

# Observer

April 2019 - Volume 8 Issue 6



- + Stargazing and Constellation Guide*
- + Reviewing Pixar Movies*
- + Keeping Your "Cookies" in a Jar*

Top Spring  
Vacation  
Destinations!





## Contents

### Cover: **Design by Abigail T.**

Source of photo: *instagram.com* - captured by *newyork\_world*

- 3: Announcements
- 4: **Project Prom Dress**
- 5-7: **National News-**  
Varsity Blues
- 8: **Sharing our Reading**
- 9-10: **Club Column -**  
Language Clubs
- 11: **Club Column-**  
Bioinformatics Club
- 12: **Staff Profile -** Miss Hatch
- 13: **Staff Profile -** Miss Byrne
- 14: **Staff Profile-** Mr. Ruch
- 15: **April Feature-** Pranks!
- 16-17: **Local Feature-**  
Ronald McDonald House
- 18: **Feature-** Financial Tips
- 19: **Feature-** Waffles
- 20-33: **Sports Feature -**  
Spring Sports
- 34: **Sports Feature-**  
March Madness Predictions
- 35-38: **Sports Feature-**  
Wrestling championships
- 39-45: **Feature-** Stargazing Guide
- 46-48: **Feature-**  
Spring Break Destinations
- 49-50: **Feature-** Personality Types
- 51: **Science Column -**  
Light Propulsion
- 52-53: **Movie Review Column -**  
Pixar
- 54: Acknowledgments
- 55: Games

## Dear Readers,

Dear Readers,

Spring has sprung here at Alfred-Almond, and this issue celebrates the arrival of this cheerful season. The issue covers our spring sports teams, and features a schedule of their competitions so that you can plan accordingly! We also feature an article highlighting spring break destinations from locations ranging from down the street to across the world. If you love the idea of spring travel you can even continue on to learn about the best stargazing spots to satisfy your celestial dreams.

This issue doesn't stop with spring fun, we continue on with school coverage. Our writers have supplied you with knowledge about French Club and the newly formed Bioinformatics Club. Our insight continues with biographies on Mr. Ruch, Miss Hatch, and Miss Byrne. We hope you enjoy this issue of *The Observer* and take a minute to soak up the refreshing rays of spring!

Hanna Tormey

## Mission & Vision

### Flip the page and get engaged!

The *Alfred-Almond Observer* strives to inform, entertain, and unify the members of our school and our community. Our aim is to provide local and national stories that relate to our readers, are unbiased, and engage our audience through truth and transparency.

## Observer Staff

### Meme-Stream Media

Co-EICs	Conner Griffin Hanna Tormey
Copy Editor	Nora Looney
Design Managers	Joe Miletti Wesley Dennison
Staff Writers	Ali Fancher Olivia Ormsby

### The Newsies

EIC	Sarah Johnson
Copy Editors	Alex Comer Spenser Ormsby
Design Managers	Davon Bloom Dylan Guthrie
Staff Writer	Lindsey Allen

### The Write Brothers & Sisters

EIC	Gabe Empson
Copy Editors	Gabe Marcus Parsa Rashidi
Design Managers	Amya Snyder Abigail Tarun
Staff Writer	Arnold Saint-Phard



# Announcements

**Project Prom Dress**  
Alfred State College  
Alfred, NY  
April, 2019 1:00-3:30

**Prom**  
Lake Lodge  
Alfred, NY  
May 4, 2019 7:00

**The Tempest**  
*Free Play @*  
Miller Theater  
Alfred, NY  
April 13, 2019  
2:00pm

**Big Dipper  
Opens**  
*Ice Cream & BBQ*  
Almond, NY  
April 27, 2019

**MORP**  
Alfred Almond  
Central School  
May 4, 2019  
6:00

**Senior Trip**  
New York City  
New York, NY  
April 27-29, 2019

**Special Olympics**  
Alfred State  
Alfred, NY  
April 26, 2019  
8:45-1:30

**CORRECTION:** In the March 2019 issue of *The Observer* in the Talent Show article, we incorrectly placed two groups. The winners of second place were Sierra Sanchez, Morgan Trudell, and Abigail Quick, while Samantha Quick won third place for the high school division.  
Our apologies.



## *Project Prom Dress set for April 14*

ALFRED, NY, January 2019 – Alfred State College is excited to announce that Project Prom Dress Extravaganza 2019 will be taking place from 10 a.m. until 2 p.m. on Sunday, April 14 in the third-floor park space of the Student Leadership Center on the Alfred campus.

Project Prom Dress is a student-driven initiative and is the passion of the sorority sisters of Delta Chi Omega. Year round, new and gently used gowns are donated from local bridal shops and individuals.

Annually, the sisters collect hundreds of gowns, shoes, and accessories.

“Every April, we have the pleasure of working with local school districts in Allegany County and surrounding counties to offer these gowns and accessories free of charge to girls in need in order to make their prom night less of a financial burden,” said Sandra Burdick, event concierge at Alfred State. “The reality is that prom gowns are an expense that does not fit into a lot of families’ budgets. Our goal is to ease the financial burden so the girls can enjoy every moment of their prom.”

Each year this event grows. For Extravaganza 2018, more than 100 gowns were given away.

“It is wonderful to see some of the girls come in from the previous year and re-donate their gown before choosing a new one,” Burdick said. “It touches them and they feel how wonderful it is to give as well as receive. The sisters of Delta Chi Omega have really created a wonderful program here at Alfred State, and I am privileged to be able to work with them and participate in its growth.”

As a reminder, the Delta Chi Omega sisters will also be collecting donations of gowns, shoes and accessories.

“Alfred State would like to thank its continued donors, as well as the individuals who have donated,” Burdick said. “Thank you for helping us keep this program alive.”

For more information, please contact Burdick at [burdicl@alfredstate.edu](mailto:burdicl@alfredstate.edu) or at 607-587-4098.







# Operation Varsity Blues

By **Hanna Tormey**  
Editor In Chief

What do you think of when you think of the college admission process? Do you think of stress and confusion? Have you ever wondered if there was something that you could do that guaranteed your admission into the school of your choice? Well on Tuesday, March 13, 50 people were charged in the largest college admission case ever prosecuted by the FBI. According to the College Media Network, this group of people had paid about \$6.5 million collectively, to get their children into some of the most prestigious universities in the nation. This case is known as Operation Varsity Blues.

According to NBC news, the college admissions scandal involved students attending Georgetown University, Stanford University, Yale, University of California at Los Angeles and San Diego, the University of Southern California, the University of Texas, and Wake Forest University. The colleges themselves are not involved in the investigation. The ringleader of Operation Varsity Blues is William Rick Singer, the CEO of a college admissions prep company called The Key, as reported by CNN. Singer told U.S. District Judge Rya W. Zobel that he was completely responsible for the college admissions fraud. Singer pleaded guilty to racketeering conspiracy, money laundering conspiracy, conspiracy to defraud the United States, and obstruction of justice. He could face up to 65 years in prison.

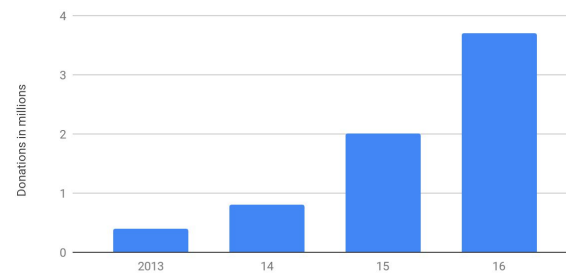


The Logo

*This is the logo for William Singer's college preparation company and foundation used to harbor money used for bribes.*

Photo from nbcbayarea.com

Donations to Key Worldwide Foundation



Source: Internal Revenue Service

There were two ways that Singer worked to get students into universities: he would have individuals recruited as athletes, even though many had never played that sport before, and cheating on standardized tests such as the SAT and ACT, according to NBC news. From 2011 to the present, parents gave Singer roughly \$25 million to bribe coaches and university administrators to designate students as athletic recruits. He would go as far as to make fake athletic profiles. Each fake athlete was designated a recruit spot, which took away a recruit spot for an a potential true athlete. Singer would also accept payments ranging from \$15,000 to \$75,000 per SAT or ACT to allow for someone else to take the standardized test other than the student who would receive the score. This portion of the scam also involved bribing the test administrators to allow the “stand-ins” to take the exam.

NBC news also reports that Singer ended up helping with this case when he agreed to wear a wire, but the large-scale fraud was revealed in a separate investigation. This probe began in May 2018 and involved 200 federal agents and six states. The results of this investigation have shocked the nation and brought great question to the college admission process that 3.3 million students are involved with each year.



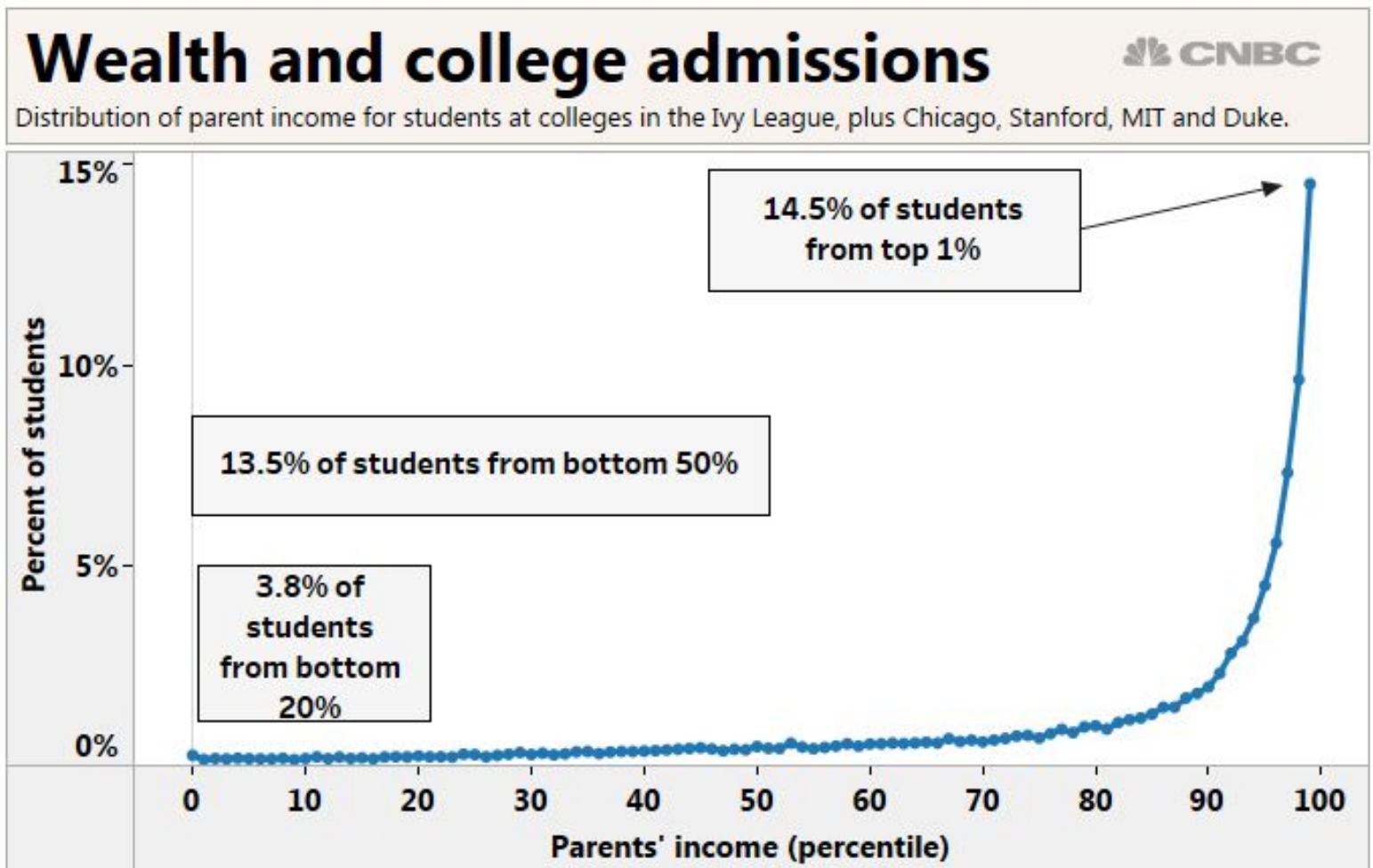
**A Famous Family**  
*Lori Loughlin, Olivia Giannulli, and Bella Giannulli all benefited from this scandal as both Olivia and Bella were able to be recruited as part of the crew team in order to gain admittance to USC.*

Photo from usmagazine.com



The parents and coaches involved in this case are some of the most high profile individuals in the nation. One instance of this fraud involves actress Lori Loughlin, who played Aunt Becky the popular sitcom Full House. CNN reports that Loughlin and her husband paid bribes adding to \$500,000 to have their two daughters be designated as recruits for the crew team for the University of Southern California. Neither of the daughters had ever participated in crew before. Loughlin appeared in court and posted \$1 million in bail immediately. When this scandal broke, one of Loughlin's daughters, Olivia Jade, was on a yacht enjoying her spring break according to someecards.com. Furthermore, the yacht is owned by the Chairman of the USC board of Trustees, whom Olivia is reportedly good friends with. Olivia Jade also posted a video on her popular YouTube channel explaining that she was not sure how much she was actually going to attend and she “doesn’t really care about school”. Vulture.com reports that Olivia will not be returning to USC.

There are more individual scandals that occurred in Operation Varsity Blues than I have time to talk about in this article. Coaches have been charged with accepting bribes from Georgetown, Yale, and the University of Texas. USC has fired their athletic director and water polo coach. The Stanford head sailing coach pled guilty to racketeering conspiracy. This scandal seems to be the tip of the college admissions scandal iceberg. It is unclear how many more cases of this type of fraud are occurring in this country each year. It is increasingly clear that the wealthy members of our society can use their affluence to pay their way through both college and life, while there are many individuals across the country who struggle to pay the cost to take the SAT once. The college admissions process may be broken, and time will only tell how deeply the fraud runs throughout our higher education system.



SOURCE: Mobility Report Cards: The Role of Colleges in Intergenerational Mobility, July, 2017  
Raj Chetty, Stanford University, and colleagues





## How does the college admissions scandal make you feel about college and the college admissions process?

“The colleges weren’t involved, but we all know people are corrupt. I’m not happy about it, but I’m not surprised.”

- Abby Kelly

“The process was broken already, and they chose the illegal route.”

- Mikaela Wisnewski

“To be honest. I was not surprised that we have seen something like this. I think that each individual applicant needs to be very cautious and apply to a school with a fair admissions process.” - Gabe Marcus

“It makes me feel like its not genuinely about merit, it’s just about connections and paying your way through it.”

- Donata Koegel

“It’s a bit frustrating because it confirms the belief that people with money have an unfair advantage in life.”

- Nora Looney

“It makes me feel that people who have worked hard and long can not get into to some colleges because privileged folk think they are entitled to certain things.”

- Samantha Quick

“I feel angry, because it is unfair. We should be focused to make sure it is truly a fair process so that everyone can have equal opportunity in education, so that everyone can reach their full potential.” - Katy Elliot

“It makes me disappointed and upset. It makes me feel that the college admissions process is messed up and needs reform.”

- Annie Lloyd

“I feel like it’s not fair to actual athletes that have worked their butts off their whole lives to be recruited by top colleges.”

- Alex Comer

“Just because you’re rich does not mean you should get into a good college.” - Nevin Allen

“Absolutely no different. I feel that it doesn’t matter because the game was already rigged. Legacy students have always been used as a way to get into school, and that’s legal.”

- Nathan Grove

“I feel as though as I’ve lost trust in the college admissions process.”

