

The Spotlight

March 2021

Vol. 70 Issue 4

Women's History Month

By Samantha Poore

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Corresponding with International Women's Day (March 8), March is dedicated to the recognition and celebratory contributions women have made (and continue to make) throughout history. Just this year, America watched as the first Madam Vice President, Kamala Harris, was sworn into office on January 20. Shortly afterward, we heard Amanda Gorman, the first National Youth Poet Laureate, recite her inaugural poem, "The Hill We Climb."

Women of all ages, ethnicities, and backgrounds have made their names known and cemented into our world's past, present, and future. For instance, Susan B. Anthony, Amelia Earhart, RBG, Mother Teresa, Clara Barton, Rosa Parks, Malala, Anne Frank, Sally Ride, Helen Keller, Jane Goodall, Harriet Tubman, Marie Curie, Greta Thurnburg, Mary Jackson... need I continue?

Clara Barton founded the American Red Cross in 1881. During the Civil War, redcross.org presses how devoted Clara was as she continuously risked her life supporting soldiers on the front lines. She soon became known as the "angel of the battlefield."

Sally Ride was the first American woman to travel to

space in 1983, becoming the third woman worldwide. Womenhistory.org also says that Sally was the first known LGBTQ member to have been to space after Tam O'Shaughnessy opened up about their relationship after her passing.

Mary Jackson became NASA's first black female engineer in 1958. Throughout her 34 years at NASA, scientificwomen.net reports she worked as an engineer in several NASA divisions such as the High-Speed Aerodynamics Division and the Compressibility Research Division. A movie titled *Hidden Figures* was released in 2017 featuring actresses portraying Mary Jackson, Dorothy Vaughan, and Katherine Johnson - all pivotal black women whose contributions helped shape NASA.

Marie Curie was a physicist and chemist who studied radiation. Working with her husband, they discovered the elements Polonium and Radium. Later in life, Livescience.com tells us that both she and her husband were awarded the Nobel Prize in Physics in 1903. Marie Curie was also awarded the Nobel Prize in Chemistry in 1911. She was the first woman to receive a Nobel Prize, nevertheless two.

Cont. *****

Trying Desperately to one up a 65-Year-Old Company

By Katie Cleary and Hadley Allen

The Shamrock Shake is a famous McDonald's drink that came out in 1970. As far as we know, there have been no changes to the recipe, and it's loved by many. Enter: us, doing what we usually do, and ruining it. We have decided that we're going to try to tap into the mind of the genius that came up with the drink and make our own rendition. Except there's one problem.....we're not geniuses. So, in this episode of Katie and Hadley Taking Things Way Too Far, we will be recreating the legendary Shamrock Shake.

Step One: Mindless Wandering Around The Store

We begin at our local grocery store, Shakers, a workplace of many of those who are reading this. To the cashier who saw us drop the whipped cream canister at the register, no you didn't. We gathered up the simplest of things. We just got vanilla ice cream and green gel food coloring. Then, after about ten minutes of aimless searching, we confirmed that there was not one bottle of mint extract in the whole store. We defeatedly bought some mint chocolate chip ice cream. Unfortunately for us, there are no chocolate chips in the Shamrock Shake, but there wasn't any plain mint ice cream, because who has that?

Step Two: Making Miracles

So we begin by adding fat-free, lactose-free milk into an old blender that may or may not work. We proceeded to add 3 scoops of vanilla ice cream and 4 scoops of the mint chocolate chip to the blender. In order to make this sound fancier, we then added sugar-free, fat-free, calorie-free, carb-free, sodium-free, cholesterol-free, vitamin-free vanilla coffee syrup from TJMaxx. Upon reading the ingredients, we realized that most of them are just water, so it probably didn't add too much to the flavor of our knock-off shake.

In order to get the splendid green color, we used the colored food gel, and way too much of it...whoops. We put the lid on, plugged it in, and pressed the on-button. There were some mysterious bubbles at the top, but we didn't give them much thought. They were probably from the milk or something.

And now for the pour, it was chunky... and there, of course, were some chocolate chips in it. An unintentional consequence of not having any plain mint ice cream. We topped it with some lopsided whipped cream and a few green sprinkles just to add our professional baking signature. After, we poured it into separate cups, the one from the very top came out very chunky, but the rest were very liquidy. There was no in-between. It was either straight chonk or green soup. We then gave it a taste test and...HALLELUJAH!! IT ACTUALLY TASTED REALLY GOOD!!

In conclusion, there was no way to mess up mixing ice cream in a blender, but we weren't expecting it to actually taste like a Shamrock Shake. Well, at least we think it does. Hadley has never had one, Katie hasn't had one in years, and Hadley's dad hasn't had one since 1978, eight years after they came out. So all in all, this was a pretty great experience and an equally as great shake. The moral of the story is that ours, the Shamestone Shake™, is clearly way better.

Baby Tigers at the Zoo!

By Claire Wigenhorn

Have you heard? The Cleveland Metroparks Zoo has welcomed a set of newborn tigers! The boy and girl set was born December 24th and 25th, just in time for Christmas. These cubs are the firstborn tigers at the zoo in 20 years! They are a breed of tiger that is almost extinct: the Amur Tigers. The Amur Tigers are formally known as Siberian tigers, which are the largest cats in the world. With only 500-550 living in the wild in Russia, China, and some of North Korea, the two babies are great news. Mom, Zoya, is a first-time mother who is doing very well. Zoya came to the Cleveland Zoo in 2019 from Denmark. She is five years old and about 300 pounds. She joins the father of the cubs, Hector, and roommate Kleschka in the Metroparks Zoo's Rosebrough Tiger Passage. The unnamed cubs will join mother and father in the exhibit when they are stronger in a few months. Until then, they will be featured on the zoo's social media for updates and a naming contest.



