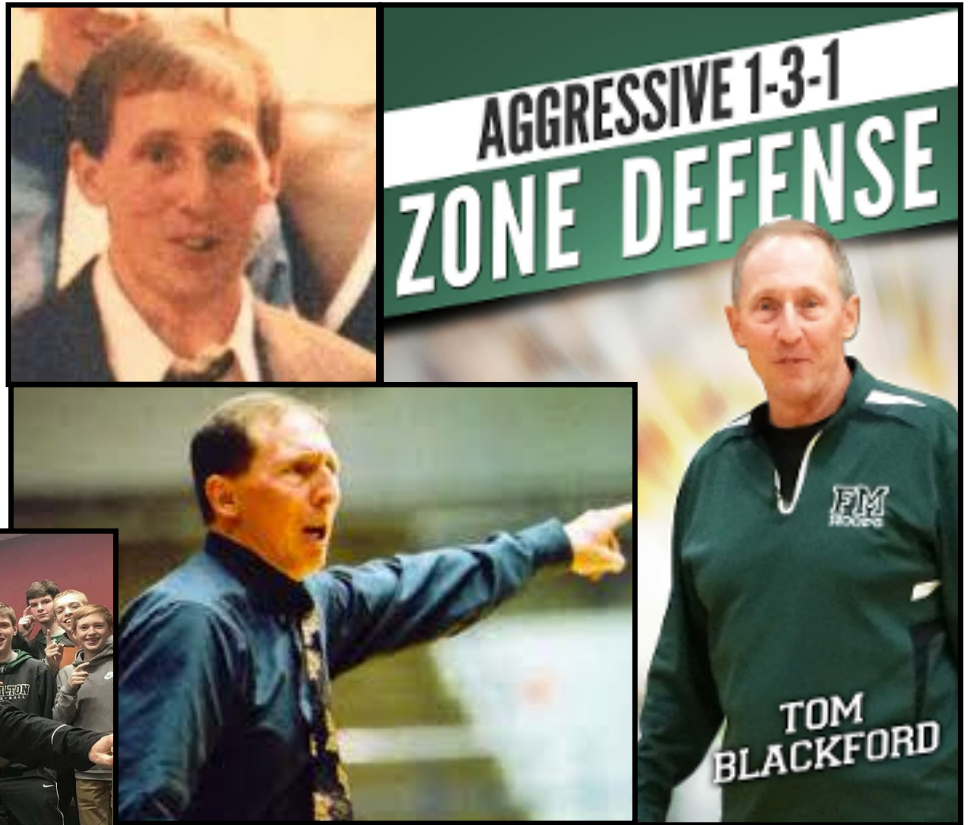




Blackford, Soon to be Winningest Coach in Section III

By Ian Skinner

Our beloved Coach Tom Blackford is in the middle of coaching his 40th year of boys basketball and has now coached in five different decades. With all of these years under his belt he has some hefty accomplishments



to his name. He has an overall record of 571-285, 391-171 in 26 seasons at HCS and 180-114 in 14 seasons at Fayetteville-Manlius.

Blackford has amassed two Class D state titles, one in 1994 and the other in 2000. Our Emerald Knights under Blackford's leadership have won 13 league titles and five regional titles. They have traveled to the state final four on five occasions, including a runner-up finish in 2001. Coach Blackford has also been inducted into the New York State Basketball Hall of Fame in 2011, and just last year in 2021 Blackford was inducted into the Greater Utica Sports Hall of Fame. With this,

more than impressive resume, Blackford now sits just two wins away from becoming the winningest coach in Section 3. The current holder of the title is Pat Donelly, a former Bishop Ludden coach.

To conclude, I would like to congratulate Blackford for having such a long and successful career, and more importantly, as a member of the Basketball team I would like to thank him for being an amazing coach. The relationships he forms with his players, and the team atmosphere he finds a way to foster in the locker room, is like none other. Congrats Coach, you deserve it.



