

Online Blues **BY: CARA CORRINGTON**

During this past quarter we have all gotten the full ex- stay self-motivated. With in-person school, we had an perience of attempting and enduring online schooling. For environment and structure that was focused on work and some it has been a breeze, while others have had a difficult time with this new set up. Many of us are trying to figure out how we will teach ourselves all this new material, while school work in our houses where we normally relax. I re-

helped stay on track and stay on schedule. Now that we are working from home, we have to recondition ourselves to do others handling all of this as if there has been no change at all. member being able to do math at 8 a.m. every morning dur-

For those of us trying to wade through the pros and cons of online schooling, I thought it would be a good idea to discuss some of the coping techniques that can be used to make this experience easier for both students and staff.

Online schooling is new to all of us. We are all inexperienced with it and are trying to quickly readjust our lives. The conse-



ing in-person school, but now I find I can barely even wake up at 8 a.m. on a normal day. I know many people who are struggling to pass classes who never used to struggle at all. It's making it harder to remember that the whole reason we go to school in the first place is to learn, rather than to just pass.

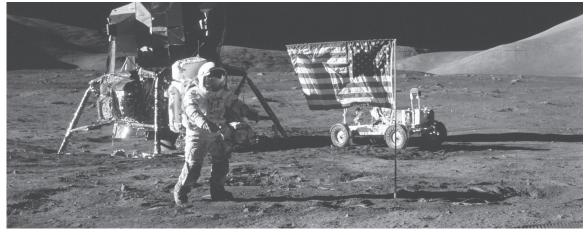
Although online school is difficult, there are many positives that come with The first quarter it.

quence of this is that students and teachers are experiencing increased levels of stress. Stress is a very common emotion for students and teachers, but our unique situation has made more prevalent than what we normally experience. I have seen many people struggling to finish all of their assignments for the week; having issues with procrastinating habits, and difficulties understanding their subjects. This can make school even harder to deal with than normal. Added to this is that many of us struggle to communicate with teachers, parents, and friends about our troubles. This creates a "not-so-happy environment" where at the one time when we really need to talk to someone and hopefully get some helpful advice, we have a tendency to shut down and try to face it on our own.

Another issue we may encounter is the difficulty to

has taught me to work more independently. I found that if I didn't understand a teacher's material, I could turn to YouTube and Google for help. I also figured out that while I might not understand the subject, I had other friends that did, so I was able to turn to them for help; which simultaneously helped us bond more, which was a great bonus. Another benefit to this situation is that I have found that the teachers are really flexible. Whether it be with school assignments or due dates, they are willing to help make this experience easier for you. This is really handy because when working from home events may come up in your personal life where you can't meet a due date; teachers are really understanding in these situations and are always willing

FEATURES ISSUE 1, VOLUME 81 DECEMBER 18, 2020 SWEETHOMEHIGH SCHOOL This Week in History BY: SHAYLA SANDERS



December 14th, 1972

Apollo 17 was the last of the Apollo missions. It was the last time humans beings have been to the moon, and was the first and only night launch. The final Apollo mission broke quite a few records. It had the longest moon landing, longest moonwalks, the most lunar orbits (75), longest time in lunar orbit, and the largest lunar sample. The launch occurred at 12:33 a.m. EST at the Kennedy Space Center in Florida on December

7th, 1972. Despite how early the launch was, about 500,000 people appeared to observe the launch, and it was visible for about 500 miles. Then, on December 11th, Eugene Cernan and Harrison Schmitt landed on the moon at 2:55 p.m. EST while Ron Evans stayed in orbit to observe, perform experiments, and wait for the return of his crewmates.

Over the duration of three moonwalks, Cernan and Schmitt placed the rover, Apollo Lunar Surface Experiments Package (ALSEP), and some seismic explosives charges on the moon's surface. At 6:54 p.m. EST, December 11th, Cernan and Schmitt unloaded the rover from the ship. Cernan was the driver of the rover, while Schmitt sat passenger and helped Cernan navigate the land. This kind of division in responsibilities was common practice for the Apollo J missions. After the rover's fender was damaged, flight controllers spent the night devising a plan for the astronauts to fix it; John Young, who was on the Apollo 16 mission, walked the crew through it.

