

# NEWSLETTER

**INSIDE THIS ISSUE:**

<i>Police Chief Kilcullen</i>	1
<i>Sole Hope</i>	2
<i>Being Fit</i>	2
<i>Dunkin Donuts</i>	2
<i>Campus Chatter</i>	3
<i>The Meadows</i>	3
<i>Birthdays</i>	Back
<i>The Ethics of Work</i>	Back

## Law and Order

By Aly Hyjek

I recently had the pleasure of sitting down with Rutland’s new police chief, Brian Kilcullen. Kilcullen is originally from Schenectady, New York and was with the Schenectady police force for over 20 years. Kilcullen moved here two years ago to take the office of police chief in Rutland City after Officer Baker retired. Kilcullen says the police chief is responsible for “creating an atmosphere of safety and service for the public.”

Kilcullen says he chose this line of work because many of his friends and family members had been involved in public safety and he wanted to give it a try. When he was younger, he wanted to be a spy; now he says there is not one day where he wakes up and dreads going to work. However, things can get complicated on the job. The most complicated thing, according to Kilcullen, is responding to crimes that are tough to solve. He says it can be frustrating when you can’t come to a conclusion on a case. However, it is all worth it in the end. As Kilcullen says “ Being able to provide a service to the community that satisfies most people is a very rewarding job.” In his free time, you can find him doing various outdoor activities such as skiing, hiking, and camping. He also plays in a men’s basketball league. In fact, one person who inspires Kilcullen is basketball coach Pat Riley, who also happens to be from Schenectady.



**Rutland City Police Chief Brian Kilcullen**



Kilcullen tries to live by the quote: “Work hard, do the right thing, and everything else will fall into place.” Ed Catino said these words at a Sports Hall of Fame ceremony in Schenectady and the idea has really stuck with Police Chief Kilcullen. I asked Kilcullen what advice he would give to younger people who are passionate about going in to this line of work. He responded, “You have to have an appreciation for your community. Remember that everything you do today affects your future and your future career.”

## Sole Hope-Global Issues Network Conference

By Brianna Sauve

Howe Center Campus is excited to participate in a campaign of global hope. Students researched various ways in which they could help solve a global issue. The mission of Sole Hope fit that bill. As a part of this year's Global Issue Network (GIN) Conference, the Howe Center will hold a party, a shoe-making party.

Sole Hope is dedicated to creating healthier lives devoid of foot-related diseases for people in impoverished countries. Sole Hope is based primarily in Uganda, where they combat the parasite known as a jigger. Jiggers crawl into your skin and create wounds in the flesh. Jiggers eat away at the skin, laying multiple eggs that cause infection. Since many families are unable to afford shoes to help protect their feet, jigger infestation continues to be a problem in Uganda. Once an infestation has occurred, soaking your feet in alcohol or another type of disinfectant is the only way to treat the disease. Cutting out the jiggers is a painful process and often all the jiggers cannot be removed in one sitting.

In an effort to stop jigger infestation before it begins, Sole Hope seeks individuals interested in holding a shoe-making party. By collecting old denim jeans and rinsed out milk jugs, students at the Howe Center will create the top parts used to make shoes for the Ugandans. Once the material is collected, cut out and packaged, it will be shipped to Uganda, where the locals have been trained to make the shoes.



## Becoming Fit

By Aly Hyjek

During the third quarter, students from the Howe Center Campus partook in a personal fitness strength training program at the Rutland Gymnasium. The students trained with a certified instructor, Josh Moore, as part of the course. The Gymnasium offers first rate cardio equipment such as: elliptical machines, treadmills, rowing machines, stationary bikes and heavy lifting equipment. One of the students, Emily Whittemore, said she enjoyed being able to work out in this facility. She said it was perfect for getting the blood flowing and getting you energized for the day. If you're interested in a personal fitness program and aren't sure where to start, you can always sign up with a personal trainer who will work with you to create the perfect routine.



