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Everyone Should Know The Heimlich Maneuver

Editor's Note: SMS 7th grader Katelyn Kourakos recently assisted another student in the cafeteria by performing the Heimlich maneuver. In her own words, she describes the experience, and the importance of everyone learning this vital, lifesaving technique.

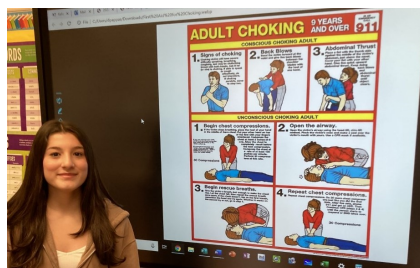


**By Katelyn Kourakos
Tusker Tribune Staff**

An individual's life is extremely valuable, regardless of the circumstances and there are no words to describe the existence of a human being.

Saving someone's life to me is something taken very seriously and takes a lot of courage to handle. A situation that brings you to reality... a situation that brings you to the point where it is all up to you.

When you witness a life-threatening situation right in front of you, you feel numb... you feel scared... you feel your heart being replaced with fear... you feel hesitation flowing throughout your body. But then you feel that one, tiny, fraction of chance that you can go up there, one chance of belief, one chance of hope, you can run up there, punch all that fear in the face and go help.



You don't need compliments, you don't need any gifts, you need to know if that person is okay. Never do

good things just for fame; do it out of the goodness of your heart. Life is short and so is everyone else's, make yours and their lives worth living too.

I jumped into this trauma because I knew how to do the Heimlich maneuver. I knew how to do this because I was at a restaurant with my family. We were about to leave, but a teenage boy started choking on a piece of food and I hesitated and just stood there, watching that poor guy. Then my dad (Retired NYPD Special Operations Lieutenant Joe Kourakos) came running to him and did the Heimlich maneuver and he survived. That is how I learned how to do the Heimlich maneuver.

<https://www.drugs.com/cg/performing-the-heimlich-maneuver.html>

Women's History Month: Pioneers Inspire Future Generations



**By Sophia Valenzuela
Tusker Tribune Staff**

Why is Women's History Month so important? Although we should always appreciate women no matter the month/year/day, Women's History Month is a month to give our thanks to strong independent women!

Another way to think about Women's History Month is that it's a reminder to give always give our thanks to women around us and women in history.

Women's History Month also gives us time to remember all the things women did and still do for our rights.



One woman we give thanks to/recognize is Sally Ride. She was the first female astronaut!

Another outstanding female in history is Amelia Earhart. She was a daring pilot—the first woman to fly across the Atlantic Ocean.

What are some ways you could celebrate Women's History Month? One way you could celebrate Women's History Month is (with the approval of a guardian!) by posting on social media to spread awareness of Women's History Month. Another way you could celebrate it is by hosting an event to celebrate and discuss famous women!

A simpler way you could celebrate is by writing a thank you card to a woman who inspires you in your family, or, if you're a female, write yourself a love note! Lastly, you could donate to women and girls in need. During Women's History Month, we should celebrate brave and inspirational women. One way you could do this is by writing a passage about a topic relating to women's history month for your school newspaper!

Another way you could celebrate women is by researching and learning about important women in history. Lastly, you could make a poster about a woman who inspires you and why.

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Behind the Scenes of 'Peter Pan, Jr.'

Editor's Note: The SMS Production of Peter Pan, Jr. continues tonight at 7 PM and tomorrow at 2 PM and 7 PM. This article is about the Stage Crew, whose efforts create the settings for the play.

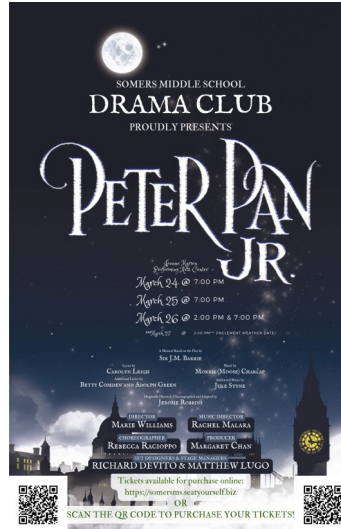


**By Reagan Ciccone
Tusker Tribune Staff**

Have you ever wondered who makes the props for the show, Peter Pan, Jr? Well, the stage crew of course! They worked hard to set up everything for the show and need appreciation, so today I will be interviewing one of the workers, Sylvia Herrera, on how they worked together to make the props for this show.

"How did you make the props?" I ask

"We had a bunch of supplies, including plywood, electric drills, saws, and paint. Lots of paint," she answered. "We make it either on the stage, where we had a lot of room, or in the technology room with Mr. DeVito and Mr. Lugo." she



added.

"How long did it take to make each prop?"

"There were a few props that took a little more time because they needed more steps like the headboards for the beds we made," she replied. "On an average, since our stage crew held meetings twice a week, it took a while, but we eventually got it done." she said.

"How was it like being in the stage crew this year?" I question.

"It was incredibly fun being on stage crew this year. I met a lot of new people. They were helpful and nice. We also sometimes just got to play around with the props, like the pillow and bed (one thing led to another and someone fell asleep!) I recommend joining stage crew and it's also fun because some-

times, you get to see the drama club rehearse."

