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SCHODACK

CENTRAL SCHOOL DISTRICT



JANUARY 2012

Community Forums Start Next Phase of Merger Study

After 12 public meetings in nine months, the Community Advisory Committee will finish its work in January, ending the first phase of a Reorganization Feasibility Study between the Schodack and Ichabod Crane Central School Districts.

The next phase is expected to start in March with a report detailing what a merger of the two school districts would look like and public forums in each community. The Boards of Education will then decide whether to proceed with a community vote for a merger or to instead just consider shared services between the districts.

“It’s incredibly important for our communities to understand that a merger is not a done deal,” said Superintendent Robert Horan. “Even if both Boards decide to pursue a merger, the community will have the final say because community votes are required.”

Mr. Horan thanked the 30 members of the committee,

which is split up evenly between the two districts. The group has met every few weeks since May to examine and discuss data about the two school districts.

Their input will be used by a consultant group – paid for largely by a state grant – to issue a report. Instead of making a recommendation, the report will provide a detailed look at what a merged school district would look like if the communities voted to merge.

The report is expected to be completed in March with public forums in each community held in March or April. Details will be announced as soon as they are finalized.

Mr. Horan explained both districts have agreed to continue to take a deliberately slow approach to the study to ensure it is done in a thoughtful way. The next phase of communicating the results of the study with both communities will take a similar approach.

“The last thing we want to do is rush this process,” Mr. Horan said. “We want to ensure our communities understand the study and what a merger would look like before we consider asking them to vote.”

State law requires two community votes in each community before a school district merger can take place. If a vote were to occur, the districts have tentatively looked at the possibility of a first “straw vote” in June. If both communities voted to support a merger, a second vote would be required later in the year. If any vote was against a merger, it would stop the process. If approved by both communities, the earliest the districts could merge would be July 1, 2013.

For further information about the Reorganization Feasibility Study, please visit www.schodack.k12.ny.us, or call the district office at 732-2297.



Understanding New York’s Property Tax Cap Law

Did you know that New York’s Property Tax Cap Law does not cap a homeowner’s tax bill to a 2% increase?

Instead, the law that New York State passed applies to the tax levy — or the total money the district collects in property taxes — not a homeowner’s tax bill.

To help clarify exactly how the law that New York State passed works, the district has created a Property Tax Cap webpage with an informational publication, question and answer section, and more.

“We are very mindful of our community’s desire for tax relief. That’s why we have cut spending in each of the last three year’s budgets,” said Superintendent Robert Horan. “As we deal with the challenges the law presents for the 2012-13 budget, we want to make sure our community understands how the cap works.”

VISIT THE DISTRICT WEBSITE TO LEARN MORE: www.schodack.k12.ny.us

Students Join Together to Take on Bullying

Students from all three Schodack schools came together to stake on the issue of bullying at November's CES Monthly Morning Assembly.

"I think the students could really relate to the message, particularly because the assembly was a student-centered program with students talking to students," said Principal Jason Chevrier.

Speaking in front of their classmates, students reminded each other how they can prevent bullying by sounding familiar elementary themes: being kind to one another, being respectful of others, and encouraging them to think about how it might feel to be in someone else's shoes.

Students in K-Kids, a service learning program sponsored by the Kiwanis, performed a skit and shared information about their anti-bullying campaign at CES. The "Zip It" campaign, which is sponsored by FLY 92.3 and Adirondack Extreme, fights bullying by encouraging students to "Zip It" if they don't have anything good to say in an effort to combat bullying.

The campaign also includes a contest that

encourages parents and students to go online to read a pledge, sign it and submit it. The winning school will receive funding to help its anti-bullying programs. The middle school is also involved in the campaign.

To help show that older students support efforts to stop bullying, middle school and high school students involved in the Schodack-Castleton Community Partnership also presented at the assembly. Students performed a skit that delivered a message to students about the harm that making assumptions about others can have.

Middle school teacher and SCCP advisor Jacqueline Hill

explained the skit was based on training the students learned during a peer leadership conference. Students modified the skit so it resonated with the younger students.

"The elementary students were very responsive to the message the high school and middle school students shared," Ms. Hill said. "They love being involved in the community, especially when they have the chance to work with younger students."



District Explores Adding Solar Panels at No Cost

The district is exploring an opportunity to have solar panels installed on all three school buildings and at the bus garage at no cost to the district.

