



THE BLUE PRINT

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HALDANE STUDENTS SUPPORT THEIR COMMUNITY



9/11 Memorial Flags outside the HS courtesy of The History Club

Each year, Haldane's History Club marks the anniversary of 9/11, and this year, the 10 year anniversary—was no different. The Club places 2,977 flags outside the high school to represent the number of those who lost their lives that day. They

also tie yellow ribbons around trees on campus.

To further recognize the sacrifice of Veterans and to show their respect, the History Club asked members of the high school community to bring in photos of a loved one who is a member of the



Bulletin board in the HS lobby created by The History Club

armed forces. They then posted photos on a bulletin board in the HS lobby for all to see and celebrate.

This November, the ROAR (Reaching out for Animal Rights) and LEO clubs hosted a "Kongs-giving" event asking all Haldane students, K-12, to donate Kong toys and treats for the Dutchess SPCA. Signs and donation bins were placed in the lobbies of all three buildings and students donated over 40 Kong toys.

A group of students visited the Dutchess County shelter on November 24th to ensure the dogs would have delicious Thanksgiving meals!

-The BluePrint Staff



ROAR volunteers with adoptable dog Mollie at the DSPCA on November 24th

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STUDENT MENTAL HEALTH TIPS

Lorelai Luoma

School can be a stressful place and many teens struggle with mental health. This article can help you understand what you and/or your friends are going through and how to help. Here are some tips to help maintain positive mental health while juggling the responsibilities of school.

Enjoy your hobbies:

If something makes you feel overwhelmed or stressed, try enjoying some of your hobbies. Whether you like painting, reading, sports, going for walks - it's always good to take breaks and focus on yourself, and enjoying hobbies can help with that. It's often not good to stay in bed all day doing nothing; it's a good idea to do something productive even if it's

something you want to do instead of something you need to do.

Stay away from negativity:

It is important to surround yourself with positive people and people who support you and don't put you down. If people around you are negative or not supportive, it could increase the chances of feeling bad about yourself and developing a negative attitude. People with strong family or social connections are generally healthier than those who lack a support network. More information can be found at The University of Michigan's [website](#).

Eat healthy:

Maintaining a healthy diet is beneficial. If you don't take care of your physical health, that could impact your overall health. For example, bad mental health could affect

your physical health from not wanting to eat or not having good physical hygiene. Other than that, eating healthy comes with a lot of benefits such as boost in your mood and energy level, better brain function, and improved memory. Eating healthy could be linked to a decrease of depression. More student tips to boost mental health can be found [on this college prep blog](#).

Get plenty of sleep:

The American Academy of Sleep Medicine has recommended that children aged 6–12 years should regularly sleep 9–12 hours per 24 hours, and teenagers aged 13–18 years should sleep 8–10 hours per 24 hours. Lack of makes it more difficult to focus, and can make it easier to feel overwhelmed. For better sleep, you should turn off all electronics because

lights from phones, computers, TVs and more trigger your mind to stay awake, which makes it harder for you to fall asleep ([Center for Disease Control](#)).

Get help when you need it:

It's okay to ask for help. Even being aware that you need help is a big accomplishment. It is important to remember that treatment can be very effective. People who get appropriate care can recover from mental illness and lead full, rewarding lives. There are many sources you can go to for help here are some: family, teacher you trust, guidance counselor, a friend, or a therapist.

If you or someone you know struggles with mental health and might be in danger of hurting themselves, please call the Suicide Hotline @800 -273-8255 and know you are not alone. ♥



KEEP
CALM
&
COLOR

CLUB HIGHLIGHT: THE BLUES DEVILS

Amanda Johanson

The pandemic halted many extracurricular activities, but emerging from their mandatory hiatus Haldane Highschool's band and club, The Blues Devils, have made a comeback. The eighteen students, ranging from 9th to 12th grade, find the club to be an enjoyable outlet: a place where they can hang out with friends, indulge in their love of music, and cover songs by their favorite artists.

