



THE SABRE'S EDGE

Fall 2024

Aurora Borealis

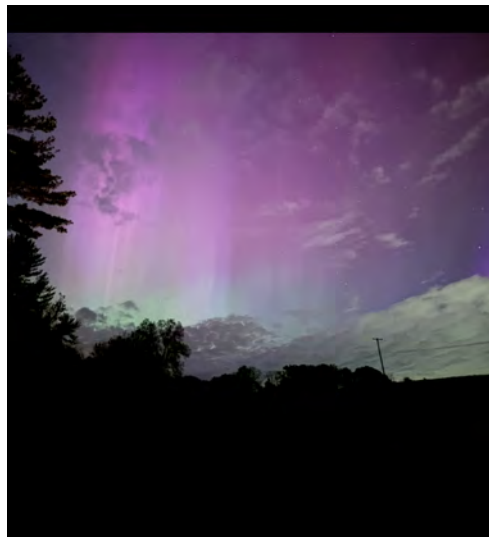
INSIDE THIS ISSUE

Aurora Borealis, more commonly known as the Northern lights, occurs as a result of solar activity. When particles from a coronal mass ejection, an event in which a large cloud of highly energetic and magnetized plasma erupts, interact with Earth's magnetic field, they form the northern lights. On May 10th, 2024 and October 10th, 2024, these lights were visible to us in New York State. Stargazers and scientists have been fascinated by this phenomenon. According to NASA, the sun approaches its maximum period, which happens every 11 years. As the sun reaches its maximum, its magnetic field flips, causing more solar activity than we are typically able to see. These circumstances lead to our ability to clearly see the Aurora Borealis. According to "Astronomy Magazine" we will hopefully be able to see the lights for the next year. It is easier to see the northern lights at night between the hours of 10 p.m. and 2 a.m. and you can use your phone camera to take a good picture! So grab your cameras and find a nice spot to view the northern lights! - Alexandra Mulyca

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IMPORTANT DATES

- Therapy Dogs - 11/26/24
- Thanksgiving Break - 11/27/24 - 11/29/24
- 5 week mark - 12/12/24
- Therapy Dogs - 12/18/24
- Holiday Recess - 12/21/24 - 1/1/25



SCHALMONT SABRES

YOUR VOICE

The 2024 U.S. presidential election highlighted the powerful influence of race and young voters in American politics. Issues like a broken border system, the economy, and inflation were central to the campaigns, shaping policies and voter turnout across demographics.

Race remained a focal point, with diverse communities closely examining candidates' stances on key issues. Trump's policies on the economy, security, and safety attracted substantial minority support, drawing backing from some minority groups, while others remained wary of his stance. Trump gained a significant margin among Black, Latino, and Asian voters, marking a notable shift from Democrat to Republican support that had a major impact on the outcome.

Young voters, in particular, showed unprecedented engagement, advocating for economic and government reform. While some young people favored progressive ideals, many were open to Trump's promises on the economy, free speech, and reduced government bureaucracy. The youth electorate made Trump's concerns their core issues, and he gained substantial support from voters between 18-30 and made strides with middle-aged voters as well.

Although this election cycle was marked by violence from both sides, lies from the media, and widespread polarization, giving Trump a chance could offer the country stability and hope, with an opportunity for his administration to engage more inclusively and bridge political divides. Moving forward, respecting diverse perspectives can help foster unity, allowing the U.S. to address pressing issues. This is a time to unite as a country. Regardless of political affiliation, it's time to stop the division and recognize that we are all Americans first and foremost.

- Matthew Bernardi

A BATTLE OF WORDS AND FACTS



On November 5th, Election Day, Mr. Dolan hosted a presidential debate in the auditorium in which students from his Current Affairs classes gave speeches in defense of both presidential candidate's policies and promises regarding several of the recent election's most prominent issues. Many students in the school were given the opportunity to watch and then vote on who they preferred in terms of each individual issue as well as what candidate they would vote for in the end. After the debate, results indicated a landslide victory for Trump on each individual issue and the final vote, accurately predicting the course of the country's actual election. With more study, this may prove to be a reliable method of prediction. When asked what one of his favorite things about this activity was, Mr. Dolan responded: "Just getting the kids interested in politics, becoming more knowledgeable about the key issues." That he did.

