



# The Tusker Tribune

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NEWSPAPER CLUB  
TUSKER TRIBUNE

## SOMERS MIDDLE SCHOOL NEWSPAPER

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### Recognize Importance of Mental Health This Month



**By Vivian Hernandez  
Tusker Tribune Staff**

May is the month dedicated to Mental Health Awareness. What is mental health in the first place? Well mental health includes our feelings, physiological, and social-well-being.

Mental health also determines our stress level, how we relate to others, and how we make healthy choices. Many people struggle with their mental health and five signs of struggle include depression, anxiety, bipolar disorder, personality disorder, and psychotic disorders.

Let me break down these five types of mental health struggles.

**Depression** is persistent sadness or evening losing interest in enjoyable activities or activities that brought you pleasure once.

**Anxiety** is when you feel extreme fear, dread, or uneasiness.

**Bipolar disorder** is a mixture of emotions. Someone who has bipolar disorder can experience episodes of overwhelming joy, extreme anger, or even extreme sadness.

**Personality disorder** is when a person experiences long-term patterns of behavior and experiences that are different from what is expected.

**Psychotic disorder** is when your brain is affected, and its function is altered by thoughts, beliefs or perceptions.

If you are struggling with any of these mental disorders or are having symptoms, here are three ways you can boost your mental health to its fullest potential of happiness. You can reduce the amount of stress you are dealing with. For example, if you have an important test that is announced a week before, study for 10-20 minutes for the week or however many times you can study. That way, when you have your test you will be prepared.

You can also try new hobbies and find new ones that interest you! Another good way to have a better mental health is to connect with others, spending times with loved ones or friends can help you take your mind off other things that might be causing you stress.



**By Allison Cardillo  
Tusker Tribune Staff**

Mental Health Awareness Month is every year in May. There are millions of people in the U.S. affected by mental illness.

Mental Health Awareness was established by Clifford W. Beers in 1949 to increase awareness of the importance of mental health and wellness in America and to celebrate recovery from mental illness. There have been successful efforts about the importance of mental health.

The Affordable Care Act expands health insurance coverage and about 11 million of the eligible beneficiaries will have substance abuse and mental health service needs.

The Community Mental Health Parity and Addiction Equity Act of 2008 eliminates unequal health treatment and improves access to needed mental health and substance disorder

treatment services through insurance.

This month gives us an opportunity to celebrate the tremendous strides this nation has made to promote mental health.

There are different ways to celebrate Mental Health Awareness Month. We can empower ourselves by learning about our own mental health and create strong self-care practices such as baking, watching a movie, reading a book, listening to music, doing a craft, starting a hobby, or doing yoga to name a few. We need to continue to fight the stigma, provide support, educate the public and advocate for policies to support mental illness.

### Honor Those Who Served This Memorial Day



**By Vivian Hernandez  
Tusker Tribune Staff**

Memorial Day is celebrated on May 29<sup>th</sup>. Many schools in the United States have this day off and kids get to relax or do whatever they want on this day off but, what is the meaning behind Memorial Day?

Well, people wanted to celebrate and honor those who served and died in America's wars. Many people put flowers on the graves of these service members.

The first-time people ever celebrated Memorial Day was May 30<sup>th</sup>, 1868.



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## Check Out the Library Scavenger Hunt!



**By Jayden Ferry  
Tusker Tribune Staff**

Are you interested in riddles or clues that lead up to something? Have you ever thought about having some “thinking-fun” during your free time during school? Are there moments during a WIN that you have nothing to do? Come check out the SMS Library to try out the new Library Scavenger Hunt.

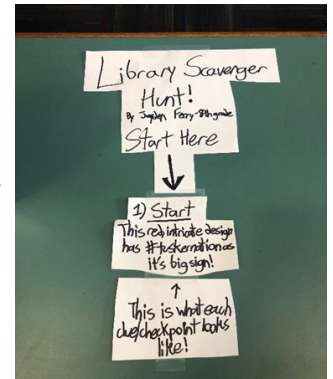


Made by Jayden Ferry, this Scavenger Hunt will make you go looking around the room and think, while possibly racing against your friends! With rhymes and occasional funny references, these clues in the hunt are simple but quick

enough for everyone to have fun!

Come down to the library any time you have free time! This may be during a lunch/recess period, maybe during WIN, or during HW Club! If you get stuck on a problem, ask a librarian at the front desk! Good luck with your Library Scavenger Hunt and hope to see you there!

This Scavenger Hunt is brand new and will expand with more and more clues! If you have any suggestions for riddles or places around the library to include in the scavenger hunt, message me either on Schoology (**Jayden M. Ferry**) or at my school email: [ferry.jayden@somersschools.org](mailto:ferry.jayden@somersschools.org).



