



Observer

Bringing News Close to Home

FAREWELL 2016 OBSERVER STAFF!



Alfred University
Athletic Training

Alfred State
Liberal Arts & Sciences

Wingate
FOOTBALL
CRIMINAL JUSTICE

Daemen
College

ALFRED STATE
Human Services

KEUKA
COLLEGE
Physical Therapy

Alfred State
Liberal Arts & Sciences

Alfred State
Computer Science

?

SUNY GENESEO
Pre-Medicine

My Goal is To
Make Video Games

Jamestown Community
College
Liberal Arts/
Social Sciences

University of
Pittsburgh at
Bradford
Sports and Recreational
Management

University of Akron
Mechanical
Engineering

Alfred State
Radiologic
Technology

Alfred State
Liberal Arts & Sciences, Social
Sciences

Alfred State
Human Services
Management

THE COLLEGE OF
WOOSTER
UNDECIDED

ALFRED STATE
Business
Administration

St. Bonaventure
University
Finance

PACE
UNIVERSITY
International Business



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Gracen VanDyke
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Mrs. Turner
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Joe Kenyon

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Letter from the Staff

Dear Readers,

At some point in the year, every senior reflects on their time in high school. They cherish fun memories made with classmates and teachers, and turn their gaze towards their future.

The final edition of the *Observer* provides an underlying theme: the Class of 2016. We hope you enjoy reading the inside scoop on the seniors from Alfred-Almond. You can find favorite memories on and off the field, teacher comments on the graduating class, senior advice for underclassmen, and the seniors' plans after high school.

We have also included some exciting activities to do over the summer, such as concerts, new local restaurants to check out, and challenging workout apps to keep you motivated. As graduation nears, the *Observer* staff wishes all a fun, safe, and relaxing summer.

Sincerely,

Brooke McCaulya Jefferds

Have an idea for the paper?

Contact the Observer staff:

- cooke@aacssapps.com
- kenyonj@aacssapps.com
- mbacker@aacssapps.com
- mturner@aacssapps.com

Mission & Vision

Bringing News Close to Home

Our mission as *The Alfred-Almond Observer* is to become a high quality source of informative and entertaining news that relates to the members of the Alfred-Almond community. The goal for the paper is to expand the knowledge of our readers and to contribute to the development of a more informed community.

Observer Staff

Editors-in-Chief	Joe Kenyon
	Caitlin Cook
Copy Editors	Kylie Faulkner
	Taylor Fox
	Mathew Mayes
	Priya Rao
	Gracen VanDyke
Photo Editors	Levi Bayus
	Hannah Henderson
Public Relations Manager	Brooke Jefferds
Design Manager	Kelsey Cline
Project Managers	Darnell Watson
	Bailey Comer
Ad Manager	Levi Lawrence
Technology Advisor	Dylan Dirlam
Sports Advisors	Noah Holmok
	Dylan Thayer
Staff Writers	Elizabeth Allen
	Michelle Feenaughty
	Paige Schmidt
	Tyler Vecchio
Advisors	Mrs. Backer
	Mrs. Turner



Announcements

By: Levi Bayus - Photo Editor

June 7, 2016 - School Locker Clean Out during activity mod.



June 8, 2016 - Spring Sports Awards at 7:00pm in Auditorium.



June 13, 2016 - Last Day of School for Grades 7-12 students.



Alfred-Almond Class of 2016 Valedictorian and Salutatorian. Congratulations Priya and Jesse!



Schedule for [Regents Review Dates](#) here with time and place.

Regents
Review

June 14-22, 2016 - Regents Exams Begin; only 7-12 grade students taking exams should report to the high school gym.

June 13, 2016 - All late or overdue library books and classroom textbooks should be returned.



June 22, 2016 - Graduation Rehearsal at 12:45pm.



June 25, 2016 - Graduation at 2:00pm.

June 30, 2016 - Report Cards for Grades 7-12 will be Mailed Home.



June 1 Wednesday	June 14 Tuesday	June 15 Wednesday	June 16 Thursday	June 17 Friday	June 20 Monday	June 21 Tuesday	June 22 Wednesday
8:00a.m.	8:00a.m.	8:00a.m.	8:00a.m.	8:00a.m.	8:00a.m.	8:00a.m.	8:00a.m.
Algebra II (Common Core)	RE in Global History & Geography	Living Environment	Algebra I (Common Core)	Physical Setting/Earth Science Algebra 2/Trigonometry	RCT in Mathematics	Physical Setting/ Chemistry RCT in Global Studies	RCT in Writing
	12:00p.m.	12:00p.m.	12:00p.m.	12:00p.m.	12:00p.m.	12:00p.m.	12:00p.m.
	RE in English Language Arts (Common Core)	RE in U.S. History & Government	Comprehensive English	Geometry (Common Core)	RCT in U.S. History & Government	Physical Setting/ Physics RCT in Reading	RCT in Science



After High School

Alfred State

SUNY College of Technology

- Hunter Clark
- Kelsey Cline
- Bailey Comer
- Dylan Dirlam
- Kylie Faulkner
- Alec Gray
- Hannah Henderson
- Noah Holmok
- Brayanna Ormsby
- Ian Powell
- David Sieczkarski
- Gracen VanDyke
- Darnell Love Watson
- Alyssa White

By: Darnell Love Watson
Project Manager

Time for the eagles
to leave the nest
and start their
lives!

