January-February 2011

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Cougar News

A Publication of the Edwards-Knox Central School Board of Education Wheeler Maynard, Jr., President Teresa A. Hogle, Vice-President **Rick Brewer**

Lynn Coller Amanda Fuller Malissa Hale

Tom O'Brien Andrea Webb Tom Wood

SUPERINTENDENT'S COMMENTS Suzanne L. Kelly

The inclement weather has just begun to interrupt many activities at school. In order to keep everyone informed we have several methods to get any changes out to the community. As in the past we do notify the radio and television stations whenever we experience a delay, early dismissal, closure or cancellation of late busses or sporting events. One new method we have added this year is through the automated phone line. This has proven to be quick and efficient in getting notices out. Parents of athletes were recently given the opportunity to submit two telephone numbers to be notified in the event that a game or practice is cancelled. Unfortunately, we didn't get many forms returned so Mrs. Brewer will be handing these out at the upcoming events for any parents who might be interested. We realize that often these papers may not make it home to you. With the installation of the telephone system we no longer have access to the 2:30 sports line. However we feel the new automated system is more efficient than the previous system.

November and December were filled with events that showcased our students' musical and theatrical talents. The senior class presented their two-act play "Better Football Through High School Chemistry", directed by Mrs. Tupper, Mrs. Hance and Mrs. White lending a hand. The students really came together in the end to have a great debut. This is one multitalented group.

One student, Darryl Backus was chosen to participate in the All-Area State choral weekend held at Potsdam State. This is the third year that Darryl has represented our school in this singing event.

Two nights of holiday programs were enjoyed by all who attended. The first show was made up of students in grades 7-12 who participated in band and chorus groups. A nice mixture of both group and solo performances entertained the audience. The Pre-K thru grade four students participated in a holiday play that truly amazed the audience.





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SUPERINTENDENT'S COMMENTS CONT'D.

Immediately following this event were grade five and six choral and band performances. A special thanks to our music department and elementary staff who made these events possible and to the students who worked so hard to entertain us.

For those of you who were unable to get a seat for the elementary performance I extend our apologies. We have already met in order to prevent this problem from occurring again in the future. This was the first time a joint event had been tried and obviously we underestimated the number of people who would attend.

Over the next couple of months we will be building our budget for the 2011-12 school year. This will be an extremely difficult time as we are certain to be faced with a larger reduction in state aid due to the financially challenged times of New York State. The district will be committed to providing a quality education to our students while remaining fiscally responsible.

I want to extend the best of wishes for peace and joy during this holiday season to each and every one of you. Enjoy your family, friends and all the season has to offer while keeping safety in mind!

Sue Kelly

Remember 2010

Look forward to 2011

2011 After Grad Committee News and Events Planned

We are excited to be able to continue this program. We are doing a Bottle Drive that will continue to grow throughout the school year. If you have any bottles that you would like to donate please do not hesitate to ask a Senior to come and get them. If you do not know a Senior I will be happy to give you a list.

Kinney Drugs in Canton will be adding basic activity wear, cougars, etc. to their store for E-KCS students, parents to purchase. The After Grad Organization will receive 7% of each sale. The committee will have a display in the school across from the Library with some of the items that can be purchased.

We will be running the concession stand during the Girls/Boys Basketball games. During the games we will also be selling 50/50 raffle tickets.

Coming Soon!!! January 29, 2011 there will be a Scrapbooking/Card Making Event at the E-KCS in the cafeteria. There will be consultants from Creative Memories, Close to My Heart and Stamp'in Up. Closer to the event a flyer will be sent home. If you want more information regarding this please contact Lisa Powers 347-2894 or Mary Sharpstene 347-4513. We will be happy to answer any questions.

Look for more Events in the next E-KCS Newsletter.

January 25 - 28, 2011 Regents' Examination Week All Students Attend School All Week

High School Guidance News

Linda Alford, Guidance Counselor

COLLEGE/MILITARY ACCEPTANCES FOR SENIORS



Making plans for the future is an exciting time for our seniors. I am proud of the work they have done and continue to do. Please help me congratulate the following seniors who have already received their acceptances. This is a list that the guidance office is aware of as of December 10th.

Tyler Ashley - Mohawk Valley CC Abigail Campbell - US Air Force Devan Hance - Mohawk Valley CC Paige Mazeroski - Jefferson CC Ashley Mitchell - SUNY Potsdam Cassie Walrath - Clarkson U.

Seniors are encouraged to bring a copy of their acceptance letters to the Guidance Office.

FINANCIAL AID PROCESS

- 1. Apply for a FAFSA Pin
- 2. Apply for a HESC Pin
- 3. Find out your college Financial Aid Deadlines
- 4. Complete the FAFSA application after January 1st but before the earliest college deadline.
- 5. Complete the TAP application if you plan to attend a college in NYS.
- 6. Review your SAR (student aid report).
- 7. Make corrections to the SAR.
- 8. Review the financial Aid Package sent to you by your college.
- 9 Accept a Financial Aid Package from the college you plan to attend.

GRADING PERIOD CALCULATIONS

Edwards-Knox 9 th through 12 th grade	Example:	Grad	е	Perio	ds	Quality Points
Honor Roll Calculation and Senior Privileges	English 12	70	Х	1	=	70
Grading period averages are calculated in the following manner:	PreCalculus	75	Х	1	=	75
*courses meeting every day count once (1X)	Physics	80	Х	1	=	80
*Courses meeting every other day count one-half (1/2 X)	Spanish IV	88	Х	1	=	88
*BOCES Vo-Tech courses count 3 times (3X)	Health	82	Х	1	=	82
*BOCES Math and Science count one-half (1/2 X)	Phys. Ed	90	Х	1/2	=	45
* Science lab grades to not count for honor roll	Band	95	Х	1/2	=	+47.5
they are calculated into course average. 💫 📖 🗸				6		487.5
Honor Roll is 85 - 89.99%	Quality points	s÷nu	mb	er of p	eriod	ds = Term Ave.
High Honor Roll is 90 - 94.99%	48.5÷6 =81.25% Term average is 81%					
Outstanding High Honor Roll is 95 - 100%					5	

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High School Guidance News Cont'd.

