

APRIL 2017 VOL. 6 ISSUE 6

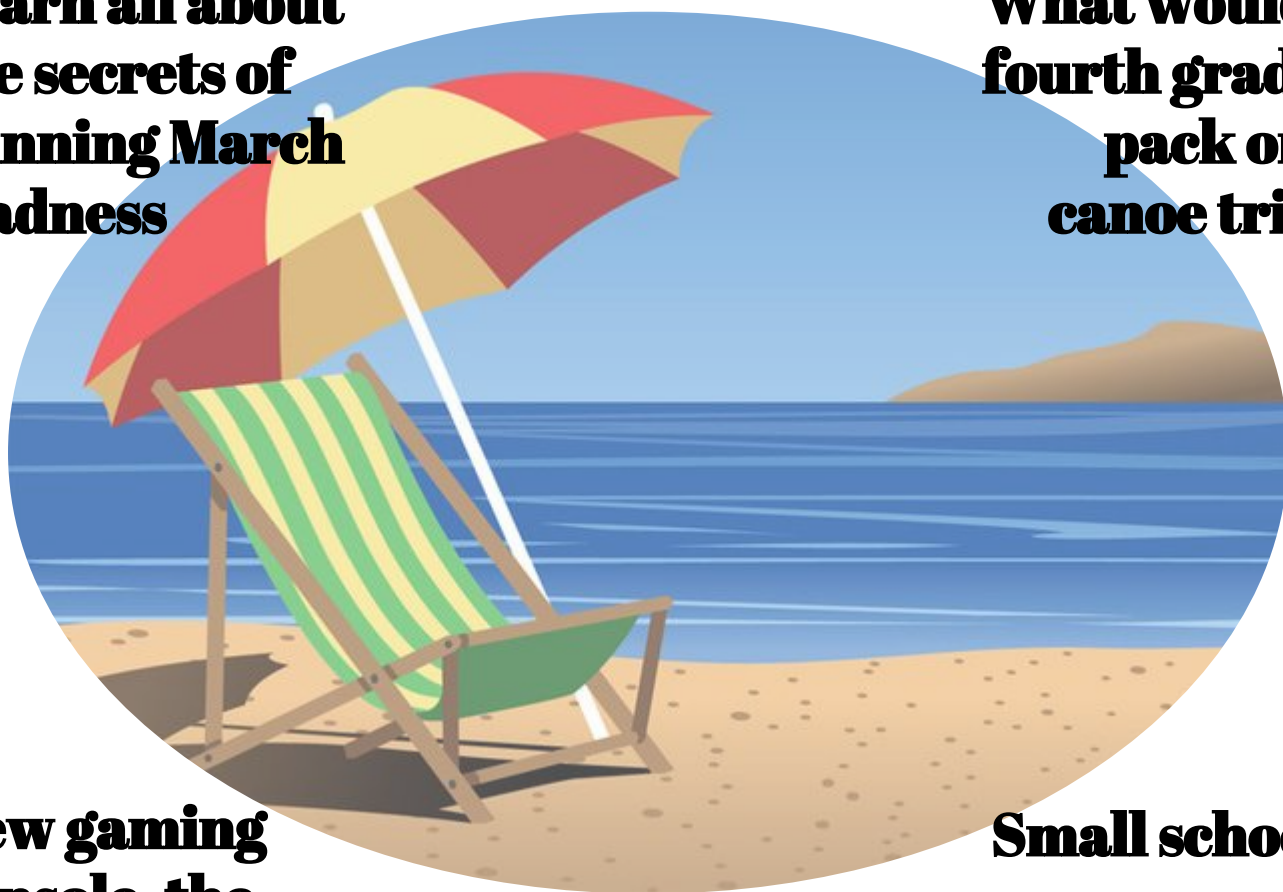
OBSERVER

HAVE WE GOT NEWS FOR YOU...

Happy Spring Break!

**Learn all about
the secrets of
winning March
Madness**

**What would a
fourth grader
pack on a
canoe trip?**



**New gaming
console, the
Nintendo Switch!**

**Small schools
vs.
Suburban schools**

April Edition





Contents

3. Announcements
4. Mental Health Apps
5. Worth The Switch?
6. Culture Shock: Elementary Edition
7. A Blast From the Past
8. Don't Get Caught Up the Creek Without a Paddle
- 9-10. Bottom Seven Useful Camping Gear
- 11-12. Spectacular Local Attractions
13. Coolest Beaches in the World
- 14-15. Other Life Forms
16. Who is Greg Boardman?
- 17-18. This Justin: 50 Shades of Orange
- 19-20. You're Invited
21. National Championships of Supercross
22. Navigating the Woods
23. The Madness of March
24. Everything You Should Know About Chocolate
- 25-26. Mysterious Coins
27. Running the 2017 Journalism Class
28. Acknowledgements

Letter from the Editors

Greetings, Readers! The mission of this year's *Observer* is to provide an entertaining and educational product for the benefit of the students and staff. For this issue, the journalism class did a partner "gift exchange" to add a twist for the writers. Our journalists were to bring in a topic and randomly switch it with a fellow classmate. This was intended to challenge the staff and help us step out of our comfort zones, and that it did. In this issue you can read all about the hidden love story of the infamous Donald Trump and Hillary Clinton, the coolest beaches, and find out just what you should pack on a canoe trip with a fourth grader. The *Observer* staff has worked diligently on this issue in the three short weeks they were given in order to place another great publication into the hands of the Alfred-Almond community!

Brendan W.

Jessica Flaitz

Have an idea for the paper?

Contact the *Observer* staff:

Brendan Walsh

BW0236@aacsapps.com

Jessica Flaitz

JF2220@aacsapps.com

Madge Chroniger

MC0501@aacsapps.com

Mission & Vision

Have We Got News For You

It is our mission as the Alfred-Almond *Observer* to provide a well-balanced resource for the purpose of entertaining and informing the Alfred-Almond community. We intend to create an easily accessible and reliable source of both local and national news. It is our goal to leave behind a more informed and knowledgeable student body for years to come.

Observer Staff

Editor-in-Chief.....Brendan Walsh

Editor-in-Chief Lite.....Jessica Flaitz

Sr. Copy Editor.....Janu Patel

Copy Editors.....Jack Castle

Alex DeGraff

Madison McCormick

Abbey Swackhamer

Design Managers.....Justin Berry

Owen Curtin

Public Relations

Manager.....Madge Chroniger

Staff Writers.....Greg Boardman

(Bill Bacon)

Kalista Calkins

Charles Elliott

Dylan Griffin

Cory Olix

Harry Robshaw

Erin Anderson



Announcements

By Charles Elliott - Staff Writer

All Students and Faculty: In your spare time, head up to the art room to sign a flower pot made by Miss Ryan for Mrs. Booman.

The Technology Department is getting a 3D printer! See Mr. Levey for details.

The NHS Induction Dinner for newly accepted members is April 6 at Lake Lodge.

DOGfest is at Alfred University, April 8 from 6-11 p.m. The music line-up includes: Never Shout Never, The Wrecks, Murs and Shaed. General admission is \$10.

Earth Day is on April 22, and Arbor day is on April 28.

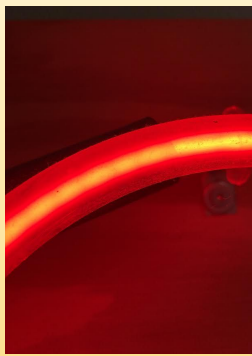
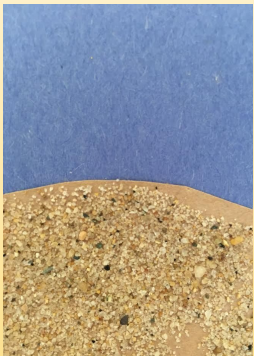
The Senior Trip to Baltimore M.D. is on April 22-24.

The Spring Fling dance will be held on April 28 at 8 p.m. in the high school gymnasium.

AP exams start in May, you can find your schedule [here!!](#)

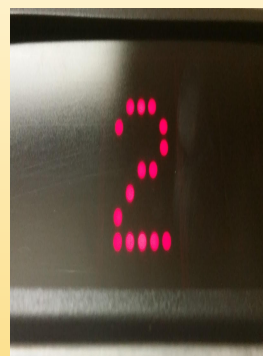
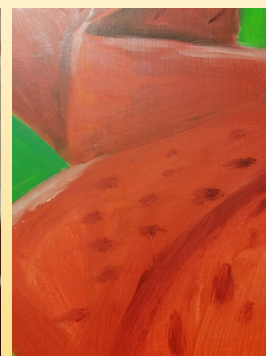
Congratulations to the winners of the Literary Festival!

