

## The Mother of Thanksgiving

BY: SHAYLA SANDERS

The First Thanksgiving was celebrated in October of 1621 and lasted three days. The holiday was mostly celebrated in New England and other states celebrated Thanksgiving on their own dates. However, it wasn't until 1863 that it became a national holiday, thanks to the efforts of Sarah Josepha Hale. On October 3rd, after the Union Army's victory at Gettysburg, President Abraham Lincoln announced that the nation would hold an official Thanksgiving on November 26th of 1863.

Sarah Josepha Hale was born in Newport, New Hampshire to Revolutionary War Veteran, Captain Gordon Buell and his wife Martha Wittlesay Buell. Sarah's mother

believed in equal education for both genders, so she was homeschooled by her mother and her older brother, Horatio. She went on to become a schoolteacher and married a lawyer named David Hale. David and Sarah ended up having five children. Sadly, David passed away in 1822 and from that day on Sarah wore black to show her mourning. In 1823, Hale published a collection of poems she had written titled, The Genius of Oblivion with the financial support she received from her late husband's Freemason lodge. Then, in 1827, Sarah published Northwood: Life North and South. Not only was it her first novel, but it was also one of the first story books written about slavery, and she

was one of the first American female writers. She wrote about how slavery dehumanizes not only slaves, but their masters also, as well as how African slaves should be relocated to be free in Liberia. In 1830, Hale wrote a collection of poems called, Poems for Our Children, which had "Mary's Lamb", now better known as "Mary Had A Little Lamb". In addition to these fine accomplishments, Hale also helped found American Ladies Magazine and served as editor for Godey's Lady Book for more than forty years.

In 1846, Sarah Josepha Hale began advocating for Thanksgiving to become



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## A Call for Alarm

BY: ALEX KISSELBURGH



How many times have you walked into a restaurant and seen a young family sitting at a table, with both parents on their phones, or even worse, distracting their young child with one? Cell phones are something that nearly everyone has and uses more than often than they would like to admit. Sadly, this is true for young children also. Recently, cell phones have become a large problem in our society due to their overuse and negative effect on the health of our youth. Not only have phones been such a large problem that schools have banned them completely, but studies are starting to show that these little glowing boxes are leading us down a very bad path.

A South Korean study from November 2017 tracked the levels of GABA, which is a neurotransmitter in the brain that regulates many brain functions including anxiety. Increased levels of GABA increase the severity of depression and anxiety, and cognitive functioning. The study found that prolonged smartphone use raises GABA levels significantly, and matches increases caused by other additions, such as drugs and alcohol. Along with having similar brain functioning effect as drugs and alcohol, cell phones are just as addictive as the drugs too.

An English study tracked cellphone use to student performance. Four schools in Birmingham, London, Leicester, and Manchester banned cellphones. They then compared the results in high stakes exams to the pre and post ban. What they saw was an overall improvement in test scores of 6.41%. Students in the low-quartile (lowest scoring 25%) improved by 14.23%. The students in the top-quartile were not affected by the ban. What does this mean? The more you struggle in school, the more your cellphone use hurts your performance. If you want to get better grades, ditch the phone.

The French government recently banned all cellphones from public schools and is contemplating putting age restric-

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## Senior Checklist

BY: MEGAN HAGER

While you may be feeling like the year just started, you're probably falling behind in the college admissions process. There are applications to fill out, financial aid to apply for, and plenty of scholarships to hunt down. With most early application deadlines passed, what should you be doing to get ready for college?

Before you can go on to college, you must first graduate high school. Have you completed your Career Related Learning Experiences (CRLEs)? You need two to graduate, and as of right now, only 71 seniors have both turned in. That's less than half of us. To graduate, you also need to submit your cap and gown and diploma order forms. Forms can be found and turned in to the main office. While it isn't a graduation requirement, senior photos for the hallway displays are due by the end of the school year and must be a 2.5x3.5 inch (vertical alignment) physical photo turned into Mrs. Adams.

The first step to attending college is applying. The Common App is an application that only has to be filled out once and

can be sent to multiple colleges. It is a great tool for saving time and reaching out to many institutions. Each college has their own application fee, but Common App accounts are free to make. Regular college application deadlines are typically in February or March, so there is no time to waste. Start requesting letters of recommendation, counselor report forms, and scholarship information soon. You are more likely to get your papers done on time if you request for them before the rush, or else our faculty may get slowed by a flood of last-minute requests.

Along with your college application, the Free Application for Federal Student Aid (FAFSA) needs to be completed and submitted to your colleges in order to be considered for aid. You will need yours and your parents' social security numbers, 2018 tax forms, driver's license numbers (if applicable), and the month/year your parents were married or divorced. No matter the amount of money your family makes, the FAFSA needs to be filled out in order to take advantage of federal stu-

dent loans, grants, or work-study programs. The FAFSA opened back on October 1st, and should be completed as soon as possible.

After being accepted into a college, give a copy of your letter of acceptance to the Career Center in preparation for our Senior Signing Day. Campus visits can be scheduled through each college's office of admissions, so contact them for more information. Local scholarships are usually due in the spring, so letters of recommendation for those need to be secured ahead of time. There are numerous scholarships that are due before or after that date, so be aware of the deadlines for each particular scholarship you're applying for.

The Career Center is an amazing resource for any and all information regarding the college application process, admissions, financial aid, or scholarships. They have all the forms and information needed to guide you through the process. Please, stop by and pick up a Senior Calendar, a FAFSA information packet, and Letters of Recommendation forms. Mrs. Adams is happy to help!

## The Mother of Thanksgiving

FROM PG. 1

a national holiday, but it wouldn't come to fruition until seventeen years later. Hale wrote to presidents Zachary Taylor, Millard Fillmore, Franklin Pierce, James Buchanan, and Abraham Lincoln in an attempt to persuade each of them as to why she thought Thanksgiving should be celebrated annually. She failed president after president, until finally, one of them listened. President Abraham Lincoln and Secretary of State William Seward both received letters from Hale and within a week Seward had drafted Lincoln's official proclamation, proclaiming that Thanksgiving would be observed as a national holiday on the last Thursday of every November. The timing of this is important. The Battle of Gettysburg was one of the bloodiest of the Civil War, but even immediately after the battle was it was seen as a turning point. The North would eventually win the war and the nation would be unified. Lincoln wanted to give inspiration to the nation and encourage the country to pray for God's help in ending the war. Both Seward and Lincoln agreed that the new holiday would "help heal the wounds of the nation."

Sarah Josepha Hale is a name more American should know. She was a ground breaking women's author, and early opponent of slavery, and the writer of one of the best known nursery rhymes in our nation's history. But more than that, her tireless efforts gave us Thanksgiving as a national holiday, a day that we are called on to remember to be thankful for the blessings in our lives. And for that, we should all thank Sarah Josepha Hale.

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## This Day in History: November 22

BY: SHAYLA SANDERS

This day in History, November 22nd, 1963, President John F. Kennedy was assassinated. His death was a shock to the entire country, spreading great confusion across the nation and driving many to tears. Children were let out of school early and many waited anxiously to hear the news about what happened to their beloved President. If asked, anyone who was alive during the assassination will remember where they were and what they were doing when they heard the news, "The President has been shot."

In preparation for his 1964 re-election, Kennedy went on a presidential campaign. He began heading west near the end of September to spread word of his objectives for what he would do if he were re-elected as President. He spoke of world peace, education, and national security, but he mostly talked about his main concerns: natural resources and conservation. On November 12th, JFK stressed in a political meeting that it was important they won the Florida and Texas vote, so he planned to visit both states within the next two weeks. Winning the Texas vote was es-

pecially important because a feud among party leaders had risen up threatening JFK's chances for carrying the state. President John F. Kennedy and first lady Jackie Kennedy would visit five cities in Texas within a two day period.

On the evening of November 21st, the Kennedys arrived in Houston and spent the night in the Texas Hotel. The next morning, several thousand people stood outside the hotel, awaiting their President's appearance, despite the rain. Wearing nothing to protect himself from the weather, JFK addressed his people and said, "There are no faint hearts in Fort Worth and I appreciate your being here this morning. Mrs. Kennedy is organizing herself. It takes longer, but, of course, she looks better than we do when she does it." He then went on to speak about how America would be second to none, in space, economy, and just about all else. Kennedy shook hands with the crowd and donned a smile on his face, as did everyone in his midst. He was welcomed with the same energy when he arrived in Dallas with Mrs. Kennedy, and the First Lady even received a bouquet of roses of which she brought with

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## The Secret

BY: ANDRA GORDON

Often times, we underestimate the power of our minds. There is a universal tool referred to as “The Secret” that you’ve most likely heard about before, yet have no idea how to use in everyday life to better your mental state and your future. Things that seem impossible for you to achieve are easier than you realize. This tool has been implemented by many iconic figures such as William Shakespeare, Ludwig van Beethoven, Leonardo da Vinci, Plato, Pythagoras, and Sir Isaac Newton. Religions and Civilizations like Hinduism, Buddhism, Judaism, Christianity, Islam, the Ancient Babylonians, and the Ancient Egyptians all referred it through their writings and stories. So what is The Secret?

The Secret is simply the Law of Attraction, which is defined as “the attractive, magnetic power of the Universe that draws similar energies together.” The Law of Attraction focuses on energy and thought. If you pay attention to your mindset it will be clear what kind of energy you’re putting off. If you’re focusing on what you do want rather than what you don’t want, not only does it help your mental state, but it also attracts those things you want through action and opportunity. Your mind directly affects your actions, which directly affects your path in life. The Law doesn’t see good or bad things; it takes your thoughts and reflects them in your life experiences.

This whole idea may seem like some hippie mumbo-jumbo, but there is a science behind it. Mirror neurons and amygdala hold some of the biggest evidence. Mirror neurons show us that when we observe somebody’s actions, the same pattern of brain activation that allows that person to do what they’re doing mirrors in our brain. This activation is seen in the premotor and parietal cortex of the brain which prepares the body for movement and attention. Therefore, our actions cause similar action-representations in the brains of others. An amygdala is an almond-shaped collection of nerves in the brain and with brain imaging we have learned that it is activated by fear. When you see somebody with a fearful face, your Amygdala activates as if you’re experiencing the fear yourself. What makes this so intriguing is a set of experiments where the subject was not able to see the fearful face beside them and their amygdala was still activated as if they had seen and correspondingly felt that fear. Our gut-feelings are brain feelings. We directly affect the world around us with our energy.