That is all for this article! Please show some appreciation to the stage crew members as they have worked so hard with the play along with the drama club members. Hope you consider joining the Drama Club!

Women's History Month

From Page 1

I asked students what (non-family) female inspires them and here's what they said:

"Aliyah Boston" -Ava Schmidberger

"Emma Chamberlain" - Summer Karian

"Alex Morgan" - Ava Kovalyk

"Zendaya" - Victoria McGee

"Lizzo" - Melanie Rudyk
I then asked ELA teacher Ms. Kilmer "Are woman's rights fair?" and "what do you think of Women's History Month?"

Here's what she said: "I think that things have gotten a lot better for women over the years because of all the fighting we have done to be paid equally, treated equally, and show that gender doesn't matter."

"I think women's history month is a great time to celebrate all the accomplishment and achievement of females in all aspects of their lives."

An Unusual March 24



**By Aksua Adobea-Wiredu
Tusker Tribune Staff**

Editor's Note: The following is a fictional story.

Hi, it's Akos. I just wanted to share my dreadful experience of how pieces of glass fell out of my hands before I went into surgery.

It was a rainy day on March 24th, and I had skipped school (not intentionally). I woke up at 6:18 AM, crying that I hadn't gotten enough sleep.

I roll over my bed, stomping on the ground. I saw raindrops rolling across the window and it made me tear up.

"Wake up," my mom calls. I killed a ladybug that was on my bathtub. *Rest in peace, Penelope.* My brother takes the bus to school and I'm the only child left in the house. We drive past the trees, across the lake, and into the Bronx. Home sweet home.

As I entered the hospital, everyone stares at me. Why? Because I have a bonnet on. Anyhow, I put my name on the signature list and the guy stares at me. "Where are you gonna get surgery," he asked.

I responded saying "Mind your business." Ten hours later *actually 10 minutes later*, they called me into the surgery room and they say, "Here, pee in this bottle."

"But I don't have to pee," I say. The lady stares at me and I take the bottle. I sulk and sulk. *Why did I have to have the glass bottle in my hand on that day.*

I come out of the bathroom and my mom says, "Let me see your hands." Just then, two piece of glass falls out. Surgery is no longer for me. At the end, I go and do my hair and I ended up with no edges left. Life goes on and this is how my Thursday went.

Goodbye.

Reading Can Benefit You In Many Ways



By Jayden Thomas
Tusker Tribune Staff

Reading always has and at all ages been a source of knowledge, of happiness, of pleasure and even moral courage.

In today's world, with so much more to know and to learn and the need for a conscious effort to conquer the divisive forces, the importance of reading has increased. In the old days, if reading was not cultivated or encouraged, there was a substitute for it in the religious sermon and in the oral tradition.

The practice of telling stories at bedtime compensated for the lack of reading. Today we not only read, but we also want to read more and catch up. This kind of reading disciplines the mind and trains one for critical and original thinking.

There is yet another kind of reading—reading for pleasure. Though serious reading is also a source of pleasure, reading which is devoted to it differs in one respect. It grows upon one; it gives before demanding; and it soothes and relieves tension and loneliness. The only kind of reading which neither stimulates thought nor provides knowledge is one which is approached negatively, with the simple motive of escape and of "killing" time.

Reading broadens the vision. It is, in a way, a substitute for travel.



Gerbils Make Ideal Pets



By Reagan Ciccone
Tusker Tribune Staff

Have you ever wanted a pet but didn't want a basic cat or dog? Well, I have the solution. Why not get a Gerbil? Today I will interview Julianna DiScala, an owner of two gerbils herself, about what they do and how to take care of them.

"How hard is it to take care of these creatures?" I asked my good friend Julianna.

"Gerbils are easy to take care of," she answered. "All you need to do is feed them and give them water. Occasionally, you need to clean their whole cage out and every week you put new sand in the cages."

"Most of the time, they just spin around their wheel but if you get one gerbil, you don't need to get another one, but I highly recommend it or else they will get lonely."

"What supplies do you need for gerbils?" I move on. "You need to get a wheel, a sand bath, a place for

them to hide, for example a little wooden hut, a glass fish tank because they can bite through regular cages. You also need gerbil bedding for them to make tunnels, treats for them to eat, food, water and a food and water dish," she replies.

"What do gerbils do throughout the day?" I ask.

"Umm, usually they make tunnels, sleep, play on the wheel which both of them go on the same time (makes them fly in the air) roll in the sand bath to take a bath and that's basically it," she replies.

In conclusion, although gerbils might seem boring to some people, they are adorable creatures and can be incredibly fun to care for and look at! That's all for this article... hopefully you will be a gerbil owner soon.



Somers Circus and School History (At a Glance)



By Ava Schmidberger
Tusker Tribune Staff

Have you ever wondered about the history of Somers? The circus we always hear about and the schools?

The Circus started with the purchase of Old Bet. The elephant was brought to the U.S in 1796 from Calcutta, India. Hachaliah Bailey, who lived in Somers, purchased Old Bet in 1808 for \$1,000, to use her as a "zoo animal" elephant to show across the country, which is how the American circus began.

