

October Edition!

Cedar Chips



We'll miss you, RBG

By Avi W.

On September 18 2020, Supreme Court Justice Ruth Bader Ginsburg passed away unexpectedly due to complications from metastatic cancer of the pancreas. This gender equality activist was beloved by many on all ends of the political spectrum, and is shown to be missed at her memorial.

From a Harvard graduate who could not get a job, to the second female Supreme Court Justice, RBG lived a long, substantial life. She helped America take many steps forward on the long road to gender equality, assisting same-sex couples to marry, and even became a pop culture icon on the left.

One of RBG's most famous quotes was when she was asked how many female Supreme Court Justices would be on the board for her to consider women equal on it. To this, she answered, "When there are nine". Her justification? There have been nine men on the board, so why not nine women? While many were shocked by her answer, this shows how strongly she believed in gender equality.

Ruth Bader Ginsburg was known for thinking through every stance she took, no matter what everyone else's view. She came to be known as "The Great Dissenter". This is because she came in after 12 years of republican presidents. Her presence would help balance out the Supreme Court for many years to come.

So You Want a Job...

By Sophia S.

Getting a job can be super hard. You have to have a resume, a nice pair of pants, and a good attitude. It could take a while, and sometimes you won't even get a call back after your interview. Alas, money makes the world go round, so jobs are necessary. This article will help you prepare to become a wage slave to any corporation of your choosing!

The most important tip for getting a job is to not be yourself. Employers don't care about your personality, so just make one up. You need to be a better person than you actually are. Then, once you're hired, you can reveal your true colors. The best part is that they can't fire you for being a bad person. Try using big words that you would never actually say, for example the word "capricious," meaning determined by chance or impulse rather than by necessity. If I heard someone say capricious, I'd give them a job immediately.

When interviewing for a job, first impressions are everything. Your first encounter with the person interviewing you could determine whether or not you get the job. Wear clothes that don't make you look like a dumpster diving hippy. Don't be afraid to really cake on that deodorant; pit stains are a sign of weakness, and you cannot be weak. Apply some sort of fragrance, so when they remember you, they think of a tropical island breeze and not stale chips.

Jobs come and go; you'll probably have a ton during your lifetime. Getting started can really stink, but by the time you leave your second job you'll be a master in job pick up artistry. Just remember, don't be yourself, say big words, wear nice clothes, take a shower, and most importantly, they can't fire you for being lame at life! I wish you the best of luck in your job search adventures!

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Is It Personal? It seems so.

By Bryce H

Over the years, being black has been seemingly a plight in modern America. Especially in 2020, black people are both increasingly victims and ongoing targets of police brutality and violence. For instance, the eight minute forty six second death of George Floyd on May 31, which sparked a nationwide uproar, resulting in protests and riots across the country.

Two months before this, Breonna Taylor, peacefully sleeping in her flat, was killed by a stray bullet in Louisville, Kentucky, after police executed a no-knock warrant. And more recently, on August 23, Jacob Blake was shot seven times in his back by police as he was walking to his car in Kenosha, Wisconsin. In each of these situations, the people were black, unarmed, and not doing anything to warrant violent force as being necessary. But these are just scratching the surface.

The Black Lives Matter movement, which was reignited due to the George Floyd death, has sparked massive protests because of the stunning facts which came to the forefront once further investigated. CBS news stated that police in the U.S. killed 164 Black people in the first eight months of 2020. They go on to point out that at least one person was killed every week in 2020.

And there are so many more situations that have come to the spotlight since then. Rashad Brooks demonstrates this perfectly. Brooks was sleeping in his car in a drive thru in Atlanta. He was intoxicated and didn't want to drive home and was confronted by police. They asked him to leave the drive thru lane. He politely complied. They asked him to walk home; he was against the idea. As a result, they proceeded to arrest him. Being innocent, he resisted. He proceeded to get up and run, grabbing the officer's taser. Brooks turned around and pointed it at the officer. The police officer then

proceeded to shoot Brooks. The video, however, shows that the police officer reached for his gun before Brooks had even turned around. Furthermore, police training dictates that an officer's life has to be in danger in order to use deadly force.

