

THE SABRE'S EDGE

Spring 2023

CALLING ALL PETS....

Did you know June is Pet Pride Month?

For the final issue of this year's Sabre's Edge we are asking you to please submit photos of your pets showing their Schalmont pride! Please submit photos to hcohen@schalmont.net or aschulman@schalmont.net by Thursday May 25th.



GUNNER

Every month should be pet pride month!



INSIDE THIS ISSUE

- Pet Pride 1
- Interview with Mr. Heckman.... 2
- Capitol Field Trip & Spanish Immersion Day..... 3
- School/Club News 4
- In the Classroom & Top 10%...5
- Swimming and Diving team....6
- Spot Color Photography7
- Drama Club. & NYSSMA 8
- Outside the Classroom.....9
- Student Voice.....10

IMPORTANT DATES

- April 7-14:** Spring Recess
- May 12:** Prom
- May 29:-** Memorial Day
- June 14-16, 20-23** Regents Testing
- June 19:** Juneteenth
- June 23:** Graduation



**SCHALMONT
SABRES**

INTERVIEW WITH MR. HECKMAN...

Jamie: Are you a man of traditions?

Mr. Heckman: Yes, when it comes to holidays, family, my wife, and childhood traditions I would say I am. Something I believe in is changing as a person for the better. I like to honor past and present traditions I have held. I like to go on vacation and ski each year and spend quality family time.

Jamie: Go to coffee order?

Mr. Heckman: Medium coffee, cream, and Splendia. From Dunkin, I do not like Starbucks.



Jamie: What do you want your legacy to be?

Mr. Heckman: Personal- I want my children to remember to put family first and be selfless. I want to be remembered as someone who was supportive of all families and did what has to be done.

Professional- I put students first, look out for the whole school and always work with all the members of the school community.

Jamie: What is your favorite holiday?

Mr. Heckman: I love all holidays because it gives us time together as a family. If I had to pick one I would pick Thanksgiving. I like to eat, I never host, and everyone celebrates. I like to reflect on things I am grateful for.

Jamie: Since you don't host, who does?

Mr. Heckman: It's a rotation process- parents, sister in law

Jamie: What is something students wouldn't know about you?

Mr. Heckman: I like to have fun, I have lots of interests. I went to a concert with my college roommates in Madison Square Garden. It was a rock group called Rage Against The Machine.

Jamie: What is your daily life after leaving school?

Mr. Heckman: I leave around 4:30-5, I have a 25 minute drive and I like to reflect on the experiences of my day and grow from it. I start dinner when I get home and help my kids with their homework. I like to play with my kids, either video games or going outside. When the kids go to bed I spend time with my wife. I take an hour each night for emails and stay up to get work done.

Jamie: Wisdom for the graduating class?

Mr. Heckman: "Take full advantage of the time you have left"

Senior year goes by fast, start thinking about future goals. Choose something you enjoy and have a passion for, don't follow the money. Be excited wherever you go.

CAPITOL FIELD TRIP

On March 24th, seniors in Mrs. Ryder's Government class took a field trip to the Capitol Building in Albany. They took a tour of the building and were able to learn about its history of how it was built. Students met Senator Neil Breslin and were able to ask him questions about his political accomplishments and career. They also met Assemblyman Angelo Santabarbara. For the first time ever, students had the opportunity of touring the Senate Chamber with Neil Breslin and even took a picture in it!



SPANISH IMMERSION DAY AT UNIVERSITY OF ALBANY



SCHOOL/CLUB NEWS

Congratulations to the students inducted into the New York State Science Honor Society Chapter #3 on March 27, 2023.



Jayden Backus, Ian Bernardi, Mia Jensen, Jason Natalie, Damean Teagle, Kallissa Vassello, Anthony Villano

SUNY Schenectady is hosting a STEM day on April 19th. Sessions are dedicated to students and include topics such as biotechnology, chemistry, nutrition, computer science, environmental science, and more! Lunch will be included. If you are interested, please see **Mr. Labuda** or **Mrs. Keefer** for more information and permission slips.



This is the first year that we have started the "Alebrijos" chapter of the Spanish Honor Society, nationally sponsored by the American Association of Teachers of Spanish and Portuguese. The Spanish 5 UHS class was instrumental in helping to found our new chapter. They chose the name "Alebrijos" as our chapter name because of watching the movie "Coco", which features the whimsical animal spirit guides. This year we inducted 38 members from Spanish Levels 4 and 5.

Hiking Club at Thatcher Park



**THE
HIKING
CLUB**

IN THE CLASSROOM

School wide badminton tournament.....



Winners from each class were invited to play in a school wide tournament. Winners were Joe DeVellis III and Cameren Bukowski!!

SCHALMONT CONGRATULATES TOP 10%

At the end of second quarter, seniors were announced and called down to the main lobby to be recognized of their placement in the top 10% of their senior class. Staff members gathered in the lobby to congratulate these students on their accomplishment. Students worked diligently all throughout high school to achieve this! We condemn these students on their success.



Congratulations to Valedictorian Merrick Rash, Salutatorian Caiden Smith, and Top 10% students Simone Cassano, Mia Defayette, Madison Fiske, Emily George, Grace Iovinella, Alexa Knapik, Kaylie Locke, Mariana Riccio, Dina Santabarbara, Eric Shaw, Kristin Surin, Annalise Tyler, and Hannah Yager!