- Caleb Cunniff



A BATTLE OF WORDS AND FACTS GALLERY



AN INTERVIEW WITH Mr. Beck

Matthew: Why did you want to become a teacher?

Mr. Beck: Because teaching was in my family, my dad was an athletic director and P.E. teacher, and my mom was a guidance secretary. I also liked the fact that I could have the same vacations as my family.

Matthew: Was there another subject before Health and Nutrition?

Mr. Beck: K-12 certified in health, I went to health because I didn't want a standardized test to hold me back. I was very math and science strong and could have gone into those fields but chose not to because I don't like being restricted by a test like a regents exam. Also I don't like working with others and like to do my own thing.

Matthew: What is the best part of your job?

Mr. Beck: My job stays consistent, however the interactions I have day to day can change. I like working knowing that I have a set number of days to work every year, making planning trips and vacations easier. I like the fact that this job offers me the equal balance between family time, personal time, and work.

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

Mr. Beck: Biggest pet peeve is when people chew with their mouth open, I don't have a specific pet peeve when it comes to students. I like Schalmont because I think I can relate to students better due to the country-like living that happens in our district.

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

Mr. Beck: My favorite classes are my electives like nutrition and human sexuality. I feel like I can teach anything because I think it is necessary for students to know. I like the other classes but look forward to working with seniors more. Seniors tend to be more mature and want to learn more when compared to younger students.

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

Mr. Beck: Buffalo Bills!!! No question about it. They have the best fan base, loyal fans, and best QB. I Love the Bills because they are the ONLY NY football team to be located in NY. After my first tailgate party, I knew that I found the team just for me.

Matthew: What are your thoughts about the election?

Mr. Beck: I'm happy we will have a "change", I'm looking forward to things actually getting "done" as now the Republicans have a majority in all branches of the government. I'm hopeful and I'm looking forward to giving J.D. Vance time to progress in his political career. I like J.D. 's story and I think he has a good ethics/story.



National Honor Society

Congratulations to the students inducted into the New York State National Honor Society (Chapter #3) on October 29, 2024.

Congratulations to NHS Inductees:

Gianna Angelozzi, Jayden Backus, Matthew Bernardi, Gavin Brinkman, Maddalena DiCocco, Samantha Gromoll, Christian Groulx, Davis Johnson, Zachary Kusek, Eliza Leszczynski, Alexandra Mulyca, Derek Natalie, Mia Ralston, Angelina Riccio, Paiton Rider, Hayden Rowe, Addison Shultis, Michael Spina Jr., Abigail Stubbs, Robert Stubbs and Anthony Villano



LA TOMATINA

This year at Homecoming the Spanish club introduced its attendees to la tomatina. This is a festival tradition where on the last Wednesday of August each year in the town of Buñol near Valencia in Spain dumps tomatoes into the streets and a massive food fight ensues. Goggles are necessary to make sure the tomato juice does not get into people's eyes.

Attendees got a chance to experience this with Spanish club President Hayden MacEntee, who volunteered to be the target. Amazing job for bringing new culture and Hayden for being a great sport about it.



SPORTS UPDATE

Schalmont has had a dominant performance in multiple sports categories this fall.

The Girls Varsity Soccer beat Broadalbin-Perth 4-0 in the Section 2 Finals to make it their fifth straight championship. The girls made it all the way to the top 8, however lost to New Hartford 0-4 in the Regional Finals.

The Girls Varsity Swim Team brought home a sectional title of their own.

The Boys Varsity Cross Country team had claimed their first Sectional Championship for the first time in school history by beating out Fonda in a narrow 41-46 victory. Their journey to states was successful with the team placing 6th as a whole and Carter Flowers placing first becoming a state champion.

