



# THE SABRE'S EDGE

## Traveling To Help!

Fall 2023

### INSIDE THIS ISSUE



This summer, a group of Schalmont students flew to Greece to help out the refugees in Athens. We interacted with refugees from many different countries by first playing games to get to know each other. We then helped paint a wall, turning it into a beautiful mural that would hopefully provide the refugees a sense of home and tradition.

Additionally, we got to explore the various attractions Greece had to offer. These included a turtle rescue center, the Acropolis and its museum, and the Temple of Poseidon. The food in Greece was amazing and we had spectacular views of the sea from our hotel roof. However, my favorite part of the trip was when one of the refugees allowed me to interact with her infant daughter. She allowed her daughter to hold my finger with her small hand and it was one of the most beautiful moments I have ever had. This trip provided me with many unforgettable memories and I hope to do more in the future.

By Ian Bernardi



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### IMPORTANT DATES

- Election Day BBQ- 11/7/23
- Fall Ball-11/9/23
- No School - 11/10/23- Veterans' Day Observed
- Marching Band Parade - 11/11/23 - Albany
- End of First Quarter - 11/10/23
- Picture Retakes-11/13/23
- No School - 11/22/23 - 11/24/23-Thanksgiving Break



# SCHALMONT SABRES

# YOUR VOICE

## "Religion"

Religions worship different gods.

If one was real then why is there pain?

If God is real, why is there suffering?

Why do the best people die young?

Why do the most evil people live to be a hundred and one?

How come those that believe never practice what they preach?

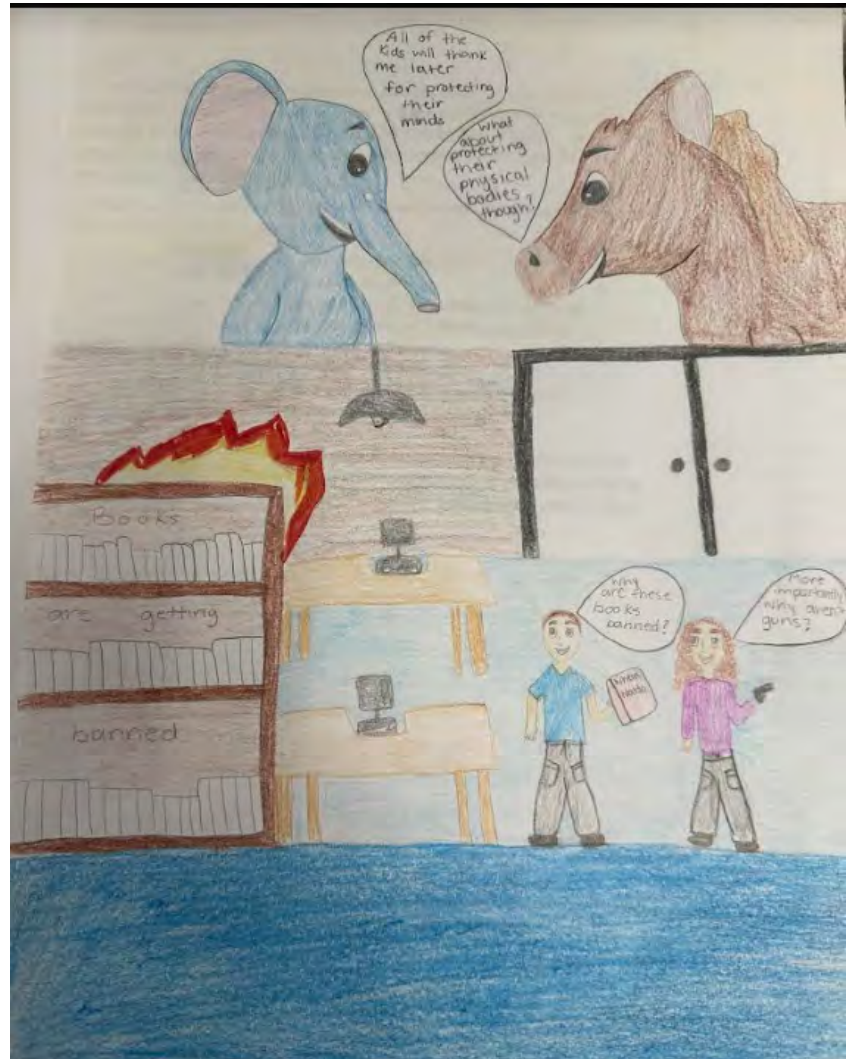
Those who claim to love all they really do is spread hate.

