



Spring 2025

Helping out in Spanish

INSIDE THIS ISSUE

On April 1st, members of the Spanish Club and Honor Society volunteered at the Regional Food Bank. Members listened to Spanish music and practiced their Spanish while sorting different items. Thank you to all of the volunteers for participating in this fun event.

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IMPORTANT DATES

- Therapy Dogs.....5/7
- Prom.....5/16
- 5 week mark.....5/16
- No school5/23
- Memorial day no school5/26
- Top 10% Awards Ceremony..5/29
- Therapy Dogs.....6/3



SCHALMONT SABRES

YOUR VOICE

Are e-books better than paper books?

As the world continues to enhance technology and modernize life, the use of old objects like books is slowly disappearing as e-books emerge. E-books are affecting bookstores all over the world as these companies are feeling a major hit due to new competition. With this increasing tension between paper books vs. e-books, I've looked to others to hear their thoughts about which is better. After discussing with a friend, Selena Cassano, and many others in my English class, it's clear that many students still prefer reading print rather than online despite e-books becoming more popular. While personally I only enjoy reading with a physical book in my hands, it is undeniable the practicality that comes with e-books. With companies like Amazon offering e-books at a cheaper price than printed books, no wonder paper books are feeling this new competition. Also, many people enjoy reading while traveling or on a trip. As e-books are on our daily devices like a phone, tablet, or computer, the weight of carrying a book and taking up space is unnecessary now that there is an alternative option. Across the world, more schools have been enforcing the use of e-books rather than paper books because of their basic, cheap and practical functions. Although like I said before I understand the practicality that comes with e-books, I can't help but wonder about the consequences that come with using them. Do schools really want their young students to get used to life behind a screen? Is it really worth those extra couple dollars if it means damaging these future generations? There are many back and forth reasons that could be debated to argue which is better for society. So I guess the question still stands...in your opinion, are e-books better than paper books?

- Mia Soehl



YOUR VOICE

Fashion For School

By Selena Cassano

Many people may wonder, what is the right attire to wear to school? That is an amazing question because fashion is an important way for every individual to express themselves. Fashion allows people to showcase their personalities. For private schools, students are obligated to follow a mandatory dress code, but we still see students finding ways to personalize their style. Fashion is a thing that can impact people's confidence and social interactions; it causes students to be more comfortable when they wear certain clothes. There isn't any wrong or right style to wear in public schools, but there are always trends that seem to dominate the style.

In 2025, we are starting to see the 1990s to early 2000s styles resurface. This fashion style can also be seen as **Y2K**. This is generally seen for males and females with clothes that lean towards **baggier jeans** and **graphic T-shirts**. This is mostly known as streetwear. Even in our very own school, this style is seen a lot. Many technology sources including Pinterest, Tiktok, Instagram, and Youtube are main influences of this flashy style. Is this the only way to dress in 2025? No, this is just the most popular trend at the moment, but another upcoming trend is **athleisure**. Athleisure is a certain style that comes from the origin or athlete or athletic wear. This is a more comfortable or casual style that many people are seen wearing. This consists of brands like Holister, Lululemon, Nike, and Aerie. I think that this is seen in females attire more than male attire, due to these big brands being local in mostly every mall. Many fashion sources including *Variety*, *Glamour*, *British Vogue* and *CNBC* agree that athleisure is the more **popular** upcoming trend of 2025 seen in teens.

As we continue through this year, fashion for teens continues to be a mix of upcoming trends and personalized styles. From bold streetwear to more calm athletic wear, teens are showcasing their creativity. The future of fashion isn't only a trend in society.

Fashion impacts the world and displays how every single person can have a different or unique attire. Ultimately, teens fashion in 2025 is a reflection of what our generation is made up of and it shapes the style for the future.



VACATIONS DURING BREAK

A Vacation in Colombia.