Linda Alford, Guidance Counselor

COLLEGE VISIT

On November 10th the High School Guidance Office sponsored a



field trip for interested Juniors and Seniors to explore opportunities available to them at SUNY Oneonta and Hartwick College. Students were presented with great information about the college they visited and had an informative tour of the campus.



ACT/SAT TESTING DATES & REGISTRATION DEADLINES

The SAT and ACTs are college entrance tests that some college require. Seniors who are planning to go to college and have not yet taken or would like to retake the SAT or the ACT test should consider doing so as soon as possible. The registration deadlines and their test dates are listed below.

Registration materials can be picked up in the High School Guidance Office or can be done online at **www.collegeboard.com** for the SAT and **www.actstudent.org** for the ACT. The registration process takes some time so students are encouraged to start early, DO NOT WAIT FOR THE REGISTRATION DEADLINE TO START THE REGISTRATION MATERIALS! Students should carefully check the catalog of each prospective college to determine whether the examinations are required.

ACT	Registration Deadline*	<u>Test Date</u>	
	Mar. 04, 20211	Apr. 09, 2011	
	May 06, 2011	Jun. 11, 2011	For more ACT infor -
			www.act.org

Test Fee: \$33.00 With Optional Writing: \$48.00 Fee waivers may be available in the Guidance Office for students who qualify for a reduced or free lunch.

SAT	Registration Deadlines*	Test Dates	
	Dec. 23, 2010	Jan. 22, 20911	For more SAT info -
	Feb. 11, 2011	Mar. 12, 2011	www.collegeboard.com
	Apr. 08, 2011	May 07, 2011	-
	May. 06, 2011	Jun. 04, 2011	
Test Ess 1	¢ 17.00 Eas waivers may	he evoilable in the	o Cuidanao Offico for studento

Test Fee : \$ 47.00 Fee waivers may be available in the Guidance Office for students who qualify for a reduced or free lunch.

* Registration materials must be postmarked by this date.

CEEB/ACT HIGH SCHOOL CODE NUMBER : 334949

Arrangements for special testing situations for students with learning disabilities may be made by contacting the High School Guidance office for the proper paperwork. Paperwork needs to be filed well in advance of the desired test date for modifications. Contact Ms. Alford for more details.

High School Guidance News Cont'd.

Linda Alford, Guidance Counselor

Grade 10 students to visit Southwest Tech

Sophomores students visited Southwest Technical Center on Tuesday, December 2, 2010. They had the opportunity to visit several technical programs available to Edwards-Knox students to help as they prepare to discuss their course choices for next year. The programs available at this time are: Automotive Technology, Building Trades, Computer Careers, Culinary Arts, Cosmetology and Nail Technology, Criminal Justice, Early Childhood Education, Environmental Technology, Intro to Health Careers/Allied Health, Culinary Arts, and Welding.







DRIVER'S EDUCATION INFORMATION

Edwards-Knox Driver's Education will be offered at a new time of year! We will be offering Driver's education during the school year starting February 21st and ending in May. Four classes will be held during February break and other class and driving times will be after school hours. There may be a deposit required for this class which will be refundable when the student completes the class. A students deposit will be forfeited if a student leaves the class before finishing. There will be more information available at a later date.

DRIVERS EDUCATION SIGN-UP

The sign-up sheet is in the guidance office from January 10th to February 4th. At the end of the day on February 4th the class will be filled by oldest to youngest student until the class is full (24 students). Any student who signed up prior to this date and doesn't make the class list will be put on an alternate list based on their age. If a student misses the sign-up deadline of February 4th and there are still seats available in the class, students will be assigned by first come first served.



High School Guidance News Cont'd. Linda Alford, Guidance Counselor

TERM 1 HONOR ROLL 2010-2011

GRADE 12

Outstanding Honor Roll (95.0-100)

Kamrie Dandrow

Kurtis Ellison

Paige Mazuroski

Ashley Davison Jonathan Davison Jodi Flanagan **Kaylee Hartley**

High Honor Roll (90.0-94.99) Samantha LaPoint Kelsi Robert Della Rubin

Charlene Toomey Ashley Tupper **Cassie Walrath**

Brock Archer Brandon Bristol Abigail Campbell Samantha Dziegielewski **Devan-Michael Hance**

Honor Roll (85.0-89.99) Makayla Harris Kelly Hedrick Morton Klock Nga Sze Lau Olivia Loop

Sarah Manning Tabbatha Monroe Kathleen Stein Holly Thomas

GRADE 11

Outstanding Honor Roll Kevin McNamara Veronica White

Kylie Averill Claire Davis Janna Fountain

Dillion Coffey Benjamin Fuller Lucas Fuller Mariah Harris **Cameron Koster**

High Honor Roll Caleb Fuller Lateia Gravett Alexia Hawn

Kendra Horne Kacee Stein

Honor Roll Mercedes Mackin Harlee Marschat Kristopher Matthie Ryan Meilleur

Kyrsten Phelps Jasamin Reese Shelby Searles Brody White

FANTASTIC!

High School Guidance News Cont'd.

Linda Alford, Guidance Counselor

TERM 1 HONOR ROLL 2010-2011 Cont'd.

