



# THE SABRE'S EDGE

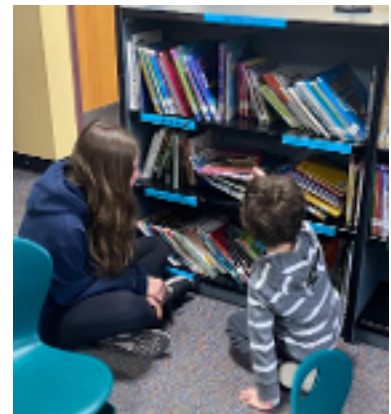
## Love Of Reading

Spring 2024

### INSIDE THIS ISSUE

On March 27th, English Honor Society members took a field trip to Jefferson Elementary School to spread the joy of reading. The English Honor Society appreciates the opportunity to participate in this event and enjoyed it as much as the elementary students did.

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### IMPORTANT DATES

- 3/29 - 4/7 -Spring Break
- 4/8-4/19 - Senior Cord Forms
- 4/8-4/12 - Buddy Pics being sold
- 4/10-4/13 - Addam's Family Musical
- 4/15 - Start of 4th Quarter
- 4/18 - Buddy Pics/Superlatives
- 4/25- Therapy Dogs (Commons)



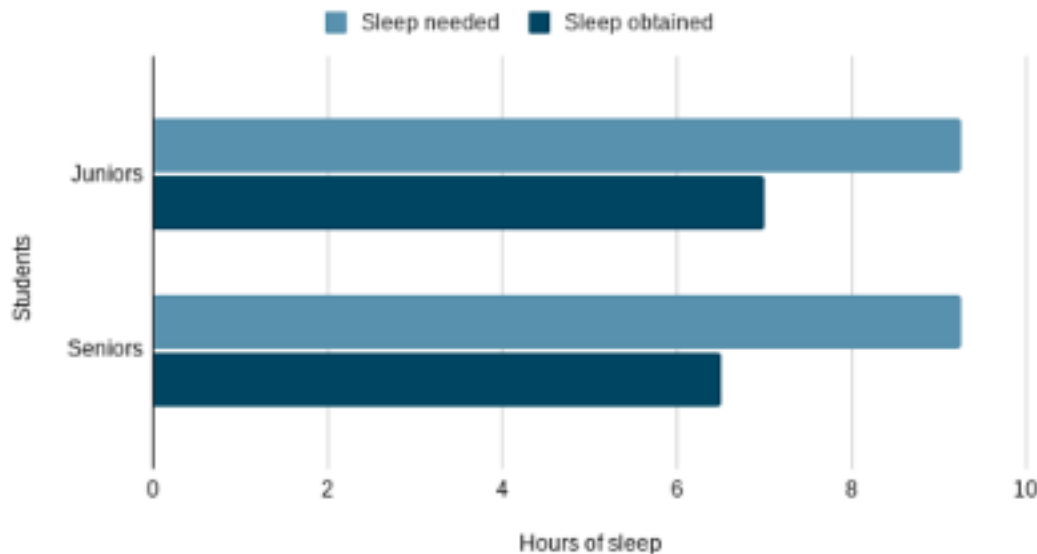
# SCHALMONT SABRES

# BREAKING NEWS

BY CARMELENA HALSDORF

## STUDENTS FEEL BURNT OUT

Average sleep of Juniors and Seniors



High School is a constant state of stress for many kids. It is always talked about how Junior year is the most stressful year of highschool, and then the hard part is over, but it is not, Senior year is just as stressful, if not more stressful. The class load has become better but this is when we start to plan our futures, where we are going to spend the next 4 years of our lives. The second senior year starts we have to start worrying about all of the college materials, the resume, essay and worst of all: the applications. During Junior year, there almost is not a night where you do not have homework to complete. College is beginning to be pushed onto you but it is kind of just shoved to the back of your mind. The level of stress felt during both of these years takes a toll on the students not just mentally but also psychically. The question is: Is the stress they feel from school going to impact their performance?

