We recommended reaching out to your admissions counselor, which is Jim Eaton, here at Siena and foster a relationship. It helps us make decisions when we actually know the student as opposed to a random name on a piece of paper. Siena looks heavily at demonstrated interest, especially since Averill Park is so close by; come visit our campus, sit for an interview, attend our open houses, etc."

When asked

(continued on page 11)

WHAT TEACHERS WANT FROM THEIR STUDENTS

THREE SPECIFIC QUALITIES LEAD TO SUCCESS

by Lilly Kronau

So, what are the qualities a teacher likes to see in their students at Averill Park? When narrowed down, there are three main qualities a teacher looks for in each student at APHS.

The first quality is the ability for a student to persevere. Perseverance is a trait that many successful students have. If you have perseverance, you don't give up in the face of adversity. "Good students are able to persevere even when concepts are hard and grades are not great," said math teacher Mr. Zehnder. Teachers want to see students continue to try even when learning becomes difficult.

Many of us can agree that chemistry is a challenging subject, but as Dr. Perry says, "Perseverance—when learning is difficult...that's when you dig in and keep trying." "A student can fail an assessment and be an excellent student, if they keep trying," added Zehnder. Good grades come with a good, strong effort.

This leads to the second quality that teachers

look for in the student body, which is a sense of curiosity for the world, which leads to a desire to learn. A student who



engages in class and wants to learn will be successful in school because they want to absorb as well as study new information. "A student can do really well on an assessment because the material comes easy to them," said Zehnder. "However, this does not necessarily indicate they are a good student if they did not fully engage in the learning process." Physics teacher Mrs. Rees puts a quote on her board every day, reminding students that learning isn't always easy, but it can be rewarding with hard work and

a desire to learn.

The third quality Averill Park teachers look for in their students is responsi-

bility. Responsibility is a very important characteristic of a good student. It shows the student wants to learn, cares about their education, and takes initiative. AP U.S History teacher Mr. Goodnow teaches his students to have responsibility for their actions and to take control of what they want out of their education.

It should be noted that there are also qualities teachers do not look for in a student. Entitlement, disrespect, and quitters are all traits that teachers do not want to see in a student. Any

form of bullying will not be tolerated by any teacher as well as laziness in school. To have a good education, the student must put in the work that ensures that they don't think they are entitled to something they have not worked for.

Ultimately, your education lies in your hands. "Good students own their successes and failures, knowing that they can change how they approach learning in order to impact their performance," said Zehnder. The three qualities above are very important to most if not all of the teachers at Averill Park, and each student has the ability to obtain and display these traits. By staying away from those negative traits and striving to become a responsible, persevering student who wants to learn, your teachers will recognize these actions, and as a result, you will become a more successful student. Involved and enthusiastic students make teaching fun and engaging for everyone, teachers and students alike.

COLLEGE (CONTINUED FROM PAGE 10)

about the school culture at Siena and what campus culture was like, they told me that campus culture at Siena is very community-based. They host a number of volunteer activities and require their students to actively volunteer. Once you're a Siena Saint, you're a Saint for life!

While heading into this conversation with Siena's admissions office, I knew that one very important thing I wanted to know was what the

certain requirements are for different majors. It's important to head into college with some clue of what you want to pursue in your future, but it's okay to not know yet. Certain programs at Siena do indeed have different applications and or requirements. The two most popular are Siena's dual acceptance program with Albany Medical College and their dual degree program with The Belanger School of Nursing, both pro-

grams in the medical field.

College is a big step in establishing our future. As students in high school, the little things count, so make the most of it. Get involved in afterschool programs, sports and apply yourself for those honors or AP classes as they really do help when it comes time to look at colleges.

Siena is just one of the many great college choices you can attend, whether you want to attend a college

close or far away. It's scary to think but time is ticking down and as soon as you know it, you'll be applying to colleges. Although not all colleges are similar to Siena's process, the knowledge that their admissions office presents can help ease those nerves and make the process of applying for college easier on the brain.

SURVEY SAYS: TWO TEACHERS, TWO INTERVIEWS



by Carley Salerno

For this column, I sit down with two faculty members of different ages and subjects, and ask them the same set of questions. The two teachers that this prestigious and distinguished honor has been bestowed upon for this edition are Mrs. Engel (social studies teacher) and Mrs. Pauley (school librarian)!

If you had to teach another subject besides your own, which would you pick, and why?

Mrs. Engel: "I would probably have taught biology, because biology was my favorite course in high school."

Mrs. Pauley: "I would say... social studies, because I like to travel and learn about different places."

What hobbies and interests do you have outside of the classroom?

Mrs. Engel: "You all know I foster dogs, so that's my biggest hobby. I also enjoy listening to music, I'm trying to learn how to cook, and I love traveling."



Mrs. Pauley: "I love to do card-making and work out in my flower gardens in the summer."

How were your grades in school?

Mrs. Engel: "I was a self-proclaimed nerd in school, so I had very good grades."

