

Backpacks of Hope

BY: SAMANTHA ELLIS
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THE HUSKIAN

SWEET HOME HIGH SCHOOL

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A Dead Program Coming Back

BY: SAMANTHA ELLIS



Sweet Home High School was founded in 1912. After several decades, Sweet Home High School's student population increased. With this, Sweet Home staff decided to add a school band. At times in our school's past, the band has had great success and popularity. However, support for the arts in schools has always been difficult, and that is particular true for our band today.

The band room is in desperate need of a remodel. Through the years, new carpeting and chairs were supplied, but not in the last eight years. In the last 25 years Sweet Home High School band has suffered a dramatic decline in instruments, students, and financial help.

Our band has not brought home a trophy from competition since the 1990s. This is mainly due to the lack of instruments and supplies, and that the band only has 30 high school level members. One of the reasons for this is the state of our local economy. While many kids in Sweet Home struggle to survive, they cannot afford the cost of band instruments. Band Director Elijah Heide, who has been trying to revive a dead program for the past five years, explained, "I rented out every available instrument for free to get kids involved."

"With fewer than one-hundred kids district wide involved in band, this is a difficult task. Band has struggled with numbers during my five years here," stated Sweet Home High School Principal Ralph Brown. Our former band instructor resigned the summer before Brown arrived. Brown added that he felt that hiring Mr. Heide was a positive decision for the program.

The instruments are falling apart. More than half of the instruments in the band are in need of urgent repairs. The band



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MALIA'S MYSTICAL HOROSCOPES



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Winter Sports Preview

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Christmas Around the World

BY: MEAGAN BAHAM

On Christmas Eve, a jolly old man named Santa Claus goes house to house across the world and deliver presents. At least that's how it goes in America. Many countries have a similar concept, but some countries have completely different gift deliverers, traditions, and beliefs. Some countries have a big party for days on end while other countries have a calm family dinner. Some places have a tradition to scare one another, and some countries just celebrate with presents and enjoy the togetherness of the holiday. Everyone has their own way of celebrating the holidays, but most everyone can agree on the joy that the season brings through gifts.

Many countries have Santa as their gift deliverer, but call him by another name. Japan, Norway, and Sweden are some of these countries. Japan calls him Santa San or Mr. Santa. Japan also has a wish giving god named Hoteiosho. While, Hoteiosho is not directly related to Christmas, he still has the ability of giving gifts. Sweden and Norway are the closest to what the U.S. celebrates during Christmas. Sweden's holiday traditions involve Santa, Christmas elves, and Christmas gnomes. Norway is almost the exact same as Sweden, with the only difference being that Norway does not have elves in their holiday tradition, only Santa and small gnomes.

Along with St. Nicholas, Germany and Austria have a person named Christkind as their gift deliverer. The Christkind is based on a golden angel; she is usually portrayed as a woman with curly blond hair and a large golden crown. They have the Christkind instead of Santa because originally it was going to be Baby Jesus, but it did not make sense for a baby to deliver all the presents.

Germany also has Krampus involved in their holiday traditions. Krampus is the opposite of Santa. Whereas Santa will reward good children, Krampus will stuff the bad kids in stockings and bring them to his layer. To embody this tradition, Germans have a Krampus night where people dress up as Krampus and chase other people.

In Spain and Mexico, they have the Three Magi, or the Three Wise Men. Both these countries



GOOGLE IMAGE SEARCH
SEE **CHRISTMAS AROUND THE WORLD**, PG. 4

All-Star Footwear

BY: ALEXANDER SPRINGER

Most of us know what a pair of Chuck Taylor's look like, even if we don't call them that. They are commonly known as Converse, but are officially called Chuck Taylor All Stars. Despite the difference in name, you get an image in your mind of the shoe in question, a colored shoe with a rubber tip, and the classic star patch on the side. They have an undeniable cool factor that other shoes just don't have. But who is Chuck Taylor, and why is this shoe named after him? Chuck Taylor isn't all that well known today, but it was his influence that lead this shoe to its monumental popularity.

The company that first produced Converse was established in 1908 and known as the Converse Rubber Shoe Company. They produced two types of shoes; the Converse Non-Skid, which would later become the Chuck Taylor's we all know and love, and the Converse Sure-Foot that had suction bottoms to help you stay in place. In 1921, Charles "Chuck" Taylor, an American semi-professional basketball player, became a salesman for the company. Most semi-pro players had a regular job and would play on weekends. Within his first year at the company he suggested several improvements including a better ankle support and a distinctive patch that had a star on the side. After hearing these ideas, they produced a new shoe called Chuck Taylor's All Stars, which included a star patch with his signature around it. This was the first ever instance of a basketball player making a line of shoes, a practice that is now commonplace.

Throughout his life, Chuck Taylor sold upwards of 600 million pairs of shoes, and made them a cultural icon that most Americans recognize. Chuck Taylor officially quit basketball once his shoe started to take off. As the first basketball player to put his name on a shoe, he jumpstarted the idea of basketball stars marketing themselves through shoes. Converse can no longer be called a basketball shoe, seeing as a professional basketball player hasn't used them since 1979, and the last major win a team had with Converse was in the 60's. Before they became the icon of fashion they are today, Converse lost all popularity and began slipping into more and more debt, due to better basketball shoes being developed. They never fully recovered. In constant debt, they even had to declared bankruptcy in 2001. Now, they are seen as a retro-style shoe worn by people of all backgrounds.

SEE **CONVERSE**, PG. 5



Converse

"Non-Skid"

The All-American Basket-Ball Shoe

"NON-SKIDS" are picked by champions. They're worn by the crack college teams.

"Non-Skids" are brothers of the famous "Big Nine," with all the Nine Big Points of supremacy—only they're specially designed for Basket Ball work.

"Non-Skids" are made on our exclusive foot-form last, which gives ample toe room, a snug fit over the instep, and proper support.

They have the two-piece quarter instead of the single piece back, which permits shaping the back seam, thus obtaining a perfect fit around the ankles.

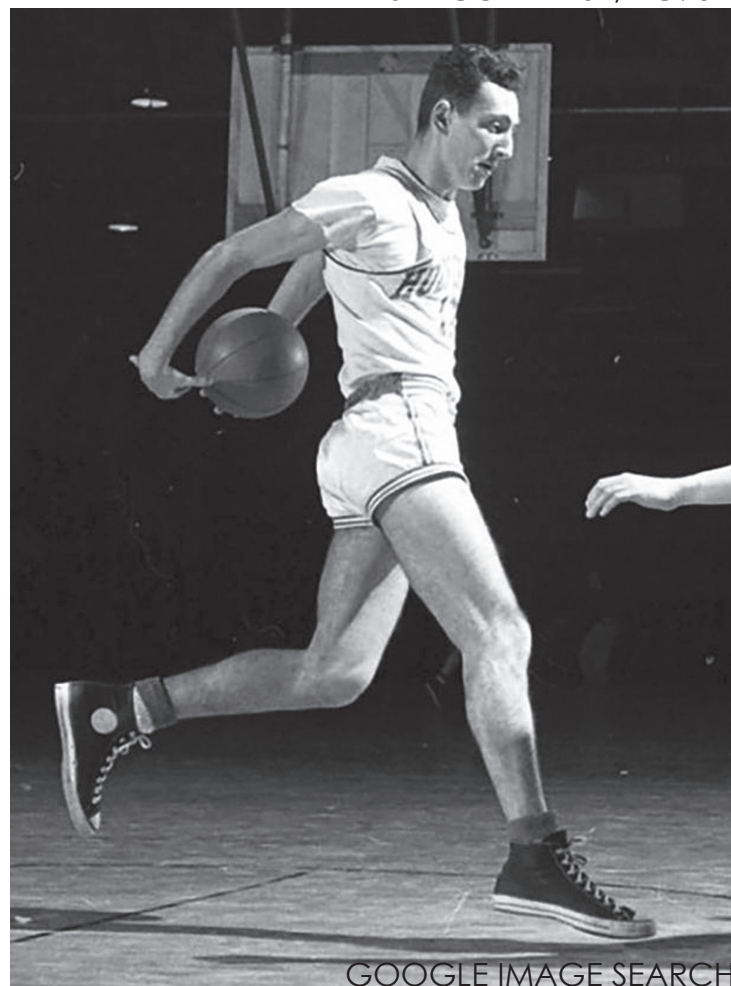
Our scientifically designed "Non-Skid" sole of live rubber eliminates all unnecessary weight, owing to our special light gravity compound. There is no inert "ballast" in "Non-Skid" soles.

Let "Non-Skids" help you win! Find the shop that sells them in your town. If brown is preferred, "All Star" is the same type of shoe.

Converse "Sure Foot" (Suction Sole)

Another Converse Shoe that's very popular among basket ball experts who like the "suction sole" type. "Sure Foot" has proved itself in many a contest. Comfortable, fast, sure and durable.

Converse Rubber Shoe Co.,
 Factory: Malden, Mass.
 Sole: Boston, Mass.
 Chicago-418-426 W. Jackson Bldg. New York-112 Duane St.
 Philadelphia-29 N. Third St.



GOOGLE IMAGE SEARCH

Peer Pressure

BY: ALEX KISSELBURGH

When we hear the term peer pressure, it is normally with a negative connotation, but like all things there can be a positive and negative aspect. Peer pressure plays a very large role in the lives of teenagers and this can affect their lives for the better, or drastically make it worse.

One aspect of peer pressure that is rarely talked about is positive peer pressure. Positive peer pressure can be very effective guiding or changing the direction of a person's life. The most common form of positive peer pressure that teenagers have is the push to join a club or a sport. Participating in sports and clubs can be very influential to kids who struggle because it forces them to keep their grades up and develop good behavioral habits. Unfortunately, not everyone is positively affected by peer pressure.

