

THE ALC INSIDER

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The Cold Weather

By Courtney Brendalen

Temperatures -24° F and wind chills -57° F.

In the past week we have had temperatures that have been the coldest that they have been in the past four years. When it's this cold out, it affects a lot of things.

When you're at home, your pipes can freeze and you won't be able to get water. Also, you have to turn up your heat just to warm your house which makes your fuel bills to go up. Then you're spending more and more per month and sometimes your house is still cold, so you have to bundle up in clothes and blankets just to stay warm.

Then when you go outside, you have to worry about getting frost bite or hypothermia. So before you go outside, you have to layer up from head to toe just to stay warm even if you're only going outside for a couple minutes.

Mid January seems to be the coldest of the whole winter season.



Who is Sandy?

By Courtney Vassar

I've asked myself who is that white-haired lady always helping the students? Her name is Sandy; she is a mental health, chemical health counselor. She is not employed by the district; she is employed by Storefront

.Her door is open to anybody that needs a safe place to go if you need to get something off your chest. She also has resources to give if you're having a hard time. I asked her a few questions and this is what she had to say.

Sandy's favorite part about working here is getting to know the students. Her least favorite part is that she doesn't have any windows in her office. She enjoys working here because she likes the uniqueness of the students. If she could, she would not choose to work at any other school.

She sees more girls than boys right now, but it used to be about the same. She also thinks that the students have more potential than they think. The most important piece of advice that she could give to someone would be to respect your self. She volunteers at a free, walk-in counseling center in Minneapolis.

Sandy is located in the Staff Office room next to the shop class. Just sign up on the door to make an appointment. It's really good to know that we have someone at this school to talk to and it will be totally confidential.

Now you know a little bit about Sandy the school counselor.

Jeff: Running Outta Breath

By Moe Bakhtiari

It seems being the school custodian at the ALC is a challenging and busy job, just to do this interview we had to reschedule the interview Three times due to Jeff's busy days! This is what was talked about when we spoke with him.

Jeff has been working at the ALC as a custodian for about two years.

How long have you been working at the ALC? And in the district?

Since 2006.

Do you have any kids or a wife?

Yes, my son Mike is 22 and works at Burger King, and my daughter Cathy is 24 and works at Petco.

What is your favorite thing about working here?

I do different things everyday. There is always variety.

What is your greatest challenge?

To keep the school clean and flawless.

What is your most common thought everyday at work?

To clean the lunch room and make sure that all the trash is picked up and the floors are clean.

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If you were not a custodian, what would you be?

I would be working for a rental company taking orders for trucks.

What was your childhood dream?

I had no childhood dream.

What do you like least about your job?

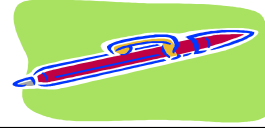
The big nasty messes in the bathroom.

What would you like to tell the students of ALC to make your job easier?

Pick up the trash and don't throw things on the floor after all it is your school, they should be proud of your school.



Editorial/Opinion Page



Snowboarding at the ALC?

By Darian Garbett

From Rainbow to Dragon Tail Boxes to Jumps to Rails to McTwists to Super Pipes to Bus Driver to Starfish.

Snowboarding is one adrenaline running amazing sport. So why not have it here at our school the ALC? There should be a snowboarding



class during winter flex that we would go snowboarding every Friday to Buck Hill, Afton, or Welch Village. During the week we would watch snowboarding videos and the Winter Olympics or Dew Tour. Snowboarding uses your abs and legs and it's a very physical activity and it will be great for a Phy Ed class. We would only pay 10 dollars for a half day pass or you can use your season pass. Student would earn a Phy Ed credit for this class. The best part is at the end of the winter term when we take a trip up to Spirit and spend the whole day there.

It would be great to offer this class at ALC and if we get enough people into it we can have this class by this winter flex.

Break Time at ALC

By Leah Neally

No more tardies, no more make-up time, and no more yelling teachers.

I believe that here at ALC we need five minutes in between every class. We all have friends we sometimes don't see in the classes we have. So we are going to want to see them in between our classes. Most of the students here stop and talk anyway; it will stop the teachers from stressing about getting the students to class on time.

Being in class for forty-five minutes can make people ancie and want to walk around. Sometimes students leave class and don't come back for a while, but if we had breaks they could probably just wait until then to go talk or get a drink of water. Basically the students can do what they need to do during passing time.

If the ALC started using a break system, kids wouldn't be as tardy. I know some of the reasons I'm tardy is because I'm talking to my friends because I know I won't see them for another class period.

Adding passing time between classes would solve a lot of the problems here at the ALC.