The Boys Varsity Soccer beat Ichabod Crane 2-1 in double overtime to clinch out the Sectional Championship. They then went on to beat New Hartford 2-1 in double overtime again in the Regional Finals. The boys made it to the State semi-finals beating Brockport 2-1 in overtime. They were now in the top 2, however lost to Floral Park 0-2 in the Class A State Final.

Amazing job to all sports teams and best of luck next year. Go Sabres!



A RECIPE TO SHARE

Edible Cookie Dough

Isabel Rumbaugh

Prep time: 10 minutes

Cook time: 10 minutes

Servings: 6

Egg free with no raw flour

Steps:

1. Heat 1 $\frac{1}{4}$ cups of all-purpose flour in a bowl in the microwave for 45-60 seconds until it reaches 160° F or heat the flour by spreading it onto a baking sheet in an oven at 350° F for 10 minutes.
2. In a bowl, mix together $\frac{1}{2}$ cup of unsalted butter, $\frac{1}{2}$ cup brown sugar, and $\frac{1}{4}$ cup white sugar until combined and softened.
3. Add 3 tablespoons of milk and $\frac{1}{2}$ teaspoon of vanilla extract to the bowl.
4. Mix in the flour and a $\frac{1}{4}$ teaspoon of salt.
5. Stir in $\frac{3}{4}$ cups of chocolate chips.



HALLOWEEN SPIRIT

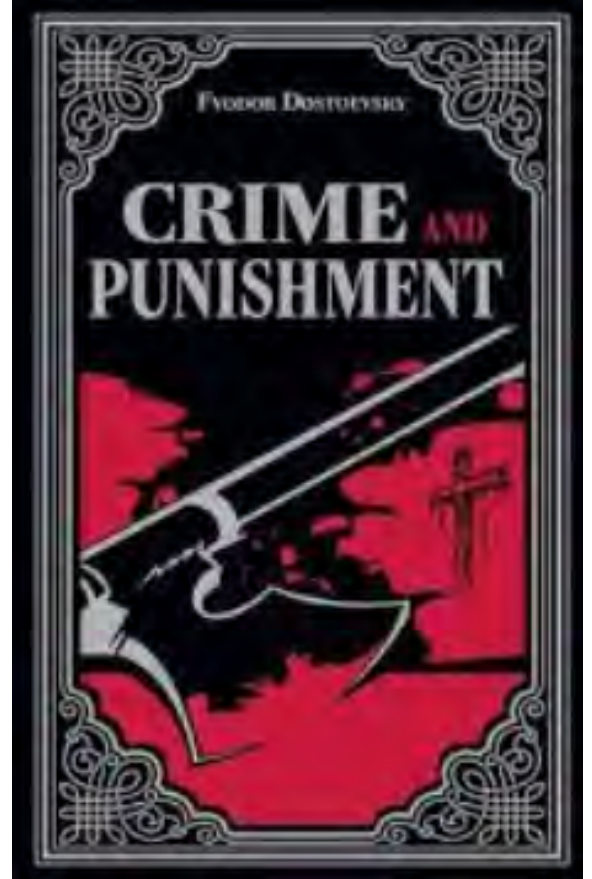


BOOK REVIEW

Crime and Punishment by Fyodor Dostoevsky Book Review

In perhaps his most famous work, Fyodor Dostoevsky's 1866 psychological thriller novel *Crime and Punishment* details a shocking and thought-provoking narrative which asks and answers the question: what is it like to get away with murder?

The novel's protagonist, Rodion Romanovich Raskolnikov, is not a thug or ruffian as one might expect. Instead, he is an incredibly intelligent and thoughtful young man attending a law school in St. Petersburg. Once he ends up broke, unable to continue his studies, in severe poverty, and relying on his poor good-hearted family for money, he becomes increasingly self-contained and spends most of his time thinking obsessively in his decrepit, claustrophobic slum apartment. His thoughts eventually become dominated by the question of whether he should carry out a certain plan: murdering a local pawnbroker.

