

The Huskian

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SEE VAPING, PG. 15

The Potential Dangers in Vaping

BY: ALEXANDER SPRINGER

The vaping habit has recently exploded across the nation. Originally advertised as a healthier alternative to cigarette smoking, it soon grew into its own market with candy and fruit flavored products and marijuana applications. Because of these factors, 25% of all vapers are former smokers who think they are doing their bodies a favor. But is that really true?

E-Juice, the liquid that is put inside the E-Cigarette, or more commonly known as a vape, is what makes the concentrated smoke, or vapors, that are released when you use the device. The difference from cigarette smoke is that a cigarette is actually burning plant material and the user is inhaling the smoke. Vaping is more like breathing in the steam coming off a boiling pot of water; except it's not just water that's boiling. What is boiling is E-Juice. E-Juice is commonly made from nicotine, various flavorings, propylene glycol, formaldehyde, and acetaldehyde. Nicotine is the most commonly known chemical, because it is addictive and is present in tobacco products. The effects of nicotine are an increased heart rate and blood pressure, which for some is an extreme health risk. One common misconception is that nicotine causes cancer, which is just not true. It's the tars and particulates from smoking that causes cancer; it's similar to what happened to coal miners with Black Lung Disease. The biggest cancer causing additive in vapes are the other chemicals. While formaldehyde and acetaldehyde

Halloween: An Ancient Holiday

BY: SHAYLA SANDERS

Halloween is a very popular holiday here in the United States; every store is filled with costumes, candy, and spooky decorations. Nearly everyone in America celebrates Halloween in some way, whether it's trick or treating, decorating houses, or watching horror movies. These traditions have been around for quite a while, but how long has Halloween been around?

The earliest traces of Halloween date back to over 2000 years ago, when it was known as a Pagan holiday called Samhain (pronounced as sow-in) that was celebrated near the time of our current traditional Halloween date. The day after, was their New Years; it marked the end of summer and the coming of winter. Pagans believed that during the last day of October and the first day of November, the realm between the living and the dead dissolved. Spirits crossed the threshold between the worlds and destroyed crops and ultimately tormented people. To ward off these spirits, people would light bonfires, sacrifice animals, and even humans in some cases. They would also put on costumes to hide themselves from the fantasmas, and if that didn't work they would set a place at the dinner table to appease their ghostly guests.

By the 2nd century, Christianity began to spread across Europe and as it spread it tried to wipe out the old Pagan rituals. Many times they would replace a pagan holiday with an updated Christian one. Despite their efforts, Samhain was still being celebrated in Ireland until the 6th century. This is important in the history of Halloween because many of the traditions we practice here in America came from Irish immigrants. In the 8th century, Pope Gregory III decided to finally wipe out the pagan holiday by moving All Saints Day, or All Hallows Day, from March 13th to November 1st. Thus the pagan new year of Samhain became All Hallows Day, and the night, or evening, before October 31st, became All Hallows Eve, or as we like to call it, Halloween.

One of the most well-known Halloween traditions, trick-or-treating, dates back to the 8th century. Back in the 8th century, when the day had been converted into a holiday to celebrate dead saints, trick-or-treaters were



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NEW STAFF



Mr. Tyler

Mr. Nate Tyler works in the Athletics and Administration Department here at Sweet Home High School. He is an alumnus of Sweet Home High School and went on to the University of Oregon. After his time as a student, Mr. Tyler taught Science at Madras High School for five years until he took a job as Assistant Principal. He worked at Madras High School in that position for another six years until he transferred to Bridges High School as the Principal for a year. Mr. Tyler moved back to Sweet Home to be closer to his family. He also believes in what is trying to be accomplished here at Sweet Home as in school culture and community involvement. His main goal this year is to bring the staff together and make this school a supportive place where teachers and students want to be.



Miss Emily Marchbanks

Miss Emily Marchbanks works in the Math Department here at SHHS. Marchbanks is also the Assistant Coach for Volleyball and Softball. She grew up here in Sweet Home and after graduation she went on to Newberry College in South Carolina. Miss Marchbanks moved back here because this is her home and she wants to be closer to family and friends. Her main goal this year is to better herself as a teacher and to help her students. Her favorite aspect of being a teacher is being able to help kids along their journey and to play a positive role in their lives. She also enjoys the coaching aspect because she gets to help others like her coaches helped her.

Mr. Montrose

Mr. Matthew Montrose has taken on the role of teaching in the Science Department this year. During his studies, he attended Western Governors University in Salt Lake City, Utah. Mr. Montrose had the privilege of being a high school teacher in Japan before he moved to Oregon to teach near the Portland area. The beautiful countryside and small town life of Sweet Home attracted his interests in teaching here, as well as the exciting programs that the school offers the students. One of his favorite aspects of teachings is the “ah-ha” moment when a student understands a concept they’ve been struggling with. Throughout the school year, he wants to encourage students to make connections with science and use it not only in the classroom, but in their daily lives.



NEW STAFF

Mr. Adams

Mr. Ryan Adams is a new full-time teacher at SHHS. Coming back to his alma mater last year, he was a student teacher and now he has a position; teaching business. He came here to be a teacher after attending Western Oregon University. He decided to come to Sweet Home because it's his home town and his new position as a football coach. Mr. Adams wants to learn the ropes as fast as he can in order to become a better teacher in any way possible. One of the things he loves most about his new job is interacting with students and colleagues. It is his first year teaching, but he is involved with our community and always does his best.



Mr. Lander

This year, Mr. Wayne Lander is new to our school and is working in the Math Department as well as helping students with studying skills for college. Previously to working here, he taught at McKay High School in Salem. His favorite thing about being a teacher is working with each individual student and giving them the help they need to succeed. Mr. Lander attended school at Portland State University. He decided to work in Sweet Home for the small community and beautiful scenery it holds. He plans to do a great job helping his students understand math concepts throughout the year.



Ms. Hay

This year, Ms. Alison Hay is taking over the role of Mr. Tuomi, last year's choir director, and so far she has done a rockin' job. Hay studied at the University of Puget Sound and chose to teach at Sweet Home High School to be near her significant other. Her main goal with the choir kids is to get the Repertory Singers to San Francisco, California. She last taught at Lister Elementary School in Tacoma, Washington. Ms. Hay says her favorite aspect of being a teacher is forming relationships with so many unique students.



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FEATURES

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SWEET HOME HIGH SCHOOL

Happenings in Hong Kong

BY: MEGAN HAGER

Protests have been raging on for months as the people of Hong Kong fight for their freedom. Hong Kong is a semi-autonomous coastal city outside of mainland China. The city had been a British colony for 156 years before being transferred to Chinese rule in 1997 under a “one country- two systems” agreement. The people of Hong Kong had been promised 50 years of autonomy with the exception of a shared military. The agreement also promised that Hong Kong would be allowed to keep their capitalist economy and self-government and not be controlled by the mainland Chinese Communists. The protests began in June 2019 when pro-Beijing officials introduced an extradition bill. The bill would allow for any people accused of a crime punishable by 7 years or more in prison to be extradited to mainland China or Taiwan. The protesters have been met with rubber bullets, pepper spray, and tear gas. Because of Beijing’s creeping influence, the people of Hong Kong must prepare to continue the fight for their capitalist system.

In 1987, before mainland China gained control of Hong Kong, suspects were tried at their place of offence. In 2018, 19-year-old Chan Tong-Kai murdered his girlfriend Poon Hiu-wing while they were abroad in Taiwan. After returning to Hong Kong, Chan confessed to the crime, but the police could not charge him with the murder because they could not extradite him to Taiwan. This opened up doors for the Communist Chinese government to draft a bill that would allow for suspects to be sent to mainland China for trial, where they would fall victim to a different and harsher legal system. Taiwan had attempt-

ed to negotiate a special agreement for the arrest of Chan, but their request fell on deaf ears. The leaders of Hong Kong decided it was time to close this “loophole” for good.

Carrie Lam, Hong Kong’s leader, proposed the extradition bill under the pretense that it would prevent the city from becoming a hub of criminal activity. In reality, the bill allows for anybody arrested for a major crime to be shipped to mainland China or Taiwan to be held and tried. Chinese courts have a 99% conviction rate, so any Hong Kongers accused of crimes would essentially be sent straight to a Chinese prison. Protesters speculate that this bill’s ulterior motive is to imprison and extradite political opponents or anybody who demands more freedom. To many, it seems as if Hong Kong is headed down a path towards communism.

While the extradition bill sparked the protests back in March, other demands for more liberty have kept the movement strong. The protesters want Carrie Lam’s resignation, amnesty for those arrested, a permanent withdrawal of the extradition bill, and an investigation into police brutality. Hong Kongers have also demanded greater democratic freedom. Hong Kong’s leaders are elected by an election council with 1,200 members, so the people feel that they have little choice of who becomes their Chief Executive. Protesters have waved the American flag, sang the Star Spangled Banner, and used the American government as an example of freedom. Unfortunately for the protesters, their demands have been met with force and no signs of compliance.

The struggle of Hong Kong’s people to maintain their liberties has gained attention around the world. Between

mainland China pushing the boundaries of their 50 year agreement of “one country- two systems,” the terrifying possibility of being extradited for trial, and the growing threat of losing their capitalist system, Hong Kongers have a right to be afraid. With their officials being appointed by an elite election committee, and pro-Beijing politicians popping up everywhere, the people of Hong Kong have been desperately calling for foreign intervention, but Hong Kong officials have advised against any meddling in their internal affairs. So, as protests and riots continue to rage on, we are left wondering when it will end, and what it will mean for freedom and liberty around the globe.



