

# Trumansburg Troubadour

## The Chris Bond Run

By Xander Dawson, 6th grade

Hundreds of people came out on the cool, crisp day of Sunday, October 25 to run in the Chris Bond Run. Many participants were blown away by the beautiful sight of the leaves. Even though it was cold, many people turned out to participate in the race, whether they were walking or running. The cold weather for the race was great for people running, but not for spectators. So many people came together on this wonderful day, which shows how awesome of a community we are.

The overall winner of the race was Gary Williams from Ithaca, with a time of 19:45.74. There were many people who trained for this race, including runners from the Chris Bond training camp led by Ethan Crampton, which met every Tuesday. This camp was led by the varsity cross-country runners, who cheered the training group on at the race. They also taught good habits of running and how to pace yourself.



The Chris Bond race started in 2006 when people decided to honor Chris Bond. Chris Bond was a former soccer coach at the high school and helped organize and lead community soccer programs. He was also a runner who ran marathons and half marathons, which is impressive. He encouraged many children to run. He taught his team members to be

respectful on and off the soccer field.

All of the proceeds for the race went to the Chris Bond Memorial Scholarship Fund, which goes to students to help improve their education. It goes to seniors who are active and interested in sports. The course was down South Street and back to the school again, and was pretty because of the changing fall leaves. Also, the course was USATF certified so it has a precise distance of 3.12 miles.

To all who did participate and help, great job! ■



## Home and Careers through the Eyes of Mrs. McCoy-Woods

By Allison Latini, 5th grade

What if I asked you, "What do you think Home and Careers is all about?" You might say cooking and sewing. And you would be absolutely right, but Home and Careers is more than basic life skills. In Home and Careers class, you learn about skills like fire safety, nutrition, Internet safety, rights/responsibilities, finances, green cleaning and digital skills. The main purpose of Home and Careers is to teach students the main skills of life—the skills necessary for managing a successful home and career.

Last semester, the 5th graders took their turn to explore home and careers. We made hummus and hardtack. I personally loved the hummus, but the hardtack was like burnt dough, it was so hard! We studied fire safety, we made posters and the Trumansburg Fire Department even came in and demonstrated a grease fire. Did you know that water does not put a grease fire out? It actually spreads the grease, making a bigger, more dangerous fire. The safe way to put out a small grease fire in a pan is to have a grown-up cover the pan with a tray to contain the fire! We also have finished learning about rights and responsibilities and Internet safety. The 5th graders will not get to sew this year, but hope to sew next year!

Mrs. McCoy-Woods has joined the Trumansburg School District for the second time now as a Home and Careers teacher

at Russell I. Doig Middle School. I found out a little bit about her Home and Careers background, and this is what I learned.

The main thing Mrs. McCoy-Woods wants students to realize is: "You can make a difference for yourself, others and even the world."

In Mrs. McCoy-Woods opinion, all schools should "absolutely" provide a Home and Careers class. If our school didn't offer Home and Careers as a class, students would miss out on "the basic life skills that you will need in or out of school for the rest of your life."

Mrs. McCoy-Woods had never taught Home and Careers before. She has taught in Trumansburg, Odessa, New Field and South Seneca schools. She has taught economics, computers, business, government and now Home and Careers. She taught at least 11 of this year's 5th graders' parents so far! She actually taught both of my parents!

STUDENT EDITOR-IN-CHIEF AND ILLUSTRATOR HANNA HERTZLER, JUNIOR

The Trumansburg Troubadour welcomes your feedback!

Please contact us with comments and story leads at:

Trumansburgtroubadour@gmail.com

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## Senior Interviews

By Emily Sheerer, 10th grade

High school can appear to be a challenge to those who have never experienced it before. The first few months of high school are a struggle, and represent a big change. Grades become something to be taken more seriously, along with the pressure to succeed in the hopes of getting into a good college. On top of stress from schoolwork and grades, there's drama with peers, and the problem for many students of trying to fit in and be "cool." Alongside these general struggles, we asked Charles O' Dickerson High School seniors a few questions, based on how they have survived high school so far.

A common struggle at Charles O' Dickerson High School seems to be math. Many seniors stated that they had a hard time learning material taught in classes. Others said that a teacher was the issue they were facing.

