

CHRONICLE

NEW REGENTS WEEK FORMAT

by Adam Limoges

This year there has been a major change to the upcoming January Regents schedule. Students will not be attending regular classes at all during the testing days, Monday, January 22 through Thursday, January 25. Only those students taking a Regents test will go to school on their given testing date. Students should be aware that this is not a vacation and that classes will resume on that Friday, January 26, marking the start of the third quarter.

This is different from previous years, when students were still required to attend classes during these days, but for an extended three hour class and with only two clas-

(continued on page 2)

INSIDE THIS ISSUE:

<i>Votech Internships</i>	3
<i>Editorial Pages</i>	5-7
<i>Reviews</i>	8-10
<i>Dance, Dance, Dance</i>	15
<i>Clubs</i>	16-17
<i>Profiles</i>	20-23
<i>Sports</i>	24-26

MORATORIUM ON SCHOOL TRIPS LIFTED

by Mackenzie Julien

64% of Americans never leave the United States. And while APHS had been offering international trips to students for years, exposing them to traveling and learning all at the same time, the Averill Park School Board placed a moratorium last year on international and certain field trips. This recently changed, however, as the School Board has approved an international trip to Italy, set to take off during April Break 2019, as well as approving the 11th grade trip to Washington, DC and two Algonquin trips to Canada, seemingly opening the way for more trips to be approved.

“As a capstone ex-



perience for language students, the value of international travel cannot be overstated,” said language teach-

er Mrs. Caruso, who has previously chaperoned trips to Canada, Spain, France and Costa Rica, among others. English teacher Mrs. Gaboury, who has taken students to Spain and Costa Rica in the past, said, “I’m glad that we’ll be able to...because field trips enrich what we teach and provide more life experiences and opportunities for kids.”

The new Italy trip is expected to be both educational and fun, allowing students to learn both the history and the culture of the area in addition to Italian science and art. As Dr. Perry, an adviser of the trip, said, “You get immersed in history even as you’re just driving around the country.”

(continued on page 2)

PREPPING FOR LEADERSHIP STUDENTS ATTEND LOCAL CONFERENCE

by Gabrielle Skiba

Nine Averill Park Student Government members attended the Suburban Council Leadership Conference on November 14. Columbia High School hosted the event at The College of Saint Rose, and brought in world renowned speakers. They also had multiple group activities planned for us to participate in. The conference focused on “Understanding Obstacles



Within Leadership,” which was talked about in depth by many of the speakers. They did a great job reinforcing how

important the role of leadership is, and how we can use those skills to better our community.

The conference started at 8:00 a.m. and ended at around 1:30 p.m. When the students who attended the conference arrived, which included Jane Adams, Delaney Burton, Ben Ferlito, Vito Geraci, Adam Limoges, Lauren Meyers, Destiny Pettis, Abby Vandenberg and

(continued on page 4)

Toys For Tots Underway

by Isabella LaFreniere

Averill Park High School Student Government, along with Algonquin Middle School's Student Council, are working with Toys for Tots from now until December 15. Members of the high school can drop off new, unwrapped toys in collection boxes. These toys will be distributed to less-



fortunate kids in the community. The APHS Student Government is hoping to fill up a school bus with our donations.

Toys for Tots is a not-for-profit charity run by the U.S Marine Corps Reserve. As of 2016, the Toys for Tots Program and Foundation have collected more than 512 million toys.

"I love donating to Toys For Tots, because it's a great way to get involved in your local community and make a difference. It feels good knowing I helped someone have a better Christmas," said sophomore Madeline Balga.

The annual Toys for Tots collection is in memory of APHS student Abigail Dutcher who passed away December 9, 2012.

All donations can be given at any school, APCSD Transportation Department, or to the school bus parked by the high school at all JV and Varsity home games. Any and all donations are appreciated.

TRIPS (CONTINUED FROM PAGE 1)

The academic benefit of the trip was a huge part of the Averill Park School Board's approval. The president of the school board Peter Schaefer said "The AP BOE is pleased to support an international cultural experience in Italy for the students. We hope to hear about how the trip will have expanded their horizons." This trip will bring students to cities throughout Italy and to many major attractions including the Leaning Tower of Pisa and the Grand Canal in Venice.

The company EF (Education First) is running the tour around Italy. The school and the chaperones have used this tour company before and have gotten all positive results. The tour company creates great prices for the value of the tour; as Perry said, "it's a fantastic price for what you get... I've

been trying to figure out how EF does it, but the quality of the hotels and everything that we do, I don't know how they do it." The total price for the trip to Italy is about \$3000 all inclusive, making it expensive but much more affordable than if an entire family was to go on a European adventure.

Students will visit five cities within nine days for this specific trip, making a grand tour of northern Italy. The guide leading the group of travelers has worked with both of the chaperones on previous trips, is a native speaker of Italian, and is great friends with both Perry and Mrs. Bailey, the other trip coordinator. She has guided the Italy tour every time the school has gone and has gotten nothing but positive reviews from both students and others who went on the trip.

Students who have

gone on previous trips rarely regret it and often speak of the benefits. APHS graduate Sydney Julien said "I got to experience the culture that I wouldn't have been able to otherwise. Trips abroad are expensive, but luckily I got to take one with the school." She also said it greatly improved her language skills and her strength in foreign interactions. Travelers that attended the most recent trip to Costa Rica were also very pleased with their experiences abroad.

Now that the AP Board of Education has started reinstating international and field trips, possibly on a case-by-case basis, more of these trips may be put in place, allowing for more students from Averill Park to leave the area and explore the world around them.

REGENTS WEEK (CONTINUED FROM PAGE 1)

ses each day. Prior to that schedule for the January Regents, students had received those days off for decades, according to school Principal Mrs. Tsao.

This schedule will be used as a pilot this year. After the Regents it will be assessed and a decision will be made on whether it was beneficial for faculty and students. This change was made for a multitude of reasons. First, it allows students who take the January Regents more time to prepare for their tests. Second, it keeps those students from having to miss class time to take their test. Many teachers would conduct their midterm exams during this period of time, so a student who took a Regents might have had to miss their midterm exam for a test under the most recent system. Third, it allows teachers to regroup and prepare them-

selves for the second semester. Recently, New York State has shifted to new standards. These include the Next Generation Standards (NGS) for ELA, math, and science, and the new Social Studies frameworks. Tsao stated that, "teachers haven't had a lot of time to look at the curricula and see what changes need to be made." Finally, it also allows students who are not taking any tests to "recharge" and prepare for the upcoming semester. All of these issues brought attention to the class schedule for the Regents in January and eventually caused the temporary change to be made.

To make this change, a proposal was sent out to the district office. This includes the Superintendent, the Assistant Superintendent for Instruction, and the Assistant Superintendent for Business. The proposal encom-

passed the ideas of what the school wanted to do with that specific week, the benefits of changing it, and how that all ties in with the district goals. After that, the change was shown to the Board of Education at one of their retreats, where the administration and Board collaborate on future plans for the year. The Board of Education must then approve of any calendar changes.

All in all, this new schedule was made to allow students to reflect on the first semester and finds ways to make the second one better. It should not be viewed as a time for vacation, as this might cause the previous schedule to be reinstated after they assess the change. This change was also made to give teachers the ability to take time and review the new curricula that have been instituted by the state.

THE FIRST STEP OF MANY: AN INTERNSHIP EXPERIENCE

by Ruthann Flick

The Questar III program, referred to as a sister school in reference to Averill Park High School, provides trade experiences to those senior students who are considering a trade as a possible career option in the future. They cover a range of different fields, including cosmetology, aviation, construction, culinary and many others. The students that go through the program gain valuable knowledge of a specific trade and use those skills in their future careers after high school.

Recently, some of the VOTEC students were lucky enough to have the opportunity to go on an internship in a desired field, which would further add to the experience they were gaining from the program. Although not

everyone got to go on an internship at this time, everyone who did had a great experience. Matthew Dickson, part

was one week long and immersed the students in a real-world job site, in which they got to work alongside sea-

hands-on experience." The students who went were excused from all other classes for a week while they were on the job, leaving them to focus on their internship experience.



of the IT program, said, "they treat you with respect and they make sure you are having the best experience."

The internship itself

soned employees who were there to mentor them. Zachary Pawlows, part of the HVAC program, said, "I was able to learn a lot and get a good

All of the students who went on these internships got to choose between a variety of internships that had to do with the program they are currently involved in. Matt Beckwith, who is a part of the construction tech program said, "I could choose from masonry, carpentry and most residential jobs." There were choices, so if one thing didn't sound like something you were interested in, you could go with something different instead.

As a result of these internships, the students in the VOTEC program gained

(continued on page 4)

APHS STUDENTS TO PERFORM FUNDRAISER A SHOWCASE FOR NEW HORIZONS

by Ryan Gutheil

The New Horizons Club at Averill Park is hosting its second annual talent show. The show will take place on December 15 at 6 pm in the APHS Auditorium.

Though there will be many talents on display, the most important aspect of this show is the money it will raise. All proceeds will go to the support of Averill Park's sister school in the Dominican Republic. The New Horizons School, situated in Montellano, provides education and meals to children in poverty. Funds raised by the New Horizons Club go directly to our sister school.

Just one dollar allows one student to attend the school for one day. Without this

\$1,700 at this event, its largest fundraiser of the year. Attendance is encouraged for

students are very talented, and the club is glad that they can host this event. Seniors



Adam Johnson and Krissi Schaefer will serve as the MCs.

In addition to the show, there will be refreshments sold and a painting for auction.

This event is crucial to the future of the New Horizons School. If the school members and the community come out to support this great cause, the school will continue to achieve its mission of nurturance and education.

school, the children would be malnourished and would lack any form of education.

Last year, the New Horizons Club raised over

all students, faculty, and community members.