FAYETTEVILLE TECHNICAL
COMMUNITY COLLEGE

Jordan Fleishman

GENESEO

Priya Rao

JAMESTOWN
COMMUNITY
COLLEGE

Michelle Feenaughty
Dathan Davis



KEUKA
COLLEGE

Elizabeth Allen

Alfred University

Paige Schmidt
Jarid Barron

The
University
of Akron

Taylor Fox

LINCOLN TECH

James Steere

CHAMPLAIN
COLLEGE

Emily Kokot

MACALESTER COLLEGE

Jesse Crosby

DAEMEN

Levi Bayus
Lily Cook



MESSIAH
COLLEGE

Leah DePra
Aeowyn Kendall

2
0
1
6



2

0

1

6

Monroe Community College

Lucas DePra



Erin Smith

NYIT

NEW YORK INSTITUTE OF TECHNOLOGY

Marilyn Prigmore



PACE
UNIVERSITY

Brooke Jeffers



University of Pittsburgh
Bradford™

Dylan Thayer

ROBERTS
WESLEYAN COLLEGE

Savannah Lee

Rochester Institute of Technology

Logan Calkins

UNIVERSITY OF
Rhode Island

Laura Sweezy



ST. BONAVENTURE
UNIVERSITY

Caitlin Cook



Aven Sage

Undecided

Mitchell Vecchio
Tyler Vecchio
Kaitlyn Stebbins

U.S. MILITARY

Casey Young

Whatever Makes
 Me Happy

Joe Kenyon

WINGATE
UNIVERSITY

Levi Lawrence

THE COLLEGE OF
WOOSTER

Mathew Mayes

Work

Justin Dodge
Maggie McMichael



Brandy's Cup of Joe

By: Priya Rao- Copy Editor

A brand new coffee shop has arrived in Maple City! Brandy and Joseph Grenthal, a husband and wife team, opened the shop on May 11. Aptly named Brandy's Cup of Joe, the shop offers typical varieties of coffee, espresso based drinks, as well as hot chocolate, teas, smoothies, pastries, and pies. Baked goods made by local baker Cynthia Hornbeck, including her famous cookies, will be available on Wednesdays and Thursdays.

The Grenthals wanted to have a coffee shop that evokes a very inviting atmosphere. To achieve this, they have a local artist of the month, a quote of the day, a chalkboard for people to draw on, and books that people can take and bring back. Joseph Grenthal stated, "I've always enjoyed the art, aromas, and ambience of a coffee house...I enjoy the infusion of culture, especially in a small town and small business." Along with their determination to provide amazing coffee, they are focused on offering friendly service and affordable prices. Many Alfred-Almond students have praised its affordability, quality taste, and accessible location. However, a common criticism is that it closes too early, making it difficult for many to go to the shop, especially students with sports practices after school.

Brandy's Cup of Joe will likely be a guilty pleasure for coffee lovers! If you haven't yet, check out this new local business!



“ I enjoy the infusion of culture, especially in a small town and small business. ”



Brandy's Cup of Joe *The coffee shop owners are ready for business.*
Photo from eveningtribune.com

Location
12 Maple Street, Hornell NY
(former site of Cynthia's Cookies)

Hours
6 a.m. to 5 p.m. Mon. through Fri.
8 a.m. to 3 p.m. on Saturdays
8 a.m. to 2 p.m. on Sundays

Future Plans

- Alfresco seating by the creek side
- Adding soups and sandwiches to the menu
- Roasting own coffee beans on site

Review from Alfred-Almond's Coffee Expert

I consider myself a Café Connoisseur... simply because I have lived in France. Once you've experienced a real cup of French brew, the coffee in America is, let's say, less than perfect. Mr. Calkins prefers to call me a "Coffee Snob."

In regards to Brandy's Cup of Joe, I am impressed. The service is excellent and consistent. Prices are much lower than Terra Cotta and the atmosphere is quaint and cozy. Coffee is fresh and blended beverages are lovely (no large chunks of ice to get stuck in your straw). There is an overabundance of choice too.

I rate it a 4 out of 5 stars...I would give it a 5 if it was located in Paris, France, but I may be asking a bit too much!

-Madame Calkins

The Cafe is...

- Across from Steuben Trust
- Located on the road where the driver's license test starts
- Located near Hornell High School



Farewell Senior Athletes

The spring season is coming to a close and so are the high school athletic careers of several seniors. So, we asked them a few questions about their experiences on the team and what they will miss about their spring athletic career.

How long have you been on the varsity track, baseball, softball, or tennis team?

Boys Varsity Track:

- Joe K-1 year
- Darnell W-3 years
- Levi L-5 years
- Matt M-4 years
- Jesse C-3 years
- Hunter C-5 years
- James S-4 years
- Alec G-5 years
- Lucas D-3 years
- Logan C-2 years
- Dylan T-4 years

Girls Varsity Track:

- Caitlin C-4 years
- Marilyn P-4 years
- Paige S-3 years
- Kelsey C-3 years
- Kylie F-1 year
- Laura S-4 years
- Savannah L-3 years
- Brayanna O-5 years

Baseball:

- Noah-4 years
- Levi B- 4 years

Softball:

- Elizabeth A- 4 years
- Bailey-3 years
- Alyssa W-3 years

Tennis:

- David S-4 years
- Casey Y-4 years



What is your favorite memory from your spring sport athletic career?

Boys Varsity Track:

- Joe K-Spending meets with friends and GF.
- Darnell W- Breaking my hip and finishing the race.
- Levi L- Breaking the 4x800 and 4x400 records in the same meet.
- Matt M- Breaking the 4x800 record twice.
- Jesse C- Hurdling in the rain.
- Hunter C- 2014 and 2015 state quals.
- James S-Almost hitting a girl with the discus.
- Alec G-Breaking the record in 4x400 and winning sectionals.
- Lucas D-The New Track and making counties.
- Dylan T-Qualifying for sectionals for Pentathlon.

Girls Varsity Track:

- Caitlin C- State qualifiers 2014+2015.
- Marilyn P- Trying high jump for the first time.
- Paige S- Making automatics for long jump my first year.
- Kelsey C- Doing steeplechase in sectionals.
- Kylie F- Making it to counties for shot and disc
- Laura S-Breaking the school 4x400 record at John Reed.
- Savannah L-First time doing Steeplechase.
- Brayanna O-Running on the new track.

Baseball:

- Noah H-Probably the season of 2015.
- Levi B- The 2015 season.

Softball:

- Elizabeth A- Having my younger sister on the team with me
- Bailey C-Chinese with the team.
- Alyssa W-Having the highest batting average and having the best teammates.

Tennis:

- David S-Hanging out with the team at Casey's.
- Casey Y-Beating David at Tennis.

Baseball:

- Levi B-Playing high school sports
- Noah H-Baseball itself and just physics.

Softball:

- Elizabeth A-Playing with Lindsey.
- Bailey C-Everything about the sport and my teammates <3
- Alyssa W-My team and having more coaches than any other team.

Tennis:

- David S-Beating Casey at tennis.
- Casey Y-Parties at my house.

Boys Varsity Track:

Joe K-Tubbs :)

Darnell W-The team and DEW.

Levi L- Track Parties with mass amounts of DEW.

Matt M-Practices where we did nothing.

Jesse C-Hurdling.

Hunter C-Mr.Cook, the team, and the meets.

James S-Skipping practice.

Alec G-The team and Mr.Cook.