If god loves all why is no one ever equal?

If I die and there is nothing my life has had no meaning.

Worshiping god is the same as worshiping Hansel and Gretel.

If hell is real and I am banished there I guess I'll see you burning beside me.



A political cartoon by Giuliana Ruggiero

-Hope Kasowski

**LOUD "N"  
PROUD**



## The Butterfly Effect

The core of the world, the heart of the earth  
Everything relies on me, yet they don't see my worth.  
They poison the air, making everything bright  
As temperatures rise, I turn bleach-white.  
I wish they would notice, I hope they will see  
How much they would struggle without the help of me.  
Few recognize and try to change my fate  
Maybe they'll understand before it's too late.  
What am I?



The many effects of climate change are increasingly damaging our environment. One example of this is the deterioration of Florida's coral reefs.

To begin, coral reefs are one of the most important parts of the oceanic ecosystem. The reefs provide a habitat for many marine animals, like crabs, fish, sea turtles, oysters, sharks, and clams. The United States Environmental Protection Agency found that healthy coral reefs also provide various tourism opportunities, new medicines to help treat diseases, and lastly help protect coastal infrastructure from tsunamis and hurricanes by reducing the impact of the storms.

According to the National Oceanic and Atmospheric Administration, "increased greenhouse gasses from human activities result in climate change and ocean acidification". One such human activity is the burning of fossil fuels for heat and energy. Due to worsening climate change, the temperatures of the oceans are rising, causing coral bleaching and disease outbreaks. Without these corals, the ocean's most vibrant ecosystems will collapse, along with all of the benefits that coral reefs provide.

Some believe that plants and animals are able to adapt to climate change, therefore this issue does not need to be taken seriously. However, because human-caused climate change is increasing so rapidly, animals and plants are unable to adapt quickly enough. Fragile species like coral reefs are especially vulnerable to temperature changes, seeing how coral-bleaching is becoming more and more prone.

Moving forward, there are many actions that can be taken to help reduce the impact of climate change on coral reefs. For example, simply spreading the word can inform the public of the climate crisis and help people realize the impact they are having on the environment. Also, being aware of the amount of fossil fuels we burn can help reduce climate change. Switching to LED lights, lowering our heating and cooling, and hanging our clothes to dry are some simple ways to become more environmentally friendly. Thank you very much for your time and consideration on this matter.

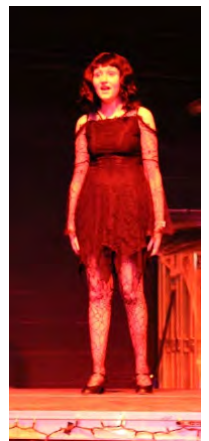
# JAVA JIVE



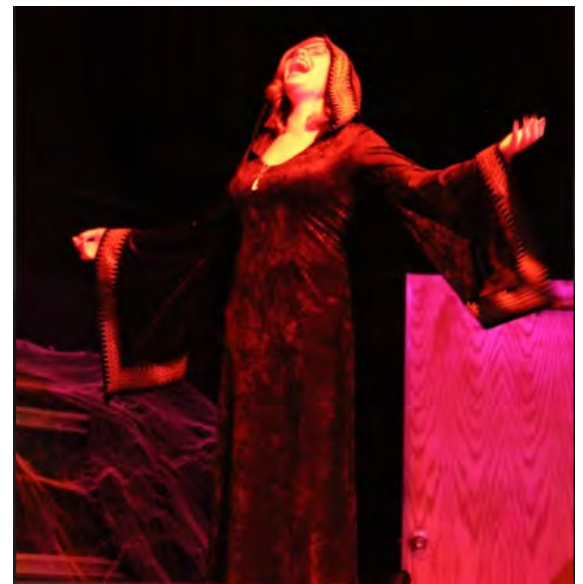
## English Honor Society & Schalmont Drama Club Host Java Jive!

