

December 2020

Martin Luther King Jr. Day



Photo from nytimes.com

Martin Luther King Jr Day, a day of many names. MLK Day, King Day, Reverend Dr. Martin Luther King Jr. Day are all other names for this holiday. This holiday was named after and dedicated to the man who never backed down from trying to his and the rest of the African American community's rights. Martin was always willing to risk it all if it meant that his children could live in a better world than what he grew up in.

According to the King Center, he had been arrested a total of 29 times during his quest for equivalence. Despite the arrests, he knew that he couldn't give up and that he could never stop fighting for what he believed in. Martin was only 39 when he was shot and killed in Memphis, Tennessee. In Martin's short life he had accomplished so much. He was delivering around 450 speeches a year and even wrote a few books. Martin's most memorable and famous speech was his "I Have a Dream" speech. This speech was inspiring to many people and it was about how he wanted his

children to be able to play with white children and it is accepted in society and how segregation was the problem that needed to be eradicated.

Martin did more than just speeches and writing books, he also participated in the Montgomery bus boycott. This boycott lasted a total of 381 days until the Supreme Court declared it to be unconstitutional to have segregation on public buses. In other words, the African American protesters walked everywhere that they needed to be for over a year starting on December 5th, 1955 and ending December 20th, 1956. They didn't care that the bus was convenient, they were there to prove a point and sometimes that's what it takes. 10 years after the boycott, Martin was awarded the Nobel Peace Prize for his dynamic leadership of the Civil Rights movement and steadfast commitment to achieving racial justice through nonviolent action. At the time, he became the youngest man to receive a Nobel Peace Prize at the age of 35 and he was going to be donating the over 54 thousand dollars that he would be getting from the Nobel Peace Prize to the Civil Rights movement.

Throughout his life, Martin and his nonviolent protesting led to many positive changes for the African American Community and those in the Civil Rights movement. In the year 1983, President Ronald Reagan signed the holiday into law but yet it took 3 years later to finally be recognized. At first, some states resisted the holiday by either giving it another name or even just combining it with another holiday in order to avoid giving credit to Martin Luther King Jr. It took a whole 17 years after being signed into law for all 50 states to finally recognize the holiday that was created in honor of the man who gave everything to see a better future for his people.

By Mark Humphrey



Photo from amazon.com

Sarcastic Review #5- Home Alone 2: Lost in New York

When asked what their favorite holiday movie is, a lot of people are bound to reply with the 1990 Christmas classic, *Home Alone*. The movie has gained huge popularity and a stock of fans spanning multiple generations. The same goes for its sequel, *Home Alone 2: Lost in New York*.

This is one of my favorite holiday movies. Honestly, it's the only sequel in general that I like just as much as the original. It's a rare breed of sequels that actually possess quality and heart. Of course, I still have some problems with the film, and you're gonna hear about it.

First of all, the title. *Lost in New York*. It doesn't seem like he's lost to me. It seems like he actually can navigate the city better than most adults. I usually associate the word "lost" with panic and stressful situations. You know, not being able to find your way around. To me, it seems like Kevin is living the dream with some minor inconveniences. He literally stays in the Plaza Hotel and has a limo called for him. Wow, it really seems like he's lost.

Plus, I don't get how in the world Kevin is so calm. A lot of kids that age get severe separation anxiety. I'm sixteen and I start hyperventilating when I get separated from my mom in the grocery store. I guess Kevin McCallister is just more resilient than me.

I know for a fact that he's definitely smarter than me. Smarter than most adults, even. And also a tad bit homicidal. I mean, it's not like you throw a brick at someone's face expecting it to tickle. Kevin electrocutes a man in this movie. You'd think after that, Harry and Marv would stop messing with him. But they just keep persisting.

Honestly, I would have quit trying to get him after he started throwing bricks at me. No material object is worth being the target of Kevin McCallister, child maniac.