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Amazon Rainforest Threatened

BY: SHAYLA SANDERS



GOOGLE IMAGE SEARCH

In recent years, global warming has been cranked up the heat a few notches all over the world, but especially on earth's largest rainforest, the Amazon. Deforestation and global warming go hand in hand. Deforestation contributes to global warming because oxygen producing trees that are cut down, burned, and left to rot, release carbon dioxide into the atmosphere. Deforestation has occurred in many tropical forests all over the world for many years and the Amazon Rainforest has suffered exponentially due to the ignorance of people. Farmers in Brazil burn forests as a quick way to clear land for their cattle, but these fires tend to get out of hand and end up burning thousands of acres of precious rainforest. Although, oxygen may be a renewable resource, animals aren't. Exotic and sometimes rare or endangered animals suffer greatly due to the destruction of their habitats. Many animals that are only native to South America will soon be extinct if something isn't done to stop the reckless scorching of land. There have always been fires here and there, but none have been so severe in the region since 2013. It has been reported by Brazil's National Institute for Space Research (INPE), Portuguese for Instituto Nacional de Pesquisas Espaciais, that over 72,843 fires have

devastated the country, more than half of those fires being in the Amazon, which has caused an 80% increase in deforestation since last year.

While the Amazon may be the source of 20% of the planet's oxygen, and is often referred to as the "lungs of the planet", it is also the most biodiverse area on the globe. According to the World Atlas, "The Amazon Rainforest is home to 427 mammal species, 1,300 bird species, 378 species of reptiles, and more than 400 species of amphibians." Some Amazon animals that are already at risk of extinction are the South American tapir, giant otters, the Uakari monkey, white-cheeked spider monkeys, and the Hyacinth macaw. As fires continue to spread through the Amazon Rainforest these animals become closer to extinction every day. Not only do wild animals live in the dense rainforest, but some human civilizations reside there too. Chief of the Brazilian Kayapó tribe, Raoni Metuktire, said, "We, the peoples of the Amazon, are full of fear. Soon you will be too. For many years we, the indigenous leaders and peoples of the Amazon, have been warning you, our brothers who have brought so much damage to our forests. What you are doing will change the whole world and will destroy our home – and it will destroy your home too."

SEE **AMAZON FIRES**, PG. 18

Soda On My Mind

BY: ALEX KISSELBURGH

When it is hot outside, or you're a little tired, an ice cold soda can spark you up and really hit the spot. But is soda really a good thing to have every day? People have differing opinions on soda and how it can affect your body, but one thing you don't hear very often is how does soda affects your brain?

One of the main ingredients in many types soda is caffeine, which is why many people drink soda besides its amazing taste. The ultimate desire for caffeine is to increase your mental alertness. Something that caffeine is known to do is to reduce your blood flow. Caffeine also produces the release of dopamine, a brain chemical that increases feelings of pleasure.

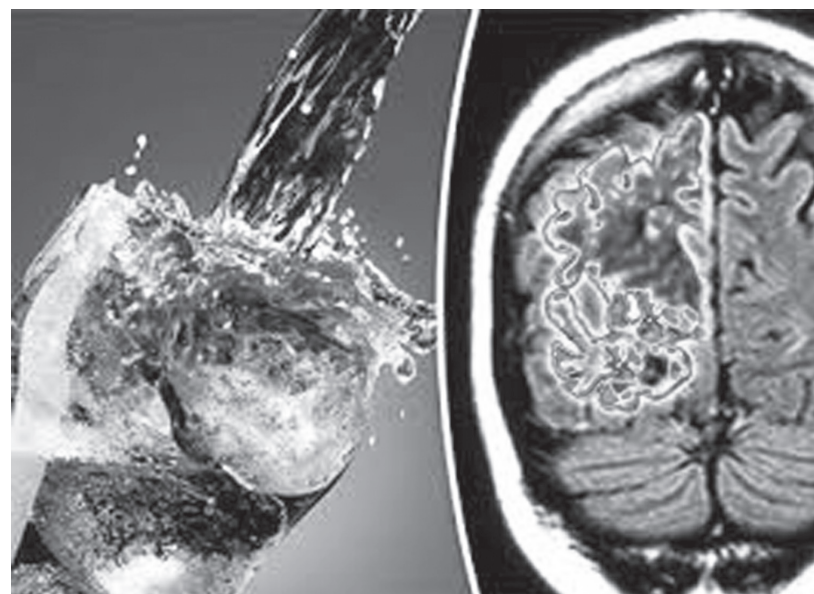
The other main ingredient that people want in soda is sugar. Sugar is another whole issue on its own. High sugar foods and drinks decrease the level of the chemical, Brain-Derived Neurotropic Factor, or better known as BDNF. BDNF is a protein produced inside nerve cells. The reason why it is so important to a healthy brain is because it serves as "Miracle-Gro" for the brain; essentially fertilizing brain cells to keep them functioning and growing, as well as propelling the growth of new neurons. Low BDNF levels cause poor performance on spatial and memory tasks. This suggests that a diet high in sugary soda may negatively affect your cognitive abilities; although further research on humans is needed to support these claims.

Diet sodas can contain artificial sweeteners to decrease sugars while maintaining a sweet taste. Common artificial sweeteners include aspartame, saccharin, and sucralose. Artificial sweeteners also affect the way you think. A study in 2010 showed that sodas containing artificial sweeteners increase the likelihood that you will choose a smaller short term reward in favor of a larger reward in the future. This research also shows that artificial sweeteners affect your brain's ability to make decisions.

Drinking large amounts of soda may affect not only your brain and your health; it can also alter the chances of getting certain diseases. Studies show that high sugar diets can increase your risk of schizophrenia, depression and anxiety, and most importantly, diabetes. Most people can drink a small amount of soda as an occasional treat, but its sugar and calorie content means you should not make it a part of your regular diet.

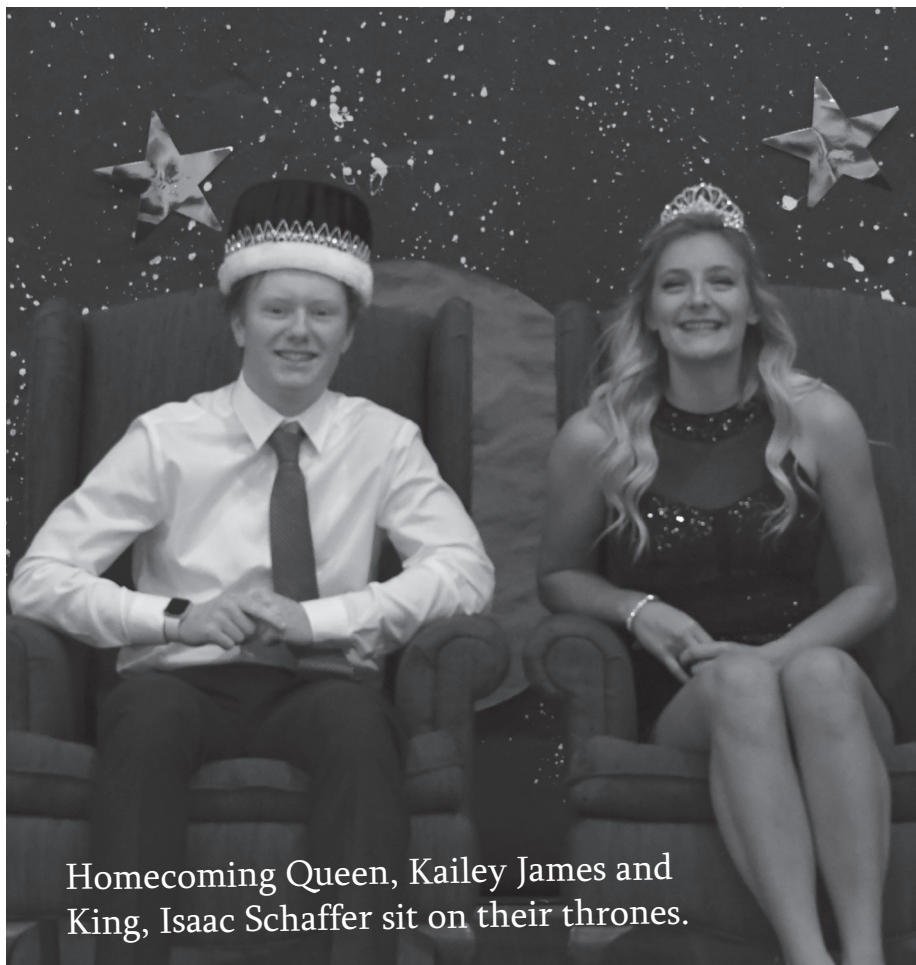
Places like New York City and San Francisco see the dangerous effects of sodas as so impor-

SEE **SODA**, PG. 8



GOOGLE IMAGE SEARCH

HOMECOMING



Homecoming Queen, Kailey James and King, Isaac Schaffer sit on their thrones.

JERUSALEN JIMENEZ / THE HUSKIAN



BELOW: Iakona Howerton serves the ball in He-man.
RIGHT: Junior Aiden Tyler, prepares to run the ball.

ANDRA GORDON / THE HUSKIAN



ABOVE; Mr. Thorpe helps Senior Killian Sawyer in a fun game.
RIGHT: Freshman Brooke Burke gets ready to pass the ball in PowderPuff

MALIA HEWITT/ THE HUSKIAN



ANDRA GORDON / THE HUSKIAN



KAITLYN VICTOR/ THE HUSKIAN



Powderpuff cheerleaders pose for a cute picture.

JERUSALEN JIMENEZ / THE HUSKIAN

HOMECOMING



LEFT: Homecoming Queen, Kailey James, knights Mrs. Thorstad.
RIGHT: Princess, Graci Zanona, plays dodgeball finals in a long, red dress.



