



The Tusker Tribune

SOMERS MIDDLE SCHOOL NEWSPAPER

Issue Number 28

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

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NEWSPAPER CLUB
TUSKER TRIBUNE

Spring 2024

An SMS 'Duck'-u-mentary that will Quack You Up



By RJ Hall
Tusker Tribune Staff

If you have looked out the windows into the courtyard of Somers Middle School recently, you would notice . . . Ducks?

That's right! a mother duck has chosen the SMS courtyard to lay and hatch her eggs. As of right now, nobody is allowed to go into the court yard except custodians and Mrs. Mangone.

Last Friday, some staff members were providing the ducks with water and trying to re-

move them by putting them in a bucket.

While I was typing this, I was watching the encounter between the staff and the ducks. It has become a wild goose chase, or should I say, a wild duck chase.

After a couple of minutes, it appeared as if the staff gave up the effort, so as of now, victory belongs to the ducks and the courtyard will be their home. *Note: According to Mrs. Mangone, as of 4/29, the ducks had been taken off campus by a wildlife protection team.*



Spring Into Happiness!



By Michaela Gallo
Tusker Tribune Staff

Why is spring such an important season for both humans and animals? As spring comes along, so does warmer weather, which makes people go outside more often. Outdoor activities are great for physical and mental health. They slow your heart rate and make you feel more relaxed. Studies show that even just looking at spring flowers can make you happy.

Everybody loves being happy. Getting sunlight first thing in the morning helps regulate the hormones serotonin and melatonin in your body. When this happens you have more energy, an improved mood, and you get better sleep. How cool is that!

Spring is also known as the season of new life and regrowth in the animal kingdom. Many new animal lives are welcomed into this world during spring. Animals often choose to have their babies this time of year because the warmer weather and longer days make it easier for animals to find food. With easy food access, baby animals have a better chance of growing up healthy.



Maybe the benefits of spring will motivate us middle schoolers to get off our devices and go outside for fresh air and sunshine! You might even run into a baby animal like our newly hatched ducklings at SMS.

Sources

- [What Animals Are Born In Spring? A Complete Breakdown \(aidtoanimals.com\)](https://aidtoanimals.com/)
- [20 Reasons Why Spring Is the Best Season of the Year \(goodhousekeeping.com\)](https://goodhousekeeping.com/)
- [15 Reasons Why Spring Is The Best Season | Insight Psychological | Edmonton & Calgary Psychologists](https://insightpsychological.com/)
- [15 Scientific Reasons Spring Is the Most Delightful Season \(mentalfloss.com\)](https://mentalfloss.com/)

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The Tusker Tribune is the online Somers Middle School Student Newspaper. It is published weekly (except during school vacations) on the Somers Middle School Website. It is entirely student-written by 6th, 7th and 8th grade students from:

Somers Middle School
250 Route 202
Somers, NY, USA.

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

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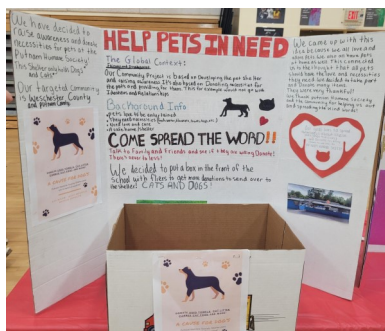
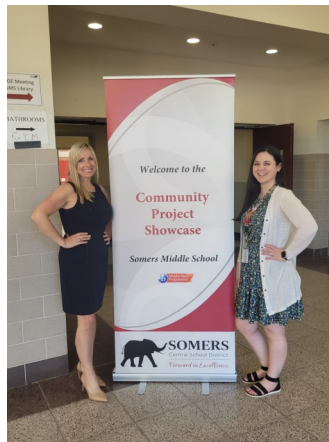
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It Was an Evening for 8th Graders to Shine!

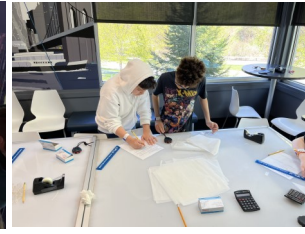


The 8th Grade MYP Community Project Showcase was a roaring success. Take a look at the terrific projects our 8th graders developed!

Special thanks to Mrs. Schettino and Mrs. O'Connor for coordinating and overseeing the year-long program!



7th Graders Get a Lift at iFly



Orthodox Christian Easter is This Sunday



By Ava Schmidberger
Tusker Tribune Staff

Orthodox Easter, known as Pascha, is a major celebration for Eastern Christians. It's about Jesus rising from the dead after being crucified. But did you know it happens later than Easter for other Christians? That's because they follow a different calendar.

Before Easter, there's Great Lent, a 40-day period of fasting, praying, and asking for forgiveness. Then comes Holy Week, full of special church services and rituals.



The best part is on Holy Saturday night. At midnight, everyone gathers for the Paschal Vigil. When the clock strikes 12, they shout, "Christ is risen!" Church bells ring, candles are lit, and people share hugs and joy.

After the service, families come together for a big feast. Picture roasted lamb, colorful eggs, and sweet bread. Delicious!

Orthodox Easter isn't just about religious stuff. It's also about tradition and spreading happiness. No matter where you are, Orthodox communities come together to celebrate Jesus' resurrection.

