

CHRONICLE

ELA REGENTS MOVED UP

All Averill Park juniors will be taking the New York State English Regents Exam this January, a change from previous years. The exam was formerly given in June.

"It was a return to an old practice that we thought was pretty good," said English Curriculum Leader Mr. Fairchild about the move. "We liked it because it puts one of the heavy writing tasks on a different week, so it's away from social studies."

Another reason has to do with the format of the test, which used to take place over two days of intensive writing. "Now that it's back to one day it's easy enough to give in January," he said. "Plus, it gives students two shots if they need them to pass the test."

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DEPARTMENT LEADERSHIP POSITIONS REINTRODUCED

by Kyle Reasor

Over the summer, while students were relaxing on vacation, district employees remained hard at work. Teachers and administrators alike traded in their time off in hopes of creating a better learning environment for the students. They collaborated to implement curriculum leaders and department chairs for each subject area.

These positions have existed in years prior, but were abolished due to budget cuts. The district's intent in reintroducing these positions was to facilitate communication between departments and district leader-

ship.

Science Curriculum Leader Dr. Perry, and Music Co-Department Chair Mrs. Christy have described their newfound roles as a "liaison



between the department and administration."

In this role, the Curriculum Leaders and Department Chairs are responsible for directing communication throughout their department.

They must then convey the department's consensus to administration. This facilitation is important to ensure that all involved educational entities are on the same page.

The main role of a Curriculum Leader or Department Chair is to lead the meetings between the department and administration. This is an essential responsibility. These meetings ensure that students are learning what both administration and teachers feel is important to their education.

ELA Curriculum Leader Mr. Fairchild states, "This is important because when teachers are given the power

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SOME TIME TO BREATHE MEDITATION AND YOGA DURING ADVISORY

by Mara Little

Students and staff are adjusting to Averill Park High School's newly instituted advisory period in many different ways. In the September issue of the APHS news letter, Principal Mr. Quiles described the vision for advisory as focusing "on slowing down the fast pace of the school day, giving students and staff some time to breathe...". One way these 25 minutes could be spent is through medita-

tion or yoga, something many students don't have the opportunity to try in our limited



time outside of school and extracurricular activities. Meditation and yoga

are thought to help clear your mind and reduce stress, giving students a fresh start. By clearing and opening up their minds, students are able to absorb more information and learn at a quicker pace. A handful of teachers were asked about their feelings on doing the meditation or yoga during their advisory periods

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DEPARTMENT AND CURRICULUM LEADERS (CONTINUED FROM PAGE 1)

to control their own situation, they do a better job for kids." He, along with his peers serving as Leaders and Chairs, feel that coming to a group consensus is crucial. This empowers all employees within the department which is advantageous to all Averill Park students. Christy said "I think it is important for each voice to have a place at the table."

The difference between Department Chairs and Curriculum Leaders lies within the meetings they attend, the fields they represent, and the grade levels that they oversee. Curriculum Lead-

ers are in charge of high-school level courses within the department (grades 9-12).

On the other hand, the Department Chairs often cover a larger range, some covering post-elementary (grades 6-12), while others cover the entire spectrum (grades K-12).

The number and type of meetings also differ. Curriculum Leaders specifically attend building level meetings (referred to as GIT meetings). The Curriculum Leaders have control over the typical core fields of learning such as ELA, Math, Social Studies, and Science. On the other hand, Department Chairs

have the more defined and specific departments such as Art, STEM, and Music.

Objectives of both positions include the creation of formative assessments, reorientation of curriculum, and the creation of new courses. Both Perry and Fairchild stressed the importance of these changes in order to improve both their departments and their respective learning environment. Perry specifically cited the importance of ensuring that all teachers are "trained" in order to execute their jobs to the best of their ability.

The present appointed Curriculum Leaders are as follows: Dan Fairchild (ELA),

Jon Zehnder (Math), Sarah Engel (Social Studies), Beth Perry (Science) and Tracy Ferlito (SPED). The Department Chairs include Logan Kline and Amy Bailey (Art Co-Chairs), Cathy Caruso (LOTE) Sarah Christy and Michelle Baratto (Music Co-Chairs), Kirsten Lambricht and Matt Duff (Tech/STEM Co-Chairs), Linda Bille (Student Support Services), Jennifer Yost (Library) and Mark Bubniak (PE/Health Academic Administrator).

We welcome all Chairs and Leaders to their new positions, and appreciate the work they do to improve the school's educational opportunities.

YOGA AND MEDIATION (CONTINUED FROM PAGE 1)

or class times, as well as how they believe it will affect their students.

Mrs. Caruso, an Averill Park foreign language teacher, has been practicing yoga for almost forty years. She started teaching it to her students about five years ago. Caruso says that yoga helps kids to get out of their heads and into their bodies by focusing on oneself. It teaches them the importance of self control and gives them a sense of relaxation.

Since an eighty-minute block is a lengthy amount of time for students to be sitting at a desk, Caruso likes to split the time in two with yoga as a stress reliever. When

she worked at Algonquin, she started a meditation and yoga club that met once a week for almost a year. She would like to carry over this type of club into the High School not only by practicing it in her classes, but by offering a meditation and yoga class as a ten-week elective to be taken in the near future.

Ms. Boulay, a science teacher here at Averill Park High School, is highly committed to meditation in and out of school. She has done it with her students in previous years and though she hasn't tried it this year, she hopes to start soon.

Boulay believes that if you start class with meditation, it lets go of the stress students carry around with them all day. It relaxes their

minds and allows them to focus on themselves and class assignments. She would recommend meditation to anyone who needs a stress reliever or just a break from life for a second.

Another science teacher, Mr. Minkler, believes that meditation would have helpful benefits on his students though he has never tried it himself. He would definitely tell students to consider completing the meditation process at home if they can't find time to do it at school.

Mrs. Gaboury, who teaches English, has been involved in meditation ever since Boulay introduced it to her a few years ago. She tries to practice it with her students as frequently as possible, but like Boulay, she has

not had an opportunity to do so yet this year. Gaboury believes that meditation calms kids down, especially those with anxiety. She said, "Even if you don't have anxiety issues, school can bring it out in you easily." Gaboury highly recommends meditation to all of her students and hopes they continue the practice.

Every teacher interviewed agrees that only good things can come from introducing or continuing the practices of meditation and yoga. With more teachers and students interested or willing to try out both meditation and yoga these practices can become a widely accepted way to spend our 25 minute "time to breath" period called advisory.

ENGLISH REGENTS (CONTINUED FROM PAGE 1)

Some seniors who already took the test see the advantages in moving the exam to January, including "to get it over with," said senior Cat Burns, who

took the exam last June. "If we started practicing for the Regents exam earlier and took it in January, we'd be done."

Another reason fa-

voring an earlier test is "you'd have fewer tests to take in June, so you could focus on it in January," added senior Christina Parrottino.

The specific date of

the state English test for this year's juniors will be Monday, January 22, and will begin at 8 am in the gymnasium.

See Complete Regents
Schedule On Page 14

AP PARTICIPATES IN SUBURBAN COUNCIL EVENT CONFERENCE TRAINS STUDENT LEADERS

by Emily Armlin

On November 7, eight members of our APHS student government attended the Suburban Council Leadership Conference. The conference, which is hosted by a different Suburban Council school annually, was hosted by Shenendehowa's SFA Senate this year.

The event was held at the Clifton Park Hilton Garden Inn, and members of each school's student government had the opportunity to talk to various organizations about volunteer opportunities, learn about how to have a voice, and work with your school's board of education, and meet other students to learn about how their student governments are run.

Averill Park's student government officers Delaney Burton, Emily Armlin, Jane Adams, and Ben Ferlito, along with members Alex Vanderkar, Vito Geraci, Anthony Carucci, and Nick McCart, as well as advisor Mrs. Daviero attended the conference this

year, along with students from ten other schools' student governments.

When the students

the students, discussing the meaning and importance of leadership. He explained that as a true leader, "You don't



arrived, they met members of the SFA Senate and had the chance to talk to them about how their senate runs. Next, the Shenendehowa Central Schools Superintendent Dr. L Oliver Robinson spoke to all

do things for the credit, you do it for the legacy you leave behind." Following this, participants broke into groups, meeting students from other schools and attended different "action workshops."

One workshop was an opportunity to talk with different volunteer organizations about ways to get involved in your community. Another was run by Ms. Deborah Goedeke, the Albany Convention Service Manager, who taught how to effectively promote and market events. In a workshop run by Mr. Robert Pressly, the president of the Shenendehowa Board of Education, students worked together to find solutions to problems that may arise in schools and Mr. Pressly discussed how to address situations and get involved with your school's board of education. Throughout the day, the participants were given the opportunity to learn about how they could use these leadership qualities to make their schools and communities a better place.