SHAYLA SANDERS/ THE HUSKIAN



MALIA HEWITT/ THE HUSKIAN

RIGHT: Danielle Tressel laughs while Jasmine Carter gets stuck in the hoop.
BELOW: Students look cute while watching He-Man



MALIA HEWITT/ THE HUSKIAN



MALIA HEWITT/ THE HUSKIAN

ABOVE: Isaac Schaffer knights Mr. Thorpe after being crowned the King.
BELOW: David McMullen strikes his signature pose.



Students watch as the Football team demolishes in the Homecoming game.

MEAGAN BAHAM/ THE HUSKIAN SHAYLA SANDRES / THE HUSKIAN

MALIA'S MYSTICAL HOROSCOPES



For centuries we have looked to the stars for an explanation for the meaning of life. The Zodiac governs more than just your birth sign; it can also impact your day to day life.

Have you ever noticed you feel differently through the different seasons? Usually people blame it on the weather, but it might be influenced by the zodiac sign the planets are currently moving through. We are upon the Virgo and Libra seasons, which is the end of summer and into fall. The dates for Virgo are August 23-September 22. Libra people are born between September 23- October 22.

During the beginning of the school year you might notice you feel a need to be in control of whatever is happening in your life, and if that doesn't happen you can begin to feel overwhelmed. Virgo season is to blame for these feelings. Virgos display the qualities of cautiousness, discernment, and serving. These people are great writers, and they are ruled by Mercury, the planet of communication. They usually are high holders of stress, hard workers, and perfectionists. They are smart people and while they're overly critical of others, they also hold themselves to the highest of standards. They have an eye for detail, and are great problem solvers. If you are looking for emotional support, do not look for a Virgos' help, because they will only provide what they see as actual solutions rather than pat your back and understand your feelings. They are super funny people, and sarcastic.

The end of September marks the start of Libra season. For those born under the sign of Libra, this is the time of year when your social life might be heightened. Libras are balancing, relating, and mediating. They may seem to

be indecisive, but always seem to find an answer that is well thought out. Libras are easygoing, and beautiful people; just ask them. They can also take a joke. They tend to have smooth voices, and are often well dressed. They have a hard time making decisions, because they can see things from all angles. Commitment is difficult for these people because they don't want to make the wrong decision. They sometimes come across as flakey, and they have a need to be liked. Libras have a beautiful sense of creativity, are great dancers, and have a good eye for home decor and comforting surroundings. They are great friends, they put others before themselves, and know how to make others feel important and appreciated. They like to keep the peace, they have a heart for charity and making things right, and are very justice oriented. The down side of Libras is that they avoid confrontation because they don't want to stir up any kind of drama.

This Fall period is a great opportunity to focus, get things done, and prepare for the next season. Stay tuned till next season, which will be a little less organized, more emotional, and a bit wild.

Soda

FROM PG. 5

tant that they are starting to reduce the amounts of soda being consumed. Sugary sodas over 16 ounces cannot be sold in restaurants or at a self-serve soda fountain; you cannot get a cup bigger than 16 ounces. There is no ban on going back to a self-serve and refilling your cup, but if providers do not comply with the cup size limit that could face up to a \$200.00 fine for each violation.

This being said, soda is not something that will kill you the first time you drink it, but the amount and frequency you drink is something to take into consideration. Like drugs and alcohol, over time they can drastically affect both your physical and mental health. We all might want to slow down before we fill up that 44 ounce and just get a little water.



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Fashion Through the Ages

BY: ANDRA GORDON

The early 1900s were one of the most pivotal times in women's fashion history. For most of the 19th Century, women were forced into unnatural body shapes in order to be considered beautiful. But, by the time the 1920s rolled around, girls began achieving a lot more fashion freedom with the social shift following WWI. With the rising voices of reform, came the rising hems of women's fashion.

In the very early 1900s, women were expected to be adorned in frilly, lacy, and extremely feminine styles. For a long time, handmade laces, embroideries, eyelets, and cutworks were coveted by most women, but the wealthy could afford them. This changed with the mechanization of the textile industry. White lacy lingerie dresses were in at this time, as well as the "new woman" corset that pushed the hips backwards and bosom forward. It was believed that the hourglass figure and a large shelf-like bust were one of the most important assets to a woman. Skirts were slim around the hips and with the help of gores and fillers, were full and flowing at the hem. Wide waistbands were popular, but were mostly covered by the bodice's pouching. Skirts with narrow waistbands were usually worn with wide belts called girdles. By 1909 skirts changed, starting to rise as short as four inches from the floor as well as slimming out with less fullness in the back, providing a more natural looking body. Collars, as well, changed from high and boned, meant to keep the woman's head high and her chin up, to the Peter Pan collar.

Getting into the 1910s there was a new corset, a lot kinder to the natural shape of a woman's body. The stomach and hips were smoothed out and there was less support to the bust. Soft gowns were worn, detailed with buttonwork and lace. There was a radical change in fashion from 1914 up to the 1920s that was inspired by the women's suffrage movement during WWI. In 1915, the hems rose to mid-calf height and traditionalists complained that it was immodest. Then, by 1918, skirts yet again grew narrower and the hems fell to below the calf. 1919 was a big year for change. Maternity dresses were put on the market, allowing

women to be unconfined during their pregnancy. Corsets were on their way out as the National Federation of Business and Professional Women organized protest against them.

When you first think of the 1920s there's a good chance your mind will go to flappers. These young women wore short skirts, bobbed hair, and listened to jazz as they danced the night away in their dresses covered with beads and art deco designs. Looser fitting clothing was in fashion, including wearing trousers and a blouse, which had everything to do with women claiming their freedom to wear what they wanted, and little to do with being a "tomboy".

One thing is clear about fashions from the 1900s up through the 1920s; it was a huge turning point in women's clothing and set a bright future for the freedom and development of women's style. It tossed aside the common view that believed women should wear dresses and men should be in trousers. We see the effects of this every day. It's more common to see a girl in pants and a shirt, than it is to see her in a dress now. We're pretty lucky to not have to worry about tightening a corset every morning, considering it took more than one person to accomplish, putting on a big layered dress, or keeping our ankles hidden.



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THE SLIT MOUTH WOMAN

BY: JACOB THOMPSON

Who was that woman wearing a surgical mask that gradually moved towards me? Fear moved through my body as I glanced toward her hands. A pair of large scissors was in her grasp. She stared at me; it was cold, as though her gaze bore right through my soul. Her midnight black hair streamed down her sides with elegance and beauty.

“Do you think I’m pretty?”

I stood there confused. What sort of question was that? She is beautiful, that I couldn’t deny, yet I dreaded what was beneath that veil. As I began to move away from her, I heard rushing strides coming towards me. As I turned to look behind me, I saw nothing. The figure who was just a couple of steps away was no place in sight. I needed to escape. Who knew where she was or where she could be. I soon moved towards my home and contemplated locking myself away until my family arrived. My father was away on a business call and my mom worked late nights, so it could be hours before they were home. As I advanced towards my house, I called a friend and requested that they come over because I didn’t feel safe. When I arrived home I saw her again. She was uncanny; her smooth dark hair sparkled in the glow of the night sky, and the scissors flickered just as splendidly. She stood at my door as it began to rain and she was by all accounts unaffected from the downpour and appeared to be practically dry. Her look remained concentrated on my entryway and it was as though she wished to enter. I chose to proceed through the back door into my home and hurried to close everything inside. The doors and windows were locked shut on the base floor, and the front was, at that point, already bolted before my arrival.

I immediately dashed up to my room and closed myself inside. Regardless of what I did, I couldn’t get in contact with my parents. I called multiple times and by the third call I was answered with complete silence. I heard a knocking on my door and a sense of dread fell over me. As much as I should have ignored the sounds that I heard, ill-fated curiosity overcame me. I opened my door and continued down the stairs towards the thumping that was at the front of my house. I knew who it was, nevertheless I couldn’t back down. As I went towards the handle, the slamming died down and it rapidly became tranquil. Not long after, I heard a quiet little knock on the door. I flung it open expecting the worst to appear.

“Do you think I’m pretty?”

This time the question was significantly angrier, and I knew I had to answer her.

“Yes... I do think you are pretty.”

I saw something move under the cover that she had shrouded over her face, and it appeared as though she was grinning at me. It was an abhorrently wide grin; such a grin that no normal individual should ever be able to make. It was then she expelled the cover to reveal her mouth, split open from ear to ear. A Glasgow grin, cut profoundly into her facial highlights. Her voice, unpleasant and nearly apparition like, asked me with a disgusting cackle from her split mouth, scissors drawn and ready to replicate her own disfigurement upon me.

“Do you still think I’m pretty?”



GOOGLE IMAGE SEARCH

It’s a Mad Mad Mad Mad World

BY: JOREL LAYBA

“It’s a Mad Mad Mad Mad World” is the only successful epic comedy ever made. It was released in 1963, directed by Stanley Kramer, who was known for doing dramas, not comedies. When I say epic film, I am talking big budget, star packed, vibrant films, running three hours in length. These are movies like “Lord of the Rings”, which has a huge cast, fancy costumes, expensive sets, and tells a fantastic tale. One epic movie recently made was the MCU’s “Avengers: Endgame”. This was a huge budget movie with a large cast, but both these movies are far from comedy.

Stanley Kramer was known for making serious drama films, but for some reason he decided he would try his luck with not just a comedy, but an epic comedy. To add to the risk, epic comedies have never seemed to work. But this one did and it paid off because the movie was a huge success.