"We are waiting for approval from the state Education Department and NYSERDA but it appears that we'll be able to move forward with this," Mr. Horan said. "Not only would it reduce our costs but we plan to work photovoltaics and semiconductor technology into our curriculum for our students."

Mark Fobare and Steven Erby of Monolith Solar Associates, a solar panel company in East Greenbush, discussed their proposal with the Board of Education earlier this year.

They explained there would be no cost to the district because their company would own, install and maintain the solar panel system. In exchange, the company would sell the energy the solar panels create back to the district for 30 percent less than what National Grid charges.

"We're looking for a significant partner to work with and this is right in our backyard," said Mr. Erby. "We both get rewarded. The incentive is for us to build an effective system

that benefits us and you. We have to demonstrate to NYSERDA every six months the savings we're providing you."

The solar panel system would only generate a small percentage of the district's electricity. But the district would save about \$12,000 a year or approximately \$360,000 over the 30-year life of the system.

Monolith Solar has installed similar systems on other public buildings including the Rensselaer Public Library and the Schodack Highway Garage. Schodack CSD would be the first school district in the county to have solar panels.

The district also plans to integrate photovoltaics into school curriculum as a way to encourage students to get excited about science, technology, engineering and math (STEM).

Teacher Ken Malloy explained how elementary students could learn about green energy, middle school students could learn about electrons, and high school students could analyze the physics and trigonometry involved.

"I think it has applications across curriculums and grade levels," Mr. Malloy said. "I see it as almost limitless in opportunities and I look forward to those opportunities."

Join the Community Budget Advisory Team

For the fourth consecutive year, the district will organize a Community Budget Advisory Team to provide an opportunity for community members to get involved in the budget process.

Meetings are scheduled for January 11, February 8, February 29 and March 28. All meetings are held from 6:00 to 8:00 p.m. in the High School library.

Members of the Community Budget Advisory Team learn about the budget process, provide input on the budget, and act as key communicators by bringing concerns and questions from the community to the district and bringing budget information back to friends and neighbors.

If you would like to join the Community Budget Advisory Team, please call the District Office at 732-2297, visit www.schodack.k12.ny.us for more information, or simply show up to the first meeting on January 11.

Register Kindergartners Now

Parents of children who will enter kindergarten in September are encouraged to register them now at Castleton Elementary School.

Registration forms are available on the school website, www.schodack.k12.ny.us, under "Forms and Publications." Or you can call the school at 732-7755 to have registration forms mailed to you.

A child must be five years old by December 1, 2012 to attend kindergarten in September.

Registering your child now will ensure they are ready to start the 2012-13 school year on time. It also helps the school district plan for the 2012-13 school year by providing an estimate of how many students will enter kindergarten.



Middle School Comes Together to Read

To help get eighth graders excited about reading, faculty and staff at Maple Hill Middle School visited teacher Christine Fowler's class this December to read parts from the novel "Seedfolks".

Ms. Fowler explained that because the novel is told from different character perspectives, inviting adults to read along with the class seemed like a great way to engage students in reading.

"It's just more powerful this way," Ms. Fowler explained. "The students are fluent readers but having different voices for different characters made it stronger."

The novel by Paul Fleischman tells the story of a diverse community that comes together to transform a garbage filled vacant lot into a garden.

"The book is about building a community by building a garden and this seemed like a great way to build community in our classroom," Ms. Fowler said.

Adults such as Principal Michael Bennett, School Social Worker Fran Owen and teachers from all subject areas visited the class to read.

After finishing the book, students

had to write a report that discussed both the literal and figurative interpretations of the book. Ms. Fowler noted that the book encourages students to think about inferences, a key reading skill that students need to develop for 8th grade English Language Arts.

"It was great. The adults couldn't wait to come to read and the students enjoyed it too," Ms. Fowler said. "It was good for students to see that adults enjoy reading too. We weren't just doing a reading assignment. It showed that people enjoyed the book."



The Schodack Central School District provides continuing education

General Information and Registration

Eligibility — Registration is open to all residents of the Schodack Central School District. Nonresidents may enroll in courses on a space-available basis.

Senior Citizens — District residents who are age 60 or older may attend many courses tuition free or at a reduced rate. Courses that are not free or offered at a reduced rate are noted in the course description. All materials fees are the responsibility of the participant.

Continuing Education is self-supporting, with no bearing on the district's tax rate. It is only through the continuing support of the community that this program is possible.