With high school comes difficulties and hard work. Procrastination becomes a problem as work piles up. "Keep all your work up and don't get behind, because it piles up quick," a senior responded when asked if they had any advice for current and upcoming freshmen.

"Work hard. It will pay off," says another senior, who admits that all four years of math have been really difficult. Aside from math, Charles O' Dickerson also brings a lot of great opportunities and a variety of electives to choose from, along with some other interesting classes. A lot of students spoke highly of the Trumansburg science department.

Some admitted to the science department being one of their favorite things about Trumansburg, and others admitted to favoring the caring teachers of the Trumansburg school district. A few students spoke highly of Mr. Clifford, one of the English teachers at Charles O' Dickerson.

Many seniors feel as if they made

some pretty good connections with their teachers throughout their high school years, and enjoyed the opportunity to be able to talk or work one-on-one with their teachers. "Most of the teachers are very kind and helpful with problems," another senior said. However, academics aren't the only struggle that the seniors faced throughout their high school years.

Many seniors had trouble "fitting in" at Charles O' Dickerson. They argued that the school is very small. "Since the school is so small, everyone knows everyone and there is not much room or opportunities to meet new people," a senior states about big struggles during high school. However, many students really enjoyed the school's small and tight community.

Many seniors wish they were more involved in activities during high school, and took advantage of the classes offered at Charles O' Dickerson. A few wished they had stood up against bullies. Bullying is a common issue in high schools. A number of students face bullying, along with the struggle of trying to find true friends. "Just be yourself and you'll be a whole lot happier. Those true friends will come around, just give them time," a senior who faced the struggle of finding people who they could confide in and trust recommends to freshmen and other students undergoing similar struggles.

The general advice that seniors had for current and upcoming freshman was not to worry, and enjoy high school. Don't put too much stress on yourself, or be concerned with what

other students think of you.

"Don't treat school like a joke. Go to school, do your work, don't slack off too much, and don't worry about what other kids think of you—most likely no one else cares," another senior says. "Try to get good grades every year because your freshman year actually matters when it comes down to applying to college."

A lot of seniors agree that they regret not taking their freshman year of high school seriously. On stressing about the future, a senior explains, "You don't have to go to college." It is important to accept every opportunity possible, and do the best you can for you, and not for others. "Take it easy" and make the best of it, the seniors conclude. ■



## A School of Fish in Our School

By Mary Cassidy, 4th grade

Here in Ms. Tilton's class, Room 39, we have gotten a fish tank. Our tank has a castle, a pink dragon and different types and colors of seaweed. We have blue pebbles on the bottom and a light so we can see what we're doing when we feed the fish. Each week we have different jobs in class. One of them is caring for the fish. We have special rainbow food. We feed and clean the tank.

Here are the types of fish we have. We have Tetras, a Dalmatian Molly, a Black Molly, a Sunburst Mickey Mouse Platy, and two others. We are not sure what kind the two others are. The Tetras are named the Tiny Twins

because they are really small. They are only the size of half a dime! The Dalmatian Molly is white with black specks and spots. Its name is Cruella De Vil. I'm sure you can guess why! Our Black Molly is named Cleopatra. Ms. Tilton named that one. The Sunburst Mickey Mouse Platy has a Mickey Mouse marking at the base of its tail. My classmates named him Bob. One of the unidentifiable fish is a plump yellow fish that we named Chubs. The other unknown one is Ghostie, a see-through fish. We can see his heart beating! Now you know about the new additions to our class. ■

## Home and Careers (continued)

I think this is awesome because I know my parents used what they learned from Mrs. McCoy-Woods and I will, too!

I hope you look forward to Home and Careers with Mrs. McCoy-Woods, especially you middle schoolers, because this is only a taste of all the fun stuff you will do this year! ■