There will be a variety of musical acts, in addition to a few other skills. All of the

LEADERSHIP (CONTINUED FROM PAGE 1)

myself, there were tables set up with bagels, fruit, etc. for us to eat if we were hungry.

At 8:30 the first speaker, the superintendent of Columbia Central School, Jeffrey Simons, spoke about leadership throughout his school and how he encouraged it in his students. Following was the assistant superintendent, James Mchugh, who also emphasized on the importance of leadership.

After they spoke, the keynote speakers, Tom Murphy and Rick Yarosh, had a different approach in talking about leadership. They shared their personal experiences and how one moment changed their lives forever. They were speaking on behalf of the company Sweethearts and Heroes, which is a group of motivational speakers who educate people about bullying within schools. All of the Averill Park field trip attendees agreed that their speeches were truly inspirational and touched our hearts on a level all its own.

We had a short break after the keynote speakers, after which a woman by the name of Sujata N Chaudhry, who is the founder and CEO of the company Tangible Development, spoke. She talked briefly about her personal experiences and how they have

made her the person she is today.

We all agreed that the speakers were so inspirational and have changed our way of thinking. One student,



sophomore Delaney Burton, stated, "My favorite part of the field trip was the speakers. They really explained in depth how much of a difference a person like me could make on the world, by just being a leader."

Another student, sophomore Lauren Meyers, agreed by saying, "My favorite part was the guest speakers; they all had interesting backgrounds and stories with important messages."

At around 11 am we participated in activities called breakout sessions. All of the students from schools in the Suburban Council attending the conference were divided into three groups.

The first group went

to the first station. They stayed in the conference center where they answered some leadership questions and learned what other schools were doing to encour-

age leadership.

Group two was taken to the second station located in the St. Joseph's Chapel where there was a team-building activity. You had to work with a whole group of different people from different schools to get the task done.

The last group went to station three, which was in the symposium, where they created vision boards.

After ten minutes, each group would switch and move to the next station. This was a very fun and insightful thing to do because it brought leaders from all over the Suburban Council together. Burton said, "In our activity I got the chance to meet people from different schools and

different grades. We got the chance to work together to finish the challenge. I also got a better chance to know the people from my own school and their thoughts on being a leader." After the breakout sessions, the Suburban Leadership Conference provided us with lunch at the Saint Rose dining hall.

There were many important messages that we all took away from this conference and will use to better our community. Sophomore Adam Limoges said, "The most important message I took away from the conference was in order to lead, do it by example. This can impact my community by showing them the correct way to do things." The speakers talked a lot about leading by example and to make good choices. Meyers thought about the breakout sessions and said, "The most important message I took away was being able to work with groups, and being able to efficiently communicate with others is very important for being successful in the future."

I think we can all agree with Meyers, Limoges, and Burton that leadership is very important in helping our community. Going to this conference really opened our eyes and mind to the fact that leaders are important, and we need them to show us the right decisions to make. This conference definitely helped us in learning that, yes, it is hard to be a leader, but we can overcome the challenges that come with it and better our society.

**We Want
Your IDEAS**

The Averill Park Chronicle wants your story ideas. Send them to any Journalism Club member, or to Mr. Strich, The Chronicle's advisor.

INTERNSHIPS (CONTINUED FROM PAGE 3)

valuable life experience that they will take with them when they graduate and enter the workforce next year. All of them will go on an internship

and all of them would recommend doing that if given the chance to do the same. As Peter Flick from the HVAC program stated, "hop onto

any opportunity that is handed to you, because you miss all the shots you don't take."

EDITORIAL PAGES

SCHOOL UNIFORMS SEEM LIKE A GOOD IDEA

by Amanda Finelli

Dragging myself out of bed in the morning to get ready for school is always a struggle. In a short period of time I have to take a shower, dry my hair, brush my teeth, put some makeup on, and finally figure out what to wear. When it comes to picking out an outfit, not only is it time consuming, but it's also slightly stressful. It can be difficult to find something that is warm enough during the winter or cool enough during the summer, something that will look nice and match well and, of course, something that is acceptable under the school dress code.

The topic of stu-



dents wearing uniforms to school is typically very controversial. But to me, uniforms don't seem very bad at all. I believe that school uniforms could be a very positive and helpful addition to most schools. Although many would disagree, there is a sufficient amount of research showing that school uniforms could be very beneficial.

Some students or parents may question this proposal right away. What could be positive about wearing a school uniform? However, there are actually many benefits of uniforms. They would lessen the pressure on students, eliminating the stressful decisions of what to wear and how to wear it.

These uniforms could also avoid any self-confidence issues for those who may not own certain clothing brands which they often see their peers wearing. Also, bullying over clothing brands could be avoided.

In addition, without students needing to choose an outfit of their own, they

(continued on page 6)

The Averill Park Chronicle and its staff are protected by, and bound to, the principles of the First Amendment and other protections and limitations afforded by the Constitution and the various court decisions implementing those principles.

While *The Averill Park Chronicle* does accept outside article submissions, each submitted piece must be reviewed by the newspaper advisor and club editors. *The Averill Park Chronicle* will also accept signed letters to the editor and guest editorials.

Photos are used by permission, or are fair use from the internet. All are expressly for educational purposes.

The content of *The Averill Park Chronicle* represents the views of the students and editors and not school officials.

Editors:

- Jessica Beskid (Features)
- Ryan Gutheil (News)
- Lilly Kronau (Profiles)
- Kyle Reasor (Sports)
- Carley Salerno (Editorials/Reviews)

Advisor: Mr. Strich

YOU'RE WEARING THAT?

by Lilly Kronau

Have you ever walked down the hallway wondering what exactly your teacher is wearing? Or why they thought buying that shirt was a good idea? Averill Park High School happens to employ some of these very teachers: the ones who walk down our halls every morning each wearing their own unique outfit. Each teacher seems to have a special type of clothing that speaks to them, but the students are the ones who get to see each and every one. This can be both a good



and bad thing for one reason: a teacher's clothing can say a lot about them.

There's this one teacher who comes into school every morning in a suit and tie ready to start the day. He always has a smile on his face, which puts the student body in a good mood. Honestly, I believe that every teacher should exude that cheeriness, because just by wearing a suit he seems more prepared, and as if he wants to teach.

This next teacher may always be prepared, but is also so predictable. He happens to be one of the funniest I have ever met, but he never changes his look. He wears the same pants-to-

sweater ratio every day, which imposes an impression that he is boring. This is actually quite untrue, but his plain color palette and predictability takes a toll on the student's opinion of him. They believe he is mean, boring, and unwilling for fun. This teacher must spice it up a bit or his reputation will never change. I can predict what this teacher will wear everyday based on just seeing him once, but his personality is quite different from his clothing, which provides a contradicting situation.

(continued on page 7)

EDITORIAL PAGES

IS IT A SPORT? OF COURSE IT IS!

by Isabel Morris

“Cheerleading is not a sport.” “Cheerleading is easy.” “I can do everything that a cheerleader can do.” Any football player, baseball player, or basketball player would defensively come back at anyone with 100 reasons why what *they* play is a sport. So why would anyone feel the need to bash a cheerleader for doing the same thing? Whether it's because a cheerleader isn't called a “cheerleading player”, or because we throw people into the air instead of balls, the question of if cheerleading is a sport needs to be answered.

When a cheerleader does support their statement that it is indeed a sport, many people respond with “only the *good* kind, not high school cheerleading.” However, cheerleading all lies under the

same basis. Jumping, tumbling, and stunting are the three main components of cheerleading. The only differ-



ence between the two is that high school cheerleaders do routines at football and basketball games, while competitive cheerleaders do routines

at competitions.

Many people believe that cheerleading is not a sport because most only

athletes.” They don't realize the amount of practice time needed to get those cheers in sync and to do them to the best of their ability. Along with cheering on the sidelines for their school teams, many cheer squads compete in very difficult competitions against other talented teams to show off their athleticism. The NCAA and high school organizations do not yet consider cheerleading a sport, but there are many different reasons why they should.

To consider an activity a sport, there are rules and regulations that it must fulfill. The first rule is that the sport must have physical activity involving a mass being propelled into the air or overcoming the resistance of another mass. In cheerleading this is called stunting, or throwing cheer-

(continued on page 7)

SCHOOL UNIFORMS (CONTINUED FROM PAGE 5)

would gain much more time in the morning; therefore, they would not have to rush around the house, skip breakfast, or end up late to school. It could be as much as a 20 minute time difference for some students.

Most schools also have many dress code infractions, resulting in a student having to change his or her clothing. With school uniforms, these dress code problems would be non-existent. A decrease in distractions caused by what another student is wearing would be an-

other result. A school uniform could be simple and comfortable, and for some schools, it could even increase the school pride that they have been lacking.

Those who disagree with the concept of students wearing school uniforms do not have clear reasoning. Most could argue that school uniforms would be taking away the individuality and diversity of students by taking away of their choice of clothing. However, students would still be able to choose their own outfits for activities out-

side of school, and while in school they could have their own accessories. Some also believe that uniforms would be difficult to enforce in school. The solution to this could be as simple as explaining the many positive outcomes of uniforms and coming to an agreement with students as to need design of the uniform. Many also argue that this could be a costly idea for some non-wealthy families. These families could simply talk to the administration about the problem and work out a solution. Fortu-

nately, all of these negative results do have positive solutions.

Taken together, uniforms would be a beneficial addition to schools. In aspects such as stress relief, increased preparation time in the mornings, self confidence boosts, and avoidance of reoccurring dress code problems, uniforms would have extremely positive effects on student life. Sometimes change is good, but in regards to this concept, change would be great.

EDITORIAL PAGES

You're Wearing That? (continued from page 5)

Unfortunately, students judge a book by its cover, just as they judge a teacher by what they wear.

