

Good Job, Team!

Seven middle school students win drug competition at Herkimer College

By Kaitlyn Barlow

On March 16th, seven Poland middle school students competed in a drug competition at Herkimer College and won. The prize was a ride to Applebee's in a limo with a free lunch for everyone on the team including the coach, but there was more value to this competition than a nice meal and a limo ride.

The team, coached by Mrs. Hitt, consisted of Carliza Roark, Ryan Dunn, Adam Nellis, Sara Born-

er, Calvin Jantz, Ethan Broadbent, and Ella Schmid. These students joined for a number of reasons.

Two of the students on the team, Calvin Jantz and Sara Borner, spoke about their experiences on the team. Calvin said he joined because he "thought it was an interesting opportunity."

Sara Borner also joined the team this year. She said, "I joined the drug quiz team because I heard from others that it was a fun competition to go to and they gave out nice prizes. I also joined because I wanted to be able to have the information about drugs so that in the future if I ever knew someone that was struggling with drugs I could have a good idea of how to help them."

The competition was done in a game show style and had several different rounds. Sara and Calvin said their favorite part was the buzzer round. "The buzzer round was a round where six people were all trying to answer the same question at the same time, and the first person to press got to answer the question," explained Calvin.

"That was my favorite part



The winners pose with their plaque after the drug competition on March 16th. Pictured in the back row, left to right, are: Carliza Roark, Ryan Dunn, Sara Borner, and Mrs. Hitt. Front row: Adam Nellis, Ethan Broadbent, Calvin Jantz, and Ella Schmid.

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Announcements

This will be the final regular edition of *The Tornado Times* this year. Our final edition will be a special issue on the class of 2017

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because everyone has an equal chance to answer the question if they know it and there's not as much pressure on everyone which makes it more exciting and fun," Sara said.

"It is important for people to be well educated about drugs so that they may make the correct decisions in life, or help others make proper decisions" - Calvin Jantz

The team was surprised that they won, even though they won easily. Sara said she was surprised Poland won because for so many years, the Poland team hadn't won anything. Calvin said, "I went in hoping for at least top three, and came out with first."

But besides all the fun and prizes of the competition, there is a more important take-away. The competition warns about the dangers of drug use and encourages young people to be educated about them. It also helps them to avoid the pressures of drug use that are constantly around them.

"It is important for people to be well educated about drugs so that they may make the correct decisions in life, or help others make proper decisions," Calvin said.

Sara gave two different reasons why it's essential for students to learn about drugs. When it comes to helping others, she said, "It's important for everyone to be aware of the dangers of drug abuse because many people that you know could be having problems and if you know the dangers you could know how to help that person so that they don't get hurt from drug

abuse."

Sara feels it's also necessary for students to learn about drugs for their own safety. "As you get older, if anyone ever tries to pressure you into trying drugs, you know the risks and decide not to do it because you know the dangers that they can cause," she said.

"I think that this competition helps people understand both why people use drugs and how to help them," Calvin said of the value of having the competition.

"I think that in general, the value of having this competition is to help anyone that was part of the drug quiz team. Now they have the information for the future and can help people that they see having problems with drugs. It also informs the kids that take part of drug quiz of the dangers of drugs and how to avoid them so that they don't get pressured into using drugs," Sara added.

Coach Hitt was very proud of the team and all they learned. The competition helped the students gain valuable life information in a fun way and there was definitely more to it than a ride to Applebee's in a limo (though that was a nice perk).



The winners stand in front of their limo before they go to their Applebee's lunch

Sports

A Full Plate

Many student athletes take on more responsibilities than their sport

By James Kattato

Going back as early as the 1920's, athletes have always been known to put multiple things on their plate. Baseball players such as Babe Ruth would work odd jobs year round because they were never making enough money.

Money aside, it is very common in today's day in age for student athletes to take on multiple commitments and still be able to juggle sports into the mix. For Tennis athlete, Peter Burritt, he's been able to find a near perfect balance between the time he shares on the court and stage.

"I balance my schedule by going half-and-half. For about an hour, I'll go to my sports practice, and leave the other half of the after school activities for musical practice."

