

CHRONICLE

TIME FOR THE WINTER CONCERT

by Tyler Michaels

On December 11, the Averill Park Music Department will be performing its annual Winter Concert. Band, Jazz Band, Orchestra, Choir, and Treble Choir have prepared music and will be performing.



When asked about his favorite part of a concert, Mr. Blostein, the conductor of the Band, Jazz Band, and Orchestra, said, "It's nice when you guys really step up right before a concert."

He also said that the most difficult part of organizing a concert is picking the right music. Music must be

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APHS GETS HYPNOTIZED FOR SENIOR FUNDRAISER

by Lauren Harland

Every person in the crowd had their hands clasped tight above their head, eyes closed, focusing on the words of the stranger on stage. "You feel your two hands becoming one until you can't tell the difference between one hand and the other..."

When Micheal Re, the trained hypnotist on stage, finally instructed the crowd to unclasp their hands, many were left shocked when they find it impossible. While some hands come unattached from each other with ease, many people struggle and pull to no avail, their hands left clasped above their head.

In that moment, the minds of many turned from skepticism to bewilderment. Could hypnotism actu-



ally be real? To some of the participants of the Comic

Hypnotist show that occurred on November 13 as a senior fundraiser at APHS, the answer is a definitive "yes."

"I wasn't planning on participating, because I wasn't sure if I believed that it was actually real," explained Averill Park senior Lilly Kronau, "But after I couldn't pull my hands apart I realized that it really worked on me."

After being brought on stage and following the instructions of Re, Kronau and other participants fell into an even deeper state of hypnosis, one in which Re could make them believe situations were happening that actually weren't.

Carley Salerno, an

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PROBLEMS LEAD TO SENIOR VIP CORRECTIONS

by Hannah Ryan

Every year, the Yearbook Club orchestrates the "Senior VIP's", in which the senior class nominates their own peers for certain categories. People can be nominated for titles such as "most likely to succeed," or more entertaining ones like "life of the party." This year there was some issue with the results, requiring a corrected list to be posted.

There are specific rules that must come into play in order for voting for



VIPs to be successful. "We won't let somebody win more than one category because

the goal is to represent as many students as possible," said co-faculty advisor Mr. Blostein. He explained the importance of recognizing when nominations were legitimate or a prank.

"We try to look for areas where there might be a popularity contest going on as well." said Blostein.

This year, when the nominations were released,

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CONCERT (CONTINUED FROM PAGE 1)

picked out 3-4 months before the concert, and must have a skill level that the whole ensemble can play.

Blostein explained that different musical groups have different difficulties when getting ready for a concert. For example, Jazz Band has a lot more equipment they need to set up. They also have a smaller ensemble, creating a much different balance than Band or Orchestra. However, Orchestra has much bigger instruments, and takes up a lot more space than Band or Jazz Band. Band has the most different types of instruments, and it takes time and effort to make sure that everybody has a part that is the right challenge for them.

Andrew Gorman, an Averill Park Senior, who plays the trombone in the Band and Jazz Band and is a Tenor in the Chorus, said his favorite part of a concert is "the feeling of accomplishment you get when performing something successfully after working so hard for so long on it." Gorman added that the most challenging part of a concert is "fine tuning the little things that everyone struggles with because everyone knows the music at that point and it gets frustrating when you just can't get something right and there's a concert coming right up."

Concerts like this are made possible through the hard work of Mr. Blostein, Mrs. Christy, Mrs. Gierthy, and the many students who dedicate their time and energy into performing. The music department hopes that you will come support them by attending this December

ALUMNI VISITATION UPDATE

NEW POLICY CONCERNS APHS GRADUATES

by Sophia Minich

The Averill Park Central School District recently made an effort to clarify both the old and new rules in place over the visiting hours of alumni.

Between 2 pm to 3:30 pm each week day when Averill Park is no longer in "lock out", the term used to describe security during the regular school day, Averill Park alumni are welcome to come into the school if they have a visitors pass. They may then visit any former teachers they please.

However, during the school day when school doors are locked, there are guidelines that teachers are expected to follow if they want former students to visit.

In order for alumni to visit, teachers must fill out a guest speaker form with a purpose, including who the

guest is and when the visit will occur. The reasoning behind this requirement is to ensure that the purpose of the visits are to contribute to the learning of the students.

These forms must



be handed in at least 24 hours in advance so that the school has been properly notified.

According to school principal Mr. Quiles, this isn't a new rule. Counting his prior position as assistant principal, Quiles has been around

APHS for at least 15 years, and he explained that this rule was around even then.

Quiles also said that there wasn't a specific incident that led to the district re-emphasizing the rule this year, and that it's mainly there to maintain a safe environment and a focus on instruction during the school day. For example, if the school were to go into lockdown, administration needs to know who is in the building and where.

Quiles has never said "no" to an alumnus visitation, so this rule isn't meant to restrict any learning experiences. It mainly exists as a safety precaution to make sure that there are no disruptive visits during class time.

So if you are a teacher and you want alumni to visit, all you have to do is fill out the proper forms in advance, along with a legitimate reason, and you should be all set.

HYPNOTIST (CONTINUED FROM PAGE 1)

other participant and Averill Park senior said, "It felt like I wasn't in control of what I was doing and was completely in a different state of mind." During the show, Salerno was told by Re that she was trying to eat dinner but a telemarketer continued to interrupt by calling her. The crowd laughed as Salerno got more and more frustrated, eventually yelling and throwing the safety cone that she believed to be her cell phone across the stage.

Other hilarious scenarios ensued, including participants dancing like hamsters into the crowd and thinking the ground was covered in snakes.

The most memorable skit of the night included

two Averill Park seniors, Kronau and Jon DeWolf. Kronau was told that she was the custodian of the school and needed to use a broom to clean up after Re while he continuously made messes by eating. DeWolf was told that the same broom was his date to prom. Eventually, Kronau and DeWolf had to fight over the broom, chasing each other around the auditorium to grab it from each other. "I only remember parts of the show, and I really believed all the things Re was telling me," Kronau commented.

Unlike the participants, the spectators of the show remember the whole thing. Hayden Chenette, an Averill Park senior, said, "The

comic hypnotist show was really funny. My favorite part was being pulled out of the audience to dance by my hypnotized friends."

Zach Ryan, a sophomore at Averill Park, explained, "I liked when the participants thought they were eating ice cream and Louis Reale and Jon DeWolf shared one."

If you're still a hypnotism skeptic, be sure to attend the Comic Hypnotist show next year. You'll watch as your own friends do crazy things on stage or fall into a hypnotic trance yourself. As many of the participants and spectators of this year's show assure, "Hypnotism is definitely real."

MAKING A WORLD OF DIFFERENCE

STUDENTS GAIN TRAINING AT CONFERENCE

by Maggie Finnerty, Liam Rounds and Payton VanAken

In November the Anti-Defamation League visited Averill Park High School for a two-day conference to provide training to members of the World of Difference Club.

Mrs. Mouzakes-Viola, the World of Difference advisor, organized and selected students for the training. Thirteen total students from grades 9 and 10 attended, including freshmen Payton McCue, Kadi Palmer, Karissa Scheeren, Maire Story and Bailey Vooris, and sophomores Alex Bipat, Maggie Finnerty, Alex Gaboury, Avery Leveroni, Maddie Matice, Kit Orologio, Liam Rounds and Payton VanAken.

Over the course of the two days, students participated in a ten-hour peer training where two ADL representatives presented and participated with the students. Billie Mari and Eric Eisenstein from the NYS League traveled from other parts of New York State to teach

and bond with the trainees. “Billie and Eric are amazing,” said Finnerty. “They’re both great people, and this whole training has

been a really enriching and enjoyable experience for me as well as my peers.”

