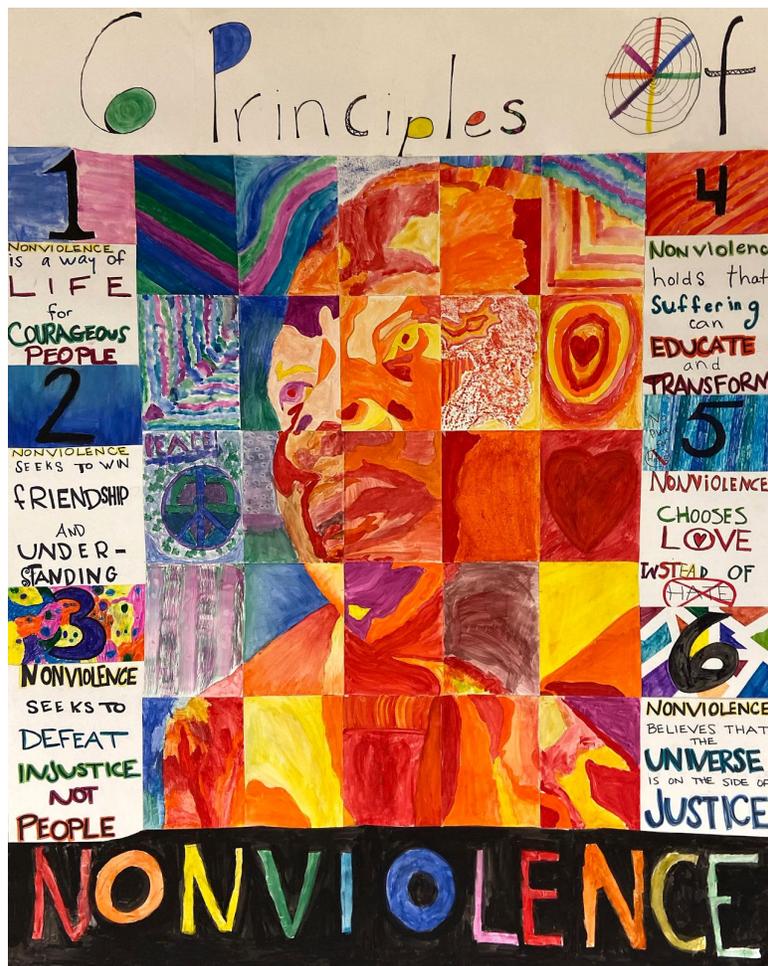


The Mirror

New Paltz Middle School Newspaper

ISSUE 2 / 2019 - 2020

★ Success Through Attitude and Responsibility ★



Thank you to art teachers and students for sending a display to Albany for the 2020 Dr. Martin Luther King Jr. Fine Arts and Essay Display. This beautiful work of art will be showcased in the concourse of Empire State Plaza. This annual initiative honors the great legacy of Martin Luther King Jr. and his commitment to the practice of non-violence.

Australia fires are not just affecting us, but the animals too

By: Canaan Schmitt

With help from Emma Kozlowski, Andres Galvan

The Australia fires are a terrible human and environmental tragedy and we are hoping you could donate today. The fires started in various ways; Some by lightning and drastic temperature changes and drought, some by humans, including arson. Climate conditions make the fires grow faster and spread. The heat combined with the wind make the fires spread everywhere. 27 people died and 2,000+ homes have been destroyed in the state of New South Wales. The total acres burned was 17.9 million across all of Australia's six states. About half a billion animals were affected by the fires, with millions dead.



The devastation from the fires can last for years to come. These animals could go extinct. Take a look at several organizations, like WIRES, World Wildlife Fund Australia, or RSPCA New South Wales. To help humans affected, donate to the Australian Red Cross or several fundraisers on GoFundMe.com.

Australia's Fires And How To Help

By Sienna Manco

I bet you all have heard about what's happening in Australia right now. And I bet most of you want to help. Right? Well just in case you do, here are some ways you can!

There are lots of sites you've most likely heard of, but one of my favorites is Adopt a Wild Koala - **Koala Hospital**. At the Koala Hospital, you can adopt a koala from Australia to help save them from bush fires. The cost for an adoptions for people living in Australia is \$60 per year. Overseas adoptions are \$70 per year including postage. eAdoptions are \$40 per year. Sadly, you do not actually get a koala shipped to your house (lol), but your donation does help the koalas.

Besides adopting koalas, another great site that helps Australia is the petition "Save Australia" on **Change.org**. Change.org basically is a site where people can petition organizations to fund their cause. The petition only needs your first and last name and your email. The petition doesn't cost any money to sign and won't charge you for anything, but the more signatures it gets, the better. Personally I think it's a great site to consider signing up for.

The last site that I think really helps save Australia is **Support For Australian Wildfires**. Support For Australian Wildfires is a simple site to donate to. So far they have only raised 5.8k (when I last checked). Their main goal is to solely just donate to Australia and help put out the wildfires, and save the environment. Each hour people donate, but if we really want to save Australia we need more people to donate.

