

CHRONICLE

BRINGING FRESH PRODUCE TO APHS

by Bridget Denley and Julie Hale

Amidst the spicy chicken patties, pizza and cheese sticks in the meals that the school prepared for our lunch line lied a few key ingredients. They ranged from apples to cucumbers to vegetables in salad, and they were all locally produced by farms around Rensselaer county.

Capital Roots is a program that works as the intermediary between schools and local farms to ensure access to healthy food. It is a local food hub based out of Troy. They are trying to streamline the process of the Farm to School idea.

Capital Roots receives all types of produce and had been delivering right

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Dear Averill Park Community,

This pandemic has shown, more than ever, the importance of accurate journalism and a free press.

When most of the stories planned for this issue of *The Chronicle* were cancelled, I feared we might not

have enough material for an issue. After all, you can't cover Mr. AP if there is no Mr. AP.

I am delighted to say the students stepped up, sacrificing their time and efforts so we could publish a paper, and publish it on time.

I am so proud of the

student editors and writers who volunteered their services to make sure *The Chronicle* was published. We hope you enjoy this issue.

Sincerely,
Mr. Strich
Journalism Advisor

HOW AVERILL PARK PREPARED ME FOR COLLEGE...AND COVID 19

by Emily Armlin, APHS Class of 2019

At first glance, the college course material and assignments listed on your first syllabus may seem daunting. In just 10-15 weeks (depending on your school's system), you'll cover twelve units, read seven full books, write a series of short essays, two formal long essays, and a final term paper, take weekly quizzes, two or three exams, and a final that your grade depends on. This is just a mix of assignments for only one class. And there are no reference or formula sheets, and no calculator use of any kind.

As a first-year biochemistry major at Union College in Schenectady, I've seen all of these and more written on syllabi for my classes. To say the least, my first day at Union had me exhausted, overwhelmed, and uncertain about my courses, yet I was excited for the new journey. Within the first day, I had

met many driven and excited students and professors whose passion and excitement had already rubbed off on us. From the start, I was already being challenged in ways that would help me



learn and grow.

You may find yourself in the same spot one day, staring at that syllabus wondering how all of that could be accomplished in such a short time. But as a graduate of Averill Park High School, I can assure you that you're prepared, you're ready, and you have what it takes to not only succeed but to thrive in this new environment.

From little tools to time management to support systems, APHS ensures their students are as prepared as

they can be for college by the time graduation rolls around.

First, our preparation and foundation in science techniques and use of equipment. For me, Mr. Reddy's classes taught me crucial techniques for micropipette and gel electrophoresis use that put me in a really good spot coming into a college lab. This may sound like a given, since all of AP's science teachers teach such techniques, but I

know some of my peers in lab had never been exposed to these technologies prior to college.

As for math, Mrs. Quesnel's derivative rule "songs" saved me when it came to my first exams in calc. These little songs and tricks may seem silly, but I can tell you from experience, they don't always teach you these fun ways to remember things in college math, which can make the course much

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NEW PEER TUTORING PROGRAM STARTED NHS PROVIDED HELP WHEN SCHOOL WAS IN SESSION

by Lilly Kronau

Averill Park High School was lucky to be piloting a new program, with the help of our National Honor Society inductees, aimed at helping..you.

School is hard for everyone at one time or another, which is why our new Peer Tutoring program was here to help you!

Whether you were taking Regents or honors classes, had little to no homework or had so much homework you felt you were about to crumble; it happens to everyone. Peer tutoring was started to help you succeed.

When in session, we had tutors in all subjects, ranging from Calculus to Spanish and everything in between.

This program, although new, was proving

to be quite successful as we were bringing students' grades from C to Bs, and teaching

dence into the minds of our fellow students.

Peer Tutoring met

available and we could provide you with a pass.

Once school returns to normal, come seek us out and get the help you need! There is no commitment necessary – you can come once or every week.

If you have any questions please don't hesitate to reach out to Mrs. Leach or any of your NHS officers (Lilly Kronau, Carley Salerno, Lena Khiel, Xander Michaels). We would be happy to help!

Take the step to better your education and really understand the material because, believe it or not, everyone is confused at some point in their high school career.



students organizational skills that can be used forever.

Aside from just grades, we were instilling confi-

every Wednesday and Thursday from 2:15-3:15 upstairs in room 618. If you didn't have a ride, late buses were

believe it or not, everyone is confused at some point in their high school career.

INTERVENTIONS LEAD TO SUCCESS SUPPORT SYSTEM WORKS FOR STUDENTS AT APHS

by Emma Hanlon

Academic Intervention Services, or AIS, is a very important part of academic achievement in Averill Park. 16-20% of students at Averill Park are enrolled in Academic Intervention Services. AIS has two parts: Additional Instruction and Support Services. Additional Instruction is used when students are at risk of not achieving state requirements for their age group. Support Services help students address barriers academically, socially and emotionally.

AIS is used for students K-12, where they can improve on the goals set by themselves or ad-

ministration to improve their academic or social skills. The response to intervention is a school-wide process, assessing the student's perfor-

mance and attitude in order to make a unique plan for each student.

A student does not leave intervention services until the data collected by administration has shown that they have corrected their area of weakness, the stu-

dent is ready to meet academic standards, and is ready to behave socially and emotionally in a place without the use of the program. Ad-

ministration finds that most students achieve the desired progress after intervention, and not many have to return to it later.

Even after intervention, a student's progress will be monitored to make sure

that AIS was effective. If not, that student may be recommended to have evaluation from the Committee on Special Education, with parent approval, to determine if that student has a learning disability.

Academic Intervention Services is a complex, but needed step for education in Averill Park, though it is difficult to describe because it has to be flexible to accommodate for each student's unique situation. AIS is a changing program that constantly evolves, thanks to the staff that can accommodate for the various student needs. This team is dedicated to helping each



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A NEW APPROACH FOR ART DEPARTMENT

ART CLASS SWITCH WOULD BRING AWARENESS TO OFFERINGS

by Clotilde Mussett

Prior to all of the madness and uncertainty surrounding the COVID-19 virus, more commonly known as the coronavirus, some of the teachers in the art department were thinking about a new idea they were planning on implementing into their program here at Averill Park.

Mrs. Bailey and Mr. Kline, the co-team leaders of the art department, along with Mrs. Gregory, are the ones responsible for this ingenuity. It was brainstormed by Bailey and Kline, who have conveyed that they frequently hold discussions and conceptualize new ideas to better the art department. This

particular idea stemmed from Bailey's work with Mrs. Boulay and her horticulture class. They're calling it an Art Class Switch, and the plan is



that students will briefly switch art classes in order to experience both the environment of a different class and the type of art it focuses upon.

The art teachers express that many art stu-

dents tend to focus solely upon one area of art, and this program would give young members of the art department a chance to dip

their toes into the worlds of other art mediums.

The Art Class Switch would be one block long for two days, giving students just the right amount of time to see additional opportunities and career

possibilities without taking too much time away from the art class they are already taking. As Bailey said, they would like it to be a "voyage" into a different art realm for (their) students." She also described that she would love to see this concept utilized in other departments in the school in the future.

"Right now this idea is in the planning stages - We look forward to seeing where it leads," expressed Bailey.

An Art Class Switch would most certainly be an asset to our art department, and once life has returned back to normal, this is sure to be an exciting new project for our art teachers and our school community.

PREPARED (CONTINUED FROM PAGE 1)

harder when you're not given a formula or reference sheet.

