

THE SABRE'S EDGE

First Day of School in 1987

Back to School 2024

INSIDE THIS ISSUE

Welcome Back, Schalmont!

If you had told me when I was in elementary school that I would spend my career working in schools, I would have assumed your prediction skills were quite inaccurate.

I had the worst anxiety about school, particularly as a younger student. Part of this was because we moved here from Long Island when I was in second grade, which left me feeling a bit displaced as the “new kid” in a neighborhood school.

But, this wasn’t entirely to blame for the relocation. I was a chronic worrier. I worried about being late (which has since worn off as I am always late to meetings!). About not understanding something in class. Being shy, I worried about making and keeping friends.

So, here it was, 1987, and I was preparing to take my first school bus ride as a student, since I had walked to school until my enrollment in Bell Top Elementary School in North Greenbush, New York. Trapper Keeper in hand and a lunch box that had some semblance of race cars on it (I didn’t really like race cars so I’m assuming this was on sale), I was scared, and perseverating to my mom as the sound of that Diesel bus became much more auditorily defined; signaling my my impending pick-up. My mother must have realized there was nothing left to say and no calming words would make this easier, so instead, she posed a question that made quite the impression to date:

“Tommy, pick a number between 5 and 30.”

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IMPORTANT DATES

- 5 Week Mark 10/4/24
- Powder Puff-10/9/24
- Homecoming/Pep Rally-10/11/24
- Blood Drive- 10/15/24
- Picture Retakes Underclassmen- 11/7/24
- End of 1st Quarter- 11/8/24
- Veterans Day - 11/11/24



**SCHALMONT
SABRES**

First Day of School in 1987

Hard to forget a peculiar sentence like that, right? But, she had a point. It was September 5, 1987; the first day of school. I didn't realize the purpose of her exercise, so I picked 18. At this point, the bus arrived, she kissed me on the forehead, and I headed for my first day as a new student.

I'll save those first day of school details for a subsequent writing piece (it wasn't the best of days, but it wasn't the worst, either), but I spent a great deal of time thinking about "18," which distracted me from some of my anxieties. Not a bad strategy, Mom!

When Route 29 dropped me off that afternoon, my mom was waiting for me inside the house. I briefly answered the ever-so-cliche question of "How was school?" and asked her what she meant about her question, and more importantly, what does it mean that I picked 18?

She pointed to the kitchen wall calendar, where she had already circled it in green marker; the 18th of September. Noticeable if pointed out, but innocuous enough to forget about it. She said that, while she understood I was nervous, scared, and probably didn't feel excited at the thought of going back to school the next day, "by the 18th you will feel much better, I guarantee it."

As children, our concept of time is skewed at best. I moved on with my evening, the next day, and the next two weeks, soon forgetting about the 18th. I fell into a school routine and, when I came home on September 18th and my mom asked how school was, I told her all about how we were signing up for Halloween treats, and about a Halloween race called *The Great Pumpkin*. My mom smiled, and reminded me to look at the calendar. On the calendar was a date that I conveniently forgot; the 18th had indeed arrived! She was right; I was feeling much better. Time really was a gift!

Fast forward 37 years later, and perhaps our caregivers do know best at times. If we take a deep breath and consciously enjoy the present, time can take care of many things. And, for a kid that was scared of school, I couldn't imagine being in any other setting.

Here's to a great year!

With Love and Gratitude,

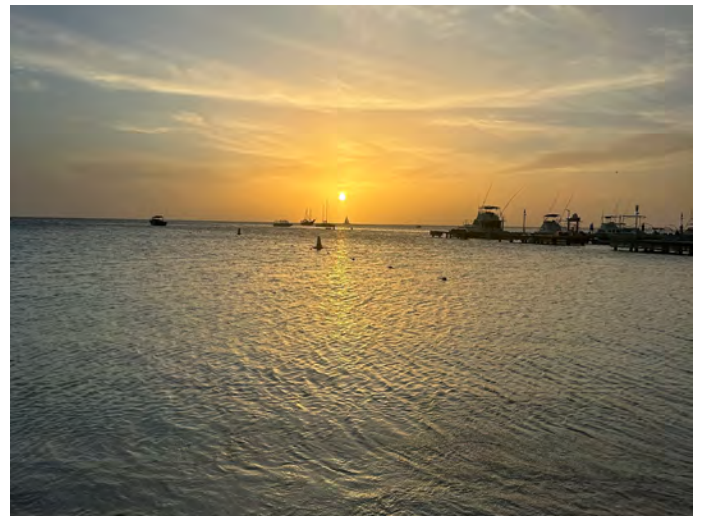
Dr. Reardon :)