Many members of the club are multi talented artists. Their diversity in skill is what the members say makes practicing as a group interesting as well as simply fun. With a large number of participants and the imposing pandemic, formulating and organizing practices and rehearsals came as a challenge. "Practice is often a lot of sweat, hearing damage,

unnecessary noodling from guitarists and a lot of laughing," says guitarist and singer, Lucas Valdimirof.

"Practices are very chaotic, but in a sensible way," Alex Danilov, guitarist, added. Putting aside the loud, and joking nature of the practices, the internal support system within the group is very strong. "Everyone there is pretty chill about everything and very supportive about everyone playing and what-not," states singer Sam Bates.

Through use of instruments, including drums, bass and guitar, the music genre the band primarily focus on is classic rock. "I think our 'wheelhouse' has typically been classic rock, modern rock, and some heavier rock," says Mr. Hoolan, the club advisor. "However, we have played blues songs, pop songs, and other genres that we have enjoyed diving in-

to. We always try to 'metallicize' songs we play by making certain parts heavier and giving them our unique spin." The overall consensus from band members has shown that they share common interest in this music genre. Although, the members' differences and similarities in music taste have provided differentially between each performance. "Some students have shown me other bands in these genres that I have really gravitated towards. Other students have shown me bands or artists in other genres like jazz and funk that I have enjoyed. It's certainly expanded my interests," Mr. Hoolan adds.

The band additionally reflects the uniqueness of Haldane through reflecting school pride, extracurricular activities that provide students with skills and knowledge they use to better

the band, as well as Haldane's smaller size. For instance, the name of the band is derived from Haldane's School mascot, the Blue Devils. "I think the whole idea of it (the band) is very Haldane," says Alex Danilov. "It's named after our mascot, the blue devil, which I'm sure a lot of other schools can't say."

Some students are also involved in Haldane's Drama Club, which help students further develop their musical talents. "Everybody in the club brings something unique to the band and I really rely on everyone to make it work," Mr. Hoolan says. "For instance, Matt McCoy has been handling the sound balancing for us for the last two years. I can easily say that there's no way this club would be functioning without his expertise and I have learned so much from working with him over these last two years."

Cont. on page 3

HALDANE HOSTS FIRST TRUNK-OR-TREAT

Liv Vilella

No tricks, just treats for kids at Haldane's first Trunk or Treat event. On October 29th from 3:15 to 4:15, students from the high school gathered their cars in the back parking lot and decked out their trunks with Hal-

loween decorations to greet elementary school kids and children from the community. Students accessorized their cars with spider webs, pumpkins, skeletons and all things Halloween and handed out candy dressed in costume. Children ran

around going from trunk to trunk gathering candies, and traded amongst themselves.

Club advisors, Mrs. Peparo and Mrs. Granese, helped organize the fundraiser and candy was generously donated by teach-

ers, students, and parents. Students who volunteered their time were able to log an hour for the National Honor Society, an organization that places emphasis on giving back to the community. Overall, the general consensus was that the event was a success and something that could be replicated.

THE BLUES DEVILS CONT.

One of Haldane's most prominent difference to traditional high schools, is its size. Being on the smaller side, the school is able to provide a multitude of different activities that correspond with a student's interests and skill sets. This adds to the feeling of community and togetherness of the group. "Haldane is such a small school, everyone knows each other and it is very easy to keep up with the other bandmates outside of rehearsal, which cannot be said for other high school rock bands," Alex Danilov says.

Despite their love of music, and friendships shared among many members of the Blues Devils, the common factor that is said to tie everything together, is Mr. Hoolan the club advisor. "The most unique thing about Blues Devils has to be our faculty advisor, Mr. Hoolan," says Valdimiroff. "Much like him in class, he's extremely supportive and inclusive at Blues Devils." Mr. Hoolan shares similar feelings towards the large group of students who participate.

"It's a lot of fun and I learn so much each year. It's really nice seeing students outside of the math classroom focusing on their hobbies and things they love. Being able to maintain continuity with the club last year and this year throughout the pandemic has been one of the highlights of my career."

