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Seasons greetings and welcome to the holiday publication of The Lake Ave Times!

This year I have been chosen to be editor of the paper. I am so grateful to be picked for the role and have high hopes for the future of this paper. I am a senior this year and while this year is very unconventional I know that Auburn High School and this paper will overcome any obstacles created by the Coronavirus Pandemic.

This paper would not be possible without the help of the wonderful students in Journalism and members of the Newspaper club. These students have shown such dedication in the midst of remote learning and I could not have been more lucky for such a passionate team. I hope when reading this paper, the Auburn High School community will be inspired by such dedication.

I hope through the paper, the writing talents exhibiting by our members will be showcased as well interests and opinions of the student body. It is my goal that this paper brings some holiday cheer and excitement for those that read our paper.

Happy Holidays,

Jane Oliver



SHUTDOWN REACTIONS

Troy Churney

Across New York, state schools have been shutting back down and going back to virtual. With Covid-19 rates spiking again across the country, things are starting to recede. Locally in Cayuga County we have been going through it bad.

Cayuga County has been hit hard from the virus: our numbers are at an all time high with thousands quarantined. Recently, our school district decided to go virtual and shut our schools down. This frustrates a lot of people in many ways. Some complained it is for the worst, and some say it is for the best.

As we all know, kids these past 2 days are not gaining any knowledge with these schools being virtual. Nowadays school is more about getting through it, as to actually soaking up the knowledge and learning something. My friend Connor stated “I haven’t really even been learning much, just rushing through work for it to say it is completed.” With other concerns like parents all over social media claiming “Our kids are not getting any education this is ridiculous.” Now you can not blame anyone for this, it is just the truth due to the circumstances we are in

Recently, a vaccine was created and has been being distributed across the

country. But Cuomo just stated if our trajectory does not change the whole state will shut down again, Being shutdown affects everyone, our local small business must close and bring in no money, people become frustrated.

Our local businesses and restaurants are only 1.4% of the causes of the virus being spreaded, so many of them do not understand as to why they must close. Dan Seeley, co-owner of The Cider Mill in Taunton says, “We take all the precautions, and follow all these rules ... and then it seems like we’re being made the whipping boy when the evidence just isn’t there.” Local business owner . Many people have high tension with our governor and his rules, some of them being absolutely ridiculous.

Personally, our school being closed frustrates me. Learning at home is not the same and our younger generation will be affected by this negatively. Hopefully things become better and change comes. Our economy needs it, and the people need it, because without it we are destined to fail.





Too Late, Or Too Soon... When to Decorate?

Ivan Duncan

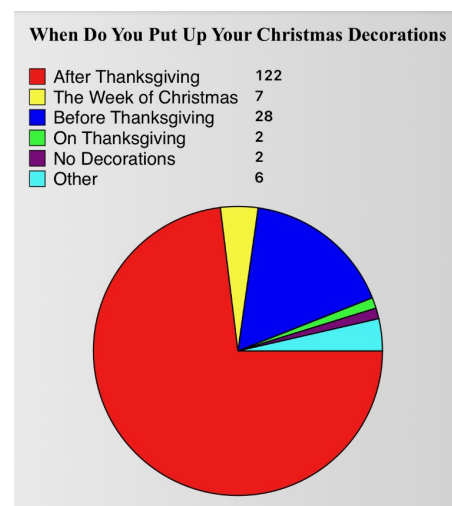
The holiday season is filled with joy, celebration, and time with the family. Every year most citizens who celebrate christmas put out decorations around their house and in the lawn to get in the holiday mood. Anything from little christmas lights and a tree to a 20 ft inflatable Frosty the Snowman. Even though decorations are decorations, when is the appropriate time to put these decorations out, when is too soon, and when is it just too late to get in the Christmas Spirit.

To figure out when it is best to put up Christmas decorations, first we have to see when the Christmas season starts. According to the catholic church, the Christmas season technically starts on december 24th, and ends January 5th. For many people it Begins long before that. Through polls done all over the world many say that the Christmas season starts the week after Thanksgiving, After all of the leftovers have been eaten. So it's safe to say that the week after Thanksgiving is the very beginning of putting out Decorations, but when is it too late to join the fun? Many

would say putting up decorations the second week of December is the very latest and anything past that point is useless.

