

PULSE

NHS Induction Changed

by Kristen Thomas

This year there will be a change in the procedure for the Averill Park National Honor Society. In previous years, the ceremony was held in mid-January, but this year the induction is on Thursday October 26. The move is to allow students who are inducted to show this honor as they apply for college.



National Honor Society is an organization that recognizes outstanding students in high school; the organization looks for students who have achieved in academics, leadership, service and character. There

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INNOVATION COMES TO APHS STUDENTS SHOWCASE EDTECH SKILLS

by Arlyss Herzig

The mathematical equation $e=mc^2$ is one that is quite well known. However, there is another squared letter, "i²", that is taking Averill Park by storm. The i² internship is a new technology internship being offered at our high school this year. The i² participants are just one part of the new EdTech help desk, located in the mezzanine.

Mrs. Weatherwax, the AP K-12 Instructional Technology Integration Specialist and advisor for the internship, explained the i² standards for "innovation internship." The internship is available during "office hours to support students and staff

with EdTech issues that they might come across," said Weatherwax. "On top of that,



there are also students who are working on a passion project, which is an independent study where they are studying something that they are passionate about, but then they are trying to make a glob-

al impact using that, so that's another component of it."

Jess Liberty, one of the eleventh grade students enrolled in the course, talked about the passion projects. "For our passion projects, we get to choose a topic we find interesting that may or may not relate to technology. The ultimate goal is to find out as much as we can about the topic, document our research along the way and let that guide us, and come up with a tangible goal." Her passion project is based around sustainability of animal agriculture. She will be doing a variety of research, possible how to reduce carbon foot-

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THREE SELECTED FOR NATIONAL LEADERSHIP MISSION

by Hannah Brisee and Kaitlyn Bates

Over the summer, three students from the World of Difference Club were accepted to attend the National Youth Leadership Mission in Washington, DC to be held from November 13-16. Averill Park students Hannah Brisee, Catherine Hannigan and Sarah Hemmerle



wrote essays and were interviewed to determine whether or not they showed the posi-

tive leadership skills to be accepted. And they were.

The main point of the trip is focusing on the Holocaust through visiting the Holocaust Museum as well as meeting Holocaust survivors. The students are very excited and upon their return will have to come up with a community and school project helping to bring

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Student Gov't Update

by Abby Vandenberg

Yes, it does exist! In fact, we meet every Thursday after school in room 609, and you are more than welcome to join us. Since our revival last year, our small group of student leaders in Student Government led by Mrs. Daviero and Mrs. Ferlito has accomplished quite a lot.

Last year's "Penny Wars" and winter coat drive were just a few coups from our first year back up and running. With our inaugural year under our belt, our ideas for this year are on a whole new level. The "High School Hunger Games" food drive that we introduced for the month of October has met with great success, not to mention we have finally brought back Powder Puff after far too many year's absence.

Next month, various schools from the Capital Region are gearing up for the annual Student Leadership Conference, where Students Governments from many schools come together for a morning of collaboration and shared insight. Averill Park will be attending for the second consecutive year.

Our meetings are really just a gathering of students with the vision of a better APHS! We discuss our innovative ideas over a snack, but most importantly, we then take action to change our school for the better. Share your ideas with us at our next meeting; it's never too late to join.

STUDENT GROUP PUTS ITS EFFORTS INTO RECYCLING

by the AP Connection Students

What is recycling? It's something teachers and students do around Averill Park High School to help the environment.

"I think that being involved in the recycling program is important," said Olesya Webb, "because it shows how dedicated we are, as a class and school, to make the time to do this."

Recycling became an important task for our society many years ago when we realized that landfills are filling up, and poisons from the landfill leaks into our water. In 1970 the US had its first Earth Day, and in 1971 the first bottle bill was introduced, when a five cent deposit was required on bottles. Now there are more than 10,000 recycling centers

nationwide. Studies have shown that reducing our garbage and recycle cut down greenhouse gas emission. As Katelynn Flick said, "Recycling is good for the environment and our health."

Garrow.

Every teacher helps when they have a recycling box in their space, office or classroom to collect recyclables. "I love being able to recycle, I do it at home and it is just a natural next step to do it at work," said main office typist assigned to administrator Lorna Otty.

The students in room 600, who go by the name of AP Connections, do recycling out in the hallway. They collect recycling upstairs and downstairs. They pick up the recycling using single stream containers (meaning paper, plastic, and other recyclables can all go in one container), and if it gets too heavy they take the bins out to the recycling dumpster. "Recycling can be a hard job when the recycling bins get full," said Kyle Snyder, "and

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APHS has a group that collects recycling boxes and empties them into the bins outside. These are the students in Mrs. Kraft's Class, and they are actually doing something about recycling on a regular basis. "I think recycling is good for the earth, and I like doing it," said one of the group members, Brendan

World of Difference (continued from page 1)

bigotry to our attention to try to diminish it.

The World of Difference Club, founded by the Anti-Defamation League, recognizes that attitudes and beliefs affect actions and each of us can impact each other in the world we live in. Here at Averill Park, club members recognize bias and the harm it inflicts on individuals and society. The club also builds an understanding of the value and benefits of diversity. The goals they wish to

achieve are improving intergroup relations and confront racism, anti-Semitism and all other forms of bigotry in and outside of school.

Anyone can join the World of Difference Club. This year the club has Kaitlyn Bates as president, Hannah Brisee as vice president, Sarah Davidson as secretary and Sierra Miner as treasurer.

New students have the opportunity to complete a three-day peer training course, which teach you to

become a certified peer trainer by completing various tasks and activities. During the year, the group will attend many conferences as well as travel to Algonquin Middle School for the day to give a lesson about bigotry.

The World of Difference Club has meetings the first Thursday of every month. New members are always welcomed. If you have any questions, don't hesitate to contact Mrs. Mouzakes-Viola at MouzakesI@apcsd.org.

STUDENTS REWARDED FOR CITIZENSHIP 2ND-YEAR PROGRAM COMES WITH HONOR, BENEFITS

by Jessica Beskid

Congratulations to the 57 students who received Citizenship Passes at the beginning of this school year. These students were nominated by their teachers from last year for their performance during the fourth quarter. They will uphold the privileges of the pass for the entire year, even after the conclusion of the first quarter.

"I feel accomplished that I was given a Citizenship pass," said sophomore Taylor Liberty. "It's a great honor and I'm glad my hard work paid off."

Every quarter each teacher at Averill Park High School nominates one of their students to receive a Citizenship Pass. The pass is a great honor, a way for our school to

recognize those students who go above and beyond. Teach-

the classroom such as respect, responsibility and per-

allowing them some extra privileges. First, the Citizenship Pass can be used as a replacement for every other hall pass. This means that nominated students won't need to fill out another hall pass for the rest of the year. Second, the pass permits students access to the mezzanine during study hall or lunch, which removes the stress of getting pre-signed passes. Last but not least, the pass enables students to use the Citizenship Courtyard, weather permitting of course. But the Citizen Pass doesn't only result in more privileges; it also acts as a reward for students who put in the extra effort at school.

"I felt surprised and proud when receiving my Citi-

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The Citizenship Pass Courtyard

ers select students who they believe are good role models for others. These students show good character traits in

severance. Earning a Citizenship Pass grants the chosen students more freedom by

IF YOU CAN IMAGINE IT... 3D PRINTER DONATED BY LOCAL EDUCATION FOUNDATION

by Xander Michaels

Be sure to get creative, since you can now make whatever you can imagine. Sitting in the center of our high school library is the newest piece of cutting edge technology Averill Park has to offer. This is the new 3D printer, available for everyone to use.

Because printers are expensive, costing upwards of \$8,000, it must have been difficult to get. However, the printer was actually purchased through grants from the Averill Park Education Foundation and Senator Marchione. So, next time you walk by the printer you will see the 3D printed plaque dedicated to them.



If you want to use the 3D printer you must create an object through a CAD design program. Librarian Mrs. Yost can offer some examples of CAD design pro-

grams, such as "AutoCAD and Google Sketchup." "Students looking to use the printer should ask for help from any of the librarians or technology teachers when using the printer," Yost said. Before you use the printer you must get permission from a librarian, because the librarians know how to send files to the 3D printer so that it can print.

APHS Instructional Technology Specialist Mrs. Weatherwax, who wrote the grant, said "students are encouraged to create printed items that are innovative and has the potential to benefit others."

The librarians have finished testing the printer; it works great. The only problem

is that sometimes the filament used to make your creations becomes gunked up. This happens with every 3D printer, though, and is a rare occurrence.

Yost also mentioned there will be a Maker Day on October 25, when students can engage in creative thinking and experience hands-on activities. According to Yost, "students who are in [technology teacher] Mrs. Clark's classes may be lucky enough to create and print something 3D on Maker Day."

Be ready to make something great, and even if you are not in Mrs. Clark's classes, get creative and you could make your imagination come to life.

