



Congratulations to Amni Kabae,

the Cover Winner!

Runner Ups: (from left to right) Desirae Raczek and Andrea McMahon





Contents 2 March 3, 2016

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Letter from the Staff

Dear Readers of the Observer,

On behalf of the *Observer* Staff, we would like to wish all students and faculty members an enjoyable and memorable St. Patrick's Day this month!

As you know, the *Observer* is composed by some of Alfred-Almond's most creative minds, and these minds have hidden eight little leprechauns in unknown locations throughout this issue! There isn't any physical reward for finding the eight little green men, but you will be able to brag about it to your friends and family who were weren't able to find them all!

Enjoy reading ahead to find out the latest from the Alfred Almond *Observer* Crew. Don't go too hard on the corned beef, and take it easy on the shamrock shakes!

1en June

Have an idea for the paper? Contact the Observer staff: <u>foxt@aacsapps.com</u> <u>kenyonj@aacsapps.com</u> <u>mayesj@aacsapps.com</u> <u>mbacker@aacsapps.com</u>

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.

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© ALFRED-ALMOND CENTRAL SCHOOL 2015 - RT. 21 ALMOND, NY - 607-276-6555



Come see the musical everyone is talking about! Fiddler On the Roof will be presented by the AA Music Department in the AACS auditorium! Showtimes are:

> March 10@7pm March 12@7pm March 13@2pm

\$5 General Admission Tickets All proceeds go to the AA Music Department and help pay for future vears of musical theater!

Come one come all! March 14 is Pi Day! A-A's math team is hosting a day of fun activities such as Pi reciting contests in lunch, sending "Pi Day Cards" to friends, and even writing poems or songs about Pi! All participants receive a small prize. So come celebrate math and enjoy some Pi!



ATTENTION SENIORS: Make sure you are keeping your eyes out for scholarships and their deadlines. See Mrs. Decker for any questions!

> St. Patty's Day! Show your Irish pride March 17 by wearing green! Speaking of which, where is that little green man hiding?

SUN

Don't forget about Easter! On March 27, Spend time with family, eat delicious festive food, and maybe even host your own egg hunt!

March 3. 2016

Spring sports have sprung upon us once again! Practices start March 7.

"Don't miss the free Opening Reception for the WAA Annual Photography Show, March 5 from 5:30 to 7:30 pm. The Show will be hung March 2. The Wellsville Art Association's Photo Show never fails to reveal outstanding new work by WAA members.' -Allegany Arts Association

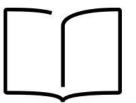
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27	28	29	30	31		

Have you ever wondered where your favorite maple syrup comes from? Come celebrate the history behind it all at your local maple farm, Hint's Red Roof Maple in Friendship on March 19 and 20. The day includes sugar house tours, samples, activities and much more!

Lost your calculator? Can't remember where you left your history textbook? There will be forms available online on My Big Campus to make announcements in further editions of the Observer!





By: Priya Rao - Copy Editor



Bump-A-Palooza is Alfred-Almond's annual volleyball tournament. This year's competition was held on Saturday, February 27. 11 teams from ninth to twelfth grade participated. All the proceeds from this event will be donated to the Ronald Mcdonald house.

SPECIAL THANKS TO MISS CARRETTO AND STUDENT GOVERNMENT FOR ORGANIZING THIS FUN-FILLED DAY!

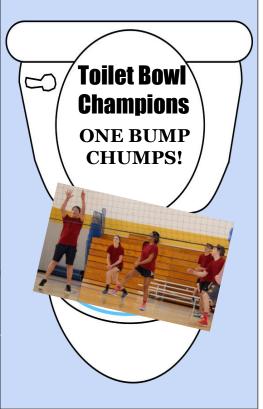
Team Predictions

 \bigstar In Court Suspension \Rightarrow (Teachers) "Despite our old age, our team's unblemished record and wisdom will lead us to the win!" \bigstar $\stackrel{\frown}{\times}$

Dirty Dinks (Seniors) "We're hopefully going to the finals!'

> Serv-ivors (Juniors) "It's our time to win!"

Dirty Half Dozen (Freshman) "I think we'll do pretty well for a freshman team"



March 3. 2016



Local News 5 March 3, 2016

Local News

Almond Rod & Gun Club Sponsors Alfred-Almond Students

Every year the Almond Rod & Gun Club sends kids to the Department of Environmental Conservation's Rushford camp. The club has been sending youth to camp for decades now, and this year they have set a new record by sending 35 students to the camp. The sponsorship offers an opportunity for kids to spend a week learning about the environment and how to help preserve it.