April Photo Challenge



Find these places around the school!
Discover their locations in the next
edition of the *Observer*

March Photo Challenge Revealed



Left to Right: Tile next to Mrs. Burn's
room, The flower mural across from
Mrs. Hatch's room, Floor light in
Elevator



MENTAL HEALTH APPS

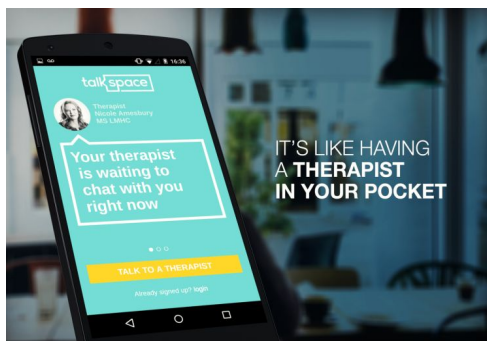
By Alex DeGraff
Copy Editor

Being bullied? Locked up by anxiety? These problems may be more common than you think. According to a survey taken from a variety of studies (Modecki, Minchin, Harbaugh, Guerra, & Runions, 2014), 35% of students of age 12-18 have recently been bullied. This may be a conservative estimate as well, considering that 64% of bullying incidents go unreported. Additionally, 54.8% of respondents to an Alfred-Almond survey agreed or strongly agreed to the statement, "Bullying is a problem in our school." Additionally, according to the National Center for Children in Poverty, 20% of adolescents have a diagnosable mental health issue, and between 20% and 30% have at least one major depressive episode.

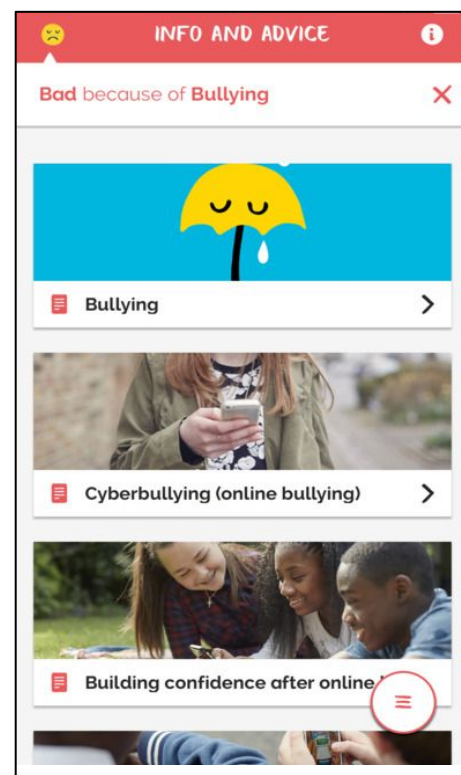
A new app created by a team of four high schoolers may provide an easier way for those suffering to get help. For Me is a mental health app which can give you access to a variety of resources wherever you go. The app helps you get self-help advice for a variety of problems, as well as strategies and content to help increase your overall happiness. Additionally, it has a mental health calendar to track your progress towards a healthy mind. Most importantly, the app gives you quick access to mental health experts and psychologists, a much-needed resource for many people.

While For Me is a great new program, there are dozens of equally useful websites and apps to help you get through any situation. One great app/website dedicated to online therapy is Talkspace. Talkspace allows you to chat with certified counselors anywhere, anytime. It can also help address what needs work mentally, and possibly help you diagnose an illness. Another great tool for those dealing with anxiety, stress, or depression is Breathe2Relax. It is a great management tool that can help you pinpoint the source of your stress. Another excellent self-help app is "Self-help for Anxiety Management," which offers a range of self-help methods for people with anxiety.

While all of these apps can be extremely helpful, please remember that none of these can replace a face-to-face appointment with a therapist or psychologist. What these apps provide is a more convenient alternative or a good starting place, but psychologists will be able to help you much further in person.



Talkspace Specialized for online therapy
Photo from moneyinc.com/



For Me

A catch-all mental health app made
by a team of high-schoolers.
Photo from itunes.apple.com



Breathe2Relax

A great resource of information and
exercises to combat anxiety.
Photo from itunes.apple.com



Worth The Switch?

By
Charles Elliott
Staff Writer

The Nintendo Switch is a new console that has been brought to you by the fine people at Nintendo. The Switch is a hybrid gaming console that allows for home and on-the-go gameplay. Like the 3DS, the Switch has a straightforward and smooth interface. There is no other gaming console like this. The most popular game for the Switch is the “Legend of Zelda: Breath of The Wild.” Main character Link wakes up from a 100-year slumber and is guided by a voice who helps him defeat the “Great Calamity” Ganon who comes back from 10,000 years ago, and Ganon was awakened by Princess Zelda. Zelda has been a figure for Nintendo since before 1986. There have been upwards of fifteen Zelda games over the past thirty years, and it is famous with a vast group of people.

Unveiled on October 20, 2016, the console was officially called the Nintendo Switch. The Nintendo Switch was released worldwide on March 3, 2017. It was the fastest selling game console in history since the Nintendo 64. The Nintendo Switch was called this because players can switch from handheld gaming to a television screen, and it conveys a “switch” in gaming capabilities. It is currently very popular, shipping 1.5 million units in the first two weeks



Nintendo Switch: *Nintendo's way of switching up the market* Photo from Cnet.com

of its launch. This console is hugely popular in Europe and North America. It uses physical ROM cartridges as well as digital games that you would download. It also comes with a 32GB flash memory to store all those games, not to mention Bluetooth capabilities.

A unique feature of the Switch is the Joy-con controllers. Joy-con controllers consist of two units which both have an analog stick as well as four arrow buttons on the left, and A, B, X, Y buttons on the right controller. On the right controller, it also has a home button to access the homepage of the switch. They are the primary controllers for the Nintendo switch. They can also be attached to a tablet for on-the-go gameplay, or via a wireless connection to the console while

playing at home. They could even be used as two individual controllers for multiplayer gaming. This unique feature makes the Switch a versatile system in many situations.

The future looks bright for this idea and system, but a not-so-small problem seems to be standing in the way of greatness. Games. There are no games other than Zelda to make the purchase price worth it, unless of course, you are a die-hard Zelda fan.



“Zelda: Breath of The Wild” *The only worthwhile game out for the console at the moment* Photo from geek.com



What's The Difference?

By Owen Curtin Design Manager



If it Ain't Broke, Don't Fix it: Alfred Almond is a very old school. It was actually a part of President Franklin D. Roosevelt's Public Works Project in the 1940's. *Photo from newyorkschoools.com*

Many people from a small town wonder what it's like to live in a city, and many city dwellers think about settling down in a small town one day, but few get to experience both sides. The culture shock given with moving from a suburb to a small town can be a big transition. Many aspects differ, for example, I was surprised to see that there were movie theatres that didn't play every movie that was out. One of the biggest differences took place in the school. I attended Rock Creek Valley Elementary School in Rockville, Maryland until I finished 5th grade, then I moved to Alfred-Almond CS, finished out my elementary school career, and now I'm about to finish my high school career. Not only were cultural and traditional values different, but the way things were taught and performed differed as well.

One major difference I noticed was school transportation. Now I'm not saying that my old school didn't have school buses, but they were used a lot less. In fact, my first time riding a bus to school was when I moved to Alfred.

My old elementary school was in the the middle of a suburb, so many of the students, including myself, just walked to and from school. Only the kids that lived in different suburbs rode the school buses, and there were not nearly as many school buses as there are here. Also, I believe more kids here would walk home if the school wasn't on a highway. In Rockville, my walk home had sidewalks, and cars obeyed the 35 mph speed limit. Here, you'd have to walk on a slanted shoulder with cars whizzing past you at 55 mph (at least).

Trust between students and faculty is a huge part of any school. A major difference between these two schools is the amount of responsibility given to students. Both schools issue different amounts of responsibility in their own unique way. Alfred-Almond has more freedoms in the sense of more general privileges given to students, like recess and unsupervised lunch mods. The one exception is that at Rock Creek Valley, I had recess every year. However, every time you left the classroom, you were forced to take a buddy, no matter where you went. What made Rock Creek Valley

In With the New: Rock Creek Valley is a very modern school. When I first started going there in 2006, the school was just a little over a decade old.

Photo from montgomeryschoolsmd.org/

more trusting was their Patrols System. The Patrols were a select group of 5th graders assigned to do important tasks around the school. These tasks included watching younger students, supervising students on school buses, and having responsibilities during fire drills (similar to Alfred-Almond's Fired Wardens). When I was a patrol, my job was to put paper slips on cars that were parked in bus loops. They were similar to parking tickets, except that no one had to pay a fine. They even let us be crossing guards, which in my opinion, takes a lot of trust to put eleven year olds in charge of other students' safety.

In retrospect, even though there are many differences, it wasn't terribly hard to adapt to this school. Everyone was very accepting and eager to ease me into a healthy adjustment. I made plenty of friends right off the bat, and the teachers were very approachable and down to earth. When it comes down to it, schools are schools and the common goal is to educate the kids. Both areas are great, and I'm glad I got the opportunity to attend them both.



