

# THE OBSERVER

News We're All a Part Of

CUPID  
KILROY  
BREAKFAST  
TIME'S UP  
BLACK MIRROR  
NY FASHION WEEK  
>OBSERVER\_



# VALENTINE EDITION



February 2018  
Vol. 7 Issue 4



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## Letter from the Staff

*Dear Readers,*

Here we are, all a month older with lots to look forward to, including the fourth issue from *The Observer!* We are back with a slew of articles entertaining a variety of emotions including love, excitement, and curiosity. In this special February edition, learn about holidays in this month other than Valentine's Day, and some of the big upcoming events like NY Fashion Week and the Winter Olympics. Delve into the science of love, and possibly rethink what you perceive love to be. Read about cyborgs and the Observer video game! We have included material for every reader to enjoy, so get yourself a tasty beverage, put your legs up, and see what issue four has to offer!

Until next month, stay frosty,

## Mission & Vision

### News We're All a Part Of

It is our mission as the Alfred-Almond *Observer* to provide truthful, unbiased, and accurate information to the student body. Our goal is to deliver relevant stories focused on both informing and entertaining the Alfred-Almond community. We strive to promote a positive school climate and will use the *Observer* as a way to give all voices at Alfred-Almond a platform.

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# Announcements

**Winter Recess  
Monday,  
February 19 to  
Friday,  
February 23**

**All-County  
Music Festival  
Hornell High  
School  
Friday March 2  
& Saturday  
March 3**

**Winter Sports  
Awards  
Thursday  
March 1,  
7:15 pm in the  
Auditorium**

**Five Week  
Reports  
Friday  
March 2**

**Bumpalooza  
in AACS gym  
Friday  
March 2,  
4pm**

**Valentine's  
Day  
February 14**

**Supt.  
Conference  
Day Friday  
March 2**

**March 21 Jr. Sr  
High Band +  
Jazz Band  
concert  
at AACS**

**March 22  
Jr. Sr High  
Chorus  
Concert  
AACS  
Auditorium**

**The Wizard of Oz  
AACS Auditorium  
Thursday March 8,  
7:00 pm,  
Saturday March 8,  
7:00 pm,  
Sunday  
March 11, 2:00 pm**

**March  
30 - NO  
School!**

**All of  
February is  
Black  
History  
Month!**



# >OBSERVER\_ A REVIEW

BY JOSH CARSTENS, DESIGN MANAGER

It seems that we are entering a golden age of horror. 2017 saw the release of a significant number of pieces of media which were not only scary, but actually well-composed. Public awareness was mostly concentrated on the films, such as *It* and *Get Out*, but there were also excellent releases in the video game world this year. Most of the attention last year went to already-established intellectual properties *Resident Evil* and *Outlast*, with their seventh and second installments respectively. But Polish developer Bloober Team had their own contender in the form of their second horror release, >OBSERVER\_.

>OBSERVER\_ exists in a completely separate universe from Bloober Team's first trial in the horror genre, *Layers of Fear*, which was released in early 2016. *Layers of Fear* and >OBSERVER\_ have been the developer's most successful games so far, but they're not the first. Before producing psychological horror games, Bloober Team tried its hand at a variety of genres. Their first game, released in 2010, was a *Rock Band*-esque music game called *Music Master Chopin* which allowed the player to perform Frédéric Chopin's most significant works in classical, rock, and pop arrangements. They then tried their hand at developing games for the Nintendo DS and Wii with *Double Bloob* and *Paper Wars: Cannon Fodder*, followed by two puzzle games, *A-Men* and *A-Men 2*. They released their sixth game, *Basement Crawl*, to a 27 out of 100 on Metacritic which prompted a complete redesign and re-release under the name *Brawl* which they gave away for free to all *Basement Crawl* owners. *Brawl* was much more well-received and it

prompted the development of more fledged out games and the venture into psychological horror, which put them in the public eye.

>OBSERVER\_ has been described by many as "cyberpunk", reminiscent of the *Blade Runner* and *Ghost in the Shell* universes but with a horror element, much like the 2015 video game *SOMA*. It takes place in a dystopian universe where many people have received cybernetic augmentations which can treat what was previously untreatable, such as organ failure and cardiovascular diseases. Government units known as "Observers" can access people's memories and dreams through these augmentations to assist in crime fighting. You are one of these Observers known by the name Daniel Lazarski, and your son, whom you haven't heard from in years, is an employee at a major corporation called Chiron. At the beginning of the campaign, you receive a mysterious call from your son, which you trace to a run-down apartment building that you subsequently go to and investigate. While you're there, a lockdown sequence occurs due to a nearby suspected outbreak of the Nanophage, which is a digital disease that affects cybernetic augmentations, is nearly incurable, and most of the time results in death. Because of this lockdown, you stay near the apartment building for most of the game, but the Nanophage is the least of your worries, as you discover the seemingly endless horrors the tenants of this apartment building have gone through by means of dream scans and evidence-collecting.



This is certainly a mentally-stimulating game. It sets a wonderfully-rich atmosphere from the moment the game starts - in your retro-futuristic car as the rain falls, surrounded by neon lights. It combines elements in a very unique way, managing to fit the noir, cyberpunk, and surrealist genres simultaneously. When you actually enter the apartment building and invade your first dream, Bloober Team's distinct brand of horror they established for themselves in *Layers of Fear* becomes apparent. Their strategy is to bombard you with so many different environments and elements that you become overwhelmed and more susceptible to fear. Hallways will appear and disappear behind your back and make you completely lose your sense of position and direction. This sense of disorientation, which reminds me of the 2013 puzzle game *Antichamber*, truly makes you feel like you're reliving a dream. When you finally exit a dream sequence, it's like you can feel your brain coming back up for air. You feel a great sense of relief that things make sense again, but you know that your job isn't done. You have to make sense of the dream you were just in, as it's also a memory. You were in there to get information on your suspect. In these dreams, you can make out recurring themes. Drug dealing, prison, classism, corporate domination over society. While you're observing these dreams to collect evidence, they also serve a purpose to the player by filling in details about the universe the game takes place in, and providing backstory on the people you're investigating. I really enjoyed the execution of these dream sequences, as they are the meat of the horror experience.

I'd say >OBSERVER\_'s atmosphere is its strongest element. While the story is adequate, it's not as significant or thought-provoking as similar games like

*SOMA*. However, I personally am never very concerned about the story, but instead the mood and feeling the game gives off while playing it, and this game has that covered. It's clear a lot of work was put into the environment. The attention to detail both visually and auditorily was stunning and exceeded my expectations, which were already high based off of what Bloober Team delivered in *Layers of Fear*. Overall, I would definitely recommend this game to the average horror game player, and even for those who don't play horror games, keep this one in mind.



#### FULL DEPENDENCE

In this universe, the human race is dependent on technology to the point of mortality by computer virus. Image from [steamcommunity.com](http://steamcommunity.com)



#### TRAUMATIC MEMORIES

Midway through the game, you get to look into the dreams of someone haunted by the memories of his prison sentence and its effect on his life. Image from [steamcommunity.com](http://steamcommunity.com)



By: **Jessica Matteson**  
Editor in Chief

# SHATTERING REALITY:

# CYBORGS

With the recent release of the fourth season of *Black Mirror*, a Netflix show that explores dreary outcomes due to technological advancements, people have once again speculated about the future. Is the world going to be ruled by robots? Will we find ourselves submerged in machines, or within a computer generated world itself? With technology improving so rapidly, all of these possibilities, in my opinion, are likely plausible. For the next few articles, I will explore the scientific possibility as to how these events *could* happen, starting with the potential of cybernetic humans.

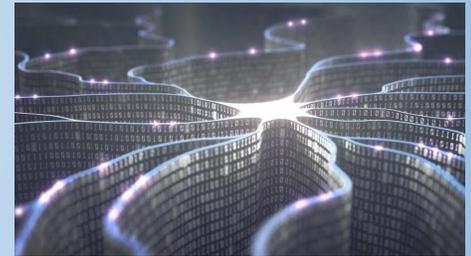
According to dictionary.com, a cyborg is “a person whose physiological functioning is aided by or dependent upon a mechanical or electronic device.” In other words, it is someone whose life is improved by machinery. By that logic, aren’t humans already cyborgs? Everyday, people use their cellphones to assist them in contacting others, navigating the roads, and keeping track of what we should eat. For medical purposes, people are often melded with remedies such as metal plates, pacemakers, glasses, and hearing aides in order to function better. Who’s to say we cannot go one step further, that we can’t implant some sort of microchip into the human brain that can relay and project messages to us, as though we were a computer? Just as it was displayed in *Black Mirror* episodes such as “Nosedive,” (Season 3) “The Entire History of You,” (Season 1) and “Arkangel,” (Season 4) this future is extremely plausible.