- Ali Fancher

“It was already not a real competition for a lot of people. I feel like this group just got caught.”

- Conner Griffin

“I think it’s really unfair to those who didn’t get into those colleges, for example the failed USC crew recruit. It also shows the unbalance of wealth in America, and the corruption behind it.” - Olivia Ormsby

“I think that the scandal doesn’t matter because the students will be removed from college.” - Dylan Guthrie



# Sharing Our Reading

“ Welcome to ‘Sharing Our Reading’ a column which invites any member of the AACCS community to write about any reading experience which has made a deep impression on his or her life. We at AACCS recognize that each person's reading brings out reactions, thoughts, and feelings which help each individual's growth as a unique human being.

We hope that, by sharing our experiences, we will deepen everyone's response to reading and inspire everyone to seek out even wider and richer adventures in books.”

-Mr. Hall

This issue's  
contributor:  
Miss Hatch

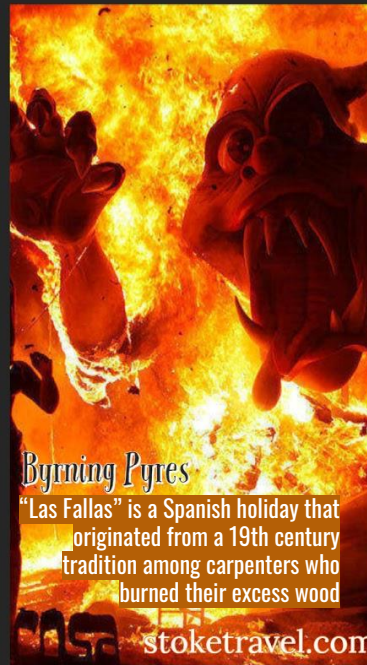


**"The Count of Monte Cristo by Alexandre Dumas is my favorite book of all time. I've read it many times and we read a very abridged version in French in French 4. My dad loved the book as well and gave me his copy when I was in 8th grade, we spent a lot of time discussing the plot and the characters together. There are definitely many possible viewpoints and sides to take in this book. The characters, especially the main character, have all done terrible things. The book is about mystery, intrigue, love, and above all- revenge. I highly recommend it!! "**





The club sometimes meets outdoors, weather permitting, for Spanish fun in the warm sun



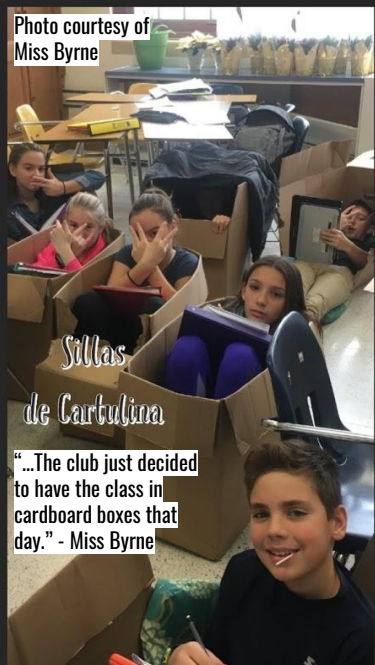
The Spanish club's culinary skills are impeccable, as they have made several tasty treats and pastries. Below is the Brazo Gitano, the Spanish version of a Swiss roll

**¡Bienvenidos al Club de Español!**  
Welcome to Spanish Club!

BY: WESLEY DENNISON  
DESIGN MANAGER

Image from: stuffedeyes.com

In Spanish club, all of the activities involve learning not just the language, but the foods, culture, and society of Spain and other Spanish speaking countries



Spanish speaking countries have a rich history like any other culture, which is explored in Spanish club. Above is a festival called Las Fallas, a festival all about burning wooden statues

kwwl.com







Photos courtesy of Miss. Hatch

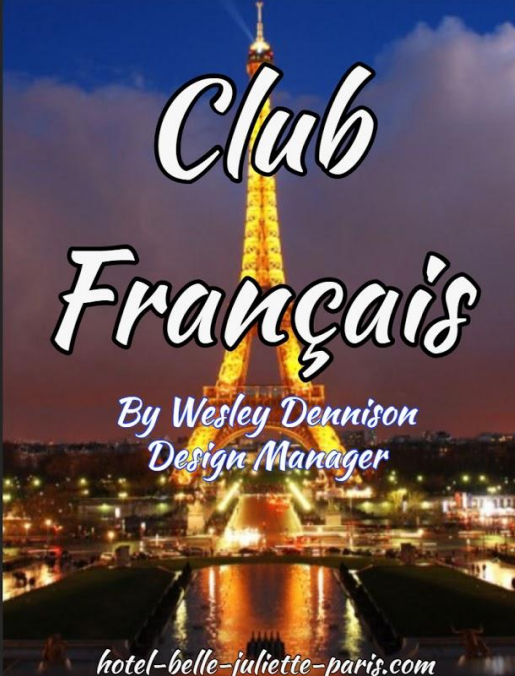
*Bonjour! If you're a student in French club, are interested in French history, or just enjoy fun arts and edible crafts, pay a visit to Ms. Hatch's room for French club on 7th mod Tuesdays.*



*Arts & Crafts*

This year, the French club made their own berets.

*In French club, you'll learn about several holidays and festivals of France and other French speaking countries around the world.*



*Club Français*

*By Wesley Dennison  
Design Manager*

*hotel-belle-juliette-paris.com*

*Not only is Ms. Hatch an excellent teacher with an exciting club, but her room is like a community of calm and relaxed students who come during study halls and club hours to study*



*Le Carnaval!*  
The Mardi Gras (or carnival) parade is a Catholic holiday that was first brought to the Americas in the late 1600s.

*Celebrate traditional holidays in French club by watching parades and festivals, while cooking French pastries like crepes.*



*Bon Appétit!*  
You'll say "ooh la la" when you walk by the doors of French club after they've just finished making pastries and other classic French foods.





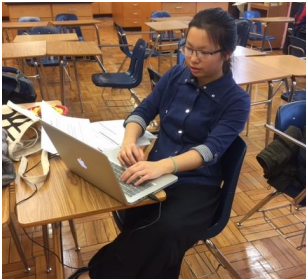
# Bioinformatics Club

By: Hanna Tormey-Co-Editor in Chief  
Olivia Ormsby-Staff Writer

**This year Alfred-Almond is the home of a bioinformatics club where students interested in conducting research before they leave high school are given the opportunity involving genomics. We interviewed the club's leader, Miss. Carretto, to gain more information.**

## What is the focus of the Bioinformatics Club?

“We work on real life research in the field of genomics. The purpose is to not only annotate genes that have never been previously annotated, but to spark student interest in the field of biotechnology.”



### Hard at Work

*Caroline Ding is pictured organizing her research on her laptop.*

**Photo courtesy of Hanna Tormey**



### Focus

*Bioinformatics Club member, Abby Kelly, works hard with the club leader, Miss Carretto, in the background.*

**Photo courtesy of Hanna Tormey**

## What project is the club working on?

“Students are annotating select genes from the bacteria *Borrelia Burgdorferi*. The purpose of the annotation is to determine what each gene's purpose is for the bacteria. This bacteria is the pathogen that causes Lyme Disease, which has become an epidemic in this area.”

### Science and Friends

*Bioinformatics Club members, Jessica McMahon, Ryan Donlon and Claire Volk conversing their research.*

**Photo courtesy of Hanna Tormey**



## What kind of student would enjoy this club?

“Any student that is interested in molecular genetics, pharmaceutical sciences, biomolecular and biomedical engineering, and biotechnology. Students interested in using computer software for research purposes would also enjoy our project.”

## How will you present your research findings?

“On May 21st we will be travelling to the University at Buffalo to a research symposium where we will present our findings, along with many other high schools in the area that participated in the program.”

## What is your favorite part?

“I don't always have the answer. I facilitate student questions, but am working and learning alongside the students. The students and I are in it together.”

## What are the goals for students?

“The goal for this club and research project is to get students interested in genetics and biotechnology, and their related career fields. It is predicted that in the coming years careers in genetics, such as genetic counseling, will explode in Western New York. This research also shows students the importance of coming technologies in gene specific pharmacy. The coming science and medical breakthroughs have the potential to revolutionize modern medicine.”



# Hatch and Byrne

By: Joe Miletti, Design Manager

## Miss Hatch

### FRENCH FOUNDATION:

Kaitlyn Elizabeth Hatch was born in the town of Tonawanda, New York on June 22, 1991. Miss Hatch was first introduced to the French culture while reading an American Girl book that contained some of the French language and culture. Ever since then she has been fascinated with French history and culture.

#### Homerun date

*Miss Hatch and her boyfriend Aaron at a Mets game at PNC Park.*

Photo courtesy of: Miss Hatch



### FRENCH CLASS:

Miss Hatch teaches 7th, 8th, 9th, 10th, and Ace French. Each class references the last to keep the entire language consistent throughout the years. She doesn't just teach the language, she also teaches French history, culture, and French music.

### OUTSIDE OF SCHOOL:

Outside of school, Miss Hatch has a relaxed yet fun packed life. She is an avid sports fan. Her favorite baseball team is the New York Mets. Since she is from Buffalo, it is natural that her favorite hockey team is the Buffalo Sabers and her favorite football team is the Buffalo Bills.



#### French Flyer

*The flag of the original French speaking country.*

Photo from: pixabay.com

### EDUCATION AND EARLY JOBS:

Miss Hatch graduated from Kenmore East High school. She always wanted to become a teacher. She wished to either be a French teacher or a history teacher. It wasn't until senior year of highschool that she decided to become a French teacher. Miss Hatch then went to Canisius College.

### FAMILY AND CLOSE FRIENDS:

Miss Hatch's family is spread out all the way from here to Buffalo. Miss Hatch's younger sister, Kristin, works at the Buffalo History Museum. Her boyfriend Aaron works as a special education teacher. One of her favorite things to do is hang out with her friends and family.



#### Friendly helper

*Miss Hatch and Grace posing for a funny photo.*

Photo courtesy of: Miss Hatch





# Miss Byrne

## SPANISH FOUNDATION:

Katie Byrne was born in Baldwinsville, New York on February 23, 1994. While there she attended Baker High school. While in high school she took a Spanish class and found it interesting.



### Spanish Dancing

*Miss Byrne attended a traditional Spanish dance*

**Photo courtesy of: Miss Byrne**

### Spain spangled banner

*The flag of the original Spanish speaking country.*

**Photo from: [spain-flag.eu](http://spain-flag.eu)**



## SPANISH CLASS:

Miss Byrne also teaches 7th, 8th, 9th, 10th, and Ace Spanish. She tries to teach with very minimal paperwork. They play games, such as battleship, musical chairs, and even make “cringy” music videos. She tries not to go a class without some activity. There is a ball named Juan; this is the talking ball and after answering a question students pass the ball to the next.

### A cat of a different name

*Miss Byrne's cat, who is very old, has had many names over the years..*

**Photo courtesy of: Miss Byrne**



## EDUCATION AND EARLY JOBS:

Miss Byrne attended and graduated from Alfred University. She always wanted to become a teacher. She wished to be a history teacher. She decided to become a Spanish teacher because she could teach it in a non-traditional way, without a ton of paper.

## FAMILY AND CLOSE FRIENDS:

Miss Byrne spends some of her time outside of school doing as most students do, play video games. She plays on her boyfriend's PC and enjoys the Witcher and online Dungeons and Dragons. Her boyfriend's name is Casey. She has two siblings, a brother David, and a sister Sarah.



### Shaving cream shenanigans

*Miss Byrne's class writing in shaving cream on their desks.*

**Photo courtesy of: Miss Byrne**





# Meet Your Second Science Teacher Upstairs, Mr. Ruch

By Parsa Rashidi  
Copy Editor

I sat down with Mr. Ruch and asked him a few questions about his responsibilities around Alfred Almond and how long he has been working here. Mr. Ruch has spent 34 years of his life teaching, but specifically 31 years at Alfred Almond. Before he began teaching at Alfred Almond, he was teaching at Lancaster City schools in New York. One of the schools he worked at was an alternate high school for kids who were about to drop out. The other school he worked at he specified that his job was “very similar to Mr. Barniak’s job here,” meaning that he was like a permanent substitute.

When he got to Alfred Almond, he started out teaching junior high kids Life Science and Physics. Over the summer he also taught at summer schools in Hornell, specifically 8th and 9th grades Life Science. He hosted an after school karate club, and taught beginner classes at Alfred University for karate. After school he also used to coach softball and wrestling.

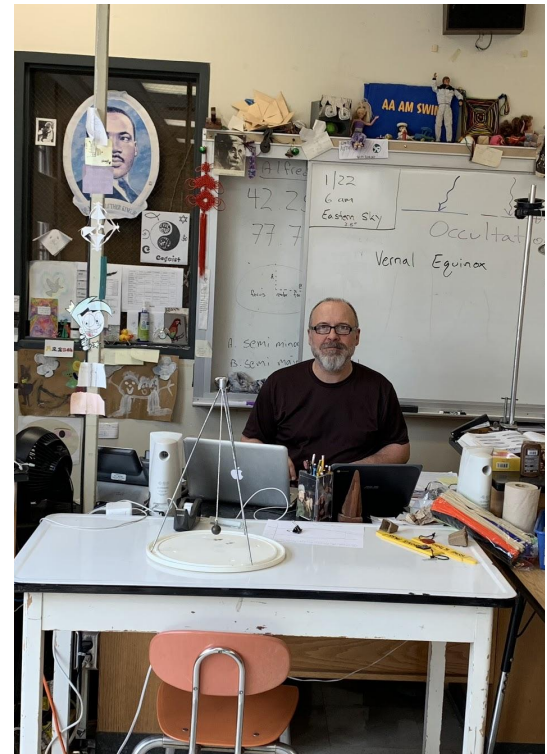
When I asked Mr. Ruch what he enjoys most about working at Alfred Almond he said it’s “getting to work with young people.” He likes seeing all the potential that kids have and their open minds when it comes to learning. His day-to-day work mostly consists of planning new lessons and providing kids with opportunities to engage in meaningful learning for learning and growth.

As a kid, Mr. Ruch looked up to his mom as an influence in becoming a teacher, because she herself was an English teacher. His mom attended college, whereas his father did not, so their priority was getting Ruch into college and helping him establish a career for himself. His football coach in high school also had a large impact on him becoming a teacher, because he was an Earth Science teacher at the time.

Growing up, Mr. Ruch hated being in high school, however, once he graduated and went off to college, he found a love for the education system at college. He thought that high school should be more like college.

While Mr. Ruch was in high school, he thought about working as an architect, but mostly was interested in having a blue collar job working at a factory as a career. However, once he got to college his interests changed and he decided to pursue teaching later down the road.

Mr. Ruch hosted a “Rock Shop” club in his room during every activity period at Alfred Almond. It consisted of the kids playing their musical instruments and “rocking out”. The kids who helped run the club eventually graduated, and in return the club dissolved away.



*Photo courtesy of Parsa R.*

Currently Mr. Ruch teaches Earth Science and Living Environment at Alfred Almond. He says that he is looking forward to retirement in the next few years once he feels like he has finished his duties as a science teacher.

*“The road to  
nowhere is paved  
with excuses.”*

*- Mr. Ruch*



# ARE YOU FOOL PROOF?

Since April fools just passed, I thought I would share five pranks that I did on people.

## 1- PICTURE PRANK

This prank is very simple and easy to complete. I had a picture of my friend Nathan Grove which I printed out and covered his locker and binders in. One precaution when doing this prank is to make sure not to ruin any pictures or items that someone might have in their locker.

Nathan stated that he "thoroughly enjoyed his prank"



The Accomplice Good friend Nora Looney helped me plant over 50 pictures in Nathan Grove's locker. Photo courtesy of Ali Fancher.