Visiting Aruba: A Few Things I Noticed

In my recent trip to Aruba, I noticed a few interesting things. First off, there are no traffic lights, but many, many round-abouts. According to a tour guide, the Arubans had trouble figuring out the traffic lights- "green means go, yellow means go faster, and red means just go quick and hope for the best, ". Secondly, Aruba has many wild dogs that roam the island. As someone who loves dogs, I was so happy when one walked right up to my feet, waiting to be pet. Coming in third, the beaches are absolutely beautiful. The water is warm and crystal-clear, a nice aqua color. The sand is very soft and almost white in color. Lastly, and most importantly, some may believe that Aruba is just a tourist-y island, with many beaches and hotels. While that is somewhat right, it is not 100% true, as half of the island is actually a desert, the "Real Aruba" according to the natives. This side of the island looked completely different, with natural pools, cacti, rocky mountains, sandy roads, and rough beaches. During my trip, we spent most of our time at the beach, however we did go on a UTV tour, which brought both thrill and excitement as we drove along the rough, sandy roads of the desert to visit Aruba's landmarks, such as the Natural Bridge, an old gold mine, and the Tres Trapi, AKA Three Steps Beach. The overall vibe of Aruba was relaxation and good vibes, which perfectly describes my trip to the, "One Happy Island".

-Mia Jensen



Summer Vacation

This past summer was filled with days at the beach and lake, family vacations, and memories that will last a lifetime. Each year I go to my uncle's beach house in Long Island with my family. Every day we would head to the beach, where we would watch the sunrise and sunset, spend hours swimming in the water, and have picnics along the shore. Our annual family vacation to a coastal town is always a highlight of our summer. Our week was filled with unforgettable family memories that we look upon each year at the house. In mid July I traveled to Tampa, Florida with my family. We explored many different beach towns and cities each day. We explored shops, tried new restaurants, and spent time with our family in Florida. Evenings were spent walking around the city, enjoying ice cream, and watching the sunset beneath the waves. This vacation was filled with relaxation, and one last time together as a family before my sister went back to college. Most of my summer was spent by the beach with family and friends. Although summer vacation does not last forever, the memories never fade away.



- Angelina Riccio

PHOTO FINISH



USA's fastest man in the world, Noah Lyles, competed at the 2024 Summer Olympic Games with the goal of proving his title was correct and to cement himself as one of the best. Noah faced massive obstacles while growing up, but he never wavered and lived his life to the fullest, pushing his limits. Noah won the gold medal in the men's 100 meter dash with a time of 9.79 seconds and a photo finish against second place Jamaica's Kishanne Thompson. Fellow USA athlete Fred Kerley took the bronze at a time of 9.81 seconds.



GAME TIME

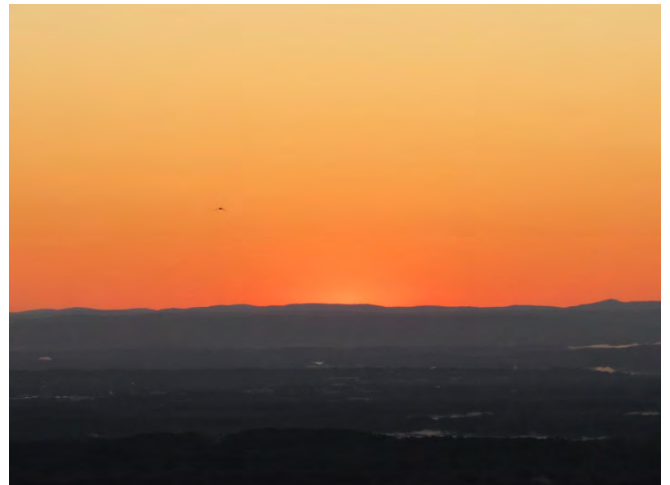
The Sabres kicked off the football season with their first win against Green Tech High School, beating them with a final score of 26-8. Students dressed for black out and got loud in the packed stands to show support for the team.