## Dunkin Donuts

By Rhea Casiano

If you ever visited a Dunkin Donuts you will know it's a fast-paced environment. Howe Center Campus student Kameron Stuhlmuller works at Dunkin Donuts. He likes working there because of the fast pace. He works at both locations in Rutland, on Woodstock Avenue and on West Street. Kameron works an average of 20 hours a week. He also likes working at Dunkin Donuts because he says the other employees are nice. He used to work at another fast-food restaurant and says Dunkin is an easier company to work for. Kameron says "If you don't have the patience to deal with rude people, then you shouldn't work at Dunkin Donuts or in food service." Kameron primarily works at night. He says he also doesn't have to just stand and wait on people, there is a lot of cleaning to do. The morning shift is very busy at Dunkin Donuts, so the night people need to make sure that the day shift walks in to a clean working space or everyone will fall behind.



## Campus Chatter

By Aly Hyjek

What is your opinion of the Women's March that took place on January 21st?

Women just wanted to be noticed. They wanted people to hear them and what they had to say. I think the huge crowd had potential.

Brianna Sauve



I'm extremely proud of the people who chose to march for women's rights. It is definitely still an issue and I think the march brought a lot of awareness to it. I wish I could have been there to participate in it.

- Sam May-Amerio

I don't have anything against the Women's March, I just think some of the people participating think that it's about women being superior to men instead of being equal, and that's not what it should be about.

-Thomas Turner Walker



## The Meadows

By Rhea Casiano

I work at The Meadows, located on Gleason Road near the Rutland High School's main campus. My job is to take care of the residents, which means feeding them, bathing them, and making sure they are safe at all times of the day. My work schedule ranges between four or five days a week, including weekends. I work the 2:00 p.m.—10 p.m. shift. The work schedule is consistent, so my shift never changes unless they ask if you can come in. I'm considered as .9, which means I work 72 hours in two weeks, making \$10.50 per hour.



I absolutely love and enjoy this line of work. Going in to work makes me feel good, knowing these residents have someone to help and care for them 24 hours of the day. In all honesty, once you "get the hang" of working at The Meadows and understand the routine, it's not as difficult as you would think it would be. I love working at The Meadows because I love their set-up and how they treat their residents. Mostly, I appreciate how they try and make the residents feel like they are in their own homes. I would recommend this job to any person who loves taking care of the elderly and wants to do this type of work.

## McDonald's

By Brianna Sauve

Both Dakota Mitchell and Vanessa Cable work for McDonald's fast food restaurant chain in Rutland. Vanessa works at the location on Main Street, while Dakota works at the Woodstock Avenue location. Both say they like the people they work with are the best part of their jobs. Dakota doesn't like being in the drive-up, first window, while Vanessa says she doesn't like this type of work at all. Dakota believes that success at McDonald's means working hard, staying focused, and being vigilant. Vanessa just wants to work there until she graduates from high school and can find better full-time work.



## Important Dates:

### SAT

May 6th  
June 3rd

### ACT

June 10th

### Holidays & Vacations:

#### Spring Recess:

4/17th—4/21st

#### GIN Conference:

April 6th

#### Memorial Day:

May 29th

#### Graduation:

June 15th

# Birthdays

## February

Vanessa Cable— February 15th  
Kayla Cook— February 21st  
Alyssa Hyjek— February 23rd  
Hannah Bell— February 24th  
Elizabeth Pelletier— February 28th



## March

Shawn Davis – March 14  
Gavin Ezzo – March 17  
Cheyanne Graham- March 25  
Jenn McLemore - March 29  
Branden West – March 29

## April

Calibe Casiano – April 13  
Ray Bostock – April 15  
Macey Lerman- April 24  
Kameron StuhlmueLLer – April 24  
Jordan Klein – April 28

## The Ethics of Work

By Rhea Casiano

Although people say working at a young age causes stress, distraction from academics, and may cut childhood short, I believe working at a young age is a good idea. There are many advantages young workers have over those who wait to get their first job. The job not only helps build a resume, it also helps you acquire a good work ethic and teaches you time management skills. The job also is constructive use of free time. I know my job has helped me gain confidence, responsibility, and independence. Most importantly, a job helps you learn how to budget your money. I think people should put effort in to becoming employed at a young age. Even if your parents disagree, try and talk with them and explain to them why working at a young age is a good idea. You will be happy you did.