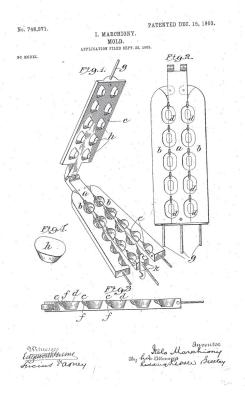
The last moonwalk was on December 13th. Cernan spent their final afternoon on the moon observing Tracy's Rock, which was named after Cernan's daughter, and collected 146 pounds of lunar samples. Before heading back onto the ship to return to earth, Cernan said, "I'm on the surface; and, as I take man's last step from the surface, back home for some time to come - but we believe not too long into the future - I'd like to just (say) what I believe history will record. That America's challenge of today has forged man's destiny of tomorrow. And, as we leave the Moon at Taurus-Littrow, we leave as we came and, God willing, as we shall return, with peace and hope for all mankind. Godspeed the crew of Apollo 17." On December 14th, around 10 p.m., they lifted off, then met up with Evans on the Command and Service Module. From there, the Apollo 17 crew head-

ed back to earth and landed in the Pacific Ocean at 2:25 pm on December 19th.

December 15th, 1903

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Italo Marchiony immigrated from Italy in 1895. He changed his name from Marchioni with an "i", to Marchiony with a "y" due to fear of segregation, and the change made his name sound more French. Marchiony and his family lived in New York, where he bought a push cart and sold lemon ice in large shot glasses on Wall Street. His business boomed, so much so that he bought another push cart and hired an employee. Business continued to grow until Marchiony found himself with 50 push carts. Things were going very well, however cleaning the glasses after every use was very time consuming, and replacing broken glasses became expensive. To solve this problem, Marchiony made a paper cone for the ice. This meant he didn't have to clean glasses anymore, but the litter became a bit much. So, in early 1903, Marchiony created an edible cone. Later that year on December 15th of 1903, Marchiony's ice cream cone mold was patented. He then developed a machine to bake the cones, after **Continued on Page 4** that the push carts were no longer needed as they set up a



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to reach out to help you out. One last thing that's convenient is that you can work at your own pace. Although this can be a bad thing, it's also really nice. I discovered that I'm usually not free all days of the week to do only school work, so I've set out specific days for myself to work on assignments. I like this because with in-person school there were times when I felt like I was wasting time because I had finished all my work before class time was over. Also, with working at your pace, you don't need to feel as rushed to get assignments done, so I am able to spend more time on making my homework more presentable and easy to understand for my teachers.

So what have we learned so far? Online school is a mix of both good and bad, but there are some simple coping mechanisms that can improve your experience. It took me some time to figure these out, but once I did, I realized how much easier it was to succeed. The first strategy that I figured out was to communicate with your teachers. I think this said so often that we brush it off, or maybe it's stressful to send that email to your teacher, either way I understand. But once I reached out, I found that a lot of my teachers aren't just teachers, they are actual people with lives outside of school, so I was able to bond with them over commons interest and concerns. When that happened, I didn't feel so bad about constantly emailing them for help. But in all seriousness, communicating with teachers is everything. I am 100% sure they would love to help you understand what you are learning. You can email or Zoom with them, whichever works best for you, but please, for your own sake, talk with them if there are any issues that come up.

The second strategy is to find some time to relax or meditate. I remember hearing people telling me to do this, and I thought it was ridiculous to even think about relaxing at this time as I have so many assignments. But, I was eventually put in a position where I had no choice but to relax, and after doing that I found that it is a key habit to have in your daily life. Taking just five minutes to do some self-care, or meditate, or focusing on a hobby that you like can make all the difference in your day.

The final strategy is to make yourself a schedule. Without a schedule, you



give yourself the opportunity to procrastinate and avoid school, and you also will fail to make time to relax. If you sit yourself down for a few hours a day to work on school, you'll find that you can make a lot of progress. I noticed that when I was struggling with a class last quarter, I had no schedule so I would avoid the work for it almost every week. But once I set a schedule and stuck with it, I was able to bit by bit get my work done and succeed.

With these methods I hope your online school experience will become easier for you, and with that I wish all of you the best of luck this quarter.



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This Week: Continued from Page 2

new factory in New Jersey. By 1924, Marchiony's machines produced 150,000 cones every 24 hours and the annual production reached a height of 245 million ice cream cones.

December 17th, 1903

Brothers Orville and Wilbur Wright made the first successful powered, sustained, and controlled airplane flight in history with the Wright Flyer on December 17th of 1903 near Kitty Hawk, North Carolina. The brothers made many breakthroughs in aviation and are often referred to as "pioneers of aviation". Even after their great success of the first flight, they went even further to invent technology that extended the range and capabilities of the airplane. Without their great achievements, travel, especially international, would not be as advanced as it is today. Flight started to become increasingly popular in the 1890s, however it was with gliders and balloons. It wasn't until Otto Lilienthal, known as the "flying man" due to his success with gliders, died in 1896 that the Wright brothers became more serious about their interest in flight. The Wright Brothers decided that before they could attempt a motor-driven flight, they had to learn how to control the craft using gliders. The brothers were dissatisfied with the idea of having to shift their body weight to control flight. After observing birds, Wilbur noticed that birds changed direction when flying with their wing tips, rather than their whole body. This observation led to the invention of "wing-warping", which was the predecessor to ailerons.