For music classes, Mrs. Christy and Mr. Blostein taught sight reading, rhythm, theory, markings, and just overall music terminology that place you in a great spot in your ensembles. Choir students: as much as everyone says they hate those sight reading and rhythm packets at the beginning of each lesson, you'll come to appreciate them and thank Mrs. Christy for them later. When I joined Union College Chorale in January, I felt right in place when I could sight read the music and fit right in with the many other members who had been in the ensemble for years.

I still remember junior year in Mr. Goodnow's APUSH course having classes devoted to concise writing. At the time we wondered what that ever had to

do with APUSH, but now I couldn't be more thankful. It has helped me drastically in my classes that expect concise writing that's simultaneously concrete and specific.

Most importantly, our teachers at APHS teach us to work hard and believe in ourselves. They taught us study skills, time management, communication skills, that it's okay to reach out for help when we need it, and that it's important to involve yourself in activities outside the classroom. All of these, both small and large, come in handy in college and allow me to say that Averill Park High School definitely prepared me for college.

On another note, APHS taught me how to adapt to and embrace new challenges, which is coming in handy now. As in the case of all other colleges, schools, and businesses, COVID-19

has significantly impacted our daily lives at Union. UC works on a trimester system, in which we have three ten-week terms each year, as opposed to the typical two fifteen-weeks-in-a-semester system. Just four days before winter term finals, we received a message from our emergency alert system: "RAVE Notice: A Union College staff member has tested positive for COVID-19. See email for more information." Our final two days of classes were suspended, final exams moved online, students required to move off campus ASAP, and the first two weeks (at least) of our final term for the year made remote.

Stressed and overwhelmed, we were uncertain of the future ahead of us. Much has changed since that text on March 13th. The biggest change: classes for the entire spring term will be conducted online. This is a unique

and unprecedented situation that we are not alone in facing, and it will teach us to adapt, face our challenges, and be grateful for our friends, families, and all that we have.

Remote learning for this term has been a new experience for both students and professors alike, especially since we met our new professors remotely. The new term brings new classes, new subjects, new classmates, and new professors.

Union College made the decision to hold online classes in a variety of ways under the discretion of each professor. Some classes are being held synchronous, while others are following an asynchronous format. Live lectures function similar to that of a classroom, followed by online submission

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WHAT IS IT WITH THOSE FRIDAY REMINDERS? HEAD OF FACILITIES HAS BEEN CREATING WEEKLY MEMES FOR YEARS

by Owen Perala

Technical maintenance and energy conservation are both important aspects of keeping a school community running and in working order. Yet, it is something many people may find boring or simply something forgotten. To solve this problem Aaron Heffner, Director of Facilities and Maintenance at Averill Park, has come up with a fun way to remind teachers and staff to turn off and take care of their equipment.

Each week Heffner sends out a meme with a theme reminding staff to turn off their equipment.

"The idea of the memes was to try and keep the message of energy conservation fresh and fun; I try to use humor/comedy because it is more likely for people to remember," said Heffner.

The themes of Heffner's memes range from him photo-shopped onto cupid's body to him with the Kool Aid man.

"The inspiration mainly comes from things I see in magazines, sitcoms, movies and at times my staff will recommend

something," he added.

Heffner has come up with a fun and innovative way to help promote the ideas of energy conservation. He also has aspirations of making the memes more present in the student body.

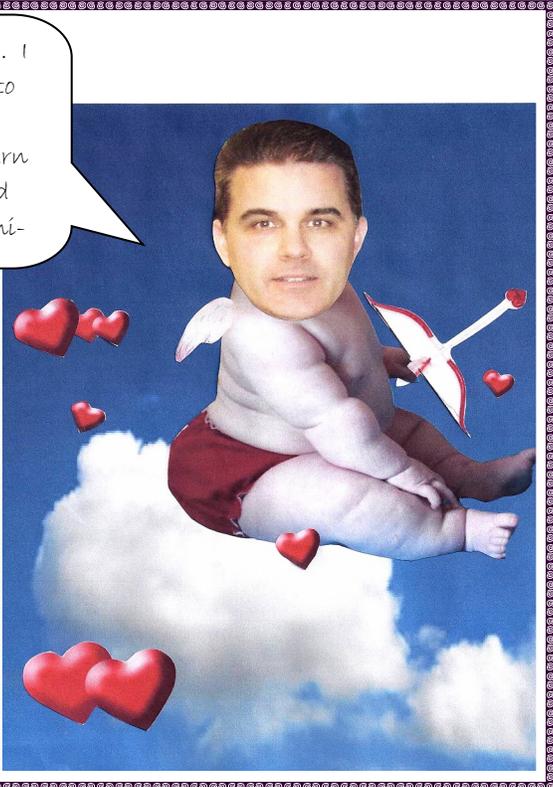
"I would love to get more students involved to come up with their ideas of different memes. For example, I would like to see some kind of computerized/voice-over memes that students could assist in. I have been trying to work on the next steps for more people to get involved."

If you have any ideas about the memes or would even like to help out at some point, contact Mr. Heffner!

Happy Valentines Day. I know everybody loves to conserve energy; so wouldn't you love to turn off your computers and love to turn off the moni-

THE MEME SENT BY MR. HEFNER THIS VALENTINE'S DAY INCLUDED THE FOLLOWING EMAIL:

*Happy Valentine's Day Averill Park, I know everyone loves to save energy and money, So please join me in reminding everybody to turn off all equipment at the end of each day. Enjoy your extended weekend. Go Warriors !
Signing off
Captain Kilowatt*



PREPARED (CONTINUED FROM PAGE 4)

of assignments and exams. Asynchronous courses either hold pre-recorded lectures or written lectures, followed with online worksheets, quizzes, and homework assignments. Labs are held via videos, simulations, pre-lab assignments and lab reports. Performance-based courses,

such as choir, now follow video conferences and virtual ensembles. This brings new challenges for everyone as we adapt to the new learning environment, and gives students more responsibility. We're responsible for learning a set amount of material, and reaching out to our professors

when we need help.

Sure, this platform is unconventional and not traditional, but it has allowed us to explore alternative and creative ways of teaching/learning material, especially in lab, practicums, and performance-based courses. We're only at the beginning, so I know

there' are more challenges coming our way, but Union has encouraged us to take on this challenge and embrace the new environment in hopes that it may teach us something more. Thanks to APHS, I'll be prepared for those challenges.

FRESH PRODUCE (CONTINUED FROM PAGE 1)

to the school on Tuesdays. They operate with both volunteers and a paid staff. Capital Roots also has a

storefront in Troy and sells produce there too.

Capital Roots began working with APHS this

September. The cost for using Capital Roots produce to APHS is the same as for its regular suppliers. Ms. Wise, the APHS

Director of Food Services, is very excited to partner with Capital Roots again next year.

WHO LET THE DOGS OUT?

THE ENGELS SHOW WHAT FOSTERING IS ALL ABOUT

by Sam Bonesteel

Any student who has had Mr. or Mrs. Engel knows how much they love dogs. Dogs and puppies have always been a very important part of both of their lives. Even before they met, Mr. and Mrs. Engel were “dog people.”

“Adopting our Rhodesian Ridgeback puppy, Jake, back in 2000 was one of the first things we did together as a couple,” Mr. Engel recalled. “When he passed away in November 2014, we decided that instead of getting another dog right away (we already had two others)... we would try fostering in his memory for a while instead.”

And so they found Homeward Bound Dog Rescue, located in Schenectady, NY, and have just fostered their 202nd dog after almost five and a half years!