Now that we figured out when to decorate now we need to pick what we want for the holidays. Most if not all families put up a tree within the first two weeks after thanksgiving, followed by lights around the house maybe a couple days later, and things for the lawn and all of the big decorations in the yard. Holidays are different for everyone though, not everyone needs bright gold, red and green lights around to get in the spirit. Some just put up a tree. It truly doesn't matter the decorations and appearance to be in the mood for the holidays, it is all about the people, spending time with loved ones, having friends and family at the house, hot cocoa and movies.

This Christmas is different from any other before. Many people are having a hard time getting in the mood. So maybe this one doesn't have to be about all of the extravagant decor, and rather it be just being with the people you love and holding onto this once in a lifetime moment.





How to Have a Safe Covid Christmas

Abigail Lentini

Christmas is right around the corner, and I think I can say that we all thought the end of 2020 wasn't going to look like this, to say the least. But this horrible year deserves to go out with a bang, and I think it can be done in the safest way possible.

I've compiled information from the CDC and other health websites and summarized them so you don't have to:

→ **Small Gatherings:** Usually my family has a big gathering at my aunt's house on Christmas eve, but this year we're keeping it extremely small, and with people we've all been surrounded by throughout the pandemic, which is not many.

→ **Online Shopping:** Avoiding big crowds is important, shopping online is the easiest and most efficient way to buy the things you need while still staying home. This goes for buying presents and buying food.

→ **Travel Tip:** if you're traveling for christmas, if possible, it is recommended you travel by car to try and avoid taking a flight or a form of big public transportation to avoid contact with other people, but obviously if you're going somewhere super far away, you have to take the best option for you and your family

→ **Virtual:** You could plan a virtual christmas party and send out online invites. Maybe set up a little christmas themed background and watch christmas movies through Netflix Party or Scener, which is similar to Netflix Party but in my opinion is more fun.

→ **Ugly Christmas Mask Contest:** Why not keep a covid theme in your christmas party and do an ugly sweater christmas party but with ugly masks instead! It's a fun theme while encouraging people to wear their masks, a win-win situation.

Obviously we all want Christmas to feel as normal as possible, but there are some sacrifices that need to be made to ensure everyone is as safe as possible. These are just a few, but with a quick google search you'll be able to find plenty of websites that will give you more safe and fun ideas. Stay safe, take care of yourself and others, and wear your mask.

HOLIDAY RECIPES!!



The Best Cookie for the Holiday

Ethan Trupiano

Almond paste cookies are one of the best cookies during the holiday season. They have a very different taste and texture compared to your ordinary cookies that people usually have. They are a very sweet cookie that has a hard exterior, but after that layer it becomes a very chewy cookie, making them very interesting to eat. To make them you will need:

- 7 pounds of almond paste
- 2 cups of egg whites(12 eggs)
- maraschino cherries
- 4 ½ pounds of powdered sugar.

After you have all of the ingredients you need to mix them together (not the cherries) and let them chill overnight.

Preheat- the oven to 350 degrees then bake the dough until it's golden brown. When that is all done you will put the cherries on top and you have finished making your cookies.

The story behind this recipe is from my grandmother who was a baker her whole life. Her mother from Cinisi taught her this recipe. She would love the holiday season because she would always make these cookies for any party she was invited to.

She made sure that everyone in my family learned how to bake these and made sure that all of her children and in-laws had the proper equipment to make them (the only special tool is a metal cookie press).

The reason behind this being her favorite cookie is because it is a very technical cookie, meaning it is very easy to mess up. This made it so she could show off her skill in a tasty way.

That is why Almond Paste cookies are one of if not the best cookies to learn how to make for the holiday season. If you don't want to learn you should still find the time to try them for yourself and see what you think.