Bulletin Board

January 7, 2022

A2

Bulletin Board

10 Garden salad w/ grilled chicken Chick peas Dinner roll Fruit Milk	11 Cheese quesadilla Taco soup Salsa & sour cream Fruit Milk	12 Pepperoni or garlic pizza Veggie crunch cup w/dip Fruit Milk	13 Ultimate chicken bowl (popcorn chicken, mashed potatoes, corn, cheese & gravy) Whole grain biscuit Fruit Milk	14 Hamburger or cheese burger Baked beans Side salad Fruit Milk
17 Martin Luther King Jr. Day No School	18 White chicken chili Cornbread Side salad Fruit Milk	19 Stuffed crust pizza Veggie crunch cup w/dip Fruit Milk	20 Pizza burger on a bun Tater tots Tomato and cucumber salad Fruit Milk	21 Grilled cheese sandwich Tomato soup Baby carrots w/ dip Fruit Milk

Today's Lunch:

Baked Macaroni & cheese
Pulled pork
Green Beans
Fruit
Milk

What's inside:

B1-Dune Book Review
B2- Tik Tok Trend
B3- Tier List
B4- Quiz
B5 - Recipe of the Week
B6- Sing Movie Review and Gym Class Hero
B7- Art page
C1-Life of Knicks Fan and Top Five NBA player
C2-Sports Recap



HAPPY NEW
YEAR!

The Emerald Press

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Dune Book Review

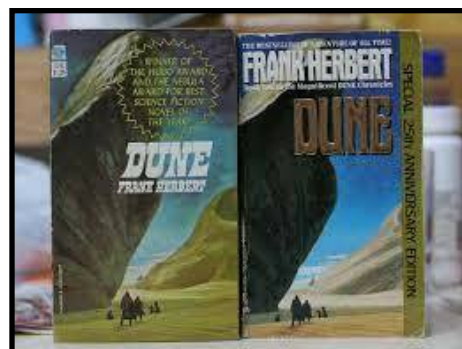
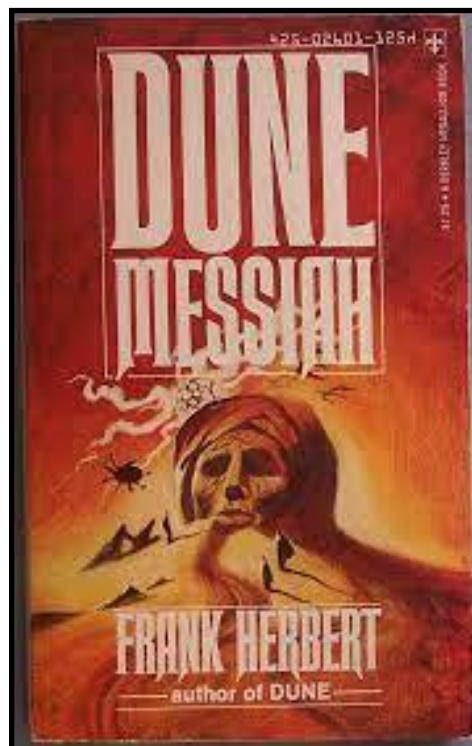
By Simon Klepeis

On October 22nd, 2021, the newest iteration of Frank Herbert's classic science fiction novel, *Dune*, premiered. The movie, starring Timothee Chalamet and Zendaya along with a cast full of high profile actors, received a multitude of awards. However, the movie was filled with intricate details and references, which could lead to confusion if you are unfamiliar with the plotline. This was the situation I found myself in following my own attendance to *Dune*. Because of this, I decided to embark on Herbert's 800 page literary journey.

Dune, the novel, chronicles the adventures of Paul Atreides, the ducal heir to house Atreides. The story contains a classic battle of good versus evil, as Paul and his family are forced to fight for survival against their age-old rivals, the Harkonnens. This narrative begins with the Atreides being assigned to the planet Arrakis, a desert world which is home to the universe's most important resource; spice. In spite of conflict and war being a common theme throughout the book, *Dune* also includes the development of religious and cultural themes which serve as the backbone for much of the plot. Similar to the Jedi order in Star Wars, the Bene Gesserit are an organization which serves as protectors of the galaxy. Just as Anakin Skywalker is the 'chosen one' in the Star Wars saga, Paul Atreides fills a similar role in this story. However, instead of simply being powerful beyond measure,

Paul is instead blessed with the power of prescience. This term refers to the ability to see future events before they actually occur.

