

Flip the page and get engaged!

Observer

VOLUME 8 ISSUE 8 - JUNE 2019

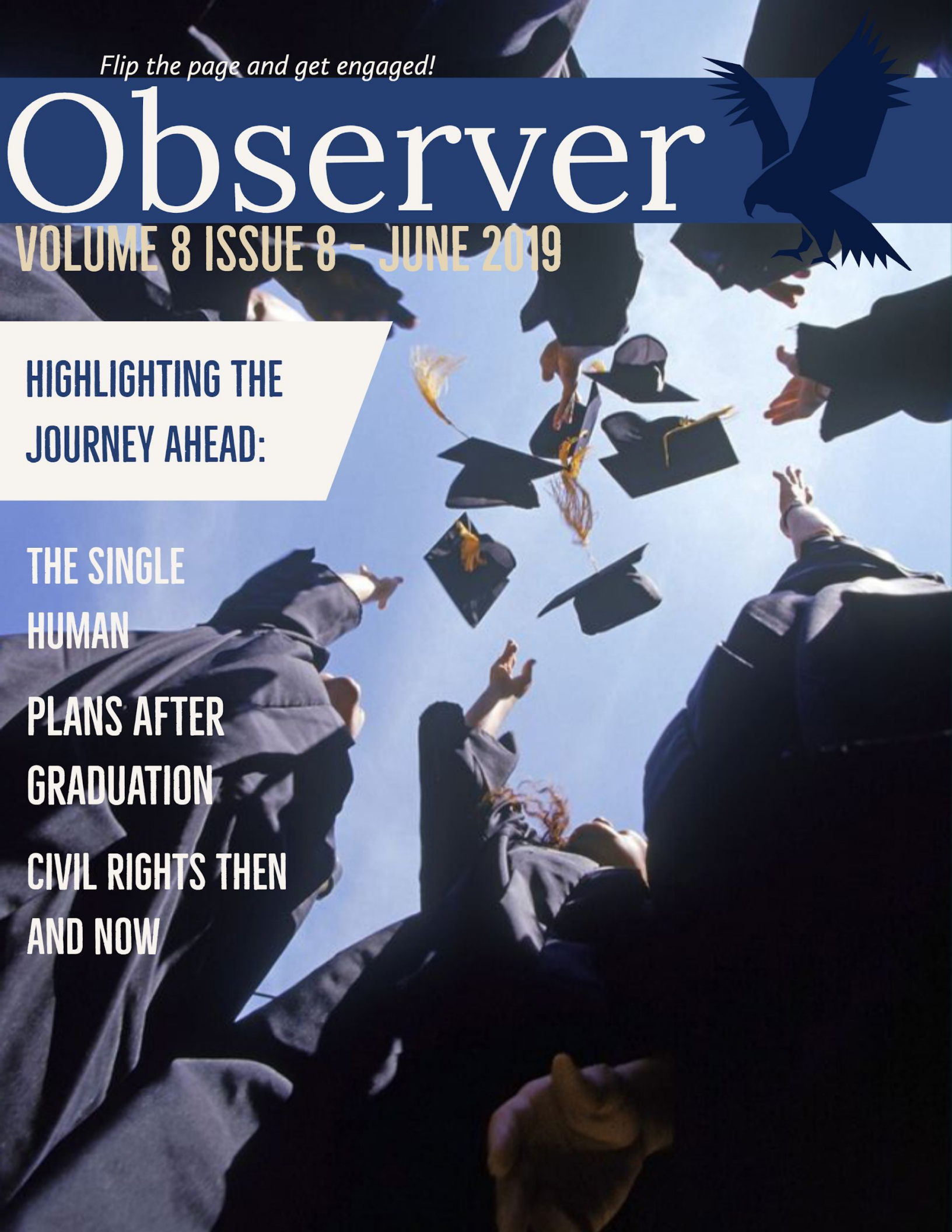


**HIGHLIGHTING THE
JOURNEY AHEAD:**

**THE SINGLE
HUMAN**

**PLANS AFTER
GRADUATION**

**CIVIL RIGHTS THEN
AND NOW**





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Cover: Design by Abigail T.

Source: Matthew Borkoski Photography/Getty Images
via Bloomberg

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Dear Readers,

Dear Reader,

As this year and our Alfred-Almond career comes to a close, we can reflect on the past and prepare ourselves for the endeavour of the future. This issue highlights an article showcasing where each individual member of the Class of 2019 will head off to next. We also showcase articles on our area and the plant life within as well as the new teachers we have interviewed throughout the year. The *Observer* would like to wish the entire class of 2019 the best of luck in their future.

The *Observer* staff would also like to extend our greatest gratitude to our advisers, Ms. Backer and Ms. Allen. They have allowed each individual student to reach our fullest writing potential, and showed us the importance of writing passionately. Beyond helping us in the classroom, they have given valuable advice to each member of the class that will undoubtedly serve as a guiding force in whatever form our future takes. The *Observer* staff could not possibly convey our thankfulness to Ms. Backer and Ms. Allen in words, but to sum it up simply, we are extremely thankful to have had them as our advisers.

- 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 Miletta Wesley Dennison
Staff Writers	Ali Fancher Olivia Ormsby

The Newsies

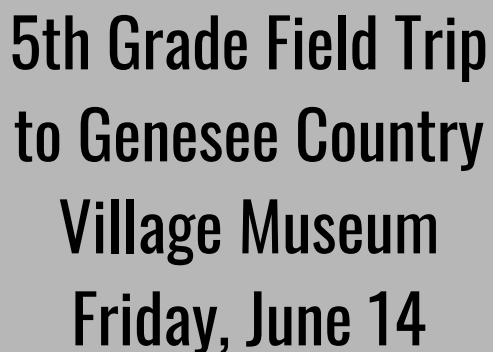
EIC	Sarah Johnson
Copy Editors	Alex Comer Spenser Ormsby
Design Managers	Davon Bloom Dylan Guthrie
Staff Writer	Lindsey Allen

The Write Brothers & Sisters

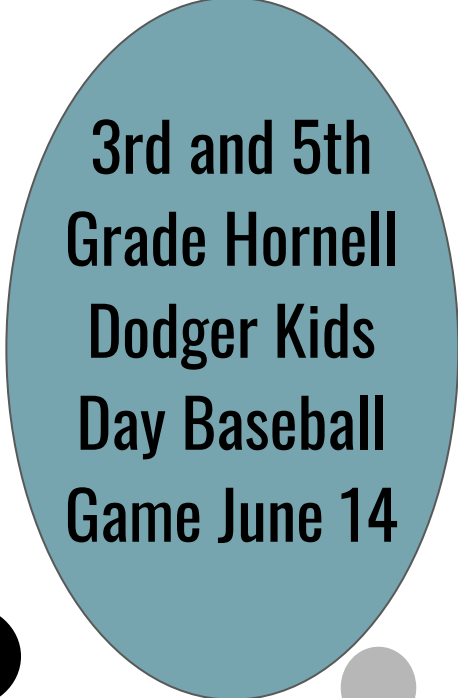
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Copy Editors	Gabe Marcus Parsa Rashidi
Design Managers	Amya Snyder Abigail Tarun
Staff Writer	Arnold Saint-Phard



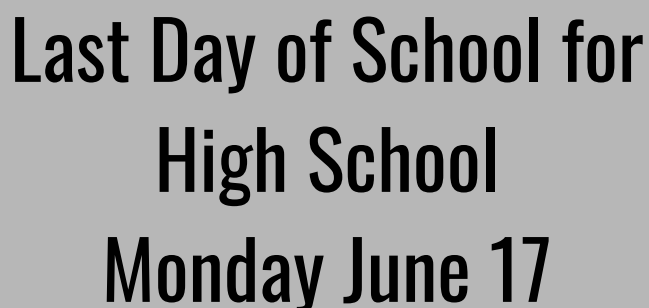
**Regents
Week
June 18-25**



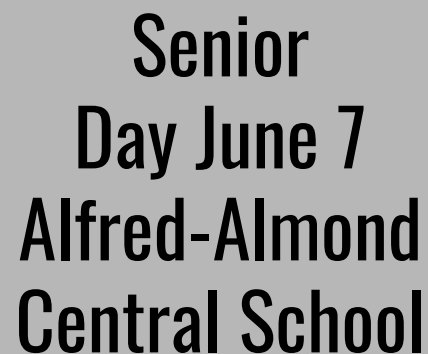
**5th Grade Field Trip
to Genesee Country
Village Museum
Friday, June 14**




**3rd and 5th
Grade Hornell
Dodger Kids
Day Baseball
Game June 14**



**Last Day of School for
High School
Monday June 17**



**Senior
Day June 7
Alfred-Almond
Central School**



**NYS Earth
Science
Practical
June 4-11**



**Graduation
June 29**



**Father's
Day June 16**



Our Journey After Graduation

By: *Amya Snyder, Design Manager*

With the school year coming to an end, seniors are faced with the decision on where to go next. Congratulations Class of 2019!



Abby Kelly

College: Cornell University
Major: Biological Engineering



Abby Tarun

College: University at Buffalo
Major: Pharmacy



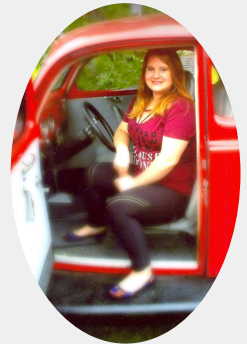
Alex Comer

College: Alfred State College
Major: Liberal Arts



Ali Fancher

College: Gannon University
Major: Physician Assistant (Program)



Alyshia Ward

College: None
Major: CNA-Certified Nursing Assistant
Other: Join the workforce



Amber Trudell

College: Corning Community College and Oswego
Major: Education and Music



Amya Snyder

College: Alfred State College
Major: Graphic and Media Design



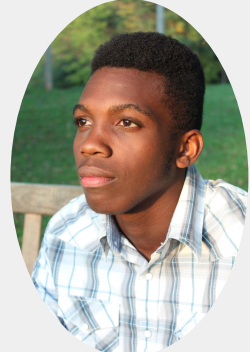
Anna Curtin

College: Nazareth
Major: French



Annie Lloyd

College: Florida Atlantic University
Major: Pre-Physical Therapy



Arnold Saint-Phard

College: Alfred State College
Major: Engineering Science



Asher Fearick

College: Maine
College of Art
(MECA)
Major: Fine
Arts



**Austin
Swackhamer**

College: Alfred
State College
Major: Automotive
Technician



Caroline Ding

College: Tufts
University
Major:
International
Relations



Conner Griffin

College: Rochester
Institute of
Technology
Major: Biomedical
Engineering



Davon Bloom

College: Alfred
State College
Major:
Psychology



Donata Koegel

College: Alfred
State College
Major:
Elementary
Education



Dylan Guthrie

College: Alfred
State College
Major:
Undecided



Eleanor Burdick

College: Alfred
State College
Major: Liberal
Arts Science



**Erika
Sieczkowski**

College: Alfred
State College
Major: Nursing



Ethan Hann

College: Roberts
Wesleyan
Major: Nursing



Gabe Empson

College: Alfred
State College
Major:
Engineering
Science



Gabe Marcus

College: Gap Year,
followed by
University of Southern
Maine
Major: Business
Administration



Hanna Tormey

College: Cornell
University
Major:
Undecided
Engineering



Hunter Hoffman

College: Alfred State
College
Major: Computer
Information
Technologies/Computer
Science



Joe Milette

College: Rochester
Institute of
Technology
Major: Computer
Engineering



Jordan Bartoo

College: None
Other: Welding



Catherine Elliott

College: SUNY
Geneseo
Major: International
Relations and
Economics



Lindsey Allen

College: The
College at
Brockport
Major: Physical
Education



Lucas VanDyke

College: Alfred
State
Major: Building
Construction



Mikaela Wisniewski

College: University
at Buffalo
Major: Psychology



Morgan Randall

College: Monroe
Community
College
Major:
Psychology



Nathan Grove

College: Amherst
College
Major: Undecided
(something in the
social sciences)



Nevin Allen

College : None
Other:
Workforce,
Sheet Metal
Work Union



Nicholas Hyland

College: None
Other: Airforce



Noah Briglin

College:
PhiBrow
Academy
Major:
MicroBlading



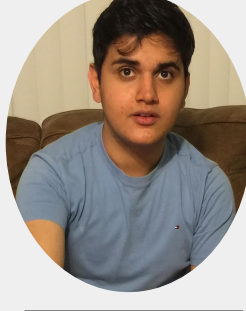
Nora Looney

College:
University of
Vermont
Major:
Undecided



Olivia Ormsby

College: Ohio
Northern
University
Major:
Pharmacy



Parsa Rashidi

College:
University at
Buffalo
Major: Computer
Science



Ray Scheesley

College: Pauls
Smiths College
Major:
Integrative
Studies



Renee Yezarski

College: Alfred
State College
Major: Criminal
Justice



Samantha Quick

College: SUNY
College at Geneseo
Major:
Biochemistry/Pre-
Med



Sarah Johnson

College: Alfred
University
Major: English



Spenser Ormsby

College: Alfred
University
Major: Ceramic
Art



Wesley Dennison

College: Alfred
University
Major: Ceramic
Engineering



Zane Johnson

College: Alfred
State College
Major: Welding &
Fabrication





Reading the Library

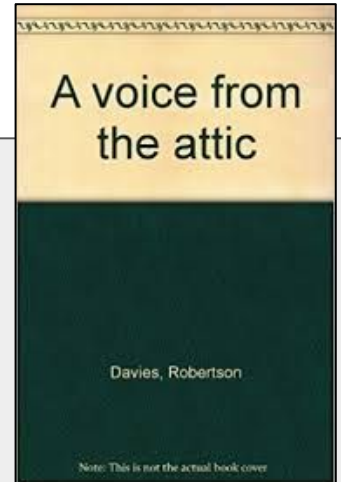
By: **Mark Hall** (Teacher on Special Assignment to the Library)
All photos from Amazon.com

"The clerisy are those who read for pleasure, but not for idleness;
who read for pastime but not to kill time; who love books, but do not live by books."

— **Robertson Davies, A Voice from the Attic: Essays on the Art of Reading**

"... I rejoice to concur with the common reader; for by the common sense of
readers, uncorrupted by literary prejudices, after all the refinements of subtilty
and the dogmatism of learning, must be generally decided all claim to poetical honours."

— **DR. JOHNSON, Life of Gray, Quoted by Virginia Woolf in her book, "The Common Reader, Second Series".**



In my final year as a full-time High School teacher I was offered a special assignment: to promote reading, writing and speaking (primarily-but not exclusively) about books and reading among students, teachers, administrators, employees, and the people of this school district. Although I knew it would be painful to step out of the classroom (and, believe me when I say that has been painful), I eagerly accepted the assignment because I believed then (as I believe now) that our community will thrive when its people enhance and cultivate their taste as intelligent, receptive readers. We must become what Canadian novelist Robertson Davies called "The Clerisy" and Virginia Woolf called "The Common Reader."

