



Frog Dissection: A 'Cut' Above the Rest?



**By Victoria McGree
Tusker Tribune Staff**

Wow! It's almost the last day of school! Did you know that 7th grade science did frog dissection? My friends and I participated so let me give you some people's opinions on it!

Victoria McGree: in my opinion I thought it was fun. You got to see the parts of the frog's body; I thought it was cool. At some parts, I did get disgusted. Some parts were wet and slimy, but it was very fun. I'm glad I got this opportunity to do this!



Giuliana Valenza: OMG! I was nervous at first. But I was excited to get the opportunity, as I stepped into class, I immediately regretted my decision to do this. I was so grossed out. It was wet and slimy, and I never want to do it again. I almost threw up like 10 times!! I'm glad my partner Vic had fun, though!

Natalie Snyder: I had so much fun! My friends and I had a great time. It was so fun to see the inside of the frog and all of the parts! Using the tools was fun too. I had a great time!

As you can see some people enjoyed it and others didn't. But we were happy we got to do it. It was fun and interesting to do. Thank you, Mr. Wilbert and Mrs. Manko, for the amazing experience. Also, happy summer to everyone and I can't wait to see you next year. Enjoy your summer!



The Significance of 'Juneteenth'



**By Ava Schmidberger
Tusker Tribune Staff**

Juneteenth is a federal holiday in the United States. It takes place on June 19th every year. The holiday commemorates the emancipation of enslaved African Americans. The day has been observed for about 157 years. The holiday observes African American history, culture, and progress.



Juneteenth marks our country's second Independence Day. Although it has long celebrated in the African American community, this monumental event remains largely unknown to most Americans.

How is Juneteenth celebrated/observed? Juneteenth celebrations in the United States usually consist of parades, prayers, religious services, speeches, educational events, picnics, family gatherings, and festivals with music, food, and dancing.

What is the *emancipation*? The Emancipation Proclamation, officially Proclamation 95, was a presidential proclamation and executive order issued by United States President Abraham Lincoln on January 1, 1863, during the American Civil War.

President Abraham Lincoln issued the Emancipation Proclamation on January 1, 1863, announcing, "that all persons held as slaves" within the rebellious areas "are, and henceforward shall be free."

How to Have a 'Not Bummer Summer'



**By Gianna Peanamanda
Tusker Tribune Staff**

Do you think you're going to be bored this summer? Here are some tips to help you turn your bummer to summer.

First you can make a summer bucket list. Every time you do something on your bucket list, you get to reward yourself with a certain number of points. Some things can be worth more points than other things. For example, you can have a sleepover with a friend on the bucket list for 15 points. Then once you do it you can



check it off. Your goal can be that by the end of the summer, you want 100 points and that's when you know you haven't had a bummer summer.

Another thing you can do that can cost money is go to a water park, go to the zoo, or go mini golfing. Some things that don't cost money that you can do are go on a bike ride, go to a pool/beach, go camping, and lastly you could play outside.

I hope I have helped turn your bummer summer around and helped you have a happy summer!

Why You Should Write for the TUSKER TRIBUNE!!!!



**By Ava Schmidberger
Tusker Tribune Staff**

You're busy, you don't want to write, or you don't have motivation. These are all excuses people have used when asked, "Why don't you write for the Tusker Tribune?". Here's why those things shouldn't stop you . . .

Just because you're busy shouldn't stop you from doing an after-school club. However, the Tusker Tribune is not an ordinary club. Don't have time after school? No problem! None of the Tusker Tribune meetings are mandatory to attend. All you have to do is write the story and send it to Mr. Pappas.

Many people just don't see the reason to



write stories for the Tusker Tribune. When you write for the Tusker Tribune, you are practicing journalism and using your ELA skills. You can also spread awareness on issues you think are a big problem in the world, country, or even the school.

No motivation? No problem! When you write for the Tusker Tribune, you have the option to write for service hours (for confirmation, NJHS, etc.) **or** to receive an Amazon gift card. For every three stories you send Mr. Pappas, he will send you a \$10 gift card. You can get service hours **OR** a gift card. You can't combine the two.

So what's stopping you? Check out the Tusker Tribune next year and "write on"!