The movie is packed with just about every comedian from that time. Why would all these big named comedy stars want to do a movie with a director of dramas? Well, Kramer was the hottest director in Hollywood at the time, and the movie was creating a buzz around the country. It got to the point where if you weren’t in the movie, well then maybe you weren’t as big as a star as you thought you were. They also were starting to realize that one good roll in a hit movie could lead to bigger nightclub deals in Vegas, and maybe a T.V. series.

Epic comedies like “The Great Race” or “Those Magnificent Men in Their Flying Machines” never did great in theaters. You’ve probably never even heard of them. They are okay movies to watch, but never give you the laugh you’re looking for. They weren’t the kind of movies you want to go back and view again. The humor is cheesy, but that’s not the only problem; they deliver it cheesy. In “It’s a Mad Mad Mad Mad World” the very talented actors deliver the jokes as if it wasn’t a joke; they make the cheesiness funny by delivering the lines full hearted. In one scene of the movie, Jonathan Winters tears up a gas station chasing after the two attendants who had tied him up. The gas station is completely demolished by the end. This scene is hilarious, but the actors don’t make it look like a silly fight, it is a man in rage chasing after the attendants, and he is determined to kill them. That’s what makes it real, and ultimately funny. Nothing funny should ever be acted to look fake.

Besides the way they act, the movie is brilliant. It starts with a crazed driver flying off Highway 74 near Palm Springs. He’d robbed a tuna fish factory fifteen years ago and the money was never found. Classic comedian Jimmy Durante, who you might know as the voice of the narrator in “Frosty the Snowman”, plays the dying thief. With his last words, he tells the gathered crowd around him that he has hidden \$350,000 dollars under a big W. From then on, four different groups try to figure how they are going to split the dough, but quickly decide that it’s every man for themselves. The rest of the movie is a crazy commentary on the greedy nature of man and will have you rolling with laughter till you come to one of the most perfect ending of all time.

Comedies are great to watch. They put you in a feel good mood, but you never see them done to the extreme. “It’s a Mad Mad Mad Mad World” did it and I’m thankful for it. It is the perfect movie to grab a soda, pop some popcorn, and gather with friends and family. This movie was a big deal in its day, and more than holds up today. I rate it a ten out of ten. I promise you, you won’t be disappointed when you discover this gem from the past. It truly is EPIC.

The Plus-Sized Future

BY: JENNA WOLTHUIS

There has been a lot of controversy around the topic of whether or not models in today's fashion industry are too thin. Women are expected to have thin toned bodies and clear skin. Fashion agencies have strict rules and they aren't afraid to let a woman go if she is a few pounds overweight. But with that said, is any of this healthy for the models, or for women's self-image?

Different model agencies have different requirements, therefore, different health issues. According to Balance Careers, the requirements to be a model for Victoria's Secret are to be between the ages 18 and 30, be healthy and in good shape with a 25 inch waist and a 33 inch chest, and be within 5'8" and 6' feet tall. The average weight for a Victoria's Secret model is between 115 and 125 pounds; however, they have made no official statement for weight requirements. In Paris, agencies are much stricter, which leads them to hiring younger models.

We've all heard the stories of models starving themselves. It turns out that these are more than just stories. Former model for Elite, Victoire Dauxerre, lived off of three apples a day. To maintain a healthy weight, an adult woman has to eat 2000 calories a day. 3 apples are only 285 calories. No one can function off of that. The fashion agency finally said she was perfect when she was at a mere 103 pounds, which for a 5'10" woman, is severely underweight. In comparison, a healthy woman that tall should be at least 135 pounds.

Charli Howard of Great Britain always dreamed of being a model. She worked hard to keep her weight down and her body in perfect shape. After working for her fashion agency for three years, she was let go for being 100 pounds. She was furious. Howard said, "I refuse to feel ashamed and upset on a daily basis for not meeting your ridiculous, unobtainable beauty standards, whilst you sit at a desk all day, shoveling cakes and biscuits down your throats and slagging me and my friends off about our appearance," she continues, "The more you force us to lose weight and be small, the more designers have to make clothes to fit our sizes, and the more young girls are being made ill. It's no longer an image I choose to represent." Howard paints a vivid picture and makes a valid point. This obsession with being thin is a dangerous role model for young girls.

Victoria's Secret model Bridget Malcolm came out about her diet and eating disorders as well. She lived mostly off of steamed vegetables and protein shakes. She was so tired and weak she went to bed at 8 p.m. every night and it took her 10 minutes to walk up a flight of stairs. It got to the point that she was afraid to leave her house, and she stopped hanging out with friends. Even at this weight she met with a nutritionist to see how she could lose more weight. Instagram would bring in nasty comments on every picture that made her feel fat or not pretty enough. As her self-esteem dropped, so did her health. People would ask how to look like her, and she

SEE PLUS SIZE, PG. 13

Kaitlyn's Kitchen

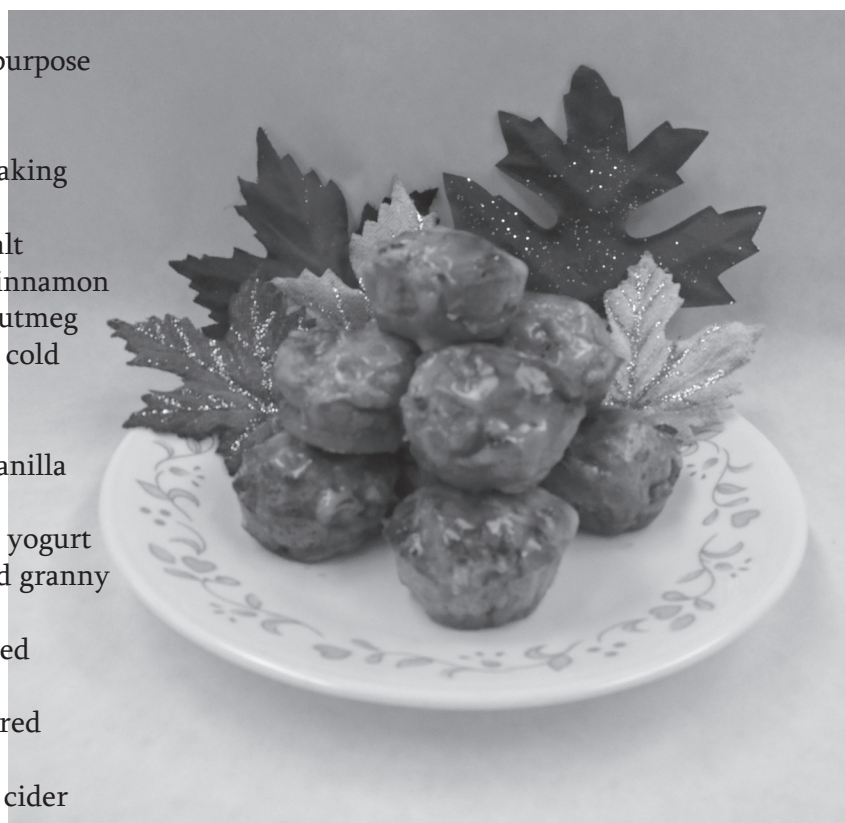
-Apple Mini Muffins-

BY: KAITLYN VICTOR

As the leaves change color and the temperature drops, curling up with a nice, warm treat in the comfort of your home sounds just perfect, and with these apple mini muffins, this dream can easily come true. From the soft apple bits to the fluffy, cinnamon filled muffin, every bite of these are delectable. With these mini muffins you will have no complaints, and a hard time saying no to eating a few more.

Ingredients:

- 1 ½ cups all-purpose flour
- ½ cup sugar
- 2 teaspoons baking powder
- ½ teaspoon salt
- 3 teaspoons cinnamon
- ¼ teaspoon nutmeg
- 6 tablespoons cold butter
- 1 large egg
- ½ teaspoon vanilla extract
- ¾ cup vanilla yogurt
- 1 cup chopped granny smith apples
- ½ cup shredded granny smith apples
- 2 cups powdered sugar
- 1/3 cup apple cider



Directions:

Begin by preheating the oven to 350 degrees and spraying two mini muffin tins with cooking spray. Set these aside, and grab a large bowl. In this, combine the flour, sugar, baking powder, salt, cinnamon, and nutmeg. Next, cut the butter into cubes and blend into the dry ingredients until they reach the consistency of coarse crumbs. In a separate small bowl, mix together the egg, vanilla, and yogurt. Add the wet ingredients to the dry, and mix until fully combined. Once at a homogenous consistency, fold in the apples. Spoon a few tablespoons of the mixture into each cup until about halfway full. Place the tins in the oven and bake for 15 minutes or until the tops just start to brown. While the muffins are baking, in a small bowl whisk together 1 cup of the powdered sugar and 4 tablespoons of apple cider. When you remove the muffins from the oven, switch the oven to broil on high. Brush the muffins with the glaze, and return to the oven. Broil for 2-4 minutes or until the glaze has begun to caramelize on the tops of each muffin. Make sure the muffin tin is being regularly checked and rotated to ensure even caramelization, and that they do not blacken or burn. When done, remove from oven and whisk together the remaining powdered sugar and apple cider until at a smooth, thick consistency. Evenly brush this mixture over each of the mini muffins, allow to cool, and enjoy!

Reviews:

- Makes you want to eat more than one. – Shayla 10/10
- They are moist, melt in your mouth, not too sweet, so a perfect treat. – Malia 8.5/10
- During a fall evening as I'm lying in a tree, these apple muffins are perfect. Laying there I would eat 10, no, 20. – Hippy Jim 9/10

Trump's Wall

BY: MEGAN HAGER

With the 2020 election rapidly approaching, the border wall controversy is again drawing attention. As you may remember, the government was shut down for a record 35 days in early 2019 as a result of policy gridlock between President Trump and Congress. Trump was pushing for the wall, but Congress refused to give him the funding. With millions of government employees demanding for the shutdown to end, Trump went around Congress and got wall funding from the Pentagon. The media has since quieted down, but the wall is still being built.