Averill Park is also home to the old fashioned teachers – the ones who try to “bring back” a generation of clothing. There are two who happen to come to mind, and they both brought back different decades. There is a teacher who wears shirts that are two times too big and it reminds me of a 90's throw-back every time I see this teacher. All I have to say is I'm just glad they are not wearing shirts that are two sizes too small, because that would be a sight no one would want to see.

Another teacher believes sweater vests are the way to go everyday, which I promise you it is not. This teacher wears them like it is everything, and I wonder why this teacher won't come join the 21st century. Both of these teachers traveled back in time to different decades, but they have not brought any trends back.

Although some teachers dress way back, others attempt to dress a little

younger than they actually are. There is this one teacher who wears scandalous shirts almost every day and it is not appealing to those trying to



learn from her. I can barely take seeing my fellow classmates' stomachs; I do not need to see my teachers'. This teacher needs to save her more scandalous clothing for a more appropriate time other than school, please.

Another teacher is quite similar in years with us and she dresses perfectly to match her age. She is both sophisticated and fun while being an excellent teacher. She comes to school every

day dressed appropriately. She may be young, but she does not overstep any boundaries.

Another teacher dresses based on her emotions! If she is feeling sad she wears darker clothing, while when she is happy she wears colorful clothing. Although it is quirky, it suits this teacher's personality well and it is also an easy way to know if you should bother her or not that day. Usually, might I add, she is in a good mood.

One of my favorite teachers is our most kind-hearted and down to earth (literally) one, because she wears clothing like no other teacher. Her style is quite her own because it truly embodies who she is. It is very natural, and earthy, but it maintains a formal teacher-look as well. Her pants are flowy and her shirts are too, but she dresses them up with beautiful jewelry. This look is very

welcoming and students are already excited for her class before even meeting her.

Averill Park also has the physical education teachers who dress in more “comfortable” clothing, but they still look presentable when they come to school. Although they dress down, the students expect it from their gym teachers; I mean they are playing dodgeball and it's hard to do that in a suit (haha).

Out of the entire staff not one teacher wears sweatpants to school, which says something great about our school. The teachers do care how they look, even if some may be a tad outdated or frivolous. What teachers wear is something we cannot change (even if it is bad). The important thing is that all teachers at Averill Park High School want to teach us and improve our knowledge. However, it would be nice if they listened to some of these observations because they're truly how we look at each and every one of you.

CHEERLEADING (CONTINUED FROM PAGE 6)

leaders into the air and catching them. The second rule is competing against an opponent. Cheer squads often travel quite far to compete against other cheerleading teams. Rule number three is that there must be rules to define time, space, and that a winner must be declared. As for time, a cheerleading routine is exactly 2 minutes and

30 seconds long. Any routine under or over the time limit is disqualified. During the routine, all members of the squad must stay within an allotted space called the “cheer mat” or the team is penalized. At the end of every competition, each team receives a score sheet. This score sheet shows the points you've earned or lost depend-

ing on how well the team performed. The final requirement is that the sport must give recognition to the athletes. This is true for cheerleading, because cheer competitions such as NCA and Worlds in Texas and Florida are aired on ESPN.

Not only is cheerleading a sport, as it requires skill and practice time, but it

is much more than that. One of cheer's purposes is to support your fellow school sports team, and to bring school spirit to games and pep rallies. So, cheerleading is arguably one of the most important high school sports, and should be considered as such by the NCAA.

REVIEWS

IN A WORD, IT WAS...WONDERFUL OFF BROADWAY PLAYERS' PERFORM HOLIDAY CLASSIC

by Abby Vandenburg

Members of OBP, the Off Broadway Players at APHS, performed the holiday classic *It's A Wonderful Life* just in time to kick off the beginning of the long-awaited holiday season. This production had been in the workings since June, culminating in three shows held on November 17 and 18.

In this delightful classic, George Bailey (Cole Swahlan) is reminded of his purpose by his guardian angel (Sam Legenbauer). Through the play, the audience sees the story of Bailey's life: his wife (Kate Happy), his nemesis (Connor Hosley) and everyone in between.

The unique cast of this show added to the heartfelt charisma. Included in this fall's audition cuts were students from Algonquin Middle School, and even a student from Miller Hill Elementary, Judy Maineville, a second grader. But, let's not forget the faculty members that played perhaps the most important roles - those of Mr. Potter's henchman, Mr. Bishop, Mrs. Medici, and Mrs. Apelanz didn't have to say a word to make their presence on stage distinguishable and enjoyable.

The effort and dedication these OBP students put into their show is incredible. These students seem to do the impossible. They stay after school for rehearsals until sometimes 6:30 at night, and simultaneously excel academically. The same commitment goes for the directors, Mrs. Caton and Mr. Ko-



Back row: Sam Legenbauer, Lydia Murphy, Joe Manfred, Gabby Romano, and Jasmine Sager; Front row: leads Kate Happy and Cole Swahlan

zowski. Kozlowski, a recent APHS graduate, is a k-12 instructional substitute, while Caton is a new faculty member at Averill Park, teaching theatre classes at the high school and directing as well as advising the OBP club.

"I love working with actors that are willing to stretch, trying out nuances about character and process that may be new to them," said the director, specifying that Connor Hosley, who

the hard work of the staff and crew behind the curtain. Between costumes, lighting, sound, and set design, there is no work left undone by the talented students and staff of OBP. Anya Philistin, a sophomore and member of set design and stage crew said, "We are like one big dysfunctional family." She said the production required a lot of teamwork, but at the end of show weekend, it felt amazing to see all that they'd accomplished.

When asked what OBP has in store for the rest of the year Mrs. Caton said,



Cast and Crew of *It's A Wonderful Life*



Lead Cole Swahlan who played George Bailey; it was Cole's first time on stage

played the role of villainous Mr. Potter, did just that, adopting his character early on.

This play could not have gone on without

"Productions are always based upon available talent. Early on, we look at the qualities and availability of a potential cast and then formulate from there. Stay tuned - more to come!" For instance, you could star in the next OBP show, or simply support the program by being one of their honored audience members at the upcoming "Winter One Acts" productions.

REVIEWS

YOU'RE GETTING SLEEPY...VERY SLEEPY COMIC HYPNOTIST MAKES A BELIEVER OUT OF MANY

by Lauren Harland

"I can guarantee you that everyone in this room has been hypnotized during their lifetime without even realizing," said Michael Ray, the comic hypnotist who visits Averill Park each year, addressing the crowd. He was referring to "car hypnosis", in which you are driving and suddenly cannot remember how you got from point A to point B, or to daydreaming, in

like to have someone else control you." Many other students from the crowd volunteered to be hypnotized as well.

Once the students were successfully hypnotized, Ray put on an engaging show full of comical plots. These included students slow dancing with mps, crying over not being able to watch Spongebob, forgetting how to count to ten, and even listening to music that they believed to be



which you become so engrossed in your thoughts that you become oblivious to the world around you. For some students in the audience, through, hypnotism was then taken to a new level.

When Ray asked for volunteers from the audience, sophomore Lauren Meyers eagerly raised her hand. "I've been going to the hypnotist show for the last few years and have always wanted to try it," Meyers reasoned. "It's always looked really fun and I wanted to know what it was

coming out of their shoes. Mackenzie Julien, a sophomore, added, "It was really exciting to watch. The fact that I knew everyone on stage made it that much more fun to see how they acted when they couldn't really control themselves."

At the end of the show when Ray finally snapped everyone out of their trance, Meyers and Averill Park senior and hypnotist volunteer Claudia Stay both agreed it felt as if they had been lucid dreaming. "The



hypnotist made everything feel real," Stay explained. "When he told us to sleep I remember closing my eyes and falling. I could hear everything that was going on but I couldn't open my eyes and I couldn't move." Both volunteers admitted that they felt disoriented and confused for hours afterwards, almost as if they had "just woken up from a nap."

Even so, Meyers can confidently say that she has no regrets. "I would definitely recommend volunteering for next year's hypnotist show for anyone looking for a good time, and would absolutely do it again." For any skeptics who are unsure of Ray's ability to control the emotions of the volunteers, Meyers assures, "Hypnotism is real."



REVIEWS

A MUSICAL EXTRAVAGANZA WINTER CONCERT SHOWCASES FIVE ENSEMBLES

by Hannah Ryan

The APHS Winter Concert featuring the high school orchestra, concert band, jazz band, treble choir, and concert choir kicked off another successful year for the music program. Held on November 29, the concert consisted of beautifully executed songs by each ensemble, making it a wonderful show for the audience.

The first act was the concert band, which performed three pieces, all con-

ducted by music director Michael Blostein. The first piece was titled "To Challenge the Sky and Heavens Above." This song consisted of three melodies, two of which played at the same time, making the piece more complex. There was a bursting fanfare that split the song's intense melodies. There was also a wonderful oboe and bassoon duet performed by Joanie Quinones and Allie Film, respectively, in the number.

The next perform-

ance was done by the concert choir. The choir was conducted by Sarah Christy. They began with the piece "Gloria". This tune, rather familiar as it is commonly sung by choirs, was very joyous and had a sunny feeling. Following "Gloria" was the Scottish folk song "The Water is Wide." The piece was elegant and included beautiful harmonies by the four sections in the choir.