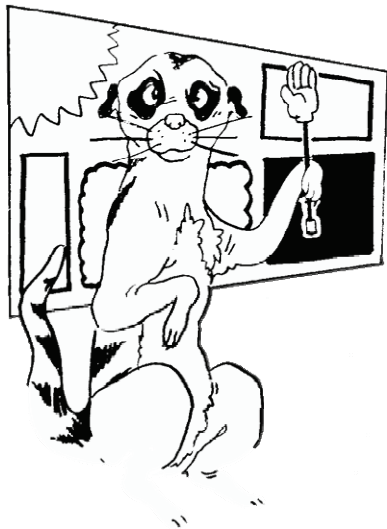




## Research Meerkats

By Keira Burton, 5th grade

1, 2, 3... Research Meerkats! In 5th grade, we read a book called "Freedom Crossing" by Margaret Goff Clark. And aside from reading that book, my two friends, Ella, Allison and I were asked to do a presentation about slavery and the Underground Railroad. Once we started our work to make the presentation we decided to call our group the... RESEARCH MEERKATS! We even made a cheer (as seen above). We had much fun organizing everything! We worked really well together!



The three of us agreed that one of the major things that made our group so successful was teamwork. We all remembered to check with our whole team before printing a picture to use or typing up a caption. Also, none of us fought. If we disa-

greed on something, we disagreed respectfully, eventually everything working out just fine, with nothing bad happening, and no hurt feelings. So all in all, teamwork was key for that project.

The Research Meerkats did a lot to make our presentation work. We spent many periods in school such as study hall and E.L.A. class working on our project. Much of our time was spent on the computer researching famous people associated with the Underground Railroad, such as Levi Coffin, William Still, and of course, Harriet Tubman. The three of us found pictures of Underground Rail-

road routes, food from that time period, and much more. We worked hard, but made sure to have fun every once in a while.

When we were ready to start putting everything together, Allison brought in the poster boards. It was time to put all of our hard work onto the boards, and boy,

was that fun! We surrounded ourselves with colored duct tape, glitter glue, and markers! We made sure not to let ourselves go overboard with all the materials, though sometimes we just wanted to give in and cover the two whole boards with glitter.

For a week we worked hard to make our posters look good. We again used teamwork to put our presentation together, making sure to check with everyone before putting something on the board.

Finally, the Research Meerkats were ready to present! The three of us were scared, but excited. We set the boards up; ready to begin the presentation we had worked on for weeks. 1, 2, 3... RESEARCH MEERKATS! We told the class all about supporters of the Underground Railroad and showed them picture of slaves working on a cotton plantation, routes of the Underground Railroad (we even got a big map of the routes from Mrs. Miller! Thank you Mrs. Miller!) and so much more! And at the end, we got something none of us had expected: a big cheer! With smiles on our faces, we stood in front of the cheering class, very proud of ourselves for what we had done.

Go Research Meerkats! ■

## Makers Club

By Eleanor Asbrand, 5th grade

Makers Club is a club where everyone is encouraged to come make art and other creative items. It is a very fun place to be crafty! The Makers Club is in the Russell I. Doig Middle school in the library on Tuesdays and Thursdays after school. It is held by Ms. Brisson and Mrs. Koeng.

We work on things such as cardboard arcade games and duct tape creations. Mrs. Koeng and Ms. Brisson let us tinker around with duct tape. Some examples of things people make out of duct tape are bow ties (everybody), water bottle holders (Arianna Elmore), and wallets (Lance

Lawton). We are going to start our cardboard arcade games unit. I think it will be a lot of fun!

This is a little bit of Makers Club history. There was a small group of Makers throughout the United States in 2006, but the movement grew partly because of President Obama saying, "Every child, a maker," in a speech in 2009. He said this to encourage students to study science, technology, engineering, and math (STEM) subjects.

Makers Club is a place where there is no expert. It is based around peer-to-peer learning, and it has come from the hacking culture. Hacking culture focuses on using things in a different way than they were made to be used. As the New York Hall of Science says, "From woodworking and plaster casting to electronics and 3-D printing, [the movement] encourages experimentation, open-ended exploration,

and believes that making mistakes is a great way to learn."

I asked Mrs. Koeng and Ms. Brisson some questions about the Makers Club at the middle school.

*What made you want to start a Makers Club group in the middle school?*

Ms. Brisson: I wanted to give students a chance to experiment and learn in a creative way.

Mrs. Koeng: I like crafts and projects so I wanted to join and help Ms. Brisson with it. We didn't know how many people we would get.

*What do you think about Makers Club? Is it too chaotic?*

Ms. Brisson: Chaos doesn't bother me. I think middle schoolers are energetic and I really enjoy that.