Fees — All course fees must be paid by the first course meeting. Registrations are binding because financial commitments are made based on the number of registrants for each course. We are sorry, but no refunds will be made unless the class is canceled due to insufficient enrollment or the class is filled to maximum capacity. Each class must meet a minimum enrollment. If a course is canceled due to insufficient enrollment, or over-enrolled, notifications and refunds will be sent by mail.

Registration must be made in advance. Mail registrations are due by January 9. On site registration is held Thursday, January 5, from 6 to 7 p.m. in the Maple Hill High School lobby.

Early-Start courses — Please call or send in registrations now for early start courses.

To register, please fill out a separate registration form provided for each course, enclose tuition and any materials fee (if noted in the course description) with a check payable to **Schodack Central Schools to:**

**Director of Continuing Education
Maple Hill High School
1216 Maple Hill Road
Castleton, NY 12033-1699**

You will be notified only if a class is canceled.

Sports, Fitness & Fun!

** Please check with your physician prior to beginning any new physical activity*

YOGA I

Yoga I is for beginners who are looking for an introduction to yoga or people with experience who prefer a slower, more gentle class. This course is taught by White Lotus-certified Hatha yoga teacher Ellen Sadowski. Yoga I classes meet for eight weeks on Tuesdays from 7:30 to 8:45 p.m. beginning Jan. 10 in the CES auditorium (old gym). Tuition is \$60. No senior discount. Participants should wear comfortable clothes and bring a yoga mat.

YOGA II

Yoga II combines a range of postures from gentle to challenging. This class is designed to help you create a practice of stretches that strengthen the body and calm the mind. Students who want to further develop the style and pace that Ellen uses in her yoga classes should sign up for this class. Yoga II classes meet for eight weeks on Thursdays from 7:30 to 8:45 p.m. beginning Jan. 12 (no class Feb. 21) in the CES auditorium (old gym). Tuition is \$60. No senior discount. Participants should wear comfortable clothes and bring a yoga mat.

CARDIO KICKBOXING

Cardio-kickboxing is a workout that's fun for everyone! This class incorporates kickboxing-style cardio movement and toning exercises into a power-packed 45-minute class. The class is taught by Aileen Flach, who holds a BS in physical education and adult fitness. Classes meet for eight weeks on Mondays and Wednesdays from 7:30 until 8:15 p.m. in the CES auditorium (old gym). Classes begin Monday, Jan. 9 (no class Jan. 16, Feb. 20 or 22) Tuition is \$60. No senior discount.

OVER 30 BASKETBALL

There are a limited number of openings in Over-30 Basketball, which meets at 7 p.m. in the Middle School gym on either Monday or Wednesday evenings. The Monday night basketball program begins Jan. 9; Wednesday night begins Jan. 11. The cost of the course is \$50. Please call to register, as space is extremely limited. Coordinators for this program are also needed. If interested please call Theresa Hovish at 732-7701.

HALL WALKERS

Walk in a safe, warm place — Maple Hill Middle School! The middle school is open from

6:45 to 7:45 a.m., Monday through Friday, when school is in session, for district residents who wish to walk. The program is free and self-monitoring — walk when you wish, at a pace that is comfortable. Walkers no longer need to sign in and out, but will be issued a special visitor's badge to wear while in the building. To register and receive a badge, call Theresa Hovish at 732-7701.

AEROBIC DANCE AND FLOORWORK

Tone, strengthen and flex your body as you dance your way to better health. Also floorwork with optional pilates and miniball movements. Learn daily stress reducing and energy lifting techniques. Classes meet Tuesdays and Thursdays from 7 to 8 p.m. in the Middle School gym. Classes begin Jan. 10 (no class Feb. 21 or 23). Tuition is \$60. Register directly with instructor Debi Filkins at 708-9238.

CO-ED VOLLEYBALL

Join other intermediate players for an evening of fun and competitive volleyball play. This course offers no instruction, coaching or officiating — warm-ups and games will be self monitored. Players should play at an intermediate to advanced-intermediate level to participate and must wear kneepads. Volleyball meets for 10 weeks on Sundays from 6:45 to 8:45 p.m. in the High School gym beginning Jan. 8. Participants must pre-register by calling 732-7701 as class size is limited. Tuition is \$45 plus a \$2 materials fee. Single week play sessions are available for \$5 each.

