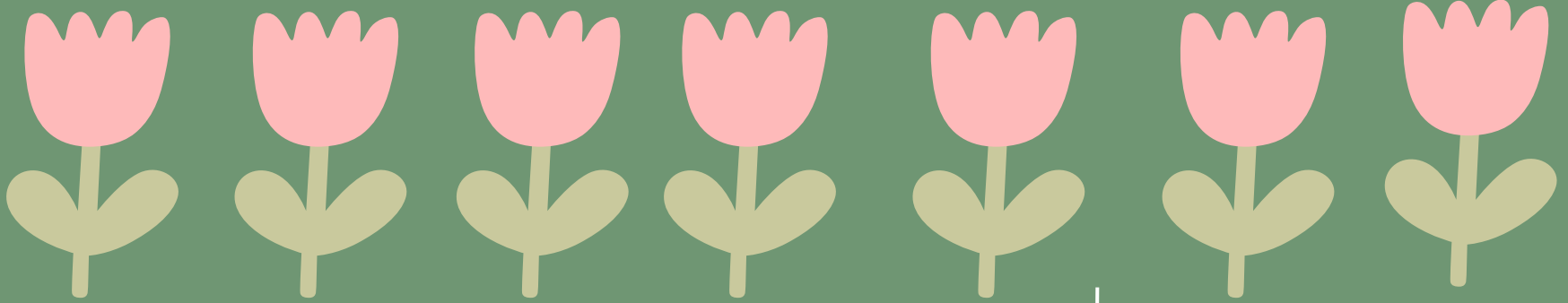


THE SABRES EDGE



IMPORTANT DATES:

Spring Musical - Mamma Mia! - 4/16 - 4/18

Quarter 3 Marking Period Ends - 4/17

College Fair/Career and Job Fair - 4/21

Science Honor Society Induction - 4/28

HS Spring Concert - 5/14

Top 10% Ceremony - 5/28

Tutoring every 1st and 3rd Tuesday of every month

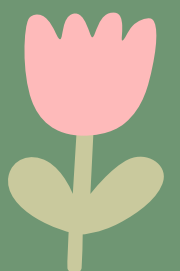
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**"THE EXPERT IN
ANYTHING WAS
ONCE A BEGINNER."
-HELEN HAYES**



SCHALMONT NEWSPAPER



Sports Nutrition

By: Skylar Blackwell

Although it may not seem as important as most athletes think, how you fuel your body is vital to your athletic performance. Athletes rely on calories/nutrients for the energy they need to train; the types of nutrients they consume determine their athletic performance. Macronutrients are the primary energy sources; they come from carbohydrates, fats, and proteins. Most athletes don't even realize they are deficient in carbs and proteins, as those are the most important to their diets. More specific macronutrients would be Calcium (prevents bone injury), Iron (increases energy levels and optimizes oxygen usage), Vitamin B (Recovery), and Vitamin D (maintains strong bones/healthy immune system). Not only is the kind of nutrients that you are consuming important, but the time at which you consume them is also important. Sports Nutritionist, Olvia Morgan suggests that you should consume your carbohydrates before workouts, eat within an hour of you waking up in the morning, recover from workouts with protein and carbs, and that athletes should follow the 4 2 1 rule before games (4 hours before: full meal, 2 hours before: snack, 1 hour: quick carbs and hydration). Your diet as an athlete could be what sets you apart from thousands of other athletes that you compete against. This is why it is important to fuel yourself the right way before competing.

Letter to a Public Official

As a student that attends high school in the Schenectady County area, I often see firsthand the effects mental health can have on a student's work ethic in school and overall attitude. Between experiencing these effects myself and seeing my peers struggle through their own battles while trying to keep their grades up and hand in all their work on time to live up to what is expected of high schoolers, I can't help but notice how this pattern becomes more and more frequent every year. It's a known fact that the Covid pandemic has had a huge effect on people's mental health, but especially kids and students in school, and without the right support to help them thrive it's unfair to have such high expectations for students when it comes to their academics. This is why I want to reach out and bring your attention to an issue that seems to be getting worse and worse each year, the lack of mental health support for adolescents in schools.

According to a Youth Risk Behavior Survey performed by the Centers for Disease Control in 2023, 42% of U.S. high school students reported feeling consistently sad or hopeless during a one year period and 60% of teens who experience depression don't ever get help. Students in high school are working to do their best when it comes to their academics, like studying to score good on all their tests, adding to the stress with their social lives with their friends and jobs where people rely on them. Doing anything for themselves like hobbies they enjoy most likely get pushed to the back burner, all because students are trying to find the time to balance everything. The stress of being a student in high school can sometimes become too much, and students need that resource to get help so they are able to excel in all these areas. I also found that according to the U.S. Department of Education students who have untreated mental health illness are twice as likely to drop out of high school. This connection between untreated mental illnesses and a student's academic performance being so important furthers my reasoning on why more resources need to be put in place to support student mental health.