Peanut Butter Blossoms Recipe

Madison Chambers



Who doesn't love chocolate and peanut butter (unless you're allergic). This is a yummy but simple peanut butter cookie recipe with a little special add on, a hersey kiss! I remember loving the holidays because of the super fun baking day my family would have before christmas eve. We would make all types of things like different

kinds of cookies, breads, pumpkin rolls, and more. We always had so much fun! With this recipe you can add the normal chocolate hershey kisses or you can even add the fun holiday ones. It's really just up to you! This recipe is fun and easy and fast! Here is the recipe for my personal favorite cookie it makes around 4 dozen, have fun, listen to some music and start baking;

Ingredients and their measurements;

1. ½ cup of butter or margarine
2. ½ cup of peanut butter
3. ½ cup sugar
4. ½ cup brown sugar
5. 1 egg
6. ½ teaspoon of vanilla
7. 1 ¼ cup of flour
8. ¾ teaspoon of baking soda
9. ¼ teaspoon of salt
10. A bag of hershey kisses

The Steps;

1. Preheat oven to 375 degrees
2. Thoroughly mix butter, peanut butter, the egg, sugars (brown and normal) and vanilla.
3. Mix together the dry ingredients.
4. Add the mixed dry blend into the creamed mixture.
5. Shape the mixture into 1 inch balls (if you want extra sugar you can roll the dough balls into sugar to add some more to the cookie).
6. Place the dough balls 2 inches apart on an ungreased cookie sheet.
7. Press the cook dough balls with a fork (don't squish the cookie too much)
8. Then bake the cookies for 10-12 minutes in a 375 degree oven.
9. When the cookies are out of the oven, move the cookies carefully onto a flat

surface with wax paper underneath and add your kisses on top of each cookie.
10. Then let them cool down and once they aren't super hot enjoy your amazing yummy cookies!

Special K: Easy and Delicious

Kristen Daughterty

For as long as I can remember, every year a few weeks before christmas, my grandparents host a cookie bake. A few weeks before Christmas, my dad's side of the family all comes up to my grandma's house except my uncle. We spend the entire weekend making cookies. We make dozens and dozens of different treats and then my aunt portions them up for everybody. The most popular thing we make is my grandmother's special K bars. Not only are they delicious, but they are also super easy to make.

This recipe only takes about 20 minutes and will serve almost 2 dozen people. For this recipe you will need: 1 cup light corn syrup, 1 cup sugar, 1 cup peanut butter, 7 cups Rice Krispies or 7 cups Special K cereal (we use special K), 1 cup chocolate chips, 1 cup butterscotch chips, ½ cup butter.

1-Melt together the corn syrup and the sugar.

2- Turn off heat and add Peanut butter.

3- stir in your cereal. (rice krispies or special K)

4- dump in lightly greased 9x13 in. pan, pressing lightly with buttered fingers or wax paper. (wax paper is easiest)

5- melt together your chocolate chips, butterscotch chips, and ½ cup of butter in the microwave until completely melted.

6- Spread overtop bars and allow to cool.

7- cut, serve, and enjoy!

adding sprinkles to the top of the bars before waiting for them to cool. Hopefully you enjoy these as much as my family does.

If you want to add a Christmas aspect to your special K bars, I suggest

The Tale of Two Cookies

Vince Catalone



Every great family recipe has a story behind it. Usually the story is warm and loving, however 5 years ago I created a tale of epic failure. A few days before Christmas, my future step-sister and I were playing catch with a glass ornament. Mind you, we both had no clue it was glass and thought it was a cheap plastic one. Unfortunately, we discovered it was quite the opposite. She decided to throw a super fast softball pitch at me and I decided to dodge it. The glass shattered all over my mom's freshly baked cookies cooling on the dining room table. She frantically pulled the tinsel that was inside the ornament off the cookies and after much denial realized she had trash the cookies. Let's just say she was more than furious at the both of us; I have honestly never seen her this mad. I volunteered to help her bake the rest of the cookies, but she wouldn't even let me back into the kitchen. It took her until the next day to cool off before she made me bake with her. Along with the pouring in of ingredients, you can imagine how much guilt was thrown into the mix. Italian moms know how to lay on the guilt.

The cookies, without glass in them, are family favorites passed down from my mother's grandmothers. We have a new tradition when the old cookie recipes are pulled out: the retelling of the glass cookies. Maybe someday my mom will laugh about the incident-I have a feeling that day is still very far away.

Granny's Chocolate Filled Italian Cookies

For the dough, you'll need a large bowl and a small bowl. In a large bowl mix in your wet ingredients:

- 4 tbsp shortening
- 1 egg
- 1 cup brown sugar
- 1 tsp of vanilla.