## Suggestions for Tuesday's Half Day (for kids, at least!)



**By Terezina Parubi  
Tusker Tribune Staff**

Somers Middle School/Somers Central School District has a half day on Tuesday, May 30th, 2023.

On a half day, most kids just find themselves sitting at home scrolling through TikTok. Instead, students should use the time to be active or do something new that they've never done before. If you're looking for something fun to do on your half days . . . here are 17 different things you should do when you have a half day.

1. Visit the Statue of Liberty
2. Explore Central Park



3. Go Shopping
4. Play a Sport
5. Go to your local park
6. Go swimming in a pool or lake
7. Take a trip down to Long Beach Island
8. Do Crafts
9. Host a Water Balloon Fight
10. Play with Water Guns
11. Get Lunch with some friends
12. Watch A Movie
13. Start a New Show
14. Learn a Dance
15. Play Mini Golf
16. Catch up on School Work/Homework
17. Read a New Book or Finish a current one

## Met Gala Mirrors Culture and Fashion in the USA



**By Madison Kaplan  
Tusker Tribune Staff**

The 2023 Met Gala was one of the most anticipated events of the year, bringing together some of the biggest names in fashion, entertainment, and culture. The theme of the event was “In America: A Lexicon of Fashion” which celebrated the diversity and creativity of American Fashion.

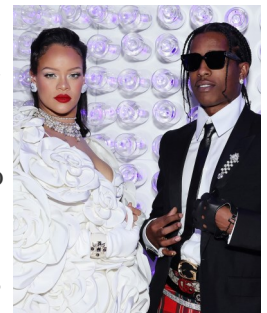


Many celebrities and fashion icons used the event as an opportunity to make a bold statement about their outfits. Some of the most memorable

looks of the night included Lady Gaga's futuristic black gown, Beyoncé's gold body suit and cape, and Kim Kardashian's all-black ensemble.

Many guests also incorporated political messages into their outfits, such as Alexandria Ocasio-Cortez's “Tax the Rich” dress.

The 2023 Met Gala was not only a celebration of fashion, but also a reflection of the current cultural and political climate in America. By using fashion as a means of self-expression the event showed fashion can be a powerful tool for change and activism.



## Memorial Day Marked by Solemn Events



**By Ava Schmidberger  
Tusker Tribune Staff**

Memorial Day is a United States federal holiday for honoring and mourning the United States military personnel who died while serving in the United States armed forces. The holiday is observed on the last Monday of May. However, from 1868 to 1970, the holiday was observed on May 30<sup>th</sup>.

Memorial Day began as a day to honor those who died in the Civil War and has become a



day to honor all fallen U.S. veterans. Memorial Day has been observed for over 150 years! Many people visit cemeteries on Memorial Day to mourn those who died while serving the United States military. Many volunteers place American flags on the graves of the soldiers in national cemeteries.

For many Americans, Memorial Day also marks the unofficial beginning of Summer. Fun Fact, the biggest Memorial Day parade takes place right here in New York City (Queens)! How do you celebrate Memorial Day and honor the soldiers?

## Band and Orchestra All Set for Lake Compounce!



**By Ava Schmidberger  
Tusker Tribune Staff**

The Band and Orchestra Lake Compounce trip is taking place next Friday, June 2<sup>nd</sup>. Students are to arrive at school no later than 8:24. The trip to the park is approximately 1.5 hrs. Pick-up for the trip will take place at SMS around 5:30 or 6 PM.

Students are responsible for their own lunch; they may bring lunch or buy it at the park. Students must also keep track of their belongings such as their cell-phone, instrument, or any money they may have brought with them. Students are advised to add



their first and last names to personal belongings. Lake Compounce is now a "Cashless Park", meaning they do not accept cash payments. You can pay with a credit card, debit card, or (most) electronic payments. Students are allowed to ride water rides, however, they may not go on the beach.

There is a dress code for the students attending the trip. Students must wear their band/orchestra T-shirt and khakis, jeans, or shorts. Students may not wear leggings or sweatpants. Students may wear their swimsuit under their clothing and bring an extra outfit for after their performance.

## It's Never Too Early To Start Thinking About Summer



**By Milo Unrath  
Tusker Tribune Staff**

With the 2022/2023 school year coming to close and summer right around the corner, you may be wondering "What am I going to do to keep busy with all this time?" Well, you're in luck. Here are some ideas to make your summer of 2023 memorable:

- Try some new DIYS: We all love making things. For some people, it's drawing, Origami, or maybe even tie-dyeing clothes! Whatever it may be, I can almost guarantee that with just a few household materials, you can find something to re-purpose into something cool.
- Going to the beach with family is always fun, whether it's in a completely different state, or maybe down on Long Island. Going to the beach is always a fun experience. Whether you're going with friends or family, there are plenty of things to do on a beach!
- Find a new hobby! Everyone has something

they love to do, but over this summer let's all try to find something new! Cooking, making jewelry, and sports are just a couple of ideas!