Lucas D-The throwers squad, Mr.Cook.

Logan C-Teammates.

Dylan T- Mr.Cook, the team and meets.

Girls Varsity Track:

Caitlin C-Hurdling and triple jumping.

Marilyn P-Team bonding.

Paige S-Long jump with Ellen and all the other jumpers.

Kelsey C-Spending time with my teammates.

Kylie F-The support from teammates and the sport in general.

Laura S-The team aspect that Alfred-Almond has.

Savannah L-The team.

Brayanna O-The team + Big Dipper Run.

What are you going to miss about your spring athletic career?

By: Dylan Thayer - Sports Advisor



Riding the Path to the NBA Finals

By:
Noah Holmok
Sports Advisor

Even though high school and college basketball ended months ago, the NBA playoffs are getting intense. As of May 16 only four teams left in the playoffs. In the Western Conference, it's the Golden State Warriors and the Oklahoma City Thunder; In the East, the Cleveland Cavaliers and the Toronto Raptors. The Warriors and the Cavaliers are looking very strong and they are favorites because both are #1 seeds. The Cavs haven't lost a game yet, which is extremely intimidating to any team they possibly face next. Also, the Warriors who are reigning champs are looking tough as ever with a record breaking season of having the most wins in one season.

The Thunder is also looking very strong, since they just defeated the San Antonio Spurs, one of the toughest teams in the NBA, and the Spurs always find a way to advance through their great defense. The Raptors are the underdogs in the playoffs, but after beating both the Miami heat and Indiana Pacers in grueling seven game series winning 4-3, they have shown that they have the endurance to win an extended series and will grind it out to the end.

The Cavs are led by LeBron James, who is a 2x NBA champion and 2x MVP, along with Kyrie Irving and Kevin



Record: 56 - 26



Record: 73 - 9



Record: 57 - 25



Record: 55 - 27

Love. The Warriors are led by Steph Curry, who has won the MVP award twice in his career, as well as winning an NBA championship, and becoming the first ever unanimously selected MVP. He's accompanied by Klay Thompson and Draymond Green.

Oklahoma is propelled by former MVP forward Kevin Durants and star point guard Russell Westbrook. Toronto is lead by 2x all-star guard Kyle Lowry and another 2x all star DeMar DeRozan who is a guard /forward. Even though these are the stars of each team, don't overlook the rest of the players. Teams such as the Warriors and Cavs depend heavily on their bench for giving their stars a break while also not changing the pace of the game. This usually separates the good teams from the championship teams.

Both the Cavaliers and Warriors are the higher seeds in the tournament, so they will each have four out of the seven games at home, which is a big morale boost for a lot of teams. This is even more true for teams like the Warriors who have only lost three home games all season, one of them being game one against the Thunder. So, facing teams at home this point in the season is a disadvantage to the lower seeds.

Both Series are looking close, so make sure you pay attention to see who the winners are. Tune in June 2 on ABC to watch the first game of the NBA championships.



WHAT TO DO WITH MY LIFE!?!?!?

By Mathew Mayes Copy Editor

Options for Graduates

Approximately 65.9% of American high schoolers went on to college in 2013 according to the New York Times. This number, which had been on the rise for years, is now on the decline. Many students fresh out of high school have decided that they can't afford college immediately, or at all. Because of this, some students decide to take other paths. These are some of the alternate paths high school graduates are taking.

Military

Only a very small percentage of eligible teens join the military straight out of high school (approximately 0.3%). Joining the army opens many options for paying for college though. In exchange for four years of active duty and four years on the reserves, a four year scholarship for college can be earned.



*The Armed Services The army can offer many resources and skills that can help later in life.
Photo from bingebehavior.com*



Other options? You're not limited to going straight to college Photo from wkhscounselors.com

Gap year

A national discussion was started after President Obama's daughter, Malia Obama, decided to take a gap year before attending Harvard College. Many colleges are now not only allowing this, but encouraging it. Harvard lists it as an option in their acceptance letter. Many experts agree that taking a year to work, travel, or intern leads to more focused and more mature college students. Programs like "Thinking Beyond Borders" allows students to work in a third world country, gaining valuable insight and experience. More information on programs can be found by following the link in the bottom left corner.

other

Make your own way! Maybe none of these options seem to fit your desires. Many successful people have taken paths that school counselors would never recommend. Just remember to think realistically and for the future.

Work

Many students decide to head straight into the workforce out of high school. This is often to earn money for college or just an attempt to avoid college altogether. In today's workforce, it is very hard to secure a reasonable income with only a highschool diploma. However, trade schools offers a very viable option for learning a trade like carpentry and using it to secure a well paying job.



*Straight to work Today's workforce requires more education than previous decades.
Photo from forbes.com*

More about Gap Year programs:

<https://www.teenlife.com/category/gap-year/>

More about joining the military:

<https://www.usa.gov/join-military>



PRESIDENTIAL RACE TIMELINE



By: Hannah Henderson - Photo Editor

After Obama's long run as the president of the United States, it is almost his time to retire. The United States Presidential Election for the 58th president is scheduled for November 8, 2016. There have been a series of presidential primaries and caucuses that have taken place since February 1, 2016, and they will last until June 14, 2016.

Throughout the race, two Republican nominees, Ted Cruz and John Kasich, have dropped out, leaving Donald Trump as the presumptive Republican nominee. For the Democrats, Hillary Clinton and Bernie Sanders are still in the running for the Democratic nominee.

During the presidential election year, the Presidential nominees and the Vice President

ARE YOU 18 YEARS OLD AND INTERESTED IN VOTING?

Allegany County

Call (585) 268 - 9294, Visit <http://www.alleganyco.com>, or grab a voter registration form from post offices, libraries, or New York State Government agencies. Fill out the registration form online or in person and sign your name! Mail the completed form to Allegany County Board of Elections 6 Schuyler Street Belmont, NY 14813

2016 Presidential Event Timeline

- June 5, 2016:**
Puerto Rico Democratic Primary
- June 14, 2016:**
Washington D.C Primary
- July 25, 2016:**
Democratic National Convention
Philadelphia, Pennsylvania
- July 28, 2016:**
Republican National Convention
Cleveland, Ohio
- September 26, 2016:**
First Presidential Debate
Dayton, Ohio
- October 4, 2016:**
Vice Presidential Debate
Farmville, Virginia
- October 19, 2016:**
Third Presidential debate
Las Vegas, Nevada
- November 8, 2016:**
Election Day
- January 20, 2016:**
Inauguration Day



American Pride

Photo courtesy of powercallsirens.com

have been competing for the once in a lifetime position that many people have dreamed of. The decision of who will be chosen is held by the 435 voting members in the United States House of Representatives. Along with the Presidential election, there will be 34 people out of the 100 senators from the United States, twelve state governors, two territorial governors and other state and local positions will be elected during this time

For the rest of the 2016 Presidential Race, there will be a Republican caucus and a Democratic caucus, along with a Democratic and Republican National Convention, Vice President debate, and Presidential debates.