The summation of different storylines, such as Paul fulfilling the prophecy or his father fighting against Baron Harkonnen, makes for a story which can appeal to all audiences. This combination of different premises leads to the book being a sort of Star Trek and Star Wars hybrid by encompassing scientific elements in addition to glory and valor.



Your Mother was Right, Foreign Objects Should Not Be Shoved Up Your Nose

By Kyleigh Pearson

While scrolling through the FYP of Tik Tok, you may have seen this trend where you shove garlic cloves up your nose to clear your sinuses. This is VERY HAZARDOUS. While the rather disgusting videos show mucus pouring out of said person's nostrils, it actually isn't the same mucus that is causing the nose to be plugged.



Erich Voigt, an associate professor in the Department of Otolaryngology noted “The body wants to immediately expel the garlic and its chemicals, so it’s creating an overflow of mucus to flush out that irritant.” He continued to note that the new crop of mucus was just adding to the collection of clotted phlegm that originally caused the congestion.

The snot of the TikTokers was merely a product of their own doing. “It’s not the mucus that was trapped in there due to the disease or virus, it’s the production of mucus meant to get the garlic out,” Voigt said.



The professor also added how jamming garlic into one’s nostrils can also cause skin irritation, chemical burns, bleeding, oral cavity burns, and severe sinus infections.

“If a small piece of gloves gets stuck in the nasal cavity, without the person even knowing it’s in there, it could lead to a very bad nasal or sinus infection which could call for extraction through surgery”

Voigt gives suggestions for less invasive ways to decongest your nose.

“Using a safe saltwater spray in the nose can wash out the mucus and steam inhalation through long, steamy showers, or personal steam inhaler can also be useful because the steam can thin the mucus.”

Nonetheless, this viral trend has more than 94.9 million clips with one of the videos having a whopping 21.5 millions views.

Please don’t try this no matter how desperate you are. It’s not worth the consequences.



Tier List of the Week

S	New Year's at the barn, Fortnite lowkey, Christmas Break, Knights are rolling per usual, Blackford (The Goat)
A	Spiderman No Way Home, 2022, Blue Gatorade
B	Hearing back from colleges, Fidget Spinners
C	Missing 2012, Colgate students are gone
D	Badminton, No alumni basketball game this year
E	Sami getting 2 techicals in 5 minutes
F	Everyone getting COVID, Yellow Gatorade



Quiz: What source of caffeine are you?

By Kyleigh Pearson

Question 1: What's your favorite color?

1. Blue
2. Green
3. White
4. Brown
5. Yellow

Question 2: What's your favorite ice cream flavor?

1. Vanilla
2. Chocolate
3. Matcha
4. Cookie Dough
5. Mint Chocolate chip

Question 3: Who is your favorite Office character?

1. Michael
2. Dwight
3. Toby
4. Kevin
5. Never watched the Office before

Question 4: What's your favorite pet?

1. Fish
2. Dog
3. Cat
4. Snake
5. Hamster

Question 5: How do you like your eggs?

1. Scrambled
2. Hard boiled
3. Fried
4. Pouched
5. I don't like eggs

Question 6: What's your dream vacation location?

1. Turk and Caicos
2. Bora Bora

3. Aspen
4. Rome
5. Paris

Question 7: What's your subject in school?

1. Math
2. English
3. Science
4. History
5. Lunch

Question 8: What's your favorite social media platform?

1. Instagram
2. Facebook
3. Snapchat
4. Twitter
5. TikTok

Question 9: What's your favorite article of clothing?

1. Socks
2. Shoes
3. Hat
4. Sweatpants
5. Tank top

Question 10: Which instrument is your favorite?