An outstanding display of the power of our

SEE **THE SECRET**, PG. 11

## Team Trees

BY: MEGAN BAHM

Recently two viral YouTubers, Jimmy Donaldson and Mark Rober, have started a fundraiser titled Team Trees. The goal of this fundraiser is to plant 20 million trees by 2020. In order to achieve this goal they need to raise 20 million dollars, because one dollar is equivalent to one tree that will be planted by The Arbor Day Foundation. Donaldson and Rober aren’t alone in this endeavor, more and more publishers and companies have been helping, donating, and supporting Team Trees.

It all started because of a fan who told Jimmy Donaldson, or better known as Mr. Beast, that to celebrate reaching 20 million subscribers he should plant 20 million trees. This one comment caused many more people to ask him to plant trees and that is when Mr. Beast reached out to Mark Rober. Mark Rober is a former NASA scientist who helped build Curiosity, the Mars rover. Now, Mark does a lot of science orientated videos that have gained a large following, around 3.4 million people. Because this is an amazing cause, more YouTubers were eager and excited to help in any way they could. There are now over 600 YouTubers who have donated and made a video about the cause.

YouTube has been known, in the past, for a lot of controversies and drama. But, a growing number of the YouTube community are beginning to see efforts like Team Trees as a way to

turn the site into a more positive community that could raise millions for worthy causes. This fundraiser could be only the first step to what YouTube could be. For example, if there was someone who has a rare disease that is expensive to treat, a YouTuber with a large following could bring light to their problem and raise the money they need. This is only the tip of the iceberg.

Planting 20 million trees by 2020 is a great cause and a great way to end the 2010s. This decade has been long and painful. It’s hard to think about something good that has happened in the last ten years. So, in the future instead of thinking about 2010s ending with the Amazon Rainforest burning down, we could think about 20 million trees being planted for the purpose of a healthier world.

We have holidays like Arbor Day to show love for the Earth and to give back to the world we live on. Team Trees embodies that idea of giving back perfectly. YouTube has been used for little causes, but not for something this big until now. Because of the controversy with the fires in the Amazon Rainforest, people came together, not only just in the United States, but all over the world. If people all over the world continue to come together as they are now, then the next decade will certainly be a much brighter, and greener, one.



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## Resurgence in Vinyl

BY: ALEX SPRINGER

A blast from the past is capturing America's youth. That blast is vinyl records. You can buy a turntable and records at most Walmarts, and artists are releasing their newest albums on vinyl, but why? It's in an outdated format, with fragile disks that can be warped by the sun, scratched very easily, and the risk of dropping and destroying the record is constant. I haven't even mentioning the issue of keeping your turntable functioning, like keeping the needle from breaking, the counterweight being incorrect, and just general electronic issues. They aren't portable and they need up-keep. In most cases, you would have to search for a record that plays the whole album, not just the song you want. Why would something so outdated become so popular? I believe it's for a few key reasons, mainly the retro appeal, the routine of finding and playing a record, and the sound quality that vinyl brings to the consumer.

If you look at stores today, you can see a lot of throw backs to what was popular with the youth of yesterday. We can see t-shirts with floppy disks, cassettes, and vinyls on them. The styles of the 1980s and 90s is coming back, and people are loving it. While it may seem odd, many young people love interacting with and being part of the culture of old tech, and think that age makes it so much cooler. Another reason that could affect this is that technology is moving so fast. The "tech of yesterday" is really only 20 to 30 years old, and in that time we went from cassettes, that had a variety of issues including warped sound and fragile tape, to having hundreds of thousands of songs at our finger tips, all sounding crisp and just like the artist intended, all shoved in a tiny box that fits in your pocket. All of this convenience is nice, but it takes all the effort away from playing the music. If you can easily play any song at any time, you get rid of all the effort that goes into listening to it. If you have all the songs you want at the push of a button,

you lose the appreciation of when your favorite song comes on.

That goes into my next point, the routine of playing the record. First you have to find a good turntable, and those can have a large variety in price. Then you have to buy a record, either online or from a record store. If you have both of those things, it still takes time to get the music to play. You have to find the record you want out of your collection, carefully place it on the stepped platter, and then, depending on the age of your turntable, you either manually put the needle of the turntable on the outside of the record, or it will do it itself. Occasionally, you should check that everything is operating smoothly. All of this is part of the ritual of playing your music. Every time you want to play a record, you have to go through this process, which becomes a relaxing way to set up your music.

The most prominent reason that people enjoy vinyl is the sound quality that it provides. Vinyl provides an immaculate and crisp sound that other mediums can't replicate. The reason for this is that all digital formats go through a digitization process that compresses the sound, and rids the song of the purity it held before, while vinyl is a direct etching of sound waves into plastic, holding the sound for as long as the vinyl is playable. They do this by moving a sapphire tipped needle that moves with the music on a soft plastic like disk. While for some this doesn't matter, for others it's extremely important. Feeling like you are really at the studio is a neat feeling that cannot just can't be replicated. Fans of vinyl explain that it's the closest you can come to hearing the music live.

The other advantage of vinyl is the album format. The digital age has caused most of us to download singles, not entire albums; and artists have a problem with this. Albums allow for a "concept" grouping of music, a way for artists to group songs together to either tell a story, or highlight a specific theme or idea. Songs

SEE VINYL, PG. 17



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## This Day In History

FROM PG. 3

her their limousine. The rain had ceased, and so the top of the limo was down and everyone could clearly see the President and his wife as they headed to the Trade Mark where President Kennedy was scheduled to speak. But, sadly, what started with shaking of hands and smiles, ended in horror and devastation. Around 12:30 p.m., the Kennedys and Governor John Connally and his wife, Nellie, turned onto Dealey Plaza, when, suddenly, gunfire erupted from the Texas School Book Depository and the President slumped over in the back of the limousine. They immediately raced to Parkland Memorial Hospital where it was announced at 1:00 p.m., that the President was dead and the Governor, while seriously wounded, would recover.

According to Nielson Audimeter Service, within 40 minutes of the first reporting of the assassination, the television audience doubled, by early evening, 70% of Americans were at their television sets. William G. Talton, mayor of Pocomoke City said, "I heard it from someone on the street, and I was quite shocked; so shocked I couldn't believe it until I heard it on the radio while I was doing some work at home later. It's hard to accept, I ... I just can't express myself." Citizens of America everywhere were appalled when they received the news, so much so, like Talton, they found it hard to believe.

The Los Angeles Times interviewed some people who remember the JFK assassination in 2013 for the 50th anniversary of Kennedy's death. Michael Garcia from Massillon, Ohio, said, "I was 13 and in Mrs. Gray's 8th grade English class when the school principal announced on the PA system that President Kennedy had been shot while in Dallas. The class went silent and Mrs. Gray asked us all to pray that President Kennedy would be okay. As I prayed I [thought] it was probably a non-fatal injury... I assured myself he would be fine... Later, the principal returned on the PA and stated President Kennedy had died." The events of November 22nd were so traumatic that a man remembered exactly what happened, 50 years after it initially occurred.

Now, 56 years since President John F. Kennedy's assassination, people still vividly remember the youngest elected American president, the man who said, "Ask not what your country can do for you, but what you can do for your country." He always spoke greatly of our country and had immeasurable respect for our nation. And while his run ended in tragedy, nothing can taint the image of JFK.

## The Best Years of Our Lives

BY: JOREL LEYBA



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"The Best Years of Our Lives" was released November 12, 1946. It won multiple Academy Awards, all the way from Best Picture to Best Cinematography. It is a highly rated film that stands up to the test of time. The movie is about three WWII veterans returning home to fictional Boone City and having to readapt to life after the war.

The three veterans return to vastly different home lives. Homer is a Navy veteran whose hands are both missing. He returns to his middle class home and parents. His girlfriend lives right next door. Fred, the main character, is a former Army Air Corp bombardier who is living on his own with his wife, but before he gets home he stops at his parents' house where he lived before the war. His father, from what you see, is an alcoholic, but he is still a nice guy. The place you see is very poor, I mean literally on the other side of the tracks. But even in poverty, you can see Fred grew up in a loving family. The last

of the trio is Al, an Army sergeant fresh from the Pacific who is a banker from the upper class with a seemingly perfect wife and two children.

Even though these three veterans are from vastly different statuses in life, they become friends. Part of this bond is that they came from the same town. But even stronger than that is their war experience. All three have been both strengthened and damaged by World War II. They didn't feel like their wives or families could truly understand what the war did to them, so they found each other to provide comfort and support.

Although this movie on the surface is about the men who served in the war, it's much more than that. It also tells the story of what happened to the women who were waiting for them. I'm telling you the women in this movie are fantastic. Each of the three main female characters displays the best aspects of American womanhood. The standout for me was the role of

SEE THE BEST YEARS, PG. 8



Kaitlyn's Kitchen  
-Pumpkin Cheesecake Muffins-

BY: KAITLYN VICTOR

With Thanksgiving being right around the corner, these pumpkin cheesecake muffins are the perfect addition. They are light, not too filling, but sweet enough to be a perfect dessert. From the fluffy pumpkin muffin to the rich cheesecake, you won't be disappointed with these.

Ingredients:	Crumble
Muffins	
• 1 ¾ cups flour	• ¼ cup brown sugar
• 1 tsp. baking powder	• ½ cup flour
• 1 tsp. baking soda	• 1 tsp. ground cinnamon
• ½ tsp. salt	• ¼ cup unsalted butter
• 1 ½ tsp. ground cinnamon	
• 1 tsp. pumpkin pie spice	
• 2/3 cup packed brown sugar	Cheesecake Filling
• 2 eggs	• 6 oz. cream cheese, room temperature
• 1 cup canned pumpkin puree	• 1 egg yolk
• ½ cup vegetable oil	• ½ tsp. vanilla extract
• 1/3 cup milk	• 3 tbsps. sugar
• 1 tsp. vanilla extract	

Directions:  
Begin by preheating the oven to 425 degrees and lining a 12 count muffin tin with cupcake liners. Set this aside and grab a small bowl and combine the brown sugar, flour, and cinnamon needed for the crumble. Once combined, gradually add the melted butter just until crumbs form. Do not over-mix into a paste. Set this aside and grab two bowls, one large and one medium. In the large bowl whisk together the flour, baking powder, baking soda, salt, cinnamon, and pumpkin pie spice needed for the muffin portion. In the medium bowl mix the brown sugar, eggs, pumpkin puree, oil, milk, and vanilla extract together. Next, combine the wet and dry ingredients until just combined to avoid over-mixing. Set this aside and grab one more medium sized bowl. In that, beat the cream cheese with an electric mixer on medium to high speed until smooth. Beat in the egg yolk, vanilla extract, and sugar until combined. Then spoon one heaping tablespoon of the pumpkin mixture into the cupcake liners followed by a tablespoon of cheesecake, then the pumpkin again, using as much as needed to fill the cup. Sprinkle the crumb topping on the tops and press down gently to prevent them from falling off. Move the pan to the oven and bake for 5 minutes. Then, keep the muffins in the oven, but reduce the temperature to 350 degrees and continue baking for 15-16 minutes. In total, the muffins should bake for approximately 20-22 minutes. Allow the muffins to cool for 10 minutes in the pan before moving them to a wire rack to cool completely. Once cooled completely, enjoy!