Benefits of Basketball



**By Ava Schmidberger
Tusker Tribune Staff**

Basketball is great for your physical and mental health. It improves your overall mood and helps keep your heart healthy. Here are reasons you should start playing basketball.

Physical health is the wellbeing of the body and the proper function of the organs. Basketball can have a big impact on your physical health. It helps your heart stay healthy and strong as well as decreases your chances of disease.

Basketball is great for your heart health! Because you're constantly moving, your heart rate increases, which helps improve your endurance, helping your heart stay healthy. Doctors from South Denver Cardiology recommend playing basketball to improve heart health and strengthen muscles.

Studies have shown that playing sports (including basketball) can help decrease your chances of having a stroke and/or heart disease later in life because of the healthy impact on your heart from the exercise you do while playing basketball.

Mental health means a person's wellbeing emotionally and physiologically. Basketball can impact your mental health in positive ways. It can help build confidence and be used as a way to relax or release stress and anxiety.

Did you know basketball is proven to help concentration? Basketball is a sport that requires strategy, you need to be able to assess the game to win. As a result, concentration is critical when playing the game. As you play the game and concentrate, you begin to pick up on how your opponent plays the game and what moves they use.

Basketball provides people with a sense of joy. This is because it stimulates the release of endorphins that are responsible for happiness. Endorphins improve your mood, help you relax, and relieve pain. Because of this, basketball is sometimes used as part of anti-depression treatment.



The 7th Grade Experience



**By Ava Schmidberger
Tusker Tribune Staff**

There are many different words I could use to describe my 7th grade year: fun, stressful, quick, and different are just a few.

7th grade is a whole different world compared to 6th grade. First, the work is completely different. In 6th grade, if you miss a few assignments, you can normally make them up. However, in 7th grade, you



are expected to be more responsible and it's not common to get extensions on due dates.

Along with the extra work comes extra responsibilities. The work gets much harder and there is much more of it. One thing I noticed is that there are a lot more tests in 7th grade and the most difficult subjects are social studies or science for most people.

7th grade is much harder, so if your grades drop down a little bit, you shouldn't stress too much. The biggest things you can do to succeed in 7th grade are to ask questions when you don't understand, and don't be afraid to expand your social circle.

The Fourth of July Symbolizes our Identity as a Country



By **Gianna Peanamanda**
Tusker Tribune Staff

You may think The 4th of July is all about fireworks and barbecue, but do you know the real reason why we celebrate The 4th of July?

The 4th of July is also known as Independence Day. Independence Day marks the anniversary of the Declaration of Independence. The Declaration of Independence is a document that was signed on July 4, 1776. It was signed to declare that the 13 colonies were free from British rule. This means that we were now free and could have our own country. It is the most important day for our country. This is why you see many people wearing red, white and blue on this day.

We have fireworks on Independence Day as a celebration. People also have gettogethers and barbecue. The Macy's 4th of July Parade in New York City is when they celebrate with music and have lots of decorations of red, white and blue. As students, we are already off for summer break, but banks and gov-



ernment offices are usually closed because many people will spend time with family and friends.

Here are some fun facts you should know before we celebrate this very important holiday.

- The 13 stripes on the American flag represent the original 13 colonies and the 50 stars represent the 50 states.
- The Liberty Bell is a famous symbol of American Independence. It is located in Philadelphia, Pennsylvania.
- The Star Spangled is our national anthem. It was written by Francis Scott Key in 1812. You might hear this song at Independence Day events or at a sporting event that you go to.
- The Statue of Liberty is in New York Harbor. It is a famous symbol of our freedom in the United States.

I hope you will remember these facts when it's the fourth of July.

Celebrate Immigrants' Contributions



By **Vivian Hernandez**
Tusker Tribune Staff

What is Immigrant Heritage Month? Immigrant Heritage Month was established in 2014 and has been celebrated since.

June is the month to celebrate all the immigrants from all over the world who have come to America. Why do immigrants want to come to America? Well immigrants from all over the world want to come to America to live a better life and support their family. Many immigrants also want to come to America to live a safer life. What does that mean?