Students in the training tackled many hard

subjects including bias, racism, prejudice and bigotry. Through a series of interactive activities and presentations, students will become ADL peer trainers, so that they will be able to facilitate and represent at conferences themselves.

The students will have a final meeting in late November where they will present to and train their peers.

This conference was aimed at identifying and solving problems in the High School. Additionally, some of the peer trainers will facilitate and present to classes at the middle school. Other students will be attending conferences in the later parts of this year and earlier parts of next year, including the Character Education Youth Summit in December and the annual STOP conference in January.

Both the Anti-Defamation League, which started as an organization fighting anti-Semitism, but now reaches to stop and abolish all forms of hate and bigotry, and the World of Difference Club are aiming to end hate and discrimination in community and school environments.



WE HAVE LIFT-OFF

PHYSICS CLASSES BUILD AND TEST PUMPKIN LAUNCHERS

by Emma Scheeren

Something about launching objects into the air excites the teen population. This is especially relevant for Mrs. Rees’ physics class. On October 30-31, the Averill Park physics classes ventured outside to start their launching.

Weeks before the launching date, the classes

were tasked with creating a launcher that would project a one-pound pumpkin forward. The students were able to pick their own groups. They had to work with their time management skills and work together to be able to finish their launchers on time.

“I really enjoyed the project,” said senior Ashley Kerwin. “I think I learned a lot of information about how

projectiles work. I think it was a great way to learn something new in physics while also being creative with how we launched our pumpkins.”

The project was a way to tap into the minds of teenagers in a creative way. Every year the pumpkin launcher project allows students to think creatively while building their launchers. Just this year, one particular

launcher was decorated for Halloween with elaborate spider webs and humongous looking spiders. All students were given the opportunity to design their launchers in their own unique way.

While building the launchers, the students are challenged with figuring out how to get the right launch

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IS A SWIM TEAM IN AVERILL PARK'S FUTURE?

STUDENT-INITIATED EFFORT SEEKING A SOLUTION

by Carly Antolick

In all its years, Averill Park High School has never had a swim team, but things may change in the future.

Since our school does not have a pool facility, building a swim team is quite difficult. However, over the past summer and into the beginning of this school year, some Averill Park students have been working with the school's athletic director, Mr. Bubniak, to possibly create a varsity swim team for our high school.

"Anything is possible," said Bubniak, "but adding a program is difficult because many issues have to be considered." The issues he refers to include the budget constraints, lack of facilities, and possible lack of students able to swim on the team.

Due to the fact that sectional meets already

occur at select times, a girls varsity swim team would have to be a fall sport, and boys varsity swim team would have to be a winter sport. In the case of girls varsity swimming

Currently, Averill Park is working to find a local school district that would be able and interested to merge teams. This has happened before between Guilderland

the team. There are pools fit for competitive swimming in Averill Park and Wynantskill, but they may not be willing to host the district's team.

Even if there were a facility willing to host an Averill Park team, there would still be the issue of paying for the use of pool space. This would have to be proposed between December and April, when the school district begins working on budget additions.

If the school district can solve the issues that would arise with adding this new sport, a varsity swimming program could be added to the school's athletic options.

"Any time something new is offered, it is always exciting," Bubniak said. "But, there are unfortunately restraints because we don't have a large student body, or a pool facility."



forming, students may not be able to try out because they may already have obligations to other fall sports, such as volleyball or soccer.

However, there is also the possibility of merging teams with another school district. For this to happen, the other school district would have to have a pool facility and a need for our swimmers.

Central School District and Voorheesville Central School District, who merged swim teams to make "Guilderville."

The Averill Park Central School District already manages athletic activities without in-school facilities such as golf, hockey and bowling, by using public amenities that have offered to provide training grounds for

VIP RECOUNT (CONTINUED FROM PAGE 1)

there seemed to be confusion among the seniors about certain selections. Many students noticed there were a couple of categories in which the classmate chosen did not fit the title. Many seniors were puzzled.

Co-faculty advisor Ms. Church stated that the issue was brought to her

attention. The categories of Class Athlete, Class Short-stack, and Class Flirt were not filled by students who made much sense to their classmates. "Some students came in and said they didn't think they could possibly be right, and other yearbook staff members weren't sure if they counted right" stated

Church.

After a recount done by Bailey herself, some nominees were found to be incorrect and were immediately adjusted accordingly.

"Since it was only up one day, after we put the new one up no one came in to complain," she said.

Church also said

this wasn't an uncommon occurrence, stating "It never ends up exactly right; it happens every single year."

Although many students were skeptical as to whether or not the votes were miscounted on purpose, Church explained that it was a simple, easy mistake.

PUMPKIN (CONTINUED FROM PAGE 3)

angle for maximum distance and height. At the time of the project, the physics classes weren't aware of how projectiles work, so they had to get creative. Creative thinking is an awe-inspiring way to learn. Thinking creatively

allows one to look at situations from a new, fresh perspective. This is influential in learning because it doesn't enable one to give up easily.

Mrs. Rees' classes' creativity was sparked when they were tasked with finding a solution to launching a pump-

kin forward. The groups were challenged with evaluating the problem at hand and simultaneously creating a solution.

"Watching the pumpkins get launched was fun," said senior Ainsley Rogers.

So not only was the pumpkin launcher project extremely educational, but it was also a fun experience for almost everyone involved. Future classes will surely enjoy this project as many before them have.

EDITORIAL PAGES

THE BIG TEACHER SECRET SUPERPOWER REVEAL

by Lilly Kronau

We have all dreamed of the day that we wake up and suddenly have magical powers. We have all secretly hoped we could fly, become invisible, or read people's minds. But have you ever wondered if someone as "boring" as your high school teacher had superpowers? Have you ever thought that, just maybe, your teacher is secretly hiding that they have the ability to do these amazing things? Well, I did a little digging to find out for myself which of Averill Park's very own teachers got bitten by a radioactive spider, was exposed to dangerous gamma rays, or traveled here from a mythological place far,

far away from our tiny little town. It turns out that Averill Park is home to several teachers with some very crazy superpowers.



From the day you walked into his room, you knew his class would not be average, but instead encapsulate you in a hypnotic trance

that made it impossible to stay quiet. This teacher can speak circles around you, invoke a debating spirit from within you, but in the end somehow always proves his point as if he knew exactly what you were going to say. It leaves you utterly dumbfounded, yet holding an even higher respect for him, and your urgency to debate grows with every passing minute of being in the class. Mr. Fairchild has been hiding his ability to read minds from the Averill Park community. Who knows, maybe the dog is the one reading our minds?

Have you ever wondered why every track prac-

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- Carley Salerno (Editorials/Reviews)
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DON'T DIMINISH HONORS CLASSES

by Emma Deo

The opportunity to be put into an Honors course provided at Averill Park High School is greatly appreciated by students, but sometimes it just feels like a regular class with extra homework added on. Honors classes should be based upon rigor and difficulty, not always just the ability to complete an assignment at home.

When an Honors class is no more difficult in the sense of the actual class period, there is nothing to set it apart from any other classes, completely discarding the

benefits of getting put into an honors course.

Students who make the



decision to try to be placed in an Honors class are doing so to experience a higher level of

learning because they or their teacher feels as though they are eligible for it. If a higher

level of education is not provided, why take the class at all?

Many students who are capable of excelling in the Honors class setting are choosing not to solely because the work outside of school is too much to handle while juggling regular teen activities like participating in extracurriculars and even getting the right amount of sleep each night. Kids are sacrificing countless hours of sleep each week to complete their assignments, regardless of what extracurricular activities they choose to participate in.

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EDITORIAL PAGES

KEEPING YOUR FREEDOM

by Cloe Mussett

Freedom. It's something that has kindled conflict, even brought upon war. Merely a small, seven-letter word, it is the meaning behind these seven letters that gives freedom such power. When one thinks of what they believe their independence means, they may think of it as the power to make choices, uninfluenced by those around them. In truth, it is so much more than that. Our freedom defines who we are, and that is why we must obtain it if we are to become the people we are destined to be.