Reviews:

- If I had the choice to eat these after every meal, I would! – Jacob 11/10
- This is the perfect treat for after your Thanksgiving meal, not too filling or sweet – Malia 10/10
- I am truly proud of these muffins. They have the prefect texture, the cheesecake is the perfect touch, my pumpkin brethren have served their lives well. – The Great Pumpkin 10/10
- I kind of want a third. – Jenna 10/10

A Call For Alarm  
FROM PG. 1

tion on their ownership and use. The biggest reason for this is a study that was released earlier this year. The study tracked French children over a ten year period and found the following results. Around 98% of French children 12-17 have a mobile device and two-thirds of middle school students are signed up on social networks like Snapchat and Instagram. They also found that 40% of school punishments are related to mobile devices. The most dramatic findings of the study found that children who were exposed to any kind of mobile device for over four hours a day had significant reduction in their cognitive capacity, and that the damage done was permanent. They also found that the earlier the exposure took place, with some children as young as three years old when their exposure started, the worst the damage. The effects of cognitive damage were difficulty in socializing with other human beings, poor performance on educational tests, and an increase in the likelihood of committing crimes as they grew older. The study showed that the changes in brain chemistry and reduction of cognitive capacity were almost identical between mobile device addiction and drug addiction. The study also showed that if exposure was limited, or eliminated, until a child was past the age of puberty, then damage was significantly less.

It is sad to see so many young children using cell phones instead of playing with cars and dolls like it used to be, and the fact that parents are handing these things out like candy is scary. Now that we know how dangerous these devices can be, we might want to think twice about how much we are using them. We also might need to admit that we are addicted to them. How many of us are on some kind of device more than four hours a day? Remember, it's not just cellphones that cause the types of damage these studies are describing, it's any electronic device, including tablets and gaming platforms. Finally, we need to ask ourselves how we are using these devices with young children. Would you give a cigarette, or a shot of alcohol to a 10 year old? Studies are showing that giving someone that young unlimited access to an electronic device has pretty much the same effect.





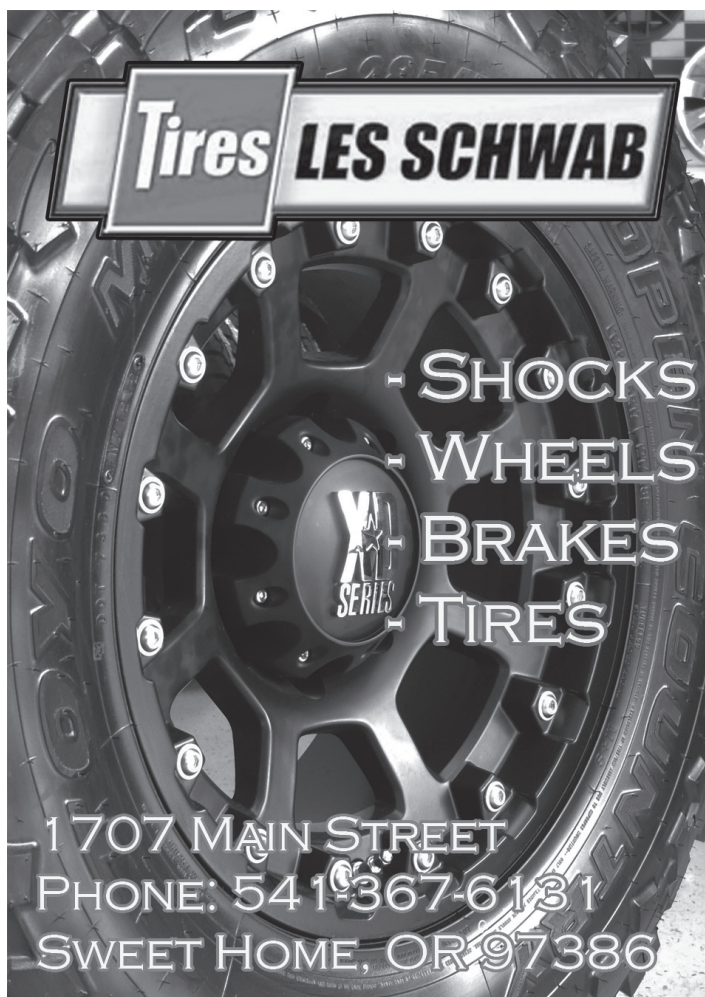
## The Best Years of Our Lives

FROM PG. 6

Wilma, Homer's girlfriend. She gives a real life performance that will break your heart. But that's true for all of the actresses in this movie. But, it isn't all visions of perfect womanhood, the female characters are drawn out with real life emotions and flaws.

Real life veteran, and first time actor, Harold Russell was phenomenal in the role of Homer. Russell actually lost both his hands while serving in World War II. His performance earned him the Oscar for Best Supporting Actor, along with an honorary Oscar for inspiring returning servicemen. He is the only actor to receive two Oscars for the same role; and he deserved both of them.

I highly recommend this movie because I'm in love with it so much. All this movie does is describe "The American Dream", warts and all. It doesn't hit you over the head with it, it doesn't overly sentimentalize it, it just shows it. It shows you how with love, opportunity, and hard work you can make your life better. This is a movie of hope and love. I challenge you to sit down and watch this movie and not get teary eyed. It's on my list of all-time favorites, and if you do yourself a favor and give it a chance, I'm sure it will be on your list as well.



## Fashion Through the Ages

-The 1930's-

BY: ANDRA GORDON

Sandwiched between two very prominent decades, the 1920s and 40s, Thirties fashion seems to be neglected and underappreciated. During the Thirties, The Great Depression was in full swing. The minority of the population that was rich, grew even richer while the majority suffered and became impoverished. The Dust Bowl, starvation, desperation, and mass unemployment plagued the middle and lower classes. There was a large gap between the ideal Hollywood glamour fashions that were turned to for escapism and the sad truth of outfits that the average woman sported.

Unlike the Twenties, which was a bold display of boyish clothing, the Thirties jumped back into a modest, feminine style. The palette was made of soft and muted colors and polka dots were all the craze. Even with playful patterns, the dainty styles were a backlash at the bold brightness of the Twenties.

From blonde bobs to sleek gowns that showed off the figure, Thirties Hollywood icons such as Jean Harlow, Bette Davis, and Ginger Rogers are great examples of the glamorous fashions that were greatly coveted. Evening gowns were long and to the floor, usually satin or velvet. They had features such as cowl necklines, exposed backs, bias-cut skirts, and geometrical patterns. Clingy thick fabrics were very popular, as well as the broad shoulders look which led to 3-inch shoulder pads. Accessories included elbow-length suede gloves with a matching handbag and shoes, red or grey fox fur, batik scarves, large rings, and watches.

With The Great Depression weighing so heavily on the lives of everyone—not in the upper class, it was hard to achieve this ideal look. Middle and lower class dresses were styled with a high waist, fitted hips, a mid-calf hemline, a high neckline, and wide shoulders. In past years, many wardrobe changes for different activities were required, but day dresses in the Thirties were designed to be worn to many different events. Because money was tight, women had to limit the size of their wardrobes and expenditures on luxuries. In fact, when women realized their flour came in cotton sacks, they used the emptied sacks to make dresses. When the manufacturers noticed this, they began using patterns of all kinds to allow women to make pretty dresses, young boys' clothes, stuffed animals, and many more things.

Although seemingly passed over, the Thirties were an important time, connecting two very significant decades. It guided fashion back towards femininity, without rebellion, and paved the way to the Forties' military style with masculine details. It goes to show that no decade should be overlooked, as they all lead into another, inspiring changes and revivals that lead us to where we are now and where we will be in the future.



Fantasy vs. Reality: Fred and Ginger light up the Silver Screen as women in the real world make do with flour sack dresses.

GOOGLE IMAGE SEARCH



# ENTERTAINMENT

SWEET HOME HIGH SCHOOL

ISSUE 2, VOLUME 80

NOVEMBER 26, 2019

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## MALIA'S MYSTICAL HOROSCOPES



Astrology is not just the 12 signs. Each of the 12 signs has specific houses, planets, and degrees that individualize each person's chart. Your birth chart is like a snowflake; chances are you won't meet anyone with the same chart as you. Today I will be focusing on the sun signs of Scorpio and Sagittarius. The dates for Scorpio are October 23 through November 21. Sagittarians are born between November 22 and December 21.

It is normally the Scorpios that are super into astrology, because usually when these people read the description of their sign they think, "Oh this why I am the way that I am." Scorpio is a Water sign, with that comes deep emotion. Scorpios tend to feel lonely because they feel so deeply and sometimes think that others don't quite understand them. Ruled by Pluto, the planet of the underworld and regeneration, they are normally spiritual beings and they might be interested in the paranormal, ghosts, or otherworldly things. They might even have a fascination with conspiracy theories. They sometimes come across as guarded or intimidating. They are very complex people and sometimes watch others from afar. They see things others do not notice. One of Scorpios main traits is their secretive side. You might know a Scorpio for years and still feel like you don't know them at all. They can see through people, like human lie detectors, and are excellent at revealing the truth. Being ruled by Pluto and tied to the underworld, Scorpios might notice a psychic power and a connection with the other side. Other characteristics they possess are loyalty, intensity, and they are known for loving deeply, but can also be controlling. They get very jealous, and can get mean and nasty if they feel threatened. They hold grudges, and if you hurt or wrong them, it is nearly impossible to get back on their good side.