A BLAST FROM THE PAST

By Abbey Swackhamer Copy Editor

All of us have many narratives and memories that we carry as we grow up and advance through life. We often forget to recollect the special and extraordinary times of childhood and instead, take a look at what lies ahead. In this article, I aim to capture those favorite memories of the writers around me. While most of us in the 2017 journalism class are focusing on the future, let's take a moment to glance into the past at our favorite memories.

Janu

Getting
my dog

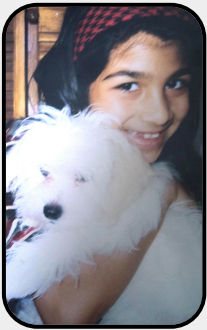


Photo courtesy of Janu P.

Cory

Going to
Myrtle Beach



Photo courtesy of Cory O.

Mrs. Turner

Riding "The
Incredible Hulk"
ride many times
with my sister



Photo courtesy of Mrs. Turner

Jessica

Weekends at
the lake with
my family



Photo courtesy of Jessica F.

"We didn't realize we were making memories
we just knew we were having fun." -Unknown

Justin

Hanging out
with friends



Photo courtesy of Justin B.

Madge

Camp Lucinda



Photo courtesy of Madge C.

Owen

Being born



Photo courtesy of Owen C.

Kalista

Being adopted



Photo courtesy of Kalista C.



Don't Get Caught Up the Creek Without a Paddle



By **Kalista Calkins**
Staff Writer



Like any canoer knows, you must pack for all circumstances. You need to be prepared for anything, such as the cold, extreme heat, rain, and even sunny days. So, my question is, "What would one need to pack to go canoeing?" I interviewed a group of fourth graders and asked them, "What's the first thing you'd pack to go on a canoe trip?" I then did some research and found the necessities of a canoe trip, according to Outdoors writer T.D. Wood, and compared them to the responses of the fourth graders. You can find the shortened version below. [Full list here!!](#)

Fourth Graders

First aid kit
Soup
Sandwiches
Canoe
Life vests
Knife
A map
Junk food
An oar
3 meat sandwich with cheese
Candy
Rubik's cube
A book
Spaghetti and meatballs
Water and chips
Bread, water, and milk
Chips
A bunch of floaties
Lunch

Canoe Joke:

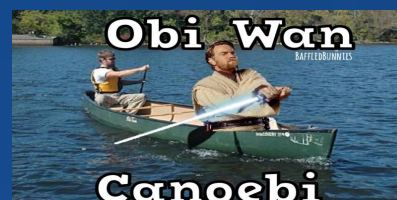
Knock, knock.
Who's there?
Canoe.
Canoe who?
Canoe come out and play
with me?



Meme from [funnyasaduck.net](#)

T.D Wood

Canoe
Paddle (1 per paddler)
Extra paddle
Personal flotation device (1 per paddler)
Dry bags (for gear organization)
Signaling devices (whistle, mirror, flares)
Float bags
Maps and charts in waterproof case
GPS
Knife or multi-tool
Headlamp or flashlight
First-aid supplies
Sunglasses
Sunscreen
Water bottles (filled)
Energy food (bars, gels, trail mix)
Tent, tarp or bivy sack
Sleeping bag
Meals and snacks
Cooler (with ice)
Insect repellent
Toilet paper and sanitation trowel
Camera
Binoculars
Trip itinerary
Sun-shielding hat
Bandana
Moisture-wicking T-shirt
Swimsuit
Matches/lighter/fire starter



Meme from [ifunny.com](#)



Bottom Seven Useful Camping Gear

By
Gregory Boardman
Staff Writer

So I haven't written an article all year, senioritis am I right? So uh, yeah, they told me I have to at least write one to pass this class. Apparently, they've been giving me credit for some other guy who wrote articles. But they've unfortunately realized their mistake. So here I am, with useless camping gear...

Marshmallow Roaster



Marshmallow Heater *Basically a space heater* Photo from Amazon.com

This is just a pathetic device. It requires a cable to plug it in, and is made specifically to do one thing and one thing only: roast marshmallows. The thing is just a space heater with some ingredient trays. Any heat source could replace this item: a hair dryer, stovetop, campfire, microwave, mind powers, anything. I mean that's just a space heater with a tray, and you have to pay \$43 for it. Now the only problem is having to painfully and slowly roast your fluffy marshmallow on a boring stick.

Electric Marshmallow Stick



Motorized Stick *Just use your hands*
Photo from Amazon.com

Really? An electric rotating marshmallow stick? It's a miracle of modern technology! It's also poorly built! Apparently the "stick" is too short for a real fire, and will result in some melted plastic. The metal prong is also fragile and shatters easily at the base. For all this quality and utility it comes at the low price of \$20!

Outdoor Blender



Handy Blender for smoothies
Photo from Amazon.com

What more could you want than marshmallows on a stick? A milkshake, a smoothie? Well you're in luck. With this practical crank powered device, your only one hand dance away from a delicious milkshake. Well maybe not one, maybe like three dozen. It will also be the most expensive milkshake of your life because the blender is \$261.

An oven, yes a large, heavy, metal oven.



Portable Oven *I'll put in a description later*
Photo from Amazon.com

Who buys an oven for camping? Sure, you could bake some cookies, but with what heatsource? A campfire evidently. This oven looks like an oven, and you have to treat it like a wood stove? Not only that, it's also big and heavy, being 14 inches cubed. It can be disassembled to make for easier storage, but then you could just get a dutch oven that's smaller, lighter, and doesn't require tedious assembly. It's also painless to clean. The real killer is the price, being \$75, while a dutch oven is \$25.



Bottom Seven Useful Camping Gear

Part 2

Victorinox Swiss Army Swisschamp XAVT



The knife 3000 *Useful as a rock*
Photo from Amazon.com

It has everything you need, from a weirdly shaped knife to another weirdly shaped pointy knife. It has a total of 80 different tools, and zero uses. Just using it's screwdriver would require the attention of both your hands like a toddler holding a sippy cup. If you tried to scrape bark off a stick, you would barely be able to awkwardly hold it with its size a weight. You would cut yourself in your hand, or your foot when you accidentally drop it. With zero uses, it costs around \$310. Do I still want to buy it despite being useless? Yes. Yes I do. Once you accept the uselessness of the product, and the call from your wallet, you can appreciate how cool of a paperweight this is.

A portable propane deep fryer...



Fire Hazard *No one needs this*
Photo from Amazon.com

Why you ask? For the glory of all that is fat and delicious. This has to be the most useless thing I have encountered. The deep fryer is heavy, weighing 23 pounds, not including a propane source which would add precisely... 1 pound. Nevertheless It also takes up a bunch of space being 14*15*17 inches. This deep fryer would be fairly unsafe as well. An oil spill or any type of accident is way more dangerous when away from home and far from emergency services. This fryer could end up making a forest well done, or even you. This product was such a great idea that it is no longer sold by the company.

A trailer



Humble abode *it's not even camping*
Photo from pinterest.com

You get the great outdoors experience while living the dream of an expensive cramped New York City apartment-it's the best of both worlds, really. At least you can enjoy the view from your tiny window while trying to figure out how to unfold your bed.

As you can plainly see, these are some pretty useless items, even without a camping context, from a pathetic marshmallow warmer, to a ridiculous deep fryer. The only item on this list that you should ever own is that sweet Swiss Army Knife. I mean, just look at it, it's awesome. With this article I have successfully secured my grade for the year, even if it was a top ten article with seven items, it's still writing, and still graded. See you readers never.



Spectacular **Local** Attractions

By **Madison McCormick** Copy Editor

Many people are not able to travel to popular vacation spots like Myrtle Beach, Florida, Virginia, or abroad. However, there are numerous local spots of interest that many do not know about. Some spots of interest are the Glenn Curtiss Museum in Hammondsport, the Strong Museum of National Play in Rochester, and the Ontario Beach Park in Rochester. Below I have provided you with a list of six other places within a two hour drive of the school that would be cool destinations for a fun day trip. Click on the titles of each destination to find out more information about each.

Corning Museum of Glass



The Gift Shop You can buy many different unique glass objects in the shop including flowers, games, jewelry, and dishes. Photo from cmog.org

- Distance from A-A: 47 minutes
- Hours: September 6 - May 25: 9 a.m. - 5 p.m. and May 26 - September 4: 9 a.m. - 8 p.m.
- Prices: Free for 17 and under and \$19.50 for adults
- People can make their own glass objects in the museum including a bead for \$21, a glass flower for \$30, and currently an egg ornament for \$30 until April 30. During Christmas time people can make a Christmas ornament.
- The museum has many different glass collections in its galleries including Glass of the Romans, Early Northern European Glass, Crystal City, and Paperweights of the World.