Awareness. We must pay attention, despite the distractions used against us that are trying to divert us from the truth. Our freedom can be snatched away right under our noses simply because we were too wrapped up in our own affairs to worry about and pay attention to the troubles of the world we live in. There are many culprits, such as technology, extracurricular activities, jobs,

and even the expectations of others. However, it is crucially impertinent that we create a balance and remember to

is why it is of such vital importance when we discuss the maintenance of our freedom. Without communica-

when others tell us we shouldn't. In a corrupted society, there will most likely be few examples of this type of person, but if they exist, they are a threat to the entire system, and its hold over the people it is intended to oppress. When questions are asked, the people asking them may very well be considered dangerous among society, as fear of this type of person is most likely guaranteed to be instilled in the common citizen.

Those in power restrict knowledge of what is really going on, therefore restricting the freedom of individuals, who cannot act or create opinions upon what they do not know. When people embrace this oblivion, those in control give society an illusion of contentment, but inquiry exposes these lies. Inquiry incites rebellion in other citizens and sparks the fire that eventually burns down repressive authority, creating a gateway to freedom. Therefore, we must question why things are the way they are, because without questions, we have no answers, and without answers, we will never know not just what is wrong, but what is right.

Freedom. It's something that can be given, and something that can just as easily be taken away. Our independence must be regarded with the merit it deserves if we are to truly understand what it means, if we are to truly earn it. Our freedom is what defines who we are, and that is why we must fight for it.



analyze whether or not we still have our personal freedoms, and if we do not, why that might be.

When society claims that these problems are merely the concern of the government or a higher up individual, they toss their problems off onto the next person, not realizing that this person may not have their best interests in mind. To some, freedom may seem unnecessary to one's personal happiness, but in truth, ignorance isn't bliss. If society wishes to solve these issues, they must make it their problem, take charge, and accept the responsibility to fix it.

Unity. It is when we are at our strongest, and that

tion, we cannot rise up, we cannot fight for our rights, and we cannot be free; it is crucial to our independence. Sometimes we don't have to know exactly what is wrong. Sometimes it is simply enough to know that we must do something, because then we can band together with others and create allies. These allies may have already discovered the flaws to the system, as well as the reasons behind them. As soon as there are numbers, a plan can be formulated and executed, because together we are stronger.

Resilience. We must not conform; we must respect ourselves enough to be the people we are, even

GET INVOLVED

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EDITORIAL PAGES

HONORS (CONTINUED FROM PAGE 5)

This can result in the student sleeping through their classes, or being so tired that it feels nearly impossible to pay attention and retain the information being taught that day, just to repeat this cycle again and again. Do the benefits of this endless cycle of homework and sleep deprivation outweigh the benefits of participating in extracurriculars and improving the difficulty of a student's learning?

Honors classes should be used for what they

were originally intended for, increasing the rigor in a capable student's schedule.

These diluted Honors level classes are beginning to be flooded with students who are not truly capable of completing the given workload, causing either these students to stop taking the course, or causing the course to become even easier, defeating the purpose of the class.

To many students, it feels like a waste of time to sign up and participate in

these classes, increasing the number of students who are not necessarily Honors level students (which is in no way a bad thing), but this further dilutes the class.

In my experience, a small amount of honors classes are no longer truly being used for their intended purpose, ultimately rendering them useless to students who wish to further their education and understanding of the material at hand in an alternate setting.

These courses should consist of a rigorous curriculum, excluding the excessive, arguably useless homework assignments, filled with students who are ready to be educated at an appropriate level. In these select few classes, not all aspects of the course go against the original idea of an Honors course, and not every Honors class is taught like this; however, even the smallest aspects of a class can cause it to seem wasteful.

SUPER POWERS (CONTINUED FROM PAGE 5)

tice has two warm-ups, an insane workout regimen, and leaves you ready to sleep by 5:00 p.m? This coach likes to share his superpower with his athletes. Both Coach Gobel and The Flash share an ability to run incredibly fast due to their power of superspeed. He tries to conceal his superpower by making his athletes run fast, but we all catch on quickly. Unfortunately, having the knowledge of his superpower will not change a thing, if anything, we will end up racing Gobel during time trials.

You are sitting in Mrs. Oldendorf's bio class when, all of a sudden, Boulay is there... oh wait, she's gone again. Where did she go, you ask? How did this happen so quickly? Oldendorf continues teaching and then "Boom", Boulay is back. If you know what I'm talking about, even a little, you know Boulay has the power to teleport. Boulay likes to engage her students

in her passion for biology and to do so she sometimes needs a beaker from Mrs. O or fridge space from Reddy or vegetables from the garden. Those are a lot of places to be in an 80 minute period. That is why Boulay figured out how to teleport from one place to another. I bet we all wish we had that amazing superpower — if only she would tell us how she does it!

Speaking of Mr. Reddy, ever wonder if he has a superpower? Turns out he most definitely does. Reddy has an adorable (and active) two year-old child, is attending graduate school to achieve his PhD, and is probably one of the best teachers Averill Park has to offer, making you a very lucky student if you have ever had him. Reddy does all of this and *still manages to read for at least an hour every day*. If it isn't already obvious, Reddy has... the ability to manipulate time. A superpower like that would

come in handy quite often during finals.

"Hey, big guy..." That saying that is engraved in our minds from the moment we met this teacher, three words we'll never forget. This teacher is always immersed in what he's teaching, and you are always immersed in the work that goes along with his class — and you always learn the material. This teacher has been teaching at Averill Park for a long time, so long that he can recall from memory subsections of the Constitution to support a thought. This teacher is also always in his classroom, and every time you are with him you feel comforted knowing you are learning. This teacher might as well have been alive for the writing of James Madison's *Publius*, because as he always says, you can't swing a dead cat by the tail without hitting Federalist #10. Mr. McPartlin has been hiding his super-

power of immortality. Thank goodness for that, because we will always need him to remind us what Federalist #10 says.

While there are many other teachers with really cool superpowers, such as Mr. Keegan's superhuman strength, or Mr. Zehnder's ability to move things with his mind through telekinesis, or Mrs. Engel's ability to talk to animals, I'll save the rest for you to find out on your own. Who knew Averill Park teachers were hiding these superpowers from us? I challenge you to go find a teacher who can fly, the one who can become invisible at a moments notice, or maybe find out what planet these teachers come from. We always knew Averill Park was special, but who knew it actually held people possessing magic and superpowers walking among the halls with us.

REVIEWS

OBP's ALMOST, MAINE: BROKEN HEARTS, IRONING BOARDS, AND VILLAINS

by Katie Armlin

Although we are already on the brink of winter, I would like to take us back to a time when the only snow in Averill Park was found on the APHS stage. On November 1-2, the Averill Park Off Broadway Players held their first production of the school year, *Almost, Maine*, under the direction of new club advisors and co-directors Mrs. Christy and Mrs. Mouzakes.

Almost, Maine is a literal take on love. Real broken hearts, actually "falling" in love, and all the love you ever gave someone stuffed into red bags. Told in nine scenes, our APHS actors conquered the many aspects of love and found what it really means to be close to the people we love.

That seems to be a lot of examples of love. But as our OBP actors showed us on stage, in order to find love, we need to overcome our pain. Actors Delaney Long, a senior, and TJ Meissner, a sophomore, in the first main scene, took on the idea of the broken heart. But the broken heart is not necessarily permanent, because everyone is capable of healing. Glory, played by Long, has only an artificial, unfeeling heart beating in her chest. Her real heart is found broken in a bag that she carries, until it ends up in the

hands of East, played by Meissner. East helps put the pieces of Glory's heart back

their feelings and committing to one another, when playing the respective characters of

want, we just need to open up and say what we're feeling.