Students worked hard to perform their skits for this Gothic literature & macabre themed celebration.

Poems, jokes, and voices received copious applause and laughter from the audience. Skits included "Day-o" from the movie *Beetlejuice*, "Song of the Witches" from *Macbeth*, an *Addams Family* & *Time Warp* mashup." There were also many originally written skits and poems as well. Great work everyone putting on this spooky performance!



By Ian Bernardi



# A RECIPE TO SHARE

## The Best Brownies

### Ingredients:

4 oz. semi-sweet chocolate

1/2 lb butter

4 eggs

2 cups sugar

1 cup flour

1/2 teaspoon baking powder

2 pinches of salt

2 teaspoons of vanilla extract

### Instructions:

1. Melt chocolate and butter completely

2. Mix all wet ingredients together

3. Mix all dry ingredients together

4. Combine wet and dry ingredients together slowly

5. When chocolate and butter is completely cooled add to the mixture

6. Grease a baking sheet and add in the brownie batter

7. Bake at 350 degrees for exactly 30 minutes



by Taylor Teetsel

# GAME UPDATE

# WHAT THE FORTNITE

On November 3rd, 2023 the chapter one season one map returned to Fortnite. This was very exciting news for many players because it brings back old memories and nostalgia for the community and player base. Epic Games is hoping that this will help gain popularity for the game, as there will be a surge in the player count.





# AN INTERVIEW WITH SEÑORA DICOCO

Hayden: ¡Hola Sra.!

Sra. DiCocco: Hola

Hayden: ¿Cómo estás?

Sra. DiCocco: Estoy fenomenal y tú cómo estás?

Hayden: Bien.

Hayden: ¿Por qué deben los estudiantes aprender Español?

Sra. DiCocco: Pues hay muchos beneficios al aprender otro idioma pero yo creo que uno de los más importante es aprender sobre otras culturas. Además aprender español te puede ayudar profesionalmente en un futuro.

Hayden: ¿Cuál es tu tradición favorita de España?

Sra. DiCocco: Definitivamente mi tradición favorita es tomar una siesta después de comer. Mi menos favorito podría ser los sanfermines en Pamplona y la razón es porque mis hijos lo quieren hacer algún día con mi esposo.

Hayden: En tu opinión, cual es mejor, España o EEUU.

Sra. DiCocco: Es una pregunta muy difícil porque hay cosas preciosas sobre las dos culturas. Yo aprecio todas las libertades que tenemos en este país y me encanta vivir en un lugar donde tengo la oportunidad de tener amigos, colegas, vecinos y familiares que son de diferentes culturas pero a la misma vez la sangre en mis venas es española. Yo diría que me siento muy orgullosa de ser española y americana también.

## English Translation

Hayden: Hello

Sra. DiCocco: Hello

Hayden: How are you?

Sra DiCocco: I'm phenomenal and how are you?

Hayden: Good. Why should students learn Spanish?

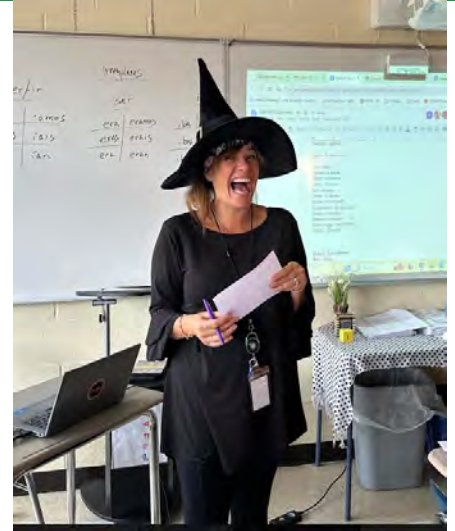
Sra DiCocco: Well there are a lot of benefits to learning another language. It's important to learn about other cultures. Additionally, learning Spanish can help students professionally in the future.