Many immigrants might come from a communist country like Cuba, China, North Korea, Laos,



or Vietnam. What does communism in a country mean? Communism in a country means that the country's goal is to eliminate access to finance, education, social, and health resources. The way a country does this is by creating a "classless" society meaning that there is no such thing as "rich", "middle class", or "poor" They

make everyone do an equal amount of work and all the profit goes to the leader, president, or dictator.

Many immigrants want to get out of that harsh environment and have a better life in America. So, the whole Month of June is dedicated to celebrating all the immigrants who have come to America from all over the world.

World National Oceans Day is More than a 'Day at the Beach'

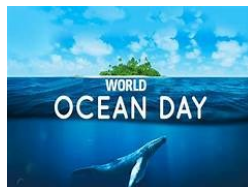


By **Vivian Hernandez**
Tusker Tribune Staff

World National Oceans Day is celebrated annually and meant to honor the oceans, help protect them, and conserve the worlds oceans. Our oceans provide us with many necessary resources and services including oxygen, climate regulation, food sources, medicine, and more.

How did this national day come to be? It was initially proposed in 1992 by Canada's International Centre for Ocean Development and the Ocean Institution of Canada.

At the first World Ocean Day ever in 1992, the objectives were to move the oceans from the side-



lines to the center of the international discussions. The reason for this was because the institutions wanted to strengthen the voice of marine and coastal constituencies worldwide. Now this day is marked in many different ways including marking and launching new campaigns and initiatives, special event at aquariums and zoos,

outdoor exploration, aquatic and beach clean ups, educational and conservation action programs, art contests, film festivals, and sustainable seafood events.

If you want to help protect our oceans, you should search when these events take place and pick which one to go to!

A Trailblazer in So Many Ways



By Vivian Hernandez
Tusker Tribune Staff

Who is Patsy Mink and why is she important? Patsy Mink is from Hawaii and was a United States Representative. Patsy Mink was born on December 6th, 1927, in Paia Hawaii on the islands of Maui. At an early age, Patsy Mink dreamed of a significant role in the world.

When she was a junior at Maui High, she won her first election as class president. Patsy Mink graduated in 1944 as the valedictorian of Maui High. After graduating, Patsy Mink attended the University of Wilson in Pennsylvania and the University of Nebraska.

While at the two universities, Patsy Mink faced racial discrimination. While she was at the University of Nebraska and University of Pennsylvania, people of color could not live in the same dorms as the whites.



Because Patsy Mink was diagnosed with a thyroid condition, she soon decided to move back to Honolulu and continue her studies at the University of Hawaii. She had hopes of becoming a doctor. At her new school, she became a member of the varsity debate team. She also joined the Pre-Medicine Students Club and was elected as President of the club. Patsy Mink then graduated with majors in Zoology and Chemistry.

Patsy Mink then applied to various medical schools but none of her applications were accepted. She then proceeded to switch her major completely and applied to become a lawyer. She sent her application to the University of Chicago and got accepted. Patsy Mink became the first Japanese-American woman to practice law in her home state of Hawaii.

Although Mink's first attempt was unsuccessful, she returned to politics in 1962 when she won a seat in the Hawaii State Senate. She continued to campaign for a seat in the U.S. Congress even after the Democratic party decided to support another candidate. In 1964, a second position was created in the U.S. House of Representatives. With the help of her husband and several unpaid volunteers, Mink won a seat in the U.S. House of Representatives, making her the first Asian-American woman to serve in Congress. As a congresswoman, Mink fought for gender and racial equality, affordable child-care, and bilingual education.

Patsy Mink sadly passed away at the age of 74 but her legacy will live on for many women around the

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Tusker Tribune Website:

<https://www.somersschools.org/Page/11489>

Learn More About PTSD This Month



By Vivian Hernandez
Tusker Tribune Staff

What does PTSD stand for? PTSD stands for post traumatic stress disorder. What even is that? Well, a person with PTSD can often relive traumatic experiences through nightmares and flashbacks. An example could be someone who fought in a war. About seven out of 100 veterans have post-traumatic stress disorder from fighting in wars and about six out of 100 adults have PTSD.

Veterans are not the only ones who can get PTSD, though. People who have been through verbal abuse, sexual abuse, physical abuse, and other traumatic experiences can get PTSD from those memories. PTSD can affect someone's mental and physical health; it can affect the person's ability to work, perform day-to-day activities, or relate to their family and friends.