REGISTER TO VOTE IN THE COUNTY YOU LIVE IN!

Steuben County

Call (607) 664 - 2260, visit <http://www.steubencony.org/>, or grab a voter registration form from post offices, libraries, or New York State Government agencies. Fill out the registration form and sign your name! Mail the completed form to Steuben County Board of elections 3 East Pulteney Square Bath, NY 14810



Schools Around the Globe

By Caitlin Cook - EIC



In **Iran**, girls and boys are educated separately from ages 5-18.



The largest grade school in the world is in **India**; the City Montessori School has 32,000 students!



School runs from 7am-12pm in **Brazil** so that kids can get home in time to eat lunch with their parents.



Students in **North Korea** must wear government-supplied uniforms to school.



Students in **Bolivia** often take horse-drawn wagons to school.



In **France**, students are often served a three-course lunch!



High schools in **Italy** do not have sports teams.



Students in **Russia** attend school six days a week.



South Korea is considered to have the #1 education system in the world.



Each day in the **USA**, 480,000 school buses bring 25 million students to school.



Children in the **Netherlands** start school on the day of their fourth birthday.



The school year in **Kenya** is divided into trimesters.



It is mandatory that parents in **Switzerland** pick their kids up from school for lunch.



In **Japan**, all students are required to bring their own lunch to school.



Children in **Germany** must hold a pencil correctly before they can attend school.



In **Haiti**, 50% of children remain out of school because they can't afford an education.



THE CRAZIEST SENIOR PRANKS

By: Levi Lawrence Advertising Manager

How long did this take?



Red solo cup. 7 hours later...
Photo from buzzfeed.com

Make sure you have at least eight hours to carry out this prank, and a few thousand red solo cups. You also want a lot of help carrying this out. Simply fill the cups up with water, and spread them around on every floor where people walk. If done right, nobody will be able to walk without kicking water everywhere, or picking up a lot of cups, have fun!

The Legendary Cow prank!



Ground beef. Extremely confused cow...
Photo from buzzfeed.com

If there is a barn within a mile of your school, this can make for a great senior prank. Just borrow a cow for a few days, or weeks. Simply put the cow in the elevator, take it to the top floor, and that's really all there is to it! Just let the cow do what it wants. But don't forget, cows can't walk down stairs! Good luck!

Wait, there were only two pigs?



Dirty Swines. A couple hogs snoozing...
Photo from patch.com

Sticking with farm ideas, this one will really get janitors going. Just get two pigs, some petroleum jelly, and a marker. Mark the pigs one and three, grease them up, and let them into the school. Not only will the pigs be impossible to grab, whoever is trying to get them will be looking for a third pig, it's a one and done sort of prank, but it will be worth it!

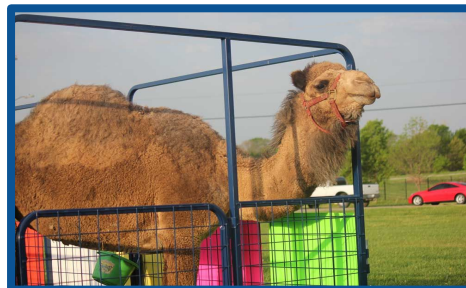
School for sale?



Selling a school. An odd occurrence...
Photo from nvigs.org

Did you ever wonder how much you could sell your school for? Craigslist can help you with that. It would also make for a decent senior prank. Simply load a picture of it online, give it a price, and see if someone bites. Just hope that whoever wants to buy the school isn't someone from the school's administration.

Happy Hump Day!



Camel on Campus. Taking Hump Day to the next level... Photo from kctv5.org

Turns out that a caged camel can really get your principal confused. If the last day of school falls on a Wednesday, this is the ultimate senior prank. There's really no crazy preparation, just putting a camel on school property with signs saying "HAPPY HUMP DAY!" The only catch is you have to get a camel from somewhere.

A small surprise



Letting nature in. Dirty insects...
Photo from tes.com

Everyone loves the sound of crickets at night. That means people would like that sound in school right? Wrong. That's why it's a great senior prank. Just let ten crickets, or however many you can sneak into school. Let the faculty hear them, get confused, and attempt to find them, it may take a few weeks.

Disclaimer - Students are not encouraged to attempt the pranks above!



THE RISE OF VIRTUAL REALITY

By: Dylan Dirlam - Technology Advisor

You may have heard of virtual reality before, but you may not know of the many applications it has in today's society. Virtual reality is a computer-generated simulation of a 3D environment that can be interacted with in a seemingly real or physical way. In other terms, it puts you in control of the "body" of a person in another world.

Virtual reality is made possible through various devices, but mainly accomplished through a virtual reality (VR) headset. The headset puts you into an environment that allows you to move your head and experience the scene as if you were actually standing there.

Over the past few years, virtual reality technology has advanced dramatically. It first became a popular idea in 2012 when the Oculus Rift, a virtual reality headset, was started on Kickstarter.com, a website made for fundraising projects. The Oculus has since been bought by Facebook, which proves how this technology is going to be mainstream.

The newest virtual reality competitor is HTC, who has created the HTC Vive. This virtual reality headset is not only designed for normal virtual reality, but it also tracks your location within your room and can track your body movements. This is a feature that has greatly impacted VR gaming.

There are many different ways that virtual reality headsets and equipment can be used. It is currently being used in the military, education, medical, engineering, gaming and many other job fields. VR headsets have endless opportunities to be used in industry and research endeavors.

Virtual Reality in..

Engineering

Virtual Reality in engineering allows for the engineers to view their projects in 3D and thus helping them to better understand how their projects are working. This also allows the team to work in a safe environment while saving their money and time.

Gaming

Gaming is one of the major fields that has been impacted by virtual reality. The new VR technology allows the game designers to create much more immersive experiences for the players. Many of the new VR headsets are designed and capable of playing games through Valve's software, Steam VR. Virtual Reality has become a huge part of the future of gaming as it extends the feeling of being inside the video game.