Besides our current mechanical assistance, more health based technological services are being developed. Many people are looking to invest in a system that could detect symptoms of neurological ailments, such as Alzheimer’s Disease and Parkinson’s Disease, in order to provide the afflicted with assistance earlier. Entrepreneur Elon Musk is well underway with that idea, and has been working on a project along those lines titled “The Neural Lace” since 2015. Musk would have the neural lace, a wireless, computer like mesh, function as a device to relay our electrical impulses, potentially transferring memories and our consciousness to computers after death. If this project were to be successful, it could be an extremely popular technology, and most likely would be upgraded over time, possibly transforming into the microchips found in *Black Mirror*. Big businesses could try to transfer this microchip technique to a consumer market, since it could be profitable. Suddenly you would be able to track your cat, see someone else’s Facebook profile, or view all your past memories all through a quick thought.

Researchers are already exploring that potential. Currently, scientists at Johns Hopkins University have developed a mechanical arm controlled purely by the thoughts of the subject pertaining the arm. This means that people already have an advanced grasp on how to manipulate electrical impulses in the brain in coordination with technology to do what we



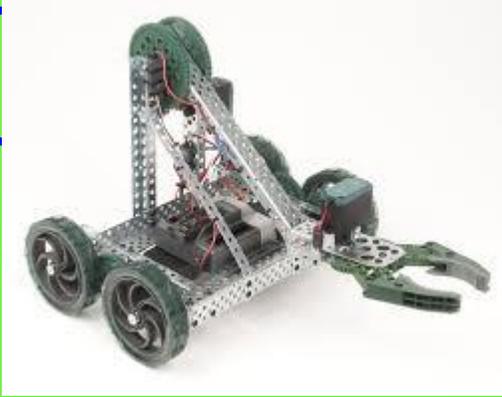
**The Entire History of You**  
*This episode of “Black Mirror” features humans with built in memory aid devices.*  
**Photo from netflix.com**



**The Neural Lace**  
*This technology is intended to span your brain and help you function for the better.*  
**Photo from techworld.com**

physically want. No wonder other researchers, such as Alex Soojung-Kim Pang at Stanford University, believe that an addition of a microchip is not only pending, but will greatly enhance everyone’s lives. If we were to improve this wondrous innovation, we could create the reality *Black Mirror* has envisioned.

Overall, it seems that it is highly plausible that we could become even more cybernetic. With real life advancements and eager investors, a focused team should be able to develop new technology quite quickly. Hopefully this has made you ponder; stay tuned next issue as we explore simulations!



Vex Robot

*This is an image of the Vex robot that was used by the competitors at the Robotic competition in Big Flats, NY  
Photo from sites.google.com*

# WO-BOTS!

**By Christopher Galusha**  
Staff Writer

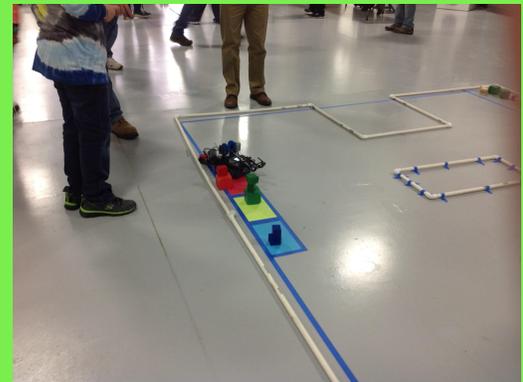
On January 17, 14 of Alfred-Almond's students attended the Regional Robotic Competition in Big Flats, NY at the Wings of Eagles Discovery Center. Six schools attended this competition including Alfred-Almond, Canaseraga, Elmira, Corning, Avoca, and Hammondsport. These students all worked very hard to get their robots prepared for this time of the year. Mr. Mike Levey has been taking his after school robotics club to these competitions for the last three years. As this school year began, Levey got the opportunity to begin the robotics class. This gave

students that couldn't take advantage of the after school team the opportunity to try it out. The basics of the class is a programming course to teach students how to program the robots they built and to get them ready for the regional competition.

## The Challenges:

**The sentry challenge** was difficult for many of the students to complete. The sentry challenge is where you had to program your robot to stay in a 2ft wide by 5ft long box. Each side of the box was the same and the students had to code the robots with numbers having the robot's motors move at a different speeds and keep the 1ft wide robot in between the 2 ft gap.

**The bus challenge** was one of the easiest for Alfred-Almond students. It is a series of different turns and locations that you have to have your robot go to. The judges had a deck of playing cards, and each card had its own designated location. If you drew a Jack, you would have to tell your robot to go to the school location. If you drew a Queen, you would have to tell your robot to go to the hotel location. If you drew a King, you would have to tell your robot to go to the library. If you drew an ace, it's the student's choice, and if a joker was picked, you have to go wherever the judge tells. you to go.

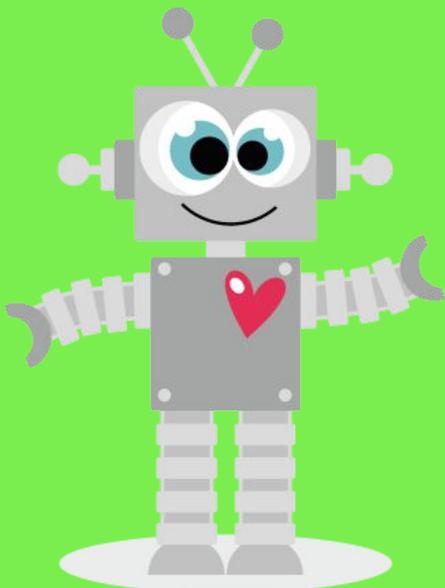


Warehouse

*Above is a picture of the warehouse challenge. Students worked together to stack boxes in the colored location.  
Photo courtesy of Mr. Levey*

**The warehouse challenge** is by far the easiest challenge for the Eagles. This was a competition that had to be done with teamwork. Even though competitors got to use the controllers students still had to use codes to program the controllers. We had to use the controllers to move around the floor and pick up small colored boxes and stack them three high. We had to work with at least one other team from Alfred-Almond to get as many points as possible.

While Alfred-Almond did not place in the competition, the students all had a great time and enjoyed the competition very much. Those who may be interested in the robotics course can see your school counselor and see if it is available next school year, and see if you can fit it into your schedule. Anyone interested in the after school robotics club see Mr. Levey with any questions, and he will be glad to address them for you.





**WHO IS IT?**  
 BY: MORGAN GIGLIO  
 COPY EDITOR

As the third installment of this column I hope that it has begun to serve as more than just a fun, quick read in the school paper, and more as a platform for students to get to know the faculty and staff of our school. There is much more to each individual than their profession alone (believe it or not teachers do have lives outside of school), ranging from childhood to future goals. This month I had the honor to reach out to a well-known and respected member of our school's faculty and sit down with them for an interview. So now, once again, I challenge you to figure out **who is on the other end of this Q and A.**

Q: What are your hobbies?  
 A: Golf, hunting, and music

Q: What are three interesting facts about you?  
 A: My left ring finger has been broken since I was 12, I am afraid to fly, and one side of my family were devout Jehovah Witnesses.

Q: Who is your favorite musical artist?  
 A: Johnny Cash

Q: What is your favorite color?  
 A: Green

Q: What is your favorite animal? Why?  
 A: I like dogs because they are fun.

Q: What's your favorite part about your job?  
 A: Forming relationships

Q: What is a normal day in your job like?  
 A: Educational

Q: What jobs did you have prior to this one?  
 A: Construction laborer, research and development laboratory technician, gravedigger, and landscaper

Q: What job would you be terrible at?  
 A: Mechanic

Q: What job do you think you'd be really good at?  
 A: Gasoline pump attendant

Q: Why did you decide to do the work you are doing now?  
 A: To be able to do good, stay young, and coach.

Q: If all jobs had the same pay and hours, what job would you like to have?  
 A: After teaching, I would like to be a letter carrier

Q: Where did you go to high school?  
 A: Bath Haverling

Q: Where did you go to college?  
 A: Hamilton College, SUNY Brockport, and Alfred University

Q: Did you play any sports in highschool or college?  
 A: Football, basketball, and baseball in high school, and baseball in college.

Q: When did you meet your significant other?  
 A: Autumn 2004

Q: When did you get married?  
 A: 12-30-2006

Q: How many children do you have?  
 A: 3

Q: Who was/is your biggest role model?  
 A: Johnny Cash

Q: What would you say your biggest accomplishments are?  
 A: My family, my classroom, and teams I have been part of.

Q: Would you rather have a horrible short term memory or a horrible long term memory?  
 A: Horrible short term memory because my long term memories in general seem more important, for example I would never want to forget my grandma.

Q: Would you rather have a horrible job, but be able to retire comfortably in 10 years, or have your dream job, but have to work until the day you die?  
 A: Dream job and work until the day I die because it is important to me to be productive.

Q: Would you rather suddenly be



elected a senator or suddenly become a CEO of a major company. (You won't have any more knowledge about how to do either job than you do right now.)

A: I would rather suddenly be elected senator only because I believe I have a little bit more knowledge in that direction.

Q: Would you rather have an unlimited international first class ticket or never have to pay for food at restaurants?

A: The ticket, there are a lot of places I'd like to visit but can't.

Q: Would you rather know the history of every object you touched or be able to talk to animals?



Edumicated This Brockport Alumni has a banner displayed proudly in the front of his room. Photo courtesy of Morgan Giglio

A: I would rather be able to talk to animals, I always want to know what my dog is thinking.

