

The Tusker Tribune

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Writing Program Can Sharpen Skills



By Elaine Murphy
Tusker Tribune Staff
"DING, DING!"

Oh no, that sound of the school bell, could be very good at 2:58 pm, but not when you have to go to class.

There is something that most students dread besides, of course, homework. That's stressing over school work or big assignments.

Some students are very anxious about getting a bad grade. But why let one bad grade be with your writing skills? More than half of every student's classes has some sort of writing or essay related project. For example, there's the final ELA essay or the social studies DBQ.

Since the school year is coming to an end, you are probably making plans with your friends for the summer, but if you are searching for a way further improve your writing abilities, then along

with your summer plans, you should consider the five day Hudson Valley Writing project.

The Hudson valley writing project is a camp with easy access writing tips and tools that can improve the quality of your writing. The program is open for kids aged 7-17. The program for 12-through 16-year olds is being taught by two Somers teachers—Mrs. Kearns and Mrs. Drysdale.

If you are not an experienced writer and often struggle in school essays or any other writing related projects, this fun, interactive camp could be good for you!

The 12-16-year-old program is being held at Washington Irving's Sunny-

side home in Tarrytown from July 23-July 27, from 9 a.m. to 3 p.m. The cost is \$295.. Other programs for 13-17-year olds are being held at SUNY New Paltz. For more information, go to hvwp@newplatz.edu Sign up today!



Teens Need Their Sleep!



By Kamryn Seeger
Tusker Tribune Staff

Teenagers aren't getting enough sleep and that's a fact. Teens are getting about 6-8 hours per night, while they should be getting at least 8-10 hours a sleep.

Teens may not think to go to bed an extra 30 minutes earlier but if they do, it usually makes a big difference in their attitude. Most teens don't get enough sleep because of three reasons: sports, school work and being on their phones constantly. Usually, most students play some sort of sport or are involved in an after-



school activity. Most middle school and high school students have some type of activity after school and that takes up a lot of their time.

Also, teens are loaded up with exams, essays, quizzes, tests, studying, and just homework and they must do this for every single class and please every teacher. There's not just one teacher to please; there are 7-10

different classes to do work for.

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Hollow Earth Theory Has Holes In It



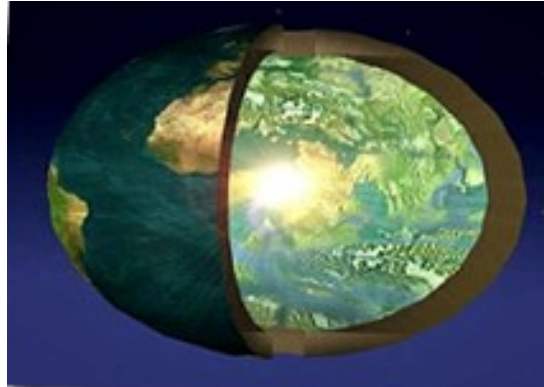
By Nate Traver
Tusker Tribune Staff

One of the better-known variations of the hollow earth theory is the concept that the earth has a hollow, habitable center that can be accessed by large openings at the North and South poles. For many years it was believed that that the earth was hollow.

However, this theory was disproved many times. Many historical figures though, have supported the hollow earth theory and have found evidence they say can prove it.

One such figure was Army officer John Cleve Symmes Jr. Symmes believed that the earth was hollow and habitable within. Symmes even attempted to raise funding for an expedition to the earth's center but couldn't manage to get his project off the ground.

Another historical figure who supported the hollow Earth theory was Swiss mathematician Leonhard Euler. Euler believed that the earth's



center was hollow and contained its own sun and even its own civilization.

The hollow earth theory has had many variations and has led to many concepts about what could lie at a hollow core of the planet.

Many people to this day continue to believe that the earth contains a hollow core. However,

many scientists have disproved this idea. The truth is no human has ever (and likely never will) been to the center of the earth. This means no one can know for sure just what lies at the center of our planet.

Disclaimer: Most scientists believe that the earth is indeed solid and there is almost no modern credible evidence that can say otherwise.

The Earth IS Flat (Not Really)



By Dan Podlesskiy
Tusker Tribune Staff

Many people think the earth is a sphere, but I think otherwise.