There are many stressors for these students besides school. There is work, athletics, relationships with their family and friends, along with romantic ones. Trying to balance all of these factors at once takes a big toll on them. Stress can make it difficult to complete the basic tasks because you are more focused on everything you have to do after this one task than the task itself. Many times students would rather put half the effort into the assignment just so that it is one less thing they have to do before they have to go to bed. High School students statistically should get 9 hours and 15 minutes of sleep each night, but many of us are barely able to get 7 hours of sleep on our least busy nights. Senior Brianna Roth says "Last night I was only able to get 4 hours of sleep; it took a lot of convincing for me to even come to school today."

## Importance of Electives

By Dhylan Beston

When juniors and seniors at Schalmont High School work to create their schedules, a whole new opportunity for course selection happens once their core content courses are completed. Suddenly, there are lots of choices and different pathways students can opt to take in place of sitting in a study hall. Photography, Film and Literature, Creative Writing, and Forensics are just some of the many electives that Schalmont High School has to offer to students during their high school career. At the end of their sophomore year, as students begin to think about their future college and career choice, it is important to explore and discover new areas of potential interest. Art and photography teacher Ms. Williams says, "Electives are important because they allow students the opportunity to explore specific areas of study and to find new interests that may prepare them for the career path post-high school graduation."

Electives are a great way to help students find new interests and to also further interests in possible careers. More importantly, exposure to electives help students grow. "When students are encouraged to explore their interests, they tend to think more deeply and critically. They push beyond what they may already know about something to study it in a more complex way. For some students, taking an elective centering on a topic they might not know too much about can open a world of possibilities to them," says Mrs. Pontin, teacher of the Film and Literature elective. When students have a choice and chance to choose, this level of engagement grows too.



Elective classes are much different than regular classes. Students choose the class. Often, students elect these courses in place of a study hall. Being in a space where everyone is interested in the same thing creates a different type of atmosphere and vibe. Junior Raegan Montrym says, "I am more interested in electives when I get to choose the class because I know I have the power to pick what will and what will not suit me for my college major and future career." Often students who take electives seem to feel like their day is more enjoyable and there is more of a desire to want to learn. "I definitely interact with information, students and teachers more in my electives because they were chosen by me, so I'm more inclined to participate in these classes than I am in the default ones. Since I'm more interested in the electives I choose, I spend more time and energy on the assigned work," Montrym said.

So if you are at the end of your sophomore year, or are beginning to think about your future, be sure to take a look at some of the elective opportunities offered here at Schalmont. The new course catalog will be available soon. Be sure to take a look!

[https://www.schalmont.org/wp-content/uploads/2023/01/HS\\_Curriculum\\_and\\_Planning\\_Guide\\_2023-2024.pdf](https://www.schalmont.org/wp-content/uploads/2023/01/HS_Curriculum_and_Planning_Guide_2023-2024.pdf)



## Clean Up Mess and Attitude Opinion by Gianna Cirilla

I still can't believe what I recently witnessed. It was disrespectful. Purposeful. Intentional. I was sitting trying to eat my lunch in the cafeteria when I looked over to see a bunch of Goldfish crackers on the ground. Instead of picking them up, the students who spilled them, jumped on them and crushed them into a messy pile smeared onto the ground. They then proceeded to walk out of the lunchroom, not caring about the mess they left behind. It bothered me.

So, this little moment made me start to wonder: Is there a social hierarchy between students and staff? In school there is always a hierarchy between some people. For example seniors feel as though they have more power than freshmen and juniors more power than sophomores. But, do some students feel that they are more important than the staff, so much so that they just think someone else is responsible for picking up their messes? This is concerning.