Due to COVID the band will not have the ability to perform in concert over the winter months. However, the band anticipates

releasing a video showcasing their large club and musical skills before the holidays. The video will include three songs, Seven Nation Army by the White Stripes, London Calling by The Clash and One Way or Another by Blondie. "This is the first time we have made a video like this, and although it is not as exciting as performing live, it is a great alternative," says Sam Bates.

HEARD IN THE HALL

Amanda Johanson hits the halls of Haldane, to find out what student's *really* think about "hot button" issues



What's your favorite Thanksgiving side-dish?

Sophia Scanga, Senior: Mashed potatoes. My mom makes really good mashed potatoes.



What's your favorite Thanksgiving side-dish?

Micha Morales, Freshman: Mac and cheese is my favorite because my mom does a good job making it homemade.



What is one activity that you enjoy doing during the winter months?

Olivia Knox, Sophomore: I like going shopping during the winter because I usually have lots of money to spend

What is your top holiday movie?

Nate McPherson, Junior: *Nightmare before Christmas*, *A Christmas Story*, and my third favorite Christmas movie is *Die Hard*.

Zach Cannova, Junior: I guess *White Christmas*. That song is good too, and I agree with Nate, *A Christmas Story* is a good movie.

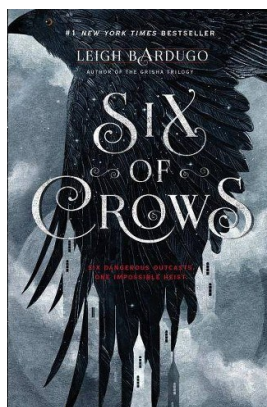
RAIN'S BOOKSHELF

Six of Crows

By Leigh Bardugo

A spinoff of the series *Shadow and Bone*, Bardugo's excellent worldbuilding, badass characters, flawless perspective changes, and clever banter flourish in a city known as Ketterdam full of crooks, thieves, and slums. Five criminals team up under a man named Kaz Brekker, the Bastard of the Barrel, Dirtyhands, as they embark on a dangerous heist, including high stakes and a prize just as rich and bountiful as they could ever imagine.

OH MY GOSH, this book was incredible. A joy to read and totally epic—in my opinion one of the best books in the YA genre. It's a blend of dark and thrilling, and the writing in it is excellent, with nuggets of golden writing. Not to mention the character development and banter and people who really know their worth. They have trauma, but it's part of who they are and never takes over them as people. It's handled so well, and actually has diversity and LGBTQ characters.

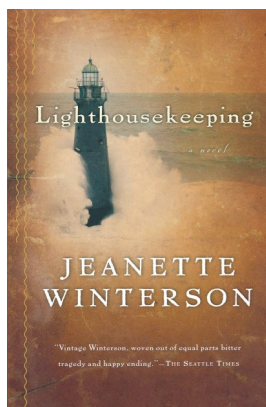


Lighthousekeeping

By Jeanette Winterson

"My home town. A sea-flung, rock-bitten, sand-edged shell of a town." Winterson is known for her gorgeous and poetic writing (*Written On The Body*, *Oranges Are Not The Only Fruit*, etc) and this talent is evident in *Lighthousekeeping*. The story follows a young orphaned girl named Silver who lives in an old seaside town, and is brought to the lighthouse where she makes friends with the blind keeper Pew. He tells her stories, by both the light of the lamp, and in the dark with the polished brass instruments of the overlook gleaming the dark. She finds solace and direction in the history of her town, and a man named Babel Dark, mysterious, his being dark and hers light- their stories are linked and will never truly end.

This read was so lovely, lyrical and a true gem. It was beautiful, powerful, and heartbreaking at a few chapters- Jeanette Winterson is

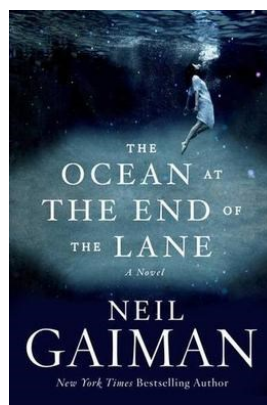


one of my absolute favorite writers and her two narratives shone here. The storytelling was the piece de resistance, and there were some real characters sprinkled throughout, such as Charles Darwin and Robert Louis Stevenson.