Spring is the season of transition from winter to summer, but in places like Bogota, Colombia, spring is year round. Every year I go to Colombia and every year the weather changes unpredictably each day. Bogota, Colombia, the capital, has many tourist attractions and I went to one of the most popular, Monserrate. Monserrate is a large mountain people can either hike up or take a train up to the stunning view of Bogota and the incredible local food. When I went to Monserrate, I was going to hike up the mountain but the unpredictable weather made the hike more difficult. At first it started raining for like ten minutes before all of the sudden it became sunny for ten minutes but then it began to rain again for another ten minutes and repeat. Eventually though we were able to reach the top and I could see the whole city with the skyscrapers and I got a Colombian local food called pandebonos.

After we went back down on the train and into the city where I could feel the rich Colombian culture as I walked around the city for the rest of the day looking and buying some souvenirs and exploring the main plaza of Bogota before I went to my family's house in Colombia ready for the next day. A big part of the culture in Colombia includes soccer. Everywhere you go people are playing soccer in the parks or watching soccer in the restaurants and almost everyone has a love of soccer in their blood. I also love soccer and I also went to a soccer stadium to see a soccer game between two professional soccer teams in Colombia.

As soon as I entered the stadium I could hear the passionate fans and I was amazed by the atmosphere that I never experienced before. It was one of the best experiences a soccer fan could experience, and so one of a kind, which shows the passion the Colombians have for soccer. The game overall was incredible and the celebrations of the goals consumed me as every time teams scored I would celebrate as well. These days in Colombia were incredible and are so memorable that every year I always go back, and I always have the same feeling. Colombia can be such a good place and is a great place to go when you want to go on a unique and different vacation.

- Santiago Vega



VACATIONS DURING BREAK

Maine Vacation

There are many interesting places to travel to during the summer, or during a seasonal break from school. One of my favorite places to travel to is Maine, or the Pine Tree State.

Being on the coast, Maine holds a certain scent in the air that brings a calm feeling to anyone in the area. It's almost like you can smell the fresh seafood right in front of you even though nothing is there. Lobster rolls, shrimp, crab, seafood salad, and other oceanic tastes are spread all throughout the coastline, each with their own unique twist!

Maine's ocean may be cold compared to other coasts, but it's the perfect place to cool down during a hot summer day. The waves are another positive aspect of the aesthetic, enticing many energetic and active people to jump right in. Some days, when the beaches

are quiet, and the sun is setting, you can look into the sky and see a beautiful array of colors resting on the horizon at dusk. One of my personal favorite spots in Maine is called

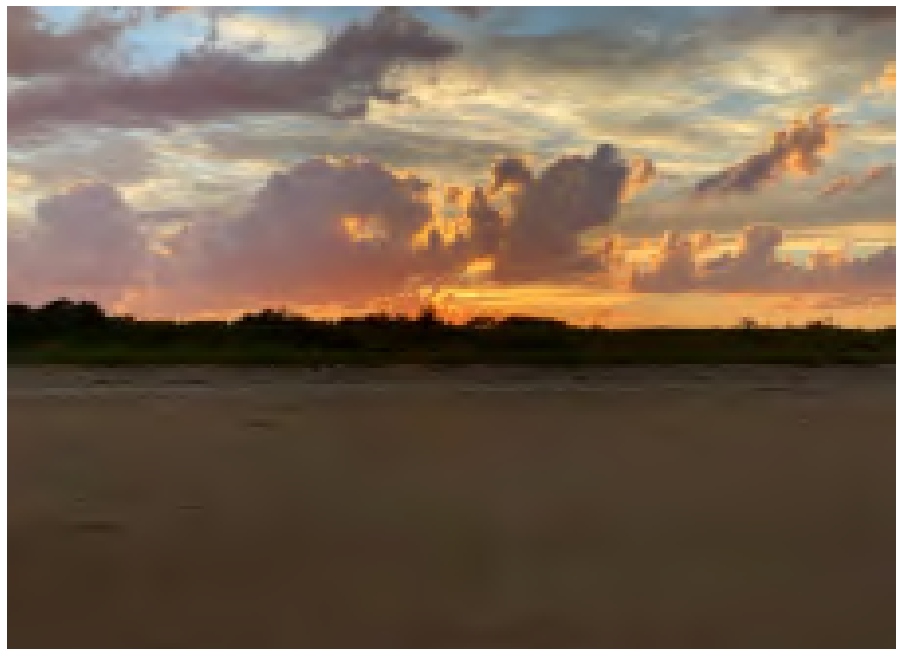
Perkins Cove. It's a small little port dock with lots of locally family owned shops selling candies, antiques, souvenirs, food, and services. Right next to Perkins Cove is a trail that my family and I enjoy traversing, named the Marginal Way Cliff Walk, or just the Marginal Way. The coolest part of this trail is that instead of walking the predetermined path, you