Recycling (continued from page 2)

you have to lift the bins to dump everything in the dumpster."

The students also pick up the recycling at the nurse's office and the counseling center and then go to the mailroom, the main office, the tech wing and auto tech, and the District Office. "The Counseling Center is always updating our office with current information," said counseling center secretary Jen Dobert. "It is very helpful to have the old material recycled. Since the beginning of this school



year we have filled several large garbage containers with old papers/magazines, etc. to be recycled."

AP Connections goes from room to room and collects all of the recycling. They take out the 5 cent returnable bottles to the refundables, which is a separate bag. They then donate the bottles to Mr. Goodnow for New Horizons and our Sunshine Committee to brighten our school community. They then dump the papers in the recycling dumpster which

is then picked up by our county waste.

The students collect recycling once a week on both A and B days, throughout the year. AP Connections recycles on Friday during 3rd block downstairs. They recycle upstairs either 2nd or 3rd block on Thursdays. Mrs. Kraft always sends an email



reminding teachers when they are coming.

"It is important that students realize that recycling

is part of our cultural fabric; at home, at school, and in the workplace," said science teacher Ms. Boulay.

"From paper to cardboard to plastic, so many items can be re-used, re-designed, and re-cycled," said art teacher Mrs. Bailey. "Being conscious of taking care of our world takes the work of many. 'Thank you' to the 'Recyclers' who move forward to make our school environment a cleaner, better place; you are certainly appreciated!"

The students participating in the AP Connections this year include Dominick Carnevale, Anna Fiske, Kate-lynn Flick, Brendan Garrow, Zephryn Noble, Nick Purdy, Samantha Schroeder, Kyle Snyder, and Olesya Webb.

EDTECH (CONTINUED FROM PAGE 1)

prints of large farming areas.

Some students are participating after school, Weatherwax explained. "Currently there are seven students enrolled in the independent study, which is during the day. It is a scheduled block or half block. And we also have three students who are after

school volunteers that are doing it strictly for volunteer hours." These after school students do the same work of helping people with technology but are not involved in the passion projects. Farrell Pelcher, an eleventh grade after school EdTech student, said that "sometimes we'll help with stuff the class is doing."

An important role of this EdTech help desk is their ability to help teachers and students with any technology problems they may be having. Ian Moore, a junior after school volunteer, described his duties: "if someone requested our help earlier we'll try to get in contact with them and assist them. Otherwise we handle any walk-ins or calls there may be." Moore said they also "help [with] connecting to the WiFi, assistance with classroom products, or help with personal devices." Should anybody

need help, people are welcome to walk in the EdTech office with their questions or problems.

The students will also work on PSAs, or public service announcements. "PSA's are small projects we can do, whether it be a review of a TEDtalk, educational videos, reviews of EdTech products, or something else that piques our interest," clarified Liberty. "The PSA's are posted on the internship website and sometimes tweeted out," as the EdTech desk provides a variety of services for the school or anybody who needs the help.

This year the EdTech is comprised students from grades ten through twelve, and in future years Weatherwax is hoping to expand the program. When asked how many interns she would like in following years, she mused, "Nine hundred-no, kidding. We're really looking at the

success this year to then make projections for next year." In December they will be "looking for interest from people" and hope that there "will be having a new EdTech team in place for next year before the school year ends."

The students already feel like they are having an impact. "The really cool thing about this opportunity is that students have a really big voice in what happens and what goes on. . . . I really want it to be more of a student-generated help desk," said Weatherwax. The students also feel they are gaining useful tools from this internship. About what she hopes to gain, Liberty said, "Everything we do is pretty self-guided, so it's up to us to budget our time to get our projects finished. I think that's really important because it's very much like the real world, with

**We Want
Your IDEAS**

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

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EDITORIAL PAGES

A LOUD START TO THE YEAR

by Anella Olsen

It's widely known that with the beginning of a fresh new school year, there are always fire drills to be had. The rather annoying drills cut into the school day- and they strike at the most inconvenient of times. These safety precautions couldn't get any more unwanted, especially with the ear drum bursting screeching emitted by the new alarm system.

"They're loud, and I swear they're gonna make me deaf," says freshman Audrey Oliver. Another freshman, Abby Heier agrees. "To be honest....it really bothers me..."

You don't have to ask for what people think of the alarms though, they're quite the controversy among the staff as well as the stu-



dents. And the opinions on these new alarms share one thing in common: they all agree they're absolutely detested.

It would seem to be that the fire alarms are loud to the point where if people are actually questioning if the decibel level of the system is legal. According to Averill Park High School's principal Ms. Tsao, these are very much legal. "I was worried if the alarms were too loud, so I had some people come in to test it," Tsao stated. "Apparently the volume level is on the lower side of the allotted decibel range."

So what's the lower side? According to the NFPA 72-2002, National Fire Alarm Code,

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Advisor: Mr. Strich

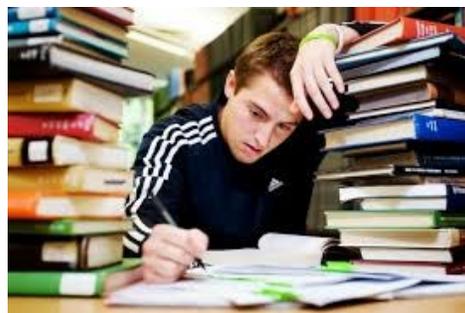
It's All A Bit Overwhelming

by Carley Salerno

As the euphoria of summer vacation is banished from students' minds by the enormous - and ever increasing - amount of homework that is assigned, the stress of the new school year finally begins to set in.

It is usually around this time of year, when the leaves begin their colorful transition, and the chill in the air can only mean that winter is approaching, that this upsetting revelation occurs. A student returns to their home after a long day at school, and often after an extracurricular activity, wanting nothing more than relaxation (and perhaps a

power nap as well). It is only when Netflix has been turned on and the snacks have been prepared that the realization



occurs: *Oh, I have an essay, a lab, three worksheets and a DBQ due tomorrow.*

Being the overachiever that I am, I am a perfect example of a student who is trying her best to cope with the immense workload

that has been handed to her. However, judging by my new tendency to burst out in tears whenever anything remotely distressing happens, and my habit of falling asleep during geometry, it seems that I'm failing.

An example that showcases my failure occurred sometime last week.

Coming home at 9:00 PM after a tennis game, I was incredibly exhausted. When I got home, I promptly collapsed on my bed and passed out. When I awoke, my alarm clock was glaring 11:00 PM at me in bright neon green, and my phone was buzzing

with a notification reading 'Don't forget to do your global essay!' Still not completely awake, I stumbled over to my laptop and opened Google Docs, realizing with a groan that I hadn't even started. Five hours and one essay later, I could not fall asleep. Realizing that I had to be up in an hour for an early morning course anyway, I gave up on sleep and clocked in a grand total of two hours of rest that night. When I finally arrived at my class, sporting very noticeable dark circles and a very strong cup of coffee, I immediately burst into tears because the pupies that my teacher had

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EDITORIAL PAGES

IT NEVER ENDS...AND THAT'S JUST FINE

by Kyle Hunter

Averill Park has many athletes - some play one sport, some play two or three. Some play outside of school or inside of school, and some students do both. I am one of those kids. I play baseball all year. Everybody has mixed opinions on if playing year-round sports are a good or bad thing.

Concentrating on one sport allows you to practice and be really good at the sport, but it can also be very tiring. Never giving yourself a break and balancing school and sports can be tricky.

Some people believe playing the same sport year-round does not give you a chance to heal and rest. Health is a big factor in people's opinions, too. Injuries are very stressful and can be very expensive. They take time to heal and sometimes lead to surgery or lots of time off from the sport. Injuries can make you weak and that

will make it harder for you to start training in the sport again. You get so used to a routine and then you get in-



jured and have to start off slow and ease back into it if you ever reach that point again.

Sometimes it scares you because you feel like you're going to hurt yourself again and it'll be worse which could lead to you never playing the sport again. Depending on the injury, it can be very dangerous; some end up

being life-threatening and scare the people who love you. I used to race motocross and ended up getting

surgery on my right arm, losing all feeling in that spot. I also got a concussion.

Despite this, I think that year-round sports are a good thing - they keep you in physical activity all year, and they keep you fit and they keep you healthy.

They keep you busy and you're never bored. They give you something to

use as motivation. For example, in school your grades have to be good to be able to play. If you want to play you'll do well on your schoolwork. Sports also give you a method of coping with emotions; they let you release stress. They also bring you positive feelings. I am always very happy when we win and motivated to do better when we lose, even if I'm a little upset.

Balancing school work with sports is not always easy. It takes a lot of work and a lot of motivation to want to play the sport while juggling school and work. Sometimes it's hard to find time to do work for school between practice and work. However, I love sports and I wouldn't want to give them up. If you really love to play sports you won't mind being busy because you get to do what you love while keeping up with your responsibilities.