Mrs. Pauley: "I was an Honor Society student."

Is there anything that your students have taught you?

Mrs. Engel: "A lot. How to em-

pathize with others, and how to be a better parent, actually."

Mrs. Pauley: "To be caring, understanding, patient..."

What was the last good book you read?

Mrs. Engel: "Educated by Tara Westover. It was a really good book about getting out of the cycle of poverty by education."

Mrs. Pauley: "The Debby Macomber series."

What character trait do you value most in students?

Mrs. Engel: "I like self-confidence and determination. Those are my two most important ones."

Mrs. Pauley: "Their honesty."

If you got to start over and be something other than a teacher, what would you be?

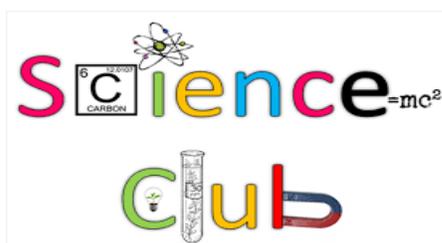
Mrs. Engel: "I would be an events planner, a real estate agent... or a travel agent, maybe?"

Mrs. Pauley: "Probably a secretary."

SCIENCE RULES! NEW CLUB FORMS, OPEN TO INTERESTED STUDENTS

by Gabi Mohos

A new group called the Science Club will soon be starting in Dr. Panzanaro's room. It is open to every student at Averill Park High School. The science club will be student-led, and student officers have already been decided. Adam Limoges, Lydia Ware, Hannah Ryan



and Leena Kiehl have all been selected to be officers.

The club will be "a place for kids who are interested in science to continue that outside of class," said Limoges. It will be presenting activities to the Averill Park Board of Education, interacting with local scientists, bringing science activities to the middle and elementary schools, and exploring topics

that have not been covered during class.

The club is still waiting to get school board approval, but once they get it, the club will be officially starting up. Dates and times will soon be available for this brand new club, though they plan on having weekly meetings on Thursdays after school.

HEY, WANT SOME ADVICE? NEW SOPHOMORE AND JUNIOR CLASS ADVISORS NAMED

by Adam Limoges

In the wake of Averill Park getting a new principal, the sophomore and junior classes find themselves with new advisors. The sophomore class is now advised by Mrs. Arsenault and Mrs. Glunk and the junior class is now advised by Mrs. Yost and Mrs. Medici.

For the sophomore class, the advisors plan to improve communication between the officers and themselves. "Communication between the advisors, officers, and the whole class will be better and I think part of that will be advisory," said Glunk. She plans to utilize the advisory period to plan and coordinate efforts for the sophomore class. She

also thinks that working alongside Mrs. Arsenault will be highly beneficial.

Arsenault has been

want to create an environment where the officers play a key role in decision making for the class.



a class advisor in the past and will bring that experience to the table. Each advisor has different strengths and they balance each other well, according to Glunk. They also

For the junior class, the advisors plan to improve on prom with a new DJ and improved food. They plan to continue with the Yankee Candle sale and other fundraisers

that worked well the previous year. Other ideas for prom improvements have come from Yost. "I would like to see bussing to the venue," said Yost. "Free bussing would provide a ride for those who couldn't get a ride and provide a sense of comradery." She also said, "I'd like to see the price of tickets go down or a sliding scale of ticket rates." Both advisors look forward to a great year and, according to Yost, the job is less scary when the students get involved.

The turnover in class advisors for the sophomore and junior classes will help provide fresh ideas and new energy to our school. They are ready to help create new ways for students to get involved, and help create a better and happier Averill Park.

PATHFINDERS: IT'S OFFICIAL! GAMING CLUB GROWS IN POPULARITY

by Sonja Kaye

Pathfinders has become an official club at Averill Park High School. Pathfinders is a role-playing game similar to Dungeons and Dragons that is usually set in a fantasy world. Players can be creative and create and act as different characters. They can then go on different adventures and fight monsters to gain experience and level up.

A group of students has been playing this game in the high school library for a long time, and this year they have finally become an official club advised by Mrs. Yost.



The group playing Pathfinders started out small, but has grown so much that now there are three different groups of

people who play simultaneously.

Freshman Kit Orologio, who plays in the club, said, "Pathfinders is fun because it's an escape from schoolwork and it's almost like you get to be another person in a world where anything could happen." Most people in the club feel similarly, enjoying the creative freedom of Pathfinders.

The club meets on Tuesdays, Wednesdays, and Thursdays (or whenever there are late buses) after school in the library, and everyone is free to join, no experience necessary.

KELSEY'S PROMISE CLUB ESTABLISHED TO MEMORIALIZE APHS STUDENT

by Julia Skiba

There is a new club starting at Averill Park High School, called Kelsey's Promise. Kelsey's Promise was made possible by a club fund that was established in memory of our classmate and friend, Kittleston. The fund was made by Kittleston's friends and family.

