

See Commencement story and more pics on pages 8 & 9!



THE JOURNEY

Newsletter of the Gilbertsville-Mount Upton Central School District

July/August 2019
Volume 29, Number 6

Congratulations to the Class of 2019!



From the desk of Superintendent Annette Hammond

The Class of 2019 graduated at 10:30am on June 22. On behalf of the Board of Education and the entire district staff, I would like to congratulate each and every student and their families on a job well done! Students have chosen different paths on their lives' journeys, and we are very proud of them and feel honored to have played a role in their personal and academic growth. We wish all graduates the best of luck in their future endeavors.

Before school was out, we highlighted and celebrated the accomplishments of our seniors when we had them participate in our Annual Senior Walk. This is a great way to celebrate student accomplishments while allowing our younger students to begin thinking about their future plans.

In May and June, we also celebrated the accomplishments of all students' at various ceremonies as well as at concerts and moving up ceremonies. Thank you to all of you who joined us for one or more of these events! Thank you also

to the many community members who sponsored one or more of the awards/scholarships that our students received this year. We are so appreciative of our community members and businesses that partner with us to bring opportunities to our students through these awards and recognitions.

Work on our School-Based Health Clinic started this spring and is nearly complete. Bassett will begin looking for employees for our clinic, and will also begin moving into the space this summer. It is our hope that the clinic will be open sometime in the fall. We will provide information as we move forward with this endeavor.

Please know that the office staff does work throughout the summer as we prepare for school in the fall. You will be able to reach us five days a week between 7:30 a.m. and 4 p.m. Due to meetings and vacation schedules, we recommend that you call ahead if you would like to meet with a specific staff member.



Thank you to all of the staff here at GMU for a great school year, and to parents and community members for your continued support of our students and the programs we offer them in our quest to offer students a high quality journey through their elementary and middle/high school years at GMU!

Important information for STAR exemption recipients

If you currently receive your STAR benefit as a reduction on your school tax bill (the STAR exemption), you may receive a greater benefit if you switch to the STAR Credit. Under the STAR Credit program, instead of receiving a reduction on your school tax bill, you will receive a check.

Note: The income limit for the Basic STAR exemption is now \$250,000. If your income is more than \$250,000, you *must* switch to the credit to continue receiving a STAR benefit.

Due to recent changes in the law, beginning this year:

-The value of the STAR Credit (by check) may increase by as much as 2% each year, but the STAR exemption (reduction on your school tax bill) cannot increase; and the income limit for the Basic STAR exemption is now \$250,000.

-Who must switch?

-If your income is more than \$250,000, you *must* switch to the STAR Credit to continue receiving your benefit.

-If your income is \$250,000 or less, you have the *option* to switch.

How to switch to the STAR Credit:

-Notify your assessor that you wish to withdraw your STAR exemption.

Town of Guilford-Chenango County Assessor: 607-895-6827

Town of Butternuts-Otsego County Assessor: 607-783-4862

-Register for the STAR Credit.

Questions? Go to <https://www.tax.ny.gov/star> or call 518-457-2036.

Flag Day celebration features two student speakers

GMU's Annual Flag Day ceremony on June 14 featured 5th-grader Ethan Bertrand (below, left) reading his first-place winning essay ("What the flag means to me") from the D.A.R. essay contest.

6th-grader Emma Peck (below, second from left) read the essay "To the servicemen and women past, present and future" that her brother, Tyler (GMU '09), wrote when he was in 6th grade in 2003. Tyler previously read his essay that same year at Arlington National Cemetery during the Safety Patrol Memorial Service. Tyler is now a captain in the U.S. Army, stationed at Fort Bragg. He is a Blackhawk pilot and oversees enlisted soldiers in the aviation brigade.

You can read both essays online at gmucsd.org.



Pre-K students bring songs, smiles to veterans' home



On June 19 our Pre-K class took a trip to the Veteran's home in Oxford. We delivered the plants started by the elementary classes on the school's "Community Clean Up Day" and cards for every person at the home. We sang beautiful songs for the residents, and there were smiles everywhere we went.

Our class did a wonderful job representing our GMU school community!

-Mrs. Stensland

~ News From the Main Office ~

Congratulations to the Class of 2019! I wish them much success and happiness in all that they choose to do in life! They will be missed!

With September comes the beginning of a new school year, new goals and challenges, new friends, and the renewal of old friendships. How exciting all of it can be! All students received their teacher assignments on their report card prior to the summer or in August with a letter and supply list from their teacher.

We were very busy in June, with many activities going on. Orientation was held for 6th grade students which gave them the opportunity to get to know their teachers and classmates better, review some basic rules and expectations and to try their locker combinations.

PK-6 fun days and The Utica Zoomobile were a great success and fun was had by all. Year-end award ceremonies were held with many of our students on the receiving end! Congratulations to all for their hard work!

Middle and High School report cards and schedules will be mailed home in August. This will give students the opportunity, before school begins, to review their schedules and make any necessary changes. I wish each of you a restful and safe summer! I will be here throughout the summer preparing for September, so please do not hesitate to contact me if you have any questions.

-Heather Wilcox
Acting Principal

Literacy Corner with Mrs. Weidman: Time for Summer Reading!



Please encourage your children to participate in the GMU Summer

Reading Challenge! The packets were sent home the last full week of school, and the two calendar pages need to be filled in each night that your child reads. Every student in grades K-4 met with me to create a personal Summer Reading Plan, and every student has a goal

of reading for at least 20 minutes each day. This will help to prevent students from losing any academic growth they have made in reading during this past school year.

As part of the *Summer Reading at New York Libraries* program, your child can access thousands of free e-books from home until September 1, 2019. Go to <https://www.myon.com/school/newyorkreads>. The username is **read** and the password is **books**.

You can also access thousands of free, interactive e-books at

<https://www.tumblebooklibrary.com>. The username is **oncboces** and the password is **books**.

Also, please consider attending the *Youth Summer Reading Program* at Sidney Memorial Library from July 5th-August 16th. There will be fun summer reading events for the whole family! You can sign up at the Kick-Off Party on July 5th from 3:00-5:00 PM, or any time after July 5th at the library.

Enjoy your summer, and keep reading!!!



ZOO FOR YOU - GMU students got a special treat on June 21, as the Utica Zoomobile visited with plenty of great animals on display.