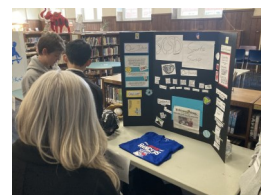
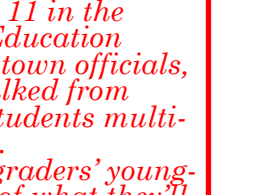
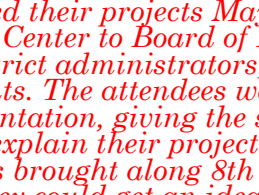
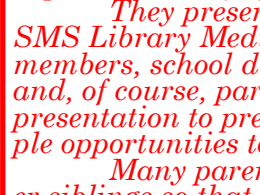
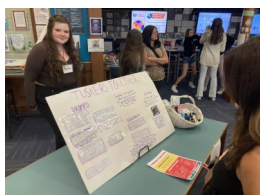
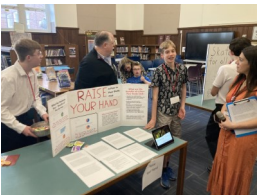
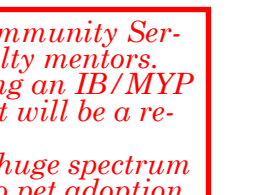
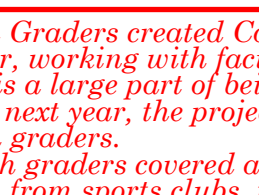
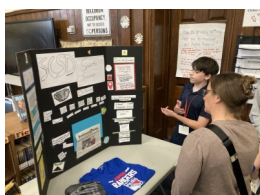
There are millions of hobbies out there, you just have to find the one right for you!

- Hanging out with friends is always an option! You hang out in town, at one of your houses, go to the mall, basically wherever you want! (as long as it is age appropriate of course!) Maybe even throw a party with your friends? Whatever suits you!
- Go on a road trip with family! While not everyone likes long car rides, you don't even have to go far! Maybe somewhere closer like New York City, Connecticut, and other neighboring areas may be the right option for you and your family!

In conclusion, there is always something new to try. And instead of sitting all day on your screens this summer, let's all make an effort to do at least one new thing!



## MYP Community Service Projects Presented



*Volunteer 8th Graders created Community Service Projects this year, working with faculty mentors. Community Service is a large part of being an IB/MYP School and, starting next year, the project will be a requirement for all 8th graders.*

*This year's 8th graders covered a huge spectrum of community issues, from sports clubs, to pet adoption, to pedestrian safety, to environmental solutions.*

*They presented their projects May 11 in the SMS Library Media Center to Board of Education members, school district administrators, town officials, and, of course, parents. The attendees walked from presentation to presentation, giving the students multiple opportunities to explain their projects.*

*Many parents brought along 8th graders' younger siblings so that they could get an idea of what they'll be working on when they enter 8th grade.*

*Nice job, kids! You had some terrific projects!*



## Did You Miss It? National Turtle Day Was Tuesday!



**By Vivian Hernandez**  
**Tusker Tribune Staff**

National Turtle Day is a fun day to celebrate all the turtles in the world. This day takes place on the 23<sup>rd</sup> of May.



There are around 356 types of turtles around the world, including tortoises. Well, what is the difference between a turtle and tortoise? How can you tell the difference? The difference between the two animals is that turtles have a thinner and water dynamic shell. Meanwhile, a tortoise has a more rounded and domed shell.

Another major difference is that tortoises have adapted to spending most of their time on land, while turtles have adapted to spending most of their life in water.

Many turtles go back to the beach where they were born to mate and lay their own eggs, but tortoises find any place that they feel is safe for their eggs.

Turtles can also move faster than tortoises and even though tortoises have adapted to most of their life on land, turtles who live in water can actually move faster than tortoises!



## NBA Teams Racking Up The Points



**By Ava Schmidberger**  
**Tusker Tribune Staff**

The busiest people in sports these days are the folks keeping score in National Basketball Association (NBA) games.

NBA players are putting points on the board in record numbers.

Twenty eight of the 30 NBA teams are averaging 110 or more points a game. The Sacramento Kings lead the league averaging 120 points each game. Only the Houston Rockets and Miami Heat are scoring less than 110 points a game.

To qualify for the all-star team, you need to average 20 or more points a game. So far there are 43 players who qualify because of this.



So how are all these players scoring so much? First, the players have incredible offensive skills. Sometimes, you hear fans complain NBA teams "don't play defense." However, you shouldn't believe it. The NBA is very competitive, and players play hard on both sides of the court. But superstars such as Joel Embiid, Jayson Tatum and Giannis Antetokounmpo are so good, they are almost impossible to stop.

