



The Talon



Gripping News

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Onteora High School

Boiceville, NY 12412

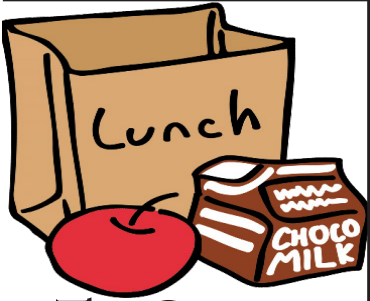
November 2021

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Bread Alone Goes Carbon Neutral

By Caleb Frank

Bright sun shines down on Boiceville--the same sun that powers Bread Alone--the first carbon-neutral bakery in America. Bread Alone has been working on renovations since April 2021 and is set to reopen by the end of 2021. In the meantime, it has a kiosk that serves cafe items, and will continue to be used for pizza on week-ends post-reopening.

Absolutely everything has been designed with the environment in mind--from the big things like the solar panels and electric ovens, to the small things like using scrap wood in the pizza oven. These are all great changes, but it is easy to be blinded by majestic green labels and claims without really examining what they mean. As with all issues, being carbon-neutral or climate-conscious is far more complex than one may think.

Bread Alone describes themselves as carbon-neutral, which means that they do not add any carbon into the atmosphere, and if they do, they take an equivalent amount back out. This is typically done by purchasing carbon offsets--while not minimizing one's carbon footprint--is a good place to start on a path to sustainability. However, it's a bad place to end. Fortunately, though Bread Alone does purchase offsets, they do not stop there. Not even close.

Bread Alone put solar panels on the roof of its Boiceville location, which will fulfill all of the bakery's electric needs. The bakery has implemented efficient insulation to reduce energy consumption, constructed its site plan to protect the watershed, and included electric vehicle chargers. There will also be solar panels on the Lake Katrine location, which has plans to use compostable utensils instead of disposable plastic ones.

The bakery operations that will add carbon to the environment (and thus require offsets) includes a diesel 4 cylinder Mercedes Sprinters that distributes products and the bread ovens which use a single natural gas burner. However, even these less eco-friendly solutions are better than most. The Mercedes Sprinters are optimized for fuel efficiency, and solar energy circulates the heat around the ovens.

Given all of Bread Alone's improvements regarding carbon-neutrality, one may wonder why other bakeries are not making similar changes. Bread Alone states that it's the first fossil fuel free bakery in the United States. Bread Alone's co-Owner Sharon Leader explained some of the biggest challenges to making such radical changes.

Ovens have been largely fossil fuel dependent. Sustainable bread ovens have yet to be made affordable, making the switch to sustainability an expensive one. In addition, solar panels require the maximum amount of available sunlight to get as much possible electricity. One main factor that blocks sunlight from reaching solar panels are trees, and one common solution is to cut them down. For Bread Alone, this means a careful balance of ensuring solar exposure and preserving surrounding trees.

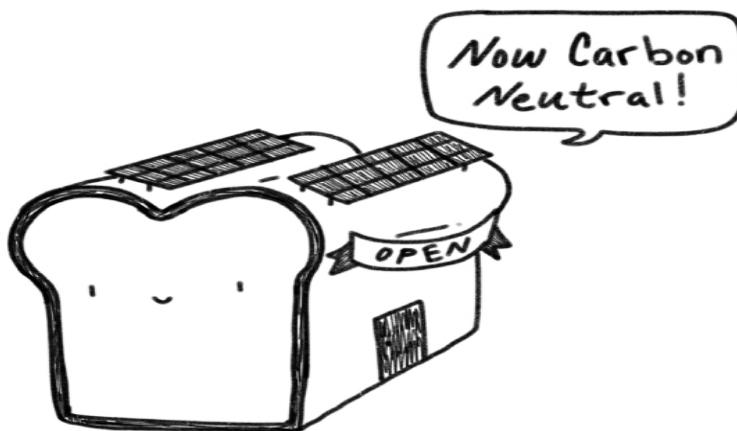
Another difficult aspect of eco-friendliness is using compostable, single-use items instead of plastic

trays a company as climate friendly to appeal to those who want to buy sustainably, without actually making the changes to be sustainable).

One good way to figure out if a company is truly sustainable is to look for certifications. Certifications from 3rd party organizations assess whether a company lives up to what it claims. A few environmental certifications that Bread Alone has earned are "100% Committed" (a pledge to source 100% of energy from renewable sources by 2030), "Climate Neutral Certified" (a standard applied to companies that offset and reduce their carbon emissions), and "1% for the Planet" (a global network of companies, individuals, and organizations that donate 1% or more of revenue to environmental causes). Using these certifications can help one determine whether a company is truly eco-friendly or not.

So, what should we do with the opening of a sustainable bakery like Bread Alone in our hometown? Well, a big step that can be made is to support businesses like Bread Alone that are making tangible commitments. Vote with your dollars for environmentalism. Bring reusable coffee cups if you can, or accept the small sacrifices that compostable items require. Be conscious about the environment, and make any changes you can. Show support for positive changes, and push back against negative ones.

Zero-waste Chef Anne Marie Bonneau says, "We don't need a handful of people doing zero waste [or environmentalism] perfectly. We need millions of people doing it imperfectly." This quote applies to businesses as well. So while Bread Alone may not be perfect, it's doing something really fantastic in our little nook of the world. Bread Alone is one of the few bakeries that is making tangible changes, not just empty promises, and is showing that with dedication and commitment, it is possible to balance many constraints and create a truly climate-conscious bakery.



Courtesy of Tahlula Potter

ones. While this has a few prominent advantages -- being compostable means that an item used for a few minutes won't be on the planet for centuries -- it also has some disadvantages. For instance, a compostable coffee cup would not be able to hold liquid for hours like a plastic one would. This means that the switch away from plastic would require consumer acceptance. A better solution might be to bring a reusable coffee cup that could be washed and reused. Because of these obstacles, very few bakeries have tried to make such a radical shift.

While Bread Alone's remodel is exciting, it can be difficult to gauge whether its sustainability is truthful or greenwashing (marketing that por-

Keeping Up With the COVID Pilldashians

By Shane Stackpole

In June of last year, I presented a research project on the biochemistry of viral proteins and small molecule therapeutics to Onteora's AP Biology class. Being the tail end of the Community Mentorship Program, my project was mainly theoretical and covered plausible antiviral candidates for COVID-19. But now, much of it is becoming a reality.

On Monday, October 11th, Merck and Ridgeback Biotherapeutics announced that they are seeking FDA emergency authorization for the first-ever antiviral pill for COVID-19. The oral drug, molnupiravir, has been in trials for the past few months, and studies show that it reduces the risk of hospitalization and death by nearly 50 percent. If authorized, molnupiravir could greatly change the trajectory of COVID-19's pandemic status and help us return to a more normal state of life.

Let's look at some pressing questions regarding molnupiravir and their fascinating answers: First off, why is molnupiravir needed?

The answer is simple: to treat infection. While vaccines help prevent one from becoming infected, antiviral drugs work to dampen symptoms and reduce the chance that an infected individual would develop a life threatening case of a virus. If authorized, molnupiravir would lessen the

rate of COVID-19 hospitalizations and help alleviate the immense burden that has been placed on the medical field as a result of the pandemic.

But, one may inquire, aren't there other small molecule therapeutics, such as remdesivir (the therapeutic that former President Donald Trump received when hospitalized for COVID-19), being employed to treat COVID-19? Yes, you're completely right. In fact, remdesivir is currently the only antiviral drug that has been FDA approved (different from being FDA emergency authorized) for treating COVID-19.

However, remdesivir can be only administered intravenously--that is, via injection in a clinical setting. Moreover, remdesivir, at this time, is offered exclusively to those hospitalized with COVID-19 and in critical condition. Therefore, it is not the most effective nor the most accessible antiviral drug for treating COVID-19 on a wide scale. For this reason, Merck's new antiviral drug best fits the bill: it would come in the form of an oral pill, that can be picked up at your

local pharmacy and would only cost the government \$700 per treatment-- and as per the current plan, would cost infected individuals nothing.