Google Cardboard Google's \$15 VR headgear.
Photo from gizmotimes.com

The Military

The United States military has always been up to date on the most recent technology, and virtual reality is no exception. The military has mainly used VR for training purposes. The ability to simulate flight, battlefields, boot camp, and many other trainings has helped to allow for much safer, faster, and cheaper training.



HTC Vive David Nield of Gizmag tries out the HTC Vive at the Consumer Electronics Show (CES). Photo from gizmag.com



Get Fit with Sworkit

By: Kylie Faulkner - Copy Editor

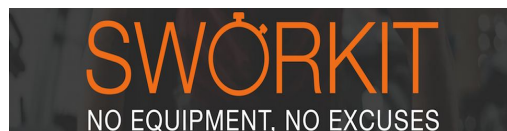


Photo from ntensify.com/sworkit/



Photo from itunes.apple.com/

Don't want to gain the freshman fifteen? Well here is a way to help! There is a new fitness app for Apple and Android devices called Sworkit. Sworkit is also available for Apple Watch. The app is created by Nexercise. Sworkit is free and there are many features that can help you lose weight and stay fit. It is very user friendly when beginning a workout. It shows you a video of what you're suppose to be doing and how you are suppose to be doing the workout. It has a 5 star rating and has very good reviews.

There are many other free versions of the app that focus on different parts of the body. On the main Sworkit app you can do strength training, cardio, yoga, and stretching. You can also choose to do all four of the workouts together. The different apps you can download that focus on different part of the body are Ab & Core, Upper Body, Lower Body, Stretching, Cardio, and even a kids workout. The app works by letting you choose how long you want to work out for and how intense you want your workout to be.

Sworkit will give you awards for the progress you have made a achieving a certain amount of days of working out.

The app will keep track of how long you have been going and the calories you've burned.

Some advantages to using the app is that you do not have to buy a gym membership and you do not have to leave the comfort of your house or dorm. If you are unable to get to a gym or don't like to exercise in groups this is definitely for you.

I highly recommend this app if you are trying to get in shape quickly or want to work on toning your body on your own time and schedule.



Photo from prevention.com/

Here is a recipe that is healthy and enjoyable!

Very Berry Breakfast

Serves 2

- 1 cup frozen unsweetened raspberries
- 3/4 cup chilled unsweetened almond or rice milk
- 1/4 cup frozen pitted unsweetened cherries or raspberries
- 1 1/2 Tbsp honey
- 2 tsp finely grated fresh ginger
- 1 tsp ground flaxseed
- 1-2 tsp fresh lemon juice

COMBINE all ingredients in blender, adding lemon juice to taste.
PUREE until smooth.

POUR into 2 chilled glasses

NUTRITION (*per serving*): 112 cal, 1 g protein, 26 g carb, 3 g fiber, 1.5 g fat, 0 g sat fat, 56 mg sodium

Recipe from prevention.com



Local Summer Concert Schedules!

By: Paige Schmidt - Staff Writer

Cmac Canandaigua, N.Y:

- Jackson Browne: June 4
- Death Cab For Cutie & CHVRCHES: June 8
- Kenny Chesney-Spread the Love Tour: June 10
- Ellie Goulding-Delirium World Tour: June 14
- Keith Urban- RipCD World Tour: June 24
- Weezer & Panic: June 25
- Chris Young- I'm comin' over Tour: July 2
- Dave Matthews & Tim Reynolds: July 6
- Bob Dylan and His Band: July 12
- Chris Stapleton & Brandy Clark: July 21
- Carlie Revue with Dawes: July 22
- Train & Andy Grammer: August 24

For more information visit cmacevents.com

Darien Lake Darien, N.Y:

- Bad Company & Joe Walsh: June 7
- Miranda Lambert: June 23
- Zac Brown Band: July 3
- 5 Seconds of Summer: July 6
- Brantley Gilbert: July 8
- Journey & The Doobie Brothers: July 9
- Vans Warped Tour: July 14
- Toby Keith: July 5
- Disturbed with Breaking Benjamin: July 24
- Josh Groban: July 26
- Heart & Joan Jett: July 27
- G-Eazy & Logic: July 29
- Darius Rucker: July 31
- Brad Paisley: August 19
- Goo Goo Dolls: August 20
- ZZ Top & Greg Allman Band: August 23
- Blink 182: August 24
- Def Leppard: August 31
- Jason Aldean: September 22

For more information visit darienlake.com

First Niagara Center Buffalo, N.Y:

- Justin Bieber: July 12
- 2016 Honda Civic Tour Featuring Demi Lovato & Nick Jonas: July 17
- Jim Gaffigan: July 19
- ColdPlay: August 1
- Drake: August 12
- Dixie Chicks: September 17
- Maroon 5: September 26

For more information visit firstniagaracenter.com

Do's and Don'ts

- **Do** wear comfortable shoes and clothing
- **Don't** wear uncomfortable heels
- **Do** bring cash **NOT** a credit card
- **Do** drink out of closed containers such as a water bottle or pepsi bottles



Warped Tour July 14

Photo from darienlake.com



Miranda Lambert June 23

Photo from darienlake.com



Senior Art Pieces

Paige S.

By: Bailey Comer - Project Manager

Taylor F.

Blooming Dark
Photo courtesy of Paige Schmidt



Two graduating artists from Alfred-Almond were asked to share one of their favorite pieces. We also asked a few questions to get to know more about these talented individuals. Here's what they had to say...

Questions

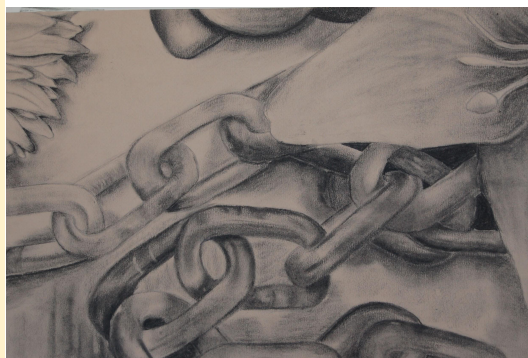
- 1) What is this piece and what makes you proud of this?
- 2) What inspired you to create that piece?
- 3) Would you consider yourself to be an artist?
- 4) Do you plan to pursue a career in art?