Me and my family have donated, now all Australia needs is for you to donate, sign up or adopt a koala. There are many other sites to help Australia, I just listed the ones I thought help the most.

The School Before Us

By: Mia Gagne, Emma Keeler, Sadie Lauchaire, Lily Nocito, Willa Ashton, Iliana Melissis, Maki Pine and Miriam Bickoff

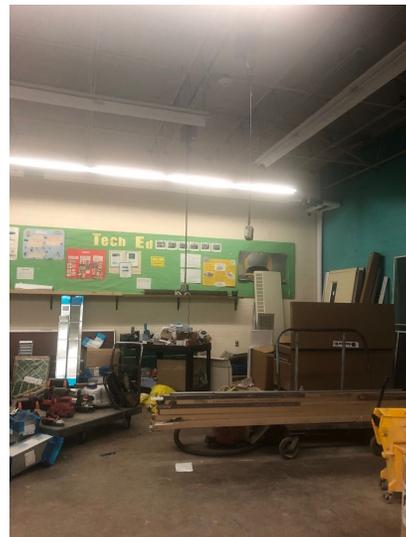
Some eighth graders claim that due to their length of time in the school, they know a lot about it. But do they really? Here is the information we have found:

Mr. Russo, who works in the Main Office, volunteered to show us the old parts of NPMS that are currently closed off to students. We have had the opportunity to visit all the old parts of the school.

Our group brought a paper and pen and we were ready to work. Mr. Russo brought us to the school basement for the first stop. The school basement is also known to some students as “The Dungeon”. Some of us noticed that the door to the dungeon seemed to replace old stairs. The stairwell was dark and we had to be careful not



to fall. We got down to the floor, and it looked normal. We were in a hallway with some paint chipped off the walls, and it was clear that construction workers had been there. We walked into a large room connected to four classrooms; The old tech room, which is still not used for anything yet; the old health room, which is now a boiler room; a woodshop room, and the bold tv room, now under construction. But the room



that intrigued us most in the Dungeon. There was a room that looked like it was used for storage. We asked what it was for, and Mr. Russo's reply shocked us and will shock you. He explained that this room is now used for storage and is under construction, but in the 50s it was a shooting range, and children used it as part of their Physical Education class. It's hard for us to imagine a time when this was common in schools.

As part of our tour, we got to see what is known as “The Abyss”. This room contains multiple essays, tests, and records from previous years. Mr. Russo lets us keep one article from the room. This article is about somebody's grandfather in the Vietnam war. The other places our group got to

see were under the stage, in the old TV studio, and the school's computer system room! This room contained phones, and the whole system for every computer in the school. Underneath the stage, it's just dirt, and looks like a normal ground outside.



As we were nearing the end of our tour, We all headed down to the office. We thought we were done, but soon we came up with the idea to go into the office's vault (with permission, of course). Mr.Russo let us all in, and we found old school yearbooks, and EVERY single attendance list book. These big red books were filled with every person who has ever went to NPMS. In the year books, we found a yearbook where two people from our report groups parents



were there. We ended up finding Sadie Lauchaire's Father named 'Most Popular' and 'Best Looking' in one yearbook. We also ended up finding Mia Gagne's mother.

We hope you enjoyed learning about the school before us!

Thank you!

Student Council Hosts Toiletry Drive

By Mirror Staff

The Student Council is currently working on a new project. They have a wonderful idea to help community members in need. The Student Council is collecting toiletry items to be sent home each week with students who need it. They ask for only new items so that it is hygenic.

If you'd like to participate in this drive, please bring items to Ms. Conrad in Room 25 or Ms. Abrahamsen in Room 52. The student council is accepting the following items: String Bags, Hand Sanitizer, Chapstick, Shampoo, Conditioner, Lotion, Individual Tissue packs, Deodorant, Toothpaste, Toothbrushes, Comb/ Brush, Hair gel, Soap, Body Wash, Qtips, Mouthwash, Floss, Hair Ties, Hair Spray, Sanitary Pads, Tampons

Students who donate will receive a raffle ticket. Be in it to win it! And help others along the way!