First, Mount Everest the "tallest mountain in the world" sounds like "Never rest", doesn't it?

What about all those people who have climbed it, you may say? Don't lots of people die when trying to climb it? I think the government is trying to cover up the earth being flat and killing people who want to climb the nonexistent mountain. They're worried people could see the earth is flat from the summit.

Also, if you look at the picture accompanying this arti-

cle, you notice there are icicles going off the north and south poles. That explains why it is cold at the north and south pole. The icicles also prevent anyone from falling off the edge of the world. And if someone goes on a boat/ship to the edges of the world, they are turned back and forced to say the earth is round and if they don't agree,



they will "go missing".

And finally, the earth still rotates, however, it is flat and certain parts of world still get more sunlight at different times so night and day still exists.

Author's note: yes, this is a joke I don't think the earth is flat and never did.

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Any SMS student is eligible to write stories. If interested, please e-mail Advisor Dean Pappas at DPappas@somersschools.org

Cabello, Mendes Making Their Mark On the Music Scene



By Ava Nikac
Tusker Tribune Staff

Camila Cabello released a single, titled "Never Be The Same" from her debut album titled "Camila".

This album was her first solo album since she left the girl group she was a member of, called Fifth Harmony. The single is charted number 16 on the Billboard Hot 100 chart.

She has another single which was the first thing she released as a solo artist, and that is called "Havana". She sings it with Young Thug who is featured in it to rap, and it is at the number 25 spot on the chart.

Another artist who is on the Billboard Hot 100 chart, is Shawn



Mendes. The 19 year old released an album in late May, but released his first single from it in late March. The single is called "In My Blood" and has taken the number 11 spot on the chart.

Another song from Shawn Mendes that is charted is called "Youth". It features Khalid, and it talks about how everyone has that youth in them that makes them excited about everything and nobody/nothing can take that away from them. Some of the lyrics are, "You can't take my youth away, this soul of mine will never change, as long as I wake up today, you can't take my youth away."

Shawn and Khalid even performed the song with the members of the chorus and survivors from Marjory Stoneman Douglas High School at the Billboard Music Awards earlier this year.

End of Year Calendar!!!!

June 14th: 6th Grade White Team Science Unit Exam

June 14th: 7th Grade Social Studies final exam

June 14th: Earth Science Regents



(8:30am)

June 15th: District Strings Concert

June 18th: FLACS (8th Grade World Language final exam)

June 18th & 19th: 6th and 7th Health final exam

June 18th: 7th Grade Splashdown Trip

June 18th: 8th Grade Graduation Practice

June 18th: 8th Grade Dance @Villa Barone

June 19th: 6th Grade Social Studies final exam

June 19th: 8th Grade Lake Com-pounce Trip

June 20th: 7th Grade Science final exam

June 20th: 6th Grade Math final exam

June 21st: 6th Grade Red Team Science end of year exam

June 21st: 8th Grade Graduation @5:30pm

June 22nd: Last Day of School – ½ day (11:30am dismissal)

Sleep

From Page 1

If kids aren't doing school work, hanging out with friends or at an after-school activity, they're most likely on their phone on some sort of social media such as Instagram, Snapchat, etc.

Sometimes teens even stay up on their phones all night worrying that they will miss a text or snapchat that someone send the previous night. Kids aren't getting enough sleep and it's affecting their attitude and their grades. What do you think we should do?

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What Are You Reading?



**By Donovan Smith
Tusker Tribune Staff**

I have written before that the question, "What are you reading?" is on automatic pilot from my mom.

So, I am back with another book series recommendation for Summer 2018 when you may be poolside, beachside, lakeside or just inside in the air conditioning.

Drum roll . . . *The Divergent Series* by #1 New York Times Best Selling author Veronica Roth. There are 4 books: *Divergent* (My favorite), *Insurgent* (was also good), *Allegiant* (I am reading this right now) and *Four*. So far, the books have been addictive page turners.

The genre of these books is considered



"young adult" and "dystopian". If you are wondering what the heck "dystopian" means, well you are not alone. Dystopian books depict a negative view of the way someone thinks the world is heading in order to provide an urgent call for change/action or a new direction. The author usually directs this type of writing to spotlight issues in society or government.