Genesee Country Village & Museum



The Hamilton House The historic village has many unique attractions including a schoolhouse, a blacksmith shop, a post office, and multiple different houses. Photo from gvc.org

- Distance from A-A: 1 hour and 10 minutes
- Hours: Season opens on May 13; Tuesdays - Sundays 10 a.m. - 4 p.m.
- Prices: \$10 for ages 4-18 and \$18 for adults
- The Village offers pioneer experiences where people are able to live for a weekend like people did in the early 1800's for \$200 per adult and \$130 per youth.
- The village hosts many events throughout the year including a Celtic Faire in June, a Civil War Reenactment in July, Laura Ingalls Wilder Days in August, and Trick-or-Treating in the Village in October.



Spectacular **Local** Attractions, Cont'd...

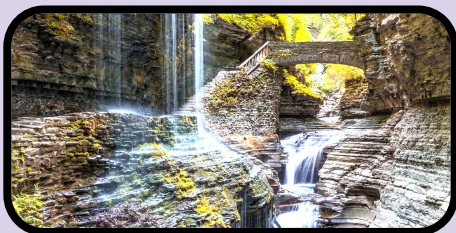


Snow Leopard The exhibit "Vanishing Animals North" features species that are threatened or endangered. *Photo from buffalonews.com*

Buffalo Zoo

- Distance from A-A: 1 hour and 54 minutes
- Hours: 10 a.m. - 4 p.m. every day
- Prices: \$9 for ages 2-12, \$12 for ages 13-64, and \$5 for parking
- The Buffalo Zoo is the third oldest zoo in America, and has over 320 species encompassed in a beautiful 23.5 acres.
- Some of the unusual animals at the zoo are the Ocelot, Gila Monster, Gemsbok, and the Turtle Dove.

Watkins Glen State Park



A Natural Beauty The Park offers scheduled gorge tours that cover a mile and last approximately an hour and a half. *Photo from worldatlas.com*

- Distance from A-A: 1 hour and 3 minutes
- Hours: 7 a.m. - 5:30 p.m.
- Prices: \$8 per vehicle to enter the park
- The park offers many different amenities including campsites, pavilions, scenic views, a swimming pool, and nineteen waterfalls.
- In 2015, the park was voted the number third state park in the country.

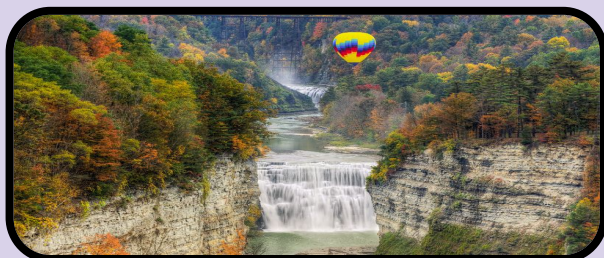
Sonnenberg Gardens & Mansion State Historic Park



The Rock Garden The park has nine gardens, five greenhouses, an aviary, and a Roman Bath. *Photo from realisticcookingideas.com*

- Distance from A-A: 1 hour and 17 minutes
- Hours: Memorial Day - Labor Day: 9:30 a.m. - 5:30 p.m. and the rest of the year 9:30 a.m. - 4:30 p.m.
- Prices: \$7 for students and \$14 for adults
- The Gardens rely on volunteers to operate, as there are only six year-round staff.
- The Mansion is a 1887 Queen Anne-style home and has 40 rooms including Billard and Trophy Rooms.

Letchworth State Park



The Gorge There are many adventurous things to do in the park including hiking, swimming, whitewater rafting, and riding in a hot air balloon. *Photo from legends1027.com*

- Distance from A-A: 45 minutes
- Hours: 6 a.m. - 11 p.m.
- Prices: \$10 per vehicle to enter the park
- The William Pryor Letchworth Museum is located within park grounds and is open 10 a.m. - 5 p.m. A \$1 donation is suggested to enter the museum. The museum also has a skull of an extinct Pike Mastodon from the Ice Age.
- Mary Jemison, the white woman who was kidnapped by the Seneca and later assimilated, was reburied in the park in 1874 and has a statue in her honor near her burial site.



Cooler Beaches in the World

By Janu Patel - Senior Copy Editor



Glass Beach Photo from unfinishedman.com

GLASS BEACH, CALIFORNIA

This beach, located in Fort Bragg California, is covered with brown, clear, green, and black sea glass. The sea glass was created as a result of garbage disposal near the coastline. The debris was then smoothed into pebbles from the abrasion of the water crashing onto the glass. Did you know it is illegal to take glass from the beach? If everybody who visited took a piece of glass, Glass Beach would cease to exist!



Hidden Beach Photo from tourismthedge.com

HIDDEN BEACH, PUERTO VALLARTA, MEXICO

This beach is named Playa del Amor, translated as "Beach of Love." It is hidden under the surface of an island and would be a romantic beach to visit. The beach can only be accessed through a water tunnel, therefore visitors must either swim or kayak to get there.

MALDIVES GLOW-IN-THE-DARK BEACH

This beach glows in the dark! Bioluminescent plankton in the water produce a light called luciferin, which makes them glow when they move. This causes the shoreline to light up and look like a sky full of stars. The best time to spot this amazing glow is during mid-summer!



Maldives Beach Photo from independent.co.uk



BLACK SAND BEACH, HAWAII

Punalu'u is a fascinating beach covered in black basaltic sand. The dark color of basalt is created when lava from volcanic eruptions land in the ocean, explode, and cool. Aside from the really cool sand, the beach is also inhabited by endangered green turtles. It is a great beach for snorkelling and swimming.



Black Sand Beach Photo from alohavalley.com



Life Forms from Doctor Who

By
Erin Anderson
Staff Writer

There are many shows that explore the concept of extraterrestrial life forms. Some of the questions brought up are “what could they possibly look like?” and “what languages might they speak?”, even though most of them are probably made up. However, since we have never seen extraterrestrial life forms, our imaginations can run wild with what they could look like, and what languages they could speak. “Dr. Who” is a sci-fi TV show that has entertained millions by using their imaginations.

“Doctor Who” first aired on November 23, 1963. Doctor Who is still running today, and has an assortment of other life forms in the show.



The TARDIS
*The “Time And Relative Dimension In Space”
traveling through time*
Photo from doctorwhotv.co.uk



The Daleks
*A propaganda war
poster to inspire other
Daleks*
Photo from pinterest.com

One of the most terrifying creatures on the show are the Daleks. They may look like tin cans, but they are very deadly when encountered; they have laser guns which can turn people and objects into ash and dust when fired at. Their design was originally inspired by the Nazis. The Daleks are emotionless cyborgs demanding conformity. Daleks are determined to complete their total domination of the universe and exterminate beings that they deem to be a lesser race to them. Their motto is “Exterminate!”

Another terrifying creature is the Cyberman. The Cybermen are a race of cyborgs who are among the most fearsome enemies in the series. They were originally an organic species of humans, but they began to implant mechanical parts as a means to prolong their lives and out live death to become a superior race. The race become cold, logical and calculating, with every emotion erased from the minds. They have the capability to upgrade almost automatically, and they desire to change all of the human race into them in order to expand self-preservation across the galaxy.

The Cybermen
*Marching to war
with another race*
*Photo from
scifistream.com*



The Silurians: A subterranean warrior race
A female Silurian guarding her friends
Photo from wired.com

One of the mildly formidable creatures are the Silurians. They are a race of reptilian human-like creatures who used to inhabit the Earth before the rise of man. They are described and shown as scientific and intelligent human-like beings. They went into hibernation to survive what they thought would be an atmospheric change caused by the Earth taking the moon into it's orbit. They are easier to get along with than other creatures but are fierce and formidable; one would be wise not to anger them.



Life Forms from Doctor Who, Cont'd

Another formidable creature are the Sontarans. These are an extraterrestrial single gendered race of humanoids who reproduce by cloning. They are a race who live to kill and fight gory battles, which they particularly enjoy. Sontarans are characterised by their lack of pity and fearlessness, making them the perfect soldiers. They do, however, have a weak spot on the back of their neck which they used to get nutrients while in the cloning process. If that is hit, they are down for the count.



The Sontarans
Sontarans before a battle
Photo from gatto999.it

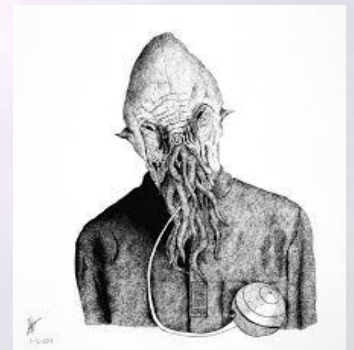


The Silence
One of the most secret creatures from the characters knowledge due to their ability to mind wipe once someone looks away
Photo from luckylosing.com

The Silence are part of a religious order with alien characteristics. They look like some of the scariest creatures on the show and can act that way as well. Their catch phrase “Silence will fall” is a recurring thing through the series and strikes fear in people within the series. The Silence have a special ability that makes their existence a mystery to anyone - once the person looks away they immediately forget everything that happened, but they can remember suggestions made by the Silence. This allows the Silence to have a powerful influence in history while being tough to locate or resist.