GRADE 10 **Outstanding Honor Roll** Brianna Farr

High Honor Roll

Samantha Ellison Alison Thompson Tyler Tresidder

Zachary Allen **Brent Archer** Jesse Bullock

Honor Roll Nicholas Davison Caleb Gillan Katie Hale

Amanda Huebner-Lane Tina Paro Thomas Smith

GRADE 9 **Outstanding Honor Roll** Kyl Huebner-Lane

Hunter Tuttle

High Honor Roll Marissa Johnson Alyssa Parker

Sarah Rice Patricia Steele Chloe Wilson

Makayla Bartocha **Ross Curley** Jesse Fenlong Samuel Fifield

Nicole Hendricks Harleigh LeBarge Kate Rowe

Shania Searles Leonard Walrath Abraham White

GRADE 8 Outstanding Honor Roll Darrick Cutway Richard Finnerty

Abbie Hale Shaye Taylor

Raeann Thomas Mackenzie Tresidder Michaela Wilson

GREAT JOB!

Makenna Ashley Molly Burger

Kennedy Bell Rowena Casciaro Nicholas Davis Megan Farr

High Honor Roll Mason Fountain Brandon McKim Kali Sharpstene

Katelynn Smith

Mackenzy Allen

Kaden Dandrow

Jordan Davis

Kyle Gotham

Katelynd Hill

Jessey Parker

Honor Roll

Cougar News - January-February 2011

High School Guidance News Cont'd.

Linda Alford, Guidance Counselor

TERM 1 HONOR ROLL 2010-2011 Cont'd.

GRADE 8 CONT'D.

<u>Honor Roll</u>

Matthew Bellinger Skylar Cross Danielle Griffin Logan McIntosh

Cassidy Rubin

Noah White

<u>GRADE 7</u> <u>Outstanding Honor Roll</u> Heather Finnerty

Catherine Curley Darian Fenton

Jason Burke

Luke Fenton

Rebecca Hathaway

<u>High Honor Roll</u> Anisa Hotaling Kassidy Keegan

Nathan McCoy

Caleb Rowe Trenton White Timothy Whiteford

<u>Honor Roll</u>

Dakotah Bacon Makayla Bacon Kaleb Bartocha Destiny Durham Kristen Farr Madison Harris Matthew Hummell Brook Kroniser Christopher Moore Dylan Moore Allison Pharoah

Tyler Shecton William Smith David Trimm Kelsey White Morgan Williams

BOCES TOP ACHIEVERS (Top 20% of their respective classes)

Auto Technology I Ryan Meilleur Cosmetology II Kelly Hedrick Olivia Loop <u>Multi-Occupations II</u> Thomas Smith

WAY TO GO!

ELEMENTARY CORNER By: Ron Burke, Principal

A Special Thanks

Wellington Swem, Jr., of the Gouverneur Elk's Lodge, visited our third grade students with a special gift. Each student was given their own dictionary. This is the sixth year the Elk's have been so generous!

UPCOMING EVENTS

1/10: 7 pm: Board of Education meeting in library
1/17: NO SCHOOL - MARTIN LUTHER KING, JR. DAY
1/19: 8:00 am - grades 4-6 to OCP Performance in Gouverneur
1/24: 7 pm: Board of Education meeting in library
1/28: end of 2nd marking period
1/28: 11:30: STUDENTS DISMISSED EARLY
2/3: 6:00 pm: Parents' Association meeting in library
2/4: report cards go home
2/9: 8:30 am: Awards Assembly for grades 5-8
2/9: 1:00 pm: Awards Assembly for grades k-4
2/14: 7 pm: Board of Education meeting in library
2/21 - 2/25: NO SCHOOL - MID-WINTER BREAK
2/28: 7 pm: Board of Education meeting in library

FIRST MARKING PERIOD AWARDS

KINDERGARTEN

Michael Dinino	Good Neig Michael St. Dennis	ghbor Joshua Bristol		Lyndon Briggs
	Hard Wo	rker		
Rian Schnulle	Robert Facey	Bailey Bratton		Alexis Murdock
	Nice Mar	nors		
Marin McIntosh	Ethan Stalker	Jacob McDouga	all	Faith White
Ema Gotham	<u>Musi</u> Cadey Wheat	<u>C</u>	Jonath	on Dinino
Marin McIntosh	<u>Art</u> Kaylin Gotham		Heidi N	loore
Leanne Hall	Physical Education Elizabeth Perry		Jonath	on Dinino

FIRST MARKING PERIOD AWARDS CONT'D.

GRADE 1 Most ImprovedSecond Second S						
Sara Griffin	Healthy A Ethan Cross	Attitude Jade-Lynn McCottery	Ryan Lennon			
Cierra Besaw	<u>Hard W</u> Violeta DeGroat	′ <u>orker</u> Cooper MacKay	Hannah Duffy			
Cierra Besaw	<u>Mus</u> Jacob Spencer	iic Alisha Marschat	Adam Brown			
Henry Hebb	<u>Ar</u> Anthony Cicciarelli	<u>t</u> Mason White	Hannah Duffy			
Cierra Besaw	Physical Education Ethan Cross	<u>n Sportsmanship</u> Taylor Daniels	Adam Brown			
GRADE 2 Eager Reader						
Emily Tresidder Connor Moulton						
<u>Most Improved</u> Zebulon Douglass Cameron Rowe						
	Healthy A Avery Whitford	<u>Attitude</u> Hailey Matthews				
	<u>Mus</u> Morgan Wheat	<u>iic</u> Brielle Stone				
<u>Art</u> Lucy Frary Shea Cicciarelli						
Physical Education Sportsmanship Kolby Barbarito Devin Peabody						
Kolby Barbarito Jacob Cleary	Grade 2 - Great Attitud Alyssa Coller Trey Durham	<u>e in Computer Class</u> Morgan Facey Joey Griffin, Jr.	Caleb Sharlow Danielle Snyder			

FIRST MARKING PERIOD AWARDS CONT'D.