Campers Gather Young campers gather to celebrate their scholarship. Photo from eveningtribune.com

Winter Storm

Over February's winter break there was a large storm that hit the Alfred-Almond area. With temperatures during the week before break reaching up to 45 degrees, it was a surprise to see temperatures drop as low as -20 over break. Cold weather was not the only issue, though. With a foot of snow that had fallen, it melted as the temperature rose into the 30s. The following few days, the temperature dropped again and the melted snow froze, leaving a layer of ice across the county that caused many problems for the community. By Tuesday, February 16, there were over 5,000 without power. Thankfully, homes by Wednesday this number was down to around 900. This storm and the extreme cold of February is a perfect example of how the Winter Break is a great help to the school and the community.

By: Dylan Dirlam - Technology Advisor

Alfred University's New President

For the past 16 years, Charles Edmondson has been the president of Alfred University. This July, Dr. Mark Zupan will take over his position. Zupan made his announcement in February at the Nevins Theater on the Alfred University Campus. Zupan served as the dean of the University of Rochester's Simon Business School for 10 years. Zupan said that he will focus on learning how things work in both the community and the campus. His vision for the school is not to focus on what he wants for it, but to focus on what the community and the students want to see in the University.



Welcoming Zupan Dr. Mark Zupan gives his announcement speech at Alfred University. Photo from wellsvilledaily.com



Winter Wonderland The view from an Alfred-Almond student's window during the storm. Photo courtesy of Tayler Fox



A-A'S UPCOMING TRACK SEASON

By: Paige Schmidt Staff Writer

Track season is right around the corner. The coaches and athletes are starting to prepare for the season. Here are some thoughts from the girl's and boy's track coaches.

Coach Decker, the coach of the girl's team, believes it will be another successful year, saying, "Addison and Canisteo will be strong and tough opponents this year but we are always in the mix for the sectional title." Coach Cook, the boy's Track and Field coach, expects the team to repeat as Division One champions and to repeat last year's Sectional outcome - winning a sectional championship for the sixth year in a row.

The Alfred - Almond Girls Varsity Track and Field team has won the county championship for the past five years, while the boys team has won for the past eight years. With that being said, the girl's team has not managed to take home the Section V title since 2009, instead receiving second place for the past four seasons. The boy's team is currently coming off of a five-year first place run at the Sectional meet, and has won the title a total of seven out of the past eight seasons. The recent success of the Alfred-Almond Track and Field programs has only increased interest in the sport.



In the past few seasons,the number of athletes on both the girl's and boy's track teams has increased dramatically. In 2000, the girl's team was made up of 28 athletes, and the boy's team had only 18 participants. This season, there are 40 girls signed up and approximately 30 boys signed up to participate.

The two track coaches are currently trying to have a modify track team, but it is currently in the works. Coach Decker believes that the reason for the sport's because popularity is it encourages a healthy lifestyle, and every student has an equal opportunity to participate. Coach Cook believes that the reason for the increase in participation in the track and field program in the past few years is attributed to the team's success in recent seasons. The success of the team has gotten kids excited about track at Alfred-Almond.

Also, track is a great sport to cross train for other sports, because it gets athletes in great physical condition.

Eagle Sports 6

March 3. 2016

Towards the end of the season last year, Alfred-Almond was able to host our first track meet in years thanks to the new track and field. Before last year, the last time we hosted a home meet was in 2010.

According to Coach Decker, our first home meet last year went very well, and the coaches of the other teams and athletes were happy to be there.

This year we will be able to host more home meets, including the John Reed Memorial meet and the Steuben County Division One meet.

Come out to support the boy's and girl's track teams this year! If anyone would like a schedule of the track meets, go see Mr. Holmok.

Professional Sports 7 March 3, 2016

1. Jim Calhoun became the oldest coach (age 68) to win a title in the 2011 March Madness Tournament.

 The youngest coach to win was Emmett McCracken (age 31) in 1940.

3. Your odds of filling out a perfect bracket are 1 in
9,223,372,036,854,775,80
8. (That's quintillion!)

4. Glen Rice holds the record for most points in a tournament with 184 points, while Duke's Christian Laettner has the career record for most points scored with 407 points in 23 games.

5. The record for number of overtimes in one game is four, which occurred in 1956, and again in 1961. Michelle Feenaughty Staff Writer

By

The NCAA Tournament, otherwise known as "March Madness", is back for the 2016 season. On Sunday March 13, the NCAA Committee team will be selecting the teams that will be participating in the 2016 tournament. Here are some facts you might not have known about March Madness from foxsports.com.