## 2- COMPUTER MOUSE PRANK

For this prank I found a funny picture. When printing out the picture make sure to make it small enough to fit on the back of a computer mouse. Then I taped it on the back of computer mouse to cover up the red light. This will make it so the computer mouse is frozen in place therefore it will not work. I did this prank on Miss Hatch, and after a few minutes of her trying to get her mouse to work I showed her the picture on the back.

This is the picture that I put on the back of Miss Hatch's mouse.



Image from <http://meowgifs.com/576>

## 3- FAKE PARKING TICKETS

In this prank I printed out fake parking violation tickets and put them on peoples windshield. I decided to play this prank on Annie Lloyd but she did not notice the ticket. So this prank was a bust.



Image From:  
from: <https://www.safetysign.com/products/8784/parking-violation-ticket>

## 4-STAPLER IN JELLO

This was the most complicated prank that I did. I had to do this twice because the first time I did it I used regular strawberry jello and too much water so that it fell apart on the ride to school. I took an extra stapler I had and placed it in the jello and let it sit. Then replaced a teacher's stapler with the one in jello.

## 5- BROWN "E" OR BROWNIES

It was my turn to bring food into Journalism class on n March 29. So I decided to prank my peers with by cutting out "E" that were brown. Disappointment was written all over their faces when they saw that the brownies were actually just paper "E"s



Yum "E" One of the brown "E"s that I cut out to fool my peers.. Lucky for them after the prank ended I had real brownies for them to enjoy. . Photo courtesy of Ali Fancher.





# The Ronald McDonald House

## What is it?

The Ronald McDonald House (RMH) is a house in Rochester, NY where families who have a family member in the Strong Hospital stay in the house for free. The Ronald McDonald House is located right down the street from the hospital. The Ronald McDonald House is very convenient to these families because they can sleep in a real bed instead of a hospital chair and do laundry or take a shower instead of packing clothes in a bag to change in the bathroom.



Living in Comfort One of the Ronald McDonald House's many living rooms. [rmh.org](http://rmh.org)

## Interesting Aspects

Many people may believe that the Ronald McDonald House is similar to hotel, but it is very different. The House has bedrooms that all have their own bathrooms. It also has many living rooms on all floors, like the one pictured above that all families staying in the House can enjoy. The House has a kitchen with a full fridge and includes all appliances where families can help themselves to anything. RMH also has a large laundry room with free detergent for use by all families.

By: Olivia Ormsby  
Staff Writer



Santa at the House With stockings hung and presents under the tree the RMH celebrates Christmas. [rmh.org](http://rmh.org)

## Interesting Aspects Continued

The House has offices for parents who work so they can also keep up with their office work and not become even more stressed. Meanwhile, there is also a House within the hospital for families who have children in the Intensive Care Unit of the hospital and need to be close in case of an emergency.



Touch-Ups  
A volunteer touches up the paint in the RMH kitchen. [rmh.org](http://rmh.org)

## Donations and Volunteers

Without the help of donations and volunteers the Ronald McDonald House wouldn't be able to be as generous as it is today. The House allows anyone to volunteer. They've received volunteers from the Keuka College Baseball Team, Rochester Area civilians and more. Mrs. Bain-Lucey also has said that volunteering at the RMH "is a fascinating and humble experience. It's such a great opportunity to witness"



Bright and Sunny Volunteers pose next to the RMH sign after a full day of gardening. [rmh.org](http://rmh.org)

## Donations and Volunteers Continued

Volunteers can serve meals in the House, help clean, garden, do lawn work, play with the children staying in the House, etc. Donations are received from anywhere including Alfred Almond Central School. Our Bump-a-palooza volleyball tournament used to donate all to the proceeds to the Ronald McDonald House and plan to continue to donate next year (this year's proceeds went to the Allegany County Area Scholarship Fund.





### Why Am I Writing This?

As a senior athlete, the last game of your high school sports career is devastating, especially when it ends in a loss. This year the Alfred Almond Girls Varsity Basketball Team had one of their most successful seasons in a long time. As a point-guard for the team I loved this season. After we won our first sectional game ever in basketball after hosting Honeoye, I was excited to hear we would play Prattsburgh next. We've never beat Prattsburgh in the five years I've played, so our team was motivated to win. During the first possession of the game I got a steal and assisted Lindsey for a fast break layup for the first points of the game. However, we lost the game and my high school basketball career ended.

After the game with tears running down my face and my teammates hugging me, Coach Weller told me that I was selected for the Ronald McDonald Game in Rochester, NY. I had no idea what this was, but I said "cool" and carried on. Within the next week I received three packages in the mail full of information about the game, and that's when I realized it was a big deal. The game is sponsored by the Ronald McDonald House and consists of the best senior basketball players in Section V playing against each other. Two seniors are chosen from each county in Section V to play. I was chosen to represent Steuben County with another player from Addison. Within the packets I received information about three upcoming events including a press conference, a banquet, and the game which took place on March 23, 2019.



After the Game Pictured with the Court and boys teams warming up behind me. Photo courtesy of Tracy Ormsby



The Banquet Athletes and families gathered to honor those nominated Photo courtesy of Tracy Ormsby



The Banquet Pt. 2 I'm pictured with my certificate at the banquet. Photo courtesy of Olivia Ormsby



The Game The Girls Red and Gold teams are pictured standing for the national anthem. Photo courtesy of Tracy Ormsby

Coaches were notified about their selection. 28 girls and boys were selected. 14 on the Gold Team and 14 on the Red Team. I was selected for the Red Team.

A Press Conference was first on the list where the players were introduced to the media and their coaches. This took place in the Ronald McDonald House in Rochester and we were given a tour of the stunning facility.

Next was the practice. At Nazareth College on March 11. Myself along with 27 other girls met at the Nazareth College Gym and scrimmaged. Our team won by a buzzer-beater shot.

The next step was the banquet. Athletes along with their friends and families were invited to a banquet where they would be announced and recognized for their accomplishment. Some of the best athletes in Section V participated in the game, along with Daijah Fair from Edison Tech who scored over 2,000 points in her high school basketball career and committed to play basketball at University of Buffalo. Another star player selected includes Miles Brown, who is the Section V All-Time Leading scorer with over 2,900 points from North Star.

The final date was the game. On March 23 we competed for one final time in front of a crowd of 3,000 people at Rush-Henrietta high school. After being down by 15 at half-time my team fought back and won the game by 10. After meeting so many amazing people and getting to experience such a great opportunity, I was and still am very thankful to close out my high school career with a victory for such a great cause.



# How to Keep Your Cookies in the Jar AKA Money Management

By: Arnold Saint-Phard  
Staff Writer

Many people today face debt at least once in their lifetime, whether being old or young one day, you may have to face it. The problem is that people never know how to keep their cookies in the jar, or in simpler terms, aren't always ready to handle and take care of their debt. This is where you'll learn great advice on debt and how to take care of it before the cookie monster steals your cookies. I did some research and went around the school looking for good advice for control and not having bad debt.

One thing I learned during these interviews is that debt is sometimes necessary for life, like mortgages, credit card bills, and student loans. Speaking with Ms. Backer, she said that spending less money than you have will be a great way to keep your debt in check. Another piece of advice I learned from her is that you need to have credit and to at least have a decent credit score for things like loans. Get a credit card in a place you shop oh-so-often, be aware of what you spend on it, and make sure you keep up with the payments. Highly recommended if you do want to know about budgeting, read [The Richest Man In Babylon](#) (Click the title for the full text). It is full of financial advice that could definitely be of use. These tips will help you get a constant amount of cookies (money) in the jar and less being mauled (in debt) by the cookie monster.

I also asked Mrs. Snyder and Mrs. Powers what good advice they have for keeping your debt in check. Both believe that there is responsible debt and irresponsible debt. Responsible debt is the necessary debt that helps you acquire life necessities like a car or a house. Irresponsible debt is spending the money you don't have on unnecessary items, at least things that won't help or benefit you in a good way for your financial future. If you want to keep all your cookies in the jar, follow these wise words and they'll guide you to your cookie fortune.



## 5 Actual tips for debt

- 1 Don't make unwise decisions, spending the money you don't have, start owning your decisions.
- 2 One way to avoid spontaneous purchases is to walk away from impulse purchases, if you're still interested in the item you can come back for it
- 3 Hanging around with heavy spenders will turn you into one; it's contagious.
- 4 Keep petty cash. Make day to day purchases with cash, to see the money that you're spending.
- 5 Make a budget. Google Sheets offers templates for budgeting.





# #Wafflin'

By Gabe Marcus  
Copy Editor

## Ingredients

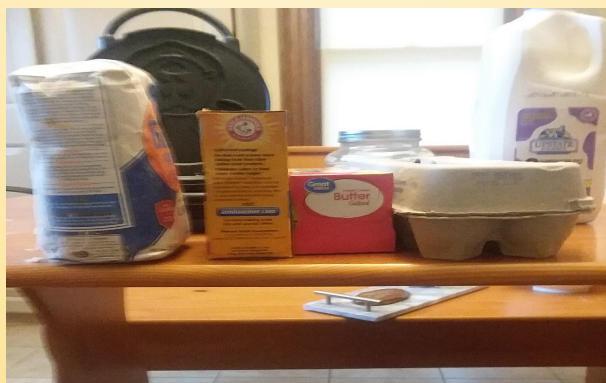
- 2 Eggs
- 1 cup milk
- 1 cup flour
- 1 tsp baking powder
- 1 cup sugar
- Waffle Maker



Have you ever been to a hotel or IHOP and suddenly found yourself mouth watering over a sugary, fluffy waffle? With the fantasy of drenching it with chocolate, whipped cream and fresh maple syrup, you can make a delicious golden waffle within a matter of 10 minutes.

A golden Mickey Mouse  
Waffle  
Courtesy of Gabe  
Marcus

## Ingredients



## Directions

1. Mix Eggs, Milk, Flour, baking powder and sugar in a large bowl until the consistency is smooth.
2. Add to hot Waffle iron.
3. Wait 1 min 30 TO 2 min 30 until golden brown
4. Add chocolate chips, whipped cream, maple syrup and powdered sugar in that order
5. Heat in Microwave for 10 second
6. Enjoy



# ***TAKING THE SPRING BY STORM***

Some of The Newsies decided to go behind the scenes and find out how the Alfred-Almond athletic teams are handling the spring seasons.

## ***QUESTIONS FOR THE COACHES:***

1. How do you think the season will go?
2. What are you most excited for?
3. What goes into a typical practice/how do you plan one?
4. What games/meets/matches do you think will be the toughest this year?
5. How do you feel about the schedule?

## ***QUESTIONS FOR THE ATHLETES:***

1. How do you think the season will go?
2. What are you most excited for?
3. How do you prepare for a game/meet/match?
4. What games/meets/matches do you think will be the toughest this year?
5. How do you feel about the schedule?





# ***SLIDING INTO SOFTBALL***

By Sarah Johnson  
Editor in Chief

The modified, JV, and varsity softball teams are getting back into the swing of things with the take off of the 2019 season. Gloves are broken in and the bats are singing as the teams prepare for their upcoming schedules. Each team has already found its way outside, putting everyone ahead of schedule in terms of readiness. The modified team, coached by Miss Sick, has a large roster with a variety of skill to offer; Mr. Donlon looks to lead his talented JV team into battle; and Mr. Gemmell and his varsity squad look to secure another sectional title for Alfred-Almond.

## ***ROSTERS***

### **Modified:**

Ammalani Ball 7  
Chloe Bracken 8  
Gracen Dusinberre 7  
Olivia Flaitz 7  
Taylor Flaitz  
Clarissa Flint 8  
Chloe Hann 8  
Alexandra Hurd 8  
Abigail Hurd 7  
Lauren Johnson 8  
Sarah Johnston 8  
Kaiden Margeson 8  
Paige Marlatt 7  
Lena Michel 7  
Aurora Middaugh 7  
Alexis Rao 8  
Lacey Teed 8  
Teara Tigner 7  
Riley Winans 7

### **JV:**

Paris Billings 9  
Isabel Badeau 8  
Reagan Comer 9  
Ryann Donlon 9  
Grace Hildreth 9  
Angel Kenyon 9  
Jessica McMahan 9  
Chelby Moore 10  
Angela Smith 9  
Kayla Snyder 10  
Alyssa Turner 10  
Aleah Yezarski 10

### **Varsity:**

Lindsey Allen 12  
Celeste Badeau 11  
Logan Brown 11  
Morgan Davidson 11  
Amy Evingham 11  
Alison Fancher 12  
Kellie Galusha 11  
Sarah Johnson 12  
Donata Koegel 12  
Luci Lee 11  
Olivia Ormsby 12  
Paige Senear 11  
Amya Snyder 12





# MODIFIED SOFTBALL

By Sarah Johnson  
Editor in Chief

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- 1. The season...** I think modified softball will have a great season! We have 18 girls that are eager to show their skills on the field. This is my second year coaching modified softball. I feel more confident now that I understand the athletic system here at Alfred-Almond and the Holmok method.
- 2. Excited for...** I am excited to play some games! Last year, many of our early April games were canceled or rescheduled. We were stuck in the gym practicing for what felt like an eternity. I am hoping Mother Nature is kind to us this year.
- 3. Practice plan...** At the modified level, coaching is all about teaching the art of softball... Some of my athletes this year have never played before. When making my practice plans I need to think about the end goal and all of the steps that build up to it. For example, when teaching my athletes how to throw a ball, I have to think about each step... I have to be specific in my instruction to make sure the girls avoid developing bad habits.
- 4. Toughest games...** Being our rival school, Arkport-Canaseraga puts up a good fight for us. Also, going to Hammondsport/Bradford is always tough due to the long bus ride.
- 5. The schedule...** I wish we had more games. Right now, we have 12 games on the calendar. 18 girls is a lot for a softball team. More games would allow for more opportunities for my athletes to practice their skills.



*Path to Preparation Some players from the Mod Squad trek to their practice spot to prepare for upcoming games.*

**Photo Courtesy of Sarah Johnson**

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- 1. The season...** This is only my first year playing since I was little, but I think the season will go pretty well. We are very good at fielding and batting.
- 2. Excited for...** I am most excited for the bus rides because everyone always says that they are a lot of fun.
- 3. Preparation...** I practice a lot. As a team we do a lot of fielding.
- 4. Toughest games...** I'm really not sure since I have never seen any of the teams we face play before.
- 5. The schedule...** From what I have heard, I don't think it should be too bad.





# JV SOFTBALL

By Sarah Johnson  
Editor in Chief

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1. The season... I don't know record wise. In terms of skills, we are going to try and continue to get better.
2. Excited for... I am mostly excited to have warm weather. It's fun to prepare... so I am always excited to see how my girls will perform. It's mostly fun to celebrate when they do good things, that's mostly what I look forward to.
3. Practice plan... Well you got defense and offense, which are your skills, but there's also a lot of thinking and mental things to practice too. What you want to do, especially for softball and baseball, is get as many people moving as possible for most of the time... If you have another coach, you can split outfield and infield doing defense, work on base running while you do defense, stuff like that. So that's typically what you're trying to do, work on all those skills, but there is also just mental things that we have to work through, especially on the JV level because, for a lot of them, it's the first time they've ever experienced it, so that's a challenge.
4. Toughest games... Being JVs, I think most of our games will be tough. There are not a lot of JV teams so we usually play up. Besides Bolivar and Arkport, there aren't a lot of schools that are smaller than us that are going to play, so we'll end up playing Wayland, Bath, and a couple schools that are bigger than us... All our games will be challenging either way.
5. The schedule... I think the schedule is fun. I want to play those schools. You only get better by playing competition. Our record doesn't matter at JV, us getting better matters. I mean, I don't know how many games we will win, but that's irrelevant to the point of trying get girls ready to be good teammates at the next level.