After much experimentation with gliders and studying aerodynamics, the Wright Brothers built the Wright



Flyer in 1903. Their very first powered flight was on December 13th, 1903 but only lasted a few seconds. Then, just a few days later, they made the very first flight of an engine-powered heavier-than-air airplane on December 17th, 1903. The brothers made many attempts that day to see just how long the airplane could fly. Unfortunately the plane took a bit of a dive and broke a few things, but it had covered 852 feet in 59 seconds. When trying to recover the damaged Wright Flyer, heavy winds came in and damaged it even further so that it would never be flown again. However, a year later, the brothers built the Wright Flyer II. During their first attempted flight in the new Flyer, engine troubles caused the plane to only make but a hop that day. This caused reporters to lose interest in the Wright Brothers, and some think that's why the brothers did it. It is thought that they intentionally flunked the first flight so that the reporters would leave them alone and so that any of their competitors wouldn't copy them. After more unsuccessful attempts, the Wright Flyer II was scrapped, only saving the engine, and they built the Flyer III in 1905.

At first, the Flyer III performed like its predecessors. The flights only lasted up to 10 seconds, and after Orville suffered from a potentially fatal crash, the Flyer III was rebuilt. The improved Flyer had much longer flights, ranging from 17 to 38 minutes long. Wilbur made the last and longest flight, 38 minutes and 3 seconds, landing safely when fuel ran out. After such success, reporters wanted to see the brothers fly their new machine, but they declined, deciding that they would only sell the machine after they had achieved their goal of creating a practical flying machine.

Due to the lack of publicity, many people didn't believe the stories of the Wright Brothers. When they at-

tempted to sell their flying machine, they were met with rejection because their contract stated that they would not give a demonstration or show photographs of their flyers before the airplane was purchased. So, Orville took over the business and fought many legal battles until he finally sold the company. While many were in disbelief during Orville and Wilbur's time, it is well-known now who not only created the first powered airplane, but also who made the first successful flight of the powered They truly were pioneers, not in airplane. travel, but rather in the development of aviation. Everyone should know about the Wright Brothers and their achievements, especially the next time they find themselves on a plane.

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ENTERTAINMENT

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Kaitlyn's Kitchen -Vegan Red Velvet Crinkle Cookies-BY: KAITLYN VICTOR

Ingredients:

- 3 cups all-purpose flour
- ¹/₄ cup cocoa powder
- 1 tbsp baking powder
- ¼ tsp baking soda
- $\frac{1}{2}$ tsp salt
- ³⁄₄ cup vegan butter, softened
- 1 ¼ cup sugar
- ³/₄ cup applesauce
- 1 tsp vanilla extract
- 1 tsp apple cider vinegar
- 1 tbsp red food coloring
- ¹/₂ cup sugar (for coating)
- ¹/₂ cup powdered sugar (for coating)

a curdled looking consistency at this point. At this point, slowly add in the dry ingredients with the mixer running. You may need to scrape down the sides to get all of the dries fully incorporated. Next, cover the dough and allow it to chill in the refrigerator for at least 2 hours to become firm. Once the dough has set, preheat the oven to 350 degrees and place the extra kaitlyn's Kitchen

Directions:

If you are looking for a new addition to your Christmas dessert table that is amazing to both your vegan and non-vegan friends and family, this is the perfect option for you! With a classic red velvet taste, unbelievably fluffy texture, and festive color, these red velvet crinkle cookies are sure to be a new staple.

Begin by making sure your butter is softened to room temperature. Then, grab a large bowl and in that, combine the flour, cocoa powder, baking powder, baking soda, and salt until well incorporated and set aside. In another bowl of approximately the same size, beat together the butter and sugar until fluffy. Next add in the applesauce in ¼ cup increments until well combined. After that, on a low speed, mix in the vanilla extract, apple cider vinegar, and red food coloring. The mixture will have



sugar and powdered sugar into 2 separate small bowls. Roll the dough into balls about a heaping tablespoon in size and coat them first in the regular sugar, then the powdered sugar. Make sure each is completely coated and distribute them onto 2 parchment paper lined baking sheets. You should be able to fit about 11 cookies per baking sheet. Bake the cookies for approximately 13 minutes or until when a toothpick is inserted it comes out clean. Allow the cookies to cool on the baking sheet for 10 minutes. After that, transfer to a wire rack to cool completely and enjoy!