SWIMMING AND DIVING TEAM



The Mohonasen-Schalmont Girls Varsity Swimming & Diving team had an amazing season, winning Section 2 Division 2 Sectionals for the first time since 2017. They started out the meet with a state qualifying relay in the 200 Medley, with Mohonasen senior Amanda Jurgelon, Schalmont sophomore Vittoria Carney, Schalmont senior Abigail Sellnow, and Mohonasen 8th grader Olivia Streeter. Abigail Sellnow was Sectional Champion in the 100 yard butterfly and the 500 yard free, with a state qualifying time in the butterfly. Amanda Jurgelon was Sectional Champion in the 100 Free and 100 Back, with a state qualifying time in both. The girls continued on to end the meet with a state qualification in the 400 free relay, with Oliva Streeter, Schalmont sophomore Emma Sellnow, Abigail Sellnow, and Amanda Jurgelon. They were section champions, winning by 61 points. Congratulations to all the girls for a great season!



SPOT COLOR PHOTOGRAPHY



Brianna Roth



Rachael Dixon



Kiera Reed



Callum Jackson

Photographers will highlight a certain area of the image, or a certain object, which allows it to become the main focal point and stand out in contrast to the other objects in the image. The spot color technique makes images more impactful and allows you to fully understand the purpose behind the photo. In the process of creating this design you have to be very patient with yourself. If you make a mistake you will have to restart in the area you are working on. The principle of design used in this technique is emphasis. Emphasis is an area or object within the artwork that draws attention and becomes the focal point. Many people use the spot color technique in the real world for marketing and advertising products.



Gabby Attanasio

SCHALMONT DRAMA CLUB PUTS ON CHICAGO

The Schalmont Drama Club worked for months to prepare their performance of the musical "Chicago" in the beginning of March. The show was a great success and told a story of fame, and greed. The Drama Club put on previews throughout the school day for High School Students and had a successful 3 night show. Congratulations to the cast, you were "All that Jazz".



MUSIC DEPARTMENT & SPRING NYSSMA MAJORS

Our very own concert choir attended NYSSMA Majors on April 5th. They performed at a level 5 difficulty out of 6. The group performed in front of two collegiate level choir directors. The choir worked diligently to prepare three very challenging and intricate pieces. "Earth Song", "In His Care-o", and "Dream Within a Dream". They were awarded silver, which is the 2nd highest award you can receive from NYSSMA. These songs are different and challenging in all of their own ways. Concert Choir director Miss Tetlak says, "I feel so lucky to make music with these dedicated and talented musicians every day". Congratulations to the concert choir on this amazing accomplishment.

Written by: Erin Satterlee and Samantha Pivacek



STUDENTS MAKE A DIFFERENCE OUTSIDE OF THE DISTRICT

Over the past seven weeks, Schalmont Students teamed together to raise money for the Leukemia and Lymphoma society. Mariana and Angelina Riccio were accepted into the candidate leadership program for the Student Visionaries of the Year where they would compete against several other districts to raise the most money for blood cancer. The two of them gathered a team together to reach their goal and honor their grandfather who battled stage 4 lymphoma for 8 years and was a survivor. He passed away in 2021 due to Covid, so they wanted to carry on his legacy and remind others that no matter how young you are you can still make a big difference with the right mindset and passion. Their team "Hope Floats" worked hard over the past 7 weeks, hosting events at Schalmont, in the community, and making phone calls to businesses. They celebrated their hard work at the grand finale where they finished their campaign with a fundraising total of \$18,000.

Competing with a few other schools/teams from the capital region as a group of students they raised \$256,816 for cancer. Throughout this experience they represented Schalmont, all of their personal connections to cancer, and supported Schalmont teacher Carrie Fiske who is battling breast cancer. They led with the vision that "Hope Floats", and strive to create a future where the stories of cancer are only survivor stories.



Photos from finale night of Mariana Riccio, Angelina Riccio and their team Hope Floats!

Positive Aspects of Meditation

One of my favorite hobbies is meditating. A lot of people don't believe it but meditation is a very powerful strategy when it comes to not only stress relief but also strengthening the mind and learning how to control it. It is a very enlightening experience and engaging in it can have numerous positive benefits to one's health, mindset and mood. Here are five facts about meditation and its impact:

- 1.** Meditation, as per Hindu teachings, is traditionally a tool that enables people to quiet the disturbances of the mind so that they can tap into their innately Divine nature.
- 2.** Meditation is oftentimes done with "mala beads" or special beads called "rudraksha." Rudraksha are actually seeds. The most common rudraksha mala has 108 beads for the 108 chants one should recite.
- 3.** If done correctly, meditation can open one's eyes to see more color in the world, and more beauty. It will be easier to keep a peaceful and positive mind, with devoted practice.
- 4.** When you meditate, all thoughts, worries and events of the day should be eliminated from the mind. Fair warning, this is not an easy task. However, with practice and dedication, it gets easier with each session.
- 5.** There is much temptation in this world that will surely try to trap you. Remember that peace, purity and positivity are your goals. Do good and focus on good and you will receive the same. Not only religious scriptures but science also says that for every reaction, there is a reaction. Meditation will help one to make better decisions and continue on the right path as long as they are working for it.

By Hemma Hariprashad



Working
on my
downward
dog