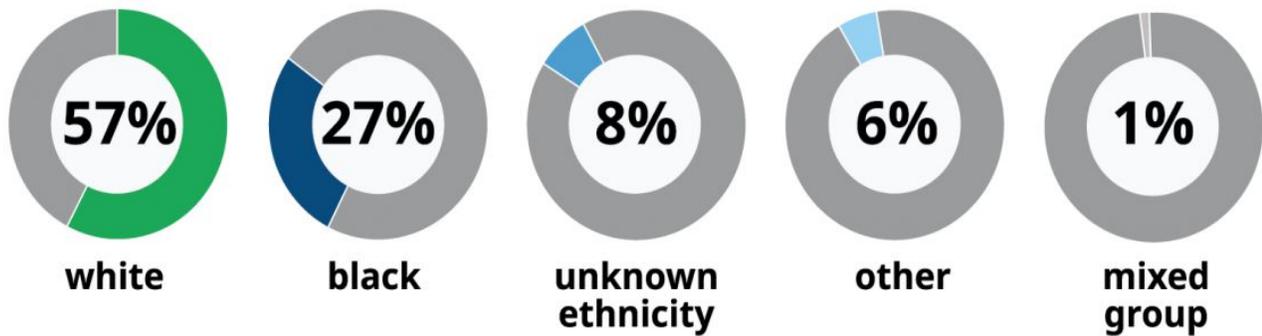
RED FLAGS FOR HUMAN TRAFFICKING

RED FLAGS SEX TRAFFICKING RED FLAGS

- UNEXPLAINED INJURIES** (Icon: person with red spots)
- BRANDING OR TATTOOS** (Icon: hand with tattoo)
- HOTEL KEYS, ROLLS OF CASH, MULTIPLE PHONES, OR REFILLABLE GIFT CARDS** (Icons: key, roll of cash, phone, gift card)
- SEXUALLY PROVOCATIVE CLOTHING INAPPROPRIATE FOR WEATHER OR SITUATION** (Icon: woman in revealing clothing)
- CLAIM OF OLDER BOYFRIEND OR GIRLFRIEND** (Icons: man and woman)
- UNABLE TO MAKE DECISIONS WITHOUT APPROVAL** (Icons: man and woman)



RACE OF PERPETRATORS



RAINN

National Sexual Assault Hotline | 800.656.HOPE | online.rainn.org
 Please visit rainn.org/statistics/perpetrators-sexual-violence for full citation.⁶

We ask that you stay safe on the internet and socially. Please take extra precautions to stay safe. Thank you!

TEACHER' S PAGE : *What are you most proud of in your life?*

I am proud of so many people in my life: my family, my students, my friends. When it comes down to it, I am most proud of my two daughters and the people they are becoming. However, I want to write about one reason I am proud of my sister here. My sister was always very smart, and a good writer and storyteller. But somehow, she just could not figure out a way to show this at school. In fact, she really struggled in Middle School and barely graduated High School. But after that, she moved to California and worked really hard at a community college. She kept pushing herself to learn and went to two more universities. Today, she teaches writing as a professor at one of the best universities in the country! I am so proud that she was able to achieve this.

-- Mr. Savelson, 6th grade teacher

About 6 years ago, I realized while working with my students on the challenges associated with improving writing (after all, we all know that this takes time and dedication), that I hadn't given myself a challenge in a long time. So, I decided to start running. I couldn't make it around my .7 mile block without stopping, but I set the goal of running my first 5K in May. I achieved that goal and ran another 5K at the end of August. I loved the feeling of shaving minutes off of my time and competing only with myself. That December, I decided to sign up for a half marathon in March. I trained all winter and each week I learned how to accomplish new fears and overcome challenges as winter weather played quite a role in giving me obstacles. I achieved that run, and I am very proud that I went from couch to half marathon in a year's time.

-- Ms. Denman, 7th and 8th grade ELA teacher

In my life, I'm proudest of the friendships I have maintained over many years. I put in a lot of effort into keeping in touch with old friends, even if we now live far away from one another or are very busy in our personal lives. I value and prioritize my friendships and make time in my life for the people I love.

-- Ms. Hayden, 7th and 8th grade AIS teacher

I am proud of teaching English in Guatemala. I traveled to Guatemala in the summer of 2011, and I loved it so much I knew I had to go back. So, I researched fellowships and jobs that would allow me to make money as I improved my Spanish and gained experience as an English teacher. Living abroad was always a "bucket list" item for me, something I knew I had to do. If I didn't do it, I was going to be mad at myself. At the same time, I was terrified! Living alone in a foreign country was a big step, and definitely out of my comfort zone. I still remember the night of January 5th, 2013, when I told my family I wasn't going to go. I was so scared, but I decided I would try it, and if I really couldn't handle it, I would come home. The next day, I got on the plane. As we took off, I felt a mixture of fear and exhilaration. As the weeks and months passed, I acclimated, made friends, and enjoyed my job. I look back on my year there as one of the best experiences of my life, and I am proud of facing my fear!

-- Ms. Sharpe, ENL teacher

I have many things in my life that I am proud of, so it is somewhat of a challenge to choose one thing. I can say that "family" has always been of utmost importance to me and most likely this is due to the fact that I've had many unique experiences growing up in my family both as a child and as an adult. Our family experience shapes and colors who we are and what we become as adults. I am a firm believer that when we experience challenges and difficulties growing up, we have a conscious choice in how we cope and handle these difficulties. I feel fortunate that for me, I have always tried to learn and grow as a person from any challenges that I have faced. Sadly, I have met many people who have chosen to define themselves as the

"problem or difficulty" they have faced, see themselves as a "victim" and choose a life of self destructive behaviors and decisions and ultimately sabotage their ability to find joy in life.