Negative peer pressure is something that encourages teens to make bad decisions such as drinking, or doing drugs. It only takes one moment of weakness to find yourself hooked on drugs. According to a study performed by the National Institute of Drug Abuse, 21% of high school seniors have reported using drugs. In 2017, 1 in 7 teens surveyed said they have taken a prescription drug without a doctor's prescription. Most of this type of behavior was encouraged by peer pressure. So called friends push you into trying something for the first time, or tell you something along the lines of, "It's what all the cool kids do." Either way, this powerful form of peer pressure can have a devastating effect on teenagers.

There are many ways that you can avoid being sucked into peer pressure. The biggest one is choosing who you surround yourself with. Having good friends is extremely important to making the right decisions in bad situations. When hanging around the wrong crowd, you may find yourself doing the wrong things. Not only do you have to have a good social group, you have to have morality and

SEE **PEER PRESSURE**, PG. 8

FEATURES

Backpacks of Hope

BY: SAMANTHA ELLIS



GOOGLE IMAGE SEARCH

Homeless and low-income students are everywhere and you may not even realize that it could be one of your friends who doesn't have a home. It's hard being in a situation like this around the holidays, and for some students giving and receiving gifts may not even be an option. With the massive increase in Oregon's homeless population, it's no surprise that students across the state are affected by this.

Now, you may not see them on the side of the street begging for money or something to eat; but, they are there. Many of these students attend our school and don't have many options. Whether their parents lost their jobs or they got kicked out of their house, or simply made a few wrong choices along the way, they are homeless. So what is considered a homeless or low-income student? It's a student who does not have a steady home or lives in a place with no stable foundation, like an R.V., or is couch surfing with friends. These students have a hard time accessing and affording simple things such as food.

Fortunately, people like Toy Royer have taken notice to what's going on in our community. Mrs. Royer is one of the coordinators for the Kids Food Pak Program. The program was started nearly 12 years ago by Dave and Nancy Jennings in order to help out students in the community. With the Kids Food Pak Program, Sweet Home students are able to have something to eat over the weekend and for dinner during the week.

“We currently are helping 99 students a week throughout Sweet Home.” Said Mrs. Royer. “The backpack program has helped me a lot. I don’t always have to worry if there’s food or not.” Commented an anonymous student on the backpack program. The bags are distributed through the counselor’s office and are filled with many things such as two items for breakfast, milk, juice, two lunches, two dinners, and four snack items.

So what else does Sweet Home School District offer for students in rough situations? Every school offers free and reduced lunches for students throughout the District. Sweet Home High School also offers free breakfast to every student. With the holidays approaching, families will be waking up on Christmas to presents under the tree, but some students will wake up to nothing at all. “Many of us have been on the streets time and time again because we have no other place to go.” Explained a Sweet Home High School student. Another student told us that, “The holidays are always really rough for my family as we don't have any extra money most years to afford simple things like a Christmas dinner or even a Thanksgiving turkey. We won't ask for help because we hold our pride.” At least the Pak Program will give them the opportunity to not go hungry.

Thanks to the generosity of the people of Sweet Home and Sweet Home High School, struggling families and students have a chance to get help. "Christmas is the holiday of being thankful for everything you have and don't have and this year I am thankful for the people in my community who are so generous to those of us in need." Says Ann, a very thankful Sweet Home High School parent. For more information on the Kids Food Pak program contact any of our school counselors; they will be more than happy to help.

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This Day in History: December 20th ~The Founding of Jamestown~

BY: SHAYLA SANDERS



Jamestown has an extensive history. It started out on December 20th, 1606 when King James I of England gave the Virginia Company of London rights to establish a business in North America. The company sent out three ships, the Susan Constant, Godspeed, and the Discovery in search of land that was unoccupied by the Spanish and close to the sea.

Upon their arrival on May 4th, 1607, they found a strategically perfect spot of land on the northeast bank of the James River. It was an island in the harbor that would give them a strong defensive position from attacks from both land and sea; unfortunately, it was a marshy, mosquito-infested wasteland. The soil was not good for crops, the water was undrinkable, and even the native Powhatan people thought it was too poor a place to live. Although the Powhatan didn't use the land, they still owned it, so relations between the colonists and natives were poor. In 1608 the Powhatans and the colonists made a trade agreement where the colonists gave weapons to the natives in exchange for bread. There were skirmishes here and there, but conditions improved until The Starving Time came in the winter of 1609. There had been a third supply mission sent in 1609, but the ship had gotten lost in a storm and ended up in Bermuda. By 1610, the island was deserted because nearly everyone died due to starvation or disease. Things were so bad, that the colony's leader, George Percy wrote, "And now

famine beginning to look ghastly and pale in every face, that nothing was spared to maintain life and to do those things which seem incredible, as to dig up dead corpse out of graves and to eat them. And some have licked up the blood which hath fallen from their weak fellows."

A relief fleet arrived in Jamestown on June 10, 1610. This is when Governor Thomas West, 3rd Baron De La Warr took over. This was The Day of Providence, but shortly after De La Warr's arrival, relations with the Powhatan dissolved. The Anglo-Powhatan War lasted until the chief's daughter, Matoaka, better known as Pocahontas, was captured.

John Rolfe, who had survived when the Third Supply from England was lost in a storm and ended up in Bermuda, brought tobacco seeds with him to Jamestown. He planted them and ended up being prosperous. So, because of his success, he was married to Pocahontas and once again there was peace between the Powhatan and English settlers. The peace lasted until Pocahontas went to England on a public relations trip and died from sickness in 1617. A year later her father died, leaving her brother to take charge as chief. As the English sought out more land to grow tobacco, the natives and settlers soon returned to their old positions as enemies. In 1644, Pocahontas's brother led an attack against the English. He was then captured in 1646 and shot by a guard against the current captain's, Edward Wingfield, orders. The chief's successor then signed the first official peace treaty between the Powhatan and English. The Powhatans were required to stay on reservations and pay yearly taxes.

Even after the war with natives, Jamestown continued to endure hardships. Jamestown was burnt down twice by 1698; once during Bacon's Rebellion and once on accident. Rather than rebuilding the town, the capital of the county was moved to Middle Plantation. Once Jamestown was no longer the capitol, it started to fade into history. Some of the people who lived in the area still visited the Jamestown church until it was abandoned in the 1750s. Jamestown had also been used by the Confederates for a short time during the Civil War, then bought by Edward Barney who donated 22 ½ acres to Preservation Virginia, the United States' first statewide historical preservation group. Now, the island is part of the Colonial National Historical Park and visitors can view archaeologists working to find relics from the years of historic events that have taken place at the site.



Christmas Around the World

FROM PG. 1

have a midnight service that they attend Christmas Day to celebrate the biblical side of the holiday. In both Spain and Mexico, Christmas Day is one huge party where they light fireworks and people dress as the Three Wise Men and give presents to children. In Spain, most people go to a big party called Midnight Mass. This party is to celebrate and mark the day Jesus was born. In Mexico, Christmas is celebrated from December 25th to January 6th to celebrate the 12 days of Christmas. They get up very early on Christmas Day and receive presents delivered to their house by the Three Wise Men.

In Italy, Christmas also runs from December 25th to January 6th. On January 6th, they have Epiphany Eve, a celebration of Jesus's birthday and his transformation into Jesus Christ. This day is also known as the Three Kings Day or Baptism of Jesus. Italy has one of the most unique holiday gift delivers. In Italy they believe in Befana. She looks like a stereotypical witch, an old woman who has a big nose with a mole on it and she flies on a broom. She goes to everyone's houses the night before January 6th delivering presents to the nice kids and coal to bad ones. However, the coal has become more of a hard black candy so the children can still enjoy it, but also get the message that they were naughty.

The world has many different cultures and beliefs. Whether it's eating together as a family or doing a gift exchange, everyone has traditions. The holidays are the perfect time for both tame and wacky traditions like sitting by your shining Christmas tree while you're opening presents or spending a night chasing people dressed as horrific creatures. Christmas is great for all to enjoy and if you don't like the jolly feel of Christmas you can always take up the German tradition Krampus.

The Importance of a Stable Home

BY: MEGAN HAGER

The idealized view of childhood is a blissful, care-free world where imaginations grow and self-esteem is developed. Unfortunately, for most children, that is not the reality. The majority of modern families create a chaotic, stress filled home. This affects not only the child, but everyone involved. The emotional development of a child is heavily dependent on the emotional state of their parents. In fact, children who come from emotionally stable, two-parent homes, overwhelmingly outperform children who don't. As it turns out, the relationship between a child's parents plays an integral role in their behavior, academic performance, and neural development.

In our modern society, nuclear families are now the minority. As of 2014, only 46% of households with children have their two original parents. 15% of children have parents who remarried, and 26% live in a single parent household. In the 1960s, 73% of the families were nuclear with only 9% managed by a single parent. This is startling, especially considering the statistical evidence concerning single-parenthood. Children from single parent households are 2.5 times more likely to become teen mothers, twice as likely to drop out of high school, and 1.4 times as likely to be unemployed. They typically also have lower GPAs, less collegiate aspirations, worse attendance, and higher divorce rates compared to their peers from nuclear families, regardless of location, race, or parental education.

Surprisingly, children whose parents remarry see little to none of the benefits associated with a nuclear family. While still performing slightly better than children whose parents were never married, the children of remarried couples have roughly the same dropout rate as children whose parents never remarried. Oddly enough, children of a widowed parent outperform children of other types of single-parent households, but they still do not match those from nuclear families.

The cause of the performance disparity between children with one or two parents is unclear, but there are still several possible explanations. The most common explanation is that the emotional turbulence is caused by financial instability. A single parent who has to worry about putting food on the table is likely to be more stressed out than a couple with more combined income. The general amount of stress in a household affects children's ability to properly cope with stress later on in life. The amount of attention given to babies also plays a factor in their

later behavior, and a single parent working full-time may struggle to meet that need. Children who did not receive enough attention typically develop unhealthy attention-seeking behaviors and will lash out more. Being a single parent is extremely difficult, but unfortunately, that difficulty has a profound negative effect on the lives of children.