Some people who have PTSD can even seem to be distant or uninterested as they try not to think or feel in order to block out painful memories.

What can cause a flashback? A person who has PTSD can get a flashback if they drive or walk by a place where they were traumatized, if they see someone who looks like someone who has abused them or someone who has hurt them in a way, watching a TV show that reminds them of their traumatic experiences, or having a conversation that brings up their memories.

How can you help someone with PTSD? You can give them time to speak about how they feel and not pressure them to talk, allowing them to express and feel upset about what has happened, and not make assumptions about how they feel now or in the past. The month of June is dedicated to help people who have PTSD and help them get better.

Reporters/Contributors

Vivian Hernandez
Anna Huber
Gianna Peanamanda
Ava Schmidberger





The Tusker Tribune Wall of Fame



Thank you to all of our splendiferous writers for another terrific publication year!

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Isabella Ciavardini
Reagan Ciccone
Ashley Contreras
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Dan Ziegler

Summer Means Water Parks!



By Ava Schmidberger
Tusker Tribune Staff

A great thing to do on a hot summer day is visit a water park! There are tons of great water parks to visit in the tri-state area this summer!



DreamWorks Water Park is in New Jersey. It is an indoor water park inside of the American Dream shopping and entertainment complex. The water park included 15 slides and 15 attractions.

<https://www.americandream.com/venue/dreamworks-water-park?mscl-kid=c6040a4f78551bd256636ec71a34175d>

Runway Rapids Water Park is another water park in New Jersey. The water park has over 18 slides of varying speeds plus a lazy river and a spa. <https://visitnj.org/nj-amusement-water-parks/keansburg-amusement-park-runaway-rapids-water-park>

Splash Down is a water park in Fishkill, New York. The water park has several different slides and rides, a wave pool, play areas, and several food options. Splash Down is recommended for kids over the age of six. <https://www.splashdownbeach.com/>

If you had a good time on your **Quassy** and **Lake Compounce** trips, both have popular water parks in Connecticut. Even if you already went for a field trip, it's always fun to visit again!



Canada Fires Clouded Up Our Air



**By Vivian Hernandez
Tusker Tribune Staff**

Has anyone else noticed the yellowish air and smoke or was it just me? Well, many of us have seen it and have been unable to go out which meant having to cancel plans, not going out with friends, and simply not going outside.



How did this come to be? Last Wednesday, June 7, tens of millions of people in the U.S received an air quality warning as the smoke from the wild-

fires in Canada drifted south. This caused the sky in some of the biggest countries' cities to be murky brown-yellow and saturating the air with harmful pollution.

This caused many states in the east including New York, Massachusetts, and Connecticut, to cancel everything outdoors.

According to the Air Quality Index, which measures air pollution, a normal and safe Air Quality Index is less than 50. The air quality last week ranged from 100 to 300, which is considered hazardous to breathe. This puts people at risk who are pregnant, who have asthma, and elderly people. Because of these safety concerns, they had to put on a mask. While the air quality has gotten better recently, experts say that it could return.

Juneteenth is All About Freedom



**By Vivian Hernandez
Tusker Tribune Staff**

As the school year is ending, many of us are learning about the Civil War and the causes of it. Well one of the causes was the issue of slavery. The reason for this was because the South was pro-slavery, and the North was anti-slavery. Well, as we all know, the North won the war and that meant slavery was no longer allowed nationwide, and the Confederacy was defeated. So, what does Juneteenth have to do with this?



Juneteenth is celebrated on June 19th every year. We have the day off! But we should take some time to know why we have this day off.

The reason we have June nineteenth off is because that was the day, in 1865 that 250,00 slaves were told they were free! This day is dedicated to celebrating the freedom of slaves in every state.

The first time Juneteenth was ever celebrated was June 19th, 1866, in Texas. It was not an official holiday but in June 2021, President Joe Biden signed the legislation that

Yay Dad! Celebrate Father's Day This Sunday



**By Vivian Hernandez
Tusker Tribune Staff**

Father's Day is celebrated every year on June 18th in honor of our fathers, just like Mother's Day.

This day is not just to celebrate fathers, but to celebrate the father figures in our life. These men who we celebrate have been there for us and set a solid example for us to follow and guide us through our lives.