1. Trombone
2. Violin
3. Guitar
4. Saxophone
5. Sousaphone

If you answered mostly 1's

Soda



If you answered mostly 2's

Coffee



If you answered mostly 3's

Tea



If you answered mostly 4's

Pre-workout



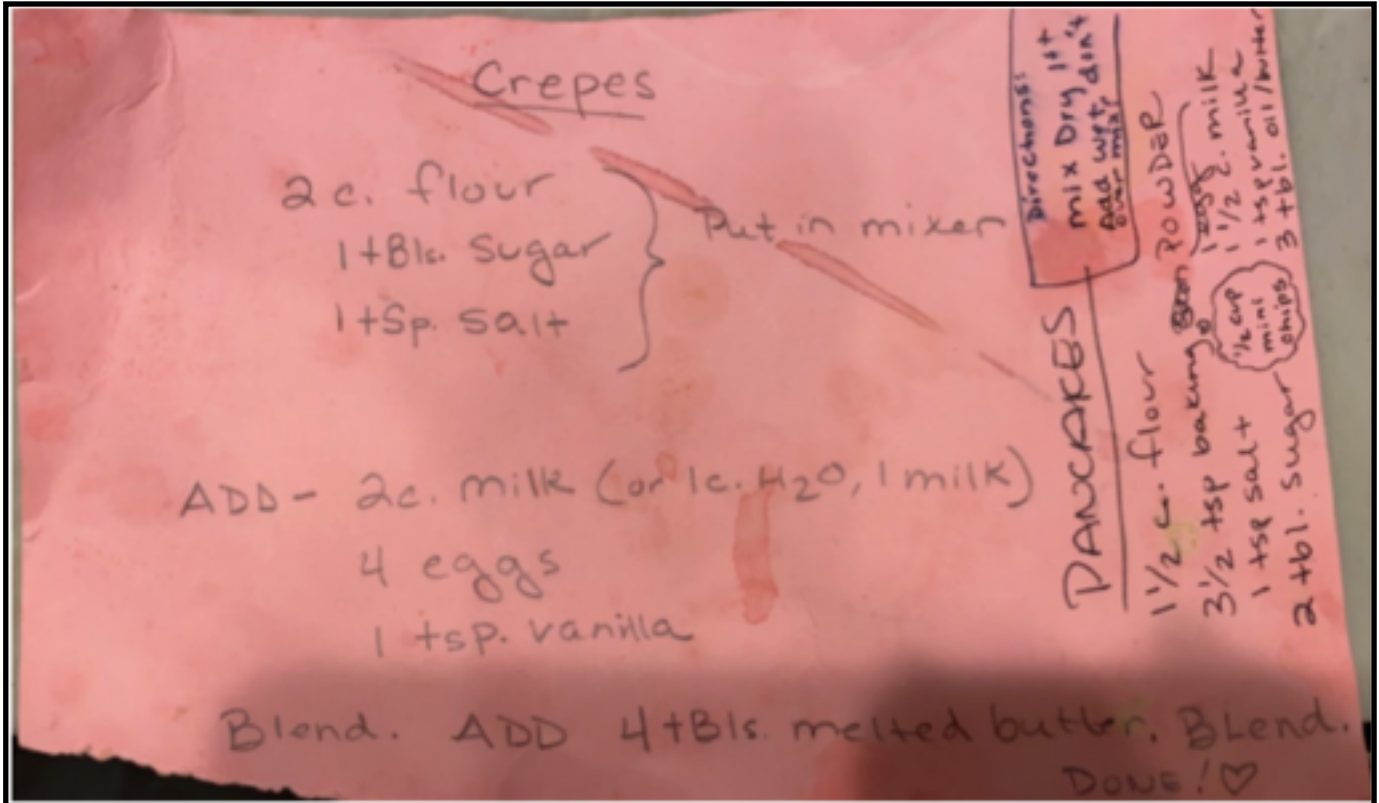
If you answered mostly 5's

Energy drinks



Recipe of the week

By Brooke Speer



A delicious and outstanding crepe recipe from the Speer house is just what your family needs to brighten up a Saturday morning. This homemade crepe recipe is simple, and takes little time with a scrumptious outcome. Top your crepe off with whatever you enjoy. Some popular toppings include nutella, fruit, honey, cinnamon sugar, or powdered sugar. But you could also make a savory crepe if you enjoy that more!