Sagittarians are known to be adventurous and fun, independent, and wild. They are a Fire sign, so they tend to be fiery! Bursting with energy, they are inspiring to be around and have a willingness to see things in a positive light. Ruled by Jupiter, which makes them very lucky people, they are extremely confident and aware of what they have to offer. Sagittarians know how to achieve

goals and if they put their mind to something, they will get it done. Since they are the most optimistic sign by far, they lift others up by being great storytellers, and are extremely trusting of romantic partners. They are quite outspoken people. They like to express how they feel, and they like to learn and are knowledgeable. They have a love for travel and adventure. They might come across as flakey or non-committal, but this is due to the fact that they must have a sense of freedom in their life or they might feel trapped. Sagittarians might not like other people who take things too seriously, because they just want to have fun. If you are a Sagittarius you should try to embrace difficult emotions, it is okay to cry sometimes, you won't appear weak.

This season teaches us how to be fierce like a Scorpio, and fun loving like a Sagittarius. Both of these signs are independent and extremely complex individuals. The intensity is high, and the truth might be brought to light during these seasons.



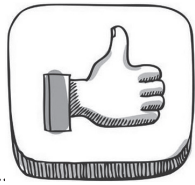
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## Contrasting Opinions: **MINIMUM WAGE**



### TO IMPEACH OR NOT TO IMPEACH?

BY: MALIA HEWITT

Donald Trump is currently under immense pressure from the American people and Congress. The House Committee continue to build their case to impeach Donald Trump, following a whistleblower's complaint about a phone call made between the President and the Ukrainian president. In this said phone call, Donald Trump asked the Ukrainian president for a "favor" to look into the actions of the Democrats, more specifically his rival, Joe Biden. Meanwhile, Trump is continually threatening to sue Nancy Pelosi and Adam Schiff who are pushing the impeachment process forward. He then publicly admitted he is trying to identify the anonymous whistleblower, which is in possible violation of whistleblower protection laws. House Democrats have subpoenaed Trump's personal lawyer, Rudy Giuliani, seeking documents related to his work in the Ukraine.

Impeachment is the sole responsibility of Congress as defined in the Constitution. Article I Section 2 of the Constitution states that, the House of Representatives shall have the sole power of impeachment. Article I Section 3 states that, the Senate shall have the sole power to try all impeachments, and remove the President from office with a two thirds majority vote. According to Article II Section 4, grounds for impeachment include; conviction for treason, bribery, or other high crimes and misdemeanors.

While the current impeachment investigation is focused on Trump's requests for the Ukraine to interfere in the upcoming 2020 election by reopening an investigation involving Joe Biden's son, Hunter. The House Committee is also tying these actions to the recently completed Mueller Report investigated the issue of Russian interference in our 2016 election. The Mueller Report identified at least ten instances of possible obstruction of justice by Trump, which could provide evidence to not only impeach Trump, but to potentially indict him as well. However, to date, this report has only been provided to Congress in heavily redacted form (hiding many details of the investigation and the specific evidence for charges of obstruction). Only 156 pages out of 768 pages have been made available. Who made this call to hide the doings of our President? None other than Attorney General William Barr. He then questionably concluded that the findings of the report did not give enough evidence to find Trump guilty of obstruction of justice as it, "is not sufficient to establish that the President committed an obstruction-of-justice offense." Muller himself has contested this conclusion, but without the full report, Congress does not yet have the ability to act on the evidence.

Our country has had three other experiences with impeachment. President Andrew Johnson was impeached by the House of Representatives in 1868, but was acquitted by one vote in the Senate. In 1974, President Richard Nixon resigned before the House of Representatives could vote on the articles of impeachment passed by House committees. President Bill Clinton was impeached in 1998 by the House of

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### UNREALISTIC IMPEACHMENT

BY: JENNA WOLTHUIS

Three years into his presidency, Donald Trump is facing possible impeachment. The reason? Trump asked the Ukrainian leader Volodymyr Zelensky to investigate an upcoming election competitor, Joe Biden. In doing that, Trump may have crossed a line, but this act is not a good enough reason to be impeached. In the time Trump has been president, 5.6 million jobs have been created, the number of illegal immigrants has gone down, unemployment rates have shrunk by 3.7 percent and national relations have improved with many countries. However, even with all these good things some people just can't be satisfied. Most of those unsatisfied people are the Democrats and Liberals. They, along with a few Republicans, tend to see the bad in Trump's leadership. Carbon emissions have gone up 1.8 percent and the number of people without health insurance has increased. People also criticize how Trump is rather rash and blunt when speaking.

Donald Trump was elected in 2016 and took office in 2017. Ever since, America has been thriving. While he does have a few quirks, overall he has done a lot of good. More good than Hilary Clinton could have done. National relations with some troublesome countries such as North Korea have never been better. Trump was the first sitting president to go into North Korea and talk with Kim Jong-un.

Only two presidents have been formally impeached by Congress, but no president has ever been removed from office. Bill Clinton was the most investigated president in history. While Paula Jones was suing him for sexual assault, Clinton lied under oath about sexually assaulting Monica Lewinsky. Andrew Johnson, who became president after the assassination of Abraham Lincoln, angered the Radical Republicans in Congress and faced impeachment. Both of these presidents did some really bad stuff, but neither were successfully impeached and removed from office.

Nancy Pelosi and Adam Schiff, along with many leftist news companies, have been fighting for impeachment for over a month and have gotten nowhere in the public's view. A Washington Today/ABC poll found that 82% of Democrats want Trump impeached while 13% do not. Within the Republican Party, 82% are opposed and 18% support impeachment. A poll a month later found that these numbers didn't change. The only group who came up with different numbers was the Independents, and they went from 49% for and 47% against, to 47% for and 49% against. Most Americans do support impeachment, but they all agree that impeachment should not be Congress' main concern. Nancy Pelosi is a Congresswoman from California, and while she fights for impeachment, her state burns. The Kincade Fire, which is currently burning, has destroyed 77,758 acres and 360 structures, of which 174 were homes. Over 1,600 structures still remain threatened, and more than

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## The Secret

FROM PG. 4

brains can be seen with a man who was paralyzed for five years after a spinal injury. His identity has stayed private in the media due to the circumstances of the experiment. He managed to walk using direct brain control to overcome paraplegia (paralysis of the legs) and walk again. This was done with an electroencephalogram based system that took brain signals and sent them to electrodes placed around his knees. Another example is Inner Fire Meditation a practice done by Tibetan Monks where they can increase their body temperature by their thought. To study how this worked, scientists tested a monk who was placed in a 40 degree room with nothing but a soaking wet blanket to cover him and he was able to increase his body temperature to 100 degrees, which is a moderate fever. These are some outstanding examples, but most examples of the Law of Attraction in daily life are minor. But, when experienced, they can amaze you.

So, how should you truly use the Law of Attraction? Treat what you want as if you've already received it. Tell yourself that there are no ifs, ands, or buts; you are going to get it. Do not think of what you don't want, think instead of what you do want and how to get it. Surround yourself with things beneficial to your mind and life goals and you will thrive. It seems like such a simple change of mindset, and that's because it is. If you change these small things the Law of Attraction will affect your life in a positive way.

## Privacy Guaranteed

BY: JACOB THOMPSON

Facebook is the largest social media platform on the internet. With 2.7 billion users daily and another 2.1 billion users using their services, Facebook has quite a lot of information on people. Customers place a lot of trust in the company to not only protect and secure their data, but to keep it confidential and not abuse it. The problem is that they are not trustworthy at all, and they have proven this time and time again.

Facebook has their own privacy policy contract and in this contract there are multiple sets of rules and agreements that the user signs up for. Some of these rules allow Facebook to edit user information, experiment or use you and your data as research, and share your information with third party sites without your knowledge. When a person signs up on Facebook, they automatically agree to this privacy policy, whether they actually read the policy all the way through or simply



skim through it, and that ultimately should fall on the consumer. But what Facebook should be held accountable for is that even if the user agrees and reads everything, it is subject to change at a moment's notice even with your prior agreement, and they don't even need to make you aware of the changes as they have no legal binding to do so. This brings a massive question to the table; with the rights to experiment on people and tamper with people's personal data, what is to stop them from taking control and using people for financial gain.

That's exactly what they did with a service they called "Beacon" that was introduced in 2007. This service was partnered up with 44 other companies and when you bought a movie online, or went to eat out at a restaurant, Beacon would track you. Without your knowledge, it could not only post status updates and send notifications to your online Facebook friends, but they wouldn't let you opt-out of it at first. Many privacy concerns arose out of this, but the only legal action taken was by companies such as Gamefly and Blockbuster who sued Facebook for abusive business practices for not allowing them to advertise on their site. They lost their suit, and Facebook continues to track your information to design targeted advertising for you and your friends.

A program that they have started up to deter the spread of fake news, called

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## Ukraine, Bidens, and President Trump Explained

BY: MEGAN HAGER

Once again, the media and Congress have been talking about impeaching President Trump. This time, the impeachment inquiry is a result of a whistleblower who claimed to have heard Trump abusing his power by pressuring the Ukrainian government to reopen an investigation. The investigation in question was on the Ukrainian natural gas company, Burisma Holdings, and took place during the Obama Administration. Burisma's founder and president, Mykola Zlochevsky, was also the former Ukrainian Minister of Ecology and Foreign Aid and he was being prosecuted for abuse of power, tax violations, money laundering, unlawful enrichment, forgery, embezzlement, and unlawful issuing of licenses when then Vice President Joe Biden pressured the former Ukrainian government into firing the prosecutor investigating him. The current accusations against President Trump center around a whistleblower who claimed that Trump's pressure on the Ukrainian government to reopen this investigation was intended to dig up dirt on the Biden family before the 2020 election. But, that is not the case.

After Ukraine's 2019 presidential election, President Trump contacted Ukraine's new leader, Volodymyr Zelensky, to discuss the conditions of their foreign aid renewal. Trump had a multi-issue conversation with Zelensky about stopping political turmoil, reevaluating spending, and stopping corruption. The reopening of the Burisma corruption investigation was part of that multi-issue conversation. The whistleblower took this information out of context and caused a lot of confusion. This article will explain the timeline of events and what exactly happened with the Bidens, Ukraine, and President Trump.