Q: Would you rather have to read aloud every word you read or sing everything you say out loud?

A: Sing everything I say out loud in hopes it would bring humor and joy.

Q: Would you rather never lose your phone again or never lose your keys again?

A: I would rather never lose my keys again.

Q: Would you rather have a criminal justice system that actually works and is fair or an administrative government that is free of corruption?

A: A fair criminal justice system.

Q: Would you rather have all traffic lights you approach be green or never have to stand in line again?

A: I would rather never have to stand in line again.

Q: Would you rather know all the mysteries of the universe or know every outcome of every choice you make?

A: I would like to know the outcome of every decision I make, it would make me a pretty successful dad.

Q: What five things could you not live without? (Possessions not people.)

A: A truck, yard, cheeseburgers, eyesight, and competition.

Q: Would you rather not have those five things forever, or lose everything else you care about?

A: I would rather lose those five things.



Big Eagle This carved display of school pride can be found behind this staff members desk. It shows their love for our school and our mascot. Photo courtesy of Morgan Giglio



Who's behind door #3? Find out which staff member it is on page 29! Photo courtesy of Morgan Giglio



# Getting to Know Kilroy

By  
**Emily Noone**  
Design Manager

Kilroy comes to school often and is loved by the students, but where was Kilroy before he started coming to Alfred Almond?

Kilroy was raised and trained for Guiding Eyes for the Blind until he was almost a year old, when he started losing his sight. Kilroy went to several specialists to try to figure out why he had begin running into walls. They discovered that Kilroy had Corneal Lipidosis, a condition that causes cholesterol or mineral deposits to develop on the cornea of the eye, most of the time making it difficult for the dog to see. Some dog breeds are predisposed to developing the condition, like the Beagle, Cocker Spaniel, Whippet, Siberian Husky, and German Shepherd. Typically older dogs and unhealthy dogs are diagnosed with Corneal Lipidosis; Kilroy was neither. Mrs. Chambliss took Kilroy in after discovering that he could no longer serve as a useful guide dog. After 6-8 months of being under Mrs. Chambliss's care,



*Besties Photo courtesy of Mrs. Chambliss*

Kilroy completely recovered from Corneal Lipidosis, which is very uncommon.

Mrs. Chambliss had been working towards getting a dog in the school since before Kilroy was even born. It has taken almost eight years to get to the point that a dog could be allowed at AA during the school day. In 2004, dogs started to be able to come into the building after school for sporting events and during the summer, but since then it has been a very slow process to get a dog in during school hours. Dogs hadn't been allowed at school for a number of reasons, including; allergies, fear of dogs, not everyone is a dog lover, it can be a distraction, and many others. Although Kilroy has been coming into school during the summer for a number of years, he just began being allowed to come during school this year. Here at AA, Kilroy acts as a therapy dog. For Kilroy to be able to come to school

**"He makes me happy and I love him with all my heart."**

he has to be tested routinely, he also needs to go through obedience training, he needs to pass the Canine Good Citizen test, and be a certified therapy dog. Kilroy must be invited to come by a teacher who thinks he is needed. He came in before Christmas break because it was thought to be a stressful time, and everybody could use a little bit of pick-me-up from a cute dog. His presence in the building is based on the needs of students and teachers. Kilroy tends to spend more of his time in the elementary school, rather than the high school, as he is more needed there. When Kilroy isn't helping students, he has down time in Mrs. Chambliss's room, which is his home away from home.

Kilroy has been a positive influence on many of the students at Alfred-Almond; when he walks by in the hallway you can tell how much everybody loves him. Kids say "Hi" to him and stop to pet him, and some even walk him around the hallways. When asked what Lindsey A. and Sarah J. thought about Kilroy, they replied, "I flipping love him," and, "He makes me happy and I love him with all my heart."



**Sandy** In last year's play, "Annie", Kilroy played the role of Sandy, he did very well.  
*Photo courtesy of Mrs. Chambliss*



**The Students and Kilroy** Kilroy is very loved by the students at AA. *Photo courtesy of Mrs. Chambliss*



# The Snow Ball

BY ATTILO CUSHING  
STAFF WRITER / DESIGN  
MANAGER



PHOTO CRED. MS. CARRETTO

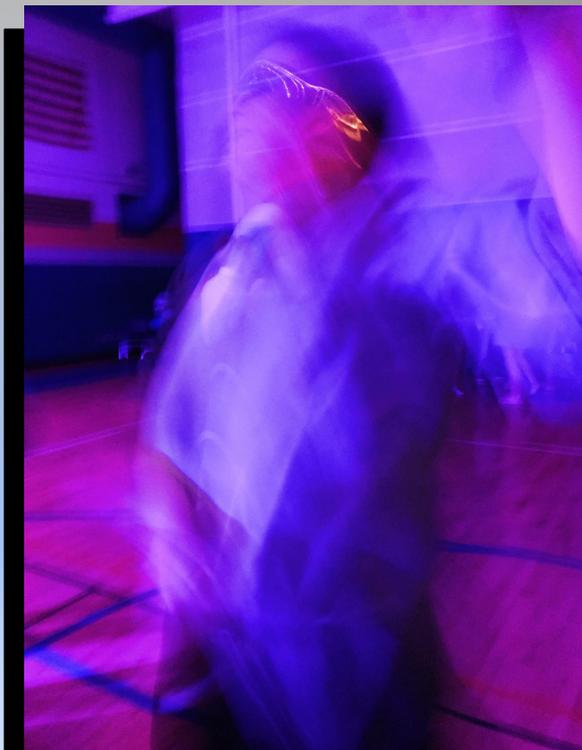


PHOTO CRED. MS. CARRETTO



*Sentiments of love, the sound of laughter, and genuine smiles resonated throughout the night. A mixture of composed elegance with bursts of expressive energy created a colorful environment enjoyed by numerous people. Although some of smaller details were observed, many others were blurred in memories and absorbed by the excitement of the night. Photo Credit: Attilo C.*







# What is Love?

By: Maya Racho  
Copy Editor

Alfred Almond teachers and students were asked the simple question, "What is love?" Here's what they had to say...

Age

13

When two people share a bond. -**Grace Hildreth**

Age

63

It's more than the biblical reference, it's the ability to not question another person's way of being. -**Mrs. Donius**

Age

17

Being there for someone through the highs and lows. -**Annie Lloyd**

Age

12

When you care about someone deeply and put their needs before yours. -**Taylor Flaitz**

Age

46

Unconditional, you care about that other person regardless of how they may act towards you or treat you. -**Mr. Mac**

Age

42

Seeing someone or something and it makes you happy. -**Mrs. Valentine**

Age

15

Caring about someone, no matter what. -**Will Tormey**

Age

42

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. (1 Corinthians 13:4-7) -**Mr. Rech**

Age

10

Standing up for that person, being on their side. -**JaeLynn Dodson**

Age

17

No matter how frustrating they are, you still help them out. -**Chase St. George**

Age

11

When you care for someone, and they are always by your side. -**Kylie McMichael**

Age

39

Love is the deep affection and concern you have for someone. It is putting someone before yourself. It is treating someone special and letting them know you would go to all ends of the earth to do something for them. Love is trusting someone and knowing you can always count on them and they can count on you. -**Mrs. Decker**

Age

12

Doing anything for someone, no matter what they do. -**Josie Racho**

Age

11

You like someone a lot. -**Gracen Dusinberre**

Age

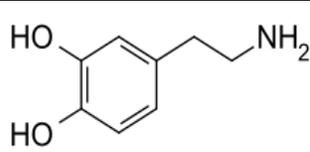
16

Compassion between two people. -**Haley Landries**



# Love: It's All in Your Head

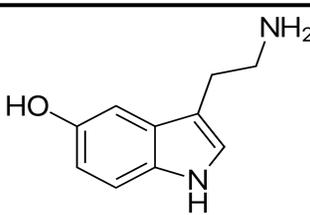
By  
**Zoey Kays**  
Staff Writer



### Behind The Scenes Of Feeling Happy!

*The chemical build of the neurotransmitter dopamine includes hydrogen, oxygen, and nitrogen*

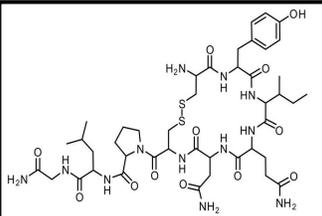
**Image From:**  
[leafscience.com](http://leafscience.com)



### A Feel Good Neurotransmitter Serotonin, one of the four "feel good"

*neurotransmitters, has the chemical build up of hydrogen, oxygen, and nitrogen.*

**Image From:**  
[softschools.com](http://softschools.com)



### A Double Standard

*Oxytocin is known for connecting two individuals, and causing envy. The complicated chemical build up includes nitrogen, oxygen, and hydrogen.*

**Image From:**  
[healthcare-world.com](http://healthcare-world.com)

What is love? This is the common question that has been on the minds of humans for years and years. Some say it's the feeling of being deeply attracted to another person - the feeling where your knees get weak, your palms get sweaty, and you can't get the person off your mind. The real question here is, *why?* Love starts at the source of all feelings, the brain.