The conference was a "great event to be a part of; it's fun to share your knowledge with others," said senior Anthony Carucci. Junior

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THREE-DAY SEMINAR A BENEFIT FOR ALL STUDENTS ATTEND ANTI-DEFAMATION LEAGUE TRAINING

by Adam Limoges

Averill Park is always striving to create a more inclusive and accepting community. We do this in many ways, many involving students and allowing them to help in the fight against prejudices and stereotypes among others in our school and greater community. One way we are able to do this is through the recent Anti-Defamation League (ADL) Peer Training seminar.

The seminar was held over the course of three

days, and focused on prejudice, stereotypes, privilege, diversity, acceptance, bias, and much more. Two members of the ADL came to Averill Park and conducted this peer training seminar to prepare a group of students for leadership and responsibility in their community. The students included a variety of clubs, such as many from Averill Park's A World of Difference club and the Sexuality and Gender Acceptance (SAGA) club, as well as other students interested in creat-

ing a safer, happier, and healthier school.

Mrs. Yost, the A World of Difference advisor, organized the event at Averill Park. "It is an important thing for every school to do," she said. "It raises awareness of bias that's present and intolerance that's present. The training helps kids as individuals and they bring it out to their school community." Yost believes that this will benefit everyone in the community greatly, and said she can already see results. "Any

time you raise awareness about injustices you are doing your community a service," she stated. Her goal is to create a, "tolerant, kinder, more caring, and empathetic school community."

Next year, Yost plans to organize more activities and help run the "No Place For Hate" campaign at Averill Park. She wants to reach every student in the school and raise the awareness for every aspect that was covered in the training.

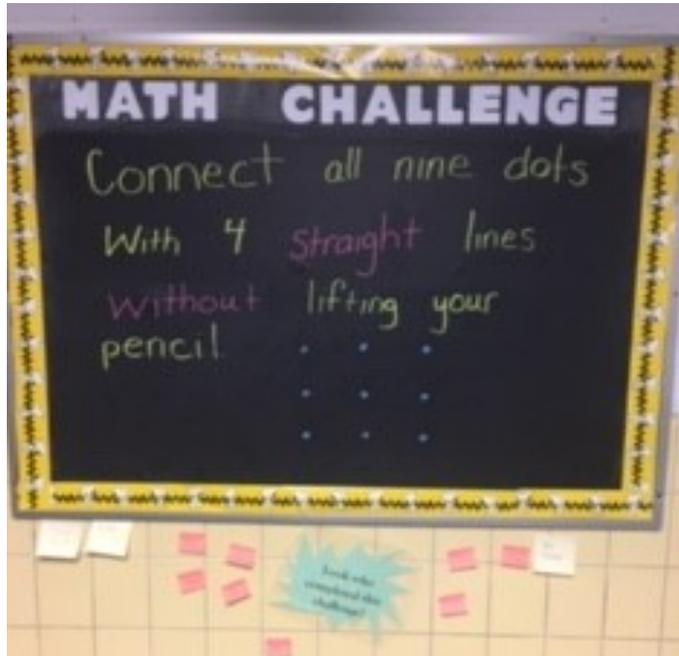
ARE YOU UP FOR THE CHALLENGE?

TEST YOUR SMARTS WITH THE MATH PUZZLE

by Ethan Brightbill, Bryce Thompson and Hayden Wiedman

Ms. Freeman, who teaches Geometry, Statistics, and Exploring Computer at Averill Park, recently created a type of math challenge that takes place in an upstairs math hallway of the high school. Located between one of the stairwells and the mezzanine, students may not have noticed, and even if they did they might not bother to attempt it. But those who do participate in the challenge may find it is a fun event to partake in.

One of the earliest puzzles was placed in the hallway at the end of October. Juniors Bryce Thompson and Hayden Wiedman were interested in solving it. The two were joined by another eleventh grade student, Ethan Brightbill, who



pointed out how they could use the provided sticky notes to help solve a problem that concerned using the num-

bers 1-8 without any repetition. They had to then use the numbers with radicals, fractions, and other sorts of

variants to produce answers. It took them 10 minutes of conversing and working together to accomplish the task.

"It wasn't the hardest of problems," said Wiedman.

After completing a challenge, participants are encouraged to go to room 601 to have the work approved by Ms. Freeman. She even may give a Jolly Rancher for someone completing the challenge.

Freeman also does a sort of raffle using the names of the participants, putting them in a hat, and whoever's name is pulled gets an even better prize. Both this information about an even better prize and how nice Freeman is should certainly have students coming back and trying to accomplish each challenge she puts on the chalkboard.

DANCE...OFF?

MARATHON DANCE POSTPONED UNTIL FEBRUARY

by Sydney Ferguson

The New Horizons Dance-a-Thon, originally scheduled for December 15 from 6-10 pm. at the high school, has been postponed.

The New Horizons club at Averill Park had

planned to put on the Dance-a-Thon in order to raise money for our sister school in the Dominican Republic. Each dollar raised by the club helps send a kid to school and feed them for a day.

Mr. Goodnow, the

advisor for the club, said, "We postponed the Dance-a-Thon because the guest student DJ that we had cancelled last minute and we couldn't find anyone else that was available."

"We're thinking about February 9 for the

rescheduled date, from 6-10 pm., still with food, prizes, and themed music hours," he added.

The tickets will still be \$5 at the door, and of course, the proceeds will go to our sister school in the Dominican Republic.

CONFERENCE (CONTINUED FROM PAGE 3)

Alex VanDerkar said, "Seeing other students who are driven to succeed motivated me to be the best version of myself. I now feel the desire to occupy a leadership role in my community to improve myself and the school as a whole."

The Averill Park

students reflected on their experience at the conference. Student government president Delaney Burton, a junior, said, "The ability to work with other schools and see how they work their student governments was really eye opening. There are so many different ideas and

concepts of running a student government that I didn't realize and can't wait to implement!"

On the ride back to Averill Park, the participants talked about what they liked about the conference and what they learned that we want to use at our

school. Daviero then told us her favorite part of the trip. She said, "My favorite part of this day is watching AP students gain knowledge and experience different leadership qualities from all over the Suburban Council and their personal takeaways from the day."

EDITORIAL PAGES

AND THE AWARD GOES TO...

by Lilly Kronau

The results are in... at least that's what we hear every year for a new group of seniors. The students of Averill Park vote annually and a select few seniors win categories like "Best Dressed," "Most Gullible," etc. Have you ever wondered what our staff would win if given the chance? If so, your wishes have come true.

The departments that have been given superlatives include English, Math, History, Science, Art, Music, Health/P.E., Technology, and LOTE. And with no further adieu, on to the awards.

With their foreign backgrounds, new experiences, and overall joyful mood, students feel as though they

are taken to a new place when they walk into these classrooms. For these reasons, the teachers of this department most definitely deserve their superlative. The

Superlatives

LOTE Department has been awarded Best Decorated Classrooms and Most Musical.

The next winner needs to up their style both inside the classroom and within their department. They also never fail to push their students to the best of their abilities. The English Department has received the awards of Worst Decorated Class-

rooms, Worst Dressed, and Hardest Graders.

This next department seems to let students off a little easy (not that we are complaining). The History

Department has won the superlatives of Easiest Graders and Most Absent. If there

was a most Comedic superlative, History would surely win that award as well.

The Technology Department, despite always being in a good mood and making learning more active, has won the superlatives of Least Musical and Least Absent. Averill Park students feel they never have to worry

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Editors:

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

ABOUT THOSE LIBRARY RULES

by Jeana Monaco

There will always be rules in the library, but do all of them seem fair? I sat down with two Averill Park staff members, librarian Mrs. Yost and English teacher Mrs. Gaboury, as well as freshman Mara Little, to get their insights on the issue.

Most libraries have two golden rules: no eating, and no talking. Clearly, these rules are both very practical. Without these rules students would be unable to concentrate on their books and homework. However, the injunction on eating and talking

is nowhere near as obvious as it may seem. Moderation is key when it comes to food and drink. While most would argue there's little harm in enjoying a Coca Cola and bag of chips while you study, a line has to be drawn somewhere.



Everyone interviewed agreed that lunch was not meant to be the soul purpose of the library. Yost be-

lieved that it's okay to eat in the library as long as it isn't a full course meal and if you pick up after yourself. "Libraries have morphed over the last few years to be more than a silent place to house books," she said. "Our libraries are here to meet the academic

needs of our students. We realize you are young adults, and as such, can monitor yourselves to handle having a

snack and a beverage in the library while you study and get homework done...so if students just remember that the library is a place to study and get school work done, then we have no issues."

The intention of the library is to encourage students to thrive as readers, but is the time span of three weeks sufficient enough for people to finish reading their book? The responses varied greatly, with some saying that there is a surplus of time and some saying that there is a lack of time.