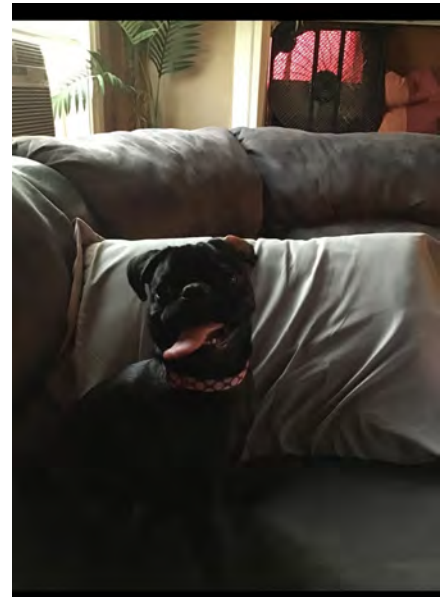
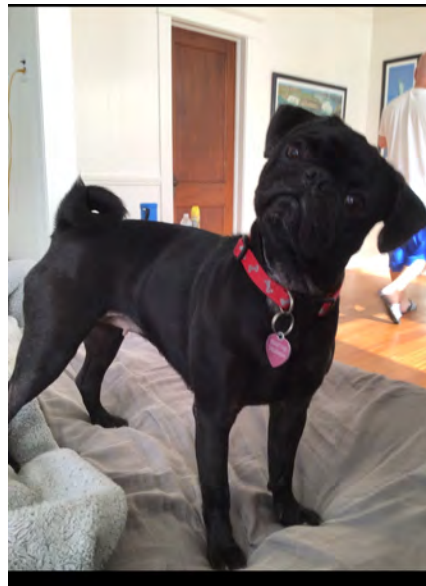
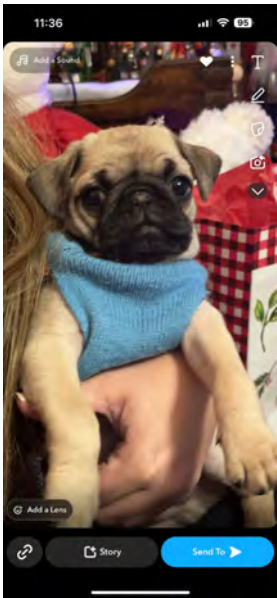


The potential victim is an overall detriment to society, treating her clients greedily and taking tyrannical advantage of her kind and gentle sister. For Raskolnikov to kill her and steal her money, which he supposes he will help others with, would be to rid the world of a villain and make it a better place. It is with this reasoning that he begins to convince himself that this obscene act of murder could really be heroic, seeing as it is for the greater good, and that his reluctance to enact it is simply cowardice that he must overcome. After much tormented consideration, he trespasses over the threshold of moral dogma to become what he believes is a special type of hero: one who has the courage to perform despicable acts for the greater good and is willing to bear the psychological consequences of doing so.

Once Raskolnikov commits the act and successfully gets away with it, those psychological consequences become apparent and constitute the "punishment" in the title. The ensuing story paints a bleak portrait of what the world can become for us when we attempt to out-think right and wrong, even when we are smart, and forces us to consider the consequences of our actions and, more importantly, the motives behind them. Did Raskolnikov really kill her out of heroism, or was it greed, or was there another drive in him looking for an excuse to manifest itself? As most of the story takes place after the crime, we are given plenty of space to study the murderer as he deals with his family and the noblemen seeking his sister's hand in marriage, a clever detective toying with him, and the vulnerable and sinking family of an alcoholic. Feelings of paranoia, isolation, anxiety, and perhaps worse of all, pride, hold Raskolnikov back from living a life worth living. In the end, the novel is at heart a story about what happens when one forfeits their soul through willful, internalized transgression, and if or how such a person could be called back to life. - Caleb Cunniff

MS. SCHULMAN'S FAVORITE DAY (PUGS)

