

# OLD COLONY GAZETTE



Computer Information Systems

November 6, 2015

## Spirit Week



By Sarah MacFarland

This year's Spirit Week took place at Old Colony from October 13th through October 16th, Pajama Day was the first of several activities held during the week, which allowed some students and staff to wear their pajamas for the whole day on October 13th. The next activity was Twin Day, held on October 14th, on which some students decided to dress as a twin of their best friend or even one of their teachers. After Twin Day, the next activity was Throwback Thursday, which took place on October 15th. A lot of students wore outfits that reflected fashion trends of the 60s, 70s, and 80s. Others dressed as their favorite singer that was born a particular decade. Finally, the week ended on October 16th with the craziest day of all, Color Day, when the school's Pep Rally took place. Every grade was assigned a certain color to wear on this day: freshmen wore gold, sophomores wore maroon, juniors wore white, and seniors wore black.

I interviewed seniors Jeremy Vallon, Nichole Medeiros, and Ashlyn Buzniak about what they thought of this year's Spirit Week. Here are some of the questions I asked them:

The first question that I asked was: "If you were to choose one, what was your favorite day from Spirit Week and why?" "My favorite day was Color Day because we get down to the gym to support our fall sports," Buzniak replied.

Buzniak is part of the Cross Country team at Old Colony. She showed outstanding support for her team and strived to be successful during her competitions against other schools.

Another question I asked was: "If you were to choose one, what was your least favorite day from Spirit Week and why?" "My least favorite day was Decade

Day because I was dressed like an 80s chick,"

Medeiros replied. Medeiros definitely showed strong support during Spirit Week. She strives to keep working hard in cross country and support her Cross Country team.

My last question was: "What was your memorable moment during prep rally?" "Seeing my Cross Country team getting called out," Vallon replied. Vallon is one of the captains of the Cross Country team. He tried to show his support on every day of Spirit Week by showing that positive attitude and keeping his other classmates involve.



I'm thrilled that everyone had a great time during Spirit Week. Keep up the great work!

## Career Awareness Day



By Ashlyn Buzniak

On Monday, Wednesday and Thursday of this week, career awareness days were held for the 8th graders. The 8th graders traveled to Old Colony to see all of the career opportunities that we have to offer. The 8th graders who visited our campus came from Acushnet, Rochester, Carver, Lakeville, Freetown, Assonet, and Mattapoisett. These students were given a tour of our entire school, including all of our shops and academic facilities. The students also met some of our currently enrolled students and were given the opportunity to meet up with a guidance counselor if they were interested in enrolling at our school.

Old Colony will also be holding another career awareness day on Sunday morning, from 10:00a.m.-12:00p.m. which parents and students are encouraged to attend. The arriving students will also be given a tour of the school, along with some extra-curricular presentations and displays throughout the building.



## Mrs. Smith New Science Teacher

By Faythe Neil

Mrs. Smith is a biology and chemistry teacher at Old Colony Regional Vocational Technical High School, as some of you guys may know. She worked at a research center at the beginning of her career, but eventually chose to work as a teacher instead "I fell in love with the idea that you could inspire promise from youth to adult," she says. Her favorite hobbies include snowboarding, listening to music, camping, and biking. She says that teaching has made her life more meaningful. "I was that kid on the playground who was playing with bugs," she said of her younger self. Her dream vacation would be on a nice, warm, sandy beach, anywhere near water, and maybe on a tropical island without many tourists or other vacationers. When she retires later in life, she sees herself in a peaceful place reading a book.



searchers also found that "brain training" games have less of an effect than game genres such as first person shooters, strategy, or puzzle games. Earlier this year, an institute known as the Max-Planck Institute of Human Development scanned the brains of three gamers and found that their brain was developing in three separate areas: the prefrontal cortex, right hippocampus, and cerebellum. (These parts of the brain are involved with complex cognitive tasks, navigation, fine motor control, and spatial memory.) Another study conducted by the University of Geneva



determined that gamers who play first-person shooters and action games were seemingly better at moving their attention away from the screen while staying vigilant to the environment around them. In other words, gamers tend to be better at visual learning than non-gamers.