To help students across New York State who may be struggling with their mental health and don't have the resources to get the help they need in schools, I ask you to provide more funding towards different mental health resources in public schools. This could do so much for future students who come into school with high expectations given to them but struggle to reach them, allowing for them to have the ability to excel beyond those expectations. Thank you for your consideration on this topic in advance and I look forward to hearing about your thoughts on this topic and plans to move forward in the future.

Sincerely,

Addison McCanney

Finding Nemo Jr. Musical Review

From set work Saturdays to daily chants after rehearsal, Schalmont Middle School put together their first musical Finding Nemo Jr. The hard work and dedication of these students is unfathomable. From working after school for the past few months every Monday, Tuesday and Thursday 3-4:30pm which can seem pretty late to be staying at school for most people really shows how much preparation and dedication went into making this show possible. But of course around the month of the show production they had to start staying later to work out the little issues and clean stuff up which really showed that they were willing to do what it took to make this show the best it could be.

There was also some help from some of the members of the high school drama club where the high schoolers helped teach the middle schoolers how to operate mics and learn how to do all the things you need to be able to do in a production. Not only were the high schoolers there to help during the rehearsals they were also backstage during the show to make the set changes as smooth and as seamless as possible.

The show had such a positive environment during every single rehearsal and all of the rehearsals were as productive as they could get. All students involved were so well behaved that it not only took a tremendous amount of stress off of the directors it also helped relieve stress from the high schoolers which really helped them be able to work with all of the technical stuff very efficiently.

This couldn't have been possible without the help of their directors Mr. Alden and Mrs. Lancto who both took time out of their already packed schedule to put this amazing show together. Mr. Alden being the director of some of middle school choirs and Mrs. Lancto being the Concert Choir and Pop Choir director both of them already had a lot on their hands. With the help of their directors and the high schoolers helping they were all able to help the students and they were able to nail the technical harmonies which made the show amazing not only to watch but to listen.

By: Nikki Steele



Sam Darnold: Zero to Hero

By: Trent Bogosian

Picture this: It is April 26th, 2018. The 2018 draft of the National Football League is underway, with it making up one of the most notable draft classes in years. The New York Jets would use their #3 pick to choose a young talented quarterback from USC. This player, who spent 2 years with the USC Trojans, would be Sam Darnold. His tenure with The Jets would not be pretty, as the Jets decided to trade him to the Carolina Panthers on April 5th, 2021. Sam Darnold would sign a one-year contract with the Minnesota Vikings, and what happens next will change the direction of Sam Darnold's career forever. After the sudden season-ending injury of rookie J.J. McCarthy. Sam Darnold would then start winning game after game, leading the Vikings to the playoffs, but would unfortunately get bounced back in the first round by the Los Angeles Rams. Sam Darnold would then cement his 2025-26 season with the Seattle Seahawks, with 24 touchdowns, 14 interceptions, 4048 passing yards, and a victory against the New England Patriots in Super Bowl LX. Darnold is expected to stay with the Seahawks for the remainder of his contract (Kahler, 2026). It is for these reasons that I consider Sam Darnold to have one of the greatest redemption stories in NFL history. I believe that future NFL players should take notes from Sam Darnold to never give up their dreams and to always persevere.



Go Hawks!

Cranberry Bread

By: Daniel Hughes

Ingredients:

2 cups sifted all-purpose flour
1 cup sugar
1 ½ teaspoons baking powder
1 teaspoon salt
½ teaspoon baking soda
¼ cup butter or margarine
1 egg, beaten
1 teaspoon grated orange peel
¾ cup orange juice
1 ½ cups light raisins
1 ½ cups fresh or frozen
cranberries, chopped



Directions:

- Sift flour, sugar, baking powder, salt, and baking soda into a large bowl
- Cut in butter until mixture is crumbly
- Add egg, orange peel, and orange juice all at once and stir just until mixture is evenly moist
- Fold in raisins and cranberries
- Spoon into a greased 9 x 5 x 3-inch loaf pan
- Bake at 350 degrees for 1 hour and 10 minutes, or until a toothpick inserted in center comes out clean
- Remove from pan; cool on a wire rack
- If you choose, you may substitute cranberries for the raisins to have an all cranberry bread. Enjoy!