The Ocean at the End of the Lane

By Neil Gaiman

Dark, grim, filled with the innocence of childhood, the cruelty of adults, monsters born out of our darkest wishes, and the power of friendship, *The Ocean at the End of the Lane* chronicles the story of an unnamed man who, after a funeral, drives to his old childhood home, and a farm at the end of the road, where he sits by an old pond, whom his old friend, a girl named Lettie Hempstock called her ocean. His past comes flooding back, and is simultaneously frightening and strange, memories like the murky waters of time and



life as he knew it changed forever.

Great book. It doesn't drag out forever, and I absolutely fell in love with the title and cover. It's hauntingly dark, and shares so many important lessons for both children and adults- never stop reading, or using your imagination, or retaining some optimism so you may see a little more light in the world. Lettie Hempstock is a great character and formed a beautiful friendship with the narrator, guiding him through dark and scary things like monsters and rotten fleas. It almost reminded me a bit of Narnia, as fantastical as it was.

*Some book material might not be sensible for younger audiences

Rain Lee is a freshman, avid reader, and poet.

Interested in
contributing to
The BluePrint?



Email Ms. Linda or see
Liv Villella for details!

WHAT'S MACKENZIE MAKING?



MacKenzie Warren

Pumpkin Spice Sugar Cookie:

1 ½ cups all-purpose flour
½ teaspoon baking soda
¼ teaspoon cream of tartar
1 teaspoon ground cinnamon
¼ teaspoon ginger
1 teaspoon pumpkin pie spice
½ cup salted butter
½ cup white sugar
2 teaspoons vanilla extract
1 large egg

Rolling Sugar:

¼ cup white sugar
2 teaspoons cinnamon
½ teaspoons pumpkin pie spice

Alternate Recipe:

If you want your cookies to taste more like pumpkin add:
¼ teaspoon cream of tartar
Instead of the whole egg use only the yolk!
¼ cup pumpkin purée

Instructions:

1. Preheat the oven to 350°.
2. Mix flour, baking soda, cream of tartar, cinnamon, ginger, and pumpkin pie spice. Stir and place to the side.
3. Mix room temperature butter, sugar, and brown sugar until smooth. Add vanilla and egg Mix until fully combined. (add the canned pumpkin for alternate recipe)
4. Pour flour mixture into butter mixture until all flour is blended.
5. Cover with plastic wrap and chill for 1 hour.
6. In a separate bowl, mix cinnamon, pumpkin pie spice, and white sugar.
7. Roll chilled dough into balls (2T) and coat in sugar mixture.
8. Place on a parchment lined cookie sheet and lightly flatten.
9. Bake for 9 to 11 minutes (based on the size of the cookie).



Photo Credits:
Livewell-bakeoften

"If you like pumpkin pie and you like cookies look no further than MacKenzie's recipe I dare you to only have one!"
- Ms. Isabella

Winter Word Search

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F G S B W M T X H Q L T S A J D T N L M D U L F
S A G A K R X H B L C T J L V I V H Q V I Y G D
S M C F L V P T O I C D C H H D O P L O W V N K
N W W B Y T P L O T A S N U V M C Q V B Z I I T
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M J L F Z I R F X W V Z U C P P T E O B A F S A
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M Q O R E O S P S Q O Q O R E Z W O L E B A E C
D F I B T S N D R W M S N X N N Q Z H L Z T P I
  
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JACK FROST	SLEIGHBELLS	TUBING	SNOWBOARDING	BAKING
FREEZING	MITTENS	SNOWFLAKE	SCRAPER	SALT
BELOW ZERO	COLD	BLIZZARD	FISHING	SLIDING
SNOWBALL	HOCKEY	SKATING	SKIING	PLOW
ICICLE	DRIFTS	SNOWMOBILE	FLURRIES	GLOVES
JACKET	SCARF	BOOTS	SNOWMAN	SNOW

THE WRITERS' BLOCK

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