The Liberal Media criticized Trump for his "outlandish" promises that he wasn't fulfilling, yet they impeded him every step of the way. The 2019 government shutdown lasted 35 days. During the shutdown, about 420,000 critical federal employees had to continue to work without pay, and 380,000 non-critical employees were sent home without pay for over a month. The left harshly criticized President Trump for his stubbornness, even though they had an equal hand in the shutdown by lacking compassion for the thousands of struggling federal employees and supporting those who refused to compromise. Eventually, Trump signed a bill that allowed for the government to reopen and employees to get their paychecks, but this forced him to seek out other ways to secure wall funding.

In February 2019, President Trump declared a national emergency concerning southern border security. This allowed him to maneuver around the Democrats and get funding from other departments. By doing so, he was able to secure \$6.1 billion from the departments of Homeland Security and Defense, and the Treasury Forfeiture Fund. The National Army Corps is contracting with construction companies to build and refurbish the wall. Prior to declaring the national emergency, Congress had only given President Trump funding for a measly 55 miles of border security.

The wall building process has been extremely slow as a result of all the Democratic pushback and funding clashes, but Trump plans to have 400 to 500 miles of wall completed by the end of 2020. Building the wall all the way across the 2,000 mile border would be tricky considering that some of it is privately owned, so he is focusing on building or refurbishing key sections until further funding can be secured. With all the commotion at the border and Trump's threat on tariffs against Mexico, the number of people apprehended at the southern border has fallen by roughly 60% since last year.

Despite what the media says, President Trump has been working hard to fulfil his campaign promises. The wall will not likely be completed before the 2020 election, but Trump can safely say that he has done more to secure our southern border than any other president in history. Even with the constant roadblocks, a record-setting government shutdown, and endless calls for impeachment, our president has persevered. Despite what the media claims the polls say, the 2016 election results prove that America wants Donald Trump and his signature wall campaign promise, and the 2020 election may tell the same story. In the end, the Left's struggle to obstruct, incriminate, and impeach President Trump has done nothing but reveal their own thirst for power.

Halloween

FROM PG. 1

beggars who went from house to house asking for soul cakes, in the name of the departed saints. This practice was referred to as souling. In return, the beggars would pray for the homeowner's deceased family. Then souling changed to guising, which comes from the word disguise, when children in the U.K. would dress-up as either famous dead saints, or well-known family members and ask for fruit or money from nearby family and neighbors. By the 1890s, the influence of Irish and Scottish immigrants began to bring a twist to the practice of guising. The Irish in particular still had pagan influences attached to their celebration of All Hallows Eve, mainly the idea of evil, disturbing spirits. This is where trick-or-treating comes from. Children and teenagers, disguised as the departed, and demons, would roam the streets. If people were nice enough to have left treats out, they would be left alone. If not, they got a trick, which could be anything from moving around lawn furniture to starting a fire in the henhouse. As the tradition developed, smart homeowners began to wait at the door for the nighttime revelers and pass out the treats, which led to the children knocking on doors shouting, "Trick-or-Treat!" As the influence of mass-media such radio, movies, and television spread, those traditional costumes of spirits and demons were joined by famous movie monsters and super heroes.

Two of the most iconic images associated with Halloween are black cats and jack-o-lanterns. The origin of the superstition that black cats crossing your path will lead to bad luck is fairly simple to explain. In the days of the Witch Hunts it was believed that witches could either turn into black cats, or that the black cats were demonic familiars. For those that fear witches, the cats should be avoided. The jack-o-lantern is a little more complicated. There's an old Irish legend about a lad named Stingy Jack. Jack was a trickster who developed a plan to insure he stayed out of Hell. He lured the Devil into an apple tree and trapped him there by placing holy crosses at the base of the tree. The Devil promised Jack anything to set him free, and Jack demanded that he never be allowed to stay in Hell. When Jack died and went to the gates of Heaven, he was denied entrance because of the evil, selfish life he had lived. But, when he was sent to Hell, the Devil kept his word and banned him from entering. Forced to roam eternity in utter darkness, Jack begged the Devil for compassion. The Devil gave Jack a fiery coal from the pits of Hell, which Jack placed in a hollowed out turnip. Superstitious folks began to replace the turnip and Hell's coal with pumpkins and candles to help Jack stay on his way, and out of their homes.

Halloween is an ancient holiday, that in either pagan, Christian, or secular practice has always somehow been connected with the dead. Thankfully today we're not as superstitious as they were in the past. So, enjoy your jack-o-lanterns and candy, and be nice to the black cats because they aren't actually bad luck.



Trump in front of his wall.

Plus Size

FROM PG. 11

would lie about it, until she came to the breaking point. She knew she had to come clean about her health issues. She started seeing a therapist and began to heal. It took her two whole years to finally pull herself out of depression and her eating disorders. These are horrible stories, but the world is actually starting to stray away from these unrealistic expectations. We are starting to see a different type of model introduced.

Plus size models bring a more realistic body shape into focus and celebrate women's bodies as they really are. Stylecraze says, "It's about time we see beauty for what it is and not what we think it should be." Ashley Graham was the first plus size model to be featured in Sport Illustrated. She was so graceful that Vogue, British Vogue, and Cosmopolitan fashion agencies picked her right up. Ashley wrote a book named, "What Confidence, Beauty, and Power Really Look Like." This inspirational book tells insecure people that all women are beautiful no matter what their body looks like, and that your body is nothing to be insecure about.

Chloe Marshal was the first plus size model to make it to the

Miss England Finals. She also won the Miss Surrey title in 2008. She says that models do not always have to be skinny. She started campaigns with Macy's, Project Runway, and Torrid, a clothing store that specializes in plus size clothing.

These huge changes have also changed clothing companies. Fashionova, makes plus size clothing for the 'curvy' body. Their Instagram models are all considered plus size. As curvy starts to become more popular, many clothing companies like Fashionova have updated their line to meet the demand. There is also now an Old Navy Plus, and a Forever 21 Plus.

While there are still models who struggle with eating disorders, the future of modeling is shooting towards plus size models. The pattern of unhealthy eating disorders and depression; is turning into wholesome diets and confidence. The world is learning to be more accepting. Women should not be ashamed of their bodies, and people should not criticize them either. We all have our own natural beauty. Plus size models are breaking down old expectations and paving a new path for future years to come.

A Mass Problem

BY: JACOB THOMPSON

A school shooting is a horrible tragedy that should never occur, and the increasing number of them creates immense controversy as to what we should and should not do for a solution. Even though empathizing with a school shooter is incredibly difficult, we need to look at the issues they are going through before the shootings and what events have happened in their lives before we decide how to fix this issue.

One of the most well-known cases was the Parkland Shooting that happened at Marjory Stoneman Douglas High School on February 14, 2018. It was carried out by a 19 year old with an AR-15. Nikolas Cruz was fascinated with violence and guns, which is a significant sign of something being wrong, but that isn't the only defining characteristics. Cruz was diagnosed as developmentally delayed at a young age, growing up with anger issues and ADHD. In 2016, after a series of violent episodes, he was diagnosed as mentally unstable. After multiple school shooting threats throughout the years and a few concerned calls to the police, Cruz proceeded to shoot up the high school.

Throughout his life, there was a clear pattern of mental instability, depression, and harming himself and others. According to a study by Reid Meloy, a forensic psychologist, this pattern is similar to many other school shooters. A study by the FBI concluded that the shooter was likely feeling desperate due to most of the events preceding the shootings. Reid Meloy believes that thoughts of suicide and depressive episodes can lead to thoughts of revenge and wanting to get back at those who abandoned them. Some of the signs are noticeable, and some are not. Take a look at Dylan Klebold, the Columbine School shooter. He was a gifted student, and eventually started to fall off and nobody tried to help him.

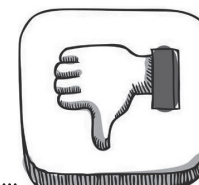
"Whether or not they've been diagnosed, or whether or not they're severely mentally ill, something is going on that could [have been] addressed through some kind of treatment," Says Dr. Langman, another psychologist. However, professionals still believe that depression is only a tiny factor of the problems that lead up to school shootings. Many of the people were outcasts, were not welcome in social groups, or were bullied or even worse.

Reid's studies have shown a direct link to around three quarters of most school shooters being victims of depression or other mental health instability. Yet, he wants to clarify that many acts of violence in schools that don't lead to mass homicide are often ignored, or tracked. Because of this, potential shooters are not identified, and intervention is not provided. And this is the heart of the problem. We know what indicators lead to potential acts of mass violence, yet we do very little to intervene. Most of those that are suffering from these issues, if surrounded by the right people, could be helped and prevented from committing violent acts. Kids or young adults that are looking to harm or kill others should not be looked at as horrible people and shunned, but they should instead be looked at as human beings in crisis who need to get as much assistance as necessary.





Contrasting Opinions: **MINIMUM WAGE**



RAISING THE MINIMUM WAGE

BY: MALIA HEWITT

The Federal minimum wage has been at \$7.25 an hour since 2009. If you were working full time and only making the minimum wage, you would be earning \$15,080 per year. The problem is that the average cost of housing is \$13,200. This means that our famous “average” American would only have a little over \$2,000 to spend on other expenses such as food, clothing, and anything else for the entire year! This is not a living wage.