The common reader is someone who reads for sheer pleasure, personal growth, and enlightenment, not because someone pays them a salary to edit, criticize, or instruct somebody else about the contents of a book, nor to get a grade from some teacher with corresponding academic credit from a school, followed by the prospects of a specific job at the end of the process. The common reader member, in good standing of Robertson /Davies' Clerisy) is an amateur reader in the purest sense of the term: someone who reads for the love of reading, with no other motive. A community of such readers produces a two edged benefit; each individual derives wider, deeper knowledge, pleasure and perspective from reading, while all writers profit from having a more informed and receptive public for whom to write.

So far this year, the staff in our school have promoted literacy in dramatic fashion by encouraging students to read widely and respond to their reading creatively. Mrs. Snyder's English students have been encouraged to read poetry and create films and other presentations in response to their chosen poems. In Mr. Dineen's Global Studies, students have received academic credit for reading books about

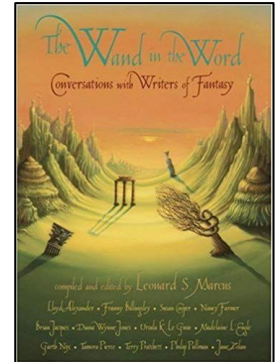
topics of their choice. Mr. Calkins, Mrs. Acker, Mr. Rech, and Miss Hatch have contributed posters and presentations sharing their personal experiences with books. Mrs. Powers and Mrs. Kuhn created units in their art and computer classes empowering students to create posters celebrating literacy as well. Last, but not least, Ms. Backer's support for this column and other features in "The Observer" has been nothing short of magnificent in fostering the reading, writing and general creativity in our school. It would appear that the tradition of clerisy and the common reader is a living tradition in our district's culture!



SUGGESTED READING (from one Common Reader to another):

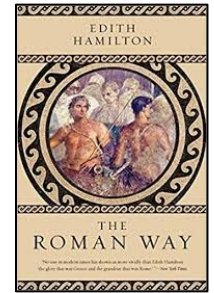
“The Wand in the Wind , Conversations With Writers of Fantasy”, by Leonard S. Marcus 813.009

The title says it all. I especially recommend the conversations with Terry Pratchett, Ursula K. LeGuin, and Madeleine L'Engle. You will want to grab some of their books even before you finish reading the interviews.



“The Roman Way” by Edith Hamilton 870.HAM

This was a book that I mistakenly thought I had read long ago. Last week I realized my mistake and plunged into the most clear and concise summary and explanation of Roman literature and culture that I could have imagined. The author, a lifelong professional educator who started reading Greek and Latin for fun at the age of three, profiles the most definitive authors of Roman drama, rhetoric, poetry, and history to explain the fundamental assumptions of Roman society ,contrast them with those of the ancient Greeks, and reveal how directly influenced modern western society was shaped by the Romans.

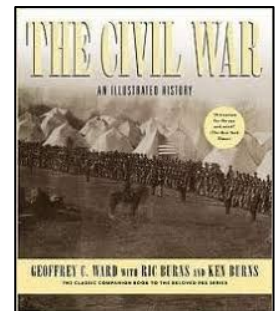


Having read this, you'll almost certainly want to read...

“The Greek Way”, 880.HAM and **“Mythology”** 201 HAM- both by the same author.

“The Civil War, an Illustrated History”, by Geoffrey C. Ward 973.7 WAR

The companion volume originally published to go with Ken Burns' classic PBS documentary series. Reading it, I could almost hear the voice of David McCulloch narrating the series. The book is filled with great photographs documenting what has been called “The American Iliad”.

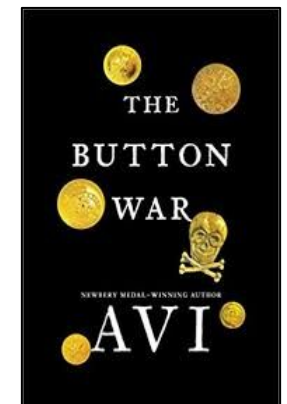


“The Plague”, by Albert Camus F CAM

Camus' novel about an outbreak of plague in Oran, Algeria , provides a powerful metaphor about the plight of modern man in the face of seemingly insoluble moral dilemmas.I found Dr. Rieux's resolution to be a healer more life affirming and clear than those of the protagonists in “The Stranger” PB F. CAM or “The Fall” PB F CAM (also available in the AAHS collection).

“The Button War” by Avi F AVI and **“Lord of the Flies”,** by William Golding PB F GOL

These two novels have the common theme of what happens when everyday rules and social structure are disrupted by war. Both are extremely readable and take an unsentimental view of children and human society.



Every book recommended above is available in the AAHS collection and call letters are provided. Just ask anyone in the library for help if you would like to borrow and read them!



Alfred-Almond Robotics

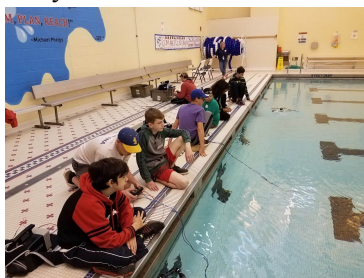
By Wesley Dennison
Design Manager

Are you an aspiring engineer, someone curious about coding, or just looking for fun during the Tuesdays to come? Try popping your head into Mr. Levey's room during activity mod for a taste of our school's robotics club.

*"It's Lit." -
John Scheesley*

Robotics is, of course, the design, construction, and piloting of robots. Robotics clubs are developing all across the world, with over 3,000 teams in the United States, and over 600 international teams, all part of their school's own robotics club. Mr. Levey is a long time teacher at Alfred-Almond, who, as you know, teaches shop/technology classes, but is also the director of the robotics club. The club uses Vex IQ robotics kits and LEGO Mindstorm sets to assemble the bots. Our robotics club offers two different intramural sections: terranean and underwater robotics. Both have a few different challenges the pilots will need to overcome. The terranean (on land) challenges consist of moving across an obstacle course, moving objects on the floor to a bin, and a few other tasks. The underwater division of robotics requires pilots to create a waterproof robot, capable of diving into a pool, grabbing onto objects, and returning to the surface with them. The catch

with the underwater bots is that you must control them without looking at them, and, can only view their environment with the mandatory-to-install camera.



Underwater Robotics

Last week, our robotics club travelled to Campbell Savona to test our their robots in a deeper, pool.

The extra two feet of depth provide an extra challenge for the pilots.

Photo courtesy of: Mr. Levey

Both schools of robotics have an autonomous and manually controlled section to put the students' coding and real-time piloting to the test. Because the program is so new to the school, only two years in operation, the creativity is limited (though not by much) by the physical parts we have. Mr. Levey says that he is looking forward to someday joining the FIRST Robotics Competition, an international league of competing robotics teams.



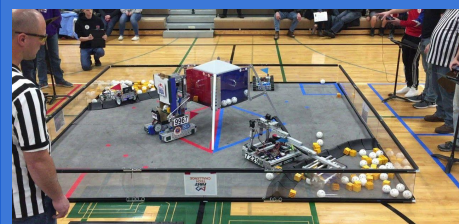
The Team

Above is a few members of the robotics team and of course, Mr. Levey. From left to right the members are, Mr. Levey, Aiden, Quinn and Liam.

Photo courtesy of: Mr. Levey

More about FIRST and the competition

There are two virtues that FIRST stresses in all its competitions: the first is "gracious professionalism" which means teams are allowed to be competitive, but must always be respectful to their opponents. The second is cooperation, and every year the challenge at hand requires some sort of cooperation between two different teams. FIRST is an organization that regulates many high school robotics teams; they act like the NFL or the NHL, dictating the rules of the competition. The difference between robotics and sports in this way, is that the game itself changes from year to year, requiring a different task be accomplished by the teams - this year's theme was "Destination: Deep Space."



Destination: Deep Space

Seen in the picture above is a robotics competition that was held in Corning, NY. Two teams went head to head to gather the most resources and place them in their lander.

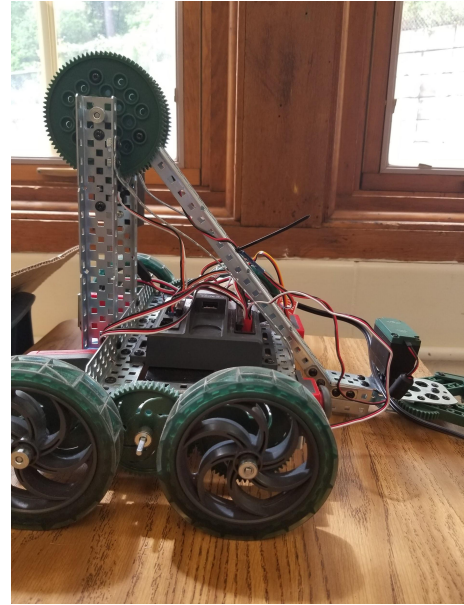
Image Courtesy of: Ryan Ward

The task was, simply, to pick up and deposit various objects into your team's lander. Teams have six weeks to prepare for the competition once the rules are given, and receive parts for their robots. The teams are not limited to these issued parts, and are allowed spending of personal budgets in order to build their robot.



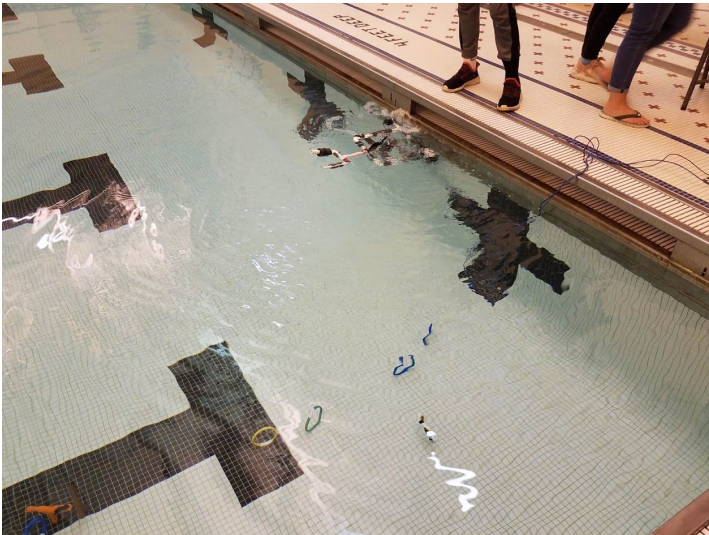
Alfred-Almond Robotics

By Wesley Dennison
Design Manager



The Robots

The contraption on the left is one of our school's underwater units. It is equipped with 3 propellers (two for lateral movement, and one for ascent/descent), a fish camera for vision, and is framed with PVC piping for a lightweight skeleton. The machine to the right is the terranean robot, equipped with a remote controlled arm. **Photos courtesy of Mr. Levey**



Goals

The colored rings at the bottom of the floor are used for practice driving the robots.

Photo courtesy of Mr. Levey



Blind Descent

Using the camera mounted on the aquatic robot, Aiden (nearest) must guide the arms to pick up the rings on the pool floor.

Photo courtesy of Mr. Levey



Meet Your Official School Secretary, Alinda Mulligan

By Parsa Rashidi
Copy Editor

I had the opportunity to sit down with one of our beloved school secretaries, Mrs. Mulligan. Currently she has been working here at Alfred-Almond for 18 years. However, before she has had various jobs, such as working at a candle factory and waitressing. When she first arrived at Alfred-Almond she worked as a teacher's aide and did clerical work. Later on she also started monitoring the pool during swimming units.

When asking Mrs. Mulligan what she enjoys most about working here, she told me about the thrilling experience of everyday being different, giving her something new to look forward to everyday.

Mrs. Mulligan's main job is answering the phone to the assistance of any teachers or staff at the school. Her two main working areas are the main office and the school counselor's office where she is also available to the assistance of any teachers or students. Also, if Mrs. Bain-Lucey ever needs help Mrs. Mulligan is able to do so.

Depending on what is needed at what time, she can be at one office or another. Both require different amounts of time to be dedicated in helping out the school. However, since the school day is long, she has a flexible enough schedule to maneuver between different tasks and offices.

When Mrs. Mulligan was in high school, she went to school to major in cosmetology. If you are unfamiliar, cosmetologists help provide services for personal care, such as hair, skin, nails, etc.

When Mrs. Mulligan's children got a little bit older and started attending school, she started working as a substitute at Alfred Almond.

Mrs. Mulligan also elaborated on some of the things she enjoys doing outside of school. One of the things she finds most enjoyable is horseback riding. This also includes horse pulls, barn chores, hunting, and spending time with her family. Now that her children are in their twenties, they have finished college and are currently working.

Mrs. Mulligan chose to focus on work at Alfred-Almond, and meanwhile started attending college at Alfred State in a computer information systems major in January 2012, graduating with an associates degree in December 2013. If you ever stop by the main office or SCO, make sure to say hello to Mrs. Mulligan and thank her for all of her efforts in making our school a better place.



*Mrs. Mulligan inside of the SCO -
Photo courtesy of ALCEN.*



*Mrs. Mulligans desk at the Main
Office - Photo courtesy of Parsa R.*

*“Never give up
on your dreams.”*

*- Mrs.
Mulligan*



Year in Review

By: Joe Miletti, Design Manager

In recent years, Alfred-Almond has gained numerous new faculty and teachers. Throughout this year I have interviewed a number of the more recent additions to the A-A faculty. In this article, I return to the first year teachers to get their view on how their first year went and what their plans are for the future.

Mr. Dineen



The history buff

History Department's newest member

Photo courtesy of Joe Miletti

Mr. Dineen's first year was "very enjoyable." The highlight of his first year was conducting the band during our annual Christmas concert. His expectations were all met; he settled in and got to know all the students and teachers he would be working with. He tried to "spark interest in social studies," and says that it is up to the students to decide if he succeeded. One thing he learned that will help him in future years is just how hard it is to have a fully charged Chromebook. Mr. Dineen stated "I'll be back" when asked if he plans on returning next year.

Mr. Moore



Moore decorations

Mr. Moore next to his decorated door.

Photo courtesy of Ms. Allen

Mr. Moore, coming into the year, expected the students and teachers to have high standards and all his expectations were met. He "had a blast" teaching and was very impressed with our students and faculty. He also says that he learned a lot and, most importantly, learned patience. He learned how every person learns in their own way and at various paces. Everyone is unique and has different experiences. Mr. Moore will be making a return next year.