The visit by the Zoomobile was the students' reward for finishing first in the Plastic Film Recycling project sponsored by the Otsego County Conservation Association. GMU art teacher Ashley Hughes, who coordinated the school's recycling effort, assisted with the animal display.

Utica Zoo educator Ben Ouderkirk showed off Madagascar hissing cockroaches, snakes, turtles, and much more to a steady stream of fascinated children, some of whom took advantage of the chance to touch the creatures--and some of whom did not!

Government class presents gifts to local senior citizens

Mrs. Delaney's 12th-grade Participation in Government class made care packages for senior citizens in our community. Two groups handed out 20 care packages in the communities of Mount Upton and Gilbertsville during the first week of June.

Each package contained a word search book, candy, tissues, a deck of cards, socks, and a handmade card from the GMU Seniors of the Participation in Government class, with a class picture and note inside the card. Student Mara Nolan brought in handmade hats and blankets that one of her mother's associates had made and donated for the class project.

The care packages also contained Ziploc baggies with two yellow

forms and two red and yellow stickers, for a program called The Yellow Dot Program—one for your home and one for your car. The Yellow Dot Program was presented to the Participation in Government class, by Anne Sebeck, Mrs. Susan Sebeck (GMU's School Meals Manager) Mother-in-law.

The Yellow Dot Program, sponsored by the Gilbertsville Fire Department Auxiliary, is a free program available to individuals of all age, funded by the New York State Sheriffs' Association, which is designed to help provide first responders life-saving medical attention during the "golden hour" after a crash or other emergency.

The class split up into two groups; Mara Nolan, Katherine Backman, Jazmine Brooks, Isabella Ramos, and Bruno Portes were in the first group, and Mrs. Delaney, Mariah Lull, Shane DuMond, Austin Oliver, Kelsey Pope, and Andrea Smith were in the second group. We would like to thank those who helped, donated, or allowed us into their homes! We had a wonderful experience meeting you!

Recipients of the care packages were very grateful, and it brought a big smile to many of their faces. The GMU Seniors in the class experienced how good it feels to help another person and enjoyed meeting and talking with seniors in their communities.



Technology Education At GMU reaches new goals

Looking back on the last ten months in the Technology room brought to mind many highlights that should be shared with community members and parents.

Students in Technology classes participate in a slightly different aspect of school and education. The technology room is a different atmosphere than other classroom settings. Students create, build, think, use machines, collaborate, interact, and put to use other learned experiences from other classes and people to accomplish their goals.

When the chop saw turns on, ears and nerves become alive and the faces and the general aura of the room change to part awareness and part caution. High school students don't hesitate to wear a welding mask, knowing the effects welding flashes can have on your eyes.

The mood has been set, and students proceed. The room is now alive, and the underlying determination of the students is accompanied by some confusion, a little fear, and the want for expression. Through the processes of the work periods, students expect smooth experiences but are often met with setbacks and other trials while attempting the projects.

Days and weeks of problem-solving, trial and error and at times, even some heartache lead to some form of finale.

This year's technology students took part in electronics, circuit board construction, soldering exercises, weight support testing, science related concepts, math related concepts, welding projects at both the middle and high school level, woodworking techniques, machine operation, and technical drawings both by hand and from

using CAD software. Several students earned college credit using AutoCAD. Students built footstools, metal brackets for signs, and working bicycles from junk and scrap parts. They created holiday figures using logs from the average wood pile. They used electric motors, worked with electromagnetism, wound coils for electric motors, designed and built cutting boards, worked with robotics, learned programming, and designed architectural floor plans.

In furniture class Skyler Norton built an 8-foot counter, which included electrical wiring, for his house using tongue and groove hickory. Cooper Teale brought in a pile of recycled wooden pallets and built an end table. Olivia Held built a coffee table using cherry, maple, and walnut. Zan SanSoucie built an entertainment cabinet using ash wood. Dominick Carey built his third barnwood-style cabinet, making his own business in the process and selling to local interested customers. Kyle Meyers built an outdoor patio set, including a table, a two-seater, and a chair. Kyle also refinished a set of cabinets for Mrs. Ostrander.

The DDP/CAD class would like to send a special thank-you to area welder/sculptor Jay Roth, who donated his time, skills, energy, and plasma cutter to help the students in a two-week metals project.

Congratulations to all of the students for their hard work, accomplishments, and determination.

If you are interested in having your child take Furniture Design or DDP/CAD/Engineering, please contact the GMU office at 607.783.2207.



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Website: www.gmucsd.org • Facebook: <https://www.facebook.com/gmucsd/>

Instagram: <https://www.instagram.com/gmucsd/>

INFORMATION FROM THE HEALTH OFFICE

SUMMER DEER TICK ALERT

Deer ticks live in shady, moist areas at ground level. They will cling to tall grass, brush and shrubs, usually no more than 18-24 inches off the ground. They also live in lawns and gardens especially at the edges of woods and around old stone walls. Once a tick gets on the skin, it generally climbs upward until it reaches a protected area.

In tick-infested areas, your best protection is to avoid contact with soil, leaf litter and vegetation. However, if you garden, hike, camp hunt, work or otherwise spend time in the outdoors, you can still protect yourself:

- Wear light-colored clothing with a tight weave to spot ticks easily. Wear enclosed shoes, long pants and long-sleeved shirt. Tuck pant legs into socks or boots and shirt into pants.
- Check clothes and any exposed skin frequently for ticks while outdoors. Consider using insect repellent.
- Stay on cleared, well-traveled trails. Walk in the center of trails. Avoid dense woods and busy areas.
- Avoid sitting directly on the ground or on stone walls.
- Keep long hair tied back, especially when gardening.
- Bathe or shower as soon as possible after going indoors (preferably within two hours) to wash off and more easily find ticks that may be on you.
- Do a final, full-body check at the end of the day (also check children and pets), and remove ticks promptly.

Remove a tick as soon as you find one on you, your children or your pets.

Removing a tick as soon as you find it will reduce the likelihood of contracting any disease that a tick may be carrying.

How to Safely Remove a Tick

Use a pair of pointed tweezers.
Pull firmly and steadily upward.

Place the tick in a small container of rubbing alcohol to kill it.

Clean tick bite area with rubbing alcohol or hydrogen peroxide.