	<u>GRADE</u> <u>Effort</u>		0
	Eagen Baker		0
	<u>Citizensł</u> Samuel LaRue	<u>nip</u> Logan Blackme	er
	<u>Music</u> Carter Wright	Nolan Blandin	
	<u>Art</u> Valaree Hale	Morghan White	9
	Physical Education S		
	Abigail Paro	Nolan Blandin	
	Grade 3 - Great Attitude i	in Computer Class	
Karissa Backus Eagen Baker	Nolan Blandin J	Iordan Collett Dominick Dinino	Skyler Sanford Michael Shatraw Thorne VanBrocklin
	GRADE	4	
	Effort		
	Carly Frary	Kassidy Ward	
Brooke Hotaling	<u>Citizensh</u> Ryan Colton		dison Wood
	<u>Music</u> Kyanne Jeanette	Zachary Scott	
	<u>Art</u> Riannon Holly	Justin Fenlong	
	Physical Education S Blake Bidwell	Sportsmanship Koryn Rowe	
Emily Lasher	<u>GRADE</u> <u>Effort</u> Jordan Moore		dison LaPoint
	<u>Citizensh</u> Tyler Whitmarsh	<u>nip</u> Makennah Har	ris
	<u>Music</u> Katharine Hebb	Kacee French	
	<u>Art</u> Craig McCormick	Matthew Hall	

FIRST MARKING PERIOD AWARDS CONT'D.

GRADE 5

Physical Education Sportsmanship

Seneca Wright Alexa White

Chorus

Travis White

Grade 5 - Excellence in Typing

Alexavier ChampagneKatharine HebbAlexa WhiteJada FlanaganKelsie Matthews

Julie Ashley Sharon Carlin

Grade 5 - Excellence in the Poster Project

Alyssa Allen Kacee French Haven Gotham Makennah Harris Avery Hawn Emily Lasher McKayla Meier Ashley Robidoux Katrina Thornton Travis White Seneca Wright

<u>GRADE 6</u>

<u>Effort</u>

Levin McIntosh Tera Mason

<u>Citizenship</u> Kayla Covey

MyKenzie Toohey

Karli French

Jacob Fenlong

Brooke Fenton

<u>Art</u>

Music

TiLeigh Sturtevant

Physical Education SportsmanshipKarli FrenchPaige Clary

Band Karli French

Mackenzie Frary

<u>Chorus</u> Kara Davis

Keep up the Good Work!

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ELEMENTARY CORNER By: Ron Burke, Principal

FIRST MARKING PERIOD AWARDS CONT'D.

GRADE 3 HONOR ROLL

Karissa Backus Eagen Baker Alexis Bass Holden Carlin Jordan Collett Dominick Dinino

Logan Blackmer Nolan Blandin

Lloyd Douglass

Leeann Gotham Rylee Gotham Joseph Hart Timothy Hathaway Samuel LaRue

Joseph Flanagan

Valaree Hale

Abigail Hart

Erich Lottie Aaron Mason MaKayla Meilleur Justin Perry Michael Shatraw

Jennika Shippee Connor Snell Rachel Vachev Thorne VanBrocklin Katelyn White

HIGH HONOR ROLL Ethan LaRose Abigail Paro Samuel Smith

Ethen White Morghan White Tristan Whitney

GRADE 4 HONOR ROLL

Hannah Connors Collin Curley Grace Fenton Riannon Holly

Kyanne Jeanette Alexis Klock Ian McIntosh

Lindsey Moore Bryan Trombley Corey Vater

Kassidy Ward Austin Whitmarsh Madison Wood

HIGH HONOR ROLL

Blake Bidwell Camryn Bullock Carly Frary

Parker Harper Cole Morehouse Koryn Rowe Justin Scott

Zachary Scott Sydney Streeter Spencer Thomas

Ashley Robidoux Logan Toohey

GRADE 5 HONOR ROLL

Alexavier Champagne Hanna LeBarge Haleigh Reynolds Taylor Dean

HIGH HONOR ROLL

Alyssa Allen Julie Ashley Sharon Carlin Peyton Dafoe Avery Hawn Katharine Hebb McKayla Meier Jordan Moore Katrina Thornton

OUTSTANDING

Jada Flanagan Kacee French

Haven Gotham

Tanner LaPlant

Emily Lasher Alexa White

Briana Tulip

Travis White

AMAZING!

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ELEMENTARY CORNER By: Ron Burke, Principal

FIRST MARKING PERIOD AWARDS CONT'D.

GRADE 6

HONOR ROLL Tera Mason

Paige Clary Matthew Colton

Daniel Gotham James Rice

Ciara Bates Jacob Fenlong **HIGH HONOR ROLL**

Brooke Fenton Arael Scott

Lilly Gladle

Christina Smith

James Smith

OUTSTANDING

Mackenzie Frary

Karli French

Cheyanna Tuttle

Alaina White

PERFECT ATTENDANCE FOR 1ST MARKING PERIOD FOR GRADES K-4

Mercedes Beck Adam Brown Camryn Bullock Ethan Cross Collin Curley Llovd Douglass Maryann Durham Justin Fenlong Dalton Fenton

Grace Fenton Carly Frary Jack Lennon Marin McIntosh Charlotte Mongillo Heidi Moore Joseph Payne Mallory Robinson Cameron Rowe

Skyler Sanford Justin Scott Zachary Scott **Connor Snell Brielle Stone** Mason White Morghan White **Trevor White** Avery Whitford