6. The Connecticut Huskies, both men and women, won the championships in the same year in 2004 and 2014.

7. There have only been three people who have won a NCAA championship as both a player and coach: Joe B. Hall, player and coach for Kentucky; Bob Knight, player for Ohio State and coach for Indiana; and Dean Smith, player for Kansas and coach for North Carolina.

8. For the Final Four matches in 2009, the dome stadium had to have a seating capacity of up to 70,000.

9. There have been many teams to win the NCAA tournament. However, UCLA leads in total wins with 11 NCAA titles.

10. In 2014, the AT&T Stadium was the largest stadium used for the tournament, with a capacity of 80,000.

11. The very first Men's Basketball Tournament was in 1939, but only included 8 teams.

12. In 2008, Kansas met with North Carolina, UCLA, and Memphis, when all four No. 1 seeds went to the Final Four Tournament.

13. The lowest seed to ever win the NCAA tournament was Villanova as a No. 8 seed in 1985.

Go to the link below for more interesting facts about March Madness! http://www.foxsports. com/southwest/lists/21-funfacts-about-marchmadness-031814#img_3



By: Darnell Love Watson- Project Manager

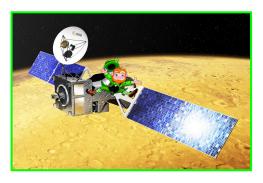
The 2016 ExoMars Trace Gas Orbiter is the first in a series of Mars missions to be undertaken jointly by two space agencies, European Space Agency (ESA) and Roscosmos. The launch is scheduled for March 14, 2016.

The main objective of this mission is to gain a better understanding of methane and other atmospheric gases that are present in small concentrations on planet, which could be the evidence for possible biological or geological activity on Mars.

Organisms on Earth release methane as they digest nutrients. However, other purely geological processes, such as the oxidation of iron, also release methane. If there are traces of Methane on Mars there could be life on Mars.

The Trace Gas Orbiter will monitor seasonal changes in the Mars atmosphere's composition and temperature. With that data, scientists will create and refine detailed atmospheric models. The Orbiter's instruments will also measure subsurface hydrogen levels with improved spatial resolution. This could reveal deposits of water/ice hidden just below the surface. With both sets of data, scientists can research future possible landing sites.

The spacecraft is made up of the Orbiter and Schiaparelli, and they will be launched by a proton rocket. Once the Orbiter is in space, it will be in the cruise



The ExoMars Trace Gas Orbiter Photo from esa.int

phase for seven months. Both the Orbiter and Schiaparelli will arrive to Mars' atmosphere in October.

Three days prior to arrival in Mars' atmosphere, Schiaparelli will be released from the Orbiter. It will be traveling about 13,050 mph (21 000 km/h) as it enters Mars' atmosphere; it will then decelerate using the aerobraking system and a parachute. After using the aerobraking and the parachute to slow down the vessel, the spacecraft will then use thrusters to finish slowing the vessel down before arrival to the surface of Mars.

The Schiaparelli will communicate with the Orbiter during the transition between the Orbiter and Once Mars. Schiaparelli has reached the surface, it will communicate with a NASA Relay Orbiter. The ExoMars Orbiter will then be set into orbit around Mars, while the Schiaparelli collects data on Mars. Then Schiaparelli will conduct its scientific research.on Mars.

Launch March 2016 Schiaparelli Landing: October 2016 **Orbiter Mars Arrival:** October 2016



From Looney Tunes Photoshop Credit by Joe K

The Martian Manhunter From Justice League Photo from pinterest.com

> The Martian The Movie



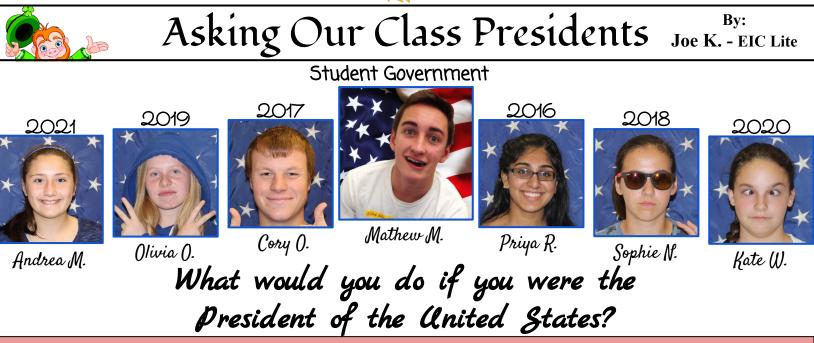
The Martian the movie Photo from t2.gstatic.com

The Martian came out in October 2015. The movie is based on Andy Weir's 2011 novel The Martian. This movie has had great reviews.





Politics 9 March 3, 2016



Mathew: Not much.