Here is my story as briefly as I can share it and what I am proud of. I was adopted at the age of three months. My adoptive parents then divorced when I was four and by the time I was nine, my father disappeared from my life for approximately the next twenty years. I was raised by my mother with no male influence or role models. I can say without a doubt that I am very proud of the family that I created as an adult. I have been married for almost 25 years and have two very handsome, caring bright sons who are fourteen and seventeen years old. I am very proud of what great young men they have turned out to be and I am proud of myself that even though I did not grow up with a father figure in my life, I've worked really hard to be the best father I can be to my boys.

In 1997, my birth-mother and I found each-other with the help of the Soundex Reunion Registry in Carson City, Nevada. I found out that I had a half brother who was fourteen years old at the time. He never knew about me and that he had an older brother. I was thirty when we found each-other. We missed out on growing up together and there was a pretty big gap in our age when we first met. Two years ago, he got married and he asked me to be his best man. I am very proud to say that we have developed a very close relationship and it really touched me when I was given this honor to be his best man at his wedding despite knowing that he had several close friendships that he had since childhood. His wife is due to have their first child in May and I am truly proud to be creating history and be part of this chapter in my brother's life. So this is a good part of who I am and what I am proud of.

-- Mr. Rosenfeld, School Social Worker

After reading the question, "*What are you most proud of in your life?*"; I realized that I spent about ten minutes sitting in silence, and just thinking about my answer. There were many thoughts that crossed my mind such as athletic achievements, building relationships, studying abroad in Ecuador, climbing up to an active volcano in Chile, traveling across Europe and through South America, hiking the tallest mountain in Costa Rica, etc. But the one thought that kept coming back to me is, "*What connects all of these accomplishments?*" The answer lies in the opportunities that my educational experiences provided me.

Growing up in a rather large family, my parents always emphasized the value of doing well in school and told me that my education was my key to success. It turns out that I became the first woman in my mother's side of the family to attend college successfully. And yet, little did I know that my accomplishments of doing well in school would further lead me to opportunities to explore different countries, learn about new cultures, and communicate with people from around the world in a language other than English. I am so thankful that I took the risks that I did, that I was serious about my education, and that I devoted my time to learn another language, to learn Spanish.

So for me, learning Spanish and communicating with people from around the world is one of my most awesome accomplishments in life that I am so proud of.

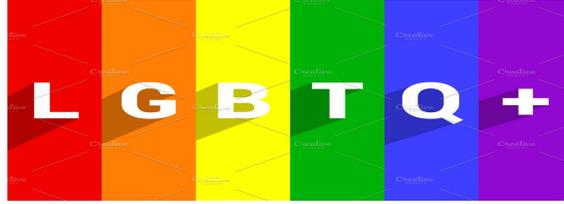
-- Ms. Robb, Spanish Teacher

I am most proud of being the oldest of 8 siblings. I am proud that I am a mixture of ethnicities and religions. I am proud that I had a grandmother who witnessed so much of history and lived to be 101 years of age. I am most proud of overcoming many obstacles in education and for graduating with an Art Therapy degree and a Masters with a 4.0. I am most proud of my art, in all forms that I create. I am proud to be who I am, 100%.

-- Ms. Ibrahim, Special Ed teacher

LGBTQ+ NOT LGBTQP+

By Mia Gagne, Iliana Melissis, and Willa Ashton



People are claiming Pedophiles belong in the LGBTQ+ community. Here are our thoughts.

Dictionary definition:

A pedophile is someone who is sexually attracted to children. Some pedophiles also rape or molest.

“One in every 9 girls and 1 in every 53 boys under the age of 18 experience sexual abuse or assault in the hands of an adult. 82% of all victims under 18 are female.”

There is a movement amongst pedophiles where they are putting themselves under the LGBTQ+ community because they want rights to be in a sexual or romantic relationship with their underage “partner.” Pedophiles desire legal rights to their relationships in relation to how gay marriage was legalized.

In addition, some people are trying to add Pedophiles to the LGBTQ community to delegitimize what it means to have a sexuality other than straight. They are trying to lump pedophilia in with the rest of the LGBT community to make it look bad.

We asked some people about their opinion on this subject, and here are some of the answers we received.

- Emma Kozlowzki : answers our question “Do you think this is appropriate?” she answered our question with “ Ew no.”
- Cannon Schmitt says: “I see pedophiles as people who kidnap and rape people. It’s disgusting.”
- Andres Galvan answers: “ I understand the difference between a 20 year old and a 60 year old, they are mature, understand and have the right. But an 8 year old and a 60 year old isn't right and it’s gross.”
- Maya Pizzarello answers: “I don't think it should happen. That’s disgusting . And sometimes pedophiles can stalk kids, and that can lead to rape.”
- Mrs. Hayden says: I did not know this until you told me, but I’m really glad you did because this seems like an important social issue. I think anyone who acts on pedophilic urges is an abuser of children and thus a criminal. It seems that this

movement is trying for two things: to make pedophilia a legitimate sexuality, which is wrong, and to take away from the LGBTQ+ community.