RISE AND SHINE IT'S SUNRISE TIME

Tuesday, September 3rd, two days before school started, many members of the senior class gathered at the Thacher Park Overlook in Voorheesville in order to participate in the Senior Sunrise. The senior sunrise is an annual event in which seniors gather early in the morning to witness the rising of the sun. This symbolizes the beginning of the senior year. The event was a success! Despite the chilly temperatures, many seniors gathered to watch the natural phenomenon, and had fun doing it. The senior sunrise is a great way to fraternize with acquaintances before the official start of the school year. At the end of the year, the seniors will participate in the senior sunset, which symbolizes the end of their high school career. Personally, we are looking forward to the senior sunset because that means the school year is over, and we are moving forward into the next chapter of our lives.

-Kyle Larabee and Zara Kushner



AN INTERVIEW WITH MRS. GUZEK

math

Hayden: Why did you want to become a teacher?

Mrs. Guzek: I felt like I had the patience and the personality to teach.

Hayden: Was there another subject before Math?



Mrs. Guzek: Not before Math, but I often feel if I didn't teach Math I would want to teach Science.

Hayden: A lot of the Math teachers in this building love Delta Math, what is your take on it?

Mrs. Guzek: I think it has its place but I don't feel that for the subjects I teach. There are other platforms that I would rather use, especially because so many others use Delta Math, then we are all the same.

Hayden: What is a major pet peeve that your students do?

Mrs. Guzek: They talk when I'm talking. Or if they were at the grocery store and they did not return their carts.

Hayden: Why decide on Math as your subject? Were you good at it in school?

Mrs. Guzek: I would say I was average. But so many kids seem to struggle with math and I didn't like writing papers.

Hayden: Which of the classes that you teach is your favorite?

Mrs. Guzek: Algebra II is my favorite subject because I feel it is more universal.

Hayden: What do you plan to do when you retire?

Mrs. Guzek: I don't know what I want to do when I grow up. I'm not going to retire because I enjoy this so much. I'm not ready.

Hayden: Who do you think is winning the Super Bowl this year?

Mrs. Guzek: You're not going to like my answer. The Steelers.