Why should you join the club, you may ask? The founder of the club, junior Gabrielle Skiba, said, "To bring more blue and green (Kelsey's favorite colors) into our school community!"

Kittleston passed away last year from brain

cancer. Those of you who knew her know that she had a love for animals, music, and helping others. In the spirit of continuing with Kittleston's legacy, this club has been formed to accomplish several goals. The main goal of Kelsey's Promise is to help raise money for the Melodies Center in Albany. The Melodies Center was an important part of Kittleston's treatment and sup-



port for her family. The Melodies Center is in desperate need of a child life specialist to assist those families who are given the devastating news that their child has a serious and often times life threatening illness.

Some of the activities the club is planning for this upcoming school year are bake sales and a soccer tournament. Our main event will be a 5k Run/Fitness day in May.

For the service component, our club will be going

to Homeward Bound, a place that fosters dogs from Kentucky, Tennessee, and even Puerto Rico.

This new club is great if you are in need of community service hours or if you just want to give back to the community. The club is also super easy to join. All you have to do is show up at the meetings, which are usually once or twice a month, and volunteer some of your time for our fun activities and community service. Skiba said, "The club is doing great so far, but we could always use more people." So come in and join Kelsey's promise!

WORLD OF DIFFERENCE WELCOMES ALL CLUB REACHING OUT FOR NEW MEMBERS

by Anna Olson, World of Difference Secretary

Hey everyone! I hope your year is going well at APHS. A World of Difference club has had a great start of the year, adding

many new members. We have meetings the second Thursday of every month after school in the library. We also have a meeting during advisory every fourth Thursday of the month.

We are looking forward to the new year and hope you will join us. Everyone is welcome.

We have a lot of big plans for APHS this year!



BEST BUDDIES CLUB NEW

by Mara Little and Makayla Kieley

Best Buddies is now coming to Averill Park High School. Best Buddies is the world's largest organization dedicated to ending the social, economic, and physical isolation of people with Intellectual Developmental Disorder. It is a club where kids can interact with one another in a safe and accepting environment. Everybody in this

school is different. Best Buddies will help kids explore their differences. It is here to make sure everyone feels welcome in

our school and in our community no matter what their dif-



ferences might be. This club helps build friendships that you cannot find anywhere else.

Best Buddies uses activities that require team-

work, so kids can learn to work with one another. Different game options are available for students to choose from so they are not limited to just one activity. Some of the team activities included are arts and crafts, coloring, and group games. Game requests are always open for people to suggest at any point throughout the year.

Some students in

(continued on page 18)

WHAT DID YOU DO THIS SUMMER?

FOREIGN LANGUAGE TEACHERS TRAVELED FAR AND WIDE

by Lauren Harland

While it often surprises students to learn that their teachers have lives outside of their classrooms, many also wonder what teachers do in their free time. Once school ends for the summer, many teachers go on vacations and trips to a variety of locations. This year, these vacations for teachers of foreign languages at Averill Park included everything from visiting family, traveling to different states, flying across the U.S. and exploring a foreign country.

This summer, Mr. Brown, a French teacher at APHS, visited his daughter in Cameroon, Africa. He traveled there with his wife in order to experience the life that his daughter has been living there for about a year in the Peace Corps. Brown explained that his favorite part of this trip was “meeting her friends from the neighborhood where she lives in a medium-sized African town.”

He and his wife loved getting to meet their daughter’s friends, eating with them, making meals with them, and joking around with them. They had to learn how to live daily life in a way that is very different from that in America, including taking “bucket showers”, involving scooping out water and rinsing yourself from a bucket of water.

Although the lifestyle in Cameroon was something that needed a little bit of adjusting to, Brown described how the warm and welcome nature of the people that he met there was a huge help. “They were very, very accepting of foreigners and strangers,” he said. This trip was very different from other trips that Brown had taken previously focused more to-

wards tourism. He explained, “You had to know how to function in the country, which fortunately my daughter did.” All in all, Brown enjoyed his

husband drove to New York City to pick up some friends for a visit to Philadelphia. In Philadelphia, they saw a soccer game, went to an Argentinian

time in Philadelphia because we were with good friends, and just spending time with my parents because even though we didn’t do much, it was very relaxing just hanging out with them.” In the future she would love to go on similar trips because she loves to visit different cities to experience new things, but she would especially love to visit Machu Picchu in Peru.

One of Averill Park’s French and Spanish teachers, Mrs. Caruso, spent another summer in Santa Fe, New Mexico. She vacations there every summer and explained, “We have a condominium there, and in 2020 that’s where I’m going to retire to and teach out there.” Over the weeks that she spent there, Caruso enjoyed a variety of different activities, but her favorites were hiking and eating. “I hike lots of different trails in the Sangro de Cristo Mountains, and I love to eat the food in Santa Fe because it’s a wonderful blend of Spanish and Native American cooking.” During her hikes, Caruso would expect to encounter a surplus of Spanish speakers, but she is consistently surprised by how many French speakers she meets instead. “Every time I go I probably end up speaking more French than Spanish,” she said. Caruso attributes this to the fact that French citizens love the southwest and “playing cowboy.” Caruso usually drives to Arizona with her dog over the course of four days and spends between five and six weeks in Santa Fe, but this year she flew instead. This only allowed

(continued on page 18)



summer vacation in Cameroon and would absolutely visit again.