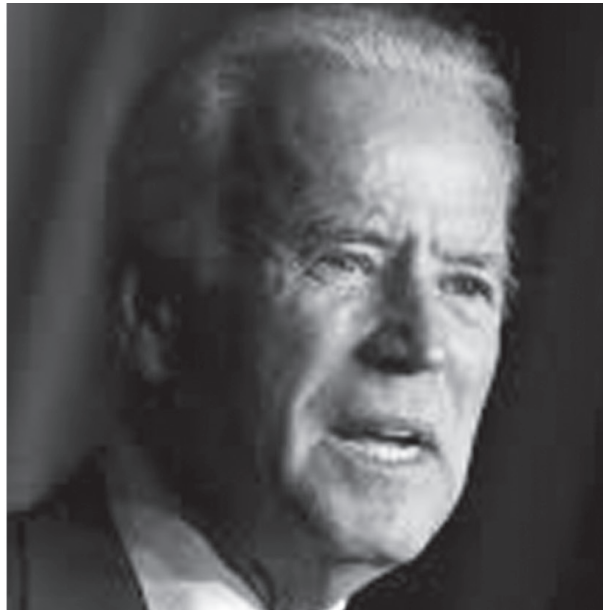
Mykola Zlochevsky was a former Ukrainian government official who, with Burisma, quickly became one of the richest men in Ukraine. As he was beginning to be investigated, Burisma hired Hunter Biden, Joe's son, to help with the company's "transparency" and "integrity." Hunter Biden, who was trained as a lawyer, became a Burisma board member despite his lack of experience in energy or consulting. Hunter met with Burisma's board twice annually and was paid \$50,000 a month and served for five years. Hunter's former business partner, Chris Heinz, the step-son of former US Senator and US Secretary of State John Kerry, warned him against accepting this job. Heinz dissolved his business partnership with Hunter because of his concerns about appearances and Ukrainian corruption. Both Hunter and Devon Archer, another one of their business partners, joined the Burisma Holdings at the urging of the former President of Poland, Aleksander Kwasniewski, who was also on the board. Heinz's spokesperson

said that, "The lack of judgment in this matter was a major catalyst for Mr. Heinz ending his business relationships with Mr. Archer and Mr. Biden."

You may be wondering why Hunter's acceptance of the Burisma position is such a big deal. Well, this all happened while Joe Biden, Hunter's father, was in charge of the Obama Administration's anti-corruption efforts in Ukraine. Joe had withheld the United States' Ukrainian aid package until he got what he wanted; Zlochevsky's prosecutor to be fired. The new prosecutor closed the investigation and within two years Zlochevsky was taken off the "wanted list" despite the heap of allegations against him. Joe Biden swears that the firing of the prosecutor had nothing to do with his son's business dealings, claiming that it was the prosecutor who was corrupt, not Zlochevsky or Burisma. With Burisma no longer under investigation, Hunter Biden ended his five year service with them unscathed, and much richer.

Clearly, America has been confused by the progression of events leading up to this point. Hunter supposedly thought his presence on Burisma's board would make them seem more honorable and help Ukraine to achieve energy independence and protect the company from Russian President Vladimir Putin, but it obviously caused a lot more suspicion than transparency. Hunter's position on the board was doubtlessly strategically advantageous to the Ukraine, but there is no concrete evidence that that is what the Obama Administration wanted. Just last year, Joe Biden bragged about his interaction with the Ukrainians in an interview, saying, "I looked at them and said: 'I'm leaving in six hours. If the prosecutor is not fired, you're not getting the money. Well, son of a [expletive]. He got fired.'" Unlike Biden, President Trump was simply reviewing the conditions of the renewal of the foreign aid package, and signed off on it within a week at an increased amount, despite the new Ukrainian President not agreeing to all aspects of their conversation. It appears that the investigation of Burisma's corruption is not going to be reopened. There was no Quid Pro Quo, or "I'll give you this if you give me that."

The question for the American people is: where and when did the true abuse of power take place? Was it when a standing Vice President admittedly stepped in and used American foreign aid money to stop an investigation that his son was intimately involved with; or when a standing President was discussing the security and corruption needs of a new Ukrainian government and gave them more money than what was originally planned, all without a new investigation getting started? Hopefully, America will answer this question with logic and truth.





## The Importance of Books

BY: JENNA WOLTHUIS

For a long time books have passed down knowledge, stories, and they have provided the intellectually curious a wonderful hobby. Technology has significantly changed in the last 20 years. In 1983, the Internet was created. This was huge! Our most common web browser, Google, was founded in 1998, and in 2007 Apple made its first phone, the iPhone, which you could purchase for \$499. Since then 15 models, not including iPods or Plus's, have been released. The most current model is the new iPhone 11 Pro which is more than a thousand dollars. With all of this technology, we can find whatever we want, whenever we want, in about two seconds. Entertainment has also changed, and social media and games suck up our attention and our time. With all this new technology, a question arises, "Are printed books still relevant?" I believe they are. When it comes to education and entertainment, the physical, printed book beats a digital copy every time.

One reason is that phone usage is very hard on your eyes. Healthline researchers say, "the number of children between the ages 13 and 16 years old who need glasses has doubled in the last 10 years." A study at the University of Toledo found that screens emit a blue light that is toxic to the eyes, and could lead to Macular Degeneration, or cell death in the retina, which is the leading cause of vision loss in the United States. Currently, the U.S. has as many as 11 million people who are affected by this, and it is estimated to double to 22 million people by the year 2050. In some situations, children know how to use a phone before they can even speak. Starting mobile device usage at such an early age will cause even more damage. Macular Degeneration most commonly occurs in those over the age of 60. However, experts say this number is set to drop with our increased screen time.

Books are also a great stress reliever. Sitting down with a warm blanket and a good book is extremely relaxing. Social media often induces stress, and in serious cases depression. Social media is full of part truths that can make you feel bad about yourself or your current situations. Books, whether they be a fictional story or a historical biography, allow you to slip away from the cares of your life and become absorbed in someone else. This is a more healthy habit than becoming obsessed with your social media status. As you read about the trials and tribulations of a character in a book, you begin to relate to those characters and apply their situations to your own life. You can learn from their drama, rather than going through the stress of creating your own on social media. Your imagination grows the more you read, and reading more advanced books will only strengthen that imagination. If you read the word, dragon, your imagination will kick in and create an image in your brain. Now, our image of that dragon would be different for each person who read the word. It would be our own and unique. But, if you see an image of a dragon on film or on the internet, your creativity is taken away from you. Children have crazy and wild imaginations. How much are we ruining them by allowing them to be on phones, instead of reading books?

Not only does your imagination grow, but so does your vocabulary. As a young child, I would learn new words from books and I could use them in sentences. As my reading comprehension grew, I got into more advanced books. The more you challenge yourself to read harder books, the more you will learn. You also learn phrases, idioms, and writing styles. The more your vocabulary grows, the better you will become at expressing your thoughts and feelings, and the better you get at expressing yourself to others, the better your relationships will be.

In addition to this, many successful people spend time read-

## Unrealistic Impeachment

FROM PG. 10

180,000 people have been evacuated. Nancy has done nothing about it. Trump actually told her to go back to California and assess what is going on there instead of being in D.C. Nancy is abandoning her real duties as a member of Congress in California for a foolish cause.

Pelosi's impeachment resolution day also turned into a massive fundraiser day for Donald Trump. In just one day, Trump fundraised 3 million dollars. Pelosi's attempts to impeach Trump are actually just helping Trump raise money for his campaign in the 2020 election. Donald Trump even tweeted saying, "The greatest witch hunt in American history!" The White House Press Secretary Stephanie Grisham says, "With today's vote, Speaker Pelosi and the Democrats have done nothing more than enshrine unacceptable violations of due process into House rules."

The real fact that Pelosi and Schiff are missing is that Trump can't be successfully impeached because the final vote is in the Senate, which has a Republican majority. Republican senators have made it clear that they think the House impeachment process is a sham, particularly since no Republican was on the investigating committee, or voted for the impeachment. Trump is safe.

Pelosi and the others who are opposed to President Trump are wasting their time. They are not listening to Americans or being responsible in carrying out their duties as members of Congress. There are important issues sitting on the floor of the House, including a new trade deal with Canada and Mexico, that can't be voted on because of the Democratic witch hunt. And worst of all, while they try to thwart Trump, they are really just helping him out.



GOOGLE IMAGE SEARCH



## Is the USA an Empire

BY: ALEX SPRINGER

The word empire brings many things to mind, both good and bad, but what exactly is an empire? According to the Merriam-Webster Dictionary, an empire is “a major political unit having a territory of great extent or a number of territories or peoples under a single sovereign authority.” To simplify it, an empire is a large area of land with many types of people who are controlled by a single head of state. That begs the question, does the United States fit this definition, and if so, what does that mean for us?

If we look back at history, we see nations striving for global political power and vast amounts of land. An example would be the Roman Empire, which started out as a tiny nation on the Italian peninsula, and turned into a large nation that controlled the entire Mediterranean and beyond. The Mongolian Empire, which had a humble beginning in Central Asia, became one of the largest empires in all of history, spanning from Ukraine to Korea. The US, in that aspect, fits the bill. We stretched our country out across the continent, and, even from our beginning, sought this goal. We embraced the idea of Manifest Destiny, and expanded our nation from sea to shining sea.

If we look at the modern era, you can make a convincing case about the US stretching its influence far past its borders. The Monroe Doctrine, which makes clear that any European influence in the Americas would be considered a breach of United States’ freedom, is an example of this. While the Monroe Doctrine was created almost two hundred years ago, it played a big part in United States politics during the Cold War and even today. The United States’ global influence cannot be understated. The choices that we make as a country affect the entire world, because we are the sole super-power left after the collapse of the Soviet Union. We also help keep the peace around the world by our leading role in both NATO and the United Nations. We are also the world’s

largest economy, which gives us global influence.

What would it mean for you if the U.S. was an empire? Most empires have a lifespan of about 400 years, from the initial founding, to the height of the empire, to its eventual collapse. If we used the founding of the Jamestown Colony as the starting point for the United States, it would be a total of 411 years. But, if we start the American Empire from when it gained its independence, in 1776, it would be 243 years old. Either way, if we are an empire we are approaching our death date. 400 years is the average age of an empire, but many start to collapse much sooner.