This contrast makes it impossible for a society to be considered fair and equitable for all people. Income inequality is a massive issue in this country. The fact that there is such a wide gap between how much the upper class makes, compared to the lower, is an American embarrassment. However, since the minimum wage has remained stagnant it has created no opportunities for people to get out of poverty and it has thus increased the wealth gap. People working a full time job, or even two part time jobs, aren’t able to support their family, let alone themselves. This issue has recently been heatedly debated at both the state and federal levels. But, it has not come close to a satisfying conclusion.

Some may believe that raising the minimum wage would be detrimental to the economy. However, raising the minimum wage would improve the local economy because when workers get paid more, they will spend more. It would decrease dependence on social services, which in turn decreases our taxes. When employees start to rise out of poverty, the economy flourishes because they can now afford products and services they could not buy before.

Robert Reich, a Professor at the University of California, Berkeley, and past Labor Secretary under President Clinton, argues that the minimum wage should be raised to \$15 per hour and he gives a few reasons why. The typical worker today is twice as productive as in 1968 when the minimum wage was just \$1.60 per hour. If the wage were adjusted for inflation and productivity gained, the minimum wage would actually be \$20 an hour today. The proposed increase to \$10.10 is not enough money to lift workers and their families out of poverty, especially workers who want full time jobs, but are only able to work part time. Many of the people who make more than the minimum wage and are opposed to any increase, should realize that they have to pay more in taxes to pay for programs like Medicaid, food stamps, and housing. If people were making more money, they wouldn’t be so dependent on these resources. Yes, it is true that some employers will be forced to reduce jobs or raise prices due to the raise in the minimum wage, but many more people will be lifted out of poverty, and the workers coming out of poverty will have more money to spend, thus creating more jobs.

If you look at other places where they have increased the minimum wage, such as Seattle, where they increased the wage to \$15 an hour, it had a large impact on the restaurant industry. Vox News reports that “The restaurant industry moans and groans about minimum wage increase, but the Seattle newspapers every month has a story about 40 new restaurants opening.”. This proves several points. First, it seems that Seattle’s increase in minimum wage has not negatively impacted the one business that is most dependent on minimum wage labor. Not only that, but the increase in pay also saves businesses money

SEE **MINIMUM WAGE PRO**, PG. 17

MISCONCEPTIONS OF MINIMUM WAGE

BY: MEGAN HAGER

Raising the minimum wage is often thought of as a cure-all for poverty in America, but that is an ill-conceived idea. Raising the minimum wage hurts small businesses and forces them to consolidate their workforce and raise the costs of their goods or services, thereby causing inflation. Raising the cost of wages decreases the quantity of jobs available and increases the quality of workers required. When an entry level job requires a hefty resume and prior experience, people will fail to have a “first job” that gains them experience for later in life. Raising the minimum wage causes inflation, a smaller job market, and reduced working hours.

It doesn’t take a degree in economics to realize the price of goods rises when the cost of production goes up. Yes, workers would have “more to spend” to hypothetically stimulate the economy, but their money wouldn’t go as far. Inflation hurts the common man by devaluing the dollar. The only people who might benefit from inflation are investors who may see stock price increases. By increasing the cost of production, workers’ hours would have to be reduced as well, and requirements for the job would be more difficult to meet.

Minimum wage jobs are entry level and require no prior skills. It is for this reason that minimum wage workers are typically unmarried and between the ages of 16-25. More often than not, these jobs are meant to be part-time as young people often have to balance school, work, and possibly extracurricular activities. Minimum wage jobs were never meant to support a family. Entry level jobs teach young people responsibility, money-management, and future career ideas.

Additionally, 29 states have minimum wages higher than the federal level. Allowing states to individually adjust their minimum wages prevents extra strain from being placed on their economies. For example, Mississippi, the cheapest state to live in, does not need a minimum wage as high as California because it is simply not as expensive to live there; goods, services, and property costs are significantly less in some states compared to others. A full-time worker on the federal minimum wage makes about \$15k annually. Considering that the poverty line in the U.S. is \$12k annually for a family of one, or \$25k annually for a family of four, minimum wage workers could sustain themselves until they moved on to a better, more skill intensive job.

A study done by the National Bureau of Economic Research in Seattle revealed that the average low-income worker lost approximately \$125 a month after the \$15 per hour minimum wage hike. This was a result of reduced and inflexible hours. Previously employed low-wage workers may have seen a slight pay raise after the hike, but many more struggled in the competitive job market. Seattle is already a wealthy megacity that is extremely expensive to live in, and it cannot represent the rest of the country. If minimum wage workers are still being negatively impacted there, what would that mean for rural businesses that cannot realistically support a large expensive staff? Raising the federal minimum wage is an impractical solution for the complex issue of poverty in America.

Vaping

FROM PG. 1

are not dangerous on their own, when heated up they create large amounts of acrolein, which is dangerous because it is a large factor in heart disease and lung damage. When we consume certain candies or food, we eat a fake flavoring created by scientists specifically for digestion. What vape companies are doing is including these compounds in E-juice, and because they were invented for consumption, we aren't sure what they could do to a person's lungs, which may lead to potential health risks.

Another problem with vaping is the health risks associated with inhaling moisture. Most of us have heard of pneumonia, but are not informed of what causes it. Pneumonia is when liquid builds up in the lungs and doesn't go away. Eventually, this leads to death through slow suffocation. Doctors usually treat pneumonia with a battery of drugs and antibiotics that reduces water in the lungs. The current deaths tied to vaping have been nicknamed "Vaping Pneumonia" because vaping is causing a build-up of water in the lungs. But it's doing something else that doctors have not been able to figure out; the traditional treatments are having no effect. And, the death rate is rising.

Right now, the U.S government is considering putting regulations on vape pens and the companies that make them. Some states, such as New York, Michigan, and Oregon are leading in regulatory change, banning the sale of most flavors of E-juices. After 530 cases of lung injury and 7 reported deaths, the Trump Administration is pushing for a nationwide ban. Another aspect of these new regulations is the charge that the vaping companies are using the flavors to target the young and create a whole new generation of addicted consumers. If large vape companies, like Juul, cannot prove to the FDA that their products are safe by May 2020, they will be taken off the market.

While many people agree with and want this regulation, many are pushing back. More and more people in the vaping community are calling this an unfair overreach of government regulation. They also point at cigarettes and ask why they aren't banned, since they have been tied to cancer deaths for decades. Other believe that stricter regulation, without a full ban, would be a better idea and reduce the chance of black market juicers.

As vaping becomes more widespread, it is important that people look at all aspects of this new trend. Vaping comes with various health risks and many unknowns. Most of the time, people who vape don't know what chemicals are being used in the E-juice and what is going into their bodies. While we do know that some chemicals, such as heated formaldehyde, are dangerous, we are yet to know all of the potential health risks. We do know this, vaping is not the safe alternative that the vaping companies originally advertised.

The Danger of the Extremes

BY: ALEXANDER SPRINGER

When we think about what it means to be on the left or the right, we imagine Democrats or Republicans. If we think about extreme right and left, we think of fascism and communism. Most of the time, the public thinks of a line, on the left being liberalism, and on the right being conservatism. The French political thinker and philosopher, Jean-Pierre Faye, would disagree. He believes it's more like a horseshoe, with the extreme left and extreme right at the ends, meaning they are more like each other than they are like the center.

Fascism and communism are the perfect examples. Both rely on a strong central government that says that people should work for the collective good, the only difference is what they are working for. In communism's case, it's for the people as a whole, and for fascism's case, it's for the state. But even this is basically the same thing because the "people as a whole" is the state. If we look at the action of nations that have used these extreme forms of government, we can see that they both have the same tactics. The Nazis, the world's most notorious fascists, had huge purges of people they found to be dangerous to the state. They killed millions of Jews, creating what we now know as the Holocaust. In the same light, the communists had horrific purges against people they found dangerous to the state; political enemies, wealthy capitalists, and anyone the state disagreed with, leaving millions dead. Within Stalin's reign, about 3.3 million died, if you're only counting the purges and gulags. If you include starvation and the prior civil war, you get a staggering 9.8 million. With Hitler's Holocaust, 11 million died, all based on their race and political ideology. Both are just as deadly as the other, and both use work camps and concentration camps, even though they are on "opposite ends" of the political spectrum.

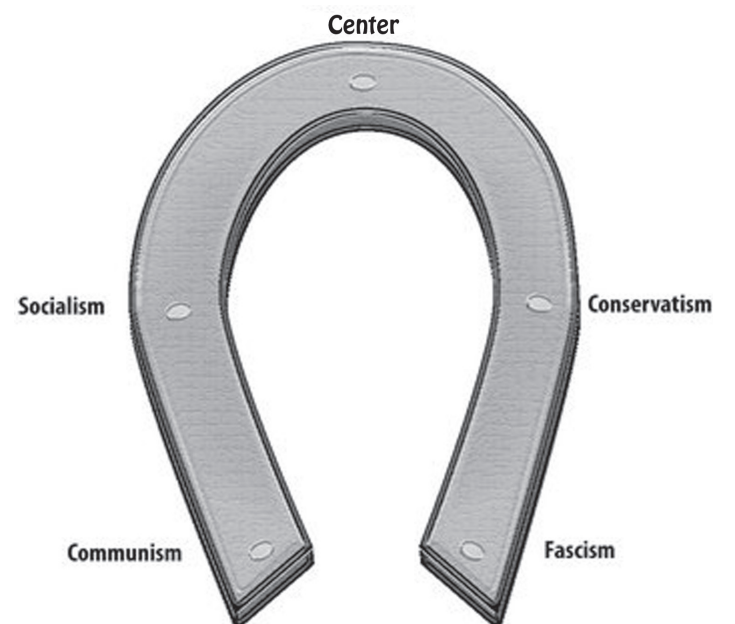
SEE THE EXTREMES, PG. 20



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Reparations for Slavery... 150 Years Later?