*Defense! Coach D gives his players an intense pep talk before his players take the field for the start of their first game of the season.*

Photo Courtesy of Sarah Johnson



*Badeau Is Up to Bat The JV youngen, Isabel Badeau steps up to the plate for her first at bat.*

Photo Courtesy of Sarah Johnson

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1. The season... I think the season will go well.
2. Excited for... I am most excited for what we can work on to help us get to where we need to be in order to win games.
3. Preparation... I prepare by getting a few throws in and working on my fielding and plays we might do in an actual softball game.
4. Toughest games... I don't know what the other teams look like, so it will be a struggle in the beginning, but I know we can learn from our mistakes.
5. The schedule... I think the schedule looks good.



# VARSITY SOFTBALL

By Sarah Johnson  
Editor in Chief

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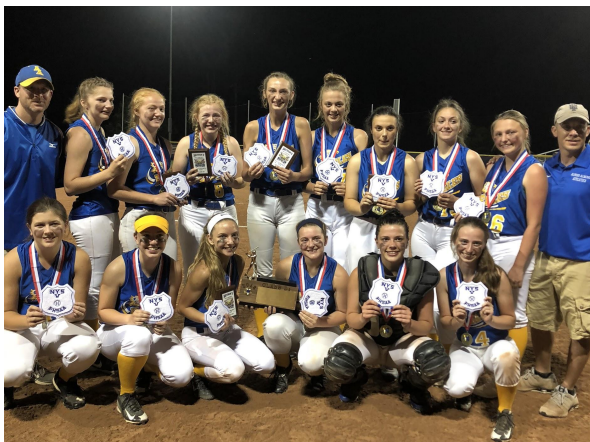
**1. The season...** I am excited to see what this season brings. Our goals are no different than in years past. We want to duplicate and exceed what we did the previous season. This team has the potential to again win a sectional title and compete for a league title... All players need to buy into what we are doing and trust the process. We will surely face setbacks and disappointments along the way, but I'm confident we will show our toughness and resiliency when faced with those moments. We have a solid core of returners whom have a great deal of experience and have been in the fire and faced difficult challenges on the field. This leadership will serve us well.

**2. Excited for...** I am most excited to see how this team grows together as a family and works as cohesive unit towards a common goal... It makes a coach proud when their players put the team's interests and needs ahead of their own. All great teams are made of players who accept their roles and work to be successful in their roles. Last season that was a huge part of our success... If we are able to do this... we can accomplish our goals- as we are always asking our players in our program "what will you do for your teammates?"

**3. Practice plan...** Any good coach will tell you this is one of the most important parts of their job and also the part that outsiders often overlook. Practice plans are created in a manner that tries to provide all players an opportunity to get better during those 90-120 minutes... I plan out every minute of our practices and include where each player needs to be during every minute of that practice... This month of pre-season is used to work fundamentals and strategy, as well as work on our plays and game situations so that when we hit the field for our games we are as prepared as possible to be successful... Every rep needs to be done with the purpose of getting better.

**4. Toughest games...** Our league has always been very tough competition, and I believe that this year it will be the toughest we have seen yet... League powers Addison, C-S, and Arkport are rivals that we always have great games with... We will also have a bullseye on our back due to our accomplishments last year; as teams will be looking to knock off a defending sectional champion.

**5. The schedule...** As I said previously our schedule will be a grind. We will be in a dog fight every time we suit up and step between those lines. I wouldn't have it any other way- I want to challenge my team... This will prepare us for the intensity of the sectional tournament.



**Soaring Eagles** *The varsity softball team came out on top at the 2018 sectional finals to finish what they started, bringing the block home to Alfred-Almond for the first time since 2004.*

**Photo Courtesy of Sarah Johnson**



**Logan Brown From Downtown** *Logan steps up to plate, ready to put on a show for the crown at the eagles home-opener for the 2019 season.*

**Photo Courtesy of Sarah Johnson**

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**1. The season...** I think we will be very successful this year and hopefully we will have a winning record.

**2. Excited for...** I am really excited for spending time with all the girls and for sectionals.

**3. Preparation...** I always take the practice before a game as serious as possible and I focus during warm-ups.

**4. Toughest games...** Definitely Addison.

**5. The schedule...** This schedule is going to be challenging, but that should only make us better.





# **BATTERS UP FOR BASEBALL** By Dylan Guthrie Design editor

Without there being a modified team the jv and varsity team are the two baseball teams for Alfred-Almond. Both of these two teams are in the mists of their pre season. Within this pre season the two teams try to sharpen their skills and try to get ready for the long season ahead. With the sun starting to come out the teams are ready to get on the field and show what they got. The JV team is coached by James Dineen, and they look to take their teams by storm. As a first year coach, Mr. Turner looks to start his rookie season with a sectional title for the seniors before they take on the next obstacle in life.

#	Name	Positions	Gr.
1	Ayden Burdick	OF	So.
2	Nevin Allen	OF	Sr.
3	Cameron Claire	OF, 3B	So.
4	Will Tormey	P, UTIL	Jr.
5	Ty Kenney	INF, P	Fr.
6	Blake McMichael	OF	So.
7	Zane Johnson	2B, P	Sr.
8	Laertes Cushing	3B, P, C	Jr.
9	Dylan Guthrie	C, 3B	Sr.
10	Dan Scheesley	UTIL	Jr.
11	Isaiah Kenyon	OF	So.
14	Austin Swackhamer	1B, P	Sr.
16	Colin Sick	1B	So.

## **Boys Modified Baseball**

**Cumberbatch Kanye 7**

**Davidson Shane 8**

**Dickinson Brenden 8**

**Emerson Owen 8**

**Grigg Tighe 7**

**Guthrie Drake 9**

**Holley Talan 7**

**Ledbetter Blake 8**

**Muhleisen Miles 9**

**Patterson Aidan 7**

**Quintana Cyrus 7**

**Sick Ethan 9**

**Taggart Joseph 7**

**Tormey Nolan 8**

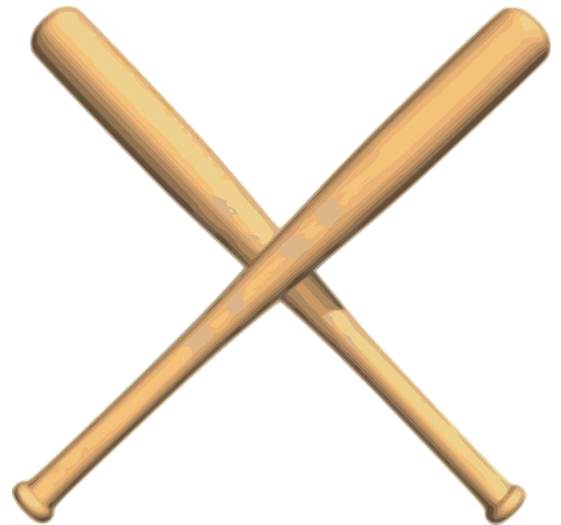


# MODIFIED

By Dylan Guthrie  
Design editor

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1. **The season...** I have extreme confidence in the players this season. The pre-season practices have been going great, we have been using our time in the gym to improve, and we are practicing with purpose. I am very excited about this season.
2. **Excited for...** Right now I am most excited for our first game. Opening day is one of the best days of the whole year.
3. **Practice plan...** Planning a practice is a lot like planning a lesson for class. I ask myself "What do I want to get accomplished today?" "What skills do we need to practice today?" "What do I want my players to know by the end of today?" Then I build the practice plan around the answers to those three questions.
4. **Toughest games...** Every game is going to be a challenge and we need to just take them one at a time. The state of the league is that many schools are combined with other schools and many teams are filled with 9th graders. This will be a challenge to a one-school-squad with three 9th graders, but if I know anything about these players it is that they are up to that challenge.
5. **The schedule...** Like I mentioned before this year's schedule has a lot of combined teams, so it looks different from past years. I know Coach Holmok has put a lot of time into creating this schedule for us and I thank him for that.



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1. The season... Pretty well
2. Excited for... Playing in games
3. Preparation... Practice and stretch
4. Toughest games... Jasper Troupsburg
5. The schedule... Too short but should be fun





By Dylan Guthrie  
Design editor

# VARSAITY

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1. **The season...** I expect the season to be a successful one. I suspect we will accomplish our goals.
2. **Excited for...** Selfishly, I am excited to be the head baseball coach of a school district. It has been a hope of mine for 25 years. I am excited to have the opportunity, and excited as heck to try to help this group of seniors obtain a sectional crown before they go.
3. **Practice plan...** A typical practice is planned in-depth. It has many, briefly-lengthened segments. Each activity is designed to remedy a weakness. Each is designed to cut down on common mistakes. I plan practices on paper the night before, or morning of practice. I think about the team and our practices all of the time. I jot down my ideas, think back on experiences, remember old drills, research new ones, and borrow from coaches.
4. **Toughest games...** All of our league games (Addison, Campbell Savona, Canisteo Greenwood) will be difficult. Particularly tough non-league games will include Honeoye, Avoca, and Arkport Canaseraga.
5. **The schedule...** I am really excited about the schedule for several reasons. It is a highly competitive schedule with an ambitious number of contests (19) scheduled. Also, it is back-loaded with home games, when our field is at its best and games will mean a lot.



**Getting dust off the equipment**  
*Getting out the baseball gear and getting ready to play ball!*  
Photo Courtesy of Dylan Guthrie



**Scoring runs**  
*Dylan Guthrie leads off third and gets ready to take off to go home.*  
Photo Courtesy of Drake Guthrie

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1. **The season...** I think the season is going to go well
2. **Excited for...** I'm most excited for the opportunity to play the game I love
3. **Preparation...** I mentally prepare through visualization, I physically prepare through doing my j band workout
4. **Toughest games...** I think playing Honeoye and Arkport will be challenging
5. **The schedule...** I feel the extended schedule is a great idea to get a ton of games in



# HURDLING INTO THE TRACK SEASON

By Lindsey Allen  
Staff Writer

The girls and boys track teams look forward to yet another successful spring track season. With warmer weather and blue skies slowly showing themselves, the teams have been able to practice outside on the blue track. Track meets are approaching quickly and the track teams are ready to begin. With the coaching of Mr. Cook, the boys track team hopes to bring home a patch this season, and with the coaching of Mr. Decker, the girls team hopes to do the same, defending their title.

## Boys Varsity Track:

- Jordan Bartoo 12
- Davon Bloom 12
- Garrett Burys 9
- Dylan Cannon 8
- Alex Castle 10
- Caleb Daily 11
- Paul Drake 11
- Logan Dwyer 10
- Aiden Heffley 9
- Imre Hunter-To 8
- Zack Ledbetter 9
- Benjamin Lloyd 9
- Kyle Margeson 11
- Ethan Michel 10
- Brent Porter 10
- Caleb Price 9
- Arnold Saint Phard 12
- Ray Scheesley 12
- Conner Strong 9
- Owen Washburn 10
- Grant Watson 10
- Logan Whittall 11
- Colton Cook 11
- Aquila Cushing 10
- Carsen Hann 10
- Ethan Hann 12
- Gabriel Marcus 12
- Nicholas Turner 10



# R O S T E R S



## Girls Varsity Track:

- Faith Agnello 11
- Zoe Balinsky 10
- Sarah Butts 11
- Allyson Campbell 10
- Star Clark 9
- Lily Clark 9
- Athena Cushing 8
- Catherine Elliott 12
- Tiphaine Feltin 9
- Abigail Grove 9
- Lauren Kelly 11
- Isabella Lang 9
- Avery Libordi 10
- Annie Lloyd 12
- Maeve Looney 10
- Nora Looney 12
- Samantha McCormick 7
- Andrea McMahan 10
- Ryleigh Ormsby 11
- Samantha Quick 12
- Mirra Robbers 10
- Hanna Tormey 12
- Claire Volk 9
- Alexis Watson 11
- Amber Weinar 10
- Hanne Yocum 9
- Gwendolyn Gagne 7





# BOYS TRACK

By Lindsey Allen  
Staff Writer

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1. The season... This year's team, I believe has an opportunity to challenge for another division, county and possible sectional championship. We have many new faces and the challenge will be to place them in events where they will be the most successful for the team.
2. Excited for... Warmer weather, so that we can start working on our specialized events.
3. Practice plan... Our practices typically start with a team warm-up and stretch, followed by our running workouts. Once those are complete we move into our field events and then we hit the weight room to finish up. I generally plan my practices the day of, after I have had time to reflect on the previous practice.
4. The Hornell invitational is always the toughest meet for us. It's like running at the State qualifier meet as you compete against larger teams from across section IV, V, VI. Then of course counties and sectionals are always a challenge.
5. I always like our schedule. Of course, you would like a couple of more meets but, spring break always conflicts.



**Hann-dling the Track Season** *Ethan Hann holds up Maeve Looney in his retro track uniform after a meet.*

**Photo Courtesy of Ethan Hann**

**Hann the Man** *Ethan Hann runs on the wet track hoping to secure the win.*  
**Photo Courtesy of Ethan Hann**



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1. The season... I think the season will be one full of ups and downs, and one that will be filled with challenges that will test the hearts of all the boys on the team. Despite these challenges, I think the season will go well and the boys will rise to the challenge.
2. Excited for... I am most excited to form a strong bond with the younger kids on the team, and spending time with them as we grow together as a family.
3. Preparation...To prepare for my role in meets I like to get away from the team and listen to my own music, I will practice breathing and listen to band music we have played in the past, by the end of the 8 minute long song "Dedicatory Overture" I am mentally prepared to do what it takes to win.
4. Toughest games... The toughest meet by far will be the sectional meet in May. This meet is where the best come to challenge the best, and seed rankings do not matter, anyone can win and there is a surprise in every race.
5. The schedule... The schedule this year has put our team at a disadvantage because we have a meet scheduled on April 5, which is the earliest we have had a meet in years, however, the team is ready to face off against the rest of section V and we will put our best foot forward on the 5th.



# GIRLS TRACK

By Lindsey Allen  
Staff Writer

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1. The season... I think we'll have another successful regular season hopefully contend for a league and sectional title.
2. Excited for... I am most excited for sunny warm weather and seeing how the hard work of all the members of the team pays off as the season progresses.
3. Practice plan... Usually I look at the weather forecast and the plans are usually dependent on the weather conditions. Also I try to alternate hard and medium workouts, including event work when possible.
4. Toughest games... Probably our first meet of the season with Wellsville and our meet at Canisteo at the end of April as well as Invitationals in Bath, Hornell, and Wellsville.
5. The schedule... I like our schedule this year, its filled with good competition this year, we even have some early meets in April because of the later spring break.



**Black Betty** Maeve Looney sprints by the camera with Black Betty in her hand looking for a win in this event.

Photo Courtesy of Maeve Looney

**Champs** The girls track team holds up their trophy after last year's sectional meet, hoping to bring it home again this year.

Photo Courtesy of Maeve Looney



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1. The season... I think our team looks pretty good right now, everyone is working really hard. If we keep up the hard work there could be another win at sectionals this year, we'll see.
2. Excited for... I'm most excited for sitting around talking with all my friends in between races.
3. Preparation... Usually before a meet I listen to some good calming music because I have so many nerves. Also I always wear the same socks every meet for good luck.
4. Toughest games... The toughest meets will probably be Hornell Invitational and sectionals.
5. The schedule... The schedule looks pretty good this year, I honestly have no complaints.





# "LET" TENNIS BEGIN

By Spenser Ormsby  
Design Manager

The varsity, and modified tennis players have dusted off their rackets and are ready to take on the exciting season. Both the varsity and modified have had practices outside and are steadily preparing for their matches. Mr. Brady coaches both the varsity and modified team and is ready to lead his teams to success.