For the dry ingredients, in a medium bowl, mix:

- 2 ½ cups flour
- ¼ tsp of salt
- 2 ½ tsps baking powder

Combine the dry ingredients and the wet ingredients and mix in a ½ cup of milk.

Before mixing dough, make the filling because it needs to cool. In a double-boiler, melt 18 oz of chocolate chips and 14 oz can of condensed milk. Divide the dough into 4 balls and roll out. Spread filling in each one and fold the edges together. Bake at 350 degrees for 18 minutes. Cool completely then frost with an icing made with 1 ½ lbs of powdered sugar, 3 Tbs. of softened butter, and a little milk. We always divide the icing and add green food coloring to one half and red food coloring to the other. Once completely dry, slice into ½ inch slices.

Grandma Alcock's Chocolate Filled Cookies

For the dough, in a large bowl mix in:

- ¾ cup shortening,
- 1 egg,
- 1 cup brown sugar, and
- ½ tsp of vanilla.

In a medium bowl mix:

- 3 cups flour,
- ½ tsp of salt, and
- 2 ½ tsps baking powder.

Combine the dry ingredients and the wet ingredients and mix in a ½ cup of milk. Before mixing dough make filling because it needs to cool. In a double-broiler, melt 18 oz of chocolate chips and 14 oz can of condensed milk. Divide the dough in half. Roll out the dough onto waxed paper and flip onto a small greased cookie sheet. Spread the cooled filling over the dough and lay the second layer of dough on top. Beat an egg and brush over the top. Sprinkle with crushed walnuts. Bake at 350 degrees for 20 minutes. Once cooled slice into 2 inch diamond shaped cookies.

I learned two important lessons from the experience: don't be stupid and mess around near the cookies and second how much time these cookies take, so I could see why my mom was so furious. Enjoy the recipes and don't ever play catch with glass ornaments...especially when your mom has been baking

Three B Tree Farm Holiday Adventure

Josh Herrick



One of my favorite parts of the Christmas season is going to pick out a Christmas tree. This year my family and I went to Three B tree farm in Jordan, New York. I had never been to this tree farm before until this year and I didn't know what to expect. But by the time we left I was very impressed and I would definitely recommend the Three B tree farm in Jordan New York to anybody looking for a place to go for a Christmas tree.





First off the location of this tree farm is great. The Three B tree farm is located in the perfect spot right on the perfect hill near a patch of woods. The area of this tree farm gives off a perfect Winter feeling. The service and workers at this tree farm are great. They greet you when you first arrive and make sure you know what part of the farm the best trees are grown. There is a large assortment of Trees all different sizes at this tree farm. There are many different kinds of trees in all different shapes and sizes. All of them are perfect Christmas trees. Once you find the tree you like the friendly workers will take and wrap it up for you. And they will even help carry it to your car if you need it. Before leaving you can purchase and enjoy a cup of hot chocolate and sit inside with the heat on.

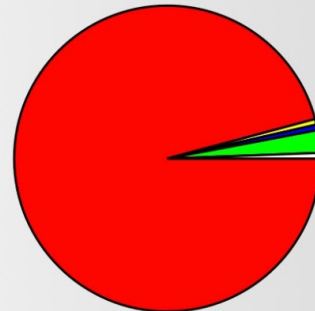
This capped off a very enjoyable experience at the Three B tree farm in Jordan, New York.

I had a very enjoyable first experience at the Three B tree farm in Jordan NY. I will be going to get my Christmas tree at this tree farm every year from now on. The perfect location, friendly workers and large assortments of Christmas Trees is what makes the Three B tree farm an excellent place to go to get a Christmas tree. I had a very pleasurable visit and I would recommend the Three B tree farm in Jordan NY to anyone looking for a Christmas tree.

You won't be disappointed.

What Holiday do you celebrate?

	Christmas	161
	Kwanzaa	1
	Hanukkah	1
	Hanukkah AND Christmas	4
	Atheist Christmas	1



What to Watch This Holiday Season

Unaccompanied Minors

Luca Pirozzolo



If you haven't already I highly recommend watching the moving Unaccompanied Minors. It features outstanding well known actors such as Dyllan Christopher, Tyler James Williams, and Wilmer Valderrama.