Burritt, a Junior, is one of the leaders of the Tennis team, playing possibly the team's toughest position, First Singles. He is also one of the leads in the Spring Musical, "This Is Life."

As a multi committed athlete, you need to be able to set priorities and put wants and needs to the side, even if it causes stress at some points.

"I do feel overwhelmed with many things packed into my daily schedule involving extracurricular activities, personal wants and responsibilities."

After I finished interviewing Burritt, he gave me some advice for younger kids thinking about taking on a lot of activities to tie in with their athletics. Call this advice "Burritt's Balancing Bullets" if you will.

Burritt's Balancing Bullets

- Try as many things as you can to really understand what you want to do later on in your life and understand yourself better.
- Make sure you balance your grades. Remember you are a student athlete and you need to be able to keep your grades up in order to help your respective teams.
- Be careful to not overcommit yourself to too many things. You'll hurt both yourself and the people depending on you greatly.
- Make sure you spend time with your family. I love spending time with my parents and helping them with whatever they need, it helps me take a step back and calm down after everything I have going on.



Peter will be showcasing his musical talent on May 5th and 6th, and will be competing for his tennis team consistently for the next month and a half or so, trying to compete for a spot in the sectional tennis tournament.

Good luck to him and the rest of his Tennis team and Musical cast this spring!

Spring Musical Cabaret

The Poland Central School Drama Club is proud to present its 2017 Spring Musical, "This is Life."

"This is Life" is a cabaret style musical that features songs chosen by the student performers that portray the many different events and emotions of life.

It features choreography by student Sara Born-er, nineteen student performers, and the assistance of numerous backstage hands.

This is Mrs. Rauch's first presentation of a musical for PCS, and she is very excited to see the students show off their talents in the musical.

"This is Life" will be shown in the Walker Auditorium on Friday, May 5th at 7pm, and on Saturday, May 6th at 7pm. Tickets will be available at the door. Be sure to come and support the Drama Club!

Art & Music

Student Artist of the Month

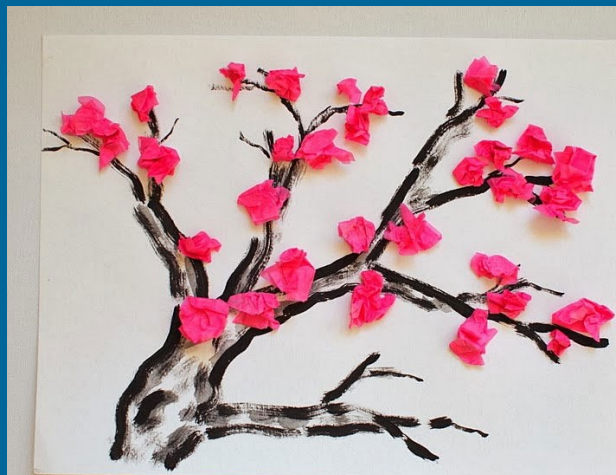
By Gabrielle Stemmer & Ashley Lynch

April's student artist of the month is Shauna Comstock. She is a freshman in Studio Art, and she would like to take more art classes next year. She is hoping to go into art as a career, but she says she is still exploring the different kinds of art out there.

Her art has been featured in three art shows this year, and will be in the Sangertown Art Exhibit later this year on May 22nd, at the Sangertown Mall. Students with the most votes from visitors can win prizes, so stop by and support your friends. Congratulations, Shauna!



Do It Yourself: Cherry Blossoms



You Need: Paper
(Preferably cardstock), Brown
Paint, Tissue Paper, and Glue

Paint a simple tree branch
onto the paper, using small pieces
of tissue paper, make small
puffs to be the flowers, a light
pink colored paper is preferred,
dot a small amount of glue to
each flower and arrange them on
the outside of the branch. Voila!

Entertainment

BEAUTY & THE BEAST

If it ain't broke.

Man, anyone remember *Cinderella*? No, not that one, the live-action remake from two years ago. No? Oh...well, *Beauty and the Beast*, everybody!