Mrs. Clark-Apelanz, a Spanish teacher, went on multiple trips this summer vacation. The first was a camping trip to Caroga Lake. “We enjoy going camping and try to do it once a summer,” Clark-Apelanz explained. She, along with her husband and her stepson, enjoyed their time relaxing at the beach and celebrating her husband’s birthday with dinner and decorations.

Later in the summer, Clark-Apelanz and her

restaurant and visited an art museum. While there, they “obviously had our picture with the Rocky statue and ran up the stairs that Rocky ran up.”

The following Monday, Clark-Apelanz and her husband went to Syracuse where they “spent a couple days shopping and went to the State Fair” and then immediately went to spend time with her parents in Rochester. At her parents’ house, she relaxed at the pool and spent time with family.

Clark-Apelanz explained that her favorite parts of her trips were “spending

THE HEALTH BEAT:

THE IMPORTANCE OF BREAKFAST

by Gabriel Hildebrandt

Everyone has undoubtedly heard that breakfast is the most important meal of the day. There is a reason this phrase has been repeated so often; it's because it is absolutely true! Breakfast has a multitude of benefits that significantly outweigh any struggle one might have at finding time in the morning. First of all, breakfast has been seen to improve your relationship with weight gain. Studies have shown that those who eat breakfast regularly have a easier time maintaining a healthy weight. Additionally, breakfast improves concentration and prevents groggy feelings. When the body goes to sleep it goes without

fuel for a long time. This means that if it doesn't get the necessary energy, it has



to rely on whatever energy you have in reserve, often leading to drowsiness and cranky moods.

Finally, breakfast has been shown to prevent overeating

throughout the day. It has been observed that those who skip breakfast are fifty percent more likely to be

overweight. Going without breakfast starves you, therefore causing you to overeat once food comes back into the equation.

Most importantly, however, how does one find the time for a hearty breakfast? This comes with practice. Once you learn to plan meals ahead of time, pick quick and simple meals, and learn to enjoy leftovers, everything will come a tad easier.

Next time you internally debate the importance of breakfast, don't just shrug it off! Prepare an egg sandwich, grab some yogurt with fruit and granola, or even chow down on some overnight oats! You won't be sorry.

TEACHERS BEING TEACHERS PROFESSION REFLECTED IN THEIR PERSONAL COLLECTING

by Mara Little

As students, we don't normally see our teachers as having lives outside of the classroom. We see them as people who stand at the front of a classroom hoping to cram information into our tired minds for 80 minutes every other day. Being teachers, they never really leave their work at school. It comes home with them. There's some truth to these beliefs, as in many cases schoolwork does get carried over into the items they collect.

Mrs. Gregory, an art teacher at Averill Park High School, collects many things for her students to use in the classroom or in their work.

She collects items like meat trays, large yogurt containers, old bed sheets and wallpaper. The meat trays and large yogurt containers are available for students to use to hold their paint as they are creating. The bed sheets and wallpaper can be stretched out and used as canvases or pieces in art work. "Being an Art teacher, you always collect weird things," said Gregory.

Mrs. Gaboury, who teaches ninth and eleventh grade English, said some things she has collected over the years are dolls and anything with blue glass. However, being an English teacher, she has also collected numerous books to read in and out of the classroom. Collecting

and reading these books has allowed her to give many book suggestions to her students.

Mr. Reddy and Mr. Minkler were also interviewed. Both teach ninth grade Earth Science. Reddy said he collects turtles, which he keeps the turtles at school for his students to study and admire. Minkler has collected all of his I.D. cards since he started working at Averill Park Central School District. He does this for the sole purpose of showing his students the "evolution of Mink." The collection of both turtles and I.D. cards can be incorporated into Earth Science lessons.

Mr. Engel, another English teacher at Averill Park

High School, said he and his wife, Mrs. Engel, one of the ninth grade Global teachers, have been and are continuing to collect puppies...over 100 collected so far. These puppies are brought into English and Global classes for students to interact with. Now, puppies may not always be a part of the lesson, but it can never hurt to have them around.

What our teachers collect helps us to see them as people who don't just teach us, but value our education so much that they think about us outside the classroom. Our teachers use what they enjoy collecting to engage us in learning.

IN SICKNESS AND IN HEALTH SCHOOL? HUSBAND AND WIFE BOTH WORK IN THE SAME BUILDING

by the AP Chronicle Staff

The Journalism Club recently invited a special couple to their regular meeting - Mrs. Engel (who teaches social studies) and Mr. Engel (who teaches English). The two spent ten minutes answering questions related to what it's like to work in the same building as someone they're married to. During the question and answer session the Engels seemed very relaxed, giving pleasant and even funny answers, though there were more than a few awkward laughs. They were not told of the specific questions ahead of time.