The next song was very different from the first two. The tune titled "Chindia" was a very vibrant song. It includes many articulated sounds sung by the choir instead of words. The piece was very captivating and executed nicely. The final piece sung by

"Concerto in D minor." This piece was a great way to kick off the orchestra's performance with nice melodies played by the higher ranged violins accompanied



All photos courtesy of Mrs. Shellie Asher Ware

the choir was "The Christmas Song", which you may know as the "chestnuts roasting" song. It was an excellent choice for the holiday concert and really brought out the amazing voices and tones that make up the choir that night. Overall, it was a diverse and lovely performance by the concert choir.

by the soothing bass line played by the cellos and bass. The second song, "Nordic Waltzes," was an excellent song with some bittersweet undertones in the melody. It was originally written as a Swedish dance in the 1700's, but still wowed the crowd in 2017. The song that concluded

the orchestra's segment of the concert was like the other two performances, a



The third group to perform was the orchestra, also conducted by Blostein. The first song was titled

the orchestra's segment of the concert was like the other two performances, a

(continued on page 12)

SURVEY SAYS: TWO TEACHERS, TWO INTERVIEWS



by Jessica Beskid

For this column, I sit down with two faculty members of different ages and subjects, and ask them the same set of questions. The two teachers that this prestigious and distinguished honor has been bestowed upon for this edition are Ms. Freeman (Math) and Mr. Kaedy (Social Studies)!

If you had to teach another subject besides your own, which would you pick?

Freeman: "I think that a cooking class would be fun. I could definitely see myself teaching a culinary arts class."

Kaedy: "Definitely English, without a question."

What hobbies and interests do you have outside of the classroom?

Freeman: "I took a pottery class this year which I enjoyed very much. I am also a big fan of rugby and Brazilian jiu-jitsu. Additionally, I have been decorating cookies lately which is a lot of fun."

Kaedy: "I have lots of hobbies, for example, biking, kayaking, and fishing."

How were your grades in school?

Freeman: "I tried my best to be a good student. I was in the top 6% of my class."

Kaedy: "In high school my grades were relatively av-

For example, today I learned how to be a good parent."

What was the last good book you read?

Freeman: "The Innovators by Walter Isaacson, which was suggested to me by Mr. Reddy."

Kaedy: "I just finished the

Kaedy: "I would say trust. It is very important that I can trust my students."

If you got to start over and be something other than a teacher, what would you be?

Freeman: "I would have to say an engineer, because they apply math to everyday problems. Also, they don't have to do calculus for the rest of their life."

Kaedy: "Probably something in the fields of health and fitness, because that is what I would like to pursue after my teaching career."



erage, but then in college they got progressively better and I got a lot of A's."

Is there anything that your students have taught you?

Freeman: "They have taught me that you don't always have to be serious, and that if I'm having fun while teaching they will have more fun, too."

Kaedy: "They teach me something new every day.

book titled God Is Not Great by Christopher Hitchens. It was basically about how religion has sabotaged everything. It was very interesting."

What character trait do you value most in a student?

Freeman: "It is important that students are willing to take chances and possibly make a mistake for the opportunity to learn."

**Look for
issues of
The
Chronicle
on-line!**

**Go to the APHS
webpage on the
APHS District
website at averillpark.k12.ny.us/aphs
and click on
"Student Parent
Resources." Then
c l i c k o n
"Newsletters."**

-In Color-

CLEANING UP!

FOLLOWING A NIGHT CUSTODIAN REVEALS MUCH

by Fiona Carroll

It's taken me two or three weeks to track down Erica—the janitor who I am supposed to be shadowing. I sit down in the seat by the door to their room by the loading dock, listening to their confusing chatter. I am astounded by the amount of scheduling janitors must do. They have a binder of logs, and constantly get news of new events on the computer.

The janitors go on talking for a good ten minutes, trying to figure out where a yellow folding barrier went so they can use it for the play over the weekend. Unbeknownst to them, it was moved to the Crooked Lake House for Ed Gala. Then they start discussing where the basketball hoops need to be lowered to for an evening basketball game. It is a scheduling nightmare.

In a temporary lull in

the conversation, one janitor tells me about cleaning the locker rooms. He talks about



how dirty they are, musing at how people could lose so much clothing. "There are hundreds of dollars of clothes (there)," he says.

After about a half an

hour of scheduling, Erica leads me to her custodial room with a custodian's cart, various cleaning supplies, and a small sink. On the way there, she diverts from the path to her closet, saying, "I do want to check out the library to see how much food is in there." She explains that recently, the library has

been a huge mess. The kids who eat lunch in there drop food all over the floor, and the janitors have to clean it up. Because the janitorial staff consists of only two full-

time employees, it is very difficult for them to get everything done that they need to in time, let alone deal with extra unforeseen problems.

When we get there, Erica gets her janitor's cart, and we head to the district office to begin the long process of cleaning the school.

To clean the school, the janitors divide and conquer. Each janitor has 'their' section of the school. Erica's section includes the main office, guidance, the nurse, the district office, and the 300s hallway by the bus atrium, not to mention all of the classrooms within the hallway. "It doesn't look like a lot, but lemme' tell you, it is," says Erica.

In every single classroom and office, Erica must take out the trash, empty the pencil sharpeners,

(continued on page 13)

MUSIC (CONTINUED FROM PAGE 10)

Christmas song. They chose to play "Rudolph, the Red Nosed Reindeer," which was a crowd pleaser. The traditional and fun Christmas song was just as entertaining to listen to as the movie is to watch every year during the

holidays. The orchestra did a fantastic job on the piece.

The treble choir, also conducted by Christy, followed the orchestra with several pieces. One of them was a more modern Christmas tune, "Winter Song" by

Sara Bareilles and Ingrid Michaelson. The two pop singers came together and wrote a song that was wonderfully covered by the choir. The song featured an amazing solo done by sophomore Anna

D'Arcangelis whose beautiful voice contributed greatly to the song. That was just one of the many pleasant songs done by the treble choir.

(continued on page 22)



HELPING OTHERS BE THEIR “BEST”

STUDENTS VOLUNTEER AT LOCAL TUTORING PROGRAM

by Lilly Kronau

Whether you are a straight-A student or are failing a couple of classes, school work manages to catch up to you, making your life very stressful. The truth is, everyone can use some help no matter your grades. Many students struggle with homework, organizational skills, and studying, which is why some of our teachers decided to start a program to help tutor students.

Mrs. Bush, a former teacher, and Mrs. Southard, a retired teacher, started BEST in 2011 with the aim to assist students in all subjects. When our school budget cut out late buses, many students could no longer stay after for help with a teacher, which is when Bush started BEST.

BEST is an acronym and stands for “Bringing Educators and Students Together.” Bush’s goal was to bring our community of teachers and students together to learn and obtain help on needed assignments. They meet every Tuesday from 4-7 at the Sand Lake Library, and can tutor from Science to English and everything in-between. This program is free to all families in hopes

that it is as accessible to as many students as possible.

Although the program is offered to grades three through ten, older students are always welcome to come and get help. Also, the program is completely voluntary for both the teachers and

ers can come as they retire and students may join in their free time. Bush also loves how it gets people involved in the library, which some people even donate money to. One tutor, Megan Keeler, said, “I’ve been here for a year and a half and I think it is a great service

One student, Rachel Martin, has been coming for four years now and says, “BEST helps us get our homework done, and we always do get it done!”

BEST was formed because two teachers missed doing what they did best – helping students. Bush has even been awarded twice for this program by the Upper Hudson Library Association, as volunteer of the year, and by the Averill Park Education Foundation. Her award is hanging up in the Sand Lake Town Library for all to see.

Bush loves the supportive environment and seeing students come back the next year more confident because tutors helped them bring out that inner knowledge they did not know they had. One retired teacher, Mrs. Leith, agreed, saying, “I enjoy being a volunteer and I enjoy helping the kids in the program.”

So, if you find yourself struggling with school, come to one meeting and maybe stay for ten minutes, just to see what it is about. BEST will help you to the “best” of their abilities. School can be challenging and sometimes knowing there is someone out there to help us is all anyone needs.

Best

students, so if you are willing to tutor it is an easy way to gain volunteer hours. Sometimes there is down time where there are no students, which gives the tutors extra time to do homework themselves. You may not want to admit it, but even tutors need help in school, and it is a good time for them to receive it.

Bush said, “I am very happy.” She never knows how each year the program will go, but this year there are computers to help students with online assignments. Other than that, the program grows with the students. She loves how there is no commitment and people may come and go as they please. Teach-

ers for kids, especially when it just clicks.”

Bush’s desire for the future is that the connection that is already partially there between the people continues to grow. She also hopes that the sense of community really is fostered. She also hopes even more students come, even if they are anxious about it, because the tutors are there to help them.

The rewards for this program are stupendous. Other than getting your homework done and studying, tutors make new friends. Another tutor, Abby Vandenberg, said, “Getting outside help while you are younger sets you up for an easier academic experience in high school.”

CLEANING (CONTINUED FROM PAGE 12)

erase the chalk boards and white boards, dust mop (with the big blue caterpillar-like mop) and mop the floors. And that’s just the classrooms. In the hallways, she must dust/mop the floors, and clean off

the tops of the lockers and trims. In the bathrooms, she must scrub the walls of graffiti, put in new soap, toilet paper, and paper towels as needed, and do a general clean. She has to do all of

this by 10 pm. “You can’t keep up”, remarks Erica.

From the scheduling, to the cleaning itself, to the time constraints, being a custodian is far harder than it seems. They do a lot around

the school, and often get little credit for it. So, next time you make a mess, clean it up, and help out the custodians.

HOLA, ¿CÓMO ESTÁS?