Other Works



The Mechanic

Photo courtesy of Taylor Fox



Chained Flowers

Photo courtesy of Paige Schmidt



The Fireman
Photo courtesy of Taylor Fox

- 1) This piece is an acrylic painting of my cousin who is a firefighter. I am proud of this because it was my best concentration piece in AP Art. I had begun to learn how to layer and blend paints., as well as make better colors. This piece has gotten many compliments!
- 2) I was inspired by this piece because of my concentrations focus on men in motion in different career fields. This is him while on call hooking up the hose.
- 3) I would consider myself an artist. I have taken every possible art class in high school.
- 4) Absolutely! I plan to minor in the arts in college to help assist with blueprints in engineering, my major.

1) This piece is a drawing of the front part of a saw with flowers surrounding it. I'm proud of how well the shading turned out on the saw and the paneling in the background.

2) I was in AP Art when I created this piece. I was fascinated by the shadows metal tools made. Flowers were also my favorite object to draw. So I decided to put them together to create one piece. The concept behind this drawing; tools represented the masculine side and the flowers represented the feminine side and how they interact and complement each other.

3) Yes
4) No but I will continue creating new pieces as a hobby



Oftentimes you hear seniors say that they wish they would've listened to past seniors' advice. Sayings and advice, such as "don't slack off," or "don't blink," or even maybe "bring a blanket everywhere with you," will be overflowing from others. You will brush it off at the time, but the advice they are giving is genuine; they want to help you, as they wish someone had helped them. Here is some advice for underclassmen straight from the seniors of 2016.

By: **Taylor Fox** Copy Editor

My advice to underclassmen would be, don't sweat the small stuff. You may think if one bad thing happens it's the end of the world, but NEWS FLASH, it's not. There are going to be a lot of bad things that are going to happen, bad test grade, bad day with a friend, you forgot your homework, etc. It'll pass, just keep moving.

-Savannah Lee

Don't take your sport for granted. Before you know it, it'll be the end and you'll only have the memories. So during the time being, work hard and have fun with your teammates. Have a passion for it and give it your all. Bring a small blanket into school. There may be days when you need a nap or keep warm throughout the day. Study your butt off. You have no idea how much it'll pay off in the future. It's okay to take breaks and relax. You'll need it once in awhile.

-Bailey Comer

A. If you know what you want to major in when you go to college, make sure you have all the required high school courses in your schedule. Without these, it can be difficult to get into your college of choice.

B. You're reading this column, so you're probably already fine. Go help your friends who aren't doing so well and need a little push. And by the way, procrastination does not work for long.

-Aeowyn Kendall

Enjoy high school sports while you can, never miss out on an opportunity to get to know someone new, and getting one bad grade isn't the end of the world. The years really do fly by, so just remember to have as much fun as you possibly can before time runs out.

-Caitlin Cook

Do your homework, even if it seems trivial; teachers aren't going to assign work for you to do that won't help you in the long run! Also, stay on top of your deadlines because they may seem far away at first, but everything will pile up and you'll wish you got it done earlier.

-Marilyn Prigmore

Learn that not all the fights you're invited to are actually worth fighting. Pick your battles wisely.

-Kaitlyn Stebbins

Stay in School, kids.

-Matt Mayes

Don't rush high school, and make lots of memories while it lasts.

-Hannah Henderson

Study hard, and always take advantage of any regents review time.

-Gracen VanDyke

Don't procrastinate, and use a planner to write down all of your assignments. Also, enjoy your senior year- it goes by very quickly.

-Paige Schmidt

Carve a path for your future and let doubters fuel you.

-Emily Kokot

Work hard for good grades- don't procrastinate. Have fun and enjoy your time in high school because it will be over before you know it.

-Anonymous

Always do your homework and even a little bit of studying goes a long way.

-Noah Holmok

I'm not sharing my secrets, you will all figure it out soon enough.

-Levi Lawrence

Enjoy your time in school, but be wise and build study habits. Be the person that is known for their excellent character, and not for the unwise choices made. Don't be afraid to ask for help; most of the time teachers are more than willing to help you with something that you're struggling with. If your teacher is unable to help, search for another student or teacher that will be able to help you. Also earn respect from your teachers. Even if you don't like the teacher, being respectful to the teacher can result in them being graceful, say, if you forgot an assignment at home. Don't take a bad grade as the end of the world if you have tried your best. Find something that you enjoy and learn about it!

-Leah DePrah

Make sure you have no zeros in the grade book, it will greatly help your average.

-Dylan Dirlam

Enjoy time with your friends, those memories are precious and you can keep them forever!

-Brooke Jefferds

Do your work ahead of time, and never argue with Mrs. Kress.

-Michelle Feenaughty

Don't ever worry about something, that won't worry about you. Keep your head in the clouds.

-Joe Kenyon

NEVER READ WISE BLOOD! But read everything else. Most of it is good and all of it is useful.

-Sincerely AP Lit Students/Jesse Crosby

Challenge yourself academically, you'll be amazed at what you are capable of. Enjoy your time in high school, develop good relationships with teachers, and get involved.

-Priya Rao

*Sincerely,
Seniors of 2016*



Fondest Birthday Memories!

"What is your favorite birthday memory?"

By: Michelle Feenaughty - Staff Writer

Dathan

May 12

"Getting detention from Mr. Whiteman"



Paige

May 23

"My favorite birthday memory was kayaking/ swimming all day."

Levi

July 5

"Going to a Pittsburgh Pirates game with my family."



Joe

August 6

"One birthday I had some friends over, and by around midnight Chris, Jarid, and I ended up shirtless, running around in the dark trying to throw balls at each other. Crazy night."

Savannah

Sept. 12

"My funniest birthday memory was when I thought my mom was mad at me but she was actually planning a surprise party for me."



Ian

Dec. 26

"My siblings made a game of making one birthday as awful as possible for me. It got so bad that when it was time for cake and presents I refused to participate.. Terrible at the time, but hilarious in hindsight."



Looking back...

We asked the faculty about their favorite memories from this year's graduating class, and this is what they said...