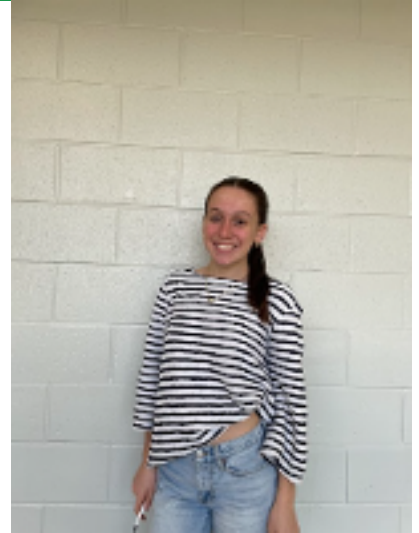
The custodian staff at Schalmont works extremely hard to keep our schools clean. They stay late at night after everyone leaves to make sure our school is clean for us during the day. Then, I see them working constantly. During the day, they constantly pick up after us, whether it's food, spilled drinks, wrappers and more and you never see them visibly complain. If you haven't ever taken the time to notice, watch. They are always smiling and saying hello to students even while they are cleaning up unnecessary messes they have made. I interviewed one of Schalmont's custodians to ask how she felt about student messes and behaviors. She said, "I have worked in the High School for lunchtime for many years and I know most of the students. I am a familiar face to all of them. Being that I respect all of them and treat them all the same, I get their respect in return. Every once in a while there are some that like to act out, leaving messes, but that's just kids being kids." Even her response shows how much the custodial staff cares and what they do for us.

It's important to understand that it isn't all students that behave this way; there are many students that actually help clean up other people's messes or just make sure to clean up all of their messes. I knew that interviewing the students that made the messes probably wouldn't go very well, so instead I interviewed students that cleaned up their messes for them to see if they noticed how some students treat the staff. When asked about the hierarchy and treatment given to janitors by students, junior Gabrielle Attanasio said, "When some people make a mess they clean up after themselves out of courtesy to help the staff out, while other students make a mess, they purposely add on to it and leave it expecting someone else to clean it up." We, as students, need to do better.

## The Mayflower Passenger I Most Admire

By Kallissa Vassello

Mary Chilton was born in 1607 in England as a daughter to James Chilton and his wife, whose name has not yet been discovered. At the tender age of thirteen years old Mary boarded the Mayflower with her family. Unfortunately, her father was one of the first to die and her mother followed shortly after arriving to the mainland. This left Mary alone in a new, undeveloped, and unfamiliar place. The fact that Mary was the first female to have stepped off the Mayflower at Plymouth Rock and the fact that she survived and settled without her parents is very inspiring to young girls today.



Not only did she survive once arriving to the mainland, she survived the 66 days of torture that she endured as a passenger on the boat. The Mayflower's conditions were challenging to say the least, as 102 passengers boarded the ship, yet only 50 made it to their destination. The cause for so many fatalities was the close proximity that caused all types of sicknesses to spread with reckless abandon. Another challenge was that they quickly ran out of resources and supplies, causing many to starve. The harsh conditions that the passengers had to endure to journey to America were extremely difficult and therefore Mary was clearly a resilient young woman. Mary also faced more challenges compared to other passengers, as the women were tasked with the responsibility of cleaning and tending to passengers, including those that were sick. Mary pushed through all of the obstacles she was dealt and that was what landed her in America.

Soon after the boat arrived to America, Mary was left an orphan due to the deaths of both of her parents. Knowing Mary's strong nature, she handled this challenge, and at the age of sixteen she received her share in the division of land. Mary inspires me because of this; as a woman she received three shares of lands, which was unheard of in the 1600's to even acquire one as a woman. She didn't own it alone for long though, as she got married to a man with land neighboring her's. Mary married John Winslow and ended up buying farm animals such as goats and a cow. They made out well and even started a family, which grew rapidly. Mary filled her role and gave birth to 10 children fueling the population of new America.

That was not all though, as Mary ended up writing a will before she died so that the land and foundation that she had built could be passed on for generations. She and one other woman were the only female passengers to live long enough to do so. Mary passed away on May 1, 1769. Although she passed, her story is still living and should be such an inspiration to girls everywhere. All of the difficulties that Mary faced on her venture to the mainland and her struggles when she arrived are truly inspiring and show tremendous strength in the face of adversity. Mary Chilton is an astonishing woman and is the passenger I most admire.

# STUDENT STRESS

By: Nataly Peña



Ever wonder what students do after school? After school students have different schedules. Some do sports after school then get home late have to eat, shower. Then that leaves homework. Depending what classes they have they're up all night trying to do the assignments. Other students have sports, then work so they go home even later. They eat dinner very late and have to stay up all night. My schedule as a 17 year old girl is busy every morning I'm up at 5 to get ready for school. I never have time to eat before I leave, but I'm usually on time for school I stop to pick up my boyfriend before I get to school. When the school day is done, I have work till 10pm, and then I get home, shower, which takes me about 30 minutes. I eat some food. By the time I can start homework, it's already 11. Then, by the time I'm done with my homework, it's past midnight. I then have to get up and do it all over again.