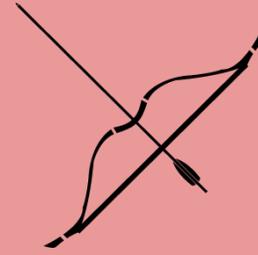
When in love, the brain tends to release high levels of the neurotransmitter dopamine, the same chemical that is released when someone is addicted to gambling, drugs, food, etc. The person experiencing this addiction isn't necessarily addicted to the physical thing, they're addicted to the dopamine being released in the brain. This means when falling in love, the dopamine level increase and you think you are addicted to the person you're attracted to. You're addicted to that happy, fuzzy feeling that dopamine brings along with it.

The dopamine isn't working alone here. You may be sitting on your bed staring at your phone wondering, "It's been five minutes why haven't they answered yet? Maybe they don't even like me." Well, there's a logical answer for this anxious feeling too. The serotonin levels in your brain actually decrease. This reaction also occurs with people who experience obsessive compulsive disorder, also known as OCD. Love and OCD cause anxiety and higher stress levels. This is mainly seen in new relationships. A study conducted by Donatella Marazziti, Professor of Psychiatry and Director of the Laboratory of Psychopharmacology at the University of Pisa, showed that 12 to 18 months into a relationship the serotonin and stress levels return to normal.

Until you and your significant other have been together for over a year, you may be so anxious that you feel your heart beat faster and faster. This is because your brain sends out adrenalin, another neurotransmitter. If you've ever been scared and had your heart pounding, adrenaline takes full responsibility. Some may say that when looking at the person you love, your pupils may expand in size. Now this isn't because you think that person is totally cute, it's your body preparing for "fight or flight." Your body does this due to the boost in adrenaline.

Love isn't always described as the best feeling in the world, there are also many downsides. One neurotransmitter in the brain is responsible for this...oxytocin. Oxytocin has been depicted as the transmitter that creates the bonding between a couple. This is seen when a mother is breastfeeding her baby or even as you simply hug your partner. It's mainly released during physical contact with another human. However this transmitter has a negative side it. Recent researches have found that oxytocin is also responsible for the suspicious, jealous feeling someone in a relationship may experience. Simone Shamay-Tsoory of the University of Haifa stated that when a person is in a positive situation, the transmitter gives a positive effect. However, when the person is in a negative situation, the transmitter gives a negative effect.

If you're experiencing love and feel like you're going crazy, just sit back and think about all of the neurotransmitters going wacky in your head at this very moment. Remember to not over-stress this feeling because after all...it's all in your head.



# CUPID

By  
Chloe Muhleisen  
Copy Editor

Many people recognize Cupid in history as the mascot of Valentine’s Day. A mischievous, cherubic looking, winged creature that carries with him a bow and arrows. This was not always the case. Cupid’s origins and the stories involving him are not commonly known in today’s culture. What people don’t know about Cupid is that he is involved in many mythological stories and known for causing trouble. He has also had troubles of his own involving relationships.

Cupid is the god of desire, attraction, affection, and love in Greek and Roman mythology. He is the offspring of the goddess of love, Venus, and the god of war, Mars. Cupid carries two kinds of arrows. One arrow has a sharp golden point and it is said that anyone injured by it becomes filled with uncontrollable desire. The other type of arrow has a blunt tip with lead, and the person injured by the lead arrow feels aversion and only desires to flee. Cupid’s arrows play a very important role in the stories that he is involved in.

Cupid is known to cause trouble for others in most of his stories. In one story, Cupid is taunted by Apollo, the god of music, truth and prophecy. Apollo tells Cupid that he is a better archer. This angers Cupid and causes him to shoot Apollo with a golden arrow which fills him with uncontrollable desire. Apollo then desires a nymph, named Daphne, who Cupid shoots with a lead arrow. The lead arrow causes Daphne to be repulsed by Apollo. This is the first of many tragic love affairs for Apollo because of Cupid.

Although Cupid is known for meddling in other people’s love lives, he also



had a rough try at forming his own relationship. The story of Cupid and his love, Psyche, is often used to show how love can conquer all. It has to do with Cupid overcoming the obstacles of love to be with Psyche. Venus, Cupid’s mother, sent Cupid off to get revenge on Psyche after rumors of her beauty threatened to overshadow Venus’. Instead of doing what he was told, Cupid becomes enamored and begins to visit her at night. Cupid’s one request is that Psyche never looks upon him. However, one night when Psyche’s sisters convince her that she must be in love with a hideous monster, she brings a lamp with her to see him. When she shines the light on him and realizes how beautiful he is, she is startled. Cupid becomes angry that she disobeyed his wishes, and flees. Psyche wanders the earth looking for Cupid, but doesn’t find him. She falls into a comatose state, and Cupid finally finds her in this condition. He wakes her and grants her immortality so that they can be together forever.

While literally meddling with love, Cupid is also involved in many stories symbolically. Cupid has wings because lovers are “flighty” and love is fleeting. Cupid is at times described as childish because love is irrational and causes people to make impulsive decisions. Cupid’s arrows are a symbol for how love wounds the heart. Cupid is the ultimate symbol of the obstacles that lovers must go through. He is mischievous and causes trouble for most people he comes in contact with but his admiration for Psyche shows that love is enduring and conquers all. In one story, Cupid is stung by a bee when he attempts to steal honey from its hive. When he runs to his mother, Venus,

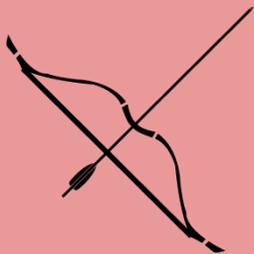


he tells her he doesn't understand how something so small can cause so much harm. This is ironic because he too is small yet causes pain and suffering for many people.

The Cupid that people know today is different from the one described in ancient times. Although he is still described as mischievous and known for meddling, many people don't know about his origins. They don't know about his involvement with Apollo and his love for Psyche. They don't know the stories involving him and his arrows. However, after realizing that there is more than meets the eye, people now know more about Cupid.



Cupid and Apollo Cupid shoots Apollo with a golden arrow and causes a plethora of strife for him. Photo from pinterest.com



Modern Cupid Many think of Cupid as a small, almost angelic cherub. Photo from christart.com





# Romantic Holidays in Asia

By Abigail Hendee, Editor in Chief

Valentine's Day is a day to celebrate romantic love. This holiday's history dates all the way back to ancient Rome where they celebrated a spring festival on February 15, but when Christianity became Rome's main religion, they moved the holiday to February 14. The original holiday celebrated many saints, including Valentine, but somewhere along the way romantic love was tied in. Valentine's Day is celebrated not only in America, but even in countries on the opposite side of the globe! Many Asian cultures celebrate romantic love in their own way that have interesting differences from ours.

Japan celebrates two days, one in February and one in March. On March 14, they celebrate White Day, where the men present women with gifts. The date in February is Valentine's Day, but in Japanese culture, the women present the men with chocolates, which are either homemade or purchased in stores. In Japan, there are two types of chocolates that are made. Giri-choco is known as obligation chocolate for non-romantic relationships ie. friends, co-workers, and bosses.



Giri-choco and Honmei-Choco

*When the time comes to make chocolates, girls tend to make cute decorations or tasty fillings inside the chocolates. Sometimes they look like the truffles we have in America.*

*Photo from house-recipes.com*

The other type of chocolate is Honmei-choco which is for romantic relationships like husbands or boyfriends. Mrs. Eri Cushing, who emigrated from Japan when she was 19 years old, shared some of her experience with Valentine's Day in Japan. Mrs. Cushing is the mother of AA students Attilo, Aquila, Laertes, Athena, and Astraea. She said that when she was in junior high (14-15 years old), she made heart shaped chocolates for her boyfriend. She also mentioned that adults purchase the more expensive/high end chocolates because they have the money for it, whereas students either make or buy less expensive ones. Today in America, Mrs. Cushing makes brownies or chocolates on Valentine's Day for her children to celebrate.



The Meal for Singles

*Even though Jjajangmyeon is eaten when feeling sad on Black Day, it is still eaten as a treat for happier occasions like graduation, exam days, and birthdays!*

*Photo from koreanbapsang.com*

South Korea is similar to Japan regarding Valentine's Day and White Day, but they have another holiday in April called Black Day. Black Day is for single people who didn't receive a gift on either Valentine's Day or White Day. Generally, friends will meet up to eat Jjajangmyeon, black noodles. The black noodles are just normal noodles served with black bean sauce. On this day, many singles will dress in all black to show their sadness. South Korea actually has a holiday on the 14th of every month for love, like Kiss Day (June), Green Day (August), and Movie Day (November).



A country with a very unique way of celebrating romantic love is China. In China, they have the Qi Xi (Chee-She) Festival, which lands on the seventh day of the seventh month on the lunar calendar. The festival is based on a 2,000 year old fairytale where a goddess, known for her sewing, and a cow-herder fell in love on Earth and had two children. They could not be together because her mother, the goddess of heaven, angrily took her back to heaven. However, the cow-herder had an elderly cow who was really an injured god, who offered his skin to the human and said it could be made into shoes to allow him to fly to heaven. He searched for the goddess, but the mother separated the two by a river (the Milky Way).