Mrs. Koeng: This year there seems to be



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## Beth Krause: New Food Services Director

By Katherine Farnham, 5th grade

In September 2015 a new food services director named Beth Krause joined the Trumansburg faculty. I asked her some questions about being a food services director and what she hopes to accomplish this year at Trumansburg Central School District. Below are the questions I asked her and the answers she gave me.

Q: Why did you want to be a food services director for Trumansburg schools?

A: I have been a school food service director since 1995 and I love what I do. I went to college to become a registered dietitian and my dream job was to run a school food service department. Part of my college experience was to work at the Walt Disney World College Program. This experience has led me to create theme days on the menu. Part of the theme days is to have fun where staff can make a connection with students while serving nutritious meals. Our next Theme Day is November 18th—"Happy Birthday Mickey." I know the staff at the elementary school are going to make it a fun day for students coming through the lunch line!

Q: How long have you been a food services director for Trumansburg schools?

A: I officially started here at Trumansburg in September 2015.

Q: What do you do as a food services director for Trumansburg schools?

A: As a food service specialist, I create menus, order food, train employees and watch our budget for food, labor, supplies and other expenses. I also go to the buildings and help our food service staff meet the needs of the students, whether they involve baking, serving, running the register or doing dishes.

Q: What is your favorite thing to do as the Trumansburg School District food services director?

A: I like creating new healthy menu items that the students enjoy eating. I ask students what they like and try to incorporate the menu items into the National School Lunch Regulations. I like the students to actually eat the food so they can concentrate on their studies the rest of the day.

Q: What changes have you made or hope to make to the lunch menu?

A: I have added more choices to the menu: we now have a salad bar in every building and more daily entrée choices. I watch what the students bring from home and ask them what they would like to see on the menu.

Q: Is the school lunch homemade?

A: A lot of the food here is homemade and is delicious! Every school has a salad bar with fresh veggies and fruits to choose from daily.

Q: How is the school lunch funded?

A: School lunch is normally self-supporting. This means that we do not receive any of the money collected from your local school tax dollars. Our income is derived solely from cafeteria sales and federal and state per-meal reimbursement. If there is a need to collect money from the local tax dollars it will be put out to vote with the normal school budget.

Q: Is there anything else that you think is interesting about the food program in Trumansburg Schools?

A: This year the school garden gave us Swiss chard to cook and serve to the students. The Trumansburg staff has been very willing to try new recipes and bake a lot of items from scratch. The food service staff works hard to please the school community.

Q: Do you try out new recipes for the food program?

A: We have been trying a lot of new recipes. Some of the recipes are from other school districts—which means they are kid approved!

I hope all of you learned more about our new food services director Beth Krause. ■

## Hangar Theater Project's 4

By Gillian Garrison, 4th grade



The Hangar Theater's Project 4 is where all fourth graders experience being in a play that is written by students. In all fourth grade classrooms, professional artists come to help us write a play. Every fourth grade class has an actor and a musical artist come to teach us the ins and outs of producing a play. On November 2<sup>nd</sup>, each class performed its own unique play at the Hangar Theater.

Mrs. Miller, a veteran fourth

grade teacher, has been involved with this project in the past. She thinks it is a good opportunity for fourth graders to use lots of skills. These skills include things such as reading, writing, acting,

math, poetry and speaking. "It's a team effort," she says. "There can be ups and downs of learning. You can have some good days of learning and some bad days."

"Holly Adams is an amazing, talented person," Mrs. Miller says. Holly is an actor who is the director of two classes. "She's really interested in the laws of learning.... With Holly we make our own original play and she lets us do the work." Mrs. Miller thinks we should have written our



song sooner rather than later, so we could have memorized the lyrics.

When I asked Mrs. Miller if there were any students she could see becoming professional artists, she said, "This is like planting a seed. You don't know how it will grow. So, even if no one will become a professional actor, it will become a hobby in your life." Through the years, there have been different changes in the Hangar Theater. For example, kids perform at the Hangar Theater itself. Kids used to perform only at the school.

Camilla Schade, a fantastic theater artist, works with kids around the Ithaca area. She started doing theater when she was young. "I realized when I was about eight or nine, [theater] was what I could do best," she said. Camilla was hired to do this project by one of her former students,

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## Makers Club (continued)

less students, but it is a good-sized group. I think we will be able to address more individual ideas.