How exactly does molnupiravir work?

In order to answer this question, we must examine the small molecule of which that Merck's antiviral drug is composed of and its basic biochemistry. Molnupiravir is what's called a nucleoside analogue--a type of small molecule composed of a molecular

nucleotides- a normal RNA building block molecule. If this occurs, SARS-CoV-2 would use molnupiravir to synthesize new RNA strands, and the entire replication process would collapse, thus resulting in the virus being unable to infect new host cells and cause further damage to the individual.

When and to whom will molnupiravir be offered? If all goes according to plan --being that no serious side effects arise over the next period of therapeutic

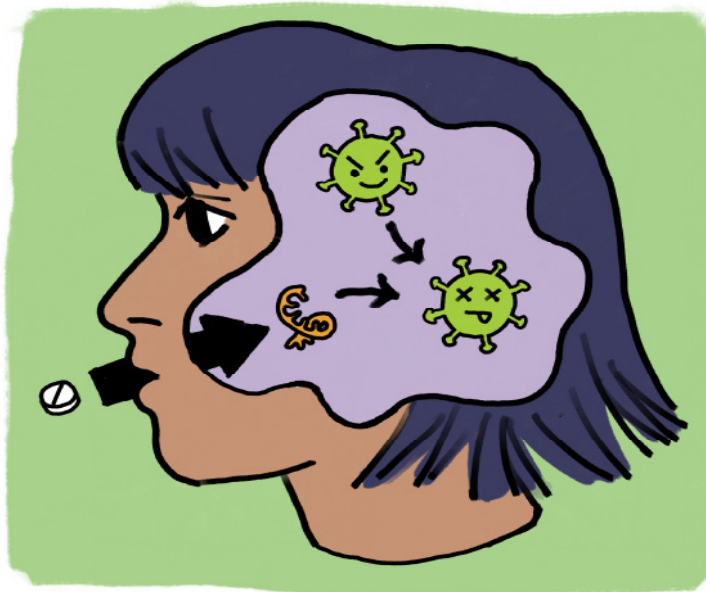
trials-- Merck's antiviral drug could be FDA emergency authorized by the end of the year. Anthony S. Fauci, President Biden's top medical adviser for the coronavirus, said that while there is no official timeline for F.D.A. authorization in place, "the F.D.A.

will look at the data, and in their usual very efficient and effective way, will examine the data as quickly as they possibly can."

As of right now, it is unlikely that all Americans would have immediate access to molnupiravir if infected with SARS-CoV-2. While Merck's antiviral drug is being developed for sick patients with a

mild to moderate case of COVID-19, the pool of trial participants consists of mostly unvaccinated individuals who are considered high risk. While not definite, it seems most probable that molnupiravir would be initially offered to those who fit the same description above-- individuals who are autoimmune compromised. However, just like the different stages of COVID-19 vaccine distribution, Merck's drug would eventually become available to all individuals sick with COVID-19.

It's truly remarkable that with today's scientific knowledge we are able to understand the intricate biochemistry of SARS-CoV-2's replication process and nail its mechanisms down to each individual atom. While there remains a lot of unanswered questions regarding molnupiravir, the amount of work scientists and health experts have put into researching and developing COVID-19 therapeutics must be recognized. As molnupiravir goes through the FDA authorization process and more antiviral drugs for COVID-19 are developed, it is imperative we do our part and remain vigilant in following CDC protocols to ensure that our school and surrounding community are safe.



Courtesy of Tahlula Potter

structure that is similar to RNA and DNA. When SARS-CoV-2 --the virus that causes COVID-19-- enters a cell, it employs its RNA genome to create new viral particles and replicate throughout the body. Since molnupiravir often mimics the structure of RNA's building blocks, it can be mistaken by SARS-CoV-2's replicative mechanism for

Teaching LGBTQ+ History in School

By Elijah Salazar-Garris

At the beginning of October, Scotland became the first country to implement LGBTQ+ history into curricula. The Scottish Government will give its staff resources through a public website that includes lesson plans on Maitland Quarto Manuscripts, Bayard Rustin (a sapphic poet from early modern Scotland who focuses on anti-racism critical thinking and LGBTQ+ rights), and even.... Lady Gaga? That's not a joke--there's a lesson about the pop star using her celebrity status to push for LGBTQ+ equality. Many more lesson plans are available as well.

Nearly half of all LGBTQ+ students have reported being bullied in the U.K. Adding proper education on LGBTQ+ issues will help normalize being a member of the LGBTQ+ community

and help queer youth feel more comfortable with their identity.

27% of LGBTQ+ students in Scotland have reported suicide attempts from bullying. Implementing new LGBTQ+ curricula can significantly reduce the amount of bullying based around homophobia and transphobia, which can potentially save the lives of LGBTQ+ students.

Hopefully this push for inclusivity will start a domino effect, influencing other countries to follow suit. LGBTQ+ inclusive education would help LGBTQ+ students feel noticed. For this reason, it's imperative that schools--including ours--implement the teaching of LGBTQ+ history in their curricula. This would be especially beneficial in middle schools, where one is more

likely to just start to be exploring their identity.



Courtesy of Pixabay

The True Price of Fast Fashion

By Maddie Mills & Arely Tapia

Have you ever bought something from an online store because it was trendy and inexpensive? If you have, you are one of the millions of teens across the country who have supported fast fashion. Personally, I have succumbed to the allure of popular styles at low prices, but what is the true cost of low prices? Who suffers when we pay less than \$10 for a pair of jeans?

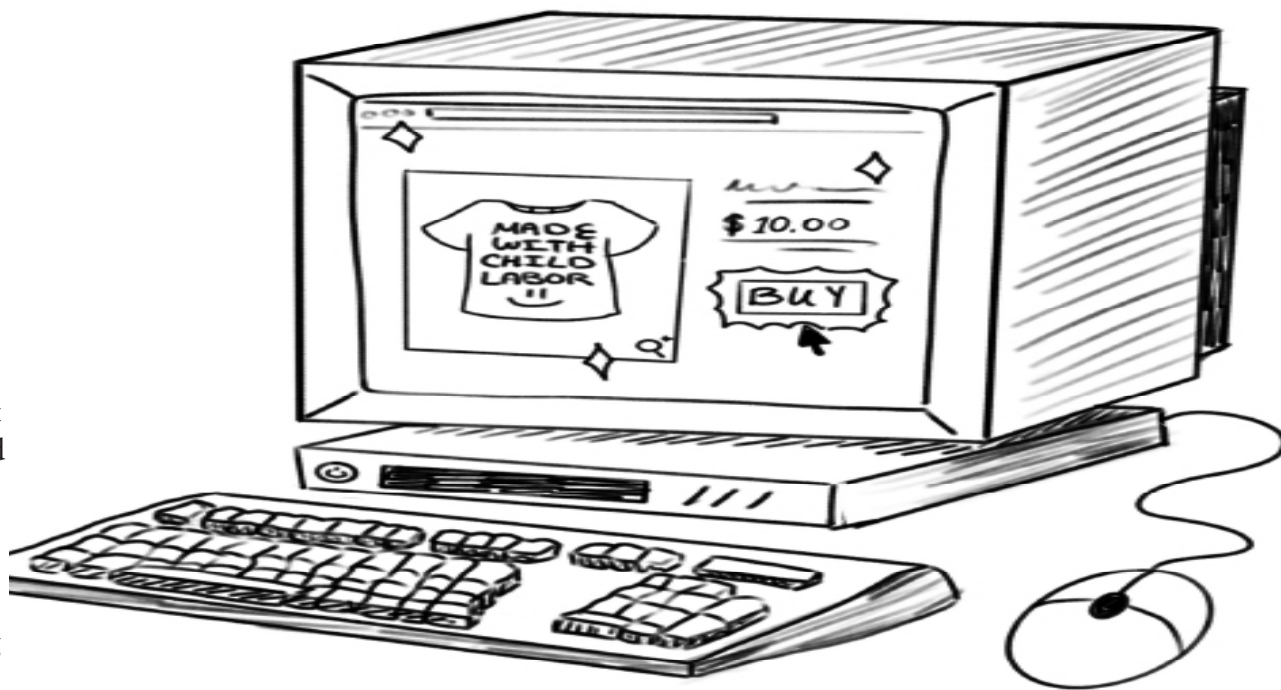
During the pandemic, online shopping was the way most people got their groceries, home essentials, and clothing. With the growth of online shopping, the popularity of many cheap and unethical stores also grew. One of those stores is Shein/Romwe, a subsidiary of Globalegrow E-Commerce. This company grew in popularity due to its low costs and trendy stock. Its founder was not interested in fashion but was rather determined to use social media platforms to their marketing advantage. Soon, everyone on TikTok started talking about Shein and creating videos of their “Shein Hauls.” In fact, #sheinhaul currently has over 2.5 billion views, according to Rogue Media.