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EDITORIAL PAGES

LIBRARY RULES (CONTINUED FROM PAGE 5)

"Yes, the time span of three weeks is enough for someone to read a book. Especially if you're a dedicated reader, which you should be if your getting a book out of the library. Then, it's a suitable amount of time to have a book out," said Little. "The librarians also need the books back in a certain amount of time so they are available for their students to read," she added.

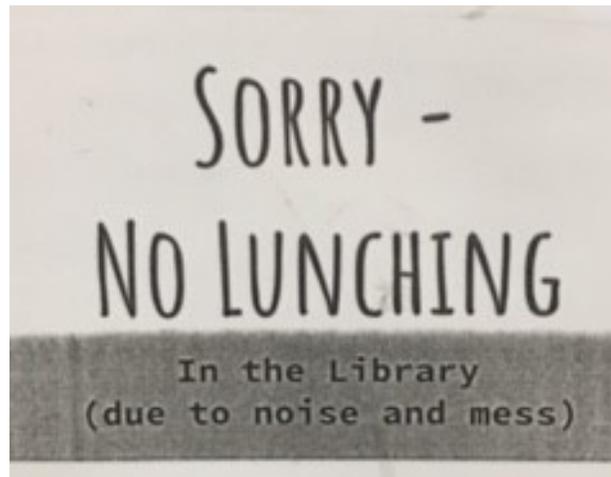
On the other hand, Gaboury believes that three weeks isn't an ideal amount of time for people to finish reading, but since everyone can renew their books, students can add additional time with their book in order to finish it. She tells her students to try to dedicate time for reading at night. If everybody attempted this they would most likely finish reading most of their books within the three week span.

Yost had a different standpoint than the two other interviewees. She believed that people should just read at their own pace in order to absorb the story. What matters when you read is if you comprehend and enjoy the material. She sometimes rereads passages multiple times to understand them fully, which substantially slows down her reading rate.

Overall, I agree that every reader should read at their own pace in order to get the picture of the book completely. Renewing a book is a great option for slower readers. This option gives them the same ability to grasp the gist of the story as a faster reader would have.

The designated "quiet area" is meant to help students study efficiently, but

does it actually live up to these standards? "The idea of a quiet space is definitely a beneficial addition to the library," said Little. "But many students just move the quiet signs off tables so they can talk to their friends. This is a downside to the library because it is meant for people to be quiet, study, and read." Yost and Gaboury have the



same focus as Little does: they all believe it is a "designated area where students know they can sit and work in a quiet environment." Even so, some students take advantage of this "quiet area" to chat with their friends.

During the school day, multitudes of students borrow Chromebooks from the library. I asked the interviewees if allowing students to borrow Chromebooks was a good concept. Little regards this as a great addition to the library because not everyone has access to devices. Additionally, in some classes Chromebooks are necessary.

"Yes, students certainly should and can borrow a Chromebook during the school day," said Yost. "They

need to be using it for school and academic purposes, however. That is my only Chromebook check-out rule." In school, students can borrow Chromebooks from the beginning of the day until 2:00 p.m. They are supposed to be used for academic purposes such as writing for Gaboury's annual gano, hemi, and nano chal-

thoroughly, but she believes that keeping the library open for an additional 20 minutes or so would be best for students. "Walking around the halls isn't encouraged and sitting outside where it's cold and wet is not very appealing," she said.

Contrarily, Yost believes that closing the library sooner is better. "Students line up for late buses between 3:20-3:25. The 5-10 minutes gives students time to get to the bus lines." This is a good idea, but it "may make some students feel a bit vulnerable," Gaboury added.

Everyone interviewed agreed that the library rules were completely fair; they are in the library to keep everything in order. "Our behavioral guidelines are very fair, I believe," said Yost. "Library-specific rules are designed to allow a certain amount of freedom in the library while also protecting the academic atmosphere for all to enjoy." She believes that guidelines in the library are fair for everyone. She also trusts students to meet the expectations; if any are broken it could result in anything from losing library privileges to going to the principal's office.

Little concluded that library rules are not unfair and, for the most part, they give the students the freedom they want. Overall, the guidelines of the library are "very accommodating," like Gaboury stated. The rules of the library were made to create a comfortable environment for everyone, and also to keep the library docile.

lenges. Added Yost, "Teachers and students now do a lot of their school work using technology; students need access to the technology that gets the work done."

Most people at Averill Park High School know that students stay after school in the library whether they're studying or doing homework. The library closes at 3:15 p.m., leaving students to fill the hallways or bear the frigid air outside during the winter time. However, at the end of the day Mrs. Pauly has to take care of duties as a teacher aide in the library. Little has a firm opinion about this as a student. She understands that the librarians have to close down and clean the library

EDITORIAL PAGES

DO BOOKS STILL HAVE A PLACE?

by Alex Gaboury

The library stands as an important place in Averill Park High School. Towering bookshelves supplying unlimited knowledge sit, just waiting for eager hands to hold them. Soft strains of conversation spiral towards the tall ceiling. This serene place with books that comfort the outside walls and reader's minds is special to everyone. Whether it's the place where you eat lunch, meet your friends, read, check-out books, or write, it's no doubt the library plays a crucial role in students' everyday lives.

Ray Bradbury's *Fahrenheit 451*, read by ninth graders in Averill Park, is the story of what happens when society takes away books, the access to quality information, the leisure time to digest them and the ability to act on the previous two remarks. Imagine the library without those beautiful walls of books, the beautiful rows of books, the beautiful shelves of books. Imagine in that space many programmed, monotonous, lonely computers of technology.

Technology isn't

necessarily an evil this planet needs to be rid of. There are several beneficial aspects of it. Technology contributes to help people gain their independence, it helps keep people healthy, and it makes certain aspects of life easier. But it still isn't human.



The harsh metal or materials holding computers together are not made of cells; they do not hold life, and while scientifically books don't either, emotionally they do. They create a portal to another land, another life, and the only portal you will find in technology is a website.

Have you ever smelled an old book? It's one of the best smells in the

world. The aroma is comparable to cookies or other comforting foods, objects or thoughts. To get rid of that sort of comfort is to plunge those who rely on it into a sea of discomfort.

There are so many things happening at the library: the MakerSpace, book borrowing, reading, writing, and there are always people there, always creating. Another part of *Fahrenheit 451* describes what people's hands are doing when you think about them. You want your hands to be moving, creating, and the library provides that. The moment it stops... well that's when the hands stop moving, stop creating and stay sedentary. How sad is that?

The point being, whenever it is complained or brought up about how thick volumes of blossoming paper and beautiful ideas and thoughts are taking up space, let it be reminded that knowledge is an incompara-

ble bounty and adventures are priceless, wherever it is. These adventures and knowledge can be found in those thick volumes of blossoming paper.

This is not a call against science. This is not a call against technology. The Averill Park High School library has never removed books for computers. This is a call for recognition and for awareness, so that when you make interactions with books and technology you are conscientious in not giving technology power to rule over books. This a call for prevention, to not create a society similar to *Fahrenheit 451*.

The justification for the removal of books in the novel was disinterest. This is a call to keep the learning and reading alive. To preserve the art of creation, of reading, and of writing. The stoic portals lining the library contain warnings, and when we ignore those warnings, then it becomes that dystopian horror novel, minus the zombies, but with the same results of restriction and limitations.

THEY SAID WHAT..?

The following are random quotes heard in the hallways and classrooms of Averill Park over the last few weeks:

"Try not to hit anyone's door with the bowling ball."

"I'm a chicken girl."

"Just get a baseball bat."

"Zip it, lock it, put it in your pocket."



"This looks like a poop emoji."

"Speaking of pigs..."

"Fast food is healthier than Burger King."

"I'm a mower."

"I don't do those things."

"What up, Ma'am?"

"It's just that I'm dense."

EDITORIAL PAGES

CHRISTMAS GIFTS MADE EASY

by Lauren Harland

Even with the festive spirit and sparkling decorations, the holidays can be a stressful time for anyone looking to give somebody a gift. Whether you're a parent, a friend, or were forced into a Secret Santa present swap, finding the perfect gift can be difficult.

Thankfully, every year there seems to be certain things that everybody is asking for. By interviewing a random selection of kids in the Averill Park library, I found out what those gifts are for this Christmas season.

Every year, clothing is a common present gifted between family and friends. This can be risky, seeing as everybody has their own select style. Adding to the problem, it is difficult to keep up with all the current trends.

However, this Christmas, clothes are a must-have gift.

"I'm asking for some new Sperry boots, a new Patagonia jacket and new winter



coat," said Averill Park junior Lauren Meyers. Similarly, junior Lilly Kronau has "a new Patagonia, new shoes and new running sneakers" on her list.

Another popular request among girls at Averill Park are Lululemon leggings, which are known to be espe-

cially comfortable and durable.

