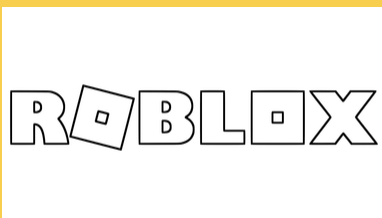


# Alford Articles



## GOOD MORNING, AFTERNOON OR EVENING

We are a group of second year pupils at Alford Academy. We have created a magazine called Alford Articles which covers a variety of topics such as recipes, cool facts, creepy stories, football and golf facts and much more that will appeal to any age group.



## Crazy Phobias!

Do you have any of these random fears and phobias?

1. Anemophobia - the fear of air
2. Barophobia - fear of gravity
3. Chromophobia - fear of colours
4. Daemonophobia - fear of demons
5. Ephebiphobia - fear of teenagers
6. Gynophobia - fear of woman
7. Hydrophobia - fear of water
8. Latrophobia - fear of doctors
9. Claustrophobia - fear of enclosed spaces
10. Lilapsophobia - fear of tornadoes/hurricanes

## Top 5 Free Games

92% of UK households reported their cost of living had increased compared to the year before.

We are experiencing a cost of living crises at the moment. The cost of food, oil, electricity, gas, water, stamps, tax, and cars has gone up.

49% of people who have poor health can't afford leisure activities.

People can't afford to buy expensive games so here is the best free/low cost games available:-

### ROBLOX

Roblox is a free online game where you can play games with your friends and you can make games. You can play roblox on Xbox, Pc or on Mobile phones or on Vr.

Roblox is rated 3 plus.

### APEX

Apex is a battle royal in which you and your trio have to fight to be the last people standing.

You can play Apex on Xbox, Playstation, Pc, Nintendo Switch or on mobile phones.

Apex is rated 16 plus.

### REC ROOM

Rec Room is a fun online game where you can play games made by the community or you can make your own game and publish it and can also make friends on the game. You can also customise your dorm room and can publish it if you want to.

You can play Rec Room on Xbox, Playstation, Pc, Vr and on Mobile phones.

Rec Room is rated 9 plus.

### FORTNITE

Fortnite is a battle royal in which you battle to be the last man standing and you can play as a solo, duo, trio and squads.

You can play fortnite on Xbox, Playstation, Nintendo Switch, Pc, and on Mobile phones

Fortnite is rated 12 plus.

### Overwatch 2

Overwatch 2 is a first person shooter game which is a player versus player in teams of five.

You can play Overwatch 2 on Xbox, Playstation, Nintendo Switch, and on Pc.

Overwatch 2 is rated 12 plus.

These are good games that are all free to everybody and that I would recommend.

# Haunted Places in Aberdeenshire

Do you believe in ghosts? Then why not check out the haunted places in Aberdeenshire

**Ben Macdui** - there is a ghost that is called the old grey man. He is an extremely tall and hairy figure with olive skin and people have heard footsteps behind them when they are walking up the mountain.

**Balmoral Castle** - has its own ghost who is called John Brown who was close friends with Queen Victoria when Prince Albert died. He goes around the castle wearing his kilt and Queen Victoria and Queen Elizabeth II both saw him and felt his presence.

**Crathes Castle** - here there is a green lady. Some people say that she was a servant girl who fell pregnant and was never to be seen again. In the 1800s workmen uncovered the skeletal remains of a woman and a child under a hearthstone fireplace.

**Ma Camerons** - is the oldest pub in Aberdeen. Employees report that they feel like they are getting watched and the beer taps would turn on by itself. A painter heard knocks on the roof from a locked room. The painter knocked three times on the roof and three more knocks answered back.

**Norwood Hall Hotel** - here there is a ghost called James Ogston. He is one of the 3 ghosts alongside his wife and his mistress. He is spotted in the dining room. His mistress is found on the main stairs but his wife is the most agitated because she is searching for her husband and his lover waiting to take her revenge.

**Fyvie Castle** - here there is a ghost called the green lady who was starved to death by her husband for failing to provide a son. He married her cousin and ghostly screams were heard outside the bedchamber. The next morning her name was freshly scratched into the exterior walls.

There is also a grey lady who was buried into the walls when she died. When they renovated the castle in the 1920s her remains were found in a secret room.

There is also another ghost called Phantom Trumpeter who is said to have died of a broken heart. He appears in tartan. People think that he was a member of staff.