Homeward Bound has been around for almost 20 years. It started in the frenzy after Hurricane Katrina when many dogs were rescued and sent up to the northern US. “The northern states didn’t

realize how bad the pet overpopulation problem was in the south really until 2005 with Hurricane Katrina,” ex-

cation, have their prior vet records approved, have a full family interview, and then they can adopt,” said Mrs.

students and adults alike, interacting with the puppies is a great stress reliever. It helps to calm anxiety and encourage social/emotional learning, as well as helping them focus on the daily tasks at hand.”

Over the five years that he has been involved in this noble cause, Mr. Engel has been able to forge strong connections with students and other adults in the building. He feels that it positively affects those who love his furry friends and he welcomes the chance to give this opportunity to students that aren’t in his classes.

The Engels and everyone else involved in Homeward Bound are volunteers, and they all do it for the dogs. This is easily Mr. Engel’s favorite part of the job, doing what he can for the best of them. Every weekend they look forward to driving to

the clinic to see the new dogs and puppies.

“I love always having puppies in my home, although it is a ton of work!” Mr. Engel admitted. “And, I love seeing the excitement and happiness in people’s faces (especially the kids) when they adopt one of our dogs as a new member of their family.”

This is also the hardest part for the Engels, because they are attached to every dog they foster! They will keep doing what they’re doing, for the good of others, and to their own enjoyment, and we wish them (and the dogs) luck in the future.



plained Mrs. Engel. “After that, rescue organizations started popping up all over.”

The founder of Homeward Bound, Tamara Runions, eventually moved down to Eastern Tennessee to be the most effective for the process. Local dog shelters down in Kentucky and Tennessee give their puppies to her, who has them treated with medications and sent north in crates in a large van on Friday nights. After a long 14 hour overnight drive they arrive in Schenectady and are put up for adoption between 10 a.m. and 1 p.m.

“Potential adopters have to fill out an online appli-

Engel. Puppies are \$350, and older dogs over 2 years old are \$250.

“Homeward Bound is an all-breed rescue — we have personally fostered 12 and 14 ounce Chihuahua puppies and Great Dane puppies!” For the past few years, the organization has adopted over 750 dogs and puppies annually.

When asked if he thinks that bringing in dogs to school hinders his teaching and students’ learning, Mr. Engel gave a definite no. “As a matter of fact, I think having the puppies in my room actually encourages learning,” he firmly believes, “for many

We Want Your IDEAS

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

EDITORIAL PAGES

IS MR. AP SEXIST?

by Tyler Michaels

Every year, APHS hosts many events and fundraisers for clubs and classes. One such event is Mr. AP. Mr. AP is essentially a mock pageant, with 10 senior boys participating in a talent show, and their female escorts also engaging in their own dance and other various acts. In the end, one participant is crowned Mr. AP, and all funds raised go towards the senior class. However, this year complaints have emerged about the fundraiser being sexist. These complaints have come out due to the fact that it is called "Mr AP, and gives attention to the senior boys, and none to the girls of the senior class.

I believe that Mr. AP is not sexist, as it is simply meant to be a fun event that

raises some money. The point of the event is not to throw shade on women and shove them out of the spotlight, but instead is to have



fun and let seniors support their peers.

While Mr. AP does showcase the boys of the

senior class, other events spotlight the girls. Also, "while the boys are the center of attention, there are many girls that deserve a lot of credit for their work in pulling everything together," said Ms. Freeman, the senior class advisor. "I think it's great that our school has this event where girls can support their male peers just like Powder Puff football where the boys coach to support the girls who choose to play."

Mr. AP is certainly not the only event that the school hosts, so even if it does highlight a few seniors, other events such as Powder Puff can help to put others in the limelight that don't get the opportunity in Mr. AP.

Overall, Mr. AP is meant to be a fun event that

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

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

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

Editors:

- Katy Armlin (Features)
- Lauren Harland (News)
- Lilly Kronau (Profiles),
- Carley Salerno (Editorials/Reviews)
- Sarah Wallace (Sports)

Advisor: Mr. Strich

EXPAND GOOD CITIZENSHIP CHANCES

by Emma Deo

Every quarter at Averill Park High School, citizenship passes are given out to students who have exhibited "good citizenship" at school. Last quarter, twenty-three students received a citizenship pass, allowing them to display this to teachers and hall monitors, and it will function as a signed pass from a teacher. Are too few passes distributed each quarter?

Seeing that just twenty-three students received one of these passes last quarter, one can assume

that on average, about eighty students per school year are selected to receive a pass. If proportions are fair, then



about twenty students in each grade level will receive a pass each school year.

Well over twenty students per grade level are

deserving of one of these passes, and in the four years they will spend at Averill Park High School, they may not even end up getting one. This is not fair, and it may seem like something that is not a big deal, but for some students, having to have your teacher write you a pass to go somewhere during class even though you have no plans of going anywhere else can be irritating.

Clearly not everyone should have a citizenship pass, considering that not everyone always acts like a good citizen at all times. But

this brings me to a good aspect of citizenship passes: since they are given out each quarter, this gives students the opportunity to better themselves in order to receive a pass if they would like one. Having a citizenship pass is a privilege, and the students at Averill Park are very thankful for the opportunity to get them.

The number of citizenship passes given out to Averill Park students should increase each quarter to compensate for the number of deserving students

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EDITORIAL PAGES

HOW WELL IS TEACHER COMMUNICATION REALLY GOING?

by Sarah Wallace

In the midst of writing history during this extremely rare, strange and exotic time, students across the state are forced to resume the third quarter at home. While some may prefer this alternative, I for one do not.

Not only are students forced to adapt to this learning style, but teachers are as well. Due to this new adaptation, teachers across the state, even the nation, are learning new ways to communicate the proper curriculum needed for students to prepare not only for the potential Regents exams but also simple necessities needed in basic life.

Through the use of Google Classroom, available to every student in the Averill Park School District, teachers are able to communicate to students about coursework, due dates, video presentations and so much more. Even our high school administration has created a Google

Classroom page to greet students daily, which helps create a lively environment in the comfort of one's own home by



engaging in spirit weeks and giving updates on our school district's response to COVID-19.

Alongside Google Classroom, some of the many other ways teachers and students are able to communicate are via email or video chat conferences, such as Zoom and Google Meet. Recently, students and teachers throughout the district have been prohibited to use the

video platform Zoom due to privacy issues, ultimately resulting in both teachers and students having to learn yet another new platform.

The downfall of this all: not many teachers are on the same page as to what assignments are due on a certain date, what time teachers will host video calls and how much lesson instruction is involved. Therefore, this can cause students, including myself to be very swamped and overwhelmed in work.

This is especially difficult for the students who have classes every day that require attendance in video conferences in order to receive the proper "grade" for the experimental pass or fail quarter taking place.

While this isn't the same as a face-to-face lesson in person, it is sufficient enough that we as students are still receiving the proper education needed to pass the end-of-year finals. Instead of receiving zero guidance, we are lucky enough to have teachers and administration who care enormously about us as both people and students, constantly keeping in touch with lessons as well as asking how we are doing.

There are many pros and cons to this adaptation of learning but ultimately it is up to you, the student, to put in the equivalent amount of effort as you would in school to ensure that you are receiving the most effective education possible under these circumstances. This is a once-in-a-lifetime experience, as crazy and uncertain as it may be. So stay safe and healthy and make the most out of your resources to guarantee the full educational experience.

MR. AP (CONTINUED FROM PAGE 7)

helps raise funds for the senior class. "I love how this event seems to pull the senior class together each year with

new friendships, and while it's a competition, everyone helps each other to make it a great and entertaining event," said

Freeman. She is one of the many people who enjoys attending the fundraiser and seeing the seniors work to-

gether and become closer due to this fun event.