She finally made an exception for them to meet only on Qi Xi. They met by the help of magpies which are a type of bird. The festival's celebrations vary based on location. In rural parts of China, the elders tell the fairytale to the children. Some girls hide among pumpkins and believe that if they hear the voices of the goddess and the human they will find love soon. Some children will pick wild flowers and put them around or on cows horns to show respect. The most common custom is girls praying for skillful hands for sewing. While the festival isn't that common in cities, it is still celebrated today.

Valentine's Day in America isn't the only time and place where romance is celebrated. All around the world, there are holidays centered around love. From making homemade chocolates, to hiding with pumpkins to hear a goddess whisper, Asian countries have many fun and diverse romantic traditions.



**A Forbidden Love Story**

*The goddess and the cow-herder meet across the Milky Way on one night of the lunar year with the help of the birds.*

*Photo from [jadeturtlerecords.blogspot.com](http://jadeturtlerecords.blogspot.com)*

# Candy Grams are Back at A-A!

*What's a Candy Gram?*

*It's a card that you can choose to send to someone with a heart shaped lollipop!*

*Support the A-A Math Team!*

*\$1.00 per Candy Gram*

*Selling during lunch mods  
Feb. 6-13 2018  
and delivered on  
Valentine's Day!*



## Other Holidays in February

Samantha Quick Design Manager

### Groundhog Day

Groundhog Day was originally created in 1887 on February 2. According to legend, if the groundhog sees its shadow, there will be six more weeks of winter, while no shadow means that spring is coming early. People travel to Gobbler's Knob in Punxsutawney, Pennsylvania to see Punxsutawney Phil predict the weather for the next weeks on Groundhog Day. This year Punxy Phil saw his shadow which means six more weeks of winter.

The traditions of Groundhog Day trace back to the Christian Holiday of Candlemas Day, which started during the biblical time, and is celebrated to this day in other Christian and Catholic countries. On this day, candles would be distributed as a symbol of the long and cold winters to come. During the 19th century, the Germans would adopt the idea of Candlemas Day, but changed it to a day where they chose a rodent, the hedgehog at first, to predict the weather. When the Germans settled in present day Pennsylvania, they continued their tradition but with a more common animal in that area, the groundhog or woodchuck. It took time before the American culture would accept Groundhog Day as a holiday.

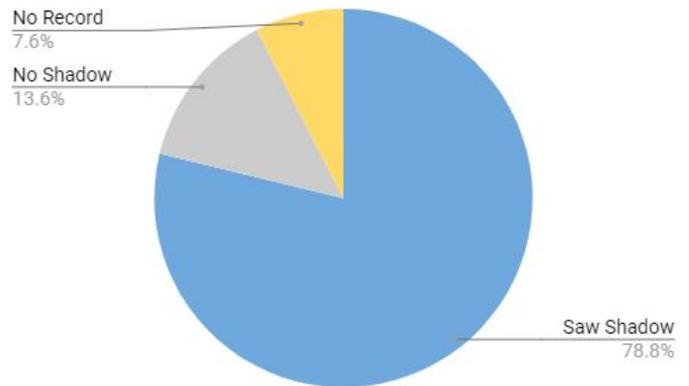
In Punxsutawney, there is a Club called the Punxsutawney Groundhog Club with members all over America. The Inner Circle, a group of notable men from the local area, at the club organize all the events for the week of Groundhog

Day. Some events include the Gobbler's Knob Talent Show, Phil's Cut Out Competition, and to see more [click here](#). To become a member visit their website and pay the membership fee [here](#). The accuracy of his predictions all depend on the place where you live, and his accuracy ranges from 39% to 46%. Be sure to also check out the movie *Groundhog Day* starring Bill Murray.

**Punxy Phil is not alone!**  
*There are many different weather predicting animals including Birmingham Bill, Staten Island Chuck, and Shubenacadie Sam in Canada.*  
*Photo from greeleyguardian.com*



### Results From the Past 132 Years of Groundhog Day



### President's Day

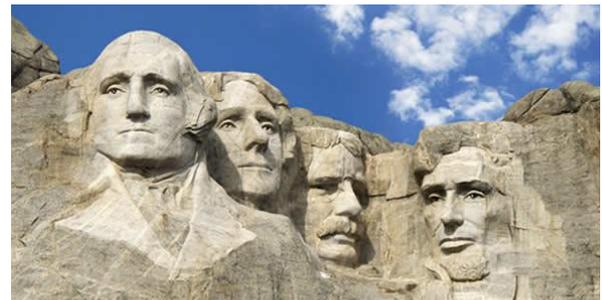
Since 1968, President's Day is celebrated on the third Monday of January, but was originally on George Washington's birthday, January 22. In 1968, Congress passed the Uniform Monday Holiday Act (UMHA), allowing more national holidays on Mondays. This was passed so that there would be more long weekends for workers. Under UMHA, Christopher Columbus Day was created, Memorial Day was moved to the last Monday in May, and Veterans Day was moved to the fourth Monday in October. Veterans Day was later moved back to November 11 due to public upset.

This day is also used to reinstate Purple Hearts to military soldiers wounded or killed in combat. The Purple Heart is one of the most respected medals in the military. Many patriotic groups like the Boy Scouts of America hold celebrations on this day. As this day became more and more patriotic, companies started to realize how they could use this patriotism to their advantage and sales started to pop up everywhere.

### Mount Rushmore

*Mt. Rushmore has four presidents carved into the face of the mountain. From left to right, President Washington, Roosevelt, Jefferson, and Lincoln.*

*Photo from officeholidays.com*





# NEW YORK FASHION WEEK

By Veronica Morsman, Design Manager

Fashion week is a semi-annual series of events held in February and September of each year. International fashion collections are shown all around the world, while the four major fashion weeks take place in Paris, London, Milan, and of course, New York. In 2018, New York Fashion Week will begin on February 8 and end on February 16. At home you can watch at [fashionweekonline.com/live](http://fashionweekonline.com/live).

## DESIGNERS

Among the diverse group of designers who portray their work during fashion week, most of them are unknown to us in our small towns. However, some designers such as Calvin Klein, Michael Kors, and Tommy Hilfiger are more available to us. The Eastview Mall in Victor, NY has a Michael Kors store. There is also a Calvin Klein store and Tommy Hilfiger store in Waterloo, NY. These brands are also available to us in department stores; Tommy Hilfiger is sold at Peebles in Hornell, NY.



Collaborations  
*Supermodel Gigi Hadid (left) embodies the Tommy Hilfiger look while being his design collaborator. Photo from glamour.com*

Tommy Hilfiger grew up in Elmira, New York while devoting his time to music and fashion styles that were popular in glamour centers of culture like in London and New York. He started working in retail at the age of 18 and opened a store named "People's Place." As of 2009, the Tommy Hilfiger Corporation is a \$6 billion clothing enterprise. There is also a Tommy Hilfiger store located on Market Street in Corning, New York. Other designers such as Marchesa, Christian Siriano, Rodarte, and Oscar de la Renta also exhibit breathtaking designs on the runways.



**Pretty in Pink**  
*The first model pictured is wearing a Marchesa Ombre Tulle Gown priced at \$12,995 from the Spring 2018 Collection. The gown features a draped, one shoulder design with silk organza flowers and a velvet ribbon detail at the shoulder and waist.*



**Organza Garden**  
*The second model pictured is wearing a Christian Siriano dress from the Spring 2018 collection. This Iridescent Garden Floral Organza Pleated Sleeve Dress sells for \$2,900.*



**Floral Heaven**  
*Modeling Rodarte is Nastya Cherkasova. This dress is described as "Babysbreath Embroidered Tulle" and is part of the 2018 Spring collection. This white floral dress sells for \$21,850.*



**Sequin Beauty**  
*Model Charlee Fraser is pictured here wearing Oscar de la Renta. This is an ivory tulle gown with sequin letter embroidery from the Spring 2018 collection. This look is unavailable for purchase.*

*Photos from vogue.com*



# The Clock Has Stopped: Time's Up

By Kaitlyn Cook  
Editor in Chief

## What is Time's Up?

You may have heard of the #metoo movement, but now there is a new movement gripping the nation, with the same goal in mind. Time's Up, according to the New York Times, is an initiative towards a legal defense fund, legislation to punish companies that allow persistent harassment, legislation that discourages **non disclosure agreements**, and a goal of gender equality in studios and talent agencies. The goal of Time's Up is also to help less privileged women in blue collar occupations.

## The Defense Fund

The legal defense fund will be available through the National Women's Law Center, according to People.com. The law center already has trained lawyers and public relations officers available. The fund was created to help women fight against sexual harassment, and protect themselves from any professional repercussions they might face from reporting it.



## The Shop

To help raise money for the legal defence fund, the women have an online [shop](#) where they are selling merchandise featuring the Time's Up logo. *Image from Deadline.com*

## Words of Encouragement

In November the leaders of the Time's Up movement received a letter of solidarity representing 700,000 female farm workers, reports the New York Times. This encouraged the leaders of the movement to continue their work.