Book Review

By: Caleb Whiting

In 3rd grade everyone had to write a book for an assignment. I really liked writing so I did extra than what I was supposed to do. The writing was really bad, so I decided to redo it in 8th grade. That one was also bad so now I'm deciding to rewrite it again. The story was about a group of people getting sucked into a black hole and being sent to a different dimension. Candyland, which is what the book was called and what the one I'm making right now will also be called. I changed up the story a little bit, but to find that out you need to read it when it's done. I might even decide to publish it, if I think it's decent enough. I will now show you a preview of the book.

Chapter 1

Ethan is a very good looking guy. He is very muscular, dark brown eyes, and black hair. He is a marine. He has been serving in the marines for 5 years now and has reached the rank of a trainer. He helps train new recruits. He is currently in a marine base in North Carolina. The base is one of the biggest in the world with the best trainees and trainers in the country. This base is right next to the ocean. Ethan is sleeping on the bottom bunk under his best friend and fellow trainer Joe. Ethan and Joe have been training recruits together for a year now and have grown really close. Across from the bunk bed is a single bed and in the single bed is Micheal, he isn't that close to Joe and Ethan yet but he is also a trainer. They haven't been working together for that long; they only just got paired together when they arrived at the base. They are awoken to the sounds of alarms blaring. Ethan swings up and puts on clothes as fast as possible. Joe hops down from the top bunk and also starts to get ready as soon as possible. Ethan takes a little bit longer than Joe and Ethan to get ready but they rush out of their building and rush to the general, who is standing in the center of all the buildings. "ATTENTION" Everyone salutes and waits to hear what the general has to say. The general is a mean guy. You may think he's just putting on the act of a drill sergeant but he's not, he enjoys putting the men through the torture of the training and likes to punish the new recruits hard. One of the recruits almost drowned because the general made him stay afloat in the ocean for 5 hours just because he woke up 2 minutes late. "THERE IS A HUGE DISTURBANCE IN THE MIDDLE OF THE OCEAN, AND WE ARE GOING TO CHECK IT OUT!" the general calls out. "EVERYONE TO THEIR DESIGNATED POSITIONS." Everyone starts running towards the battleships. Ethan calls out for his platoon to follow him. Joe and Micheal do the same. Their platoons all reach their designated battleship, and get ready to set sail. Ethan goes to the bow of the boat and looks ahead as the boat starts to lurch forward. Their ship is the first one to set sail. A few seconds later and the second ship starts to move forward. Ethan turns back to look at the marine base and gets lost in

thought. For the past few weeks he has been having the same dreams but this time it felt really strong this time. Like he was actually there living these events. But it can't be true, the people in his dream had powers. But Ethan feels like this disturbance in the ocean has something to do with his dream somehow. A weird FWOOM sound makes Ethan turn back to the front of the ship, and what he sees in front of him is something that makes his dream even more real now than ever before. He sees a giant wormhole above the ocean sucking everything in. 2 humpback whales are sucked out of the water and pulled into the portal. "WHAT IS THAT." Joe screams as he's running up the stairs to the bow. "I don't know." says Ethan shakily. Ethan is staring in pure shock and fear. He realizes he needs to act now. He sprints past Joe and starts yelling "TURN THIS SHIP AROUND NOOOOW." "AND WARN THE OTHERS." Ethan sprints up to the command center and knocks hard onto the door. "HEY, OPEN THE DOOR." The men inside realize what is happening and start trying to turn the ship around. The sound of metal rubbing against each other happens and the door opens to the command center. Ethan barges in and asks if we can make it out of here. "I think we should be fine, the pull of the wormhole hasn't reached the ship, it's not pulling hard enough to pull us in." BWOHHH. The ship rocks to the right. Joe almost falls off the boat. He was flipped over the railing and barely hanging on when Micheal grabs his arm and pulls him up. They watch as the ship gets closer and closer to the wormhole. "UH oh." Ethan stands up after the ship swaying knocks him over. "What just happened." "Uh, Ethan sir, I don't know how it happened but we are now getting sucked up into the wormhole. Ethan runs up to the captain's quarters. Joe watches in terror as the water under the boat starts to move toward the wormhole. He looks back and sees Ethan entering the captain's quarters. He notices Ethan opening the flare gun box and shooting a warning flare to tell the others to stop coming closer. The other ships are a hundred feet behind Ethan's platoon when they notice the wormhole. They are able to stay a safe distance away from the wormhole to watch what happens to Ethan's platoon. The ship is still moving closer and closer to the wormhole. The back of the ship begins to rise up. Most of the platoon members realize they need to get out of there now and jump into the ocean but when they do they are frozen in midair. The wormhole has got them. They are floating up towards the wormhole. When the ship flipped Ethan fell face first into the glass windshield of the captain's quarters. His face smacks against the glass really hard. Knocking him out. Joe and Michael slide to the very front of the boat. They turn around and look up. They see the ship being ripped piece by piece. They also see Ethan. "ETHAN" Joe calls. "WAKE UP." RIP. The roof of the captain's quarters is ripped off and Ethan starts flying into the wormhole. The wormhole keeps pulling everyone closer. Joe sees 2 more recruits lose grip and float into the wormhole. "NO ETHAN." Micheal cries out. Joe starts to get pulled. Micheal grabs onto the side of the boat and holds onto Joe. The ship is nearly ¾ into the wormhole. There are only 2 people hanging onto the ship now. Joe and Micheal. Micheal is holding as strong as he can but he's letting the side of the ship go. His fingers slip and they are flung towards the wormhole. "AHHHHHH." they both scream. BWHOOWW. The wormhole stays there for 2 days. The marines called in the FBI who are now investigating what happened.

