



# THE SPIRIT



## Contributors to this issue:

Nate Hackett  
Madison Whitaker  
Emily Adorno  
Roan Johansen  
Madge Marricco  
Genevieve Gentile  
Mr. Zelamsky  
Ms. O'Neal  
Mr. Tiano  
Mr. Meisinger

## Co-Advisors:

Mrs. Murphy & Mrs. Gavner

## Key Club's Snowball Semi-Formal

By Emily Adorno

Key Club proudly presented *Snowball* on Friday, March 10th, for Senior High students. The dance was incredibly successful, and on behalf of the entire Key Club we'd like to say "thank you" to the students, janitorial staff, and Mrs. Jones for being a part of this special night. This entire dance was so amazing after not being able to put it on for two years. Thank you to everyone who attended and we hope you had a great time!

(More pictures to follow in the yearbook)



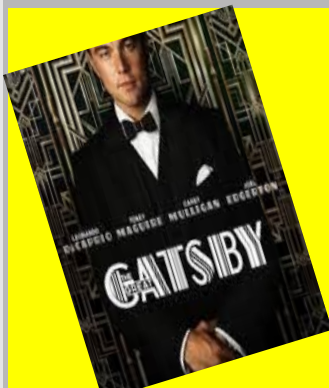
# horoscopes

**Aries** No matter how many curveballs are thrown your way, it's important to keep the faith and know you're heading you're supposed to go. Progress is all about being able to get through the process of change — even if you have to take baby steps to get to your destination. **Taurus** Minimize the amount of energy you're giving to others this March. Instead, focus on self love. Some may call your newfound attitude selfish, but there's a time for putting yourself first. Be the main character in your life story this month. **Gemini** Trying to appease your boss or colleagues with words of flattery won't cut it this month. The people in your life are looking for receipts about your performance — whether in the emotional sphere or the professional. Though [you're known for your wit](#), sweet talking won't help you out of situations this month. Better to try and avoid trouble entirely. **Cancer** You're never too old to learn something new. Challenging as it may seem at first, open your mind to new philosophies or ways of doing things. By doing so, you may find *just* the tidbit that will help you on your personal journey. Lean into the information coming your way. Maybe it's there for a reason.

**Leo** Going with the flow isn't necessarily your style. You prefer to know every step of the process with hyper-specific directions and information. Your fixed nature will resist the cosmic push to transform. This month, you may be confronted with the fact that change itself is a fact of life. Even if you're not looking a personal evolution at the moment, the stars have different plans for you. **Virgo** The energy that you're receiving is a mirror to what you're giving (or vice versa). Be aware of how you are treating others and making them feel on a daily basis. The more love and kindness you share with those you care about, the more abundant your heart will be. Yes, it's possible to make your heart grow a size. **Libra** Finding balance in life is essential. After all, you don't want to give so much to your job so that you miss out on the important moments of your personal life. If that means forgoing one or two work events — then so be it. Nothing is more precious than the world you've created with those you love. If it comes between family time and getting your hustle on, be sure to choose wisely. **Scorpio** Your intuition will be off balance in the weeks ahead, which is why it's best to think before jumping into any situation. Ask friends and family for advice if need be. They'll be able to offer suggestions and insights that may not have occurred to you. Then, you can take a calculated risk, keeping your higher self in mind. **Sagittarius** The desire to understand yourself on a deeper level may make you seek out alternative approaches of healing. As you excavate the past, you may find that there's more there than can be healed in a short amount of time. Think of "you" as a long-term project. **Capricorn** Take a step back and decompress. You don't have to take on every project and task to prove your worth. Sometimes it's best to enjoy the moments as they pass. Your challenge this month? Relaxing! **Aquari-**

**us** Recognize that you deserve real and true love. This message is for both coupled and single water-bearers alike. By letting go of old hurts, you'll be able to hold a more open space for others. Allowing yourself to be happy will prove to be a game changer in how you approach others as well as yourself. **Pisces** March may be an especially lucky month for you Pisces. You may find that people in your inner and outer circles bring you opportunities in the coming weeks. You may get the feeling that your destiny is taking shape around you.