Reviews:

•They were delicious, executed perfectly, and the powdered sugar really brought out the red color. - KayLee 8/10

•Really good and very fluffy! - Bell 9/10

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Biden's First 100 days

OPINION

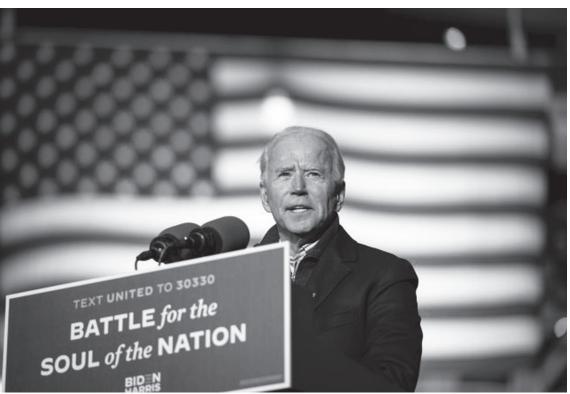
BY: JERUSALEN JIMENEZ

President-elect Joe Biden will begin his presidency in January of 2021 with promises for America. He plans on changing the current policies on several important issues, focusing on immigration, climate change, and the COVID-19 crisis. With Biden taking over, America faces a sense of suspense for new positive changes to the nation.

Today marks a total of 10 months since the start of COVID. While lock-down continues in some areas,

for young people. Biden will then establish an executive order to reunite parents and children separated at the border. There will also be change in the U.S asylum system and the treatment of the people within the border of Mexico. He plans to create an increase in government supervision over the U.S Immigration and Customs Enforcement as well Border Protection to make sure they're not utilizing any form of "inhumane treatment" towards others.

Biden plans to take action. A team of advisers will be on his side once he's officially in office to manage the situation. This includes Dr. David Kessler, a former Food and Drug Administration commissioner; former Surgeon General Vivek Murthy; and Dr. Marcella Nunez-Smith, an associate professor of medicine and epidemiology at Yale School of Medicine. Biden



Biden's environmental goals are for a "clean energy plan," in hopes of getting the country to zero carbon emissions by 2050. Around 2 trillion dollars will be invested this program. into Communities most affected by climate change will be supported by 40% of the funding. Starting the day of his presidency, he will immediately re-join the Paris

stated, "The advisory board will help shape my approach to managing the surge in reported infections; ensuring vaccines are safe, effective, and distributed efficiently, equitably, and free; and protecting at-risk populations." Apart from this, he will coordinate with legislation to pass a bill to expand coronavirus testing resources. After he's in office, he'll install an "effective distribution plan" and plans on spending \$25 billion on the making of the vaccine, which would be free for all Americans.

While citizenship for immigrants has been hotly debated over the years, Biden will create an immigration infrastructure to provide a pathway for 11 million migrants living in the U.S illegally. This includes those who are known as the DREAMERS and come from the Deferred Action for Childhood Arrivals program. Adding to this, he will make the DACA program permanent and open doors Agreement. In 2015, around 200 countries developed a plan to limit the pollution of fossil fuels that cause climate change. The goal was to help avoid high temperatures which would cause super storms and rising seas. After the re-entry, Biden wants to, "lead an effort to get every major country to ramp up the ambition of their domestic climate targets." His new plan for the environment could help prevent environmental disasters for years to come.

These are not the only goals on Biden's agenda. He also want to make dramatic changes in education, health care, and criminal justice. While it be a challenge, our future president is determined to get his main goals done in a total of 100 days after the start of his presidency. With the help of Congress, supporters, and his drive to make positive changes for America, we could have years of success in our nation. **ISSUE 1, VOLUME 81**

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Election Fraud

OPINION

The election this year is one of the messiest in our history. Both the left and right are arguing over who won, and now the biggest debate is over election fraud. The reason for this is because there have been eyewitness accounts of election fraud against President Donald Trump. In the wake of Biden winning, it has caused a huge upset on the right. The 12 swing states in this year's election are Arizona, Colorado, Florida, Georgia, Iowa, Maine, Michigan, North Carolina, Ohio, Pennsylvania, Texas, and Wisconsin. These states are the main states that lawyers and investigators are focusing on when looking for fraud. In only a couple of weeks, professionals have found evidence of fraud. However, just because there is fraud doesn't mean there are enough invalid ballots for Trump to shift the election.