The holidays are also a great time to gift anyone more winter-related clothing

in order to stay warm and have fun in the cold. Hayden Chenette, an Averill

Park junior is asking for new gloves for Christmas, and junior Mackenzie Julien is asking for new ice skates.

Although for many people clothes are a must-have gift, there may be some people on your list who would rather be gifted something else. This can be especially

difficult, but keeping in mind the type of person that you'll be giving your present to is a big help.

For the sporty people, a new pair of skis, which junior Adam Limoges is asking for, is a great option. Junior Chris Evans is asking for a new camera. This would be a great gift for more artistic people hoping to make their photos look more professional than just their phone camera.

If you're looking to buy the bigger, more costly presents, a new car is a popular request among many people, new and experienced drivers alike.

No matter who you're looking to buy a gift for, this year's list of must-have presents has that perfect something for anyone.

SUPERLATIVES (CONTINUED FROM PAGE 5)

about their tech teachers not being in class.

This next department is always supportive of our school, proudly wearing their blue and gold. However, they also like to display their best qualities to the school, which most of us find quite interesting and funny. For this reason, the Health/PE Department has been categorized as having Most School Spirit as well as Most Arrogant.

The Math Department has been awarded with several superlatives. With so much to cover in so little time, the Math Department has been chosen as Most Likely to Assign Homework as well as Least Spirited. With their wide

span of "fit" teachers who are also coaches, this department was also awarded Most Athletic.



You walk in to the next department with paint, charcoal, ceramics and cameras everywhere you look, but the staff somehow still manage to look good. The Art De-

partment at Averill Park was awarded the superlatives of Best Dressed and Least Athletic.

This next class may seem like an easy A, but it actually takes a lot of hard work and dedication. It just happens that most of the practice is done in class, where students can get immediate feedback from the teachers. These teachers are always there to talk and never brag, despite their accomplishments.

For these reasons, the Music Department has won the Most Humble and the Least Likely to Assign Homework awards.

The last, but definitely not least, department is a very

knowledgeable group, but we all know they are the easiest to get off track. For this reason, the Science Department has won the Most Intelligent as well as its pair, the Most Oblivious award.

Each department has different qualities as shown by the results of the superlatives. Despite these differences, Averill Park still manages to unite together to help better the student body and make learning fun each and every day. We hope the superlatives did not disappoint our teachers but will but keep them on their toes. Seniors, watch out — maybe next time the teachers will be giving you superlatives!

REVIEWS

OFF-BROADWAY PLAYER'S ADAPTION OF CINDERELLA AMUSES AND ENTERTAINS

by Katie Armlin

The well known fairytale *Cinderella* was brought to life this past November on the Averill Park High School stage. Everyone with childhood memories of fairytale picture books and Disney

cartoons is well aware of the story of the servant girl, the stepmother, the ball, and the glass slipper. But when the stage was set, the audience's eyes saw something very familiar yet very new in Sarah Netzel's version of *Cinderella*.

This version of the play begins in a French market place where we meet a melancholy yet hopeful young girl. Cinderella, played by Delaney Long, goes about the marketplace offering kindness to everyone she meets despite the influence of her cruel and heartless stepmother (Claire Flynn). Cinderella is left orphaned and is forced to work for this evil woman, similarly to many other princesses' situations such as Snow White and the Evil Queen.

"Cinderella is a symbol of hope because even though she lives this terrible life," explained Delaney. "She

is kind to everyone no matter how 'Wicked' they really are."

It's not long before we meet Prince Paul (Cole Swahlan), a misguided young prince whose father is not

around to provide guidance, and whose mother (Lauren Wicks) can barely remember

his name. The prince doesn't seek much more than to hunt and play cards, but his confused yet insistent mother pushes him to find a suitable woman to marry. With Cinderella's stepmother eavesdropping, a discussion is held and the royal palace decides to host a ball on that very evening.

Preparations go about rampantly and here we meet four new characters that play a large role in Cinder-

ella's journey. These women are the shopkeepers: a shoemaker (Lexi Thompson), a hat maker (Emily Walsh), a dressmaker (Emily Horton), and a cloak maker (Gabby Romano).

These funny and bold characters are a major piece in creating the feel of Sarah Netzel's version of this well known classic. They teach the prince to dance, and in the end they push Cinderella to reveal her identity.

After facing the Stepmother's wrath when delivering her orders of clothing, they sympathize with Cinderella and offer her the



encouragement to seek something more from her life.

Although unnoticed during this scene, Cinderella soon discovers a beggar in

the house. Cinderella is kind to the woman, offering her food and warmth. The beggar then reveals her identity as Cinderella's Fairy godmother (Alex Gaboury).

With assistance from her helpers — Winter (Olivia Bonesteel), Spring (Sophia Minich),

Summer (Maggie Gray), and Fall (Anna D'Arcangelis) — the fairy godmother unveils the iconic moment of Cinderella's beautiful transformation.

The play then transfers over to the scene of the renowned ball. Although we did not see an abundance of fast paced, energetic dances and passionate songs as we would have on

broadway in the Rodgers and Hammerstein's version of *Cinderella*, this scene was filled with comedy. One of the most notable characters to credit for this would be Cinderella's stepsister Agnes (Emma Parker). The

dumbfounded yet constantly giddy character skipped around the ball and

(continued on page 10)



REVIEWS

HOLLY BALL KICKS OFF THE WINTER SEASON FORMAL EVENT EXCEEDS EXPECTATIONS

by Sonja Kaye

Though it seemed to be under-advertised this year, the early winter Holly Ball had a higher turnout than there had been in previous years,

The Holly Ball is a winter-themed dance that tends to have fewer attendees than more popular dances such as homecoming, but this year there were around 260 people in attendance.

"Hanging out with a lot of friends and sort of going crazy was a great way to kick off the holidays," said freshman Ashlee Bayer.

The dance was much more formal than a regular high school dance, and some extra touches made it even more special. "I liked the giant snowman decoration," said freshman Mara Little. "It was really cute."

People also

thought the refreshments such as pizza and hot chocolate were great additions.

"I liked the Letters to Santa campaign that were sent to Luke," said junior Av-

riana Davis, of another activity.

Attendees also said the Off Broadway Players did a great job organizing the event, with the members being sure to hand out enough water so nobody got too dehydrated from dancing.

Senior Izabella With said, "It was fun, but could have been advertised more."

Other than the issues mentioned by a few people, everyone seemed to enjoy the dance, saying it was very fun and that the music was good.

The Holly Ball was a fun dance overall, but it would help if the organizers of the event would spread the word earlier so even more people can enjoy the festive dance next year.



CINDERELLA (CONTINUED FROM PAGE 9)

(accidentally) stomped on people's feet.

"I believe my character, though not the nicest, entertained the audience by bringing a childlike aspect to the show," said Parker. "I think Agnes brightened the show with her silly giggles and over the top pink dress."

However, Agnes is not the only character who brought humor into

this play. Prince Paul, assisted by Pierre, (Wolfy Balga) interacted quite literally with



the audience by running through the aisles and asking

people to try on the famous glass slipper.

Soon enough the



shoes were brought back to stage where Cinderella, en-

couraged by the shopkeepers and her very own fairy godmother, is reunited with the prince, and our happily ever after comes right to center stage.

This play gives off messages of hope and teaches people that just the littlest bit of kindness can go a long way.

The Off-Broadway Players

(continued on page 11)

THE HEALTH BEAT:

VAPING ON THE RISE

by Gabe Hildebrandt

There is no doubt that you have heard of it, and you have likely met someone who has done it. What is this action, you may ask? Why, it is vaping of course!

Electronic cigarettes are a battery-operated smoking apparatus designed to act as a replacement to traditional cigarettes. In contrast to a typical cigar or cigarette, juuls or e-cigarettes do not contain tobacco and do not produce smoke. E-cigarettes usually carry a liquid, sometimes referred to as e-juice or e-liquid, which is a mixture of propylene glycol, glycerin, flavorings and often nicotine. A heat source called an atomizer is used to heat up

this liquid and produce a vapor to be inhaled for a sensation and taste. Since these devices do contain nicotine,



vaping can develop into an addictive habit as potent as smoking something like cigarettes.

The use of juuls has started to rise among a generation where, instead of being used as an alternative to

smoking, it's used just as something "fun" to do on its own.

Students in Aver-

ill Park as well as around the country have picked up this habit. Most "Vapists," the name coined for e-cigarette users, now say they do it for fun, or just as an activity to do with their pals.

Whether e-cigarettes are good or bad is up to debate, but it certainly gives way to another discussion: Is it immoral to put nicotine in products marketed towards the younger generation? Since vape already comes in flavors such as soda, candy, or even chocolate, there is no doubt that it is being marketed towards the youth. The bandwagon against vaping has already started, as seen with the anti-vape commercials replacing the anti-smoking commercials.