Sing Movie Review

By Brooke Speer

Producers Chris Meledandri and Janet Healy composed the first *Sing* movie in December of 2016. The movie, made up of all animated animals who sing popular soundtracks by well known artists, became a huge success in theaters and an enormous hit amongst the people. After the first movie received outstanding reviews, they decided to make a sequel. Illumination, Chris Meladrandi and Janet Healy produced *Sing 2* recently, in December of 2021. In the first movie, the head of a local theater, who is played by a koala by the name of Buster Moon, has a grand opening and produces a fantastic show, recruiting many well rounded, talented animals to perform. In the sequel, *Sing 2*, the theater run by Buster Moon and his team of talented members audition for a chance to perform at one of the biggest theaters in the glittering entertainment capital of the world. In order to earn this opportunity they are in need of recruiting the most reclusive rock star of the time, Cal Calaway, to join them on stage for this big performance. Cal Calaway has been locked up in his enormous mansion with no contact with the outside world since the passing of his beloved wife. Buster Moon knew persuading him to join them wasn't an easy task. Along with many obstacles back at the theater, along with trying to please Jimmy Crystal, the head of the biggest theater in the world, Buster and his team were, without a doubt,

in over their heads since the start of the film. Not only does Buster have to create the perfect show, without any flaws, he also has to cast the most outstanding show. This isn't always simple when Jimmy Crystal's daughter pleads to be the star of the show, without deserving it. This movie shows a great plot of storytelling, but also depicts each character and their role, all while progressing into a musical. It is a well-produced film with multiple catchy song titles that draws the audience's eyes, all in a suspenseful, energy filled film. This movie received many high reviews with it being named the best animated movie of the year by multiple audiences and sources. *Sing 2* also received 4.7 stars, giving this a very strong rating. After seeing it twice in the same week in theaters, I would definitely give it five stars. I really enjoyed it. If you haven't seen it yet, it's worth the watch. Even Rotten Tomatoes, a movie rating website filled with stubborn critiques, think so!

Gym Class Hero: Joe Berry

By Ian Skinner

This week's Gym Class Hero is none other than HCS's very own Joe Berry. To quote Mrs. Reynolds, Joe Berry has many characteristics that describe him: kind, quiet, caring. Absolute stone-hearted killer is not normally what you use to describe him but that's exactly what he was on Thursday, December 16th. To create a picture of cell 1 full gym class, it is