The next actors took on the challenging emotions of divorce. We saw Marci, played by junior Emma Parker, and Phil, played by sophomore Wolfy Balga, find that in order to be happy, sometimes we need to do what's hard. That's when they knew the shoe had dropped, quite literally.

Next came the cautionary tale of Hope and Daniel, who mirrored the lessons of Gayle and Lendall but with a much different outcome. Hope, played by senior Delaney King, comes searching for Daniel, played by freshman Ryan Ritcher, with regret of never answering his marriage proposal. But now she sees that she's much



together, literally, but also by helping her overcome the grief and feeling of responsibility for her late husband's death. This allows her to heal and also reach for something more or even new.

Next we meet Jimmy and Sandrine, who show us the story of how to overcome an ex you still want in your life. Jimmy, played by senior Hayden Chenette, feels that he must be a villain for making a girl like Sandrine, played by senior Lexi Thompson, leave him. But we learn with Jimmy that we aren't villains. Sometimes it's just hard for us to see who we truly belong with. Sometimes we need to trust fate and let love find us.

Sophomore Emily Walsh and senior Kristian Powell took on overcoming the challenge of admitting

Gayle and Lendall. The dramatic scene of red bags full



of love and one engagement ring helped us see that sometimes to get what we

too late and that she missed

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REVIEWS

ALMOST, MAINE (CONTINUED FROM PAGE 8)

her opportunity to open up and share her feelings as Gayle and Lendall had.

But, *Almost, Maine* had more than just overcoming heart breaks. It also took on the idea of new love. Steve, played by sophomore Silvio D’Arcangelis, discovered what it’s like to feel for the first time. He does this with a little help from Marvalyn, played by sophomore Ashley Bayer, and of course the ironing board that hit him in the head to begin with. We also saw Shelly and Deena, played by junior Abby Garrison and sophomore Lauren Wicks, discover that we might not always find love where we expect it. You never know who you may literally fall in love with.

The last main sce-



ne featured Dave, played by junior Alex Heap, and Rhonda, played by senior Sarah Faragon. This funny scene shows us Rhonda’s first experience with love and discovering that, despite some of her doubts, she was always worthy of it.

These first eight scenes are encompassed



by the characters Pete, played by junior Jack Kelly, and Ginette, by sophomore Alex Gaboury, who tie the stories together. These characters show us that sometimes in order to be close to the ones we love, we may just have to walk all the way around the globe.

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-In Color-

APHS HAS THAT GIVING SPIRIT

MULTIPLE FUNDRAISERS AND CHARITY EVENTS HELD

by Sarah Wallace

As the holidays are quickly approaching, Averill Park High School is conducting a multitude of fundraisers, charities and food drives to help those in need this holiday season. Similar to previous years, APHS is supporting the annual Toys for Tots charity, Letters for Luke, "Let's Give'em Something to Bark About" and the ongoing shoebox drive. We love to give back as a community, which is why these are just a select few of the fundraisers that APHS is conducting this season.

One popular fundraiser, which has been ongoing for several weeks and into this holiday season is the shoe boxes drive. As in previous years, the New Horizons Club holds a shoebox drive to provide for our sister school in the Dominican Republic. In these boxes are packed a variety of things ranging from hygiene products to toys and games, all of which are beneficial for a healthy and happy child.

"The people in the DR mainly need hygiene items, since those things can be hard to come by for them," said New Horizons member Elizabeth Dubois, a junior, who discussed recommendations to help make those in

class of 2013 who died. New toys may be dropped off by any student, staff or faculty member in many locations throughout the building. These various locations include the main office, district office, room

This fundraiser is in honor of former Averill Park student Kelsey Kittleson who passed away in the summer of 2017. To do this, Klepsch has joined forces with Kelsey's Promise team for the holiday season. Donations are to be dropped off in room 208 from November 25 until the end of the holiday break. All donations will be shared between the Mohawk Hudson Humane Society and Homeward Bound as the needs of rescue and homeless cats and dogs are hoped to be met this holiday season.

Another charity supported by our high school this season is Letters for Luke. This year Averill Park is teaming up with Luke Hoag, a middle school student at Hoosick Falls who is collecting holiday letters through Macy's Believe program in order to give back to Make-A-Wish. Not only is our high school in support of this charity, but all the schools throughout our district are as well. A drop-off box is located at each school, and each letter results in two dollars being donated to Make-A-Wish. Hopefully you were able to write a letter, no matter what length, and submit it before the December 4 deadline.

With all the fundraisers swarming around our school this holiday season, be sure you participate, because the smallest gesture can make someone's holiday seem so bright. Step out of your comfort zone and get involved in our community to make the holiday season more joyful for those who are less fortunate.



the Dominican Republic have the best Christmas. "However, it's nice for the children to receive school supplies as well as toys for Christmas."

"We also have adults that receive the shoeboxes," Dubois added, "so sometimes we send them batteries and household items that can be useful. So basically anything we think they may need and extra things that can make the kids happy or be useful are very beneficial to be put in the shoeboxes."

Dubois also added that, "We also let the teachers choose the boxes and who they are for, just in case they already had some things in mind to give to them."

Next is the very popular Toys for Tots fundraiser. Run by the APHS student government, toys are being collected in memory of Abigail Dutcher, a student in the

227 and the gym foyer.

For every toy dropped off in room 207, a raffle ticket will be handed out. That raffle ticket will qualify you for entry for free popcorn for the rest of the school year. So hurry up and donate a new toy before the fast approaching deadline of the week of December 9, when all donations will be gathered.

While many of these holiday fundraisers are ongoing traditions, there are a few newer additions which have only been around for a few years. One fundraiser in specific is the 'Let's Give'em Something to Bark About' hosted by English teacher Mrs. Klepsch. For the third year in a row, Klepsch's tenth grade classes are joining together to collect gently used or new items for rescued cats and dogs in our community.

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.

IMMERSING YOURSELF IN SPANISH

STUDENTS PUT THEIR LANGUAGE SKILLS TO THE TEST

by Carley Salerno

Each year, Averill Park gives its students many opportunities to study their passions in-depth. For advanced language classes, that opportunity comes in the form of the annual “Language Immersion Day.”

This past month, ten level 4 and 5 Averill Park Spanish students traveled to Rensselaerville to partake in a day of immersion with four other schools. During that day, Spanish was the only language spoken, written, and heard. Students communicated with native Spanish speakers who were from countries all across the globe.

“It was really cool to be in a conversation with these native speakers and realize that you’re able to keep up with what they’re saying and respond,” said senior Lilly Kronau who has gone on the trip for two con-

secutive years. Kronau has been studying Spanish for four years at APHS, but didn’t realize how much of the language she actually knew until

game very similar to Apples to Apples, but focusing on creating the funniest memes), charades, and a short skit to close the day.

These Immersion Days are incredibly helpful to students who are serious about learning a new language, or those who simply want to have fun with the language they’re taking. Conversing in Spanish for upwards of six hours draws language out that participants didn’t even know they knew. The native speakers teach students modern applications of the language, like slang, and significantly improve their accents simply by speaking with them for an extended period of time.

Language students are strongly encouraged to go on this trip, even if they aren’t confident in their speaking abilities. The trip will be happening again in November 2020, and free churros are, as always, provided.



she was in an environment where she had to use it.

The students were engaged in various activities throughout the day, including a round of ‘Los Memes’ (a

“The skit is always my favorite part,” said senior Xander Michaels. “This year ours was called ‘El Restaurante de Muerto’ and I got to wear a grandma mask.”

THEY’RE OUTTA HERE!

