

# The Owl



May 2017

## Sports Field Groundbreaking By Tahrira Siha

The new capital project focuses on building a turf field for Hudson High School. The Hudson City School District commenced construction of the new track and athletic field complex with a groundbreaking ceremony that was held on Monday, the third of April. It took place behind the Hudson Jr/Sr. High School. Some of the student athletes marked the beginning of construction that day by throwing in dirt after administrators broke the ground and threw in dirt. The complex is a component of the district's \$19.9 million capital project. It will be coming with an eight-lane running track, steeplechase, jumping pits, press box, score board, sports lighting, interior and exterior bleachers, and a field that can be used both as a football and a soccer field. After all the efforts made by the sports teams for the past couple of years, they definitely deserve a new and improved field! Don't you think?

The building of the complex is financially being supported by school funding and donations from the Galvan Foundation and the Hudson River Bank and Trust. The district received a generous donation from the Galvan Foundation so future patron conferences could be held at the complex, and the Hudson River Bank and Trust added to that so some enhancements could be made to the complex. The community is also credited for voting on the project and approving it last February. The district athletic director, Justin Cukerstein, superintendent Maria Suttmeier, high school principal Antonio Abitabile, board of education president Carrie Otty, school business administrator Sharifa Carbon, and superintendent of building and grounds George Keeler marked construction commencement of the new track and athletic field by digging up dirt and throwing it in. Construction is supposed to be completed by this fall. We will have construction workers working hard during summer break. Hopefully, by the beginning of the next school year, we'll have ourselves a new field to display the talents of our athletes on. To stay up to date with the new complex and everything else regarding the school district, keep your eyes on *The Owl*. Happy reading!

Photo: Lance Wheeler



## Mock Trial Update By Brianna Tsitsera

This year's mock trial team went further than they went last year! The team made it to finals for the Columbia-Greene County Regionals. It wouldn't have been done without the defense team's win at semi-finals as first seed, against Windham-Ashland-Jewett, with Judge Nichols as the scorer. In finals, the defense team lost against Cox-sackie-Athens but felt victori-

ous with the ambition to go even farther next year.

It was all possible with the help of retired Judge Terrence Farrell. Mr. Farrell recently retired from the Social Security Claims court. He spent many decades as a judge and before that, he was a teacher. The team's courtroom etiquette and defense of the case were much improved from previous years due to his sup-

port. He also came to all of our meets to cheer us on and provide helpful critiques afterwards. He spent most of his time helping the team with the case and teaching them all proper courtroom etiquette.

## Shakespeare & Company Performance and Workshop By Saima Hannan

On Tuesday, May 2, Hudson High was privileged with the opportunity to see the play, *The Tragedy of Romeo and Juliet*, performed by Shakespeare and Company. Every year, Shakespeare and Company comes to Hudson High and puts on a play for the school to enjoy. This year it happened to be the infamous *Tragedy of Romeo and Juliet*. The tragic love story and the beloved characters were brilliantly portrayed by seven actors. Some of the actors played more than one character and did an amazing job!

During 8th period, Mrs. Spensieri's Honors' English 11 class, along with Mrs. Near's Comp. and Lit. class, participated in a fun workshop with the actors. The students started by warming up their voices and were later split into groups to begin acting. Each group was led by an actor and were given a set of lines that each member had to read and act out in his or her own way. The students even had a chance to ask the actors questions that they might have had. Some of the students seemed shy at first, but by the end of the workshop, they seemed to have overcome that shyness. Overall, it was a fun experience and one that the students seemed to really enjoy. A special thanks to Shakespeare and Co. for giving Hudson High such a treat!