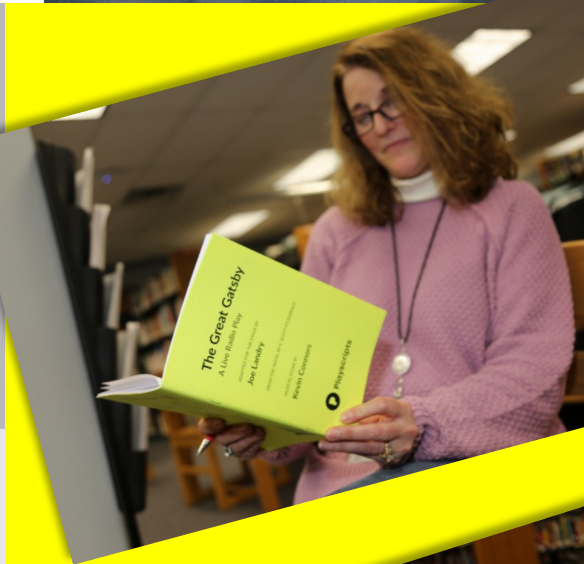




## Presenting... THE GREAT GATSBY

The Business Entrepreneurship Club is proud to present *The Great Gatsby* - A Live Radio Play featuring your favorite faculty members! F. Scott Fitzgerald's beloved classic comes to life as a 1940s radio broadcast in this spirited adaptation of *The Great Gatsby*. The Sawyer ensemble brings more than two dozen characters from the novel to the stage of the WBFR radio station for a live broadcast, punctuated by 40s-era commercials featuring **Caitlyn Brennan, Ahmya Carube and Elizabeth Lee.**

Come see **Mr. Blatter, Ms. Costello, Ms. Elia, Mr. Fetcho, Ms. Martin, Ms. Millham, Ms. O'Neal, Ms. Ortlieb, Mr. Stellavato, Ms. Stropoli, Ms. Tuccillo, Mr. Wickham, Ms. Willig, Officer Winchell, Senor Zajkowski, and Mr. Zelamsky** as Jay Gatsby. Produced by **Bridget Slater and Liev Sanzin**, *Gatsby* is a story of triumph and tragedy that reflects the decadence of the Jazz Age and the perils of the American Dream. Join us in the SHS Auditorium on Friday, April 14 at 7:00pm. *Ain't we got fun?!*



# CLUB NEWS

**The American Sign Language Club**, started by our wonderful 10th grade English and Acting teacher, Mrs. Gavner, is a welcoming and extremely educational club with some truly great members! Mrs. Gavner explained how she started learning how to sign in college and stuck with it ever since. There were already a few students that were interested in learning sign language, so she brought the idea to life! The club members expressed how they love having a new way to communicate and the importance of being able to converse with ASL users.

One of the first things they said is that their favorite word to sign is “turtle”! The process of learning ASL with Mrs. Gavner was described as “fun, enjoyable, and simple.” Just from the short amount of time I spent with the club, I could tell it was a fantastic group of people and a club that everyone should consider joining. If you are interested, they meet every Wednesday in room 515. And great news, an ASL elective will be offered next year, offered to grades 10-12! Come support them at the Lip Sync on April 28th while they sign the song “Both sides now” by Joni Mitchell!



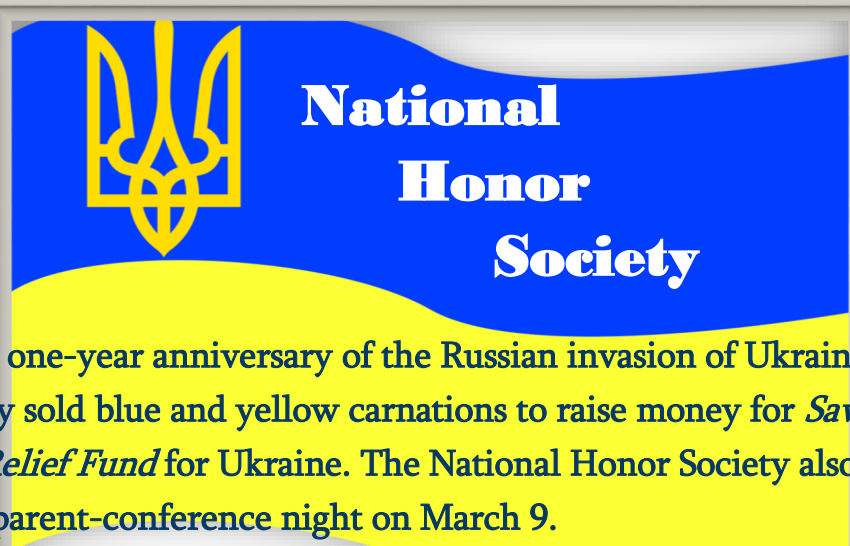
By: Genevieve Gentile

## The Ski and Ride Club

makes 6 trips to Hunter Mountain in January and February, all non-holiday Sundays. This year we had 80 members. Some students get season passes while others opt for tickets for each trip. A majority of members get lessons from some of the top instructors in the area. Getting lessons is a great way to improve your skills even for the most experienced skier or snowboarder. Furthermore, some students also rent from Hunter. This year our students had beautiful days to ski and ride. I was truly impressed with our members' progress throughout the year.