Regardless of where you stand on this issue, being informed of the logistics of vaping is very important in today's age.

CINDERELLA (CONTINUED FROM PAGE 10)



put on the show differently than they had in past years. Student director Olivia Bonesteel explained, "This year OBP is far more student run/driven. We actually have an impact in what happens in the club."

You can see more of OBP's productions coming up soon with Winter One Acts and the spring show "The Brother's Grimm Spectaculathon." Bonesteel also said that OBP will also be putting on a Cabaret this year.

After seeing their production of *Cinderella*, I highly encourage students and faculty to go see more of these shows.



LOTS OF DIFFERENCES IN ADVISORIES

OPTIONS RANGE FROM QUIET STUDY TIME TO FRISBEE

by Makayla Kielely

Advisory is a new way for students to get their homework done, see teachers, or even just relax. But how are teachers planning to use this new block? To give you an idea, here is just a sampling of what some teachers do during their advisory.

English teacher Mrs. Gaboury enjoys the idea of advisory and has a very organized week for her students. Mondays and Wednesdays are enforced with strict silent work days. On Tuesdays she always has a fun activity planned out. Thursday is circle time and everyone in the room must participate. Circle time is when someone asks an “ice breaker” question and everyone goes around in a circle answering that specific question. However, only the person with a passing object (for Gaboury, it’s a toad) can

speak. For the last day of the week she encourages people to bring in food to eat together and join her for her “Food Friday.”

Gaboury always welcomes people into her room as long as they tell their

stress from your day and get ready for the rest of the day. Gather up a group of your friends, come up to room 627, and enjoy some relaxing time with Boulay.

On Tuesdays and Wednesdays, health and ca-

Foreign language teacher Mr. Brown has an all senior advisory. He usually uses advisory as a time for his students to get their work done and go see teachers. Once a month, he hopes to go and play Frisbee either in the gym or outside. Brown will encourage other students and teacher to come and join him.

All teachers can agree that they want your advisory time to be spent as a relaxing time to de-stress from all of your hard work. All teachers at Averill Park can agree that Advisory time is meant to be used efficiently, but can also give you the opportunity to de-stress from a day’s worth of diligent work.



advisory teacher beforehand, sign in to her advisory, and respect all rules given.

Science teacher Mrs. Boulay’s room is typically a quiet work place, but if you ask her she will lead you through a meditation practice. This is a great way to de-

reers teacher Mrs. Ashline has decided to let students use the fitness room during advisory. All students are welcome to come. If you do, though, make sure you are in appropriate clothes to work out in and you bring a pair of sneakers.

WHAT TO DO FIRST?

HOW THE AVERILL PARK STAFF SPEND THE HOLIDAYS

by Belle Klimek

It’s safe to assume that basically everyone is ready for holiday vacation, and who can blame them? Holidays are a time when we surround ourselves with people we love even if we feud with them other times of year. Not to mention, we also don’t have school, which is always nice.

This then begs the question: what do people even do over this vacation? After some interviews with students and staff, here are the answers.

Most of the students say that they sleep to catch up on the time school takes from them. They also

talk about how they will eat and spend time with their families.

Freshman Kit Or-

Popular math teacher Mr. Keegan explained how most of his traditions center around his family. “Whether

Foreign language teacher Mrs. Caruso and her husband usually travel, but are staying home this year. She explained some of the things that her family and friends do during Thanksgiving as well, such as enjoying each others company and eating. She too spends her time having fun with family.

It is very apparent that no matter who you are, chances are you want to spend your holiday with those you love, and also to sleep — sleep is nice.



logio and his family spend the holidays going to visit extended family in Rotterdam, where they play a game involving winning lots of money, called left-right-center.

it’s baking, traveling to a relative’s house, seeing friends from college,” he said, “we certainly make effort to be together more throughout the holiday season.”

AM CHAMBER ORCHESTRA FINDS A WAY GROUP MEETS IN THE MORNING TO PRACTICE

by Liam Rounds

Orchestra is a place where string players gather to produce the elegant harmonies of classical music. But with a busy schedule of concert band, orchestra and jazz band at Averill Park, you may wonder when students have time to play in Chamber Orchestra. The answer: before school, of course.

On Tuesdays and Thursdays before classes even start, a small group of Averill Park students under the direction of Mr. Blostein come in at 7 am for Chamber Orchestra to play more music, in addition to their regular music classes.

Emily Jaworski, a senior cellist in Orchestra and Chamber Orchestra who has played with Blostein her entire high school career, enjoys coming in early with a small group of students, to better her music skills and just as importantly, have fun.

"I like it because it gives me another outlet for my music, and it's more chal-

lenging music than regular orchestra," Jaworski said. She also feels that, "it's more intimate, and we really are like a family."



Chamber Orchestra is lead by Blostein, who on top of his regular band, orchestra and jazz music classes, opted to direct Chamber Orchestra before the school day even starts. He is a well-known name throughout the

music community at AP and is well-liked by his students. Even during casual conversation, Blostein describes himself as "brutally honest."

Yet, he has a heart of gold and only wants to improve his students' music abilities and confidence.

Jaworski has Blostein in both Orchestra and Chamber Orchestra and said, "Blostein is a great conductor...especially for 7 am. He's still very engaged and gets us to be musical even when we are very tired."

Chamber Orchestra also is very different compared to regular music classes. "We focus on more complex musical concepts than what we do in Orchestra, especially balance. Balance is a huge part of Chamber because our group is so small," said Jaworski. "In

Orchestra, people may be afraid, and they have the ability to hide behind the other players. In Chamber, they don't. This really helps a lot with confidence."

As for what piece of advice she would give to a student interested in joining Chamber Orchestra, Jaworski said, "I'd tell a prospective musician to be ready to play out. Be confident in your part, and know you're going to make mistakes...and that's okay. Blostein can be really intimidating, especially at 7 am, but he understands that we are human." And, she added, "Always have a pencil!"

It's great to see the friendly nature of music extends throughout Averill Park High School, out of the music rooms and into the instruments of groggy students, passionate about music before school even starts.

KEEPING BUSY HELPING OTHERS NEW HORIZONS ORGANIZING MANY EVENTS

by Hannah Ryan

New Horizons club of Averill Park continues to take steps to fund our sister school in the Dominican Republic this year. The New Horizons school educates 40-50 Dominican and Haitian students, along with providing meals.

The club has been conducting fundraisers since the first week of school, when they raised hundreds of dollars through the town-wide garage sale. Since then, the club sold pizza and chocolate to students, raised



money at the Troy Turkey Trot, and had multiple events lined up for the year.

New Horizons is

currently preparing an Adopt-A-Child program for each student at the school as a holiday fundraiser. The Span-

ish department, along with other clubs, are helping to pack gifts and toiletries in shoe boxes to send down to the school.

In the near future, the club is organizing a Dance-A-Thon to raise money to send shoes to the kids. Additionally, they will once again host the annual talent show in March, and are brainstorming more fundraisers for late spring.

The club meets after school on Tuesdays in room 220 for interested members!

LOVE IS IN THE AIR

RECENT WEDDING BELLS FOR THREE STAFF

by Abby Vandenberg

The Love Bug has migrated into the halls of Averill Park. Mr Bishop, Mr. Colbert, and Ms. Lownsbury (now Mrs. Kimberling) have all recently been married. Each of their stories is unique. Each met their significant others in a very romantic place, a place where we have all been—school!

Mr. Bishop had known his wife since high school, although they didn't begin dating until three years ago. To him, the wedding was like "completing a puzzle." The couple likes to spend their time at their camp in the Adirondacks, the same camp where he proposed to his wife with a gold rubber band ring crafted by his wife's youngest daughter - a simple and sentimental notion. The magic of their October 5th wedding lives on as our Vice Principal

demonstrates that you shouldn't lose touch with friends from high school - they

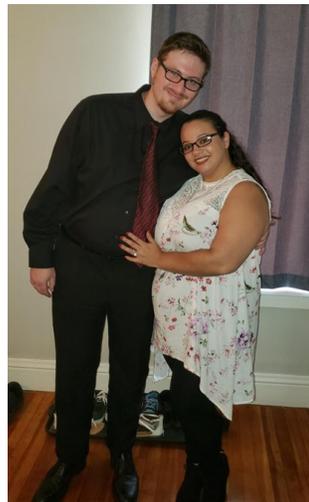
may end up being someone very important to you, later!

Mrs. Kimberling and her husband were high school sweethearts here at APHS. Even in high school they knew they would get married to each other, and a decade later they did just that. The marriage was

private beach on the coast of Maine. Do high school relationships last? Mrs. Kimberling is living proof that the one for you could be sitting right next to you in class today.