Miss Hartnett

Terrific teacher
Miss Hartnett standing in her usual spot in the hallway greeting passing students.

Photo courtesy of: Joe Miletti



Miss Hartnett came to our school expecting there to be a "strong focus on the value of education," and was pleased to have her expectations met. She enjoyed her first year here, saying "the students are really fun, she enjoyed meeting her new co-workers, and really liked that there are a bunch of after school activities for kids to participate in." She learned the importance of technology and how much you have to incorporate technology into every lesson. Miss Hartnett plans on coming back for years to come.



By Hanna Tormey
Co Editor in Chief

Vote: It's Your Civic Duty

How to Register to Vote

1

Gather your materials. In order to register you need a NYS drivers license, permit, or non-driver id card. You should also know your zip code that is on record with the DMV. Finally, you should know your social security number.

2

Register by visiting <https://voterreg.dmv.ny.gov/MotorVoter>. On average it takes individuals about 5 minutes to complete the registration and it is completely free.

3

Choose your party affiliation. Some examples are Democrat, Republican, Green, and Libertarian Parties (read on to learn more). This step is very important because New York State participates in a closed primary, which means that you can only vote in the party primary that you are registered in.

The Importance of Voting



According to The California Post, in most communities the voter turnout is below 50%. Be an example and show others the importance of voting.



Voting is your ticket to participate in our American Government. It is your opportunity to let your voice be heard.



Voting is a right that many groups of Americans have struggled to win. You can honor these groups by casting your vote.



If you choose not to vote for your interests, then who will?



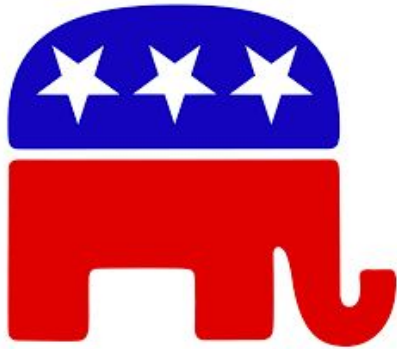
It is our constitutional right, and something that our founding fathers fought for.

An easy way to check your voter registration is by visiting
<https://www.vote.org/>



Some of the Political Party Options

Visit <http://www.politics1.com/> to learn more about different political parties and political candidates.



Republican Party

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

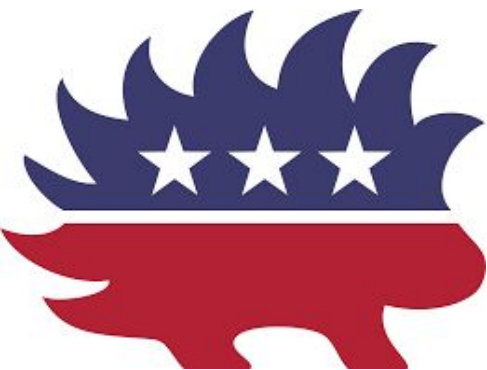
- Conservation of the environment is important, but it is also important to balance economics
- Strong belief in the protection of the Second Amendment and the right to bear arms
- Oppose abortion and make strides to permanently protect the sanctity of life
- Call for the stricter regulation of marijuana
- Hope to constitutionally describe marriage as between one man and woman



Democratic Party

<https://democrats.org/>

- Restore environment and wilderness for the betterment of society and many generations
- Expand the middle class, and build an economy that works from the middle out
- Believe that choice is a fundamental right
- Strongly support the DREAM act and path for undocumented citizens to earn citizenship



Libertarian Party

<https://www.lp.org/>

- Legalize marijuana
- Abolish all immigration restrictions
- Separate any connections between education and state, meaning no common core curriculums
- Believe that the government has no place to regulate abortion
- Strive to restore the free market system of healthcare

Green Party

<https://www.gp.org/>

- The key issue is the environment. No one has any right to exploit animals or the wilderness
- Hope to eliminate the gun show loophole and restrict police usage of firearms
- Give permanent border passes to all citizens of Mexico
- Forgive all student loans
- Strongly support Roe v. Wade





DIY ART PROJECTS

By: Olivia Ormsby
Staff Writer

Have you ever looked in your closet and feel that your clothes lacked creativity? Or looked at your arm and realized you needed some original body art or jewelry? If so continue reading this article for more ideas on how to jazz up your life with some DIY art projects.

DIY Painted Shorts

Supplies:

- Acrylic Paint (\$.50 at Walmart)
- Paint Brushes (\$3.50 at Walmart)
- Paper Plate
- Paper Towels
- Scissors
- Marker
- Picture Inspiration

Instructions:

1. If you want to make a pair of shorts you can find a cheap pair of jeans at the Salvation Army in Hornell (around \$5.00) and cut them to the length that you want (longer if you want to fold them) by first drawing a line with a marker then cutting along that line.
2. Find inspiration for what you want to paint on the jeans (Pinterest is very helpful).
3. Gather the paint colors that you want to use and determine where you want to paint your design.
4. Sketch your design first and then paint your design. Let the paint dry then paint again if you want brighter colors.
5. Finally you can use some clear nail polish or top coat to cover your finished product to protect it from washing away in the washing machine.



After
My final painting on my jeans.
Photo courtesy of Olivia Ormsby

Before
My jeans before the painting.
Photo courtesy of Olivia Ormsby





DIY Temporary Tattoos

Supplies:

- Sharpie
- Baby Powder
- Hairspray

Instructions:

1. Draw your design with the sharpie on your skin.
2. Rub baby powder on the sharpie design.
3. Coat your design in hairspray.
4. Enjoy your new temporary tattoo.



My observations: I drew my tattoo Monday evening and the picture was taken Tuesday morning (slightly faded)

My Tattoo

I drew a small moon and a few stars on my wrist.

Photo courtesy of Olivia Ormsby

WARNING:

Too much permanent marker on your skin can cause problems such as ink poisoning. Be careful and aware.

DIY Bracelets

Supplies:

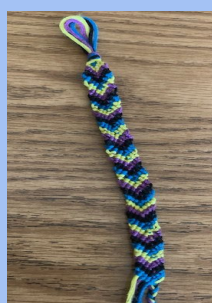
- Embroidery string (\$4.85 at Walmart for a 30 pack of string)



Model Status

Zane Johnson models his custom made bracelet.

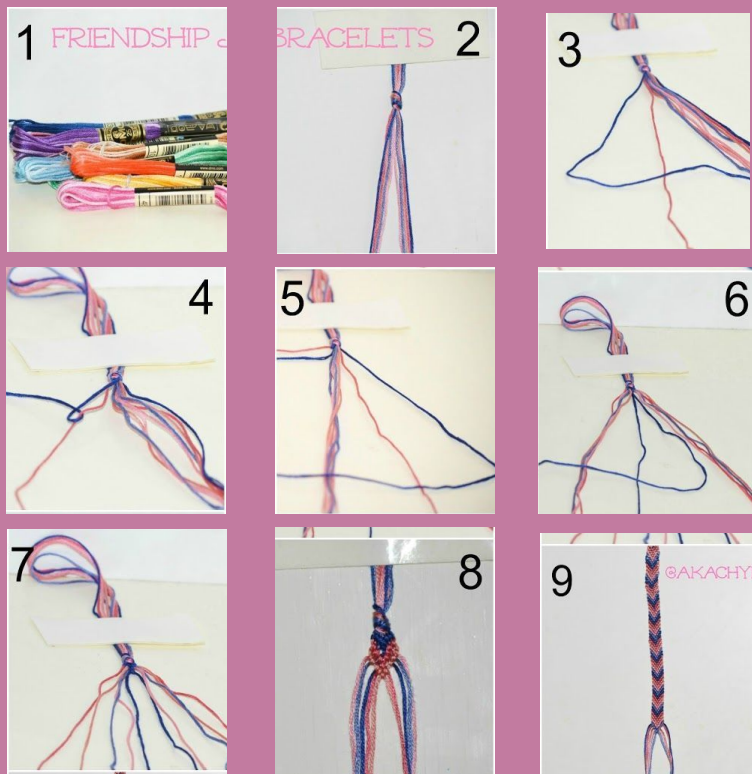
Photo courtesy of Olivia Ormsby



The Bracelet

This bracelet can now be found on the wrist of Morgan Davidson.

Photo courtesy of Olivia Ormsby



These are the instructions that I followed.

[Pinterest.com](https://www.pinterest.com)



SIT INSIDE SUMMER (WHEN THE WEATHER'S A BUMMER)



Photo from youtube.com



Photo from from epochfailure.com



Photo from from pinterest.com



Photo from from instantwatcher.com



Photo from from IMDbbr.com



By Alex Comer
Copy Editor

THE OFFICE

SUMMARY:

“A mediocre paper company in the hands of Scranton, PA branch manager Michael Scott. This mockumentary follows the everyday lives of the manager and the employees he “manages.” The crew follows the employees around 24/7 and captures their quite humorous and bizarre encounters as they will do what it takes to keep the company thriving.”

Summary from

<https://www.imdb.com/title/tt0386676/>



Maturity Ratings

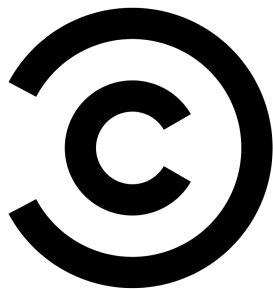
- TV-14
- Some suggestive content
- May not be suitable for children 14 and under

Genres

- TV Comedy

Popularity Ratings

- Rotten Tomatoes - 89%
- Common Sense Media - 4/5
- IMDb - 8.8/10



COMEDY CENTRAL

NETFLIX



Photo from en.wikipedia.com

Character:
Michael
Scott
Actor:
Steve Carrell



Photo from debate.org

Character:
Jim Halpert
Actor:
John
Krasinski

C
H
A
R
A
C
T
E
R
S



Photo from costumewall.com

Character:
Pam Beesly
Actress:
Jenna Fischer

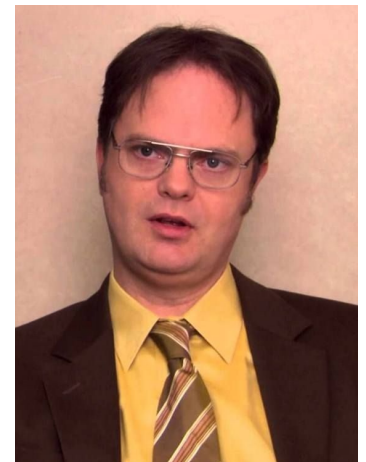


Photo from chestsheet.com

Character:
Dwight
Schrute
Actor:
Rainn Wilson



Photo from en.wikipedia.org

Character:
Kevin Malone
Actor:
Brian
Bumgartner



Photo from en.wikipedia.org

Character:
Angela
Martin
Actress:
Angela
Kinsey



Photo from en.wikipedia.org

Character:
Ryan Howard
Actor:
BJ Novak



Photo from pinterest.com

Character:
Kelly Kapoor
Actress:
Mindy Kaling



Character:
Phyllis Vance
Actress:
Phyllis Smith

Photo from charactour.com



Character:
Oscar
Martinez
Actor:
Oscar Nuñez

Photo from en.wikipedia.org



Character:
Toby
Flenderson
Actor:
Paul
Lieberstein

Photo from en.wikipedia.org



Character:
Andy Bernard
Actor:
Ed Helms

Photo from pinterest.com

M
O
R
E

C
H
A
R
A
C
T
E
R
S

Character:
Stanley
Hudson
Actor:
Leslie David
Baker



Photo from en.wikipedia.org

Character:
Meredith
Palmer
Actress:
Kate
Flannery



Photo from
mainlinemedianews.com

Character:
Creed Bratton
Actor:
Creed Bratton



Photo from en.wikipedia.org

Character:
Kelly "Erin"
Hannon
Actress:
Ellie Kemper



Photo from en.wikipedia.org



SANTA CLARITA DIET

By Sarah Johnson
Editor In Chief

SUMMARY:

Joel and Sheila Hammond are everyday suburban real estate agents living a quiet life, raising their teenage daughter in Santa Clarita, California. Their world unexpectedly changes and is filled with a series of obstacles when Sheila goes through a dramatic transformation that sends her down a road of death and destruction - but leaves her looking and feeling better than ever. As Joel and the family try to help Sheila through her transformation, they have to deal with neighbors, cultural norms, and get to the bottom of a several mythological mysteries.

Summary from
https://en.wikipedia.org/wiki/Santa_Clarita_Diet
and
<https://g.co/kgs/NV1iBa>



Photo from slashgear.com

Maturity Ratings

- TV-MA
- For mature audiences
- May not be suitable for children 17 and under



Photo from 1428elm.com

Genres

- TV Comedy
- TV Horror

Popularity Ratings

- Rotten Tomatoes - 89%
- Common Sense Media - 4/5
- IMDb - 7.9/10

NETFLIX



Photo from broadcastingcable.com

Character:
Sheila
Hammond
Actor:
Drew
Barrymore



Photo from broadcastingcable.com

Character:
Joel
Hammond
Actor:
Timothy
Olyphant



Photo from edna.cz

Character:
Abby
Hammond
Actor:
Liv Hewson



Photo from imdb.com

Character:
Eric Bemis
Actor:
Skyler
Gisondo



Photo from imdb.com

Character:
Lisa Palmer
Actor:
Mary
Elizabeth Ellis

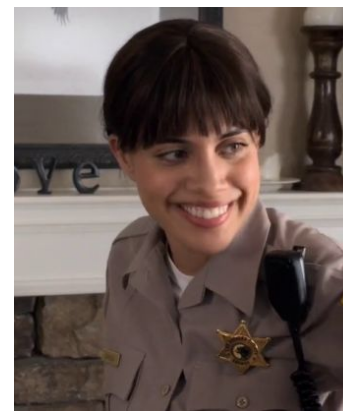


Photo from lezwatch.com

Character:
Anne Garcia
Actor:
Natalie
Morales



Photo from recapguide.com

Character:
Ron
Actor:
Jonathan
Slavin



Photo from sitcomsonline.com

Character:
Ramona
Actor:
Ramona
Young

C H A R A C T E R S



TRAVELERS

By Spenser Ormsby
Copy Editor

SUMMARY:

“Hundreds of years from now, the last surviving humans discover the means of sending consciousness back through time, directly into people in the 21st century. These Travelers assume the lives of seemingly random people, while secretly working as teams to perform missions in order to save humanity from a terrible future. Armed only with their knowledge of history and an archive of social media profiles, the travelers discover that 21st century lives and relationships are as much a challenge as their high-stakes missions.”