SOME STUDENTS GRADUATE EARLY IN JANUARY

by Emma Hanlon

Early Graduation takes a lot of work and commitment to successfully achieve. This year at Averill Park High School there will be five seniors graduating in January, along with a junior who will be graduating at the end of their third year.

In order to graduate early, students must have 22 credits and pass five New York Regents exams. Many of these early graduates will be receiving Advanced Regents Diplomas. Of course, they must complete their Senior Social Studies, English, PE, and possibly Health classes in



order to receive their diploma.

Although credits are a major part in graduation, desire and work ethic of the student is also very necessary.

Students often find doubling the English and Social Studies work challenging, and also cannot take Physics or Calculus because they are full-year courses.

Mr. Gildersleeve, an

Averill Park High School counselor, said he makes sure students understand the commitment of being an early graduate. “The Counseling Center handles the applications, communication with teachers,” he said, “and consults with students and parents to see if early graduation is possible and beneficial for interested students.”

While the school work is often highlighted as a challenge of the early graduates, missing the spring semester is also a social challenge. While seniors graduating early receive their diplo-

(continued on page 12)

AS SHE SEES IT

SECRETARY OFFERS VIEWS ON THE COUNSELING CENTER

by The AP Journalism Club

Though her official title is Typist to an Administrator, to an Averill Park High School student, Jody Heilmann is more commonly known as the Counseling Center secretary, the first person you talk to whether coming down to discuss something happening in your private life, to collect your working papers, or because of a scheduling conflict. Heilmann recently came to a Journalism Club meeting for a 10-minute interview to talk about her experiences in the counseling center.

Heilmann says the hardest part of the job is “balancing all the different personalities, from the students to the adults.” Since each student entering the Counseling Center first approaches Heilmann, she has to determine why the student is there and then go from there. This requires her “talking to each one differently and meeting the needs of each one.”

In addition to working the desk, Heilmann says getting the awards set for the graduates in the spring is her biggest task. “That takes up a large portion of my time,” she said. In addition to that, she also spends much of her job “communicating heavily with colleges through computers.”

Her favorite part of the job is, of course, “the

students.” She said she loves to learn about each one. “I started working here because I liked the kids, and I stayed here because I liked the kids,” said Heilmann. “You guys are the reason I’m still here.”



Heilmann has worked at the high school for five years, though is now in her 20th year with the district, having previously worked as a teacher aide and library aide at Algonquin Middle School.

Heilmann has an interesting perspective about each of the separate counselors. When asked to categorize each of the five counselors, she jumped right in. “Mr. Gildersleeve is the most even-keeled, calm, rational soft-talker. Mrs. Arsenault is the

most ‘tell you the way it is, this is what you need to do to get where you’re going.’ She said Arsenault “pulls no punches...doesn’t baby anybody.” According to Heilmann, Ms. Stone “is

lors think of her, Heilmann said, “I do my job and I do my job well.” Of course, “I basically run their lives,” she said.

In addition to working with counselors, Heilmann said there are “a lot of unique things happening in the counseling center that you don’t see,” from the food pantry to “a lot of fun.” When asked if she eats any of the snacks left out for students during advisory, she looked at Mr. Strich and said, “Not as much as some of the people in here.”

As for changes with new principals and assistant principals over the last two years, “There are changes with every administration. Some of the rules and guidelines came back,” she said. Heilmann thinks the new additions are “much more open to listening and maybe finding a way to get to the end result of what we all want.”

Heilmann has probably seen it all from students in her job. “The sorriest thing is they make things that don’t need to be a major situation bigger than it is.” According to Heilmann, students who make little problems bigger than they have to be, or seem to generate drama, are making their own lives more difficult.

“Remember,” she said, “this is just a small portion of your life. This will only be a small portion of yourself in the future.”

EARLY GRADUATES (CONTINUED FROM PAGE 11)

ma in January, most come back to participate in Senior activities, including graduation, in June.

The majority of students who graduate early go

straight to college, but some do take a gap year or go into the workforce.

School principal Mr. Quiles advises students to make sure early graduation is

the right choice for them and is the experience they want to have. He also emphasized that everyone learns at a different pace. “Some may graduate in three years, or some

may graduate later than that, and that’s okay,” said Quiles.

What we can say is, good luck to our early graduates!

AIDING OTHERS IN THE CLASSROOM

FORMER STUDENT NOW HELPS OTHERS TO SUCCEED

by Dani LaPier

At Averill Park High School, one of our newest staff members is Erin Morley. Morley, who graduated from APHS in 2007, now works as a teacher's aide at her alma mater.

Morley loves being back at Averill Park, spending time with the staff and students. As a teacher's aide, Morley works in the classroom with students, helping them to better understand the material being taught. She assists the students and acts as a support for anyone struggling in the class.

The best part about her job is the difference she makes in students' lives.

"Even if they need help every day, I help them," she said, "and it is rewarding to me to hear when a struggling student has either



passed the course, the final, Regents, or even graduated." Morley is a strong believer that one should be kind to everyone because it always comes back around when someone, in turn, is kind to you. By helping students, she is accomplishing this and helping spread her kindness.

In her personal life, Morley spends time with her 10 year-old son. When she isn't driving him to Tae Kwon Do, they watch old Disney movies, have dance parties or listen to music. She also likes spending time with her friends and boyfriend, either going to concerts or just hanging out at home.

Much has changed since Morley attended Averill Park. "Picture this: barely any cell phones, no laptops, the help desk/Mezz wasn't a thing, people didn't have places to hang out during the day," she said. "We went to class and

hung out with friends either during study halls, lunch or after school."

Despite the lack of communal areas, she still enjoyed her time here, and continues to as well. She is amazed by how much things have changed and how easy it is for students to access the internet and technology for help with schoolwork.

Morley loved her time here as a student and continues to as a staff member. The students and teachers alike have welcomed her back into the district with open arms. She loves her job and loves making a difference and the people she works with help to make it better. Averill Park thanks Morley for her commitment to her students and hopes she has a great year!

IT'S THE MOST IMPORTANT OF THE DAY!

BREAKFAST CART A SUCCESS IN THE ATRIUM

by Xander Michaels

This year, a new breakfast system has been implemented at Averill Park High School. Along with purchasing breakfast at the cafeteria, students can now buy breakfast at the cart in the bus atrium. Dawn Engwer has run the cart so far during its inaugural year. I got the chance to speak with Ms. Engwer on her opinions about the cart.

Engwer opens the cart at 7 a.m. every morning, and closes at 7:30 am. In addition to many individual items, Engwer said that, "ten to fifteen students purchase breakfast at the cart each morning." This nearly dou-

bles the total of students buying breakfast from last



year, as about fifteen students go to the cafeteria for breakfast each day.

Engwer sells the same breakfasts at the cart that are sold in the cafeteria. Breakfast costs \$1.80 with a

choice of a sausage and egg muffin or a different breakfast that changes daily. Each comes with juice or milk. Additionally, students have the options of fruit, muffins, or a variety of yogurt parfaits.

Engwer said that she sells the most sausage and egg muffins, as well as a lot of plain muffins. Both of these items are easy to pick up quickly and eat as students and staff walk the school in the morning.

When asked about the location of the bus atrium, Engwer said, "it's cold, but I like the section I am in because it's easy for the kids and me."

The cart will contin-

ue to be located in the atrium throughout the year, and likely into next year. Engwer expects the cart to continue next year, as it has increased the amount of students purchasing breakfast.

While the cart will remain, there will soon be a change of who is running the cart. Within the coming weeks, Erin Mangene will take over the cart. Additionally, more options will soon be available at the cart, including a wider variety of yogurt parfaits with granola.

Hopefully students and staff will get the chance to stop by the cart in the morning to try these new items.