Social media had a significant impact on these unethical stores. Many people saw these “Shein Hauls” and bought excessively from Shein because they were considered “trendy.” Not only were they “trendy,” but the clothes were ridiculously cheap as well, which is a serious red flag. The idea was to create a cycle of consumption so rapid that clothes would be seen as disposable.

The poor quality is not the only issue when buying from Shein or Romwe. The unethicality is another issue. The parent company of both Shein and Romwe, Globalegrow E-Commerce, tried its best to cover up all information on any ethical practices they follow or don't follow. For example, in a statement about child labor, Globalegrow explains how they follow child labor laws in countries they sell to. However, they do not provide the names of these countries, nor do they claim to follow child labor laws in the countries their clothes are manufactured in.

While Shein has been accused of various unethical practices, the more prominent issue is their global impact on consumerism and the environment.

Eighty billion pieces of clothing are made and purchased every year. Eighty BILLION. A majority of the clothing industry is based in poor countries, like Bangladesh, which means the low prices are a result of cheap or even forced labor. Companies such as Nike, H&M, Urban Outfitters, Gap, Zara, and Forever 21 also have a long history of forced child labor camps and worker exploitation, affecting children



Courtesy of Atticus Schouten

as young as eight-years-old. Some workers were compelled to work 16 hour days.

H&M has also been involved with numerous scandals involving forced child labor. H&M's labor is primarily sourced in Myanmar, which recently set a minimum wage of 3,600 kyats a day for its workers. That's the equivalent of \$1.90 for an eight-hour work day!

Materials: Are the fabrics used sourced responsibly?

There are so many factors when it comes to making eco-friendly clothing and where to look for it. We can do better when considering WHY something is so inexpensive.

Though the U.S. exports the most cotton globally, accounting for 35% of the world's cotton, the prices of your online clothing may indicate that some of the cotton is sourced from other countries. Uzbekistan, the world's 11th largest cotton producer, (India and China rank first and second, respectively) has been known for practices using child labor to reach these competitive levels.

Chemical Treatments

Many items are treated with formaldehyde and other acids, dyes, and toxins that seep into our water and air. Formaldehyde is a volatile organic compound (VOC) that can be released into the atmosphere. It is used to aid in wrinkling prevention, waterproofing, and ensure colorfastness. Azo dyes, which appear in 60-80% of clothing, have been predominantly used until their ban from the European Union in 2003 and also in the state of California due to its link to cancer.

price of labor, but also materials and production (shipping, marketing, etc). When clothing items are too cheap to be reasonable, it is a definite sign to steer clear from shopping at that particular company.

Quantity of New Items

Fast fashion is known for keeping on top of the latest trends. However, this can be seen as an irresponsible selling practice. Shein releases 700 to 1,000 new items of clothing each day. They know that their products are disposable, and they see their audience as naive and easily targetable. In the United

States alone, 9.5 million tons of clothing enter our landfills each year. Less is more. Look for shops with fewer new items.

Second-Hand Clothing

Buying second-hand clothing is another way to help improve the environmental impact of fast fashion. Buying second-hand is also highly affordable. As explained before, many companies that have problems continue to sell very cheap clothing. By going to a second-hand clothing store, you would be paying a similar price

and know you are helping the environment.

Renting Clothes

People often buy items they only wear once for an upcoming event and then never use it again. Renting clothes is an excellent alternative to throwing out one-time-use clothes. This method can ensure that no clothes are put in a landfill after one-use and are used multiple times.

Other Clothing Store Options

Patagonia is a great option to order any clothes you might need. It is ethical and environmentally conscious. The company also uses organic cotton to make some of its clothes. In addition, Patagonia uses recycled materials, which benefit the environment.

How We Can Do Better?

Don't fall victim to the constant mirage of social media imploring us to buy more clothing items. Ending constant spending can positively affect the environment. Be aware of what you already have and know what you truly need.

Environmental Safety

Many companies make eco-claims on their products in a marketing effort to present themselves as responsible. This is known as “green-washing,” and it can be deceptive to the uninformed consumer. Look for the Global Organic Textile Standard or the Nordic Swan EcoLabel to guarantee that your clothing meets environmental standards.

Production of Materials

Look for high transparency of claims. When buying from an online clothing store, ensure that their claims of ethicality are straight to the point and clear. Companies such as Shein or Romwe avoid making any statements that clearly outline their working methods. When companies make these kinds of messages, it shows how trustworthy a site is.

Another thing to look out for when researching companies is the price of the clothing. The price for that item not only includes the

The Government's Hand is in Your Lunch

By EJ Schackne-Martello

When someone says Obama, your mind may leap to conclusions about presidencies and healthcare. But what you should actually be thinking about is the widespread school lunch changes that have changed children's nutrition forever. This is about Michelle, the Obama that didn't commit a war crime.

Back in 2010, when most of us were a bit consumed with block building and toy trucks, Michelle championed the Healthy, Hunger-Free Kids Act. The goal was to make school lunches more nutritious and to eventually tackle obesity, a major part of Michelle's brand. At first, these changes were more veggie servings, fat-free/low

fat milk, more whole grains, and less sodium. This evidently was a huge adjustment for schools not without controversy.

Later on, in 2018, the USDA allowed for fewer whole grains, more sodium, and flavored milk. Then again, in 2020, right before COVID, the amount of vegetable guidelines was lowered. However, I'm not totally convinced Michelle's idea was the best one. While obesity is an issue, it's not nearly as concerning as kids not getting enough to eat. The child poverty rate is 5% higher than it is for adults. For a lot of minors, the biggest meal of the day is school lunch. Shouldn't we be making lunch an all-you-can-eat buffet to protect our most vulnerable part of the population?

Rest assured, I'm not the only one with critiques. Mrs. Downs, the Director of Food Services at Onteora says, "Yes, I agree that things needed to be changed... But the standards that they set were too extreme at the time. It made it very difficult. There were a lot of things that were unreasonable, but it did need to go in that direction."

A problem with school lunches pre-Michelle was small portion sizes. As a daily proponent and personal fan of double lunches it will come as no surprise that I support them. While school lunches are free for everyone this year, double lunches are not. A second lunch costs \$3.50 for high-schoolers and \$3.25 for middle-schoolers. A la carte items are listed on the Onteora District website. Point being, double lunches are a great option if you're in a position to shell out a couple extra bucks a day.

How does this translate into Onteora's lunches? You guys know how when you go through the lunch line you have to have a fruit or a vegetable for it to count as a lunch? That's Michelle's work. And I think it's pretty cool. I mean, I remember back in elementary school everyone would just put their fruit



Courtesy of Flickr

cups on that ledge in the lunchroom but honestly I worry about you guys. You've been looking a little vitamin deficient lately. I think we could all use that extra serving of fruit.