Hayden: Which is your favorite Spanish tradition?

Sra. DiCocco: My favorite tradition is definitely to take a nap after eating! My least favorite might be the running of the bulls festival in Pamplona but only because my children want to do it with my husband and I think it's dangerous.

Hayden: In your opinion, which is better, Spain or the United States.

Sra. DiCocco: It's a difficult question because there are many beautiful things about both cultures. I appreciate the freedom that we have in this country and I love living in a place where I have the opportunity to have friends, colleagues, neighbors, and family from different cultures but at the same time Spanish blood runs through my veins. I'd say I feel very proud to be Spanish as well as American.





# SPARKS OF SABRE SPIRIT

DURING THE WEEK OF OCTOBER 2ND THROUGH OCTOBER 6TH, SCHALMONT HIGH SCHOOL WAS IN FULL SABRE SPIRIT FOR HOMECOMING, A WEEK-LONG CELEBRATION WHERE THE COMMUNITY COMES TOGETHER TO SHOWCASE THEIR PRIDE AND TO SUPPORT STUDENTS' CLUBS AND SPORTS TEAMS. AT THE BEGINNING OF THE WEEK EVERYONE, FROM FRESHMEN TO SENIORS, AND INCLUDING STAFF MEMBERS, DRESSED UP IN THEIR SPIRIT WEEK ATTIRE.

## DAY 4: POWDERPUFF/ CLASS COLORS

SENIORS DRESSED HEAD TO TOE IN THE COLOR PURPLE AND JUNIORS WORE PINK. THEY BATTLED EACH OTHER THAT NIGHT IN A POWDER PUFF GAME WHERE GIRLS PLAYED FLAG FOOTBALL AND THE BOYS CHEERED. IN THE COLOR PINK. SOPHOMORES WEAR THE COLOR BLUE AND FRESHMEN DRESS IN THE COLOR RED.

Photos By: Juliana Parks



## DAY 5: PEP RALLY/ HOMECOMING

STUDENTS DRESSED IN SCHALMONT COLORS AND FILL THE CLASSROOMS WITH SCHOOL SPIRIT. ATHLETES WORE THEIR JERSEYS OR SCHOOL UNIFORMS AND WERE LATER WELCOMED INTO THE GYM WITH THEIR TEAMS.

## SPIRIT WEEK OCT 2ND- OCT 6TH

### DAY 1: BARBINHEIMER

BARBIE- HIT MOVIE OF 2023. PEOPLE FROM ALL OVER THE WORLD DRESSED UP IN THE COLOR PINK TO SHOW THEIR SUPPORT FOR THE WORLDWIDE LARGEST RELEASE FILM OF 2023.

OPPENHEIMER- A MOVIE RELEASED THE SAME DAY AS BARBIE THAT HAD PEOPLE SHOWCASING DIFFERENCES BETWEEN THE TWO MOVIES. STUDENTS DRESSED WITH THIS THEME.



From Royalty Free Images

### DAY 2: TWIN DAY

STUDENTS AND STAFF COORDINATED OUTFITS WITH ONE OR MULTIPLE FRIENDS.

### DAY 3: WILD WEST

STUDENTS DRESSED IN COUNTRY-STYLED OUTFITS INCLUDING: FLANNELS, BOOTS, AND COWBOY HATS.







PHOTO TAKEN BY: JACOB SAWYER

Friday October 6th at 1:15pm student and staff members of Schalmont High School meet in the gymnasium to start the celebration of the annual event, Pep Rally. Students in grades 9-12 flood into the gym as excitement overloads for the events and games that soon take place. The Varsity Cheerleaders spirit into the gym to then welcome out the other fall athletic teams including; Junior Varsity and Varsity, soccer, football, swim, volleyball and tennis.

The Schalmont Marching Band starts the celebration by performing and showing their work and effort contributed together so far from this school year. The games then began.

We start with a game of tug of war which battles between grades and staff members.

Seniors first battle freshmen and sophomores battle juniors.