One surprising find is the Engels never arrive or leave school at the same time. "We don't ever ride together. Never," said Mr. Engel. If they did, he added, "We probably wouldn't still be married." "I like to at least get here on time," said Mrs. Engel. "He skirts in later." She saw it as one piece of freedom they have from each other. "I think they put us in opposite corners of the building on purpose," said Mr. Engel, "We really don't see each other that much." Despite not carpooling or seeing each other that much, he added that "occasionally we will have lunch together."

Working together with your spouse has both its advantages and disadvantages. Some of the benefits of working at the same school include having the same vacations and the same days off. Also, "We can communicate more easily because we're in the same building," said Mrs. Engel.

"We know how hard our jobs are; we do them day in and day out."

The couple admitted to talking to each other about

away." Since school teachers aren't necessarily the highest paying of occupations, Mrs. Engel also pointed out finances as one of the difficulties.



their students, "because we have a lot of the same students now," said Mrs. Engel. "It's hard to walk away from the day and not be thinking or talking about students," added her husband. So do they even talk about their school problems at home? "Yes," said Mr. Engel. "Teaching is a lifestyle, not a 9 to 5 job." They think it's interesting to see shared opinions of students, and even talk about students "over the dinner table occasionally, with actual names," joked Mr. Engel.

Some of the problems with working at the same school include "times when we both have to be here," said Mrs. Engel, "whereas, if you have different jobs, usually one person could manage to get

"It would be really cool if one of us was in a job where we made a lot of money," she said.

Mr. Engel pointed out that it's "not one of those jobs where you walk out the door and drop and forget about it." "Going home to your own kids is almost the same thing," his wife added, "you have to be patient after doing the same thing all day."

While both have been teaching at Averill Park for many years, Mrs. Engel was the first to raise her hand when asked who likes teaching more. Mr. Engel said, "I love working with students, but I'm tired of the nonsense."

In answer to the unexpected question concerning if they ever "ship" students, the Engels both react-

ed with "What?" and "I don't understand what that means." After the interviewers explained they wondered if the Engels try to "set-up" relationships among students, Mrs. Engel said facetiously "I thought I did a really good job matchmaking in my classes," while her husband said more bluntly, "I had a couple in freshman year, and I just said 'What are you thinking?'"

So, are they glad they work together? When asked if they ever get sick of each other, Mr. Engel said "Nah, I don't think so."

"I always enjoyed seeing you when we first met," added Mrs. Engel cryptically.

Note - This article was written as a collaborative effort during a 10 minute interview session with Mr. and Mrs. Engel during a Journalism Club meeting.

GET INVOLVED
Join the Averill Park Journalism Club!

The Averill Park Chronicle is looking for writers, editors and photographers. Meetings are held the first Wednesday of each month at 2:20 pm in room 209.

ONE HALL MONITOR RETURNS...

BERNER BACK FOR HER SECOND YEAR

by Dani Lapier

Averill Park has many hall monitors, and one of our newest additions is Leslie Berner, starting her second year at Averill Park. As a hall monitor Berner does many things, like keeping the halls clear and safe, directing lost students, and always being ready to help everyone. Her favorite part of the job? The students! "I don't have any kids, so you guys are kind of like my kids," she said.

One benefit of her job is the walking. She loves to walk around the school to keep busy. "I usually get in about 20,000 steps a day." But every job has its negatives and according to Berner, the worst part is when she sees the students get in trouble. "Well, I hate to see kids getting in trouble and fighting when they could resolve their issues by talking it out, without anger." Berner also added, "The language out of some of you! The mouth, really!"

Hall monitors like

Berner have lots of hobbies outside of school, too. In Berner's case, she is very

I have guinea hens, chickens, ducks and pigs." She has to wake up every morning extra



busy. She has a second job at Dinosaur Barbeque. "I wait tables there, but I used to cater and bartend, also."

When she's at home she is equally busy. Berner is a self-proclaimed farmer and owns a constantly growing farm. "I just bought peacocks;

early and feed, give water to, and collect the eggs of all her animals. I just had to ask — why peacocks? Her response: "I love peacocks!" Near her house is a "farmer swap meet" where people from all over get together and trade animals and

goods. She went to one two weeks ago and bought two peacocks, three peacock eggs, and several chickens.

Curious if the hall monitors are friends outside of school or not? According to Berner, during Christmas, she and a few of the other hall monitors at AP go out to dinner and give gifts. Any favorite students? Berner replied, "I guess the kids I know I'm closer with because I'm high-fiving them or joking with them." Many of the students' parents went to school with Berner, so she is close with their families.