Every day is a pawsome day when you have a pug by your side! October 15th 2012 was the first celebration of National Pug day. Since then every October 15th is spent celebrating the beauty of the breed. Whether you have a pug or just love them, anyone can celebrate! The day is spent to celebrate pugs and raise awareness about pug adoption and rescue. National Pug Day was founded by Colleen Paige, who is a pet lifestyle expert and an animal advocate. People spend National Pug Day by sharing photos of their pugs, organizing pug meet-ups, and participating in events to bring awareness to pug rescues. This day is an opportunity to educate people about the breed's characteristics, health issues, and so much more! Pugs absolutely love snuggling, sleeping, eating and playing. Pugs become very attached to their owners but they are usually more than happy to socialize with others as well. It's a great day to spread the joy they bring and give them some extra love... (Pugs need love every day!)



CRAFT FAIR

On November 2nd the Craft Fair was held. There were many spectacular homemade pieces that the crafters brought in to sell. The Friends of Library were there themselves selling their hand knitted items. Thank you to all of the volunteers for making this event possible and so enjoyable. We hope to see all of these amazing crafters next year!



STUDY TIPS/STRESS RELIEVERS

HOW TO STUDY Effectively


#TUNtips by. Yoora Park

6 Simple Tips that will save you a lot of time (and tears, maybe).

- 1. Study for 30 minutes at a time.**


Our brain only effectively absorbs information from the first and last 15 minutes of "studying."

This means that everything in between will likely be forgotten soon (they don't quite make it into our long-term memory!).


- 2. Break. It. Up!**


The whole is equal to the sum of its parts, yes, but tackling the parts (individually) is much easier than tackling the whole.

Breaking down a big assignment into small assignments will make the task a lot more doable and manageable!



- 3. Set a Timer (for 30 minutes) and solely focus on a (single) task.**

You know that thing you can't get yourself to start on?


Stop procrastinating and just get to it!


- 4. Take. A. Break**


Having an incentive is always a good idea (& a good incentive in and of itself!)


- 5. Sit at a desk.**

Your bed should be reserved for sleep...


- 6. Study with books.**

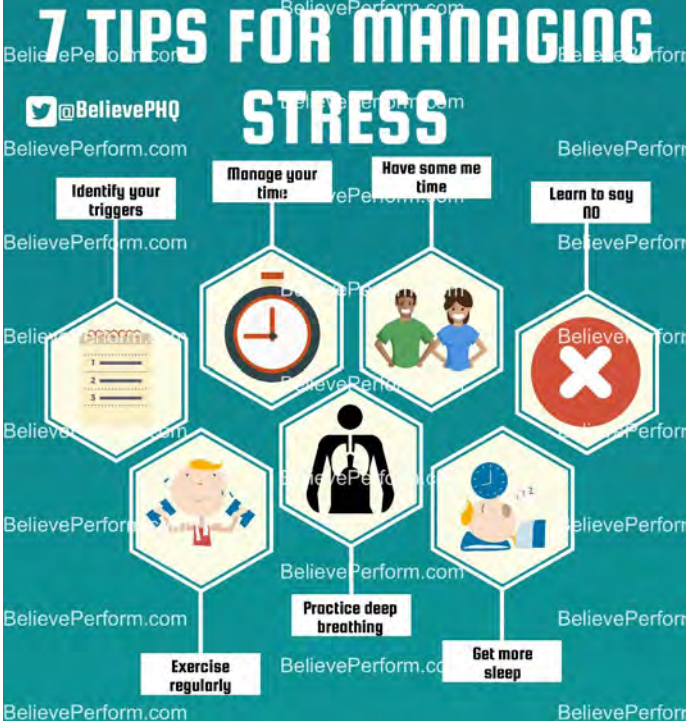
Avoid the computer if possible!



For a more in-depth description/explanation for each tip, read the post on [TUN.com/BLOG](https://www.tun.com/BLOG).

7 TIPS FOR MANAGING STRESS

@BelievePHQ



- Identify your triggers**
- Manage your time**
- Have some me time**
- Learn to say NO**
- Practice deep breathing**
- Exercise regularly**
- Get more sleep**