Yes, Disney is at it again with live-action remakes of their animated princess classics, a trend that seems to stay with the recently announced *Mulan* remake. But the latest property to get the live-action treatment is *Beauty and the Beast*. After the prior and forgettable *Cinderella* remake, does it live up to the source material? Well, yes, but not always.

Most people already know the plot, even if they haven't seen the movie. This is where the "If it ain't broke" subtitle come into play, in that the story is pretty much exactly the same as the animated version. Y'know, somethin' 'bout a rose, Belle is taken as a prisoner to Beast, true love ensues an hour after they learn about each other, and happily ever occurs in the end, or something like that. I really don't need to delve deep into the plot.

Something that does need to be discussed is the acting, though, and the acting in this movie, for two characters in particular, is more shaky than James Bond's martini. (Ask your parents, kids. They'll get that joke.) Anyway, the acting in this movie is a mixed bag.

Emma Watson, playing Belle, for example, is all over the place. At times, she really does bring life to her character. On the flip side, her acting can be as dry as a cracker. I don't know why, it might just be me, but it seemed like Watson just gave up in certain parts. This is most notable in the dance scene. I know this scene could bring tears to most eyes, especially in the animated version, but it has to be acted correctly because of how little is said. And, this could definitely just be me, but Watson just seems to be in autopilot for that scene. I just wasn't as moved as



I should have been. Thankfully, her acting is good, more often than not.

The same can't be said for the voice actor who voices Lumiere, however. Ewan McGregor has now won my top spot for the worst fake French accent I've ever heard. Unlike Jerry Orbach, the voice of Lumiere in the animated version, who just put on an exaggerated French accent for the part, McGregor sounds like a Scottish guy impersonating Inspector Clouseau. (Again, ask your parents.) The rest of the actors and

voice actors do their parts well enough. Josh Gad played his part very well, but these two characters just could have been done so much better, especially Lumiere.

The last thing that should be mentioned is the CGI. This film has talking cups, of course there'll be CGI, but is it good? The beast is probably the most well done of the CGI elements. Sure, his shading doesn't always match up with the lighting in a room, but he looks believable. The servants, on the other hand... let me get one thing straight, the servants look real, Mrs. Potts, Lumiere, and all the servants are done remarkably well, it's one of the first times I've ever admired how good a tea kettle looked. But the faces on them just kind of break that sense of reality. This might be breaking the boundary of realistic criticism, but the faces on the characters just seem so lazily placed. In the case of Mrs. Potts, they really could've drawn a face on a tea kettle with a Sharpie and gotten the same effect. The CGI on their faces just seems like it was an afterthought.

For the most part, my reception of this movie has come off poorly, but I actually thought it was okay. Right after I saw it, I didn't like it be-

Popcorn for Thought

Much like this reiteration of Beauty and the Beast, it is possible for old things to become new again and appreciated as much as they used to be, like a friendship that seems to have become dull, just as long as you're willing to put the work into it.

cause of how close it stuck to the source material. Then I thought about it and came to the consensus that if it ain't broke, don't fix it. Sure, it had some shortcomings, but it still tells the classic story that has more age to it than time itself. (Hm, there's probably a better way to phrase that.) Anyway, the songs, especially Gaston, are performed well and the sets and costumes, which, let's be honest, most people who come to see this want to see the set pieces, are done well. All in all, Disney produced another decent musical that can be appreciated long after it leaves theaters.

- Dominic Altamura

Any movies you want to see reviewed? Email me the title at daltamura@polandcsd.org Only guideline is that it has to be PG-13 or below on the MPAA rating, I want to review something the kiddos can see as well.

Movie Quote of the Month

"The past can hurt. But the way I see it, you can either run from it, or learn from it."

-Rafiki in *The Lion King*



Don't Sweat It

Final exams don't have to be stressful

By Gabrielle Stemmer

With the end of the year upon us, many students are under a lot of pressure. We are in the last marking quarter and final exams are coming faster than they appear. Dealing with the stress of these tests can be unnerving and full of anxiety to many students.

For example, most sophomores have to take 3 regents exams this year, as well as finals for other classes. Some juniors have to take four regents exams. This is aside from any final projects or essays that are assigned as well. Stress for these assignments and tests can really cause problems for students.