Over the years, the statistics are staggering. According to mappingpoliceviolence.org, a website which maps police violence by the year, in 2020 alone, 28% of those killed by police are black people, despite being currently only 13% of the population. Additionally, there have only been 12 days in 2020 where police did not kill someone.

Black people are at least three times more likely to be killed by police, and at least 1.3 times more likely to be unarmed while doing so compared to white people. Eight of the largest city police departments kill blacks at higher rates than the U.S. murder rate per capita.

Even with all of these facts, it seems that this problem is only getting worse. Police have killed more people in the first half of 2020 than they did during this period in the five past years. To make matters worse, the justice system has been quiet when it comes to these situations: 99% of police-related killings from 2013-2019 have not resulted in officers being charged with a crime.

Over time, it seems like being black has become more of a punishment than a privilege. And justice isn't the great savior that it's made out to be. It turns a blind eye to all this brutality and keeps their powerful eye on the things that are easy to digest and easy to say. But when things get awkward and painful, it shies away and just puts blinders on, ignoring it and letting murderers behind a badge roam free. It seems like that it's almost encouraged to do so.

Murderers are supposed to be behind bars for killing innocent people- not live freely and allowed to return home, when they just took away the chance for someone else to do the same.

Attention, Royal Watchers!

By Cat S.

For fans of *Reign* or *The Tudors* looking for their next show to watch, check out *The Spanish Princess*. While the miniseries is a sequel, it is still enjoyable even if you haven't watched the prequel.

The Spanish Princess is a historical drama on Starz, and it is a sequel to the miniseries *The White Queen* and *The White Princess*. *The Spanish Princess* follows teenage Catherine of Aragon from Spain to England where she is to be married to Arthur, Prince of Wales, heir to the English throne, to whom she has been betrothed since she was a child.

Catherine is shocked to learn that Arthur's younger brother, Henry, Duke of York, is the author of the romantic love letters she has received. When Arthur dies suddenly, her destiny as the one who will bring peace between Spain and England seems in jeopardy, until she sets her sights on Prince Henry. *The Spanish Princess* stars former *Game of Thrones* cast member and English actor, Charlotte Hope as Princess Catherine of Aragon, and Irish actor, Ruairi O'Connor as Prince Henry.

The Spanish Princess returns for season two on October 11, 2020 on Starz.

Top Ten Times of the Day

By Sophia S.

1. Night Time
2. Lunch Time
3. 4:30 pm
4. Dinner Time
5. Party Time
6. 2:30am
7. Sleepy Time
8. Free Time
9. 9:45pm
10. Top Ten Times of the Day time



Distance Learning -

Pros and Cons

By Liam C.

Due to COVID 19, we were to stay home and social distance, and distance learning is now the new way of school in 2020. It seems exciting as we get to stay home and just learn from our bed or living room or somewhere at home.

Distance learning has some good parts and bad parts, however. For that, this random article, I will address the pros and cons of distance learning.

For the pros, you are able to wake up later in the morning, and you don't have to get up to go to the bus stop when it's still dark outside. No desk is as comfortable as your bed. The classes were shorter back in spring, too; it was much easier that way. Also, you could just eat or do whatever without any restrictions.

Now for the cons. It may be hard trying to focus on work, as you could be distracted by something at home, Things can be very confusing, such as when we first started, teachers were trying to figure out Blackboard Collaborate and still are to this day, We are confused on where the work is getting sent, what it's about, etc. There could be issues like servers shutting down, hackers doing pranks, or perhaps DDOSing the server or something like that. (personally, I wouldn't mind, as I just don't like school)

Those are the pros and cons for distance learning. In conclusion, It may be fun, but it also may be harder to learn.



Tampa Wins the Stanley Cup

By David R.

The Tampa Bay Lightning have defeated the Dallas Stars in six games to win their second ever Stanley Cup. They looked dominant throughout the playoffs, never going to a game seven and never losing two games in a row. They did all of this without their captain, Steven Stamkos. The performances of Victor Hedman, Brayden Point, Nikita Kucherov, and their star goalie Andrei Vasilevskiy carried this team throughout the playoffs.

