

THE COLONIAL

CLAY HIGH SCHOOLS MULTI-ISSUE INFORMATIVE PUBLICATION • VOLUME 1 • ISSUE II • 2020-2021

BLACK LIVES MATTER

AN OVERVIEW OF THE
MOVEMENT GAINING TRACTION
AROUND THE WORLD

CTE AND COVID

CTE CLASSES AND HOW
THEY'VE CHANGED IN THE
MIDST OF THE PANDEMIC

THRIFTING FOR THE ENVIRONMENT

HOW THRIFTING CAN
SAVE OUR PLANET

BLACK LIVES MATTER

IT'S NOT JUST A MOMENT, IT'S A MOVEMENT.

A NOTE FROM THE EDITORS...



Thank you for reading this edition of The Colonial! We hope you enjoy it!

TABLE OF CONTENTS

PAGE 1: TITLE PAGE

PAGE 2: A NOTE FROM THE EDITORS

PAGES 3: COUNSELOR'S CORNER

PAGE 4: BLACK LIVES MATTER

**PAGE 5: SAFE ACTIVITIES TO DO DURING THE
PANDEMIC**

PAGE 6: THE ART OF THRIFTING

PAGE 7: NOVEMBER SKIES

PAGE 8: CLAY ALUMNI

PAGE 9: CTE VS. COVID

PAGE 10: ASK A COLONIAL

**PAGE 11: MAKEUP – HOW MUCH IS
"TOO MUCH?"**

**CLICK AND GO
RIGHT THERE!**

NEWSPAPER STAFF:

EDITOR:

Lydia Talcott

DESIGN EDITORS:

Allyson Williams, Olivia Largent

ADVISOR:

Mrs. Susan Groves

STAFF:

Jamie Bridgeman, Elizabeth Farrough,
Jordan Martinez, Sydney Maurer, Olivia
Montgomery, Halle Pressler, Nova
Schmitt-Gonzalez, Shelby Sharp, Natalie
Sholley, Genevieve Trawick

If you have any pictures you would like us to include in the newspaper for the future, send them to:

Allyson Williams – allyson79008@students.sbcsc.k12.in.us

Olivia Largent – olivia1016802@students.sbcsc.k12.in.us

Counselor's Corner

We are so happy to have everyone back at school this year. Our counseling team has missed you, and our new counselor, Ms. Serrino, is looking forward to meeting all of you. We are in full swing with the college application season this fall!

Here are some of the things that counselors can do to help you this year:

- College letters of recommendation
- Scheduling issues (keep in mind that scheduling changes end after the 2nd week of each semester)
- Individual counseling (did you know that every counselor has a MASTER'S degree in counseling?!)
- Assist with communication between teachers, parents, students, other staff
- College application assistance (we can help you every step of the way with your entire application process!)
- Connecting new students with all the resources they may need to start at Clay successfully
- Create 4-year plans for students
- SAT and ACT fee waivers for eligible students

Here are some of the things that your counselors are doing now that the chaos of schedule changes have ended:

- Wrapping up a virtual "Senior Night" video, which will be sent out to 12th graders soon, and it's got a ton helpful pieces of information from local college admissions reps.
- Compiling a list of scholarships (available on Clay's website under the "Counseling" tab)
- Making a schedule of colleges and universities that are hosting virtual visits with us. See the link in our Google Classroom, and email your counselor for a link to join if you haven't already!
- Testing, testing, testing (not fun, but we gotta do it)

These are only a part of what we can do to help you! Please reach us if you want to talk, chat, or need help.

BLACK LIVES MATTER

IT'S NOT JUST A MOMENT, IT'S A MOVEMENT.

Black Lives Matter is a social movement that protests against police brutality and racially motivated violence against black people. The Black Lives Matter Foundation was founded back in 2013 after the acquittal of Trayvon Martin's case, a 17 year-old African American who was shot by a white civilian. This organization's goal is to argue against white supremacy and violence against black communities. It is a national organization in the United States, the United Kingdom, and Canada. Though the organization was founded in 2013, it has recently become greatly strengthened due to the deaths of George Floyd and Breonna Taylor at the hands white police officers. The first major protest was in Minneapolis, Minnesota; a protest that started peacefully, but eventually turned into riots and looting. Then, all over the world people began protesting against the killing of innocent black lives and police brutality. We even had our own peaceful protests right here in South Bend. Though most of the protests began peacefully, some ended with police in riot gear trying to break them up using force. This use of force against peaceful protesters, who were protected by the First Amendment, was exactly what the protestors were protesting.