At our school, we are very lucky to have three important people that you can talk to, who can assist you in gathering your bearings and who can give you helpful advice. These people are Mrs. Schneider, Mrs. Watrous, and Mrs. LaPlante. (If going to them for help isn't something you want to do, you can always talk to your regular teachers or your parents about stress issues or being worried about tests.)

It's their job to listen to you and your problems, so it's very easy to talk to them. Mrs. Schneider is available most school days and her location is always posted on her sign by her door. Mrs. LaPlante is at school most weekdays, expect the last Friday of each month.

Mrs. Watrous is available to talk to students in her free time, when she is not in meetings. It is best to make an appointment to talk

to her, but you can always stop in and see if she can talk. If she is not there that day, there is a sign outside her door saying so.

If you would like to utilize their help, all you have to do is get a pass from your teacher and go talk to them or set up a time and date that you want to talk to them. If Mrs. Schneider is busy, you can wait in Mrs. Rommel's office for her, and/or see one of the other teachers.

Helpful Tips to Alleviate Stress

1. Take deep breaths
2. Take a break to get a drink
3. Count how many objects in the room are colored red, blue, green etc.
4. Buy/make a stress ball or fidget toy
5. Write a list of what you are worried about
6. Think positive! You've got this

If you don't have the time, or if you don't want to talk to anyone, the best way to stay calm for these tests is to be prepared early. Start studying as soon as possible and make

sure you ask your teachers for help. There are helpful websites that are great resources. For instance, if you are taking the global regents, answering a few questions on regents prep is very helpful and doesn't take long. Doing a few a day is a great way to get prepared.

However, panic attacks do happen and if you don't want to talk to anyone, there are a few things that might help. Mrs. LaPlante has a pamphlet on how to avoid panic attacks and handle stress properly, all you would have to do is ask her for one or write her a note.

Deep breathing is a great strategy that

your own willpower to do it.

If you need, our counselors can help to find what works best for you. If you start to freak out during a test or regents, the same principles apply: deep breathing, color counting, positive thinking, etc.

But if you still can't calm down, try to ask to go to the bathroom or get a drink to give yourself some time away from the stressful situation. Mrs. Schneider's helpful advice for this is, "If it's a hard question that is bothering you, skip the question and come back to it later. Using positive self-talk can also help,

"Using positive self-talk can also help, encourage yourself that you can do this" - Mrs. Schneider

reduces your heart rate and can calm most people down. If that doesn't work, try to do something else or step away from the stressful environment that you are in if you can. You can try something like counting how many red colored items are in the room. Buying a squishy ball or a fidget toy could also help, as well as writing down all that has you worried. Positive thinking is another great tool that all of us have, and you need nothing other than

encourage yourself that you can do this."

Big tests are scary, but with all the help our school offers you should be ok. Remember to study hard for the test, but don't stress out. It's only one test, and if it's a regents exam or SAT, you can always retake it. When the time comes for the test, just trust yourself and do your best, because that's all you can ever do.


Peer Leadership's Quote of The Month

Life is like a test, but the answers are only right if they are right to you - Jesse Johnson, Treasurer


Tornado Times Interactive

Print this page if you want to complete it by hand
(you can print a single page with most printers)