Humans, especially children, are not built for the long-term stress associated with single parenthood. Long-term exposure to excessive amounts of stress produces the hormone adrenaline which can scar blood vessels and increase the risk of heart attacks or strokes. Similarly, excessive amounts of cortisol, another stress hormone, can damage your brain and ability to remember. On top of all that, stress weakens the immune system and leads children's nervous systems to develop abnormally. Children in single-parent households, especially those who don't receive help from the absent parent, have an immediate disadvantage compared to their two-parented peers.

Famous marriage researcher John Gottman did a brilliant study involving how a couple's relationship affects their children. Gottman's marriage interventions have a track record of dropping divorce rates by nearly 50%, but he decided to take his research in a different direction. He began an experiment where he would give expecting couples marriage counseling before their issues developed, then monitor the development of their children. His discoveries were outstanding. Not only were the children from counseled homes more emotionally stable, their entire nervous systems developed differently. Their behaviors and emotional responses were more organized and stable compared to control groups, and they showed far more signs of healthy emotional self-control. Children who come from stable households have an immediate emotional, and often academic, advantage over their peers who come from less stable homes.

By maintaining a functional marriage, you can give your child a neurological head-start in terms of academic performance, behavior, and emotional resilience. It is important to acknowledge these statistics, the good and the bad, in order to improve both the lives of our children and society. The overwhelming amount of dysfunctional homes in the U.S. is endangering future generations and making them more likely to follow a path of hardship. The stabilization of homes will create a more functional society where all children have a head-start over previous generations.

Converse

FROM PG. 2

In 2003, the Converse shoe company was purchased by Nike for \$305 million. After the Nike acquisition, the company outsourced its production of shoes from the U.S. to countries like Vietnam, Indonesia, China, and India. As for recent developments, in 2014, Nike sued other companies that were copying the Converse style of rubber tips and a patch on the side. Walmart and Sketchers were some big names in the suit, but most cases were settled out of court.

Converse started out as a little known shoe company based in Massachusetts, and soon became one of the most popular shoe brands in the United States. We can credit this success to basketball player, Chuck Taylor. It's his contribution to the shoe and his success in selling them that made them so well-known across the country. Even if we didn't know who he was or what he did, we wear his shoes with his signature on the side.



GOOGLE IMAGE SEARCH

The Melody of Christmas

BY: ALEXANDER SPRINGER

The holiday season is a special time of the year. Christmas time activities include spending time with family, opening present, and enjoying Christmas music. Of those Christmas traditions, music sets the mood. Almost all of the Christmas music we love and enjoy is from before 1960. Why is that? A likely answer is that musicians during that time truly valued Christmas, considering they were born in a time where they never knew if it would be their last Christmas or not.

The top 3 Christmas songs as of 2015 were "Santa Claus is Coming to Town" by John Coots and Haven Gillespie, "Winter Wonderland" by Felix Bernard and Hugh Martin, and "Have Yourself a Merry Little Christmas" by Ralph Blane and Hugh Martin. All of these were produced in times of hardship. "Have Yourself a Merry Little Christmas" was written in 1944, the other two in 1934. In fact, 83% of the top 30 Christmas songs were written and produced before 1960.

Notably, two of those songs were written during the Great Depression, a time in which Christmas was very important because money and presents weren't a large factor, all anyone had was the spirit of Christmas; love and kindness. The same could be said about the one written in 1944. The year was in the midst of World War II, and mothers didn't know if they would see their husbands and sons again, and husbands and sons didn't know if they would return home. For them, Christmas was a time for family and to love one another, and the music reflects this. The songs are passionate and nostalgic, allowing you to truly feel the impact of the season.

Nostalgia is another possible reason that we like old Christmas music so much. Christmas is a very nostalgic holiday, and people probably want to listen to the songs of their childhood. During Christmas time, we remember doing Christmas related things years ago. This gives us a warm feeling, and is very comfortable. If someone is exposed to old Christmas music at a young age, they will grow fond of that music and associate it with that time of the year. This could go on for generations, and it pushes this older music to the top of the charts every year.

We all value Christmas, and it's important that we keep the old carols alive and loved. Older Christmas music has a special ring to it that other songs just don't have. The songs are uplifting, and touch the soul in a unique way. The artists that wrote these songs lived in a time where giving and being merry was almost all that people had. Spending time with family and listening to these songs has been a long standing tradition, one that is very special to many people. As long as we continue to feel the soul behind these old songs, we can continue to love and appreciate the classics.

Band

FROM PG. 1

room itself has exposed pipes and loose tiles on the roof. One of the practice rooms for band was so overtaken with black mold it was closed off for almost a year and a few of the instruments are being held together with duct tape. Band is currently in need of new equipment, room repairs, and uniform repairs with several concerts coming their way. Adding to this list of needs is new sheet music for those concerts. But money is hard to find. Because of the lack of equipment, only ten new students have joined in the past five years and all of the band's performances are one-hundred-percent free.

So why does Mr. Heide do free concerts if Band is in great need of money? "I don't believe a parent should have to pay to see their child perform a piece of music." With that type of concern, Mr. Heide has made a huge impact on many of his student's lives. Principal Brown is also concerned, and wants every student to succeed. But the expenses for Band are tremendous. Chairs can run as high as \$400 dollars each, and instruments can run anywhere from \$500 to \$2000. As for now they are taking it one day at a time and trying to come up with the funding for these much needed repairs.

It would be nice if the School District could raise the band budget to help them out. Principal Brown said "Sweet Home School District went after a \$4 million dollar bond and grants for school renovations." The renovations included several of the elementary schools and the Junior High. "Once we pay off this bond, band is definitely one that needs to be taken care of." Principle Brown added that several of the buildings at Sweet Home High have not been remodeled in decades and some not since the school was founded in 1912; the band room being one of them.

Until funding is found, the Band Program is in a desperate state. They may be down right now, but they are not out. Many students have been working very hard in Band since primary school, and won't give up just yet.



Fashion Through the Ages

-The Forties-

BY: ANDRA GORDON

The Flying Forties were a time of patriotism, nostalgia, unity, and strength. After the Japanese attack on Pearl Harbor on December 7th of 1941, emotion and anger stirred in the hearts of the American people, leading the majority to pitch in for the war effort. Women, specifically, found a purpose in the workplace. This reflected in both their attire and the society they lived in for the rest of the decade, and their lives.

With fashion greatly influenced by the war, the color pallet was made up of patriotic colors such as army green, red, white, and blue. It also included more cheerful colors like pink, yellow, sage, and sky blue. This gave a sense of hope and joy in a time when families were broken hearted over the absence, and sometimes loss, of their fighting loved ones.

Utility clothing also reflected the military influence on fashion with wide shoulders, narrow waist, and skirts that ended just below the knee for a more masculine and uniform look. Day dresses also shared this style. Britain in 1941 introduced the CC41 label. The CC stood for Controlled Commodity or Civilian Clothing and the 41 stood for the year it was issued. Anything with the CC41 label was tax free and made of cotton and wool. The U.S. put restrictions on the use of fabric in 1942. The midriiffs of swimsuits were cut off, introducing the bikini. Cuffs and hoods were banned, and the circumference of skirts, jackets, and hems were limited.

Females began to wear pants on a regular basis. They had high waists and wide legs and weren't fitted to flatter the female figure considering they were designed for men. This led to many traditionalist complaints, using the argument that it was taking away the visibility of the female figure, one of man's comforts during the war. Despite this, denim jeans and overalls (dungarees) were worn by the working Rosie the Riveters across America.

Despite the war, women were still able to enjoy a social life and swing dresses would be worn while dancing. They had an A-line skirt, modest top, and a fitted waist. They flattered the female figure and allowed her to move with ease while dancing with her partner.

SEE FASHION, PG. 12



Kaitlyn's Kitchen

-Peppermint Crunch Cookies-

BY: KAITLYN VICTOR

Cookies are a staple of Christmas time and with this delicious recipe, it will bring an interesting new twist to the classic sugar cookie. From the extra soft cookie to all the fun additions and textures, these cookies are so easy to make and are guaranteed to be a huge hit for the whole family.

- Ingredients:
- 1 box white cake mix
 - 1 egg
 - 8 tbsp. unsalted butter, softened
 - 1/2 tsp. peppermint extract
 - 1/2 tsp. vanilla extract
 - 4 oz. cream cheese, softened
 - 1 cup Oreo cookie pieces
 - 1 cup Andes Peppermint Crunch chips
 - 1/2 cup dark chocolate chips



Directions:

Begin by making sure your butter and cream cheese is softened to room temperature. Then, grab a large bowl and in that combine the cake mix, butter, egg, extracts, and cream cheese and mix until a soft dough forms. Once at an ideal consistency, fold in the cookie chunks, peppermint crunch pieces, and chocolate chips gently. Next, refrigerate the dough for 30-60 minutes. While the dough is chilling, preheat the oven to 350 degrees. Once the time is up, scoop or roll the dough into balls and place on a greased or covered cookie sheet. Bake the cookies for 10 minutes, they may look underdone and be very soft, but do not overbake. Then, remove the pan from the oven and let the cookies sit on the pan for 2 to 3 minutes before gently removing and placing on a piece of parchment paper on the counter. Very gently tap the tops of the cookies with the bottom of a flat spatula to even out the tops. Finally, let them finish cooling and enjoy!

Reviews:

- Warm, soft, and melts in your mouth. – Jerusalem 9/10
- As a snowman who's from the North Pole, the peppermint and chocolate worked together perfectly and melted in your mouth. It reminds me of a sunny day in the candy cane forest waiting for that little kick of sugar to arrive and it finally does. – Jimmy the Snowman 10/10
- I liked how soft and chewy it was. The peppermint wasn't too overpowering and it was overall really flavorful. – Alex K.