Also, what's the deal with the pigeon lady? What on earth is so scary about her? Wow, birds like her. Absolutely terrifying. Someone call the church because I'm pretty sure I found a witch. I've seen videos of a man dressed up as a rat walking around the city, lunging at people,

but that's the spookiest thing they can come up with? A bird whisperer? You know what would have been cooler? Kevin becoming friends with the rat-man. Now, that would have been a heartfelt family comedy.

As I'm sitting on the couch watching this movie with my brother, I obviously see the appeal of the film. The movie appeals to me, obviously! It's hilarious and adorable. Now, if you'll excuse me, I have to go start writing the screenplay for my new hit movie, *Kevin McCallister Meets The Rat Man of New York*.

By Sarah Wells

What Activities Do Parents and Kids do in the Winter?

So here we are, wintertime is here once again and corona is still upon us. Trying to keep ourselves busy during this hard time in the year. What kids do in the winter VS what the parents do is so very different. Parents usually sit on the couch and watch tv or they go to work for hours on end. The parents either work for days trying to pay bills and things like that but they mostly work which is sad in a way. The parents also are stuck working 9-5 shifts. The parents also have to watch the kids while doing homework and working their jobs. The kids during winter usually go sledding down hills in their own home backyards. The kids also build forts and have snowball fights. Also, kids watch Christmas movies while eating popcorn with friends. The kids go to school for 8 hours and can't wait till Christmas break in a few weeks. Kids have fun and play all day and run around the house and are crazy around their parents.

In Conclusion, the parents have it harder than the kids during winter break but due to this Covid-19, both kids and parents are stuck inside their homes. The parents and kids have all the time to play and spend time with each other.

Winter Recipes



Candy Pie Photo from letsdishrecipes.com

Recipe from Jenna Reese

Ingredients:

- Oreo Crust with tin
- Jello Chocolate Pudding (2 small boxes)
- Chocolate Syrup
- Small carton of whip cream
- Candy Pieces (whatever you want)

Instructions:

1. Put chocolate syrup in the oreo pan
2. Make jello chocolate pudding as it says on the box in a separate bowl
3. Mix in half of the candy pieces
4. Mix in half of the whipped cream with the jello candy mixture
5. Put the jello mixture in the pan
6. Put the rest of the whipped cream over the mixture in the pan
7. Put the rest of the candy over the whipped cream
8. Refrigerate for about thirty minutes

Storage:

Refrigerate.

Applebee's Copycat Spinach Artichoke Dip



Photo from pinterest.com

Recipe from Ms. Sopchak

Ingredients:

- 16 oz. roasted garlic alfredo sauce
- 8 ounces cream cheese, at room temperature
- ½ cup Parmesan cheese, shredded
- ½ cup Romano cheese, shredded
- 2 cups low-moisture whole milk mozzarella cheese, shredded
- 28 oz. artichoke hearts, drained/rinsed/chopped
- 16 oz. fresh spinach, steamed (can sub with 10 oz. frozen spinach)
- ½ cup milk, optional, use if you want the dip to be a little less thick

Instructions:

1. Add the alfredo sauce to a large saucepan over medium heat
2. Cut the cream cheese into cubes and mix it into the alfredo sauce until well-combined and creamy. Use a fork to whisk any lumps out.*
3. Add the Parmesan, Romano, and Mozzarella cheeses and stir until well-combined.
4. Stir in the artichoke hearts, then add the spinach. Stir until well combined
5. If the dip is thicker than desired, add up to a ½ cup of milk and stir until combined and heated through.
6. Serve with tortilla chips, pita chips, fresh bread, and/or vegetables.



Photo from fifteenspatulas.com

“Best Cinnamon Rolls Ever”

Recipe from Mrs. Polinsky

Ingredients:

Dough:

½ cup warm (110 degrees) water
2 packages (½ ounce total) active dry yeast
⅓ cup sugar
⅓ cup salad oil
3 eggs, slightly beaten
1 ½ cups milk, scalded and cooled to lukewarm
2 ½ teaspoons of salt
7 to 8 cups of all-purpose flour
¼ cup melted butter or margarine

Filling:

1 quart heavy cream
3 cups granulated sugar
1 heaping tablespoon of cinnamon

Instructions:

Mix sugar and cinnamon. Whip cream to hold shape but not dry. Fold in sugar mixture until well blended. Refrigerate until ready to use. (Or make this while the dough is rising. Keep the cream mixture chilled so it is easier to use.)