At first the media covered the gatherings every day, but now they are only a topic brought up when someone else is killed. Even though they do not cover the movement very much anymore, people continue to protest against the death of Breonna Taylor (killed by officers Brett Hankison, Myles Cosgrove, Joshua Jaynes, and Sergeant Jonathan Mattingly) and for

police brutality to stop. People continue to sign petitions and spread awareness of the Black Lives Matter movement, but with less media coverage some people are pretending like it is over. Black lives do matter and they always will. Saying "black lives matter" does not mean that any lives matter less—rather, it just means that they are the ones who need the most help as of now.

are suffering equally, which is not the case.

According to the Washington Post, black people and white people are not living in the same world. For black families, income is generally lower than white families. The average family income for a white family in 2018 was around 70,000 dollars, while the average income for black families was around 40,000 dollars. This is because black people are more likely to be unemployed, underemployed, or have few investments.

In 2020, the unemployment rate for white people is between ten and fifteen percent. The unemployment rate for black people in 2020 is between fifteen and twenty percent, which is significantly higher than that of white people's unemployment rate. Black people aren't just suffering financially—they are arrested more often than white people, per capita. In 2018, there were an average of fewer than 500 white adults incarcerated in comparison to 1,500 black adults incarcerated per 100,000 people. This means that black people are incarcerated at a rate three times higher than white people. Though black people make up only about twelve percent of the United States' population, they make up one third of the inmate population. They are also twice as likely to be killed by police officers. There are 42 million

black people in the United States and about 31 people per million are killed by police. Out of the 197 million white people in the United States, 13 people per million are killed. This shows how different American society treats black people versus white people.

Though the media doesn't cover it as often now and protests have died down, black lives still matter. They will continue to matter until black people and white people are treated equally. To help the cause, you can sign petitions, donate, or even just educate yourself and others on the topic. [BlackLivesMatter.com](https://blacklivesmatter.com) is a great place to get more information on this topic. Additionally, <https://blacklivesmatters.carrrd.co> has many resources to help. Black Lives Matter is not just a moment in time, it is a movement that isn't going to stop.

Rate of police killings



U.S. population



Source: Washington Post's database of police shootings since 2015
<https://www.washingtonpost.com/opinions/2020/06/22/what-numbers-say-whites-blacks-live-two-different-americas/?arc404=true>

Sometimes when somebody says "black lives matter", people counter by saying "all lives matter", which can be perceived as offensive. There are two main reasons as to why people say "all lives matter". The first reason is that they mean it genuinely. They care about everybody who is suffering right now, including black people. They are advocating for LGBTQIA+ rights, indigenous peoples and their stolen land and stolen sisters, the children in cages at the border, and any other group, race, or religion that is suffering. These people acknowledge that black lives matter as well as every other life, but do not use the phrase to undermine the Black Lives Matter movement. This leads into the second reason why people say "all lives matter". Some use it as a cover to hide their racist nature because what they really want to say is white lives matter. Other people are trying to say that black lives and white lives

SAFE ACTIVITIES TO DO DURING THE PANDEMIC

During the era of the Coronavirus, it can be hard to find things to occupy your time and even harder to find ways to safely get out of the house. To help some of you out there cure your boredom, here are some activities that are safe to do during the pandemic. Some of the safest activities to participate in right now are outdoor activities. If you're looking to do something active try hiking, roller skating, biking, and kayaking. As long as you keep your social distance of six feet, these activities will get you on the move and having fun safely, either around your neighborhood or in our local parks.

Looking to stay home but don't have anything to do? There are a lot of enjoyable things to try while we all are trying to stay safe like gardening, making art or playing games with sidewalk chalk, creating your own scavenger hunt, or having a video or board game tournament with your family. Outdoor or indoor gardening can be a great stress reliever, especially with the stress that school work brings, and it brings the reward of seeing life being created before your eyes. Sidewalk chalk is an inexpensive way to spend your time at home and we have seen many beautiful works of art and games made using this simple tool. Scavenger hunts are a great way to have fun if you have siblings to play with, or take photos of the items you find on your list and play with your friends from a distance. Another enjoyable activity is to have a board game or

video game tournament with your family to test your skills and see who's number one in the household.