STEAM, NOT STEM

by Kelsey VanFleet

We all know the popular acronym in the education world, STEM, stands for science, technology, engineering, and mathematics. Recently however, STEAM has been presented as the new and improved STEM. The question is, what is STEAM, and where is the A coming from. The answer is simple: the A in STEAM stands for art.

The addition of art

to STEM is an attempt to highlight the importance of the arts in education. Not only have the visual, literary, and musical arts gone to the wayside in recent years, but they have been deemed unimportant and unnecessary. STEAM is a revolution that is dedicated to bringing the arts back and proving just how important they are to have in American schools.

There is no dispute that strong science, technolo-

gy, engineering, and mathematics programs are needed in schools, as these are highly important for future inventions, technologies, and economies, but all of these topics fall into the same left brain category and alone create an extremely one-sided, limited education program. Adding art to the mix creates much needed balance. Not only that, but data has proven that it is extremely healthy and motivating for students to be

able to have a creative outlet.

The simple truth is that creativity enables and fuels innovation. Innovation is necessary for the creation and expansion of industries. New industries are the basis for future jobs and economic well-being. Scientists and engineers, no matter how skilled, are absolutely worthless if they cannot solve problems and pitch new ideas.

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REVIEWS

Suicide Squad : Good, But Not Perfect

by Dylan Weaver

Over the summer, many big films were released in theaters, and I saw many of them. But only one really captured my attention. The superhero file, or in this case, super villain movie *Suicide Squad* was released in August, and I was most pleased.

Before I sat in the theater with my popcorn I didn't know what to expect from the film. I knew it was going to be about a group of villainous bad guys on earth that come together (by force) to fight a greater evil than themselves. This film turned out to be funny, action-packed, and most of all, very story-driven, but it did have some weaknesses.

I will admit I DID NOT read the comic books of these characters, and that's why I believe it got a bad review in the first. Also, honest-

ly, I'm glad I did not. Actors like Will Smith playing as Deadshot, a deadly killer who has a big heart due to the love of his daughter, a type of emotion that only we the audience can see (not even Batman can). Another actor that did just as well was Margot Robbie, who plays as Harley Quinn. She brought the feelings and action of the character perfectly. The

rest of the cast did just as well, but only one didn't stand out for me. It was Jared Leto, playing as the Joker, who fell short on the character. Over

the years there have been many different Jokers, but Leto disappoints because the Joker in *Suicide Squad* acts

like a gangster. That's just not the Joker we know from any other film or TV show. Sure, there's nothing wrong to have something new in terms for characteristics, it's just Jared's perspective of character is just wrong, at least in this film.

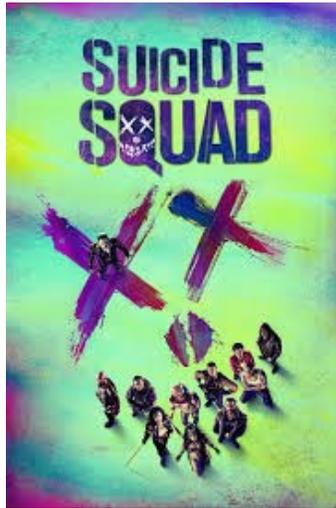
Another negative for the film is the plot; the main big bad villain is just so disappointing. Since the film takes place after Superman's death in *Dawn of Justice*, only the squad can beat the new vil-

lain. Yet the main villain's appearance couldn't be avoided, and once the squad is sent, the government still sends troops in, for no real reason. Doing this really has no effect in the story or the main plot.

Overall, the action sequences between the squad is solid, along with the special effects of this film. The comic relief also helps, and that's from every member in the squad; they all had something funny to say in a serious situation. Also, some had "heart" or guilt they hold onto within this film (I won't ruin the whole film and spoil who and what), but let's just say that it even affects the villain as well.

Now, comic people would probably disagree with me on this review, and

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FOR SPORTS LOVERS: *THE UNDERDOGS*

by Ryan Kronau

I chose to read *The Underdogs* by Mike Lupica because I enjoy sports-related stories and I have also read many of Mike Lupica's books before. This book is about a boy named Will Tyler who lives in a small town called Forbes. He is twelve years old and loves playing football. He lives with just his father because his mother died when Will was only two.

Will is really looking

forward for the football season to begin but the town announces that they don't have enough money to purchase everything for the twelve-year old football team. So throughout the book Will is trying to find a way for them to play this year's season and he will do whatever it takes to do so.

The author did a great job of describing all of the different settings in the story. He also did a really good job describing the characters as well throughout the

book. There were also many different literary techniques represented such as dialogue and imagery to help the reader have a better understanding to what is going on during that part of the story.

Another thing the author did was represent how strong of a relationship Will and his father had in the story. This book demonstrated the challenges that Will and his father had to go through because Will's father didn't have the best paying job. Also, Will was too young to

work for someone and there weren't many jobs around in Forbes.

The intended audience for this book is for sports fans all ages, young and old. It's also intended for readers that enjoy football. I would recommend this book to anybody interested in sports and for people looking for an easy read. So if you enjoy sports-related stories, then *The Underdogs* by Mike Lupica is perfect for you.

REVIEWS

CAN YOU HEAR ME NOW? THE NEW IPHONE 7 PLUS REVIEWED

by Dylan Weaver

Over the past years, technology involving phones has evolved, especially as the competition of products between large companies has increased. The most recent phone revealed was the iPhone 7, but this is a review for the similar iPhone 7 Plus.

Now, what many curious consumers ask is, what's the difference between the Plus and the regular iPhone 7? First off is, of course, the size; the Plus is much larger than a regular iPhone. That's not the only thing – you see, this isn't the first time that Apple made a Plus phone for their products. The other Plus phone was made with the iPhone 6, but there are serious differences found when comparing the models.

The iPhone 7 Plus feels faster, and with the new camera system, pictures become more clear, even with the most insane weather or

environments. Also, with double speakers, when watching videos or playing games the sound is crisp and great. Another great thing



with the new iPhone is its core; the phone has a core 10, which allows very minimal freezing or errors to occur and little stuttering within the phone.

The double speakers are a great new feature to the phone, but what also gets people curious about it is the

wireless headphones. The headphones, of course, don't need a jack any more, but charging it does. There is only one major issue that I have with the headphones, that they're about \$160 on a separate order. As I have been a customer with Apple for years, I thought this news was a big slap in the face.

With any new phone coming out there will be competition, and this is actually an upside for the Apple consumer and a regular person trying to buy a new phone. Not only is it a great upgrade from, let's say, an iPhone 4 or 5, but the phone competes well compared to Samsung phones. In fact, the Samsung phone has been officially recalled and the manufacturing stopped. This

will only put iPhone 7 Plus sales ahead.

Even though that's great news, and the phone runs well, there has been a great issue of overheating problems. Watch a movie or play a game too long and the phone overheats very fast.

Overall, I think the iPhone 7 Plus is a very unique phone, but in its own way. If I wanted a major upgrade for a phone, the iPhone 7 Plus is a very promising choice. Also, for a personal choice, Apple products always make their phones user-friendly, and the apps can be used on many devices. Still, in some cases like the camera on the phone and the overheating issue, you might want to look at Samsung or another phone.

In the end, though, I think the iPhone 7 Plus is the perfectly innovated phone that is easy to use, but still can use some work. My verdict is...an 8 out of 10.

LOUD START (CONTINUED FROM PAGE 5)

Chapter 7, the maximum of the fire alarm system decibel is 120 dB. The minimum is 15 dB above the dB of ambience.

So if this is the case, then why are these alarms so loud compared to previous years? The answer, while Ms

Tsao didn't specifically know, can possibly chalk up to the fact that the old fire alarm system was getting worn out.

"We replaced the system because the old fire alarm system was over 10 years old," she said.

STEAM (CONTINUED FROM PAGE 6)

Every new technological advancement will need to be designed and conceptualized.

Art in schools is the key to creative and innovative and innovative thinking. In

order to create well-rounded students with all the neces-

sary skills to take on the future, schools need STEAM.

SURVEY SAYS: TWO TEACHERS, TWO INTERVIEWS



by Jasmine Sager

For this column, I held interviews with two faculty members here at Averill Park. For both interviews, I asked the same questions. I first interviewed Mr. Miller, a very highly esteemed math teacher, then I sought a contender who I believed would produce different answers, everyone's favorite chemistry teacher, Mr. Bertram. The responses that these contrasting teachers gave may surprise you!

How were your grades in school?

Miller: I got solid B's.. until college. I lost a lot of study skills my senior year.

Bertram: I got 80s and 90s all throughout. I did best in math and science.

What advice do you have for a student who is struggling in your class?

Miller: Definitely stay after school. Your teachers are your best resources.

Bertram: Do not be afraid to ask questions. Honestly, we will not judge you, it's our job to help you.