TIME FOR A BOOK CHAT

BOOK REVIEW

BY DYLAN BESTON



RATE

STARS: ★★★★★

TEAR: 💧💧💧💧

SPICE: 🌶️🌀🌀🌀

FLUFF: ❤️❤️❤️❤️💕



ABOUT BOOK

TITLE: SOMETHING MORE

AUTHOR : JACKIE KHALILIEH

PAGE: 325

GENRE: YA-ROMANCE

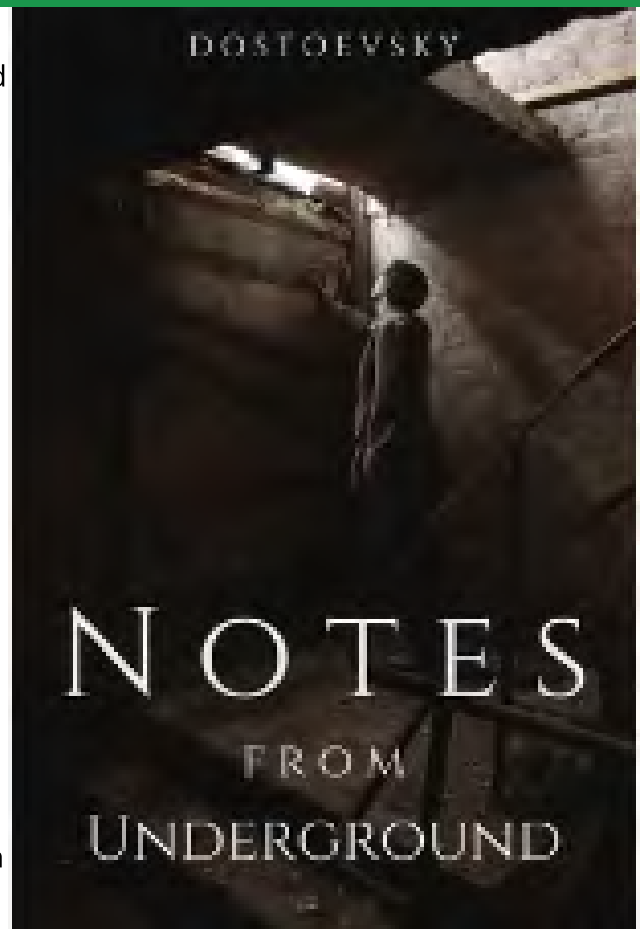
REVIEW

SOMETHING MORE BY JACKIE KHALILIEH IS A COMPELLING YOUNG ADULT ROMANCE BOOK WHICH FOLLOWS THE MAIN CHARACTER JESSIE. JESSIE IS A NEW FRESHMEN IN HIGH SCHOOL WHO STRUGGLES WITH AUTISM, SHE HAS NEVER REALLY BEEN A VERY SOCIAL BUTTERFLY BUT THROUGHOUT HER JOURNEY SHE MEETS NEW PEOPLE ALONG THE WAY. THIS BOOK IS FILLED WITH MANY EMOTIONS AND IS DEFINITELY WORTH THE READ. IF YOU ARE LOOKING FOR A LIGHT HEARTED BOOK WITH NO SPICE LOTS OF FLUFF AND A BOOK TO MAKE YOU KICK YOUR FEET, THIS BOOK IF MOST DEFINITELY FOR YOU.

TIME FOR A BOOK CHAT

Fyodor Dostoevsky lived in Russia during the 1800s, which proved to be a time of turbulent change: the people, who had been long accustomed to severe inequality, became heavily interested in modern European philosophies, in particular those of socialism and utopianism. This led to a new and passionate generation looking to the future, in which they sought to establish a sort of "heaven on earth." While this sounds perfectly reasonable and admirable, history shows us that its actual fruition in the Russian Revolution beginning in 1917 was much closer to hell on earth. While Dostoevsky never saw these goals fail in his lifetime, his 1864 novella *Notes From Underground* is wrought with extreme disillusionment from them, perhaps proving him to be ahead of his time. *Notes From Underground* is presented as the fictional memoir of an unnamed middle-aged recluse (dubbed by literary critics as the "Underground Man") who has spent years removing himself from society. This condition has several causes, one of which being his realization that a utopia can not exist, at least not for long: certain thinkers of Dostoevsky's time emphasized that in utopia, everybody's self-interest would be looked out for.

In that case, why *wouldn't* you want to participate in it? The Underground Man, however, brings to light that most of the time people actually act *against* their own interest, being more willing to act self-destructively than to follow rules, even rules meant for their good. If utopia is an unachievable goal for society, then why strive for a better world at all? The Underground Man's depressing dilemmas continue: one of the first things we learn about is his hyperconsciousness. He refers to having too much consciousness as a "full-blown disease" (quotation from translation by Ronald Wilks), and its effects can be seen as devastating in his case. He is an intelligent thinker, but he thinks to a point in which he can not bring himself to do anything. He refers to a metaphorical "wall" representing the laws of nature, which to struggle against would be futile. Why make bold decisions when you may just be wasting your time trying to do something utterly futile? Thus the Underground Man becomes paralyzed from action. This hyperconsciousness also leads to severe self-disgust, as he recognizes many of his flaws (of which there is a plethora) yet finds himself unable to make changes for the better. The book itself consists of two parts: in the first the Underground Man rants about his eccentric and self-destructive outlook on life, and in the second he recounts several notable social encounters from his youth, demonstrating broken interactions both on his part and on that of others. *Notes From Underground* forces us to grapple with the question of how we are to act in the world in spite of the hopelessness the protagonist has fallen to. While the book raises many problems and gives no solutions, Dostoevsky's later works will go on to passionately confront these issues and attempt to give answers. -Caleb Cunniff



MOVIE REVIEW



“And in that moment, I swear we were infinite.” *The Perks of Being a Wallflower* is a movie, adapted from a novel by Stephen Chbosky, that depicts a year in the life of high school students who call themselves “wallflowers,” or outsiders. All of these characters shape the lives of one another as they embark on their own journeys of self-acceptance.