Monitor the site of the bite for the next 30 days for the appearance of a rash.

If you develop a rash or flu-like symptoms, contact your health care provider immediately.

When to call a doctor after a tick bite

If you develop a rash or flu-like symptoms, contact your health care provider immediately. Although not routinely recommended, taking antibiotics within three days after a tick bite may be beneficial for some persons. This would apply to deer tick bites that occurred in areas where Lyme disease is common and there is evidence that the tick fed for more than one day.

In cases like this, you should discuss the possibilities with your doctor or licensed healthcare provider.

IMMUNIZATIONS

Once again, New York State has notified all schools of the immunization requirements for the coming school year (2019/2020). Menactra (meningitis immunization) will be required for students going into 7th grade and 12th grade. Tdap is required for students going into 6th grade and PreK students require a second varicella immunization (chicken pox) and a second MMR immunization (measles/mumps/rubella) for Kindergarten.

Memos were sent out in May detailing these requirements. Please have these immunizations completed before the start of school. If not done, you have 14 calendar days to complete them. At that point, if there is no documentation with date the immunization was given and there is no documented appointment from the Health Care Provider, the student will not be permitted to attend school.

HEALTH IN THE SCHOOL

The district's School Health Services program supports your student's academic success by promoting health in the school setting. One way that we provide care for your student is by performing the health screenings as mandated by the

State of New York.

During the school year, the following screenings will be required or completed at school:

VISION

- Distance acuity for all newly entering students (including Pre K) and students in Kindergarten, Grades 1, 2, 3, 5, 7 and 10.
- Near vision acuity, hyperopia and color perception screening for all newly entering students (including Pre K).

HEARING

- Hearing screening for all newly entering students (including Pre K) and students in Kindergarten, Grades 1, 3, 5, 7 and 10.

SCOLIOSIS

- Scoliosis (spinal curvature) screening for all students in Grades 5 – 9.

HEALTH APPRAISALS

- A physical examination including Body Mass Index and Weight Status Category Information is required for all newly entering students and students in Pre K or Kindergarten, Grades 2, 4, 7 and 10 (this may be done by your private Health Care Professional or done here by Karen Adams, FNP starting in September). Please notify the Health Office if you prefer to have your student's physical done at school. If we do not receive notification of a private physical being completed or a current one is not on file, the student will be automatically placed on the appointment list for a school physical. You will be notified of the time and date.

DENTAL CERTIFICATES

- A dental certificate is REQUESTED for all newly entering students (including Pre K) and students in Kindergarten, Grades 2, 4, 7 and 10.

A letter will be sent home if there are any findings on the screenings done at school that would cause concern or need medical follow-up. Please call the school's Health Office if you have any questions or concerns.

Thank you,
Carol Angelone, RN • School Nurse

'Use your voice for change, alliance, and service'

Twenty-one seniors received their high school diplomas on June 22 as the Gilbertsville-Mount Upton Central School District held its annual Commencement ceremony.

Acting Principal Heather Ketchum Wilcox urged the students to embrace their futures and to remember kindness. GMU Superintendent Annette Hammond gave them a list of seven thoughts, one of which was to commit themselves to positive thinking, adding that "the grass is not always greener on the other side of the fence."

Taking the stage in the Auditorium to the strains of "Pomp and Circumstance" performed by the Senior High School Band, the seniors listened to speeches by Salutatorian Hunter Christian and Valedictorian Natalie Pistor.

Christian, who will attend Hartwick College to study nursing,

reminded her fellow students that some of their most valuable learning involved "the importance of working toward our goals in life, the power of words, to never give up, how to be leaders, and how to respect one another." She added that "...it's okay to make mistakes, it's okay to have bad days, it's okay to not be perfect, and it's okay to be yourself."

Pistor will attend the Fashion Institute of Technology in New York City. She transferred to GMU as a freshman, and she noted that she had overcome her shyness during her time at the high school. She urged the students in returning classes to "Push yourself out of your comfort zone. Run for student council, recite a speech in front of the high school (all 150 of them); join a club that forces you to think on your feet in front of a judge and

your peers; actually, join any club. This will surround yourself with like-minded and driven people who inspire you to use your voice for change, alliance, and service."

Class Secretary Jazmine Brooks announced that the class gift will be a new podium for the auditorium. Class President Nina D'Amato and representative Shalleigh Taranto delivered a humorous class history, and Hailey Cappiello and Sydney Swift gave the audience a glimpse into the years to come with their class future report.

The class applauded its advisor, guidance counselor Kathryn Parsons, and thanked her for her hard work with a gift certificate for a spa day at the Otesaga Hotel in Cooperstown.



The Gilbertsville – Mount Upton Central School Class of 2019

Katherine Backman
Jazmine Brooks
Hailey Capiello
Hunter Christian
Skylar Collins
Nina D'Amato
Simon Dear
Shane DuMond
Kathryn Hawkins
Ian LaBar
Mariah Lull
Andrew Meyers
Mara Nolan
Austin Oliver
Natalie Pistor
Kelsey Pope
Isabella Ramos
Andrea Smith
Sydney Swift
Shalleigh Taranto
Corey Wilson



YEAR-END AWARDS

Soaring Eagles Awards

May Theme – Responsibility

- Sets a good example for others
- Uses self-control & Thinks before they act
- Is accountable for their words, actions, and attitudes

PreK

Allison Boyce
Blaine Whitbeck
Gianna Barnes
Landon Grabo
Margaret Hanehan

Grade 1

Rowan Gilchrest
Lily Hauptfleisch
Jaelynn Smith

Grade 2

Pacey Behnke
Kinlee Dunham

Grade 3

Koda Stockdale

Grade 4

Morgan Cuozzo

Grade 5

Bailey Howard
Maya Eberly

Grade 6

Skylar Lindroth

Grade 7

Alexis Clement

Grade 8

Connor Eberly
Ivy Stensland

June Theme – Sportsmanship

- Helping & including others; being a team player
- Plays fair & encourages other to do their best

PreK

Claire Beach
Mila Rhone
Kindergarten
Gianna Barnes
Reagan Beach
Corbin Decker
Brayden Sturdevant
Abbi-Lynn Page

