

# THE OWL

SEPTEMBER / OCTOBER  
2013



## Upcoming Events

The Class of 2015 Yankee Candle Sale: 10/7-10/31  
Little Caesar's Pizza Sale sponsored by the Music Department: 10/17-12/7  
The Class of 2015 5 Below Fundraiser: the weeks of 10/27, 11/29, 12/10, 12/17  
Applebee's Dining to Donate sponsored by the Class of 2015: 11/6  
School Closed for Veterans' Day: 11/11  
Quarter 2 Begins: 11/12  
Half-day for Report Card Conferences: 11/4  
Winter Concert: 12/5  
Upcoming t-shirt sales in time for Christmas

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**The Owl is now online! Look for our editions, with color photos, under the Hudson High School link!**

## The Kindness Cart

By Ramisa Tasnim

Everyone has seen the Kindness Cart roaming around, stacked with everything from coffee to delicious snacks like brownies and fried dough, but the story behind it is much more. It was all started by Mrs. Foronda, who is a Life Skills teacher and wanted to teach her students how to be kind and show kindness. The overall theme in Mrs. Foronda's cozy little classroom is kindness itself. Everyday students make everything from cookies to brownies to fried dough, and of course, coffee. Then they go around the school to teachers, (yes only teachers) and give snacks free of charge. They have already made over a hundred dollars in just donations. Mrs. Foronda says the Kindness Cart is not for profit, but donations are happily welcomed in order to sustain the cart. The Kindness Club and the Kindness Closet have emerged from

the Kindness Cart. The Kindness Club is a club with all of Mrs. Foronda's students, and they have several upcoming projects coming up. For instance, for the holidays this year they are adopting a family. They will provide the family with what the family needs. Alongside adopting a family, a bottle drive is coming up and a much anticipated trip the New York State Special Olympics where the students will participate in many events, like track and field. Volunteers and mentors are needed, so if anyone is interested, please contact Mrs. Foronda. When asked if the Kindness Club will be open to the whole school, Mrs Foronda says that that is an exciting possibility and would be wonderful if other students could come join. The Kindness Closet is a work in progress. There are about 200 homeless children in the school district, so the kindness closet

will contain all sorts of stuff that will be helpful and is welcome to anyone in need of anything. The whole concept of the kindness club, kindness cart and Kindness Closet is to spread kindness, it never hurts to be kind, and the students of Mrs. Foronda's class have definitely showed that.



## The Life of Mr. Fenson

By Sheila De Jesus

Douglas Fenson was born in 1959. He aspired to become a teacher when his son was born in 1987 because he and his wife were thinking of their son's educational future. Mr. Fenson had always liked the idea of teaching since he was a child.

When he was 12 years old, at his parents' summer lake house, a man from the nearby resort asked Mr. Fenson if he was willing to teach him how to sail a boat so he could take his wife out on the lake. Mr. Fenson agreed to teach the man how to sail. After the half an hour

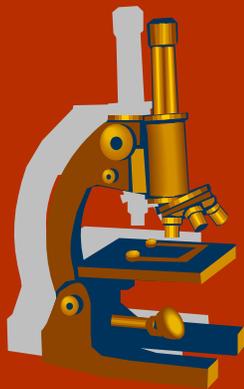
lesson, the man gave Mr. Fenson \$12, which Mr. Fenson reluctantly agreed to take but the man wouldn't take no for an answer.

Mr. Fenson first started teaching computer class in 1996 at John L. Edwards. He taught at John L. Edwards until the end of October. After district reorganization, he taught computer classes to the 3rd and 4th graders at Greenport. He then moved to the Middle School. He taught all subjects for the sixth graders for four years. He then taught the 7th and 8th graders computer literature in September 2001. He was then moved to

the high school because the School Board wanted to offer an upper level elective to the students. In his first year at the high school he taught Business, Accounting, Career Financial and Management, and B.A.B.C.A. In the following year, he taught Computer Application, Web Design, Business Law, and most recently, Sports Management.

His final words to the readers are: "Business affects your everyday life. S t u d y hard."





### Mrs. Nowak

By Fahmida Choudhury

Mrs. Nowak, the new science teacher, has agreed to be the sophomore class advisor. When asking her about why she agreed to be the sophomore class advisor she said even though it's a lot of work, "you do it for the students." She graduated from Union College in Schenectady and received a degree in psychology. Even though teaching wasn't something Nowak had planned from the very beginning, it was

something she discovered she wanted to do. Her first teaching job was at Taconic Hills fifteen years ago. She decided to teach because she gets to interact with students and be creative, "every day is different, and you don't do the same thing." She loves science, especially Biology, and everything about the body system. When talking about education, Nowak would like to change the way testing is done. She feels as if students are being over tested to the point where it's unnecessary. Outside of school, Mrs. Nowak is a

Zumba instructor and does kick boxing. She enjoys the outdoors and loves going to the beach and gardening. She likes to spend time with her son and daughter. We thank Mrs. Nowak for volunteering to be the sophomore class advisor and welcome her to Hudson High School.