Summary from
<https://www.imdb.com/title/tt5651844/plotsummary>



Photo from fiveh.com

Maturity Ratings

- TV-MA
- For mature audiences
- May not be suitable for children 17 and under

Genres

- TV Thriller
- TV Drama
- TV Crime



Photo from indiewire.com

NETFLIX

Photo from google.com

Popularity Ratings

- Rotten Tomatoes - 89%
- Common Sense Media - 4/5
- IMDb - 7.9/10



Photo from google.com

Character:
Marcy Warton
Actor:
MacKenzie
Porter



Photo from google.com

Character:
Phillip
Pearson
Actor:
Reilly Dolman



Photo from google.com

Character:
David Mailer
Actor:
Patrick
Gilmore



Photo from google.com

Character:
Kathryn
MacLaren
Actor:
Leah Cairns

C H A R A C T E R S

Character:
Grant
MacLaren
Actor:
Eric
McCormack



Photo from google.com

Character:
Trevor
Holden
Actor:
Jaren
Abrahamson



Photo from google.com

Character:
Carley
Shannon
Actor:
Nesta Cooper

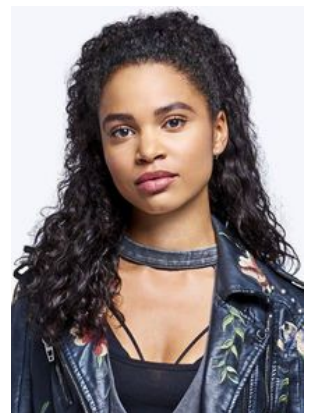


Photo from google.com

Character:
Jeff Conniker
Actor:
J. Alex Brinson



Photo from google.com



GAME OF THRONES

SUMMARY:

“Based on the bestselling book series A Song of Ice and Fire by George R.R. Martin, this sprawling HBO drama is set in a world where summers span decades and winters can last a lifetime. From the scheming south and the savage eastern lands, to the frozen north and ancient Wall that protects the realm from the mysterious darkness beyond, the powerful families of the Seven Kingdoms are locked in a battle for the Iron Throne. This is a story of duplicity and treachery, nobility and honor, conquest and triumph. In the Game of Thrones, you either win or you die.”

Summary from

<https://www.imdb.com/title/tt0944947/plotsummary>

By Lindsey
Allen
Staff Writer

Maturity Ratings

- TV-MA
- For mature audiences
- May not be suitable for children 17 and under

Photo from amazon.com

Genres

- Fantasy
- Serial Drama



Popularity Ratings

- Rotten Tomatoes - 91%
- TV.com - 9/10
- IMDb - 9.5/10

How to Watch

- HBO Now with an HBO subscription
- Amazon Prime for \$2.99



Photo from youtube.com



C H A R A C T E R S



Photo from hardcorehusky.com

Character:
Eddard
"Ned" Stark
Actor:
Sean Bean



Photo from refinery29.com

Character:
Robb Stark
Actor:
Richard
Madden



Photo from refinery29.com

Character:
Jon Snow
Actor:
Kit Harington



Photo from HBO.com

Character:
Theon
Greyjoy
Actor:
Alfie Allen



Photo from refinery29.com

Character:
Sansa Stark
Actor:
Sophie Turner



Photo from unhcr.com

Character:
Arya Stark
Actor:
Maisie
Williams



Photo from marieclaire.com

Character:
Bran Stark
Actor:
Isaac
Hempstead
Wright



Photo from reddit.com

Character:
Samwell Tarly
Actor:
John Bradley



Photo from thewrap.com

Character:
Cersei
Lannister
Actor:
Lena Headey



Photo from ishmaelscorner.com

Character:
Tyrion
Lannister
Actor:
Peter Dinklage



Photo from dailycardinal.com

Character:
Sandor "The
Hound"
Clegane
Actor:
Rory McCann



Photo from winteriscoming.net

Character:
Daenerys
Targaryen
Actor:
Emilia Clarke

MORE CHARACTERS

Character:
Jaime
Lannister
Actor:
Nikolaj Coster-
Waldau



Photo from thecut.com

Character:
Joffrey
Baratheon
Actor:
Jack
Gleeson



Photo from wetpaint.com

Character:
Jorah
Mormont
Actor:
Iain Glen



Photo from pinterest.com

Character:
Khal Drogo
Actor:
Jason
Momoa



Photo from pinterest.com



FIRST TAKE

By Dylan Guthrie
Design Manager

SUMMARY:

“Analysts and long-time sports reporters Max Kellerman and Stephen A. Smith (along with guests) are featured, with Molly Qerim acting as the show’s moderator, introducing discussion topics. The two debate the topics with each other and the guests, along with providing occasional hot takes, about the sports news of the day. The entire show is available as a commercial-free podcast following the broadcast of the recorded show. Episodes are also uploaded to the First Take YouTube page for viewing.”

Summary from
[https://en.wikipedia.org/wiki/First_Take_\(talk_show\)](https://en.wikipedia.org/wiki/First_Take_(talk_show))



Maturity Ratings

- Pg-13
- 13 and up

Genres

- Talk show
- Comedy



Popularity Ratings

- TV.com - 6.2/10
- IMDb - 5.8/10



Stephan A. Smith



Photo from google.com



H O S T S



Photo from google.com

Max Kellerman



Molly Qerim



Photo from google.com



WATCH THESE SICK SUMMER SERIES AND SEE IF YOU CAN MATCH THE QUOTES WITH THE CORRECT SHOW

"Its medical, I swear"

"There is only one thing we say to death:
Not today."

"I love inside jokes. I'd love to
be a part of one someday."

"You don't have the right to hold
somebody accountable for standards you
refuse to apply to yourself."

"See? You were wondering if we were bad
people. But only good people would do a
favor for the severed head of their victim."

"It's how they come here
from their own time. It's...
insidious."

"It was a sucker punch. But you know
who gets hit by sucker punches?
Suckers."

"That's what I do, I drink and
I know things."

"Bears, Beats, Battlestar Galactica."

"Negotiations broke down, so I hit
him in the head with a shovel."

*To match the quotes, match the colors!



OTHER SHOWS FOR WHEN YOU FINISH THESE AWESOME SERIES

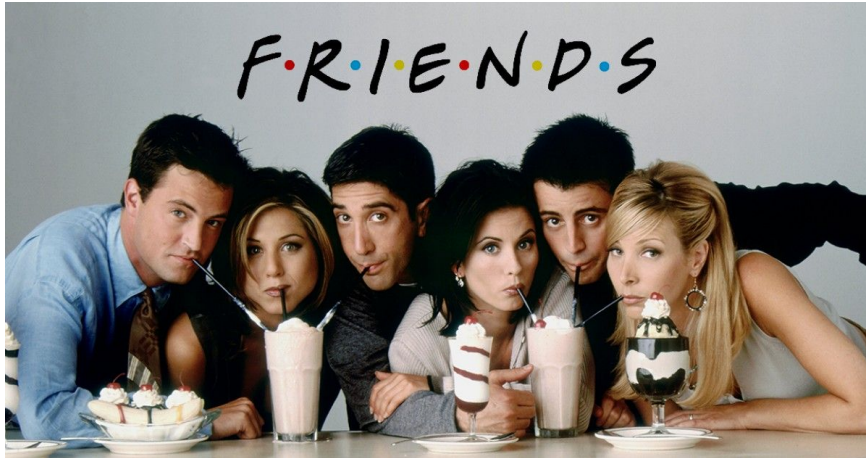


Photo from [licensingcorner.com](https://www.licensingcorner.com)

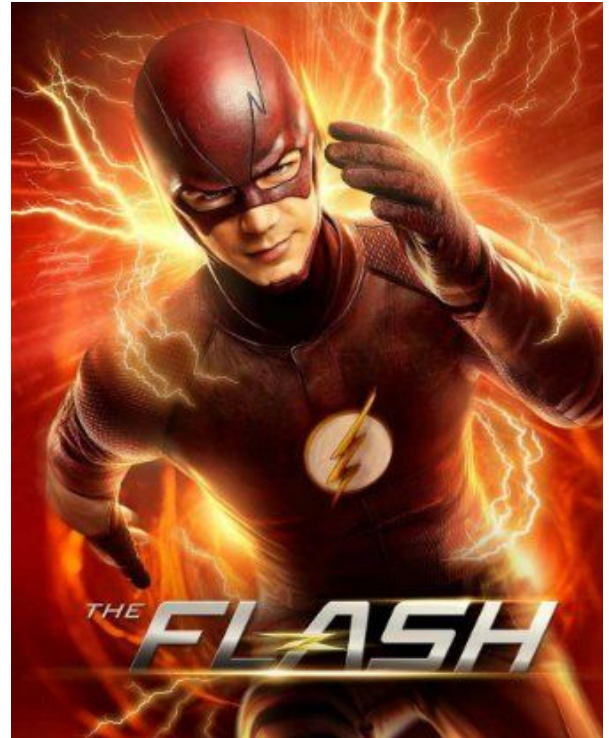


Photo from [nextepisode.com](https://www.nextepisode.com)



Photo from [USAtoday.com](https://www.usatoday.com)



Photo from [THEB94.5LIVE.com](https://www.theb94.5live.com)



Photo from [hulu.com](https://www.hulu.com)



Getting out this summer

By **Conner Griffin**
Editor in Chief

With the upcoming summer break, you might be asking yourself what you are going to do. Whether you are staying home or heading off to college soon, you should take some time this summer to enjoy the area we have grown up in and around. Our area is home to a vast amount of space to enjoy, especially the parks and forests that are near us. So, this summer, take some time to get out and enjoy the place that we call home.

Swimming:

Is it a really hot day but you still want to enjoy the sun? Swimming might be the answer, and it's probably best to find a friend if you want to have a good time at a lake or pond. If exercise is your goal, just grab a towel and find someplace to go for a swim. If you do plan on swimming anywhere there is not a lifeguard on duty, it is absolutely a necessity to bring a friend. Going into or on any body of water without anyone is just asking for trouble, so be smart about your summer plans. A great place to go for a swim is Foster Lake, whether it's with friends or by yourself as there are times when a lifeguard is on station at the lake for their swimming area. Another place is Stony Brook State Park, which has lifeguards on station as well.



Photo from wikipedia.com



Photo from Time.com

Hiking:

Hiking is a great way to stay in shape this summer. If you are someone who does a lot of running during the year or you enjoy walking but want to change it up during the summer months, you might want to try it. Hiking or trail running is a great way to really immerse yourself in nature while getting exercise. A hike could be any amount of time; if you are looking for something that might only take an hour, I would suggest checking out the facilities Alfred University has to offer. Directly above the campus there is a very nice hiking trail that stretches the full length of the campus from the hairpin turn to the opposite end. I have hiked it a couple times, and for being just off the campus it really is in the woods, which further shows how immersed in forest our area is. If you find that you enjoy hiking or walking in the woods, the [Finger Lakes Trail](#) is another fantastic option. The trail stretches from south of Buffalo to Catskill State Park south of Albany. There is a trail entrance in Almond and the trail actually goes through Kanakadea park. The great thing about hiking is that you get to pick the distance you go; you could go one mile into the trail and turn around or you could take a couple days and hike from one parking space to another 10-15 miles down the trail to be picked up. The activity can be extremely casual or as extreme as you make it, just be sure to "hike prepared."



Photo from rei.com

Cycling:

Biking might be the one exception to most of these activities that requires a decent piece of equipment to really get into. Biking to get from place to place can be really arduous, but taking your bike out to go for a ride might be the relaxing activity you're looking for this summer. To go biking doesn't mean you have to have a destination in mind. You can just go, see what you will see as you peddle around. You don't need to go fast either; I personally like to think about a bike ride as a nice walk with a little more pace. This summer I would encourage you to grab your bike and explore our lovely towns of Alfred and Almond.

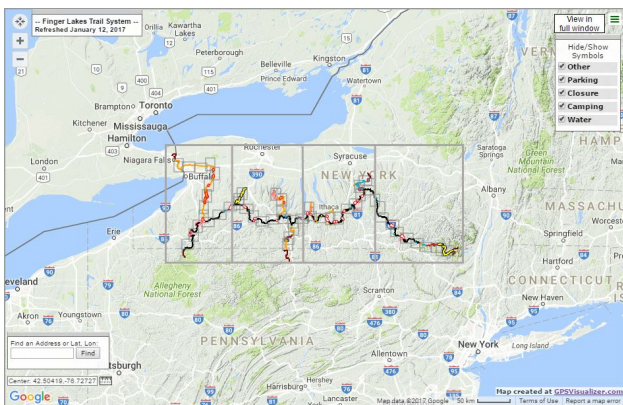


Photo from fingerlakestrail.org

Photography:

If you are looking to get out but not necessarily for the purpose of being active, photography is always an option. You can photograph pretty much anything that interests you. If you enjoy nature, by all means go into nature and capture the fauna and flora of our area so you can remember it as we move onto new parts of our lives. If nature isn't your peak interest go around town and capture your favorite parts of Alfred or Almond. Even though you seniors might not think you'll miss home next year there might be one thing you'll miss and having a little snapshot of it might not be on your mind now but might be something you'll appreciate later.



Photo from motheatre.com

Local Forests and Parks

Click on titles for more information on the parks

Stony Brook State Park- costs \$7 to enter with a car and \$15 to camp for a night.

Foster Lake, Alfred University- is a small lake owned by the university with a hiking trail around the lake. It requires a year round permit of \$100 per group for use by the public.

Finger Lakes Trail- a trail system from south of Buffalo to the Adirondack region. It is maintained by the Finger Lakes Trail Conference and is completely free to use.

Bully Hill State Forest- is a public forest that is open all year for recreational use. You can camp, hike, and fish without paying for special permits.



TIDYING UP WITH ALI FANCHER: Closet Edition

Life can get messy, so here are some tips on how to keep some spaces in your life clean.

Clean Out Your Closet/Dresser:

1. First, take all of your clothes out of your closet. If there are any empty hangers take those out and return the hanger(s) to where you keep them.
2. Then take the pieces of clothing, hold them, and see if they spark a feeling of joy. This technique was found by Marie Kondo, who stars in the hit Netflix show Tidying Up with Marie Kondo.
3. If the answer is “yes”, then place it in the keep pile. If it is a “no”, then place it in the pile to donate.
4. When you are done going through all your clothing then place the clothes, that spark joy back in your closet. The pieces that do not spark joy donate to a local Salvation Army or Goodwill.



New Home: *After cleaning out my closet, I had two garbage bags worth of donations. Photo courtesy of MaryAnn Trimble*

Tips for Keeping Your Closet Clean:

1. Don't over buy clothes. Keep it simple do not buy new clothes unless you need them this will keep you closet from getting crowded.
2. Try to group your clothing together with other alike clothing. Group all tee shirts, sweatshirts, sweaters, pants and other clothing groups.
3. Go through your closet once a year to make sure that you are keeping clothing that still fits and that sparks joy.