## Going Public

The movement was announced on January 1, with a letter written and signed by over 300 prominent females in the entertainment industry. This open letter was published in the New York Times and the Spanish-language newspaper, La Opinion. [Read the letter here.](#)

## Fashionable as Well as Helpful

Thirty-nine of the dresses and tuxedos worn at the Golden Globes were put up for auction on January 19 over Ebay, reports US magazine. The proceeds will go to the Time's Up Legal Defense Fund. The auction ended on January 25

## The Golden Globes

One of the goals of Time's Up was to raise awareness of the harassment problem by requesting everyone wear black at the Golden Globes and speak out about the issues. According to thisisinsider.com, only three celebrities did not wear black on the red carpet. Each woman had her own reason to not wear black, including her culture's implications of black. All of them said that they supported the Time's Up movement.

**Non disclosure agreements:** a contract where one or more parties agree not to reveal confidential information that they have shared with each other (*Dictionary.com*)

## Signatures

Signing the open letter indicates to the world that these women stand with and are even leaders of the Time's Up movement. Some of the over 300 women who signed the open letter include:

- Alyssa Milano
- America Ferrera
- Amy Poehler
- Amy Schumer
- Anne Hathaway
- Aubrey Plaza
- Blake Lively
- Chloe Grace Moretz
- Emma Stone
- Emma Watson
- Gwyneth Paltrow
- Halle Berry
- Jennifer Lawrence
- Karen Gillan
- Meryl Streep
- Mindy Kaling
- Natalie Portman
- Octavia Spencer
- Rashida Jones
- Reese Witherspoon
- Salma Hayek
- Sarah Jessica Parker
- Scarlett Johansson
- Shonda Rhimes
- Stephanie Beatriz
- Uma Thurman
- Viola Davis

*Names from New York Times*



# Destined for Gold

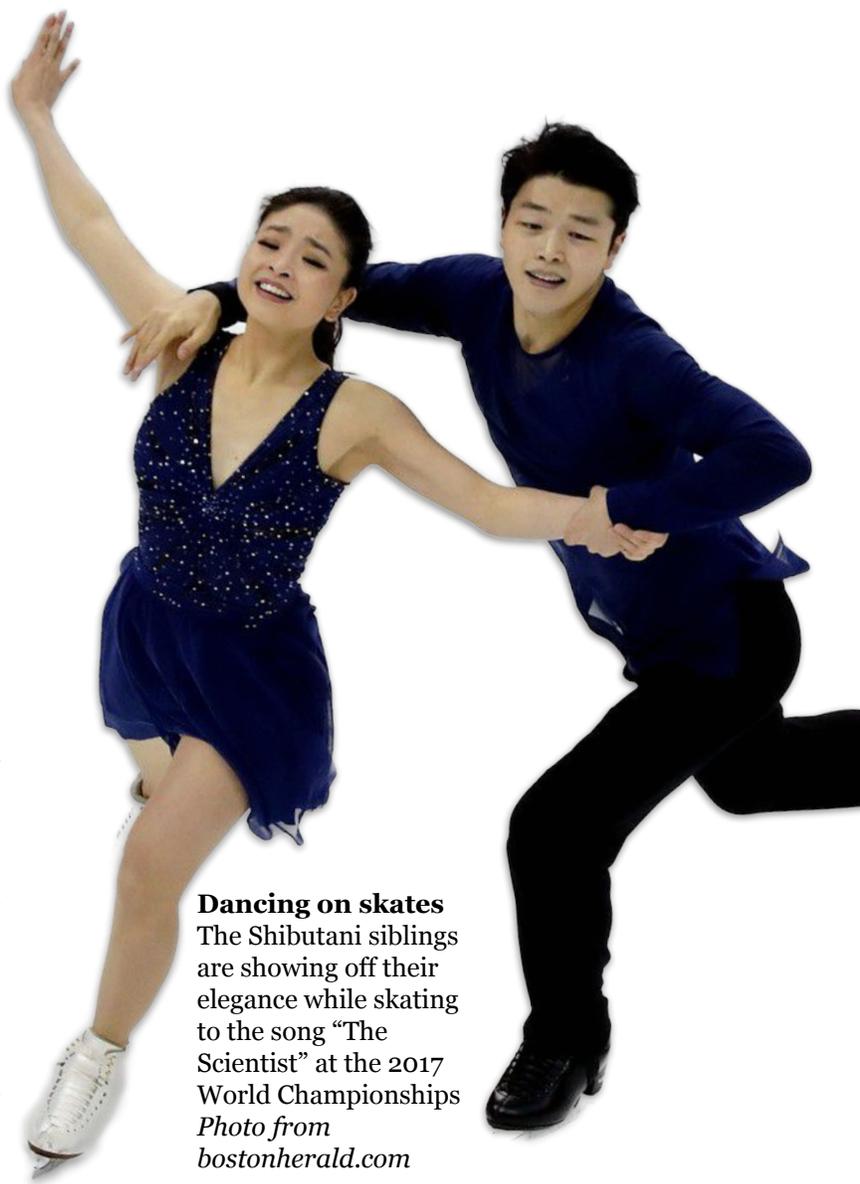
By Sophie Napolitano  
PR Manager



The Winter Olympics are the largest international sporting events held for sports performed on snow and ice. This global competition occurs every four years, and athletes from all over the world come to compete. At the last games, over 200 countries participated! Due to the diversity of the athletes, The Winter Olympics have been held in numerous locations around the world. This year they are being held in Pyeongchang County, South Korea. The last games were held in Sochi, Russia, and in 1980 they were even hosted by Lake Placid, New York! As the sports grow older, they continue to change and evolve. New sports have become more popular, and many new events have been added. Some of the most recent additions include women's ski jumping, men and women's ski halfpipe, and men and women's luge team relay.

## Maia & Alex Shibutani

Be sure to look out for these two siblings this winter. 23 year old Maia and 25 year old Alex Shibutani are going to compete in the **figure skating** event at The Winter Olympics this February. They are three-time world medalists and have won numerous other competitions including The Junior Olympics, The Skate America Championship, and The 2016 Cup of China Competition. The Shibutanis have both been skating since they were five and seven years old. It has been their biggest passion since they were young. One of the coolest parts of this event is that they not only get to showcase their talents but they also get to combine their skating skills with their passion for music. They have performed to many popular songs like "Mambo No. 5" by Pérez Prado, "The Scientist" by Coldplay, and "Man in the Mirror" by Michael Jackson. They are both expected to do very well this season and may even win a gold medal this winter!



**Dancing on skates**  
The Shibutani siblings are showing off their elegance while skating to the song "The Scientist" at the 2017 World Championships  
*Photo from bostonherald.com*



## Mikaela Shiffrin

Mikaela Shiffrin is a world class skier and is going to compete for the United States in the **alpine skiing** events. She is only 22 and has already accomplished so much in her sport. This January, Shiffrin won her fifth consecutive world cup and therefore broke the longest streak since 1998. In 2014 she became the youngest person to win the slalom skiing competition at only 18 years old. This January she was nominated for Laureus' World Sportswoman of The Year Award. During the Olympic games this February, Shiffrin is expected to do extremely well in her events and hopefully take home the gold. She works hard to show that women can race as well as men can. Ever since she was a little girl she wrote the letters "ABFTTB" on her helmet to remind her and other girls to "Always Be Faster Than The Boys." This skier is someone that always looks at races with optimism and a fierce sense of determination. She is truly a great role model for young girls everywhere.

Check out this **schedule** to find out when these athletes are competing :

<http://www.nbcolympics.com/full-schedule>



### Getting on edge

Shiffrin is determined while racing down the hill to win her first race of 2018 in Norway

*Photo from dailymail.com*

## Lowell Bailey

Lowell Bailey is going to compete in the **biathlon** this winter at The 2018 Olympics. This sport tends to be one of the least watched olympic sports, however that doesn't make it any less worthwhile. This sport combines cross-country skiing with rifle shooting. This practice was originally used for military training purposes, but now it has evolved into an official sport, even entering olympic competition since 1960. The object of the sport is to have the lowest total time after the race is completed. There are four stops where five targets must be hit. Time can be added to your total based on how well the five targets are hit. Speed isn't the only important aspect in this race, precision and accuracy are equally crucial. Bailey earned U.S.A.'s highest finish with 8th place in The 2014 Winter Olympics. In 2017, Bailey won a gold medal at The Biathlon World Championship. The U.S. has never won a medal in this event but Bailey shows promise for these games. Not only is Bailey an amazing athlete but the 36 year old is also a father to his two year old daughter and is an excellent musician. He is known as the biathlete that is always playing his travel guitar at dinners before competitions.

### Speed and Concentration

Bailey is focusing on hitting all of his targets before winning the Hochfilzen Championship

*Photo from wsj.com*





# The Sport No One's Talking About

By Sam Warren  
Public Relations

## Convention:

Every year in the month of February, the National Wild Turkey Federation (NWTf) has a sportsman show and convention in the Opryland Gaylord Hotel in Nashville, Tennessee. It's one of the largest shows in the country; where conservation and hunting's most devoted supporters come together for a weekend of networking, learning, and entertainment. It is done to celebrate more than 40 years of conservation successes by NWTf volunteers and partners.