Pedophiles have claimed that people of the LGBTQ+ community have been embracing them, saying that they belong and it's okay that they're attracted to minors. This is a hoax that has been going around, it is NOT true.

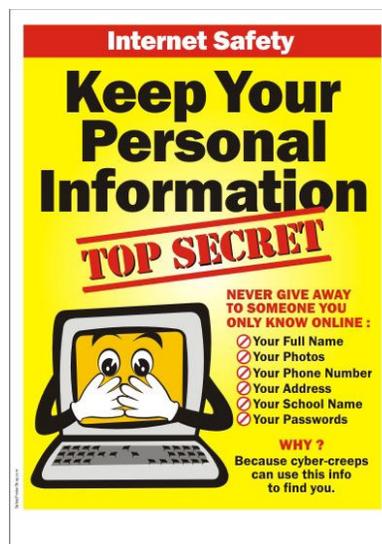


They've even tried to create their own pride flag, similar to the LGBTQ+ pride flag. This is the official pedophile flag. This flag is used by a pedophile group called MAPs (Minor Attracted persons) These people are sex offenders.

Here's one last disturbing statistic about childhood sexual abuse:

93% of perpetrators are known to the victim, 7% of perpetrators are strangers, 59% of perpetrators are acquaintances, and 34% of perpetrators are family members to the victim.

We hope that this article has spread awareness on this issue. And, yes we realize that some people may not take this issue seriously. We want to let people know that this is extremely serious, and this article is for awareness and protest. We ask that you are careful online and don't give your information. Thank you for reading!



The Mirror Congratulates all All-County Participants!

By Staff

Being selected for All-County Band or Chorus is quite an accomplishment! All-County Band and Chorus are Honors groups where students audition and are then selected. It is an elite group - the best in the county. Students rehearse here, but then combine with students from across the county for two performances. This year those performances will be in March at SUNY Ulster.

For Junior High All-County Band the following students were accepted: Thorton Eis 8th grade on trombone; Loyal Goodermote 7th grade on euphonium; Sam Hollman 7th grade on french horn. For Elementary All-County Band the following students were accepted: Jack Gates 6th grade on trombone; Lukas Kallio 6th grade on oboe; Maya Pizzarello 6th grade on tenor saxophone; John Kelly 6th grade on bass clarinet.

For Elementary All-County Chorus following students were selected: Ella Brassard, Lily Nocito, Clea Spring, Ruby Stelmaszyk, Ami Densmore, Elyssa DiCarlo, and Wren MacDonald. For Junior High Chorus the following students were selected: Sidney Mayers, Maggie DiDonna, Jenna Vasquez, Charlotte Hjeltnes, Leah Schamberg, Camille Samuels, Aivyn Hemminger, Erin O'Donnell, Mina Pine, Alicia Veranes Suarez, Naomi Roepe, Nectarios Rodriguez, Kohl Pierson, and Charlie DePoala.

Eamonn's Energy



Middle School students and staff pose in their "Eamonn's Energy" shirts. These red shirts spread awareness for a disease called cystic fibrosis, which can affect the lungs and digestive system.



After being silent for nearly 13 years, Valve Software has released their latest product: The VALVE INDEX Virtual Reality headset. It comes in at the hefty price of \$999 USD. Its main attraction in terms of titles is Half-Life: Alyx, the much awaited sequel to Half-Life 2. In terms of technical capabilities, the Index boasts dual 1440x1600 LCD displays and an experimental 144Hz display mode that allows for decreased motion sickness when using the headset. It also includes the next-generation Knuckles controllers that can detect individual finger movements, and can be held without actually holding the controller. It is also the first headset to include an adjustable FOV for extra customizability. This is one of its main selling points, as you can select either maximize comfort or FOV. The Index also includes support for GNU/Linux, a popular embedded operating system. Now, this adds potential for embedded systems with VR capabilities. This could be used in many situations. For example, an architectural firm could give buyers a 3D view of a proposed building without needing to haul a PC around. It has already sold out throughout the world, with many more orders on hold. This is certainly a pricey headset, but for those who can afford it, it is able to provide valuable expenses.

The Dangers And Benefits Of Social Media

By Sienna Manco

Though most people don't want to hear it, many terrible things can happen on social media. One of the most dangerous social media apps was found to be Kik Messenger. Kik is a regular old app to communicate with friends, in group chats or direct messages. But, it allows you to communicate with strangers and there is no form of security. Many kids have been kidnapped and sexually abused as a result of these interactions. Kik is a dangerous app and luckily it was shut down as of October 19th, 2019.

Though many social media platforms have a lack of security, there is one app that has been looked at as more of a savior than a social media leading to kidnappings. Snapchat. Surprisingly, Snapchat has saved many people who were sexually targeted or kidnapped.