**His Majesty's Theatre**: This building was built in 1906. They have a ghost called Jake who is a spirit of a former employee who died in 1942 from a rapidly-spinning winch handle. He was 69 when he died. He is seen around cold spots and some people still hear clip clops of hooves.

**The Wine Tower Fraserburgh** - The 8th Laird's daughter was imprisoned upstairs here and her lover was incarcerated below. Then a storm came and flooded the bottom of the chamber drowning her lover. The daughter leapt to her death from the window and she comes back when bad weather comes.

So do you believe in ghosts now? I think Fyvie Castle is the most interesting and scary place because there are three ghosts and the first one with the green lady is a bit scary.



## Cookie Monster Cookies

### Ingredients

1 ¼ cups butter (cold) - about 2 ½ sticks  
1 ½ cup brown sugar  
3 ¼ cups all-purpose flour  
12 chocolate chip cookies  
½ cup sugar  
2 tsp baking Powder  
15 oreo cookies plus one to snack on  
tbsp vanilla extract  
½ tsp baking soda  
2 eggs  
1 tsp kosher salt  
1 tsp blue gel food colouring  
1 cup white chocolate

### Method

1. Preheat oven to 170C/350F
2. Add butter beat until smooth
3. Add all sugar and stir for about 2 minutes
4. Add vanilla extract, eggs, and food colouring (add one at a time)
5. Combined the mixture and dry ingredients mix well then add your chocolate chips
6. Divide your dough into 12 equal pieces
7. Place oreo on top and surround with dough
8. Crumble up some spare oreos and sprinkle on top
9. Put cookies in fridge for 20 minutes
10. Place on a tray and put in oven for 12-24 minutes
11. Let cool and enjoy



# Alford Golf Club

Alford Golf Club's 9 holes started in 1982 and extended to 18 holes in 1993.

The golf club is a place where you can have something to drink and eat. You can get an ordinary membership that costs £495 and a junior membership (age 12-17) is only £50.

Opening times

The Alford Golf Club is open everyday.

Monday 7am-11pm

Tuesday 7am-11pm

Wednesday 7am-11pm

Thursday 7am-11pm

Friday 7am-12pm

Saturday 7am-12pm

Sunday 7am-11pm

Club Average distance

If you were using the following clubs this is how far the ball should go:

7 iron 172-215 yds

8 iron 160-200yds

9 iron 148-185 yds

Pitching wedge 136-170 yds

The course measures 5502 yards from the white markers, 5233 yards from the yellow markers and 4996 yards from the red (ladies) markers.

During the winter, monthly quiz nights are held and bingo evenings take place every fortnight. The club also hosts darts, pool and a poker league. The energetic social committee organises all of these events as well as "one-off" entertainment nights.

My experience at the Alford Golf Club was good. I took lessons that lasted an hour every weekend, they told you all the information you needed for the course.



## BEST FOOTBALLERS IN THE HISTORY

Football is the most known sport around the World so it's incredibly hard to choose the best footballers. However these could be two contenders for the top spots.

### Roberto Carlos

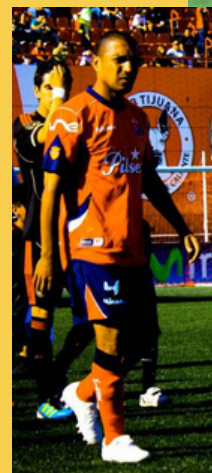
He's 49 years old born on April 1973, Roberto Carlos announced his retirement from playing at the age of 39 in 2012 in July 2015.

He played for Corinthians, Sivasspor and Delhi Dynamos.

Roberto Carlos thunderbolt strike vs Tenerife (1998) will go down in history as the man with the best goal of all time and the best goal recorded in history. He was a defender for Brazil.

### Michel Platini

He was born 21st of June 1955, he's now 67 years old. He was a midfielder for France, Juventus and Saint-Etienne he retired in 1987, his full name is Michel Platini Ferreria Mesquita he was classed as one of the best strikers.



# DO YOU WANT TO GET FIT?

## COME AND LOOK AT THESE EXERCISES

There are lots of ways to get fit - swimming is great for you because it supports your weight and joints. Running, jogging, playing any sport, fitness classes or going to the gym are all great ways to get fit.

### Workouts

Some good workouts are:

Chest workout – Barbell Bench Press – target 4 sets of 8 reps.

Back workout – Lateral pulldowns – target 4 sets of 10 reps.

Shoulders workout – Seated Dumbbell Press – target 4 sets of 10 reps.