## Eric Devine Visit HSH

### By Mashuda Sultana

Eric Devine is an author and a high school English teacher at Burnt Hills -Ballston Lake Central Schools. He wrote many books such as, *Look Past*, *Tap Out*, *Press Play*, *Dare Me*, and *This Side of Normal*. They are all very enjoyable reads. He said he writes books from things he actually experienced. He also said, “always finish what you are writing.” *Look Past* is about a transgender boy who loved a girl named Mary and tries to find her murderer. *Tapout* is about a seventeen year old boy, Tony Antioch, who dreams of rescuing his mother from her abusive boyfriend. *Dare Me* is about senior boys who perform dares and post them online. This causes repercussions for them. Lastly, *This Side of Normal* is about a boy named Ed. His father drinks way too much and his mother gave up on her husband. Special thanks to Eric Devine who visited Ms. Cipollari’s period 4 class and other English classes on May 5th. He talked about his books and what inspired him to write them. Be sure to check them out!



## The Hudson Children’s Book Festival

### By Autumn Kudlack

The 9th annual Hudson Children’s Book Festival featured over 75 authors and illustrators who sold many books. Readers came from all over to buy books and talk to some of their favorite authors one on one. Along with a live performance by John Farrell and read to me corners, where authors read their books to interested kids, there were organizations from around Hudson that came to show their support. Children were able to receive prizes and parents were able to get information about summer programs and the companies themselves. Every student in the district received a free book pass this year, so they were able to get a free signed book of their choice. Eric Devine and Ellen Hopkins, two authors who were at the festival, also came the day before to talk to students. In students’ ELA classes, they spoke about their books and themselves. The Hudson Children’s Book Festival was successful in bringing many people together, uniting over their love of books. Fun was had by all who came.

## Youth Employment Services (Y.E.S) Program

### By Brianna Tsitsera

Y.E.S is a supportive educational program, facilitated by Tara McSherry -Wolfe, with the help of teachers from the high school. At the beginning of each school year, letters are sent out for all students, and those interested attend the educational meeting for parents to learn what their children will go through. From there, the applicants are placed and meetings begin once a list of dates are set. Meetings occur on Tuesdays and start at 3 p.m. and end at 4:30 p.m. There, students learn about how to go through the job process, with interviews and proper behavior and speech. Each student must go through a trial interview in front of the YES group and peer review so the interviewee knows what to work on. To get the internship, the counselors take into consideration a student's actions and attitude and even their desire on where to work. If you are not a part of Y.E.S, you may want to consider joining during the next school year.

About 20 students are involved, ranging from freshman, sophomores, juniors, and a senior. McSherry has worked very hard this year to get every student an internship quicker than last year. At a recent meeting that I attended, the group was talking about where they would intern. Many different types of opportunities came up such as those in the medical, food, contracting, and retail fields along with many companies on Warren Street. Two students, Lauren Gower (Junior) and Shimran Alam (Junior), were chosen for an interview based on their experience in the YES program so far.

#### **1. What made you want to join the Y.E.S. program?**

L: I joined YES program to try and get a job, so I can save up for college. It's coming up quickly.

S: I overheard my friends talking about how great the Y.E.S. Program is and the program seemed like something fun and interesting to do.

#### **2. Did you have any concerns before the first meeting? Why or why not?**

L: I had some concerns before the first meeting because I didn't know who was going to be there.

S: No, I didn't have any concerns before the first meeting because I knew Ms. McSherry was a kind person who is very patient with her Y.E.S. Program students.

#### **3. How has this experience seemed to you so far?**

L: This experience has been both fun and helpful to me so far.

S: The experience at the Y.E.S. Program has been very informative up to this point. I have learned new tasks and skills every week we have had the program.

#### **4. Do you feel that the advisors are taking your best traits into consideration for your upcoming internship? Explain those traits if you can.**

L: I feel that my advisors are taking my best interests for my upcoming internship. My traits are that I'm good with kids, and if kids have social anxiety, I can relate to them.

S: My advisors are taking my best traits into thought for my upcoming internship. They also have asked me in advance what type of internship, would I most likely be interested in.. My best trait is listening. I believe I listen very well to instructions and I carry out tasks swiftly.