NWTf

*The National Wild Turkey Federation has been helping to conserve turkey habitats since 1973*

*Image from: mossyoak.com*



## GNCC Calling Divisions:

- Poults Division: ages 10 and under
- Junior Division: ages 11-15
- Intermediate Division: ages 16-20
- Friction division: involves rubbing two objects together to produce turkey sounds; only use friction based calls.
- Senior Division: the most popular of all the divisions, no call restrictions, people generally use mouth/diaphragm calls.
- Gobbling: only gobbles with no call restrictions unless they are electronically produced
- Owl hooting: same as the gobbling, but replicating an owl
- Team Challenge calling: two people on the same team call and try to mimic a scenario you could hear in the turkey woods; there are no call restrictions.

## How Calling Contests Are Done:

At the convention there is a series of competitions in the art of turkey calling called the Grand National Calling Contests. Contestants from all over the country come to compete.

- To enter you need to first win a state championship in the year before the contest.
- Contests are done on a stage in front of a table of judges. In order to make it fair, the judges are covered and can't see you.
- Contestants are given specific calls that they must give their own renditions of.
- Calls are Cluck, Purr, Yelp and variations on them for examples: cutting, assembly yelp, fighting
- purr.



Grand National Calling Championships  
*The NWTf have been running the contest for 44 years*

*Image from: sckyooutdoorexpo.com*

## Personal Experiences:

My ten year old little brother, Connor, has competed in the Poults division for the last two years and has taken second runner up both times. My first time competing I was 15 and competed in the junior division and took eighth. My second year I competed in the Intermediate Division and took eighth again. There are generally at least 20 contestants. Connor and I are both New York State Champions five years running in our divisions. I also took third in the friction division, making me eligible to compete in the friction division in Grand Nationals(Which I won't be doing because I am too young). We will be competing again February 17 in Nashville.. Connor will be in the junior division and I will be in the intermediate. Wish us luck! If you are interested in competing in turkey calling contests, you must become a NWTf member. Then search for local contests and show up ready to call.



# Super Bowl Favorites

By: **Matt Ingalls**  
Staff Writer



Super bowl LII The Philadelphia Eagles and the New England Patriots faced off in this year's Super Bowl.  
*Photo from wtxl.com*

Super Bowl Sunday has become its own non-official holiday; almost everyone looks forward to watching the big game and having a good time with family and friends. As well as looking forward to the game, many people look forward to the great Super Bowl snacks. Last year, According to Today.com, the top five Super Bowl snacks were chicken wings, guacamole, chili, pigs in a blanket which are small sausages wrapped in pastry, and pizza.

This year, Americans are set to eat 1.33 billion chicken wings on Super Bowl Sunday. That is roughly 166.25 million pounds of chicken wings. In case you were wondering, that's 600 million chickens that die for the Super Bowl! Whether these numbers make you proud to be an American or disgusted, either way it's an impressive amount of chicken. Pizza is also a very popular food on game day, a whopping 12.5 million pizzas are sold on Super bowl Sunday, with an average order price of \$26.45 that's around \$330,625,000 spent on pizzas alone. This seems to be a great business day for the pizza shops, but nothing beats the amount of wings eaten. This year Americans are expected to spend around \$14.1 billion for the super bowl. This number is actually down from last year when the money spent was about \$15.1 billion.

I sent out a poll to see Alfred Almond's gameday traditions and the results were not surprising. Out of

the responses I got, 85% of the people watch the Super Bowl and 40% of them eat chicken wings and 30% eat pizza. The other choices were rarely chosen as the favorites at Alfred Almond. We had some unique add ins such as pulled venison in the poll, but that goes to show everyone has their own favorites.

Super Bowl LII was held February 4 in Minneapolis,



### America's Favorite

*Billions of these mouth watering wings will be eaten on Super Bowl sunday*

*Photo from myrosatis.com*

Minnesota at the U.S. Bank Stadium. Millions of viewers gathered in front of their screens to watch the Patriots battle the Eagles for the title of Super Bowl champions. Throughout the Super Bowl's history, it has topped the list of most viewers almost every year. Last year's Super Bowl had

over 111.3 million viewers - 3.1 million behind the most watched event in history, the 2015 Super Bowl.

The Philadelphia Eagles came out on top at Super Bowl LII. It was a great game to watch; it was a close game throughout. A new Super Bowl record was broken as well, with 1,151 total yards of offense in the game, a very impressive number that has never been seen before. The game was up for grabs until a fumble late in the fourth quarter by the Patriots. After that the Eagles were able to seal the deal. The final score was 41-33 in favor of the Eagles.



### Wing Stats

*Americans are going to devour more wings than ever this year for the Super Bowl*  
*Photo from nationalchickencouncil.org*



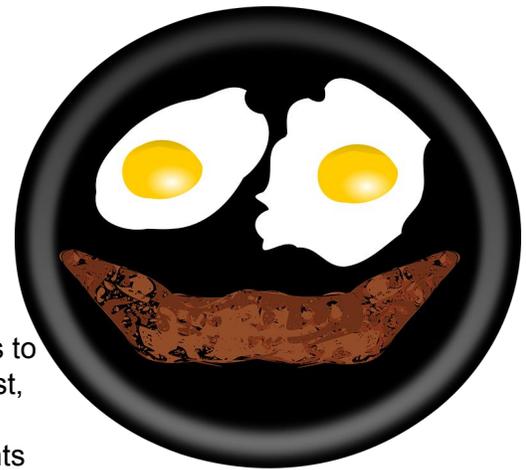
# Ready to get a fast break? Then eat your Breakfast!!!

By: Duncan Bryant-Carty

Is breakfast really the most important meal of the day? According to most sources, the answer would be yes, and here's why. Eating breakfast helps your body maintain blood glucose levels and helps your metabolism work better. This can help you lose weight and promotes a healthier body. To top it all off, breakfast helps set your day off right and gives you an early morning boost after a long sleep. Eating breakfast makes you both healthy and happy - it's a win-win situation. For information about the importance of breakfast, click the link below.

[Why Breakfast is the Most Important Meal of the Day](#)

I conducted a survey of 50 random students (grades 9-12) and asked if they actually ate breakfast everyday. The results came to show that 31 students said yes (62%) and 19 students said no (38%). Judging by this poll, it appears that the majority of the student body eats breakfast everyday. While this is promising, for the other 38%, eating just about anything when you wake up is better than nothing. But, it is best to stick to simple, low calorie foods, such as whole grain bread, oats, fruits, and cereals. Below is a list of quick, easy, and healthy options for breakfast.



- **Toast** is a quick and easy breakfast food that takes less than 5 minutes to prepare. It can be customized in multiple ways. Wheat toast is healthiest, but any toast is better than nothing.
- **Fruit** is healthy and requires no preparation. Fruit is loaded with nutrients and vitamins that are very healthy for the body.
- **Breakfast cereal** is quick and easy, but many breakfast cereals are loaded with sugar, losing their nutritional value. Cheerios and Corn Flakes are healthy and nutritious options.
- **Smoothies** are a quick breakfast option that combines both liquids and solids. It is healthy and can incorporate multiple fruits and vitamins in one. On top of that, you can take it on the go with you.
- **Oatmeal** is a healthy breakfast choice and takes minutes to make. It is packed with nutrients and decent carbs to get your morning going right.
- **Leftovers**, believe it or not, can be a decent breakfast choice. They are already prepared and may only need to be heated up. While sometimes it may not be ideal and super healthy, anything is better than nothing.

## What is your Ideal Breakfast?

**Mrs. Valentine:**

Blueberry pancakes with blueberry whipped cream.

**Ben Lloyd:**  
Pancakes with chocolate chips and strawberries and orange juice and bacon.

**Luci Lee:**  
Big stack of pancakes with syrup, some fruit, two scrambled eggs and some bacon, all with a glass of orange juice.

**Ella Napolitano:**  
Two microwaved Eggo waffles with peanut butter and a V8 juice.

**Lindsey Allen:**  
Sausage, biscuit, and gravy with a hot coffee.

If you feel like you don't even have enough time for these options, our school cafeteria offers tasty and healthy choices for a quick breakfast. Click the link below to check out these healthy options.

[Cafeteria menu hub](#)



# Distraction

By **Attilo Cushing**  
STAFF WRITER / DESIGN  
MANAGER

Life would be easier if humans weren't so prone to distraction, and if everyone could stay focused all of the time. For example, homework would almost always be done, there would be less car accidents, maybe even less arguments with couples.... In general, people would be more productive. As anyone would predict, lots of people admit to being distracted. Consequently, I want to provide a little information about why scientist believe it's hard to focus, and what to do about it.