The Ood have telepathic abilities to help others and to communicate. They are depicted as a slave race in the series, and are inherently peaceful but are easily persuaded by outside forces. They were freed from slavery during the series and later developed into a sophisticated civilization. They have tentacles on the lower part of their face and are born with an external second brain that they hold in their hands which allows free thought. They have a universal brain that is kept safe and connects them by song. The Ood are a very friendly and patient race.

The Ood
One of the Ood from the factory where they are distributed around the galaxy
Photo from deviantart.com



All of the Doctors
Left to right top row 1-4, middle row 5-8, bottom row 9-12
Photo from aminoapps.com

There are dozens of creatures in the world of Doctor Who, some more deadly than others, and there are creatures that appear more than some viewers would like. Some believe that there are other life forms out there that we have yet to discover and share our knowledge with, and theirs with us in return if they are friendly enough to do so. The possibilities of beings, other than those on Earth is very fascinating and would be an incredible experience in anyone's lifetime. There are many possible extraterrestrial lifeforms that are out there in our universe that we don't know about, but sci-fi shows like Doctor Who give us ideas of what could be out there.



Who is Greg?

By
Cory Olix
Staff Writer

Greg is a highly intelligent individual that has a passion for greatness. Now what is greatness? For Greg, to be great is to be yourself. He exemplifies this characteristic and strives to do what it takes to be “great.” To the average citizen, Greg goes to highschool... while at the same time uses imagination and craziness to feed his life. I have included a list of important questions that Greg has answered very generously.

Who has had the largest role in making you the person you are today?

My greatest role model would have to be FDR, simply because he rolls with it..

What word reflects you the best and why?

Why one word? Why not five, four, or even two? I would choose argle-bargle.

What is your favorite hobby?

I would say the most interesting answer to this question would be being an astronaut, but that would be a ridiculous and untalented lie. Instead I do boy scouts.



Greg Boardman *The mysterious life of Greg will never be fully answered. Photo Courtesy of Greg Boardman*

What would you consider to be your biggest strength/best quality?

I can lift more than 30 pounds...if that counts.

Do you have any interesting stories?

Nick Graves stole my hotdog once. It was in boy scouts on a camping trip. We were given some raw hotdogs and buns to cook. The first one fell in the fire, the second one fell on the ground, but I perfected the art of roasting on the third. I got my bun, and lightly roasted it over the fire we had, oh so carefully as not to burn it like I did my wet socks. I, like Picasso, Leonardo, and many other great artisans, painted on my ketchup and mustard. I was going to enjoy

my hotdog, the last one we had, the only one that hadn't been eaten, but suddenly I was told to pitch a tent by none other than Nick Graves. I entrusted my hotdog to him while I completed my task, and when I returned I learned a horror like no other. He had eaten my holy relic. I went hungry that night.

Are there any fun facts you'd like to share?

Nick Graves is a dirty thief.

Is Greg sometimes different? Maybe for the average man, but to those with a higher intellect Greg can be seen as genius. Where will he end up someday? Perhaps fighting crime, maybe becoming a bestselling novelist, or perhaps Greg will become a mad scientist! (He would love that too much). The sky's the limit for Greg, and if you're highly creative, smart, and maybe a little crazy, then this is the guy you need to talk to. If you can handle what it takes to be this awesome, tune into more of Greg's articles in the upcoming Issues!



Boy Scouts Greg is an enthusiastic Boy Scout. Pictures from DallasID



This Justin: 50 Shades Of Orange



Dashing Donald Mr. Trump shows his affection for his running mate, Mike Pence in a heartwarming representation of his plans for America, at least I hope. Photo from businessinsider.com

By Justin Berry
Design Manager

The year 2016 was very volatile, particularly for politics. In fact, we've just finished a heated presidential election this November between candidates Hillary Clinton and Donald Trump. Now this isn't going to be your typical *This Justin*. That responsibility is going to the man himself, Cory Olix, and I wholeheartedly believe that he'll do a good job. For this issue, I'm going to give a rundown of what happened during the election to you magnificent readers. I will do this in the **only** way I know how: a romantic comedy. Hope you all enjoy. (๖_๖)

Imagine this, fine readers, that you're the main character of this romp through the exciting world of politics, because you actually are. We the people are the ones who vote and choose who we want as the president.

Now picture our candidates, both are mature blondes with very different personalities and approaches when it comes to romancing the public.

Hillary Clinton was the democratic nominee, and was in fact the first female candidate to be nominated for the presidency by a major political party. She's had a lot of baggage accumulate over her political career; many of this a result of the potential hardship and drama that comes with being a part of politics. Hillary's experience with politics and love even intertwine; she was in fact the first lady for the suave silver-haired devil that is Bill Clinton. However, a man like Bill couldn't be tied down, resulting in an affair that would be one of the scandals that defines Hillary's career and love life. Alongside that, she lost a great deal of credibility due to controversy involving emails... It's very similar to when a significant other refuses

to show you their phone - a degree of trust is lost after that point. Overall she's a strong-willed woman who is troubled by her past; if you can look beyond that and you find her exceptional experience in government charming, then she was the pick for you.

Her rival in this whimsical interpretation of the election was the hunk of a man people like to call, Donald Trump. Hillary was the person many considered the "safe" or "conventional" choice, and that's definitely valid. However, many Americans want something different, something new, something... experimental, and Donald's got that end covered. You know how I said that having experience in government is important for some people? Well forget you heard that, because now I'm talking about the illustrious business man known as Donald John Trump. While he's had a lot of business



50 Shades Of Orange, Cont'd



Passion Incarnate *Mr. Trump puts his all into what he's passionate about: America. Photo from businessinsider.com*



Captain Trump *Clearly toys aren't just for children with this terrific Donald Trump doll. Photo from cnn.com*

experience over the years, he's had very little experience in politics. He's actually very similar to the character Christian Grey from the popular novel and book series *Fifty Shades of Grey*, which this article ***clearly*** takes inspiration from. They're both wealthy businessmen who exude confidence and tap into the adventurous side of people, alongside that, they both have had rather crude interaction with women that some might not be completely enthralled with. They do have key differences though. Christian is in his twenties, and is associated with the color grey, while Donald is the oldest to assume the presidency, and is, in fact, a lovely shade of orange. Clearly if you want something different than the humdrum of our political system, and if you believe that having less experience in regards to politics and the government leads to a certain purity and detachment from the corruption associated with politicians, then Donald was your man.

Both Donald and Hillary fought hard for our attention, promising us the world and all the sweet nothings that go along with it, and many believed that Hillary was a shoo-in.

I mean, how could the loose cannon bad boy of the election win our hearts over the safe, reliable option? The answer may surprise you! Unless you've watched the news at all, of course. The American people went for the more exciting option and chose dapper Donald. Now that he's been elected he's gone to work trying to solve the problems of our people. Did I say this was a romantic comedy? I actually mean it's a drama. After being elected, Donald's decisions have lead to a good deal of controversy. One of his many promises to the American people includes changing the health care plan of America's ex: Barack Obama. This plan was referred to as the Patient Protection and Affordable Care Act, also known as Obamacare. The replacement for this system he and his people came up with goes by many names, but for simplicities sake we'll go with The American Health Care Act. It shares a great deal of similarities with the previously mentioned Obamacare, considering it has the same ideals for people with preexisting conditions. However, it is pretty clear that the bill primarily helps

out the side of America that doesn't eat Ramen Noodles every night because it's all they can afford. When you think of it, this can show some dysfunction within the relationship between the President and his people: if he isn't there for his significant other at the worst of times, then that can only lead to trouble. In both romance and politics it's important to be there no matter the circumstances. Alongside that, he has very determined nature. Occasionally his paranoia and anger can get the best of him, like anyone. He's surrounded himself with very controversial people, like people that discuss the potential grizzly. This may also lead to a strained relationship between Trump and America.

It's only the beginning of the union between man and country I like to call "Trumperica." I'm hopeful that the relationship between Donald and the American people can smooth out and repair itself over the unfolding of their many years together. Hopefully you all enjoyed my take on the election, almost as much as I enjoyed writing it. I'll see you in the next issue of *This Justin*. Thank you so much for reading.



You're Invited

3 Party Planning Essentials

By Mae Backer - Advisor

Whether you're celebrating a graduation from high school, your best friend's birthday, or even just the fact that it's finally a Friday, planning an eventful gathering is no small feat. With so many variables, such as food, guests, location, timing, and more, the next party you throw can either be a smashing hit or a haunting miss. To gain insight into this daunting task, I spoke with fellow teacher Mrs. Turner, who works as an event planner over the summer. From our conversations, several party planning essentials were revealed. If you want to guarantee that your next soirée provides an abundance of fun and good cheer, then here are three key principles that you will need to keep in mind.