## Modified Boys Tennis:

Eric Butts 8

Jack Byrnes 8

Liam Carstens 7

Jack Deutsch 7

Alexander Diaz 8

Maddox Dixon 8

Noah Dusinberre 8

Liam Heffley 8

Noah Heffley 7

Lucas Koegel 8

Owen Lawrence 7

Damien Robbers 8

John Scheesley 8

Evan Samuel Wildrick-Cole 8

## Varsity Boys Tennis:

Cameron Heinig 8

Joseph Miletta 12

Chris Mormino 9

Micheal Roberts 10

Nicholas Robertshaw 11

Jake Schultze 11

Elijah SymesLatini 10

Wesley Dennison 12

Conner Griffin 12

Nathaniel Grove 12

Isaac Little 11

Edward Sidney Wildrick-Cole 11

# R O S T E R S





# MODIFIED TENNIS

By Spenser Ormsby  
Design Manager

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1. The season... We have several starters from last year returning, so I'm optimistic about the season.
2. Excited for... We have 12 modified players this year, far more than we've ever had in the past. This bodes well for the tennis program here at A-A.
3. Practice plan... We work on drills, compete against each other, and discuss previous matches and various tennis situations.
4. Toughest games... Wellsville and Addison have a few returning starters, so they'll probably be our toughest competition.
5. The schedule... We've lost a lot of teams in our league and now have only 8 matches. In the past, we've had an average of 14-15 matches. It's disappointing that we don't have more.



The Man Behind It All *Coach Brady poses on the courts as his players follow his instructions.*  
Photo Courtesy of Isaac Little

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Although the modified players technically do not have any scheduled matches as of now, they offer great contributions to the program as a whole.



# VARSIITY TENNIS

By Spenser Ormsby  
Design Manager

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- 1. The season...** I think the season is going to go well, we have a pretty good shot at sectionals this year. We had a good run last year, and no seniors graduated so this year is looking promising.
- 2. Excited for...** I'm really looking forward to closing out my high school tennis career with a good season with my doubles partner Conner and the rest of the team.
- 3. Preparation...** We prep for a match by warming up with some volleys, but mostly we warm up our serves to make sure they're on point. We also check the direction of the wind and sun for side selection and strategy adjustments..
- 4. Toughest games...** This year there was some major suffering around of teams and division levels, and three of our usual opponents combined due to lack of players. This means that we don't have as many matches this year as we normally do.
- 5. The schedule...** The schedule still looks good and I'm really looking forward to it.



**Uncle Nate at the Net** *Senior Nathan Grove gets in some swings at practice to get ready for his first match.*  
Photo Courtesy of Isaac Little



**Down and Ready** *Isaac Little prepares to strike back at his opponent as he awaits the return.*  
Photo Courtesy of Isaac Little

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- 1. The season...** I think this season is going to be great! We have a lot of weapons on the team this year that will be hard to stop. Mike Roberts and Wesley Dennison are animals when it comes to the singles game, and Connor Griffin and Nathan Grove lead our doubles team. With Fillmore out of our league, we have a great shot at a sectional title this year.
- 2. Excited for...** I'm most excited to see how each individual grows throughout the year, and excited that we all have the same mindset, which is ultimately to win a sectional title.
- 3. Preparation...** I prepare for each match by stretching, mentally preparing for my opponent, and nonstop practicing on my free time trying to fix my weaknesses.
- 4. Toughest games...** I believe Wellsville will be our toughest match this year. They always come ready to play, and they have a very strong 1st singles player that I will have to go up against.
- 5. The schedule...** With only 8 matches (not a lot) and the teams we are playing, I feel as if we should go 8-0. Obviously anything can happen but we have the weapons to beat any team in the area.





# March Madness

By: Davon Bloom  
Design Manager

The biggest basketball tournament is here! Where the top D1 colleges faceoff. Where the best teams can get sent home! It's time for March Madness!



William Torney has the high hopes of his team UNC winning the tournament. He predicts, "UNC is going to win the March Madness Tournament. Luke Maye and Coby White are going to lead the way in scoring. Nassir Little will get his rebounds and dominate down low. UNC might not have a Zion, but they can shoot much better. UNC has a good group of guys who can play good defense."



Ali Fancher predicts that Duke will win the March Madness Tournament. Ali says they are the best. Duke is one of the best teams have many different stars on their team. They have a young team including freshmen Zion Williamson who averages 20+ points a game along with 10+ rebounds and Tre Jones one of many good defensive players.



Miss Byrne has projected Syracuse University to win the March Madness Tournament. She boldly said "Syracuse or Bust!". Miss Byrne strongly believes in her team.



Brenden Dickinson states "North Carolina because they are just down right beast". North Carolina has one of the best point guards in college basketball right now Coby White. Coby White is a playmaker and can get the job done. They also have other tools such as Luke Maye and Nassir Little who can work efficiently with their group of guys to win the Tournament.



**Other Predictions:** Hunter Whelpley said "I choose the best team because their the best". Isaac Little said "Duke". His reason was "they have too many weapons to stop". Daniel Scheesley said "Gonzaga because Duke can't shoot a 3". John Scheesley said "Duke because they have Zion Williamson". Nolan Tormey said "Gonzaga because Miss. Sick said they are not going to win". Sidney Wildrick-Cole said "Duke because Isaac said so".

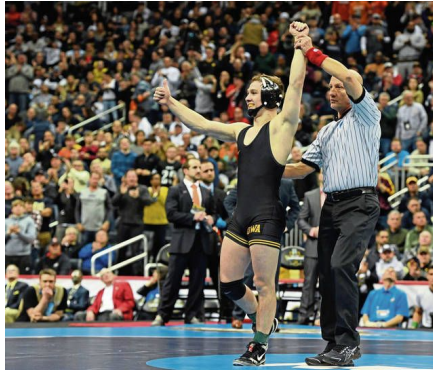


# NCAA Wrestling Championships

By: Alex Comer

This year's NCAA D1 Wrestling Championship Tournament was the most crazy tournament I've seen so far. The tournament was in Pittsburgh, Pennsylvania in the PPG Paints Arena. There were a crazy amount of upset matches (matches won by a lower seed). The amount of great wrestling was phenomenal. Watching some of these great Athletes wrestle for the last time was really exciting because they just put it all out on the mat going for the title. In this article I will do a little recap of the championship matches.

125: Spencer Lee was able to obtain his second national title in a row for the Iowa Hawkeyes at the 125 weight class. Being the #3 seed this year, his journey for the finals title was pretty tough. His finals match was against the #5 seed, Jack Mueller, Mueller had upset the #1 seed in the semi finals to get to the finals to challenge Lee for the title. The match had started out slow with no one scoring within the first minute, but once Lee got his first takedown he dominated the rest of the match. Mueller had ridden Lee out the entire second period until two seconds left where he had gotten his second stalling call which resulted in Lee getting a point. During the third period it was exciting with both opponents trying to get a takedown but the other escaping somehow before they could get the takedown. Just when everyone thought everything was done Lee gets another takedown to seal the deal. Lee has won 5-0 and secured his second National title in a row being a sophomore in college.



**Thumbs Up** Spencer Lee giving the crowd a thumbs up after getting his second national title  
*Photo courtesy: triblive.com*

133: Nick Suriano was able to get Rutgers college their first NCAA D1 wrestling title in their history of wrestling. His finals match was against the #1 seed, Daton Fix. Fix had beaten Suriano earlier in the year during their dual match. The first period of the finals match was very slow where no one scored. But in the second Fix had selected bottom position to start and Suriano had gotten a stall warning but was able to ride Fix for about 30 seconds but Fix had gotten out and received a point for the escape. No one had scored for the rest of the period. Suriano selected bottom position and got out within seconds then no score after.

Going into overtime, Fix had gotten a stall warning putting both the wrestlers at risk of giving the other a point if they had gotten hit with another stall call. For the second period of overtime, Fix selected bottom to try and get an escape but Suriano was able to ride Fix out the entire period. For the third period of overtime, Suriano selected bottom but got hit with another stalling call which resulted in Fix getting a point, but got an escape with just six seconds left in the period so that they would go into another period to see who will seal the deal. The next period started out fast, with both wrestlers giving it all they have but Suriano getting a takedown in just 15 seconds getting the win and the national title for him and his college.



**First one in the books** Nick Suriano getting his hand raised after winning his first national title  
*Photo courtesy: news.theopenmat.com*



141: Yianni Diakomihalis was able to secure his second National title for Cornell University, at the 141 weight class. He was the #1 seed this year and wrestled extremely well during the tournament. His finals match was against the #2 seed Joseph McKenna. During the first period McKenna had gotten a very nice takedown but was only able to hold Yianni down for 19 seconds before Yianni escaped. During the second period, McKenna had selected bottom and escaped within 13 seconds. There was no score for the rest of the period. For the third period, Yianni had selected bottom and had escaped 17 seconds into the period. With just 5 seconds left in the third period Yianni had gotten a crazy takedown but somehow McKenna had escaped with time still on the clock, making them go into overtime tied 4-4. The overtime period was such an exciting one, both wrestlers constantly going for shots, but both wrestlers managing to get out of it, until 15 seconds left where Yianni was able to catch McKenna and secure the win. Yianni is only a sophomore in college and now has two national titles.

149: Anthony Ashnault was the champion at the 149 weight class for Rutgers. He was the #1 seed in the tournament and he proved that he was seeded correctly. His Finals match was against the #2 seed Micah Jordan. During the first period Ashnault had gotten a penalty which resulted in Jordan gaining a point. Then no score following the rest of the period. In the second period Jordan had selected neutral position, but Ashnault had gotten a takedown 14 seconds into the period and rode Jordan out the rest of the period. The third period Ashnault selected bottom, Jordan needed a takedown so he let Ashnault up so they could start out in neutral. Jordan had gotten a takedown 21 seconds into the period but Ashnault had escaped five seconds later then took Jordan down 24 seconds later. Ashnault had scored two back points with a minute left so that he could try and secure the win. With one second left in the match Ashnault let Jordan up to receive an extra point because it did not matter because Ashnault was winning 9-3. Ashnault had won the match and his first national title with a score of 9-4.



**Flexin'** Yianni Diakomihalis flexing as he gets his second straight national title  
*Photo courtesy: pressconnects.com*



**Number one** National Champion Jason Nolf holding out one finger to show he's the champ  
*Photo courtesy: ncaa.com*

157: Senior Jason Nolf won his third straight national title in the 157 weight class for Penn State. He was the #1 seed and it is well deserved. His finals match was against the #2 seed Tyler Berger. Nolf absolutely dominated this match. During the first period Nolf had gotten a takedown in 43 seconds but let Berger up right after so he could go for another. Nolf had gotten another takedown with a minute and a half left in the period and had gotten two back points. Berger had escaped with a minute left in the period, but Nolf wasn't done, he had gotten another takedown with 42 seconds left and kept Berger down for the remainder of the period. For the second period, Nolf chose bottom and was able to escape with just 30 seconds left. For the third period, Berger chose bottom but Nolf was able to keep him down the whole period.



**First One** Champion Anthony Ashnault raising his hands after winning his first national title  
*Photo courtesy: northjersey.com*





165: The 165 weight class was the craziest weight class by far. Freshman Mekhi Lewis of Virginia Tech triumphed over two-time NCAA Champion Vincenzo Joseph of Penn State. To start off the match there was no score in the first period. Going into the second period, Joseph chose bottom, Mekhi had turned Joseph in 38 seconds and got four back points. Joseph did not like this because just seconds later he was able to get out and get an escape. After the escape there was no score for the rest of the period. Going into the third period Mekhi had chosen bottom, he had escaped in 17 seconds and kept Joseph at bay until 23 seconds left in the match where Mekhi had gotten the last takedown to seal the deal, conquering Joseph 7-1 and getting his first national title.

174: Junior Zahid Valencia had won his second straight title in the 174 weight class for Arizona State. He was the #3 seed and proved to everyone that he should've been the top. His finals match was a rematch of the NCAA tournament of the previous year against the #1 seed Mark Hall of Penn State. In the first period, Hall had gotten a takedown in just nine seconds but Valencia was able to get out just 17 seconds later. After the escape there was no score for the rest of the period. In the second period, Hall had chosen bottom, he escaped in just 19 seconds. Valencia had gotten a takedown with 50 seconds left in the period to tie the score and was able to hold Hall down for the remainder of the period. The third period Valencia had chosen bottom and escaped in 11 seconds to take the lead. Valencia was able to keep Hall away and snagged the win and another national title.



**2 peat** Zahid Valencia putting up 2 fingers to say this is his second time winning

*Photo courtesy: thesundevils.com*

184: Senior Drew Foster won his first national title at the 184 pound weight class for Northern Iowa. He was the #6 seed but was able to prove that seeding does not matter. His finals match was against the #5 seed Max Dean of Cornell University. In the first period, Foster had gotten a takedown in the first 31 seconds but was only able to hold Dean down for 18 seconds until Dean got out. Dean was able to get a takedown with just 35 seconds left in the period and was able to take the lead and hold Foster down for the remainder of the period. In the second period, Dean had chosen bottom, Foster was able to hold Dean down for most of the period but with just 15 seconds left Dean was able to escape and finish the period two points ahead. In the third period Foster had chosen bottom, he needed to either get a reversal to tie the score up or an escape and a takedown to win. Foster had gotten an escape in just seven seconds, Dean was able to keep Foster away for most of the period but slipped up with 30 seconds left in the match and Foster took the opportunity and scored to take the lead and the win.



**Unexpected** Drew Foster raiding his hands after winning his finals match

*Photo courtesy: iawrestle.com*



**The Freshman** Freshman Mekhi Lewis getting his hand raised after winning his first national title

*Photo Courtesy: ncaa.com*



197: Senior Bo Nickal had gotten his third straight national title in the 197 weight class for Penn State. He was the #1 seed and everyone knew he was going to be top seed even before the tournament. His finals match was against the #2 seed Kollin Moore of Ohio State. In the first period, Nickal just wrestled defensively trying not to waste much energy right off the bat; there was no score until eight seconds left in the period where Nickal got a takedown. In the second period Moore had chosen bottom, Nickal let Moore up in 8 seconds and let the time run out for the rest of the period. Going into the third period Nickal had chosen bottom, He had gotten out in 13 seconds then tried to get the extra takedown so he could seal the win but Moore was not going down without a fight. With just 10 seconds left in the match Nickal got the last takedown and won the match and his third straight title.



**3 times, no problem** Bo Nickal getting his hand raised after winning his 3rd straight national title

*Photo courtesy: mcall.com*



**The one and only** Heavyweight Champion Anthony Cassar pointing to the sky after winning his first national title

*Photo courtesy: triblive.com*

**Key Terms:**

- Takedown- 2 points
- Escape- 1 point
- Reversal- 2 points
- Back-points-  
2-3 seconds= 2 points,  
4 seconds= 4 points
- Stalling-  
2 warnings= 1 point

285: Senior Anthony Cassar won his first national title at the 285 weight class for Penn State. He was the #2 seed going against the #1 seed Derek White of Oklahoma State in the finals. During the first period, the wrestling was really slow, as all heavyweight matches are. Going into the second period White chose bottom; he escaped in six seconds and almost the entire period there was no score. At the very end of the second period Cassar tripped White up and got White on his back scoring a takedown and four back points, but White luckily got saved by time running out. In the third period Cassar chose bottom; he escaped in just four seconds and scored 29 seconds later to secure the win 10-1 getting his first national title.





# HIDDEN GEMS OF THE NIGHT SKY

Learn how to spot any constellation with the naked eye and find what's written in the stars...