POSITIVE BEHAVIOR ON THE BUS AWARD FOR GRADES K-4

Kolby Barbarito Dalton Fenton

Carly Frary Lucy Frary

Heidi Moore Abigail Paro

Deilia Paro Tyler Scott

PERFECT ATTENDANCE FOR 1ST MARKING PERIOD FOR GRADES 5-8

Julie Ashley Makenna Ashley Dakotah Bacon Kaleb Bartocha Jason Burke Alexavier Champagne Skvlar Cross Catherine Curley Kara Davis

Kristen Farr Darian Fenton Luke Fenton Heather Finnerty Mackenzie Frary Daniel Gotham Haven Gotham Kristen Kroniser Tanner LaPlant Brandon McKim

McKayla Meier Danielle Moore Jordan Moore James Rice Cassidy Rubin Kali Sharpstene Christina Smith James Smith Miranda Smith Roscoe Sprague **Brandy Stein** Logan Stevens Logan Toohey Mackenzie Tresidder Cheyanna Tuttle Noah White **Travis White** Trenton White

POSITIVE BEHAVIOR ON THE BUS AWARD FOR GRADES 5-6

Mackenzie Frary

Logan Stevens

AWESOME

ELEMENTARY CORNER By: Ron Burke, Principal

Sink or Float?



Everyone loves pumpkins, but do you know if they will sink or float? That's what Mrs. Rader's first grade class investigated just before Halloween. Each of her students was asked to predict whether each of eight items would sink or float when placed in a basin of water. Once their predictions were recorded, each item was placed in water to test their ideas.

Assisting her students were students from Mr. Rader's seventh grade class. They helped organize the bag of items, supervise the recording of predictions and results, and helped the younger ones in the cleanup.

The BIG TEST was whether or not a little pumpkin and a big pumpkin would sink or float. After predictions were made, both classes went to the pool. Did they sink or float? They floated!!

When Mr. Rader's class was asked why the pumpkins floated, David Trimm quickly volunteered that it was because "the pumpkins were less dense than water." Way to go, David! And many thanks to Mrs. Denesha and Mr. LaPoint for their help in our investigation.



Edwards Knox High School A "Community of One" made up of "Many Individuals" Michelle Varian, Principal

"Romeo and Juliet" comes to EKCS



On December 3, 2010 we had the pleasure of watching a group of SUNY Potsdam students perform the Shakespeare play *Romeo and Juliet*. The performers put their own twist on the play. Romeo was a female and Juliet was a male. Many other male character roles were switched to female. This was an interesting twist on the Shakespeare play. The visual aspect of the performance helped tremendously in our understanding of the play. We are appreciative to the college students for the time they took to come to our school and put on this exquisite performance.

Submitted by the Ninth Grade Enriched English Class: Sarah Rice, Jessey Parker, Kate Rowe, Kyl Lane, Alyssa Parker, Chloe Wilson, Mackenzy Allen, Ross Curley, and Kate Hill

Editorial note: According to the actors and director the high school students from EK were the best audience they had experienced so far in all of their performances based on their responsiveness and behavior during the performance. Hats off to our students!

Second Quarter Progress Reports

Parents need to take the opportunity to look at your child's progress report and discuss any concerns with your child. If you need to set up an appointment with a teacher

because you would like to conference with them please contact the school. Physical Education is a half year class that is worth one quarter credit. If your child is failing PE at the end of the first semester they will need to double up PE class in the spring **if there is room in their schedule and in the class**. Please emphasize to your child how important it is to get on track before it is too late.

Students will not be doubling up their English classes next year (taking two grade levels of English at the same time). Students who fail their English class will need to enroll in summer school at the parent's expense or repeat the class. Failure can be avoided by students seeking out extra help and tutoring with their teachers. It is the responsibility of the student to get their work done, study for exams, and ask for help when they don't understand. Communicate with your child's teacher if you are unsure about how to monitor your student and check on their progress.



Cougar News - January-February 2011

Edwards Knox High School A "Community of One" made up of "Many Individuals" Michelle Varian, Principal

2010-11 Edwards-Knox Varsity Boys' Basketball submitted by Jon Davison and Coach Foster



Hammond's Taylor Keryon, left, and Edwards-Knox's Ban Fallerneach To see more photos from this game, go to http://www. for archousd during Wedneaday night's Section 10 tournament game. to.com/CPLint/Rbums.asp

The EK Cougars are coming off their best season in 20+ years, going 16 and 7 and making it all the way to the Class D Championship game, where they lost a tight game to Chateaugay (50-42). We are returning 4 players from last years's squad, including Jon Davison (Sr.), and Ben Fuller (J Jr.), both All-NAC award winners from 2009-010. Ben led our team in assists and was second in steals and points last season and Jon led our team in steals, was third in scoring and was our defensive stopper all last season!

Also returning this season is Ryan Meilleur (Jr.), a strong power forward who can score with the best of them and has an uncanny ability to rebound and clean up off the glass. Joe Thompson (Sr.), a senior guard with great athleticism and speed is someone that Coach Foster will look to a great deal for help us on defense.

Newcomers include Caleb Gillan (Jr.), Jesse Bullock (So.), Tyler Tresidder (So.), Kody Coffey (Sr.), and Kaden Dandrow (Fr.) whom are all guards and will add great shooting, defense and depth to our club! Nick Wolf (So.), aand Don Williams (Jr.), a transfer from Canton, will compete this year for the starting forward/center position.

The last addition to this year's team is Neil's Wagener (Sr.), a foreign exchange student who came to us from Germany. He is a guard who is learning the game quickly and has been a joy to coach.