Grade 1

Paris Behnke
Tyler Crisell
Rowan Gilchrest
Jack DiGiorgi

Grade 2

Kinlee Dunham
Kayden Peck

Grade 3

Gabriella Barnes
Sophia Parslow

Grade 4

Alexis Davis
Payton Behnke

Grade 5

Maya Eberly
Alice Dibble
Kira Nolan
Kylee O'Connell

Grade 6

Emma Lund
Alyssa Sorochinsky

Grade 7

Mackenzie Barnes

Grade 8

Brennan Finch
Kross Lund

Work Ethic Awards

- Completes all assignments • Takes responsibility for absences & work to be made up upon return
- Is grade-conscious & seeks help when needed • Is persistent in their work regardless of the level of difficulty & their class grade • Completes all assignments to their greatest potential

Grade 3

Gabriella Barnes
Daisy Crisell
Carrie Doyle
Delaney Dunnigan
Tristan Fairbairn
Taylor Kline
Estella Maiurano
Kylianna Oliver
Sophia Parslo
Koda Stockdale
Gavin Underwood
Scott Yost

Grade 4

Madeline Astalos
Remington Barkman

Grade 3

Payton Behnke
Hailey Brannick
Morgan Cuozzo
Devin DeGroat
Taylor French
Cyrus Hall
Mia Mantellassi
Peyton Norton
Grade 5
Maya Eberly
Bailey Howard
Mackenzi Marron
Dannaka Rasmussen
Jeffrey Barnes
Jaden Kuhn

Grade 3

Jade Lindroth
Latham Retz
Grade 6
Ariana Cornell
Quinn Covington
Kyra Demmon
Barbara Fletcher
Skylar Lindroth
Emma Peck
Anthony Shinol
Alyssa Sorochinsky
Grade 7
Taylor Gager
Morgan Williams

Grade 8

Kendra Dunham
Aubree Palmer
Bianca Plows
Waylon Raymond
Ivy Stensland
Nevaeh Wright

YEAR-END AWARDS

GRADES 3-6

Healthy & Physically Active Leadership Award

Payton Behnke
Hailey Brannick

NYSSMA & All-County Music Awards

All-County Chorus
Dannaka Rasmussen

All-County Band
Noah Pain
Anthony Shinol

Instrumental NYSSMA Solo Festival
Jeffrey Barnes–Timpani Level I
Kira Nolan – Trumpet Level I
Alyssa Sorochinsky – Trumpet Level II

All-County Chorus and Vocal NYSSMA Solo Festival
Ariana Cornell – Level II
Natalie Raymond – Level III

All-County Band and Instrumental NYSSMA Solo Festival
Emma Peck – Level IV
Hailee Walrod Level I

All-County Chorus, Instrumental and Vocal NYSSMA Solo Festival
Avriel Correll - Level II (I) and Level III (V)

All-County Band, Instrumental and Vocal NYSSMA Solo Festival
Kyra Demmon -- Level III (I and V)

Joseph Goodrich Awards

4th Grade:
Alexis Davis(Music Award)
6th Grade:
Anthony Shinol(Memorial Award)

Daughters of the American Revolution

1st Grade:
Ethan Bertrand
2nd Grade:
Kyle Keuhn
3rd Grade:
Ioannis Drapaniotis

Rural Schools Award Video Contest

1st-place Recipients:
Emma Peck, Alyssa Sorochinsky, Arianna Cornell, Quinn Covington

2nd-place Recipients:
Alivia Vitek, Trenton Odell

Terry Christian Memorial Art Award

(1/per 6th Gr. homeroom)
“Love of Art”
Anthony Shinol
Kyra Demmon

Triple C Award
(Given to a 5th-grade students who displays “Commitment, Courage, & Character”
Maya Eberly

Grades 7-8

Art Awards

7th Grade:
Jackson Pollock Award:
Morgan Williams
Van Gogh Award:
Alexis Clement
Da Vinci Award:
Taylor Gager

English Awards

Taylor Gager
Tait Christensen
Devon Hartwell
Alexis Clement

Highest Average English-Section 8-1
Kross Lund
Kali Wilcox

Highest Average English-Section 8-2
Fiona Held

Spanish Awards

Outstanding Effort in Spanish 8:
Brennan Finch
Carly Davis

Mathematics Awards
Outstanding Academic Achievement Awards (top overall averages):
7th – Tait Christensen, Ella Thatford
8th –Mackenzie Cherry, Megan Perrine, Kali Wilcox

Science Awards

Ms. Woods
Outstanding Performance
Grade 7: Ella Thatford and Mackenzie Barnes

Outstanding Achievement
Grade 7: Tait Christensen and Leah Cotten
Most Inquisitive:
Alexis Clement

Top Achiever in 8th Grade Science:
Ella Stockdale
Corbin Demmon

Social Studies Awards
Outstanding Achievement-7th Grade Social Studies:
Tait Christensen
Ella Thatford
Taylor Gager
Mackenzie Barnes
Leah Cotten

Outstanding Achievement-8th Grade Social Studies:
Fiona Held
Rene Posner

Physical Education Awards

Healthy and Physically Active Student Award, presented by New York State Association of Health, Physical Education, Recreation and Dance

Middle School Recipients:
Mackenzie Barnes
Devin Hartwell

Computer 8 Awards
Outstanding Achievement in Computers 8
Hannah Bonczkowski
Connor Eberly
Kendra Hammond
Fiona Held
Rene Posner
Mr. Held
Work Ethic-
Ella Thatford
Mackenzie Barnes

YEAR-END AWARDS

Excellence in 7th-Grade Technology

Kyle MacNeill
Kadence Canfield

Music Awards

Otsego All-County Junior Band
Brennan Finch
Kendra Hammond
Fiona Held
Dante Manwarren
Rene Posner

NYSSMA Solo Festival (Instrumental)

Tait Christensen-Flute-III-Excellent
Connor Eberly-Clarinet-III-Excellent
Marley Labounty-Snare Drum-Festival
Dante Manwarren-Trumpet-III-Good
Rene Posner - Flute - VI - B (85)
Rene Posner - Piano - VI - A+(97)

NYSSMA Solo Festival (Vocal)

Hannah Bonczkowski-Voice-V-A-(91)
Tait Christensen-Voice-IV-Outstanding (27)
Kacie Turnbull-Soprano-V-A-(91)