On October 6th, 2023, Schalmont seniors beat the freshmen then the sophomores beat the juniors. In the end the seniors won and then had to face the staff members. Finally the staff takes another annual win. The next game played is musical chairs.

Schalmont staff picks a variety of students from all over the bleachers to participate in this game. Following games, the Varsity Cheerleading team showcases their hard work by performing a 3 minute routine including stunts, tumbling, motions and a dance.



PHOTOS TAKEN BY: JACOB SAWYER

## FRIDAY NIGHT LIGHTS

As the Friday night lights shine down the Schalmont Stadium field, Sabre Youth Football and Cheerleading are

supporting the Varsity players and coaches run onto the field. Schalmont alumni line the sidelines to cheer on and support their past team. The Sabres end Homecoming Week with a win!



Photos taken by Juliana Parks





# HALLOWEEN SPIRIT

Damean Teagle was going bananas for candy.



BOO!





# CLUBS AND ACTIVITIES

## Student Council - Mr. Gibbs

The Student Council is made up of leaders in our school grades 9-12th who work to be a voice for their student body and peers. Mr. Gibbs is the Student Council advisor, and we meet once a month in the High School Library. Being a part of Class Council, or the Executive Board is an honor within itself. From planning school dances, homecoming/pep rallies, spirit weeks, and fundraisers, our Student Council works hard to make Schalmont a more enjoyable place for its students. Advocacy and self-drive are two terms that exemplify the members of our council who go above and beyond to make positive changes within our district. I would encourage you to run for a class office position, or executive board position at least once throughout your high school career.



## 2024 Class Advisors

Ms. Bornhoft

Ms. Brindisi

## 2025 Class Advisors

Ms. Brown

Mr. Little

## 2026 Class Advisors

Mr. Houlihan

Mr. Goebel



**SCHALMONT  
SABRES**





# CLUBS AND ACTIVITIES

## Clubs

**Marching Band Director** - Mr. Christy

**Pep Club** - Mrs. Quick

**Yearbook Club** - Mrs. Amoroso, Mrs. Frederick

**Schalmont Newspaper** - Mrs. Cohen and Ms. Schulman

The Sabre's Edge is the students' voice! Our goal is to get as many students as we can to contribute to the paper. Students can submit any type of writing including- editorials, reviews, articles, sports stories, interviews, etc. They can be involved by submitting artwork, photographs, or assisting with editing and or publishing. It's not a huge time commitment!

**Introspection Literary Magazine** - Mrs. Mattice

Student run digital magazine that has art, songs, poems and photography

**Key Club** - Mrs. Carr

Volunteer organization

**International Club** - Mrs. Carr

Go on annual international trips

**SADD/No Place for Hate** - Mrs. DiCocco

SADD (Students Against Destructive Decisions) is for club members to engage in and promote activities which help to advocate for creating and contributing to a positive and inclusive environment in our school and community. Members discuss topics that affect teens such as stress, bullying, addiction, suicide, social media, stereotypes, etc. and learn about ways to make good choices for themselves and inform others to do the same. The club provides many opportunities to get involved in positive activities, some of which include volunteering, Chalk the Walk, Sticker Shock, and visiting with therapy dogs. SADD club meets on the first Tuesday and third Thursday of each month. Members are expected to be active participants.

**Science Club RiverWatch** - Mr. Labuda

Explores various environmental locations



# CLUBS AND ACTIVITIES

## **Science Olympiad** - Mrs. Baird

In Science Olympiad, you can learn more about various topics from your science, math, or engineering classes. Each year, a portion of the events are rotated to reflect the ever-changing nature of genetics, earth science, chemistry, anatomy, physics, geology, mechanical engineering, and technology. By combining events from all disciplines, Science Olympiad encourages a wide cross-section of students to get involved. Emphasis is placed on active, hands-on group participation. You will work in teams of 2-3 students to prepare for your event. This club is based on your availability, you may attend practices after school any time you are available. We have two set competition dates, which fall on Saturdays in the 2nd quarter, where you compete in your chosen events against other school teams. If you have an interest in any area of science, please consider joining our team!