TIDYING UP WITH ALI FANCHER:

Locker Edition

Ali Fancher
Staff Writer

Top to Bottom Locker Organization:

1. First start at the top of your locker, take all of the items out of the top of your locker. Then sort out the things you can throw out and the things you want to keep.
2. Next move to the middle of the locker and take everything out. Go through every item and see what you want to keep or throw out.
3. Now move down to the final one third of you locker and throw out and keep what is necessary.
4. Now that your locker is empty you can start placing back the items that you want to keep. Start at the top, place all of your pens, pencils, and any other small items that you use daily (such as a charging cord and calculator).
5. Now move to the middle of your locker and place your backpack and coat on the hooks.
6. You can place a locker shelf like the one pictured below at the bottom of your locker.
7. Put in your binders, folders, and books on the shelf and below it.

Before



Messy, Messy, Messy : *Here you see my very unorganized and overrun locker. I had papers where they did not belong and could not even shut my locker. Photo courtesy of Ali Fancher*



Photo from Home Depot

After



In Tip Top Shape: *After following the steps above my locker door can actually shut now. Photo courtesy of Ali Fancher*

Tips for Keeping Your Locker Organized:

1. Make sure to put papers in your binders or folders instead of shoving them into you locker.
2. You can add a locker shelf to help create separate spaces for all of your different items.
3. Placing things in the same spot every time in your locker can help keep your locker organized and help prevent losing any items.



TIDYING UP WITH ALI FANCHER:

Bedroom Edition

Orderly Bedroom:

1. The first place to start is your bed. Take everything off your bed including the sheets and comforter. Wash your sheets and comforter.
2. While those are in the wash, look through your room and look for all the things that you can throw out. Gather them in a trash bag or a donate bag.
3. Now that you are down to all the things that you are keeping, see what is still out. If it does not go in your bedroom or have a place in your bedroom remove it at once and/or return it to its rightful place.
4. At this point your bedroom should have only the things that you are keeping and that belong in your bedroom.
5. This step might be the hardest out of them all. It is to find the most functional place for each item. For example, if you have a desk in your room you might want to get some containers for writing utensils like pens, pencils, and crayons, sharpies and other things such as that. The container/ organizer does not have to be expensive, you could find something at a thrift store or use old containers around your house.
6. Lastly, you should make your bed after your sheets and comforter are clean.



Keeping in tidy: *The product above is one of many that you could get to help organize your desk.* **Photo from Amazon.com**

Tips for Keeping an Orderly Bedroom:

1. When you use something in your bedroom, make sure to take care of it afterward.
2. Mainly use your bedroom for sleeping. Your bedroom should not be a catch all; try not to eat or work in your bedroom. Your bedroom should be a place where you can wind down, and with it organized and clean that will be much easier to do.
3. When it comes to keeping your bedroom in tip-top shape, it is important to be a minimalist. This means not have a ton of nicknacks; keep what is important to you, but let go of the rest.



Life on the Track: Reflecting on My Senior Season

4x400 Relay

By Davon Bloom - Design Manager

I'm a sprinter, but I'm not a sprinter. I'm in our 4x400 meter relay. That's pretty much where it's a relay with four people and we all run a lap. In the relay it's Ben Lloyd, Colton Cook, me, and Ethan Hann. I joined the 4x4 halfway through the season. I just wanted to be in the 4x4 because I like running 400s and a 4x4 is more challenging than an open 400 because its a relay.



High Jump

High jump is one the most exciting events to be in and to watch at track meets in my opinion. This year my personal best is 5 feet 4 inches which isn't bad, my goal was to reach my last year personal record of 5 feet 8 inches. High jump was pretty difficult at first to learn form and what step approach is comfortable to help me perform at my best. I ended my high jump season clearing 5 feet 3 inches in sectionals.



400 Hurdles

Now I'll talk about 400 hurdles. Now that's the event I'm most confident in. I feel like I'm going all the way for that one. My first meet I ran 1 minute and 4 seconds at Wellsville. I ran my personal record (PR) a few weeks later at the Wellsville meet, running just over 1 min - that put me ranked number one in our class but we had the Hornell invitational like 2 weeks after that, I ran a 1:04, but I underestimated who I was running with. I looked at their times and they all run 1:03s. I was in the fourth lane, and that typically means in that heat in that group that's where you place based on your times and what place you'd come in. I was in the fourth heat, with 7 kids. I was pretty much last, there was one kid behind me but I told myself that there is no way I'm going to be last.



All photos courtesy of Davon Bloom

State Quals - 400 Hurdles

State Qualifiers was quite the experience. My coach told me that I was ranked 7th in my heat, and in order for me to move on I'd have to get first or meet qualifier time. I had locked in early, getting my mind focused on doing better than my PR before I actually got to Sodus (where State Quals took place). Coach and Logan told me to just run fast and try to stay with someone that runs faster than me. I also locked in really early to beat the runner who beat me in Sectionals, and the runner who beat me in counties. I ended up running a PR of 1:00.06, finishing 5th in my race but 6th in Division 2. (Also, we stopped at Subway, so if you make it to State Quals, you might get Subway!)





How Far Rights Have Come

Staff Writer - Arnold Saint-Phard

History

Civil Rights are the right to receive equal treatment in a number of settings, politically and socially; in simpler terms, it is the freedom from unfair treatment and discrimination. During the 1950s and 1960s, there was a struggle for social justice for colored people. The Civil War was one step for equality; it abolished slavery but did not stop the discrimination many colored people faced. There were still lingering effects of racism, violence, and prejudice, especially in the south. Other big steps during the civil rights movement were the marches and Martin Luther King Jr's "I Have A Dream" speech. Without these major events, the Civil Rights Act of 1964 and the Voting Rights Act of 1965 would not have been passed. The civil rights movement accomplish the destruction of racial segregation and achieved crucial equal-rights legislation.

Today

Today we've made great strides in some areas of civil rights but not all of them. We are still on the road to equal rights in every aspect of our society. There is still great inequality and discrimination in our school systems, especially for children of immigrants. According to a report released by the Migration Policy Institute (MPI) children of immigrants often face discrimination in the form of name calling, lower expectations from teachers, and impatience when struggling to adapt to the new culture and changes. Additionally, in our criminal justice system there are flaws. An article published on EJI.org (Equal Justice Initiative) states, "The failure to hold police officers accountable [for police brutality] perpetuates the national tolerance for violence against people of color." In addition to the fight for racial equality, there is still a fight for gender equality. According to the National Women's Law Center website, "Women in the U.S. who work full time, year round are paid only 80 cents for every dollar paid to men — and for women of color, the wage gap is even larger." The civil rights movement today is trying to address the less visible but very important inequities of our society. The opportunities in our society is to achieve full equity so that everyone has a fair chance to achieve his or her full potential. We have not yet reached that point yet, but we are not far.

What Can We Do?

Today we have to live up to the promise of opportunity in our own lives. This means treating each other more fairly and being aware of the stereotypes that have been put in your head from movies to games. A good example is the girl always need a "prince" in their life. Another way of helping out is to be a part of the change in society for more equity. Another way to engage in the fight is to join groups are pushing for that change and equity. You can all go out today to spread that equality, especially when you take part of it in your community and society.

Selma March - a big event
that happened in the civil
rights movement.

Photo courtesy of
montgomeryadvertiser.com





American Civil Rights timeline (1940s-1960s)

July 26, 1948: President [Harry Truman](#) issues [Executive Order](#) 9981 to end segregation in the Armed Services.

December 1, 1955: [Rosa Parks](#) refuses to give up her seat to a white man on a Montgomery, [Alabama](#) bus. Her defiant stance prompts a year-long [Montgomery bus boycott](#).

September 4, 1957: Nine black students known as the "[Little Rock Nine](#)," are blocked from integrating into [Central High School](#) in Little Rock, [Arkansas](#). President [Dwight D. Eisenhower](#) eventually sends federal troops to escort the students, however, they continue to be harassed.

February 1, 1960: Four college students in Greensboro, [North Carolina](#) refuse to leave a Woolworth's "whites only" lunch counter without being served. Their nonviolent demonstration sparks similar "sit-ins" throughout the city and in other states.

August 28, 1963: Approximately 250,000 people take part in The [March on Washington](#) for Jobs and Freedom. Martin Luther King gives the closing address in front of the Lincoln Memorial and states, "I have a dream that one day this nation will rise up and live out the true meaning of its creed: 'We hold these truths to be self-evident: that all men are created equal.'"

February 21, 1965: Black religious leader [Malcolm X](#) is [assassinated](#) during a rally by members of the Nation of [Islam](#).

August 6, 1965: President Johnson signs the [Voting Rights Act of 1965](#) to prevent the use of literacy tests as a voting requirement. It also allowed federal examiners to review voter qualifications and federal observers to monitor polling places.

April 4, 1968: [Martin Luther King, Jr.](#) is [assassinated](#) on the balcony of his hotel room in Memphis, [Tennessee](#). [James Earl Ray](#) is convicted of the murder in 1969.

May 17, 1954: [Brown v. Board of Education](#), a consolidation of five cases into one, is decided by the [Supreme Court](#), effectively ending racial segregation in public schools. Many schools, however, remained segregated.

January 10-11, 1957: Sixty black pastors and civil rights leaders from several southern states—including [Martin Luther King, Jr.](#)—meet in Atlanta, [Georgia](#) to coordinate nonviolent protests against racial discrimination and segregation.

September 9, 1957: Eisenhower signs the Civil Rights Act of 1957 into law to help protect voter rights. The law allows federal prosecution of those who suppress another's right to vote.

June 11, 1963: Governor George C. Wallace stands in a doorway at the University of Alabama to block two black students from registering. The standoff continues until President [John F. Kennedy](#) sends the National Guard to the campus.

September 15, 1963: A bomb at 16th Street Baptist [Church in Birmingham](#), Alabama kills four young girls and injures several other people prior to Sunday services. The bombing fuels angry protests.

July 2, 1964: President [Lyndon B. Johnson](#) signs the [Civil Rights Act of 1964](#) into law, preventing employment discrimination due to race, color, sex, religion or national origin. Title VII of the Act establishes the U.S. Equal Employment Opportunity Commission (EEOC) to help prevent workplace discrimination.

March 7, 1965: In the [Selma to Montgomery March](#), around 600 civil rights marchers walk to Selma, Alabama to Montgomery—the state's capital—in protest of black voter suppression. Local police block and brutally attack them. After successfully fighting in court for their right to march, Martin Luther King and other civil rights leaders lead two more marches and finally reach Montgomery on March 25.

April 11, 1968: President Johnson signs the Civil Rights Act of 1968, also known as the [Fair Housing Act](#), providing equal housing opportunity regardless of race, religion or national origin.



The Last Statement!

By Gabe Marcus
Copy Editor

The Alfred-Almond Central School Class of 2019 is graduating within three weeks. Over the last four years, typical students in our microcosm studied approximately 5,000 hours in school, completed about 700 hours of off campus activities, actively participated in up to 1,200 hours of athletic responsibility and about 100 hours of school events such as prom, sports awards, and Regents exams. Each student volunteers approximately 6,000 to 7,000 hours devoting service to the school, supposedly to enlighten themselves with knowledge and intellect, while voluntarily not demanding \$75,000 to \$100,000 that minimum wage mandates for people that work five days a week. Nevertheless, students were rightfully happy with the situation. In the last four years, each graduating student has a different opinion on their experience as a high school student. There are many so-called "issues" that students have views on, which are generally unified beliefs, however, there are some viewpoints that are quite divisive.

Starting positively, our school delivers a world-class academic enlightenment to all students by offering a diverse array of classes, including "niche" classes which expose each individual's talents. Faculty lead the students to an academic

success and challenge each student to their fullest potential pursuant to the Alfred-Almond mission statement. Real world ideas are morphed into practical uses, including the Observer and creative student art work.

In addition to the amazing academic achievement Alfred-Almond is well-known for, the Eagles athletic franchise has consistently shown that hard work, commitment, pride and self-respect lead to a fraternal enlightenment that betters the students' well-being. Every athletic event is a positive spectrum of greatness and a tribute to the unifying medium of athletic events.

While this document and Alfred-Almond boast highly about the outcome of our students, it is important to remember that a vital aspect of each student's success is the school culture itself. The culture of the school will shape the legacy of the students after they graduate and the nostalgic feelings that come with the legacy should be clear. Alfred-Almond High School is not just a learning place, but also a community of peers who have created everlasting friendships and even love stories.

The tragedy is, however, that an element of tyranny, authoritarianism, favoritism and indignity, disguised and desensitized as "keeping order"

has kept students from reaching their full potential.

This is evident by the draconian policy of segregation of seniors based on academic history instead of showing dignity to the senior class. Just like the segregation of students in schools based on race, there is no true "separate but equal" environment because activities such as socializing and going outside during the day betters the health of each senior. It is also evident that because the only privileged students in the school are seniors with high academic marks, it creates a subliminal "elite" in which an agenda plans in advance.

The agenda is that if a student submits to the school administration, they will get rewarded. It all starts by mandating students complete an abundance of homework and assignments. Moderation of homework is the sensible solution. However, the lengthiness, especially underclassmen receive, make less time for down time, physical activity, family time and personal enlightenment, not to mention, the opportunity to earn money. This agenda is a blatant form of indoctrination and brainwashing. By senior year, students believe they are making the right decision by not being the least bit selfish. In fact, they filter out the natural thought that non-school time is a fundamental



The Last Statement, Cont'd

right, not a luxury. However, when every student is a leader, they can humanize the current dangerous culture as mentioned. This issue could be obliterated by having a real, not a charade student government. The current student government and class leaders have no power *de facto*. Student leadership is more of a popularity contest. The purpose of student government is to create liberty. When a student fears the power above, that is tyranny, when the power above fears its people, that is liberty. The way the bureaucracy directly penetrates our student government is the requirement that each student government president serve as a class representative. This creates two, and only two eligible campaigns. This is parallel to North Korea which creates one eligible campaign in their "election". The bureaucracy is such a talking point in the private conversations of students that some people wonder if the election was rigged or if because they have no senior privilege, would they not be able to leave their hotel room during senior trip at the hotel before going to bed. It is a silent majority because most students fear the authoritarians. It is an avoidable flaw in the culture of the school when tradition and research take over practicality and opportunity in such a competitive era.

However, when practicality and opportunity are embraced, we have a strong

environment and an efficient workflow of students. Many summer camps, for example, do in fact embrace practicality, especially when their technology policy is clear. People get along well better in person than virtually. Alfred-Almond technology use policy is actually quite fair. On the other hand, when hundreds of thousands of taxpayer dollars are spent on technology, in which unlike college, is not as used as often as the alternative, paper. It significantly creates an unorganized structure and inconsistent routine.