To make rolls: sprinkle yeast over warm water and set aside. Pour milk into a large mixing bowl and stir in sugar and oil. Gradually beat in eggs and then the yeast mixture. Mix in salt and flour, one cup at a time until a soft dough forms. Turn onto a well-floured board knead until smooth and elastic, about 2 minutes. Place dough in a buttered bowl, lightly butter top of dough, cover with a dampened cloth, and set in a warm place (about 80 degrees). Let rise until about 2 ½ times the original volume (about 1 hour). Punch down, turn out onto a floured board, knead until smooth, and roll into a rectangle 28 and 16 by ½ inch thick, keeping the board and pin floured to avoid sticking.

Evenly spread $\frac{1}{3}$ of filling over dough. Starting on the long edge (28-inch side), carefully roll dough, tucking in sides and pinching edges to seal. Smooth and shape roll to a uniform size and cut $\frac{1}{2}$ inch thick. (Use a string or sharp knife, or an electric knife without pressing down.) Place rolls, cut side down, in a well-buttered pan at least 3 inches deep. (I use an aluminum, large Turkey roasting pan with the edges turned up.) Spread the remaining filling over the rolls, thinning slightly at the edges of the pan. Cream will be $\frac{1}{2}$ to $\frac{3}{4}$ inch thick. Let rise again until doubled and bake in a preheated oven at 375 degrees on the middle rack for 30-35 minutes.

To check for doneness: The top of the rolls should be golden brown and slightly dry to the eye. With a knife, gently pull apart two rolls in the center of the pan. Because of the moisture of the whipped cream, the rolls will be moist but if the dough is set the rolls are done. Remove from oven and let cool. If the rolls cool at least 10 minutes, this allows the cream to congeal slightly and they will not be soggy. Cut rolls apart and then serve warm. (May be frozen and reheated.) Makes about 4 dozen.

In setting rolls in pans: Rolls should just touch one another slightly. If they are crowded, the centers will raise out of the roll and there is a greater chance they will boil over. If they are spaced too far apart, they will spread out, bake flat and cream will run to the bottom of the pan and make the rolls soggy.

How To Beat the Winter Blues



Photo from sweetyhigh.com

This time of the season, especially this year, can be depressing to a lot of people and students. The gloomy weather, the end of the holiday season, and loads of assignments can cause people to feel depressed.

If you ever feel that way, even not during the winter, take a look at this list of activities!

- Go for a walk
- Talk to a friend
- Cuddle or play with a pet
- Cook something (see our recipes above!)

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- Do some skincare
 - Watch a funny movie (Some on Netflix are *50 First Dates*, *My Best Friend's Wedding*, *Big Daddy*, and *Yes Man*)

Try some of these if you ever feel yourself getting overwhelmed, depressed, or annoyed!

Also, here are some resources provided by Mrs. Brown if you ever feel down! (Huh, that rhymes!)

Virtual Relaxation Room: <https://sites.google.com/lafayetteschools.org/relax>

Crisis Call and Text Lines:

<https://sites.google.com/lafayetteschools.org/counselingoffice/mental-wellness-resources?authuser=0>

Winter Reading Challenge

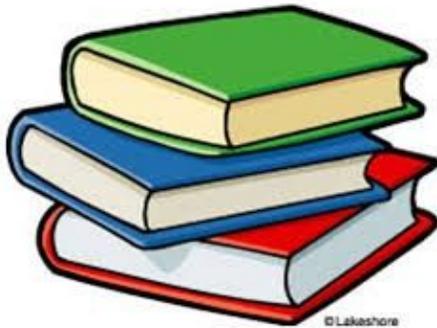


Photo from clipart-library.com

This reading challenge will be for books that you read from December to March. The person from each grade level who reads the most pages wins a prize.