"I will miss the amazing talent of the class of 2016, whether it was in writing code or creating wonderful digital art. I will remember the good times with Mitchell Vecchio in computer class and Computer Club. His knowledge of retro video games is very impressive!" • "I enjoyed getting to know Tyler Vecchio in computer class. Good work, Tyler! You put up with a lot in our loud, rambunctious Game Design class." • "I will miss the programming prowess of Dylan Dirlam and his willingness to assist me with any computer questions. Thank you, Dylan!" • "I will remember the quality time with Emily Kokot as she worked through countless Photoshop tutorials to improve her skills and create phenomenal graphics. Great job, Emily!! I'm very proud :)"

• "I'm fortunate to have the incredible graphic designs of Aeowyn Kendall, Leah DePra, Tayler Fox, Hannah Henderson, Kaitlyn Stebbins, and many more in our student web pages for others to see." • "I will miss having Noah Logan in computer class! He has taken all my electives and excelled in each one! Great job, Noah :)" • "I am impressed by Priya Rao's perseverance to ace every computer class she took. Good job!"

-Mrs. Williams



"Seeing Jesse Crosby give an amazing performance in Alfred-Almond's play!"

-Mrs. Sprague

"Studying vocabulary and anatomy with Lily and Bray."

-Mrs. Turner

"Going to states with the boys Varsity Soccer Team- November 2015!"

-Mr. McAneny

• "Levi's promposal to Marilyn."
• "Savannah *finally* picking a yearbook theme."

-Mrs. Valentine



"I will never forget Laura Sweezyisms made to me such as, "You make me want to hate myself" and "You make me want to gouge my eyes out." More memories...Kelsey laying on the SCO floor having a meltdown...or Alec Gray's "questions" he had for me daily...or listening to the menu of "huge" food items or hearing about how "large" someone is. I won't forget Levi Bayus' "I pooped today" shirt or his and Elizabeth's "all white Wednesday." I won't

forget how Noah blew his nose daily in my office...talks with Alyssa and Savannah, Kylie and Maggie's sassiness. I will never forget telling everyone they couldn't eat their lunch in here (New Visions students). I will always remember referring to Darnell as "Darnell Love Watson." Scolding Dylan Thayer for whatever I blamed on him for that day. I will never forget the three times I wasn't there for Ian when he needed me. Michelle's morning visits from math to listen to Backstreet Boys. Giving Tyler V a pass each time he had Mr. Levey...The "Dew" selling in school...Justin. Lucas' daily medical complaints."

-Mrs. Decker





Looking back...

“My most memorable story of a senior goes back to 2012 just before I left AACS. Mrs. Bain-Lucey called me to her office the last day of school to tell me a couple of situations she had to deal with relating to me. I will tell you of one. Michelle Feenaughty was prepared to come to school the last day students were required to be in school. At the time she was an eighth-grader. Before leaving her house, she needed to use the restroom facilities. She had left her books on a nearby table, along with her writing utensils.

When she came out of the restroom, a pencil was missing from her supplies. She accused her brother of taking the pencil and the accusations kept up even after they boarded the school bus. The bus driver was taken aback by the conversation he heard and decided to report Michelle to the principal.

When Michelle was called in to report her side of the matter, she explained that her brother took her pencil; and it was HER’S. Mrs. Bain-Lucey said, “Michelle, it is ONLY A PENCIL”, expecting her to agree and drop the matter. Michelle’s response gave Mrs. Bain-Lucey pause when deciding what discipline to levy for the matter. Michelle said, “It wasn’t only a pencil. It was a SPECIAL PENCIL that Mr. Vance gave me.”

Obviously, Mrs. Bain-Lucey felt compassion for Michelle and did not discipline, other than a good talking to for her comments on the bus.

When Mrs. Bain-Lucey called me to come in and told me the story, we both became emotional because, most times we, as teachers, do not realize how great the impact we have with students is.”

-Mr. Vance



“When I walked into journalism and all 24 computers were playing epic sax guy with Gandalf bobbing his head.”

-Mrs. Backer



“Levi Bayus and Elizabeth Allen inventing White Wednesdays, Dylan’s Uncle Sam Jacket, and Hunter’s Halloween Men’s Depends”

-Mrs. Donius



- “When I attended the boys championship soccer game, and they won.”
- “The success that the members of the class of 2016 had on Academic All Stars.”
- “All of the fun I had with the class of 2016 in PIG and Economics.”

-Mr. Donlon



- “The senior class has kept me on the move as they set up their “homeless camps” in the senior hallway. As soon as I would “shoo” them away, they would pop back up in every nook and cranny like field mice!”
- “The day a certain unnamed senior appeared on the roof to retrieve a ball, obviously hoisted up there by another unnamed senior. When I knocked on the window to stop her before going back down, she disappeared over the edge like a woodchuck going back into a hole!”
- “Setting up for semi-formal with the ‘girls’ totally teaching Mr. Mac what was what and how it was going to look!”

-Mrs. Bain-Lucey



Acknowledgments

By: Elizabeth Allen - Staff Writer

All of my Wonderful Seniors

who have given me so many good memories and fun times. I will miss you all!

-Mrs. Decker

The administration, faculty and staff of AA,

thank you for your love and support. I am a better teacher and person because of you.

-Mr. Hirsch

Riley Powell

For being elected the Captain of the Alfred Station Junior Fire Department. Good work, Riley!

-Anonymous

The Class of 2016

I am thankful that so many of you have such a good relationship with your school counselor, Mrs. Amy Decker. Because of this relationship I have had the chance to get to know many of you over the years and especially this year. Your frequent visits and using our office as your "go to" work place has allowed for many conversations and interactions.

-Mr. Mac

Below are "pay it forward" acknowledgements:

Someone who is acknowledged recognizes somebody else, resulting in a chain of gratitude.

Mr. Levey

for his effort and hard work in making this year's prom so successful.

-Abbey Swackhamer

Prom Committee

for making prom successful from decorating, to set up, to tear down.

-Mr. Levey

Mr. Hirsch

for all of his help and for the resources he makes available for the students.

-Abby Fancher (prom committee)

Mrs. Turner

for always having candy that I can take at will, for choosing to marry the coolest guy ever; Mr. T, and for being decent at ping pong.

-Levi Lawrence

Ms. Allen

for holding down the fort in my absence.

-Mrs. Turner

Mr. Brady

because he doesn't realize that so many students have gained an appreciation of great literature and film that will remain with them forever! His knowledge, intellect, and integrity has garnered the respect of his students and colleagues alike. It is an honor to work with him!

-Ms. Allen



Things to Miss After Graduation

By: Tyler Vecchio - Staff Writer

As the class of 2016 will be graduating in June, we would like to share just a few things that the Journalism students will be missing after graduation.