Of Course, there is a high probability this document is published in other mediums because the Supreme Court of the United States ruled in "Hazelwood v Kuhlmeier" that a High School sponsored newspaper is not subject to First Amendment protection.

When someone is not accepted into a group, one must create their own competitor that is more attractive and feasible. If someone tries to overtake someone else, the overtaker is going in the wrong direction, and the overtaker is going to crash. That lyric from the Ca\$h Magnet Song "Illuminati" is an indication that there will be a Great Awakening in the near future that will introduce responsible, accountable, positive students taking real student leadership positions, regardless of their "title", academic history, and

personal background. The destiny of the Alfred-Almond students and school environment is in the hands of the students themselves. In the future, 2019 graduates will credit the school's force of goodness at future reunions. It would be narcissistic and hypocritical to use hyperbole when making a fair and unbiased audit of Alfred-Almond Central School. The students and community members deserve a fair and reasonable audit that provides high quality information on the Alfred-Almond experience in both positive and negative ways. While many would vary their viewpoint from this author's opinion, it is vital to protect all opinions, including unpopular ones. With all of the above information and opinion in goodwill that there are no blatantly false statements, this report is meant to be taken seriously and sacredly. If students, teachers and the institution have good faith in each other, there will be an abundance of success. A Great Awakening in terms of the school community is closer than it appears, possibly right around the corner.

Disclaimer: All opinions expressed in this document are personal opinions of the author and not endorsed by any other person or group. No one has forced, bribed, blackmailed, or coerced the author to produce this voluntary document.

Science Today

The Everything You Are

BY: Gabe Empson EIC

We are all a part of this massive puzzle we call life, but what are you? You single human, one of the billions. What makes you special? What are you worth? And finally, what are you capable of?

One of the biggest and best pieces to indicate who you are is that supercomputer you carry between your ears. Your brain weighs roughly three pounds, but those three pounds are responsible for every action you have taken and every action you have yet to take. We are the first self-conscious computers to our knowledge, and we still don't know much about ourselves. Our brains have an average of 50,000 original thoughts in a single day! Multiply that by the population of the human race and that's how many new thoughts happen every 24 hours.

Every second we live, we take in massive amounts of data, process it, and react to it. With over 100 billion neurons in the human brain, it can be said factually that no two people think exactly alike. This in itself is amazing but have you ever grasped the idea of what our brains mean? We are the universe's artificial intelligence. Our bodies and brains are constructed of a bunch of elements and compounds that, by themselves, do nothing, but together in the pattern of a human body, form a dynamic construct capable of creating something out of nothing:

An idea.

Albert Einstein, Isaac Newton, Stephen Hawking, Nikola Tesla, Charles Darwin, and Leonardo Da Vinci. All examples of people you should know that have changed life as we know it. These people are my heroes and examples that I try to model myself after. Everyone has a hero, but who was Einstein's hero? Who pushed Stephen Hawking? Who was it that helped these people? You might be surprised to know that the case for all of them was just everyday people, like their parents, or tinkers, or even mailmen. Life on earth is a circle of admiration and respect amongst the human race; you're special to someone, and you might never know it, but better yet you should never forget it.



The Greats:

A list and associated picture to some of the greatest scientists mankind ever produced. Photo from: skydancingblog.com

Do you think Einstein's parents knew when they first met that they were going to create one of the most influential people in human history? Do people ever ponder what made him different from the rest of us? Born of normal blood into an average life. Will our children be far better than he ever was? What creation will we be indirectly a part of, simply because we existed? And think of all the possibilities that never took place simply because one person didn't have a child or because a child was born in a different time and place. Statistics show that the number of possible people outnumbers existing people. While 7 billion of us exist now, according to *Forbes*, 420 billion don't, meaning that the people never lucky enough to win the privilege of birth and are likely some of the greatest humans that we will never know. Your existence was a 1 in 400 trillion chance, so think of all the people that might be here in your place. This life is an honor and a privilege to have and it's important to live it to the fullest, in the name of all the people who will never get the chance.

To add to our incredible existence, we ought to highlight our origin, our very atomic existence. Every single thing we are made up of is by itself dead. Our body is 99% Hydrogen, Carbon, and Oxygen, these elements were originally forged in stars over billions of years. Together, we are a collection of dead bits and pieces of the Nobel stars that burned bright long ago. We are the phoenixes that rose from our own ash, each part of us once upon a time floating through the endless void of space. Our bodies contain 7×10^{27} atoms. That's 7,000,000,000,000,000,000,000,000 as a written number. The craziest part of all of this is that all of those atoms will be replaced completely within 5 years. Some atoms in your body were once on Mars, and odds are, you have breathed in an atom once owned by Albert Einstein. Think for a moment how many things are in your control if you already control so much without breaking a sweat?

We are momentary masters of the universe and its parts, temporary creations of the void of space and time. But how alone are we? It is unclear how many planets are in our galaxy, but scientists have estimated about 300 billion stars in the milky way alone if all of them had the same 8 planets solar system that we do that would be 3.2 trillion planets just in our solar system, perhaps we aren't alone which is a scary thought. Or maybe we are alone, and that can be an even more frightening thought. We are the tiny insignificant monkeys of a just as tiny and insignificant blue marble we call earth. We are the first humans here, and very possibly the last. Our existence is new to this universe, and we have much to learn about the universe and ourselves.

When you feel like a drifter among the billions of us, just remember how outnumbered you are when you leave this atmosphere, and just how significant you are. You and nothing like you will ever exist again, your atoms and your genetic structure will never be replicated. No matter what, you are one of a kind, the first and last you.

Child of the universe, born from stars, master of atoms...

you "simple" human being.

*There are two ways to live your life.
One is as though nothing is a miracle.
The other is as though everything is a
miracle.*

-Albert Einstein

*You and I are made of stardust. We
are the stuff of exploded stars. We
are therefore, at least one way that
the Universe can know itself. That, to
me, is absolutely astonishing.*

-Bill Nye

*We have Calcium in our bones,
Iron in our veins,
Carbon in our souls,
And Nitrogen in our brains.
93% stardust, with souls made of
flames,
We are all just stars that have
peoples names.*

-Nikita Gill

*For all those who followed along with this
column, thank you for reading and I hope I was
able to bring you some knowledge and
excitement for our future. Always remember to
learn and live well, thank you, and goodbye.*



A TASTE OF THE WILD

Foraging made easy for beginners

BY ABIGAIL TARUN
DESIGN MANAGER

Image from:
Behance

Ever since the existence of mankind, humans have been foraging for wild plants and hunting wild animals as a means of sustenance and survival. They handpicked all their food and through long practice, could distinguish edible plants from poisonous ones as well as which ones appeared different times of the year. Today, in the modern world, **foraging is a rare practice that has been lost over time** and what meant gathering food for sustenance means making a trip to the supermarket. Until it reaches the kitchen, we have **no personal connection to the foods we eat** and where they come from. Fortunately, anyone can learn how to forage for edible plants despite the many risks and dangers of eating plants at random. Once you start harvesting your own food, you will develop a **greater appreciation for nature and its bounties**. This guide will include common edible plants any beginner can identify and find as well as offer invaluable advice on foraging safely and ethically.

Continued 1 of 11...



While foraging for wild food offers a wide variety of benefits, there are also many risks and dangers you should be aware of before you go on your first foraging trip. Please be aware of these basic guidelines to help you forage safely and sustainably. Remember, if you aren't 100% confident in identifying a plant, don't touch it.

- **Avoid toxic areas.** Remember the 4 R's: **roadways, right of ways (intersections), railroads, and residencies.** In these built-up areas, wild environments may be contaminated by particulates, fertilizers, and herbicides. If possible, **forage in untouched or uncontaminated areas** because generally, plants will assimilate whatever they take up in their roots.
- **Identifying is key.** Never rely on one single characteristic for identification. **Use three or more points of ID** to be certain a plant is safe. Consider the following identifications to help you along with your five senses: color, leaf, bloom, stem, fruit, bark/branches, fragrance, location, life cycle of plant, soil conditions, and/or spore print (for mushrooms).
- **Only forage plants that appear to be healthy.** Harvesting healthy plants minimizes the risk of illness and also means you're getting more nutritious food. So before you harvest a plant, **look for any damage done to the plant** in the form of wilting, scabs, moldy coatings, rusts, or rotted tissue. If you see any of these signs, then this most likely means that the plant has a disease which means you should avoid them.
- **Know the water source.** If you are planning to eat a wild food raw, then this rule is especially important. Eating plants that have grown in contaminated water is the same thing as drinking contaminated water. Chemicals and heavy metal pollution can't be removed by cooking so just **check the area nearby to make sure the water source is healthy.**

POISONOUS PLANTS!

WHEN IN DOUBT, DO NOT TOUCH! Here are some great resources to help you identify poisonous plants and what to do if you consumed or touched a poisonous plant.

<https://www.beprepared.com/blog/15808/HOW-TO-IDENTIFY-POISONOUS-PLANTS/>

<https://www.thespruce.com/pictures-of-poisonous-plants-2132624>

<https://www.offgridweb.com/preparation/informational-graphic-poisonous-vs-edible-berries/>

<https://www.poison.org/articles/plant>

Remember that when you go out to forage, you are taking part of nature's foods that it has to offer to every member in the greater ecosystem. By practicing ethical standards, you will ensure that animals and all living creatures have enough food to thrive.

- **Be conservative.** A rule of thumb by foragers is to **pick only a third of any plant that is available.** Whether it's off a colony or fruits off of a tree, always leave a substantial amount for the plant to keep reproducing.
- **Leave nature as you found it if not better.** Always pick up after yourself, and if you stumble across any litter, pick it up so that you can preserve the environment. **You should not drastically alter the landscape** either by chopping down trees or limbs, and don't disturb other animals' habitats.
- **Know the law and/or get permission.** Before you venture out, check out the laws and regulations in your area about whether its legal to forage certain plants or mushrooms, and if any permits are required to do so. *Never trespass on private property without getting permission to do so as you can get arrested for it.*

Image from
fr.123.rfr.com



Image from
KissPNG





Now that you know how to forage safely and ethically, the next part of foraging is learning about sound advice to get started. If you incorporate these into your daily life, your foraging experience will not only be enjoyable but also very rewarding. So keep these handy tips in mind whenever you venture out.

- **Tip #1: Don't get overwhelmed.** As a beginner, you don't need to have an encyclopedic knowledge of every plant you've encountered. Instead, just **focus on learning one plant per month really well** and how to identify it in its life cycle stages. It is far better to be able to identify a small number of wild foods than it is to have vague knowledge about a great number of plants.
- **Tip #2: Know your local environment.** Before setting off, it's very important you **know what types of plants are abundant in your area or are what considered "at risk."** Start off by picking up a field guide from your local library, book store, or online, and study the regional flora. While reading, **pay most attention to identification characteristics** like growing conditions and the time of bloom/fruiting. The [USDA plant map](#) online is a good tool to research if an herb or wild edible of interest grows in your area.
- **Tip #3: Plan ahead.** Don't go out foraging without a plan of what you're trying to look for. **Write down any possible locations you should look, the equipment you should bring just in case, and what you intend on looking for.** If you encounter something that interests you, take note of it and its location, and consult a field guide or identification materials if you have one. Having a plan beforehand will make foraging go much more efficiently than going in blind.
- **Tip #4: Prepare your foraged foods.** The most rewarding part of foraging is getting to eat what you've harvested and preparing the foraged foods for yourself or other people. When cooking a recipe, you can easily substitute a conventional ingredient with one that you've harvested. There are plenty of ways to eat foraged foods so try to experiment and be creative.

Here are five recommended items no aspiring forager should ever leave behind. These items will make foraging safer, more enjoyable, and more productive.

- ❑ **Field Guides** A field guide is essentially your go-to expert for whenever you need to identify something. It takes you step-by-step through the plant identification process from its life cycle, to where they can be found, and how you should harvest them. You can find a field guide in your local library, bookstore, or online.
- ❑ **Compact Shovel** Many wild edibles are found underground, and depending on the amount you are foraging, the size of the shovel will vary. Your shovel should also be suited for the environment you intend to harvest in.
- ❑ **Pruning Knife** A robust pruning knife will make short work of the vines and stalks in your way. Pruning knives are easy to use, lightweight, and will slice with a single-stroke.
- ❑ **Pruning Shear** Some plants are tougher to harvest than with a pruning knife. To be energy efficient, you can bring along a pruning shear to get through branches and harder-to-cut stalks. Invest in an all-metal frame as polymer ones might break easily, and look for a strong set of blades with portability.
- ❑ **Gloves** Plants will have defense mechanisms like poison, thorns, or nettles that could wreak havoc on your skin. Protect your hands with good leather gloves and also be careful with how you handle them.

Image from
Shareicon.net



Image from National
Dairy FARM Program



Image from
Noun Project



Continued 3 of 11...



EDIBLE PLANTS (MEADOWS)

1



1. Shepherd's Purse *Capsella bursa-pastoris*

As the only member of its genus *Capsella*, the Latin name behind the plant derives from its heart-shaped seed pods that resemble a traditional shepherd's purse. In the springtime, the flowers of Shepherd's Purse bloom in white rounded clusters at the end of the stems while the shapes of the flowers closely resemble that of a wild mustard plant. The heart-shaped pod plant grows frequently throughout grain fields, waste areas, roadsides, and garden lawns.

Edible Parts: Shepherd's Purse leaves can be eaten raw or cooked, but raw is preferably healthier. Its young leaves can be substituted for cabbage in a salad, and the taste is rather peppery as it ages. The roots are also edible ground and dried as a ginger substitute for tea.

2



2. Common Burdock *Arctium minus*

Known for their sticky burrs that latch onto people's clothing and animal fur, the Common Burdock grows relatively tall along river banks and roadsides. Its purple cactus-like flowers grow atop the burdock's prickly balls in between June and October while the leaves are very large and waxy in size. Surprisingly, the root of the Common Burdock has many healing properties which include its storage of powerful antioxidants, its ability to purify the blood, and even inhibit some types of cancer, [according to this study](#).

Edible Parts: Burdock root can be peeled, sliced, and eaten raw with a little sea salt. The first-year and second-year stems should boil for around 20 minutes before consumption. Before cooking, however, the stems should be peeled, and roots scrubbed in order to remove the bitter rind. In springtime, the immature flower stalks may be harvested; their taste resembles that of an artichoke.