Outstanding Concert Band Member
Dante Manwarren

Outstanding Junior Choir Member
Tait Christensen
Kacie Turnbull

STEAM Awards

Excellence in STEM Lab
Kacie Turnbull
Kendra Hammond

Tianderah Chapter: Daughters of
the American Revolution Award
(Highest average in 8th-Grade
Social Studies)
Fiona Held

Butternut Valley Grange Award
Megan Perrine
Kyle MacNeill

Boots Bernholtz Award

Fiona Held
Rene Posner

NASSP Leadership Awards (National Association of Secondary School Principals' Leadership Awards)

7th Grade:
Ella Thatford
Tait Christensen

8th Grade:
Mackenzie Cherry
Brennan Finch

NASSP Citizenship Awards

7th Grade:
Taylor Gager
Devon Hartwell

8th Grade:
Kendra Hammond
Connor Eberly

President's Education Award for Out- standing Academic Achievement

Silver Certificate:
7th Grade:
Alexis Clement
Andrew Stone

8th Grade:
Ivy Stensland
Waylon Raymond

President's Education Award for Outstanding Academic Excellence

Gold Certificate:
7th Grade:
Mackenzie Barnes
Tait Christensen
8th Grade:
Hannah Bonczkowski
Rene Posner

High School Awards

Art Awards

HS Studio Art Art Awards
Emerging Artist: Kaitlyn Fuller
Visionary: Zachary Grabo
Art Excellence: Nicole Meyers

Leatherstocking Brush and Palette
Sydney Swift

Chenango Arts
Katherine Backman

Mary Krupp Award
Katherine Backman

Mock Trial Awards (Team finished second)

Hailey Cappiello, Sadra Smith,
Ethan Newman, Shalleigh Taranto,
Sam Piedmonte, Kyle Meyers,
Andrew Meyers, Skyler Norton,
Emily Hammond, Natalie Pistor,
Anika Christensen, Skye Wilson,
Nina D'Amato, Roman Taranto,
Nicole Meyers, Maya Farwell

Language Awards

Outstanding Effort in Spanish 1:
Madeline Pain
Lane Dibble

Outstanding Effort in Spanish 2:
Anika Christensen

Outstanding Effort in Spanish 3:
Teddy Sharkey
Sadra Smith

English Awards

Excellence in 9th Grade
Anika Christensen, Maya Farwell,
Madeline Pain, Kailah Davis, Lane
Dibble, Lauren Radwdan, Connor
Eberly

YEAR-END AWARDS

Excellence in 11th Grade
Savannah Bresee
Sadra Smith

Excellence in Journalism
Isabella Ramos
Samuel Piedmonte

Highest Average in English 10
Tyler Joslyn
Apolonia Drapaniotis

Highest Average in English 12
Natalie Pistor

Mathematics Awards

Pre-Algebra
Highest Overall Average:
Lane Dibble
Lauren Radwan

Academic Perseverance
Tyler Furgison

Academic Achievement in Geometry:
Fiona Held

Zombie Survivor in Geometry:
Brackon Banks

Academic Achievement in Geometry:
Nicole Meyers

Academic Achievement in Algebra 1:
Madeline Pain

Zombie Survivor in Algebra 1:
Courtney Gross

Algebra 2a Outstanding Achievement:
Apolonia Drapaniotis
Consistent Effort:
Kyli O'Dell

Algebra 2b Outstanding Achievement:
Sadra Smith
Consistent Effort:
Hunter Christian
Teacher Assistant:
Sawyer Hinman

Pre-Calculus
Highest Average:
Andrew Meyers
Consistent Effort:
Jazmine Brooks
Mathematical Prowess:
Corey Wilson

Math & Financial
Highest Average:
Mara Nolan
Consistent Effort:
Dalton Downs

Yearbook Awards

Mrs. Talbot
Right-hand Woman:
Mara Nolan
Enthusiastic workers:
Rebecca Fuller, Kaitlyn Fuller, Rian
Thatford
Yearbook Dedication:
Mr. Johnson

Psychology Award
Outstanding Achievement:
Nina D'Amato
Consistent Effort:
Shalleigh Taranto
Airyana Wright

Science Awards
Academic Achievement:
Madeline Pain
Academic Determination:
Zan SanSoucie
Kaylie Dunham
Most Inquisitive:
Morgan Keuhn

Highest Average in Biology:
Rene Posner
Outstanding Performance in Biology:
Kailah Davis

Physics:
Sadra Smith

TC3/Regents Chemistry:
Sawyer Hinman

General Chemistry:
Kaitlyn Fuller
Rebecca Fuller

Integrated Science:
Isabella Ramos

STEAM Awards
STEAM Team Leadership Award:
Madeline Pain
Anika Christensen

STEAM Team Businesswoman Award:
Morgan Keuhn

Social Studies Awards
Outstanding Participation in Global History I
Ryan McCall
Anika Christensen
Madeline Pain

Outstanding Participation in Global History II
Teddy Sharkey
Olivia Held

Outstanding Participation in WW II Studies
Bruno Portes

Outstanding Discussion in Genocide Studies
Airyana Wright
Shalleigh Taranto
Ethan Newman

Outstanding Participation in
U.S. History and Government
Vanessa Nelson
Ethan Charron
Thomas Mealey
Ethan Newman

Outstanding Participation in Economics:
Jazmine Brooks
Bruno Portes

YEAR-END AWARDS

Outstanding Participation in Government:
Mara Nolan
Isabella Ramos

Computer Applications
Outstanding Achievement
Ryan McCall
Dylan McVey
Bruno Portes

Zone 8 Area All-State Mixed Chorus:
Gavin Bonczkowski
Anika Christensen

TC3 ECON 101(Introduction to
Economics):
Natalie Pistor
TC3 POSC 103(American National
Government):
Shalleigh Taranto

Sports Marketing
Ethan Charron
Bruno Portes

Zone 8 Area All-State Treble Chorus:
Nina D'Amato
Emily Hammond

U.S. History through Music and Culture:
Nina D'Amato
Isabella Ramos

Fantasy Football GM of the Year:
Ethan Newman

Zone 8 Area All-State Concert Band:
Vanessa Nelson

NCAA Basketball Analyst of the Year:
Samuel Piedmonte

Zone 8 Area All-State String Orchestra:
Maya Farwell

Culinary Art Awards
Excellence in Culinary Arts:
Brandon Seward
Cooper Teale

Music and Drama Awards
Otsego All-County Junior Band:
Lauren Radwan

NYSSMA Solo Festival
(Instrumental)
Anika Christensen-Flute-VI-A+ (100)
Maya Farwell - Cello - VI A (96)
Theodore Sharkey-Trombone-V-A-(91)
Corey Wilson-Bass Clarinet-VI-Festival
Airyana Wright-Flute-IV-Excellent