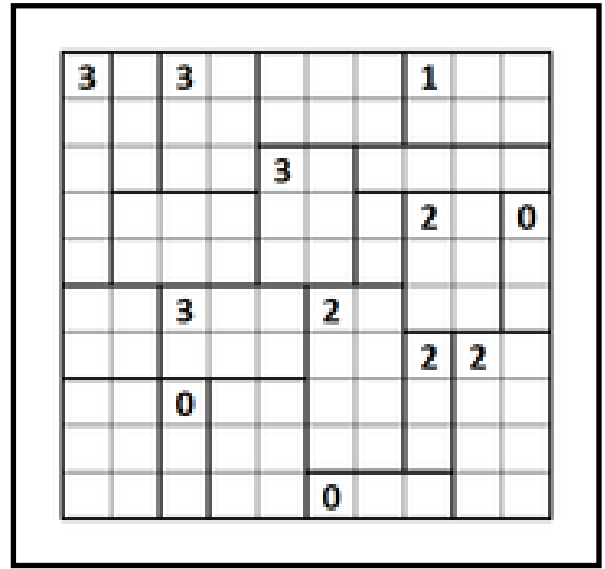
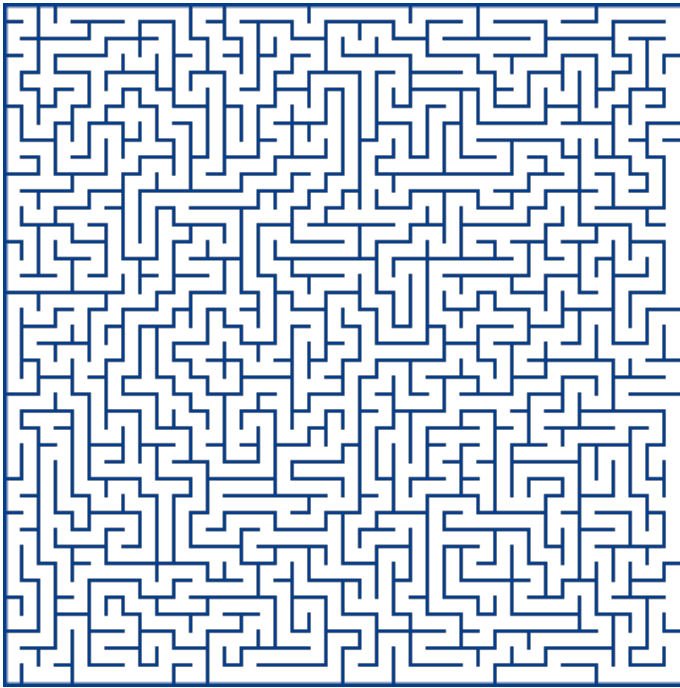
competitive, try-hard, and overall amazing. The competitive Badminton tournament included 30+ students, many of whom would be the winner without a doubt if they were in any other class. Joe Berry walked into the gym on December 16th, smiling in all of his friends' faces as he silently started eliminating fierce opponents. It was the casualness with which he defeated his opponents, and reported those winnings to LePage and Reynolds, that qualify him as gym class hero, but should be more aptly named silent assassin. Mr. LePage, during this ridiculous performance, noted nothing other than his hair. "His hair, the whole time, it just never moved and there was just so much of it. Even as he ran around, his hair just stayed on his head and in place. It brought me back to my youthful days full of luscious locks." Even I can admit after spending time with him in basketball practices this year I am envious of how his hair can just stay in perfect shape.



Entertainment

January 7, 2022

B7



The life of a Knicks fan

By Sami Cigeroglu

Being a Knicks fan is arguably one of the worst parts about my life. The New York Knicks are the richest and most profitable NBA teams every year. However, the last time we were even relevant was 2013. It's hard to point a finger at where the problem lies. Throughout the past decade, it has been a constant mix of bad gm's, unreliable players, and horrendous drafting luck that has left us with such a bad reputation. Finally, last year, the Knicks made the playoffs for the first time since "Gangnam Style" was released (almost 10 years ago.) All of New York went ballistic as qualifying after such a long drought rejuvenated Knicks fans faith in the franchise. Sadly this hope was short lived after we got blown out by the Atlanta Hawks in a 4-1 series. Per usual, the Knicks are having a rocky season and it's unclear on how our next few seasons could go. One of the best things I've gotten from being a Knicks Fan is how to deal with disappointment, over the constant torment of the rest of the NBA and every GM ruining opportunities for the future, my loyalty has been seriously tested. Although the Knicks organization is rocky and I don't expect them to win a championship in my lifetime, I'm still proud to be a Knicks fan. Let's go Knicks!



Top Five NBA Players this Season

By Simon Klepeis

1. Stephen Curry

Curry has had an extraordinary season thus far, even by his own lofty standards. In addition to breaking the NBA record for most three-pointers of all time, he also has led the Golden State Warriors to the best record in the association. Curry averages the fourth most points per game in the NBA, and is well on his way to surpassing his own record for three-pointers made in a season.

2. Kevin Durant

Following his return to play from the devastating achilles injury he suffered two years prior, KD has resumed his MVP-caliber performance. With Kyrie Irving's extended absence, Durant has had to fill a larger role in order to lead the Nets. He has been successful in this quest, leading the Nets to the second best record in the Eastern conference. Durant has also led the league in scoring, with an average of 29.7 ppg.

3. LeBron James

Despite the Lakers lackluster start to this season, LeBron has continued his dominance over the rest of the league. When healthy, LeBron has surpassed his per game averages from last year while attempting to single-handedly lead the Los Angeles club back into relevancy. LeBron recently turned 37, but has shown no signs of succumbing to old age. Regardless of the Lakers standing, LeBron refuses to surrender his place as one of the best players in the league.