Old Bet passed away in 1827, and the story goes, that the elephant is buried in front of The Elephant Hotel. After 146 years, the Ringling Brothers

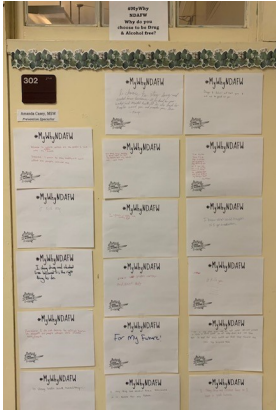


and Barnum and Bailey Circus closed in 2017.

Well, what about the schools? In 1938, grades 1-9 began to attend the new Somers Central School. Each year following, a new grade was added to the school, until the first class of Somers Central School graduated in 1942.

Since then, the school system of Somers has grown and is now home to four different schools. At one point, the original S.C.S. building was home to Kindergarten and Junior High School. Now, the building is known as Somers Middle School and is home to the 6th, 7th, and 8th-grade students and teachers of Somers Central School District.

Since 1938 Somers has built four more schools and is a very well-off district.



*From Prevention Specialist
Amanda Casey:*

"One of my events for National Drug and Alcohol Fact Week was to have students discuss the reasons why they should remain drug and alcohol free. Here are some of what the students had to say about their reasons 'Why'."

This "Why Wall" (pictured at left) appears outside Ms. Casey's office in room 304. Feel free to stop by!



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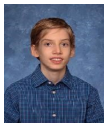
Leonid Novichenko

Ava Schmidberger

Jayden Thomas

Sophia Valenzuela

Important Dogs of History

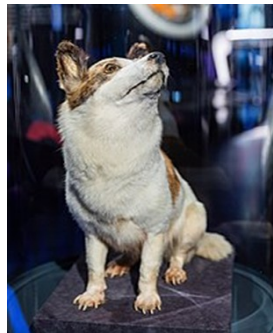


**By Leonid Novichenko
Tusker Tribune Staff**

Ever since cavemen befriended wolves and other canines, dogs have accompanied humans in every part of the world. These four-legged creatures make perfect companions because they are loyal, loving, and very versatile.

Over time, humans have bred dogs to develop different breeds, each to fulfill a specific role. Some dogs are good at helping fishermen haul in nets and herd fish, such as the Newfoundland. Others are perfect for hunting game, such as the Whippet. Others were just bred to provide comfort to humans, such as the Pomeranian.

But among all these dog breeds, there have been a few dogs that stand out from the rest and have left their mark on history. For example, there was an unknown Newfoundland dog who is credited with saving Napoleon of France from drowning.



Strelka

Another famous dog is Bing, the Para dog, who parachute-jumped on D-Day and was awarded the Dickin Medal for his actions. Another recipient of the Dickin Medal is Apollo, a German shepherd who was the first search and rescue dog on scene during 9/11.

In addition to heroism, many dogs are famous for their long journeys. A good example is Laika, Belka, and Strelka, who were space dogs. Laika was the first animal to orbit the earth and one of the first animals in space. Unfortunately, the technology at the time was not advanced enough to bring Laika back to earth, so it was a suicide mission for her from the beginning.

Belka and Strelka, on the other hand, survived their mission and became the first animals to go into orbit and return alive.

Strelka also had a puppy that was gifted to President John F. Kennedy.

As you can see, dogs have been very important to humans for a long time and have committed heroic acts, proving that they are truly "man's best friends."

No Shortage of Clubs at SMS



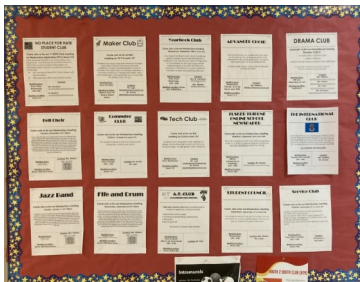
**By Ava Schmidberger
Tusker Tribune Staff**

Did you know there are tons of clubs you can do here at SMS? There are so many clubs to try and maybe you'll find one you like.

One of my favorite clubs is Intramurals. Mr. Paulmeno hosts this club in the gym on Tuesdays. You play different sports depending on the time of year. So far, the club has done football and basketball.

There are clubs and late buses scheduled Tuesday through Thursday. If you don't like any clubs, you can stay after school in the library! However, if you do want to try some and maybe make some friends, here's all the clubs offered at our school:

- Academic Triathlon Club (A.T)
- Art Club
- Bell Choir
- Chamber Orchestra



- Computer Club
- Drama Club (Come see this year's production, Peter Pan)
- Fife and Drum Club
- International Club
- Jazz Band
- Maker Club
- Math Club
- Minecraft Club
- No Place for Hate Club (N.P.F.H)
- Rockestra
- Service Club
- Student Council
- Tech Club
- Tech and Engineering Education Club
- Tusker Tribune Newspaper Club (You can earn service hours or gift cards!)
- Volleyball Club
- Weather Club
- Yearbook Club

See any clubs you're interested in? Check them out at <https://www.somersschools.org/domain/1265>