CITIZENSHIP (CONTINUED FROM PAGE 7)

who are not receiving these passes, causing them a decent hassle throughout the school day. I am not saying

that every student should receive one of these passes, since that would completely defeat the purpose of them,

but more students deserve the privilege to be trusted to move through the halls without a signed pass indicating

where they are going, as well as courtyard privileges.

EDITORIAL PAGES

WHO SHOULD RECEIVE SPECIAL TASSELS?

by Carley Salerno

Tassels are a staple of APHS's graduation ceremony. They're a kudos, almost - a way to let the audience recognize that the student was a part of something, and that they devoted their time to an organization bigger than themselves in high school. It's every high schooler's fantasy to walk across the stage, tassels draped over their shoulders, and feel all of their accomplishments through the past four years come to an apex.

This year, if the conditions allow for it, for the first time in APHS history the tassel tradition is being switched up. In a normal year, members of National Honor Society will receive a gold tassel and NHS officers will receive an additional blue tassel. That's usually where the tassel issue begins and ends - but this year, a few

clubs and organizations have decided that they're also deserving of tassels representing their hard work.

The 'Youth and Government' program will give all five of its graduating seniors red, white and blue tassels at this year's ceremony. The program only grew a base at APHS last year, and this year has expanded and developed serious roots in the community. The club's decision to get tassels for its members is, however, raising some eyebrows among other extra-curriculars.

"Yeah, they do a lot of work. I have a friend in the club, said senior Adam Limoges. "But a lot of other extra-curriculars do hard work, too... cross country, New Horizons, Student Council... why aren't any of them recognized for what they do?"

Youth and Government President Xander Michaels recognized that changing the tassel tradition is a little odd, but says that tassels at graduation is a program-wide tradition.



"Remember," he said, "YAG is a nationwide program. For a lot of participants it isn't even a club - they have weekly branch meetings at YMCA locations not affiliated with their schools."

Michaels went on to explain that because YAG programs aren't usually affiliated with schools, tassels are a way to unite members across the nation and to foster pride in the work that they've done with the YMCA.

The sophomore Hugh O'Brian Youth Leadership (HOBY) Seminar program is also offering tassels to graduating alumni across the state. These tassels are pur-

ple, and will be seen on the two HOBY alumni graduating in the Class of 2020.

With all these new tassel additions, our very own Off Broadway Players group seriously considered purchasing tassels for all their graduating members. Senior Bella Lafreniere said, "OBP takes a massive amount of time and dedication." OBP practices for hours every day - especially in the weeks leading up to a performance. However, the club did ultimately decide against the purchase.

Do varsity athletes deserve a tassel for their commitment to their sports teams? Do student council members deserve to be recognized for their commitment to serving their class? How about editors of the AP Chronicle, for keeping the school up to date about all the latest news? Only time will tell, if we're allowed, to see who shows up to graduation with tassels in June.

INTERESTED
In Supporting A
GREAT Cause?

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Faith Murray at
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Offer Ends
4/24

SUPPORT CAMP ABILITIES!

(an educational sports camp for visually impaired youth)

\$20

FULL FRONT



BACK



EDITORIAL PAGES

MY QUARANTINE NIGHTMARE

by Mackenzie Rockwell

You think your lockdown was bad? Listen to this. On Monday, I was called down to the office. While waiting, I fell asleep. No one had the courtesy to wake me up. When I awoke, everyone was gone. Lights off and doors locked. I couldn't get out!

At first, I started to panic, but then I realized how fun it could be. I started by walking around looking for my bookbag and other things, but they were nowhere to be found. All of a sudden I heard a loud rambling; my stomach. After all, I hadn't eaten in a

day. Cafeteria food was never my thing, so I thought about the teachers that I knew



hoarded snacks. First stop, Mrs. Gaboury. I also knew she had tea.

Next I figured I

would set up somewhere to sleep, I went to the theatre room to get some sort of blanket. I then went to the nurse's offices to utilize the beds there.

By this time I was already bored. I thought, what better cure for boredom than to have some fun? First stop, Mr. Organ's room. I rearranged his whole classroom. Next stop was Miller's. I left him a nice note explaining how all his workbooks and textbooks were hidden around the school. I knew he would enjoy that.

For the next four weeks, I did my work off the computers in the library. But when I was not doing school work, I grew very bored. I decided to move all the books in the library to a new spot. I figured Ms. Yost would enjoy putting the library back together.

On top of this, I enjoyed talking over the loudspeaker and playing with the bells. It sounds fun, but for 97% of the time, I was beyond bored with no phone. I started playing Ms. Scheidel's board games alone.

So, next time you want to complain about your quarantine, keep this in mind.

IS THE APOCALYPSE COMING?

by Sean Malenfant

I hope not. So far my toilet paper shrine has protected me. But honestly, how do we even know the apocalypse is here? How can we prevent it?

Well, first things first: Zombies. Zombies define the apocalypse. Left and right, full on walking dead.

But zombies are fictional, right? No way there are going to be zombies coming for us.

I disagree.

If you look closer at what a zombie is, you will realize that they are everywhere. Zombies are infected people who want your brains. If they get your

brains... boom, you're done. No chance. But if they can't quite get to your brains but still get a bite of you, you're



infected.

Now let's look at the real world. There are evil people everywhere trying to get into your head. Once they do they will take advantage of you. You either completely fall for it and get drained by it,

slowly but surely, of everything you have, like there is a syringe to your heart pulling out every emotion and flash of positivity you have. Once you're empty you might be alive, but that doesn't mean you aren't dead inside.

This evil may have only taken a piece of you.; you aren't completely drained like the last unfortunate victim. Instead, you have a void to fill but still enough fire in your stomach to go out and do it. You become immersed in hatred. Throw morals out the window.

You don't even want to have fun. All you can think about is how you felt and that you shouldn't be the only one. You may look normal, but really you're just rotting from the inside out. You're... infected.

The Coronavirus is pushing our population to the edge and making it easier to get infected with uncontrollable anger. Being stuck at home makes you feel like a chained lion. The sunshine peeking through your window jeers at you and taunts you. You start to begin to starve from a lack of social life and activity. Would a zombie sit there and play Candy Crush ,or go outside?

In this case, the apocalypse is up to you. Will you be-

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REVIEWS

CHOIR CONCERT: A MESSAGE OF HOPE

by Katie Armlin

Do you remember when you were really little, going to that one extravagant performance that sparked amazement in your little eyes? Getting all dressed up, begging your mom for chocolate from a concession stand? Sitting in those creaky theatre seats staring in awe at the performers? Whether at that age you dreamed of yourself being on stage or not, you had that envy and dream of being up there yourself one day? Chances are that “extravagant” performance was probably no more than a middle school play or a high school performance, but in that moment, being so little and full of dreams, every one of us got that spark.

For many of our high school singers, instrumentalists, and actors this is where it all began and that is why our district-wide annual March Choir Concert is so special.

On March 11, the Music Department was able to sneak in this event just days before the announcement of school event cancellations and school day closings. Middle School and High

School singers, ranging from sixth graders to seniors, worked hand in hand in preparing their own sets, combined pieces, and one big show-stopping finale. As our choral department has grown

the beauty in silence and stillness.”

Meanwhile, the Treble Choir showcased a unique and awe-striking piece, “She Weeps Over Ragoon” composed by Eric

middle and high school choirs had performed their separate programs, the seventh and eighth-grade choir joined the Concert and Treble choirs on stage for one massive performance of

“Hope for Resolution” composed by Paul Caldwell and Sean Ivory, a song symbolizing the power of unity. Zimmerman stated, “For the whole concert, ‘Hope for Resolution’ was the most powerful. Not only the



immensely over the past few years (in talent and numbers!), many performers and parents had high expectations!