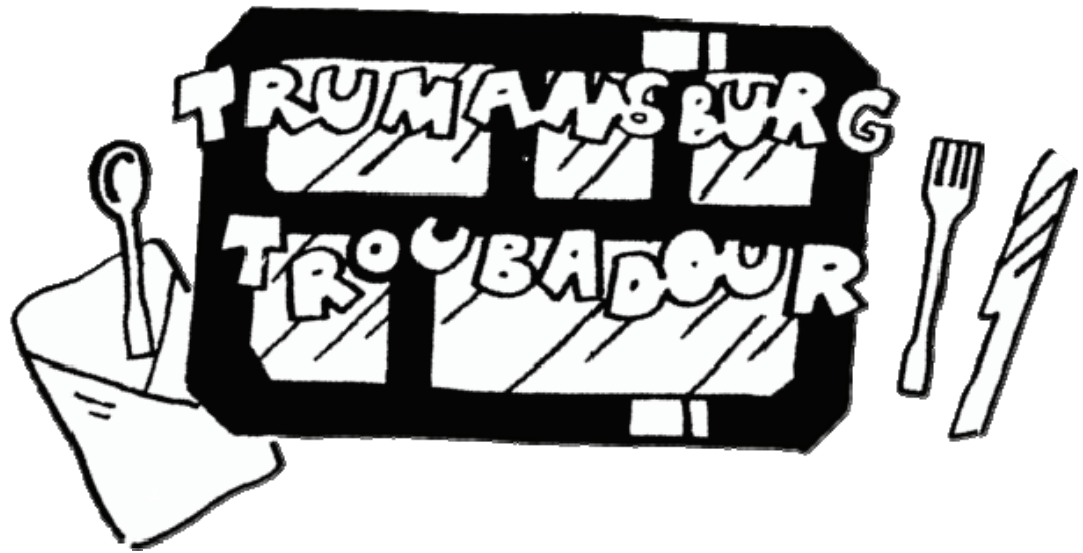
*What do you plan to do in the future with Makers Club?*

Ms. Brisson: I would like people to develop their own projects so they can chose a skill to work on.

Mrs. Koeng: I think we would like to see the kids do some long-term projects. It's hard to say where we're headed because it is student directed.

I asked two fifth grade girls from the Makers Club why they decided to join the club. Libby Tielens said, "Because the sign said 'Makers Club,' and I love to make things." Genevieve Fritz said, "My friend Ella said that it was really fun and that I should try it out sometime."

I hope you decide to join Makers Club when you get a chance. There is no sign up so just show up! ■



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TCS Foundation, Inc.

P.O. Box 486

Trumansburg, NY 14886-0486

contact@tcsdfoundation.org

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### Localvore Thanksgiving Club

By Alyssa Force, 7th grade

My name is Alyssa and I'm part of the Localvore Cooking Club. In the club I have learned a lot of new things. One of the things I have learned is how to make goat cheese, mozzarella cheese and butter at home the first week. I learned that it is really easy to make these things and it's a lot cheaper to do it yourself. The second week, Mrs. Brisson taught us how to make menus look nice so staff would want to buy the lunches. We learned new computer skills to do these things. We also learned very important things such as food safety and keeping your hands clean to protect the food.

My favorite part about the Localvore Club is when I see all the teachers are coming in to get their food and they have the biggest smiles on their faces. That's when I smile and that's what makes my day. The teachers always say "Thank you for all this food," and we even get to talk and hang out a bit in the library while they eat. When we cook, we always cook something new and it's always good to see everyone that cooks with a smile on his or her face and is excited and ready to cook.

When Mrs. Bryant cooks with us, she has to stay here after school. She gives up all her time to finish all the baking. She also cleans up all the stuff that no-

body picks up, but we are getting better at cleaning up too, so it's not all on her. I am thankful for Mrs. Bryant and when she gives up all her time for this. There are also a lot of my teachers who have now retired that come and help us. There are a lot of people helping with this club and that's what makes it so fun! ■



### Localvore Club

By Mari Wilson, 7th grade

My name is Mari Wilson and I am part of the Trumansburg Middle School Localvore Club. My favorite part of the club is the mystery vegetable. We put a mystery vegetable in some of the desserts. After tasting the dessert, people had to take slips of paper and guess what the mystery vegetable was. One time I thought that I tasted rutabaga, but it was really celeriac!