Snapchat is an app where you can chat with friends and post pictures. But Snapchat does have one life saving feature... The Snap Map. The Snap Map is a map on Snapchat where you can see where your friends currently are. Phone on or off. Although many parents view Snapchat as a dangerous app, the Snap Map has saved children on multiple occasions. Once a crime is reported, police will contact family and friends of the victim, access the Snap Map, and are able to locate them.

Please note that you still need to be VERY careful while using Snapchat.

Diversity Training And its Effects

By Sam DePoala

Recently, the 6th graders and new students to the school participated in a yearly teaching called Diversity Training. This four period lesson taught about stereotyping, microaggressions, and how to treat people not based on their disabilities, race, and gender.

Here are some important definitions (from dictionary.com):

Stereotype: a simplified and standardized conception or image invested with special meaning and held in common by members of a group

Microaggression: a subtle but offensive comment or action directed at a minority or other nondominant group that is often unintentional or unconsciously reinforces a stereotype; the act of discriminating against a nondominant group by means of such comments or actions:

The facilitator, Sean Best, was wonderful and conveyed his message using games, videos, and just plain facts. This was an important training, but in my opinion, all grades need this training yearly. In my experience some 7th and 8th graders are racially insensitive, yet they only receive the training as 6th graders. For example, I've seen white students using racial slurs and imitating racial stereotypes. They think it's a joke, but it's not at all funny. Maybe if students had this training every year that would not happen as much.

My solution to this problem is to enforce these messages at all grades and make the lesson different every time. It should not happen just once during your Middle School experience, but the topic should be revisited and repeated throughout our time here in the Middle School. Overall, I haven't seen effects of the Diversity Training yet. From what I can see many of the 6th graders weren't affected and things have stayed the same. We need more of this training. I appreciate the concept of Diversity Training but I don't think it's working and I think the school needs to try something different.

Don't do drugs! Don't vape!

By Maya Pizzarello

You may think doing drugs is cool, but it can actually kill you. In 2017 70,200 people died of a drug overdose. And it's not just drugs. Vapes can also be dangerous. Vapes have killed over 25 people per month. That's 300 people every year. Vapes can damage your lungs and possibly kill you. In 2011, 7 million people were vaping. In 2018, 41 million people were vaping. That's a tremendous increase! In 2021, an estimated 55 million people will be vaping. When you vape you are more likely to get addicted to smoking cigarettes and do drugs, which could lead to more harm to your body. It's also proven that when you vape, smoke, or do drugs you will do worse in school. Vaping can also cause respiratory issues, potentially cardiovascular problems, (a group of disorders of the heart and blood vessels) and even seizures. In conclusion drugs and vaping are harmful ways to slowly kill your body.

Top 5 Ugliest Animals

By Phoenix Johnston, Canaan Schmit, and Thatcher Shuryn



#5 The Aye Aye

The Aye Aye looks like a Porcupine without quills... eww.



#4 The Goblin Shark

This shark can detach its mouth from its body and that is disgusting. Really, no joke.



#3 Lamprey - Similar to an eel - but it has teeth. And no bones. And it sucks blood. WHY DOES THIS EXIST!!!?!?!?!?



#2 Naked Mole Rat - This is a mole rat (naked). It looks like it has no eye's which it probably does and it is very naked and... DISGUSTING, TERRIBLE, HORRID AND GET IT OUT OF MY LIFE AND MY EYES!!!



#1 Blobfish - The number one ugliest animal is Blobfish. People say it is ugly but we (the makers of this) think it is alright and beautiful. :)

Top Five Cutest Animals

By Canaan Schmitt, Phoenix Johnston



5 Cats and Dogs

We can't choose between these two adorable animals... just look at them.



4 Rabbit

These fluff balls of joy are just so cute. My heart melts.



3 Frogs

These little animals have the cutest smile. Who wouldn't love them?



2 Baby Hippo

These chubby babies are so adorable! Even if I can't get one as a pet!



1 Red Panda

These little dream pets are so cute and friendly. They're just so amazing.

Classroom Moves

By Newspaper Staff

You may have noticed some recent changes in the Middle School! As construction on the Capital Bond project comes to a close, several classrooms (and their teachers!) have moved to different locations! This means that now every teacher is in their real home! These are the teachers who recently moved: Mr. Chervenak to Room 44; Ms. Sullivan to Room 42; Ms. Perugino to Room 37; Ms. Hayden to Room 36; Ms. Lockard to Room 9; Ms. Gonzalez to Room 58. For those of you who are in 8th grade, you will remember some of these rooms in their original state. Big changes have occurred! For instance, in some areas, walls were moved to even out the size of classrooms. New heating and air conditioning was installed. And, many of the rooms got new cabinetry and furniture. Overall, the new spaces look nice and fresh and will be great places to learn!

The Search for a New Superintendent

By Newspaper Staff

After fourteen years as Superintendent, Ms. Maria Rice has retired from our district. Congratulations!