BY: JENNA WOLTHUIS

On January 3, 2019 a bill named H.R. 40 was reintroduced into the House of Representatives. This bill is one of the most controversial pieces of legislation of our time. If passed, this bill would compensate the descendants of former African American slaves for the money that should have been paid them while they were in slavery. The problem with this is that the former slaves all died over 150 years ago. Why is this happening now?

Reparations for slavery are not a new idea to our government. When the Civil War ended and slaves were pronounced free, General William Tecumseh Sherman wrote Special Field Orders No. 15. This allotted former slaves in certain states a plot of land no larger than 40 acres. 40,000 slaves took up this offer and lived on 400,000 acres of their own land, until President Andrew Johnson reversed the order, and the 400,000 acres were returned to their previous owners. As a result, a brighter future for the former slaves was taken away, and there was no hope of getting it back. During his presidency the case was forgotten, and African Americans became an impoverished people.

Today, slave descendants still struggle. But, I believe that if they wanted to get out of poverty they could have done it by now. Many have pulled themselves out of poverty and have become very successful people that better our community. In 2008, America elected the first African American president, Barack Obama. Obama's father left him when he was only two years old. After his dad left, his mom remarried then divorced, then remarried again. He got mixed up with drugs and cocaine, but he didn't let this pull him down. Another successful African American is Oprah Winfrey, who has become an extremely successful actor, talk show host, and television producer. Her parents were never married, and when they separated after her birth, she went to live with her maternal grandmother on a farm. When she was six, she went to live with her mom in a very poor and dangerous ghetto. At twelve, she began public speaking and went to live with her father. There are countless other African Americans that are successful. They all have the same opportunities, but some people just don't take advantage of it; and to me that seems like their own problem.

Another problem I see is that it's an African American representative that reintroduced the bill earlier this year. Sheila Jackson Lee, a representative from Texas, would probably benefit from the reparations. She wants to get rid of any lingering affects leftover from slavery. Slavery was 150 years ago! What lingering effects are there? No slave owner is even alive, let alone any former slaves. America isn't even financially stable enough to pay these reparations. I have no ancestors that are slave owners. My family immigrated into America in the 1920's, so would my family have to pitch in to pay for it? Even if reparations did happen, you cannot erase guilt with money. It's like hitting your sibling, then doing something nice for their great-great grandchildren in return. Oh, and you would be asking your great-great grandchild to ask forgiveness for something they never did.

According to CNN Politics, the cost of reparations would amount to \$17 billion... at the lowest. I think we should be more concerned about our national debt to other countries. America's national debt currently adds up to \$22.03 trillion dollars. We should be more worried about that instead of reparations. It's just not logical to do reparations.

America should not follow through with H.R. 40. All former slaves and owners have passed away, we cannot support it financially, and money cannot take away guilt. If African American's wanted to change their economic status, they can; we have many examples of those who have. Also, all American's come from humble backgrounds and difficult social challenges. The Irish were spit on and not allowed to own property. Chinese and Japanese immigrants were forced into ghettos and lynched without any one caring. Even the earliest settlers were facing death over religious freedom. But somehow, they were able to overcome those challenges and succeed. They didn't need financial support, so neither do slave descendants. We all started from nothing.



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SPORTS

Volleyball

BY: CHLOE TYLER

Volleyball season is back and with it comes some very high expectations. The volleyball program placed 5th in state last year and only graduated four seniors, everyone expects big things from our little town. The seniors this year are Samantha Virtue, Katie Kurtz, and Allison Miner. Allison says, "Our team has the potential to make it to state. We got a taste of state last year and we want it bad this year." Head Coach, Mary Hutchins, says that their main goal this season is to work hard together as a team, to continually improve our team and individual skills, to represent our town in a positive manner and to go as far into the postseason as we can.

The strengths of this program are defense and drive, Hutchins believes that no one has the amount of drive that Sweet Home Volleyball does. The main challenge that are Huskies face is living up to expectations, last year the team was looked over by other teams, they started the season unranked so they had nothing to lose, this year, they want to prove they can do it again. For the first time since Hutchins started coaching, Sweet Home beat Sisters in 3 matches!!!! This is a huge deal, Sisters has been the main rival from the very beginning. Also, our volleyball team is co-league champs with sisters. When the volleyball team is on the court, they are full of swagger, no one can get it done like our Huskies do. Wish them luck because they are going to state!!



Senior Samantha Virtue and Sophomore Jamie Seward, go up for a block against Woodburn.

ANDRA GORDON / THE HUSKIAN

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Minimum Wage Pro

FROM PG. 14

by creating worker loyalty. When you increase worker loyalty, there is less turn over, improved productivity and customer loyalty, and more profits. History proves that it does not cost jobs, in fact it creates more customers for these retail businesses, which in turn creates more jobs.

The bottom line is that no one should be working full time, or two part time jobs, and still be impoverished. If we raise the minimum wage we could help to demolish poverty in America and create more jobs, more customers, and provide healthier relationships between employers and employees. Raising the national minimum wage is well overdue and the equitable choice for American people.

Boys Soccer

BY: JACOB THOMPSON

Having predominantly new players and going head to head against teams that have played together for years, the Sweet Home Boys Soccer team will be facing an incredible test this year. "Their assurance and drive to succeed is what will unite them and make them a great team," said Coach Stutzer. While most of the team might be new to the game and inexperienced, they're not going to let that stop them from improving. A great example of this is Chase Lopez. Coach Stutzer explained to us how Lopez worked hard at summer camp, and although being young and new to the game, he evolved into a strong leader. Stutzer acknowledges that this will be a building year, but he also explains that he has great tools to make that happen. Overall, the soccer team holds one of the highest GPAs of any of the sports on campus. This shows the players' determination to succeed. They also have returning seniors Jarett Owen and Nich James to provide veteran leadership for the younger players, and top level playing ability on the field.

Despite the challenges facing this young team, they know that grit and determination will lead them to prosperity. If you are interested in playing, don't put off trying out, as the team is still accepting new players. Go Huskies!



Freshman, Evan Towry, kicks the ball away from the opposing team!

ALEX KISSELBURGH/ THE HUSKIAN

Girls Soccer

BY: JENNA WOLTHUIS

Game Day! The other team arrives and you start warming up. Your kicks are looking fantastic, you feel great; this is your game. Coach announces the lineup and you head out onto the field. The other team looks fierce, but you know that if you try your best it will all turn out just fine. Then, the whistle blows.

Sweet Home High School Girls Soccer gained a new coach this year. Junior Varsity Coach Peter Saveskie has a lot to contribute to the team and is already forming drills and putting a good foundation on our new players and incoming freshman. Our Varsity Coach, Ramiro Santana, is coming back for his 20th year of coaching soccer. He is incredibly impressed with the varsity team this year.



Maddie Harris passes the ball.

ANDRA GORDON/ THE HUSKIAN

Team captains were recently elected and Torree Hawken and Moira Curtis have already stepped up to the plate. Both of them are seniors who have played soccer all four years of high school. Torree is our center forward and scored a goal against Woodburn, who is currently ranked 1st in 4A schools. Moira is our goal keeper. She has blocked countless goals and set a high bar for our next varsity keeper.

The soccer team's main goal for this season is to get better in our league, which is full of challenges. Our team's strengths are that we are united, good friends, smart, fast to react, and we have knowledge of the game. Coach Santana says, "Never give up, and do what you like to do to the best of your abilities." Our team is still young, but we can still follow Coach Santana's words. We all try our hardest to do our part for the team.

Amazon Fires

FROM PG. 5

At this point in time, the Brazilian government has taken little to no action in preventing, or stopping the fires in the Amazon. This is despite offers from other countries of financial aid to fight the fires, or help pay for expanded protection of the Rainforest. Controversial Brazilian President Jair Bolsonaro, has made mixed statements concerning the crisis, and unfortunately has allowed the situation to become mired in political backbiting. Sometime called the Brazilian Donald Trump, Bolsonaro recently attended a G7 meeting in France where the member nations offered \$20 million to combat the fires. Bolsonaro refused the offer after a personal dispute with French President Emmanuel Macron, and concerns that it was an attempt by the G7 nations to lessen Brazilian sovereignty over the Rainforest. In any case, very little is being done to reduce the burning of the Amazon Rainforest.

20% of our planet's oxygen comes from the Amazon Rainforest alone, and it's currently on fire. Many animal, plant, and insect species are in danger. Currently, it seems that the Brazilian government and international community are making very little headway on this problem. For individuals concerned about this issue and have a desire to help solve it, you can check out the World Wildlife Fund at www.wwf.com.

SPORTS

Surya Bonaly

BY: MEAGAN BAHAM

Surya Bonaly is known as a rebel in figure skating. During the 1998 Olympics, she did a backflip knowing full well that it was an illegal move. The backflip resulted in Bonaly being the first and only female figure skater to attempt a backflip and succeed while competing. Bonaly is an African American skater who competed for France in 1985. Back then, the judges wanted the winner to embody an ice princess; a pale, graceful, and artistic skater. Because of Bonaly's dark skin she was automatically ostracized from the judge's favor. The more the judges criticized Bonaly, the more she pushed to skate the way she wanted.