The books also have a science fiction feel to them with a touch of real-life themes. The stories take place in post-apocalyptic Chicago and although fiction, there are relatable themes of family, finding one's voice, grief/loss and how choices come with consequences within the sci-fi dystopian writing. Have I caught your attention or made you curious?

Ducks Are All They're 'Quacked' Up to Be



**By Jessica Lee
Tusker Tribune Staff**

Ducks are magnificent creatures. They have the ability to fly, hold up traffic, and walk across the street without any worry. They are adorable and are great swimmers. If every try and harm them, you will be chased by a mob of angry ducks trying to peck you to death.



Ducks are mostly aquatic birds, living in both freshwater and seawater and are found on every continent except for Antarctica.

A common urban legend is that a duck's quack does not echo. Sadly this was proven false. Ducks are curious and friendly creatures. They have been domesticated as pets and farm animals for more than 500 years. All domestic ducks

Cavaliers Lose to Warriors in NBA Finals



**By Ravi Dass
Tusker Tribune Staff**

The Cleveland Cavaliers got swept by the Golden State Warriors in the NBA Finals.

The Cavs fans were hoping that the Cavs could come back from a 3-0 deficit. Stephen Curry broke the record for most 3 pointers in the NBA finals.



In game 1 of the series, the Warriors and the Cavaliers were going at it. At the end of each of the quarters, it was almost a tie game. In the 4th quarter, one of the the players blew the chance for the Cavs winning the game. He thought that they were winning bu they weren't—



it was a tie game. LeBron James and the Cavs were shocked that he didn't shoot the ball.

In game 4, when it was starting to get to the end of the game, it was a no doubter that the Cavs were going it lose. They lost in their home court.

None of the players and Cavs fans thought that they were going to get swept. However, the Warriors are a really good team. They won the 2017 NBA finals.

The Cavs didn't really do well during the finals. They were missing a lot of their shots and turning the ball over. The Warriors, on the other hand, made some mistakes but overall, their playing was a lot more consistent.



'Bird of Prey' Day Flies at Green Chimneys



**By Jack Mooren
Tusker Tribune Staff**

On June 3, 2018, Green Chimneys once again hosted the Birds of Prey Day in Brewster, NY.

We all know the Birds of Prey from intermediate school where they came and shared some information about the birds. This day is nothing like that.

The day started at 10am where you were able to meet the birds. They had birds of all kinds from all around the world. They were displayed on posts where the



birds had freedom. You were able to see the birds up close and witness their magnificent wings.

If birds are not for you, they had a petting zoo that had baby goats, a baby kangaroo, a gigantic tortoise and the biggest bunny you had ever seen. These were all thanks to the Birds of Prey.

I also learned that Green Chimneys themselves rescue and rehabilitate animals. They had American Peregrine Falcons, as well as

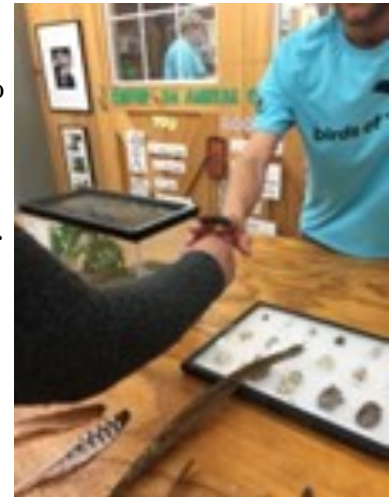
Screech and Barn owls. They all hopefully would be released back into the wild.

For people who like gross insects, there was a whole house just for bugs, where you could hold a hissing cockroach and look at all the various spiders and insects that are known for our area.

After all the fun you had with the animals, most people would have worked up an appetite. To cure this, they had various food trucks with delicious food. There was also an interesting mini flea market at the same, so

you could eat your hot dog in bread, (yes inside bread, not a roll), and buy some homemade soap, a new piece of jewelry, or wool socks.

So if you have free space on your agenda next June, I recommend you go on down to Green Chimneys and see the Birds of Prey yourself.