Shortly after people started saying that they witnessed election fraud, lawyers and the courts started to ask people, who were under oath, about what they saw. Although their names are not public for privacy reasons, what they said was recorded into legal documents and posted. Multiple affidavits testified, "Signatures were not being verified and there were no corresponding envelopes seen insight." On its own, this is not the strongest witness account of fraud, but because multiple people saw the same thing, it raised concerns. Another affiant testified under oath, "I witnessed two poll workers placing already separated paper machine receipt ballots with barcodes in the Trump tray, placing them into the Biden tray. I also witnessed

BY: MEAGAN BAHAM

the same two poll workers putting the separated ballots in the 'no vote' and 'Jorgensen' tray, and removing them, and putting them inside the Biden tray. They then took all the ballots out of the Biden tray and stacked them on the table, writing on the count ballot sheet." This was a clear witness of fraud and although I only mentioned one quote in this story, there were many testimonies similar to this one.

A lot of the testimonies also mentioned the monitors and systems used for voting. The second-biggest voting system used is Dominion. Dominion was founded in 2002, and in 2020, 28 states used Dominion for voting, including most of the swing states. Dominion has been hugely controversial because after the election, while investigating, people looked at the manual and it told you how to manipulate votes. Not only that, but computer science and election security professor and expert, Dr. Andrew Appel, said, referencing Dominion voting machines, "I figured out how to make a slightly different computer program that just before the polls

Appel, said, referencin voting machines, "I figu to make a slightly diffe er program that just be were closed, it switches some votes around from one candidate to another. I wrote that computer program into

memory

machine

chip and now

to hack a vot-

you just need

а

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seven minutes along with a screwdriver." It is simple and easy to manipulate votes for either candidate, but states still chose to use Dominion and other voting machines like it.

All the voting systems are easily manipulated and can be tampered with without detection. A Berkeley study shows, "In all three of these machines, including Dominion Voting Systems, the ballot marking printer is in the same paper path as the mechanism to deposit marked ballots into an attached ballot box. This opens up a very serious security vulnerability: the voting machine can make the paper ballot, to add votes or spoil already-cast votes, and after the last time the voter sees the paper, deposit that marked ballot into the ballot box without the possibility of detection." People can program the system to either accept or reject a ballot easily and it would be extremely hard to notice anything is wrongbecauseyoucan'tseeinsidethemachines.

In 2019 the Governor of Georgia, Brian Kempt, made it so Georgia would start using Dominion for their votes. At first, it did not seem like something



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Fraud: Continued:

to worry about, but after the recent election, people started noticing a problem and they investigated. There were a lot of witnesses in Georgia and they testified to seeing people changing votes from other candidates to Biden and also stacks of uncharacteristically neat ballots. Out of 100 ballots in a stack, 98 were voting for Biden and two were for Trump. More testimonies were explaining similar things and proof of fraud. Also, while investigating, the investigators have found that tens of thousands of votes were unlawfully registered and calculated. The ballots were from people who have moved out of the state, random mail-in ballots, ballots that the counters did not request, and from dead people who were still on the voter rolls.

Election are the most important part of our government, so that we can sustain our Republic for the years to come. The Founding Fathers, at first, did not intend for us to be a two-party system. However, because of the different views, it became a necessity. Although it may be necessary, they never intended for two parties to be so separated. Both the left and the right are breaking the law just to spite the other. There is no doubt that election fraud is happening and there are mountains of proof to justify that claim. The dishonesty and division that the American people have seen through this election are not what the Founding Fathers envisioned. Hopefully, before the next election, we can reform our election system and limit the opportunity and extend of fraud. If not, how can we have faith in our Republic if we don't trust our elections?



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Help Us Build Our Yearbook

It's been a challenging year, but one that we want to remember. With the Covid-19 lockdowns many things have changed, including the taking of student pictures. But, that does not mean we can't have our students in our 2021 Yearbook.

If you would like your student's picture in the yearbook, there are two ways we can collect your photos. One is to send a jpeg file copy of your student's picture to Mr. Costa's email at:

jim.costa.@sweethome.k12.or.us

The other is to go directly to our publisher Herff Jones' website and upload them there. The website is:

http://www.hjeshare.com/eShare/?code=sweethome

If you go to the website, it will walk you through the upload, where you will have the option of uploading a portrait or a candid picture. Please select portrait for your student picture.

We would also like to feature any sports, activities, hobbies, or accomplishments your family is doing during these difficult times. If you would like to share with your fellow classmates, please send 4 to 6 pictures and a 500 to 1000 word article describing your activities to Mr. Costa's email.

We look forward to your to seeing your pictures and sharing your stories!