WHERE IS MRS. FINELLI OFF TO NOW? NEW HALL MONITOR HAS MANY DUTIES

by Elizabeth Aiossa

Mrs. Finelli is constantly on the move in the Averill Park School District; right now she's officially a hall monitor, but she's not just limited to the school hallways. Finelli can be found in the library connecting with students, or in the cafeteria talking to just about everyone. Maybe you'll find her in the bus atrium at the end of the day.

Finelli's favorite spots in APHS are the library and, surprisingly, detention, because she can really interact with many of the students whom she might not be able to on a regular basis. Her favorite part of being a hall monitor is when she's able to connect with many of the students at APHS.

Finelli has been



working in the Averill Park School District for nine years,

has been positioned in all of the schools, and has

done almost every job. She enjoys working at the elementary schools with the little kids, but her favorite place in the district is the high school because she's familiar with most of the students and teachers.

Finelli also enjoys chaperoning at the basketball and football games as all three of her sons played football, her youngest having graduated last year from Averill Park.

Before coming to AP, Finelli graduated from Maria College and worked in a lawyer's office before going on to be a hairdresser. When her sons came to AP she was looking for a job that wasn't as stressful. Here, she's been a substitute, teacher's assistant and now a hall monitor.

Finelli loves it here at Averill Park. "We've got a pretty good thing going on at Averill Park," she said, "and I'm really happy to be a part of it."

GETTING TO KNOW FABIOLA STUDENT FINDING HER NEW HOME AT APHS

by Maryssa Crosier

After growing up in Puerto Rico, senior Fabiola Rodríguez Borrero's life changed last year when she moved to New York.

"My first day of school, how can I forget that!" Borrero stated about Averill Park, "I was so nervous and confused about everything."

She had reason to be, considering she was born in Bayamón and then eventually moved to Peñuelas, Puerto Rico, both located on the coasts of the island. There, "I got the beauty of beaches and rivers," she said.

Attending school in New York gives her more opportunities, with a different



variety of classes to take, and numerous activities to try. However, she said that lunch and time in between classes was much greater in Puerto Rico than here at Averill Park.

Aside from education, her life outside of school has changed as well with the move.

"My favorite thing in Puerto Rico was soccer and volleyball; I used to go to tournaments." Borrero described how her family would go on trips to the beaches and would go on vari-

ous trips called "Chinchorro," which is a trip to some parts of the island.

Now that she's attending Averill Park, Fabiola said her favorite pastimes are weightlifting and getting ice cream. Despite that, though, what she misses the most is the food! According to our Spanish speaker, her favorite foods included met, relleno de mapen, alcapurrias and many more.

As much as she loves both of her homes, Borrero said a downfall of New York is snow. "The snow I loved, but when I feel the cold, I don't love it anymore!"

I believe most New Yorkers feel the same way, ¡Gracias Fabiola!

OUR APHS ACTORS: A PROFILE OF TWO FUTURE CELEBRITIES

by Katie Armlin

Have you ever watched a film or seen a Broadway show and wondered how those actors got to where they are? Have you wondered what steps they had to take or how they got the opportunities they did? For the answers to these questions you may not have to look any further than within our very own high school.

Seniors Claire Flynn and Delaney Long are actors both inside and outside of our school and are planning on taking the path of a professional career in acting in the near future.

Those of you who have seen Off Broadway Players productions at our school may recognize Claire Flynn as the evil stepmother in *Cinderella* or Kay in *Father of the Bride*. But Flynn has also taken part in many shows outside of our school.

Over the summer, Flynn was in Park Playhouse's *Newsies* performing in Albany, along with another APHS senior, Hayden Chenette. There she played the understudy of the female lead and learned a totally new aspect of being part of a show.

"Understudying was one of the weirdest experiences but one of the most rewarding," Flynn explained. "I went on stage cold turkey, never even getting to run scenes with the revolving stage. It was terrifying but so exciting."

Fortunately, Flynn was able to prove her skills in playing this role the last week of their run.

Flynn also was in a recent production of *Mary Poppins* at the Schenectady Light Opera Company, where she starred as Mary Poppins.

For any who know

paring for auditions with a long list of 25 different schools, Flynn hopes to earn her BFA in Musical Theatre.

"After that it's audition, audition, audition!" she

Delaney Long is another rising actor at Averill Park High School. Long first seriously participated in theater during her freshman year at APHS when she was in *Charlotte's Web*. Since then, Long has found herself in many roles with our Off Broadway Players including *Cinderella* and the role of Glory in this fall's production of *Almost, Maine*.

Long's experience with OBP has been a very valuable one, as she has found support from her role models Mrs. Gaboury, Mrs. Christy, and Ms. Mouzakes, and she has learned a lot about character work. She explained that *Cinderella* was "the first character I fell in love with and truly devoted myself to, which is now what I do with every role I get."

As many know, Long will only be with us at APHS for another month, as she's graduating half a year early to start her acting education. Come January, Long will be moving to Los Angeles to earn her acting BFA from the American Musical and Dramatic Academy (AMDA) and then hopefully pursue a career as a TV actress.

Attending school at AMDA has long been a dream of Long's. She also attended their high school summer conservatory in New York City

(continued on page 17)



the three-hour long show, this part can be challenging. It's an extremely heavy vocal role with lots of acting, as well as dealing with the standards of living up to the expectations set by Julie Andrews in the original film. Taking on this role was very valuable for Flynn, as it gave her the experience she will need in moving into professional theatre.

And this is exactly what she plans to do. Pre-

said. "Hopefully I'll get the chance to debut on Broadway someday. Theater has always been my happy place and I really couldn't imagine doing anything else for the rest of my life."

For now, Flynn is in the New Visions Visual and Performing Arts program where she is able to take part in college courses and projects, strengthening and growing her acting skills, and learning from industry professionals.

FAITH HITS THE ICE

APHS STUDENT JOINS ICE HOCKEY TEAM

by Owen Perala

The game of hockey is certainly not an easy one. The action is fast-paced and requires a lot of physical strength and stamina. It is not one that you can just pick up and start playing that day. Hockey also involves advanced skating skills on the ice. Whether it's skating backwards or making high speed turns and maneuvers, this sport requires obtaining some skill before you can even begin to play the game. Now imagine doing all that with a visual impairment. This is what Averill Park High School senior Faith Murray has done.

Murray recently joined an organization that prepares hockey players for training, perhaps to one day even possibly join the USA hockey team for the blind and visually impaired.

The program is run by the Central Association for the Blind and Visually Impaired, who formed the team in 2015. While blind hockey is quite new in the US, it has been played in Canada since the 1970s.

Murray began to skate five years ago through a group called the Saratoga Ice Stars. She enjoyed this and

excelled in the program. Her interest in hockey was really sparked while she attended Camp Abilities, a recreation

barely different from a normal game of hockey. The puck is slightly bigger and has bells on the inside that make noise to help the players track the

puck. There is also no checking. Other than that, the game remains true to the original. The players position is decided based on their level of vision. Completely blind players tend to be goaltenders. Lower-sighted players play defense and higher-sighted athletes play forward. Murray is on this higher-sighted end and will most likely be playing as a center.

In addition to ice hockey, Murray has recently joined the Averill Park High School track team as a sprinter and a thrower. Murray also has set up a bottle collecting fundraiser called The Sharpefinnias Effect. The drive has raised thousands of dollars for Camp Abilities, which has benefited the camp immensely.

"You just have to keep going towards your goals," said Murray about all of her activities, "and pushing forward," which she has certainly done, and done with great success.



and sports camp for the blind, visually impaired, and deaf, where she had been a camper for many years. Camp Abilities is also run by the Central Association for the Blind and Visually Impaired.

"Knowing that the same organization runs this program that I'm with now, I just got into it and fell in love with it," Murray said about the training camp for the blind and visually impaired. Each training practice lasts 50 to 90 minutes and is held two to three times each month. With some help getting gear this fall from Mr. Strich, Murray was off onto the ice.

