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Cover photo by Nolan Payne

Moving to the United States

By Liniquer Perez

I moved to the United States from Guatemala when I was young. My first days at my new school in Independent, Wisconsin were very difficult, because I didn't understand English. It was very difficult to understand the teachers when they spoke to me, because I didn't understand what the teachers were saying. After being there a few months, I met a student who spoke Spanish and English. The student helped me understand when the teachers told me what to do.

Between 5th and 6th grade, more students entered the school. They helped me when I did not understand something. There was an ESOL program in the school that was for those who could not speak English, and there they helped teach me how to speak and understand English.

My family decided moved to Austin, Minnesota, and I started at Lyle Public School. I went there for two years, and I got much better with English. I understood what the teachers said to me and the teacher understood me when I spoke to them.

When I went to Grade 9, and I came to the Alternative Learning Center in Adams. It is a program that helps you finish your studies. When I was first going to come here I thought we were going to only have a few students, but there are actually around twenty.

It was hard for me at first after moving to the United States, because I did not understand English. I did not want to go to school, because I did not understand anyone or know how to do the homework I was given. I have been learning though, and I understand much better than I first did.

Protests in Sacramento

By Nolan Payne

On the night of Monday, March 4th, Sacramento saw another gathering of protesters. The gathering was to protest the district attorney's decision to not bring the officers who shot Stephon Clark up on criminal charges.

To explain the protests, I'm going to need to explain the backstory. At approximately nine o'clock p.m. on March 18th of 2018, a 911 call was placed saying that someone was breaking the windows of cars in a residential neighborhood. Two Sacramento Police Department officers arrived on the scene along with the help of a sheriff helicopter. The officers made contact with the man who called 911, and he told them that the man – who they came to know was Stephon Clark – was in his neighbor's backyard. That's when Clark allegedly took a cinder block and threw it through the sliding glass door of the 911 caller's neighbor.

SPD officers pursued Clark through the backyards of people's homes while the helicopter radioed Clark's position to officers. They were able to catch up to him. One SPD officer spoke to Clark saying "stop" and "show me your hands." Clark then allegedly ran from officers again into his grandparent's back yard. At the time, the officers were not aware that this was Clark's grandparent's yard. An officer then went into the yard to try and make contact with Clark again, but according to the officer, when he rounded the corner he saw Clark with arms outstretched in a shooting stance, pointing something "metallic-looking" at him. This officer then ran to cover a second officer. He saw Clark advancing towards himself and his partner in what allegedly appeared to be shooting stance, so the officers opened fire, firing 20 shots and killing Clark.

The district attorney has said the reason he did not charge the officers involved is because he believes they thought their lives were in danger. He also cited the fact that officers gave commands to Clark requesting that he show his hands. The district attorney appears to have been thorough when weighing the decision of whether or not to charge the officers, with many experts in the field of law enforcement contributing to the report. The protests in Sacramento this March were mostly peaceful, as opposed to the protests that happened in 2018, not long after the shooting, when protesters blocked roadways and prevented fans from getting to a Sacramento Kings game.



On March 4th, 2019, protesters started demonstrating through neighborhoods in east Sacramento. While many were peaceful, police began receiving reports of people keying cars. Police spokesperson Sgt. Vance Chandler says that police arrived and gave 10 orders to disperse because of unlawful assembly over a two-hour period and reports of vandalized cars. Some of the protesters followed the lawful orders but some didn't and they began to move onto a freeway overpass. Where police were waiting for

protesters and arresting people in small groups, eventually detaining up to 84 people.

The History of St. Patrick's Day

By Angeli Padilla

We've all heard of St. Patrick's Day, right? There are shamrocks, lots of green and maybe even a leprechaun or two. St. Patrick's Day celebrates the Roman Catholic feast day of the Patron Saint of Ireland. What does that really mean though? Hopefully I can do some explaining for you!

Before Patrick was a saint, he went by the name Maewyn. He was born in Roman Britain. When Maewyn was 16, he was kidnapped by Irish marauders and sold into slavery in Ireland sometime in the fifth-century. He managed to escape to a monastery in France and converted to Christianity.

He went back to Ireland in the year of 432 AD as a missionary. The legend says that St. Patrick explained the Holy Trinity – made up of the Father, the Son and the Holy Spirit – using the three leaves on an Irish clover. It is said St. Patrick had a large part in the spread of Catholicism in Ireland, making him looked up and praised by the church and later given the status of a saint.

By the time of his death on March 17th 461 AD, St. Patrick had established monasteries, churches, and schools throughout Ireland. Ireland came to celebrate this as his saint's day with religious services and a huge feast. The celebration in Catholic communities of Ireland grew and is now commonly celebrated as a secular holiday in the United States.