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

Miller: I like my financial algebra teaching position, but if I had to choose, it would be computer science.

Bertram: Probably economics, because I minored in it, and it's very important in our society.

What character traits do you value most in a student?

Miller: I think that my favorite students often show persistence and honesty. That's all I want.

Bertram: I like a polite, but most of all, hardworking student that will seek help if they need it.

What was the last good book you read?

Miller: *The Da Vinci Code*. I enjoy conspiracy theories and it is full of them.

Bertram: *Goodnight Moon*. It is my daughter's favorite bedtime story. I read it to her every night.

What clubs/extracurriculars interested you while you were in high school?

Miller: I didn't participate in any clubs. I worked a part-time job throughout high school.

Bertram: I was in Honors Society, 4-H agriculture club and I worked on a farm, milking cows mostly.

Have your students ever taught you any life lessons?

Miller: My students have taught me not to take life so seriously and to just have fun and do what you love. That's really important.

Bertram: Being around kids for my job has showed me how great they really are. My students made me want to have children of my own.



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

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

-In Color-

SUICIDE SQUAD (CONTINUED FROM PAGE 7)

that's fine; like I said before, I DID NOT READ THE COMIC BOOKS. So it could be entirely different. Yet, as a moviegoer, the film can

stand on its own feet. That's a good thing. Even with the negatives of the plot and villain, and a sad impression of the Joker, I'm sure there will

be improvements in the future. I give it...a 7.5 out of 10.

BOO!

THIS YEAR'S "MUST-HAVE" HALLOWEEN COSTUMES

by Ruthann Flick

It's that time of year again; the spookiest day of the year has come sooner than we expected. Now for the question, what should I be for Halloween? Halloween is the one day of the year that you can walk around dressed like your favorite character and not get stared at. Why not take advantage of that?

The most popular Halloween costume for girls hands-down is Harlequin. That's probably due to the character's recent fame in the movie *Suicide Squad* (see review on p. 7).

She's as bad as everyone wants to be and that's why she's so popular this Halloween.



Now for the guys, they're a little tricky considering their wide range of interests. The boy from the game



Fallout seems like a pretty cool option, although there are many other things to choose from.

The classics are always a great way to go. Those blackout suits are for sure the best way to scare your friends, by sneaking up on them in the dark. But we all laugh at anyone wearing the blow-up sumo wrestler suits, so if that's more your thing, go for it.

Halloween is one of the most fun times of year, so embrace it. Although we're all kind of bummed that it's on a Monday, there is always a way to make your Halloween a great one. It all starts with the right costume choice.

CITIZENSHIP PASS (CONTINUED FROM PAGE 3)

zanship Pass, and thought that participating (in class) and helping my friends helped improve my year's experience," said sophomore Genna LaRose.

Honor always comes with responsibility, the citizenship pass being no exception. Maintaining the Citizenship Pass should-

n't be a problem for nominees though, because in order to receive the pass they already proved themselves capable of setting a good example for others. Recipients must continue to seek out the permission of their teacher when leaving the classroom. This is because, it is necessary for

teachers to know where their students are at all times, even if they can completely trust them. Recipients of the Citizenship Pass must also make sure that the pass is visible at all times, just as one would do with any other pass. Lastly, it is essential that recipients remain worthy of the pass

by acting responsibly at all times, and without incurring any infractions.

There are more opportunities for students to receive a citizenship pass this year. So if you are unexpectedly invited down to the auditorium after the end of a quarter, you may just receive one.

OVERWHELMING (CONTINUED FROM PAGE 5)

brought for us to see were "so cute."

Of course, when I began the school year I knew that it would be difficult. I, like many other students, have standards that I must maintain in each and every class, and I expected that this would be much

more difficult to do in high school. However, I did not expect the immediate tidal wave of work that seemed to crash down upon me as soon as I set foot in the building. Instead of giving my fellow freshmen and me time to adjust to the perils of high school (most notably the confusing layout of the

hallways and the scary boys with facial hair that roam within them), we are expected to immediately jump into work. These expectations have led me to a place in which many of the students in AHS will find themselves at some point this year: tired, bleary-eyed and wanting nothing more than to sink into

my bed and sleep. But alas, instead, I must settle for longingly staring at my inviting cushions as I conjugate - for the hundredth time this week - the forms of the verb "être," when the only translation that I could honestly care about is "dormir" "

FOLLOWING A NEW PATH: NEW VISUAL ARTS PATHWAY GRANTED FOR ADVANCED REGENTS DIPLOMA

by Kelsey VanFleet

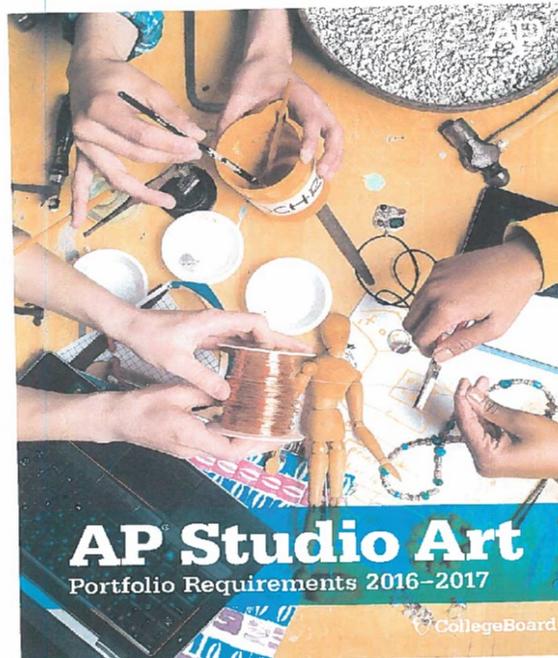
Last spring, the New York State Education Department approved AP Studio Art as a pathway to the Advanced Regents Diploma. Averill Park was proactive, insuring this opportunity was available to its students, and the Art Department is happy to announce that an AP Studio Art class is already up and running.

"If someone thinks that they may want to enter a field connected to the visual arts, or if they simply want to submit a supplemental portfolio to increase chances of acceptance or scholarships; they need the strongest portfolio possible," art teacher Mrs. Gregory said. "This class provides that opportunity."

In fact, there are many advantages that stem from the addition of this course to Averill Park's Art Curriculum. The submission of an Advanced Placement art portfolio to the College Board is the equivalent to a Regents

exam in any other subjects. All portfolios assessed by The College Board that a score

citing opportunity for students who are passionate about the arts as they can now focus



three or higher are accepted towards the Advanced Regents diploma. This is an ex-

more fully on art classes without disrupting their path towards graduation.

In addition, many colleges and universities will accept Advanced Placement Studio Art as a transferable elective class, though acceptance policies vary with each institution. For example, the Maryland College Institute of Art accepts AP Studio Art as long as the student has earned a score of four or higher from the College Board.

Averill Park is optimistic that other arts pathways will soon be added through AP courses in music and theater.

"This class helps students tap into the joy of creating and celebrates their artistic autonomy because it is the student that decides what projects they will pursue," stated Gregory. The Averill Park students and staff are eagerly waiting to see the amazing work that this year's AP students will create to launch them into college and career.

DORGAN (CONTINUED FROM PAGE 16)

friends/students that needed something reviewed or clarified. My kindness for all and patience are necessary qualities."

While teaching at Algonquin, Dorgan realized that she loved teaching her colleagues, not just students. She taught many professional development courses in and out of the district. "As I thought more about becoming an administrator, I realized I can help more students by helping teachers." She had experiences in the general

education and special education field, which she said is "unique for many administrators and needed in the district."

In her free time, Dorgan enjoys singing and playing the saxophone. The reason she got into music was once again her family. "My mom was a music teacher so we all took piano lessons and a musical instrument." Dorgan said that music is "a great way to be part of a group and share our love of music together."

Dorgan is also on a volleyball team that plays every week. She began playing in eighth grade, and while not sure who encouraged her to take up the sport, thinks it was probably the PE teacher since she was always one of the tallest girls. Dorgan was captain of her high school team her senior year. She enjoys it so much because "it is a great way to get some exercise and have fun socially as we play."

In her new role as director, "I work mostly with

teachers and families, but I'm still involved with students and that's what everything is about," said Dorgan. "My focus is on developing strong plans that service the student needs, yet build a program that allows students access into the rigorous general education programs." Averill Park is fortunate to find such a qualified and dedicated person already here to take over as the new Director of Special Education.

NEW HORIZONS: PROVIDING FOR OTHERS IN NEED

by Ryan Gutheil

The New Horizons Club at Averill Park High School is looking forward to another successful year of fundraising. This club's purpose is to bring to light issues that are occurring in impoverished countries.

New Horizons specific focus is in the Dominican Republic. The club is continuously fundraising, and the profits go to the New Horizons School near Montellano, Dominican Republic. Last year, this school became Averill Park's sister school, which means students here can put even more effort into helping the students there.