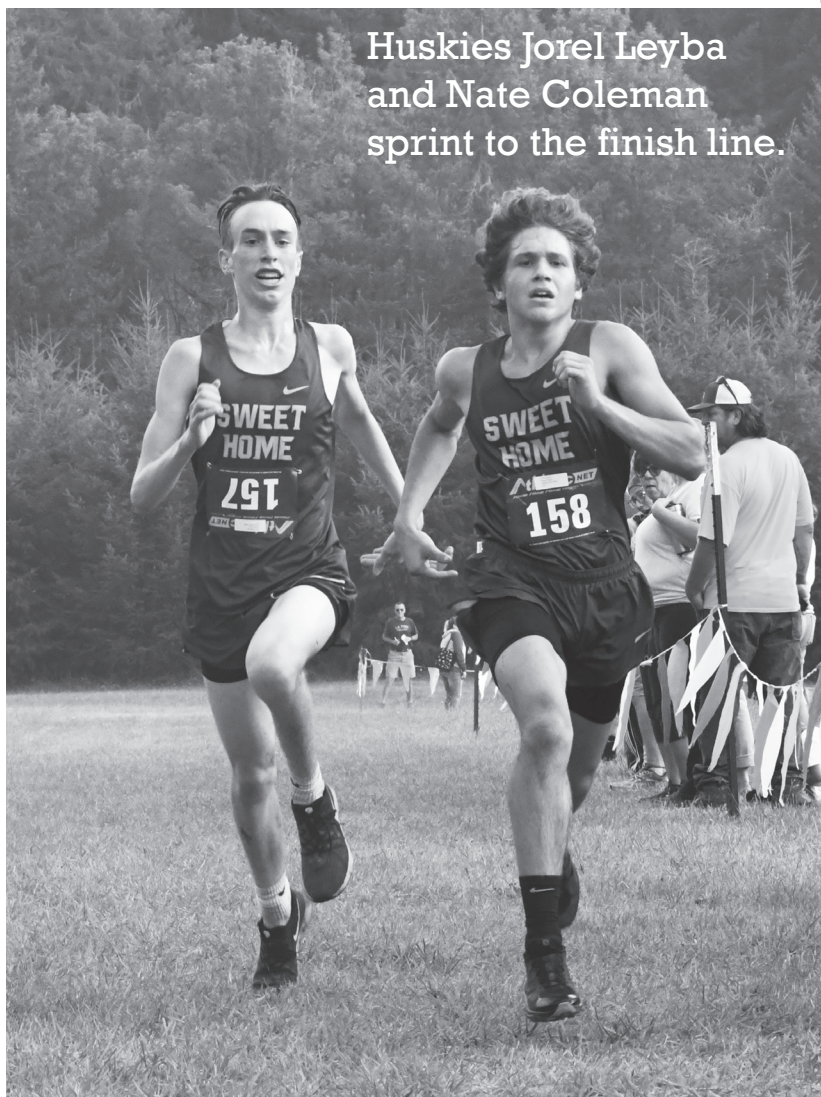
Bonaly was at the peak of her career in the late 20th Century. Unfortunately, during this time there was a lot of racism and for Bonaly, this prejudice was almost impossible to overcome. When she would compete, she would provide examples of amazing acts of athleticism and grace. Whenever Bonaly would go out on the ice, she would receive a standing ovation. Despite all of the public accolades, she was never rewarded with a gold medal. At the 1994 World Figure Skating Championship, she received a silver medal, but refused to accept the award, reasoning that this was the third time that she had attended the World Championship and every time she was given a silver medal; not the gold that both she and the audience knew she deserved. At first, you may think "She was probably not good enough." or "A silver medal is still pretty good.", but receiving a silver medal can be the worst thing to an athlete. Bonaly was clearly a very talented skater, but at the 1994 Championship she lost to Chen Lu from China. Chen showed less athleticism and preformed a much more classic and unoriginal routine, but because she resembled the ideal ice princess that the judges had in mind, they picked her to win gold.

Bonaly was not only the first woman to do a backflip on the ice, but she was also the only person to do the flip with a split in midair and land on one foot. This version of a backflip was soon named "The Bonaly". The Bonaly changed her life. Audience began to enjoy her performances more and more, but as she continued to compete, judges were threatened by Bonaly and they continued to treat her unfairly. Forty three years later, it's still unclear as to why the backflip is illegal till this day. Some say backflips are too dangerous and others say it's a move you would use during a show, not during competition; the reasons vary depending on who you ask. Regardless, one thing is clear, it robs the figure skating world of one the most amazing feats in all of sports. Bonaly stopped competing and started preforming for the professional ice show, Champions on Ice. When she performed around the world she felt free because there were no judges and she could do whatever flips, spins, or tricks that she wanted to. In 2008, she skated for the Ice Theater of New York and in her show, she would perform The Bonaly. The audience loved it and people gave her a lot of support. The more she performed, the more her routines consisted of crazy and unique moves including cartwheels and front hand springs; capped off with a stunning smile and joy leaping from her eyes.

Bonaly has stopped performing and she now coaches figure skating in Minnesota. Throughout Bonaly's life, she had to deal with racism, but she stood strong and fought for what she deserved. The battle that she was forced to fight changed the future of figure skating. Bonaly persevered and now she's an icon in the world of figure skating. It takes a lot of courage to do even one of the things that Bonaly has done and she deserves all the attention and fame that she has received.



Huskies Jorel Leyba and Nate Coleman sprint to the finish line.



ALEX SPRINGER/ THE HUSKIAN

X-Country

BY: JOREL LEYBA

Sweet Home High School's Cross Country team is looking promising this season. The team's main goal is to make it to state this year and Coach Schumacher believes that we definitely have the potential to. This league is a tough league but according to Schumacher if we put in the work and compete at districts we can make it on to state. Last year the cross country team did morning runs and Schumacher believes incorporating that into this year will help the teams overall fitness.

The Cross Country team is fairly young so it can be built upon in future years. Coach Schumacher says she would like to see the girls team grow. Right now there are enough girls to score, but they are not yet a full team. You need five to score but seven for a full team to break ties. Schumacher says she would like to see the girls team become as good as the boys. Tristian Saultz, Eddie Martinez, Gavin Walberg, Treyson Smith, Jessy Hart, and Sicily Neuschwander are some of the outstanding athletes. Nate Coleman, Adrian Kast, and Meeja Bitter are some runners that look to have potential but Schumacher believes anyone has potential if they are willing to put in the work. Tristan Saultz, Eric Roddy, Zach Zanona, Bryce Porter, and Lexi Schilling are the returning seniors this season.

This season is looking good for the Huskies. Schumacher is happy to see so many people try out the sport and get hooked. "Anyone can run even if you have never done it before. It is such a natural sport that you don't need much to do it. Just a pair of shoes and the will to run as far as you can and to continue to build on that," says Coach Schumacher. Wish our team luck as they get ready to make it to state and GO HUSKIES!

Football

BY: ALEX KISSELBURGH

Football season is finally back and Head Coach Dustin Nichol has high hopes for this year's team. His main goal for the team is to win another League Championship and he hopes to keep the tide rolling from last year so the team can place higher at State.

Coach Nichol explains how his biggest challenge this year is that 17 seniors from last year's team have left. To replace the veterans, Nichol has had to add quite a few new players, and getting them up to speed without veteran leadership is difficult. Despite the loss from last year's graduating class, the team is still senior dominated. Jasper Korn, Travis Thorpe, Tye Moore, Zach Lutmer, Peyton Ulrich, Gavin Nichols, Jackson Royer, Kai Bryson, Isaac Schaffer, Carson Smith, Taylor Moore, Dax Ballinger, Marc Kangiesser, Sevin Carson, David McMullen, Iakona Howerton, and Paul Glynn lead a strong returning group. Adding to that experience are the up and coming underclassmen led by starting quarterback, junior Aiden Tyler.

But pure physical ability doesn't win championships, and Coach Nichol understands this. Nichol stated how important grades are for the players and that the, "players are always students first." Mental discipline leads to discipline on the field, and add that to hard work, talent, and a little bit of luck, and we just might have what it takes to go to State.

Coach Nichol wants to remind his players, both rookies and vets, that it won't be easy at first, but be patient give it time. Don't give up and power through.

The Extremes

FROM PG. 15

This also reflects on modern politics. We can see this with the alternative right and the alternative left, both being anti-science and anti-religion. A very good example of this action is Antifa. They claim to be "Anti-fascist" but end up taking freedom of speech and freedom of expression from those on the right. This is a very dictatorial thing to do, and many fascist countries had no freedom of speech either. The insane right does the same, as we can see from the whole anti-vaccination movement. Many of the parents making those decisions are on the right side of the political spectrum and just like some on the political left, use an anti-science claim to prove their point, saying things such as, "Vaccines give my child autism." Comparing the extremes on both sides is like looking in a mirror, you end up with the same issues, but in a different light.

The theory also has its opponents. Those that oppose the Horseshoe Theory point out the extreme difference in either side's views on economics and group identity. But is there really any difference in the results? The far left favors communism, and complete control over the market and a redistribution of wealth. The far right supports a free market, but the building of a military state. The results in both cases is government control over the economy. The alt-left sees themselves as the downtrodden poor, oppressed by the evil rich elite. The alt-right sees themselves as a master race, being threatened by the growing numbers of inferior races. So, they both see themselves as part of a group, not individuals, that hate another group and blame all their problems on them. If we are to be honest, these two groups probably hate each other so much because they realize that they are two sides of the same coin.

Being left or right is a huge part of politics, and they are very different as long as we are just talking about right and left, rather than far-right and far-left. I believe that Jean-Pierre was onto something, and if you really look at the people running far-left and far-right governments, they make the same mistakes and have the same issues. What should we learn from this? Being on different spectrums of the political line is fine, and in most cases those of differing opinion can come to compromises. The danger lies in the extremes. If we allow the far right and the far left to dominate our political thoughts and discussions, we will be strangled by an iron horseshoe of death and suffer the horrors of the past. Hopefully, we can learn from our mistakes and not allow the fascists and the communists to trick us into killing ourselves again.



Huskies storm the field!