Courtesy of The Talon Staff

Back to the Old (New) Normal

By Sophie Frank

When COVID-19 hit, I was in tenth grade and flying high. I had amazing friends, just started joining clubs I was truly passionate about, and was working towards college with what seemed like a healthy amount of anxiety. (Is there really such a thing?)

Early quarantine was idyllic too, in a way that makes me feel a little guilty to admit given what was going on in the world. Virtual classes took up less than 20 minutes of my day; I spent most of my time taking myself on picnics in the nice spring weather and reading books with a vivaciousness I hadn't had since the grind of high school began.

It didn't hit me until the winter of my junior year how much time had passed. I was a year and a half older. A year and a half closer to college and adulthood. I had gone through a year and a half of personal growth and barely been aware of it. My relationship to politics, my identity, and my future plans had all changed dramatically, but after only a few months of processing this growth I was unceremoniously thrust back into normal life.

I did not feel ready. I thought deeply about who I wanted to be during the pandemic, and after hiding so much of myself to conform to the standards required by school, I feared how returning to school would change this process.

While our teachers and administrators have been great at understanding the disruption to our schooling, I feel like I am processing not only a disruption to my education, but to my life and sense of self.

Having been in a school for two months, I've noticed that there are some people who are so focused on getting back to normal that they're not making adjustments to reflect what we've learned during the pandemic. And while this is understandable -- we need routine and normalcy again -- I don't want to go back to normal. I want to live a life that takes into consideration all the things I've learned about myself. I want the world (unrealistic as this is) to learn that it's okay to go through a major, disruptive reckoning and take time to change our lives for the better, instead of shoving the versions of ourselves we nurtured during quarantine aside and slipping right back into old patterns.

Over the past two years I have grown, and I want my life to reflect this. Returning to normal feels frustrating for this reason, but at the same time, much of my social growth feels stunted and incomplete. I left school as a sophomore and came back as a senior--two very different life stages--without any marked, transitional period between them. Junior year, the intended buffer year between these two stages, was isolat-

ing and lonely. It had no in-person college tours, weekends with friends, or time to just relax before the concerns of adulthood took over. The pandemic was two years of personal growth, but the other kinds of growth I was supposed to go through -- with friends, school, my community -- were abruptly halted.

Those of us who left school in tenth grade and returned as seniors have experienced unprecedented personal growth and gotten to appreciate what happens when many social pressures and stigmas are lifted off of us during formative years. Many of us have discovered new clothing styles and music tastes or come to deep realizations about who we are. But we also have to face the effects of two years of stunted social development and isolation. How will this affect us in the long term? How might it change our goals or plans for our future, even the ones that have been cemented for a long time? How will it clash with the desires of many to just get back to normal?

As we get back to the simple things we've missed, like sitting in class and talking to people without a computer screen between us, I think it's crucial to make sure we don't forget about what we've learned.

The Reality of Online School

By Isabella Hamilton & Iris Koester

Along with the rest of the world, Onteora has implemented many changes due to the pandemic. Last year, Onteora students, teachers, and families completely shifted their ways of learning and teaching. The pandemic was a new, crazy world everyone had to adjust to, especially in schools. As in any complicated situation, students had an opinion on how our school handled this drastic change. The real question is: How were Onteora students and teachers affected during this pandemic?

The Question: How was school during the pandemic and how did it affect you?

"I came in the last quarter of the school year. It was interesting; a lot better and a lot easier. I preferred being in school. Everything is a lot easier in school because there are no distractions, and it's easy to pay attention. But it definitely made my social skills worse, and worsened my social anxiety as well. It's a lot harder to communicate with people, compared to pre-COVID."

-- Freshman, Sarah Met-awee

"I thought that it was the same whether you were at home or at school because you still used your Chromebook and you were doing assignments digitally. So I feel like it was better at home where you had your own working conditions."

-- Freshman, Cocoro Asada

"I am gonna be honest, I thought it was amazing, because I didn't have to participate in school as much. Also, it was really easy, because many teachers did not give tests. I felt like I personally forgot how to talk to people, and forgot a lot of classmates that were in my classes, grade, and school in general. Although in-person school was a little rough to get acclimated to, like obviously I am affected by it."

-- Sophomore, Anabelle Sorbellini

"I didn't like online school; it didn't keep me motivated and was too easy to fall asleep. Last year definitely put a dent in my social skills for a while, but I think I have since fully recovered. I like this year a lot more. I don't really mind the masks and the social distance as long as everyone is there in school at once."

-- Sophomore, Linus Driscoll

"I was 100% online, it was ok. It was obviously harder to feel motivated and I missed actually talking with people face to face. I do think the workload was easier and I loved the Wednesdays off. I don't think it was an ideal situation and it could have been handled a bit better, but overall I think it was pretty good for what it was. Now that we're back in school, I think I'm actually more open and excited. Being suppressed to mainly talk with the same people every day in quarantine made me pretty thirsty for new relationships. As a result, I feel like I am more willing to go up to people and talk with them rather than keep to myself."

-- Junior, Zoe Gabriel

"Last year I went into school whenever I could, but I hated it. But, the online curriculum made it really hard to learn, and encouraged cheating. So, now we must play catch up to learn everything we missed last year. Due to online school, I lost a lot of friends, and developed social anxiety. Towards the beginning of the year during online school, teachers really piled on the workload, so I almost failed. But, once we started going to hybrid my grades started to get better."

-- Senior, Julia Milla

"[The pandemic] affected my style of teaching because I felt like I was losing the interaction I would have with the kids. I didn't get to know them as well and those of you that came in it was great because it was very very small, but

I couldn't make a lot of real life connections because I didn't know what you, as students, were interested in because we didn't get to really talk about that. Being online I just stared at a blank screen a lot and nobody talked. Whereas in person you sometimes get those little stories about what people do on the weekend or what people like to do. I wasn't able to do that as much and a lot of the lessons for science are so hands-on or visual and when you guys weren't in-person and you're just staring at me and I don't know who is looking and who was in.

"A lot of the visual and hands-on aspects kind of had to change and we had to figure out what to do to still engage you when you weren't in here. I like in-person learning so much better. I like not having the computer if I don't need it at school and we still do a lot of electronic based things to help cut down on the amount of paper we're using and you know people's organization skills, that helps that. But not having to be tied to it and not having to be sitting here all the time I can walk around again. I can have side conversations with students and get to know them."

-- Science Teacher, Brianna Funck

Important Quote:

"It's been probably the best year I've had so far in teaching, just because I now truly value in-person learning."

"With online learning, I had to be more conscious about getting stuff to the Classroom on time for students. Also, I needed to be aware of how stressed everyone was at home, it was really rough on a lot of kids. Some kids thrived online, but most kids didn't. So, I had to not be "mean." Today, I am still trying to be organized by putting things in the Classroom, and making it accessible. I organize by chapter, because it is easier to find things, than kind of throwing everything up



in the Classroom. I carried these methods into this year. I used a different online program before online learning. On a different note, I think it was really tough for kids emotionally. I do a lot with working together, it is almost impossible to do online. I had the breakout rooms, but they didn't really work,"

-- History Teacher, David Nelsen-Epstein

Important Message For Students:

"It's gonna be better this year, wear your mask and be safe."

"Due to Covid, I certainly made my lessons shorter, and gave my students less information each class, compared to when we were in-person school. It was too difficult to make kids focus that long, so I stream lined it as much as I could. My teaching style was more of direct instruction, and as the year went on I asked less questions. My class was more of delivering information than an interactive class than I'd prefer. But, some of the thinking and philosophy I had last year still applies to this year. Where I feel that I need to go slower for the school because we are just getting used to being back to school. So, I am not doing things exactly the way I did pre-pandemic. I think we all missed something; the experience of being in person and the interaction that occurs is not the same as online. For some students, I think it was really difficult to try to learn that way, very im-

Courtesy of Pixabay personal. Just not having that face to face contact. Plus, I did expect a little more from my students in terms of responsibility, and keeping up with the work. It is much easier in school when you see your work, and get immediate feedback. I think some students suffered greatly from not being able to access that same kind of learning. Other students did just fine, but it depends on the kind of learner, and amount of dedication. This year has been amazing, I feel so much more energized. It is just making me so happy, I missed it. I think the kids are doing great, I'm really proud of how the students have bounced back. Everyone seems like they are really trying to work hard, and make up for lost time."