MALIA'S MYSTICAL HOROSCOPES



With Christmas around the corner, it is the season of holidays, but it's also the season of Capricorn and Aquarius! Capricorns are born between December 22nd and January 20th. Aquarians are born between January 21st and February 20th.

Capricorn is an Earth sign, which means they are grounded, focused, and dependable. Usually Capricorns are hard to convince, so they most likely are on the fence about astrology or think it is not a fact. They see the world in black and white, they are skeptical and very logical. They tend to be a little conservative in their personal style or might appear guarded and very practical. They are stubborn about new ideas and might act like they know it all, and that is because they usually do. These people are knowledge sponges and they are incredibly smart. Capricorn is ruled by Saturn, which represents life lessons, restrictions, and challenges. Not coincidentally, these people go through a lot of difficulties in their life. They tend to be independent people, because they love to feel in control of their life. They have the ability to concentrate, are great problem solvers, and they usually excel in school. Capricorns are responsible, love to plan and organize, and are very reliable and not the type to be flakey or not show up. They might be pessimistic and sometimes look at the dark side of things. They also may come across as stoic or emotionless if you are not close to them. Capricorns can be extremely good friends, as they are loyal and tough. However, they might have many challenges to overcome in their lives, but they are definitely strong enough to push through them.

Aquarius is an air sign, they are unique people, and may be weird. Ruled by Uranus, which is the planet of freedom and innovation, Aquarians live to serve the world, they are humanitarians. Generous and kind, they love to volunteer or stand up for what is right and bring awareness to pressing issues. They may end up in a career where they can influence people or help others. They are not afraid to act strange or idiosyncratic, and they usually have a quirky personality. Usually Aquarians know who they are from a very early age. They don't judge others because they are so unapologetically different themselves. They have a way of making others feel comfortable, but they may seem detached, and can be ex-

Peer Pressure

FROM PG. 2

will power within yourself. People won't always be there to tell you how to act in these situations, so you have to be able to make the right choice on your own. You should also trust your family and be open with them about your life. It is important to let them know if there is someone who is trying to get you to do something bad. Parents can help give you the strength to say no to negative peer pressure.

Peer pressure is common and occurs every single day. It can happen at school, work, parties, or even in your own home with an older brother or sister. Who you surround yourself with will influence who you will become. Make sure to hang around the right crowd and thank the people who help you, and ditch the people that hold you back. This will secure your life and get you moving in the right direction.



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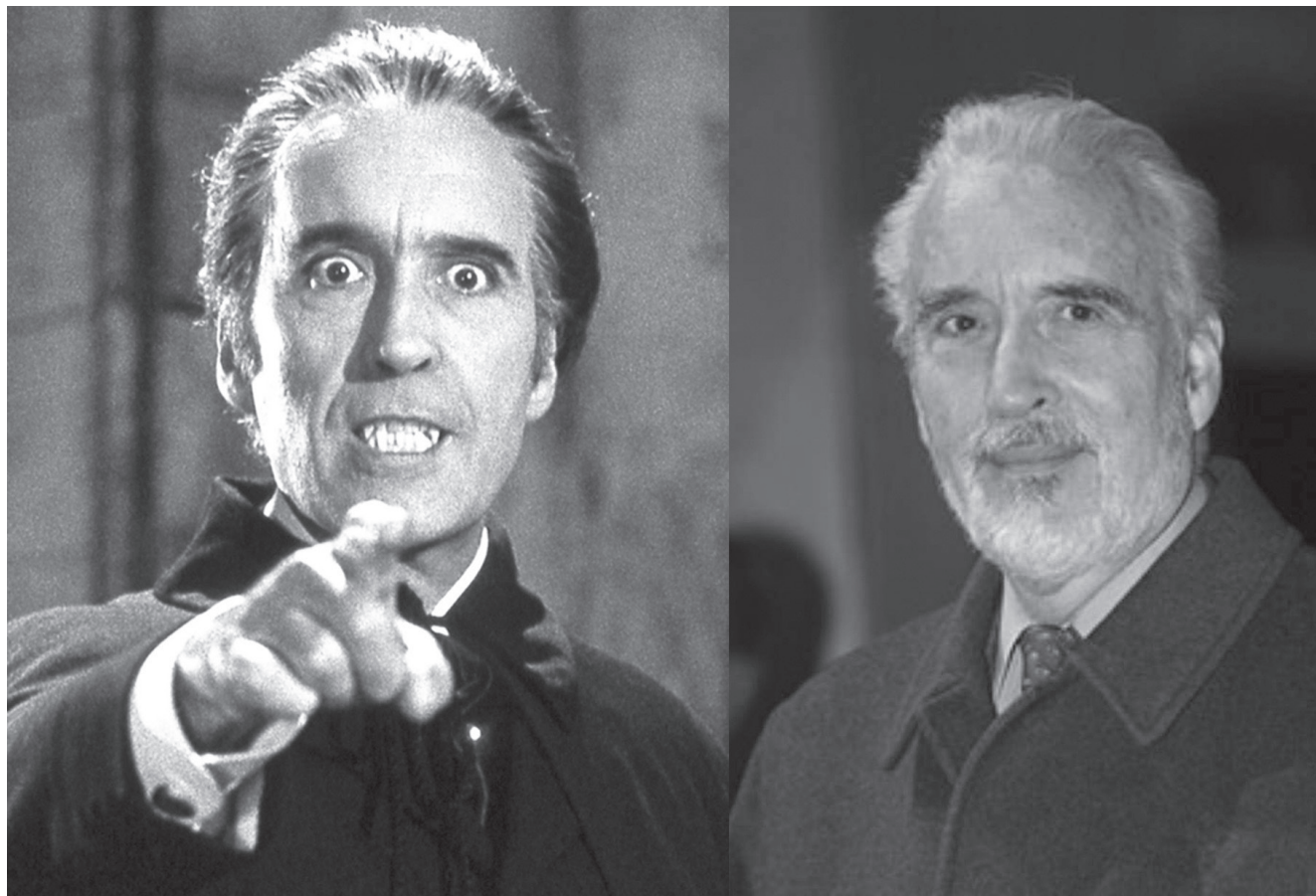
Sir Christopher Lee

BY: JOREL LEYBA

Christopher Lee was an outstanding actor with a career spanning from 1948 to 2014. In 2007 Christopher Lee won three Guinness Book of World Records for most screen credits for a living actor, tallest leading actor, and most movies with sword fights. He still holds them to this day. He appeared in an incredible 244 films and TV shows, he stood at a towering 6'5" and was in 17 films with sword fights. The record was recorded in 2007, he was in 24 more films between 2007 and his death in 2015.

Christopher Lee was born May 27, 1922 in London, England. At the age of 18 he joined the Royal Air Force. When he was learning to fly, he blacked out and grew dizzy. Doctors found a damaged optic nerve and told him he would never fly again. After this he joined a separate part of the air force, the Royal Air Force Intelligence branch, where he served until after the end of World War II. With his military career over, a friend suggested to Lee that he try acting, and to his surprise he almost immediately found steady work.

Christopher Lee's first movie was "Corridor of Mirrors" in 1948, but his first leading role was as Frankenstein's monster in "The Curse of Frankenstein" in 1957. After Universal Pictures did their horror monster movies in the 30s Hammer Horror, a British company, did their spin on the same movies in the late 50s and 60s. They starred Christopher Lee as Frankenstein's



monster, Dracula, and the Mummy. Over Christopher Lee's career, he starred in 22 Hammer Horror films. Christopher Lee's claim to fame was with the role of Count Dracula. He shined a new light on the character portraying the count as not only evil and sinister, but intelligent and sensual, putting Bela Lugosi's version to shame. The roles given to him by Hammer Horror helped launch his career, but as the sequels to Dracula grew worse in content and dialogue, Lee wanted to break out of this mold. Soon after his time with Hammer Horror he was in the film "The Wicker Man". This was a huge success in the industry, helping release Christopher Lee from his previous bindings.

Christopher Lee soon left England to seek a career in the U.S. He had already made a name for himself with his role as Dracula. Lee's step-cousin was Ian Fleming, author of the James Bond book series. This allowed Christopher Lee to get in on the films. Lee was cast as Francisco Scaramanga in "The Man with the Golden Gun". He did a fantastic job, proving once again how malicious he could make a villainous character. Christopher Lee worked right up until the day he died. In his later years he created iconic roles such as Saruman from "The Lord of the Rings" and Count Dooku from "Star Wars", gaining a whole new generation of fans. In a career that spanned over 50 years, Lee not only became the king of movie credits, but a talented and adored actor. He passed away on June 7th, 2015 at age 93. He was a gem in Hollywood and his talents are greatly missed.



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Christmas With the Kranks

BY: JENNA WOLTHUIS



One of my all-time favorite Christmas movies is Christmas with the Kranks. It's based off of the book *Skipping Christmas* by Josh Grisham, and features Tim Allen as Luther Krank and Jamie Lee Curtis as Nora Krank. The movie shows the true meaning of Christmas, and that you simply can't skip Christmas. It won the Dallas-Fort Worth Film Critics Association Award, the Kids Choice Award, and the Young Artist Award. The cast members have all won individual awards for their many movies as well.

Tim Allen has won many awards for his acting, and starred in several Christmas movies. Some of his most popular Christmas movies are the Santa Claus series and Christmas with the Kranks. Tim was the perfect person to play Luther, and his performance throughout the movie is phenomenal. Luther has a sarcastic air around him, and Tim plays that perfectly. Jamie Lee Curtis also did an amazing job playing Nora. Nora is scared a lot in the movie, and Jamie Lee made all the right faces to make you laugh.

The plot of the movie revolves around Luther and Nora Krank wanting to skip Christmas to save money. However, their quest to skip Christmas brings about constant hardships and creates hilarious moments for the audience to enjoy. Then just when they are ready for their problems to stop, they get a last minute surprise and have to plan their annual Christmas party in less than 12 hours.