The game for the blind and visually impaired is



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PROVIDING HELP OUTSIDE THE CLASS

NEW SOCIAL WORKER ENJOYING APHS

by Clotilde Mussett

If you haven't visited the Counseling Center as of late, then perhaps you do not yet know about our newest mental health counselor, Mrs. Murray.

Murray grew up in Lansingburgh, earned her Bachelor's Degree in psychology at SUNY Plattsburgh and then earned her Master's Degree in mental health counseling at the College of Saint Rose.

Previously, Murray worked as a therapist at Rensselaer County Mental Health, along with several other agencies such as Parsons Child and Family Center and Vanderheyden Hall. Prior to accepting a position at Averill Park, Murray acquired her certification in mental health counseling. She is excited to be a social worker at Averill Park, as this is her first time working in a school setting.

In her free time, Murray loves to take walks with her two children, Thomas, 5, and Kendall, 3, as well

as her German Shepherd, Ava. "Anything with my kids is

ing quality time with them.

Murray also likes to



something I like to do," she said. She is very devoted to her family and enjoys spend-

ing quality time with them. Murray also likes to try new restaurants, especially those that serve Italian cuisine, which is her favorite

type of food. Murray says that she likes to read, especially murder mystery books, and always has a tall stack of books on her nightstand that she is currently reading.

As for the best parts and biggest challenges of her job here at Averill Park, "My favorite part of the job working here is that everyday I don't know what to expect — I walk in and am not quite sure what the day's agenda will be. Personally, I have found the biggest challenge to be fitting in time in my day to help and talk to everybody."

If you have the privilege of meeting Murray, be sure to welcome her into our family here at Averill Park High School, as it is guaranteed that she will prove herself to be an asset to our school community for many years to come.

ACTORS (CONTINUED FROM PAGE 15)

for two weeks this past summer. There, she got to work with "the most talented kids in the country, along with the best professors ever." She filmed a scene from the film *Everything Sucks*, as part of one of their projects. Long and the other high school students also worked on a short film that they not only wrote, filmed, and edited in twenty four hours, but showed in a Broadway theater. This same event included acts performed by Lin-Manuel Miranda and Lady Gaga.

Both of these ac-

tors clearly have a bright future ahead of them, with many impressive experiences already under their belt. But this career path is sometimes risky and often not well encouraged. When asked how she overcomes this barrier, Long explained, "I always thought that if I don't at least try to achieve my dreams, I will spend the rest of my life regretting it. I have always had the dream of being an actress and I just don't want to let myself down."

To hold on to their passions and dreams, ac-

tors, especially at such a young age, have to hold on to the moments that prove to them that this is how they want to spend the rest of their lives. When asked what this moment was for her, Flynn explained the dramatic last scene of *West Side Story* that she performed when playing Maria. During her last performance, with a cast that she was very close with, Flynn explained, "I was so into the scene, and so emotional that the show was ending, that I sobbed. At the end I was left alone onstage as I put on a funeral veil. The

entire audience was completely silent. It was chilling and sad all at the same time."

As you can see, these two actors of ours are proof of how much passion and hard work can pay off and may even lead you down the path of your dreams. I'm sure I can speak for all of us at APHS wishing the best for Flynn and Long as they continue their education, and we will keep our eyes peeled for their names in films and shows as they begin their careers.

THIS SPORT WILL BOWL YOU OVER

GIRLS BOWLING TEAM HAS EARLY SEASON SUCCESS

by Mara Little

Averill Park High School is known for many things. It's a cultured center where students are able to receive a proper education, in addition to becoming well-rounded individuals through extracurricular activities such as sports and clubs. Luckily our school staff and athletic departments work extremely hard to ensure that all students have the opportunity and option to choose what sport or activity is best for them.

Although the most commonly watched, talked about, and successful sports are football, soccer, basketball, softball, and baseball, in this mix we, as a student body, often overlook one prosperous group – the APHS JV/ Varsity girls bowling team.

Bowling is a winter sport; therefore, tryouts and all recreational practices begin at the end of November and carry through the beginning of February. During this time the team uses the East Greenbush Bowling Alley for tryouts and early practice sessions. However, once the members on the team have become established and their ranks have been set, the girls bowling team will practice Monday through Thursday every week after school at the Hi Way Rec in Wynantskill.

The team also holds their home games at the Hi Way Rec, against

schools like Ballston Spa, Columbia, Schenectady, Bethlehem, Saratoga, and Colonie. These competitions, for which the high school pays a fee, can draw in a large and eager crowd, including Averill

round, the points are counted and the scores are totaled.

The season has just started, with Averill Park winning their first game against Saratoga on November 25 by a score of 27-5.

In previous years the girls bowling team has been made up of eight to ten players, but this year the number has increased by two, making a full squad of 12 bowlers. Due to the team's larger player count, there is less to no playing time for those who are not within the top six varsity play-



Park athletic director Mr. Bubniak.

The scoring in the competitions against other schools goes as follows: on each overhead screen in the bowling alley are six players names, three from each



school. The person whose name is directly across from each Averill Park bowler on the screen is the person whom they will be competing against during that match. Every game that a player wins scores one point for their team. At the end of the final

ers. The top six players at present are junior Lindsey VanAlstyne at number one, eighth grader Laney Brown (2), junior Isabella Guyer (3), eighth grader Anna Wicks (4), junior Savannah Rudolph (5), and freshman Saeryn Sawyer (6) but that can change as the season goes along. Additional members of the team are freshman Ella Hinman, eighth grader Rachel Hudspath, eighth grader Delaney Padelsky, junior Lauren Paris, freshman Kristina Prouty and senior Meghan Prouty.

“Out of the three sports I play, bowling is my absolute favorite because you play as both a team and an individual,” said Guyer, who has nothing but amazement for this underappreciated sport. “Weirdly enough, I almost didn’t try out for the bowling team in ninth grade because I had been bowling since I was eight years old and I wasn’t sure if I wanted to continue playing during high school. Every Saturday morning for three years my grandma would bring me to the bowling alley and when she heard I wasn’t going to bowl in high school she was disappointed. So I decided I would at least give it a try and it was one of the best decisions I’ve ever made. In ninth grade I was fourth on varsity, in tenth grade I was second on varsity, and as of right now I am third on varsity and planning to work my way up no matter how much hard work it takes!”

Mr. Minkler has been coaching the APHS girls bowling team for the past two years, after assisting the previous coach, Mrs. Medici, who continues to coach the boys bowling team.

“I hope to have a good season this year,” said Minkler as encouragement. “We have some young talent that are very good. Our starting lineup includes two eighth graders and one ninth grader, so we are a young team. Last season our lowest average was 110; this year it’s 135, so we did improve significantly. We did win our last game, so we are off to a good start.”

All of those who wish to support their fellow friends and teammates should come out to their next match at Hi Way Rec and cheer them on.

THAT'LL BE TEN MORE LAPS!

THE INSIDE THINKING BEHIND HOW COACHES PLAN YOUR WORKOUTS

by Julie Hale

Have you ever realized that each sport's workout is slightly different? Have you ever wondered why? Well, if so, you're in for the cheat sheet!

Obviously, from sport to sport and even coach to coach, workout plans will vary, but what really throws coaches for a loop is each student's individual ability and effort. Coaches at Averill Park responded with the same thing: "I will normally already have a plan set but when I realize we need to change it, I will. I adapt it to make the athlete the best they can be." So for those days when all the student athletes are complaining, you'll now know why.

Have you ever gotten in trouble during a workout? It's most likely because your effort towards that specific sport has changed.