The children there

come from very poor families. The school provides meals for them, which is often the only thing the students will eat in a day. The best way for these children to escape inevitable

poverty is through education, which the New Horizons School is working hard to provide. Donations to this school primarily allow the students to be fed and educated, because

they do not have many other sources of income.

Recently, the New Horizons Club sold baked goods. Also, the club is currently selling pizza by the slice on Thursdays after school in the cafeteria, and will be having a bottle drive on November 12. Some of the other fundraisers done in the past include bicycle repairs and selling car washes.

Please support Averill Park's sister school in any way possible, whether it's buying something or attending a club meeting. For those interested in coming to learn more, meetings are on Thursdays after school in Room 220. Thank you for contributing to the aid of the New Horizons School.



New Horizon students raising funds at a past bake/garage sale

NATIONAL HONOR SOCIETY (CONTINUED FROM PAGE 1)

are different chapters in different locations, and to get into NHS students need to be selected as a candidate for their chapter. Students need to meet the GPA requirements and are then considered based on their character, leadership and service. Students must be in grades 10-12, have strong grades and meet their school chapter's re-

quirements.

Being in the National Honor Society is a great thing to put on college applications, which is why the induction was moved to the earlier date this year. Last year the induction wasn't held until January 14. Upperclassmen who applied for NHS were simultaneously applying for college. The

Averill Park NHS chapter decided to move the induction to October rather than January so students weren't inducted after they'd finished applying to college.

In addition to helping students with college and scholarships, as it shows your character and attributes, the National Honor Society can open doors for service opportuni-

ties in your chapter and allow you to attend conferences and state summits. There are even opportunities for National Honor Society scholarships.

It is expected that many worthy students will be accepted into NHS this month; Averill Park congratulates these students for this great honor.

EDTECH (CONTINUED FROM PAGE 1)

the independence and time management." She also hopes to "contribute to the school in a positive way."

Pelcher, too, hopes to make a positive impact. She wants to feel like she's "making a contribution to the school." At the same time, Pelcher wants to "learn more about technology." Moore also expressed

his goals of the program: "I hope to better my skills in customer service and to help provide any easily accessible support desk." Each individual student feels as if they are gaining something valuable from this experience.

The ^{i²} internship

allows students to reach out to people through social media. Weatherwax talked about how "[The students] are also having more of a global reach because we have a twitterfeed (@i2edtechelpdesk) and a website up and running, where we're also trying to kind of push out some new EdTech ideas." The present participants always

welcome questions, however you choose to reach out to them.

What is to come in the future? It depends how the work goes this year and how next year's students feel. Weatherwax has a whole slew of ideas ruminating. "Oh I always have big ideas. That's what frightens people."

GARDEN CLUB HAS MUCH TO OFFER

by Lauren Harland

Humans have been growing their own food for as long as 11,700 years. Many modern day families no longer maintain gardens to eat from, which is why the Garden Club at Averill Park High School is such an important afterschool activity. This club is a fun and relaxing way to introduce students to growing vegetables that they are welcome to eat when the plants are ready.

Weekly meetings are held at a very nice garden space outside on the southern edge of the high school. This area includes many plant beds, a greenhouse and a beautifully painted garden shed.

“Garden club is great because you can meet new peo-

ple that have a similar interest of loving being outside and gardening,” Heidi Schuman, a junior, explained, “It’s a really nice atmosphere to go to after school.” Schuman and many of the other members of the club feel that it is a great way to unwind after a long day of hard work in school. It’s a low stress envi-



ronment and “everyone in garden club is very welcoming,” according to Lilly Kronau, a freshman who recently joined garden club.

Spending time at the school garden is a great way to inspire students to grow food at their own house. The advisors of the club, sci-



ence teachers Mrs. Oldendorf and Ms. Boulay, teach important skills to the students in a very easy to understand way. Schuman grows many different types of plants and vegetables, and her suc-

cess is in part thanks to these great leaders. Schuman said, “Boulay and Ms. O have shown me so many techniques about gardening that have really improved my own garden.”

Gardening is an extremely beneficial skill for any student to have, and the Garden Club at Averill Park is a great way to introduce it. From the friendly leaders and members to the calming environment, Garden Club is a wonderful part of the high school. As Kronau stated, “Joining gardening club has been a great experience so far and I’m very excited to continue.”

GSA: Sketching Out A New Future For AP

by Jasmine Sager

GSA, or “Gay-Straight Alliance,” is a club focused upon the interests and support of Averill Park’s LGBT+ community. With recent political and social advancements made in the past few years, it is a time to celebrate the people who we, and our peers are.

The club was revived in 2015 by Mr. Zehnder and Mrs. Klepsch, two members



of the staff at Averill Park High School. This year the GSA club, under the leadership of president Jordan Kennedy and vice president Breanne Agan, plan on constructing a large wall mural to do just what the club was established to do – to spread awareness and promote a welcoming environment for all students. Students can express

themselves in doing this as well.

The painting, along with other GSA events planned such as the pajama movie night, lesson plans designed to be more inclusive and “Day of Silence,” will make Averill Park students more informed and accepting of everybody around them, an important skill to have in the real world during and after high school.

LEARNING WITH A TWIST!

STUDENTS VISIT RPI ON NATIONAL MANUFACTURING DAY

by Adam Johnson

A large group of technology students from APHS recently joined teachers Mrs. Clark and Mrs. Quesnel on a field trip to RPI for the 5th annual National Manufacturing Day. Held October 14, students from the Computer Integrated Manufacturing and Engineering Design and Development classes stopped throughout the day at various places around the campus to learn more about the manufacturing process.

The day began in the EMPAC Center on the west side of the RPI along with other schools for a manufacturing presentation. The presentation featured speakers such as Sam Chiappone, a professor in fabrication at RPI, the City of Troy Mayor Patrick Madden, Assemblyman John McDonald, New York State Senator Neil Breslin, Shekhar Garde, the Dean of the school of manufactur-

ing; and keynote speaker, Ryan Patry, an RPI alumni and the manager of manufacturing technology at Sikorsky

they work with on a daily basis. They visited a CNC machine used to manufacture things

the country used for educational purposes.

Another stop was made to the materials lab, where they make composite materials like carbon fiber. This was especially cool seeing a project a student was working on, trying to 3D print composite materials, which would be the first 3D printer for composite materials in the world.

The highlight of the day though was the Sikorsky UH-60 Black Hawk helicopter. At the presentation in the beginning of the day, Patry went through the manufacturing steps of the rotor hub for the aircraft, so it was cool to then be able to see it in person. It flew in at 7:55 am into the middle of the campus on the 86' field. The National Guard was there and allowed people to actually sit in the cabin and the cockpit. As the field trip came to a close at 1pm, students were able to stand on the ground near the



Averill Park tech students hanging out in a Sikorsky UH-80 Black Hawk helicopter

Aircraft.

Then it was time to see the demonstrations put on across the campus. The students were able to visit a Snap-On truck to see the tools

out of all different materials using computer code and high speed cutters. They also saw a micro-CNC machine which could spin at over 100,000 rpm, which is the only one in

(continued on page 18)

NEW SCREENS PROVIDE INFORMATION

by Carley Salerno

The beginning of new school year has brought with it many changes, for new and returning students alike. One of the most prominent of these changes is the presence of two new electronic signs located in the main hallway and the cafeteria.

Both these signs display a wide variety of messages every day. Their manager, secretary Ms. Otty, explained she shows anything that she believes



will be useful to students. This includes club dates, the A-day/B-day schedule, sports schedules, fundrais-

ers, and sometimes even student suggestions, such as a strip for the Sectional sports games that are approach-

ing.

These signs have had a very successful impact on students' daily routines, especially the one displayed in the cafeteria. This is because every student cycles through the cafeteria at some point in the day, so Otty believes that the sign located there will "give more kids the opportunity to see it."

These signs make it easy to keep an organized schedule, especially during the confusion of the begin-

(continued on page 15)

WHAT'S SCARIER THIS HALLOWEEN, CLOWNS OR...MOLECULAR BIOLOGY?

by Lilly Kronau

Most people are frightened or scared off by a certain course offered at Averill Park High School because of two words: molecular biology. People say it's because of the large vocabulary or the intimidating title. Ms. Boulay, who teaches this honors level science class, said, "there's a lot more information and we go into a lot more depth" compared to the regular Regents classes.

Maybe it's the course title that's so scary, but it shouldn't be.

The term molecular biology refers to molecules, and molecular biology is just the study of DNA and genes and how they relate to living organisms.

Many students love her class for all different reasons. Ninth grade student Carley Salerno said, "We always do labs and she lets us touch and use the materials she brings in like animals or tools." Other students agree and think Boulay makes the course very hands-on and lab-based so there's no time to get bored. Molecular biology is naturally very exciting be-

cause it is the study of life, where teenagers can relate everything they learn in Boulay's class to their lives. For example, how do those cells in our body actually work, move and evolve?