STUDENTS ATTEND SPANISH IMMERSION DAY

by Sally Holden

On Wednesday, November 1, eleven Averill Park students attended the Annual Spanish Immersion Day. Averill Park and other schools gather at the Carey Institute for Global Good in Rensselaerville and immerse themselves in the Spanish language and culture. This year it was just Averill Park and Voorheesville, but in the past there's been up to four schools. Students meet mentors from different Spanish speaking countries, and get to hear the variety of accents. This year there were mentors from Puerto Rico, Cuba, and Argentina. This was senior Olivia DuBois' favorite part. "it was a good opportunity to speak Span-

ish with native speakers and get a sense of their use of specific words and how they

America is the lack of real-world experiences. Students may understand grammar



ish speak." One of the most highly criticized things about foreign language classes in

rules and be able to conjugate words, but struggle when in that foreign country. The Span-

ish Immersion Day introduces students to things not usually valued in the classroom or Regents exam, but important in life. Understanding the culture and societal norms of a country is often missed in the classroom. Learning in an interactive environment with new kids is also beneficial. Averill Park senior MaryBeth McDade states, "it was really neat to meet students from other schools and dedicate a whole day to Spanish". Senior Ryan Gutheil also appreciated the variety of students. "It was a great way to practice our Spanish and meet new people." However, the most talked about event of the immersion day was of course, the food. After making skits in Spanish, playing "tutti frutti" (a competitive vocabulary game), and writing creative

(continued on page 20)

PORTFOLIO DAY:

ART STUDENTS GAIN FEEDBACK ON FIELD TRIP

by Henry Crawley

Portfolio Day, held annually by Sage College, is an event where students who are planning to attend school for art get to show off what they've been working on during their high school years. This year's event was held November 9, and I went.

When I first heard about Portfolio Day, I was hesitant on going because, first, I'm only a junior, and second, you are basically asking random people you don't know to decide your fate for the future. I feel like most people in my class felt the same way until they actually got there and realized it's



actually not that scary. When we arrived at

Sage College, fashionably early of course, we checked in and

were able to get a quick tour of the school. The Sage Representative showed us some of the workspaces used by college students to create amazing works of art, as well as Sage's installment of "Paper is Part Of The Picture."

After that it was finally time to have our portfolios reviewed. The room is set up like any old college fair, tables among tables, with somewhat happy college representatives, given that fact that it was in the morning. I personally got some really good feedback on what I'm doing right with

(continued on page 20)

IT WAS A TRUE “SNOW” BALL DANCE

FIRST SNOWFALL OF THE SEASON IMPACTS TURNOUT

by Kyle Reasor

On December 9, the weather outside was frightful, but nevertheless the yearly winter dance at Averill Park High School was held. Fittingly, the Snow Ball dance, which was also known as the Holly Ball, landed on the day with the most snow we've seen this school year. Regardless, the dance was able to celebrate the festivity of the holidays with its Christmas-themed music, decorative designs, and even a prop station where students could take holiday photos.

Students came in to the dance with Christmas-themed ties, sparkling dresses, colorful sweaters, and many other accessories to show their holiday spirit. The dance, sponsored by the Off Broadway Players, was DJ'd by Mr. Engel, and he had the job of providing Christmas and other festive songs for the students.

Even with the festivity of the dance, many

students seemed to have not caught on to the holiday spirit this year. There was a lack of ticket sales compared to dances like Homecoming,

not see as many people show up as I had expected.”

On the other hand, many were not affected by the lack of people, and hardly

the low ticket sales, the holiday spirit was present and provided a great time, which is an important part of a winter-themed dance.

Another notable part of the dance was that it had to be ended an hour early. The dance was originally supposed to end at 10 pm, but it had to be stopped at 9 pm due to the weather conditions outside. Administration made that decision, saying they thought “it would be wisest to stop the dance an hour early to ensure the safety of students, parents, and staff.”

Overall, the Holly Ball was a great time for many. It gave students a chance to celebrate the holidays with their school friends. Students were able to kick off the season in style, and the team who set this up deserves major thanks for creating a great event. The hardworking staff and chaperones of the evening are appreciated for taking time out

of their days to create a memorable experience for all attendees. Happy Holidays!

noticed it. Another junior, Isabella Maddalone, said, “It was really fun to be able to be with my friends and enjoy the holiday spirit all together.”

Even with



and the low participation made for varied reactions from dance attendees. Some were disappointed in the turnout. Junior Wes Doscher said, “It was disappointing to

GEARING UP FOR COMPETITION

ROBOTICS CLUB UP FOR THE CHALLENGE

by Jessica Beskid

The Averill Park Robotics Club meets every day before school, and also after school on Fridays. Faculty members Mr. Duff and Mrs. Clark are the mentors of the club.

This year, the club is made up of five teams, each comprised of three students. Every team has a leader and a designated programmer. These teams design, build and program robots to compete in the VEX 2017-18 game, "In the Zone." They use VEX robotics and program their robots with Robot C.

These teams will participate in three competitions this school year. The first competition will be held at RPI on December 16.

The second competition will be held at Lansingburgh HS on January 27. The third competition will be held at Queensbury HS on February 10. Teams can qualify to



move on to states by doing well in these competitions. States will be held this year at

Onondaga Community College on March 11.



Participating in Robotics Club requires having excellent driving, programming and design skills which can help the team win challenges during the competitions. This year's VEX Competition, "In the Zone", requires teams to stack cones on stationary goals and mobile goals,

and place the mobile goals in zones to score points. Matches are two minutes long. This interval includes a 15-second autonomous period followed by a driver-controlled period. Each match has a red alliance and a blue alliance (two robots make up an alliance). Alliances are created randomly and a series of matches are played to rank all of the participating teams. Then, the top teams select two other teams to join them in the finals. Finals is a knockout tournament and the remaining team will be the winner.

Are the Averill Park High School robotics teams up for the challenge?

LOUDER THAN EVER!

PEP BAND BRINGS ENERGY TO ATHLETIC EVENTS

by Emily Jorden

Though basketball season is just starting off, the Averill Park Pep Band has already been having a great time. This fall the Pep Band played at most of the Friday night football games for the first time since its establishment a few years ago. This is mostly due to their leader, Allie Film, and her effort over the summer to get the band together for practices.

The band has also gained several new members in the last few months, including upcoming freshmen as



well as skilled seniors. Freshman baritone saxophone player Anthony Pastizzo said that he joined pep band because, "It seemed fun and it definite-

ly is because I get to hang out with my friends and play music." Along with a bari sax, Pep Band has gained three new trumpet players from the

freshman class who all show great enthusiasm and volume. From the upper classmen, the band has gained more flutes and clarinets, along with two very exciting additions, a bassist and drummer!

Bassist Lena Kiehl has only been with the band for one game but she has already made a difference, specifically in audience favorite "Seven Nation Army." Along with a bass player, the drummer, Sam Donato, has improved the band's aesthetic and sound. "I've been drum-

(continued on page 17)

PROVIDING SERVICE TO THE COMMUNITY

KEY CLUB KEEPS BUSY HELPING OTHERS

by Hannah Brisee

Key Club is one of the most well-known school clubs in the United States, and Averill Park is lucky to be one of the schools that has such a dynamic and vital club. Key Club is an international student-led organization which provides its members with opportunities to serve the community, build character, and develop leadership.

Mrs. Gaboury and Mr. Brown are the advisors, while John Mulligan is the representative from the Sand Lake Kiwanis. Key Club is led by the following officers: president Katie Rollins, vice president Lily Ainsley, secretary Alaina D'Alleva, and treasurer Hannah Brisee.

This year t we have led the blood drive that was held in October, made dog toys for Mr. and Mrs. Engel, and performed yard work for the parents of recovering junior Grace Powers. We also participated in Kiwanis spaghetti dinners where we served dinner, set up, and took it down at the end. On Veterans Day, Kiwanis had a spaghetti dinner that was free to all Veterans, and many of our Key Clubbers went to help out Kiwanis. They even got to know a few Veterans!

We are also currently participating in The Cinderella Project, where we collect different dresses, suits,

shoes, and purses for anyone who wants one for a special occasion. Similarly, we are currently having a coat drive in the same spot in the library where the dresses are stored.

public. Our club has also volunteered at the local elementary school's scholastic book fair.

In the future, we plan to be involved with Equi-

help others throughout the community. We don't discriminate. Mrs. Gaboury said, "I enjoy seeing my students under a different light when they join Key Club and it makes me honored to be able to make them more aware of our community, as well as bigger international issues."

If anyone ever needs help from dedicated, hard-working high schoolers, we will gladly help. No task is too big or too small. We are also an active Key Club through Kiwanis. This means we have paid the required membership dues to be official.

Key Club is an amazing extra-curricular activity to be able to write on your college application. Doing this club also accumulates a tremendous amount of community service hours for an Economics/Participation in Government class or for National Honor Society. A bigger and deeper meaning, however, is an eternal happiness to those who serve and are made into well-rounded people. There is a meeting after school every Wednesday from 2:20 pm-3 pm in Mrs. Gaboury's room. Stop by and check us out!



If you have coats in good condition, in addition to gloves or scarves, feel free to drop them off to the library or Mrs. Gaboury's room.

For the first time this year, Key Club partnered with the New Horizons Club and participated in Cookie for a Cause. We sold cookies at the Saturday Soccer League to help benefit our sister school in the Dominican Re-

nox, the Pulsera Project, and a clean-up around the school before the snow arrives. We have members who also participate in other clubs, which allows us to spread our aid wherever it is needed. Ideas we had from last year such as a car wash for Mother's Day, or a Dance-a-thon for elementary school kids, are still under discussion.

Our main goal is to

PEP BAND (CONTINUED FROM PAGE 16)

ing for five and a half years now and I'm always on the lookout for more things to do with drumming and this was an option and I joined. Haven't had a regret since," said Donato when asked why he joined the band.

The best part about pep band, according to two-

year member Kristen Thomas is the pregame pizza and fun, but the worst part is, by far, getting up for a 7 am band rehearsal every Tuesday morning. These rehearsals are spent by the band preparing new music which is almost always written by one of the members of the Pep Band. The

two people that have written the most for Pep Band are Film and trombonist/trumpeter Andrew Gorman.