<u>**Priya:</u>** Find out all of the secrets only presidents know, and try to encourage bipartisanship on pressing issues.</u>

<u>Cory:</u> Throw a huge party, buy a "sick a** Camaro", bring back Tupac.

<u>Sophie</u>: Give money to people who don't have food, give money to educational systems, buy a nice car.

<u>Olivia:</u> Buy season tickets to the New York Knicks, buy a Hummer, and buy a zoo.

<u>Kate:</u> Go to the moon, buy a nice car, and get a pet giraffe.

<u>Andrea:</u> Stop the safe act, Reinstate the Constitution, Reinstate an Educational Basis throughout the United States.



ALL ABOUT THE ZIKA VIRUS

What is the Zika Virus?

The Zika virus is an illness that is being spread to humans through mosquito bites. The most common symptoms that the virus causes are a fever, rash, joint pain and red eyes. These symptoms last for several days to a week and are normally not severe enough to cause hospitalization. Deaths from the virus are very rare.

So far, outbreaks have occurred in Africa, Southeast Asia, the Pacific Islands and the Americas. The virus originated in Africa, then moved through Southeast Asia, and finally to the Pacific Islands. Now, the most current outbreak is in South America. The virus has been spread to US territories. The contiguous states only have the virus from people travelling to infected areas and returning once infected.

The Zika virus is a major concern for pregnant women. There is a chance that the virus could be passed to the fetus from the mother, which could lead to birth defects. If the virus was not spread during the pregnancy, the child could later get the virus during childbirth.

Another risk of the Zika virus is that it may cause Guillain-Barré Syndrome, or GBS. GBS is a sickness of the nervous system. A person's own immune system damages nerve cells, which leads to muscle weakness and can even cause paralysis. The link between Zika virus and GBS is currently being studied. It is not completely certain if the Zika virus causes GBS. However, there is an increased number of people who have been infected with Zika that also have GBS.

The Zika virus will be a major concern as it continues to spread across the globe. The CDC stated, "Zika virus will continue to spread and it will be difficult to determine how and where the virus will spread over time."

Prevention

Prevention kev is to handling the Zika virus outbreak. The main way to prevent getting the Zika virus is to avoid any mosquito bites. However, if you already have the Zika virus, avoiding mosquito bites is important too. This is how the virus is spread to uninfected mosquitoes and then to even more people.

Due to the threat the virus poses to the fetus, pregnant women should not travel to any infected areas. If they must, they need to consult a healthcare provider and follow all the steps to avoid mosquito bites.

Follow these important steps to avoid mosquito bites:

- 1. Wear long sleeve shirts and long pants.
- 2. Use EPA registered insect repellent.
- 3. Stay in buildings that use air conditioning for cooling and that have screens on all windows and doors.
- 4. Use mosquito bed nets if you must sleep outside.

By: Kelsey Cline - Design Manager

Treatment

There is no vaccine to prevent the Zika virus or any medications to treat the infection. The only way to treat people with the Zika virus is to treat their symptoms. To treat their symptoms, an infected person should:

- 1. Get plenty of rest.
- 2. Drink plenty of fluids.
- 3. Take acetaminophen to help with the pain.
- 4. Avoid taking any antiinflammatory drugs.



Prevention Infographic from cdc.gov



Weird News 11 March 3. 2016

By: Matt Mayes - EIC Lite

Leopard Attacks School

An Indian school was recently assaulted by a leopard, injuring six. For 10 hours, wildlife officials attempted to stop the beast; video footage shows a worker attempting to escape over a fence only to be dragged down and mauled. The leopard was eventually tranquilized and released back into the wild. Many blame the expansion of urban areas into the territories of local wildlife



On the Prowl The leopard on security footage Photo from dnaindia.com

Alligator Thrown Through Drive Thru Window

After receiving his drink from a florida Wendy's, Joshua James, a well known prankster, threw a three and a half foot alligator through the window when the server turned around. Although no one was hurt, both Wendy's and the Florida Fish and Wildlife Conservation Commission are pressing charges.



Prank Gone Wrong The alligator failed to hurt anyone Photo from abc7.com

Snowball Fight in Time Square

The record breaking winter snow storm "Jonas" shut down the entirety of NYC from January 22nd to the 24th, prompting authorities to ban all privately owned vehicles from the roads, leaving major intersections startlingly calm. Thousands took to the street despite the cold to explore the now quiet city. Crowds gathered in Times Square, where a massive impromptu snowball fight broke out. Hundreds joined in on the fun and participated in many other activities such as snow angel making and snowman building.



