



Samoset Eagle

Cultural Awareness Assembly by Alexa C.

On Wednesday, November 12th, Samoset had a cultural awareness assembly. Ms. Schaffer's 6th grade class performed a Native American song played on the drums the students made. Tabytha Cooke, Taylor Beaury and Arianna Franz performed Irish stepping. Irish step dancing takes years of hard work. Each of the girls had at least three years of practice. Wonderful job girls! Samantha Pedneault, a black belt in karate, and Shayla Montalbo did some martial arts. It looked great. Mr. Gerrity's select orchestra performed a French song called Rondeau. Mrs. Kasper's select chorus did a Hebrew song. Laura Laureano sang our national anthem. Excellent work! Debbie Santiago sang a beautiful Spanish lullaby. Sunja Joseph performed a Haitian song. Everyone who performed did an outstanding job. Everyone has a different background and when we put all our backgrounds together it makes one great assembly. Thank you to all who participated. Also, special thanks to Mrs. Carlen and the guidance department for setting up this assembly.

Principal
Mary T. Cavanaugh
(Mcavanaugh@sachem.edu)

Assistant Principal
James Horan
(Jhoran@sachem.edu)



Ms. Cavanaugh
Taken By Joseph H.

Old Bethpage by Joe H., Michael F., and Gia R.

On December 3rd, the entire 7th grade class went to Old Bethpage. Old Bethpage is an old fashioned historical village. It has very old buildings that were restored and moved from places on Long Island. When we got there we met the "mayor" and he told us that we had traveled back in time to explore the wonders of Old Bethpage. We saw a blacksmith who makes metal tools, horse-shoes, hooks and door handles. He made an eye hook. We saw a hat maker who showed us how to make a hat from scratch from a skin of a beaver. We also saw a school where we got to do old fashioned work on a slate board, which is like a mini chalkboard. They did not have enough paper back then, so all of the school work had to be done

on slates. We went to the general store. That is where they hung out, gossiped, and met for information. They also had many things that you could buy. They gave us each a piece of candy. We went to the Noon Inn and tavern. It was the hotel and tavern that gave us root beer and pretzels. There was also a man who was demonstrating old traps and guns. He fired a musket. He also showed us how to make a toy from a string and a small piece of wood. Overall, it was a very cool place and we learned how life was like years ago.

Vitamin Water Nutrition By Kyle K.

Is vitamin water a healthier choice than plain water?

Vitamin water is fortified with various vitamins and other additives, including sweetener that adds calories to the drink. If you're eating a balanced diet or taking a multivitamin, you won't likely benefit from drinking vitamin water. If your trying to lose weight, the calories in vitamin water will only work against you. And if you have heart or kidney disease, the potassium in some types of vitamin water can be a concern. Too much potassium can interrupt your heart or kidney function. Remember, fruits,

vegetables and other whole foods are the best sources of vitamins and minerals. Of course, water, is important, too. If you don't care for plain water, try sparkling water or a squirt of lemon or cranberry juice in your water.

Look at the food label to the right.

Vitamin Water—B-Relaxed, Guava—Jackfruit flavor.

Look at all that sugar! Do you think that someone trying to lose weight is going to count on this? Wrong!!

Send questions or comments to room 347.

Serving Size: 1/2 bottle • 8 fl oz • 240 mL	
Amount Per Serving	
Calories 50	Calories from Fat 0
	% DV
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 13g	4%
Dietary Fiber 0g	0%
Sugars 13g	
NET Carbs 13g	
Protein 0g	0%
Vitamin A 10%	Vitamin C 40%
Calcium 0%	Iron 0%
Niacin 10%	Vitamin B6 10%
Vitamin B12 10%	Pantothenic Acid 10%
Unofficial Pts: 1	
Percent of Calories from: Fat-0% Carb-100% Protein-0% (Total may not equate 100% due to rounding.)	

Vitamin Water Experiment By Anthony A.

Anthony Andrade interviews Kyle Kilkenny and tells the Samoset Eagle about the experiment he plans on doing.

Q: What exactly are you going to experiment at Samoset?

A: I am going to determine weather we should keep our vitamin water machines. I plan on looking up the advantages and fall backs of vitamin water.

Q: How long is this experiment?

A: An estimated 2 weeks to a month.

Q: What inspired you to do this?

A: I saw that more students were going crazy over vitamin water.

Q: Do you think that the school should have vitamin water?

A: We should not have vitamin water because of frequent spills which effects the custodians jobs and it makes you more hyper.

Q: Over all, do you think vitamin water is healthy and why?

A: It may have a lot of vitamins that can help the body in different ways, but it has more than 1/3 of the sugar you need in your daily diet.

Q: How do you see yourself in the future?

A: I see myself in the future as a performer and possibly helping people with problems as a politician or psychologist.

Questions or comments?

Send your questions or comments to Anthony Andrade, Room 346.

Teacher Scramble

1) laxdnreaa _____

2) gin _____

3) ionbmga _____

4) dyoc _____

5) aabslmo _____

6) uaringo _____

7) hieaf _____

8) klac _____

9) epolu _____

10) ssaarko _____

11) itsmh _____

12) lelorm _____



Election Presentation and Mock Elections

by Laura L.