Lastly, if you're looking for something to help you relax and forget about the world for a while, try making a photo album, stargazing, going to the drive-in movies, going for a picnic, or even creating a time capsule. A lot of us have photos sitting around in various places, so why not finally put them into an album that you can look back on years later? Another activity that you will be able to look back at in the future is a time capsule. Although this time in our lives might not be something you would like to remember now, making a time capsule can save the most positive memories of your life right now for you to look back to later. Stargazing can be a humbling experience, looking up at the world on a dark night and realizing how small you are in our universe; you can also spot constellations if you are in an area with little light pollution. The drive-in movies are making a big comeback as they are safe to view during the pandemic when staying in your own car. Going to these movies is a fun idea and can give us back the feeling of freedom to go see a movie whenever we like, which we once took for granted. Finally, one of the most simple things you can do to get out of the house is to go for a picnic. Pack some lunch and a big blanket and you're ready to go. This is another activity you can take to the park or your own backyard and enjoy some time outside in the fresh air again.

THE ART OF THRIFTING

By Jamie Bridgeman '21

In recent years, the art of thrifting has become a popular fad among the current generation of teenagers and young adults. Buying and flipping used clothes is the new designer. While some members of the older generations might write it off as just another “teeny-bopper trend” (like ripped jeans and social media) thrifting is actually a great way to help the environment. Crazy, right? As a matter of fact, there are several benefits to thrift shopping that not many people know about! Thrifting can reduce the amount of clothing in our landfills, for one. It can also help deplete your carbon footprint! Another benefit of thrifting? It helps to save thousands of natural resources! Now you may be wondering: “How does buying a bunch of raggedy, used clothes for \$2 each do all this stuff for the Earth?” It actually makes a lot of sense when you break it down.



Fun fact: would you believe that Americans throw away almost 10.5 million tons of clothing every year? It's true! And all of that clothing ends up in our landfills. About 60% of that clothing is made from synthetic materials like rayon

and polyester, both of which are plastic materials. And of course, we've all heard the horrifying truth about plastic in our landfills: it sits there for hundreds of thousands of years, if not forever. Therefore, by purchasing your clothes from second-hand stores, you are preventing those plastic materials from getting into our landfills and reducing waste.

Speaking of reducing waste, do you know how many resources are used just to make clothes? About 400 gallons of water are needed just to make one cotton t-shirt. And what about blue jeans? About 1,800 gallons of water is needed just for one pair! Talk about a waste! Think about all the ways that that water could be better used. It doesn't just stop at water, though. Greenhouse gases generated from making just one pair of jeans is the equivalent of driving about 80 miles. To put it into perspective, that's almost one trip to Chicago for every pair of jeans ever made. Now, imagine what it would do for the Earth if everyone stopped buying new clothes! We'd have an abundance of freshwater, and pollution and greenhouse gas emissions would drop monumentally! Not to mention landfills wouldn't fill up nearly as fast, and thousands of pounds of plastic wouldn't be wasting away in our oceans and those landfills. As inhabitants of the Earth, we should be doing our part to keep it clean, and thrifting is just one small way to accomplish that goal.

Now that you know the environmental benefits of thrifting, your next concern may be, “What if I don't like any of the clothes I find at thrift stores?” There are many answers to this question. First and foremost, every second-hand shop is different. They have different standards and styles to



fit everyone's tastes. Not to mention, there are thousands of online apps and stores like Ebay, Poshmark, Facebook Marketplace and more for you to explore. For those who, perhaps, don't want to risk the uncertainties that may lurk in some thrift stores like Goodwill, there are other shops with higher standards for the clothes they accept. Stores like Plato's Closet and Clothes Mentor are great examples of such. Employees carefully inspect each item a customer brings in to sell, then pay customers for the clothes they took, while returning any clothes that were unfit to sell. This ensures that they only put the safest and cleanest clothes on the sales floor. Needless to say, there are thousands of options for thrifting and reusing clothes! So the next time you need to go back to school shopping, before you head straight to the mall, stop by a thrift store. You just might be surprised at what you'll find!



Edmund C. Sweeney Jr.
Earth Space Science, Astronomy,
Meteorology at Clay High School

Highlighting The End of Daylight Saving Time and A Penumbral Lunar Eclipse

So what does November 2020 have to offer us astronomically? The stars we see at night this month are pretty much the same every November of every year because we humans haven't been around long enough in the Universe to notice many changes in them. If time schedules control your life then be aware that clocks "fall back" one hour at 2am on November 1st as Eastern Standard Time returns. Enjoy that extra hour of sleep that you don't really get. The one hour change will impact Sunrise and Sunset times. Starting in November the Sun will appear to rise and set one hour earlier. You will notice that it seems to get light earlier and dark earlier than it did in October. By your clock it does but astronomically it really doesn't.