Christmas with the Kranks is a hilarious holiday movie that demonstrates what Christmas should really be about. The movie is full of funny moments that the actors made perfect. Christmas movies are a huge part of our Christmas traditions and help contribute to the whole holiday theme. Although Christmas with the Kranks has some controversial reviews, I think it portrays the true meaning of Christmas, which is being together and happy, and it's one of my favorites. I hope you will watch it so it can become one of yours.

Horoscopes

FROM PG. 8

tremely emotional. They are independent and need freedom in their relationships. They are very honest people, they have a hard time lying, and they do not like conflict. Creativity and expression are extremely important to Aquarians. These people overthink and may worry about things far too much. They are choosy about friends and people who they allow to surround them. Aquarians are very important to our society as a whole because they can provide leadership and out-of-the-box ideas.

Throughout Capricorn season the theme may be to work hard and to stay focused on what you want to achieve; you might catch yourself planning and being more organized. When Aquarius season hits, you might begin to feel more independent and more of a maverick, and might have an easier time expressing yourself. Overall these seasons teach us a lot about being productive and innovative.

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Stand for The Pledge

BY: SHAYLA SANDERS

The Pledge of Allegiance was written and published in 1892 by Francis Bellamy to celebrate the 400th anniversary of America's discovery. At that time, it was, "I pledge allegiance to my flag and the republic for which it stands, one nation, indivisible, with justice and liberty for all." Then the pledge was changed in 1923 and, "to the flag of the United States of America" was added so the pledge would be more specific to our country. The pledge was recognized by Congress in 1942 as the official pledge of the United States. In 1954, Louis Bowman, an attorney from Illinois, suggested that "under God" be added because Abraham Lincoln had used the same phrase in his Gettysburg Address. This was approved by Congress in the same year.

Ever since the addition of "under God", people have had problems with the pledge. In 1998, a man named Michael Newdow filed a suit against the school board of Broward County, Florida. He felt that students should not have to recite the Pledge of Allegiance because the phrase "under God" was a violation against the First Amendment protection of freedom of religion and that his daughter should not have religion forced on her in school. His suit was dismissed because his daughter was not in school yet. Newdow filed another suit in 2000, this time against Elk Grove Unified School District in California because he found it a violation of the First Amendment, again. That suit was also dismissed because Newdow's case lacked standing due to him not having full custody of his daughter. By 2005, other parents started to agree with Newdow and also filed lawsuits for the phrase "under God" to be completely removed from the Pledge of Allegiance. Newdow, however, lost when the 9th Circuit US Court of Appeals ruled that the pledge does not stand for religion. So, the reason most schools

do not have the Pledge of Allegiance recited every day now is because they believe that the little phrase "under God" violates the First Amendment and might get them involved in a lawsuit.

The Pledge of Allegiance isn't about God. It's about being loyal to your country and reaffirming that loyalty every morning to remind us who we are, where we come from, and what our country stands for. Anyone who believes that the Pledge of Allegiance violates the First Amendment has never stood tall with their hand over their heart and recited the Pledge whole-heartedly. They haven't felt pride swell in their



chest as they felt lucky to not only be alive, but to live in the United States because of the men and women who fight so bravely to protect and defend our country, making sure that it stays free and safe. I believe that anyone who has a problem with being loyal to their country doesn't appreciate what they have. If you are offended by the word "God", then don't say it, but you should still stand for the Pledge of Allegiance.

Every child, man, and woman should have the opportunity to pay respect to their country every day. Future generations will not know how to love their nation if they do not learn its pledge. If the youth of today do not know what they stand for and why they should stand for it, then the future of our country looks bleak.



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Homeless in Portland

BY: JENNA WOLTHUIS

On February 8, 1851, Oregon's largest city, Portland was founded. Its initial population of 800 has swelled to 653,115 people. Unfortunately, this fast growth has resulted in a fast growth of the homeless population. The latest census tells us that there are around 38,000 homeless people in the Portland Metro area. You can no longer walk through Portland without passing a homeless person or camp. Mental illnesses, disease, and drugs plague the homeless and take away any chance to better their situation. Why is it so important to help them?

Helping the homeless may seem impossible, especially when they pose a threat to other citizens. In July 2017, a couple was walking with their dog on Poets Beach in Portland when they were attacked by a homeless man. The man started throwing rocks at the couple, and when the woman tried to call 911, the homeless man took her phone and began to hit her with a baton. Her screams alerted a lifeguard and nearby police. The homeless man then ran away, but was caught in a hotel a few days later. He was sentenced to 5 years in prison for 2nd degree assault and unlawful use of a weapon. There are also many accounts of homeless people yelling on the streets, or ranting about something while they were high. Drugs only increase the danger, and their use has skyrocketed in recent years.

Methamphetamine is used every day by many homeless people. Portland's homeless have to fight three seasons of wet cold weather. Homeless man Jeff Nelson said, "To be serious, it kept us alive, because when there was no place to sleep, you'd walk around all night to keep warm." Another homeless man, Timothy Farrell, said that on the streets, meth is more valuable than money. Last year Portland Police seized 77,615 grams of meth. The second most popular drug is heroin, and they seized 51,179 grams last year. Oregon currently has the highest rate of drug usage in the U.S., and in 2018 Governor Kate Brown declared a public health emergency for substance abuse, addiction, and alcohol. With these substances going around Portland, it simply isn't safe anymore. Efforts are being made, but Oregon cannot afford to help 38,000 people.

Historically, deadly plagues originated in filthy, overpopulated environments. In 1347 Europe was exactly that. People

SEE **HOMELESS**, PG. 13

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Fashion Through the Ages

FROM PG. 7

They were printed with small floral patterns, polka dots, checks, or thin stripes, and followed the 40s color pallet.

Every decade has a significant influence on the next. As far as fashion, the Forties was a final declaration to all that women were and still are. In the Twenties, they showed that they had the freedom to wear what they wanted, in the Thirties it was the femininity and beauty they could still possess, and in the Forties they proved they had the strength to carry their families through the war alongside their male counterparts.



What Happened to Jeffrey Epstein?

BY: MEGAN HAGER

Just as quickly as it happened, news of Jeffrey Epstein's death disappeared from mainstream media. Now, thanks to social media, conspiracy theories about Epstein's apparent "suicide" are resurfacing. In July, Jeffrey Epstein was found unconscious in his cell with a bruised neck. He was then placed under 24 hour suicide watch. Only six days after being placed under watch, he was taken off, and less than two weeks later, found dead with several fractures in his neck. He had seemingly hung himself with a bed sheet. As thousands of people online can attest, there are a lot of strange circumstances surrounding Epstein's death.

Suicide watch is intended to make suicide, or any forms of self-harm, impossible. At-risk inmates are often kept in an observation room, monitored 24/7, and kept away from dangerous objects. Their beds don't even have sheets, and their clothes are specialized tear-proof one-piece smocks. Strangely enough, Epstein was removed from suicide watch and moved into the Special Housing Unit (SHU) within six days. Guards are supposed to check on SHU inmates every half hour, and cameras are supposed to monitor the hallways, but something went wrong the night of Epstein's death. The cameras malfunctioned and the guards were lapse in their rounds to check on Epstein. The two guards in charge of watching Epstein that night were recently arrested for falsifying documents. They were allegedly napping and online shopping while Epstein hanged himself, but, as of right now, they are not being charged with his death.

Around 6:30 AM, guards discovered Epstein's body while making their morning rounds. He was quickly rushed to the hospital where he was officially declared dead. He hanged himself, while kneeling, with a bedsheet. Medical examiners declared that there was no evidence of foul play, and the broken bones in his neck were a result

of the hanging. Epstein, who was 66 years old, would have had to exert a lot of force to fracture those bones while kneeling on the ground with a bed sheet. Miraculously, since the cameras outside of Epstein's cell malfunctioned, no video footage can be found of the night. Because of his previous suicide attempt, Epstein was supposed to have a cellmate to help monitor him, yet he was left alone the night of his death. Epstein's alleged suicide occurred only a day after new documents pertaining to his case were released. The documents contained lurid accounts of his crimes, as well as potentially damaging accounts of his associates.

While he was alive, Epstein was connected to many well-known elites. This included, but was not limited to, Bill Clinton, Donald Trump, and Prince Andrew. He was also involved with Kevin Spacey, the actor; Chris Tucker, the comedian; Les Wexner, the owner of Victoria's Secret and Bath and Body Works; Alexander Acosta, the former Secretary of Labor; and Mohammed bin Salman, the Saudi Arabia crowned prince. Obviously, Epstein's social network was extensive and widespread. He could have had incriminating information on any number of powerful people who wouldn't want him to squeal. In a way, his connections may have painted a target on his back, especially after he was arrested.

Whether you believe that Epstein killed himself or was murdered, we can all agree that something weird happened the night he died. Whether Epstein's death was a result of his own or someone else's shame, we will likely never know. The circumstances of Epstein's death have caused myriad conspiracy theories to be sparked on the web. From the transfer of his cellmate, to guards missing their check-ins, to the broken bones in his neck, and to the malfunctioning cameras outside his cell, it is reasonable to assume that Epstein was either killed, or allowed to kill himself.

Homeless

FROM PG. 12

bathed once or twice a year, and everyone lived in poor, dirty and crowded areas. That is when the Black Plague took hold. By the time the plague was weeded out, it had killed 50 million people. Comparatively, our homeless don't get to shower often, and they live in the dirtiest conditions in the U.S. Their conditions are perfect for the beginnings of potentially horrendous disease outbreaks. Disease is not just harmful to the homeless people either; it can easily spread to the general population.

More locally, Lebanon recently cut out an entire stand of trees that was home to dozens of homeless. Sweet Home's Sankey Park also cut out trees to make the park safer for young children playing. However, in Portland, cutting out a stand of trees is simply not good enough. Homeless people are everywhere and continue to grow. With their growth, drugs and mental illnesses become more common, and the parks and trails in Portland are no longer safe. Still there are a few steps Portland has taken to solve the problem.