The movie is about a group of five random kids who get stranded at an airport during a Christmas Eve blizzard who find the opportunity to have some fun and let loose. Since all the kids are minors and are traveling alone they are sent to the Unaccompanied Minors room where they are supposed to sit and wait until the flights are safe to resume.

This is how the kids all meet one another. All the kids have the same goal of wanting to get out and not be trapped in a boring room during Christmas Eve.

One of the main kids of the group Spencer Davenport who is played by Dyllan Christopher just wants to make sure his younger sister who is travelling along with him gets to wake up the next morning with a present from Santa. Spencer looks to find help from Grace, Charlie, Donna and Beef the other four kids he meets in the Unaccompanied Minors room.

Since the kids again are all unaccompanied minors it is difficult for the kids to wander around the airport especially with the uptight airport official Oliver Porter who is played by Lewis Black and his naive assistant Zach Van Bourke played by Wilmer Valderrama.

All five teenagers create a holiday uproar by racing with golf carts and sliding down baggage chutes in order to get this present for Spencer's younger sister Katherine.

Spencer, Grace, Charlie, Donna and Beef must all sneak around and run from airport security before they are caught by Oliver and Zach and sent to the lodge.

I enjoy watching this Christmas movie every year because it reminds me of a modern day version of Home Alone and probably the things I would do if I was stranded alone in an airport far from home during Christmas Eve.

Who's Winning in a Fight; the Grinch Or Scrooge?

Grace Moskov



Upon immediate first impression of the competitors, I think it's safe to say that anybody would bet on the Grinch in a physical battle with Scrooge. Because who wouldn't win in a fight against a scrawny old man?

However, once taking a deeper look into each competitor, their storylines have shown that Scrooge may put up somewhat of a fight before being ultimately defeated by the Grinch.

Something anyone can see is that pre-Christmas magic Scrooge has unbridled amounts of swag. He lives in a big house with a maid and can probably buy anything he desires with the money he's exploited out of needy people.

With all that money and little to no moral compass, Scrooge could easily threaten to fire his employees if they don't back him in a fight. Furthermore, if Scrooge wasn't scared to travel through time with some festive ghosts, what would make him too scared to fight a mythical green beast?

This is where the real difference between Scrooge and the Grinch begins, because despite the individual efforts on either side, ultimately popularity will come into play.

The main thing that Scrooge has going for him is that he could pay people to fight with him, and at that rate, they won't be fighting passionately on his side as they dislike him. Besides, if the Grinch could take out one scrawny old man, then what's stopping him from

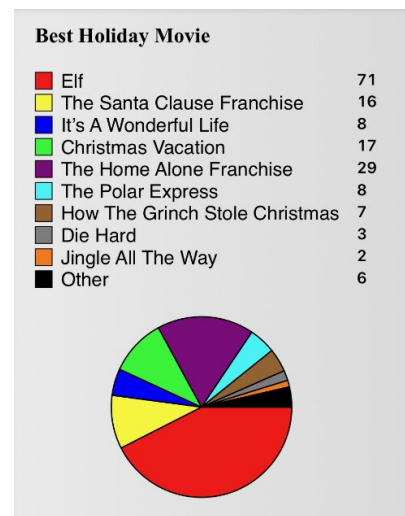
taking out multiple malnourished British men? Scrooge's money could buy him a lot of things, but not popularity.

And thus, despite his tremendous amounts of swag, he was a loser and nobody liked him.

A huge catalyst for Scrooge's change for the better was seeing Tiny Tim in his poor state and allowing the kindness of a child to alter his perspective. The Grinch on the other hand threw a child into a gift-wrapping machine to die, as well as attempting to petrify her out of his home for good by screaming in her face before he "kills again."

The Grinch is also an overall more powerful competitor. Upon seeing the Christmas ghosts, Scrooge theorized that they were a hallucination, and some may believe that he truly was hallucinating due to food that had gone slightly bad. The Grinch on the other hand lives mostly off of dumpster trash, and even eats glass, some of it molten, all while being fine.

The Grinch would without a doubt be the victor of a fight between the two villains. Before both of their transformations, the Grinch was much more committed to the forces of evil, even as a child. Scrooge would, and should, cower at the face of the Grinch's rage.