## Homework Overload

Most teachers are giving students homework overnight which is 4 classes of homework not including any electives. A lot of students have sports and get home late. Being up late is not good for students' stress and health. For the students who do stay up all night doing homework, they're tired in school. Some even fall asleep in classes and teachers get mad, but what they don't understand is what is really going on once the school day is over.



## Some Facts

Research shows that excessive homework leads to increased stress, physical health problems and a lack of balance in students' lives. And studies have shown that more than two hours of daily homework can be counterproductive, yet many teachers assign more. While it's likely that homework completion signals student engagement, which in turn leads to academic achievement, there's little evidence to suggest that homework itself improves engagement in learning. Another common argument is that homework helps students develop skills related to problem-solving, time-management and self-direction. But these skills can be explicitly taught during the school day rather than after school.



# SPANISH HONOR SOCIETY

Congratulations to the students inducted into the Spanish Honor Society on January 29, 2024.

Ian Bernardi, Gavin Brinkman, David Cafarelli, Natalie Castiglione, Caleb Cunniff, Abigail Hughes, Connor Hughes, Mia Jensen, Lillian Johnson, Dylan Krisanda, Natalia Kulbako, Zara Kushner, Kyle Laribee, Hayden MacEntee, Jack Moyer, Logan Opalka, Jayden Quindara, Kiera Reed, Hayden Rowe, Addison Shultis, Michael Spina Jr., Andrew Sprenger, Taylor Teetsel and Jack Zieber



# RESTAURANT REVIEW

## Lorenzo's Southside

Lorenzo's Southside is an Italian restaurant located in Amsterdam, NY. The address is 1 Port Jackson Square, Amsterdam, NY 12010 and their phone number is +1 (518) 212-2256. In my opinion, Lorenzo's Southside is a 12 out of 10. I've only been twice but the first time I went, I got their personal Margarita pizza and it was TO DIE FOR. It was just the right size for a personal pizza with the perfect flavor, their sauce really did not disappoint. The second time I went I got the ravioli Brasato and it was also to die for. I am a big pasta person and this ravioli only made me a bigger one. It was equally as delicious as the pizza and was filled with a delicious freshly seasoned ricotta cheese stuffed inside which left me wanting to keep eating after I was full. It is hard to describe just how delicious their food is, but Lorenzo's Southside is a must try. I hope you end up trying it out! Enjoy!



Mikaela Frank

# A RECIPE TO SHARE

## Michaela DiCocco

Muffins:

- 1 ½ cups all-purpose flour
- ¾ cup white sugar
- 2 teaspoons baking powder
- ½ teaspoon salt
- ⅓ cup vegetable oil
- 1 large egg
- ⅓ cup milk, or more as needed
- 1 cup fresh blueberries

Crumb Topping:

- ½ cup white sugar
- ⅓ cup all-purpose flour
- ¼ cup butter, cubed
- 1 ½ teaspoons ground cinnamon

Directions

· Preheat the oven to 400 degrees F (200 degrees C). Grease 8 muffin cups or line with paper liners.

· To make the muffins: Whisk flour, sugar, baking powder, and salt together in a large bowl.

· Pour oil into a small liquid measuring cup. Add egg and enough milk to reach the 1-cup mark; stir until combined. Pour into the flour mixture and mix just until the batter is combined. Fold in blueberries; set batter aside.

· To make the crumb topping: Combine sugar, flour, butter, and cinnamon in a small bowl. Mix with a fork until crumbly.

· Spoon batter into the prepared muffin cups, filling right to the top. Sprinkle with crumb topping.

· Bake in the preheated oven until a toothpick inserted in the center of a muffin comes out clean, 20 to 25 minutes.

Ingredients





# INTERVIEW WITH MS. STEARNS

Gemma - How has your time been at Schalmont?