The high school’s sixty-plus person Concert Choir and select Treble choir took on challenging emotion-filled pieces. For the Concert choir, the crowd and performer’s favorite was “When the Earth Stands Still” composed by Don McDonald. Junior Caryn Zimmerman, who has been a part of Concert Choir and Treble Voices through her three years at AHS explained, “I found ‘When the Earth Stands Still’ to be the most powerful, and it’s interesting because it kind of reflects current times with everything on a stop. It’s finding

Whitacre. “It was a rather avant-garde piece that featured an English Horn, performed by Mrs. Geirthy,” said Treble choir eleventh grade singer Emma Parker. “I loved the piece because it had very inventive harmonies and rhythmic styles. It was unlike anything I’ve sung in the past.”

The heart and value of this concert is seen in the middle school and high school singers performing together on two sets of risers. This was first done when joining the sixth graders with the Treble Choir, singing “Ain’t Gonna Let Nobody Turn Me Around,” arranged by Rollo Dilworth.

Finally, at the end of the concert, after both the

message of the song but the concept of bringing people together. Middle schoolers and high schoolers joined, and we gathered families from across the whole district.”

This concert is a very exciting event for many middle schoolers, as they have the opportunity to sing with the many high schoolers they consider role models. Reflecting on her times in middle school choir, Zimmerman said, “When I saw the high schoolers perform I was a little scared of them, but they were amazing! They sounded so cool and showed me what my continuation of music could look like. I can

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MIKASA ES SU KASA

MR. FAIRCHILD'S DOG PASSES THE TEST

by Julie Hale

His name is Mikasa, or more commonly, Kasa. He has been with APHS English teacher Mr. Fairchild for eight years, ever since he was a little puppy. Even though Kasa is very adorable, students may wonder, why is he here?

Well, you probably didn't know that he has a bit of a backstory... As a therapy dog, Kasa's job is to provide therapy and comfort to students and teachers alike. With his training in being able to handle crowds or loud and scary situations, he has no problem with school life. He rather enjoys it, said Fairchild.

So, how did Kasa become a working dog? With Fairchild's experience in training/teaching dogs obedience, it was no problem for Kasa to pass his test. The test is set up through the Therapy Dogs International organization. If the dog participating in the tests passes them, he will become a registered therapy dog. Not only did Kasa pass his test, but Mr. Fairchild was also able to use him to train other handlers with their dogs.

If Kasa is registered,

why is Fairchild eligible for him? Before Fairchild was placed with Kasa, he had raised two service dogs. These dogs were eventually placed with the handlers that needed them. The dogs included Brennan,

to be service dogs, in which they could be trained to pull wheelchairs or guide the visually impaired, which is much different from how Kasa was trained.

In those cases, the dogs would have to wear a



situations. In Fairchild's words, "This dog is the least aggressive of the three labs I've raised, and I believe that is just because of his breeding, but it could be a slightly different training regimen.

He really is the sweetest and most gentle dog I have had."

Will Kasa ever be placed or retire? No; Mr. Fairchild has assured us that Kasa will never be placed and will forever remain at APHS in room 211 and at their home, well until Mr. Fairchild himself retires. Although, if for some reason Kasa has to retire before him, Kasa will stay at home and continue to play with the Fairchilds' other dogs, rather than these "doggish students."

But don't worry if Kasa isn't there one day, he was probably just as tired

who he had for about two years until he was placed with a woman in a wheelchair, and his second dog, Inde, was with him for about four years until he was placed as well. Brennan and Inde were raised

harness, but for Kasa there is no harness, although he still has a job: keeping the class happy but staying away from their food. Kasa's breed is quite helpful in his training, since Labradors are excellent in temperament for social

as you and decided to stay home. Keep in mind to always ask the handler before you pet their dog; you wouldn't want some random person doing that to you, now would you?

APOCALYPSE (CONTINUED FROM PAGE 10)

come a zombie? Will you seek revenge on the world because you're out of toilet paper?

If everyone comes out of quarantine to take out their pent-up aggression, there will most certainly be an apocalypse. Zombies will be left and right, full on walking

dead. We will tear each other apart worse than the Coronavirus has. Slowly it will become "every man for himself." You won't know who you can trust. "Taking advantage of someone" will go from telling someone you will pay them back

to raiding people's houses.

Hopefully, we will take the third option when it comes to zombie-hood. Recognize who it is that has been infected, and don't let them take a bite of you. Even if they try, all you need to do is recognize that they are just trying

to fill that void. Take it with a grain of salt and don't let negativity consume you. In times like this we have to support each other. It may be hard, but let's see what we're made of.

BEFORE HE WAS A SUBSTITUTE, HE WAS A MUSICAL STAR

by Dani LaPier

If you attend Averill Park High School, chances are you've heard of Mr. Carvel. Whether you had him as a substitute teacher or received fudge from him before Christmas break this year, Carvel has become a familiar face in our school.

Carvel loves interacting with the faculty and students, especially talking to them about college and future plans. He often gives out advice and talks about his experiences throughout the many schools he has attended.

"I went to a Miner Institute in Chazy, NY, SUNY Cortland, SUNY Canton, SUNY Potsdam, SUNY Plattsburgh, SUNY Oswego, Syracuse U., Ithaca College, St. Lawrence U., and two courses of distance learning from Utah State University," he recounted,

Although Mr. Carvel enjoys teaching, it is only one of many jobs he has held in his life. In the past, he was also a magazine salesman, a vacuum cleaner salesman, a surveyor, a basketball, baseball and soccer coach, a town councilman and a mule train driver, just to name a few. However, there is one job that stands out among all the others — musician.

Music has always been in Carvel's life. When younger, he grew up on a farm where his parents were always singing. Carvel and his siblings all played instruments and were interested in music. Then, in 6th grade, he was cast as the lead singer in his

high school's musical, *H.M.S. Pinafore*.

"I was hooked on music after that," he said.

While in high school and college, he went on to perform in various competi-

10 minutes. As he was leaving, he shook our hands and wished us well."

Michael and Henry and the Sentrymen began being promoted by a record company called Carlpix Inter-



tions throughout the state and even learned guitar.

After his third year at SUNY Cortland, he and his friend Michael began making music. They formed a band called 'Michael and Henry and the Sentrymen.' Michael would write the songs, and Carvel would sing lead. After that, their music took off. The group recorded two records in Montreal and then traveled to New York City to record another.

"Just as we got to the studio, Frank Sinatra and Sammy Davis Jr. finished a recording session," Carvel revealed. "Mr. Sinatra hurried by us and said 'hi' and 'bye' in about 10 seconds. Mr. Davis stopped and talked for about

national, and released two more vinyl records called *Another Chance* and *Tag Tag Along*. Carvel stated, "We didn't become millionaires, or international stars, but we really had loads of fun doing what we all loved to do."

(One of Carvel's songs is available to listen to on Youtube at [youtube.com/watch?v=frJYSJU_OE](https://www.youtube.com/watch?v=frJYSJU_OE))

After a while, the band members settled down and drifted apart. Most got married, including Carvel. "I wanted to keep the music alive, so I married a singer." He and his wife, Betty, would sing in places all over the state, including the New York State Fair. Once their three children were old enough,

they would join Carvel and his wife touring across the state and became known as the Carvel Family Singers.

In 1977, the Carvel Family Singers won the New York State family singing contest, and then went on to win the national contest in North Carolina, crowned "The 1977 National Family Singing Champions."

After that, they performed all over the United States, including San Antonio and Denver. The Carvels were even chosen to open for Terri Gibbs, the 1981 New Country Artist of the Year, as she performed across New York.