The first and potentially most important skill to consider is **organization**. If you want your party to really "wow" your guests, then you are going to have to keep track of many different elements. Without an effective and logical system in place, the details of any social event could become difficult to manage. However, by organizing your time, information, and resources, even the most complicated vision can become a fantastic reality. Take, for instance, the annual prom. Mrs. Kress and the Alfred-Almond juniors, who are responsible for putting on this year's affair, have many things they need to keep track of. Organizing the decorations, favors, dinner menu, desserts,

tickets, and expenses are just a few of the logistics that they need to cover. Some things, such as reserving the DJ and photobooth, are already in place, even though prom isn't until May 6. In fact, Mrs. Kress says they had to reserve Lake Lodge *last year* in order to secure this location for the event, which goes to show how early you might have to start working. With such extensive timelines and details to consider, having a method to organize one's planning is of utmost importance. You'll want a calendar/schedule, a designated place to store information and party items, and a checklist of things to do. The last thing you would want is to leave something out and risk disappointing your guests.

A Night at the Beach

Lake Lodge, located on Terbury Road in Alfred, is the usual location for the Alfred-Almond Junior/Senior Prom. A popular venue, reservations had to be made months in advance.
Photo from weddingmapper.com





Party Planning Essentials, Cont'd

The vast amount of thought that goes into an event leads us to our next tenet of party planning: **vision**. While organization provides the machinery needed to physically create someone's idea, vision and creativity provide the fuel. Without the ability to imagine possibilities and foresee end results, planning any occasion would lack the driving force needed to develop interesting themes, engaging activities, and memorable experiences. Mrs. Turner shared one of her favorite parts of event planning, stating "It's fun to create something that someone has in mind - to bring to life the idea that someone has regarding their day." When it comes to vision, she says that understanding the client's thoughts, wants, and needs is

essential. Regularly speaking with the people you are planning your event for is necessary in order to determine exactly what they want and keep that vision intact. Also, when planning a party with a group of people, it is best to consider all perspectives and work to balance different ideas, budgeting concerns, and the various needs and desires of all involved.

The third and final skill that any party planner needs to master is improvisation and **problem solving**. As we all know, sometimes even the best-laid plans can go awry. Perhaps your outdoor gathering is now taking place during a rainstorm. Or, your guest of honor's perfect location is already booked on the weekend you need it to be available. Maybe half of

your guests are vegetarians, and so far all you've ordered is chicken. Regardless of the circumstances, being able to think through obstacles and come up with effective solutions is vital. To be prepared for anything, Mrs. Turner suggests predicting the unexpected and having backup plans in place no matter what.

So, there you have it, folks. All it takes to arrange an unforgettable party is the organization to manage all of the details, a creative vision that is brought to life, and the problem solving skills that enable you to tackle anything that comes your way. If all else fails, party favors can help you squeak through. As prom advisor Mrs. Kress remarked, "We have pinwheels, beach balls, and sunglasses - how can we go wrong?!"



Party Planning Checklist

~ 10 Things to Remember ~

- | | |
|---|---|
| <input type="checkbox"/> <i>Date/Time</i> | <input type="checkbox"/> <i>Food & Drinks</i> |
| <input type="checkbox"/> <i>Guest List</i> | <input type="checkbox"/> <i>Equipment</i> |
| <input type="checkbox"/> <i>Invitations</i> | <input type="checkbox"/> <i>Music/Entertainment</i> |
| <input type="checkbox"/> <i>Location</i> | <input type="checkbox"/> <i>Decorations</i> |
| <input type="checkbox"/> <i>Theme</i> | <input type="checkbox"/> <i>Budget</i> |





The National Championships of Supercross

By
Harry Robshaw
Staff Writer

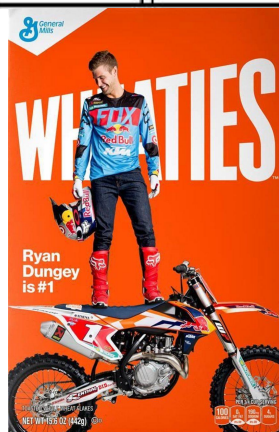


Since the moment motorcycles were taken off-road, the battle to out-ride the competition has never ended. This is how the story of Supercross began. Supercross was started in 1972 by the American Motorcycle Association. It was created as an offshoot of the more famous motocross, which is a different yet similar sport, and motocross is held on a larger, closed, outdoor course on neutral terrain requiring less rhythm and skills than supercross. Supercross is held in an indoor arena or stadium with a track made of hauled in dirt and formed large jumps and rhythm sections. The races are mainly held in large cities with warm weather or in cities with covered domes.

There are two main classes in supercross split up by the size and speed of the bikes: the 450cc class and the 250cc class. The bikes look very similar, but the main difference is the power of the bikes. The 250cc motorcycles are faster through the air, whereas the 450cc class consists of bikes that are slower in the air but have deeper and throatier engines that make up for the time lost in the air on the ground. The 450cc class is twice as fast on the ground as the 250cc, and generate more power and torque. The lap times for the two classes are similar, but a 450 can out-jump

Point Chart for Scoring
Each Race

1st	25	21st	2
2nd	22	22nd	2
3rd	20	23rd	2
4th	18	24th	2
5th	17	25th	2
6th	16	26th	2
7th	15	27th	2
8th	14	28th	2
9th	13	29th	2
10th	12	30th	2
11th	11	31st	1
12th	10	32nd	1
13th	9	33rd	1
14th	8	34th	1
15th	7	35th	1
16th	6	36th	1
17th	5	37th	1
18th	4	38th	1
19th	3	39th	1
20th	2	40th	1



The Man on the Box

Ryan Dungey is currently the only motocross or supercross rider to be put on the Wheaties box.

Photo from Redbull.com

a 250 and accelerate in and out of corners faster. This is why the fastest riders generally ride 450's over 250's and the 450 class usually sell more tickets.

Both the 450's and 250's generate around 70 horsepower and both weigh around 220 pounds.

At the each of each race day end, there's a main event for each class. During the day the riders are fitted with electronic timers that are paired to gates all around the track, timing the riders on every turn, jump, and straight away. These races are called motos. They whittle down all of the riders into the top 22 positions, and from there the main event takes place. The riders race for the highest position for the maximum amount of points in the Championship (see graph). Wins are clearly important, but then again so is consistency. If a rider goes as hard as he possibly can to finish in the highest position, but hurts himself in the process, then he just ruined the race for the following week. For example, Ryan Dungey, the winner of seven AMA Monster Cup Championships, finished 14th in the last race of the 2015-2016 season, but had the most points to come away with the Cup. All of The excitement and mayhem that comes combined with the intensity of the races makes for an interesting Supercross season!



Navigating the Woods

By Molly Turner, Advisor

Spring has arrived, whether it looks that way or not, and with that, all I can think about is getting outside. During this season, so much happens in such a quick amount of time: flowers, grass, trees, animals, everything seems to reappear just as it had been months before. Now let us take a look at a way to get out and experience nature while competing against a vast array of people, in various age groups, and ability levels: Cross Country Jumping for horses and their riders too. Similar to cross country running, the horses take to a set course of natural obstacles, including ditches, water, banks, and stonewalls, to come in at an appropriate time. When I say the appropriate time, it's because a rider can get penalized for coming in too fast or too slow. Other penalties include missing fences, obstacles, going off course, or even falling off the horse. Cross Country is one of three events in an equestrian triathlon, which also include events in Dressage and Show Jumping.

Before heading off into the woods with the neighbor's horse: you should know that it takes a lot of practice and trust between a rider and horse. Small steps, hours of riding in

the country, and practice with each type of skill are necessary to prep the horse for competition.

Communication and signals allow horse and rider to make their way through a course and its obstacles seamlessly. Horses that compete in the rigorous 1-3 mile cross country courses have to be in pristine condition, practicing five to six times a week for the most advanced horses. In an advanced course, horse and riders are expected to tackle up to 36 natural, fixed obstacles. Horses range in speeds from 12 miles per hour at the beginner time level to in upwards of 21 miles per hour at advanced levels.

A great part of this sport is that you see riders at every skill level and age, as well as horses that cost thousands of dollars, to those adopted from the SPCA. It's a unique, picturesque sport that you can view in your backyard. The Genesee Valley Riding and Driving Club Spring Horse Trials is just a skip and a hop away in Geneseo, NY. They'll be having a multitude of competitions in their Spring Horse Trials in April. There are also other events around the state in Millbrook, NY, and North Chatham, NY as well.



On the go Horse and rider make their way to the next obstacle

Photo Courtesy of Mae Backer

The sport, as with many other sports, is not without risk, however. For example, former Superman Christopher Reeves, fell from his horse during this type of equestrian competition and suffered multiple fractures of his vertebrae, causing paralysis. Horses or riders who haven't been properly trained risk serious injury. To protect riders, inflatable emergency vests have been created to protect the rider from the impact of falls.