"In the media, a lot of people are talking about a learning defecent for the kids. So, there might be some underlying anxiety, feeling like students lost a year and a half of school. I would just reassure them this is world wide. In a year or two, it is not going to make a difference. All the teachers are working to fill in gaps, and bring everyone up to speed."

-- Math Teacher, Wendy Cohen

The Real Clubs o

ART CLUB

Advisor: Mrs. Wentland

Where and When: Every Wednesday in Room 99

About: Art Club is for all the creative souls out there. Art-making is so important in our world today, and it is healthy and good for your mind and body. This club offers the space and time for students to create art-work for themselves, others, and make a positive difference in our world.

BOOK CHALLENGE

Advisor: Ms. Weisz

Where and When: Every Monday in the Library

About: The High School Book Challenge is a chance for readers and book lovers to gather to discuss books, play book-themed games, and have fun. The club meets monthly to discuss the "book of the month," have snacks, and talk about what we are reading outside of school and the club. Participants team up for a final Book Challenge, where teams compete to answer questions, solve puzzles, and perform challenges based on 4-6 books that have been read during the year.

CHAMBER ENSEMBLE

Advisor: Mrs. Boyer

Where and When: Alternating Mondays and Wednesdays in the Orchestra room

About: Chamber Ensemble is a small Orchestra of students that play a higher level of music. We perform not just at our school concerts, but also at other events as well. Students are selected based on their participation and effort in Orchestra, and also any other ensemble participation.

CHESS CLUB

Advisor: Ms. Curlew

Where and When: Every Wednesday in Room 100

About: Are you a chess player? Have you ever wanted to learn? The Chess Club meets every other Wednesday after school in room 100. At meetings we talk about chess puzzles and chess moves- but mostly we just play chess. We will host several tournaments throughout the year with our first coming up on December 1st. All levels of chess players are welcome!

DECA (DISTRIBUTIVE EDUCATION CLUBS OF AMERICA)

Advisor: Ms. Weidner

Where and When: Every other Tuesday in Room 164

About: DECA is a club that prepares students for careers in business, entrepreneurship, and management with competition and collaboration.

ENVIRONMENTAL CLUB

Advisor: Mr. Deruvo

Where and When: Every other Tuesday in Room 209

About: Passionate about the climate? Want to make real change in our school and be part of a community of environmental activists? Join the Eco Club!

HMC (HARVARD MODEL CONGRESS)

Advisor: Ms. Curlew

Where and When: One Tuesday per month in Room 100

About: Harvard Model Congress is a legislative simulation. Students act in their roles in the House, Senate, and special programs as they serve on committees and participate in caucuses and full sessions with the goal of passing legislation.

FRENCH CLUB

Advisor: Ms. Nelson

Where and When: Every Thursday in Room 101

About: French Club promotes the French language and Francophone culture. We watch French movies. We cook and eat French food (crepes, quiche, macarons, pain au chocolat). We do fundraisers to raise money for sweatshirts, scholarships, charity and, of course, for TRAVEL! Anyone can join the French Club (even if they don't take French)!

GSA (GENDER-SEXUALITY ALLIANCE)

Advisors: Ms. Nelsen & Ms. Curlew

Where and When: Every other Thursday in Room 101

About: Onteora's GSA-Pride Alliance brings together and recognizes lesbian, gay bisexual, transgender, queer, questioning and straight students in a positive and non-judgmental environment where they can fully express their individuality and share experiences. The intent is to create an alliance that increases awareness, decreases prejudices and creates a safe school atmosphere for all.

HUMAN RIGHTS CLUB

Advisor: Mr. Knoche

Where and When: Every other Monday in Room 114

About: The purpose of the Human Rights Club is to provide a safe space for students of minority status and advocate for social justice. We follow issues such as mass incarceration, the wrongful deaths of POC at the hands of police, antisemitism, the #METOO movement, and LGBTQ+ discrimination. We will also follow the social issues in our school that heavily impact many students but often go unresolved. We want to create an environment that gives students the opportunity to discuss issues and take the necessary steps to solve them in order to make our school a better place.

JAZZ ENSEMBLE

Advisor: Mr. Murphy

Where and When: Every Thursday in the Band Room

About: Jazz Ensemble is open to students in grades 7-12 that are experienced on their instrument. Rehearsals will be virtual and will be starting soon. Rehearsals will be held after school with small sections of the ensemble. The goal will be to perform pieces throughout the year virtually to post on the schools web page for viewing by all.

LITERARY MAGAZINE

Advisor: Mr. Epstein

Where and When: Every Wednesday in Room 102

About: Lit Mag is a fun opportunity to come together with people who love to read, write, draw, paint, take photos, or just drink tea. Lit Mag publishes two editions of The Reservoir, Onteora's Literary Magazine, every fall and spring to showcase student work! By being in Lit Mag, students have a voice in shaping what the next edition of The Reservoir will be while spending time with friends in the process.

ORNITHOLOGY CLUB

Advisor: Mr. Calinda

Where and When: Every other Wednesday in Room 120

About: In the ornithology club we learn how to identify birds and make our own field guide for our adventure of bird watching. We will also be speaking to some professionals in the future! By joining the club you become a part of the community of birders, and you will be able to find others of similar interests no matter where you go.

f Boiceville Hills!

PHILOSOPHY CLUB ((LYCEUM CLUB))

Advisor: Mr. Colevas

Where and when: Every other Tuesday in Room 102

About: What lies at the intersection between fury and good humor, hopelessness and passion, intellect, and emotion? Philosophy Club! Whether you're interested in STEM, music, the arts, or the humanities, philosophy is an incredibly valuable field of study that can refine your logical reasoning skills and help you become a stronger thinker. With core tenants of honesty and openness, we invite club members to decide the weekly themes of discussion and ask as many questions as needed in order to be confident in sharing their own opinions. Philosophy Club is welcoming towards anyone and everyone- the more perspectives there are at the table the richer exchange of views we can have.

NEWSPAPER CLUB

Advisor: Ms. Conroy

Where and When: Every Tuesday in Room 117

About: Every step of creating the newspaper is a collaborative project. Regardless of your experience, your thoughts about a piece will always be respected. Every member of The Talon is encouraged to learn how to use layout software and try their hand at any part they're curious about. The Talon Staff is a group of collaborators who care deeply about putting out the best paper, whether that means delivering hard-hitting stories about what's going on in our world or sharing the thoughts and experiences of our students, or both. If you're looking for a creative club with a community behind it where there are chances for leadership and absolutely everyone is welcome, newspaper is the club for you!

NHS (NATIONAL HONOR SOCIETY)

Advisors: Mrs. Loheide & Mrs. Turck

Where and When: Every other Tuesday in Room 116

About: National Honor Society is one of the nation's premier organizations that promotes recognition for students who reflect outstanding accomplishments in the areas of character, scholarship, leadership, and service. Applicants must demonstrate a commitment to service to both school and the community, hence, using their talents to improve society. Students that qualify and are accepted to NHS must maintain these high standards to continue their eligibility in the organization. Thus, it is both an honor and commitment to be a member.

ROCKET CLUB

Advisor: Mr. Deruvo & Mr. Christofora

Where and When: Every Thursday in Room

About: Want to have some fun? Want to build and launch real model rockets? Want an opportunity to put Science, Technology, Engineering, and Math to work? Want to be part of a team that enters a National Model Rocket Contest? If this sounds interesting and fun then the Onteora Rocket Club is for you! The Rocket Club is open to students in grades 7th through 12th. The Club meets once a week after school, more when needed, and students are welcome to stay until 4:15PM, or 5:15 PM, depending on Club activities. The Club meets in Mr. Deruvo's room, Room 209. Rocket launches take place during Club hours on school grounds. It is never too late to join the Onteora Rocket Club!