Boulay has been

realized she most enjoyed teaching, so she went back to school for her Master's degree.

She's been teaching for a long time, and as new technology about DNA has developed and the curriculum has changed, Boulay said, "I am learning with the students."

Some students say Boulay has a way about her that comes out in her teaching. It could be kindness, her extreme energy and love about what she's teaching, or just who she is as a person. "Even if

the material we are learning in class isn't interesting," said freshman Lauren Harland, "she always finds a way to make it fun to learn."

She has even engaged her students and created a more welcoming environment through SARMING. SARMING is a form of meditation she has her students do for the three minutes before class to change the environment into a stress-free, no hassle, science only classroom. According to Boulay, when the students have more tolerance and compassion; they learn and comprehend more.

In molecular biology students study many topics. Boulay's favorites would have to be biochemistry, biotechnology, and human physiology. These are all large, maybe scary words, but if you unravel each strand they aren't that difficult. Biochemistry just explain how enzymes operate in cells. Bio technology refers to new information learned about DNA and human physiology includes everything happening in your body. See, when you break

(continued on page 19)



teaching for 29 years, but she started by studying food science and nutrition as her college major. Her first job was working for WIC, a women, infants and children program, where she helped low income families with nutritional counseling. After working there for a number of years, Boulay



SCREENS (CONTINUED FROM PAGE 14)

ning of the year. Otty is extremely pleased by how well the sign is being received by students, remarking that "Some kids just come in and that's the first thing they look

at." With the sign's cheerful designs, it is indeed difficult to not look at these signs. Otty and junior Ian Moore, a student whom Ms.

Otty says has been extremely helpful in the process, have completely changed last year's dull layout into a brightly-colored, eye-catching one.

These designs only

serve to make the already useful signs even more pleasing to look at. Thanks to both Otty and Moore for making life at APHS just a little bit easier.

ONE VERY SPECIAL DIRECTOR: APHS HIRES FROM WITHIN TO FILL IMPORTANT POSITION

by Tyler Swint

There are over 500 students with disabilities in the Averill Park Central School District supported by roughly 100 staff members. When the district needed to find a new director in charge of all of these people, they found the perfect candidate – and she was already working for the district. Kate Dorgan is the new Director of Special Education for the Averill Park school district.

Dorgan has been at Averill Park for some time now and what she loves about it is "it's a district that cares about students and supports programming for all types of learners." The best part of her job she says is "I get opportunities to interact with students and they make me laugh every day!"

Her previous jobs in

the district have been as a Data Coach, Dean of Students, Assistant Principle at



Algonquin, and Assistant Director of Special Education. She began teaching special education at Algonquin in 2002. Previously, she had

taught in another district near Oneonta (where she and English teacher Mr. Strich taught together).

The reason Dorgan may have become a teacher was because she was raised in a family of teachers – "My grandmother, both my parents and then my older sister," she said. "Teaching was something I was comfortable knowing about and seemed like a good choice!"

Dorgan graduated from Bethlehem Central School District in Delmar, New York, and then went on to college for multiple degrees. She got her undergraduate degree in math from SUNY Geneseo, her Master's in special education from St Rose, and her Administrator's

degree from SUNY Albany. "Math always came easy to me in school which is why I picked it as my major." After she completed her undergraduate degree, she worked as a substitute and summer school math teacher. She had to choose an area for her Master's degree and thought special education would make her a better math teacher.

While she worked on the special education degree, she realized "that I have a wide skill set of knowledge and strategies that fit even better for the needs of students with disabilities," so she switched and got her first full-time job teaching high school special education. "Looking back throughout my life, I realize I was always willing to help those who needed an extra hand or to be patient for

(continued on page 11)

A DOG'S PURPOSE: MIKASA PROVES USEFUL IN MANY WAYS

by Jasmine Sager

Here at Averill Park High School, you cannot go the entire school day without seeing a canine presence. Big or small, young or old, the dogs at Averill Park have played, panted and pawed their way into our hearts.

Of all of them, however, one particular dog has become almost iconic and very well known among the Averill Park dog squad. His name is Mikasa, but students and faculty all refer to him as "Kasa."

Kasa's unique name comes from the volleyball brand "Mikasa." He is originally from Eli Brooks



Farm near Herkimer, NY. At four years old, this very sweet Labrador Retriever serves many important roles at our school. Kasa's owner, English teacher Mr. Fairchild, has

trained him to do many helpful, fantastic tasks such as retrieve keys and wallets. Kasa is also a certified therapy dog, helping in special ed classes and participating in elementary school lessons.

In the past ten years, Fairchild, social studies teacher Mr. Blais and math teacher Mr. Keegan have helped raise two other dogs named "Brennan" and

"Inde." Both still serve their people.

Kasa also assists Fairchild with things such as behaviorism lessons in philosophy and other concepts. Fairchild said, "He brings a lot to the classroom and hallways as I see it...I have had many students who came to class partly just to see my dogs."

Studies have shown that dogs can have a huge impact on students' mood and behavior as they are learning. In his own way, Kasa is just as important to the school as any other teacher and the school wouldn't be the same without the friendly inclusion of dogs.

THE NEWEST ADDITION TO THE LIBRARY

by Alex Van Der Kar

After more than two decades spent educating Averill Park's elementary students, Mrs. Yost is more than ready to take on the high school this school year. With a rich background in literary education and multiple degrees, complimented with a genuine love for books, Yost makes a great addition to our APHS library staff.

Yost's first introduction to the Averill Park School District was at West Sand Lake Elementary School. "Kids are my thing; there is always room for error and no judgment," said Yost about her drive to teach at



the elementary level. As much as she misses and enjoyed teaching her elementary students, Yost was ready for a change of pace. "I was ready to 'guide' children as well as teaching them." In addition to the personal desire for a challenge, Yost was excited to take on this new academic environment.

As a new part of the APHS library department, Yost plans to make the library a place students will want to visit regularly. In order to achieve this, Yost is adding a café table area and after-school activities such as the "Makerspace" which opened on Tuesday October, 25.

In her spare time Yost enjoys boating, reading, and spending time with her cats and dogs. The library staff and Averill Park High School welcomes Yost and knows that she will do great things for the library system and the students who rely on the library during their high school years. Yost's message to her new students: "This is 'our' library and everyone should feel comfortable to come, whatever the reason."

You Can Feel The Changes

The library is out of control! Students talking, sharing, laughing, eating... What is going on?

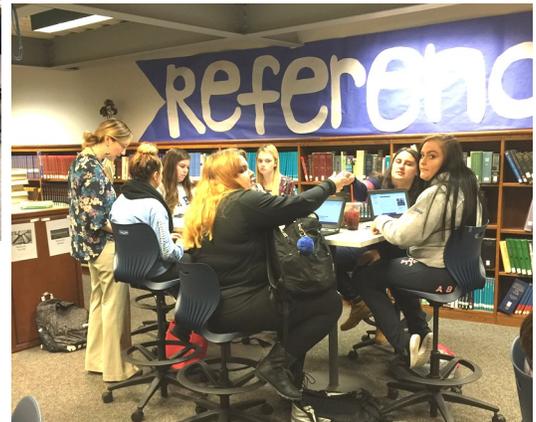
"Historically a library is a place to go to get information, to ask questions," said librarian Mrs. Yost, "and it's still the same, it just looks different. I want the library to be a creative, fun academic space."

Some of the changes to the Averill Park High School library include keeping the doors open (literally open) so it's accessible anytime, the inclusion of a Makerspace, an area with comfortable seating, high tables and bins full of supplies to be used to make things, and the 3D printer. There's also a different atmosphere present.



come in here and use the space. We're here for them." "It's their library - it belongs to the kids now," added Yost.

It's more "welcoming" said librarian Mrs. Wilson, saying the changes have made it easier for the "kids to



WE'VE GOT THE SPIRIT... APHS DANCES, DRESSES AND DOMINATES DURING WEEK

by Hannah Ryan

Averill Park High School students and faculty expressed their school spirit during the first week of October. The fun started on October 1 with the annual Homecoming Dance, where students danced to music DJ'd by our very own Mr. Engel. Students danced to modern pop songs and some early 2000's throwbacks, and ended the night with the song "Good Riddance (Time of Our Lives)" by Green Day.

During the dance there was some debate about the lighting situation; throughout the night, the emergency lights in the gym remained on. "I thought that homecoming was lit. Literally lit," said freshman Lauren Meyers.

Spirit Week kicked off with twin day on October 3, when students twinned with their friends. The school spirit continued with pajama day on Tuesday and sports day on Wednesday. On Thursday, the classes divided with colors; the freshman wearing blue,

sophomores were assigned black, juniors had pink and the seniors decked out in white. Finally, on Friday came



blue and gold day (except for the juniors who had "white out"), and pep rally. Students wore face paint, bandanas, beaded necklaces, and tie dye shirts to show their school spirit.