Film has been a member of the band for three years and this is her second year as leader. She also gets help with leading the band from the other leaders, treas-

urer Ryan Gutheil, media director Emily Jaworski, and manager Emily Jorden. Together, they have almost doubled the band's size in the last year, and continually help uphold the Pep Band's job of bringing fun, loud music to Averill Park athletics.

BANANAS

by Samantha Schroeder

What is long and skinny and yellow? It is a healthy snack - a banana! The word banana means fruit of a wise man. Did you know that they also float? Americans eat an average of 27 pounds of bananas per person, every year. You can peel a banana both from the top and from the bottom. Did you know that bananas comes in all different colors? They come in red, green, brown and yellow.

A banana is healthy for you because it protects you from muscle cramps at night and during workouts. If you eat one banana it has 105 calories: you should have two a day.

My favorite banana recipe is banana bread. You can also eat them alone for breakfast or a snack. You can also make fun things like animals out of bananas. You can also make banana cookies or banana pie for dessert.

It is my favorite because I eat it every day in the morning before I go to school. I also like bananas because they are healthy to eat. I also like bananas because I like to eat them before I go to bed or go somewhere.

HUMMUS

by Zephryn Noble

You're having a party and...OH NO! You have no dip. But don't worry, because hummus is here to save the day.

The ingredients in hummus are chickpeas, olive oil, tahini, (a Middle Eastern paste or sauce made from ground sesame seeds), lemon juice, garlic, salt and pepper.

Hummus has a lot of nutritional value; it has health-promoting nutrients, along with vitamin A, calcium, vitamin D, vitamin B12, vitamin C, iron, vitamin B6 and magnesium.

Hummus can be used as a spread or as a dip. Hummus is good for you because it has nutritious values and also you can have it at parties or at little family get-togethers. So the next time you have a party, just think, "since I have heard that hummus is good for the body, maybe I'll get some dip for the chips."

HEALTHY SNACKS...**PRETZELS**

by Kyle Snyder

If you are looking for something quick to eat, pretzels would be a good snack to grab. The pretzel was invented by an Italian monk to reward young children for learning their prayers. Pretzels are healthy because they have a lot of fiber and iron and are low in fat.

You can have either hard or soft pretzels. They come in many different shapes, such as straight sticks, waffles and nuggets.

Pretzels are my favorite because they are tasty and crunchy. You can also have them with chocolate or cheese. And, one of the top companies shares my last name.

CARROTS

by Katelynn Flick

My favorite vegetable is a carrot. Carrots are a root vegetable that come in a couple different colors like purple, black, red white and yellow. The carrot is heart-healthy.

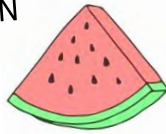
A cool thing about carrots is when you grow them they can grow in different shapes.

Carrots are good in a lot of recipes for breakfast, dessert and dinner/lunch. Carrots are good steamed, grilled and just raw.

More benefits of eating carrots are they are good for your blood sugar, they boost your immune system and are good for keeping your blood pressure down. Carrots are also really good for your eyes.

WATERMELON

by Bridget Mulligan



Do you know what refreshing fruit can float? A watermelon! On a hot summer day I like to have a cold piece of watermelon; do you like it?

A single serving is one cup of cubed melon. One serving is 46 calories, and is high in vitamins A and C. Watermelon contains a lot of water, 1.7g of protein, 21g carbs and 17g of sugar.

You can make smoothies, sorbet and watermelon popsicles. A neat thing that you can do with a watermelon is make a basket and serve fruit in it.

Watermelon is a healthy snack to eat because it has a small amount of sugar. It is a great summer snack and great to include in a fruit salad.

CELERY

by Bethany Brechbill



My favorite healthy snack is celery. I love celery because it is juicy, crispy and very healthy. The other reason I love celery it has only six calories per stalk. It is full of antioxidants, lots of vitamins that include K, C, B2, B6, potassium and folate, and celery has no fat. Celery is rich in electrolytes has a cooling effect on the body, which might help to fight inflammation. Studies have shown celery could help with memory loss and certain cancers.

Celery is used in a lot of ways. It used in tuna and egg salad and macaroni salad. It is also good in stuffing. Celery is also great with chicken wings and to flavor soups.

Celery is my favorite. I love it. Celery is good to eat on a hot day with ranch dressing. Given all these facts I would suggest for people to eat a lot of celery; it is really good.

...FOR HEALTHY PEOPLE

GRANOLA BARS

by Brendan Garrow



Wouldn't you like a good mid-day snack or healthy addition to breakfast? Then you should grab a granola bar.

Some granola bars are healthier than others or have more natural ingredients. Some have more protein than others, and some have more sugar and fat than others. Some are chewy and some are crunchy, and some have frosting and others are made of rolled oats or puffed rice, and honey or other sweeteners such as brown sugar.

There are many different brands of granola bars. Kind granola bars have whole nuts and fruit while Nature Valley granola bars have a honey roasted crunchy side. These two brands come in different flavors.

AVOCADOS

by Katelynn Flick



My favorite berries are avocados! That's right, an avocado is considered a single-seeded berry because it has an outer layer and a middle layer that is soft flesh that covers the pit.

Avocados grow on trees in South Central Mexico. They are good for anti-aging. I like them because my mom really likes avocados so I grew up eating them all the time. I still eat a lot of them today, just like carrots.

Avocados have more potassium than bananas and contain over 20 vitamins and minerals.

Avocados are what you use to make guacamole. You can slice up avocados and put the slices on toast, panini's, or ciabatta to make a healthy sandwich. They are also a good replacement for mayonnaise.

A NEW ADDITION TO THE WELLIVER FAMILY

by Carley Salerno

It may have come to your attention recently that Averill Park's very own Mrs. Welliver - better known by many of her students as Ms. Schaefer - has been absent for the past few weeks. Given her feature in the 'Teachers Who Are Expecting' section of the last edition of the AP Chronicle, it's hardly surprising that Welliver's absence is due to the recent birth of her newborn baby girl, Clara. This recent addition to the Welliver family has kept her busy over the past month, and will continue to do so throughout the rest of the year while Welliver is on maternity leave.

While Welliver was on-schedule and busy preparing for the substitute to take over her classes, Clara seemed to have other ideas. Welliver ended up giving birth

much earlier than expected, leaving her substitute plans partially unfinished. However, Welliver's sub, Ms. Smith, got a handle on the situation very quickly and everything seemed to work out nicely. Smith is taking over for Welliver in many classes, including her English 9 and chick lit courses. However Welliver's new project, the APHS Writing Center, was put on a hiatus while Welliver is on maternity leave. Students enrolled in both of these classes all

seem to miss Welliver already. However, students are all extremely happy about the addition to Welliver's family, and all agree that Smith does a great job filling her shoes.

Both her current students and students from past years have joined together in wishing Welliver the best of luck with her new adventure. Sophomore Lauren Meyers, who was in Welliver's English 9 class last year, said, "Honestly, it's heartbreaking that I won't be able to see her everyday anymore. But

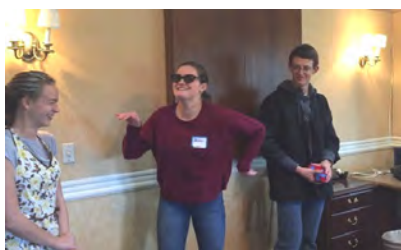
she's going to be an amazing mother and I'm really, really happy for her." Sophomore Mackenzie Julien, who was also in Welliver's English 9 class last year, said, "I'm so, so happy that she's happy." Sophomore Bella LaFreniere, who worked closely with Welliver through Off Broadway Players for many years, said, "It feels so weird to not be able to stop by and say 'hi' whenever I want to now. But I'm so happy for her and I absolutely can't wait to meet Clara."

Welliver has obviously made a lasting impact on all of her students, as they all seem to be incredibly happy for her despite how much they're going to miss her in class this year. So, from all of us here at AP, good luck Mrs. Welliver! We can't wait to have you back again next year!



SPANISH (CONTINUED FROM PAGE 14)

mad-lib type stories in Spanish, participants headed over to the restaurant. Prepared were empanadas, Spanish rice, and a delicious dish containing potatoes, cheese, and onions. For dessert were churros with melted dark chocolate and fruit found in Span-



ish speaking countries. After getting rolled out of the dining hall, students made a final play with props such as cowboy hats and baby clothes. Our only requirement: the play had to be in Spanish. The lack of rules resulted in an abundance of

creativity. From a musical about a sacred "banana verde" to an intense dance competition, everyone enjoyed the Spanish Immersion Day, and all students interviewed said they'd recommend it.

ART (CONTINUED FROM PAGE 14)



my art and what I can improve on.

Even if your "dream college" isn't there, it's always good to explore the wide variety of schools. The whole purpose of Portfolio Day is to get feedback and direction that you definitely want to use in order to get into a good college.



AND YOU THINK YOU'RE TOUGH?

NEW HALL MONITOR HAS SEEN IT ALL

by Bella LaFreniere

This year, the Averill Park halls have welcomed many new faces. One of the friendliest of those faces is Rusty Reed. Reed brings with him experience in virtually everything - a true jack of all trades! Skilled in many diverse areas, all the way from police work to photography. He now joins the Averill Park community as a hall monitor.

Reed was actually born Elvin Reed, a name which used to cause him a bit of trouble. "When I grew up in the fifties, *Alvin and the Chipmunks* was the cartoon that was out, so every time someone in school would meet me they'd say 'Hey Alvin! Where're the rest of the chipmunks?' So I used to get into a lot of fights as a kid." He then went by his nickname Rusty, because of his rust-colored hair (back when he did have hair - his words not mine) to avoid fights.