are allowed to walk on top of the rocks down by the ocean for a more interesting and

daring route. On the opposite side of Perkins Cove lies an expansive, and expensive,

housing development that is connected directly to the docks by a drawbridge. If you're lucky, or patient enough, you might even get to view the drawbridge rise up and fall back down for a large boat to pass under. There are many more amazing attractions scattered throughout Maine, and I hope that you might consider traveling there yourself one day!

- Daniel Hughes



STUDENT SPOTLIGHT

Samantha Gromoll- What Inspires you to create art?

Felicity Caufield- I'm inspired by music and the desire to connect with others who feel ostracized. Sometimes there are people who feel lonely, but may not really understand or feel comfortable in socializing to bridge those gaps. Music does that for me, you can listen while other people sing how you feel, I try to make my art with that in mind.

Samantha Gromoll- How long have you been creating art?

Felicity Caufield- I've been drawing before I could read and write, but really started getting somewhere I liked around the start of middle school. I've been told that some people still have stuff I made in elementary school, I really appreciate the support!

Samantha Gromoll- Is there anything you want people to experience with your art?

Felicity Caufield- I don't really take my work so seriously, I just like to mess around, so I would say maybe a sense of fun or enjoyment? Art isn't supposed to give migraines, even when it has a deep meaning. When it comes to my portraiture though I would say nostalgia. I really try to capture the essence of the energy in the photos I use.

Samantha Gromoll- Do you have any preferred styles?

Felicity Caufield- I try to lean towards cartoonish-inspired realism. I don't know the exact name but I enjoy it a lot because I can give myself creative liberties while following a set of rules. It is also really useful because depending on how I feel when I draw I can lean more into either subject and make something new to me. I'd like to try to embrace the realistic aspects a bit more, but it is really hard and I need more practice. I do think that for now though my current style represents not just my progression as an artist but also as a person. I do not see it changing too much for now until I see something that inspires me to practice something extremely new.

Samantha Gromoll- Does the history of art impact your work?

Felicity Caufield- It definitely does because I often look out to other artists' works when I'm low on inspiration or need some motivation. It helps to stay educated on things you love just in case something happens, also so you know what can and cannot be used.

Samantha Gromoll- If you art could be displayed anywhere, where would you want it to be?

Felicity Caufield- I'd love to someday be recognized by some of the artists who's styles have inspired my current one. It would be a dream to be recognized by the people you look up to. Someday if I could be featured in a Zine or some other collaborative worth with them it would be like an out of body moment.

TAKING THE MOUND

As of April 8, 2025, the Schalmont Sabres Varsity Softball team located in Rotterdam, New York, has already made impactful damage only two weeks into their season. Currently, their record is 5-0 and the Sabres are coming off of their 16-2 season last year stronger than ever before. The Ichabod Crane Riders are the State Champions in Section Two and were Schalmont's only losses, but this year, Troy will also be the Sabre's new competition. This competition is only pushing Schalmont even more when it comes to gameplay. The Sabres have already scored forty five runs this season in only five games, which is extremely impressive for the young team.

Schalmont's team this season consists of one eighth grader, six freshman, three sophomores, two juniors, and only one senior, Natalia Devine. The starters for the Sabres are Brooke Howlan as the primary pitcher, Ava Papienuk as the primary catcher, Milania Tebano, Caitlyn Alderdice, Natalia Devine, Malia Rafferty in the infield; and Layla Williams, Gia Kowalczyk and Libby Trestick in the outfield. Schalmont picked up three new players this season: Eve Paulus, Addison D'Ortona, and Rae Decker. Their team may be young, but the talent the girls hold is seen by other schools outside of Schalmont's class A division.