Long before the creation of the modern-day calendar, humans used **constellations** to **remember the stars' positions** as a way to tell time recognizing that certain constellations appeared during different times of the year. Farmers, especially, found these patterns useful because they knew when to harvest crops and when to plant them based on which constellations they saw for that season. Navigators, on the other hand, could always figure their latitude just by looking at how high the North Star, Polaris, appeared in the sky. While remembering constellations had its practical uses, people from all cultures enjoyed observing constellations and **naming them** based on mythological deities, animals, and objects. From there on, they would use constellations to **tell stories** about them with each culture offering a **unique interpretation** for each constellation. Today, astronomers have used constellations to **divide the night sky** which allows them to **classify each star** according to the constellation it belongs to. As you can see, people **don't need equipment** to see constellations when in fact, they can stargaze just like their ancestors, and it's **not that difficult to get started**. With that said, here is a comprehensive beginner's guide on stargazing and navigating the night sky for constellations.

By **Abigail Tarun**  
**Design Manager**





## Constellations by Season

### NORTHERN HEMISPHERE:

There are 30 different visible constellations that appear seasonally, 5 of which, that appear year-round (or are circumpolar). Each star revolves around Polaris, the North Star.

**Greatest celestial sites:** **Polaris**, **Andromeda Galaxy**, **Aurora Borealis**, Mizar and Alcor (stars), Cat's Eye Nebula, Whirlpool Galaxy, "W" of Cassiopeia, M81 and M82 (galaxy pair), Owl Cluster

- **Circumpolar:** **Ursa Major**, **Ursa Minor**, **Draco**, **Cepheus**, **Cassiopeia**
- **Winter:** **Canis Major**, **Cetus**, **Eridanus**, **Gemini**, **Orion**, **Perseus**, **Taurus**
- **Spring:** **Boötes**, **Cancer**, **Crater**, **Hydra**, **Leo**, **Virgo**
- **Summer:** **Aquila**, **Cygnus**, **Hercules**, **Lyra**, **Ophiuchus**, **Sagittarius**, **Scorpius**
- **Fall:** **Andromeda**, **Aquarius**, **Capricornus**, **Pegasus**, **Pisces**

### SOUTHERN HEMISPHERE:

Constellations appear to be upside down, and nowhere will you find Polaris or any star of its equivalent. Also, the North's circumpolar constellations, such as Ursa Major's Big Dipper, Cassiopeia, Draco, and Cepheus become seasonal.

**Greatest celestial sites:** **Southern Cross**, **Alpha Centauri** and **Proxima Centauri** (stars), Small and Large Magellanic Clouds (dwarf galaxies), Eta Carinae Nebula, Jewel Box (star cluster)

- **Circumpolar:** **Carina**, **Centaurus**, **Southern Cross**
- **Winter:** **Apus**, **Ara**, **Circinus**, **Corona Australis**, **Corona Borealis**, **Delphinus**, **Equuleus**, **Indus**, **Libra**, **Microscopium**, **Norma**, **Pavo**, **Sagitta**, **Scutum**, **Serpens**, **Vulpecula**, **Telescopium**, **Triangulum Australe**
- **Spring:** **Crux**, **Grus**, **Lacerta**, **Octans**, **Phoenix**, **Piscis Austrinus**, **Sculptor**, **Triangulum**, **Tucana**, **Aries**
- **Summer:** **Auriga**, **Caelum**, **Camelopardalis**, **Canis Major**, **Canis Minor**, **Columba**, **Dorado**, **Fornax**, **Horologium**, **Hydrus**, **Lepus**, **Mensa**, **Monoceros**, **Pictor**, **Puppis**, **Reticulum**, **Vela**, **Volans**
- **Fall:** **Antlia**, **Canes Venatici**, **Chamaeleon**, **Coma Berenices**, **Corvus**, **Leo Minor**, **Lupus**, **Lynx**, **Musca**, **Pyxis**, **Sextans**

**Bold** = well-known and common

Before you go on a stargazing adventure, it's crucial that you know when the stars are most visible at night. Keep these factors in mind to make your stargazing trip the most worthwhile.

- ★ **Moonlight** Natural moonlight washes out the light from most stars making only the brightest ones visible. Any time during the **full moon is the worst time** to go stargazing, but the **best time to go is the days before, during and soon after each new moon**. During this time, you will be able to see thousands of stars with the naked eye compared to a few hundred at other times, making the Milky Way Galaxy a hundred times more clear. In fact, you'll have better vantage points to see fainter objects like nebulas, star clusters, or galaxies during a new moon period if you use a telescope.
- ★ **Light Pollution** Light pollution stretches roughly about 150 km (or 93 miles) in every direction. **When leaving a town or city, the skies start to get noticeably clearer** so if you really want the best stargazing spots, it's recommended that you **drive at least an hour away from a city** in a direction that takes you away from major light sources.
- ★ **Season** In the **summertime**, the days get longer and the nights gets shorter which significantly affects stargazing opportunities because of the time it takes for the skies to get dark after sunset. This leaves a **very short window of time in-between to view dark skies**. **Autumn, Winter, and Spring are known to offer the best times to stargaze** with many astronomers calling it the "observing season". Most stargazing events will be held during these times as the nights get longer with one hour gained while many non-commercial observatories stay closed during the summertime due to the longer evening daylight hours.





Now that you know the best times to stargaze, it's time to learn some handy tips to navigate the night sky like a real astronomer. Once you have these basic skills down, you'll start spotting constellations in no time.

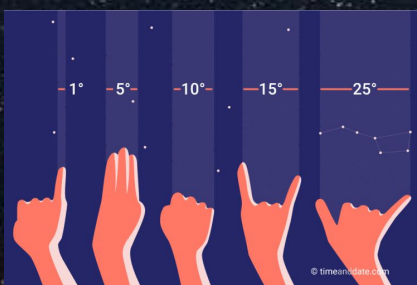
**Tip #1: Look for landmarks.** If you know even one shape in the sky, you can figure out the rest of the stars' positions just by identifying one star. Fortunately, the Big Dipper is seen year-round pointing to **Polaris**, the North Star. Unlike the rest of the sky, Polaris will always be in its **exact position pointing north**.

**Tip #2: Get a star chart.** With a star chart, you'll be able to find any constellation and its stars just by **correctly orienting the map** so that it **faces the direction of the sky you are looking in**. For example, if you hold the chart so that south is at the bottom, it shows the sky approximately as you would see it looking south. When using a star chart, make sure you choose one that is appropriate to the season or time of year you are observing. Once the map is properly oriented, begin to look for the star patterns and observe the relative brightness of each star in that pattern. You can make your own printable star chart here: <https://in-the-sky.org/skymap2.php>.

**Tip #3: Judge distances.** Astronomers measure the distance between two celestial objects based on the angle they make with an observational point on Earth (you) which is their apparent distance seen from Earth. You can find the apparent distance of any nearby star from an object just by roughly **estimating the angle with your hand** outstretched arm-length. If you hold your palm out with your digits touching each other, the angle from tip of thumb to tip of little finger is about 20° for most people. Your fist at arm's length covers 10° of the sky while one finger will cover 1°. Use apparent distances to accurately pinpoint specific stars relative to one object such as Polaris and the Big Dipper's pointer star, Dubhe. Knowing apparent angle measures will allow you to easily star hop and navigate the sky much faster.

**Tip #4: Try a starhop.** For beginners, the best way to navigate the sky is by **starting with simple targets** and slowly progressing towards more difficult ones. Once you find the North Star, you should be able to **spot the circumpolar constellations** that revolve around it if you continue in Polaris' general direction. As you start to get the hang of stargazing, you'll start recognizing familiar star patterns which will help you locate even dimmer objects like galaxies, star clusters, and even nebulas.

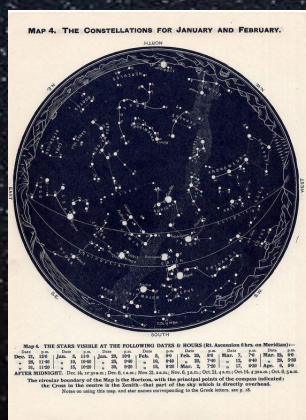
**Tip #5: Get out there!** With just the **naked eye** on a clear night, you can see roughly **5,000 stars or more** each night. That's enough stars to keep you **searching for a lifetime**. In certain places of the world, you'll be able to see the **Milky Way galaxy** as one would looking through a telescope and so much more, including meteor showers, the Northern Lights, a comet, or other distant galaxies twinkling before your eyes. There's an entire universe out there waiting to be explored so why not go on a stargazing journey?



### Hand Technique

The North Star (Polaris) and Dubhe, one of the northern pointers of the Big Dipper, are 3 fists apart. This means that the angular distance or angular separation between the two stars is 30°

*Image from timeanddate.com*



### Star Chart

*Image from Etsy sold by Figure10*

## Visit your local observatory!

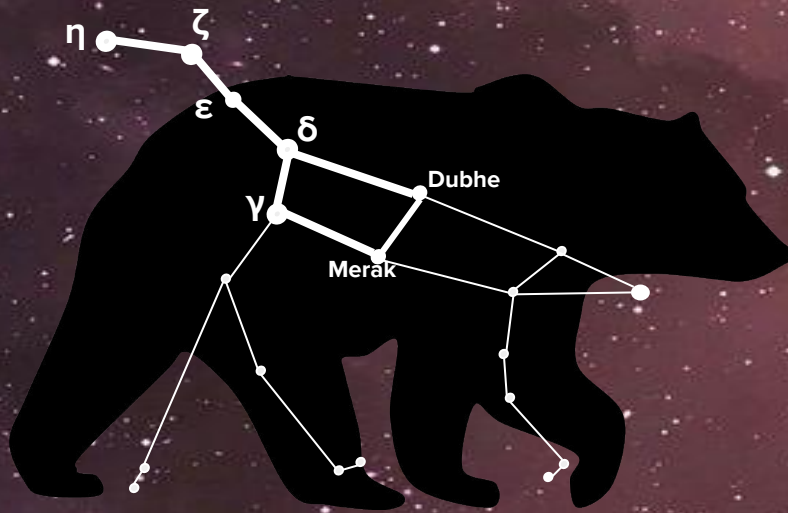
The **AU Stull Observatory** is open for public viewing **every Friday** from 9 - 11 pm in September, October, November, February, March, and April. In May, June, and July, it is open on **Thursday** from 10 pm to midnight.

Learn more about the Stull Observatory here:

[http://helios.alfred.edu/Site/Astronomy\\_Alfred\\_University\\_Stull\\_Observatory.html](http://helios.alfred.edu/Site/Astronomy_Alfred_University_Stull_Observatory.html)



Image from clipart-library.com



## Ursa Major, the Great Bear

**Meaning:** *Ursa maior* = Latin for “greater she-bear”

**Notable Stars:** Dubhe ( $\alpha$  Ursae Majoris), Merak ( $\beta$  Ursae Majoris), Phecda ( $\gamma$  Ursae Majoris), Megrez ( $\delta$  Ursae Majoris), Alioth ( $\epsilon$  Ursae Majoris), Mizar ( $\zeta$  Ursae Majoris), Alkaid ( $\eta$  Ursae Majoris)

**Deep Sky Objects:** Big Dipper Asterism, Bode’s Galaxy, Cigar Galaxy, Owl Nebula, Pinwheel Galaxy, Messier 108 and 109 (galaxy)

Ancient Greeks associated the Mother Bear with the beautiful nymph Callisto who had a love affair with Zeus and together, bore a son named Arcas. Angered by her husband’s philandering, Hera turned Callisto into a bear where she would wander around the forest for the next 15 years hiding from hunters. One day, Callisto came face to face with her son, but Arcas, frightened, drew his spear to attack the bear. Seeing the scene unfold from Olympus, Zeus sent a whirlwind that carried both Arcas and Callisto into the heavens, where he turned Arcas into Ursa Minor and Callisto into Ursa Major. Infuriated, Hera persuaded her foster parents to not let the two bathe in the northern waters. This, according to legend, is why Ursa Major and Ursa Minor never set below the horizon in the mid-northern latitudes.

Best known for containing the Big Dipper, Ursa Major is always above the horizon in the northern latitudes. The best time to see it is in spring when it’s high above the northeastern latitudes where you will easily see the dipper’s seven bright stars which will all point to Polaris, the North Star.

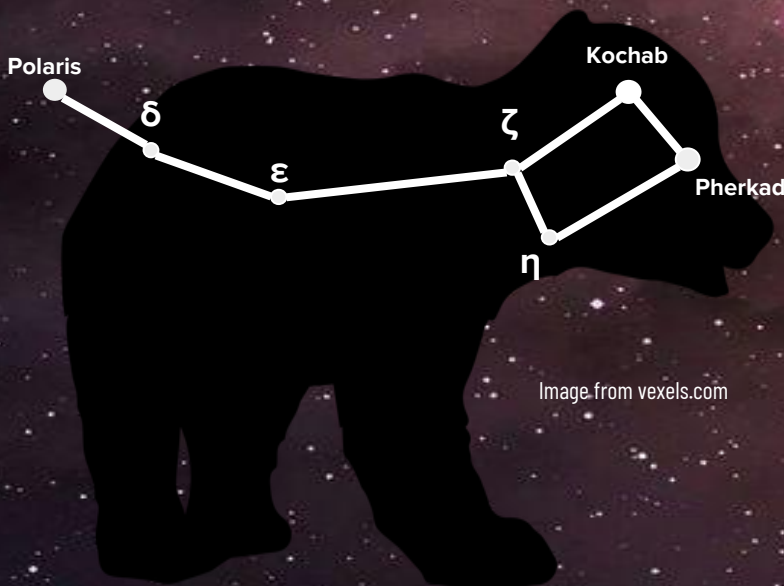


Image from vexels.com

## Ursa Minor, the Little Bear

**Meaning:** *Ursa minor* = Latin for “lesser bear”

**Notable Stars:** Polaris ( $\alpha$  Ursae Minoris), Kochab ( $\beta$  Ursae Minoris), Pherkad ( $\gamma$  Ursae Minoris), Yildun ( $\delta$  Ursae Minoris), Anwar al Farkadain ( $\eta$  Ursae Minoris), Ahfa al Farkadain ( $\zeta$  Ursae Minoris)

**Deep Sky Objects:** Little Dipper Asterism, Ursa-Minor Dwarf Galaxy

In one myth, Ursa Minor represents the nymph, Ida, who took care of Zeus on Crete when he was small, together with Adrasteia, the nymph represented by the larger constellation, Ursa Major. In another myth, Ursa Minor is typically associated with Arcas, son of Zeus and the son of Callisto. Callisto had sworn a vow of chastity to Artemis but had failed to keep the promise after her love affair with Zeus.

Like Ursa Major, Ursa Minor is easy to recognize because it is home to the North Star, Polaris, which is contained in the Little Dipper at the end of the dipper’s handle. To find Polaris, first find the Big Dipper and from there, you will see two stars by its cusp which will lead you directly to the North Star. The distance to Polaris on the sky is about five times the angle between the two stars at the end of the cup of the Big Dipper.