Reed grew up in Pennsylvania, the youngest of seven. Rusty was actually the first of his family, four brothers and two sisters, to graduate college. "No one thought I'd be the one to succeed. Or, people who knew me years ago would say 'You? You went to college?' They expected me to probably be a failure." However, Reed said he is a survivor, "If you think you can, you can. If you think you can't, you can't. I knew if I was going to make it in my life it would all depend on me."

Reed is a Vietnam Veteran, a former mechanic, and a retiree from several different police jobs. "I was a policeman, peace

officer, safety and security officer for 46 years. I retired from the state in 2003." After that, Rusty went to work for Albany Molecular Research. "I was an armed guard at a Level Four Biohazard Area, and if you know anything about Level Four, you know it's the real-



ly nasty dangerous stuff, like Anthrax."

After ten years there, Reed retired and went back to work for the state police. He's worked there part time for the last four years, until he came to Averill Park. "My job specifically was, when the Governor came in on a helicopter, I had to meet them at the helipad. I had to provide security for them along with the other state police executive security detail."

Originally, Reed applied for School Resource Officer here at school but due to the expiration of his police certification, he opted to become a hall monitor.

Reed also has a photography business. Since he was ten, he has been taking pictures and videos. "It's one of my passions. One of

my other passions is hot peppers, hot and spicy foods," he joked, "I love photography. I do head shots, I do portraits, I do weddings, bat and bar mitzfaahs, and a little bit of landscape photography. A dash of everything. I just like it." If he had to do anything

hospital for four months straight." On top of all that, he's also been run over by a truck, hit in the back of the head with a baseball bat, and lastly had an axe taken to him. "They were all pretty weird. When they happened I thought 'I can't believe this.' But, I'm still here."

Reed has big plans for this summer: a cross country road trip. "A month-long or two month-long road trip to all the national parks I haven't been to. I want to do the Coastal Highway from Washington down to California." His plans include Montana, Nevada, California and many more. However, his ultimate goal is much more ambitious, "I want to do coast to coast in 50 hours on my motorcycle, from the Atlantic Ocean to the Pacific. I don't know if I'd be able to do it. It's straight non-stop on a motorcycle. So that's on my bucket list this summer."

Reed has been married for 46 years and has two kids, 43 and 24 respectively. Another

(continued on page 23)

in his life, it would be photography. "Like I said, it's one of my passions.

"My other passion was being a cop. I loved being a cop. I've worked for probably every police department; from city, state, county, federal - you name it and I've done it in my career."

Alongside his working experience, Reed brings unique and interesting stories. For example, "I've been close to death 13 different times." And he's not kidding, "I've been shot, I've been stabbed, I've been burnt. I've had my Achilles tendon severed by a knife," he shared. "I've actually been shot with a bow and arrow right here (he pointed to the space between his eyebrows, known as the glabella). Almost died of blood poisoning. I've been in the

GET INVOLVED

Join the Averill Park Journalism Club!

The Averill Park Chronicle is looking for writers, editors and photographers. Meetings are held the first Wednesday of each month at 2:20 pm in room 209.

APHS WELCOMES NEW HALL MONITOR

FORMER GRADUATE MOVES INTO NEW POSITION

by Sarah Hemmerle

Students returning to APHS this fall saw many familiar faces, but there were new ones as well. This year we welcome Leslie Berner as a new hall monitor, and even though she's new, she's got a lot in common with many of us.

Berner went to West Sand Lake Elementary, attended Algonquin Middle School and is a former graduate from Averill Park High School. Berner moved back to Averill Park in 2012, and was looking for a job. Working at AP was a perfect fit, because she lives in the area and has an uncle who works for the district.

Even though she began working in September, Berner didn't start off as a



hall monitor. You may have seen her working at the snack bar, in the cafeteria. She

worked there for two months until she saw an opening for the hall monitor position.

Berner liked the benefits of the hall monitor position because she would be able to work longer hours, and as a plus she doesn't have to wear a uniform.

When Berner worked at the snack bar, she got to interact with many of the students. She was able to put a smile on people's faces, and made students feel valued. Berner not only learned everyone's name, but got to know their usual orders as well. Many students appreciated this about her. Her new role as a monitor gives her even more access to get to know the school as a whole.

Being a hall monitor isn't all that easy. Yet all monitors play an important role in our school by providing safety and security. Let's all give Mrs. Berner a warm welcome!

MUSIC (CONTINUED FROM PAGE 12)



Others include "Walk in Jerusalem" and "The Beauty of the Night." The treble choir's performance was very impressive as always.

The jazz band performed four groovy songs that night, starting with one titled "First Time Around". This song, just like the following three, featured multiple solo-

ists. There were great solos played by saxophones, trumpets, guitars, and many other instruments. The jazz band finished with a fun version of "Santa Claus is Coming to Town", a perfect way to end the holiday concert. As mentioned, the song incorporated fantastic solos done by the members of the ensemble.

The solos along with the interesting melody and distinct jazz rhythms made the piece a perfect finish. The jazz ensemble had a wonderful performance overall.

The winter concert was the first concert of the year, which can be stressful. There were great shows done by each ensemble, and fan-

tastic support from the audience, most of whom stayed throughout the entire performance. The teachers and students have worked incredibly hard and improved so much over the course of the first few weeks of the school year. Their hard work and dedication was evident in this holiday concert.



MOVING ON UP: MRS. MACKEY JOINS THE HIGH SCHOOL

by Xander Michaels

This year, students welcomed a familiar face to the high school staff. Mrs. Mackey. Known to most of you as Mrs. Weaver, Mackey began working at the high school in September, yet many students have known her for years. Prior to working at the high school, Mackey spent ten years at Poestenkill Elementary School followed by six years at Algonquin Middle School. Throughout her career, Mackey has worked as a teacher aid at each school in the district. However, Mackey is not only a teacher aid at the high school, she helps to run the mezzanine as well.

Mrs. Mackey possesses great ability to connect with the students at Averill Park. Many students have developed strong friendships with Mackey, and these friendships greatly influenced her decision to come to the high school. When asked if she would leave Algonquin, Mackey initially wanted to stay in the environment she had become accustomed to. Yet, upon further considera-

tion, Mackey wished to go to the high school, saying, "that is where my kids (students) are."

Now reunited with her "kids," Mackey wishes to



convey a few important messages to them. She says that students need to, "stop taking life so seriously," since "high

school's not going to define you for the rest of your life." Mackey finds that many students are too nervous or anxious throughout high school. She believes these nerves are

unnecessary, because students spend so much of their time being anxious, resulting in them not spending any

time enjoying life.

Mackey also wants each student to "follow their dreams," and to "never give up." By pursuing her dream, Mackey became a firefighter and an EMT. Mackey's perseverance serves as a role model for students. This strength and refusal to give up helped Mackey to become a lieutenant firefighter at Poestenkill Fire Department for 25 years.

For those who have known Mackey since middle school, you may think of her as Mrs. Weaver. Last May Weaver married Jeff Mackey, and she officially became Mrs. Mackey. Mackey does not mind students continuing to call her Mrs. Weaver, as she understands this is the name students have used for years. Whichever name she uses, we're glad to have her in the high school.

RUSTY (CONTINUED FROM PAGE 21)

Thing you may not know about Reed is he is a licensed pastor, preacher and minister. "My church was the Family God Church of the Nazarene. I went to North-West Nazarene University; I have three degrees."

Reed has lots of advice for highschoolers. He actually dropped out in the 10th grade and got a GED. "I learned the hard way not to quit high school. That's why I tell kids, enjoy high school now. The best time of your life is right now. I know a lot

of kids can't wait to get out, but enjoy it now while you can because it catches up to you. Make it last, before you go out in the real world." He also offers advice for the future, "The key to working is to find your passion. Do what you love and love what you do. If you love what you do it's not really a job."

So far Reed's favorite part of being in the high school is definitely the kids. "The students are great, I enjoy the kids." He says there's very little difference

between high school when he was younger versus now. "Mostly technology. However, there is more tolerance for foul language. But kids are kids, ya know?"

Many students, including myself, really enjoy Reed's presence here at the high school. Sophomore Sarah Faragon said, "Rusty is a really cool guy, and I really like his leather jacket." He's very kind and always makes sure to say hello. And now he can add hall monitor to his varied list of experiences.

GET INVOLVED

Join the Averill Park Journalism Club!

The Averill Park Chronicle is looking for writers, editors and photographers. Meetings are held the first Wednesday of each month at 2:20 pm in room 209.

NCAA FOOTBALL NOW DOWN TO FOUR

PREDICTING THIS YEAR'S COLLEGE CHAMP

by Eric Shuman

After another memorable NCAA Football season, the final four teams have been chosen to participate in the College Football Championship. On December 3rd, many anxious fans waited to see who would be selected for the playoffs. Most people knew that Clemson, Oklahoma and Georgia would easily get selected, but the fourth spot appeared to be wide open. The decision ended up being between the Big Ten champions, the Ohio State Buckeyes, and the always dangerous Alabama Crimson Tide. To some fans relief and other's dismay, it turned out that Alabama would be returning to the playoffs as the #4 seed. The semi-finals will take place on New Year's Day, starting with #2 ranked Oklahoma against the #3 seed Georgia at 5:00 P.M. This will be followed by #1 ranked Clemson against Alabama at 8:45 P.M.

Clemson has had another incredible season following last year's unbelievable ending to the Championship game against Alabama, when Deshaun Watson threw a game-winning touchdown to Hunter Renfrow with 6 seconds remaining. Even with Watson now in the NFL, Clemson has roared back to the playoffs with a 12-1 season. Coached by Dabo Swinney, the team crushed Miami 38-3 in the ACC Championship to secure their spot in the playoffs.