There are many shelters in Portland for the homeless and needy, but there are so many homeless, there just isn't enough room. Barrack style beds are stacked very closely and if you leave after lights out, you lose your bed. Many homeless shelters hold lotteries to see who will get in. A statistical analysis by The Oregonian and OregonLive shows that Portland's inventory of housing for the poorest of the poor was less than 10 percent, which is the smallest amount of almost any major U.S. city. In 2014, there were 478 beds in Multnomah County, and 140 in Washington and Clackamas counties combined. But there are 38,000 homeless people in Portland. Currently, there is no plan to help all these people out because of their vast numbers. They sit out on the streets asking for money to help them, but that money often goes right into buying drugs.

Homelessness is an ongoing, unsolvable problem. It is dangerous for all civilians, and it could lead to serious health epidemics. The best we can do is donate to the shelters to help give more beds and food to the needy. Portland is not the only needy place. In Sweet Home, we have the same issues, and you can help them by donating food and money to SHEM, or by helping out at Manna. Also during this Christmas season, the fire station has gift tags for less fortunate children in our community that you can go shopping for. There are many small things we can do to help ease the suffering of the homeless people, even if the problem can't be immediately solved.

An Immoral Solution

BY: JACOB THOMPSON

If you could live to 200 years old, what would you do? Would you spend all your time flying around the Earth stopping world hunger? Maybe you would spend your time in a lab researching diseases and finding cures. No matter what you do with your life, the bottom line is that within our existence, we will come to find solutions to many of the life threatening issues throughout our world, but with that comes many moral dilemmas that plague the very idea of near immortality.

One of the many solutions to living a longer life is by the use of stem cells. Stem cells are essentially the construction workers for our bodies. Stem cells can turn into many different kinds of cells, including but not limited to; heart tissue, bones, red blood cells, brain tissue, and muscle tissue. Stem cells continue to grow and divide for an extended duration as long as the source is still alive, so a single line of stem cells can grow and provide resources for a lot of people.

There are four different types of stem cells; embryonic, adult, induced pluripotent, and perinatal. The issues in question come from one stem cell in particular, and that is the embryon-

ic stem cell. The embryonic stem cell comes from a blastocyst, also known as a 3 to 5 day old human embryo. Getting the stem cells from the blastocyst requires the destruction of the human embryo, and this causes a lot of issues with abortion rights, and while I have no personal attachment towards this political and moral issue, it plays a big part in the use of these stem cells.

The reason we need embryonic stems cells over the others are simple. They are pluripotent, which means that they have the ability to turn into any cell type when put under the right conditions. No other stem cell can do this naturally, but we have started to find a way to make adult stem cells become pluripotent and those stem cells are called induced pluripotent stem cells. The problem with this process is that it isn't certain that the stem cells will be accepted into the human body, so our focus in this discussion will only be on embryonic stem cells.

Embryonic stem cells are taken from an in-vitro fertilized human embryo. This means that the egg has been fertilized in a lab and can only be given to researchers with consent from

the donor. Fertilization does not occur inside the human body. The stem cells are harvested during "preimplantation" stage and are then moved into a plastic culture dish with a broth that gives nutrients to the cells. Once the cells have crowded the dish and shown they will survive, they are gently taken out and put into several fresh culture dishes to be repeatedly culled over and over to produce millions of stem cells. Once a stem cell line has remained unchanged for six or more months, they are then defined as pluripotent.

There are many things we don't know about embryonic stem cells though. We don't know if these stem cells will be rejected by the human body, and there are still many experiments being made to induce a specific cell state that will take many years to perfect. Adult stem cells have proven to be rejected less, since they are tested with more, and they can be taken from a person's own body to be cultivated and then used in transplants. But, adult stem cells also take longer to get and don't produce as much as embryonic stem cells. If scientists can perfect the cell induction process, then we can use stem cells to treat or cure many issues such as; diabetes (Type 1 and 2), spinal cord injuries, muscle diseases, vision and hearing loss, cancer, and much more.

There will always be moral dilemmas to the use of embryonic stem cells. One of the issues with these cells is the fact that the embryo has to be destroyed. But, back in 2007 at a meeting of the International Society for Stem Cell Research, it was announced that a team had successfully produced three stem cell lines without killing the parent embryos. If this practice can be replicated, then this would leave a lot of embryos unharmed. Another

SEE IMMORAL, PG. 19



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The Ethical Issue of Elite Intersex Athletes

BY: MEGAN HAGER

A legal battle that will affect athletes everywhere is being waged halfway across the world. The battle is between Caster Semenya, an intersex athlete from South Africa, and the Federal Supreme Court of Switzerland. Due to a new International Association of Athletics Federations (IAAF) regulation, Semenya will be unable to compete in elite, international track competitions. This is because of her Difference of Sex Development (DSD) disorder and resultantly high levels of testosterone. This means she will not be able to defend her 800m World Champion title



or compete in the 2020 Olympics. Semenya is claiming her case to be one of human rights, but this issue is far more complex.

The complexity of this issue stems from the fact that Caster Semenya is a woman, but she has XY chromosomes. XY intersex people are defined as having, "The chromosomes of a man, but the external genitals are incompletely formed, ambiguous, or clearly female. Internally, testes may be normal, malformed, or absent." Semenya was identified at birth as female and raised as a woman, but she is believed to have internal testes, the male hormone organ, that give her extremely high testosterone levels. Testosterone is universally identified as the hormone that gives men greater physical prowess because it leads to increased muscle and bone mass. Those high testosterone levels, while natural to her, give her an unfair advantage over women with XX chromosomes who lack testes.

The IAAF's new regulation is very specific and does not propose anything unreasonable. It basically says that XY intersex athletes must be recognized and registered legally as female or intersex, and have a testosterone level lower than five times the average level for females to be able to compete in international competitions. Given Semenya's opposition to this regulation, it is safe to assume that she has testosterone levels above the limit.

Semenya's supporters claim that as a woman, Semenya has every right to defend her 800m World Title, and this is a violation of her human rights. They inaccurately compare Semenya's high testosterone levels to Michael Phelps's long arms or Usain Bolt's long legs. What they fail to consider is that sport classifications are not determined by height or limb length; they are determined by sex. Elite male athletes almost always outperform elite female athletes. In fact, men's world records are consistently 10-12% better than women's world records in sports like track and swimming. Elite intersex athletes, who are defined as being in-between the sexes, will logically outperform women but underperform men. Intersex athletes are neither sex, so they do not have an inherent right to compete in either category without meeting the reasonable standards of that category.

Even transgender athletes in elite competition are required by the IAAF to meet certain regulations, even if they are legally recognized as their preferred gender. Legal recognition of their gender, documentation of sex reassignment surgery, a hormone assessment, and consultation with an expert medical panel are all mandatory. Despite the similarity of their struggles, Semenya refuses to take hormonal contraceptives in order to compete as her legal gender. The IAAF is not asking Semenya to undergo invasive surgery; they are simply asking her to lower her level of testosterone. While her testosterone production is natural to her, it is still very abnormal compared to healthy XX women. As an intersex athlete, Semenya is neither the male or female sex, so she too must meet the requirements to compete in that category.

The IAAF's regulation is meant to preserve fairness, and the Federal Supreme Court of Switzerland agrees. The rule may seem unfair to Semenya, but Semenya's continued unchecked domination of the world championships would be unfair to all her competitors. People with testes consistently outperform people with ovaries, so it is completely reasonable to set extra regulations on intersex athletes with a DSD in order for them to com-

SEE **INTERSEX ATHLETES**, PG. 17

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The World's Greatest Athlete

BY: JOREL LEYBA

The decathlon is the ultimate track and field event. Among athletes it is considered the toughest event because of its wide variety in skill sets. It consists of ten events that represent the whole of track and field including throwing, running, and jumping. The events take place over two days. The first day consists of the 100m dash, long jump, shot put, high jump, and the 400m. The second day throws in the 100m high hurdles, discuss, pole vault, javelin, and 1500m.

The gold medalist in this event is titled "The World's Greatest Athlete" for one main reason; the decathlon demands excellence in throwing, running, and jumping. No one man can be perfect at all these events, but to be well rounded in all these areas and compete with the elite of the elite goes to show their true athleticism. Being able to do what they do is very difficult. They have to constantly be practicing all events, while not neglecting any others.

The scoring of the decathlon is very complicated because each score is based on an equation which is individualized to each event. The equation takes a standardized bad performance and sets it as zero, then takes your performance and runs it through algorithms to give you a score that exponentially grows the better you perform. This makes it so that every inch or second is worth more points the closer it approaches world record performance.

There have been many famous decathletes. Bruce Jenner was a U.S. decathlete that broke the world record and won gold in the 1976 Montreal games. He scored 8,617 points. The world record is currently 9,126 points, set by Kevin Mayer of France. Only three men so far in the sport have scored over 9,000 points. Those men are Roman Šebrle, Ashton Eaton, of the U.S., and of course Kevin Mayer. These men are famous for their achievements, but they were not the first decathlon stars.

The modern decathlon started in 1912. It consisted of practically the same events. Jim Thorpe was an American who is still considered one of the greatest athletes of all time. At the Stockholm Olympics, Thorpe competed in his first decathlon. He scored 7,476 points and never placed less than fourth in all ten events. Second place was a staggering 688 points behind him. Thorpe also competed in the decathlon, heptathlon, and several individual events at the same Olympics. Swedish King Gustav said to Jim, "You sir, are the world's greatest athlete" and the name has stuck ever since. Jim Thorpe came home a hero and legend. But that image was soon tarnished. Just before the Olympics, Thorpe, to make ends meet, played in a small summer baseball league for very little pay. The Olympic committee saw this as a violation of his amateur status and took away his two gold medals. It took until 1982 to rectify this injustice when the Olympic Committee returned the medals to Jim's family.