The Alarm, The School Bell and the Teenage Brain— An Ongoing Battle



**By Donovan Smith
Tusker Tribune Staff**

Push Back the Start Time of School!

While we are all focused on the start of summer vacation, a harsh reality awaits the rising 9th graders. The harsh reality is the school start time of SHS. Buses roll through my Shenorock neighborhood at 6:55am!

That's a whole hour earlier than the current SMS bus pick up time. Yikes!!!! I still have a year to go before I have to face that reality but it aligns with the research essay and a Socratic seminar I completed this year on this topic of changing the school start time for high school, so I'd like to share some highlights from my research which resulted in my essay and Socratic Seminar topic.

Students and families – Does this sound familiar?The alarm clock rings at 6:45am and



I can barely open my eyes. My brain registers the sound, but my body can't move. The day before was filled with band, school and sports followed by homework and then maybe if I am lucky, some downtime of Fortnite.

I am expected to go to sleep because "you have to be up early in the morning". The only problem is that my body and brain are and are still awake and I can't fall asleep. It's 10 pm and am I just starting to fall asleep. Beep! Beep! How can that be? It's the dreaded alarms again!

Biology – speaks volumes. Scientific studies have proven that teens have different sleep patterns than children and adults. Research has shown that the teenager body and brain are wired to go to sleep no earlier than 11pm. If that's the case, then having later middle and high school start times would allow kids to get the sleep that science says they need and "how they need it".

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Alarm

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The Academy of Pediatrics has called the sleep problem with teenagers a "public health issue" impacting attendance, grades, attention, mental health and safety. Kids who don't get enough rest are more restless, cranky and have difficulty with impulse control, good decision making and lower grades. (Middle School Plus, Educational Leadership, Dec2009/Jan2010. Vol.67 Issue 4, p44-47.2p. I wonder what my parents and teachers would say about this?

The later start time school for teenagers could transform the mornings at home into a better environment for many families. There could potentially be fewer parents and kids arguing over getting out of bed and being at a bus stop before the crack of dawn.

According to Michele Camera, a parent, "Transitioning to a 9:10 am start time has made mornings much more pleasant for everyone in the house and seems to go with our biological schedules very well". (Middle Search Plus, USA Today, 8/29/14, Section: News, Pg. 11a).

I can speak from experience here on what my house is like in the mornings. I think my mom would be all for a later start time too. I know for sure that I am not looking forward the Somers High School start time when I go to high school. The bus pick up time of 7:55 will move back to 6:55am!

Additionally, there is that data from a study in 2014 at the University of Minnesota showed that later start time in schools across three states resulted in less tardiness, more attentiveness and

fewer car crashes. The study links sleep for teenagers with better life outcomes in physical and mental health and achievement. The study claims that changing the start time of school for teens increased academic performance because kids were present (not late or absent and were attentive) but also decreased substance abuse and

symptoms of depression. (Middle Search Plus, USA Today, 8/26/2016. Section: New, Pg. 07a). Now, that's reasoning no one wants to argue with – keeping kids safe and healthy physically and in their mental health.

Some people might argue that the school schedule is just fine the way it is because that's what they are used to. It's tradition. They will say that parents just need to get the kids in bed at a reasonable time and that's it. They will argue

the idea of the teenage brain different and needing more sleep is just an excuse. They might say that kids are being raised to think that the world needs to change for them and that they will be less successful if people keep accommodating them. Also, it would impact scheduling for transportation, parents, teacher/schools and afterschool sports and activities. There are some who would add to this agreement that kids would just stay up even later with their

entire schedule just starting and ending later. There are some folks who feel that this topic is related to a parenting issue. (Middle Search Plus, USA Today, 8/29/2014. Section: News, Pg.11a).

My personal experience, in addition to my research, supports how hard it is to get up in the morning and to be ready to learn. My best mornings were during my SIS years when we started school at 9 am. So, if you see me at a Board of Education meeting soon, it might be to argue the point of the battle between the alarm clock, the bell and the teenage brain

and supporting a later school start time. Till then, I'll see you when the bell rings at the regular time rubbing the sleep out of my eyes.

Now the question is, what do you think? Moms? Dads? Teacher? Administrators, Students? Make your voices heard!