Cinco de Mayo Showcases Mexican Culture



By Ava Schmidberger
Tusker Tribune Staff

Cinco de Mayo, occurring on May 5th, is a day of remembrance for winning a war for Mexico.

Back in 1862, the Mexican Army defeated the French at the Battle of Puebla. Some people mix it up with Mexico's Independence Day, which is in September. But Cinco de Mayo is still super important, especially for Mexican-American culture.

It's not just about history, though. Cinco de Mayo is a chance to have fun and show off Mexican culture. In the U.S. and elsewhere, there are pa-



rades, music, dancing, and yummy Mexican food to enjoy.

This day reminds us how brave and strong the Mexican people are. It also celebrates their cool traditions and all they've done for the world. Cinco de Mayo brings Mexican communities together and makes them proud of who they are.

Even if some folks see Cinco de Mayo as all about parties, it's good to remember why we celebrate it. Whether you're hanging out with friends or learning about Mexican culture, Cinco de Mayo is a time to have fun, respect, and think about the history and pride behind it.

Pros and Cons of Eating Crickets



By Gemma Krissoff
Tusker Tribune Staff

Author's note: cricket allergies do exist, and you are more likely to have a cricket allergy if you are allergic to shrimp and/or lobster. Do not eat crickets if you have a shellfish allergy. Also, you should do research before buying crickets because there could be parasites. If you eat crickets and you get an allergic reaction, it's not my fault. You have been warned.

If you have ever thought of trying a new food, then crickets might be the choice for you! It might sound a little unappealing, but I will inform you on the pros and cons of eating crickets.

Pros of eating crickets

Crickets are high in protein and B vitamins, and they also have calcium and iron. The protein powder that crickets produce, called *acheta protein*, can also be easier on the stomach for some people, and it is good for your gut.

Crickets are good for you, but they are also good for the environment. Cricket farming has a very low carbon footprint, and crickets need much less feed than other farmed animals like cattle. Also, farming crickets does not need much equipment.

Cons of eating crickets

As seen in the author's note, there are some



cons to eating crickets. These include parasites in cricket farms. Although this is a bit unsettling, it's not only crickets that can have parasites. The same can happen in meat sources.

Additionally, in an author's note from the source I used, cricket allergies exist. But, again, this is not new. Allergies to many things have been around for a while. Just make sure to do research before buying and be aware of allergies.

Crickets can also be expensive. And when you buy cricket protein powder, it can be possible that there are extra additives, and you might not even know the cricket protein to cricket exoskeleton ratio. So again, do your research before buying. Also, since there are few studies on cricket protein, it is unknown how many crickets you need to eat to get health benefits.

Conclusion

After evaluating this information, do you think you will try eating crickets? I will not be trying them because I am vegetarian, but I think they could be interesting for others to try. But again, do your research before buying, and beware of allergies!

Sources:

<https://health.clevelandclinic.org/acheta-protein-eating-crickets>

SMS STARs: April 2024

Grade 6:



Gregory McVeigh



Jake Sandel



Tashaya Teepjatupon

*A STAR award stands for **ST**udents who **Are** **R**ole models. The students pictured here were caught doing something that deserves the STAR recognition for the month—from common courtesy, to helping another student or staff member, to standing up for someone or cheering them up!*

History of 4th of July



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 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 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 get-togethers and barbeque.



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 government 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 especially 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 in Philadelphia, Pennsylvania.
- "The Star Spangled Banner" 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 is the fourth of July.

The 7 Effect



By Leo Mundis
Tusker Tribune Staff

Rate your day on a scale from 1 to 10. Now, there is a decent chance you had a particularly good or difficult day, but odds are you said something from a 7 to an 8, probably 7. Why?

Reason 1: Acquiescence bias. A long word, but basically meaning that people typically positively agree with surveys and other people, instead of how they truthfully feel. It can range from slightly skewing a response to downright lying. It's partly due to evolution; following the herd has proven in the past to be the correct choice for survival. Anyone who leaves the tribe, is gone.

Reason 2: The education system. Instead of a 5, which is truly average, an "average" grade is usually called a 70, a C. This upwards skew in education bleeds into other parts of your life, including how you rate things.

*the
Seven
effect*

Reason 3: It feels random. Similarly, if asked to pick a number randomly between 1 and 10, the most common answer is 7. It seems so strange, but we can use the process of elimination, as well as what people view as random: 1 and 10 are the endpoints of the question, doesn't feel random; 5 is exactly halfway, doesn't feel random; surprisingly, some associate even numbers with order, which is the opposite of randomness; leaving 3, 7, and 9. 9 isn't prime, prime feels random; and 3 is the iconic "lucky number", so 7 is left! That's a lot, but 7 does end up being the most picked, most of the time.

Nothing happened in your day? Seven. A lot of things went great, but still wasn't perfect? Seven. Dreadful day, but that one guy next to me said it was a 2, and I don't want to hardship one-up them? Seven!

Website I obtained the "randomness" section research from: <https://psychology.stackexchange.com/questions/25611/explaining-mathematically-why-most-people-chose-7-when-asked-to-choose-a-number-b#:~:text=According%20to%20them%2C%20the%20explanation,the%20one%20making%20the%20choice>