The decathlon has a rich history and a bright future. Each year athletes are put to the test to see if they can claim the title of "The World's Greatest Athlete". This summer, the 2020 Olympics will take place in Tokyo. Much of the media will focus on the sprinters, the gymnasts, and the swimmers. But if you really want to see the best of the best, watch the decathlon and you will be amazed at what can be achieved with great physical and mental discipline.



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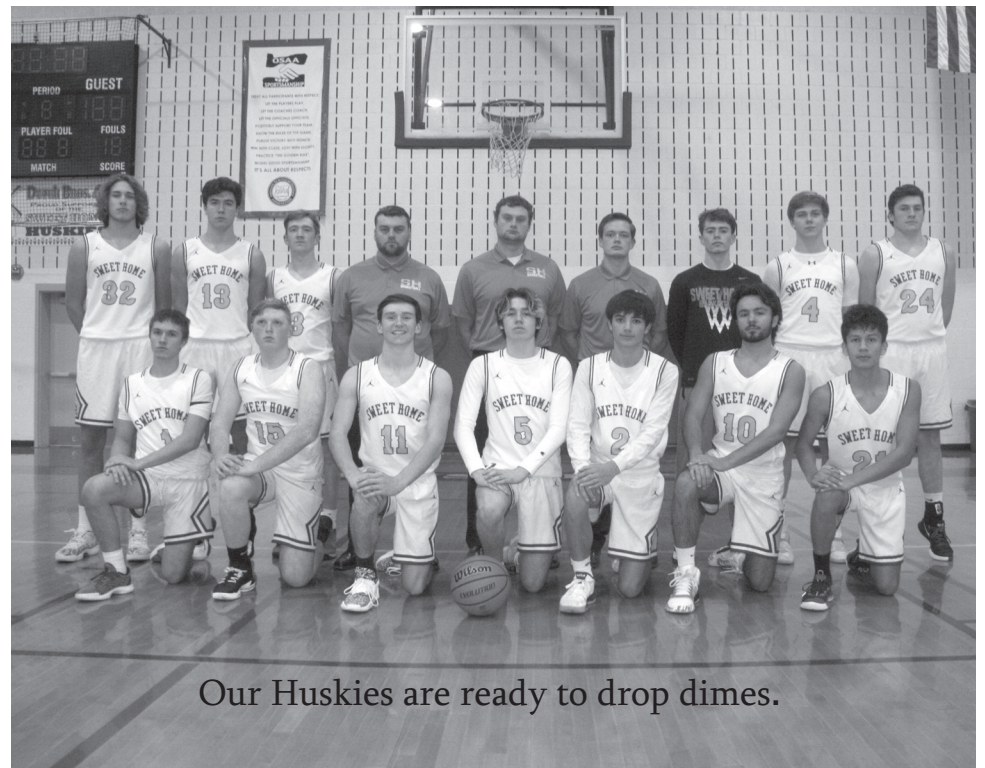
BY: JACOB THOMPSON

The Sweet Home Varsity Basketball team faced adversity even before the season started. Between the loss of graduating seniors and pre-season injuries, the team needs to adjust to having a new roster of people. Despite these opening season challenges, Coach Emmert still has set his target on a League Championship and a post-season run at State.

Coach Emmert says the main strengths of the team are their immense speed and pressure. But, even with these amazing traits there is still work to be done on the team. Playing as a group will be something they have to get used to, and with the new players that might make it difficult. Fortunately, they did have time to work with each other over the summer, and Coach Emmert believes that the off-season work will pay big dividends.

One of the team members that Emmert specifically wanted to recognize was their team captain Casey Tow. He is not only a strong leader, but a great person and excellent representative for Sweet Home High School.

Coach Emmert hopes that people will show up for the games and pack the house for every contest. Fan support is crucial for our success, so come out and support our Boys! Go Huskies!



Our Huskies are ready to drop dimes.

Intersex Athletes

FROM PG. 15

pete with the female sex. While it is unfortunate that XY intersex athletes competing in restricted events will have to take medication to lower their testosterone, it is a necessary precaution to protect women's sports. Without this rule, lifetimes of hard work may unjustly fall short to someone of a different sex.

Girls Basketball

BY: ANDRA GORDON

Girls Basketball at Sweet Home High School hasn't seen many wins in its past. Without winning a single league game in ten years, Coach Knight says they're determined to break that streak. But with the numbers low on the team, it'll be a challenge keeping everybody healthy, and the injuries to a minimum.

Despite these low numbers, and the pressure to get out of their losing slump, the girls of the Sweet Home High School basketball program are adamant on getting some wins on their record. Coach Knight says, "The team is determined to change the mind set of Girls Basketball and make history."

Knight says taking the skills that they've mastered and applying them on game day is something they need to work on going into the season to better their odds of winning. Their mindset is key; knowing and expecting that they will win is very important to being successful during this season.

Starting the season with a league win would be a great place to start a new legacy for Girls Basketball. Sweet Home High School is rooting for them and excited to see what this season will bring.



The Big 5.

Equestrian Team

BY: MEAGAN BAHAM

One of the lesser known school clubs is the Oregon High School Equestrian Team or OHSET. The Equestrian team is a group of people who compete on horseback. They do events such as barrels and poles, and a few team events like Canadian flags, team birangle, and cow sorting. The team has a new coach this year as well. Ashlee Meyer has been riding horses since she was 2 years old and competed on the Philomath Equestrian team for three years.

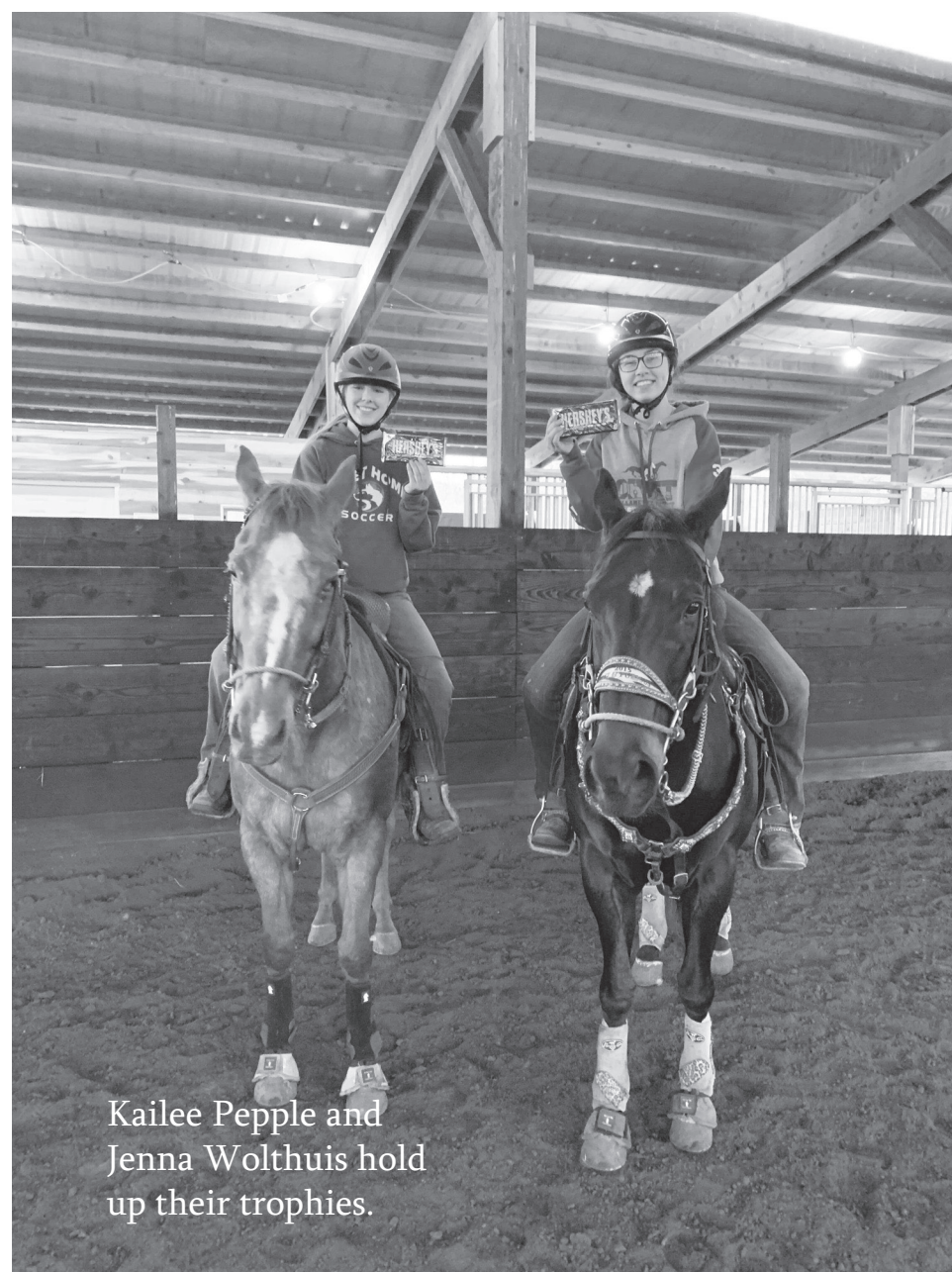
The team consists of 6 people and their horses. Senior Pippi Somatis has been riding for five years and competes on her horse, Titan. Senior Caleb Gutierrez has been riding for 12 years and is riding his new horse, Grace. Junior Kathryn Hanni has been riding for 11 years and is competing on her horse, Tequila. Sophomore Kailee Pepple has been riding for nine years and is riding her horse, Dakota. Sophomore Katelyn Norman has been riding for five years and is competing on Paint. Sophomore Jenna Wolthuis has been riding for two years and is competing on her new horse, Honey. Each of the members are fantastic riders and spend countless hours with their horse preparing for the upcoming season. We also are looking out for next season! Pippi and Caleb will sadly be graduating and we will need more team members! Any interested students should come to a meet and check it out. OHSET is a fun team building sport and is very good for your work ethic.