Pure Chaos thousands paticipated in the massive battle Photo from flickr.com

Beezow Doo-Doo Zopitty**bop-bop** Arrested

The man who made headlines a few years ago for his unique name was arrested for tearing down fliers and resisting arrest. Zopitty-bop-bop reacted violently when campus security arrived on the scene, allegedly reaching for an officer's gun and biting his finger. After pursuing Zopitty-bop-bop through a wooded area, police tasered, tackled and arrested him. This was not Zopitty-bop-bop's first offence but hopefully his last ...



Face of Regret *Zopitty-bop-bop* in custody Photo from theepochtimes.com



Charge Your Phone With Each Step

By: Noah Holmok - Sports Advisor

How often do you hear people complain about how their phone is dead? Pretty often, right? well with this new invention, your phone can last up to 10x as long in between charges. It's called powergenerating shoes.

While the idea was not created by them. Professor Tom Krupenkin and a senior scientist of UW Madison, J. Ashley Taylor, wrote a paper on a recent way to generate electricity through walking using a method known as the bubble method. This involves pressurised gas that is turned into bubbles, so when you step and pick up your foot, the bubbles grow and collapse. This moves a conductive liquid back and forth, creating an electrical current in the battery pack (which can be seen as the white pack in the picture). The current is then sent to the back of shoe, where it is outputted into a USB. This would be where you could plug in your phone or other electronics.

What the creators are really excited about are the possibilities of the shoes. The shoes can be used for military purposes, such as night vision goggles, radios, or GPS units. The possibilities are endless with these shoes and could change the way millions of people go through their everyday life, affecting it from leisure activities to jobs that require you to be on the move. With this kind of potential don't be surprised if the military buy the rights to these shoes or others similar to it. Krupenkin says, "For this type of mechanical energy harvesting, the bubbler has a promise to achieve by



Power to the feet the design created by the two engineers www.technology.com



Size Comparison A quick look at how the show will look www.technology.com

far the highest power density ever demonstrated" because they produce so much energy for such a small device. They aren't sure when they will become available, but be on the lookout for these fashionable kicks.



seppo net

The So

Food & Health 13 March 3, 2016

P.I.Y. St. Patrick's Day

Lucky Charms Rice Krispie Treats

INGREDIENTS:

¹/2 cup salted butter 8 cups miniature marshmallows 10 cups (11.5-ounce box) Lucky Charms cereal DIRECTIONS

1. Grease a 9x13-inch pan; set aside.

2. Melt the butter in a large pot over medium-low heat. Add the marshmallows and stir until completely melted. Reduce the heat to low and stir in the Lucky Charms cereal.

Turn the mixture into the prepared pan and press into an even layer. Allow to set at room temperature until firm, 30 minutes to 1 hour. Cut into squares and serve. Store leftovers at room temperature in an airtight container for up to four days.

from

By: Bailey Comer- Project Manager

Party Recipes



Shamrock Shake

INGREDIENTS:

Shake (for 1 large serving): 2 cups premium quality vanilla bean ice cream ¹/₃ cup milk ¹/₂ tsp peppermint extract 6 drops green food coloring Whipped Cream (enough for 4 shakes): 1 cup heavy cream 3 Tbsp powdered sugar

DIRECTIONS:

In a blender blend the ice cream, milk, peppermint extract and food coloring until smooth.

Pour shake into a tall glass cup.

Whip the heavy cream with powdered sugar until stiff peaks. Place some sweetened whipped cream in a piping bag fitted with a tip and pipe a swirl on top. Garnish with sugar crystals.



Fruit Skewer

INGREDIENTS:

Green Fruits- apple, honeydew melon, pears, kiwi, grapes Wooden Skewers Green tape/ washi tape

DIRECTIONS:

(To Cut) Slice the apples, pears, and kiwi to the desired size and shape. *HMPORTANT* when cutting the melon, be sure to cut them into large rectangular shapes. They will be the base of the skewer.

(To Assemble) Slide the fruit onto the skewer, but stop half way. You don't want it to be top heavy and fall. Use the melon as the base, and then display the skewers

(To Display) Place the skewers on a flat plate, and to finish it off, use the ribbon or washi tape on the top.



By: Dylan Thayer Sports Advisor



The Real Jesse Owens Photo from biography.com

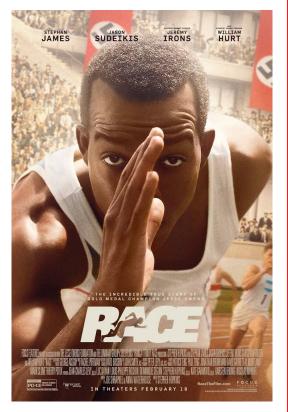
Before Seeing Trailer:

What do you believe this movie is really about?