To take a look at the sport from another angle, we are lucky enough to have the perspective of fellow teacher Mae Backer who has frequently captured the beauty of the competition from behind the lens. Check out some of her pictures [here](#) and certainly if you have the chance, check out the sport.



Leap of Faith Tessa Bennett, owner of Bennett Equestrian in Nunda, NY and her mare Audi competing in Victor, NY

Photo Courtesy of Mae Backer



The Madness Of March

By Dylan Griffin
Staff Writer

March Madness is many sports fan's favorite time of the year. During this event, fans get to put their sports knowledge against their closest friends. March Madness is the major men's college basketball tournament. Most of the competition for non-players consists of filling out brackets for the college basketball tournament in the hopes that you will be the first person in history to make a perfect bracket. The beauty of this college basketball tournament is that it never goes as you think it would. Those who don't know anything about the tournament and its history would look at the bracket and pick the high seed to beat the lower seed every time. This year's tournament was a great example of the madness.

On ESPN's Tournament Challenge, 18 of the over 18 million entries had this year's Sweet 16 correct. Number one overall seed Villanova lost to the eight seeded Wisconsin in shocking fashion. 11 seeded Xavier knocked off the three seeded Florida State by 25 points to reach the Sweet 16 portion of the tournament. So it's safe to say, anything can happen!

The tournament is broken up into four sections with each one having 16 teams seeded in numerical order. The sections are East, West, South, and Midwest. The college's location has no effect on which section they will be placed in. Wisconsin and Baylor were placed in the East; these teams will play in New York City. West Virginia was placed in the West, where they play in San Jose, California. Oregon is placed in the Midwest side and played in Kansas City. On the other hand there are some things that seem to happen in every tournament. The



The Final Four
To the left are the teams who have participated in the Final Four on April 1st. North Carolina defeated Gonzaga on April 3 by the score of 71-65, which was their sixth national championship. Photo from USA Today

one seed is 132-0 when they play the 16 seed in the first round. At least one five seed loses to the 12 seed they played in the first round. This has happened in seven of the past eight tournaments. Every year, the "Cinderella" team is the double digit seeded team that makes the Sweet 16. This year it would be Xavier who beat sixth seeded Maryland in the first round, and, as said above, they beat Florida State. In the past eight seasons only once has there been more than one, #1 seed (that year there were three.)

This year went against most statistics of the tourney. Oregon broke the streak of a Pac-12 team and a three seeds making the Final Four. Two 1 seeds made the Final Four this year as well in Gonzaga and North Carolina. The Cinderella of the tourney belongs to South Carolina who is seeded seventh. This year is special for most teams. For Gonzaga and South Carolina this is their first Final Four. For Oregon this their first since the inaugural tournament in 1936. North Carolina has a different story. They have the most Final Fours in NCAA

history with 20, and this is their second consecutive after losing to Villanova in the finals of last year's tourney.

When it comes time to pick your bracket, there is no good way to do it. You can flip a coin for every pick and have the same likelihood as someone who puts hours of research into getting the perfect bracket. Some ways that are most frequently used include looking up each mascot and picking your favorite one or going by your favorite colors of the teams who are playing. You can research the travel of each team and where they are playing for their games against their opponents. Some people base how a team's last ten games went before they got to the big dance. When an underdog defeats a team that they weren't suppose to is what makes the event so special. No bracket is the same as the next, because no one is going to see it like you do, and vice versa. In the long run, there is no good way to go about picking, and that's what makes the madness so much fun for the millions of fans that take part in it every year.



Everything You Should Know About Chocolate

Do the benefits of chocolate outweigh the high sugar and fat contents that are found in it? According to medical news today, chocolate has many benefits based on the amount of cocoa found in the chocolate.

Chocolate that has more cocoa content and less sugar content the healthier it is. The Journal of Nutrition says the more plant sterols and cocoa flavanols that are in chocolate, the more the regular consumption of chocolate can help your cardiovascular health. Now, if you're an average human like me, words like plant sterols and cocoa flavanols make no sense so I am going to attempt to make these unfamiliar terms more familiar. A plant sterol is a substance that is found in certain plants such as corn and other fruits and vegetables, that are known for their powerful abilities to keep you healthy. Cocoa flavanols are the natural, plant-based nutrients found in chocolate which are full of antioxidants. These two things work together in chocolate to help reduce high cholesterol. Not only does chocolate benefit cholesterol, it is full of antioxidants. Antioxidants help you protect your body from harmful molecules. Dark chocolate has even more antioxidants than blueberries or acai berries. Along with these advantages comes a health plus for your heart. The cocoa flavanols and the ability to lower cholesterol helps your heart and in some cases helps you protect yourself from heart disease.

There are also some perks of chocolate in its liquid form. Scientists from Harvard Medical School say that if you drink two cups

By
Madge Chroniger
Public Relations Manager



Chocolate: Yummy and Healthy *This treat full of antioxidants is healthier than you thought* Photo from yahoo.com

of hot chocolate a day it will help to keep your brain healthy and also help reduce memory loss. The hot chocolate helps improve blood flow to the brain. One of the researchers talks about how different areas of the brain need more energy to complete certain tasks. To get this energy, the brain needs more blood, so the increased blood flow would help to complete these tasks such as perception, attention, and memory. Not only does hot cocoa help to reduce memory loss and keep your brain healthy, studies have found that it could reduce or prevent damage to nerve pathways found in Alzheimer's patients.



Better Than You Think *Not only is hot chocolate delicious it benefits your brain activity by helping you remember more* Photo from smarthealthremedies.com

Eating chocolate every day can also help to improve your comprehension skills. Researchers found that those who eat chocolate weekly, compared to those who eat chocolate rarely, performed better in cognitive tasks such as problem solving and seeing the "big picture" in situations. When talking about the assets of chocolate, many people think that the health benefits can only come from dark chocolate. Researchers have found, however that it might not be limited just to, dark chocolate. As long as it is eaten in moderation, chocolates with higher sugar contents, such as milk chocolate or white chocolate, have shown the same results in their health advantages. In fact, these researchers suggest that eating chocolate in moderation once or twice a week gives you many health benefits, and can be considered part of a balanced diet.

Some think that chocolate is not beneficial at all. Now chocolate shouldn't be eaten for every meal, but others say that chocolate has too much sugar to even be considered part of a well balanced diet. Most chocolate bars only have about 9 grams of fat and 14 grams of sugar. Compared to a bottle of mountain dew which has about 30 grams of sugar. Even so, the benefits of chocolate have more long lasting effects.

From what I've discovered the answer to our question is yes; the benefits of chocolate do outweigh the high sugar and fat contents found in it. This delicious treat prevents everything from memory loss to high cholesterol, so think about adding some chocolate to your diet!



Mysterious Coins

By Jack Castle Copy Editor

This article was a struggle at first because in my opinion, it was a dull topic, but as a result, lessons such as pushing through this issue and reaching out for help with ideas were taught. I ended up finding the history and uniqueness of the coins actually quite intriguing. Coins come in many different shapes and prices, and some coins are even shaped like the continent they are found on - like Europe - and prices can range from 1 cent up to 20 million dollars. The first coins were made out of a silver and gold alloy, or mixture, and was priced based on how much of the alloy was used, and the cost to create the coin. In most currencies, the coin face value, which is the price depicted on the coin, is usually less than the least expensive note, which is short for “banknote.” For example, with U.S currency, each coin is less than any note for the exception of the dollar coin. The coin is rarely more expensive than the notes. Here are some very interesting coins I found about coins in my hunt for this article:

The most expensive coin I found was worth 20 million dollars. It is called the “**Double Eagle**” and was made in 1849. With the face price of \$20, this coin was made in the beginning of the California gold rush. With its extreme age, famous time period, and being 1 of 2 to be ever created, this coin is now preserved at the National Numismatic Collection at the Smithsonian Museum in Washington D.C.



The Double Eagle is made up of 90% gold and 10% copper. Photo From National Numismatic Collection, National Museum of American History.

The oldest coin I found was called the “**1/2 stater**” and it is nearly 2,700 years old. This ancient coin belongs to a Hellenic city, making it one of the earliest coins. The coin is made of electrum, a naturally occurring alloy, made from a mixture of gold and silver. The alloy was hammered into a mold of a roaring lion’s face. The coin resides was placed in the Department of Coins and Medals of the British Museum, where it still is today.



The lion on the coin represents the bravery the kings had. This is why it was so commonly used in that time period. Photo from fleur-de-coin.com



Coins Continued...

The most oddly shaped coin that I could find, was a coin literally shaped like the European Economic Union. The “**Proof Coin**” celebrates the introduction of the Euro in 2002. (the currency of Europe).