Truth Lies in Politics

A Win For Minorities and Democrats: Joe Biden Wins The 2020 Presidential Election

Abigail Lentini



On Saturday, November 7th, it was announced that Joe Biden was to be our 46th president. This was a win for democrats and lots of minorities in America. I for one am happy that Joe is our 46th president. Though I don't think he is the most fit to be president, he was our only option, obviously Trump was not fit to run again for a second term. And America knew that.

A main point in why Biden is more fit than Trump is with his policy on coronavirus. The New York Times said this: "His plans for addressing the outbreak include improved testing, expanded production of personal protective equipment, safe vaccine development and the safe reopening of schools. He has vowed to do "whatever it takes" to stop the pandemic from continuing to spread across the country, including lockdowns if scientists recommend them". He has also said that he will "...institute a mask mandate in their states; if they refuse, he will work

with local officials to get mandates in place" (New York Times). Biden *actually* has a spoken plan that he gave to the American people versus Trump, who kept promising to tell the people a plan but never actually did.

Biden plans on expanding the Affordable Care Act, but he does not support the idea of universal healthcare. Though I am 100% for universal healthcare, his other policies override this for me. The Republican party wanted to overturn the act and put more restrictions on healthcare, which is the exact opposite of what Biden wants.

Another big winner for me was his views on climate change versus our current president's. Compared to Trump, he yet again had a plan for the American people. Trump himself doesn't even believe in climate change, he denounces scientists who have scientifically proven that climate change is real.

Biden is way more fit to be president than Trump is. But we are SETTLING for Biden. He was our only option here. There are still plenty of things wrong with Biden, and it's the people's job to push them to lead us for a better change. We need to remember to keep holding our politicians accountable if they make mistakes and pushing them to sign better deals and support social movements. It's their job to listen to the American people to help forward our country and constantly improve it. We can achieve (or at least start to achieve) this with Biden over Trump, because Biden tends to listen and cater to the American people far

more than Trump. Let's use Biden and lead us to better change!

**COVID AID DEAL:
YES or NO?**
Ryan Phillips



With the holiday season looming many people are concerned with the lapse in government funding and the loss of unemployment benefits happening on December 26th. Unfortunately, lawmakers continue to disagree on issues and funding included in the proposed Covid Aid Deal.

Enhanced federal unemployment benefits, small business aid, and direct payments to Americans are a few of the items hoped to be included in the deal. However, lawmakers need to act before the government shuts down on Saturday or 12 million Americans will lose unemployment benefits and millions more could face evictions.

Finally on Tuesday night Congress neared an agreement to pass the emergency relief that has been bouncing around since

shortly after the first CARES act was passed on March 27th by President Trump.

For months Republicans and Democrats have struggled to make progress on a bill that would get through a divided Congress. Tuesday night was the closest they came to an agreement during talks that could lead to a relief package that would appease both parties.

Americans are still struggling nine months into the pandemic and without government assistance people will face challenges like never before. Businesses are closing, companies are going bankrupt, and this is only adding to the unemployment rate. If federal unemployment benefits are not extended, things are bound to get worse before they get better.

A \$900 billion dollar deal is in the works; however, it does not include direct payments to Americans. Some lawmakers are demanding a second \$1200 stimulus check payment to Americans. Some hope the additional stimulus payment will restart the economy when individuals spend the stimulus money.

Many Americans have not returned to pre-pandemic jobs and are struggling to survive through a time of economic desperation. The parties need to find a way to set aside their differences and pass a bill that will help put Americans back on their feet and avoid a further decline in the economy.

Additional government funding will be necessary to get the vaccine distributed to Americans in hopes to ease the crisis in the coming months. Without funding the glimmer of hope seen by Americans in light of the vaccine release will dwindle and once

again America will lose faith in the government's ability and want to improve the current situation created by the pandemic.

Will lawmakers put aside their differences and work through the weekend

Society's Perception of Bimbos Vs Himbos

Grace Moskov

Through the decades, women, particularly young women, have been shamed for participating in traditionally feminine interests such as makeup, fashion, and beauty. Women who participate in these trends are often stereotyped as being shallow, vapid, and stupid, insinuating the sometimes perceived notion that it is rare to find a woman who is both attractive and smart. Thus, the beginning of the "bimbo."