By Leah Basel




APRIL



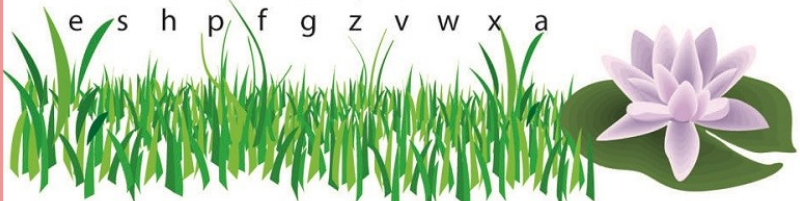
WORD SEARCH

a	d	x	a	l	i	p	c	w	a	i
y	i	g	b	e	e	d	u	j	n	s
k	a	a	i	o	l	a	v	t	h	s
u	m	e	o	h	o	f	d	u	o	e
f	b	z	i	i	u	f	h	l	i	m
a	n	c	k	j	a	o	i	i	i	y
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m	a	g	f	o	o	l	u	d	p	a
e	a	s	t	e	r	v	i	k	e	x
p	s	a	l	m	e	o	i	o	u	a
b	v	t	o	u	u	n	c	t	o	t
c	u	n	d	e	r	g	r	a	d	s
p	a	s	s	o	v	e	r	u	u	e
e	s	h	o	w	e	r	s	r	y	i
d	a	t	a	b	f	e	d	u	r	n
v	b	l	o	o	m	q	f	s	a	i
e	s	h	p	f	g	z	v	w	x	a



WORDS

showers
underground
daffodil
tulip
bloom
taurus
diamond
earth
easter
passover
fool



Monthly Unscramble

SEERAT - _____
 LOFOS - _____
 YBNUN - _____
 RAHET AYD - _____
 NHNISSEU - _____
 INPGSR KBAER - _____
 IRNA - _____

Answers to March's Unscramble

Lucky
 Spring
 Leprechaun
 Rainbow
 Clover
 March
 March Madness

Last Month's Riddle:

What kind of room has no doors and no windows?

Answer - A Mushroom!

This Month's Riddle:

What is a 7 letter word containing thousands of letters?



Jokes of the Month

What do you call a seagull that flies over a bay? **A bagel!** -Submitted by Victoria Rommel

Why was 6 afraid of 7? Because **7 8 9!** -Hannah Montana, of course

Where did the 1 legged lady work?
IHOP! -Submitted by Carliza Roark

Teacher Appreciation Week

It's time to give back to those who give so much

As many of you already know, this week (May 1st-5th) is Teacher Appreciation Week. The idea behind this week is to let the people who care so much about us, and who go to great lengths to help us learn, know that their efforts have not gone unnoticed.

Student Council has already made several plans to show appreciation to all staff members, and this is great, but this is rather indirect and unattached for the average student. You may not even know what Student Council is doing or what it means to your teachers.

I think it's safe to say that, in this school, there is at least one teacher or staff member who has impacted your life and that you feel has gone above and beyond to help you learn or feel comfortable in school.

Maybe there was a specific thing they did for you, or maybe you just connect with them more than all your other teachers, but I am sure that every student can think of one or more of these individuals, past or present, who has made their day a little brighter and their life a little better.

It isn't necessarily a teacher you have right now, or a teacher at all. It could be your first grade teacher, a counselor, an administrator, or even a member of the lunch staff. Everyone in this building has one job, and that is to see that you have the environment and resources to succeed. It means a great deal

to them to hear that you acknowledge their efforts.

I have come to learn that teachers love their jobs because they get to help students, and they love their jobs even more when they are recognized for all the hard work they do. The amount of work they do is often overlooked, and for someone to pull that forward and say, "thank you," for it, it means the world to them. It means that everything they worked for as a teacher means something, and even changing one student's life is great.

What I ask of you as students is that you take time to think of who these people are, and to do something to let them know they are appreciated. You may think to yourself all the time that your science teacher really gets you or that your Phys Ed teacher is super awesome, but what good does it do for them if they don't know?

This week, I'd like you to go out of your way to make sure the people who have impacted your life know that they have. Simply telling them "thank you," writing them a note, or giving them a small gift is a great way to do this, and it means more to them because it's coming from you. It will definitely make their day and put a smile on their face. It's the least you can do for someone who does that for so many students every day.

~Kaitlyn Barlow

The Tornado Times is an entirely student run newspaper, founded by Kaitlyn Barlow. If you have any questions, comments, or concerns, feel free to contact her or any of the contributing students for inquiries on a particular section. The contributing students and their subject areas are as follows:

Art/Music - Gabrielle Stemmer & Ashley Lynch

Sports - James Kattato & Andrej Fedorov

Entertainment - Dominic Altamura

Student Life - Bailey Dunn

Interactive - Leah Basel

Editor - Kaitlyn Barlow

We thank you for your feedback!