After that, the music life slowed down and Carvel started running a large dairy farm, until he decided to sell it and began teaching.

Carvel has taught many different courses including Special Education, Drivers Education and has subbed for almost all grades of elementary through high school education. However, Carvel did not always enjoy school as much as he does now.

"School was never easy for me; it seemed I would work harder than some kids, but they would excel and I would fail or barely pass. In elementary school, trouble with long and short vowels, spelling, and writing were three extreme weaknesses."

Later on Carvel was diagnosed with extreme dyslexia, which for a long time lowered his confidence. How did Carvel

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EXCHANGE STUDENTS ENJOYING APHS

BOTH ARE UPBEAT ABOUT THEIR HIGH SCHOOL EXPERIENCE

by Gabrielle Mohos-

As many of you know, Averill Park had two awesome, talented foreign exchange students this year. Their names are Victoria Saaverda and Phraechanok Rimdusit (Prae for short). They both enjoyed their experience here at APHS, and were thriving in their classes. While Rimdusit has returned to Thailand, Saaverda is still a student in Averill Park, staying home like the rest of us.

Saaverda's school back in Mexico is called Colegio Americano Gipsy. She says that compared to Averill Park, Colegio Americano Gipsy is, "not as creative and a lot smaller." Her favorite class here is ceramics, because it is a creative outlet.

Saaverda describes the APHS school environment as "fun and I also like the classrooms because they have a lot of things going on like the decorations and posters." The decorations in our classrooms, although they seem insignificant to us, have a very positive effect on the energy in the room, and they help contribute to the positive learning environment that she enjoys.

Although school here was going great for Saaverda, she had had some problems. When asked what was the most challenging part of being a foreign exchange student, she said, "communication



with students and teachers and trying to do the homework because I don't know some of the words on the assignments." This issue can be very frustrating, but Saaverda was doing great at overcoming it and is extremely good at learning and speaking another language.

She's enjoying the culture of America too. She is really loving our food, and

said that it is one of her favorite parts of being here. This experience has changed Saaverda in many ways. She said, "I have become more outgoing. At home, I only used to talk to my sister and now I talk to more people."

Rimdusit, along with Saaverda, was also having a good time here. She is from Thailand, from a school called Satit Prasarnmit International



Programme. She loved our school system, our atmosphere, and the relationships between the students and teachers. The nice environment here that Rimdusit liked greatly contrasts to how she

feels towards Satit Prasarnmit International Programme. When describing her home school, she said, "We go to school for almost eight hours and we sit in the same room all day. We don't have any subject choice." In her home school, students don't have the option of choosing their own electives, and have to sit in the same spot for the entire day instead of switching classes and walking around the halls. It is very understandable how one could get sick of this. They also don't have an advisory period at her home, which was Rimdusit's favorite time. She said she liked advisory because, "We don't have that in Thailand. It is a good way to review and hang out with your friends."

Outside of school, Rimdusit was having a lot of fun. She liked to "meet new friends and explore new things like the city." She said her time in New York made her think in a more mature way, and become independent.

Averill Park was (and is still) happy to welcome Saaverda and Rimdusit to our community.

CARVEL (CONTINUED FROM PAGE 13)

overcome this challenge?

"I later obtained the courage to go to SUNY Potsdam and ask if they could help with my disability. The professor I talked with

said he would give me a first grade student to teach long and short vowels to and I would learn all of the rules with her. It worked, my student passed, and I received

an A+ for Teaching Elementary Reading."

Currently, Carvel has been working at Averill Park for five years. He says he has been welcomed into

the district and is very grateful for the opportunities he has had here.

Carvel hopes everyone is staying safe and cannot wait to get back to school!

NOW PLAYING...SUBHUMANITY!

STUDENT PUNK BAND'S RAPID RISE TO FAME

CHORUS (CONTINUED FROM PAGE 11)

only hope that I am creating a similar feeling for the middle schoolers."

As you can see, this March Concert does not only allow the choirs to showcase

all their hard work but opens the door of possibility to spark passion and motivation in younger singers. It helps promote unity between the school choirs, and encourages middle

school students to continue their passion in high school. It's moments like these that allow students to fulfill that "performance spark" we all remember!

GET INVOLVED
**Join the Averill
Park Journalism
Club!**

The Averill Park Chronicle is looking for writers, editors and photographers. Email Mr. Strich at strichm@apcsd.org if you are interested in joining us for our May edition.

Graduating OBP Members Gave Their All

The Show Will Continue For These Two, Beyond APHS

by Sophia Minich

In just a couple of months, two of Off Broadway Players (OBP's) senior members, Lexi Thompson and Bella LaFreniere, will sadly be leaving us. Thompson has been a member since her freshman year and has held multiple officer positions throughout her high school career. In her sophomore year she was Membership Coordinator, in her junior year she was Costume Director, and she currently holds the major position in the club of Executive Director, which essentially means that she is the president of the club.

"I am considered the face of the club which entails giving positive outlooks of our club and encouraging other students to join," said Thompson. "I make executive decisions like which plays or fundraisers we should hold, and how we should run certain aspects of the program."

Thompson feels that her time as Executive has helped her learn to be a leader. She shared that she will be attending Ithaca College next fall and is majoring in Theatre Arts Management.

"I'm not sure what career I will eventually have. All I know is I'm very passionate about theater, music, and art and I want to share that with the rest of the world," she stated. When asked (before schools were dismissed due to health reasons) how she felt about the last OBP production scheduled, she said, "There's definitely a lot of sadness, but I'm also very excited for the next chapter of my life. I hold a lot of gratitude towards this club and the people in it. OBP has given me a place to be myself. It gave me my best

friends. This club gave me a place to escape, it gave me a home. I'm very sad to be leaving, but OBP has shaped me to be the person I am today and for that I'm very thankful."

LaFreniere has also

tunes, etc. Anything that happens for the show to go on, I have oversight of."

After high school LaFreniere says she wants to continue with doing tech throughout college. Like Thompson, she said that be-

and everything along the way." She would specifically like to thank "Mrs. Mouzakes and Ms. Christy for being wonderful advisors, thank Mrs. Bailey for always diving head first into directing, and thank Mr. Cole for helping our dreams come to light."

All the members of OBP have been given the hard news that the Spring show has been cancelled. Before the show was officially called off, LaFreniere shared feelings on the matter that other Seniors in OBP can probably relate to as well: "It's an especially crazy time right now with everything happening. Every day I sulk on the fact that my final show, the one I've worked so hard for might be cancelled. The past

four years I've daydreamed about getting my senior rose with all my friends and taking my final bow. The last show is a real chance to say a proper goodbye to the club and the family I've made there; I already feel like we've lost so many memories. The cast for *Clue* is so amazing and the set ideas are just brilliant- it'd be an absolute shame if the show couldn't go on."

Both LaFreniere and Thompson have been outstanding members of this club and will be missed, along with the rest of our seniors. Both are thankful to the club for the skills it helped them practice and the family it has provided. These students both have very bright futures and we look forward to seeing what their futures bring.



been in OBP since her freshman year and is one out of the three seniors that has done all of the shows. She has had many positions in the club including Student Director, Stage Manager, Prop Director, and Education and Outreach Officer. She stated that she does most of her work backstage. Her current roles in the club are Student Director of the Spring show *Clue*, which has sadly now been cancelled, and Education and Outreach for the club.

When describing her job as student director, LaFreniere said, "Being student director means I basically guide bringing the show to light. I give notes to actors, I help design the set, I pick the lighting, finalize cos-

ing in the club has helped utilize her problem solving, public speaking, and creativity skills that she believes will help her in her career pursuits. Her other hobbies/interests include embroidery and government/politics. She hopes to pursue becoming a Criminal Defense Attorney after high school.