SADD (STUDENTS AGAINST DESTRUCTIVE DECISIONS)

Advisor: Ms. Scherer

Where and When: Every Thursday in Room 207

About: We will positively impact the Onteora community by abstaining from the use of alcohol, tobacco, and any other drugs; promoting a "No Use" message; making every effort possible to prevent friends from making destructive decisions; being a positive role model for peers and younger students; working hard to assist those who are in need; and attending all meetings and participating in all activities possible.

SCIENCE OLYMPIAD

Advisors: Mr. Keenan & Mr. Bucher

Where and When: Every Thursday in Room 203

About: The Onteora Science Olympiad team competes in 23 events that encompass the four main STEM subjects: science, technology, engineering, and math. Each event is more detailed than typical high school curricula, and several events allow students to build and design structures that need to perform tasks or functions. This year's regional competition will be held on Saturday, February 5th at John Jay High School. If we place in the top 5 at the regional competition, we will have the privilege of attending the overnight state competition on Saturday, March 19th at LeMoyne College in Syracuse, NY.

SOUNDS OF JAZZ

Advisors: Mrs. Carroll

Where and When: Every Tuesday in the Chorus Room.

About: Sounds of Jazz is an after-school jazz and contemporary music chamber choir. Offered to all high school students, Sounds of Jazz sings Christmas carols, jazz, pop and acapella standards. Students even have the opportunity to compete in the Festivals of Music competition which culminates in a trip to Six Flags in the Spring. If you like to randomly break into song, Sounds of Jazz is the place for YOU! If you have any questions, talk to Mrs. Carroll in Room 121A

YEARBOOK

Advisor: Mr. Connolly

About: The Onteora Record Yearbook is open to all students grades 9-12 and its purpose is to gather the material for and produce an original yearbook each year. This process takes the full year and students interested in photography or who are creative and organized in general would enjoy participating in this club.

STUDENT GOVERNMENT

Advisors: Mr. Connolly

About: All Onteora students are welcome to come to Student Government meetings and voice their concerns because our goal is to represent everyone at Onteora! In Student Government, officers that are elected by the student body address problems brought to us by students. Then we work with the student body, administration, and the school board to come up with plans to solve those issues.

TUFS (TEAMING UP FOR SUCCESS)

Advisors: Ms. Schenker and Ms. Weisz

Where and When: Wednesday in the Library

About: Teaming Up For Success is about connecting students to the school experience by creating positive, unique experiences/connections with school. Members have been enjoying virtual party games, "Google" workshops, and information on other strategies on how to optimize the remote experience with school. Mrs. Weisz has also offered lunch meetings weekly for students who would prefer to connect with peers during their lunch period. We are looking forward to in-person field trips in the future, but hope to do some virtual trips this year.

SPANISH CLUB

Advisors: Mrs. Gallin & Ms. Joslin

Where and When: Every Friday in Room 103

About: Spanish club speaks in Spanish, presents different cultural topics, watches Spanish movies, reads Spanish stories, and fundraises for different causes every year. We focus on promoting and learning more about the wide variety of Spanish culture. Grades 9-12 are eligible to join!

When Lyrics Have Meaning

By Kelly Wen

What's your favorite song? "Bohemian Rhapsody" by Queen? "Don't Take the Money" by Bleachers? "Fue MeJOR" by Kali Uchis? There are endless options.

I hate to admit it, but I used to, and still do, love "The End of the World," sung by the Carpenters--an oldie about being heartbroken. In the beginning, I thought the melody was gorgeous and romantic, but I didn't understand the meaning of the lyrics. I sang along because that was the way it was written: "Don't they know it's the end of the world?" At this young age I would ask myself, Why would anything stop because someone stopped loving you?

As time went on, everything started to make sense. I've learned that experiences remind you how you've grown in unexpected ways, kicking you in the back when you're least expecting it. The song "The End of the World" recently came up in a video I was watching. I have no recollection of the context, other than the fact that it discusses the lyrics of the song. It pointed out that the composers--Arthur Kent and Sylvia Dee--did not use phrases that were deeply associated with their own experiences of being heartbroken. Instead, they used phrases representing the little things in life: "Why does the sun go on shining, why does the sea rush to shore?" The word choice seemed simple, intri-

cate, and foolish at the same time.

As soon as the video ended, I immediately went to Apple Music and played the song. It felt different. It was no longer a song with a beautiful and romantic melody--it became a song that I could relate to. After knowing the song for so many years, I finally understood the meaning



Courtesy of Tahlula Potter

behind the seemingly simple lyrics. Why is the sun still shining, and why are the birds still singing? Don't they know it's the end of the world? Even though they are lyrics, I was able to say

them from the deepest of my heart.

Joni Mitchell's "Both Sides Now" is probably one of the best examples of a song that changes in meaning over time. In the 1969 version, Joni Mitchell sang "Both Sides Now" with only an acoustic guitar and a simple strumming pattern--making the song lyrics appear light and uplifting.

Fast forward to the year 2000, Joni Mitchell performed a new version of "Both Sides Now" with a symphony orchestra. The song was no longer sung in an uplifting fashion; instead, it was performed in a grave and elegant style. Listening to the 2000 version, you can truly hear the experience through which Mitchell has been. You can feel what Mitchell really meant when she sang "I've looked at clouds from both sides now, from up and down and still somehow." Mitchell's life experiences allowed her to better understand her own song lyrics. When initially writing "Both SideNow," Mitchell regarded her song lyrics as simple--but returning to them almost 30 years later allowed her to understand that they were more complicated than she previously thought.

The sentimental tie between song lyrics and one's personal experiences has marked a small milestone in my journey of life. What is a song that speaks to you?

Clawsnaps

What is your favorite Onteora cafeteria lunch? Why?



Kelly Wen, Grade 10: Bagels and Cream Cheese - "Because it's the only food that's edible, in my opinion."

Grace Keenan, Grade 10: Chicken Nuggets - "Because it's better than everything else."

Kyra Smith, Grade 12: Teriyaki Chicken - "Because the flavor is good."



Pilar Piera-Tyree, Grade 12: Eggplant Parmigiana - "Because I'm obsessed with eggplant."



Courtesy of The Talon Staff

Sean Foster, Grade 12: Grilled Cheese - "Because it's salty, crunchy, and well balanced."

Andrew Sharp, Grade 12: Ham and Cheese Panini - "Because it was the first school lunch I had in years."

Takemi Sono-Knowles, Grade 11: Grilled Cheese - "Because it actually tastes like food, and it has a good crunch."

Adam Williams, Grade 12: Mac and Cheese - "They rarely have it, so when they do it makes it just that much better."

Alicia Curlew, History Teacher: Southwest Veggie Bowl with Mashed Potatoes - "Because who doesn't love mashed potatoes?"

Shelby Buryk, Grade 8: Stuffed Crust Pizza - "Because the sauce is good and it's simply made."



Amy Weisz, School Librarian: Kale Salad and Sweet Potato Fries - "Partly because I feel like I need to eat more vegetables, but most because it's usually delicious. I also think that I am someone who frequently looks for joy in little things, so sweet potato fries and kale salad are two things to get excited about on what might be just an ordinary day."



Horoscopes

By Oliver Roy

TAURUS

Love- 5/10
Success- 5/10
Friendships- 8/10

Today is a tough day for Taurus. The placements of the planets are all encouraging signs to seek out success and friendships, but a lot of the time, being out and open can push a Taurus way outside of their comfort zone. However, with this time of change, a Taurus can serve as a really good friend and be a grounding influence for a lot of heated conflict.



GEMINI

Love- 3/10
Success- 7/10
Friendships- 10/10

With this time of great discussion and thinking about how to better yourself, Gemini will be great for others to be around due to their social butterfly personalities which will encourage meaningful discussion between them and their peers. However, Venus being in Capricorn means that Gemini will have lots of opinions and many opportunities where they'll mess up their love life because they will stand by their out of pocket thoughts and it will hurt everyone who they love.