Contributed by Mr. Joe Tiano





On the one-year anniversary of the Russian invasion of Ukraine, the National Honor Society sold blue and yellow carnations to raise money for *Save the Children's Emergency Relief Fund* for Ukraine. The National Honor Society also collected donations during parent-conference night on March 9.

Thanks to everyone's generosity, the National Honor Society raised over \$500! All of the proceeds will go to help provide safe spaces for the children of Ukraine who have been forced from their homes, as well as medical supplies and educational materials.

Contributed by Ms. O'Neal



On March 17 and 18, SHS Science Olympiads competed in the *NYS Science Olympiad State Tournament* at Le Moyne College, in Syracuse, NY. The teams at this competition represented the top 5 teams in each of NY states' regions, with 60 total teams competing, and representing over 500 schools total. The Sawyers competed in 23 different events, and won first place in the Trajectory event led by **Zachary Feinberg** and **Ian Vickery**! (see photo)

In this event, prior to the competition, teams were tasked with designing, constructing, and calibrating a single device capable of launching projectiles onto a target and collecting data regarding device parameters and performance.

Contributed by Ms. Defino

# Misconceptions Around Mental Health/Illnesses

Mental Health has been frequently pushed to the backburner by many throughout history. It's associated with weakness, sensitivity, and being "crazy" or "violent." This, in part, is due to inaccurate portrayals in the media and an unwillingness to learn about mental illness, as well as lack of exposure. No one wants to educate themselves on something that doesn't affect them.

These stigmas around mental health are harmful for those who struggle with the illness and often lead to prejudiced behavior against those who are suffering. For example, when many think of schizophrenia, they think of a violent person incapable of caring for themselves. More often than not, those struggling with mental illness are often victims rather than perpetrators of violence. Discrimination and stereotypes also lead to those suffering to delay treatment or stop/avoid it all together.

I think one of the most inaccurately portrayed mental illnesses is Obsessive Compulsive Disorder. OCD is defined as a mental illness that causes repeated unwanted thoughts or sensations (obsessions) or the urge to do something over and over again (compulsions). As someone with OCD, it is absolutely *exhausting to have to explain that OCD is not about being a clean freak or organization and that it is NOT a personality trait. No one is "A little OCD."* It is so, so much more than that. OCD is debilitating. It manifests in repetitive ritualistic-like habits, intrusive thoughts, and constant anxiety/worry. For me, my OCD manifests around contamination, harm, and guilt. I scrub my hands until they're raw. I have a specific shower routine I have to follow. I can't touch door handles. No one can touch my food or drink or I can't consume it. These are just a couple of the things I obsess over every single day.

The media has made OCD out to be a blessing and a positive thing when it is the opposite. They think it makes us organized, neat, or put together when it doesn't. In fact, many that struggle with OCD also struggle with some type of hoarding disorder. For the longest time, I couldn't let my own family touch me. I couldn't hug or touch my younger sisters for over a year. It's not that I didn't want to, it's that I psychically couldn't without thinking I'd get extremely sick and even die. I know that these thoughts are irrational, but the anxiety surrounding them skews any rational thought. OCD does not only affect the person suffering from it, but it also affects the people surrounding that person. My family had to adjust to the fact that they couldn't touch me, my food, drinks, and a lot of the things I own. OCD is no blessing and was even previously labeled one of the top 10 most debilitating mental illnesses by the World Health Organization. OCD is painful. It is like the devil in disguise, a chronic illness concealed as a sufferer's best friend.