Legs workout – Leg Extensions – target 4 sets of 10 reps.

A good website for workouts for all muscles For males and females is [Musclewiki.com](https://www.musclewiki.com).

- Divebombers. Muscles worked: chest, shoulders, triceps, hamstrings, lower back. ...
- Bear Crawls. Muscles worked: all of them (almost)
- Table Rows. Muscles worked: back, biceps, abs
- Lunges. Muscles worked: quads, glutes, hamstrings
- 1 Leg Wall Sit
- Jumping Jacks
- Pull Ups
- Calf Raises



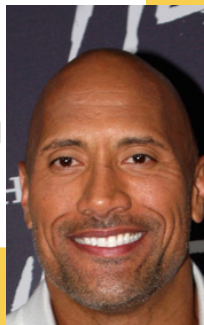
## THE ROCK

Dwayne Johnson was a professional wrestler, known as 'The Rock'. He also became an actor and has been in some well-known films. As he was a wrestler he was very fit and he spends 2-3 hours a day working out.

Below you will find some of his top tips for fitness.

Dwayne Johnson's top tips for fitness

- Learn to do a proper pull up
- Advance your lungs
- Never forget to leg press
- A strong glute is extremely important
- Sometimes, free hand exercises are all you need
- Don't let go of the weights though
- Always remember that consistency is the key
- Once in a while enjoy a cheat meal.
- When low on time, just go for a walk.
- Post a hectic workout, always rest and relax.

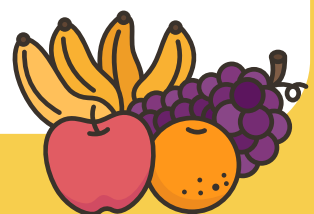


## Healthy Eating

It is important to eat healthily when you are exercising so that you have plenty of energy. Some examples of good food to eat are:

- An energy bar.
- A banana, an apple or other fresh fruit.
- Yoghurt.
- A fruit smoothie.
- A whole-grain bagel or crackers.
- A low-fat granola bar.
- A peanut butter sandwich.
- Sports drink or diluted juice, water

It is important to be healthy to make sure you live a long life. However we know that sometimes we don't always stick to our plan and lose motivation. It is ok to give yourself a break and to have a treat sometimes.



## Accessible Tech Tools!

We have designed some videos and clips explaining how to use accessible technology help make reading articles and writing reports easier. They don't only read and write, they can help you spell, listen to, translate and highlight essays, emails, web searches and lots more.

You can find links to these videos on the **Alford Academy Blog** in the **Pupil Area**

**How to use the Read and Write Toolbar to use talk to text.**

**How to get a website to read aloud:**

**How to use the Read and Write Toolbar to read aloud**

**How to get an iPad to read aloud**

**How to use Google Voice Typing**

## aLisTAiR WiLsoN: mURdER oN ThE DoORsTEP

Banker Alistair Wilson aged 30 was a husband and dad of two. He was shot 3 times on his doorstep in Nairn, Scotland around 7pm on Sunday the 28th November 2004, before he was shot he was bathing his two young boys before they went to bed.

Alistair's wife Veronica opened the door to the unidentified gunman who was wearing a blue jacket, dark trousers and baseball cap who asked her for Alistair. Veronica called for Alistair to come to the door to talk to the unnamed man.

When Alistair got to the door he was handed a blue envelope that had the word "Paul" on it. Alistair went back inside the house for a short moment but went back to the doorstep where he got fatally shot.

Until recently the police haven't found the offender that had shot Alistair but they have a new suspicion on someone. They believe the suspect worked for the emergency services. Apparently he kept guns at his home in Nairn where he lived at the time of the murder. He had connections to Andy Burnet (who was the owner of the Havelock Hotel that was across the road from the Wilson household) on the internet.

Andy Burnet owned the Havelock Hotel that was across the street from the Wilson household at the time of the murder. Andy was friends with Alistair, and went golfing together regularly. The police believe the reason for the murder was that a few days before the murder Alistair had complained to the local authorities about a new decking area at the Havelock Hotel. He complained saying that it would cause increased mess and noise.

Mrs Anderson was an Intelligent Analyst for the Northern Constabulary.

She worked on the Alistair Wilson enquiry for 18 months. She created detailed reports about the life and movements of Alistair Wilson during the days before his murder. Mrs Anderson said "It was very exciting to work on this investigation".