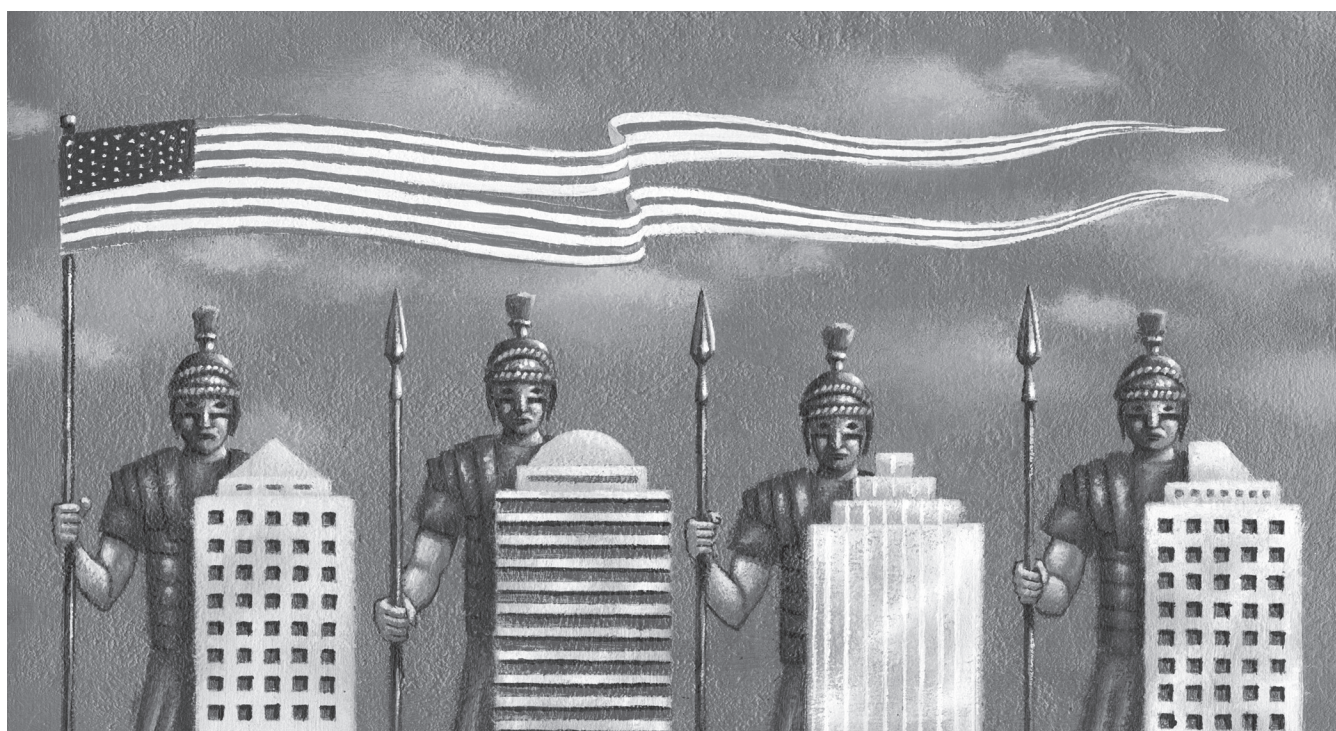
Which empires of the past most resembles our own, and which one can we learn the most from to hopefully prevent our own downfall? The Roman Empire is the closest to our own. When Rome started to fall, they had many of the same problems that we have. The middle class that built the empire started to disappear due to slave labor. Slaves provided cheap labor that the average citizen of Rome could not compete with, leading to many jobless Roman citizens that were discontent. We are doing something similar with our government welfare programs. We are creating a slave-like class of citizens who will not work because they have no incentive to do so, killing the middle class. Why would you work when you can get free money?

The Romans also started to lose their identity. The Romans had a symbol, the Fasces, that resembled what they believed in. It was an axe that had wheat tied around it. The

axe was a symbol of protection, and the wheat, food, and together they represented the protection the empire provided. When problems started to appear in the empire, they provided free food and entertainment to distract citizens from the problems, and not required them to either serve the empire in the military or the farm to provide food. This was called Bread and Circus, and because of this, the empire lost who it was, and the Fasces no longer was true. Because citizens no longer wanted to contribute to the protection that the axe provided, instead replacing it with gladiator fights and circuses. We are losing our identity as well, and we can see it loud and clear. We are falling into the Bread and Circus trap with our government programs and mass media. All people want to do is eat food and watch TV. We have become so efficient, that only a very small percentage of our population provides our food and national defense. We crave easy spoon fed entertainment that tells us what to think and when to think it; all provided by the government and powerful leaders of corporations. While all this is going on, we are facing threats from outside the empire, just like the Romans.

The Romans had the final blow dealt to them by the Germanic people living just outside the Roman border. After being pushed around by the Romans, they got fed up and wanted the collapse of the empire. We can see this happening to us. ISIS is a prime example of this. They are tired of the U.S. empire, and because of that they want to see it fall.

I believe that the United States is an empire, and that we are starting to collapse. The cracks in the empire are starting to show, and if we continue down the path we have paved for ourselves, we will end up as another bookmark in history, just like the Romans or the Ottomans. It’s important that we look at past empires and learn from what happened to them, to prevent the same from happening to us.





# The Two Hour Marathon

BY: JOREL LEYBA

On October 12, in the city of Vienna, a huge milestone was reached in athletics. The two-hour marathon was broken. If you don't know what that means, in 2016 it was calculated that the average male long distance runner averaged 4:22:07 for marathons run in the U.S. Eliud Kipchoge ran it in 1:59:40., with an average speed of 13.16 mph.

This phenomenal time was not recognized as a world record for several reasons. First, it was an exposition, so he had pacers coming in and out to help him hold the pace. Pacers are allowed in regular competition, but they must start the race with you. Having pacers come in and out with fresh legs disqualifies the time. Even though the two-hour marathon is not yet official, we

saw it could be done when many people thought it was impossible.

This exposition was a huge deal. The main pacer car was electric so they wouldn't breathe in fumes or exhaust. This car also shot out a laser onto the road for the pacers to know exactly where to be. Eliud had seven pacers with him at a time, the five in front of him ran in an inverted V shape to shelter him from the wind. They choose a very long straight stretch for the course that was extremely flat. On top of all this, they had the most optimal route within the course marked out so he could make the most efficient turns and waste not a single step. Adding to the perfect conditions, they picked the day with the best weather for him to race. Even though this unofficial record marathon

was run in the best of conditions, with overwhelming support, it was done, and I think we will see it again.

Man has been trying to break the two-hour marathon for the last hundred years. Back in May of 2017, Eliud Kipchoge and Nike teamed up to attempt a sub two-hour marathon with conditions much like this last one. Eliud came close, running a 2:00:25 marathon. Nike created special shoes for Kipchoge, started a scientifically constructed seven-month training program, yet still came up short. But 25 seconds was all they needed, and in the next attempt, they succeeded. It didn't matter if it wouldn't count for a world record, it would prove that it was within the realm of human performance. And once that mental barrier is broken, who knows where other human beings will take it.

Back when Roger Bannister broke the four-minute mile, it was said to be impossible. Within a year after Bannister's accomplishment, 24 other

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## To Impeach or Not To Impeach?

FROM PG. 10

Representatives, but he was then acquitted by the Senate.

There are several reasons that the President should be impeached, and these reasons could conceivably include extensive abuse of power of the office of the presidency, federal law violations, obstruction of justice, obstruction of Congress, and extensive emoluments violations. Not to mention the many times Trump has lied to the American people. A recent headline from the Washington Post states that "President Trump has made 13,435 false or misleading claims over 993 days."

The President is not above the law, and we need to hold him to the high standard that this office requires. The bare minimum is for the president to refrain from abuse of power, to protect our national security, and to uphold the constitution. This President has done none of the above.



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# Girls Soccer Wrap-up

BY: JENNA WOLTHUIS

That's a wrap! 2019 Girls Soccer just came to an end, but the memories of the season will live on forever. Our team this year won two games and tied three, which is a huge improvement from last year. Last year we won no games and tied no games. We also received some extra coaching halfway through the season from Nick Rodgers who played for the Boys team 2012 through 2016, and he had a lot of knowledge to share with us.

Sadly, this was the last year of high school soccer for seniors Torree Hawken, Moira Curtis, Ashtyn Walker, Hannah Powell and Karla Perez. Each have been great examples for the younger girls and will be missed. Coach Ramiro Santana would also like to thank JV Coach Peter Saveskie and Assistant Coach Nick Rodgers for their help this year. He would also like to thank Nick Tyler for coming and announcing at our home games and for helping the team with uniforms. Sweet Home Girls Soccer is proud to say that statewide they are in the top ten academically. Coach Santana has always emphasized good grades and participation in school.

Coach Santana says there are many things to work on next year, but if the team works really hard they can win more games. Some of the things Coach would like to work on are players keeping their heads up for passes, controlling the ball, being more aggressive, getting to the ball faster and passing the ball faster. While they struggled with these things this season, the future for Sweet Home Girls Soccer looks bright.