Many families dedicate this day to their fathers and grandfathers. Whether they are first-time fathers just learning to change a diaper, or experienced fathers offering sage advice, the day celebrates everything a father is.

Fathers from family to family play a variety of roles. They may be a caregiver, provider, or advisor. Some fathers are the strong, silent types. And yet others tell us stories for days. Fathers teach, guiding small hands as they hammer a nail or sail a kite.

So, take this day to celebrate your father or anyone who you consider a father figure. This day is also a national picnic day so maybe you can go out if the weather is nice and have a picnic with your family that day.



Have an awesome summer!

See you next year!

—The Tusker Tribune Staff



The Tusker Tribune

SOMERS MIDDLE SCHOOL NEWSPAPER

Why Should You Join Band?



By Ava Schmidberger
Tusker Tribune Staff

Have you thought about trying a new activity in school? Band or Orchestra are great options to choose from! Here are 5 reasons to join Band or Orchestra:



1. **Makes You Smarter.** Scientific research has proven that musical training builds intellectual skills, raises IQs, increases spatial-temporal intelligence, improves memory, and develops creativity. As a result, children who play a musical instrument do better on average in school than those who don't. In a recent study of SAT scores, students with music education scored 53 points higher on verbal and 39 points higher on math.
2. **Teaches Discipline.** Music students learn that if they apply themselves, they can master a skill and achieve results they want. Learning to play a musical instrument teaches self-discipline, the value of persistence, and the re-

wards of hard work. Studies have shown that music students are involved in fewer discipline problems, less crime, and less substance abuse than non-musical students.

3. **Increases Self-Esteem.** Music is a self-expression. Performing music in public, individually, and as a member of a group, builds confidence. Making music means every musician plays a part that is important to the group.
4. **Relieves Stress.** Music helps calm the mind. It's been shown that music students experience less test- and performance-anxiety than students who don't study music. And according to studies, college-age musicians are emotionally healthier than non-musicians.
5. **Improves Social Health.** Playing music in a group teaches teamwork, ways of working together, and the joy and rewards of group accomplishment. Band and orchestra members share efforts and experiences, and are often friends for life.

Read a Little! It Goes a LONG Way!



By Anna Huber
Tusker Tribune Staff

Imagine, you're sitting on the couch, mindlessly scrolling on your phone, wasting your hard-earned summer away. Is that how you *really* want to spend your summer? If you would rather spend your summer doing something productive, then you should consider reading over the summer break.

Consider this. Do you hate reading, or do you just not like reading when people tell you to read? Do not just let stubbornness get in the way of your expansion of knowledge. When you are reading, you are exposed to an immense amount of vocabulary. By being exposed to this vocabulary, you are seeing the use of different words in a new context. This could allow you not only to understand the meaning behind various terms, but it could also allow you to use these words to communicate with others. By reading, you will be able to expand your vocabulary and use it in the moment.

Mental health is like a kid; it needs to be constantly taken care of. So, when you read, your body releases stress. In a way, reading is a form of meditation; it's something that relaxes you, even if it's just for a little bit. A study conducted at the University of Sussex shows that by reading, you can reduce your stress up to 68%. So, would you

rather keep stressing about something that prevents you from an awesome summer, or read to have a stress-free summer. For me, the choice seems to be obvious.

Summer is going to fly by and before we know it, September 1st, we will be back in the classrooms once more. So, when we do get back, do you want to have a long enough attention span so you can concentrate on a lecture? Then read! Studies have shown that there is a direct link between the ability to focus and reading. Ken Pugh, director of Haskins Laboratories, states that "reading is neurologically more demanding than speech or image processing which forces greater concentration." Therefore, by reading, you would be able to increase your focus and thrive academically with your long attention span.

Humans thrive off entertainment. However, entertainment doesn't have to come in the form of movies, video games, or reality TV shows. Instead, it could come from something that has been here since 500 BC: books. Books are an easy source of entertainment that doesn't come with an expense monthly subscription. It's something that you can get from any local library.

So, take a break from that radiation from your TV or phone, and read a book, even if it's just for a few minutes. And when you're scrolling on your phone with nothing better to do, consider picking up a book and reading!