Our generation is experiencing history in the making! This year's election, regardless of the outcome, has already brought significant change to the face of our nation.

This election has given our first African American presidential candidate as well as an opportunity for women to participate in high government office.

Mr. McGovern and Mrs. Bartels spoke about both candidates in the elections presentation. Students who supported both Obama and McCain showed us that both candidates carry very different visions for America. Some of the issues in which they differ are Education, Health Care, the Economy, and Homeland security.

Education is extremely important and both candidates understand that. Senator Barack Obama supports high quality schools and will close low performing schools that do not give children the proper education they need.

Senator John McCain is determined to improve standards and funding for early childhood programs.

Did you know that a majority of Americans do not have health insurance? If someone gets injured or very sick and doesn't have health insurance, they may go bankrupt! Senator John McCain says that the government will make health care payments for low-income families. Senator Barack Obama says he will create a national health insurance program for people who do not have health insurance.

I think we can all agree that the economy is facing extremely difficult times. It hasn't been this bad since the great depression! Senator John McCain wants to eliminate wasteful spending by congress. Barack Obama has his heart set on helping struggling homeowners with their mortgages.

The war in Iraq is a really big issue. Senator Barack Obama opposed it

from the start. He wants to withdraw troops by summer of 2010. John McCain, however, was an early supporter of the surge strategy in Iraq. He believes that withdrawal should be based on defeating enemies.

As you can see, both presidential candidates have two very different views on the issues we face. It is a privilege to be able to witness a historic and critical moment in American History.

The students of Samoset Middle School had the opportunity to take part in the voting process. On mock election voting day students went to vote in the library for who they believe should be president. All the votes were sent to a centralized location for our school and national tally. Senator Barack Obama won by more than 60% of the votes.

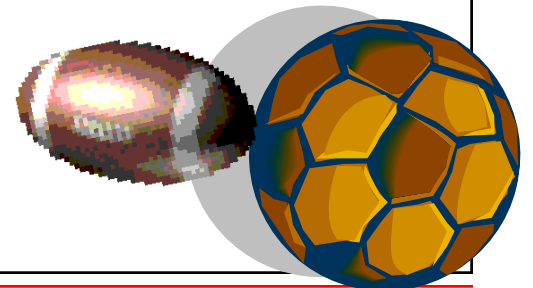
Fair Game!

By Anthony A.

When you are playing a game with your friends or at the gym or a sport game, you should always play several roles for your team. Cheering others on will help make the game more exciting. It may also help the player do well. Doing well can lead to success. The second role you should play is fair game. Never try taking control of your team even if you are team captain. Team captain is different from being the boss. When you are team captain you should help

your team out. If you ever become team captain do not yell at people or command people what to do. That will just lead to problems. The third role you should play is never yell at other players if they make a mistake. That can just make matters worse. Instead, correct the player. Try to help him or her out to become a better athlete. When you help her or him out, they won't keep on making the same mistake. The fourth role you should play is accepting every

person who joins your team. If the person may have some difficulty playing, you can help them out. Lastly, you should always shake on it. If you win or lose still think positive. Cheer on the other teams. Thus, always play a fair game with others.



Holiday Helpers

Around the holidays, Kaitlyn D. and Danielle M. worked very hard to bring a smile to a child's face while those children were in the hospital. They created an organization called Holiday Helpers and they collected toys to donate to Stony Brook Hospital. They made fliers, talked to neighbors and family, and bought toys with the money they raised. People dropped off toys at their houses. All together, they collected about 30 toys and books! "After dropping off all of those toys, we felt really good about ourselves, and also thankful for everything we have." said the girls. "It was so remarkable that so many people wanted to help bring holiday joy to others in there community. Next year, we plan on expanding our organization to

more friends that would be interested in helping us so we could spread the word more and more."



Danielle M. and Kaitlyn D.

Leaders Club



Samoset Leader's Club has helped with a lot of activities this year. One of the most important things they helped organize was this year's Giving Tree.

The students and staff were asked to bring in toys for children in our community that may not have received many presents around the holidays. Our "Samoset Family" was so generous with their giving. There were many toys, games and other gifts donated. There were even four bicycles and a scooter donated. In the tough economic times we face, it was really special to see so many people open their

hearts and give. Many families received extra gifts for their holiday season.

Spirit week was also run by the Leader's Club. Although we had a snow day on Monday of spirit week, it did not bring down the spirit of Samoset. Tuesday, we celebrated hat day and jersey day at the same time. You should have seen all of the jerseys in the hallways. Wednesday was mix-match day where people had to dress unmatched. Thursday was twin day. It is always fun to see so many people dressed alike. This year, many of the sixth grade teachers dressed alike. The week ended with team color day and Samoset Bowl. Although the teachers put up a good fight, the 8th graders pulled out a victory. Special thanks to Ms. Maione and her dedication to the Leader's Club for the past three years. She will be missed.

Mix it up at Lunch Day

By Anthony A.