ZUMBA

Are you ready to party yourself into shape? Zumba is an exhilarating, easy-to-follow, Latin-inspired, calorie-burning dance fitness program. Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Karilyn Tremblay has been a Zumba instructor for two years and a dance teacher for 10 years. Zumba requires no dance experience, but Karilyn's class is recommended for teens and adults due to the high energy dance moves she will teach you. Wear comfortable clothes, sneakers without a lot of tread, bring water, and get ready to join the dance party! Zumba classes meet for eight weeks on Tuesdays from 7:30 to 8:30 p.m. beginning Feb. 28 (No class on April 10) in the MHMS cafeteria. Tuition is \$60. No senior discount.

opportunities to promote lifelong learning in the community.

Jewelry Making, Cake Decorating and More!

BASIC JEWELRY MAKING

No prior experience is necessary in this basic level jewelry making course. During this fun and creative class you will learn to use basic tools, beading wire, findings, and a variety of colorful beads to create beautiful jewelry. Class lessons will focus on creating necklaces, bracelets, and earrings. Use your imagination and learn basic techniques to create special items that you make yourself. Price includes supplies. This class is taught by Tricia Spencer. Jewelry making is held for four weeks on Thursdays from 6:30 to 8:30 p.m. in MHHS room 213 starting on Jan. 26. Tuition is \$75 (supplies are included). No senior discount.

INTERMEDIATE JEWELRY MAKING

For those with some basic experience with jewelry making. Class lessons will focus on creating necklaces, bracelets, and earrings, with some wire wrapping. Use your imagination and learn basic techniques to create special items that you make yourself. This class is taught by Tricia Spencer. Intermediate Jewelry making is held for four weeks on Thursdays from 6:30 to 8:30 p.m. in MHHS room 213 starting on March 8. Tuition is \$85 (supplies are included). No senior discount.

INTRODUCTION TO CHINESE LANGUAGE AND CULTURE

This class explores the basics of Mandarin Chinese, the most widely spoken language in the world. Students will also learn about the simplified writing character system that is taught to all Chinese students in mainland China. Schodack Chinese Language and Culture Instructor Mark Hoyt teaches the course. Classes meet for four weeks on Wednesdays from 7 to 8:30 p.m. in the High School distance learning lab. Classes begin Feb. 7. Tuition is \$40.

CHINESE LANGUAGE AND CULTURE II

This four-week course is a continuation of Introduction to Chinese Language and Culture class. Students will continue to explore the Mandarin form of communication. Some basic knowledge of Mandarin Chinese is required. Schodack Chinese Language and Culture Instructor Mark Hoyt teaches this course. Classes meet on Wednesdays from 7 to 8:30 p.m. in the High School distance learning lab. Classes begin March 13. Tuition is \$40.

BEGINNERS CAKE DECORATING

This fun and easy class will teach you how to level and ice a two layer cake and make an assortment of flowers to decorate your cake. The course is taught by Karen Casey. Enrollment is limited. Classes meet for three weeks on Tuesdays from 6:30 to 8:00 p.m. starting March 6 in MHHS Room 203. Tuition is \$50. No senior discounts. Instructions and equipment lists will be provided at sign up. List of supplies: Tips: #3, 16, 21, 104 and 12 tips, #7 flower nail, two coupler sets, small box of decorator bags, and slanted spatula (needed for week 4).

BEGINNERS GUITAR

Intended for those who have never played (or practically never played), this course will start with the absolute basics and progress to simple chords and melodies, and the fundamentals of reading tablature (a written music form for those who don't read standard sheet music). The goal of the course is to give students a foundation for future learning, whether on their own or with additional instruction. Fee includes classroom materials. Any student who does not own a steel-string acoustic or electric guitar is encouraged to contact the instruc-

tor at help4beginners@musician.org for buying advice. Classes meet for eight weeks on Thursdays from 7 to 8 p.m. beginning on Jan. 19 (no class Feb. 22) in the HS chorus room. Tuition is \$75. No senior discount.

SAT I PREP CLASSES

The standardized SAT I exam is of great importance when it comes time for your student to enroll in college. Help your student prepare for this exam with our SAT prep courses. This year the SAT I exam will be held May 5 and June 2.

The math prep course will be taught by Maple Hill High School Math teacher Melissa Golden. Classes will be held on Thursdays from 6:30 to 7:30 a.m. from February 9 through April 26 (no class Feb. 23 or April 12) in MHHS Room 224.