Tops American Grill Review

By: Derek Henges

Tops is a small restaurant in Rotterdam, New York on 351 Duanesburg Rd. My family and I went there for breakfast. We were seated not long after and the waitress was fantastic. She brought out our drinks shortly after we got seated. I ordered Eggs Benedict with a side of corned beef hash. The eggs were warm and the inside was so delicious. The sauce that was on top was the right consistency with all the right spices to make it combine with the eggs perfectly. The english muffins underneath the bread weren't too burnt or too soft, they were a warm texture to make the food blend into your mouth with a mouthwatering taste. Finally the corned beef hash was good and rich. On my corned beef hash I like to add extra salt and ketchup because it adds a sweet flavor that I enjoy. All the servers were diligent and kind, giving the restaurant a warm and welcoming environment for all. Tops restaurant is a 10/10 and I recommend it to anyone that is around the area to try not only for the food but also for the experiences.



Venice

By: Zachary Cunniff

“Ladies and gentleman, we Shades of the city of Venice ask you to follow us.

If you dream of peace, follow us. If you dream of freedom, follow us. And if you know these are not the same thing, well, are you ready?” These are the opening lines of VENICE the Musical, one of my all time favorite



musicals. VENICE is a loose musical adaptation of Shakespeare's Othello, created by Matt Sax and Eric Rosen, taking the story and setting it in a near future dystopian city called Venice. The plot follows Venice Monroe, the newly elected mayor of the city of Venice, after a 20 year military occupation under Westbrook. Venice wishes to usher in peace and stability to the city while his half brother, Markos Monroe, a high ranking member of Westbrook, attempts to manipulate his half brother to gain full control of the city by any means necessary. Immediately, one of the things that makes this musical shine is it's music. VENICE is a hip-hop musical but unlike other musicals like Hamilton, the music fits more into the story. The Ensemble is supposed to be the lower class citizens of Venice so it's hip-hop style fits really well. Almost every song oozes with catchiness. Some highlight songs are Citizens of Venice, Last Man, City at Sleep, Halie Daisy, Liberation, Never Wish War on a People, Poison and Put out the Light. If you want to find your new favorite song, then I highly recommend VENICE the Musical.

Is Your Career Next?

By: Serenity Kirnon

The future of AI is becoming a big topic when people talk about jobs and careers. Artificial intelligence is technology that allows computers to machines to learn from information and perform tasks that usually require human thinking. As technology continues to improve, AI is starting to play a bigger role in many different Industries. Because of all of this, it will likely change the type of jobs people have in skills they need in the future.

Some people worry that AI will replace many jobs. While it is true that certain tasks can now be done by computer and will put many people out of work. AI is more likely to change jobs rather than completely take them away. In many workplaces, AI can help people work faster and more efficiently. For example, businesses can use AI to analyze data, doctors can use it to detect illnesses, and companies can use it to organize large amounts of information. Instead of replacing work, AI often works alongside them to make their jobs easier.

At the same time, AI is also creating new job opportunities. As more companies started using AI technology, they need people who understand how to build, manage, and improve the systems. Careers like software developers, data analysts, and AI Engineers are becoming more common and important. Even jobs that are not directly related to technology may still require workers to understand basic technology and digital tools.

Because of these changes, students today may need to learn different skills for the future job market. Being able to understand technology, solve problems, and adapt to new tools will become very valuable skills. Schools are already starting to focus more on technology and computer science to prepare students for these changes.

Overall, AI will continue to shape the future of jobs. While it may change how some work is done, it will also create new opportunities and careers. For students thinking about their future, learning about technology and staying open to new skills could help them succeed in a world where AI plays a major role. Maybe one of those future careers could even be yours.