In the off season, the majority of the girls on Schalmont's team play travel softball, so they are always practicing all year round. In addition, the Sabres have been working out in their open gyms that started in December of 2024. Leading up to tryouts, the girls have taken over a thousands reps and conditioned about three times a week. All of this work and commitment is really showing in their record and athletic performance on the field. Schalmont went two games without committing an error on defense and have been aggressive at the plate so far this year. Their lock down defense and plate discipline contributes to their key success.



TAKING THE MOUND

Schalmont is coached by Steve Kowalczyk and Bill Fleming with the addition of three captains that oversee the team. Natalia Devine is the head captain with Brooke Howlan and Ava Papienuk as her co-captains for the 2025 season. When Steve was asked his hopes for the team this season, he responded with “ My hopes for this team is that our team plays to its full potential. We have a very talented group of girls and our goal this year and every year is always to set the bar to its highest level, a State Championship.” Steve’s goal every season is to play hard throughout the regular season so that the team will already have the hard work and determination when competing in sectionals. He always preaches that you should practice how you play. If you slack off or not give 100% in practice, there is zero chance that you will see results during the games. Also, in the game of softball, the team that wants it more will always outperform the opposing team.

Clearly Schalmont has started off their season strong with the goal of a State Championship already in mind. The constant games, practices, open gyms, and extra hitting are all little things that add up to make the Sabres a solid team. This small school has the potential to beat larger schools around the area and bring home a championship.

- Ava Papienuk



9 TO 5 REVIEW

Spring Musical: 9 to 5

9 to 5 is a musical comedy that takes place in 1970s, about feminism and overcoming stereotypical workplace gender roles.

The musical stars Leah Pauquette, Ali Mulyca, and Aleena Ramsudh as our three main protagonists and Damean Teagle, depicted as Franklin Hart Junior, as our main antagonist.

9 to 5 was originally a movement in Boston, Massachusetts for women in the insurance and legal industry and couldn't move up the ladder because they were female. Jane Fonda, an actress and activist, heard about the movement and was inspired to create 9 to 5 the movie. In 2020, 9 to 5 was transformed into a Broadway musical with music by Dolly Parton.

In our production, 9 to 5 was made possible thanks to the amazing work put in by the incredible directors, Mrs. McCloskey, Mrs. Mallozzi, and Mrs. Quick, ensuring the best possible production. 9 to 5 also includes an outstanding cast ranging from freshmen to seniors, and an incredibly hard working backstage crew. - Peyton Schrom



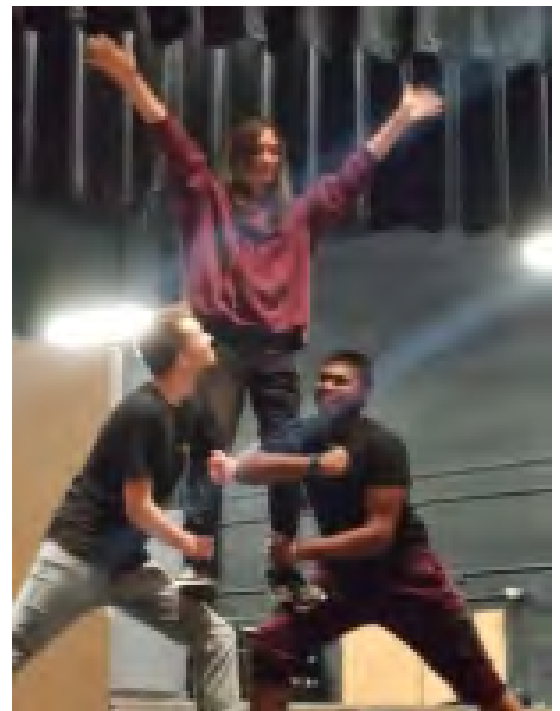
9 TO 5 REFLECTION

Working on Schalmont High School's drama club production of "9 To 5" has been such a fun and rewarding experience. The musical which is based on the 1980s film tells the story of how 3 women take down their power-hungry boss and overcome discrimination and adversity. Although sounding very serious this production has a lot of comedic and hilarious moments that will surely get a laugh out of the audience.

We've been hard at work at rehearsals and working very hard to make this show the best that it can be. We aim to be very put together and have a smooth-running show, so this usually means having to redo a certain scene multiple times or even scraping the original blocking. However, as a cast we don't mind. We cherish it because we can keep doing the stuff we love, while also learning and growing with each other.