"About a track runner."- Brooke J "About a Track Star." -Bailey C "A black runner."- Darnell W "An olympic track runner who faced a lot of adversity because of his race."-Marilyn P "It's about racism and a black guy

winning 4 gold medals in a single day."- Levi L

"A guy running in the Olympics, takes place in Germany."- Noah H Race: the Movie



Race Poster Photo from wikipedia.com

After Seeing Trailer:

What is this movie really about? "Defying racism and having the courage to stand up."

-Brooke J

"Track Star Jesse Owens dealing with discrimination in his country and him going over to Berlin to win gold."

-Bailey C.

"Racism in the united States and one guy trying to stand up against it." -Darnell W.

"One runner winning gold medals for his country while fighting discrimination." - Marilyn P.

Entertainment 14 March 3, 2016

Race the Movie: Does running come to mind, or segregation, the separation of two races? Well, the question was asked and answered.

The film is, in fact, about both. Taking place in 1930, a black man, Jesse Owens, takes interest in joining Ohio State's college level track and field team. The coach takes him out for a test run; the coach is surprised at how fast he is, and lets him join the team. During his time on the team, Owens broke many records and won multiple Championships. NCAA When Owens is asked to go over to Nazi Germany and compete in the Olympic Games, his family doesn't want Owens to go because of all the racial tension here in the United States.

Owens goes and competes, showing Hitler and Germany that the United States isn't a country to mess with.

After the games, Adolf Hitler went and shook hands with Jesse Owens.

Will you go see the film when it comes out?

Wants to go see it: **Brooke J**, **Darnell W, Bailey C, Levi L, Kelsey C, Marilyn P** Maybe: **Noah H.**

Do you think the United States has changed since the 1930's? Explain.

"Yes it has, race relations are much better today although people still face discrimination, the movement to fight it keeps growing stronger." - Marilyn P.

"I do. Not only have the rules changed but so have the people." - **Bailey C.**



Contributions 15 March 3, 2016

Alfred - Almond Artist

By: Hannah Henderson - Photo Editor

Alfred - Almond has many talented students, including freshman Maimi. Maimi has the ability to draw marvelous pieces of art. Since kindergarten, has developed her own outlook on art and has grown artistically throughout the past few years.

What do you think is special about your artwork?

"I think the most interesting part of my artwork is that I do not draw totally realistic people, I draw them more exaggerated, and that are normally in the indie scene. My drawings are have a sketchy look to them."

What influences your artwork?

"I am influenced by Alister Dippner and Fukari, and try to learn from both of their artwork."



Maimi F. - Alfred-Almond Artist Photo Courtesy of Hannah Henderson



Drawing and Photo courtesy of Maimi F.



Wanderlust Drawn by Alister Dippner Photo from themachinefactory.com



Drawing and Photo courtesy of Maimi F.

When did you become interested in art?

"In kindergarten when we had to draw, I felt that stick figures were not good enough so I began drawing my own ideas of "realistic," also both of my parents enjoy drawing on their free time. My grandmother owned an office where she would create art and buy other pieces of artwork from others."

Who is your favorite artist?

"My favorite artist is Fukari because his art is very interesting and has a comic book look to it."

Do you plan on making art part of your career?

"Possibly, both of my career choices involve art. I plan on going to college for either animation or tattooing."

Are you interested in being featured on the next Student Contributions page? Email or talk to Mrs. Backer. Email: mbacker@aacsapps.com



Advice Column 16 March 3, 2016

THE ADVICE COLUMN BY: CAITLIN COOK - EIC LITE

"I have so many tests, how do I deal with the stress?" —Anonymous

STRESS IS AN INEVITABLE PART OF EVERY STUDENT'S EDUCATIONAL EXPERIENCE. IN THE MIDST OF HOMEWORK TESTS. AND STUDYING, IT IS IMPORTANT TO STEP BACK AND TAKE A DEEP YOU BREATH WHEN ARE FEELING STRESSED. ACTIVITIES SUCH AS YOGA, COLORING, AND LISTENING TO MUSIC HELP TO CALM THE MIND.

STUDENTS SUFFERING FROM SLEEP DEPRIVATION ARE PROVEN то BE LESS PRODUCTIVE THAN STUDENTS WHO GET A PROPER AMOUNT SLEEP. NAPS OF RANGING FROM 20-30 MINUTES LONG CAN HELP TO GIVE YOU A BURST OF ENERGY. WHICH WILL INCREASE YOUR ABILITY TO HANDLE LARGE AMOUNTS OF SCHOOLWORK.