## Youth Employment Services (Y.E.S) Program (Cont.)

### 5. Would you recommend Y.E.S. to your friends?

L: I would recommend this to my friends. I believe it is an experience everyone should have.

S: I would definitely recommend this to my friends. The Y.E.S. Program is a great experience and all teens should do.

### 6. Do you notice any changes about yourself since you joined?

L: I've noticed that I'm starting to be more mature.

S: I have noticed that the skills I learned during the Y.E.S. Program sessions, I have started using them in the classroom and other areas of my life.

### 7. If you could pick any place you'd enjoy to intern at, what place is it?

L: I would like to be interning with a social worker, or psychologist.

S: I would choose the hospital. I plan on being in the medical field in the future, so this seems like the best fit for myself.

### 8. Do you feel this is one of your best high school choices?

L: I feel like this is one of my best high school choices.

S: I believe this is one of my best high school choices because I have learned many new things that I can use, not only professionally at my internship, but in my day to day interactions with people.

### 9. If you could describe the Y.E.S program in a few words, what would they be?

L: The Y.E.S. program is a great opportunity for students to get experience with real life job situations so that they are prepared for when they do go out and get a job.

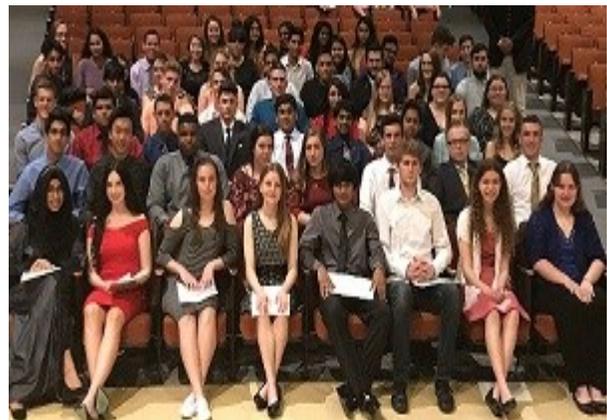
S: The Y.E.S. Program is a program that teaches teens the skills and tasks they may use in the internship and teaches how to obtain and keep jobs as well.

## National Honor Society Inductees

Twenty-eight Bluehawks were recently inducted into the National Honor Society:

Qurat Ain, Rebecca Allen, Bryant Barrientos, Arif Begh, Tyler Bleau, Zyan Brown, Nicole Conte, Kacey Crast, Lynette Dellavechia, Charles Goodermote, Mohammad Jhilani, Jacob Johnson, Zachary Johnson, Lindsay Klugo, Autumn Kudlack, Hailey Lynch, Connor McCagg, Hasan Mufti, Kristen O'Connell, Monish Patel, Gillian Perry, Tanzil Sami, Katarina Scali, Ahsraful Shamrat, Noah Taylor, Morium Trisha, Kyle Ublacker, Michael Zhang.

Congratulations to all!



## Natural History Museum By Cecille Ruiz

On May 1st, there was a field trip to the Natural History Museum in New York City. Mrs. Near brought her EN 102 class, Mrs. Albino brought some of her art students, and Mrs. Brust brought her Humanities class. Along for the field trip came Mrs. Cipollari and Mr. Tassinari. We had a long bus ride, but in the end it was worth it.

At the Natural History Museum we looked all over and saw many different things. We looked at the environment of the lion group. They like to move in the long, yellow grass during the dry season to blend in.



We also looked at African masks and learned that they are as diverse as their functions. A mask may be designed to convey a certain feeling of awe, respect or humor. Most, if not all, masks belong to a total costume concealing the wearer's identity so that his actions are not taken personally. Some masks represent the founding ancestor; other "portrait masks" recall great people more recently dead. Some are totemic or stand for certain animal qualities needed on given occasions.



If you were brave enough, you could also blast to the past and look at some dinosaurs. In this part of the museum you could learn about how different the teeth of a herbivore were compared to that of a carnivore. You could also read about the tiny arms of Tyrannosaurus, how big dinosaur eggs were, and how many predators have adapted for hunting.