The movie is set in the early 90s and follows the life of a deemed “socially awkward” high school freshman who comes out of his shell to make new friends. Charlie, the main character, writes poetry. He often uses it as an outlet for his thoughts and emotions. He lives with his family, and had a close and seemingly innocent relationship with his Aunt Helen before she died. At school, Charlie meets Sam and Patrick; two seniors who serve as his mentors as he adjusts to the new environment. Charlie forms a strong bond with the both of them, signaling a significant turning point in his life. However, when they both prepare to leave for college, he struggles to remain in control of his reality. His past resurfaces under the pressure of the loneliness he now faces. Throughout this movie, we witness how greatly Charlie’s past impacts his current life and what he realizes about his childhood. The way the film reveals the truth about Charlie’s past is twisted and agonizing, which makes it all the more human and real. The film provides a realistic depiction of love, loss, and certain mental health issues without getting stereotypical or causing harm to those who do struggle with mental illnesses or PTSD. Instead, this film is truly enlightening.

I think this movie is one of the most beautiful movies about high school I have ever seen—or just one of the most beautiful movies I’ve ever seen in general. The cast is stacked with incredible talent, which greatly enhances the atmosphere the movie creates. *The Perks of Being a Wallflower* taught its audience the importance of inclusivity and reminded us of the fact that no one is alone in their battles. - Regan Montrym

A RECIPE TO SHARE

Sunday Brunch French Toast

French Toast

- 1 loaf French bread (13-16 oz.)
- 8 large eggs
- 2 c. half and half
- 1 c. milk
- 2 Tbsp. granulated sugar
- 1 tsp. vanilla extract
- 1/4 tsp. ground cinnamon
- 1/4 tsp. ground nutmeg
- Dash of salt

Praline Topping:

- 1/2 lb. cold butter
- 1 c. packed light brown sugar
- 1/2 tsp ground cinnamon
- 1 c. chopped pecans
- 1/2 tsp. ground nutmeg



Slice bread into 1-inch slices. Arrange slices in a buttered 9x13 inch baking dish. In a large bowl, combine the eggs, half and half, milk, sugar, vanilla, cinnamon, nutmeg and salt. Beat with a rotary beater or whisk until blended but not too bubbly. Pour mixture over the bread slices, making sure all are covered evenly with the milk-egg mixture. Spoon some of the mixture in between the slices. Cover with foil and refrigerate overnight.

In the morning, preheat the oven to 350 degrees F. To make the Praline topping, mix together brown sugar, cinnamon and nutmeg. Cut butter into a sugar mixture with a pastry cutter. Sprinkle Praline topping evenly over the bread. Next, add pecans on top of French toast. Bake for 30 to 40 minutes, until puffed and lightly golden. Serve with maple syrup, if desired.

CLUBS AND ACTIVITIES

Student Council - Mr. Gibbs

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

Marching Band Director - Mr. Christy

Pep Club - Mrs. Quick

Yearbook Club - Mrs. Pontin

Schalmont Newspaper - Ms. Cohen and Ms. Schulman

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

Introspection Literary Magazine - Mrs. Mattice

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

Key Club - Ms. Carr

Volunteer organization

International Club - Ms. Carr

Go on annual international trips

SADD/No Place for Hate - Mrs. DiCocco

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

Science Club RiverWatch - Mr. Labuda

Explores various environmental locations

CLUBS AND ACTIVITIES

Science Olympiad - Mrs. Baird

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

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

Environmental Club - Mr. Labuda

Masterminds - Mr. Williamson

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

Fusion G.S.A. - Ms. Remis

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

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

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

Drama Club - Mrs. McCloskey-Hillier and Ms. Cohen

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

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

CLUBS AND ACTIVITIES

New Sabre Program - Ms. Clark

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

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

Dancing Club - Ms. Hanson

Spanish Club - Mrs. DiCocco, Mrs. Weber, Mrs. Riggin

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

National Honor Societies

National Art Honor Society - Mrs. Mulkerrin

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

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

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

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

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

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

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

English Honor Society - Ms. Cohen

National Honor Society - Mrs. Pris

NATIONAL HONOR SOCIETY

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

SPORTS

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

LETS GO!



**WELCOME
BACK LET'S
LEARN!**