Science Meets Magic:

The Fascinating World of Microwaves

By Eli Sund

Ever since microwave ovens were commercialized in the 1970s, they have become somewhat of a staple of quick easy foods. Found in anywhere ranging to a well-furnished gourmet kitchen, all the way to the college dorm room of a lazy student. Although the microwave can seem like a benign and boring object in our homes, the way items are cooked inside are far more intense than one might think.

Microwaves use quite a unique way of heating up the things we eat and drink. Instead of using a heat source and convection, which has a habit of cooking the outsides of food too fast and insides too slowly, microwave ovens use waves at about 5 inches in length (called microwaves) to excite the molecules in your food to cause them to heat up. It creates these waves by a magnetron that channels the electrical energy from the outlet to a heating element, creating a flow of electrons that are transmitted into microwaves through an antenna that goes into the cooking area of the microwave. Inside the cooking compartment are reflective metal plates that help reflect the microwaves and create a sort of Faraday cage to make sure the waves don't go anywhere they aren't supposed to. As the waves bounce around, they go straight through the food, exciting the molecules as they come in contact.

You may have also heard at times, maybe when you were young and trying to use the microwave, never to put any metal or plastic items inside of it. Why is it that we can't just throw these there? Well, many plastics are prone to (like food is) having the microwaves shoot straight through them. This will then cause the plastic to melt, and possibly release carcinogens into your food making last night's leftovers head straight for the trash.

This rule makes sense, as you can't really put plastic into your conventional oven either, but why can't you put metal into the microwave? When food is put into the microwave, the part that gets heated up the quickest is usually the water, but when it gets too hot it usually comes off as steam and floats around or gets vented out. With metal, when the molecules are excited and have no place to go and heat up at a faster rate (some microwavable packaging takes advantage of this by putting thin pieces of aluminum in the packaging to crisp the outside of the food). This can cause the metal sometimes to catch fire. Some metals, instead of absorbing the microwaves will reflect them, making the waves that usually get absorbed by food bounce around, even more, making the magnetron overheat and damage itself. If you get a conductive metal in the mix, such as silver, with pointy parts like forks the electrons will start to gather onto the tips of the metals, which will eventually create an arc that will jump from the fork to the magnetron, once again damaging it while making a pretty cool light show.

As you can see, the modern-day microwave is a pretty handy kitchen appliance. Although it may have some strange rules and caveats, you still cannot beat the impressive ability to cook the inside of food as even as the outside is. Remember, don't be lazy and follow the rules and last night's leftovers will suddenly become appetizing once again.



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Profile: Diego Maradona

By Liniquer Perez

Diego Armando Maradona was born on October 30, 1960, in Villa Fiorito, a province of Buenos Aires, Argentina. He was the fifth son of the eight children raised by Diego and Doña Tota. Maradona grew up in a family that had little money. He received his first soccer ball as a gift at age 3 and quickly dedicated himself to the game.



At 10, Maradona joined Los Cebollitas, a youth team of Argentinos Juniors and one of the biggest clubs in Argentina. Showing his prodigious ability at an early age, Maradona led Los Cebollitas to an incredible 136 game unbeaten streak. He made his professional debut for the senior team shortly before his 16th birthday.

Maradona later left Argentina to play for Barcelona. When he got to Barcelona, he played some games, but then he was injured and couldn't play. He won two King's Cup titles and a League Cup. Then Barcelona traded him to Naples. When Maradona was with Naples, he was injured yet again. He had to take a few months off from the team but did return to play with Naples. Throughout his career, Maradona has played for six teams.

In the World Cup finals, Diego Maradona got a goal with his hand but pretended that he got the goal with the head. The referee did not see it was his hand and called that it was a goal. Maradona's team won, and when he was asked about the goal he said it was *la mano de Dios*, meaning it was the hand of God. After winning the World Cup, Diego Maradona became a coach for Argentina and trained the world-renowned footballer Lionel Messi.

Diego Maradona retired as a trainer for a few years after Argentina lost the World Cup. Then the Mexican football club the Dorados put an offer to Maradona to coach there, offering him 1.6 million dollars. Maradona almost won his first title with Dorados, finishing second after a good season with golds.

Many people criticize Maradona, especially for the goal he actually made with his hand. To me though, he is one of the legends of football. He has inspired many people to play the game. Messi has talked about the things he learned from Maradona in interviews, and he is another great player. I admire Maradona.