We also looked at the effect of foreign influence, Native American homes, and more wildlife. Included was the monkey, Western Marsh birds, rabbits, hares, deer, different types of birds, white rhinoceros, baboons, cheetahs and more.

Overall, it was a fun trip and I had a great time. If you haven't been to the Natural History Museum before, then you should definitely put that on your bucket list! This was a great opportunity and I'm glad everyone who went on the trip took advantage of this awesome experience!



# Tips for Stressed Out Students

## Study-Time Prep

**Step 1:** Outline your main study topics.

**Step 2:** Break topics down.

★ Identify their importance

**Step 3:** Choose 4 days per week to study.

**Step 4:** Plan to study 2 hrs Each day.

## Note-Taking Tips

Try “**Sketch Note-ing**”- As you take notes, feel free to draw pictures, add thought bubbles and borders, and allow your creativity to shape your studying.

**Use Abbreviations**- There is NO time to spell out every word. Save time, shorten terms.

## Create A Bullet Point System

➤ Major Concept

◆ Flashcard Term

Definitions

★ Revisit Idea

## Productive Studying

- ⇒ Turn Off Distractions such as TV, cell phone, etc.
- ⇒ Start Early- try to study during daylight hours
- ⇒ Take Breaks to move around, grab a snack, or just talk
- ⇒ Get Active- listen to a recorded lecture as you walk or jog
- ⇒ Turn your Notes into Flashcards for tricky topics
- ⇒ Connect New Information to Pictures or imagery for later recall

## The “Forgetting Curve”

After 24 hours, people forget 50-80% of the information they’ve learned. Avoid this by revisiting the material for 10 minutes within that 24 hour window.

## Snacks To Boost Brain Power & Energy

- ◆ Walnuts
- ◆ Berries (Strawberries, blueberries, raspberries)
- ◆ Avocados
- ◆ Dark Chocolate
- ◆ Whole-Grain Bread
- ◆ In place of coffee or energy drinks, try **Green Tea** for a boost of energy. Green tea contains **Theanine**, which can help ease anxiety.

Work Cited

<http://www.connectionsacademy.com/resources/instructographics/high-school-study-tips>

## 3 Ingredient Strawberry-Peanut-Butter Wraps

### Students on the Run Recipes

By Sharmin Akther



The hot weather is rolling in and fresh vegetables and fruits are making their way into the season! Lunch time could use a pick me up with some fresh fruit, with this 3 ingredient strawberry peanut butter wrap. It is super easy to make and uses all fresh ingredients and there is a variety of fruits to choose from when making this! Hudson High will never know what hit them!

#### Ingredients:

- ◆ Fresh strawberries (or raspberries or blackberries or anything of your choice)
- ◆ Whole-wheat tortillas
- ◆ Peanut butter

#### Directions:

1. Take a whole-wheat tortilla and lay it flat
2. Spread whatever kind of peanut you prefer, all over the tortilla and up to the edges
3. Wash and dry your preferred fruit, such as strawberries, raspberries, banana and more
4. Cut up your preferred fruit into tiny chunks or flat pieces
5. Spread/sprinkle your fruit all over you peanut butter covered whole-wheat tortilla
6. Final Step: wrap your tortilla, making sure all the ingredients stay in it, and cut it in half

VOILA! You're done and ready to enjoy your fresh fruit fajita!