Many people doubted that the playoffs would even be held this year after the season was canceled early due to COVID, but the NHL was able to pull it off without a hitch. They held the playoffs in two bubble cities, Edmonton and Toronto, one for each conference. This proved to work extremely well, as there were zero reported cases throughout the entire playoffs. Some players decided to opt out as they would have been unable to see their family until the conference finals.

Overall, the NHL did a great job with the return of the playoffs and Tampa Bay fans will be very happy that they did.

Things to Say When Something Good Happens

By David R.

1. woop
2. yes
3. woohoo
4. broooooo
5. I like that
6. yeehaw
7. what the fre!
8. excellent
9. jenga
10. let's go

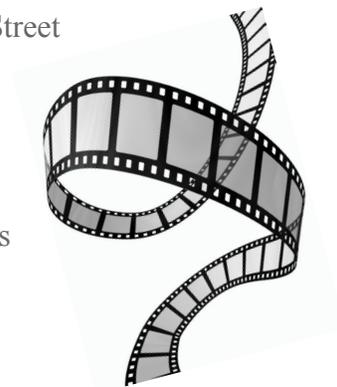


Top 10 Horror Movies

(not in order)

By Liam C.

- *Halloween
- *Nightmare on Elm Street
- *The Shining
- *IT
- *Silence of the Lambs
- *Blair Witch Project
- *The Thing
- *Friday the 13th
- *Edward Scissorhands



TOP 10 WAYS TO CELEBRATE HALLOWEEN DURING COVID

By Avi W.



1. Go All Out on Decorations
2. Watch a Scary Movie with Friends Over Zoom
3. Put your Holiday Spirit on Social Media
4. Make Home-Made Spooky Snacks
5. Add Something Scary to your Wardrobe
6. Hang Out in your Local Cemetery
7. Pumpkin Carving!
8. Listen to Creepy Music
9. Make it a Month Long Event (Don't Have All of Halloween ON Halloween)
10. Remember, This too Shall Pass

The Greatest Blessing But The Worst Curse

By Bryce H

Being black. It's great at all times but terrible a lot of the time as well. Let's start with the greats. God has chosen all of humanity to be blessed underneath his name. That's universal. That's one of his gifts; but we are inbred kings and queens. Everybody is. But also we're different. I am a descendant of the most incomparable wealthy man to ever touch the earth, Mansa Musa. He was African like me, and that directs me to a general bloodline that we share.

But I am grateful for more than just the skin color. Being raised black is a completely different experience than all other upbringings. I was in a self-conscious mindset at a very young age. That taught me independence and resilience through pain like most. But for me, it was different. There are two systems in America: one for the whites and one for blacks

Being darker than a brown paper bag was considered a curse for a long time. But to me, it's a blessing. It helped me not to be delusional about the world much earlier than most. Seeing and hearing some of the things that happened to me simply because of who I was would break some people. But for me, it was just another thing to add to the list of struggles that I had to walk through on my way to the top. I'm going to get there, not just for me, but for all of us to show that no matter what or where you come from, you can do anything to which you put your mind.

I'm so proud of who I am. Despite who I was deemed to be by America and the world, I broke all of those barriers. There is so much inside of me that has become available to me through the pain. But instead of taking the negative route through life, as tempting as it was, there was something inside of me saying "What would everyone before you say?"

The first thing to come to mind would be "It's revenge, and it's all deserved. They started this."

When I was younger, going to church was mandatory and I had no choice. All of those days of me sitting there, listening to what the pastor was saying had a massive impact that still affects me to this day.

Don't get the wrong idea of who I am. Pain, strife, and struggle were my best friends for longer than some can imagine. Being beaten for who I was and my skin color was unfair. But it's not just me.

The recent shootings, unfair treatment of African Americans, and police brutality are still part of society. It seems like each bullet fired has a homing beacon on an African American life. It's a crazy world out there, and it's insane for the black life. But all in all, being black is both great and terrible, like a double edged sword. But it's the greatest blessing that I have ever received.



BLACK LIVES MATTER

Choo, Choo! All Aboard! Next Stop, Hydration Station!

By Ian A.

With all of the buzz around staying hydrated, one might wonder, “Is it really that important, or is it just a fad?” The answer to this question is, indubitably, the former.