So, on November 1st the Sun will rise in South Bend about 7:18am and set about 5:37pm. At the end of this month (on the 30th) it will rise about 7:53am and set about 5:13pm. Daylight will last for about 10 hours and 19 minutes on the 1st. By the 30th the amount of daylight will decrease to about 9 hours and 20 minutes. What you lose in daylight you gain in darkness in order to maintain a 24 hour "day". During November daylight continues to decrease and darkness continues to increase

as the Sun continues to rise later and set earlier each day. The Sun also continues to rise and set further south of east and west. Each day the noon Sun continues to decrease in altitude and noontime shadows continue to increase in length. All of this happened in November of 2019 and will happen again in November 2021.

The Moon will be a Last or 3rd Quarter Moon on the 8th, a New Moon on the 15th, a 1st Quarter Moon on the 23rd and a Full Moon on the 30th. Each one of these four major phases of our Moon lasts for "1 day". Each of the minor phases of our Moon, the waxing and waning crescent and gibbous moons, last for "6 days" and occur in-between each major phase. The Moon will be at Perigee (closest to Earth) on the 14th and at Apogee (furthest from Earth) on the 27th. November's Full Moon was called the Full Beaver Moon because that is when these animals became active, preparing for winter. Sometimes it is called the Frost Moon.

There will be a faint but visible Penumbral eclipse of the Moon beginning about 2:32am on November 30th as the eastward moving Moon slips into the Earth's faint outer shadow. Maximum eclipse occurs about 4:30am as the

Moon becomes Full and slightly dim. Since the Earth and Moon are not perfectly aligned the eclipse will not be dark or total.

The planet Venus will be noticeable in the east as a "morning star" prior to sunrise. After sunset, Jupiter and Saturn, still side-by-side visually, will be noticeable in the west as "evening stars", as will Mars, which is somewhat east of the pair. Your November stars and constellations will be similar in location to the October stars and constellations. Remember the North Star Polaris and the Big and Little Dippers as you look northward.

Closing Thought: True Love is more precious than silver, gold and platinum. True Love cannot be sold or stolen. It can only be given. The gift of True Love cannot be taxed and the returns you receive are immeasurable.

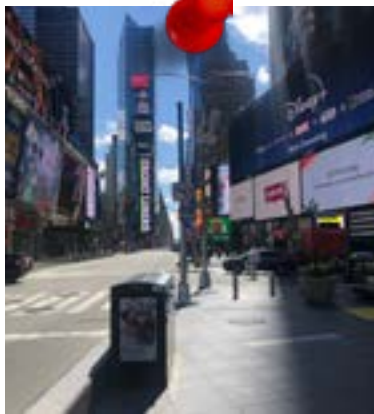
So: May your skies always be clear, may your eyes always look upward. . .and, no matter how you believe, may you always "feel" the beauty and mysteries of the Universe.

Clay Alumni

Amanda Farrough

As in every school, graduates go on to do great things with their lives. One such example is Amanda Farrough, a 2013 Clay graduate. She was one of the lucky ones who knew exactly what she wanted to pursue after high school. She graduated from college with her degree in nursing and went straight into a nursing job.

Soon after graduating, Amanda moved down to Indy where she got a job at St. Vincent's Hospital. She worked on the Trauma Neuro ICU floor for over a year before COVID-19 hit. When things got bad with the virus, she realized that New York was desperate for more nurses and supplies. After contracting COVID, she believed that she was being called to help out in New York. When Amanda told her family, they thought she was insane and there was no way she was actually going to go to New York. Her friends also thought she was crazy, but soon after talking it over, three others decided to tag along for the journey.



Times Square was absolutely deserted.

The four nurses got a contract job and set out for Brooklyn. On the plane ride, they were recognized and applauded for being nurses and for their bravery. Upon arrival, they checked into their hotel which they would be staying at for the duration of their trip. The manager of the hotel even opened breakfast earlier for the nurses. At the hospital, free lunch was provided by donations. This was a whole different world compared to back home.

"It was insane coming from a hospital where you had everything at the snap of a finger."

As anyone would do when you find yourself in a new city, the four explored New York. "It was eerie coming from such a busy city," Amanda pointed out. Central Park and Times Square were empty. Even the train station was empty. The few people they did see had masks on which was a strange sight for the girls coming from Indianapolis. And then work began.