As opening night approaches the more excited and nervous we get. The thought of performing in front of an audience makes us a little scared, but as a cast we can all agree that all of our time in rehearsals has been worth it and we know that this show will be amazing.

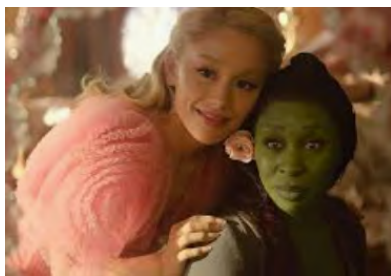
- Vince Calidro



MOVIE REVIEW

Wicked Movie Review- Taylor Teetsel

A recent popular movie that came to theaters was the movie Wicked, based on the play. Ariana Grande plays Galinda and Cynthia Erivo plays Elphaba in the remake. The movie follows Elphaba throughout her teenage years as she transforms into the Wicked Witch of the West. It also displays the friendship that forms between Galinda and Elphaba, who I always thought were enemies. I like how this movie showed a different side to Elphaba, and portrayed her as a good person who was just trying to help the animals of Oz instead of a wicked witch like the Wizard of Oz displays her as. Instead, it displays the Wizard as an evil person who is trying to brainwash the people of Oz. The beginning and middle of the movie did drag on a little longer than it should have. I think the director definitely could have taken out some of the scenes. However, the ending of the movie was the best and I enjoyed every part of it. The sets and costumes throughout the movie were very vivid and realistic, it felt like you were in Oz along with the characters. All actors were extremely talented and made each of their fictional characters come alive within the movie. I'm usually not a huge fan of musicals but this one didn't bother me and all of the songs were catchy to sing along with. Overall, I would recommend this movie to anyone who was wondering if they should watch it! This was one of my favorite movies of this year!



BOOK REVIEW

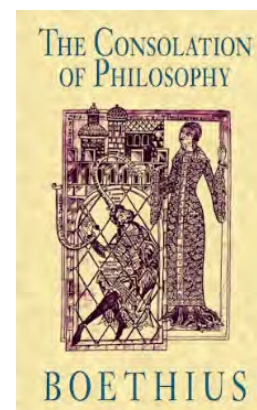
The Consolation of Philosophy Book Review by Caleb Cunniff

Some books go on to help shape entire eras, their influence remaining as a steady backdrop in the minds of a society, and few societies were as bookish as that of the Medieval West. During the Middle Ages, few books were as influential as *The Consolation of Philosophy*, written by Boethius, a Sixth Century Roman senator, during an unjust imprisonment that would end in his execution. The work, written as an imaginary conversation between him and the symbolic "Lady Philosophy," explores questions of how we can truly be happy in a world that seems to be out of order, and was one of the most well-known and beloved books throughout the Medieval and Renaissance eras.

Boethius was born into the upper classes of Rome and was remarkably well educated in many subjects. Despite ambitious scholarly endeavors, he decided to become a politician, inspired by the Greek philosopher Plato's insistence that the wise ought to be in the government. In an unbelievably successful career, he not only advanced to become one of the highest ranking members of the Roman Senate but passionately fought political corruption, which made him enemies. Eventually he was brought under various false accusations which landed him in prison and, in the end, led him to be executed, and it was amidst this cruel end that he took up writing his hopeful masterpiece.

The book is told from the author's perspective and is in a sense autobiographical (apart from the fantastical way it is told), as it recounts his transition from the initial despair to a gradual realization that, when the world is thought of in the proper manner, one can see how good it is and live happily no matter what. Beginning with Boethius writing depressing poetry, his pity-party is interrupted when Lady Philosophy visits him and is distraught not at his physical state, but his spiritual state, and takes up the task of nurturing him back to health. She begins by asking him whether he believes that God is in charge of the universe, and when he agrees, she realizes her task is to help him understand this truth in a practical way. There are so many profound discussions that follow from this point which I would highly recommend checking out for yourself, but I will attempt to summarize the main message: happiness should not be placed in circumstances, the random nature of which is too inconsistent to actually make you happy. Instead, happiness should be found in virtue, which Boethius identifies with acting as the being that God made you to be.