<p>Gracen V. High school friends, teachers, and being a kid.</p>	<p>Kylie F. Sports/games, friends, being a kid.</p>	<p>Paige S. Sports and seeing my friends everyday.</p>	<p>Michelle F. Basketball & hanging with friends, and missing teachers.</p>	<p>Caitlin C. High school sports, seeing my friends every day, and band.</p>
<p>Dylan T. My athletic career, Mountain Dew, and Mr.Cook</p>	<p>Taylor F. The bus ride to track meets and soccer games.</p>	<p>Bailey C. Sports and the memories i've made with the teams.</p>	<p>Priya R. The friends I have known since kindergarten.</p>	<p>Mathew M. Gym class Loving Joe. ♥♥♥♥♥♥♥♥♥♥</p>
<p>Levi L Mr Donlon, Mr Turner, and selling Mountain dew in the halls.</p>	<p>Brooke J. Spending time with my friends and influential teachers.</p>	<p>Elizabeth A. High school sports and the teachers.</p>	<p>Noah H. Seeing my friends everyday</p>	<p>Kelsey C. Sports, band, and the school cookies.</p>
<p>Levi B. Mrs Valentine, sporting events, and friends.</p>	<p>Joe K. Hanging with friends and bae. ♥♥♥♥♥♥♥♥♥♥</p>	<p>Dylan D. Computer Club, Mr. Levey, and hanging out in study hall.</p>	<p>Hannah H. Spending time in the library and seeing all my friends everyday.</p>	<p>Darnell W. Sports, friends. Mr.Levey Study Halls.</p>





GOODBYE SENIORS! (MAD LIB)

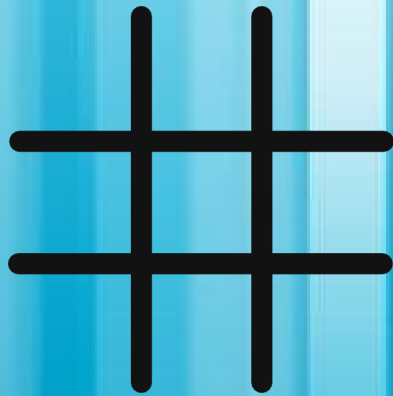
Saying goodbye to the seniors this year is going to be hard, especially, _____ . They always make my
(Favorite Senior)
day so _____ . I'm going to miss them so much. I'm going to miss the way they _____ , and _____ . Their
(Adjective) (Verb) (Verb)
smile is so _____ , and it always made everyone else smile too. The worst part about them leaving is that I won't be
(Adjective)
able to see them _____ any more.
(Verb)

I remember _____ years ago, when a dragon stormed the _____ . _____ was the only
(Plural Number) (Place) (Same Senior)
person there with a _____ , so they used it to tickle the beast. After the dragon fell, it told us it's story. He said
(Object)
his name was _____ , and he was just looking for a new _____ to make his best friend. The dragon was
(Funny Name) (Animal)
_____ because his last friend left him. We found _____ a new friend, and sent him on his way. That was
(Adjective) (Same Funny Name)
one of the most memorable, and _____ days of my life.
(Adjective)

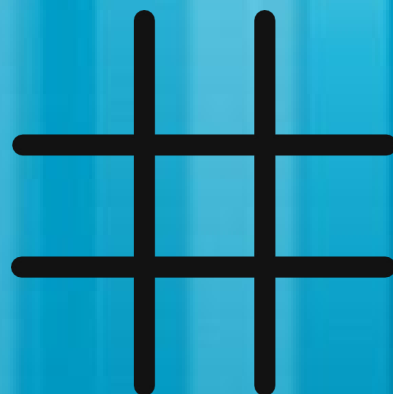
I'm really going to miss _____ , and the rest of the seniors. I hope they all _____ as much as
(Same Senior) (Verb)
they can in their new, adult world. Goodbye friends, you all will be _____ .
(Verb)

By: Joe Kenyon

☺ Editor in Chief ☺



TIC TAC TOE



Find
These
Missing
Seniors

- AEOWYN
- ALEC
- AVEN
- BRAYANNA
- DATHAN
- DAVID
- EMILY
- ERIN
- HUNTER
- IAN
- JACOB
- JARID
- JESSE
- JORDAN
- JUSTIN
- KAITLYN
- LEAH
- LILY
- LOGAN
- LUCAS
- MAGGIE
- MARILYN
- NOAH
- SAVANNAH

H	Y	N	V	Z	A	Y	L	M	L	U	U	U	X	O	F	K	R	R	U
B	Q	Y	I	M	L	U	I	C	J	G	N	E	I	D	W	I	P	L	V
E	C	W	D	I	C	N	U	R	U	O	X	I	B	L	I	U	Q	D	N
U	F	O	L	A	W	O	X	B	K	R	U	U	L	G	L	C	R	B	H
P	A	E	S	A	A	A	Z	J	S	Z	G	G	H	V	D	N	Y	Q	A
V	S	A	Z	Z	O	H	A	A	O	Z	R	S	T	X	O	P	W	N	N
C	Z	V	P	K	R	N	Z	M	Q	I	G	G	C	B	D	Q	S	D	N
O	T	P	F	I	N	O	Z	Q	I	A	L	Y	S	F	C	S	M	T	A
I	T	E	M	A	K	V	G	Y	P	M	N	U	Q	Z	Q	C	A	F	V
T	I	V	Y	N	F	A	N	I	T	S	U	J	F	O	K	H	U	P	A
I	X	A	C	J	E	A	I	U	W	J	P	R	J	H	M	U	P	B	S
K	R	Z	K	I	X	N	L	T	T	U	U	B	E	U	B	E	A	C	K
B	K	T	G	V	P	A	Q	O	L	F	Q	L	S	N	U	O	X	M	N
T	A	G	J	A	R	I	D	D	G	Y	N	F	S	T	V	D	C	T	S
W	A	L	N	I	R	E	A	N	C	A	N	A	E	E	T	I	Q	A	Y
M	W	O	E	M	N	T	A	A	G	Z	N	Y	D	R	L	V	S	S	J
Q	Y	T	G	C	H	A	E	U	W	G	R	K	B	R	O	A	B	I	A
L	E	A	H	A	D	C	I	Q	K	V	L	J	F	U	O	D	A	V	T
T	B	L	N	W	O	P	B	M	M	A	R	I	L	Y	N	J	E	S	M
S	T	I	Y	L	I	M	E	O	Z	W	J	H	J	E	M	N	C	W	I