Clemson is led by quarterback Kelly Bryant who has thrown for 2678 yards and 13 touchdowns. A

majority of these passes have gone to Hunter Renfrow and Deon Cain who have combined for over 1100 yards and 9 touchdowns. Clem-



son's running game has also proved dangerous as the duo of Travis Etienne and Tavien Foster have combined for over 1400 yards and 24 touchdowns. Bryant has done his share on the ground as well, scoring 11 touchdowns and rushing for 646 yards on the season.

Clemson's defense is something to watch as well. They have kept opponents to only 166 points this season, an average of 12.8 points a game. Other teams must especially be aware of Clelin Ferrell (8.5 Sacks), and Dorian O'Daniel (80 Tackles, 5.0 Sacks), when going up against Clemson's powerful defense.

Clemson has been a

powerhouse thus far, expressing their dominance frequently. They have so many weapons on offense, making it impossible for

opponents to stick to their game plans. In fact, all five touchdowns scored in the ACC Championship for Clemson



were from different players. This just shows all the options they have on offense. With a fantastic defense and depth

on offense, it will be difficult to bring down Clemson.

Oklahoma's offense has also been unstoppable, and Baker Mayfield is the reason. This year's probable Heisman Trophy award winner has had a fantastic season, throwing for 4340 yards and 41 touchdowns. In their Big 12 Championship game, Mayfield threw for 243 yards and four touchdowns to rout TCU 41-17. Mark Andrews and Marquise Brown have caught the bulk of Mayfield's passes, combining for over 1800 yards and 14 touchdowns. Oklahoma's running game has also been solid, with running back Rodney Anderson rushing for 960 yards and 16 total touchdowns on the year. Coached by Lincoln Riley, the team went 12-1 this season, with big wins over Ohio State and Oklahoma State in addition to TCU. The one flaw for Oklahoma has been their defense, which has given up an average of 25 points a game, nearly double the average of top-seeded Clemson. This defensive problem arose against Iowa State when Oklahoma was dealt their only loss of the season. In that game, Oklahoma gave up a 25 yard touchdown with two and a half minutes left, to lose 38-31.

Despite their defensive problems, Baker Mayfield and Oklahoma's attack have proved that they can stay in the game on offense, discounting the Iowa State game. Oklahoma has put up an outstanding 584 points, an average of 44.9 a game.

Where Oklahoma has offense, Georgia's game consists of unstoppable defense. As a

(continued on page 25)

New Coach Is A Familiar Face

Gobel Takes The Helm Of Indoor Track

by Sally Holden

Track is a little different than most sports, with coaches split into specialized events, including sprinting, distance, hurdles, jumps, and throws. Since 2013, when the legendary Coach Aldi retired, AP's Winter Track staff has been ever-changing. Some former coaches have moved to coach different teams closer to their homes, while others, including AP alumni, have helped out in the past are moving forward with their education or occupations.

This year, Averill Park has a new Indoor Track coach, but he happens to be a familiar face. This season the track team will be coached by respected football coach and physical education teacher Mr. Gobel.

Although thought of as strictly a football coach, Gobel ran track in high school and competed at the collegiate level for a year. Track accomplishments run in the

Gobel household, as his son, a 2017 Burnt Hills graduate, runs Division I Track at St. Bonaventure University.

When interviewed, Coach Gobel explained he

was excited to work with track athletes from Averill Park. He has previously coached track at Burnt Hills. Since he has become the new coach, there has been a spike in track athletes that also play football. The increased numbers of participants helps the track team as a whole.

Coach Gobel is excited to coach track this season. "Indoor Track is a little different" Gobel explained. "Regardless of level, everyone can improve." This is why track is rewarding.

Gobel has many goals for this season, and wants to build the team for sectionals. We are excited to see the growth Coach Gobel will contribute to the team.



NCAA FOOTBALL (CONTINUED FROM PAGE 24)

team, they have only given up 172 points. Star linebacker Roquan Smith has 113 tackles on the year and 5.5 sacks. He leads the team in both categories. Lorenzo Carter has also played a key role with 4 sacks and 3 forced fumbles. As a team, Georgia has had 18 turnovers this season and has been shutting down offenses left and right. Their only poor performance was against Auburn, where they lost 40-17. In that contest, Auburn's star running back Kerryon Johnson had 233 scrimmage yards and a touchdown. That loss was soon avenged when Georgia defeated Auburn in the SEC championship game 28-7. This time, Johnson was held to merely 45 yards and no scores. The game involved a

huge defensive effort from Roquan Smith, who had 10 tackles and a sack.

On the offensive side, Georgia is led by quar-

terback Jake Fromm. The wideout Javon Wims has caught 6 of these touchdowns and has 631 receiving yards. Oklahoma's running game has been strong all year, with



terback Jake Fromm. The freshman has thrown for 2173 yards and 21 touchdowns on the year. Leading

Nick Chubb and Sony Michel scoring 13 touchdowns each and combining for over 2000 yards on the ground. Overall,

the team went 12-1 under head coach Kirby Smart and will be dangerous. When Georgia's offense gets going, they are difficult to stop, especially with their fantastic defense.

The final team in the playoffs is Alabama. The Crimson Tide were very lucky to make the playoffs after losing to Auburn in the SEC playoffs. Many fans believed Ohio State should have made it, especially after beating undefeated Wisconsin in the Big 10 Championship. Alabama did deserve some credit though, as they went 11-1 on the season under head coach Nick Saban. Quarterback Jalen Hurts has had

(continued on page 26)

The Averill Park

NCAA FOOTBALL (CONTINUED FROM PAGE 25)

another great season, throwing for 2005 yards and 15 touchdowns. He is very reliable on the ground as well, with 768 yards and 8 touchdowns on the year. Hurts is accompanied by Damien Harris and Bo Scarbrough in the backfield, who have combined for 19 touchdowns. Harris has 906 yards on the year with just 110 carries, averaging 8.2 yards per rush. Opposing teams must also watch out for wide receiver Calvin Ridley. The junior standout has caught 55 passes for 896 yards and 3 scores on the year.

The defense has been solid as well, with Ronnie Harrison leading the team in tackles (68) and tied for the team lead in interceptions (3). Raekwon Davis has been great as well, recording

6.5 sacks on the season. Alabama is a threat to anyone who plays them, and they most certainly could

Football Playoffs should bring lots of excitement this year. The story for the Oklahoma vs. Georgia game will



give Clemson a run for their money in their showdown on New Year's Day.

Overall, the NCAA

come down to whether or not Baker Mayfield can outplay Georgia's defense. I think that it will be a close one, but

Georgia's defense will bring home the win, as they have proved just how well they can play after shutting down Kerryon Johnson in the SEC Championship.

As for the Alabama vs. Clemson game, the atmosphere will be tense as the two teams have faced off in the championship the past two years. I think it will be close, but Clemson should pull off the victory with a big performance from their running game.

Come Championship time, another close game should arise. It seems that Clemson has just too many weapons on both offense and defense; Georgia will not be able to bring them down, even with one of the best defenses in college football.

MIDDLE NAME

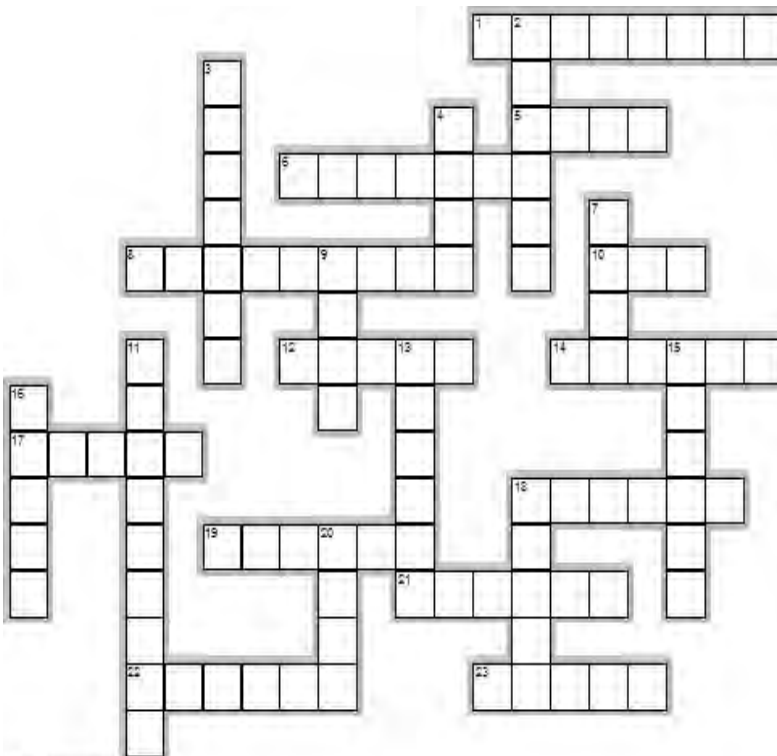
CROSSWORD

Match the STAFF MEMBERS

with their
MIDDLE NAMES

ANDREW
ANN
BETH
CLAUDINE
COLLEEN
ELIZABETH
FREDERICK
JAMES
MARIE
MORGAN
RONALD
THOMAS

ALLEN
ANNE
BRAY
COFFEY
ELLISA
GAYLE
HARRIS
LUANNE
MARY
RENEE
SARA
WILLIAM



Down

- 2. Stone
- 3. Galcik, McPartlin
- 4. Perry
- 7. Klepsch
- 9. B. Engel
- 11. Goodnow
- 13. Caballero
- 15. Bishop
- 16. Oldendorf
- 18. Richardson, Sorriento
- 20. Caruso

Across

- 1. Rohl
- 5. S. Engel
- 6. Bailey, Hall
- 8. Scheidel, Welliver
- 10. Doyle, M. Dutcher, Ryan
- 12. Panzanaro
- 14. Fox
- 17. Minkler
- 18. Emmons
- 19. Miller
- 21. Strich
- 22. Ferlito
- 23. Hotaling