The verbal prep course will be taught by Maple Hill High School English teacher Caitlin Donahue. Classes will be held on Tuesdays from 6:30 to 7:30 a.m. from February 7 to April 24 (no class Feb. 21 or April 10) in MHHS Room 138.

Tuition is \$50.00 per course; students can sign up for one course or for both. Students will need to purchase "The Official SAT Review Book" before classes begin. This review book is available at www.collegeboard.com, www.amazon.com, or at local bookstores; prices vary according to the store. Students must bring their school ID and Social Security number to the first class and pencils and loose leaf paper to each class.

The deadline to register for the May 5 SAT I exam is April 6; late registration is April 20 (late fee applies). Registration deadline for the June 2 exam is May 8; late registration for this date is May 22 (late fee applies). SAT II exams will also be held on May 5 and June 2.

Would you like to take a course you don't see offered? Would you like to teach a course?

Please contact the Director of Continuing Education with your ideas!

Call Theresa Hovish at 732-7701, or e-mail at thovish@schodack.k12.ny.us.

Free Financial Courses!

All one-night financial planning workshops offered at Schodack are taught by licensed financial advisors with the Halliday Financial Group in Albany. Workshops are all strictly educational – there will be no soliciting for any investments. All workshops are held in the High School distance learning lab, Room 113. Tuition is now free to all Schodack CSD residents. All participants must pre-register. For more information or to register, contact Theresa Hovish at 732-7701. For information about workshop topics, e-mail Frank Guiffre at fguiffre@hallidayfinancial.com.

UNDERSTANDING STOCKS, BONDS, & MUTUAL FUNDS

Learn the basics of stocks, bonds, and mutual funds, the true backbone of most portfolios. Discover how to use the internet and daily newspapers to track your investments. This course will help you understand the differences and the similarities of various types of investments. It will also show you how proper asset allocation will lower your overall risk. Understand the benefits of using mutual funds to build a balanced portfolio and help plan for a successful retirement. This course is strictly educational and there will be no attempt to promote any specific investments. Workshop is offered Feb. 13 from 6:30 to 8:30 p.m.

THE GOOD...THE BAD...THE ANNUITY

The Annuity or “personalized pension” as it is commonly referred to have been an investment vehicle long since insurance companies have been around. Years ago, the word “annuity” made people cringe. To this day the stereotype of high fees, illiquidity, and bad investments still linger. But there’s hope! The more recent annuities are now more revised, highly regulated, lower fees, and offer income guarantees. Learn about these new annuities compared to their ancestors and how the revisions of today can be carried forward with your older annuities. Topics discussed (but not limited to) will be: how an annuity works, fees of an annuity, the guarantee of income, the most updated revisions, the tax advantages of this investment, and how you can pass this legacy along to your loved ones. Workshop is offered March 5 from 6:30 to 8 p.m.

PAYING FOR COLLEGE WITHOUT GOING BROKE

Are you and your family sitting around the kitchen table wondering how you are going to pay for your children’s college costs? Are you concerned that you will miss out on all of the financial aid, grants and scholarships you deserve? If your answer is “Yes” then you cannot miss this workshop. We will discuss the following topics and more:

- Maximizing the college financial aid process
- How to avoid costly mistakes when paying the bills
- Avoiding scams that could cost you thousands of dollars
- Paying for college without sacrificing your retirement savings
- Finding the right college for your children and your budget

This one-night course will be offered March 28 from 6:30 to 8:30 p.m. Instructor is Jason Tabor from Halliday Financial Group.

PUT YOUR RETIREMENT PLAN ON THE RIGHT TRACK

Have you figured out how to triple your income during retirement? Most retirees derive their income from three primary sources: Social Security retirement benefits, qualified retirement plans, and individual savings/investments. We will show you ways to figure how much retirement will cost and provide strategies during your accumulation years to reach that goal. This course will define specific retirement plans and offer strategies in order to meet your goals to live a long, comfortable retirement. This one-night course will be offered Monday, March 19 from 6:30 to 8:00 p.m. Instructor is Frank T. Guiffre from Halliday Financial Group. Feel free to email fguiffre@hallidayfinancial.com for more course information.