The upcoming 2016 elections will not contain current President Barack Obama, since he is currently serving his second term in office. Front-runners for the primary are Republicans Donald Trump and Ben Carson and Democrats Hillary Clinton, and Bernie Sanders. After the 2016 elections, one of these candidates will most likely become the new President of the United States; if Hillary Clinton were to win, she would become the first female President in United States history. Will we be making history, again?



## History Vs. Current Events

By Kyle Corga

On November 4th, 2008, the first black president in United States history was voted into office. Democratic Senator Barack Obama of Illinois beat Republican Senator John McCain in the 2008 presidential election. The 47-year old candidate achieved 365 electoral votes, or nearly 53% of the popular vote; his 72 year old opponent, earned 173 electoral votes, or more than 45% of the popular vote.

McCain's vice presidential running mate was Governor Sarah Palin of Alaska, and Obama's vice-presidential running mate was Senator Joe Biden of Delaware. Obama was inaugurated on January 20th, 2009. He would continue into his second term of presidency after defeating Republican Mitt Romney on November 6th, 2012.

## Answers to Word Search

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

## Can Video Games Make You Smarter?

By Jacob Sharland

We have all been told at one point or another as a child or even as an adult that videogames are a waste of time, and that they destroy our brain. However, research says that playing video games can have some benefits—specifically, make you smarter. Is this true?

Gamers who were tested by researchers said that they have noticed "improving attention skills, brain processing, and cognitive functions including low-level vision through high-level cognitive abilities." The re-