Health Awards
Excellence in 10th-Grade Health:
Emily Hammond

Otsego All-County Junior Chorus:
Kailah Davis

Otsego All-County Senior Band:
Anika Christensen
Nina D'Amato
Maya Farwell
Theodore Sharkey
Shalleigh Taranto

NYSSMA Solo Festival
(Vocal)
Gavin Bonczkowski-Voice-VIAS-A+ (98)
Anika Christensen-Voice-VI-A+ (98)
Nina D'Amato - Voice - VI - A (95)
Nina D'Amato/Hailey Cappiello-Vocal Duet-III-Festival
Emily Hammond-Voice-VIAS-A+ (99)
Airyana Wright-Voice-V-B+ (88)

Physical Education Awards
Hunter Christian
Bruno Portes

Technology & Business Awards
Excellence in Furniture Design:
Dominick Carey
Skyler Norton

Otsego All-County Jazz Band:
Ethan Charron
Anika Christensen
Corey Wilson

Drum Major
Nina D'Amato
Sadra Smith

Craftsmanship in Furniture Design:
Kyle Meyers

Otsego All-County Senior Chorus:
Gavin Bonczkowski
Nina D'Amato
Emily Hammond
Hartwick Honor Band
Anika Christensen
Nina D'Amato
Theodore Sharkey

Outstanding Symphonic Band Member
Theodore Sharkey

Excellence in DDP/CAD/Engineering:
Shane Christian -
Excellence in Engineering:
Dominick Hartwell

Outstanding Senior Choir Members
Nina D'Amato
Hailey Cappiello

TC3 Accounting 101
Outstanding Achievement in Accounting
Nina D'Amato
Andrew Meyers
Natalie Pistor

Susquehanna University Honors Band:
Anika Christensen
Nina D'Amato
Vanessa Nelson

Glimmerglass Opera Award
Tavian Raymond

YEAR-END AWARDS

Outstanding Performance in a
High School Musical, Leading Role:

Nina D'Amato
Gavin Bonczkowski
Hannah Bonczkowski
Emily Hammond
Austin Smith
Kacie Turnbull

Outstanding Performance in a
High School Musical, Supporting Role:

Anika Christensen
Theodore Sharkey

Outstanding Performance in a
High School Musical, Ensemble:

Hailey Cappiello
Kailah Davis
Maya Farwell
Fiona Held
Tyler Joslyn

Musician Of The Year:
Airyana Wright

Booster Club Athletic Award:
Hunter Christian

Booster Club Expressive Arts Award:
Hailey Cappiello

Booster Club 3-Varsity-Sport Award:
Hunter Christian

Booster Club Honorary Booster
Club Member Award:
Natalie Pistor

GMU Clay Raiders-1st year of competition:

Owen Mangiamiele
Dalton Proskine
Kaylie Dunham
Eron Button
James Raymond
Shayne Christian
Lauren Radwan
Airyana Wright
Payton Talbot
Dan Tompkins
Lane Dibble

Teammates Shayne Christian
and Owen Mangiamiele were select-
ed to participate in the USA High
School Clay Target League Champi-
onships, where they competed with
2,000 of the finest high school clay
target shooters in the nation.

2018 Valedictorian and Salutatorian

Valedictorian: Natalie Pistor
Salutatorian: Hunter Christian

Tyler Costello Memorial Music Award:

Nina D'Amato
Corey Wilson

Hugh O'Brian Youth Leadership Award:

Delegate: Theodore Sharkey
Alternate: Olivia Held

American Legion

Girls' State Representatives

Delegate: Tavian Raymond
Alternate: Vanessa Nelson

Butternut Valley Grange Award:

Grades 9-11:
Ethan Charron
Skye Wilson

Grade 12:
Bruno Portes
Sydney Swift

Liberty Bell Award:

Natalie Pistor

National Association of Secondary
School Principals Leadership Award:

9th Grade:

Payton Talbot Anika Christensen

10th Grade:

Kyle Meyers Olivia Held

11th Grade:

Samuel Piedmonte Vanessa Nelson

12th Grade:

Bruno Portes Hunter Christian

National Association of Secondary
School Principals Citizenship Award

9th Grade:

Lane Dibble Madeline Pain

10th Grade :

Theodore Sharkey Emily Hammond

]11th Grade:

Brandon Harris Tavian Raymond

12th Grade:

Ian Labar Kelsey Pope

President's Education Award for
Outstanding Academic Achieve-
ment – Silver Certificate

9th Grade:

Dalton Proskine Nicole Meyers

10th Grade:

Shane Christian Courtney Gross

11th Grade:

Colin Schultes Savannah Bresee

12th Grade:

Austin Oliver Isabella Ramos

President's Education Award for
Outstanding Academic Excellence –
Gold Certificate

9th Grade:

Dylan McVey Maya Farwell

10th Grade:

Gavin Bonczkowski Apolonia Drapaniotis

11th Grade:

Sawyer Hinman Sadra Smith

YEAR-END AWARDS

12th Grade:

Corey Wilson Natalie Pistor

New York State Attorney General's Triple C Award

(This award recognizes students who exhibit the qualities of "Character, Courage and Commitment" to both their school and their community)

Hunter Christian & Isabella Ramos

Society of Mayflower Descendants in the State of New York

(This is an award of excellence and given to students in recognition of their high achievement in the study of American History)

Natalie Pistor & Shalleigh Taranto

Office of the State Comptroller Student Achievement Award

Ian Labar

Kelsey Pope

Nina D'Amato

Shalleigh Taranto

Jazmine Brooks

Rensselaer Polytechnic Institute

This award recognizes achievement in math and science.

This recipient will receive a \$25,000 per-year merit scholarship.

Sawyer Hinman

RIT Computing Award

This award recognizes student accomplishments in computing abilities, involvement as a member of school and their community.

Students selected to receive the Computing award are eligible for a \$32,000 scholarship.