VISUALIZATION 15 ANOTHER TECHNIQUE TO RELIEVE STRESS. IMAGINE YOURSELF IN A PEACEFUL PLACE WHERE YOU'RE RELAXED AND HAPPY. AFTER REMAINING IN YOUR SCENE FOR SOME TIME. OPEN YOUR EYES AND RETURN то THE REAL WORLD. YOURSELF REMINDING THAT YOU CAN ALWAYS COME BACK TO THIS PEACEFUL PLACE WHEN NEEDED.

"Should I take AP courses?" -Anonymous

ABSOLUTELY! SCORING SUCCESSFULLY ON AN ADVANCED (AP) PLACEMENT EXAM GIVES STUDENTS THE OPPORTUNITY TO EARN COLLEGE CREDIT BEFORE EVER STEPPING FOOT ON Δ COLLEGE CAMPUS. THE CURRICULUM OF AN AP CLASS IS DIFFERENT FROM THAT OF A REGULAR HIGH SCHOOL COURSE IN THAT IT IS MORE CHALLENGING AND SIMILAR TO THAT OF A CLASS ONE WOULD TAKE AT UNIVERSITY. Δ GETTING A GOOD SCORE ON THE AP EXAM AFTER TAKING AN AP CLASS CAN RESULT IN BEING EXEMPT FROM TAKING REQUIRED INTRODUCTORY COLLEGE CLASSES IN THAT AT PARTICULAR SUBJECT. ALSO. AP COURSES ARE COLLEGE APPLICATION COLLEGE Admissions BOOSTERS: WORKERS LIKE TO SEE STUDENTS WHO CHALLENGE THEMSELVES BY TAKING DIFFICULT CLASSES INSTEAD OF CRUISING THROUGH HIGHSCHOOL WITHOUT TAKING ADVANCED COURSES.



"When should I start Looking at colleges?" -Anonymous

MANY STUDENTS WAIT UNTIL THE END OF THEIR JUNIOR YEAR OR EVEN UNTIL THE BEGINNING OF THEIR SENIOR YEAR TO START SERIOUSLY LOOKING AT COLLEGES- DO NOT BE ONE OF THOSE STUDENTS. THE SEARCH FOR THE RIGHT SCHOOL SHOULD BE A THOROUGH ONE: THERE ARE MANY FACTORS THAT GO INTO CHOOSING WHERE YOU WILL RECEIVE HIGHER EDUCATION. IT IS IMPORTANT THAT YOU EXPLORE AS MANY OPTIONS AS POSSIBLE SO YOU CAN BE CERTAIN THAT YOU'VE MADE THE RIGHT CHOICE. THE EARLIER YOU START. THE BETTER. BY YOUR FRESHMAN SOPHOMORE YEAR OF OR SCHOOL, YOU SHOULD START TO CONSIDER YOUR OPTIONS. HOW MUCH DO I WANT TO PAY FOR A COLLEGE EDUCATION? DO I WANT TO STAY IN STATE. OR MOVE TO ANOTHER PART OF THE COUNTRY? WHAT TO I WANT TO STUDY? DO I EVEN WANT TO GO TO COLLEGE? THESE ARE ALL QUESTIONS YOU SHOULD ASK YOURSELF WHEN THINKING ABOUT YOUR FUTURE, AND THE SOONER YOU START YOUR RESEARCH. THE BETTER!





Student Profiles 17 March 3, 2016

March Seniors

By: Levi Bayus - Photo Editor

MAR 21 Hornell, New York **Ouestions** Irish" to everyone on the street. T. F. POLI MAR MAR Photo Courtesy of Levi Bayus 30 28 Hannah H.