The team is in many ways a young team on paper, but as far as games played, this team has put in a great deal of time in during the off-season and will hopefully hit the ground running! We are looking forward to competing for the league championship and would love to see you and your family at the games to support us!. This is Mr. Foster's fourth season as the Cougars coach and it promises to be another exciting year with a great group of guys. Coach says "we only have four seniors on this team and I am sure there will be some growing pains but I also know they are hard workers and will improve each and every game!"

Edwards Knox High School Michelle Varian, Principal

Student Government Takes the Lead submitted by Ashlee Mitchell



Student Government has become more active in the school this year. Instead of only doing the Winter Olympics, we're also going to be hosting a Homecoming week.

The Winter Olympics is an event that has gone on at Edwards-Knox since 1989. It originally started in 1985 at Edwards Central, before the merge with Knox Memorial. It's a fun and exciting event that happens the day before Christmas Break that brings the high school together in a competitive and spirited variety of events. Student Government organizes the activities of the Winter Olympics, which is a very challenging task.

Our new principal, Mrs. Varian, came to the Student Government and asked us if we'd be interested in doing a Homecoming week. Homecoming week occurs at most other schools, including the one she came from, but since we don't have a football team, we've never considered having one. Of course, we were excited about being able to hold the first Homecoming this year and to organize something for the students to look forward to between Olympics and Prom. We haven't yet discussed all of the details regarding Homecoming week, but this is something we will continue to work on throughout the upcoming months. The one thing that is planned is there will be a dance at the end of the week.

The student government consists of Mr. Remington as the advisor, Kelly Hedrick and Ashlee Mitchell as the Seniors (Co-Presidents), Mercedes Mackin (Vice President) and Luke Fuller as the Juniors, Amanda Lane and Alex Parrish as the Sophmores, Alyssa Parker and Jordan Davis as the Freshman, Megan Farr and Logan Harris as the 8th Graders, and Catherine Curley and Nathan McCoy as the 7th Graders.



Italian Feast for Thanksgiving

Financially smart students hosted an Italian feast prior to Thanksgiving. The menu consisted of homemade Italian bread, Antipasto Salad, homemade Manicotti, homemade Fettuccine Alfredo, and dessert. As a unit of study, students created a shopping list, a cost analysis, and prepared all of the food swerved that afternoon. Students and invited staff members enjoyed an elegant lunch and learned that the cost of preparing homemade food is well worth it.





Edwards Knox High School Michelle Varian, Principal

The Truth About Energy Drinks

Caffeinated energy drinks have become a popular among teenagers and young adults, but studies have shown that there are major health risks for consumers. Drinks like Red Bull, Full Throttle and Monster offer a jolt of energy but in return will also cause a major energy crash as well as serious health problems.



The Amount of Caffeine

Energy drinks range in the amount of caffeine, but typically have much more then coffee or sodas. According to a New York Times article published September 25, 2008, "The caffeine content of energy drinks varies from 50 milligrams to more than 500 milligrams per serving. A regular 12ounce cola drink has about 35 milligrams of caffeine, and a 6-ounce cup of brewed coffee has 80 to 150 milligrams of caffeine."

Health Risks

The New York Times article also states a list of medical risks associated with energy drinks, and that according to the Diagnostic and Statistical Manual of Mental Disorders and the World Health Organization's International Classification of Diseases recognizes caffeine intoxication as a clinical syndrome. "It is marked by nervousness, anxiety, restlessness, insomnia, gastrointestinal upset, tremors, rapid heartbeats, restlessness and pacing, and in rare cases, even death."

Red Bull: 80 milligrams of caffeine per 8.3 oz. serving *Tab Energy:* 95 milligrams of caffeine per 10.5 oz. serving *Monster and Rockstar:* 160 milligrams of caffeine per 16 oz. serving *No Fear:* 174 milligrams of caffeine per 16 oz. serving *Wired X505:* 505 milligrams of caffeine per 24 oz. serving

Behavioral Risks

A study by the Researchers at the University of Buffalo's Research Institute on Addictionspublished in the Science Daily on July 25, 2008 shows a link to energy drinks and risk taking behaviors among teenagers and young adults. The studies first results show that there were links between energy drink consumption, risky substance use and sexual risk taking. "Energy drink consumption is correlated with substance use, unsafe sexual activity and several other forms of risk-taking,"

Energy Drink Mixer

Many young adults use energy drinks to mix with alcohol because they believe the energy drink will off set the effect of alcohol, but this mixture is very dangerous. The mix of depressants with stimulants can be very detrimental to the heart. It can cause heart rhythm problems, and energy drinks which include stimulants such as ginseng and taurine can send mixed messages to the nervous system and cause cardiac complications. Mixing energy drinks and alcohol can also increase dehydration.

What Other Countries are Doing

Following recent deaths that were linked to energy drinks several countries have take action to restrict the use of these beverages. France, Turkey, Denmark, Norway, Uruguay and Iceland ban high-caffeine/taurine energy drinks altogether. Canada, requires warning labels alerting against use by children, pregnant women, or use with alcohol. In the United States there are no regulations on the consumption of these drinks.

Edwards Knox High School Michelle Varian, Principal

FORMER STUDENT VISITORS

Any former students wishing to visit must come at the end of the school day (3:12) to visit staff members. Please contact Mrs. Varian at 562-8131 Ext. 2400 if you have any questions regarding this matter.

AFS NEWS

The AFS foreign exchange program is alive and well at Edwards-Knox! We currently have two students spending a year in our villages and our school. They are: Niels Wagener, from Germany, who is living with the Mr. and Mrs. John Clark family and Nga Sze (Elise) Lau from Hong Kong, who is living with the Mr. and Mrs. Brian LeBarge family.