The IRA: A Brief History

By Nolan Payne

The IRA, despite most people thinking that they're not a threat, still go through with attacks to this day. One of the latest examples just took place in the town of Derry in Northern Ireland. There was a car bombing that took place in front of a courthouse in town, as well as improvised mail bombs sent to two airports, one train station and one university with claims of the existence of a fifth explosive device. All except for one of the explosive devices were intercepted before they could ignite, and the only device that detonated was one found at Heathrow Airport and ignited after being opened by airport staff. Irish police have also reported another mail bomb was found at a postal collection center in the city of Limerick. Police were called once the device was located, and the police disposed of the explosive. No one was injured, and no property was damaged.

So, who is the IRA, and why are they doing these things? The Irish Republican Army, also known as the IRA, are multiple paramilitary groups dedicated to Irish republicanism, meaning the belief that Ireland should be an independent republic free of British rule and free to form their own government. The IRA was originally formed in Ireland in 1917 by Irish volunteers who did not enlist in the British army during the First World War. There were many ways that they would fight the British. Most famously, they used car bombs as means of attack, but they also put roadside bombs under bridges to prevent the British from moving troops through rural areas of Ireland. They also used guns and weaponry, donated to them from Libya and other countries in the 1980's to perform hit and run tactics against British soldiers. In time, there came to be many sects to the IRA including: the Official IRA, the Provisional IRA, the Real IRA, the New IRA and many more. It can get very confusing, but the two main sects – or the two that had the most impact – are the Provisional IRA (up to half of the deaths that are credited to the IRA are credited to them) and the Real IRA. The Provisional IRA was started in 1967 and was active up until 1998 when the Good Friday Agreement was put in place. This agreement stated that the IRA would start disarming and would come to an agreement on how Northern Ireland should be run.

Not all of the IRA was on board with the idea of a treaty, and many people still did not want the British to be in Ireland. After the Provisional IRA reached an agreement with the government, a new sect was formed for those who opposed the cease-fire and the Good Friday Agreement. This sect was formed in 1997 and subsequently merged with another group in 2012 to form the New IRA. One of their first attacks was the bombing of Omagh – one of the bloodiest attacks in Irish history – which killed 29 people and injured approximately 200 more.

The IRA were one of the world's most feared terrorist organizations at one point in time, but at this point most of the public has somewhat forgotten about them. These recent attacks show that they are still out there, and don't appear to show any signs of stopping soon.

Springtime Recipes

By Angeli Padilla

Easter is right around the corner and we all know what that means DESSERTS! They may or may not be the very first thing on your mind, but many of us will have gatherings we have to bring a dish to, and you can always use more dessert. Here are some new delicious Easter desserts for you to try. Even the Easter Bunny will be jealous!

Rainbow Cake Batter Blondies

Ingredients

Cooking spray
3 cups all-purpose flour
1 tsp. Kosher Salt
1 tsp. Baking Soda
18 tbsp. (2 sticks) Butter, Softened
1 cups granulated sugar
1 cups packed brown sugar
2 tsp. Vanilla extract
3 eggs
2 cups white chocolate chips, Divided
1 cup sprinkles, divided

Directions

- * Pre-heat oven to 350 , grease a 9"-x-13" baking pan with cooking spray and line with parchment. In a medium bowl combine flour salt and baking powder
- * In a large bowl using a hand mixer, beat butter and sugars until fluffy. Add vanilla and eggs and beat until combined
- * Add flour mixture to butter mixture in batches and beat until combine evenly. Fold in 1 cups chocolate chips and 1 cup sprinkles
- * Transfer the batter to the pan and top 1 cup of chocolate chips and remaining sprinkles
- * Bake until edges are golden about 30 minutes, let cool
- * Melt remaining chocolate chips in microwave, drizzle over blondies

Robin's Eggs No-Bake Cheesecake

Ingredients

- 1 cup heavy cream
- 12 oz. cream cheese, softened
- 1 cup crushed candy robin's eggs, plus more for garnish
- 1 cup malted milk powder
- 1 graham cracker crust

Directions

- * In a stand mixer fitted with a whisk attachment, beat heavy cream until soft peaks form. Add cream cheese and sugar and mix until completely combined and no clumps remain. With a spatula stir Robin's eggs and malted milk powder until combined
- * Pour mixture into graham cracker crust. Cover with plastic wrap and refrigerate until firm, at least 6 hours and preferably overnight
- * When ready to serve, top with more Robin's Eggs





Photo by junior, Nolan Payne



Photo by junior, Nolan Payne

The Equinox and the Start of Spring

By Eli Sund

Every year when March rolls around, we get excited for the spring equinox that apparently means spring will come soon (hopefully). For other people around the world, this occurrence brings symbols of renewed life of the Earth that comes with spring.