Mr. Colbert met his wife during graduate school at Saint Rose. His marriage "felt right", and now Mr. Colbert is proud to be a husband. Graduate school is nothing like high school, but it goes to show that your classmates can often become your closest comrades, friends, or spouses. Their honeymoon on an island in Europe was briefly interrupted by a rental car crash, a nightmare for most that turned into a lasting memory for Mr. Colbert and his wife.

School can bring people together, in high school and beyond. These three members of the AP community have tied the knot just in time for the holiday season, where they will surely be making the first of many memories as husband and wife.



small but magical nonetheless. It was ordained in a courtroom by the same judge that had completed Ms. Lownsbury's adoption when she was just a child. Their honeymoon was spent on a

CLIP AND SAVE

EXAMINATION SCHEDULE: JANUARY 2018

JANUARY 22 MONDAY 8 a.m.	JANUARY 23 TUESDAY 8 a.m.	JANUARY 24 WEDNESDAY 8 a.m.	JANUARY 25 THURSDAY 8 a.m.
English Language Arts RCT in Mathematics*	RE in U.S. History & Government Geometry	RE in Global History & Geography Physical Setting/Physics* RCT in Reading*	Physical Setting/Earth Science Physical Setting/Chemistry RCT in Global Studies*
12 a.m.	12 a.m.	12 a.m.	<u>Uniform Admission Deadlines</u>
Living Environment RCT in U.S. History & Government*	Algebra I RCT in Writing	Algebra II RCT in Science*	Morning Examinations – 9 a.m. Afternoon Examinations – 1 p.m.

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.

READ ALL ABOUT IT!

NEW COMMUNICATION SPECIALIST APPOINTED

by the AP Chronicle Staff

Averill Park Central School District has a new Communication Specialist, Brian Radewitz. In his new job, Radewitz will be responsible for press releases, websites, Facebook and Twitter for Averill Park.

Radewitz attended St. John's University for sports management, earning a Bachelor's degree with a minor in communications. He said he "fell into the newspaper business thirteen years ago," and credits his journalism and communications experiences as leading to his new position. His work in journalism has even taken him up in a World War I biplane to cover a story.

When asked if he ever wanted to work in any other profession, Radewitz answered, "No, not seriously, I always wanted to integrate sports into my occupation."

His typical day at Averill Park consists of arriving at the school at about 8 a.m., having "a meeting with the superintendent to see if there's anything big going on that we should pay attention to, looking for photos and stories, and retweeting things on

Twitter."

Radewitz has only been on the job for a month, and has already written

"because it's already covered so much." Therefore, he focuses on the things that don't get covered as much.



press releases, including the recent release on a middle school teacher who earned national recognition. Radewitz estimates "not very much" of the content he covers is sports. "Maybe 5 to 10 percent," he said,

Among his greatest professional strengths, Radewitz points out his ability to multitask. This is important, when pointing out the hardest parts of the job. "Finding people that want to talk can be difficult," he said,

as well as "getting information and photos when you can't be everywhere at the same time."

Some of the ideas he has include working on video profiles. He would favor longer articles to post on the website due to his journalism background.

In his personal life, Radewitz is married with three children. He states his hobbies are travel soccer and school-related things. "Most of them are what my kids' hobbies are now," he said. Radewitz works for the Questar III BOCES, which covers Rensselaer, Greene and Columbia counties, and works for both Averill Park and Germantown. Anyone trying to find him with a question or idea could start by looking in his shared office space located in the Averill Park District Offices. He comes to Averill Park on Mondays and Thursdays.

As for how he

(continued on page 16)

A MEETING OF THE MINDS

MASTERMINDS CLUB COMPETES WITH OTHER SCHOOLS

by Jessica Beskid

Masterminds is a trivia club at Averill Park High School that competes in a league which includes schools from all over the Capital District. Each team competes on a monthly basis in academic tournaments against the other schools in the area. These tournaments are held on Mondays after school.

The Masterminds Club at Averill Park meets

every Monday during advisory. They have attended two

tournaments so far. The first was held at Bishop Maginn,

and the second at Colonie. The team hasn't won any tournaments yet, however, they have had some new members join the club recently, and are hopeful for the future.

The organizer and advisor for Masterminds is English teacher Mr. Fairchild, the team president is Abby Vandenberg, and the vice president is Kristen Thomas.



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REFLECTING ON TEACHERS' PETS

NO, NOT THAT KIND...

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

Some people say dogs are man's best friend, while some people don't like dogs or cats. Did you ever wonder if your teachers had pets growing up? We interviewed many faculty and staff here at the high school, and here's what we found out.

One of our assistant principals, Ms. Mein, said her favorite pet growing up was a dog named Barney, because he loved to snuggle and he kept her secrets. Mein is allergic to cats. When asked if there are any pets that she would like to have, she replied a snake or a dolphin, but she presently has two dogs, Eddie and Lilly.

Ms. Goldstein, the special projects coordinator for our district, did not have pets growing up, her mom was allergic. She got her first dog (a beagle) as an adult.

We asked our Teaching Assistant Mrs. Rohl what her favorite pet was growing up. It was a German Shepherd named Otto. "When I was a little girl we lived in California. My dad told me that an older boy took my lollipop away from me and

Otto jumped on the boy," she said of her loyal and protective dog. "He didn't hurt him, just scared him."

Ms. Christian, a substitute teacher, had two rabbits as a child. One was named Mocha, the other was

ing up named Boots. She has always wanted a horse, but for now just has two cats named Boris and Natasha.

When asked about any pets, our resource officer, Officer Nikles said he had a Parakeet growing up

another dog someday, but for now has a cat named Stuffing (he came from the shelter with that name).

Teaching Assistant Mrs. Doherty's favorite pet growing up was a shetland pony named Lady. She loved to ride Lady in the yard. Taking care of her was a lot of work - they had to give her feed and hay and then sometimes Lady would try and nip her. The pony was red. Mrs. Doherty would like to have a Springer Spaniel someday because she thinks they are soft and very smart. She does have a beagle, named Forrest.

Ms. Gawron, a teaching assistant with AP Connections, said her favorite pet growing up was a cat. "My chemistry teacher in high school had a cat that had babies. I snuck a kitten home in my bookbag on the bus," she said. "I had to hide it in my bedroom until my mother could talk my father in to keeping it." It was a long black haired cat named Buster. She currently has two dogs, one cat and a horse.

And lastly, when asked what her favorite pet as a child was, Averill Park bus driver Maria McFarland said she had a chicken...named Fluffy.!



Gandolf (the character from the Lord of the Rings). She said they reminded her of puppies.

Mrs. Hale, who works in the mail/copy room at the high school, said her favorite pet growing up was a cat named Puppy (weird, huh?). Puppy loved to snuggle. She presently has two cats, Max and Ruby, and a dog named Daphne.

Wendy Veiga the hall monitor had a dog grow-

named Webster. He lived for eight years. "He was cool, he would sit on your lap," said Nikles. He also had two dogs while living with his parents named Coors and Peanut (both beagles).

Averill Park Central School District superintendent Dr. Franchini's favorite pet growing up was a Beagle named Snoopy. He had Snoopy for years and then one day he didn't come home. He would love to have

REDEWITZ (CONTINUED FROM PAGE 15)

likes Averill Park so far, he said of his job that he likes "that it changes, not having to do the same things all the

time," and he doesn't sit at a desk all day. "Everyone I've met with [has been] great; you guys do a lot of great

stuff."

Note - This article was written as a collaborative effort during a 10

minute interview session with Mr. Redewitz during a Journalism Club meeting.

MASTERMINDS (CONTINUED FROM PAGE 15)

When asked what the club was like, Kristen Thomas said, "It's like the

trivia crack game, but in real life, with weirdly smart 10th graders and very passionate

mediators."

If this sounds like fun and you are interested in

joining, feel free to speak with Fairchild or the club officers to get more information.

THE FEW, THE PROUD...

FOUR AP SENIORS MOVING ON TO SERVE IN THE MARINES

by Dakota Price

There are four Averill Park Seniors graduating this year who will be joining the United States Marine Corps. These four individuals have already taken many steps to complete the enlistment process and will soon be Marines.

Darren Griffin, Dakota Price, Daniel Ryan and Cole Swahlan are joining the Marine Corps for a variety of reasons. Griffin gained a mind set to excel above himself and constantly improve. Also, his family members have previously enlisted in the military. He has chosen to enlist in the marines to not only compete as a team but compete with himself to improve who he is as a man.

Ryan has decided to join the United States Marine Corps because he wants to do something meaningful with his life and go beyond being a normal civilian. He decided to join so he can truly be proud of himself.

Swahlan has always been influenced and inspired by the Marines since he was 6 years old, exposed through movies and video games, and it is appealing to him. Also, when he was 12 years old he saw footage of 9/11, and seeing the Marines in action during that time of crisis heavily influenced his decision to join.