The famous 20th Century writer C. S. Lewis once wrote of this book that "To acquire a taste for it is almost to become naturalized in the Middle Ages." I believe that one of the most distinctly Medieval features here is the way in which abstract theoretical inquiry is treated, not as a pastime or cultural gimmick, but as a quest of utmost importance to understand the world and our place in it.



Pasta Bowl

• *Keira Noga*

Ingredients

- Pasta
- Butter
- Olive oil
- Fresh garlic
- Red pepper flakes
- Lemons
- Heavy cream
- Parmesan cheese



1. Fill a large pot a little over halfway with water and leave it on the stove until the water begins to boil.
2. Then add your desired amount of pasta and let it cook slightly before the pasta becomes al dente. When the pasta is done, save a cup of pasta water to set aside and then drain the pasta.
3. Add three tablespoons of butter along with 2 tablespoons of olive oil, 5 cloves of garlic, and 2 lemons zested to a saucepan on low heat. Let the butter melt and the flavors simmer together for 3-5 minutes.
4. Once the ingredients begin to mix together, raise to medium heat and add a half cup of heavy cream. Stir the sauce and when it starts to bubble add your pasta.
5. Then add a fourth cup of lemon juice and stir in then add the pasta water back into the sauce while stirring to let the pasta finish cooking.
6. Lastly, turn off the stove and add about 2 tablespoons of Parmesan cheese, and top with red pepper flakes.

MUSICAL REVIEW

The Odyssey is the Homeric tale that illustrates Odysseus's journey to his home, Ithaca after laying siege to Troy during the Trojan war. For ten years, Odysseus led armies and fought in the war, and another ten years pass as he returns to Ithaca. In Odysseus's twenty year absence, he learns and suffers through many triumphs. These experiences changes Odysseus's philosophy, as he changes from being merciful to ruthless. Even after around 2800-2700 years after *The Odyssey* was originally written, the important plot point of Odysseus's change in philosophy still remains through a recently created musical, *Epic*.

Epic: The Musical written by Jorge Rivera-Herrans that is loosely inspired by *The Odyssey* but still contains essential elements of *The Odyssey*. In the first song of the musical, "The Horse And The Infant", the god king, Zeus explains to Odysseus how he must kill baby Astyanax, in which he heavily refuses. Until Odysseus learns it was impossible for the baby to live and for his family to live as well. In the same song, Zeus's statement of "The blood on your hands is something you won't lose. All you can choose is whose". This statement becomes a recurring theme of the story and helps demonstrate Odysseus's change in philosophy. As he learns that killing others is inevitable, but who he kills is in his control.

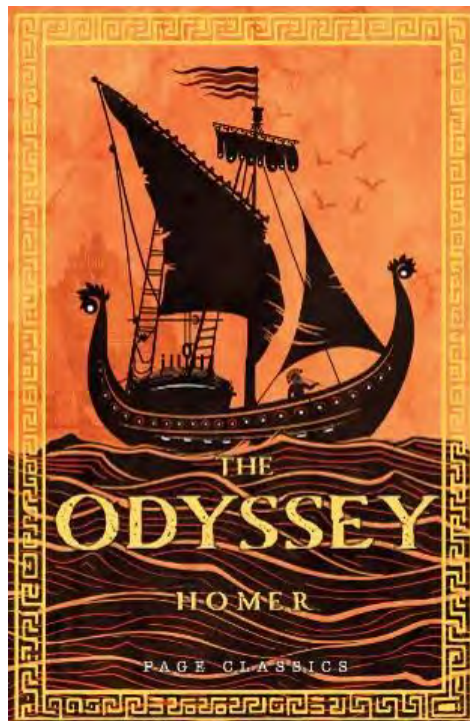
Odysseus begins his *Odyssey* with the idea that there is good in people and that conflict should be done with mercy in mind. When he encounters his first foe, Polyphemus after killing one of his beloved sheep. Polyphemus threatens to kill Odysseus and his crew, Odysseus however offers a gift to prevent bloodshed. The gift being wine, while Odysseus taints the wine with a lotus, a mind-controlling flower, then blinds Polyphemus after the cyclops begins to slaughter Odysseus's crew, ending in the death of six crew members. Odysseus begins the encounter with kindness and only resorts to murder when harm comes to his loved ones.