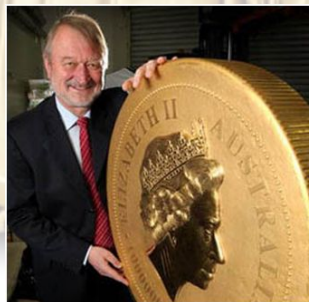
The Proof Coin has a face value of 10 dollars. Photo from mentalfloss.com

Most collectors around the world agree that the “**Quarter Silver Tara of Vijayanagar**,” is the world’s smallest coin. At .06 grams, and .44 mm in thickness, compared to the U.S Penny’s 2.5 grams and 1.55 mm in thickness, this miniscule coin is much too tiny to be practical.



A coin smaller than a pea? Yep, thats right. Photo from Worldofcoins.eu

The 2,204-pound “**Gold Kangaroo**” coin, from the Perth Mint in Australia, holds the title of the world's largest coin by a landslide. With a diameter of over six and a half inches, and a thickness of over a foot, this coin was designed for bragging rights for collectors, and not practical use.



This coin is nearly half the weight of a car or 2,000 pounds. It is not at all for practical use. Photo from silverdoctors.com



Running the 2017 Journalism Class

By Jessica F. & Brendan W. Editors-in-Chief

For the month of March, Brendan and I - the Editor-in-Chiefs of the Observer - were given the task of switching places with our teachers: Ms. Backer and Mrs. Turner. Due to the burden of running a class, we were not obligated to write an article, but we decided to anyways. So, including us and our teachers, everyone was writing an article this Issue. In this article we will share with you what it's like to run, and publish, an issue of the Observer.

For starters, you have to schedule like you've never scheduled before, and let me tell you that making a schedule that works for 17 students and two teachers is not the easiest task we've ever taken on. So after constructing a three week schedule, which is the shortest amount of time we've been limited to on finishing an article, we printed it and posted it. That means one task done...just kidding, we redid that about four more times.

The following days were filled with more of the same conflicts. Many journalists found it difficult to become interested in a topic that was not of their choosing, and this led to some issues with people's willingness to get out of that "comfort" zone. Due to the change in subjects, there were a number of uninterested writers, and Brendan and I were faced with a new problem: getting the journalists interested. The purpose of the topic exchange was to get the journalists to write something that they did not necessarily want to write about, and to help them step outside of their comfort zones. Finally, however, all

of the journalists managed to get their articles to a rough-draft finish, and it was on to the editors. After the first round of editing by their fellow journalists, there was a lot to work on.

The next thing due was the design and layouts of the pages. Some of you might not know this, but switching from a chromebook/laptop to a desktop computer, all while trying to perfectly even out your margins, can be a very difficult task. So taking this into consideration, Brendan and I took the class on a short trip to Mrs. Valentine's computer lab so we could all work in one place. Working hard to meet this deadline, there wasn't much chatter between the journalists during this hour. So, another thing we quickly learned, is that overall, the 2017 Observer staff works much better all together. Two days later the design and layouts of the pages were to be given to Brendan and I at the beginning of class. Now our task was to edit 17 pages and give them back to their owners by the end of class, so that they could be changed and

finally put on the Observer template. The very next day everyone's articles were due to our class advisors: Ms. Backer and Mrs. Turner, in a full, publish-ready copy printed for them to review. This short time frame has caused everyone to work diligently, as well as meet high expectations of professionalism and care. This also happened to be Friday, the day of our weekly Chip and Dip Day, so everyone was eager to get done so they could eat. Brendan and I have had to edit, assist students, and do any other task that came to us to make sure that the issue was ready.

While continuing to race against the clock, we were coming down to the last couple of days before publication. Now I don't know if you have run a class for three weeks, but when you can see the light at the end of the tunnel it is a very reassuring feeling. Our task before publication was to iron out the wrinkles of all 17 articles and reflect on how we did as a whole. This was a very quiet period due to the journalists working very hard to get a large amount of work done in just a short hour. The journalists were also given a homework assignment to reflect back on all the issues, including this one, and compile a list of points they need to work on due to recurring issues. As the edition came to a close, Brendan and I also did some reflecting on what we've learned. It is very difficult to run a class and we don't think that teachers get enough credit for all the work they put in to help us strive to be our best. So, Brendan and I would like to say thank you to all of our devoted teachers for all that they do!



Student Teachers A picture with our new students on the last day of issue 6!
Photo Courtesy of Abbey Swackhamer



Acknowledgments

By **Kalista Calkins** - Staff Writer

Thank you **Mrs. Chambliss** who goes above and beyond her duties at Alfred-Almond. -Mrs. Sprague

A big thanks to **Mr. Calkins** for being one of the judges at the Macaroni and Cheese Cook Off! -Madge Chroniger

Thanks to **Mr. Bialecki** for being an amazing band conductor and pushing us to be better musicians. -Anonymous

Thank you **Mrs. Allen** for all of your hard work, and keeping kids on track. -Mrs. Turner

Thank you to **Mr. Decker** for all of his hard work with coaching the Girls' Track Team! -Abbey Swackhamer

Thank you to **all the people** who made the Pops Concert as fun as it was -Justin Berry

Thank you to **Mrs. Valentine** and **Mrs. Williams** for keeping the students in touch with the different programs out there to use and how to use them. -Erin Anderson

Thank you to **Mrs. Burdick**, **Mrs. Mix**, and **their wonderful first grade students** for joining in a reading of the children's stories written by the ninth graders. You were a wonderful audience! -902 English Class

Thank you **Mr. Levey** for helping us organize our senior trip! -Janu Patel

Thank you to all of the **wonderful proctors** who made the NYS ELA testing go so smoothly. And thank you to **Mrs. Mulligan** and **Mrs. Putnam** for your amazing organizational skills - you make our jobs easier! -Mrs. Palmer

Thank you **Jessica** and **Brendan** for making the previous issues of the observer and especially this issue, possible. -Jack Castle

Thank you to **the incredibly scientific pith ball** that has made her very knowledgeable. -Alyssa Greaney

Thank you to **everyone** who purchased chicken dinners. -The Boys Varsity Soccer Team



GAMES

ARTICLE CROSSWORD

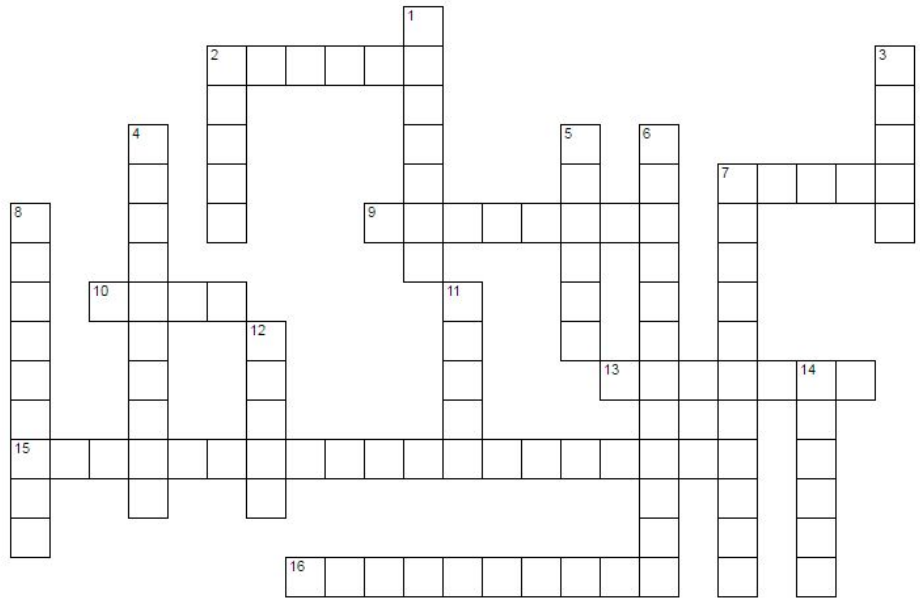
Fill in the blanks from each headline or, if given the entire headline, find the shortened title at the top of the article's page. Good luck!

ACROSS

- 2 50 Shades of Orange.
7 Mysterious _____
9 A Blast From the Past
10 Who is _____?
13 The _____ of March
15 Navigating the Woods
16 Mental _____

DOWN

- 1 Coolest _____ in the World
2 Life Forms from Doctor Who
3 Running the Journalism _____ of 2017
4 The National Championships of _____
5 Worth the _____
6 Spectacular Local Attractions
7 Bottom seven useful _____
8 Everything You Should Know About Chocolate
11 You're Invited
12 Don't get caught up stream with a paddle.
14 What's the Difference?



Crossword from my.puzzle-maker.com

Word search from atozteacherstuff.com

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

ADVENTURE
BASEBALL
BLOSSOMING
CANDY
EASTER
FLOWERS
GRADUATION
PASTELS
PROM
SHOWERS
SOFTBALL
TENNIS
TRACK
UMBRELLA
VACATION

Spring
Word
Search

Missing the full *Observer*? Find the articles in full color on the AA Website:

1. www.aacs.wnyric.org
2. Look under "Student Information" on the left-hand menu
3. Select "The AACS Observer"
4. Click on April 2017 to access our most recent issue!