CANCER

Love- 10/10
Success- 5/10
Friendships- 7/10

Today is a great day for Cancer's love life. They'll finally get that push to grow a pair and finally confess their feelings to their special person. Their emotions won't be all over the place, and articulating how they feel will be easier than usual. They'll have a little more trouble with work and success because it will be tough for them to handle all of their dynamic actions, but they'll try their best.



LEO

Love- 10/10
Success- 10/10
Friendships- 6/10

Leo is in their element today. They'll really be able to grab ahold of their life and love and just do amazing things. However, like Aries, they may have trouble making friends because others may be intimidated by them and their success that they will not associate or be afraid to.



VIRGO

Love- 10/10
Success- 5/10
Friendships- 10/10

Virgo will meet a very compatible and exciting circle of new friends. They will share Virgo's interests, and these new friends might be people you never expected. They'll feel like kindred spirits. You'll be able to talk with them for hours.



LIBRA

Love- 7/10
Success- ?/10
Friendships- 7/10

Today, with all this talk over success, Libra will have an epiphany and consider changing major aspects of their life to consider what is right. They can try to ask others about if what they're doing is right, but in the end, only they can know.



SCORPIO

Love- 8/10
Success- 5/10
Friendships- 7/10

New beginnings can be difficult for Scorpio, especially as being a student is concerned. Get your work done, make the difficult decisions that need to be made, and you'll have today in the bag.



SAGITTARIUS

Love-5/10
Success- 0/10
Friendships- 7/10

Sagittarius may have problems with money and success today because of how free their spirit is sometimes. They'll spend money they don't have, and may end up needing to ask friends for help. Sagittarius should look out for themselves and their wallet this week.



CAPRICORN

Love- 0/10
Success- 10/10
Friendships- 0/10

Someone is mad at Capricorn today. This could bring Capricorn into a sad mood today, but don't let it linger. When the person may be ready to make up with you, then they will. For now, keep on going, and keep doing you.



AQUARIUS

Love- ?/10
Success- ?/10
Friendships- ?/10

Today for Aquarius is all up to luck. With the planet of good fortune being in Aquarius today, things should be going smoothly for them. However, good luck can manifest for someone in ways that could be perceived good or bad depending on the person. However, just know that in the end, everything is going to be alright.



PISCES

Love- 10/10
Success- 8/10
Friendships- 10/10

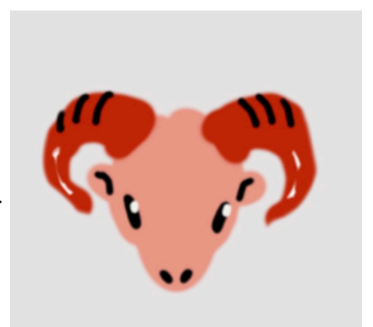
Pisces primary focus today should be romance and commitment because today is in perfect element to do so. Likely, their special someone has been thinking the same thing. Therefore, go through life today like the pretty person you are and finally confess your feelings.



ARIES

Love- 8/10
Success- 9/10
Friendships- 4/10

You will see lots of success in making new powerful love connections, having insightful discussions, and overall having lots of success with work and opportunities to move up due to the several Capricorn placements. However, the drive that Aries shows can be very polarizing because their energy can attract passionate love, but for more casual friendships, it can be scary.



Courtesy of Tahlula Potter

Irish Chocolate Espresso Cupcakes

By Maddy Taylor

Ingredients

10-1/8 oz. (2-1/4 cups) unbleached all-purpose flour
 2 cups granulated sugar
 2-5/8 oz. (3/4 cup) unsweetened natural cocoa powder
 1-1/2 tsp. baking powder
 1-1/2 tsp. baking soda
 1 tsp. table salt
 2 large eggs
 1 cup whole milk
 1/2 cup canola oil
 1-1/2 tsp. pure vanilla extract
 1 cup hot coffee
 For the coffee whipped cream
 1 Tbs. instant espresso granules
 3 cups heavy cream
 3 Tbs. packed dark brown sugar

Preheat oven to 350 degrees



Courtesy of Flickr

In a stand mixer fitted with the whisk attachment (or in a large bowl, using an electric hand-held mixer), briefly blend the flour, sugar, cocoa, baking powder, baking soda, and salt on low speed. Add the eggs, milk, oil, and vanilla and mix at low speed, scraping the bowl as necessary, until the mixture is thick and creamy, like chocolate frosting, about 5 minutes. With the mixer running, gradually add the hot coffee, mixing at low speed just until combined. The batter will be quite thin. Divide the batter equally among the cupcake tins, about 3/4 of the way.

Bake, switching positions and rotating the pans halfway through, until a tester inserted in the center of a cupcake comes out with only a few crumbs clinging to it and the center feels firm to the touch, 15-20 minutes. Let the cakes cool completely in the tins on racks.

Clean and chill the mixing bowl and whisk attachment. In the chilled bowl, whip the cream, brown sugar, and espresso and mix on medium-high speed until medium peaks form, 2 to 3 minutes.

Onteora at Carnegie

By Kelly Wen

On October 9th, 2021, Joey Driscoll, an Onteora High School Senior, performed at the famous Carnegie Hall as a guest soloist. Performing at one of the most prestigious venues of music is a goal all musicians work towards, and having accomplished that goal as a senior is truly phenomenal. "I'm so grateful that I got the opportunity to have this incredible experience, walking onto that stage felt absolutely surreal," remarked the 17-year-old musician.



Courtesy of Music for Change

NHS Novembrrr

By Zoe Gabriel

It's Novembrrr!! Donate socks, hats, gloves, and scarfs to the National Honor Society! New winter clothing will be taken to the Family of Woodstock and given to families in need. Students, faculty, and staff can drop them off in the designated box in either the main office or guidance office. Thank you!



Courtesy of Tahlula Potter

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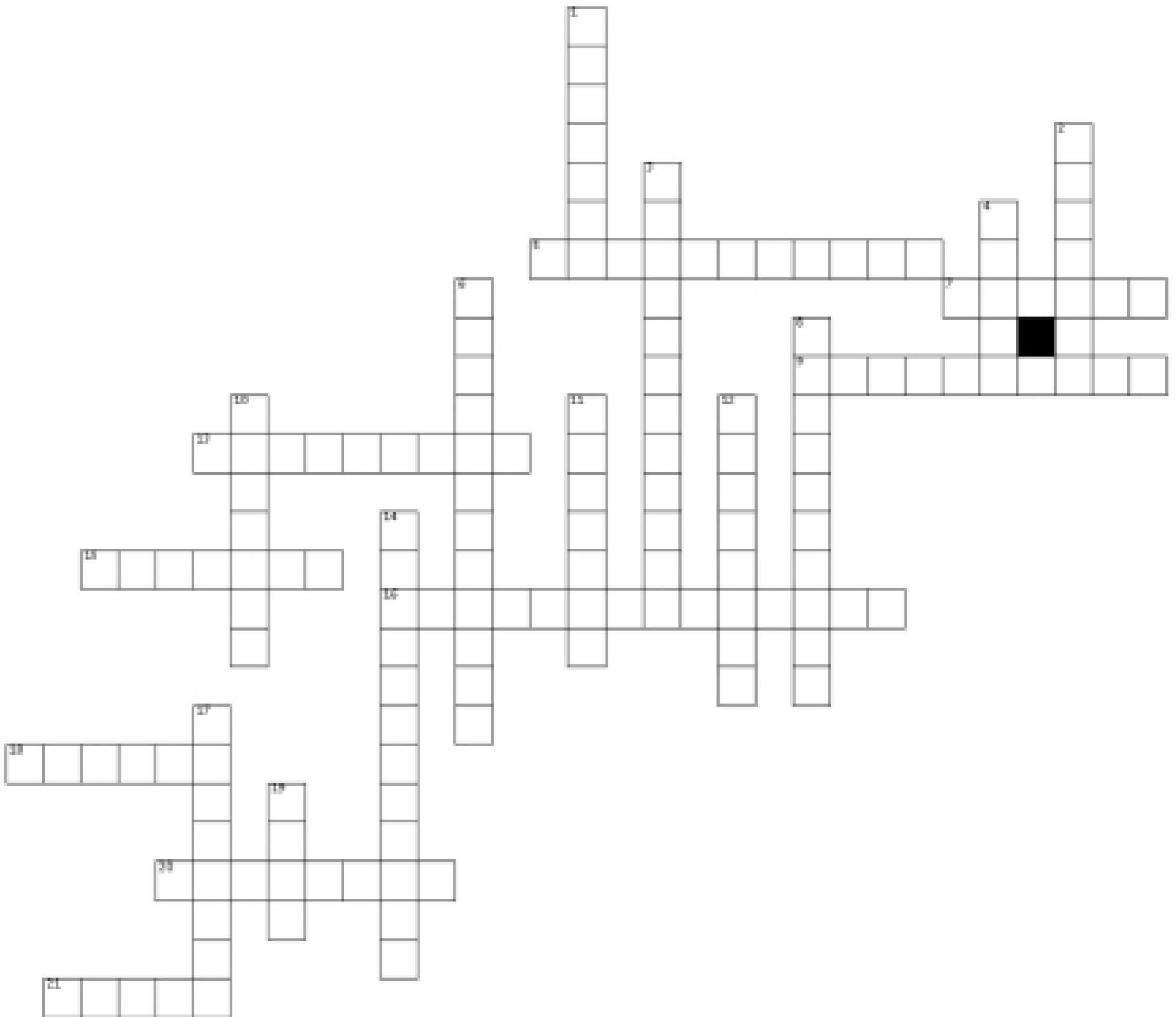
Faculty Advisor:

Elaine Conroy



Courtesy of Free SVG

Fall Crossword Puzzle



ACROSS

5. The reason why leaves become yellow/orange is due to the breakdown of _.
7. The September equinox marks the start of _ in the Southern Hemisphere.
9. Meaning of equinox.
13. This unofficial holiday holds an important place in the LGBTQ+ history, a day symbolising liberation for express one's self.
15. This Korean holiday is celebrated on the 14th day of the 8th lunar month.
16. This US president proclaimed Thanksgiving as a national holiday on the 3rd of October, 1863.
18. This holiday marks the Hindu New Year.
20. This English dessert holds an important place in the modern Thanksgiving meal.
21. The national Arboreal Emblem of Canada

DOWN

1. This kind of butterfly migrates from America to Mexico during autumn.
2. Autumn is also the start of _ season for relationships.
3. This Chinese holiday is celebrated on the 15th day of the 8th lunar month.
4. The word "pumpkin" originates from the Greek word _.
6. On the 1st + 2nd of November, this holiday celebrates the lives of the deceased.
8. In Greek Mythology, autumn begins when this Greek Goddess was abducted by Hades.
10. _ moon is the September full moon.
11. On the first of November, 1848, the first _ school for women was opened.
12. The word "autumn" first came into English in the 1300s from the Latin word _.
14. This holiday is celebrated on the 4th Thursday of November in the US.
17. The _ _ is a nickname for NYC first popularized in the 1920s.
19. The tradition of football on Thanksgiving began in 1876 with a game between _ and Princeton.

Monthly Favorites Playlist

By Sophia Wentland



Cookie Craze!

By Ella Williams

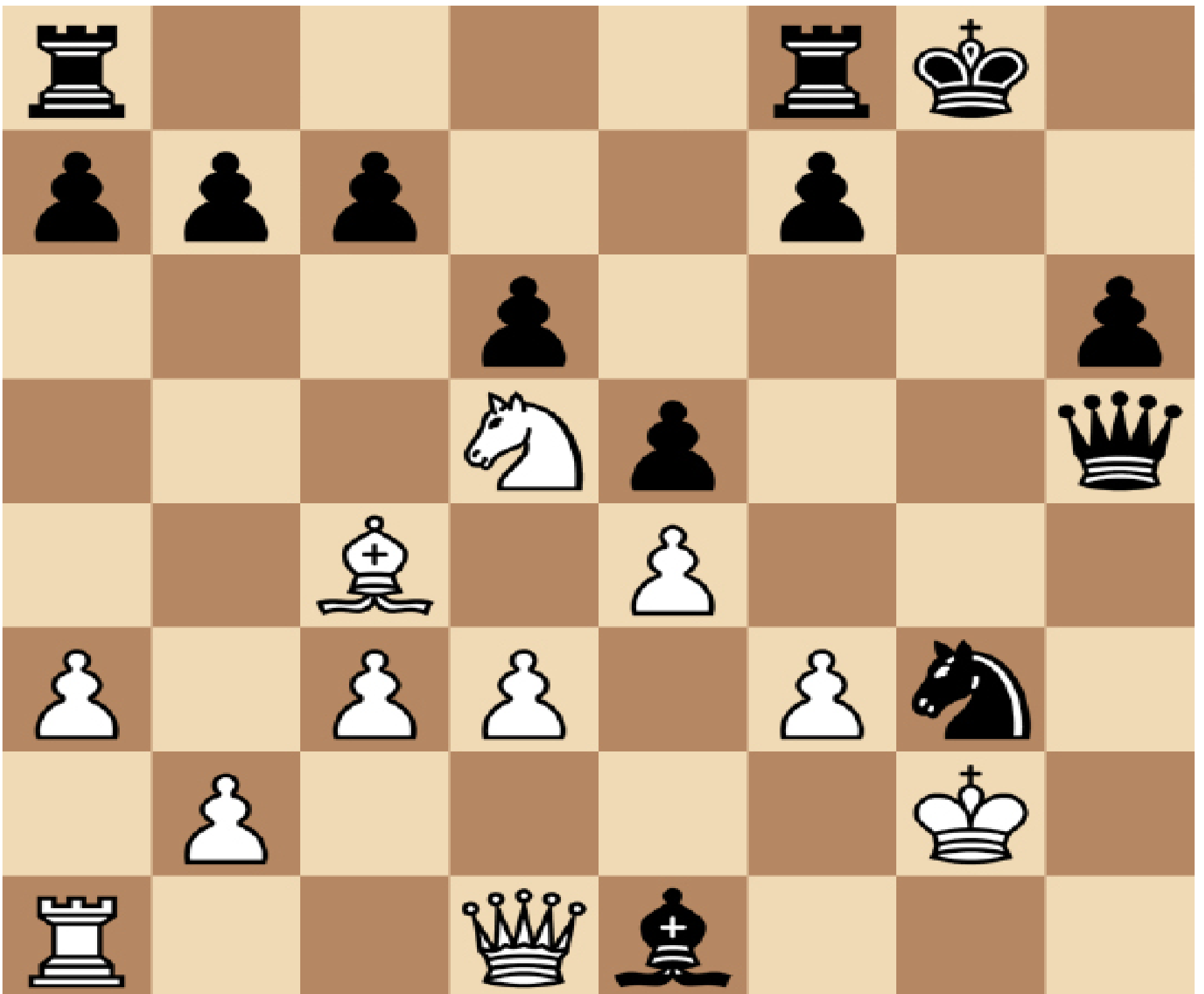
Do you ever scavenge the cafeteria, looking for the perfect snack to satisfy your sweet tooth? If so, then I have a remarkable recommendation for you: you should try the delicious cookies! These aren't the same old subpar cookies from the past, but a new recipe that feels homemade when you're away from home. The gooey chocolate chips pair perfectly with the crispy edges, making for the perfect cookie. You can also opt for the soft sugar cookie with fun rainbow sprinkles on top as a more classic choice. So the next time you're pondering what to get from the cafeteria, skip the questions and get a cookie!



Courtesy of The Talon Staff



Chess Puzzle



Courtesy of Chess Club