For now, Mr. Bernard Josefberg will serve as the Interim Superintendent. Interim means that he is temporarily filling in while the district searches for a new permanent Superintendent. Mr. Josefberg has been working in the field of education for over 45 years. He started as an English teacher and then worked his way up through administration to become a superintendent. He is very experienced and is dedicated towards continuing to make our schools wonderful.

Over the next few months, the district and Board of Education will be searching for a new, permanent Superintendent. They are seeking feedback from the community and have hired an employment group to help with the search. They want to find the very best candidate!

Reminder: You cannot cut through the auditorium at any time during the day. Though it may seem like a shortcut, this is a safety precaution! Please be sure to follow this procedure. Additionally, you cannot exit the auditorium doors at the end of the day.

Substance Abuse By Anonymous



Substance abuse can be many things, from alcohol to prescriptions, to smoking drugs. Substance abuse damages a person both physically and mentally. It can also damage people around you. You can hurt loved ones, friends, and partners from your actions through drug abuse. In schools today, students are pressured by society and close friends to do drugs. Especially in high school.

Effects on the body:

- harm to organs and systems in your body, such as your throat, stomach, lungs, liver, pancreas, heart, brain, nervous system.
- cancer (such as lung cancer from inhaling drugs)
- Popcorn Lung (from vaping)
- jaw and teeth problems from grinding teeth. (gum disease, toothaches, teeth cavities, bad breath.)

Effects on the brain

- Memory loss
- Alters your brain's messages for receiving, and processing information.
- Flooding the brain with excess chemicals
- Imitating the brain's natural messenger chemicals

Effects on your family

- Some members of you family may fall into depression
- While intoxicated, you could injure a family member
- If you hurt yourself, your family would grieve
- If you are intoxicated and in the company of another family member, you may hurt yourself and that family member

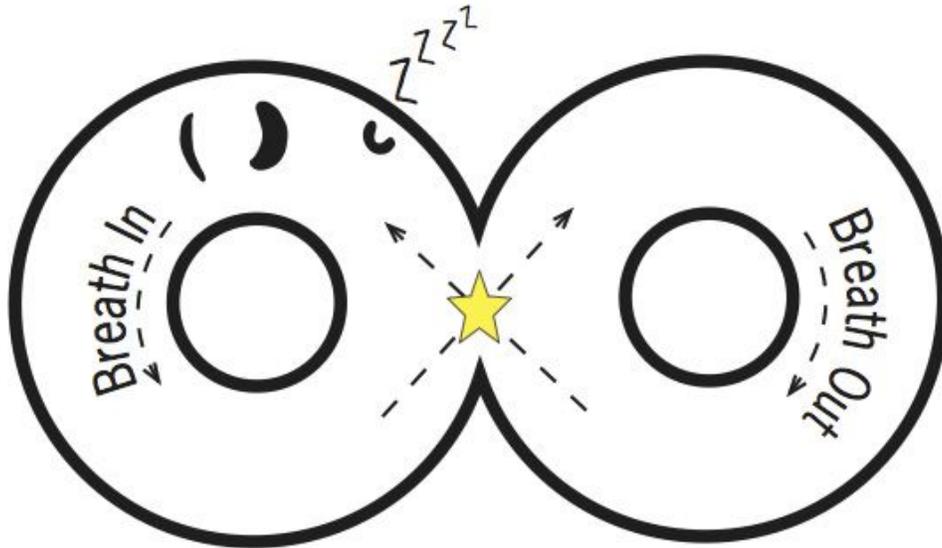
Effects on friends

- You may injure your friends while you're intoxicated
- You may lead your friends into substance abuse, causing them to injure themselves
- You could lose friends due to intoxication

Please do not be vulnerable towards drugs, or these things could happen to you and others around you. Thank you!

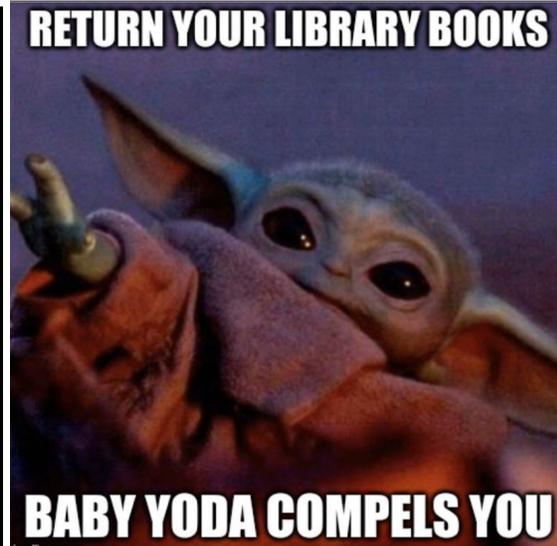
Take a calm moment and try this!