Pep rally started off with all in-season sports teams charging into the gymnasium, where the rest of

APHS students were waiting on the bleachers. After all of the student athletes filed into their class sections on the bleachers, the cheerleaders gave an impressive performance of stunt routines. Next came the obstacle course, in which a couple of volunteer

whether the juniors or seniors won the spirit stick. When it was given to the seniors, the juniors all turned around and faced the wall! Even with the protest by the juniors, the seniors were still awarded the spirit stick.

Spirit Week ended with the homecoming football game on Friday night. Our Warriors took on Mohonasen that night and won the game. Touchdowns were scored by Denon Fisher and Ryan Wood, both from passes thrown by QB Ryan Long. A third



students from each class went through several activities. After the obstacle course, each class was requested to make as much noise as possible. Whichever class made the most noise won the spirit stick. There was a lot of controversy over

TD was scored by Carl Nitz. AP won the game 27-6 with great support by the AP Cheerleaders and the student section.

Spirit Week this year began with a dance, and students showed fantastic school spirit throughout the five school days that followed. The week finished with a fantastic victory by the football team for a perfect ending.

MANUFACTURING DAY (CONTINUED FROM PAGE 14)

helicopter as it took off. It truly was a once-in-a-lifetime experience.

National Manufac-

turing Day at RPI was a fun and interesting field trip at the same time. It was cool to see the things the students

learn about in class applied to large scale operations, like building a Black Hawk helicopter. It was also cool to

see applications that one never even imagines, like the 3D printer for composite materials.

BASKETBALL (CONTINUED FROM PAGE 21)

spending years with Oklahoma City, Durant sent team officials into a frenzy by meeting to discuss contract options. Many thought he was just testing the waters. Surprisingly, on the Fourth of July, Durant became one of the most hated players when he signed with the Golden State Warriors. It was clear that he desperately wants to win a championship, because the team that he selected is loaded with superstars, and the Warriors went 73-9 last season. Adding insult to injury, the Warriors had knocked his former team, the Thunder, out of the playoffs. Thunder fans now see Durant as a traitor and it will be interesting to see how he is greeted by basketball fans this coming season.

Besides Durant, there were many other significant free agency moves. Mike Conley re-signed with the Grizzlies and agreed on the largest contract in NBA history. The deal was for five years

and 153 million dollars. Only LeBron James, who would re-sign with the Cavaliers, would make more per year. Still,



Conley has the largest guaranteed value ever on his contract. Other notable re-signings included Demar Derozan staying with the Raptors, Andre Drummond with the Pistons, Bradley Beal with the Wizards, Hassan Whiteside with the Heat, and, finally, future Hall of Famer Dirk Nowitzki stayed with the Mavericks.

Many players decided to take their talents to new teams. Chicago signed Rajon Rondo to be their replace-

ment point guard for Derrick Rose. And in one of the biggest shockers of the off-season, the Bulls lured Dwyane Wade from his long time team the Miami Heat. In the beginning of the offseason, the Bulls seemed to be rebuilding. However, when they signed one of the greatest shooting guards off all time, they once again seemed like playoff contenders. The Knicks signed Joakim Noah, Brandon Jennings, and Courtney Lee as key additions to their roster. Many fans are split on how they think the Knicks will do this season. What is agreed on, however is that if they can all play together and remain healthy, they can be play-off contenders. Unfortunately, those are both big "if" questions, and the Knicks will need luck and player unity to turn things around for this aging team.

Lastly, basketball fans had to say goodbye to two of the greatest players ever. Kobe Bryant and Tim Duncan both retired and will

be heavily missed. Their contributions to today's NBA, as well as their skill sets, will never be forgotten.

As for other league changes, each team's salary cap will be increasing, allowing teams to pay free agents even more than they could this year. Also, many teams are now being sponsored by corporations and will be putting their logos on the team's jerseys in the seasons to come. It is very hard to imagine how much players could be earning a few years from now.

The 2016 NBA offseason was one to remember, with surprising changes that have created excitement for this coming season. Fans are eager to root on their favorite teams when the first games tip off on October 25.

NFL SEASON (CONTINUED FROM PAGE 21)

going to grow most likely over the year. They have many young talented players such as Derek Carr, Amari Cooper, and Khalil Mack.

8. Eagles- This team has been doing just fine. With rookie Carson Wentz doing what he needs to do and the defense and special teams doing their jobs, this team does what it needs to do to get wins and this is why they are 4-2 this season.

9. Falcons- This team is great when it comes to its offense, but defensively needs improvement, allowing almost 29 points per game. You can't outscore teams forever; something is eventually going to have to give. Lucky to have held out this long with a 4-3 record.

10. Steelers- This team is surprising but in a bad way. Many people thought this team would be doing a lot

better than they are doing right now. They're still doing fine with a 4-3 record but now with Ben a little banged up things could start going downhill for this team in a hurry.

The Most Devastating Injuries

*JJ Watt: Herniated Disk

*Eric Decker: Torn Rotator Cuff

*Adrian Peterson: Torn Meniscus

*Keenan Allen: Torn ACL

*Kevin White: Fractured Fibula

*Navorro Bowman: Torn Left Achilles

*Teddy Bridgewater: Torn ACL

*Ben Roethlisberger: Torn Meniscus

And, in case you are looking ahead, my Super Bowl prediction is Bills vs. Packers

MOLECULAR BIOLOGY (CONTINUED FROM PAGE 15)

Down the words, you get "new technology," "the human body" and "organisms' cells." Not so scary, is it?

When students

understand the topics, it's much more interesting to learn. Combine that with someone who is sweet, kind, energetic, active, charismatic and overall a great person,

and molecular biology is clearly a course for anyone interested in everything from how people wake up every morning to why there are more gray squirrels than

black.

So if you can eliminate the word scary from your vocabulary, you can handle molecular biology.

COME JOIN UNIFIED BASKETBALL

by Eric Schuman

Unified Basketball is a local program where students of all abilities get to play a sport. It is played just like regular basketball with a couple of rules modified. Any high school student who is not playing for an Averill Park High School basketball team already is allowed to play.

Unlike most sports offered at Averill Park, Unified Basketball, which starts in April, does not meet every day. There are usually only two practices a week until games start. Then, two games are played a week with less practices until the season finishes at the end of May.

The coach of Uni-

fied Basketball is Mike Conroy, who works at Algonquin Middle School as a physical education teacher.

Conroy really enjoys coaching the team. "Being able to coach 'first-time' student-athletes and seeing how all the players interact throughout the season is a lot of fun for me," said Conroy. "The feeling of seeing a student experience success after working hard to

improve in a particular skill is the best feeling in the world."

When asked about what types of people would

be interested to join, Conroy answered that "People who like to work together toward a 'team goal' and enjoy helping others have a positive experience"

should sign up for Unified Basketball. He also said that you do not have to be interested in sports to play. "I would think it helps to be

interested in sports," he said, "although more important is the desire to be a good team member and work with students of all abilities."

The Unified Basketball program's main purpose is to have fun. "It is all about fun," said Conroy. "Certainly we have work to do as a team, and try to get things accomplished as a team. However, all of this work and competition is done in a fun, energetic atmosphere."

Even if you do not want to be part of the team, there are other ways you can volunteer for the program. You can join the Youth Advisory Committee, which runs activities that help the players on the team. You can also support the team by cheering the players on at their games.



Team picture from a Unified Basketball game last spring

Put Me In, Coach... How Coaches Deal With Playing Time

by Gabrielle Skiba

Have you ever wondered how coaches decide on an athlete's playing time? Varsity girls' soccer coach Nate Luskin and varsity bowling coach Anne Medici give some insight on how they decide on playing time at the varsity level.

Soccer and Bowling are two completely different sports. In soccer you need to be quick on your feet, ready to play, and thinking fast. In bowling you must figure out strategies and game plans for yourself while performing in order to succeed. However when asked if every athlete gets equal playing time, both coaches had the same answer, "No," Medici said, "Bowling doesn't work like



that." According to Medici, "A bowler's position and starting is determined by their average. It is easy to determine who is playing and what position based on their scores." She further added, "The higher your average the more you bowl."

"Sometimes players

don't get to play if the other teams don't have anyone to bowl against other than top six bowlers," she said. "Other reasons for

not playing a student include disciplinary reasons, school or missing practice."

So why does she keep players that are not going to play? Medici replied, "I keep 14 boys and 7-8 girls for the girls team, top six bowl for Varsity, 2nd six bowl for JV (boys only), 2 subs who usually get to bowl exhibition or if there is a

shortage of bowling lanes they get to sub in for at least one game per match."