By: Elizabeth Allen -Staff Writer

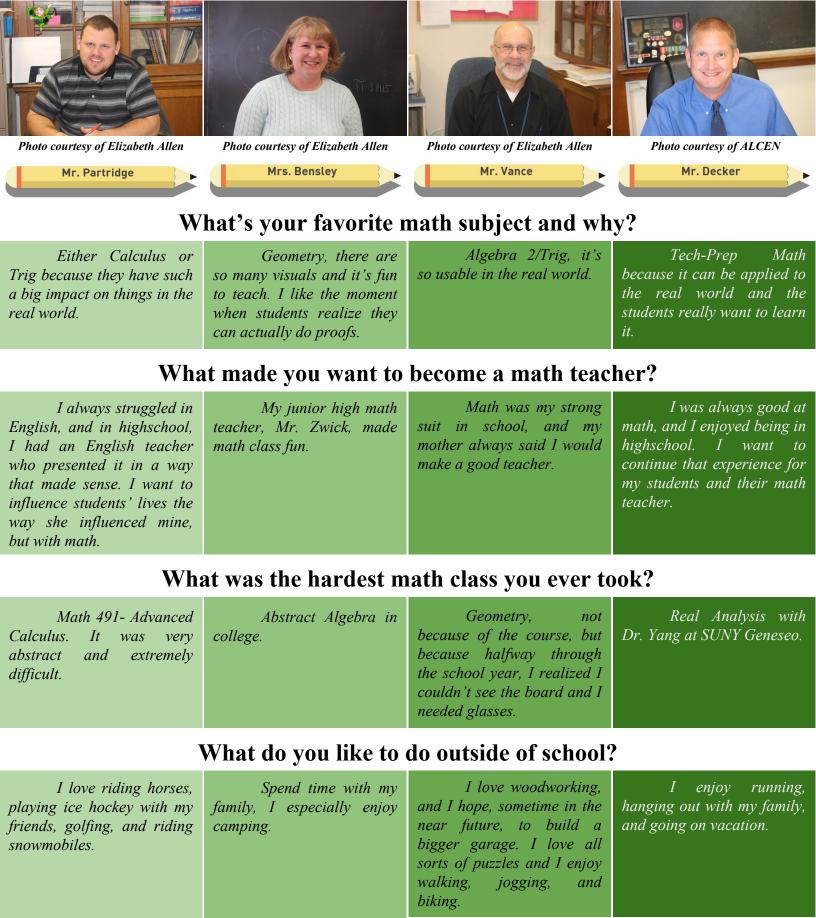
Observer

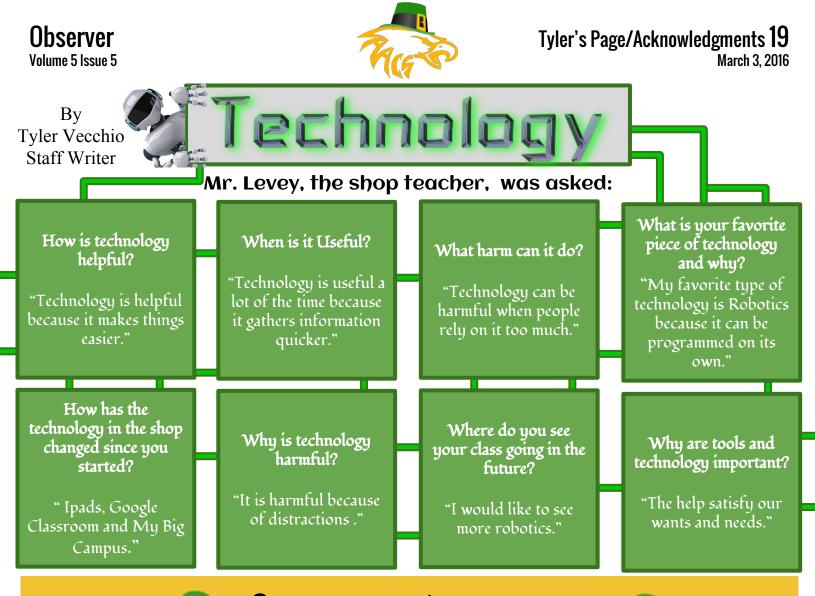
Volume 5 Issue 5



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Alfred-Almond's Best Mathematicians





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I want to acknowledge *Darnell W*. *and Paige S*. for spending extra lab time setting up ripple tanks to demonstrate waves. ~*Mr. Rech*

I want to congratulate *the boys and girls ski team* for a great year. Can't wait for next year. ~*Mr. Bialecki* I want to thank *Mrs. Bain-Lucey* for giving me the opportunity to come back for one last year and teach the Algebra 2/Trig course, that I have wanted to teach for 16 years. *~Mr. Vance*

We would like to acknowledge all of the members of *National Honor Society* for helping make the concession stand so successful this winter sports season. Thank you all!! ~*Mr. Mac, Mrs. Bain-Lucey, and Mr. Holmok.* Thanks to all those who put in entries into the literary festival. Kudos to the lit fest volunteers who evaluated entries Mrs. Burr, Mrs. Backer, Mrs. Dobson, Mrs. Sprague, Ms. Pratt, Ms. Saxton, Ms. Reedy, Mrs. Dunning, and district friends PAt Lacourse, Kirsten Wisniewski and Jean Pilgrim!! ~Mrs. Donius

I want to acknowledge *Madge C. and Mrs. Dawn Mormino* for all their help with the musical behind the scenes. ~*Miss Karr*

By: Kylie Faulkner- Copy Editor

If you wish to acknowledge anyone, go to this link: http://goo.gl/forms/deFL9sO5Sy