Price is joining for a multitude of reasons as well. One is to serve his country as

one of the finest fighters the American military can produce. Another is that Marine Corps Recruit Training has been proven to be by far the most difficult of all American Armed Service training peri-

ods to complete; he knows this will provide him with the challenge he desires.

After the test was done they then went into the medical and legal screening done directly by the officials at the MEPS building. Current preparations for the students consist of weekly physical training (pt's) as well as a monthly larger workout called a "poole function." These poole functions take place on the second Saturday of every month at an agreed upon location by the many recruiters in the recruiting station of the Capital District.

After the paperwork was done each of these students had to go to the Military Entrance Processing Station (MEPS) where they took a test called the ASVAB (the Armed Services Vocational Aptitude Battery) to determine what they were qualified for job-wise. The Marines offer a very large variety of jobs. They range from your basic infantry where you shoot a gun, to the Marine Band where all you do is play music. There are also jobs such as food specialists where you get to cook

their titles, they will return home as United States Marines. There is a long process for these particular students to actually enlist into the Marine Corps Delayed

Entry Program. Some preparations and steps necessary included the signing and arrangement of enlistment paperwork to be filled out regarding eligibility concerning medical and legal reasons.

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(continued on page 19)



The Four Averill Park Students, As Well As 2017 AP Graduate Jake Miller, At A Recent Weekly Physical Training Session

NOT YOUR ORDINARY TEACHER

MR. MILLER BRANCHES OUT INTO STORYTELLING

by Abby Bergerson

Some of you may not know Mr. Miller, or you only know him as the funny man outside of room 608, the man always causing a commotion in the halls of our high school. Whether it's a politically driven goldfish petition, pants that have caused many questions and jokes, or hijacking lockers to play hokey pokey, Miller always makes people laugh. Miller may be the comical character of 608, but he is so much more. And now he's bringing his act to the stage in a neighboring city.

Miller not only teaches math at Averill Park High School, he is also on the board of directors for the Tri City BMX track. He travels for BMX with his son, who participates on the track. Miller works hard to balance his career of teaching as well as keeping up with his children's many sports and activities.

Those of you who know Miller know his spirits are always high. He is quite the jokester and he loves telling stories as a slapstick



act in the front of his class. They always seem to make him cackle, while the rest of us just shake our heads.

Beyond his clownish exterior, Miller really cares for

all of his students and works in their favor to improve their success. Miller said one of his favorite things about his job was "interacting with the students and trying to make

them smile or shake their heads." Miller even helps students in study halls and advisory to make sure they excel in his class as well as other math classes.

Miller has a way with words that makes him such a good teacher and comedian in the classroom. And for anyone who is interested in hearing another classic, thrilling Miller story but doesn't take his class, on December 14 at 8 pm, he and a few others will be sharing anecdotes about themselves in public at the Mopco Improv Theatre in Schenectady. In a program called "Storytime Time," and billed as "The Capital Region's Premiere Comedic Storytelling Show," Miller will be telling of the time he went to catch a flight to a concert in Chicago and got the pleasure to get to know the TSA. It's sure to be lots of fun with many, many laughs.

'TIS THE SEASON TO BE JOLLY

SAGE STUDENTS BRING SONGS, AND MORE

By Cylie VandeWal

On December 11, for the second year in a row, the Averill Park SAGES Club went to the Eddy Heritage House in Troy for a special Christmas visit.

During the month before the field trip, the students asked for donations from around the community to make little gifts bags. The bags were filled with body



wash, calendars, scarves, Chapstick, lotion, tissues, and a seasonal themed figurine. They made a total of 30 bags to give to the residents at the home.

As the students arrived at the home, everyone was excited to see each other. Once everyone was settled,

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A LOT OF THIS, AND A LOT OF THAT

MRS. SHUPE HANDLES MANY RESPONSIBILITIES AT AP

by Dani LaPier

If you attend Averill Park High School, chances are you've gotten an email from Monica Shupe at some point. Shupe has been working here at Averill Park for three years as the Athletic Department's secretary. Although that is her official title, Shupe's job involves much more.

Shupe's job consists of two parts. For the first part, "most of what I do is all of the athletics. I support the athletic director, so anything that involves the rosters for coaches, the game scheduling, the bussing, preparing for Averill Park home games, awards, banquets and anything that has to do with all the background work for athletics and sports — that's all me," she stated.

The second part of her job is to support our principal, Mr. Quiles. Shupe is responsible for ordering the diplomas for the seniors, for running the reports for the National Honor Society elections, and scheduling the rooms such as the auditorium or the mezzanine for teachers when they want to go outside the classroom.

So, what's the best part of her job? Shupe says it's the students! "I enjoy the kids. I enjoy working with the staff and the students here at Averill Park and I think the morale is just amazing!"

Before coming to this school, Shupe worked for ten years at Berlin Central



School District. She claims she has only five shirts supporting that school, but close to twenty now for Averill Park. She believes this has to do with AP's strong school pride and spirit. "The energy around this school is just so intoxicating," she said.

When asked about the worst part of her job, Shupe said, "Sometimes there are long nights, and athletics is not on vacation." She told about how during Thanksgiving break, Averill Park held sports tournaments, so she had to come in on Black Friday. "But, for the most part, I

like it here," she added. "The ladies I work with here in the main office, they are amazing. We all click with each other and there's times when we realize someone may be in a bad mood and we help them to make their day better."

Outside of school, Shupe is a mother of three and enjoys athletics, as expected. In high school, Shupe played catcher for her softball team and was also on the volleyball team. Nowadays, she likes going to college football, hockey, and basketball games and is a

New York Yankees fan. In her free time, Shupe loves to knit and is thinking of teaching a knitting class at the Adult Ed Program at Averill Park.

Shupe also has a business of buying and selling antiques. "I enjoy learning about the antiques, where they came from and how old they are as well as what they were used for." She is also a fan of musicals and Broadway and revealed that she just attended the show *Dear Evan Hansen* on a recent weekend in New York City.

Shupe also mentioned that, although she went to school for nursing, she fell in love with marketing and that brought her to a job at Revlon Cosmetics in New York City. There, she worked in the international division and got the opportunity to travel to Asia and South America. She added, "Four times a year, I would be able to go and meet with people from all those areas to teach them how to put makeup on or the new products Revlon was introducing. It was great fun to be able to do that and I miss that. I wish I had gone further and I would have loved to have been more of a director of marketing for Revlon."

But Shupe is enjoying the work she does now too and loves being a part of Averill Park. She is an important asset to our school and Averill Park is grateful for all that she does.

MARINES (CONTINUED FROM PAGE 17)

Marine Corps and fully enlist, the student or poolee will go to boot camp as a contracted PFC.

The Marine Corps has a lot to offer to any individual. When in the Marine

Corps, you will have many different chances to travel to a large variety of locations through the acts of deployment and being stationed somewhere in the United States. Also, the Marine

Corps provides many different job skills employers look for when hiring. In the Marine Corps you will learn to work well in a team and gain many different leadership skills

that can help you get the job you desire.

We wish each of them luck as each of them prepares to serve our country.

DEALING WITH SPORTS INJURIES

FIRST STEP IS TO PAY ATTENTION TO THE SIGNS

by Gabe Hildebrandt

It may seem as if I am stating the obvious, but the person who knows you the best is yourself. This phrase, however, is invaluable in regards to athletics. An injury in athletes can come in one of two ways: some sort of contact directly resulting in injury such as a concussion, or overexerting yourself resulting in an IT band injury or something similar.

Not much can be said in regards to how to prevent contact-related injuries, as they typically stem from accidents. However, the same cannot be said regarding injuries involving overexertion. This lesson hit cross-country runner Katie O'Neill-Knasick unexpectedly. One day in the middle of a hill workout, as soon as O'Neill-Knasick stopped running to get some rest, she felt a pain on the side of her knee. Due to her resilience, she quickly

shook off the pain and continued her workout. Her coach, having no way of knowing

no muscle there.

Because of this, O'Neill-Knasick went to



whether she was just sore or injured, urged her to continue, so she did. Following the workout, Katie knew something was up as there shouldn't have been soreness on the side of her knee since there is

see the new Averill Park trainer, Rachel Brown, to be examined. Fortunately, Brown was familiar with runners and was able to tell her that she injured her IT band. This injury took

O'Neill-Knasick out of running for most of the season so she could recover.

Looking back on it, O'Neill-Knasick urges athletes to remember that "you know yourself the best, meaning that if you know yourself to be injured, don't force yourself to continue your sport."

Furthermore, O'Neill-Knasick and the rest of the athletic department are thankful for Brown for her performance. She has proven herself to be more than capable to handle any injury thrown at her from all the sports offered here at Averill Park.