Second, almost everyone in the NBA can shoot three-pointers and make a lot of them. Thirty-one players hit more than 40 percent of their three-point shots. Even more importantly, 125 players sink at least one-third of their three-point shots.

## Why Women Empowerment Is Important



**By Madison Kaplan**  
**Tusker Tribune Staff**

Women empowerment is the process of giving women the tools and resources they need to achieve their full potential. This can include things like education, access to health care, and equal opportunities in the workplace. When women are empowered, they can contribute to their families, community, and society in a very meaningful way.

One of the major benefits of women empowerment is that it can help break the cycle of poverty. When women have access to education and job opportunities, they can become financially independent. This can help lift entire families out of poverty and bad living situations. This can improve the overall standard of living in different communities.

Another benefit of women empowerment is that it can help promote gender equality. When women have equal access to education, healthcare, and job opportunities, they can achieve the same level of success as men. Did you know 87% of billionaires are men?

To sum it up, women empowerment is an important process that can help improve the lives of women and their families. By providing women with the tools and resources they need to succeed, we can promote gender equality, reduce poverty and build a more inclusive society.



## Sleep is Vitally Important



**By Terezina Parubi  
Tusker Tribune Staff**

Getting enough sleep is incredibly important for your physical and mental health. When you sleep, your body has a chance to rest and recharge. It's like giving your brain and body a chance to reset and prepare for the next day.

When you don't get enough sleep, you can feel groggy and tired, which can make it hard to concentrate and learn.



Sleep also plays a role in your overall health. Multiple studies have shown that people who don't get enough sleep are more at risk for developing certain health issues, such as obesity, heart disease, and diabetes.

Sleep also helps your immune system stay strong which can help you fight off infections and illnesses.

Finally, sleep is important for your emotional health and well-being. When you don't get enough sleep, you may feel irritable, anxious, or depressed. This is because sleep helps your brain process emotions and can help you feel more balanced and stable.

## Memorial Day

*From Page 1*

Many people visit the graves of their loved ones and in New York, there is a parade that lasts the whole Memorial Day Weekend. This holiday celebrates both men and women who served in war and lost their lives serving our country.

Originally, Memorial Day was to honor those who died in American's Civil War. The cause for the Civil War was the disagreement about slavery. If you have Mr. Mullaney or Mrs. Bergin, you probably learned how the North and South disagreed on whether slavery should be illegal or legal.

Well, the Civil War started April 12<sup>th</sup>, 1861, and ended on April 9<sup>th</sup>, 1865. Many people volunteered to serve our country and won the battle against slavery being legal and giving freedom to everyone.

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## Candy's Been Around for a LONG Time!



**By Ava Schmidberger  
Tusker Tribune Staff**

Candy has been a favorite treat for many years. From the earliest days of civilization to the modern era, candy has evolved and changed with the times.

In ancient times, candy was often made from honey and nuts. The Greeks and Romans made a type of candy called "conflict", which was made by boiling fruit in honey. In the Middle Ages, candy became more popular and was often made with sugar. Candy was a luxury item and was only enjoyed by the wealthy.

In the 1800's, candy became more widely available as sugar became cheaper. Many popular candies were invented during this time, such as Tootsie Rolls, candy corn, and Necco Wafers. Candy bars also became popular, with the first chocolate bar being introduced in 1847.

In the early 1900's, candy became even more popular with the introduction of penny candy. This allowed children to buy candy with their own money, and many types of candy were sold in small, individual pieces. During World War II, candy was rationed, and many candy companies began making special candies for the troops.

Today, candy is still a beloved treat for people of all ages. Many new types of candy have been invented, including sour candies, gummy candies, and chocolate covered everything. Candy is still a fun and affordable treat, and it continues to bring joy to people across the world.



## It's Carnival Season!



**By Ava Schmidberger  
Tusker Tribune Staff**

Are you looking for something fun to do this summer? Carnivals are a great activity! There are several different carnivals taking place all around our town. Here are two of them.

### **Danbury Fair Mall Carnival**

The Danbury Fair Mall Carnival takes place between May 26<sup>th</sup> and June 11<sup>th</sup>. The Carnival is at the Danbury Mall (7 Backus Ave, Danbury, CT). There will be delicious food and treats, carnival games, prizes, and fun for the entire family.



### **Katonah Fire Department Carnival**

The Annual Katonah Fire Department Carnival takes place June 7 through June 10 at Fire Headquarters, 65 Bedford Road, Katonah. The carnival kicks off with a firefighter's parade at 7 PM on June 7. The carnival features rides, games, food trucks, and the fire department's own fried Oreos and French fries tent.