Ms. Stearns - It has been very good and I have enjoyed it.

Gemma - What was your favorite memory of being here?

Ms. Stearns - I don't think I have one specific memory, I just enjoy the fact that I get to know the students. I started here when my son was getting into the school. Having him in class, having his friends in class, then the friends that followed and then the friends of friends is what I like.

Gemma - Why did you become a teacher?

Ms. Stearns - I always liked math. I'll give my own teacher credit, because they encouraged me to pursue math, even in college. I just decided that I did not want to work in an office, be an actuary, that kind of thing.

Gemma - What advice would you give a new teacher?

Ms. Stearns - Experiences need to be broad, so try stuff. All teachers need a master's degree. When I was getting my mine, I didn't just go for a generic master's, I added the Special Ed component.

Gemma - What's the hardest thing about teaching?

Ms. Stearns - (laughs) It doesn't seem like there is ever quite enough time to do everything you would like to do. And you do have lots of paperwork - not my favorite part of the job.

Noah - So you talked about how your son went to Schalmont, is that one of the reasons you decided to work here?

Ms. Stearns - One of the reasons was that I started teaching at a small school and had to teach six completely different classes. Six different backgrounds, six different grades and six completely different sets of handouts and paperwork. Then I took a Charlton School for Girls. I taught math in the mornings and another teacher taught French in that classroom in the afternoons. This allowed me to be home in the afternoons with my son. I now teach four classes at Schalmont, which is still a lot, but it gave me the balance I wanted

Noah - If you had the opportunity to take a different career path, would you stay a teacher and why, or what would you choose?

Ms. Stearns - I think I did it in reverse because I started out being able to work for my dad who ran a locksmith business and I was following right in his footsteps. I decided that having your own business is a lot, so I choose a different path. I still enjoy the hands-on stuff and might go back to picking locks or doing something related to engineering.

Noah - Has it been difficult to adapt your teaching style to the new technologies when they come out? For example, the new computers in the Engineering room.

Ms. Stearns - It has not been very difficult, but I believe that is because I am a little more ahead technology wise. At one of my first schools, the business course came with computers and the teacher wouldn't do it. So I ran the labs and taught the kids how to use the computers. So my early years as a teacher began with technology, but I don't want people to rely on it and become complacent. Sometimes I feel like I'm not entertaining enough and students begin to tune me out because the information is so easily at their disposal so it's no longer a big deal anymore. That's the hard part, how to compete, since I'm not making Tik Tok videos to show off.

Noah - What do you like to do outside of school? Do you have any hobbies and activities?

Ms. Stearns - I do enjoy going to the gym a lot, catching up with my friends, going on wine trips and going to shows. Now that my son doesn't live in the area, it gives us a chance to travel. That's why I worked a little longer so I could afford to travel and do what I want. We just went to New York City and saw Little Shop of Horrors. That's the kind of stuff I like to do, spend time with friends and family.

Noah - And the last question, what do you see yourself doing in 10 years?

Ms. Stearns - I hope to be retired, not that I'm dying to get out of here but, I'm starting to see the educational methods coming full circle. I don't believe that it's a bad thing, but I think it's time for someone else to come in and mix it up by having good field trips or bringing speakers in.

Gemma - That's all of our questions. Thank you!



# THE LADY SABRES



Hi, my name is Karissa Antoine and I am a senior here at Schalmont High School. I have been on the Varsity Basketball Team here since I was in 8th grade. The team is coached by U.S. History teacher Mr. Van Hoesen and P.E teacher Coach Sweet. These two created not only a state championship winning team, but a family. As an 8th grader, it's hard adjusting from playing with and against your age to with and against a bunch of mature high schoolers. I was nervous at first but the girls on the team made me feel so welcome. They all saw me as a younger sister and to this day, I still keep in touch with them all and know if I really needed something they would be there. The 2023-24 season did not end how we wanted it to and of course it had its ups and downs but, we grew closer not only as teammates but friends. Being on the team for so long taught me so many things. It taught me how to be a learner and a leader all at once. My first couple years I had to learn to just listen to the upperclassmen on the team and not take criticism as an insult but a lesson. My junior year to present day, I learned to be more of a leader being an upperclassman. Sometimes it was rough but I had people to talk to for advice. Coach Van Hoesen and Coach Sweet made all of us girls throughout the years feel so comfortable with any problems we had on the court or personally. The program is not just about basketball. It is also about personal growth, building connections and chemistry and learning to be the best version of you that you can be. The next time you think about joining or trying out for a team think of this, "The joy of sports is not just about winning, it's about the camaraderie, the friendship and the shared experiences that come with being part of a team".