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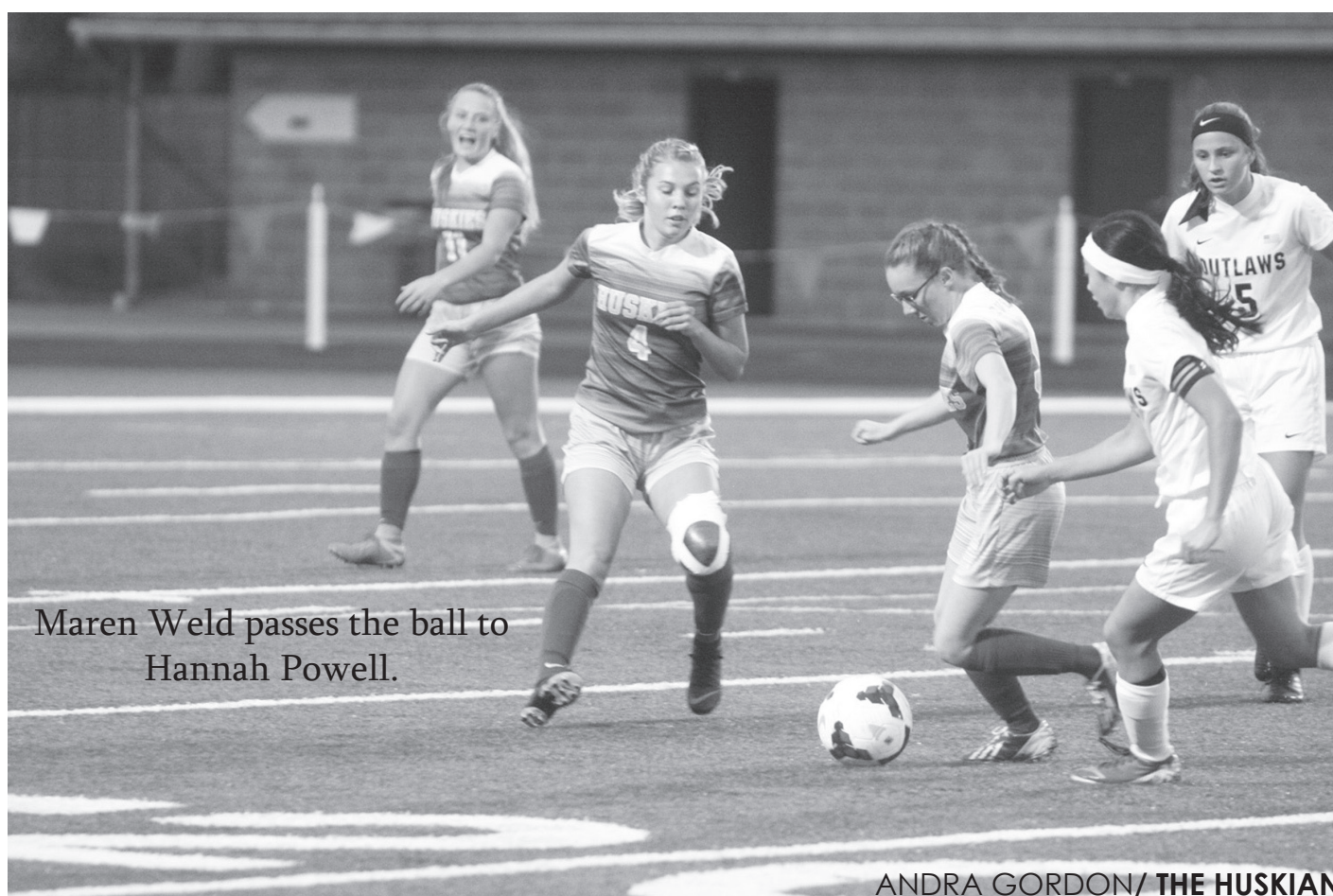
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Maren Weld passes the ball to Hannah Powell.

ANDRA GORDON/ THE HUSKIAN

**26.2**

FROM PG. 15

athletes accomplished the same feat. What was once seen as a long distance race, with an insurmountable performance limit; is now a sprint with record times falling on a regular basis.

Eliud Kipchge inspiring performance won't be the last, either for himself or other marathoners. Kipchge shattered the marathon barrier, and I don't believe we are even near the limit. It won't be long before we see the two-hour marathon matched in an official race. The question is whether the 35 year old Kipchge will do it first, or some young dreamer who will use his inspiration to surpass him.



## Boys Soccer Wrap-up

BY: JACOB THOMPSON

This season was quite rough for our Boys Soccer Team. Without a single victory they seem to be knocked down, but they have improved immensely over time and Coach Stutzer believes that by next year, their opponents will face a greater challenge.

They started the season against reigning State Champions Woodburn. This was a tough task for our squad, as they were staffed with a large group of inexperienced, new players. Coach Stutzer didn't over worry because he knew this was a season where the team just needed to improve and get better. One of their best games was against Sisters. Facing this team was still a challenge, but this time, only missed opportunities and simple mistakes dragged them down. Losing only by 3 points, they kept their heads held high and left the field proud and ready to play again.

Coach Stutzer says that instead of giving recognition to a set of individuals, he wants the whole team to be recognized since they all put in an immense amount of work and effort to improve. There is one athlete that stands out though, and his name is Chase Lopez. While the team faced incredibly tough adversaries, he remained strong and showed that he was an amazing leader as well as a great friend to his peers. It wouldn't be the same without him. This team has quite a ways to go as they improve, but they have all of Sweet Home High School supporting them, and they should always remember that.



JJ Mata kicks the ball

## Vinyl

FROM PG. 5

that may be a favorite for the artist, but not catchy enough to be a single, can be used on an album, and may become a fan favorite. This allows artists to share much more of their songs and talent.

While vinyl may be coming back in mainstream circles, I don't think it ever went away. Many people still collected vinyl records during the 2000s, but it just was more of a hobby rather than a mainstream product. The fact is, vinyl has reached a level where mainstream stores like Walmart consistently has them on their shelves. This is a testament to how popular vinyl has become. If you are a music lover, and haven't tried the vinyl experience, you might want to give it a try and let the past improve your future.

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## Football Wrap-Up

BY: ALEX KISSELBURGH

We're at the end of another football season and it was a rather tough one for the Huskies. The overall goal of playing deep into the playoffs was missed, but the team gathered quite a few all-league awards and proved to their conference that they were a club to be reckoned with.

Coach Dustin Nichol explained how the team's best strengths were their character and that the team never gave up. This could be seen in how the group was able to overcome adversity dealing with multiple injuries. He hopes that this can improve next season with off-season weights and training program.

The year was also filled with great memories. Senior Gavin Nichols told us how the Defense stepped up in the closing moments of the game against Newport and saved the game. "I was so proud of the team that night. It was a memory that I'll never forget." We're sure that Gavin is not alone in those thoughts.

This year, a large amount of Husky players received awards for their performance. Starting with First Team All-Conference Offense, we have Zach Luttmer, Iakona Howerton, and Sevin Carson. Followed by Second Team All-Conference Offense, Aiden Tyler, Cade Gaskey, and Jasper Korn. Honorable Mention All-Conference Offense, Gavin Nichols, Cole Baxter, Tye Moore, and Tucker Weld. First Team All-Conference Defense, Carson Smith,

Iakona Howerton, and Jasper Korn. Second Team All-Conference Defense, Kia Bryson, Cade Gaskey, Travis Thorpe, Jackson Royer, Cole Baxter, Zach Luttmer, Gavin Nichols, and Tye Moore. Lastly we have Honorable Mention All-Conference Defense, Defensive Line player Paul Glynn.

Coach Nichol would like next year's varsity team to know that many positions are opening and there will be lots of opportunities for underclassmen to be represented in the upcoming years. Football is a sport that can teach you very important life lessons, but still be able to have fun while you are playing. Football can also show you how tough you truly are.



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MEAGAN BAHM/ THE HUSKIAN



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ABOVE: Zach Luttmer blocks a pass to #5  
 RIGHT: Aiden Tyler prepares to throw the ball.



# SPORTS

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## SHHS Cross Country Wrap-Up

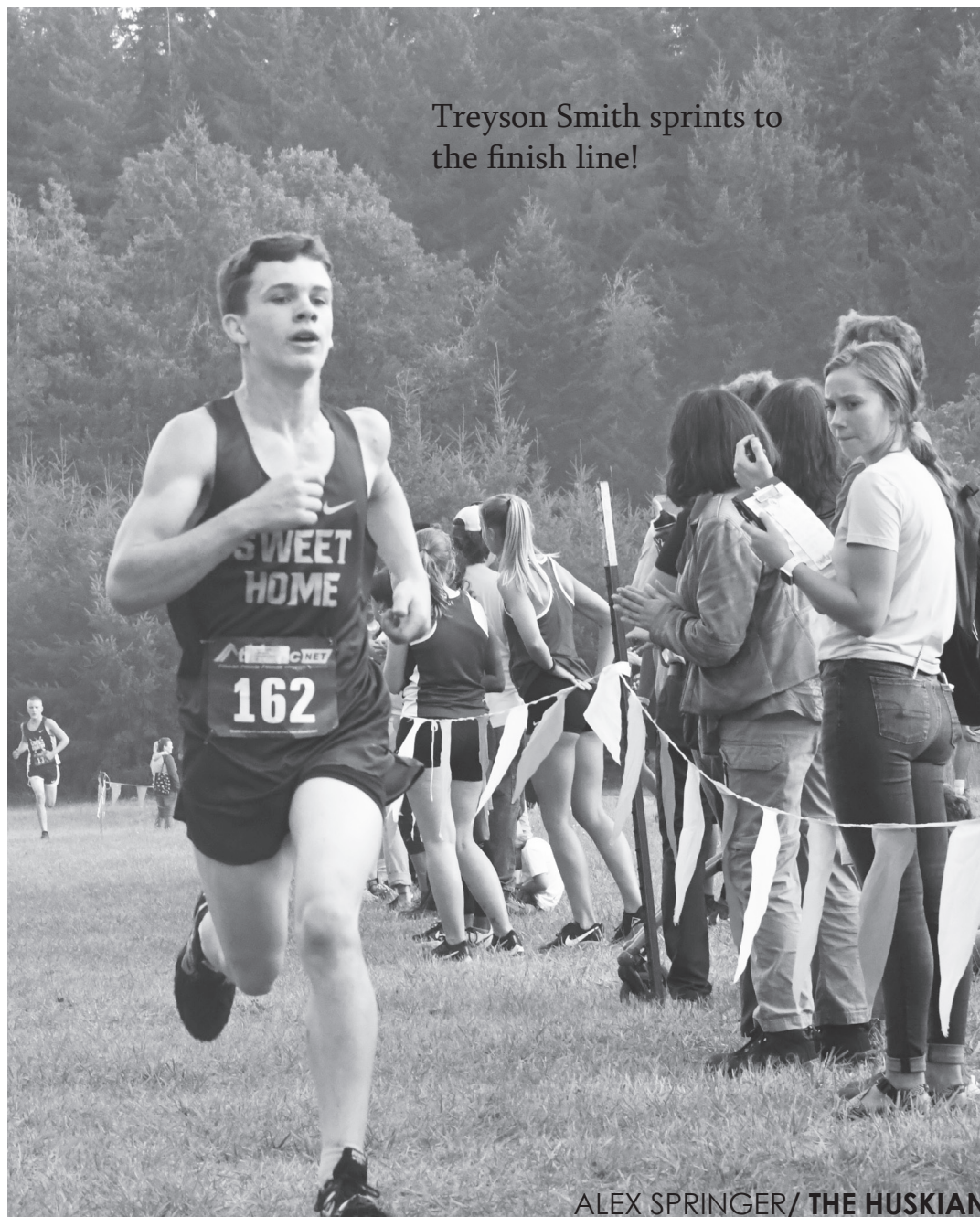
BY: JOREL LEYBA

Fall sports are coming to an end and as for our Cross Country team, they finished up, but not quite as they would of liked. The team's goals were to get the Boys Team and Jessy Hart off to State. The team placed 4th at Districts, just coming up short of making it to State. In order to make it State, we would have needed to place 2nd or better. The Boys competed fairly well, but our conference has some of the toughest Cross Country teams in Oregon. Placing 4th was partly disappointing, but our team is young and has time to grow.