Lazy 8 Breathing

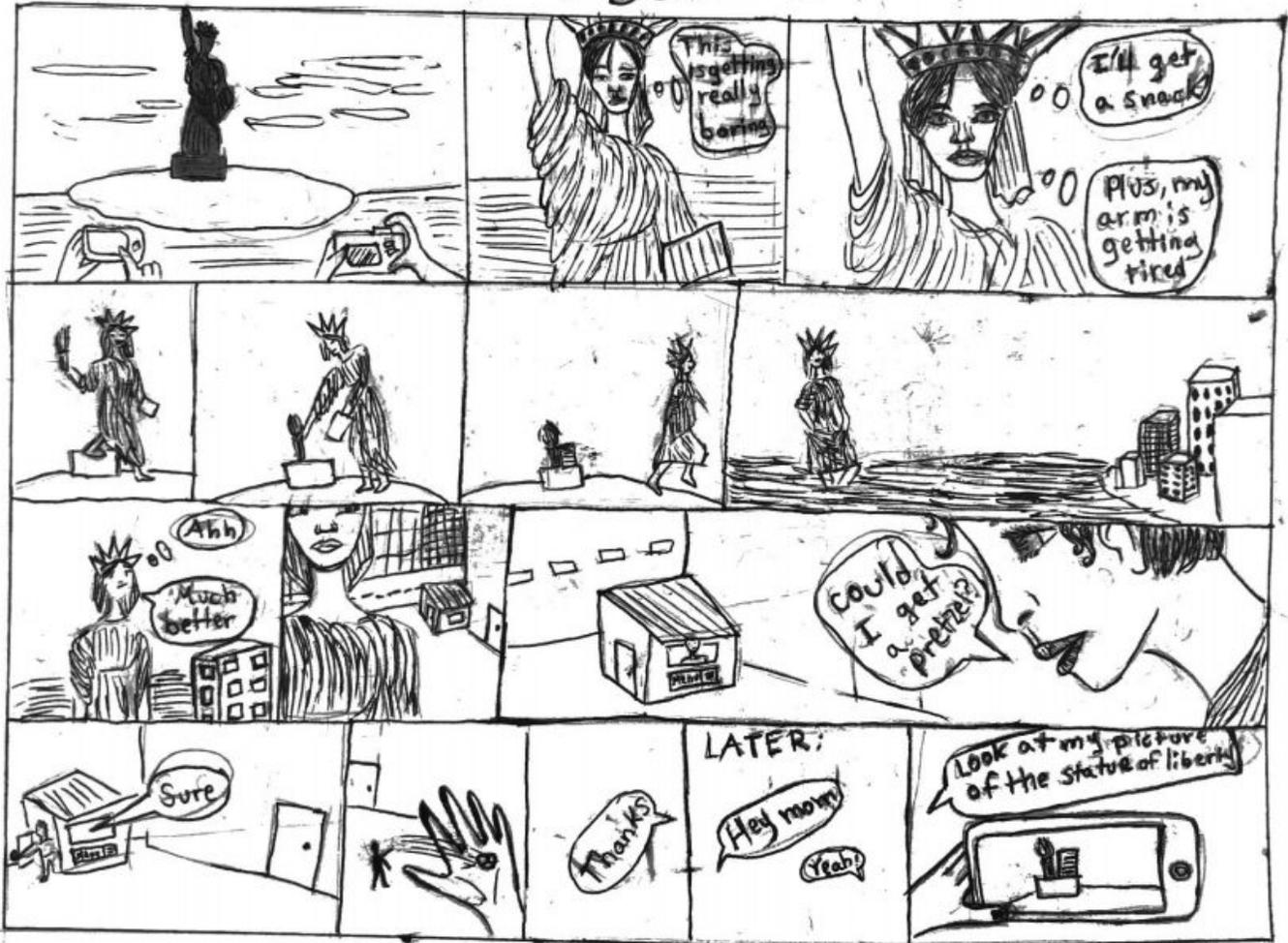


- ❑ Trace the Lazy 8 with your finger starting at the star and taking a deep breath in.
- ❑ As you cross over to the other side of the Lazy 8, slowly let your breath out.
- ❑ Continue breathing around the Lazy 8 until you have a calm body and mind.

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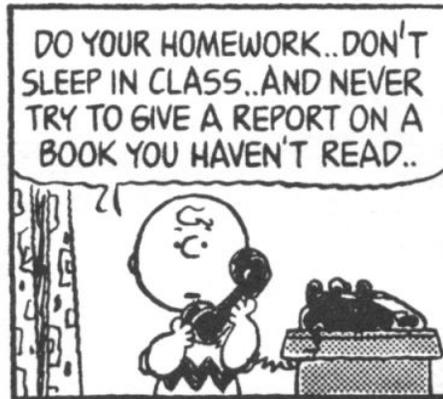
LIBERTY'S BREAK



- Iliana Melissis



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If you'd like to submit an article for the school newspaper, email it to vhayden@newpaltz.k12.ny.us! Some ideas: editorials (opinion pieces), coverage of school events, book/movie/music/game reviews, current events, sports news.