Change to Odysseus's philosophy takes place once he sees the impact of when he first offers mercy. In the song, "Monster", Odysseus is in the underworld to discover the 558 slain men out of his crew of six hundred. Odysseus comes to the realization that by letting the Polyphemus live, Poseidon, father of Polyphemus, was able to learn about his pain. On learning of this, Poseidon massacres 552 crew members. Odysseus learns how all the bloodshed of his crew is preventable if Odysseus approaches foes with ruthlessness. Odysseus also learns from his foes as he states "Is the cyclops struck with guilt when he kills?... Or does he end my men to avenge his friend then sleep knowing he has done him right?". Presenting his reflection and new knowledge regarding the monsters he fights and how they're ruthless for their survival. Odysseus leaves the underworld knowing he must disregard the lives of his enemies so he can return to his wife and son in Ithaca.

MUSICAL REVIEW

In the third to the last song of the musical, “Odysseus”, the captain fully proves himself to be ruthless. During Odysseus’s absence, a total of 108 suitors accumulated in the purpose for one of them to marry his wife, Queen of Ithaca, Penelope. Despite Penelope’s denial for remarrying, the suitors pressed and grew impatient. The day Odysseus returns to Ithaca he hides in the crowd of suitors as a beggar when they plot the murder of Ithaca’s Prince, and the rape of Ithaca’s Queen. That is when Odysseus starts the slaughter. No negotiation, no pleas, unlike his previous encounters with foes. The entire song of “Odysseus” presents the absent King of Ithaca massacring the Suitors. Odysseus even states himself when he heard a suitor painfully plead for mercy, “My mercy has long since drowned, it died to bring me home”. Odysseus himself is aware that he has lost all of his mercy to those that intend to do his family wrong.

Epic: The Musical beautifully captures the story of *The Odyssey* into musical form and still shows the passionate story that is Odysseus’s descent of man to monster. As presented in *Epic: The Musical*, when Odysseus first encounters Polyphemus, he gives the cyclops a chance of survival. However after his myriad of triumphs, Odysseus slaughters Penelope’s suitors as soon as they expose themselves as a threat. *Epic: The Musical* is the tale of how Odysseus returns home to his family, it is also the tale of how he becomes a monster. If you want to listen to *Epic: The Musical* and even see the many well-crafted animatics of the musical yourself you can find it on Spotify and Youtube @Jorge Rivera-Herrans. If you would rather read *The Odyssey*, the translation by Emily Wilson recently released in 2017 fantastically translates the homeric poem into english. - Aubrey Burch



SCHOOL NEWS

We had induction for NYS Science Honor Society on 4/30. Congratulations to all the new members!

Haley Anderson, Skylar Blackwell, Giuliano Ferluge, Alex Fitzpatrick, Derek Henges, Brooke Howlan, Jack Hughes, Zarah Ismael, Eliza Leszczynski, Gianina Luciani, Grace Olsen, Eveanna Paulus, Trinity Randle, Paiton Rider, Lucas Sellnow, Mia Soehl, Gabe Tommasone, Santiago Vega, Kaitlyn Villano, and Luke Viscusi



GOLD WITH DISTINCTION

The Schalmont High School Wind Ensemble proudly earned a *Gold with Distinction* rating at the NYSSMA Majors Festival on April 8th, hosted at Columbia High School. This marks the second consecutive year the ensemble has received the highest honor awarded by the New York State School Music Association (NYSSMA) - an achievement granted only to groups that demonstrate outstanding accuracy, expression, and overall musicianship. Performing at a NYSSMA Level 5, one of the most challenging classifications, the ensemble showcased their technical skill and musical maturity through three intricate and dynamic compositions. Under the direction of Mr. Christy, the students delivered a performance that impressed the judges and reflected months of dedication, rehearsal, and teamwork. This accomplishment not only highlights the ensemble's commitment to excellence, but also celebrates the passion for music that lives within the student body at Schalmont.

- Aleena Ramsudh