Pictured above from left to right: Sifath Khan, Tayjul Tonmoy, Suman Humagain, Brianna Tsitsera, & Devon Sweatt

## Water Sampling for Cornell

### By Brianna Tsitsera

On Saturday May 13th, six students from Hudson High School, along with students from Germantown High School, ventured out under Cornell to sample water at the lower half of the Rojan River at several locations. The data gathered will be used by the Ivy League College in reports. The sampling conducted was to find water temperatures for each location and to measure the difference from each location. Each meet-up had a local expert. The list below tells about each person:

- Colleen Lutz will do a WAVE demonstration, which is a way to assess water quality by collecting macroinvertebrates (small bugs, in non-scientific language) from the streambed. (9am Academy Hill Rd. Fishing Access Site.)
- Vince DuBois, president of the Columbia-Greene chapter of Trout Unlimited, will talk about trout and their role in the river. (9:35am, bridge just west of Elizaville Diner)
- Michael Hamilton will talk about stream connectivity and the role of dams and natural barriers in stream ecology. (10am, below Bingham Mills Dam)
- Chris Lindner, Director of the Bard Archaeology Field School, will talk about the last 5000 years of human settlement along the Roe Jan. (10:40am, Roe Jan Creek Boat Club)

#### **Here is what the adults who helped thought about the experience:**

**Roe Jan Watershed Community founder Kaare Christian** said: “Getting students involved in the Roe Jan is good for the students, but it’s also good for the river. Students instantly understand the importance of clean water, and they spread the word. We’re honored and excited to be working with student environmentalists.”

**Eli Dueker, Bard Water Lab Director and Assistant Professor in the Environmental and Urban Studies Program** said: “Involving community members of all ages in monitoring the Roe Jan Watershed is a powerful way to ensure long-term investment in maintaining precious water resources. The Bard Water Lab is dedicated to bringing water science to water communities in the region, and we are very happy to be part of the important work of the RJWC.”

**Dan Shapley, Riverkeeper’s Water Quality Program Manager**, said: “The Roe Jan is a beautiful creek, and it’s wonderful to see the Roe Jan Watershed Community rally people to study, protect and restore it. This year, Riverkeeper’s Water Quality Program will work with dozens of community scientists and organizational partners, including the Roe Jan Watershed Community, to sample more than 425 locations in the Hudson River Watershed. Ultimately, the health of the Hudson is dependent on the health of the rivers, creeks and streams that feed it.”

**About the Roe Jan Watershed Community:** Founded in 2016, the Roe Jan Watershed Community is a volunteer citizens group working to increase our understanding of the historic Roeliff Jansen Kill, to increase access to the river, and to be a voice for the watershed.

**About the Bard Water Lab:** The Bard Water Lab, with seed funding provided by the Hudson River Foundation, is housed in the Bard Ecology Field Station. Its purpose is to promote community engagement with the science behind sustainable management of water resources, including waterways, drinking water, and wastewater.

**About Riverkeeper:** Riverkeeper is a member-supported watchdog organization dedicated to defending the Hudson River and its tributaries and protecting the drinking water supply of nine million New York City and Hudson Valley residents.

## Varsity Boys' Baseball Has An Amazing Spring

This year's 2017 Hudson High School Boys' Varsity team had an amazing record and season! They played sixteen games and only lost two. They made it to playoffs after beating Green Tech on May 13. They were number 2 seed in Class B. They then went on to play Albany Academy on May 16 and they played hard. Unfortunately, they lost 12 to 8, ending their season. Coach Bowes did an amazing job with his talented players. The Girls also played well and lost to Hoosick Falls by a score of 3 to 2. Hopefully the talent will prevail next year as many new players advance to Varsity level.



## Kindness Club Creates Art Projects

Hudson High School's Kindness Club has been busy making art projects this Spring! One creation is a Bluehawk model, made of paper mache. Its head and wings actually move. This is possible due to a wooden frame that is inside the Bluehawk, which makes it mobile. Jared Busta and Jacob Liebenau created the frame in Technology class. Students Kentavis Newkirk, Ashley Lippman, Nuzat Yesmin and Azizul Tusar created the body. The Kindness kids also made a large plaster book worm that is covered with pages from old text books. The worm is on display in the library. Both projects took about two months each to make. Make sure to check them out when you can. A special thank you to Ms. Tracy Simmons for the pictures.



# Spirit Week, May 8 ~12, 2017



STUDENT  
COUNCIL



SPIRIT  
WEEK



# Kindness Club Special Olympics & CGCC Graduation



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