In fact, getting enough fluids is one of the best things a person can do for their health. The human body uses fluids to transport vital nutrients to cells, as well as to digest food, expel waste, lubricate joints, and most other bodily processes.

The anecdotal “eight glasses of water a day” is often thrown around, with numbers varying from 8 to 12. While it is dependent on one's size and shape, an article from the Harvard Health Letter, states that the average healthy individual should consume 30-50 ounces of fluid per day, or about three to six cups.

According to a piece published on the American Heart Association's website, another indicator of the significance of hydration is that it greatly improves the functioning of one's heart. John Batson, M.D, a sports medicine physician at Lowcountry Spine & Sport in Hilton Head Island, S.C., was quoted in this article as saying, “If you're well hydrated, your heart doesn't have to work as hard.”

So, how can one tell if they are dehydrated? One signifier of a deficiency of water is the color of one's urine. Clear and pale indicates adequate hydration, whereas a dark tint signals the body's need for more fluids.

It is important to note that not all beverages are created equal. For instance, an avid coffee drinker may experience lower levels of satiety due to caffeine. Caffeine is a diuretic, which means it causes the body to excrete more fluids (i.e. urine and sweat).



Refreshments advertised as high in electrolytes are helpful for those doing strenuous exercises; however, they are less practical for everyday life, as they usually contain a large amount of calories from sugar. Soft drinks and juices are also loaded with sugar, which can be a stressor on the digestive tract, especially when there is an absence of water to flush the soda down. These drinks are, therefore, not as optimal for hydration, not to mention they are bad for one's overall health.

The absolute best drink for staying hydrated is, of course, water. Many foods contain water as well, fruits and vegetables in particular.

In summation, hydration is not just for the athlete. It is truly vital for every human being- whether they are sedentary, active, or anywhere in between- to drink enough water.



COVID HALLOWEEN

By Cat S.

Hugs

1. leaving out candy
2. Halloween tailgating
3. Watching Halloween movies
4. Making caramel apples
5. Spending time with your family

Hits

1. Not being able to go trick or treating with your friends
2. No Halloween parties
3. No Halloween Parade
4. No Halloween bands
5. No dressing up



Thousands of mourners visited the Supreme Court to pay respects following Ruth Bader Ginsburg's death on September 18 2020.

Top 10 Coolest Things

By Ian A.

- I. Music
- II. Trees
- III. Muscles
- IV. Spiderman
- V. Mountains
- VI. Lightning
- VII. Super Smash Bros: Ultimate
- VIII. Big Buildings
- IX. The Lord of The Rings
- X. Fire



The Best & Worst Halloween Treats

WORST

10. Good n' Plenty
9. toothpaste
8. Pixie Sticks
7. Granola bars
6. Payday
5. Peanut Butter Taffy
4. Butterscotch candy
3. Twizzlers
2. Raisins
1. a rock

BEST

10. Snickers
9. Reese's pb cups
8. 3 Musketeers
7. Milky Way
6. Laffy Taffy
5. M&Ms
4. Twix
3. Kit Kat's
2. 100 Grand
1. Take 5

Did you remember to order your **2019-2020 Collector's Cedar Lane special Covid edition yearbook?**

If not, contact Ms. Blakemore, asap! arblakemore@fcps.edu

There are a few copies left for purchase.



\$35 for 72 pages of full color fun!

Remember the maskless, carefree days where we frolicked in the hallways, high fiving, attending class, and playing sports and other activities together without fear?

You will once you see the yearbook!

Don't let those precious pre-Covid memories slide away!

And don't worry, we covered Covid, too.

It's all there in the 2019-20 **A Day in the Life** Cedar Lane yearbook.

HALLOWEEN WORDS



- Fall
- Halloween
- Autumnal
- Leaves
- Spooktober
- Candy Corn
- Bat
- Pumpkin
- Skeleton
- Frankenstein
- Ghost
- Costume
- Blackcat
- Scary
- Ghoul
- Witch
- Wolf
- Monster
- Dayofthedead
- Candy
- TrickorTreat
- Parade
- Goosebumps
- FreddyK
- Jason

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