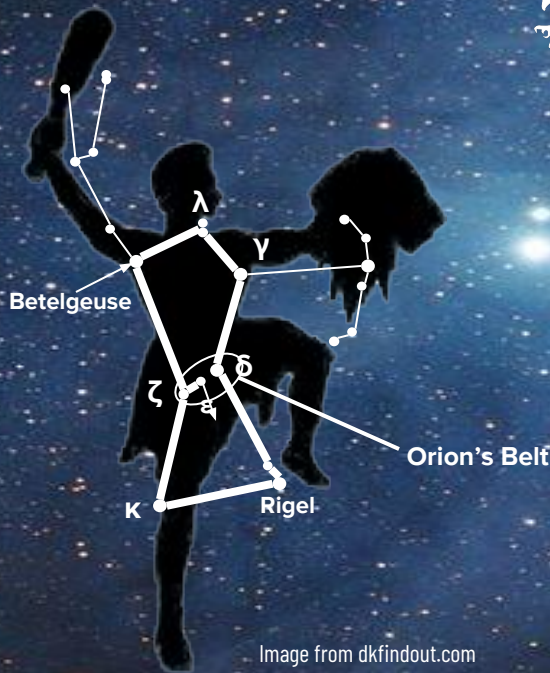


Image from dkfindout.com

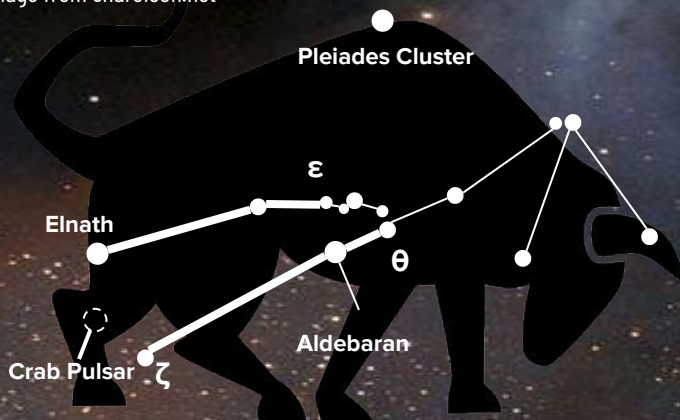
## Orion, the Hunter

**Meaning:** *Ōriōn* = Greek masculine name that translates to “Rising in the sky; Radiant dawn”

**Notable Stars:** Rigel (β Orionis), Betelgeuse (α Orionis), Bellatrix (γ Orionis), Alnilam (ε Orionis), Alnitak (ζ Orionis), Saiph (κ Orionis), Mintaka (δ Orionis), Meissa (λ Orionis)

**Deep Sky Objects:** Orion’s Belt, Orion Complex, Orion Nebula, The Trapezium, De Mairan’s Nebula, Barnard’s Loop, Horsehead Nebula

Image from shareicon.net



## Taurus, the Bull

**Meaning:** *Taurus* = Latin for “bull, bullock, steer”

**Notable stars:** Aldebaran (α Tauri), Elnath (β Tauri), Tianguan (ζ Tauri), Alcyone (η Tauri), Chamukuy (θ Tauri), Ain (ε Tauri), Crab Pulsar

**Deep Sky Objects:** Crab Nebula, Pleiades Cluster, Hyades Cluster

Sumerians associated Orion with their legendary hero, Gilgamesh, fighting a heavenly bull represented by Taurus. They called Orion *Uru An-Na* or “light of heaven” and named the Taurus constellation *Gud An-Na* which means “bull of heaven”.

In Homer’s *Odyssey*, the hunter Orion bore a handsome face, had exceptional strength and height, and was armed with an unbreakable bronze club. In another myth, Orion pursued the love of his life, Pleiades, who were the seven sisters, daughters of Atlas and Pleione. After seven years chasing them, Zeus intervenes and places all of them in the sky. The Pleiades are a famous star cluster consisting of the seven stars (represented as sisters) in the constellation Taurus. To this day, Orion is still chasing after them.

If you are in the northern hemisphere, look southwest for three bright stars close together in an almost straight-line. These three stars (Mintaka, Alnilam, and Alnitak) are the Orion’s Belt cluster, while the two bright stars to the north are his shoulders, and the two to the south are his feet.

Ancient depictions of the Taurus constellation go way back to 15,000 BC in a Lascaux cave painting where many cultures have recognized the bull and the seven sisters (or the Pleiades cluster), which indicates a common origin for the names.

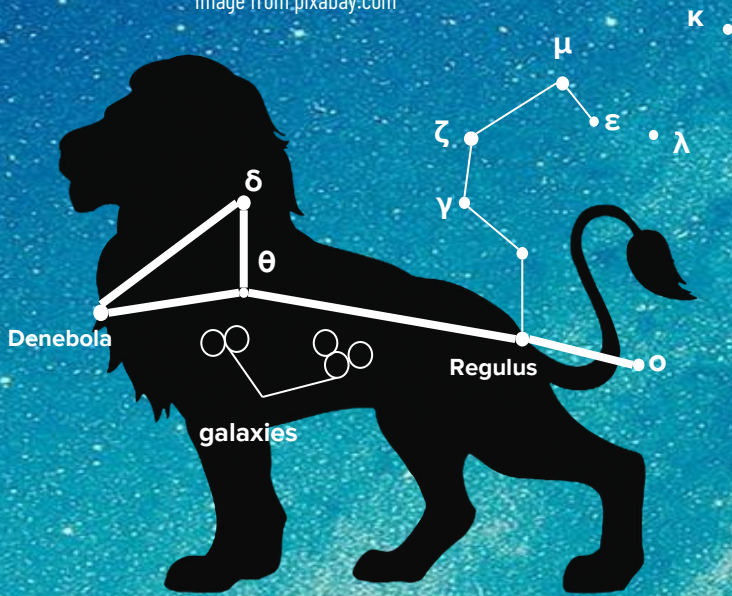
In one myth, Zeus took on the appearance of a bull in order to seduce and abduct Europa, the beautiful daughter of a Phoenician king. Being the most handsome bull, Zeus attracted Europa’s attention and carried her all the way to the island of Crete. Together, they had three sons, including Minos who grew up to be Crete’s king, home of the Knossos palace and the bull games held every year. Zeus later commemorated the bull by placing it among the stars along with the seven boys and girls that have been sacrificed to the Minotaur bull god.

The easiest way to see Taurus is by tracing the sun’s pathway in the early evening during winter. Once you’ve oriented yourself towards the sun’s yearly path, then let the Orion’s Belt from the Orion constellation guide your eye to the Pleiades and Hyades star clusters. There, you will find the bright stars of Taurus including its biggest stars, Aldebaran and Elnath.





Image from pixabay.com



## Leo, the Lion

**Meaning:** *Leo* = Latin for lion

**Notable stars:** Regulus ( $\alpha$  Leonis), Denebola ( $\beta$  Leonis), Algieba ( $\gamma$  Leonis), Zosma ( $\delta$  Leonis), Chort ( $\eta$  Leonis), Al Minliar Al Asad ( $\kappa$  Leonis), Ras Elased Australis ( $\epsilon$  Leonis), Ras Elased Borealis ( $\mu$  Leonis), Adhafera ( $\zeta$  Leonis), Al Terf ( $\lambda$  Leo), Subra ( $\omicron$  Leonis)

**Deep Sky Objects:** Leo Ring (cloud), Messier 95 and 96 (galaxy), NGC 3384 and 3842 (galaxy), Hamburger Galaxy

Ancient civilizations such as the Mesopotamians could identify the Leo constellation as early as 4000 BC. The Persians knew the constellations as *Shir* or *Ser*, Babylonians called it *Urgula* ("the great lion"); and the Syrians knew it as *Arya*. To the Babylonians, Leo's brightest star, Regulus, was known as the King Star, or "the star that stands at the Lion's breast."

The Greeks associated Leo with the Nemean lion, the beast slain by Heracles during the first of his 12 labors. As the king of beasts, the Nemean lion decimated thousands of local inhabitants while its skin could not be pierced by any weapons. Because he could not use his arrows, Heracles wrestled with the lion and eventually choked it to death. Heracles then skinned the lion chopping off its claws for a pelt which he wore as a cloak complete with the lion's head. The cloak offered Hercules protection that made him look very fearsome. Both Eratosthenes and Hyginus wrote that the lion was placed among the constellations afterwards.

You can find Leo anytime by starhopping from the Big Dipper asterism using the two pointer stars from the edge of the dipper's bowl. An imaginary line from these stars points to Polaris and Leo in the opposite direction. Remember, you are looking for a distinctive pattern of stars shaped like a backwards question mark.

Married to King Cepheus of Ethiopia (who is represented by the constellation Cepheus), the vain queen Cassiopeia believed herself to be more beautiful than the Nereids, the 50 sea nymphs fathered by Titan Nereus. Enraged by her comments, the Nereids pleaded to Poseidon to punish Cassiopeia for her conceitedness. The sea god answered their wishes by sending Cetus (represented by Cetus, the Whale constellation) to ravage Cepheus' kingdom. Out of desperation, Cepheus sacrificed their daughter Andromeda to the sea monster in order to appease Poseidon. At the very last minute, the demigod Perseus rescued Andromeda from being consumed and the two ran off from the king and queen. When they married, a battle broke out between him and one of Andromeda's former suitors named Phineas. Desperately outnumbered, Perseus used Medusa's head, the monster he recently killed, to turn his opponents into stone and in the process, accidentally killed Cassiopeia and Cepheus. As punishment, Poseidon placed the two in the sky where she was condemned to circle the celestial pole forever while she spent half the year upside down for her vanity.

Cassiopeia can be found high in the northeastern skies not far from Polaris, the North Star. Along with the Big Dipper, Cassiopeia will spin around Polaris directly opposite from one another. Draw an imaginary line from the Big Dipper handle right past Polaris and you should come across Cassiopeia which looks like a compact M or W, depending on the time of year.

Image from dkfindout.com



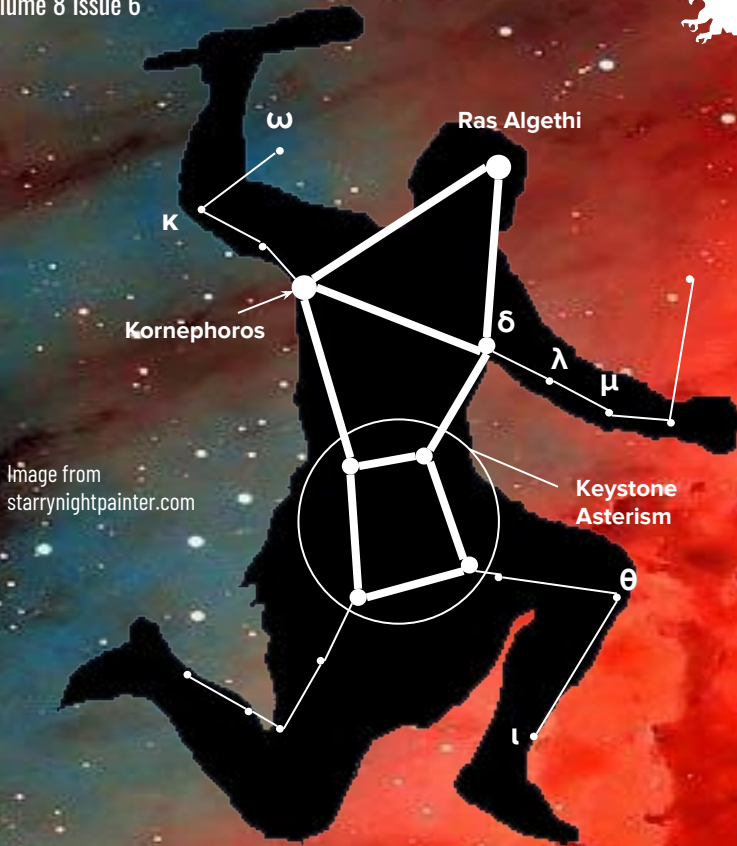
## Cassiopeia, the Queen

**Meaning:** *Kassiopeia* = Greek name of a vain and arrogant queen whom Poseidon punished

**Notable stars:** Tsih ( $\gamma$  Cassiopeiae), Schedar ( $\alpha$  Cassiopeiae), Caph ( $\beta$  Cassiopeiae), Ruchbah ( $\delta$  Cassiopeiae), Segin ( $\epsilon$  Cassiopeiae), Achird ( $\eta$  Cassiopeiae), Marfak ( $\theta$  Cassiopeiae)

**Deep Sky Objects:** Cassiopeia A (supernova), Pacman Nebula, White Rose Cluster





## Hercules, the Hero

**Meaning:** *Hēraklēs* = Greek masculine name that translates to “Hera’s Glory”

**Notable stars:** Kornephoros ( $\beta$  *Herculis*), Sarin ( $\delta$  *Herculis*), Ras Algethi ( $\alpha$  *Herculis*), Maasym ( $\lambda$  *Herculis*), Rukbalgethi Genubi ( $\theta$  *Herculis*), Marfak Al Jathih Al Aisr ( $\mu$  *Herculis*), Caiam ( $\omega$  *Herculis*), Marsic ( $\kappa$  *Herculis*), Fekhez al Jathih al Aisr ( $\iota$  *Herculis*)

**Deep Sky Objects:** Keystone Asterism, Great Globular Cluster, Hercules Cluster, Abell 39 (nebula), Hercules A (galaxy)

The Hercules constellation is a lopsided boxy pattern of stars located in the skies of the northern hemisphere. In the evening skies, it can be seen directly overhead in the midnight of June and is visible from early March to late September. First, find the two bright stars, Vega and Arcturus, which lie in the Lyra constellation and Boötes constellation respectively. In the middle of the constellations, you should be able to spot Hercules’ Keystone asterism which looks like a boxy torso with two running legs stretched out from the widest part of the Keystone and two arms raised high over the narrow end.

In Greek mythology, Heracles (or Hercules in the Roman equivalent) was the son of Zeus and Alcmena, a mortal woman. After having suckled on Hera’s milk, Heracles gained extraordinary powers that made him no mortal. Enraged at her husband’s infidelity, Hera cast a spell on Heracles that made him slaughter Zeus’ children involuntarily. Once he regained his senses after realizing what he had done, Heracles visited the Oracle at Delphi to atone for his deed. The Oracle sent him to serve Eurystheus, king of Mycenae, for a period of 12 years. It was then that he got the name Heracles, which means “the glory of Hera” changing his given name at birth, Alcides. King Eurystheus then gave Heracles a series of tasks, known as the Labors of Heracles, which included slaying the Nemean lion and destroying the multi-headed beast called Hydra (represented by the Hydra constellation). As he fought with the beast, Hera sent a crab to distract him. Heracles killed the crab, and Hera placed it in the sky as the constellation Cancer. One of his last tasks involved stealing golden apples from Hera’s garden which were heavily guarded by the Hesperides, daughters of the titan Atlas, and by the dragon Ladon. After slaying the dragon, Hera placed Ladon in the sky where the constellation Draco is currently present. The final labor was the most difficult one. Heracles was sent to the gates of the Underworld to fetch Cerberus, a dog that had three heads and was tasked with guarding the entrance making sure those who had crossed the river Styx did not try to escape. After completing the twelve labors, Heracles married Deianeira, daughter of King Oeneus. Heracles later perished after having been poisoned and burned to death by an arrow dipped in Hydra’s poison. The fire burned the part of him that was mortal, and the immortal part joined Zeus and the other gods on Mount Olympus. Zeus placed Heracles in the sky as the constellation now known by its Roman name, Hercules.





## Spring Break Destinations

By: Amya Snyder, Design Manager

With spring break quickly approaching, families are scrambling to prepare for their vacations. This includes the few who have not yet decided where they are traveling this year. To get some ideas, I gathered a list of places to travel, ranging from local areas to trips outside of the country.

### Local:

**Spotlight Theater in Hornell NY** - A perfect place to see the latest movies with friends and family. Tickets for adults cost \$9, Children/Seniors/Veterans/Students with ID cost \$8. Sunday Matinees (before 5pm) cost \$7.

Address: 191 Main Street Hornell, NY 14843

For more information go to:

<http://www.thespotlighttheaters.com/location/40183/Spotlight-of-Hornell-Showntimes>



Photo from:  
<http://cinematreasures.org/theaters/56417>



Photo from: <https://www.tripadvisor.com/>

**Stony Brook State Park** - A place in Dansville, NY that showcases the landscaping of Western New York. Along with the scenery, it offers places to go camping, swimming, hiking, picnicking and more.