OHSET has many events to compete in. Canadian Flags is a team event consisting of four people. At the end of the arena there are four flags, and each horse and rider has to run down, turn one-handed, pick up their flag, and then run back. Once they cross the line, the next horse and rider pair go. The competitors on the Canadian flag team are Pippi, Caleb, Kailee, and Jenna, with Kathryn as an alternate. The Drill Team requires a lot of focus and rhythm. Coach Ashlee Meyer created a pattern with many complicated, but showy, maneuvers. The Drill Team members are Pippi, Caleb, Kailee, and Jenna. Team Birangle requires two riders, and the pair goes down and either makes two right turns or two left turns then come back and the other pair goes. Pippi and Kailee both are participating and they work very well as a team. This year we have two teams in cow sorting, Kailee and Jenna, and Pippi and Caleb. They go inside a figure eight shaped ring and the judge calls out a number. Once they find the cow with that number, they have to sort it out without getting any other "dirty" cows into the other side of the figure eight. Then they go up the number line and get the next cow.

Along with the team events, there are also super exciting individual events. The most popular horse event of all time is barrels. Barrels are an individual, timed event in which you have to ride around three barrels without knocking them over. This event has many technical aspects to it, and each rider has to train with their horse to get the right pockets around the barrel, hand motions, and sharp turns. Another very popular individual timed

event is poles. On poles you run down, turn and start weaving through a set of 6 poles, turn, weave those poles again, then turn and run home. This is also a very technical event and requires a lot of training and patience. Knocking over a pole or barrel, in these events, results in a five second penalty to your time.

Horses are very expensive and by the end of the season the whole team will have spent over \$8,000 dollars on various things such as stalls at meets, event fees, boarding, arena fees, and hauling fees. The list goes on and on, and since the team is considered a club, they get no financial support from the school even though they have to follow OSAA guidelines. Currently, they are going around town looking for sponsors, and they have held a few fundraising activities. If you are interested in sponsoring or donating to the team, you can contact Coach Ashlee Meyer at shhsohset@gmail.com. Any help is greatly appreciated. OHSET is also selling raffle tickets for a \$5,000 dollar vacation for only five dollars a ticket! If you are interested in coming to their meets, they are at the Albany Fairgrounds on January 9th-12th, February 6th-9th and March 12th-15th. If you come, make sure to dress warm!



Kailee Pepple and Jenna Wolthuis hold up their trophies.



Immoral Solution

FROM PG. 14

thing that matters is the collection of embryos and using them for science. But in-vitro fertilization often destroys more embryos than are actually used. Over 70,000 unused embryos are destroyed in just Australia alone. It would be wasteful not to use this resource for a science of healing. Embryos are not alive in the scientific terms as they cannot survive outside the womb.

Religiously, I cannot make a solid argument as to what would be morally correct, but I am also able to understand the reasons why some people would not agree with the use of embryonic stem cells in both a religious and a moral sense. There are now new techniques that might even make it to where we don't need to use embryonic stem cells at all. When it comes down to the morality of using stem cells, they are no more human than your average skin cell, and the process even has backing from many religious outlets.

There are many reasons to use embryos in a morally acceptable way and provide a way to eliminate a lot of people's suffering. The already expensive procedure will be cheapened by new scientific advancements and will give a cheap and inexpensive solution to many expensive ailments. Overall, I believe that despite any moral or religious beliefs, everyone should have a chance to live a healthy and normal life at a relatively low cost.

RIGHT: Swimmers prepare for their season with Olivia Martineau leading the pack.

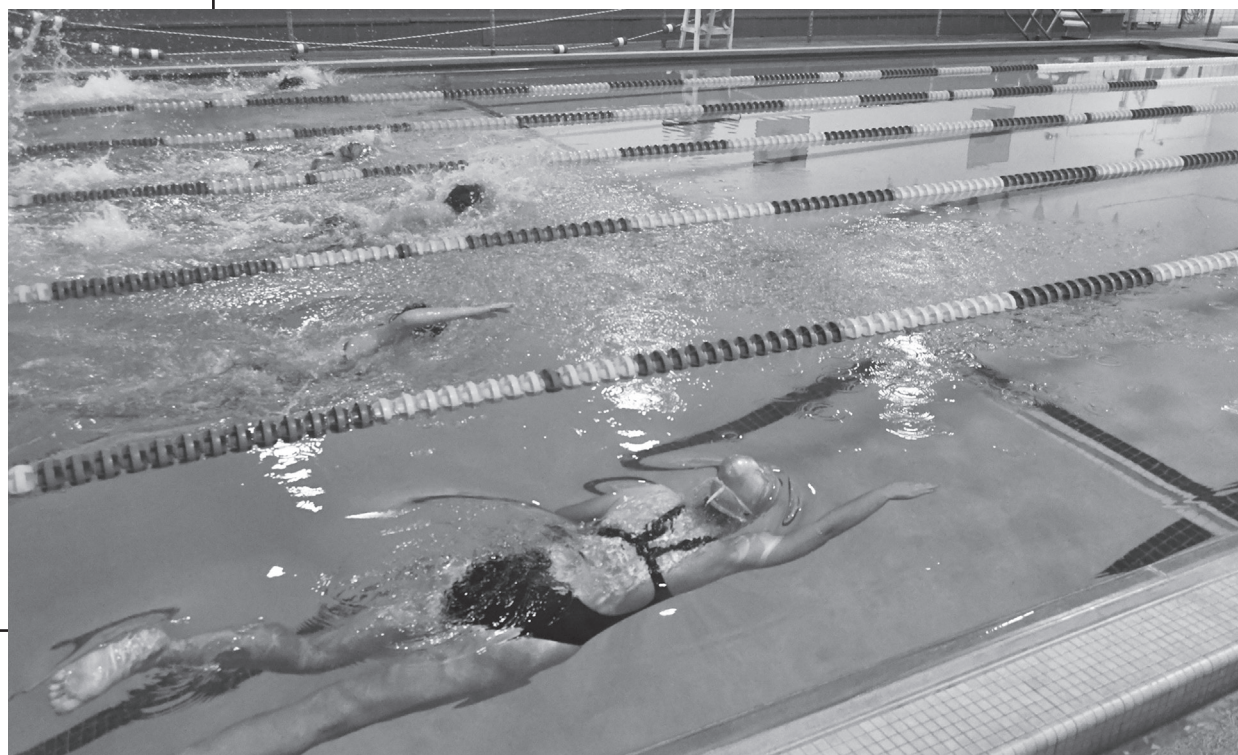
Swimming

BY: MEAGAN BAHM

The swim team here at SHHS is one of the most respected and decorated teams in our state, achieving many District and State Championships. The Girls Team this year shows a lot of potential and athleticism, along with a strong number of new recruits. However, the Boys Team this year only has six swimmers, but despite the small numbers every one of them is trying their hardest to become the best that they can be. With the new and returning swimmers Coach Peargin hopes for continual improvement for the entire team throughout the whole season.

The swim team has six seniors this year, who are Megan Hager, Torree Hawken, Valerie Richards, Annaleea Shuttlesworth, Lauren Taber, and Brook Womack. Team Captain Megan Hager is one swimmer who stands out greatly, she was last year's State Champion in the 100 free-style. The team not only excels in athletics, but in academics also. Coach Peargin states, "Our Girls Team was number one in the State for academics, so I think grades are something we don't need to worry about too much."

There will be challenges to face on the way to Districts and State for the swim team, but for people who are interested Coach Peargin explains, "Don't bother to come out unless you want to be in the best shape you will ever be in by the end of the season." Last year our Girls Team came home with the State Championship Trophy and although the team has a big chance for going to State again this year Peargin says, "Whether or not they go to State depends on how hard the team works." If past performance is any indicator for the future, we should be watching our Girls make another run at some trophies. GO HUSKIES!



Wrestling

BY: ALEX KISSELBURGH



Head Coach Steve Thorpe has big goals for this year's team coming into the wrestling season. These goals consist of winning a State Championship, winning a Regional Championship, a League Championship, the Oregon Classic Tournament, and qualifying as many people possible for the State Tournament.

To some, these may be large goals to have so early on in the season, but Coach Thorpe understands setting the bar high will motivate the team to work as hard as they can to succeed. Sweet Home Wrestling program is very well known for its hard work ethic and striving for the toughest competitions that they are able to find, and this is a tradition that the wrestling team has carried on for many years now.

A challenge that the team faces is being able to get everyone on the team matches. Most of the weight classes have a lot of wrestlers in them and it can be difficult for anyone outside of varsity to be able to wrestle at matches. Another challenge is getting the team to take advantage of wrestling from the bottom, better known as the Referee's Position. On top of all this is for the wrestlers to keep their grades up. Coach Thorpe says that the team has

had the highest grade levels for the last three years now and he hopes the team can achieve this again.

The teams' best strength is experience. A large amount of people on the team have wrestled for a very long time and for some, their whole life. This year the teams' seniors are Conner Ford, Ryan Howard, Iakona Howerton, Nich James, Marc Kanngiesser, David McMullen, Bryce Porter, Jackson Royer, Isaac Schaffer, Lexi Schilling, Evan Tallerday, and Travis

Thorpe. Of this senior group, Jackson Royer and Travis Thorpe are returning State Champions. Nich James was a finalist at State last year. Kyle Watkins, Tristan Spencer, David McMullen all placed fifth at the State competition, along with Lebanon transfer Rian Howard. Let's not forget Treyson Smith, who placed sixth, and two-time State placer Lexi Schilling.

Coach Thorpe wants to include how the coaches are very proud of the athletes who show up every single day and work as hard as they can and are willing to compete. Here's to another great wrestling season and Go Huskies!



ABOVE: The team awaits the next challenging part of their outdoor practice.

RIGHT: A group of wrestlers cheers on Tristan Spencer as he lifts a tire.