Coach Luskin has a similar approach. He bases play time on practice attendance, past performance in games, pre-season and extra practice hours. "Whoever is playing the best in that position." Luskin also said that he will know who he is not going to play as much, which he figures out during try-outs. He will let the athlete that is trying out know that she will not play as much but asks if she still wants to be part of the team.

With two completely different sports, it is hard to compare what the coaches are going through when determining athletes' playing time. Yet interviewing both a soccer and bowling coach show us they have similar thoughts.

NBA Offseason Changes Will Have A Huge Impact On The Coming Season

by Kyle Reasor

The National Basketball Association's offseason, the four month period from the end of June to late October, was filled with new signings, trades, draft picks, and even goodbyes to beloved players. The many changes will impact the way each franchise will run in the future, and how successful they will be this coming season. The moves of many teams and players left some basketball fans in misery, but others with huge expectations for the upcoming season.



The first big story of the NBA season came directly after the Cleveland Cavaliers' NBA finals win and right before the NBA draft. The Chicago Bulls decided to part ways with former MVP point guard Derrick Rose due to injury concerns. The Bulls traded

Rose, Justin Holiday, and a draft pick to the New York Knicks for Jose Calderon, Robin Lopez, and Jerian Grant. Suddenly, the Knicks became one of the most hyped teams for the upcoming season. Knicks fans are

anxiously awaiting Rose's first game in Madison Square Garden. Unfortunately, Bulls fans were not quite as happy. They had lost one of their favorite players and seemed to be headed into rebuilding mode with an eye on the future.

Another significant trade happened just days before the draft as well. The

Atlanta Hawks' former All-Star point guard Jeff Teague was traded to the Indiana Pacers in a package deal including picks, and veteran point guard George Hill. The Hawks had an upcoming star already in Dennis Schroder and felt they no longer needed Teague. This trade was completely overlooked this off-season due to the Derrick Rose trade happening just a few days earlier.

On June 23, college athletes from all around the country were very anxious to find out where their new homes would be. The much anticipated NBA Draft opened with the first two picks going exactly as expected, with Ben Simmons going to the 76ers and Brandon Ingram headed to the Lakers. There were few sur-

prises throughout the draft with the exception of Thunder forward Serge Ibaka being traded in a deal to the Orlando Magic for promising young guard Victor Oladipo. Teams carefully picked what players will be the future faces of their franchises.

After the draft came Free Agency. One thing that every team shared was the willingness to give incredibly high amounts of money to lure or retain free agents. A total of 1.8 billion dollars was spent on firming up the contracts for free agent players. The biggest free agent this year was Kevin Durant. After



(continued on page 19)

And The Top Teams Are...(at least for now)

by Bobby Sherman

1. Patriots- Not surprising to see these guys at the top. Getting off to a 6-1 start, this team is loaded with talent. They have got Brady and Gronk, just to name a few. Also, they have great coaching with head coach Bill Belichick.

2. Cowboys- America's Team is on a roll so far with their two rookies and Ezekiel Elliott leading the way. By the way, Ezekiel is leading the league in rushing yards. The only thing that could possibly stop this team is Tony Romo if he is the starter when he returns.

3. Vikings-This team has been great so far, getting off to a 5-1 start. With their stel-



lar defense and surprisingly good offense, I don't see it surprising for them to be ranked #3 even with AP and Teddy Bridgewater both out.

4. Seahawks- This team is off to a great start with a record

of 4-1-1, with the Legion of Boom doing its job and the offense holding out for now. This team could definitely make a deep run when it comes to playoff time if everyone can remain healthy.

5. Packers- This team is a very talented team, it just needs to get their stuff together. They have players like Aaron Rodgers, Clay Matthews, and Jordy Nelson. This team is lucky it is where it is right now, which is still good with a 4-2 record. I do think this team will turn around, though.

6. Broncos- This team has one of if not the best defenses in the league. No questions need to be asked there. The questions lie in the offense, one which concerns the offensive line because of the penalties. Too many big plays are being called back because of these penalties.

7. Raiders This team is 4-0 on the road this season, which makes them 5-2, which is really good this early in the year. They have lots of youth. This team is

(continued on page 19)

Ready For Action: APHS Tennis Courts and Track Get New Surfaces

by Ryan Gutheil

Improvements have been made to some of the athletic facilities at Averill Park High School. Over the summer, money was invested in repairs to both the tennis courts and the track.

These facilities were improved because of their conditions after years of use by the school and much of the community on weekends and holidays. The total cost of all of the repairs to both the track and tennis courts was \$435,980. Because of grants and building aid from New York State, the local share from Averill Park taxpayers for these projects was under \$100,000.

With the tennis courts, the goal was to eliminate cracks in the surface which

had weeds growing out of them. These cracks could affect the outcome of a ten-

fixes, the cost was much lower than if the courts were torn up and entirely redone.

Harland, who plays on the varsity tennis team.

This summer, the old running track which circles the Averill Park football field was torn up. A new asphalt surface was put down, and this was covered by a new rubber track. The new surface is softer and easier to run on than the old track. Christian Nash, a senior on the track team, complimented the new surface. "There's a noticeable difference in the quality of the new track. It feels better when you run on it. I hope we can keep it preserved," he said.

Preservation of these great new facilities will be very important in years to come, but as for now, Averill Park students are certainly happy that these repairs were made.



nis match, and because of that, it was seen as reasonable to repair them. By repairing these issues with minor

"The repairs to the tennis courts look really nice and they are a lot better to play on," said junior Lucas

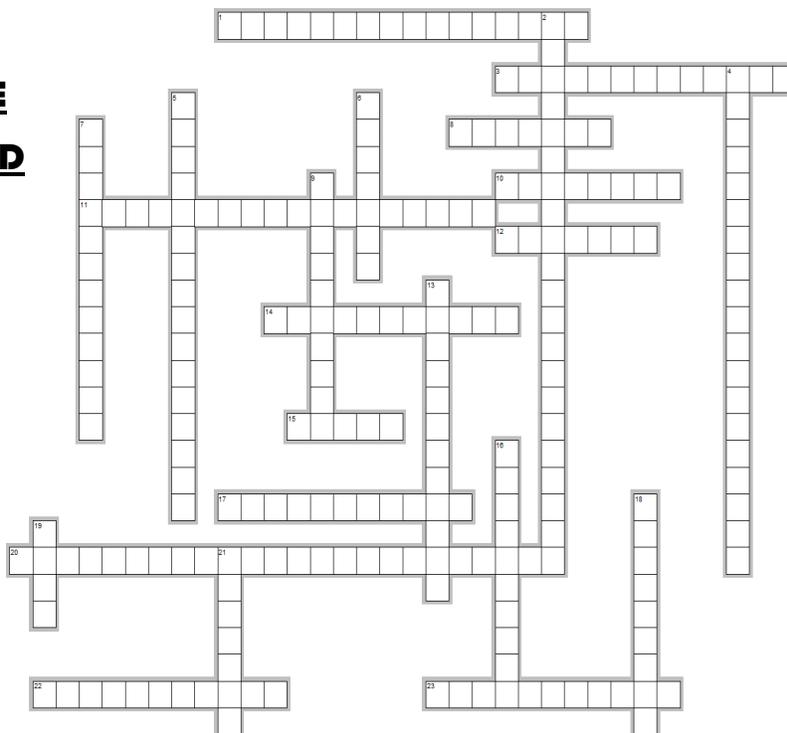
FIRST UNDERGRADUATE COLLEGE ATTENDED

Match the FIRST
UNDERGRAD COLLEGE

With
STAFF MEMBERS

- BINGHAMTON
- BUFFALO
- CASTLETON
- COLLEGE OF ST. ROSE
- CORTLAND
- GENESEO
- HOBART-WILLIAMSMITH
- HUDSON VALLEY
- MOUNT HOLYOKE
- NORTH CAROLINA STATE
- NORTHERN ILLINOIS
- PLATTSBURGH
- PROVIDENCE
- POTSDAM
- RUSSELL SAGE
- SAGE
- SPRINGFIELD
- ST. JOHN FISHER
- STOENYBROOK
- UALBANY
- UNION
- WAYLAND BAPTIST UNIVERSITY

* Note—Leave Out All Spaces In Puzzle



Down

- 2. Brown J, Freeman, Malenfant, Strich
- 4. Ford
- 5. Dutcher M
- 6. Fox
- 7. Caballero
- 9. Oldendorf
- 13. Hall, Rohl
- 16. Sheridan
- 18. Vosburgh
- 19. Stone
- 21. Bishop B

Across

- 1. Bishop J, Doyle, Hotaling, Ryan
- 3. Miller
- 8. Engel S, Klepsch, McPartlin
- 10. Ferlito, Minkler
- 11. Scheidel
- 12. Engel B
- 14. Caruso, Richardson, Schaefer
- 15. Mouzakes-Viola, Pannhorst, Sorriento
- 17. Perry
- 20. Lambright
- 22. Ashline, Emmons
- 23. Panzanaro