*The Owl is always looking for writers, editors, and producers. Please see Ms. Cipollari or Mrs. Near if you are interested!*

### Powder Puff Game

By Emily Haigh

"Cancer is the general name for a group of more than 100 diseases. All cancers start because abnormal cells grow out of control. More than one million people in the United States get cancer each year" (Cancer.org). This year, Hudson High is hosting the Powder Puff football game in honor of a former Hudson student, Erica Wordon, who graduated from our school only six years ago. Erica was recently diagnosed with Anaplastic Astrocytoma, a stage III brain tumor. Proceeds

from the Powder Puff game will go to Erica's family in the hopes of alleviating medical costs. According to Mrs. Zincio, S.A.D.D. is co-sponsoring the event because in the past they've donated to breast cancer research. The game will be held on November 1, 2013 at 7 p.m., with a rain date of November 8, 2013 at 7 p.m.

I recently interviewed Erica and she was willing to share some advice on how to help others who are coping with cancer and how she gets through her day. Erica stated, "My advice would be to stay positive, stay happy and

remember that things can ALWAYS be worse. If you have a down day, that's okay, have it. You'll most likely need it but move on. Don't let other people bring stress into your life. Stress equals negative energy which no one needs."

Erica is a strong girl who we're all routing for to beat cancer and become healthy again. Come join the Hudson Powder Puff Girls as they cheer Erica on to a full recovery!

### Clubs for All

By Jean Busta

Clubs are always a welcome addition to the school year. Not only do they allow for friends and those with common interests to get together and discuss common ground, they also allow for competition between schools. At Hudson High there is something for everyone. Here are just some examples:

- ◆ Environmental Club meets to discuss how to make our school a more environmental-

ly green school and takes care of recycling. Mr. McDarby is the advisor and also advises the Hudson High Envirothan Team which competes against other schools from around the country.

- ◆ The Art Club meets to plan school murals and explore the artistic endeavors that go unnoticed in school and is advised by Ms. Albino.

- ◆ Hudson High's Mock Trial is the only school to be represented in Columbia County and participates in a competition where students are given

a case and must simulate it in a "trial." The club is advised by Mrs. Naramore.

- ◆ This is the Math Club's first year and is advised by Mr. Fay and Mrs. Pare. The club will be taking part in its first contest on October 10, 2013.

- ◆ Advised by Mrs. Engel, Ms. Roehr, and Mrs. Pare, the Gay-Straight Alliance (GSA) experienced a successful debut year. The GSA is back to continue its goal of making Hudson High a safer and more understanding environment.

## Faculty Flashback

By Gina Leccese

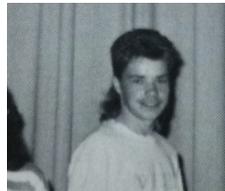
Have you ever wondered what one of your teachers was like in high school? Did they always want to become teachers?

One of our science teachers, Mr. McDarby, graduated from Hudson High School in 1990. Of course, his favorite subject was biology. He liked it so much because he loved animals, nature, and was interested in ecology. His favorite teacher was Mr. Ainsworth, who taught biology. He was open and easy

to talk to. He even let Mr. McDarby feed his animals. During high school, Mr. McDarby played volleyball and baseball. His worst subject was Philosophies of Western Civilizations.

Back in high school, Mr. McDarby wanted to be a wildlife biologist. He wanted to spend his time outdoors, rather than stay inside all day. He never imagined he would become a high school science teacher. He actually took the job as a favor to the chemistry teacher when a last minute position opened up. He wasn't very enthusiastic about it at first, but after the

first year, he fell in love with the job. Soon after, he sought certification and became a teacher full-time. In school, he was inspired by all the teachers who made the students feel welcomed and made class fun and interesting, instead of making class a chore and making the students feel inferior. Mr. McDarby is a great example of a teacher who cares and makes a difference!