We welcome these students and hope they enjoy their year with us here at Edwards-Knox. As they learn about our culture and schools, they are also very eager to share information about their cultures. If you get the chance, be sure to say hello and get to know these wonderful young ambassadors of peace and understanding in the world.

We are always looking for new host families. If you are interested in possibly hosting a student for next year, see Margie LaPoint.

Important Dates to Remember

December 21, 2010 - Progress Reports Mailed Home December 21, 2010 - Winter Olympics December 22, 2010 - January 2, 2011 - Winter Break January 3, 2011 - School Resumes January 17, 2011 - NO SCHOOL - Martin Luther King, Jr. Day January 18-21, 2011 - Homecoming Week January 25 - 28, 2011 - Regents Examinations **(SCHOOL WILL BE IN SESSION FOR ALL STUDENTS Jan. 25 - 28, 2011.** <u>Send your children to school every day.</u>) January 28, 2011 - Early Dismissal (11:30) February 3, 2011 - Parent's Assoc. Meeting 6:00 p.m. Library February 4, 2011 - Report Cards Mailed Home February 9, 2011 - 5 - 8 Assembly 8:30 AM February 21 - 25, 2011 - Mid-Winter Break

January Regents Test Week

ALL students will attend school during Regents Exam week. Regents examinations will be given to students who are repeating an exam during the four days, January 25 - 28 of Regents test week. The number of students taking the tests is so small that regular school will be in session during this time. Morning and afternoon bus trips to BOCES will continue each day except Friday, January 28, when only a morning bus will take students to BOCES. If students are interested in attending BOCES during the afternoon on January 28 and transportation is requested please call the high school office at 562-8131 to arrange transportation. Regular dismissal is at 11:30 that day.

GIRLS VARSITY BASKETBALL

This year's version of the Girl's Varsity basketball has gone through a huge change. Gone is 75% of our offense. With the returning players and the new players, this season can be very promising in the very difficult Western Division. Returning players are Abbey Campbell, Kaylee Hartley, Ashley Davison, Claire Davis, and Alexia Hawn. The new players include Elise Lau, Madison Tresidder, Katie Hale, Harleigh Lebarge, and Katie Smith. We have a mix of talent ranging from four seniors down to an eighth grader.

Overall, the 2010-11 season got off to a good start. After losing to a very good Madrid-Wadington team, the girls have won 2 straight. The Cougars won the consolation game of the Madrid-Waddington Tournament beating Heuvelton. Junior Claire Davis made the all tournament team.



The Lady Cougars won their first leaguer game beating an up and coming Clifton-Fine Team. Kaylee Hartley hit a go ahead 3 pointer with 13 seconds left. Clifton-Fine went up 1 on a 2 foul shots and Claire Davis put back an offensive rebound and was fouled to put the Cougars up 2 with 2 seconds left. The Cougars won 53-51.



Booster Club Sign Up

The EK Sports Booster Club is trying to restart with a fresh group of parents and supporters of EK athletics. We would like to set up this group to give support to all EK athletics with money for equipment, apparel, tournaments and others that will be at the discretion of the Club.

We would like to set up a large enough group of supporters to fundraise for the upcoming year. The larger, more involved group we have, the more money we can raise for the common cause.

The goal of the Booster Club is as follows: 1. raise money 2. boost spirit and 3. promote student participation.

Currently the Booster Club runs a 6th grade basketball tournament, can run the concession stand for the soccer games and runs a soccer and basketball camp over the summer. With more help, we can raise money through golf tournaments, alumni games and other basketball and soccer tournaments.

The Booster Club is in the early discussion phase. We need more members to step up to run concessions, work at tournaments and attend meetings, possibly becoming an officer. We are going to try to have meetings once a month (1st Wednesday of the month at 6 pm in the library). We encourage parents and any supporter to get involved with this group. It is no cost to join.

If you would like to join this group, fill out the bottom and return it to a current booster club member, bring it to the next meeting or send it to the address above in care of Kenny Montgomery. Please list all the activities you would be willing to do.

Family Name: Mailing Address:	
Phone Number:	E-Mail Address:
Please help keep this organization go	oing. We are meeting the first Wednesday of the month. The

January meeting will be the 5th and the February meeting will be the 2nd at 6pm in the library.

CAFETERIA NEWS KATHLEEN WHITMARSH, COOK/MANAGER



As the new year begins I wanted to let you know we tried a couple of new products this semester. Each new product was a chicken product. We had Tangerine Chicken, New Orleans Chicken, and a Buffalo Chicken Wrap. I am interested to find out if students and staff like these items and would appreciate feedback whether you liked them or not.

We also served a low-fat, gluten-free, low-sodium, Cream of Broccoli Soup. The feedback from that wasn't all positive. However, a low-fat, gluten-free, low-sodium soup with a Flour and Butter Roulx, chicken and chicken base, received good feedback.

The government is telling the food service that they are part of the education system and should be educating students and staff how to eat healthy. Earlier this year I offered a vegetarian, low-sodium, low-fat chili, which got poor reviews. The next day I made the same recipe chili with meat and got great reviews.

The government is coming out with even stricter guidelines on the amount of sodium we can offer and we are not supposed to offer extra salt now. They are requiring us to work toward only serving skim and 1% milk for meals, which we have already made the transition to last year. They want more whole grain breads which we have done by offering the 100% whole grain choice and also having the modified wheat products on a daily basis. We offer at least 1 fresh fruit and 1 fresh vegetable or salad almost daily, and have chick peas and dried cherries on the salad topping/condiment line almost daily. These products are a bigger expense and have caused the cafeteria to struggle to have the budget break even. At some point I may need to cut back on fresh produce and other high priced items.