3

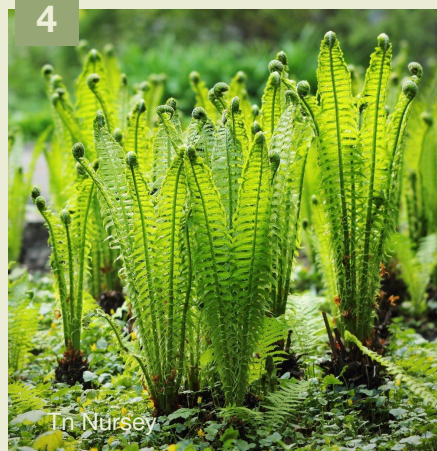


3. Garlic Mustard *Alliaria petiolata*

Getting a bad reputation as an invasive species, the Garlic Mustard plant is a highly nutritious plant that even beats out other leafy vegetables like kale, spinach, and collard greens. The easiest way to find Garlic Mustard is through its small white flowers formed in clusters at the top of the plant while the leaves are heart-shaped with scalloped edges and a blunt point at the end. The seed pods, on the other hand, are extremely narrow and tend to pop when touched.

Edible Parts: When eaten raw, Garlic Mustard leaves taste like roasted garlic with a hint of bitterness like that of beer or fermented vegetables. If you don't like the taste, you can neutralize it by finely chopping the leaves and use them in stir-fries or omelettes. Young stalks right before blooming taste bitter at first but will sweeten once boiled.

4



4. Fiddlehead Fern (Ostrich Fern) *Matteuccia struthiopteris*

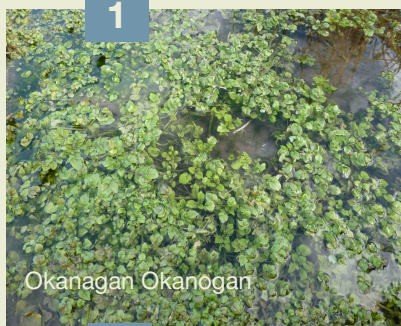
On a wet April day, tiny furled hooks will poke out from the ground resembling that of an ornamental fiddle on an instrument. Amidst the dark twigs and dirt, you will easily spot these tiny green clumps that look like sleeping dragons curled up in a brown nest. Once they peek through, fiddleheads will grow up to be 4 to 6 inches, and a few weeks after, they will unfurl into a feathery-like coil with a deep groove running inside the stem.

Edible Parts: Cooked fiddleheads have a distinct taste that places them somewhere between asparagus, broccoli, and spinach with a streak of bitterness to its flavor. Before cooking them, be sure to boil the heads for about 7-10 minutes, and cut off their feathery sheaths enveloping them. You can now sautee the fiddleheads in butter with some salt and pepper, or add them to a delicious pasta, salad, or stir-fry.



EDIBLE AQUATIC PLANTS (FRESHWATER)

1



Okanagan Okanagan

1. Watercress *Nasturtium officinale*

Watercress is one of the most nutritionally beneficial foods as it is rich in calcium, beta carotene, iron, and vitamins. Growing in dense patches of shallow waters in streams, ditches, and springs, Watercress have hollow and almost circular-shaped stems with ridges, along with white fibrous roots at the base. Their small broccoli-like heads bud little clusters of white flowers that are shaped like tiny crosses.

Edible Parts: Watercress leaves form an excellent base as a salad and can even be garnished on fish and poultry. As a type of mustard, Watercress also has a mild spicy taste to the horseradish. You can pair Watercress well with many herbs like parsley, thyme, and oregano as well as other fruits and nuts.

2



Sanco Industries

2. Cattail *Typha*

Cattails are said to have four of the five things humans need to survive: food, water, shelter, and a source of fuel for heat - their dry old stalks. The aquatic reedy plant is named after its brown cylindrical flower spikes and fluffy "tails" on top of the flower. To harvest a cattail, grab the inner part of the plant down low and slowly pull up from its base.

Edible Parts: To consume a Cattail shoot, separate its outer husk by peeling of the layers until you get to its center core. Then, cut the stalk in half and save the inner part for eating. Try sauteeing them in butter or fermenting the shoots and you will get a strong cucumber flavor with great depth. You can even collect the yellow pollen and sprinkle them on bread, pasta, and pancakes.

3



Seedville, USA

4. Water Chestnut *Trapa natans*

Infamous for driving out native species and making waterways nearly unnavigable due to their widespread distribution, it's no wonder why this invasive plant is banned in several states. On the surface level of the water, you will see a rosette fan-shaped pattern of leaves with a singular four-petaled flower in the center. Underneath the rosette, the water chestnuts hang underneath the roots having four pointed horns or two.

Edible Parts: Before consuming, it's very important that you boil the water chestnuts first as they may be infected with toxins and bacteria. Afterwards, you can prepare the water chestnut in a variety of ways including just eating them plainly (after boiling), frying them, roasting, or even preserving them in honey or sugar.

4



Invasive.org

3. Broadleaf Arrowhead (Wapato) *Sagittaria latifolia*

Cultivated as an important food source by many indigenous Americans, the Broadleaf Arrowhead provides round starchy potato-like tubers at the ends of the plant's underground runners (rhizomes). When dislodged from the mud, these tubers would float to the surface.

Edible Parts: The tubers of the Arrowhead are edible when roasted or boiled. Although the skin is edible, Arrowhead tubers are more palatable when skinned, and are nutritionally high in phosphorus and starch. Just like potatoes, these tubers can taste great when fried into chips, mashed, boiled, or baked as is.

5



YouTube

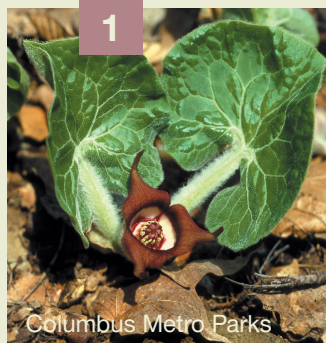
5. Wild Angelica *Angelica sylvestris*

Widespread among freshwater banks and ponds, Wild Angelica plants stand approximately 2-3 feet tall with pinkish-white flowers clustered in a large oval and a broad purple stem. Their leaves are long and pointed in the shape of an oval with an alternating pattern.

Edible Parts: Its leaves have a nice aromatic flavor which can go in salads and on poultry. Young flower heads can be eaten in salads, omelettes, or grilled and served with oil and vinegar. Roots and seeds can also be used to make an essential oil to flavor ice cream, cordials, sweets, and other baked goods.



EDIBLE ROOT VEGETABLES



1

Columbus Metro Parks

1. Canadian Snakeroot (Wild Ginger) *Asarum canadense*

Above the surface, the Canadian Snakeroot has two heart kidney-shaped leaves with thick veins each 6" wide, and in the spring, a purple petite flower 1" wide appearing at the crotch between the leaf stems. Canadian Snakeroots thrive in densely shaded areas of forest floors.

Edible Parts: Even with similar aromatic properties to actual ginger roots, the Wild Ginger root is not meant to be eaten per se but used as flavoring in teas or desserts like ice cream via water extraction. The reason for this is because the root actually contains a mild poison in low concentrations (only lethal at very high daily dosages) which isn't soluble in water.



2

Discover Life

2. Meadow Garlic (Wild Onion) *Allium canadense*

At first, you will notice the Meadow Garlic's sparse clutter of grass-like leaves originating from its base, and as you follow up the stem, a dome-like cluster of light pink flowers that sits on top of the stalk. Like most onion plants, the Meadow Garlic enjoys woodland areas with rich soil and sun but can grow in poor soil with adequate water as well.

Edible Parts: Every part of the Meadow Garlic is edible raw or uncooked which makes the plant very versatile in culinary dishes. In just about any dish, adding the garlicky flavor from the Meadow Garlic's bulbs and leaves will make a difference in soups, salads, pasta, sandwiches, you name it.



3

Urban Farmer

3. Chicory *Cichorium intybus*

Large, lobed hairy leaves spread out from the base of the Chicory with a lance-pointed tip at the end where the lobe gets progressively thinner. Stems branch out covered in fine hair where a milky white sap gets stored. Filling out the tall leafy stems, the Chicory's periwinkle easily stand out with strap-shaped parallel edges and rays that overlap to the center of the flower.

Edible Parts: Used commonly as a medicinal herb, all parts of the Chicory are edible but are very bitter in taste. To make the taste more palatable, wash the leaves, roots, or stems and let them dry for an hour or so to get rid of the bitter outer layer. You can add the leaves into a salad while the roots can be ground up and roasted to make a rich coffee roast for brewing.



4

bcinvasives.ca

4. Wild Carrot (Queen Anne's Lace) *Daucus carota*

In the late summer fields, one will easily recognize the these white lacy flower patterns of the Wild Carrot along with the tiny purple floret (representing Queen Anne's blood droplet) in the center. One whiff of the leaves and foliage and you will smell... carrot. Its feathery leaves also resemble domestic carrots while the bases of the leafstalk are broad.

Edible Parts: Unlike their domesticated counterpart, the Wild Carrot is not as tender and sweet, but when cooked, the Wild Carrot tastes similar with a rustic experience. Its greens can be added to any dish for flavoring with a parsley-like taste but with a tougher texture.



5

Gerry Gant

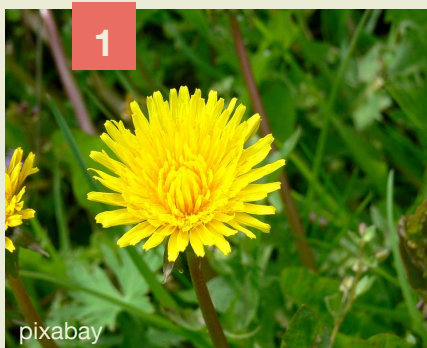
5. American Groundnut (Hopniss) *Apios americana*

Characteristically similar to a potato, the American Groundnut bears edible starchy bean pods and large tubers interconnected by its roots despite its actual appearance of an overgrown pea vine. Its leaves partly fold along the midrib with an ovate shape while the purplish-brown blossoms form in small, dense clusters. In late summer and autumn, the Hopniss plant bears fruit with its 2"-5" bean pods.

Edible Parts: Much like potatoes, the tubers from the Hopniss have a starchy quality to them that can be substituted for any potato dish mashed, fried, or boiled. It even has a nutty bean taste to it with a little more sweetness to it than a normal potato.



EDIBLE FLOWERS



1. Dandelion *Taraxacum*

Perhaps the easiest plant anyone can forage, the Dandelion has an unmistakable appearance: its familiar jagged leaves, milky white sap, and bright yellow flowers that spring up in our yards. The leaves and stems of a Dandelion can easily absorb toxins so don't harvest any dandelions near urban or polluted areas.

Edible Parts: Raw Dandelion leaves make a great salad base as well as a nice bitter coffee roast when dried. You can also fry Dandelion flowers into a crunchy snack or even make fritters with them. In fact, the petals can also be fermented to make a refreshing herbal brew or wine.



2. Nasturtium *Tropaeolum*

Deriving from the Latin word *tropaeum* or trophy, Swedish botanist Carl Linnaeus named the Nasturtium after an ancient Roman custom in which Roman soldiers would set up trophy poles where their enemies' armor hung. You will notice a radiating pattern of veins spreading out and a tiny petiole on the center of the leaf as well as a short nectar spur at the base of the flower.

Edible Parts: For salads, harvest nasturtium flower buds, flowers, and young leaves in the cool of the morning when flowers have just opened. Before using, gently wash the parts, let them dry, and store in a plastic bag in the refrigerator. You can use nasturtiums in stir-fries, pasta, and even stuff the flowers.



3. Violet *Viola*

Dainty and unassuming in its appearance, Violets bring an unexpected surprise to morning walks in the springtime. Its flowers have effervescent colors that range from purple and magenta shades to even yellow and white, while the leaves are heart-shaped with scalloped edges. Violets typically grow in low, shady areas with rich soil and reach to be no higher than 6".

Edible Parts: Violet leaves have a tasty sweet pea and lettuce flavor so you can add them into a salad. Cooking the leaves will actually remove the flavor essentially wasting the parts. The flowers, like the leaves, have a sweet floral taste and can be made into a syrup.



4. Pot Marigold (*Calendula*) *Calendula officinalis*

An easy-to-grow medicinal herb versatile in its healing properties, the radiant Pot Marigold is found in many natural health products and skin care lines. Typically, the Pot Marigold flower will be an intense warm color like orange with a slightly spherical yellow center while the flower shape is similar to a wide and shallow bowl. Also, the flower will produce brown U-shaped seeds with small bumps along the exposed surface.

Edible Parts: The colorful petals of the Pot Marigold, or ray florets, serve a medicinal-tasting purpose that can be cooked or eaten raw. They may also be dried and rehydrated for later use which can be used as an ingredient in scrambled eggs, salsa, frittatas, or salads. You can also garnish them in just about any dish.



5. Borage (Starflower) *Borago officinalis*

Borage has beneficial effects on the heart, adrenal glands, and the entire digestive system. Its gangly appearance is overshadowed by the plant's lavender blue star-shaped flowers which hang in downward facing clusters. From the center of the flower, a prominent black anther will develop into a cone-like structure.

Edible Parts: Leaves have traditionally been used to make a tea to rid the body of fever, and it is recommended to not eat them raw due to the prickly fuzz. Flowers are very tasty and can be tossed into a salad or even be crystallized into a candy.



EDIBLE NUTS

1



1. Acorn (Oaknut) *Quercus*

Acorns are the fruit of oak trees, and they have two main exterior parts: the cupule (or cap) and the pericarp (or the hard outer shell). Most oak leaves will have simple, lobed shapes, but the White Oaks have smooth and rounded lobes. Preferably, they have better acorns than the Red and Black Oaks as they are less bitter, and they can even mature in one season.

Edible Parts: In order to process an acorn for eating, you must remove the tannins (bitter tasting plant compounds) of the acorn which is done by periodically soaking the acorn in water and switching out the water until the tannins are removed. This can take somewhere in between a few hours to even a few weeks, but it's worth it!

2



2. Black Walnut *Juglans nigra*

Prized for its wood in furniture-making, the native Eastern North American tree produces black walnuts with an organic green husk that can be pressed into therapeutic oils and salves. The Eastern Black Walnut tree will have alternately arranged compound leaves on its stems, and each leaf will have a rounded base and pointed tip with a serrated edge. As for the bark, it will have a diamond-shaped pattern with deeply furrowed thin ridges. By October, the black walnuts should be ready to harvest.

Edible Parts: To remove the green hulls, use a simple paring knife to separate the hard casing from the nut shell. You can even keep the green hulls to make medicine. Next, all you need to do is crack open the walnut with a stone, and you are ready to consume.