BY KARISSA ANTOINE

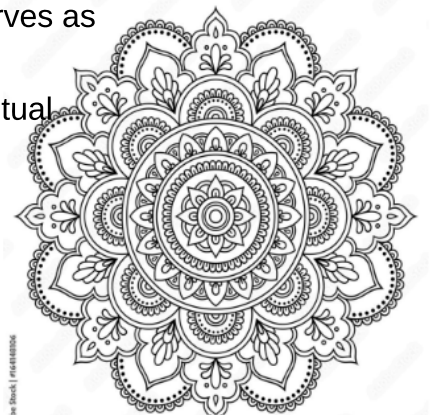
# WHAT IS A MANDALA?

A mandala, derived from the Sanskrit word for “circle,” is a spiritual and ritual symbol representing the universe in Hinduism and Buddhism. While its basic form is a circle, it often contains intricate geometric designs, symbols, and patterns radiating outward from a central point. The mandala is more than just an artistic creation; it serves as a visual aid for meditation, a tool for concentration, and a means of achieving spiritual enlightenment.



The significance of the mandala lies in its symbolism and purpose. In both Hinduism and Buddhism, the mandala represents wholeness, unity, and the interconnectedness of all things. It is a representation of the universe, encapsulating both the outer and inner realms of existence. Each element within the mandala—from its geometric shapes to its symbolic imagery—holds profound meaning, reflecting aspects of the divine and the human experience.

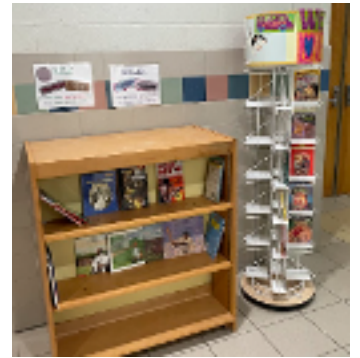
At its core, the mandala is a reflection of the human psyche and the journey towards self-realization. By meditating on a mandala, one can tap into its transformative power, gaining insight into the nature of reality and one’s place within it. The process of creating or contemplating a mandala can be deeply therapeutic, fostering a sense of peace, harmony, and balance within the individual. Ultimately, the mandala serves as a potent symbol of enlightenment, guiding practitioners on a path towards spiritual awakening and inner fulfillment.



Rashmi Hariprashad

## NEW LITTLE FREE LIBRARY

The English Honor Society had been collecting free and lightly used books to launch three Little Free Libraries in Jefferson Elementary School, Schalmont Middle School, and Schalmont High School. The Jefferson bookshelf was launched 3/27/24 with a resounding success. The EHS will continue to collect books in order to refill the shelves and keep the joys of reading alive.



## HIGH STAKE TEST TIPS AND TRICKS

**5 TOP TIPS FOR EFFECTIVE EXAM REVISION**  
AS RECOMMENDED BY PREVIOUS UNIVERSITY STUDENTS!

- 1. START EARLY**  
Don't leave it to last minute! Start revising a couple of weeks before your exams to give your brain time to absorb.
- 2. PLAN YOUR TIME**  
Trying to prepare is stressful to fail, so plan wisely. Make a schedule to document what you will revise and when!
- 3. AVOID YOUR PHONE**  
Revision is tough, but looking at social media every ten minutes will NOT help you excel! Put your phone away so you can focus.
- 4. PRACTISE!**  
Athletes don't win gold without rigorous training, and neither will you! Actively practising (e.g. doing mock exams) can help reinforce knowledge.
- 5. TAKE BREAKS**  
Your body needs rest in order to get stronger, and so does your brain! Be sure to take regular breaks during revision - your mind will thank you.

*Good luck!*  
SIMPLY EDUCATION