4. Giannis Antetokounmpo

The leader of last year's NBA champion Milwaukee Bucks has improved upon a shaky start to this NBA season. Despite beginning the first ten games of the year with a .500 record, the Bucks have since returned to the upper echelon of the league, holding the third ranked position in the East. This surge has been led by Antetokounmpo, who averages the third most ppg in the league.

5. Demar Derozan

In an unexpected comeback season, Derozan has reached heights he has never before reached in his career. The Bulls are the top team in the Eastern Conference for the first time since 2012, largely thanks to Derozan and his 26.9 ppg. After being traded from Toronto, many speculated that his career was on a downward spiral. However, Derozan has certainly proved the doubters wrong with his terrific performance.

Sports Recap

By Brooke Speer

The Hamilton Boys Varsity Basketball team is 9-0, ranked number one in class D on syracuse.com and ranked number seven in class D in NY state. The team is averaging 77.7 points per game and are giving up 37.1 points per game. So far in the season the stat leaders are as follows:

Top 3 scorers:

1. Thomas Simpson - 17.9 ppg
2. Zach LaFrance - 15.6 ppg
3. Sami Cigeroglu - 12.4 ppg
4. Hudson Idzi - 10 ppg

Assists per game:

1. Thomas Simpson - 6
2. Hudson Idzi - 5
3. Reese Snyder - 4.1
4. Jake Wright / Zach LaFrance - 3.5

3 point makes this season:

1. Zach LaFrance - 15
2. Thomas Simpson - 7
3. Reese Snyder - 4

Steals this season

1. Jake Wright - 31
2. Zach LaFrance - 30
3. Tom Simpson - 29
4. Hudson Idzi - 22

Rebounds this season:

1. Hudson Idzi - 81
2. Sami Cigeroglu - 52
3. Reese Snyder - 52
4. Jake Wright - 26

Blocked shots this season:

1. Sami Cigeroglu - 21
2. Hudson Idzi - 12

The Girls Varsity Basketball team is sitting in third place with a record of 5-2 in the section 3 class D standings behind Poland and Copenhagen. The team is averaging 51 points per game while their opponents have been held to 34 points per game. So far in the season the stat leaders are as follows:

Top 3 scorers:

1. Kyleigh 12.2 ppg
2. Lindsey 10.1 ppg
3. Reagan 9.3 ppg

Assists

1. Lindsey
2. Logan
3. Taylor Basher

3 Point Makes

1. Reagan
2. Kyleigh
3. Brooke

Rebounds

1. Lindsey
2. Reagan
3. Kyleigh

Steals

1. Lindsey
2. Kyleigh
3. Logan/Brooke

The girls have tough league games coming up with #1 in class D Poland.

Question of the Week

January 7, 2022



"Pay more attention in Calculus for Mrs. Lehmann." - Tom Simpson



"To survive junior year." - Noel Duclos



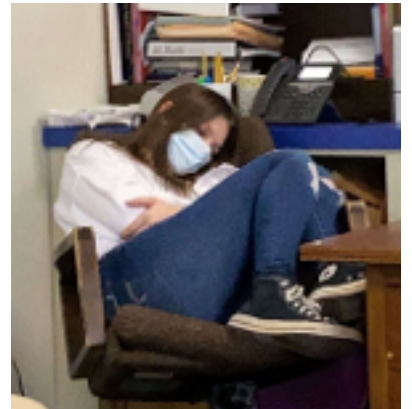
"Ordering things other than chicken tenders anytime I go out to eat." - Camille Kenyon



"Win a sectional championship" - Brooke Speer

Question of the week: "What's your New Years resolution?"

By Sami Cigeroglu



"To stop failing Chemistry tests." - Anna Dawkins



"To become a better golfer than Ryan Peters." - Reese's Snyder



"To pass all my A.P. exams." - Amaya Martin



"Ball out with the boys for one last season \$\$\$" - Zach LaFrance