This case has not been solved for over 18 years. This sadly means Alistair and his devastated family have not had the justice they deserve. The case is still ongoing and Police Scotland are committed to bring the Offender/s to justice at some point in the future.





## TOP FIVE BUDGET GPUS (GRAPHICS CARDS)

Do you want to take your computer's performance to the next level? Whether you're a serious gamer, a video editor or data scientist, a powerful graphics card can help you unlock new levels of speed, efficiency, and capability.

Graphics cards are an essential part of a PC for gamers but also editors and office workers.

### 4. AMD Radeon 6600

It is probably the most affordable on the list but it has its flaws. Poor performance and stutters in games such as Fifa 23 and rainbow six siege due to not "enough vram" which is stupid because the old battlefield releases could rely on 1gb vram.

Price \$\$\$

You can get one for £190 second hand.

Game testing!!

God of war

1080p low setting /120 fps Ultra settings 1080p /

60 fps /GTA V / High settings 1080p

156 fps /Ultra settings 1080p / 80fps

Probably the best gpu under £300

### 1.6600 xt "the perfect 1080p gpu

It says perfect 1080p gpu but it can run 1440p no hassle. Can pick one up second hand for £200 or less.

Amazing for gaming.

Gaming benchmarks

It runs shadow of the tomb raider 126 fps on 1080p ultra settings.

You can play 1440p as well.



### 5. NVIDIA geforce 3050 8gb

Price \$\$\$

You can pick one up second hand for under £300 and it can play the top tier games pretty well.

It has been known to keep very low temps in tricky situations. It has features such as DLSS (Deep Learning Super Sampling basically gives you way more fps) and ray tracing (redoes your game to make it as realistic as possible). Game test.

God of war 1080p max settings average 65 fps.

But it is not the best for heating!!!!

### 3. 1660 Super

Price \$\$\$

You can pick one up second hand for £160.

6gb of GDDR6..

Great budget gpu and only performs just below the 3050 which is almost double.

Game benchmarks.

Shadow of the tomb raider ultra settings.

53 fps max framerate .

You can lower the IT from 1440p down to 1080p for more then 80 fps.

### 2.5700 xt

One of the most expensive on the list. It has some very important features such as vsync and radeon image sharpening .

Game benchmarks.

Gta v ulrta settings 110 fps. Gta v medium settings 150 fps.

Very good but pricey .

I would say 6600 xt is my personal choice. It is efficient, can play well and doesn't have any heating problems but its one downfall is the price.

## ORIGAMI

For those of you who don't know, origami is a form of art that includes folding paper into shapes, objects, characters, etc. Origami originated from China but became more popular thanks to Japan.

You will need an a4 piece of paper

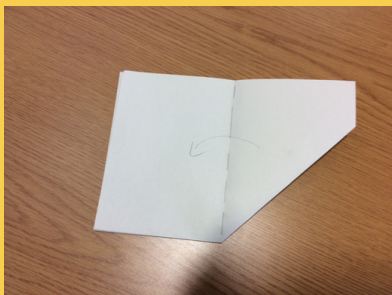
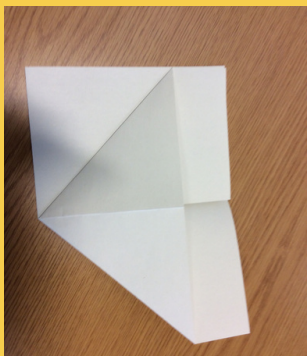
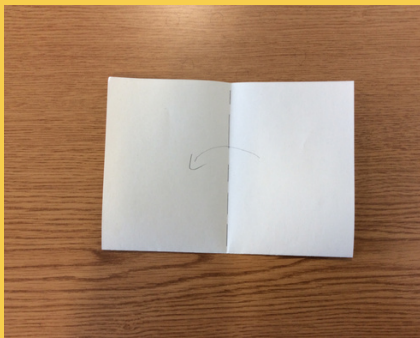
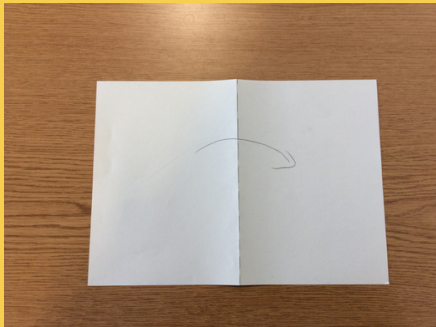
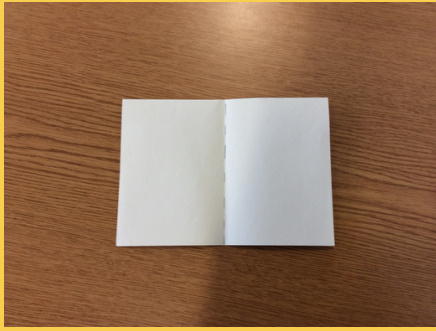
1. Fold into A5 size from top to bottom