All four nurses worked in the Intensive Care Unit five days a week with twelve hour shifts. Before these nurses arrived, there were only two nurses on the floor. The floor technically needs at least 6 nurses to run smoothly. They also had to work long tiring hours, and were often exhausted after shifts. One of the nurses even had to work 36 hours straight before Amanda and her friends came to the rescue.

"It was insane coming from a hospital where you had everything at the snap of a finger," said Amanda. This hospital had no pillows, no oral kits, and most importantly, no premixed medicine. The medicine had to be measured and mixed when it was needed. The hospital was an older one with outdated machines. The nurses had to acquaint themselves with these obstacles before tackling the mess.

The patients were in poor condition as well. When there were only two nurses, they weren't able to attend to all of the patients. Some died before the nurses could even get to them. "Patients were dying, not from COVID, but from things that were preventable. We were putting bandaids on things that were already broken, that had no fix to it. We were just prolonging the inevitable." On average, there were

approximately 10 patients dying everyday. The hospital's morgue, which could only hold 14 bodies, was at capacity. There were coolers under tents in front of the hospital holding dead bodies. "It was like working in a third world country," exclaimed Amanda.

One special situation arose while Amanda was working in the hospital. There was a mother who was in the hospital for a month and wasn't going to be alive for much longer. Amanda took it upon herself to contact the lady's family. The family got to see her and say goodbyes before the mother passed away. "Sometimes nurses forget that patients have lives outside of the hospital." Amanda is so grateful that she was only at the hospital for twelve hours and then could escape to their safe haven: the hotel.

When asked if she would do it again, Amanda replied, "Yes, I would do it again because now I have the knowledge of what a crisis nurse is and to be able to help and take away from the burden of two nurses working when six nurses are needed." Amanda learned how to adapt in hard situations. Another important lesson was to not take basic resources for granted.

After four draining weeks, it was finally time for the nurses to head home. Now, Amanda can be found working happily at Riley's Children's Hospital on the Cardiovascular Intensive Care Unit (ICU).



All day was spent in isolation gear. It was hot and sweaty. The orange covering was to protect their outfit because they only had one per day.

CTE VS. COVID

Career and Technical Education (CTE) classes are one of the highlights of South Bend School Corporation high schools. They help students prepare themselves early for the workforce. The classes range from dental and healthcare related, criminal justice, welding, and even to graphic design. A lot of the work involved with these classes involve physical interaction and activities. Unfortunately with the current state of the country with the pandemic, we aren't able to attend school in person. So as everyone knows, this means we have to participate in e-learning.

Luckily, CTE classes were able to go back in person right at the beginning of the 2020-2021 school year. These students get to go into their classrooms and participate in learning the way we always used to. Of course, going back in person comes with restrictions. Due to the current COVID-19 pandemic, students and teachers must practice social distancing. Everyone must wear face masks at all times, only three students are allowed to a lunch table, and student temperatures are taken every day on their way to class. Desks are even spread out to meet the six feet apart rule. It is a great thing to have CTE classes be the first classes to be able to go back in person, although the approach to the different activities and possible field trips definitely changes with COVID in full swing.

CTE teachers Theresa Godette and Barbara Wiczorek both have classes that take place at Clay High School. Theresa Godette teaches

Health Science Education I, as well as Health Science Education II: Nursing. Barbara Wiczorek teaches a Health Science Education I class, on top of her second year class which is Health Science Education II: EMT. I asked both of these teachers how this new style of in-class teaching affects the way learning is approached in their classroom.

"The primary way it has impacted learning in our classes is the amount of students we can accommodate at one time," Godette says. "On one hand it is a benefit, since our students are in smaller groups and we can devote more one-on-one instruction in these groups, while on the other hand we lose each group half of the week and I feel like that time in person is very valuable."

"I believe non-verbal communication is as important as verbal, so students not being able to see a smile is limiting the interaction between the teacher and students, as well as the interaction between students themselves," states Godette. In Godette's HSE class, she gives many labs and group activities to her class to help students understand topics within the class easier. She also hosts several trips to several medical facilities throughout the year. Students participate in work-based learning in the second year of the class and actually get to experience being a healthcare worker. These trips help students in the first year of the class get a headstart and see how it might be working in that field. Godette goes on to say, "trips have been cancelled until further notice due to most medical facilities being closed to

the public because of COVID."