Interviewing Berner gave me a look into what being a hall monitor is all about, and I'm impressed with how much they do for our school. In the middle of our discussion, Berner had to get pulled away because teachers needed her help with something. Being a hall monitor is a very important job in our school and Averill Park wouldn't run as smoothly without the help of people like Leslie Berner.

BUDDIES (CONTINUED FROM PAGE 14)

the Averill Park Central School District have disabilities (IDD's) that limit or affect the things they are capable of doing, including making new friends. In Best Buddies, building friendships between students with or without intellectual or developmental disabilities is the goal. These

friendships are the building blocks to a student's newly found confidence and self-esteem helping to build communication skills. Allowing students with IDD to experience activities that other students do normally helps them feel valued by society.

The club was formed

by four freshmen, Makayla Kielely, Mara Little, Ashleigh Mein and Jeana Monaco. "We want there to be a safe and open environment for students to be themselves and give them an equal opportunity to have their best high school experience." These interactions can change the

lives of not only kids with IDD's, but all kids involved in the program.

Best Buddies meets during advisory every other Thursday in the mezzanine. If you have any questions or would like to join, contact Mrs. Yost in the library or Mrs. Ryan in room 227.

TRAVEL (CONTINUED FROM PAGE 15)

her to spend about four and a half weeks on this trip, so she plans on driving down next year. Caruso will most defi-

nately continue her annual summer vacation to Santa Fe and would also love to visit the birthplace of tango in

Argentina.

Though they may have gone in opposite directions, these Averill Park for-

eign language teachers each spent part of their summer traveling and exploring different places.

...AND ANOTHER ARRIVES NEWEST ADDITION LIKES WHAT HE SEES

by Liam Rounds

In a high school with hundreds of kids, it is important to keep the hallways safe and managed. Although we may not have classes with these people, they help the school run smoothly. Hall monitors are an essential part of the Averill Park community. These hall monitors help you get back to class, find the right hall, and make sure you're not late as well as always ensuring our safety.

David Kleszczynski is one of the new monitors in our school. When asked what he did before coming to Averill Park High School, Kleszczynski said, "That's hard to say... I used to work at a large distribution center for almost twelve years. I did a bit of security work after that." Having an insight into Kleszczynski's past experience with security provided a greater

appreciation and trust for his work during the school today.



Teachers in our district are extremely welcoming and accepting, and I

was glad to hear Kleszczynski felt the same way. When asked what the best part

about his job was, he responded with a heartwarming statement: "The people. I

enjoy meeting all the teachers and the students. I don't have a single negative thing to say."

Asked to pick one aspect about his job he did not like, Kleszczynski said "Nothing." Knowing he felt comfortable in our district as a new monitor, I asked Kleszczynski if he had met any new people in the district he would consider friends. "Yeah, all the people I work with," he said. "They are all nice people, and I'm glad I got to know them."

There is a massive amount of work our hall monitors put into managing the school. Averill Park High School would like to thank Mr. Kleszczynski for the amazing service and effort he puts into his job everyday.

NEW LIBRIAN BRINGS NEW IDEAS ELEMENTARY LIBRARIAN MAKES THE MOVE UP

by Belle Klimek

Perhaps it's news to you that our school has a new librarian assistant. Sheila Pauly has been working at Averill Park High School since the beginning of the school year. She is a very kind and busy woman, and it is truly a pleasure to talk to her.

Pauly decided to come up to the high school from an elementary position because she was looking for a change; also, she was excited to see students she used to know, and she wanted to observe their development over the years. As she put it, "I just love seeing some of the kids I used to



know at West Sand Lake." Not that she didn't enjoy working at West Sand Lake, but Pauly says she's wanted this job since she worked there. This job comes with

more hours, too, so that's a bonus financially.

Pauly is happily married and has two stepsons. In her spare time she enjoys spending time in her garden, making cards, scrapbooking, and reading books by Debbie Macomber, her favorite author.

The interview with Pauly took much longer than anticipated. Every time she was asked a question and was about to give an answer, a student would come up and ask a question or need a pass. Sometimes they just

wanted to say hello to Pauly. This just goes to show how hardworking Pauly is and how much she loves her job. It takes a special person to connect with and enjoy being around teenagers every day.

When asked what she wants you to know about her, Pauly responded with a series of characteristics about seeing herself fair, patient, kind, a people person, and very positive. She hopes to connect with the kids and it appears that she has.

With her kind smile and happy eyes, it's so hard to not want to be Pauly's friend. If you haven't met Mrs. Pauly, you should. You will not regret it. Averill Park is lucky to have her.

WELCOMING BACK MRS. HOTALING

RECOVERY TAKES NEARLY A YEAR

by Alexandra Gaboury

According to the Mayo Clinic, over one million Americans suffer from an autonomic system disorder. This disorder, also known as dysautonomia, is described as a breakdown or abnormal function of the autonomic nervous system, which controls involuntary functions, like blood pressure and body temperature. One of Averill Park's own teachers suffered from this over a year ago.