As we start a new year let's try to think about eating healthier. It may not be as tasty, but that may help us eat less. Let's try to get more exercise, because in adults, but even in students, type II diabetes is on the rise. There are also high blood pressure and heart problems caused by poor nutrition and lack of exercise. Let's all work together to make ourselves healthier. It may hurt and be time consuming to walk and take stairs, but its better for us in the long run. It is easier to keep our muscles strong than it is to let them get weak and rebuild them.

Have a happy and healthy 2011 and stay active. Kathleen "Kathy" Whitmarsh Cook- Manager 562-8130- Ex. 1507



JANUARY 2011 MENU

Mon	Tues	Wed	Thur	Fri
reduced meal you qualify for our school	r these lunches, receives many e apply or call us	Kathy Whitmarsh Cafeteria Manager 562-8326, ex. 507 Fax: 562-2477 <u>kwhitmar@ekcsk12.org</u> P.O. Box 630 2512 Co. Rt. 24 Russell, NY 13684	Breakfast Every Day Cereal, Milk, Juice Some Days: Bagels/ Cream Cheese, English Muffins, Danish, fresh fruit, breakfast bars, donuts, eggs.	Prepayments Happily Accepted
3 Pizza Green Beans Milk Fruit WELCOME BACK	4 Chicken Patty/Bun Nachos & Salsa/ Cheese Broccoli Milk Fruit	5 Hamburger on a Bun Pasta Salad Milk Fruit	6 Turkey Dinner Mashed Potatoes & Gravy Cranberry Sauce Peas Bread Milk Fruit	7 Chicken Noodle Soup Tuna or Egg Sandwich Fresh Carrots Milk Fruit
10 Tangerine Chicken Rice Green Beans Milk Fruit	11 Sloppy Joe on a bun Chips Peas Milk Fruit	12 BBQ Pork on a Bun Cole Slaw Tossed Salad Milk Apple Crisp	13 Taco Day Shell, Taco Meat, Lettuce, Cheese, Rice Corn Milk Fruit	14 Fishburger on a bun Fresh Veggies Green Beans Milk Fruit
17 No School Martin Luther King Day	18 Crispy Chicken French Fries Corn Milk Fruit	19 Spaghetti/ Sauce Peas Meatballs Bread Milk Fruit	20 Chicken Fajita/Wrap Rice, Lettuce, Cheese, Onions, Peppers Corn Milk Fruit	21 Tomato Soup Grilled Cheese Sandwich Milk Fruit
24 Sausage Pillsbury Grab & Go Pancakes Hash Browns Milk Fruit or Ice Juicee	25 Hotdogs on a Bun French Fries Carrots Milk Fruit	26 Hamburger on a Bun Nacho Chips/Salsa or Cheese Corn Milk Fruit	27 Chicken Patty on a bun French Fries Corn Milk Fruit	28 Pizza Green Beans Milk Fruit ¹ ∕₂ Day for Students
31 Hotdog & Macaroni & Cheese Green Beans Bread Milk Fruit	ttt	Peanut Butter & subs offered ev lunch choice. I vegetable every Salad Tue & Th most days.	very day as a Milk, fruit, & / day. Chef	Breakfast: 7:45 A.M. Lunch: 11:00 A.M 1:00 P.M.

Menu subject to change without notice.

Cougar News - January-February 2011



FEBRUARY 2011 MENU

Mon	Tues	Wed	Thur	Fri
Kathy Whitmarsh Cafeteria Manager 562-8326, ex. 507 Fax: 562-2477 <u>kwhitmar@ekcsk12.org</u> P.O. Box 630 2512 Co. Rt. 24 Russell, NY 13684		Muffins, Danish,	free and reduce our school re benefits. Pleas	you qualify for ed meals? If so, eceives many se apply or call your eligibility.
	1 Sloppy Joe on a Bun Chips Corn Milk Fruit	2 Chicken Nuggets Sweet Potatoes Bread Milk Fruit	3 Taco Day Rice, Meat, Cheese, Lettuce Corn Milk Fruit	4 Tomato Soup Grilled Cheese Sandwich Fresh Carrots & Celery Sticks Milk Fruit
7 Super Bowl Hamburger or Hotdog/Bun Corn, Side of Nachos/Cheese Milk Fruit Rainbow Sherbet/ Ice Cream	8 Chicken Patty on a Bun Carrots Milk Fruit	9 BBQ Pork on a Bun Cole Slaw Tossed Salad Milk Fruit	10 Turkey Dinner Mashed Potatoes Cranberry Sauce Corn Bread Sweet Potatoes Milk Fruit	11Fishburger on a bun French Fries Carrots Milk Fruit
14 Pillsbury Pancakes Sausage Hash Browns Milk Ice Juicee Fruit	15 Spaghetti/ Meatball Green Beans Bread Milk Fruit	16 NewOrleans Chicken Corn Rice Broccoli, Bread Milk Fruit	17 Chicken Fajita Wrap Rice, Lettuce, Cheese, Onions, Peppers Corn Milk Fruit	18 Vegetable Soup Tuna or Egg Salad Sandwich Milk Fruit
21	22 MID-W	²³	²⁴ BREAK	25
28 Pizza Green Beans Milk Fruit	Breakfast: 7:45 A.M. Lunch: 11:00 A.M 1:00 P.M.	Peanut Butter & offered every da choice. Milk, fri every day. Che Thur. Trail Mix	1 Alexandre	

Menu subject to change without notice.

SCHOOL RESUMES MONDAY, JANUARY 3, 2011 Monday, January 17, 2010 - Martin Luther King, Jr. Day January 25-28, 2011 - Regents Week - All Student In Attendance February 21-25, 2011 - President's Day / Mid-Winter Break

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