This ultimately leads to a harder workout, not because the coaches decide to, but because you had made it harder on yourself by complaining. Many coaches have stated they don't really see a drastic change in each student's personal attitudes, but rather view students as a whole each year or even over the span of a couple years. Each coach said that students' attitudes as a whole seem to change because of the new responsibilities and constrictions piled on top of them each year. However, if you would like to be on your coach's good side, it's always better to show enthusiasm, as



it encourages you to improve your ethic.

Have you ever wondered why coaches are there?

They're certainly not there for the money. Instead, they are there to help each individual athlete succeed and

achieve their best. For many of the coaches, coaching is more of a hobby rather than a job, as almost all of them had been involved in sports since high school or college.

Speaking to various coaches, all of them said they would never want to stop coaching since they build too many good relationships with the athletes and feel that they

can't just throw that away. In fact, they couldn't envision doing anything else.

What is the most involved factor in planning a workout? The answer is simple: an athlete's progress. Although coaches will already have a base plan set up ahead of time in every sport, each session can be tweaked or entirely changed but only to benefit the athletes. Coaches use aerobic, building and stamina activities along with other various methods as a core part of their workouts as it helps the athlete to be more well rounded and balanced.

Mainly, coaches want to help those who wish to achieve their best. One common goal shared among several coaches here at APhS is that they do whatever is needed to help the athletes succeed.

CROSS-COUNTRY (CONTINUED FROM PAGE 20)

that she qualified for the New York Federation Meet. "I did not expect to move on to Federation at all, especially because I wasn't happy with my performance at States and I didn't think ahead to Federation at all — I was just focusing on States."

Despite whatever doubts they had, their times were quite impressive at the New York State Championships. Barsalow ran 3 miles in 18:11.2 minutes, an average pace of 6:04 per mile, to finish 31 out of 124. Bonesteel ran 3 miles in 16:25.9, an average pace of 5:29, to finish 74 out of 122 runners.

Asked how they continuously stay motivated through the grueling season, Bonesteel said, "I always want to push myself to put

down better times and beat more guys." Barsalow's motivation to continuously push herself is by "focusing on my goals, such as going to college for running. I want to be the best I can be so I can go as far as I can with it."

Barsalow's key to reaching success may be she never missed a beat in her training. She attended the Nike 5 Star running camp before the season started to prepare herself for the vigorous workouts to come in the fall. She ran extra mileage before every practice and even on her own time when there wasn't practice. She has run strapped to tires and pushed herself to train with the varsity boys on the cross country team to prove to herself that she could compete

with the better runners when race day came.

All of this sacrifice makes things like making it to States feel much more special. For Barsalow, her "experience going to States and Federation was so amazing and I had a lot of fun. Last year's states was probably better simply because it was a little warmer and the pasta dinner was better too. But overall, States and Federation was an amazing experience and I'm so happy I was able to go."

Similarly, Bonesteel dedicated a lot of time running over the summer and pushed himself to put in a lot of mileage. He had to tap into more than just his training during his race at Sectionals, though. "I knew that I needed to beat the two guys in front of me... I've

never ran so hard in my life. I just kept telling myself, 'That's States, that's States' and that is what kept me going."

Noah's mental determination helped him to beat those who were in front of him. Even though Noah knew he made it to the NY State Championship, he was in such bliss that it left him in denial. He even said that he felt like it was the first time he actually got somewhere in the sport.

With big futures ahead of them both, Barsalow and Bonesteel will continue to prepare for next season and are looking forward to the opportunities that await them. Great job to both of them!

Barsalow, Bonesteel Compete At State Cross-Country Championships

by Sean Malenfant

On your mark... POP! The gun shoots off. Spectators erupt in excitement. A stampede of eager competitors rush elbow to elbow pushing past each other. This was how it all began, on the grounds of the Saratoga Performing Arts Center on November 4, the site of this year's Section 2 Cross Country Sectionals, with the chance to earn a spot at the New York State Championship race.

What is often overlooked by outsiders is what else begins when that gun is first shot. Waves of emotion, pride, and a death sentence of the hardest three miles of your life. That gun isn't just the start of a race. It's the start of dreams being fulfilled or crushed, and one thing was for certain — Noah Bonesteel, a junior at Averill Park, and Logan Barsalow, a

freshman, were not getting the short end of the stick. Both APhS runners ran the races of their lives, clinching themselves a spot in the New York State Championships. And for Barsalow,

this was her second time in the State Championships. Averill Park Cross Country alumni called running a big race at Sectionals "SPAC Magic." Barsalow's and Bonesteel's performances had nothing to do with magic, though; the only elements that brought them to compete among the best

of the best were the amount of hard work and dedication they both put forward to carry their nimble feet all the way to Plattsburgh, where this year's New York State Championship was being held on November 16.

As for Bonesteel, he didn't even think going to States was a possibility. "Going to States has always been a long term goal for me," he explained, "but I didn't think that I would get there this year. I was hoping that this year I could just get my times down so that I could go to States next year."

Even Barsalow made it farther than she believed she ever would, after doing so well at States



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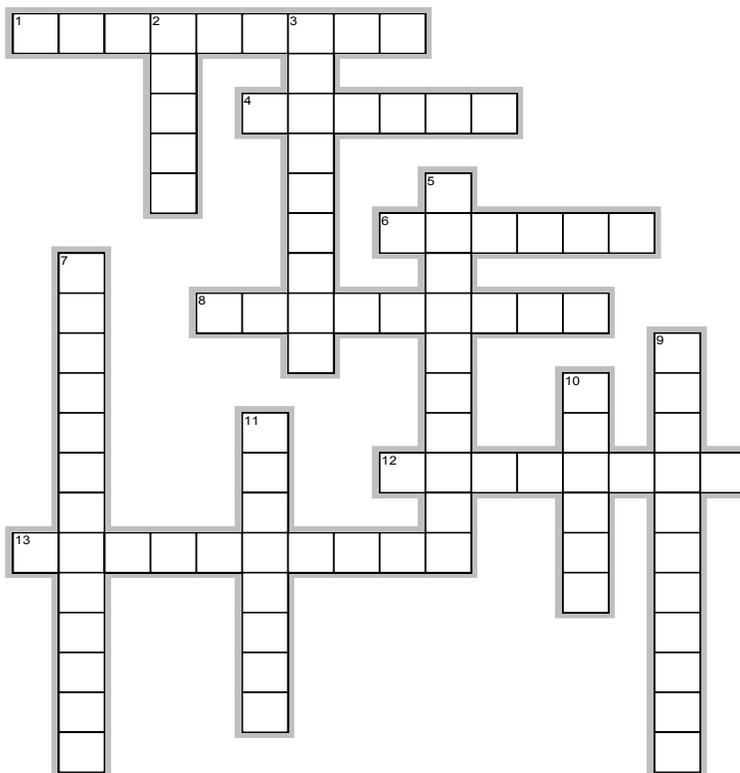
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(continued on page 19)

FAVORITE SPORT TO WATCH CROSSWORD

Match the STAFF MEMBERS
with their
FAVORITE SPORTS TO
WATCH

- BASEBALL
- BASKETBALL
- CAR RACING
- FIELD HOCKEY
- FOOTBALL
- ICE HOCKEY
- RUGBY
- SKATE BOARDING
- SOCCER
- T-BALL
- TENNIS
- VOLLEYBALL
- WRESTLING



EclipseCrossword.com

Down

2. Freeman, Miller
3. Gierthy, Oldendorf, Medici, Rohl, Strich
5. Engel S, Fairchild, Sorriento
7. Gildersleeve
9. Daviero
10. Hall
11. Blostein, Dutcher M, Clark-Apalanz, Fox, Galcik, Kimberline, Lambright, Minkler, Pauly, Perry, Quesnel, Yost

Across

1. McKeough
4. Klepsch
6. Caruso, Heilmann
8. Malenfant
12. Ford, Hale, Marrufo, Mein
13. Ashline, Engel B, Rees, Schmidt, Shupe, Stone