3



3. Beech Nut *Fagus grandifolia*

American Beech trees produce small beechnuts as their fruit with a spiky exterior that pops open when ripe revealing two small nuts. To identify from a beech tree, look for a tree with smooth grey bark. Follow the trunk up to find ovate leaves with points along the sides, about 2 to 6 inches long. They have distinct pairs of veins coming off a central vein, each ending in a tiny point at the leaf edge.

Edible Parts: Fortunately, it's easy to prepare the beech nut. Just husk them by hand or rub bunches of the husks in between towels and then take the beech nut from the shell. After that, roast the beech nuts in a pan for about 3-5 minutes until they are toasted.

4



4. Pignut Hickory *Carya glabra*

When U.S. settlers first arrived, they observed wild hogs eating pear-shaped nuts which is where the Pignut Hickory gets its common name. While still in husks, the pignut appears smooth and green at first, but they turn watery as they begin to dry. Growing around 50' to 80', the Pignut Hickory is primarily native to hillsides and ridges of somewhat dry soil. Its leaves have a dark yellowish hue and are oddly pinnate with toothed ridges to them. Although the nuts are usually bitter and unpalatable to humans, some mammals (e.g., squirrels, chipmunks, raccoons and black bears) eat them.

Edible Parts: Despite having a bitter taste, you can still eat the pignut, but it will take some time getting used to the bitterness. To remove the shells, set the pignut out in the sun to dry to let the kernel walls shrink. Then, use a picker if the shell don't come off so easily. You can eat pignuts as a snack or garnish them on top of a yogurt, salad, or even a baked good.



EDIBLE BERRIES

1



Backyard Forager

2



The Spruce

3



Mountain Plover

4



Crocus

5



Wild Food Home Garden

1. Serviceberry (Juneberry) *Amelanchier arborea*

Alternatively called Shadbush or Shadblow, this *Amelanchier* species typically grows around 15 to 25 ft with its young leaves having soft wooly hairs while the ornamental bark of the tree is gray and streaked with longitudinal fissures. The serviceberries are purple-black when ripe, red when unripe, and are fringed with a crown. The tree will often be found growing in clumps of swamps, lowlands, and thickets.

Edible Parts: Serviceberries can be used like a typical blueberry, and in fact, some say they will taste better than one. Their flavor is mild and unique with a hybrid taste of a grape, cherry, and a blueberry. Add these berries to pancakes, pies, ice cream, and muffins, or even make a refreshing sangria out of them.

2. Rose Hip (Rose Haw) *Rosa canina*

In the fading colors of autumn, you will only see this fruit accessory when the rose flower is fertilized, and the petals begin to wither and fall off. A red outer flesh begins to develop from the base of the flower which will protect growing seeds. This species has blue-green leaves divided into five to seven hairless leaflets and pink or white flowers (with five petals) often growing in clusters of two or three.

Edible Parts: The outer flesh of a rose hip tastes like a cross between tart apple, plum and rose petal. Here's the catch, however: **the hairy inner seeds of the rose hip are inedible and actually irritate our intestines.** You can prepare the rose hip into a relish, jam, compote, ice cream, or infuse it into a tea.

3. Chokecherry (Bitter-berry) *Prunus virginiana*

Typically, these berries grow around wood edges or roadsides as they need full sun to thrive. You will easily see the crimson berries first sight, but they aren't ripe yet. Chokecherries will grow in bunches with a single large seed, and they will have a deep red color by the time they are ready to harvest which is around mid-August to September.

Edible Parts: Chokecherries are definitely edible. **However, the seeds contain a toxic compound called cyanide which can be dangerous when consumed in large doses. Other parts of the Chokecherry that shouldn't be consumed are the bark, leaves, and stems.**

4. Wineberry *Rubus phoenicolasius*

Wineberry foliage has three leaflets: a large one in the center, flanked by two smaller leaflets, and one on each side. Undersides of each leaf will appear stark white while the leaf margins are toothed. The plant itself grows in dense thickets with canes and stems that arch over up to 8 ft. While you may see thorns on the stem, these are actually reddish, glandular hairs which give the plant a distinct appearance.

Edible Parts: Similar to a raspberry but a little tarter and juicier, the wineberry has a delicious flavor that has more depth than a raspberry or a blackberry. Wineberries also freeze well so you can add them into a smoothie, cocktail, ice cream, or a juice.

5. Canadian Bunchberry (Crackerberry) *Cornus canadensis*

One of many plant species investigated for its natural chemotherapeutic compounds, the Bunchberry Dogwood is a low, erect perennial plant found likely to grow in colonies. Its cluster of red berries situated on top of distinct shaped leaves with parallel veins make this plant easy to identify. Dense clusters of white greenish flowers form above the plant's leaf whorl with each flower having 4 tinged petal-like bracts (or specialized leaves) that appear early summer. When the fruit develops, it is red, fleshy, and grows in a terminal cluster; ripening by midsummer.

Edible Parts: Having a mild flavor, The mature fruit (and seeds) of this plant can be eaten raw or cooked. The berries are mealy so they are not exactly a sought-after berry for culinary uses. However, they preserve well and can be added into jams, puddings, other baked treats and teas.



EDIBLE MUSHROOMS



1. Chanterelles *Cantharellus cibarius*

Shining like an exotic golden flower in the drab forest floor, the Chanterelles mushroom easily sticks out due to its deep orange colors. Chanterelles have forked ridges on their underside and ridges that run down the stem. Their flesh inside is creamy white and not the golden orange you see outside while their cap edge is wavy and irregular. They are easily mistaken for a **Jack-o-Lantern mushroom** which are poisonous but they have true gills instead of having false gills on the undersides.

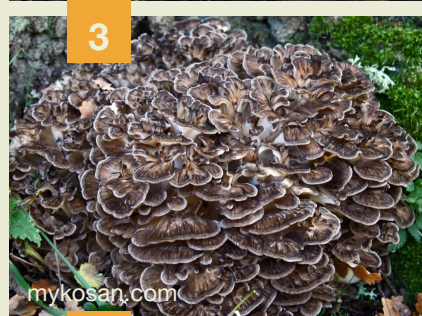
Edible Parts: Like most mushrooms, Chanterelles shouldn't be eaten raw. Cooking, especially with oil and butter, will bring out its rich flavor.



2. Oyster Mushroom *Pleurotus ostreatus*

As its name suggests, the cap of the Oyster Mushroom is fan-shaped like an oyster, and its gills are directly attached to the cap which runs down the stem. Usually, the cap is white to light brown with firm white flesh. Oyster Mushrooms may not have a stem, and if they do, they will be stubby and off-center if the mushroom is growing on the side of the log. A potentially poisonous look-alike is the **Angel wings mushroom** which is similar in appearance but is white rather than cream, has thinner flesh, no odor, and grows on dead wood (logs/stumps) rather than trees.

Edible Parts: Oyster Mushrooms have a slight chewy texture and are soft with a bittersweet aroma reminiscent of anise (or black licorice). When cooked, the flavors become mild and nutty like a seafood flavor.



3. Maitake (Hen of the Woods) *Grifola frondosa*

Maitake mushrooms easily blend in with the autumn foliage so they might be difficult to identify at first. There are no gills attached to the mushroom, but rather a pore surface in white or light gray caps that overlap with each other which are attached to a single base. The best place to find Maitake are by bases of oak trees.

Edible Parts: Maitake has an umami flavor that is very savory and rich. When cooked, the mushroom has a succulent chewy texture that is earthy and spicy in flavor. Try searing the mushroom until crispy and golden brown. You can even toss Maitake into stews, salads, or even sprinkle them over an omelette.



4. Porcini (Penny Bun) *Boletus edulis*

Porcini mushrooms have a thick rounded cap and stem that averages 7 to 30 cm in diameter. Its red-brown to dark brown caps are smooth, slightly sticky, and flat as they get older. Underneath the cap, there are many ivory, spongy tubes which release green-brown spores to propagate as opposed to the pore surface that slowly turns blue from its poisonous counterpart **Boletus huronensis**.

Edible Parts: In fresh or dried form, Porcini mushrooms can be cooked and added to pasta, rice, on top of a pizza, soups, stews, and sauces.



5. Lobster Mushroom *Hypomyces lactifluorum*

Contrary to its name, the Lobster Mushroom is actually a parasitic fungus that grows on certain species of mushroom turning them a reddish orange color that resembles the outer shell of a cooked lobster. The overall look is that of a capped mushroom that contorts with age, and the gills of the mushroom are entirely obscured by this parasite.

Edible Parts: Once you bite into it, you'll instantly be reminded of familiar briny sweetness reminiscent to that of a Maine lobster. You can add Lobster Mushrooms to stuffing, pasta dishes, broth and soups, cream-based sauces, and stews and terrines.



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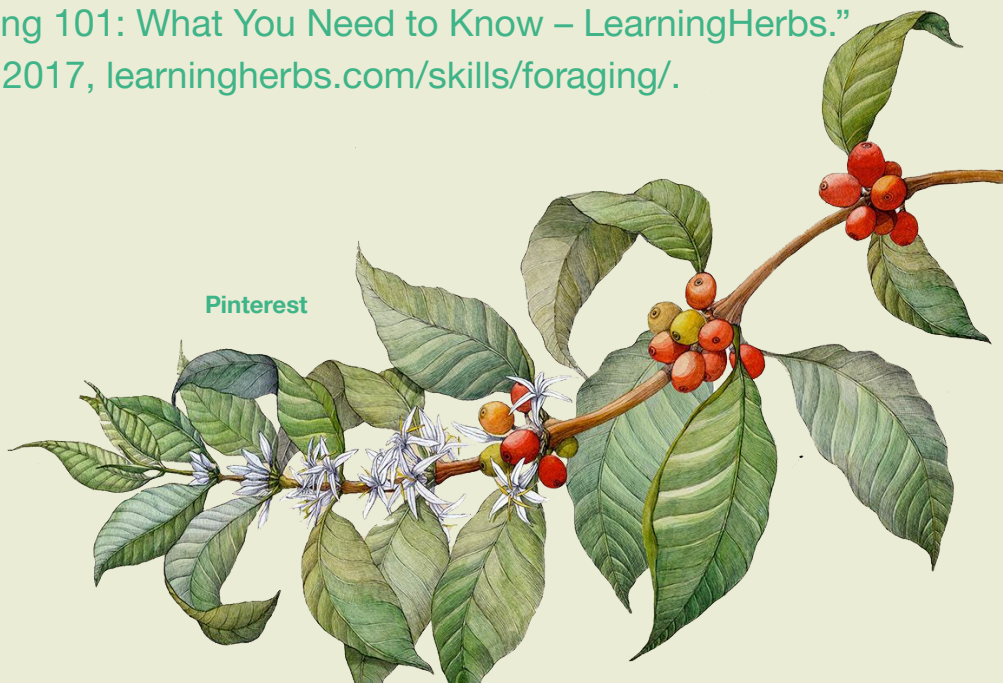
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Nora and Conner: Scholars, Athletes, Friends, Upstanding Citizens, and Now...Film Critics??

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. For our last issue, we decided to dedicate this issue to a genre that never fails to excite us. This genre is of course, horror. Horror movies are unique in their ability to captivate and control your emotions. With that said, sit back, relax, and enjoy our reviews of “The Shining,” “It,” and “Us.”

The Shining:

“The Shining,” directed by Stanley Kubrick, was a cinematic masterpiece in its original release and is still renowned today. It tells the tale of a writer who decides to be hotel caretaker at the Overlook hotel so he can write through the winter. His son Danny, however, is psychic but doesn’t know it until they get to the hotel. This psychic ability becomes known as the “Shining” and he gets visions of things happening in the hotel. The longer they stay the weirder the place becomes, ghosts start to appear around the hotel and room 237 contains a zombie woman in particular. Jack, Danny’s father, becomes increasingly agitated and aggressive the longer they are in the hotel. This whole movie builds on such intense suspense. Every corner or scene change was absolutely terrifying because you had no idea where Jack was going to be. All the while you can’t look away for fear of missing it. The “Shining” has truly planted itself as an iconic horror movie and would be later referenced as the most terrifying movie in “Ready Player One.”



Twinsies?

Photo courtesy of Hanna Tormey



Scary Sisters

Photo from: giphy.com



Us:

The movie “Us” takes the viewer down a dark path of mystery and past trauma. It forces the viewer to examine their lives and the world around them in a deeper way. I saw this movie about a month ago. I hadn’t planned on going to see it; the decision was made spontaneously. As soon as the screen lit up and the movie began to play, I could not look away. I was intensely intrigued. My full attention was present the entire time. I couldn’t stop thinking about it days after seeing it. “Us” is Jordan Peele’s second movie as a director, the first being “Get Out”. Peele has stated that the creation of “Us” involved “putting my darkest thoughts and nightmares, into my work.” The main message of the film explores our inner demons that we all have. It blurs the line between good and evil. As the movie progresses, the characters that I once trusted became increasingly questionable. For example, without giving too much away, bits and pieces of the main character Adelaide’s backstory are revealed, uncovering mysterious and eerie realities. My fascination and interest in the story only grew after I left the theatre and researched the hidden meanings within this two hour and one minute masterpiece. The Easter eggs and symbolism found within “Us” are plentiful. I suggest looking on Youtube if you are interested in learning more about these messages enclosed by this text.



Photo from wikipedia.org

Photo from
rollingstone.com



Photo from
wikipedia.org

Photo from
goodreads.com



It:

“It” like “The Shining” comes from the brilliant mind of Stephen King. The movie, which was remade, came out in 2017, and follows the 1986 novel and 1990 film, both with the same title. The movie tells the story of a strange and evil presence that haunts the children of Derry, a small town in Maine. It is discovered that these dark occurrences happen every 27 years. Right as the school year comes to a close, and summer commences, a group of misfits find themselves in situations up close with this darkness that presents itself in the form of a clown named Pennywise. They realize that this creature is not limited to being a clown; it can take many shapes. For example, in the movie he disguises himself as a piece of art, and then as the family members of some of the characters. This is why Pennywise is referred to as “It” throughout the movie. His greatest power is his ability to bring the fears of his victims to life. When the kids understand that their fear is the very thing that fuels Pennywise, they are able to grasp a greater control of the situation, and eventually regain power over their lives.

I really appreciated the humor and heartfelt moments woven throughout the movie. While I love suspenseful moments, it’s always nice to have some comic relief to break up the intensity. This movie was very enjoyable, and not too scary in my opinion, so if you are hesitant to dip into the horror genre, this could be a good movie to start with.



We would like to thank...

**“The senior class of
2019 for making it
through high school.”
-Hanna Tormey**

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-Journalism Students**

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such a great teacher
this year.”
-Olivia Ormsby***

**“MR. CALKINS FOR ALL OF
YOUR HARDWORKING YEARS AT
ALFRED-ALMOND.”
-AACS STUDENT BODY**