### Oopsie

*This man has messed up, and will likely have some explaining to do.*

*Photo from [www.vox.com](http://www.vox.com)*

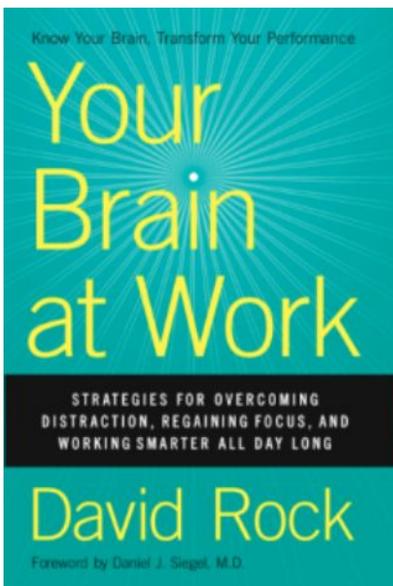
Some scientist believe that your attention is a "limited resource" and requires a certain amount of glucose, and other metabolic resources. Therefore, as Certain studies have displayed, every task you perform typically makes you less effective at the next one. This case is most true for undertakings that are considered "high energy tasks" such as self control, or decision making. A passage from the book *Your Brain at Work*, by David Rock, solidifies the point that focus requires energy, and energy is limited. "Change focus ten times an hour, and your productive thinking time is only a fraction of what's possible. Less energy equals less capacity to understand, decide, recall, memorize, and inhibit."

To get a local representation of this, I asked 50 students at Alfred Almond in grades seven through twelve if they got distracted in class, and 100% of them confirmed that they had. I asked a smaller pool of 20 people about what specifically distracted them and got a variety of answers.



● Yes  
● No

Unsurprisingly, phones and people were the top "attention averters." This shows that distraction (to a certain extent) can be lessened, and people can easily help themselves stay focused in just a few simple steps.



### Read Read Read

*Author David Rock has written about the deeper levels of distraction. Segments of his book are quoted in this article.*  
*Photo Credit: [www.businessinsider.com](http://www.businessinsider.com)*



# Distraction

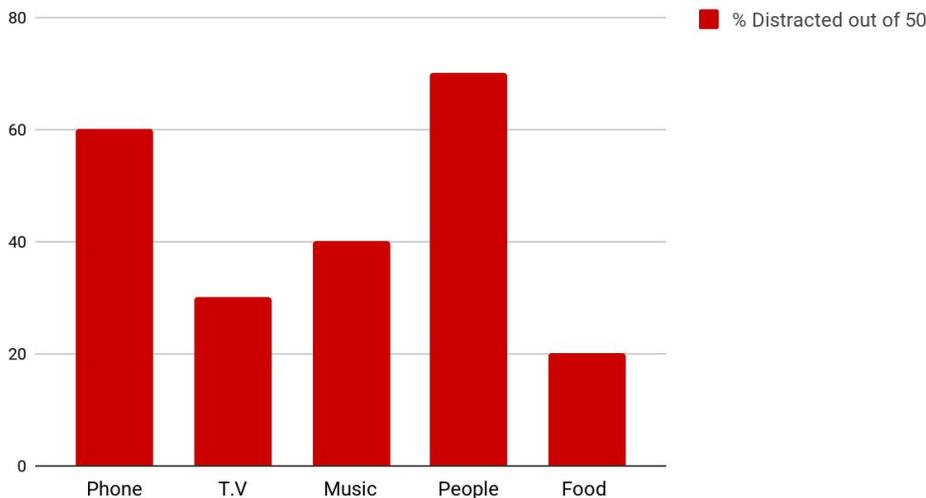
According to scientists, some steps you could take to help maintain focus are...

- Turn off all communications devices
- Take quick breaks
- Exercise
- Stare at a distant object for a few minutes

The rationale behind the last bullet is that with all of the screens we look at in our day to day lives, we can strain our eyes, making what we are looking at difficult to focus on. A doctor who studied the topic recommended the "20-20-20" rule, which is to take 20 seconds every 20 minutes to look at an object 20 feet away.

I will not include all of the reasoning for these tips, however, if you're interested, click [here](#) for more information!

## Five Biggest Distractions



### Sweet Dreams

*Sleep is essential for humans, especially for younger kids. Whether they like to think so or not, this applies to teenagers as well. Unfortunately, many teenagers get approximately 2 1/2 less hours of sleep than they should.*

*Photo from [www.vox.com](http://www.vox.com)*

Students at AA also had some tips of their own.:

**"TRY AND FIND SOME ASPECT OF THE CLASS THEY ARE TAKING TO BE INTERESTED IN. ALSO, GET MORE SLEEP." -LAERTES C.**

**"FIND SOMETHING THAT KEEPS YOUR HANDS OCCUPIED, LIKE DOODLING." -ANONYMOUS**

**"MAKE A TO-DO LIST TO STAY TRACK WHEN STUDYING." -ABBY H.**

**"DON'T HANG AROUND PEOPLE WHO AREN'T DOING WORK IF YOU'RE TRYING TO ACCOMPLISH SOMETHING." -VIANNA K.**

Although everyone unique, we are all still similar in many ways, and our tendency towards being distracted is one of the similarities. I hope that this article helped to inform you about some techniques to increase your productivity in areas you may not be particularly excited about. It's cliché, but lessening your distractions by these methods will help you lead a healthier, more joyful lifestyle. There will be no more going to bed late because you played Fortnite for too long, or being grumpy in school because you're stressed out. Your friends, family, and teachers will appreciate your efforts and so will you.



# FEBRUARY HOLIDAY GAMES

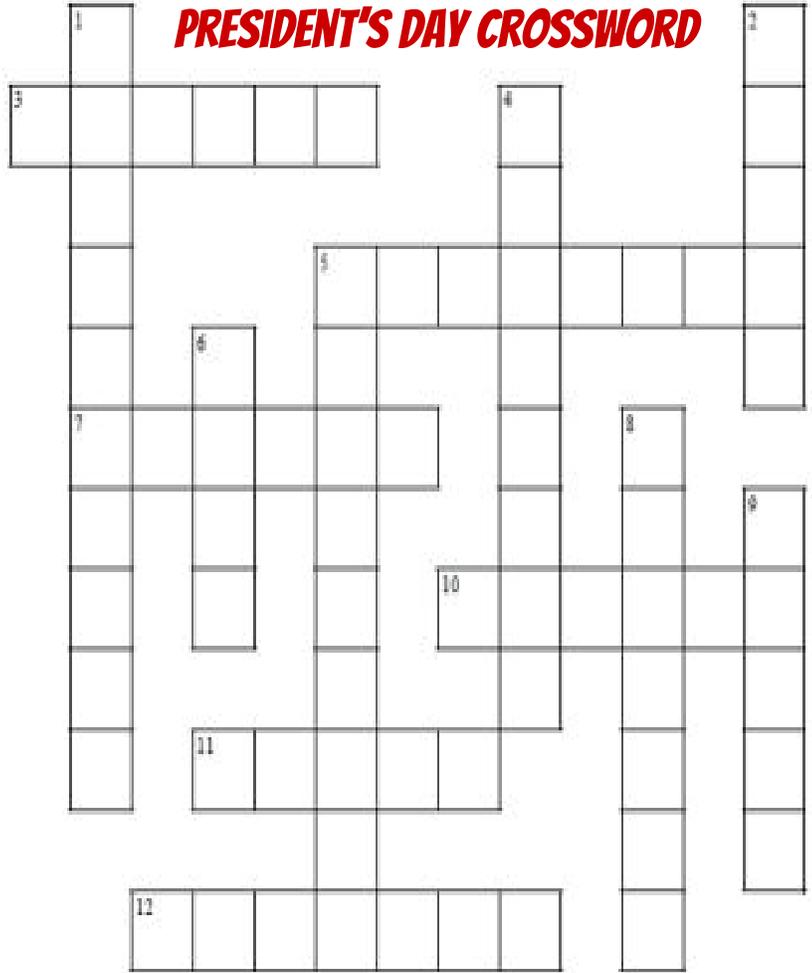
## Valentine's Day

### Word Search

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

- Heart
- Arrow
- Flowers
- Valentine
- Love
- Sweet
- Candy
- Cupid
- Chocolate
- Hugs
- Kisses
- Gift

## PRESIDENT'S DAY CROSSWORD



### ACROSS

3. Woodrow \_\_\_\_
5. Calvin \_\_\_\_
7. Herbert C. \_\_\_\_
10. Chester A. \_\_\_\_
11. John Quincy \_\_\_\_
12. Warren G. \_\_\_\_

### DOWN

1. Dwight D. \_\_\_\_
2. Rutherford B. \_\_\_\_
4. Millard \_\_\_\_
5. Grover \_\_\_\_
6. James Knox \_\_\_\_
8. Lyndon B. \_\_\_\_
9. Ulysses S. \_\_\_\_



The mystery staff member from pages 8-9 is...  
**Mr. Turner!**

Photo courtesy of Morgan Giglio



# ACKNOWLEDGEMENTS

Thank you to **Dan** for  
keeping the hallways clean  
and being awesome!  
-Hudson Laprade

Thank you **Mrs. Kress** for  
all that you have done for  
us over the years!  
-Class of 2018

Thank you to the **swim  
team** for all of your hard  
work this season!  
-Emelia Enke and Kaitlyn  
Cook

Thank you **everyone** who  
auditioned and helped out  
the talent show.  
- Mr. Levey and the Class  
of 2023

To make an  
acknowledgement in  
the next issue, contact a  
member of the *Observer*  
staff or fill out the form  
found [here](#).

Thank you **Josh** for all  
to the hard work you put  
into everything you do.  
-Katlyn, Kaitlyn, and  
Jessie

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home games.  
-Mr. MacAneny