Another very misconstrued mental illness, despite it being extremely common, is depression. Depression is characterized by persistent sadness and a lack of interest or pleasure in previously rewarding or enjoyable activities. It can also disturb sleep and appetite. Tiredness, hopelessness, and poor concentration are common. So many struggle with depression and don't even realize it. Many that do realize are too ashamed to say anything. No one wants to admit that they were too unmotivated to brush their teeth, or shower, or change their clothes. No one wants to admit how hopeless they feel and that they're thinking of hurting themselves because of the extremely prevalent stigma that depression is just laziness. It's also important to note that depression is not sadness and is so much more than that. Depression has social, physical, and obviously psychological effects. It can make getting out of bed feel absolutely impossible. Nobody chooses to be depressed and it is often a mixture of biological and environmental factors. Depression can be random and doesn't always follow a tragic incident. There are many, many factors that go with depression. It isn't a cut and dry thing.

I know everyone has probably heard this a million times, but to anyone struggling out there, **you are not weak or sensitive.** I spent a very long time thinking that asking for help was futile and I wouldn't be taken seriously if I spoke about my problems. No matter how small you think what you're experiencing may be, it matters to someone. Reducing the stigma means less have to suffer in silence. **You do not have to be silent.**

**If you or someone you know needs help, reach out to the school psychologists or social workers.**

Resources: [www.findtreatment.gov](http://www.findtreatment.gov)

988 Suicide/crisis hotline: call or text 988



## Drama Club Success!

The Saugerties Drama Club proudly presented *Into the Woods* March 17th, 18th, and 19th in the senior high auditorium. Around 50 SHS students took part in the cast, crew, and pit band. *Into the Woods* is one of Stephen Sondheim's most famous works; it is a two and a half hour musical taking an audience on a journey into the woods with the Grimm Brothers' fairy tale characters. This musical is one of the most difficult shows to perform due to its length, fast-paced singing, and range of acting. All actors did an excellent job performing on stage through acting, singing, and dancing. Scenes were accompanied by a pit band conducted by Mrs. MacDougall. The pit included professionals from around the area and our very own Mr. Cho and student musicians. Our musical couldn't have been done without our fantastic stage crew, led by student stage managers Morgan Hallam and Silas Buddenhagen. A huge thank you to Ms. Tucci for creating an imaginative and artistic set.

Are you interested in joining drama club? If so, please email Mr. Zelamsky at [jzelamsky@saugerties.k12.ny.us](mailto:jzelamsky@saugerties.k12.ny.us)



# THE MARKET OPENS!

**French Club Flea Market is back for 2023!**

This February the French club hosted its annual “French Club Flea Market” with its wide variety of vendors compiled of local community members and students of Saugerties High School. The start of the market itself goes as far back as 28 years, with the current language department teachers overseeing the running of the event. What makes this year's French Flea market notable; however, is that it's the first packed in-person market since the Covid Pandemic.



A majority of the funds from the mar-

ket are directed towards the High School for scholarships, field trips, and more special events such as the market. This year was very successful in providing a wide range of over 50 vendors, nearly reaching the 70-vendor capacity. Although still impressive with the num-

ber of individuals attending, the weather was poor due to a massive snowstorm the day of the market. A majority of vendors were juniors and seniors who had attended previous annual markets, making the event well organized with little issue due to the well experienced attendees. One notable attraction was that some vendors offered a variety of goods, ranging from antique items and posters to custom-made goods. Some vendors with their own businesses were selling various foods, candies, and more such as syrup and honey. With the reasonable price of \$40 per vendor space and the amount of people filling the market, it's fair to say that the French Club Flea Market, despite poor weather conditions, was a great success. **By Roan Johansen**



# What is a Phobia?

By Madison Whitaker

Technically speaking, it's an anxiety disorder defined as a persistent and excessive fear of or aversion to an object or situation, but in simple terms, it is an irrational fear of something. There are many different kinds of phobias; one that is common is "Arachnophobia" which is the fear of spiders or "Claustrophobia," which is the fear of tight, enclosed spaces. But there are plenty of other phobias that aren't that common or heard about like, "Astrophobia," which the dictionary defines as "An intense fear of thunder and lightning." Depending on how bad it is, it can be completely debilitating to a level you could not even imagine. You might be wondering how I know, well that's because I have it! Now, I don't think it's going to kill me; I know thunder can't kill you, but I will explain this in the easiest way possible, which would be by "walking you through" a storm.