Before we get into the fun Paganistic celebrations, we need to know what the vernal equinox is. The word equinox in Latin means “equality of night and day”, so the spring equinox is accepted to be when the sun is exactly above the equator and night and day are both 12 hours long (which isn’t entirely true). In the northern hemisphere the equinox this year happens March 20th, although it commonly occurs around the 21st. This holiday marks the beginning of spring because the days will become longer as nights will be shorter and shorter, bringing forth warmer weather until the summer solstice.

For some people, this time of year isn’t just a natural solar phenomenon. For many pagan religions (typically referring to groups of people with religious beliefs that differ from main religions), the vernal equinox (also known as *Ostara*) is one of the holidays or festivals that make up the 8 different neopagan sabbats that are called the Wheel of the Year. The Wheel of the Year also celebrates Midwinter (Yule), Imbolc which marks the first signs of spring, Beltane which is the first traditional day of spring in Ireland, Midsummer (Litha), Lammas which is the first of three Wiccan harvest festivals, the Autumnal equinox (Mabon), and Samhain which is considered by Wiccans as one of the four Greater Sabbats. During this time, they carry out rituals associated with rebirth and growth, as well as create crafts such as dyeing eggs or making St. Patrick’s day snake wreaths.

Pagans aren’t the only people celebrating this time of year. One of the more well-known holidays happens right before the equinox, and that is St. Patrick’s Day. It is a holiday that originated in Ireland and is celebrated by Catholics in the area. St. Patrick’s Day is celebrated as it marks the day that St. Patrick drove the “snakes” out of Ireland and converted thousands of people to Catholicism. It is thought that the “snakes” are a metaphor for early pagans that lived in the island, which he either drove out or converted. Another well known holiday is Easter, although the popularly celebrated Easter has some pagan traditions in it such as hiding eggs, cooking eggs etc. The Easter modern-day Christians celebrate actually celebrates the belief that this was the time Jesus Christ rose from the grave three days after being buried.



So even though all the vernal equinox means is the sun is over the equator, people still hold the day as a special holiday. From practicing rituals to celebrating the day a group of people escaped slavery in Egypt, we all will be celebrating the 20th in our own special way. One thing is for sure, it will be finally spring.

Spring has (Almost) Sprung

By Angeli Padilla

The weather is warming up and everything's turning green! It's time to shed your winter coat and enjoy the warmer weather and the spring season. Where do you start? Here are a few indoor and outdoor ideas to kick your season off right!

O U T D O O R

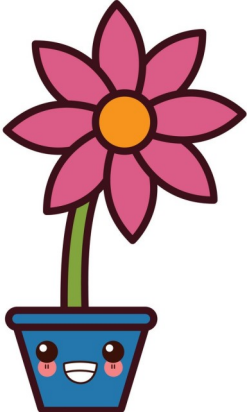
- * Spring weather is great for kites! Take your kite out and enjoy flying it in the springtime breeze.
- * It's the start of cookout weather — fire up the grill and eat some barbeque.
- * Watch for wildlife! Spring is a time of rebirth — critters will be everywhere, so be on the lookout.
- * Take your bike out for a ride. Find a trail nearby and ride the dust off!
- * Plant something green. It's been awhile since we've seen any green, so plant something and feel the spring spirit. Some flowers that are good to plant at this time of year are daffodils, tulips, crocus, and Hyacinth

I N D O O R

- * Bird-watching through a window is great for an inside day. Get a snack and look for birds from afar!
- * A classic board game day is always fun. Gather the family or some friends and play your favorite board game!
- * Make yourself a fort. When the weather's rainy making a cozy fort is a great way to have fun or have a comfy spot to relax.
- * Do some arts and craft! Get as creative as you can and get into the spring mood, even when the weather isn't cooperating.

Ask Eli

By Eli Sund



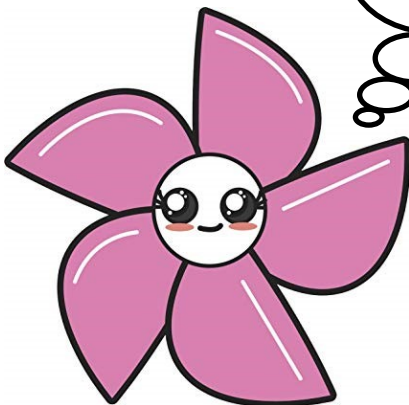
Why does mint taste like cold?

Many minty things like peppermint and mint oils contain menthol, which tricks certain receptors on our tongue into sending signals to the brain that make it feel like you're chewing on ice cubes. Science doesn't know why menthol makes the receptors react this way, but it still makes our breath fresh either way.



Who won baseball in 1981?

They say the Los Angeles Dodgers, but it's always Babe Ruth who wins in the end.



How the heck do magnets work?

They're sticky but on an atomic level.



Drawing by Liniquer Perez