She is very sad to leave OBP, and when asked how she feels, said, "I've cried four times thinking about it. OBP has given me so much and I'm so sad to leave it. It's been my home. There's been so much it's crazy to even look back. It really went by in the blink of an eye. I still remember painting the *Charlotte's Web* shed five minutes before opening night. I'm super grateful for everyone

YOU CAN'T HANDLE THE TRUTH..

SCHOOL ATTORNEY'S Q&A WITH THE JOURNALISM CLUB

by the AP Journalism Club

"I'm not going to comment on any issues at Averill Park," said Jeffrey D. Honeywell, the attorney for the Averill Park Central School District. "We have an ethical obligation of confidentiality with our clients." After setting the tone with those statements, Honeywell proceeded to open up a bit about himself, Averill Park, and the services he provides for the district.

Dressed in a dark suit with a red tie, Honeywell comes across as a polished professional. Speaking in a very technical, sophisticated way, Honeywell visited the March meeting of the school's Journalism Club to answer - or not answer - questions. And while he didn't reveal anything he didn't want to, he was approachable and often exhibited a sense of humor when answering questions.

Honeywell grew up in the northeast part of New York, in Alexandria Bay, and attended St. Lawrence University as an undergraduate on a ROTC scholarship. Since the US Army paid for his schooling, he began his legal career as an attorney for the military. He also stated the first time he had ever been to Albany was to go to Albany Law School.

Honeywell has been an attorney for 35 years, a school attorney for the last 30. He represents Averill Park and other schools in the area, including Guilderland, Saratoga, South Colonie, Greenville and Rensselaer. "I represent more than just school districts," he said, "but that's about 90% (of my

work)." Honeywell is the managing shareholder in the Honeywell Law Firm, which has its office on Wolf Road in Albany, though Honeywell said he's not often there. "I'm on the road most of the time," he said, and also said he works

years" are student threat cases. "Student threats against school districts, whether it's on social media or something sprawled on the bathroom wall...has taken on a whole new level of sensitivity." He said they are taken very seri-



late nights at his job.

As the Averill Park attorney, Honeywell said the majority of his cases are about "labor negotiations (teachers union or support staff unions), discipline negotiations (faculty and students)...and advice on general education law." He mainly interacts with the superintendent in his duties, as well as in executive sessions with the school board and "very occasionally" at regular board meetings.

Though declining to discuss any specific cases, when asked about interesting ones Honeywell responded that while "not necessarily the most interesting, but much more prevalent in recent

ously.

Another recent trend in his work concerns identity issues. "Transgender and gender identity has really blossomed and evolved in the past few years into something that didn't exist six or seven years ago." Honeywell said that if you were to ask him a few years ago about transgender identity, he wouldn't know enough about it, but "things have changed much more now and we have to keep up with those changes."

As the attorney for the school, Honeywell said, "I represent the school district, not the employee." For example, in a case involving the school versus a teacher, a teacher would usually be covered by an attorney from the

New York State United Teachers Union. In a case involving a student, the student would retain their own private attorney.

When asked about school newspaper content, Honeywell said newspapers should "strive to publish only those things which are true or that you have at least gone through a check process to ensure what you are printing is true. If you print something that is false, they could have a legal defamation case against you and if proven true, the school is liable."

While Honeywell said he doesn't get involved in many student newspaper cases unless the superintendent contacts him, earlier this year the Averill Park administration did request an editorial in *The Chronicle* not be published after advisement from Honeywell due to possible defamation. While Honeywell would not discuss much about that specific story, when asked what gets denied, he said "you have to make sure your facts are true" and "there is a great legal right" to review and make sure everything is correct. The editorial that was denied included student quotes that had been previously published in local television and newspaper media, but Honeywell said his firm has a "legal obligation to advise clients, such as Averill Park School District, to make sure any action they take is lawful and does not expose them to liability."

"All of you have first Amendment rights and coming into school doesn't mean you lose those," he said, yet pointed out that every newspaper hires lawyers to help determine what is allowed.

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FITNESS ROUTINES FOR ALL

TWO STAFF SHARE THEIR SECRETS, AS WELL AS ADVICE

by Michelina Lomardi

Finding the time to work out or hit the gym can be a challenge, especially when you're an educator. Every day, night, and weekend is always jam-packed with grading or creating lesson plans. However, to stay fit, working out and exercising is something one must do. So exactly how do the teachers at APHS manage to do it?

Exercise is a necessity, but finding time to exercise while you're in the classroom all day is a challenge. For teachers, squeezing a workout in before school means getting up even earlier than usual, while trying to get a workout in after school adds a few more hours to their busy days. A few educators were asked how they manage to get their exercise in, and what challenges they face.

The first educator asked was one of the busiest people in the school community, athletic director, Mr. Bubniak. He said, "Well, I do have a membership at Metabolic Melt-down. However, because of

the busy winter sports season, I have not gone as much as I'd like to. Over the summer, I went a lot with Coach Brooks, but I don't have nearly as much time right now."



Fitting in workouts is a very difficult task, and if you add working out and have a very time-consuming job, it becomes even more challenging.

Going to a gym is not the only way to workout. There are many different types of exercise and many

different ways to work out. Working out with a partner is another great way to exercise. In fact, it is proven that exercising with a companion is more benefi-

foster puppies for a shelter, Homeward Bound.

"I walk the dogs three times a day, about three to four miles a day," she stated. "I also try Zumba DVDs and YouTube to find lots of fun exercise videos."

Dog walking is a great way to get outside, enjoy the outdoors, and ultimately get some much-needed exercise. Today, with our busy lives, it is extremely important that we disconnect and get outside.

With the current unusual circumstances that have been thrown at us, exercise becomes crucial. Exercise is good for the mind and soul and puts you at a lower risk for diseases such as obesity or high blood pressure.

Although finding time to exercise can be a challenge, especially for our educators, it is something that must be done to ensure a healthier lifestyle. Put it this way: you will never regret a good workout.

SCHOOL ATTORNEY (CONTINUED FROM PAGE 17)

When asked about the recent suit brought by the US President against two media firms, Honeywell said "I'm going to draw a distinction between what happens in the outside world, the real world, and what happens in a school district." He said that all "newspapers have the obligation to fact check," and brought up the Sullivan vs. New York Times case of 1964 involving public officials. If a person is a "public figure the

newspaper has more latitude of what they can publish," he said, "(the accuser) has to prove that what is said is false and was done with malice." "However," Honeywell added, "the school district has a greater legal right to review what it is you are writing." He stressed that the school district must follow guidance from the school attorney, and in addition to newspapers, Honeywell mentioned the school's right to

check over graduation speeches.

At one point Honeywell reiterated why he wouldn't talk about specific Averill Park cases, saying, "I'm not going to do anything I'm telling you not to do." But as the interview was wrapping up, it was Honeywell himself who said "Nobody asked me what my favorite sport is! C'mon! It's hockey." It turns out the Averill Park attorney is a former goalie who maintains a

passion for the sport. He said his friends even know not to schedule anything during the first week or two of April since he and his wife attend the Frozen Four, the national semifinals and finals of Division I hockey. "I can talk about hockey forever," Honeywell said. For someone who wouldn't share much, it's possible we just asked the wrong questions.

THEIR OPTIMISM IS UNBREAKABLE

LOCAL STORE OWNERS ENJOYING THEIR SUCCESS

By Clotilde Mussett

Located in the 43 Mall in West Sand Lake, it's the smoothie and juice bar everyone has been talking about. Unbreakable Nutrition opened about a year and a half ago, and has since then been serving a variety of healthy, protein-rich smoothies and energizing teas. Recently, I sat down with owners Elissa Emery and Sarah Wehnau to ask them not only about their business but about the people behind it all.