Because our team is so young, this means our biggest weakness is a lack of experience. Experience is important for not only racing smart, but also training smart. Coach Schumacher is going to run training throughout the winter and summer for anyone in Cross Country wanting to gain more experience and get better for upcoming seasons.

The guy's Cross Country team all stood out this year. On the girl's side, Jessy Hart, Sici-ly Neuschwander, and Meeja Bitter were all exceptional this year in both performance and leadership. On the JV team, one runner, Adrian Kast, performed excellently this year and stood out to Coach Schumacher.

Coach Schumacher would like to say to anyone considering Cross Country, "Running is a great sport and is one that you can do all year long. It transfers well to other sports and is a very inexpensive sport to get into and is one that you can do for the rest of your life. Anyone can run no matter their background." The Cross Country team has finished its season, and though it didn't go according to plan, there is still hope for the future. They still competed well, so make sure to congratulate a runner if you see one.



Treyson Smith sprints to the finish line!

ALEX SPRINGER/ THE HUSKIAN

## Books

FROM PG. 13

ing books. Bill Gates reads 50 books a year. In 2017, Gates told Time Magazine that reading is absolutely essential to success. Warren Buffet, a successful entrepreneur, philanthropist, and financier, spends 80% of his day reading. It is also proven that reading makes you smarter. Psychology Today says, "brain scans of college students after reading a thriller showed increased activity in the areas of the brain related to language comprehension and sensation." Tom Corley spent five years studying the daily activities of 233 rich people and 128 poor people, which he wrote about in "Rich Habits: The Daily Success Habits Of Wealthy Individuals." He found that 67 percent of rich people limited TV time to one hour or less per day, compared to only 23 percent of poor people.

On the weekend, I read before bed and I have found that I sleep better on the nights I do read than the nights I don't. People will often stay up looking at a screen late into the night, then turn it off and try to sleep, but it is usually hard for them to do so. Your body is actually set to the rise and fall with the sun. The sun comes up, you wake up, then when the sun goes down, you go down. Looking at this bright light however messes that schedule up. According to Sleep.org, blue light exposure can delay the onset of REM sleep and lead to morning drowsiness.

Electronic devices, whether that be a cell phone, tablet, computer screen, or television can never replace the printed page. They can be entertaining, and educational, but they come with a destructive cost. There is always more to learn, and reading is a better way to learn than listening to movies, seeing it on social media, or learning it from games. Reading leads to success, a greater imagination, and quite frankly, a happier life.



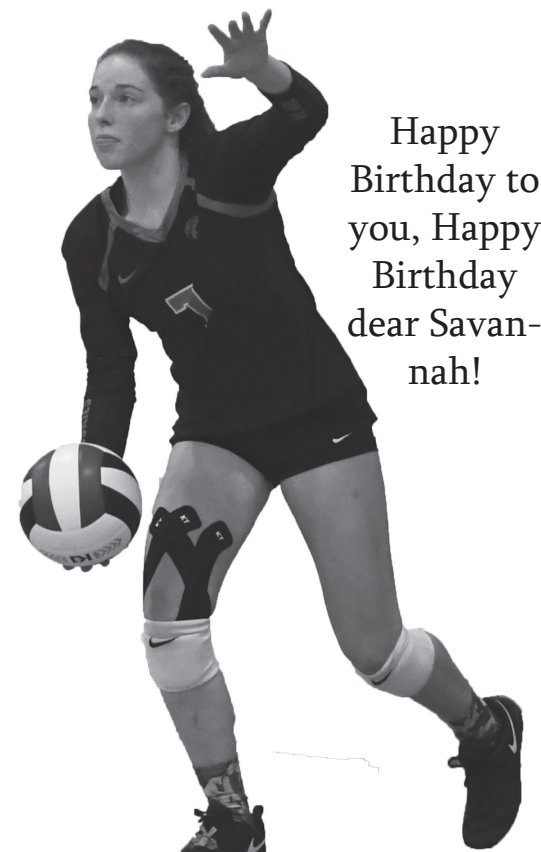
# Huskies Volleyball!

BY: CHLOE TYLER

BIG CONGRATULATIONS to our Volleyball Team. This year, they faced many tough challenges. They battled many teams and ended up Co-League Champs with the Sisters Outlaws. They went to State with very high expectations. In the first round, against Marshfield, the Huskies played at home with their AMAZING crowd cheering behind them. They beat them in three sets and went on to State. In their first game against Hidden Valley, the Huskies swept them in three, this guaranteed them another game that night in the semi-finals. There, they faced their bitter rivals the Philomath Warriors. They beat them in three and went on to the Championship Game. They fell short against the reigning State Champs, Valley Catholic and got second place.

Sweet Home Volleyball had a great season and accomplished many things. This was the first time in 27 years that SHHS has been in the championship game. At this tournament, Graci Zanona and Savannah Hutchins were rewarded with a place on the State All Tournament Second Team. Shelbey Nichol and Bailee Hartsook made it on the State All Tournament First Team. Along with this award, Hartsook also received Player of the Game after the championship game.

Husky Volleyball would like to thank everyone who gave their time to cheer them on in any way. "I'm really proud of my team, we worked really hard, we had grit, and we were really determined. We had a great season and I'm really sad I don't get to play with this group of girls again because every one of them made this season one of my best ever," said senior Allison Miner. This season will go down in history, great job Huskies!



MALIA HEWITT / THE HUSKIAN

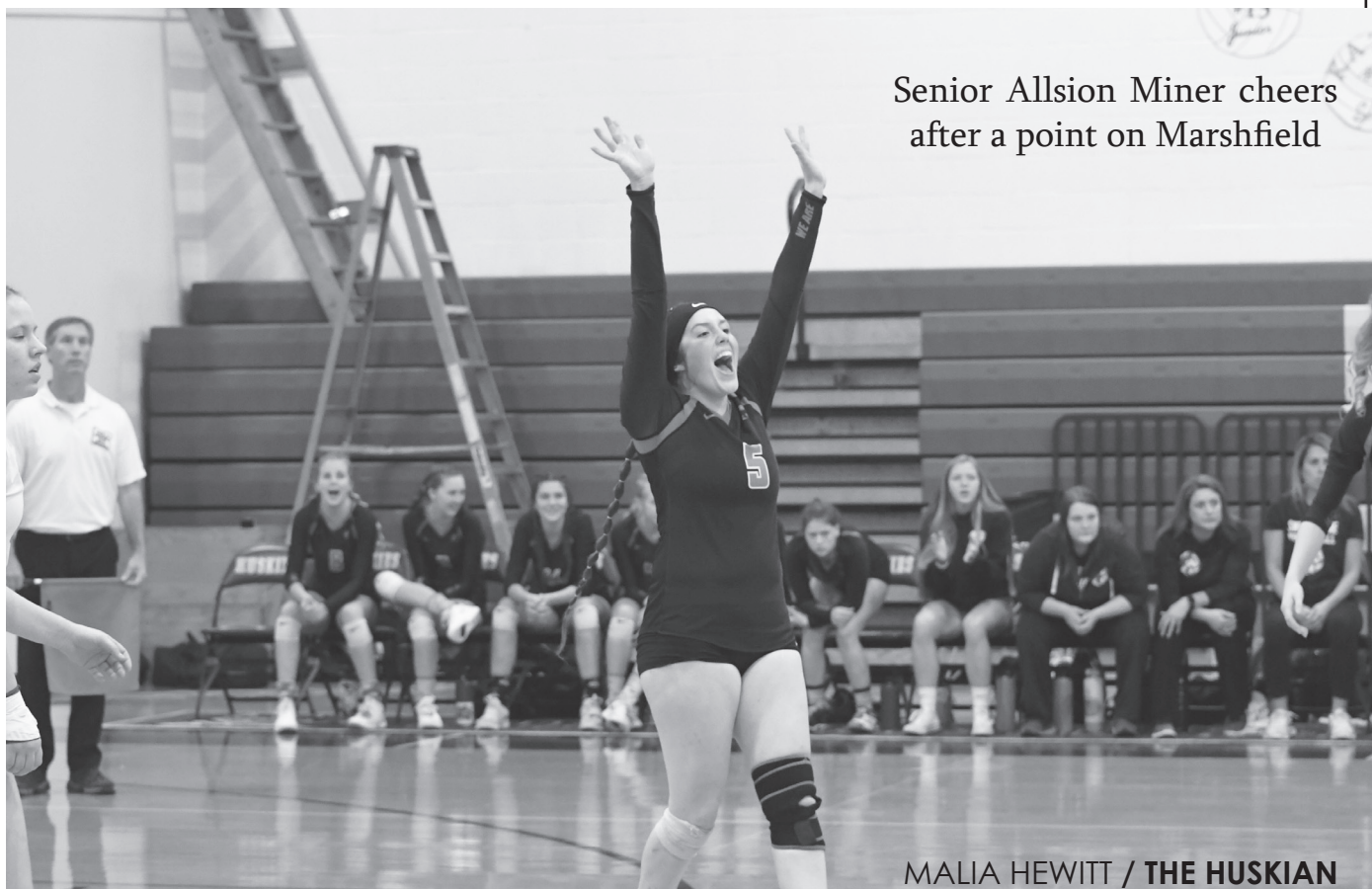
## Privacy

FROM PG. 11

"Click Gap", runs websites through an algorithm (That Facebook is the controller of) and determines the amount of links on Facebook to the rest of the web, which could limit the spread of these websites. This can ultimately lead to Facebook taking a one sided stance on the politics that they agree and disagree with. Having the ability to prevent opinions being spread under the guise of "False Information" can be a very dangerous power to give to someone, let alone a whole corporation.

Facebook has proven time and time again that they are untrustworthy. They get to deem what is true and false on their site, and if they disagree with you, they could punish you on their site, but in real life as well. They have created apps that access your own devices without your knowledge and can even share the data they have already. Facebook isn't trustworthy at all, and maybe we shouldn't trust anything their dictatorial owner Mark Zuckerberg says as well. Either way, I don't want a company like that having my incredibly personal information and being able to do almost anything they want with it. Until the public demands government intervention into the invasion of our privacy, we should all delete Facebook and make a clear statement that even Mark Zuckerberg can't ignore.

Senior Allison Miner cheers after a point on Marshfield



MALIA HEWITT / THE HUSKIAN