I appreciated the apple roses. The apple roses were pastries that looked like roses. You could top them with caramel sauce. I am going to help make them for Thanksgiving.

I liked it when my mom came and tasted the food. I was grinning. I felt joyful. My mom loved the cupcakes. The cupcakes were also part of my birthday celebration.

I researched a vegetable each week that was in our menu, then I shared what I had found with the teachers when they came for lunch. I learned a lot of facts about healthy eating. I even dressed up as the "Bean Queen" and talked to teachers about the nutritional facts of black beans.

I loved it when the club made mozzarella cheese. It is my favorite kind of cheese! We also made butter and goat cheese. ■



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## Localvore Club

By Donovan Lehto, 8th grade

I am a member of the Localvore Club, which is a club with people dedicated to eating food grown and produced locally. I like cooking. I also like when there is a mystery vegetable in the baked goods for the kids to guess what it might be. I like it because it's like a snack and I also like it because it's fun to guess what the vegetable might be. I did guess one right. It was a muffin with chocolate frosting with the pumpkin in it. It was fun peeling carrots and chopping apples with the peeler machine. We also suggested for the dish to have meat in it like chicken.

Matthew Schloupt started the club when we were reading "Omnivore's Dilemma" last year. The book is about eating healthy foods and buying ingredients from local farmers. I thought it was a good idea when Matthew suggested to make lunch for the teachers and have the kids help. This will be the last week for the whole project. It was fun when it was going on and I wish it would go on for a couple more weeks. ■



## Hangar Theater Project's 4 (continued)

who was running the program. She had just moved to the area when she was asked to help out. "I liked to create plays with others," she said. She was inspired first by her dance teacher in elementary school, and more and more by her high school drama teacher. Every time she hopes to do better than the time before. She's an artist who works hard every time.

Kids are the ones who make and perform the entire play. I asked Lucy Ouckama, a fourth grade student in Mrs. Miller's class, what this play inspired her to do, and she answered: "I'm not very loud in general, but when the play comes I might actually be loud." I also asked Lincoln Brainard (who's also in Mrs. Miller's class) the same question, and he answered, "I find I have more talent than I already do."

All the fourth grade students worked really hard to pull a play together in six weeks. "The plays were really interesting and fun to watch," Trina Garrison said. ■

## Localvore Club

By Matthew Schloupt and Alex Oliver, 8<sup>th</sup> grade

Matthew: The Localvore Club is a group of people that cook for the adults in the middle school in Trumansburg every Thursday. I came up with the idea by reading a boring book for me called "Omnivores Dilemma" by Michael Pollan. My teacher's name is Mrs. Bryant and she asked us, "What could we do that would make you interested in this book?" I told her I wanted to cook. I wanted to cook for the teachers to thank them for working hard—even when kids were misbehaving they still

went on teaching no matter what.

Mrs. Bryant also said other students could join if they wanted to and if their teachers were okay with them missing some classes, as long as they promised to make up the work. My best friend is Alex Oliver. We cook together with a teacher named Ms. Salib, our 8th grade science teacher.

Alex: I started by joining in and cooking on Wednesdays every week because my friend Matthew wanted me to join. I think

that anyone in the school could join if they wanted to. We come up to the library every Thursday, well, almost every Thursday, when Matthew and I want to. Cooking with Ms. Salib is fun



because she makes things fun and crazy. When we made cowboy cookies I got to use an electric mixer for the first time and it was so much fun!

Matthew: This week coming up is our Thanksgiving lunch—our last one for 10 weeks. At the end of the year we are going on a field trip in Ithaca. We are going to a food truck and we are going all over the place. It's going to be a blast. The Thanksgiving lunch was successful. We all had a fun time with the teachers and our classmates. ■



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The TCSD Foundation, established in 2006, is a non-profit with a mission to:

- **enhance** pre-K through 12 educational and extracurricular opportunities in the district;
- **forge partnerships** with friends of the Trumansburg Central School District;
- **raise funds and award grants** to foster personal growth and encourage excellence.



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