Godette is extremely passionate about her teachings, and has been a huge support of them and their success. "The bond I have with my students is definitely affected since they only come every other day and I can't smile and make that non-verbal communication as well as before."

Wiczorek continues on the topic, "I don't think things have changed much except the obvious. Social distancing and hand-washing." Most of Wiczorek's students attend in person due to the classes she teaches. "I feel we may have lost students because they did not want to return face to face or their parents didn't want them to return, so they had to change their schedule/plans for the whole year."

Mrs. Wiczorek has always hosted many guest speakers or groups in her classes. "Guest speakers can only be virtual this year so far, which is really a bummer! Virtual can be fine until we get to the guest speakers that involve various types of hands-on activities."

"I find it harder to bond and come off approachable as a teacher with your mask on," says Wiczorek. "Overall, I'm happy to see the students be glad to be back in the physical classroom."

CTE classes have seemed to be going well in person for the most part. Hopefully it is only a matter of time before all classes return to in person for the most part.



ask a

COLONIAL

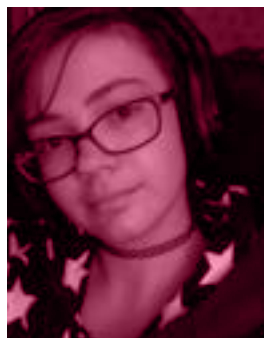
By Nova Schmitt-Gonzalez '21

Q: What is your favorite class to take during eLearning and why?



Emma Belke '21

"Graphic Design because I love the teacher and the class lets me be creative."



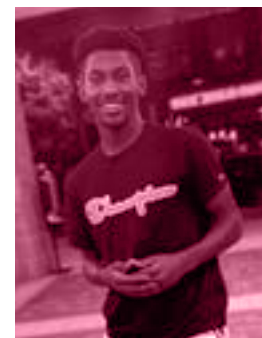
Laura Wegnerowski '23

"I would have to say band because we meet almost everyday and Mr. Meyers listens to us and helps us like in a normal classroom."



Mason Dings '21

"It would have to be Psychology for me, it's an exciting class to be in and to learn about the mind and how it works and how amazing it is."



Christian Love '21

"My favorite class to take during eLearning is Intro to Entrepreneurship because it is fairly easy, and I'm learning about business and I want to major in business in college."



Jasmine Dalay '22

"I like taking US History because Mr. Cooper makes me feel like there is always a silver lining, even during eLearning. He also makes me laugh very hard."

MAKEUP

HOW MUCH IS TOO MUCH?

By Via Largent '22

Since the dawn of time, men and women have put products on their face for the sake of beauty. Whether it was coal being used as eyeliner during the Ancient Egyptian times, or the newest James Charles eyeshadow palette during current times, makeup has always been a form of art. The question that has ran through centuries of generations, though, is - how much is too much?

In recent years, makeup has changed from being a simple light eyeshadow and lipstick look to being extremely intricate. Different colored eyebrows, big eyelashes, and bright lip looks have been taking over the makeup community. This style is drastically different than many older generations grew with.

Peyton Shrader, a junior at Clay High School, had her own take on society's opinions on makeup in modern times. Rather than wearing makeup, Peyton goes without. However, unlike many of those who don't wear it, she is not judgemental towards those who do.

"Labeling people who wear makeup and calling them names is not okay. Instead, call them beautiful. Call them confident. Call them creative and artistic because they picked up a palette of random colors and used their face as a canvas. If I was labeled as one of those derogatory titles, I would be so upset."



"YOU ARE BEAUTIFUL."



She admitted, "I only use mascara to make my eyelashes look longer. I have never been super into [makeup.] & I do believe there is such a thing as 'too much makeup,' but I take it literally. Wearing many layers of concealer & foundation is too much. If you are just wearing a full face of makeup, I see no issue with that because YOU DO YOU."

When asked about others judging men & women for wearing makeup every day, Peyton expressed her opinion passionately. "People should NOT be judged for wearing makeup or not wearing makeup. The stereotype is [we] want [someone] who doesn't wear makeup, but then [they] expect them to have flawless skin. When in reality... no one is perfect! If you do not want to wear makeup, then you shouldn't have to. If wearing makeup makes you confident, I believe you should wear it!"

Peyton also expressed how important it is to realize how beautiful people are without makeup. "The planet is full of beautiful people of all different shapes and sizes. It is really hard [for anyone] to feel confident in their own bodies because someone will always judge you. But you must stand up and remember: you are amazing, you can be anyone and anything you strive to be, and you are BEAUTIFUL."