## **Ski and Snowboard Club** - Mr. Little, Mr. Labuda

## **Environment Club** - Mr. Labuda

## **Masterminds** - Mr. Williamson

Trivia style competition with JV and Varsity level teams. They compete monthly against other schools.

## **Fusion G.S.A.** - Ms. Remis

The Fusion/GSA (Gay-Straight Alliance) is a student-led club open to ALL, including students that identify as LGBTQA, as well as their straight allies. The club meets approximately twice a month depending on student interest and the activities the club wants to participate in. The purpose of the club is to provide a safe space for all students to feel welcome and comfortable in a supportive space. The club also works towards creating a safe and accepting learning environment in our school for everyone, no matter how they identify themselves.

## **T.I.G.E.R.S. Christian Club** - Mrs. McKeon

We meet on the second Tuesday of the month at 2:20PM in the Counseling Office, to pray for our school administration, our teachers, our classmates. We also pray for our federal, state and local government. We pray for our families and one another. We run two (2) collection programs each year. In the fall we collect small toys, books and things to send to children around the world who might not receive any gifts during the holidays. In mid-winter we run a personal care products collection for the Schenectady City Mission. We also participate in the International See You At The Pole day in early September to gather around our front flagpole to pray for the new school year. All students are welcome to come.

## **Drama Club** - Mrs. Hillier

## **Diversify Our Narrative (DON)** - Mrs. Gibbs, Mrs. Williams, Mrs. Pris

To engage students who are enthused about addressing racial, ethnic, gender, and social disparities. Students will have the opportunity to develop and implement strategies that can improve and encourage a more inclusive environment for all students. While educating fellow classmates about different experiences in order to expand our student body's world perspective. Please reach out to advisors to be added to the Schoology group, we typically meet the first Thursday of each month.



# CLUBS AND ACTIVITIES

## **New Sabre Program** - Mrs. Gibbs

Peer mentorship program, current high school students provide guidance for incoming 9th and transfer students. Students are required to attend a training session over the summer and Freshmen/New Student Orientation in the summer.

## **Hiking Club** - Ms. Tetlak, Mrs. Pris, Ms. Remis, Ms. Bornhoft

## **Dancing Club** - Ms. Hanson

## **Spanish Club** - Mrs. DiCocco, Mrs. Weber, Mrs. Riggan

Spanish Club provides students with opportunities outside of the classroom to immerse in Spanish language and culture. Members are interested in promoting language appreciation in our overall school and community. Some activities include trivia, dance lessons, crafts, and trying Spanish cuisine. Everyone is welcome at the monthly meetings held on the first Monday of each month.

## **National Honor Societies**

### **National Art Honor Society** - Mrs. Mulkerrin

The following requirements must be met in order to apply for membership:

Must have completed Studio in Art with a course grade of 92 or above.

Must have earned a 90 average or above in all other Art courses.

All students must be currently enrolled in an elective art class in order to become a member.

### **N.Y.S. Science Honor Society** - Mrs. Pris

Must take a science course every year in high school. Science Honor Society is based upon science scholarship, service, and personal character. Its purpose is to encourage an interest and understanding of science and science-related careers, as well as to recognize the academic achievement in science of high school students.

### **Tri M Music Honor Society** - Ms. Tetlak, Mr. Christy

### **English Honor Society** - Mrs. Cohen

### **National Honor Society** - Mrs. Farry, Mrs. Pris

#### NATIONAL HONOR SOCIETY

Membership in the National Honor Society is both an honor and a responsibility. Students selected for membership are expected to continue to demonstrate the qualities of scholarship, service, leadership and character.

# SPORTS

Fall Sports	Winter Sports	Spring Sports
Cheerleading	Boys and Girls Basketball	Baseball
Cross Country	Wrestling	Softball
Football	Girls and Boys Bowling	Boys Tennis
Golf	Cheerleading	Boys and Girls Track
Boys and Girls Soccer	Ice Hockey	
Volleyball	Indoor Track	
Girls Swimming	Boys Swimming	
Girls Tennis		