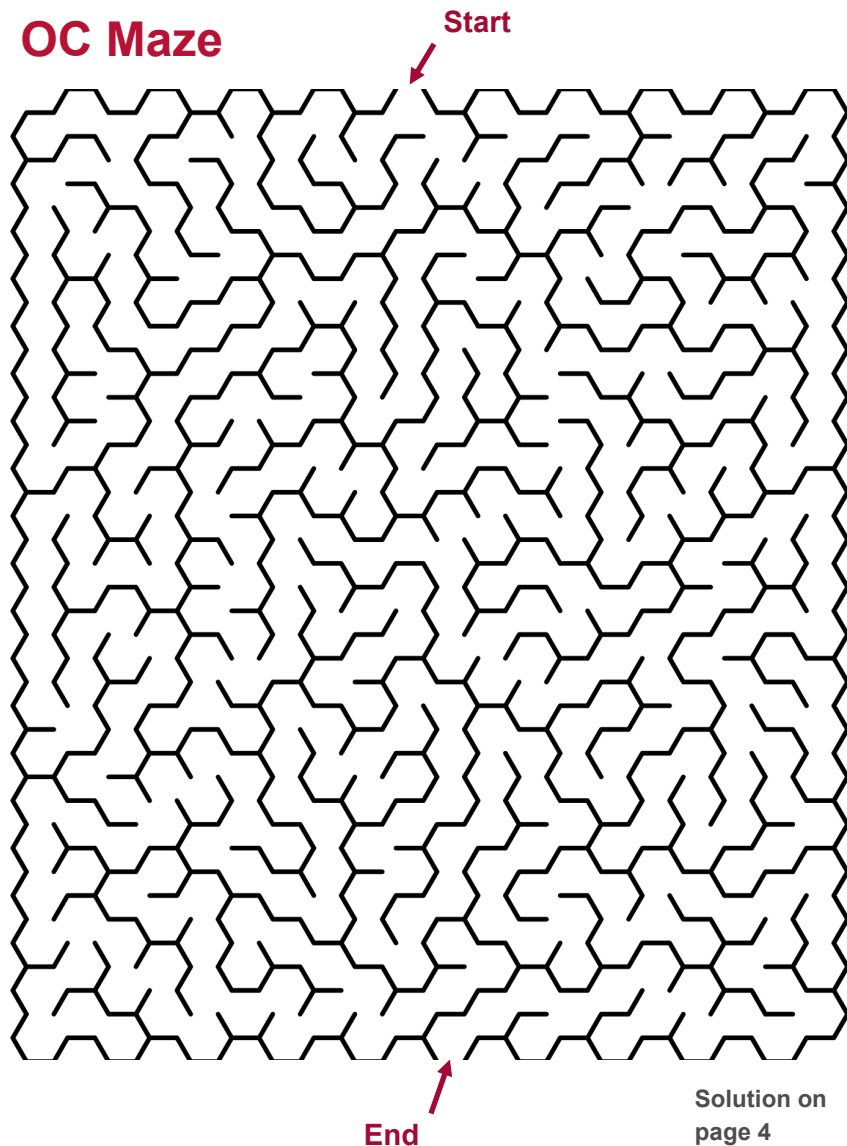
## Anti-Aging Drug

By Owen Ashley

With two new drugs known as rapamycin and metformin, we are developing an all new way to prolong the inevitable. Rapamycin is a fairly new drug used to treat organ transplant patients because it helps the organ to not get rejected by the body. Now, scientists are learning new ways for rapamycin to be used. They have now discovered that rapamycin can help animals live longer after testing it on mice and receiving positive results. Researchers are optimistic about the drug because it was found to have a 9-14% chance of a increasing the lifespans of the mice.

Unfortunately, the drug had been found to increase the risk of diabetes when taken in large doses. To counter the risk of diabetes, scientists are developing another drug called metformin in order to treat diabetes. Metformin is the only other drug that has caused so much excitement in the anti-aging industry. It has only had a small effect on the mice experiment, but has already shown much promise when tested on humans. According to a 2014 study of 7,800 diabetics, those who used metformin lived longer than those who did not. The diabetics who used the drug even lived slightly longer than non-diabetics.

In conclusion, rapamycin has increased the effects of anti-aging, but with a severe side effect, and will be further studied before becoming a actual product. On the other hand, metformin has already shown promise for helping diabetics lengthen their lifespan.



## OC Word Search

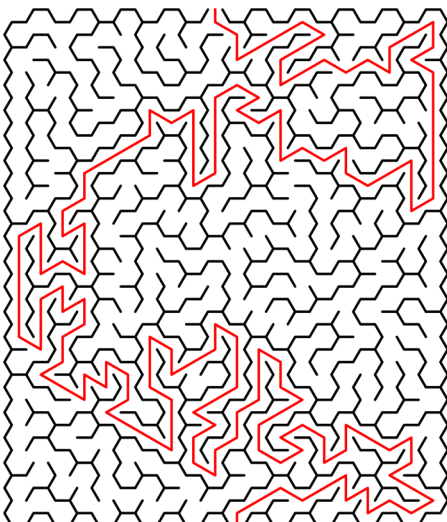
C F Y Y Y X Y U P P A E J O T  
 S O J R A Q O D R W Q L D M J  
 K A S K T F L M K D A E B Y R  
 A J L M L N H G C P V C U A P  
 X W N G E N E K U E Z T G A X  
 N J I W F T V P L S V R N I R  
 S L A L J W O E R T H O I R L  
 Q X H P O J C L L A V N D W M  
 E K D K V T P F O E C I L R Z  
 S X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

AUTOMOTIVE  
 CARPENTRY  
 COSMETOLOGY  
 ELECTRICAL  
 ELECTRONICS  
 WELDING



Answers on  
 page 2

## Solution to Maze



### Credits

Adam Ellis: Photographer

Brandon Zakrosky: Puzzles

Sadie Lombardi: Manager of Operations

Nichole Medeiros: CEO, Layout Designer, and Photographer

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