"The summer of 2017, I started to feel sick," said Ms. Hotaling, a special education teacher in room 204. "I got diagnosed with a disorder of the autonomic nervous system around Christmas time in 2017."

Hotaling was out of school from September to mid-May last year due to this disorder. "I went from someone who was highly

active, working all the time, going here and there, to someone who couldn't."

day through Friday, 7:35-2:10. In addition, Hotaling loves her job, so didn't want

teacher filled in for her. "I thought about school everyday but it helped knowing that they were in good hands," said Hotaling. Slowly she improved, allowing her to ease back into school life, working half days to full days the last couple weeks of school. She is now back at school full time and loving every second of it. "The district was great," she added.

What is it like to get dysautonomia? "Definitely don't give up," she advises to all, remarking on her experience. "It's hard. It's easier said than done. Be your own advocate for your health; you know something's wrong and you just have to stick with the doctor's appointments and try to find the answers and do what you need to do."

"There were times — I wasn't driving — I had my family, my friends take me to appointments, even grocery shopping," Hotaling remembers. "I needed help. But it was allowing other people to help you...it's hard to do when you're independent like me."

But she did it, and Averill Park is glad that she has recovered and is back.



Close your eyes for a second and imagine life without school. Some might giggle and think that would be great, but school is such a central part of your life. Mon-

to be out for more than eight months. Talking about when she was able to come back, she smiles, "It was great."

In her absence, a certified special education

**Look for
issues of
The
Chronicle
on-line!**

Go to the APHS webpage on the APHS District website at averillpark.k12.ny.us/aphs and click on "Student Parent Resources." Then click on "Newsletters."

Come see the OBP's fall play

Cinderella

**in the Averill Park
High School Auditorium
November 16-17**

FEELING DOWN? MAYBE YOU NEED A... POSITIVITY POST-IT NOTE!

by Grace Powers and Emily Jaworski

"It all started last year, when I was in a bad place. I realized the only thing that made me feel better was making other people happy. That was the moment the 'Positivity Post-Its' were born."

Emily "Jaws" Jaworski has been making the "Positivity Post-Its" for about a year and a half. The first day of school is difficult for most people. Summer is over and it's hard to get back into a routine. Jaws makes these

notes for people whenever they ask and need an extra boost of positivity, happiness, and love.

"I posted on social media the night before school

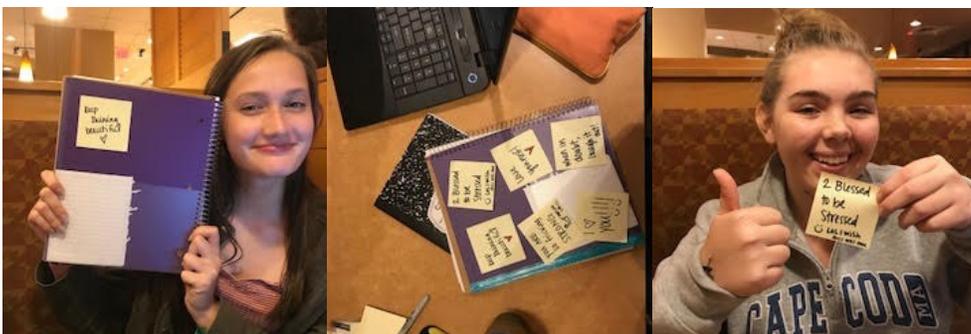
day I ran out," she said.

"It helped me to keep a positive attitude when I was having a rough day," said senior Sophia Morone

great way to give you encouragement on a hard day of school, before a test, etc. You can also hang them up around your house like in your bedroom or on your mirror so that you can see the note everyday.

"Many people tell me that they keep them and put them in places they see frequently. They see the little reminders to do things like smile more or laugh and they do it. It's like magic!"

You can find Jaws at school or on instagram @emilyjaworski10!



started for people to come find me if they needed one, and the feedback was crazy. I probably made about 50 notes and by the end of the

about receiving one.

You can put the notes in your binder, folders, notebooks or in any other school supplies you have. This is a

Boys Soccer Shows Great Improvement Season Ends In Early Sectional Loss

by Eric Schuman

It was an exhilarating and memorable season for the Averill Park boys soccer team. The team went 6-8-2 in a very challenging Suburban Council this year, picking up a couple huge wins against Guilderland and Burnt Hills, as well as a tie with Shaker. Their impressive run was enough to earn the Warriors a #3 seed in Sectionals for Class A. This was a great improvement, as Averill Park only won three games and given a #7 seed last year.

Senior captain and four year Varsity striker Logan Bielawski believed this season to be one of the best. "As a team we were far more successful than we have been in a while," he stated. He thought the key to AP's success was how unified the team was.



"This group of guys has been playing together for years, and it really showed this year." Bielawski scored a team leading 14 goals this season, including a hat trick against AP's rival, Burnt Hills. Bielawski said of the game, "My favorite moment of the year was chipping the keeper

versus Burnt Hills, who beat us last year in Sectionals." AP would end up winning the game 4-2.