This stereotype has a history of being harmful as a very common experience to women is going through an "I'm not like other girls" phase. Beginning in the 1950s, women began to give themselves specific labels to set themselves apart, because many at some point believed that they were fundamentally different from other women because of their ability to think.

Thankfully, in more recent years, young women have become more inept to recognize the term "I'm not like other girls" as internalized misogyny, and some have even come to embrace the term bimbo as a means of celebrating their hyper-femininity.

The term "himbo" on the other hand, popularized in the 1980s, by definition is

to pass a deal that will offer hope to Americans this holiday season?

Time will tell!!

very similar to the definition of a bimbo; good looking, though unintelligent.

However, there are several significant differences in how these archetypes are portrayed in media and pop culture which leaves a stark message of how society views women.

The himbo is typically presented as a generally likable and good-natured character, often depicted as a gentle giant in film and tv. In the media, the term "himbo" has recently regained popularity, and in some cases has become a symbol of overcoming toxic masculinity by rejecting the idea that men must maintain a level of tenaciousness and refrain from being at all perceived as gentle or caregiving.

While this portrayal of himbos is a huge step forward in denouncing toxic masculinity, the same energy has not been put in place for the representation of bimbos.

As aforementioned, the bimbo is often depicted as a bratty, empty-headed young woman enthralled in her own vanity. So despite the very similar definitions, why must bimbos be inherently bad while himbos are inherently good?

Despite the consummate differences between each term, it is often women who are pushing them. In most cases, they mean no harm as they view himbos as men who they don't have to put their guard up around.

The differences between these terms are a deeply feminist issue, rooted in the

idea that a woman can't be hyper-feminine as well as a feminist. I believe that bimbo is a term that should be reclaimed by women

so that it can become a compliment just as "himbo" is a compliment.



Harry Styles New VOGUE Covershoot Sparked Big Controversy On Gender Roles

Abigail Lentini



Candace Owens, a far-right conservative political activist, has recently come under a lot of fire for her opinions on Harry Styles' most recent VOGUE cover photoshoot.

She quote tweeted his tweet of the cover with a complaint about how society can't survive without strong men while dissing feminism and bringing up communism when it really had nothing to do with the photo. She ended the tweet by stating: "Bring back manly men.", which later on Styles would go and use to caption his most recent social media photo of him in more "feminine" clothing.

This shoot isn't the first time Harry has done something like this. Since his solo career began back in late 2016-17, he has been defying gender roles and has played around with different clothing and style types that aren't like what most artists wear.

He isn't the first artist to do this though. There are countless male and female artists who have defied normalized gender roles and have made it their own; he just seems to be the one under fire for most of it because he is one of the most popular artists in the world, with his rise to fame being One Direction from 2010 until 2015.

Candace has been very vocal on her opinion on gender norms and feminism. She believes toxic masculinity was created by toxic females and that men need to dress in a more traditional style of suits and pants and all "manly" things one could think of, the same with females.

Her logic is flawed for many reasons, but I will keep it simple. For starters, gender has no limits, no boundaries. People can dress however they like. If she really stood by her word and her own logic, then why is she herself wearing suits? Aren't suits meant for men in her eyes? Under *her* logic?

And to continue, back in the Victorian era and even in the early age of America, men wore wigs and heels and pinks and "girly" colors to represent their power and their wealth. To her those are feminine things, but that sort of thing was never really an issue and it never should have been. Clothes represent personality, not gender.

Maintaining Sanity During the Holidays

Reducing Stress One Sniff at a Time

By Vince Catalone

There are many different ways to reduce stress in a person's life. When you feel anxiety closing in on you, different smells can actually help reduce and prevent an oncoming anxiety attack. Some scents are better than others depending on what your mind and body need at that moment. Jasmin helps reduce anxiety and peppermint helps reduce headaches and nausea while other scents like Valerian help encourage sleep and calm the nerves.

According to Robin Jackson, owner of the local business Serenity Wellness, the first oils you should try are Valor and Peace and Calming. Jackson offered a strategy, “A helpful tip that allows the oil to cross the blood brain barrier is 4 square breathing...” She explained the procedure which is really simple. “You place a drop on your hands and rub your hands together and then place your hands over your face and breathe in for four seconds, hold for four seconds, exhale for four seconds, then hold for another four seconds.”