On November 13, 2008 Samoset Middle School held Mix it Up at Lunch Day. Mix it up at lunch day is when students get an opportunity to sit at different tables and make new friends. There were many different countries that represented each table. Brazil, China, and Australia were just few of the tables that represented each table.

" I thought it was not fair that we had to sit at a table with children we do not want to," said Jacob

Hurd at fifth period lunch. I personally think it would have been better if the students got to choose who they wanted to sit with in order to make new friends. Also, the table I sat at only had about three other students while other tables had way more. " I thought it was a good first trial," said Mr. Shanahan. "I absolutely look forward to it again," he later added.

Ellis Island '08

by Lauren W.

Ellis Island was an amazing opportunity. It gave the students a chance to find out what their ancestors and immigrants went through to obtain a better life. The trip to Ellis Island was a lot of fun. To get to Ellis Island, we had to take a coach bus. We had to get to Samoset by 5:15 am. Everyone complained that 5:15 was too early, but once we got there, we were excited so it didn't really matter. The bus ride was around two hours long. For everyone's safety, we had to pass through a security check. After that, we went on a ferry to get to Ellis Island. Once we got to Ellis Island, there were many things to do. We were fortunate enough to have a beautiful day. The view of New

York City was unbelievable. One thing we got to do was look up our ancestors that crossed over Ellis Island. We learned more about our family than we ever thought we would. We also had the chance to find out what immigrants had to do to get their freedom. If the immigrants did not do what they did, who knows what our lives would be like today. On behalf of the 8th grade, I would like to thank all of the staff for giving us this amazing opportunity. It is something that we will remember for the rest of our lives.

Mrs. Fahie's and Mrs. Cody's Social Studies Class

Mrs. Fahie's and Mrs. Cody's social studies class recently completed a unit on China. The students showed what they learned by creating posters, writing poems or performing raps. Nick C. and Brendon C., who nicknamed themselves "the Shangsters" performed this rap.

The Shang

We're the Shang

The Shangster's

We've been hanging around since

The First Dynasty

Which means

We are a ruling family!



Samoset Idol



In Mid-December, 60 Samoset students courageously took the stage to try out for Samoset Idol. Students had to pick a song and sing about 30 seconds of the song in front of two judges from MusicIdol.org. The two judges narrowed down the 60 students to the top 42.

Guercio, Lorainne Diehl, Robert Conte, Kaleigh Frankel, Jamie Isaacs, Taylor Newsom, Holly Signoretti, Holly Cariello, Marissa Lehnert, Arianna Franz, Amanda Gerry, Mikaela Fieldstadt, Kyle J. Kilkenny, Kerisa Goris, Jordan Ahmed, Nahiyah Kahn, and Dominique Pillot. Three or Four Judges from MusicIdol.org will narrow the top forty-two to the top twenty.

On February 27th, the top twenty will take the stage again and perform in front of the judges, to once again prove they are Samoset's best singer. On that night they will be recognizing the top ten from Samoset. One winner will walk away with the knowledge that they are Samoset's Idol, and the ability to record a song in a professional recording studio. The top ten will also continue on to compete in Sachem Middle School Idol.

All proceeds made from this event will be donated to the Relay for Life Club (who will be donating the money to the American Cancer Society) and to purchase a flagpole for Samoset. Please come down and show your support to your fellow classmates!

On January 30th, the top forty-two will take the stage at 7 p.m., in the auditorium, to prove to the school and the four judges they are the best singer here at Samoset. The top forty-two performing are Paul Gagliardi, Sarah Liberti, Kaylee Gallo, Samantha Pedneault, Amanda Barone, Charu Mehta, Veronica Urbom, Taylor Ahmed, Kaitlyn Nealon, Louis Coppola, Caila Henderickson, Stefania Baglivo, Elliana Nunez, Chris Piro, Sunja Joseph, Danielle Miller, Alexis Peretti, Amanda Mullen, Wendiann Alfieri, Jessa Randazzo, Daniel DeLuca, Marialena Psaltis, Kaitlyn Mones, Deborah Santiago, Crystal Cast, Shelby

“TOP CAREER” MIDDLE SCHOOL CAREER NIGHT!!



Do you want to know how to be a “Top Chef” or have a “TOP CAREER”?

Successful career planning can help. **ALL** 7th grade students **and their parents/guardians** are invited to attend the 6th Annual Middle School Career Night at Samoset Middle School on **Thursday, April 23, 2009 from 7 to 9 pm.** Our theme this year is “Top Career”.

Students will be given a pre-registration brochure which will be filled out by the parent/guardian. The pamphlet will explain the evening's events. In essence, students will choose and attend three informational sessions by local career professionals. Parents will have an opportunity to hear presentations from career counselors and view the same online career websites used by their child in Career Exploration class. Those students in attendance will earn extra credit points from Career Exploration or Writing Lab class.

You are encouraged to participate in this worthwhile event by becoming an active partner in your child's education and future. Help your child learn about a “Top Career”. Make a date--mark your calendars--see you on **April 23!**



Remember--Only students with signed returned registration forms will be able to choose their three career presenters for Career Night.