All in all, if you are determined to improve in your sport, you should know your limits and admit when you are injured. And remember, you have a wonderful trainer to support you!

SENIOR NIGHT (CONTINUED FROM PAGE 22)

when the team celebrated with the seniors during the day instead of at night. "It made me sad seeing my poster," said Gile, "because just a year ago I was making another senior's poster. Now I am in their shoes."

In a similar way, Bielawski said, "It feels surreal almost, because when it's over, it really doesn't feel like it's over." They both agreed that their senior seasons went by very fast and can't believe it's really over.

Emma Crawley, a volleyball player, said she was



super-excited for her Senior Night because she remembers from previous years making other Senior Nights special for others. She also said that it was hard thinking about leaving her team and not being with them every day, practicing after school.

Abby Vandenberg, a cross-country runner, agreed with Crawley that before her Senior Night she felt excited. Vandenberg was "excited to see all the fun stuff the underclassmen had planned."

She also said the "fat heads" made the night really fun and she enjoyed seeing them. The most important thing to her on her Senior Night though, was running her absolute best. Lastly, Anna Stern a tennis player, said "Before my Senior Night I was definitely nervous, during it I was excited, and after I was sad that it was over." Stern said her night was better than she expected because different tennis players celebrate differently every year, so she didn't know what to expect. The most important thing to her on that



night was being with her team and celebrating with her fellow senior friends.

I think all the seniors can agree that their senior night was or will be bittersweet and they will miss their fellow teammates and the memories they have created with them. Senior Night is a way for a community to honor our seniors and everything they have done for us, as well as for our teams. That I feel, is the most important thing of all.

THE INS AND OUTS OF INDOOR TRACK

LOTS OF COMPONENTS MAKE UP THIS TEAM SPORT

by Julia Skiba

When most students think of indoor track they think of running. But what is it really like to be an indoor track runner or event competitor?

There is much speculation about track not being a team sport. Who better to ask than the track teammates themselves to see if this was just a rumor?

Lauren Meyers, a third year runner, when asked if she thought track was a team sport, said, "I would definitely say indoor track is a team sport, because everyone is all in it together and working for a common goal. I really do feel so close to such a large group of people."

Hayden Chenette, a second year track runner, responded to the same question, "Indoor Track is most definitely a team sport, and while we may not be racing in the same races, we're all completing the workouts together and challenging each other to be better."

Freshman Libby Daly also thinks that indoor track is "hard work, but worth it!"

There are so many components that make up track. One of the most im-

portant of these are the lessons that the athletes learn. Track is a great sport for not only learning things about running, but also learning things about the real world.



When asked what lessons she learned in track, freshman Dayna Densmore said, "Learning to push myself and striving for my personal best!"

Junior Lauren Meyers said, "There are so many times when it gets difficult and you want to stop, but you have to push through it. And being able to get over obstacles in life rather than giving up is something so important for everyone."

Another component of track is the teammates. Even though track is about improving your own times or distances, your teammates play a huge role in helping

you achieve your personal best. Chenette noted that, "Although the workouts are hard, the people in track help you get through it." If you attend an indoor track meet

one thing you may notice is the amount of cheering the people on the team do. This support pushes the athletes and it helps them work even harder than they already are.

Although there is a lot of running in track, there are also a lot of events besides running. One of the most popular of these is throwing. Senior Marty Bond, who is now competing in his fourth season of indoor track, said about his daily practices, "After we are all done with our warm-ups, we either do form and help each other out, or are in the weight room and lift, or do explosive workout

drills." So if running is not really your speed (no pun intended), then throwing might be perfect for you.

One of the most important roles in track is the coach. The head indoor track running and jumping coach this year is Mr. Gobel, who will be supported by various other coaches that specialize in specific events. The coaches have to work as hard as the athletes if they want their team to be successful. Each day in track there is a different workout. But where do the workouts come from? Gobel, who is coaching his second season of indoor, said, "The workouts are created through research. I have studied training philosophies from a bunch of different coaches. Most of the coaches are from college level or USATF."

A lot of time and effort is put into track to be able to have a successful team. Gobel's favorite part of track is, "watching athletes achieve results they don't believe they can accomplish." Gobel and the other coaches put a lot of time into the sport, and a good reward comes out of it.

So whether you are a runner, jumper, thrower, or hurdler, maybe Gobel will see you in track next year. And good luck to all of our current participants - here's to a great season!

CAROLING (CONTINUED FROM PAGE 18)

Christmas songs were sung, and when the students got up to dance, there were more smiles on the residents' faces. The residents were happy that the students had come to visit them.

The visit included about an hour of dancing and

singing from everyone. Some songs were prepared by the students, but others were requested by the residents.

Matthew Bielawa, a student on the trip, said, "I loved the field trip! My favorite part was singing along!" Katy Story, another student, said, "I

liked it very much. My favorite part was dancing at the nursing home."

When asked why SAGES does this, Ms. Dobert said "We just like to give back to the community and we thought the residents that don't have family that visit often would really

appreciate it."

The field trip was an amazing time away from school and perfect for the holidays. So many hearts were warmed, and smiles were made by not only the residents but by the students as well.

A Very Special Night

Senior Nights Celebrate A High School Athlete's Career

by Gabrielle Skiba

For most Averill Park athletes, Senior Night is something that they have been anticipating for as long as they could remember. For some, Senior Night is a sad night where they realize they are graduating soon and will not be playing their sport in high school anymore. For others, the night is full of excitement and happiness, and wonderful memories are created with their team as they say their goodbyes.

Six seniors, one from each fall sport, were willing to share the experience of their Senior Night. Kyle Nethercott, a football player, Sydney Gile, a soccer player, Logan Bielawski, a soccer player, Emma Crowley, a volleyball player, Abby

Vandenberg, a cross-country runner, and Anna Stern, a

player, said for as long as he knew about it he couldn't



tennis player, shared their feelings very differently, about their respective Senior Nights.

Kyle Nethercott, a four-year varsity football

wait for his Senior Night. Nethercott felt that he would be more sad going into it then he actually was. He said that the seniors had given their senior speeches

prior to Senior Night, so they were already prepared for the sadness of that evening. He said the most important part of the night was "winning big and having every senior get to play in the game," he said. He also will miss being and playing with his friends next year.

Sydney Gile and Logan Bielawski both had similar views about their Senior Nights. Both mentioned that before the game it was a little nerve-racking, but as the night went on they grew excited. However, Senior Night for Gile and the rest of the senior girls soccer players was a little different this year. Due to the weather, their Senior Night was changed to "Senior Day,"

(continued on page 20)

FAVORITE

CHILDHOOD

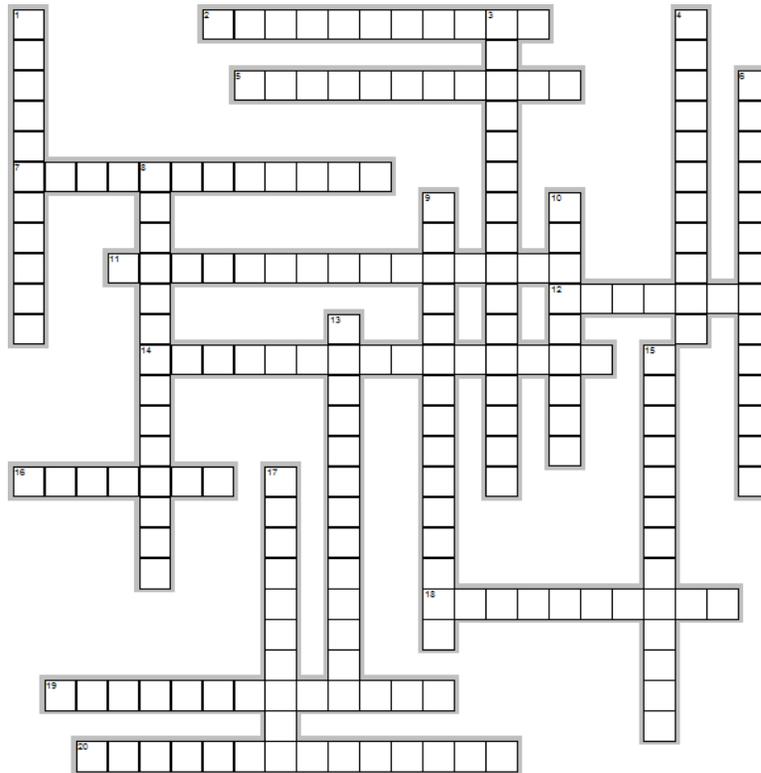
VACATION SPOT

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 |

* Note—Leave Out All Spaces In Puzzle



Down

1. Bailey
3. McPartlin
4. Stone
6. Panzanaro
8. Brown
9. Bishop
10. M. Dutcher
13. Sorrieto
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