Healthline.com says using a diffuser is the easiest method that helps reduce

anxiety. The FDA doesn't cover essential oils so it is always important to get it from a reliable source. Not all oils are created equal so it's important to first experiment in small doses on your skin. They say to apply a drop and cover it with a bandaid and check for rashes in 24 hours. Natural Synergy website explains some of the less expensive oils are diluted with chemicals so the volume of oil is increased but the therapeutic value is lessened.

Thanks to Serenity Wellness' collection, there are a few oils that I personally use to help sleep better and reduce panic attacks. My favorite combination of oils is frankincense and lavender which makes me feel the most sleepy and relaxed. I add them to my diffuser and let the stress evaporate. When you find your anxiety is making you feel like the walls are closing in, or your mind is racing and you can't sleep, grab a high grade bottle of essential oils and give it the sniff test.



How To: Save Money During The Holidays

Alany Molina



It's really stressful during the holidays for a lot of people, if not everyone. Some may be worried about gifts more than others, or worried about all the festivities and gatherings. It's a lot more stressful now though, with covid going around. It's not as easy as it used to be. It's recommended to stay home and avoid all the large crowds within the stores. Some could be more worried about money as well, when spending for gifts.

You should set up a holiday budget before anything, a budget you're really going to end up sticking to. It's also a good idea to start saving up early for the holidays and make note of everything you may spend your money on; whether its food, decorations, gifts, etc. Make a list of all these things and try adding up the total, to see about how much you'll be spending.

There are many ways you can save money during the holidays. If you don't have a lot of money for gifts, you could try DIY crafts. There are some actually really cool ones, and some people really do enjoy gifts that are more thoughtful and planned

out; whether than something just bought randomly at the store. Some DIY ideas are: baked cookies, candles, snow globes, Agate coasters, any type of beauty package with lotions and perfumes put together, terrariums, pressed flowers, could even try making your own necklace or bracelet.

An idea is to have a secret santa, whoever you may be spending Christmas with; it's easier to have a secret santa give exchange rather than trying to get everyone a gift. Instead of buying cards from the store to send out, you could also send out e-cards. Instead of paying with a card all the time, try paying with cash to avoid debt. If you're shopping online, use prepaid cards. Those cards limit your spending amount. If all you have is a couple hundred on the card, then that's all you can spend.

Don't go shopping too late. A lot of people end up spending a lot of money when they're shopping for gifts last minute. It's better to plan ahead. If you see any stores having sales online or in person, take advantage of those too. There are apps you can use as well to help save money, like RetailMeNot.

The holidays are fun but also can be stressful, especially when it comes to money and gift giving. It's easy to get caught up in all of it, but when you plan ahead and stick to your budget; you can really avoid debt and not stress so much even after the holidays.

New Year, New You.

Madison Deyneka

At the end of each year, many individuals reflect on the past year, then make a list of what they can do differently for the new year. Setting resolutions, and new goals, such as working out, eating healthier, & picking up new hobbies, are among the most common. But how many people follow through with their new goals? According to *UAB medicine*, less than 8% of people actually stick with their resolutions, or goals. So how can you stick with your goals and resolutions?

The first is to keep it small, a short term goal, so you can work up from there. Also plan it out. For example if the goal was to lose weight, start with a small goal, that is easy to reach, so once you reach that small goal, you feel more motivated to continue & set more goals for yourself.

Secondly, find something that motivates you, and keep it. When you get burnt out or procrastinate, find what motivates you whether it be a video, pictures, a quote, an article, anything you can look back to, that reminds you of why

you set this goal. Also think of how happy and proud of yourself you would be once you reach the goal for push through the procrastination, and unmotivation.

Next is find support, or a support group. Going back to finding motivation, having support or a support group, will help motivate you, so you don't feel as alone in the process. Believe it or not, you most likely aren't the only one with this goal. If you dig deep enough, you will be able to find other people who are in a similar boat as you, which in the end will help push through, to get your goals accomplished.

Finally, Reward yourself. Goals, and resolutions aren't always the easiest. Don't be hard on yourself, and award yourself when you see yourself moving forward and making progress, which then encourages you to keep going, and to not give up on yourself.