Address: 10820 Route 36 South Dansville, NY 14437

For more information go to: <https://parks.ny.gov/parks/118/>

### Between One or Two Hours:

**Kinzua Bridge State Park** - If you are a person who enjoys history, the Kinzua Sky Walk offers people a glimpse of what was once the longest and highest railroad bridge in the world. Admission is free for both the park and the skywalk, and is open from 8:00 am to 6:00 pm, 7 days a week, and the bridge is open from 8:00 am to dusk.

Address: 296 Viaduct Road, Mt Jewett, PA 16740

For more information go to:

<https://visitanf.com/kinzua-state-park-sky-walk/>



Photo from:  
<https://www.roadunraveled.com/blog/kinzua-bridge-viaduct/>



Photo from:  
<https://www.padouglas.ca/niagara-falls-on-june-19th-22nd-2018>

**Niagara Falls** - Niagara Falls State Park offers beautiful scenery, a variety of attractions, exhibits, restaurants, and hiking trails. The park is open 24 hours, everyday, year round. Parking typically costs \$10. It is free to enter the park and see the falls, but if visitors want to see the falls through their attractions, the prices will vary.

For more information go to:

<https://www.niagarafallsstatepark.com/attractions-and-tours>

## Within Five Hours

**Washington DC** - A place to visit monuments and memorials, museums, shopping, spas and salons, arts and culture, lots of history, and more. Washington DC offers several free attractions, making it a great affordable place to visit. Hotels can cost from \$90-\$500 per night.

For more information go to: <https://washington.org/>



Photo from:  
<https://www.thrillist.com/lifestyle/washington-dc/things-to-do-in-washington-dc>



Photo Courtesy of:  
<https://www.businessinsider.com/new-york-city-things-to-do-2018-4>

**New York City** - NYC is known for its various attractions, including the Statue of Liberty, the Empire State Building, Central Park, and Theatre District. It's also a great place for upcoming juniors and seniors to check out some of the best colleges in the New York City area like Columbia University, Barnard College, New York University, Juilliard School and more.

## Over Five Hours

**Myrtle Beach, South Carolina** - A 60 mile coastline beach that offers several shows and entertainment, fine arts, history and culture, shopping outlets, dolphin watch tours, a boardwalk full of fun attractions and restaurants, and more. Prices for hotels range from \$60-150 per night.

For more information go to:

<https://www.visitmyrtlebeach.com/>



Photo from:  
<https://www.reservedirect.com/travelguide/whats-new-in-myrtle-beach/>





Photo from:  
<https://www.studyusa.com/en/a/1673/learn-english-and-discover-orlando-florida>

**Orlando, Florida** - The land of Walt Disney World Resort, Universal Orlando Resort, Seaworld, LEGOLAND Florida Resort and more. This is a vacation place packed full of events and attractions for families and people of all ages. Prices for hotels range from \$50-500 per night.

For more information go to: <https://www.visitorlando.com/en>

## Outside of the Country

**The Bahamas** - The Bahamas is a combination of 700 islands, rocks, cays, and miles and miles of ocean. Even though there is a passport needed to travel, these islands are known for the clearest water on the planet. Flight prices range from \$200-500 for round trips.

For more information go to: <https://www.bahamas.com/>



Photo from: <https://www.tripsavvy.com/bahamas-4139224>



Photo from:  
<http://www.greenpathtransfers.com/blog/10-reasons-cancun-americas-popular-vacation-destination/>

**Cancún** - A well known city in Mexico bordering the Caribbean Sea. Cancun is known for its beaches where you can go scuba diving, snorkeling, kayaking, jet skiing, swimming and fishing. You can also enjoy the nearby ancient ruins of the Mayans. Flight prices range from \$800-2000 for a round trip.

For more information go to: <https://www.cancun.com/>





# 4 Letters That Define You

By **Conner Griffin**  
Co Editor in Chief

Everyone in our school and world has different personalities that are really hard to quantify. While there are many ways to think about you as an individual and how you think, there are multiple tests to help determine personalities; the one I am going to focus on the Myer Briggs Type Indicator. This test bases its results on four categories: extroversion vs. introversion, sensing vs. intuition, thinking vs. feeling, and judging vs. perceiving. Each is represented by a letter.

## Introversion: (I)

Introverted people are those who prefer to be in small groups or to be alone. It is when they feel the most productive and energized. Being able to focus and work without a lot going on is truly an asset to those who can utilize the skill. This trait is also extremely useful in many careers.

## Extroversion: (E)

Extroverted people on the other hand, are better with large groups of people and can draw energy from that crowd and feel better within large settings. This skill is great for those who are looking to enter fields that require a lot of personal communication. The business world, for example, requires a willingness to reach out to others and work with large teams on projects.



Image from [Maoxian.com](http://Maoxian.com)

## Sensing: (S)

People who are sensors are those who rely on their five senses to receive information. These people prefer to work with their hands when learning, and are often more sensitive to sensory stimuli than those who rely on intuition. They typically need to see things, and need problems in front of them to be able to solve them.

## Intuition: (N)

Intuitive people are those who use their imagination and creative problem solving to address issues. You'll find them looking for outside-of-the-box solutions that might be more risky than a calculated answer to problems.

## Thinking: (T)

These people definitely rely on data to formulate their reasoning. Without really knowing direct outcomes of what their actions are going to be "Thinkers" are hesitant to make decisions or to take uncalculated risks.

## Feeling: (F)

People who focus on how they feel when they make decisions. While they may take data and information into account in the decision making process, ultimately it will come down to their gut feeling when the time comes to choose.

## Judging: (J)

Judging personalities are always busy. They always prioritize work over fun, and sequential completion is important. Judging personalities aren't actually judgemental, they just use judgement of importance to determine their daily activities.

## Perceiving: (P)

People who are looking to have fun with their day. Work is usually a second thought. They can be procrastinators but often work best under a time crunch. Perceiving people usually also find that the fun was worth the extra stress that comes with the time constraint. They perceive importance in terms of fun and value of the activity.



## Nathan Grove (INTP)

**Introversion, Intuition, Thinking, and Perceiving**

**How do you feel about about your personality results from the Myers Briggs Test?**

I feel great, I think that it accurately represents me.

After going through the description of the traits with him, he feels satisfied with the description the test gave of him.

**Do you think about your social interactions differently?**

I feel as though I am not making the decisions consciously now. I can't really change them based on my personality type. It's less up to me in the moment. I also think that personality types can change over time, so for now it's character vs. choice.

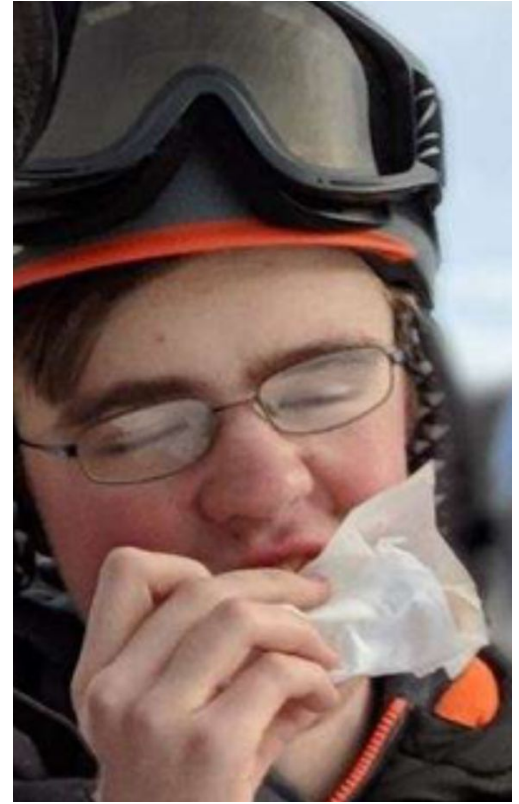


Photo courtesy of Nathan Grove

## Miss Hatch (ESTJ)

**Extroversion, Sensing, Thinking, and Judging**

**How do you feel about your personality results?**

I think that it's pretty accurate, I am surprised how I may find myself more towards the middle on each decision.

After discussing the traits with her she agrees with the results.

**Do you think about your social interactions differently?**

I would say no, because I'm pretty close to the middle of the spectrum in the testing. I would say the only definitive one would be judging, because in the line of work I have chosen I need to prioritize work. For example, I have to prioritize the softball game I said I would go to over dinner with a friend. I also know that I have breaks to be able to relax more in, and can prioritize work.



Photo courtesy of Conner Griffin

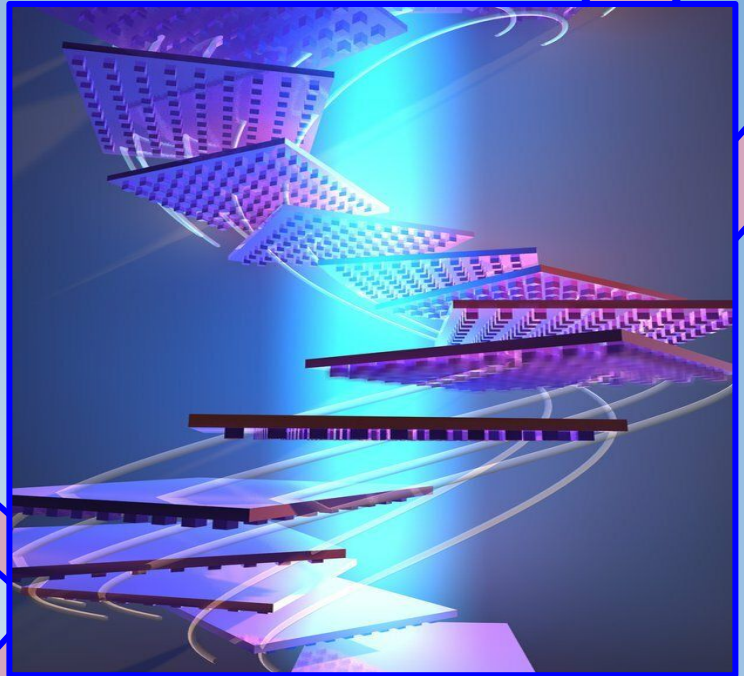


# Science Today

## Photons: The space fuel of tomorrow

*By: Gabe Empson EIC*

A groundbreaking discovery has recently been made in the field of physics that could be world changing. Researchers from the Atwater research group have found it possible to use nanoscale patterning on small scales to produce levitating slips of metal. The research team led by Harry Atwater, a Professor of Applied Physics and Materials Science in Caltech's Division of Engineering and Applied Science, carried on work done decades before on something called an optical tweezer. This achievement moves and manipulate small objects using only light. This optical work eventually achieved the Nobel prize in 2018 as an achievement in the field of physics. Atwater's engineering team consists of graduate students and independent researchers from around the world. You can meet this team and see more of Atwater's success at their website <https://daedalus.caltech.edu>. Their success is largely due to the freedoms and owning the laboratories they work in. With this advantage, the team was able to work off of the achievement of the Optical Tweezer and deduce how the laser was able to push objects around. With the team working with such an intellectually diverse background, nano scientists, physics majors, and optic specialists were able to create a printed nano pattern into small sheets of metal that expand and use sub waves to propel towards a light source.



**Light seekers:** The above is concept art of the nanoscales seeking out a light source and accelerating towards it. Photo from: [phys.org/news/2019-03-levitating.html](https://phys.org/news/2019-03-levitating.html)

With the small scale models working enough to fight earth's gravity, the possibilities for this technology became eye opening. Information can move at almost the speed of light with this tech used in microchips. Astronauts may never have to fear floating away in space, as photo propulsion could always bring them back. Space travel could be revolutionized as fuel would never be a problem. In fact, the company has stated that a ship using their nanoscale could get to the closest star to our own in about 20 years. That may sound like a lot of time but that is in comparison to the 81,000 years currently estimated by NASA. Proxima Centauri is the closest star to our own, and is only 4.24 light years away. This means huge things for humanity as a whole, probes, satellites, and drones could travel to other stars and send us postcards before our lifetime is up. The world is headed amazing places with the progression of science, and the possibilities are endless. In the next issue i would like to address that very topic, so until next time.



# Nora and Conner: Scholars, Athletes, Friends, Upstanding Citizens, and Now...Film Critics??

*This month: Pixar Movies*

*Dearest Reader,*

Hello. Welcome. Our names are Nora and Conner. We are more than delighted to introduce you to our tastes and opinions, and give you a glimpse into the depths of our imaginations through the art of movie reviews. The two of us are tremendous movie lovers. While our preferred film genres differ, the love for cinema that stirs in our hearts is equivalent. This issue, we have decided to review movies by a film studio that has brought us much joy throughout the years. We are, of course referring to Pixar. Pixar movies have been a huge part of my and many of my peers' childhoods. Their creativity, fun, and meaningful messages have inspired and continue to inspire children (and adults) everywhere. "Up," "Toy Story," and "Coco" (the most recent out of the three) are all iconic in their own way, and each received much praise and critical acclaim.

*Up:*

"Up" is guaranteed to lift you up. All within the first ten minutes, you will find yourself simultaneously with tears in your eyes and a smile on your face. "Up" will spark up both your heart and adventurous spirit while taking you along the journey of a young boy, a dog, and an elderly man. Carl Fredrickson is a seemingly cranky, stubborn, old, balloon salesman who lives all alone in the house that he has lived in through the entirety of his adult life. He cherishes this house deeply. Through a montage of his earlier life at the beginning of the film, we are able to see his dreams, joys, and who he truly is as a person. For this reason, we can look past the stubbornness he acquired in his old age, and feel for him. When he takes the opportunity to chase his lifelong dream of finding Paradise Falls, Carl finds out that he is not alone. He comes across Russell, a youthful and energetic boy scout who manages to befriend Carl despite their initial interactions that Carl found to be annoying. This odd pair finds themselves in unusual circumstances, and learn to rely on each other with cooperation.



Photo from Theverge.com



Photo courtesy of Hanna Tormey



Image  
from: [Imdb.com](https://www.imdb.com)





*Toy Story:*

“Toy Story” is Pixar’s first and perhaps most successful Pixar projects. It received so much attention that it was followed by a second and third. A fourth is currently in the making, and will be released in June of this year. So before you go to the theater to see the most recent “Toy Story,” take some time to refresh your mind of the original by reading the following synopsis. “Toy Story” truly is a creative masterpiece. This movie introduces us to a chummy bunch of toys, who are overall content with their comfortable life in Andy’s bedroom. Woody, a toy cowboy and the leader of the pack, feels threatened when Buzz Lightyear, an exciting new toy, arrives to the scene and joins the gang. There is some turmoil that comes along with this, but eventually Woody, along with the rest of the toys learns to accept Buzz as one of their own.



Photo from: [Movies.disney.com](http://Movies.disney.com)



Photo from: [Imdb.com](http://Imdb.com)

*Coco:*

“Coco” is a fantastic story of a young Mexican boy, Miguel, who just wants to play music. His family has a ban on anything musical because of his great grandfather abandoning his family to play music. After stealing a guitar from the famous Ernesto de la Cruz’s tomb, Miguel is sent to the land of the dead where he must find someone from his family to forgive him for his crime. He crosses across the flower bridges, which are vividly animated bridges made out of flower petals with a constant flow of petals falling beneath them, that is a perfect transition between the living world to the beautiful city that is the World Of Dead. The animal spirits in the land of the dead are fantastic creatures that are brightly colored and neon. They are another great example of how the movie accurately portrays the lively culture of the Day of the Dead in Mexican culture.



# Acknowledgements

We'd like to thank...