Continuing Education Registration Form

Please use a separate form for each course. Payments may be combined. Make check or money order (no cash through the mail, cash is OK at on-site registration) payable to Schodack Central Schools and mail to: **Director of Continuing Education, Maple Hill High School, 1216 Maple Hill Road, Castleton, NY 12033-1699.**

Name: _____

Address: _____

Email (optional): _____

Telephone (home): _____ (work): _____

Course Title: _____

Tuition: _____ Fees (if any): _____ Total: _____

Resident of Schodack Central School District: Yes No

All information must be completed (address, including zip code, etc.) before this registration can be processed.

Earn College Credits at MHHS

As part of the district's efforts to utilize available classroom space and provide opportunities for our students and community, Hudson Valley Community College is offering an evening math class starting January 23 at Maple Hill High School.

The four-credit course Math 150 College Algebra with Trigonometry will be offered Tuesdays and Thursdays from 6:00 to 8:10 p.m. from January 23 – May 10.

Maple Hill High School encourages interested students to take advantage of this opportunity to get a jump start on college by earning college credits at their school. Community members interested in taking the class are also welcome to do so. The district is also discussing with HVCC the possibility of adding an introduction to semiconductors class. For more information, visit the district website at www.schodack.k12.ny.us or call Hudson Valley Community College at 629-7338.



Students Draw Self-Portraits in Art Class

Tamarac High School students created self-portraits as part of their Drawing and Painting art class this year.

Art teacher Theresa Hovish explained students based their self-portraits on photorealism, an art movement that students studied this year.

Photorealism, Ms. Hovish explained, is based on using cameras and photographs to gather information and then creating a work of art that appears photographic. It was a reaction against abstract expressionism and grew out of pop art.

To see more samples of student artwork, visit the district website, www.schodack.k12.ny.us.

Hosts Sought for Foreign Exchange Students

Maple Hill High School is seeking families who may be interested in hosting an international exchange student or sending their own student abroad.

Each year, about 8,000 students from more than 100 countries and geographical areas participate in student exchanges through the Rotary International Youth Exchange program.

The program is open to students ages 15 to 19 and usually lasts 10 to 12 months. The student lives with more than one family in the host country and is required to attend school.

Most exchange students live with two or three host families during their 10-month stay in Schodack. That means students typically live with a family for anywhere between three to six months.

"For many decades, Maple Hill High School has had a very successful exchange program that hosted as well as sent our own students abroad following their senior year," said teacher Mark Hoyt. "There are a handful of us here at Schodack that are trying to keep this fantastic cultural education functioning but we need the community's help to do so."

For information, please visit www.schodack.k12.ny.us or call Mr. Hoyt at the High School at 732-7701.

District Seeks Volunteers Interested in Foundation

The district is looking for community members interested in volunteering to create an educational foundation to support Schodack schools.

In October, a dozen members of the community gathered together in the High School library to discuss the possibility. Superintendent Robert Horan organized the meeting after hearing from residents who were interested in the idea of a foundation to help provide an additional funding source for the district.

Ralph LaMontagna, President of the Averill Park Educational Foundation, spoke to residents at the meeting. He explained their Foundation was created in 2001 by a small group of residents who wanted to help fund programs that the district could no longer afford.

"Our goal is to enhance the cultural and educational experiences of all the kids in the Averill Park School

District," explained Mr. LaMontagna. "We are a group of folks just like you."

The Foundation is run by unpaid volunteers and qualifies as a non-profit organization. A Board of Trustees considers funding requests for projects or events typically suggested by teachers.

To raise money, the Foundation hosts a number of events, such as an annual fundraising dinner and golf tournaments. The Foundation also receives donations from residents who are interested in funding specific initiatives.

If you or anyone you know is interested in joining efforts to create a Foundation for Schodack schools, please call the district office at 732-2297.

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Castleton-on-Hudson, NY 12033

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Students Help Those in Need During Holidays



Students at Schodack CSD helped those in need enjoy the Thanksgiving holidays by volunteering to help Equinox, a non-profit agency that provides free meals.

The Maple Hill High School boys' varsity basketball team helped by volunteering at Equinox a few days before Thanksgiving and preparing stuffing and butternut squash. MHHS teacher and coach Scott Hanrahan noted students also provided lots of good will and entertainment by singing the entire time they were there.

Students at Castleton Elementary School also helped out Equinox by creating greeting cards to go with meals that volunteers pack for those in need. "The volunteers that deliver the dinners will deliver our warm wishes with the meals," said art teacher Suzanne Paziienza. "These child-art cards are sure to be uplifting and bring a smile to the recipients."