1. Can't be a book that you previously read

Pro-Tip

- If you read an audiobook, google the number of pages

[Winter Reading Challenge Form](#)

Winter 2020 VS. Winter in Previous Years

I used to love winter mostly because there were snow days and snow days in my family used to be the best days ever. I used to sleep in until 10 once my mom told me that there's no school. After I wake up I'll get into my snowsuit and jump outside into the piles and piles of snow in my backyard for hours on end. I would love it when I came inside with snow all over me. There was always hot chocolate on the kitchen counter for me, a mound of whipped cream and marshmallow that seemed to last for days in my cup. I used to love these days.

Winter nowadays is so different from last year, Well I'm also older and not wanting to hang outside all day then have snow all over me. I feel like this year could be a happy year but covid has made it ten times worse and not fun anymore. I just wish we could go back to the good days where everything was somewhat normal and not so toxic and judgmental and not so many people having a big opinion about little things. The world now doesn't go and have fun in the snow and have Christmas sleepovers with family and friends. It's all boring now and feels quiet in a way and so sad also with everyone on their phones and glued to tik tok and social media taking over the world and is showing up everywhere. But overall I think winter now is much different from last year hopefully winter will go back to normal next year!

Comic Contest

1. Must be school appropriate
2. Can't be more than 2 sentences- Be Creative
3. Have fun!
4. Submissions due by January 11th



Photo from thefunnyplace.com



Photo from imgflip.com

[Comic Contest](#)

Last Month's Winner



Photo from goodhousekeeping.com

“Come on where’s the burgers....” -Rayna Casler

- Switched at Birth
- The Fosters
- Thirteen Reasons Why
- New Girl
- Unbreakable Kimmy Schmidt
- Criminal Minds

Disney+

- The Simpsons
- Girl Meets World
- Boy Meets World
- Once Upon a Time
- The Mandalorian
- Lizzie McGuire
- Even Stevens
- Wizards of Waverly Place
- Kim Possible
- A.N.T. Farm
- America's Funniest Home Videos
- Good Luck Charlie

- Hannah Montana
- High School Musical The Musical The Series
- Jessie
- Kickin' It
- Mighty Med
- Lab Rats
- The Diary of a Future President

Amazon Prime

- Bones
- Chuck
- The Office (UK)
- Teen Wolf
- Spongebob
- Law & Order: Special Victims Unit
- Downton Abbey
- The Mentalist
- Upload
- The Pack

Scheduling



Photo by clipart-library.com

The time is coming up again when we decide what classes we would be interested in taking next year. The guidance counselors will begin coming into classrooms and presenting on courses and graduation requirements in January. Students will be able to select the classes they would like to take.

In the weeks following these presentations, the counselors will be meeting with each student personally whether it be virtually or in person. During these meetings, they will talk to you about the

courses you selected, grades, teacher predictions, and graduation requirements. Students are required to take 6 credits worth of classes which leaves a period open for one study hall. The counselors try their very hardest to get us into every class we would like to take but they can not guarantee that they can make that happen.

There are many fun electives that our school offers that students can take such as photography, journalism, music theory, home improvement and weight training. To make the counselors jobs a little easier try and plan what electives you would want to take so you have the highest possible chance of getting a spot in that course.

By Jenna Reese

Acts of Kindness



Photo by dreamtimes.com

Acts of kindness are things that can be done to brighten someone's day. When you hear the term acts of kindness you probably think that it has to be something big like volunteering at an animal shelter or soup kitchen. In reality, it doesn't have to be big at all. It can actually be something really small like complimenting someone or even just saying hello to them in the hallway.

If you see an act of kindness email it to us so we can feature it in the next newsletter. Send them to Sarah Wells at 22welsar@lafayetteschools.org or Jenna Reese at 22reejen@lafayetteschools.org.