Unfortunately, the Warriors were forced to exit Sectional play after just their first game, falling to Ballston Spa in a 3-2 heartbreaker. In that game, Bielawski scored early in the first half off a free kick sent in by senior defender Owen Joyce to break the game open for AP.

This lead was diminished after Ballston Spa found the nets with barely any time left in the first half.

The second half was one filled with controversy. Ballston Spa was awarded two penalty kicks during the half on questionable calls. Both kicks were converted and AP was

only able to get one back on a goal by senior midfielder Thomas Hacker off a Bielawski free kick.

"The refs certainly didn't help us out by calling a controversial PK," Bielawski stated. "The fact of the matter is we didn't get the job done that day, but we left everything we had on that field from start to finish, and that's all we can do," he continued. This game ended the Warrior's run, but the returning players are hopeful to redeem themselves next year.

"We got very unlucky (against Ballston Spa) on all three goals they scored on us and on a different day we would win," said Dean Buttaci, a junior midfielder on the team. "Next season could be as good as this season...but with a deeper sectional run."

Girls Soccer Wins Class A Sectionals

#1 Seed Shuts-out Opponent, Moves On To Regionals

The Averill Park girls soccer team won the Class A Sectional finals against Burnt Hills-Ballston Lake on Friday, October 26

by a score of 2-0. Neither team scoring in the first half, but Averill Park received scores from juniors Jessica Haskin and

Sydney Haskin. Megan Glanton played in goal and earned the shutout. The girls team were the number #1 seed

going into the game. Averill Park will participate in a New York State Regional game on Saturday, November 3.



FAVORITE

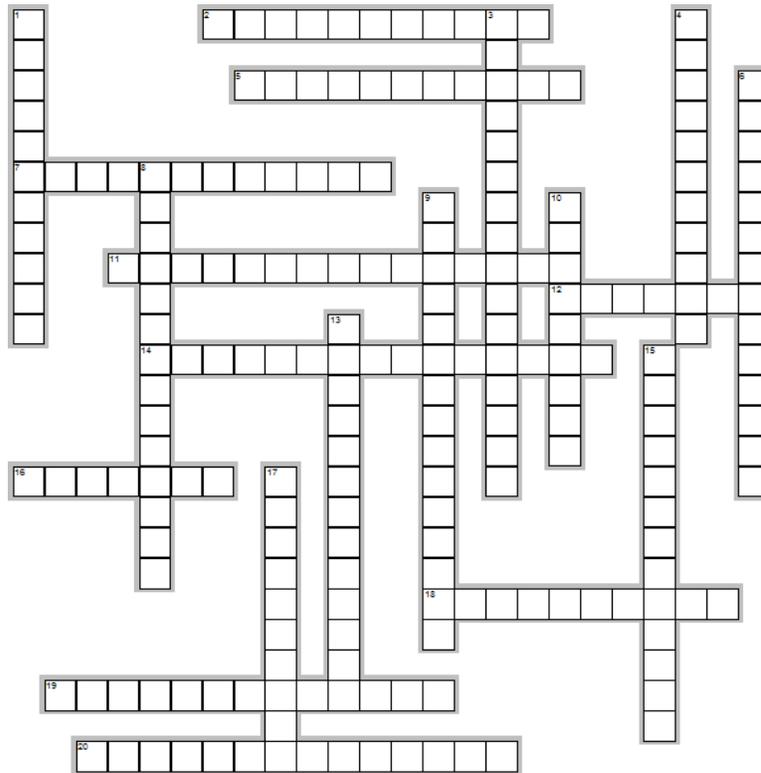
CHILDHOOD

VACATION SPOT

Match the STAFF MEMBERS with their FAVORITE CHILDHOOD VACATION SPOTS

- | | |
|-------------------|----------------|
| CAPE COD | CASSAYUNA LAKE |
| CORPUS CHRISTY | BROWNS BEACH |
| GRAFTON | HAMPTON BEACH |
| INDIAN LAKE | LAKE GEORGE |
| MYRTLE BEACH | WISCONSIN |
| SHERWOOD ISLAND | STONE HARBOR |
| TUG HILL PLATEAU | VIRGINIA BEACH |
| CHAMPLAIN ISLANDS | |
| FISH CREEK PONDS | |
| HERSHEY PARK | |
| LONG BEACH ISLAND | |
| THOUSAND ISLANDS | |
| WALT DISNEY WORLD | |

* Note—Leave Out All Spaces In Puzzle



Down

1. Bailey
3. McPartlin
4. Stone
6. Panzanaro
8. Brown
9. Bishop
10. M. Dutcher
13. Sorriento
15. Goodnow
17. Hotaling

Across

2. B. Engel, Minkler
5. K. Clark
7. Oldendorf
11. Caballero
12. Ferlito
14. Ashline, S. Engel, Galcik
16. Rohl
18. Doyle, Emmons
19. Caruso, Klepsch
20. Hall