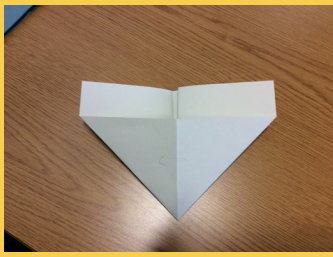
2. Fold again left to right

3. Undo the last step

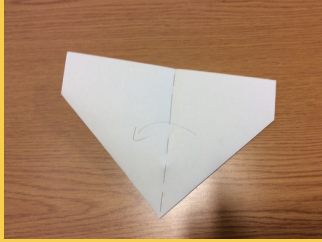
4. Pick a corner and push into the middle

5. Repeat on other side

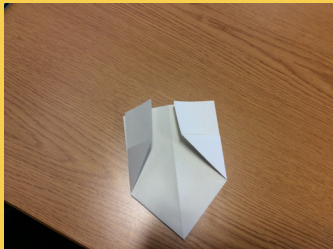
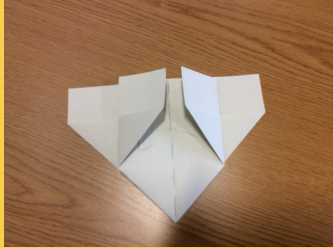




6. Now we fold flaps into the middle like so



7. Repeat on other side



8. Grab the top and fold down to make the flap of the box

9. Repeat on the other side



10. Grab the point at the bottom and fold it up

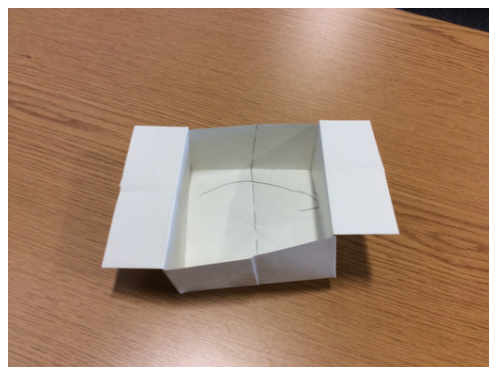
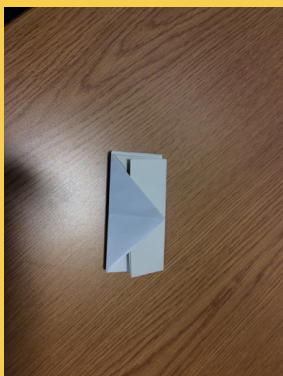
11. Undo the last part



12. Then grab the flaps pull them apart and push the bottom on a surface to flatten out the bottom

Now you've made a box. Good job!

Don't worry if you don't get it right away origami takes time to learn and it won't be perfect the first time.





# LIGHTS. CAMERA .. ACTION!

Acting is something every young kid has done at some point. Here's some tips for young people wanting to be actors/actresses when they're older, or just wanting to be good at it.

1. Remember, the first year will be tough.
2. Read, watch, listen.
3. Go beyond learning lines: practice, practice and practice.
4. Get ready to have fun, don't be scared to look silly.
5. Learn to know your character.

There will be ups and downs on the way. Keep going and don't give up.

If you want to become a child actor, you should have acting skills. You should also know how to work well with others, be professional on set, and know how to take direction from directors and producers. You should always be on time, prepared for your scenes, and know your lines and always be on time.

**Thank you** so much for reading our magazine, we worked so hard on making it over the past few weeks. I hope you found it interesting and fun to read. We hope you have a wonderful day, afternoon or evening.



## TOP 10 MOST WELL KNOWN SONGS

**Smells Like Teen Spirit- Nirvana**

**Imagine- John Lennon**

**One- U2**

**Billie Jean- Micheal Jackson**

**Bohemian Rhapsody- Queen**

**Hey Jude- The Beatles**

**Like Rolling Stone- Bob Dylan**

**I can't get no satisfaction- Rolling Stones**

**God Save the Queen- Sex Pistols**

**Sweet Child O'Mine- Guns N' Roses**