Ethan Charron

RIT Innovation and Creativity Award

The innovation and creativity award program recognizes high

school juniors who have distinguished themselves academically and are active and involved members of their school and community and demonstrate outstanding achievement in innovation, creativity or entrepreneurship.

Students selected to receive the innovation and creativity award are eligible for a \$32,000 scholarship.

Vanessa Nelson

University of Rochester Bausch and Lomb Science Award

This award is given in recognition of outstanding academic achievement and superior intellectual promise in the field of science.

If this recipient chooses to apply to the University of Rochester and is accepted, they will be eligible for a \$40,000 scholarship.

Sadra Smith

University of Rochester George Eastman Young Leaders Award

This award recognizes outstanding academic achievement with an extensive involvement in extracurricular activities. Students selected to receive this award are eligible for a \$40,000 scholarship.

Samuel Piedmonte

University of Rochester Frederick Douglass & Susan B. Anthony Award

This award recognizes of outstanding commitment to social justice and dedication to continuing their unfinished life's work. The recipient of this award is eligible for a \$40,000 scholarship.

Vanessa Nelson

University of Rochester Xerox Award for Innovation & Information Technology

The recipient of this award has a strong interest and a high level of achievement in the pursuit of innovative approaches and an appreciation for the possibilities of technology. The recipient of this award is eligible for a \$40,000 scholarship.

Kyli Odell

Wells College

21st-Century Leadership Award

This award recognizes the outstanding contributions made as a student leader. The recipient has demonstrated superior integrity, trustworthiness, self-confidence and intellect. This award is a \$40,000 scholarship for four years of study at Wells College.

Samuel Piedmont

Kyli Odell

The Student Sage Award

This award recognizes students who are academic and social leaders. They are involved in the community and are able to balance numerous activities with enthusiasm while inspiring others to develop and grow. The recipients of these awards are eligible for a \$56,000.00 scholarship to Sage College.

Tavian Raymond Vanessa Nelson

Kalvyn Cole Sadra Smith

Clarkson School Scholars Award

The Clarkson Leadership Award is the highest honor at the University and is presented to a member of the junior class in recognition of outstanding leadership qualities and academic promise and is ranked in the top 10% of their class.

Should this recipient apply and be accepted to Clarkson, this award is worth \$60,000.

Ethan Newman

YEAR-END AWARDS

Clarkson School Scholars Award

The Clarkson Leadership Award is the highest honor at the University and is presented to a member of the junior class in recognition of outstanding leadership qualities and academic promise and ranking in the top 10% of their class. Should this recipient apply and be accepted to Clarkson, this award is worth \$48,000.

Ethan Charron

Rotary Youth Leadership Award

The Rotary Club of Morris selects juniors from area schools each year to attend a District Rotary Youth Leadership Conference. This conference provides young men and women with an excellent learning experience. The focus is to en-

hance skills and promote learning in the areas of decision-making, critical thinking, ethics, public service, contemporary problems and career development.

Delegate: Airyana Wright

Alternate: Tavian Raymond

Physical Education Sneaker/Attire Requirements

PK-6

For the 2019-2020 school year, we offer a helpful reminder to parents and guardians that appropriate footwear/clothing is required for Physical Education and is a part of every student's PE grade each marking period.

Students must have properly laced or Velcro sneakers; the fashion trend of loosely tied and tucked under the laces on sneakers is not only dangerous, but is not allowed. The heel of your child's foot should not be coming out the back of the sneaker when walking or running. Sneakers should be laced on top in such a way that they can easily be tightened if needed. Sneakers that are heavily padded at the back of the heel and on the top where the laces are, make it impossible to tie appropriately.

To ensure your child's safety, please avoid the following

- Heelies or platform sneakers
- Slip-ons that easily come off during activity
- Walking sneakers that have a curved/rounded bottom (these are not appropriate for running)

- Flat-bottom sneakers that provide no support- these are usually the sneakers that are heavily decorated with glitter and sparkles and are fun to wear but not designed for long periods of activity

The above examples are not appropriate for the activities that we do in PE, and may result in serious injuries or cause future damage to your child's feet. We also appreciate you taking the time to teach your son or daughter how to tie their own sneakers. Valuable PE time is wasted when activities have to be stopped for teachers to tie sneakers.

Please check your child's schedule and help them make appropriate clothing choices on PE days. Comfortable pants/shorts and a loose fitting top will help the students move with ease and although dresses are comfortable, they are not suitable for most of the activities we are doing. Low cut necklines or high waist tops are not permitted. Low rise below the waist pants should be accompanied by a long shirt. Thank you for your support and we look forward to seeing your child next school year.

7-12

Starting in middle school (7th grade), students are required to change their clothes for PE class. This is for personal hygiene reasons. Students need to have a change of clothes, so that they can change out of their school clothes for PE. T-shirts and athletic shorts are preferred, but sweatpants and sweatshirts are acceptable. Footwear is also quite important. Sneakers need to have good treads, fit well, be supportive, and be able to tie securely. If the student's sneakers don't fit or can't securely stay on their feet, it creates a safety issue. Socks are also required.

In addition to proper clothing and footwear, personal hygiene items like deodorant, a towel, and brush or comb are also acceptable. Please note: no glass bottles or aerosol bottles will be allowed in the locker room. Pump and plastic bottles are acceptable.

If you have any questions, please contact Mr. DuVall or Mr. Johnson. Have a great summer and don't forget to get outside and be active!

-Mr. DuVall and Mr. Johnson

Class of 2019 walks the halls one last time



Five days before they graduated, the Class of 2019 carried on a new tradition by walking the halls for the last time as high school students on June 17. To view a video of the Senior Walk, complete with some memories of the year and a beautiful song from the Ladies' Ensemble, go to:

shorturl.at/FJSUW

GMU Music wins again at Pageant of Bands

Congratulations to the GMU musicians, who took BEST IN CLASS honors at the June 1 Pageant of Bands in Sherburne, NY, finishing first in Class C for Concert Band, Jazz Band, Small Ensemble, and Parade Band.



Use of e-Cigarettes is now an epidemic among youth

The U.S. Surgeon General has declared youth vaping to be an epidemic.

Surgeon General Jerome Adams lays out why teen vaping is a public health concern: nicotine can mess with the developing brain, it's addictive, and the chemicals in e-cigarette vapor may be unhealthy to inhale. He says a recent surge in teen vaping "has been fueled by new types of e-cigarettes that have recently entered the market." He called out vape giant Juul for its high nicotine doses.