## Soccer

By Melis Chavez

Football, volleyball, or soccer: no matter what it's called, countries all around the world share a love for this sport. It has been played around the world for thousands of years and has been a part of Hudson athletics for many years. Our athletes work and play hard, whether it's in practices or during games. They've had some tough competition this year but they are consistent and persevere. The Boys' Varsity and Girls' Varsity teams practice every day after school unless they have a game. The Boys' Varsity Soccer team has had a good season. They are always looking to improve and go all out in their games. "Our goals include perfecting team play and developing each player's skills," said Sharif Khan, who's been playing soccer for the past four years. "We're doing a lot better in this season than Hudson has done in the past decade." The Boys' Varsity team is al-

ways looking to improve and no matter how well, or how bad a game is going, they do not stop playing hard. The season has been going well for them so far and with enough hard work and dedication, they will end the season strong.

The Girls' Varsity team has also been working hard and improving every day. "We haven't been playing like we want it enough. We have the skill, but the skill means nothing if you don't have the heart," said Coach Blake. "We play tough teams whose players play soccer in the off season all year long, some for top premier clubs, which puts us at an automatic disadvantage." Coach Blake has been playing soccer since she was five years old. She played for the City of Albany Recreational League, the Albany Soccer Club, the Capital United Premier, for her college, and now in coed and women's indoor leagues all year long, in addition to women's outdoor leagues. She's been coaching for five years at the Hudson

High School and also coaches for the Albany Alleycats Premier Academy. Coach Blake believes that with hard work, the Girls' Varsity soccer team will have a good season. Alexis Stevenson said, "Our goals for the season are to win some games and to know we gave each game our best effort. We've developed into a hardworking team. The coaches have taught us a lot and have really helped us improve." The Girls' Varsity soccer team has won a few games, but they are looking to turn the season around and bring home some more wins.

Both teams are looking forward to having a great season. With hard work, the Bluehawks will persevere. They are always looking to improve, and a little support can go a long way. Make sure to get out there and support the Bluehawks whenever you can!

## *Now You See Me*

by Danny Gelles

"*Now You See Me*" is a blend of glitz, glamor and enigma. It blends humor, deception and an all-star cast spawning two generations. Whether it be the duo of Jessie Eisenberg and Woody Harrelson, returning from *Zombieland*, or Morgan Freeman and Michael Caine, acting through their golden years, the cast is not to be missed. Throughout the plot, characters intertwine with each other and the ending is surprising but easy to spot if you are not misdirected by the plot's tricks.

The movie foreshadows four would-be master thieves from their plights as petty magicians to international thieves. They would be known as "The Four Horsemen". Their true intentions are unknown, but to the public, it is all a show and the world is their stage. Heist after creative heist, the government closes in, making it all the more dangerous but at the same time, "The Four Horsemen" are always ahead in the game.

The movie overall is close to flawless. It was hard pointing out mistakes in a movie that obviously was not made overnight. The special effects were done in such a way it looked like actual magic. The deceptions the movie crafted into the plot were well done and when the plot came to a close, you will find that you will be kicking yourself for not seeing through what the magicians call "misdirection."

Although the movie was very well done, there are a few problems the eye could see. At some points of the movie, close-ups appeared slightly shaky. This is a problem which most movies face but usually is fixed by the final cut. One last observation was the performance Michael Caine gave. In most of his roles he is professional like in older movies such as "The Man Who Would Be King." In this one, however, he seemed mediocre. His personality seemed empty and not fully developed but this did not take off much from the film. The overall plot, special effects, and the shocking ending show us how 21<sup>st</sup> century film techniques have advanced.

Rating= \*\*\*\* 1/2

### "Omni"

#### *"Eye of the Beholder"*

By Caitlyn Patrick

What if the faces we saw

Everyday were false?

What if everyone saw others

Differently?

What if you saw yourself different

Than every other person does?

What if we had no face?

All of our faces were blank,

Available for everyone to

Create their image of us

A canvas

A canvas for the artist that is the human brain

Beauty really would be in the

Eye of the beholder

Beauty would be in the eye of

Those who truly love you

By Alexis Stevenson

A caricature  
Of your beautiful words  
Painted across your forehead  
For all to see  
But for nobody to understand

A demonstration  
Of being in love  
Noted as another false alarm  
For all to see  
But for nobody to understand

A derivative  
Of a friendship  
That this time you hope will last  
For all to see  
But for nobody to understand

A person  
Who no one really knows  
Who is presented  
For all to see  
But for nobody to understand

# The Thrill of Victory

By Jordynn Grossman

Throughout the season, both JV and Varsity Volleyball Teams have come so far in their seasons. JV has a record of eight wins and eight losses and Varsity has a record of fifteen wins and two losses. The Varsity team has qualified for sectionals and played Stillwater on October 23.