Elissa (Columbia High School, class of 2003) and Sarah (Averill Park High School, class of 2003) both graduated and grew up locally. They currently have three cats, Astor, Nala, and Maui, and one dog, Simon, and are thinking about adding another dog. They also have two children who attend Miller Hill Elementary, which they stated was part of the reason they

decided to open Unbreakable Nutrition in West Sand Lake. "We wanted to be within our community where we grew up and where our children currently go to school," as well as

their free time, they love to help others achieve their dreams, travel and spend time with their children. In the future, Elissa and Sarah aspire to "continue to build (their)

Ideal, Unstoppable, and Elite Nutrition, just to name a few. Unbreakable's owners describe them as "sister stores," in that they are all independently-owned but "all connected."

When I asked Sarah and Elissa what their favorite part of working there was, they replied that it was seeing their dreams come true each and every day. "Not a single moment have we ever regretted going after our dreams and the best part is that we get to do it with our best friends by our side."

As for advice to those hoping to start a business, Sarah and Elissa say, "Just go for it. If your dreams don't scare you, they aren't big enough."

And the next time you stop into Unbreakable Nutrition, make sure you try their favorite drinks—the Watermelon Sour Patch (Sarah's) and the Blue Razz Margarita (Elissa's).



"be in a location that felt like home...West Sand Lake has been that for us since day one."

The young business-owners commented that they "are continuously growing and expanding with new products and...business has exceeded (their) wildest dreams." In

brand and aid the community in the best way possible."

The young owners would also love to see a "UN" in every town, which seems to be coming true. There are already a series of shops that have opened in the Capital District like Unbreakable—Unmatched, Untouchable,

GOOD THINGS COME IN THREES!

GOT TIME TO WHIP UP A MUG CAKE?

by Savannah Rudolph

Stuck at home and tired of waiting for mom to fix a snack? One simple recipe that is quick and fun to make is mug cakes. This is a three-ingredient flour-less cake that tastes pretty good, and it only takes three minutes to prepare.

The ingredients for a mug cake are:

- 3 tablespoons of the peanut butter of your choosing
- 1 tablespoon and 1 teaspoon of white granulated sugar
- 1 egg



To make this flourless cake, mix all the ingredients in the mug of your choice until combined.

The next step is to microwave the mug cake for one minute.

Then, enjoy!

I normally top it with chocolate syrup and whipped cream, but it is still good topping –free.

There you go, a great treat in only three minutes. You've got at least that much time to spare, don't you?

TRYING TO FIND POSITIVES IN THE WHOLE “YOU CAN’T COME TO SCHOOL” SITUATION!

by the Chronicle Editorial Staff:

- I've gone through an entire week without hearing my name mispronounced over the loudspeaker.
- If I mute myself on Google Meet, I can watch Netflix in the background.
- My household has actually heard of two-ply toilet paper.
- The puzzles that my family gets for Christmas every year are finally getting done.
- I can now nap without my teacher catching me.

- Rumor has it this year's Regents tests were going to be extra hard.

- Good news - I haven't been late to any of my classes in the past week.

- I finally have the opportunity to spend more time working on my favorite class! It's called procrastination.



- I can say the Pledge of Allegiance as loudly and slowly as I want without getting any funny looks.

- It's fun making my little brother fill out a pass before I let him go to the bathroom.

- I can wear funky pajamas to school without anyone asking me if I'm feeling okay.

- Glad they're finally cleaning out my locker...wait, where was that again?

- I can finally wear hats to school everyday.

- I've already forgotten what it was like to wake up at 6:00 am!

- ***Despite all of these positives, we'd still much rather be back in school!***

FAVORITE

RESTAURANT

CROSSWORD

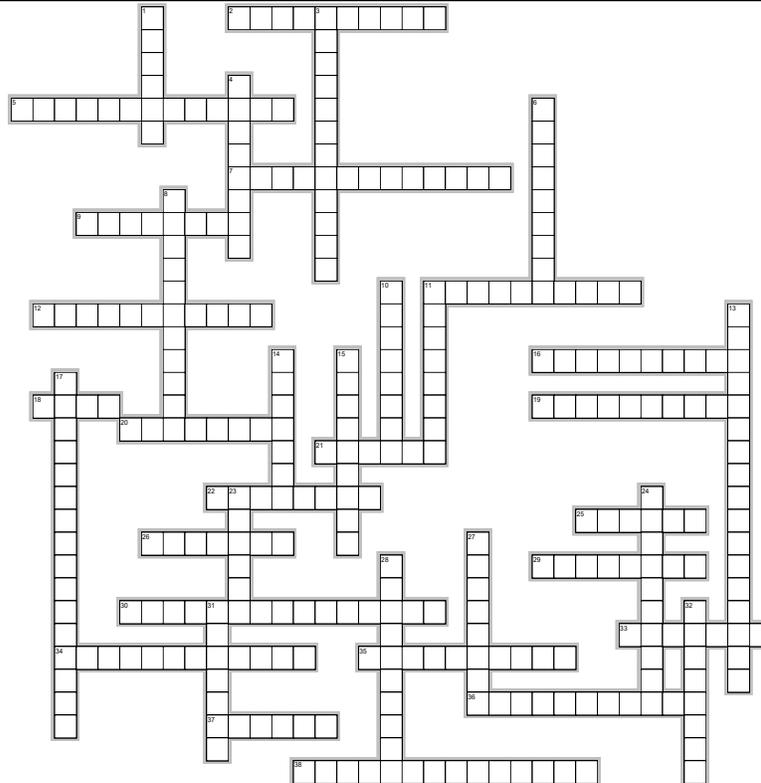
Match the STAFF MEMBERS with their

FAVORITE RESTAURANTS

* Note—Don't Skip Spaces and No Apostrophes

- | | |
|---------------------|------------------|
| AUGIES | BARNSIDER |
| BLACK & BLUE | CAFFE HALIQ |
| CANALIS | CARRABAS |
| CASEYS | CHIPOTLE |
| CHEESE CAKE FACTORY | CHEZ MIKE |
| CONCETTA | CORNELLS |
| COWGIRL BBQ | DEFAZIOS |
| DELLANIMA-NYC | EL LOCO |
| JACKS OYSTER HOUSE | GRANDMAS |
| LA PERLA | LEGAL SEAFOOD |
| MADISONS BREW PUB | MOONSHADOWS |
| MY PLACE + CO | NEW WORLD BISTRO |
| NICK AHOUS | THE OLD FORGE |
| OLDE BRYAN INN | PAULO LOMBARDI |
| PECKS ARCADE | PIZZA HUT |
| THE POKE BAR | RUTHS CHRIS |
| SEOUL HOUSE | SCALIAS |
| SUSH IX | TESTOS |
| TERRAPIN | TESOROS |

VANS



Down

- Engel B
- Daviero
- Mackey
- Blostein
- Klepsch
- Agnew
- Hall
- Gregory
- Galcik
- Miller
- Quesnel
- Sorriento
- Rees
- Malenfant
- Hotaling
- Shupe
- Freeman

Across

- Yost
- Pauly
- Ashline
- Kimberling
- Caruso
- Church
- Lambright
- Oldendorf
- Stone
- Fairchild, Gildersleeve, Marrufo
- Rohi
- Clark-Apelanz
- Ford
- Fox
- McKeough
- Perry
- Glunk
- Mein
- Engel S
- Dutcher M
- Medici
- Gierthy