By Jenna Reese

Spotify Top Artists



Photo from 1000logos.net

Sarah

1. Beach Bunny
2. Elton John
3. Original Broadway Cast of Hamilton
4. Barrett Wilbert Weed
5. Jason Mraz

Jenna

1. NF
2. One Direction
3. Ed Sheeran
4. Halestorm
5. Shinedown

What were your top artists of 2020?

[Spotify Top Artists](#)

What Do People Do On Snow Days?



Photo from care.com

Well, it's getting to be that time of year again. Snow Day Season! One of the best things about living in Central New York in the winter is the snow days. Waking up and finding out you don't have to sit and focus all day is indeed, exhilarating. Here's what you guys say you do on snow days.

"Hot chocolate, sledding, and sleeping." -Julia Zehner, 11th Grade

"Watching movies, drinking hot cocoa, skiing, and playing in the snow." -Katie Fabend, 8th Grade

However, the most popular of the activities was definitely this fun pastime:

"Sleeping." -Evy Ryan, 12th Grade

"Sleep." -Jennifer Post, 11th Grade

"Sleeping." -Maria Polinsky, 12th Grade

Hopefully, this school year is filled with many snow days to come!

By Sarah Wells

Feeling Trapped?



Photo by popsugar.com

You're in a tank. The air is cold and humid but there is no water in sight. You reach down to feel if there are any cracks in the framing that you could use to your advantage to escape but there are none. You start to bang on the glass and yell hoping someone will hear you. Much to your dismay, no one is around and as soon as you give up trying to yell water begins to drip slowly from the ceiling. The drops slowly fall and hit your head. It annoys you but isn't enough to make you really upset. Then the drops start falling faster and the water starts to build up on the floor. You begin to bang on the glass again screaming with all your might. Your throat goes dry and your ears are ringing as the water rises. Once it gets high enough that you begin to float, alarms begin to blare loudly and a red light flashes brightly in your eyes. The water gets so high that you gasp for air before being forced under by the ceiling. That's when you black out.

This is what overwhelming stress and anxiety can feel like. This year has been extremely difficult on all of us and sometimes it becomes a little too much. Especially now when Covid-19 and Christmas overlap keeping us away from family and friends over the break. If you ever feel completely overwhelmed don't be afraid to reach out to someone especially a trusted adult or guidance counselor.

Also, here are some resources provided by Mrs. Brown if you ever feel down! (Huh, that rhymes!)

Virtual Relaxation Room: <https://sites.google.com/lafayetteschools.org/relax>

Crisis Call and Text Lines:

<https://sites.google.com/lafayetteschools.org/counselingoffice/mental-wellness-resources?authuser=0>

Waterless Snow Globes

First, you must gather the required resources for the waterless snow globe, which is in the following list.

A Glass Jar
Artificial Snow
A Hot Glue Gun w/ Glue
A Desired Figure To Put Inside
Glitter
White Spray Paint

First, remove the lid from the jar and then cover it with white spray paint. Now, wait for the spray paint to dry and once it has, flip the lid over. Once you flip the lid over, put the figure that you have chosen standing upright on the unpainted side of the lid. You will then use the hot glue gun to glue the figure to the lid. Then, you can put some of the artificial snow as well as some glitter for a nice touch into the jar. Finally, put the lid back onto the jar and make sure it is completely secured, and enjoy your new snow globe.

New Year's Resolutions

Each year many people make resolutions that they try to keep for the year. These resolutions are often made because people are trying to better themselves. The most common resolutions amongst Americans are exercising more and losing weight. Other common resolutions are saving money and eating healthier. There are many other resolutions that you can make, you don't have to follow the crowd and do what everyone else does. The following resolutions are ones that you could easily try and do in the coming year. Reducing stress, sticking to a budget, getting more sleep, improving your relationships with your friends and family, or even just focusing more on yourself. The best part about resolutions is maybe you try to stay with it for the whole year and you make some progress. You can still keep the same resolutions for next year and even add more for yourself.

Here are some ideas for resolutions:

- Read more books
- Learn something new
- Spend more time with family
- Exercise regularly
- Let go of things you can't control
- Make new friends