Coach Peters, who has lead the Varsity girls in this incredible season, said “I am so proud of this team and what they have done this season. I wish the best of luck to each and every one. Love them all. Good luck in the sectional games.”

Coach Hunter, who worked with the JV team said “Returning to Hudson High School from coaching last year at Columbia Greene Community College, couldn’t have been more pleasing! We had a great year and I saw so much growth in skills and team work with the JV team.”

The Hudson High School Girls’ Volleyball Teams would like to thank Coach Hunter and Coach Peters for such a great season and for believing in us and showing us the true love of the game.



## Sternfield Dance Studios Moves

By Emily Spateholts

Have you ever considered dancing? Well, you can now that Sternfield Dance Studio has moved! The dance studio has moved from the Greenport Center, to 4 Park Place Hudson. Being in the community for 63 years, this studio has been through some changes in management. It was originally owned by Tommy Sternfield, who passed the studio on to Jean Viler, who in May 2013, passed the studio down to three of her students: Heather Sawicky, Elizabeth Schneider, and Jacqueline Lane.

Karrie-Ann Silvernail, a freshman at the Hudson High School, has been dancing for ten years going on her eleventh year. She says she is excited for the new studio. “I didn’t like it at first, because Jean wasn’t there, and it is smaller compared to the old studio.” When Karrie first started dancing, she didn’t want to. Her mother forced her to. “I used to hide behind my mother’s leg until I realized that I was actually good at dancing, then I just kept going.” Finally we asked Karrie if she had any advice for anyone who likes dancing or is considering taking a class. She said, “Dance because you like it, because you want to do it.”

Seven instructors currently teach at the studio, including the new owners. They now currently offer tap, jazz, ballet, pointe, pre-pointe, hip hop, gymnastics, and competition team. They also offer a variety of age groups from 3 and older, as well as an adult class. Dance classes run for an hour after school. Their hours of operation are 5:00 pm – 8:00 pm on Mondays, Tuesdays, and Fridays, 4:00 pm- 9:00 pm on Wednesdays and 4:00 pm – 7:00 on Thursdays and a 10:00 am class on Saturdays. If you would like to know more, you can contact their office by calling them at (518)822-9620 or you can contact them at their website:

[www.sternfelddancestudio.com](http://www.sternfelddancestudio.com).



## Insight into a Football Team

By Jenna Gregory

The Hudson Bluehawk Varsity Football team consists of twenty-one dedicated players. The players work very hard and diligently to succeed. Practice is every day after school from 2:45 p.m. to 6:30 p.m., Monday through Friday.

This is Mr. LaCasse's tenth year coaching the Varsity football team. Not only does he coach for varsity, but he was also the Junior Varsity football assistant coach for four years. Coach LaCasse has always had a passion for football. When he was a student in high school he played all four years. Mr. Abitabile and he were on the team and were both the co-captains.

When Coach Lacasse was asked in an interview how he plans on helping his team succeed, he responded by saying "Doing what we always do. Preparation." A way Coach LaCasse prepares for a game is by looking at the film with his players from the most recent game played. He lets the players know what was good and what was not so good.

Two players on the Varsity football team were also interviewed. The players who were interviewed are Malcom Scott (number 56) and Malacchai Wilburn (number 80). Malcom Scott has been playing football for three years. The positions that he plays are: defensive tackle, defensive end, offensive tackle, and offensive guard. Malacchai Wilburn has been playing football for seven years. He played four years of Pop Warner, one year of JV, and two years of Varsity. The positions that he plays are wide receiver and corner back.

The team has some rituals that they do before each game. When asked what the rituals were LaCasse said "We have a bus ride from the high school to the middle school. The bus is silent." He also said "After every win we say "beautiful day," which has been a tradition over the years." Malcom said "I listen to church music and Drake." Malacchai responded by saying "I pray on the bus."

Coaching football is something that LaCasse truly likes to do. In an interview he explains that he likes the preparation and likes the practices. He also said, "I enjoy getting a new group every year and teaching them the game of football." Malcom and Malacchai, who have been with LaCasse over a couple of years, had some things to say about the sport. When asked what their favorite part about football is, Malcom said "I like hearing my pads go crackle crackle." Malacchai answered by saying "I get to be aggressive. I get to take my anger out on the field."

The Hudson Bluehawks' Varsity Football Team is a team with hard working players and a great coach. LaCasse talked about his team and said positive things. "Lot of potential. Lot of speed; once we put both of those together, we'll be tough" is how he responded when asked what he thinks of the team this year. Malcom confidently said "We are the best football team in New York State." At the very end of the interview Malacchai said "We're going to leave the rest of the talking to our pads."