Area Learning Center:
Attendance Policy

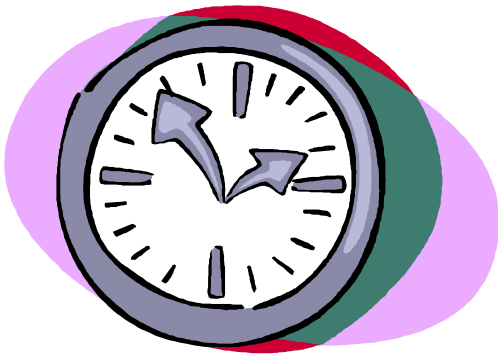
By Levante Potter

When a student is late or absent, it's their responsibility to complete all assignments as required by the teacher. All work is due each week.

For every four tardies students will receive one absence, Tardies will accumulate as followed:

- The Area Learning Center does not have an excused/unexcused policy. Students are in school ready to work or not in school.
- If a student is 5 minutes late to or missing from class, it equals one tardy.
- If a student is 10 minutes late to or missing from class, it equals two tardies.
- If a student is 15 minutes late to or missing from class, it equals three tardies.
- Students will be considered absent from class if they are outside of the classroom without a pass.

Be aware of and follow the attendance policy if you want to earn credit and graduate as planned.



**ALC SCHOOL
BREAKS:
SPRING 2009**

by Deontrey Potter

It's a good deal to be at the ALC rather than other schools because we get a lot of time off especially with the school breaks. The first break we get this year would be:

- Martin Luther King Day on Jan. 19
- Winter Break from Feb.16-20
- Spring Vacation from Mar.23-27
- Spring Break from Apr. 10-17
- Memorial Day is Monday, May 25

Make sure to mark your calendar, turn off your alarm and plan to sleep in.

Movie Review

Forgetting Sarah Marshall

By Megan DeForrest

This is a cheesy comedy you're guaranteed to love. Peter Bretter is in love with this girl named Sarah Marshall and has been for five years. She is a famous T.V. actress on a show called Crime Scene (a rip off of CSI).

He composed the theme song of the T.V. show and also did music throughout the season of the show. When Sarah comes back from work, she breaks up with Peter. He can't get over her, so he thinks that his best way to get over her is to have sex with tons of girls, which just makes him more stressed.

He is at work one day making music for a scene of the T.V. show he freaks out and attacks the screen when her face appears. He thinks that because Sarah is gone his life is over.

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So his step-brother Bryan asks, why don't you take a trip somewhere. He ends up in Hawaii. While trying to get a room at a very nice hotel with no reservations, the worst thing possible happens to him. Sarah and her new boyfriend, Aldous Snow are staying at the same hotel.

When asked if he is staying Peter is kind of stuttering, unaware if he can get a room or not, the receptionist barges in and says yeah he has the most expensive room here. They let him stay for free if he cleans everything up. The rest of the movie is showing Sarah and her new British sex crazed boyfriend having a blast, and Peter trying to drink away his emotions. He starts hanging out with the receptionist who helped him out when Sarah starts getting jealous.

Aldous breaks up with Sarah and just leaves Hawaii. Peter is trying to comfort and they unintentionally get together. He tells Rachel, the receptionist ,because they have developed strong feelings for each other. When she says never talk to me again, he leaves the island, makes his Dracula musical he always wanted to and the rest is a crazy ending.

You can get it in stores now.



Horoscopes

By Lauren Dixon

Aquarius-(Jan.20-Feb.18)

Think long and hard about the one who has your heart.

Pisces-(Feb.19-Mar.20)

You have great talent; use it others will be amazed.

Aries-(Mar.21-Apr.19)

You are beautiful; don't let others put you down.

Taurus-(Apr.20-May.20)

Keep a steady focus on what you're trying to achieve.

Gemini-(May.21-Jun.20)

Don't put others down because that hurts their feelings and one day that may be you.

Cancer-(Jun.21-Jul.22)

Problems may seem to come left and right but it'll soon all be over; just hang in there.

Leo-(Jul.23-Aug.22)

Life's too short to dwell on small problems; take a break and relax.

Virgo-(Aug.23-Sept.22)

You have too much time on your hands find something that interests you.

Libra-(Sept.23-Oct.22)

Be kind and gentle to those you encounter.

Scorpio-(Oct.23-Nov.21)

Don't take those you love for granted; they won't always be around.

Sagittarius-(Nov.22-Dec.21)

Don't blow all of your money at the casino; you'll need it soon.

Capricorn-(Dec.22-Jan.19)

Be a good friend; don't tell secrets that are meant to be secrets.