Recently, the CDC and the FDA reported a 78% increase in vaping among high school students compared to last year. *(Above information taken from a publication entitled "THE VERGE", an article written by Rachel Becker)*

What are electronic cigarettes?

Electronic cigarettes, also known as e-cigarettes, e-vaporizers, or electronic nicotine delivery systems, are battery-operated devices that people use to inhale an aerosol that typically contains nicotine, flavorings, and other chemicals. They can resemble traditional tobacco cigarettes (cig-a-likes) cigars, or pipes, or even everyday items like pens or USB memory sticks. Other devices, such as those with fillable tanks, may look different. More than 460 e-cigarette brands are currently on the market. Some common nicknames are:

- E-cigs
- E-hookahs
- Hookah pens
- Vapes
- Vape pens
- Mods (more powerful vaporizers)

How do e-cigarettes work?

Most e-cigarettes have four components:

- A cartridge or reservoir that holds a liquid solution containing varying amounts of nicotine, flavorings, and other chemicals
- A heating element (atomizer)
- A power source (usually a battery)
- A mouthpiece that the person uses to inhale

In many e-cigarettes, puffing activates the battery-powered heating device, which vaporizes the liquid in the cartridge. The person then inhales the resulting aerosol or vapor (called vaping).

E-cigarette use in Teens

E-cigarettes are now the most commonly used form of tobacco among youth in the United States. Their easy availability, alluring advertisements, various e-liquid flavors, and the belief that they're safer than cigarettes have helped make them appealing to this age group.

Evidence suggests that e-cigarette use may serve as an introductory product for preteens and teens who go on to use other tobacco products, including cigarettes.

How do e-cigarettes affect the brain?

The nicotine in e-liquids is readily absorbed from the lungs into the blood stream when a person uses an e-cigarette. In the blood, nicotine stimulates the adrenal glands to release the hormone epinephrine (adrenaline). Epinephrine stimulates the central nervous system and increases blood pressure, breathing and heart rate. Nicotine activates the brain's reward circuits and increases levels of a chemical messenger in the brain called dopamine, which reinforces rewarding behaviors.

Are they safer than tobacco cigarettes?

Research so far suggests that e-cigarettes might be less harmful than cigarettes when people who regularly smoke switch to them as a complete replacement. But nicotine in any form is a highly addictive drug. Research suggests it can even prime the brain's reward system, putting vapers at risk for addition to other drugs.

E-cigarette use exposes the lungs to a variety of chemicals, added to e-liquids, and produced during the heating/vaporizing process. A study found the vapor can contain known carcinogens and toxic chemicals, as well as potentially toxic metal nanoparticles from the device itself. The study showed that the e-liquids of certain cig-a-like brands contain high levels of nickel and chromium, which may come from the nichrome heating coils of the vaporizing device. Cig-a-likes may also contain low levels of cadmium, a toxic metal also found in cigarette smoke that can cause breathing problems and disease.

Health Effects for Teens

The teen years are critical for brain development, which continues into young adulthood. Young people who use nicotine products in any form, including e-cigarettes, are uniquely at a risk for long-lasting effects. Because nicotine affects the development of the brain's reward system, continued e-cigarette use can not only lead to nicotine addiction, but it also can make other drugs such as cocaine and methamphetamine more pleasurable to a teen's developing brain.

Nicotine affects the development of brain circuits that control attention and learning. Other risks include mood disorders and permanent problems with impulse control—failure to fight an urge or impulse that may harm oneself or others.

Can e-cigarettes help you quit smoking?

Some people believe e-cigarettes can help lower nicotine cravings. However, they are not an FDA-approved quit aid, and there is no conclusive scientific evidence on the effectiveness of e-cigarettes for long-term smoking cessation. There are seven FDA-approved quit aids that are proven safe and can be effective when used as directed.

E-cigarettes haven't been thoroughly evaluated in scientific studies. For now, not enough data exists on the safety of e-cigarettes, how the health effects compare to traditional cigarettes, and if they are helpful for people trying to quit smoking. More research is needed.

Current regulation of e-cigarettes:

In 2016 the FDA established a rule for e-cigarettes and their liquid solutions. Because they contain nicotine derived from tobacco, they are now subject to government regulation as tobacco products, and in-store and online purchasers be at least 18 years of age. For more information, visit the FDA's webpage, The Facts on the FDA's New Tobacco Rule.

This information is offered so that you may start the conversation with your children, explaining the serious effects e-cigarettes may have on them.

(Above information from the National Institute on Drug Abuse – DRUG FACTS)

Carol Angelone, RN
School Nurse

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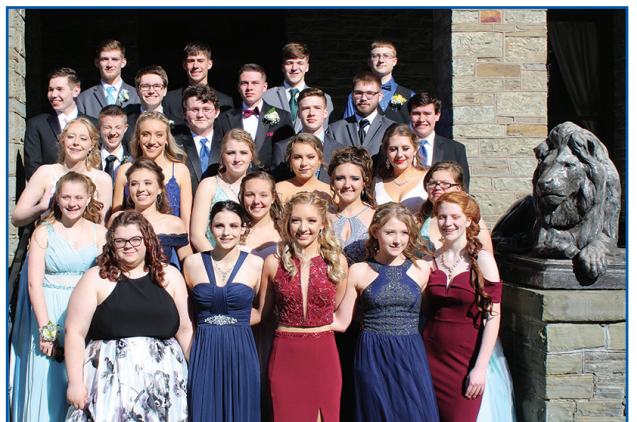
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It was a night to remember for the GMU Junior class and their Guests Saturday May 11, 2019 as they celebrated "A Night Frozen in Time" at The Major's Inn in Gilbertsville. Juniors and their guests enjoyed a delicious meal and danced the night away!

(Top photo) The King and Queen, Brandon Harris and Savannah Bresee, were attended by (far left) 2nd princess Sadra Smith and 1st Princess Kallie Cole, (far right) 2nd Prince Ethan Newman and 1st Prince Samuel Piedmonte, and (front row) Crown Bearers Addison and Sullivan Dickey.

The junior class would like to thank Barb Odell and Kim Marshman for preparing the dinner and donating their time.



*Scenes from
Around GMU*