A storm starts and there are lots of different places I could be, but the two most common are in school and at home. Let's say I am at school, what do I do? Well, it starts and it's not too bad until I see lightning strike the sky... do I still jump every time a rumble of thunder happens? Yes, but it gets so much worse once I see the lightning; it takes my breath away (and not in a good way,) and then I get sent into a state of panic. My heart rate goes up to what feels like 100 MPH, it gets hard to breathe, I start shaking uncontrollably to the point I look like I am shivering, and I freeze. I can't move. I am trapped in this paralyzed state not knowing what to do. Everything my teacher is saying is going in one ear and out the other which is why I can't stress enough how important it is to tell people when you have a fear as severe as this one where you have the physical symptoms that are debilitating, because if you tell your friends, family, and if it's as severe as mine tell your teachers that your comfortable telling.

When I get like this I luckily have at least one friend in each of my classes so they can give me this, "You good, bro?" look and my answer is usually no, but then they usually know what I need and how to help, (it's also good to tell people how to help you when you are in a situation such as this one). I ask my teacher to go to guidance and he or she usually says yes, because they know about it. I go and I do my best to get in a counselor's office and talk about things to get my mind off of it. But the most important thing is that I am in a room with no windows and a closed door which is scary for some but comforting for me. As long as I am not alone, I know I will be ok. I will eventually calm down and can return to class.

If I am home, it's a different story but the same problem, the difference is I am with my family and they just let me be. I get to blast my AirPods as loud as I want to muffle the sound of the rain crashing down on the AC and the thunder roaring like a bass drum. We also have blackout curtains all throughout the house so we can close them to the outside world, so I won't go into that tearful, shaky fast-paced, frozen, fight-or-flight place where all I can do is sit there staring off into space and cry. If I have people I love at my side I know I will be ok.

One might think that astraphobia is a phobia that only affects someone during storms, but oh, poor Reader, you are sadly mistaken; every waking moment of my life I am looking at the weather and searching for a thunderstorm on the radar. People say to me, "Stop, you are just going to work yourself up and for what?" but it's not that easy. For me and many others, phobias can happen and be triggered because of a traumatic event that happened earlier in life. I have always had sensitive ears and my parents brought my sister and I to see the big firework show that the town puts on every year on the 4th of July. It was going great until the finale; it was too loud and scared me for life!

Don't get me wrong, I don't blame my parents for this because they didn't know. As I get older the better my coping skills get and sure it is really scary at the moment, but I get a sense of power knowing there are skills I can use to make each storm just a little easier to handle.

## Symptoms of a Specific Phobia

- Intense and Immediate Reaction
- Fear, Anxiety & Panic
- Trouble Functioning
- Feeling Powerless to Control Fears
- Sweating
- Trouble Breathing



# Student Spotlight

## Amy Hoyt: Valedictorian

The Class of 2023 Valedictorian is **Amy Hoyt**. Amy has been working for this achievement since she began taking High School courses in eighth grade. She has been ranked **first in the class of 2023** for the past 5 years, taking some of the most difficult classes offered in the high school. Some of those classes include AP Calculus, AP Computer Science, and AP Biology.

Amy has also been a vital part of our **Girls Tennis** team for the past six years. In her junior year, Amy and her doubles partner, Mehal Mitra, **won the MHAL Regional Championships**, got second place at Sectionals, and went to states. Amy was **captain of the tennis team** in her sophomore, junior and senior year.

Amy is also our *Student Council* President, *Key Club* Treasurer, *Science Club* Vice President, and a member of *The National Honor Society*. In the past, she was involved in Spanish Club, Dream Team, and Ski Club.

Amy has done **multiple internships**, including one with *Maze*, and she works part-time. Amy has not chosen a college yet, but has many prestigious options including: **Tulane University**, **Northeastern's Honors College**, and **Stevens Institute of Technology**.



Interview by Madge Marricco

# Girls' Flag Football

Contributed by Mr. Meisinger

For the first time, a girls' flag football team has been offered as a varsity sport! It is open to girls in grades 9-12 and is coached by Coach Meisinger. There are 13 other schools in the section who our Lady Sawyers will play against, all thanks to the NY Jets who sponsored our section and paid for our uniforms and equipment!

Practices officially began on Monday, March 13, and games will start in April. As this is a second sport for many of the girls playing, it is a huge commitment. Hopefully, our girls will be able to take a trip down to the Jets practice facility where they will put the team through drills and run scrimmages.

Come out and support the Lady Sawyers on April 12 vs. Rhinebeck and April 22 vs. Kingston. Games start at 4:30 in the side field next to the Hildebrandt Building. It's an exciting time for Sawyer Sports!