A Year Since

By Sam Gaba

March 13th marks a year from the date schools shut down in response to what became a world-wide crisis. For many, 2020 was nothing short of disastrous. Although some families and friends were able to pull together during quarantine and embrace the shift to full-time at home, many saw friendships fall apart and family time become an excessive nuisance. Junior Elise Grant recalls this from right before lockdown: “About two weeks before school shut down, my parents started telling me that it looked like something big was about to happen...we had just heard about how New York City was running out of supplies.” This lack of resources in cities ultimately led to the great toilet paper debacle. Grant further reflects, “While I was excited to get some time off school, I never really thought that we were going to go back.” Others remember feelings of uncertainty and anxiety, especially after it was announced that students would not be returning to the classroom. In addition to the chaos of the pandemic, the Black Lives Matter movement fought to make advancements in response to the death of George Floyd at the end of May. People left and right unveiled themselves as anti-maskers. A presidential election took place. Insurrection at the Capitol. Junior Taylor Connelly reflects, “[The storm on the Capitol] showed how unstable our government was...this is a dystopian nightmare.” Now, here we are, where (hopefully) the next event is the arrival of the Shamrock Shake at McDonald’s.

To reflect back on the events of 2020, we have to consider the alterations that have been made in our everyday lives because of the virus. Schools reopened in August, often resorting to either fully remote learning or hybrid tracks. Despite the effort displayed by most school boards to make students comfortable and secure in this new environment, there have been some difficulties. Molly Cohan, a junior, says, “I think at the beginning I was excited because it meant less school work and I felt like I would be able to relax. But over time, it’s just become more and more stressful...it never feels like any progress is being made. I feel like teachers and adults have failed to recognize the toll this has taken on a lot of kids’ mental health...ignoring our stress even more recently.”

In late January, Governor DeWine announced his plan to distribute vaccines to the teachers of Ohio, thus acknowledging a future shift from online and hybrid school to a four or five day in-person track, which he says should begin by March 1st. On DeWine’s vaccination plan, it was released that Cuyahoga County teachers should receive their vaccines during the second week of February. Jacob O’Connor, a junior, states his opinions on this new school track: “It was a difficult decision to make for the administration, and there was no way to make everybody happy...the school has to fulfill its purpose and provide the best education conditions possible in a safe environment.” Superintendent Dr. Lloyd has published his response to DeWine’s plan, and the first teacher vaccination day was on February 19th, with the second date planned for March 12th. O’Connor, on Dr.Lloyd’s five-day instruction plan, says, “Now that the staff has begun the vaccination process, it is of the utmost importance that we introduce...normal measures back into our school system. The administration made the right call here.”

To say the least, this pandemic has hit us harder than ever. “Us” means everyone. Teachers, students, parents, friends, family--we’ve all had to adjust to this new way of life. And it’s difficult to acclimate in a world that is constantly changing, leaving no time for rest. How can we look at the bigger picture if we never stop? It’s important to remember that everyone processes difficult situations differently, and all we can do to help each other is to try to understand.

Top Taters

By Cathy Doherty and Katie Gareau

As St. Patrick's Day approaches, a big question looms: what is the best way to eat a potato? Fortunate enough to have a plethora of potatoes (and not living through a famine), we compiled a list and ranked 10 different ways to eat the beloved spud

1) Casa's Loaded Mashed Potato Pizza:

The BEST way to consume potatoes this St. Paddy's Day is found right here in Olmsted Falls! Located on Cook Road, this local business makes a mean potato pizza. It consists of mashed potatoes, cheddar cheese, garlic butter, and bacon, and it's topped with a ranch drizzle. This unique pizza wins top prize in the potato contest.

2) Swensons Potato Teezers:

A unique blend of potato, cheddar cheese, and jalapeño; these bad boys earn their spot as the second best way to eat a potato. No other fast food chains in the area carry a side like it. For those who are intimidated by spice, the jalapeño flavor is subtle and not overwhelming. These flavors pair well together and produce a delightful compliment to anything on the Swensons' menu.

3) Smiley Fries:

Interested in feeling like a kid again? These are your best option! Because of their circular shape, you get more potato in a bite compared to an average fry. Plus, it's hard not to be happy when your food is smiling at you :)

4) Mashed Potatoes:

Simple but stellar. These pair well with any meat, pasta, or vegetable. They are also easy and inexpensive to cook up in your own home!

5) Potato Soup:

This comfort food is perfect for the freezing winter we have been having! It never disappoints and is a consistent delicious meal or side, no matter the occasion. Furthermore, potato soup has the versatility that allows you to spice it up or keep it simple.

6) Potato Gnocchi:

This tasty dumpling dish is both filling and delectable! Whether you want to pair the dish with tomato sauce, butter, pesto, or more, you're guaranteed to be delighted with a potato gnocchi dish.

7) Potato Jojos:

Want the best of both worlds? Try a potato covered in fried chicken breading. While jojos are tasty, they're ranked lower because of their utility. These are typically only bought in mass quantities for family gatherings or game watch parties, neither of which are prominent during a pandemic.

8) Hash Browns:

Although a tasty option, hash browns are ranked lower on the list due to their inability to be eaten for more than one meal. Their crunchy demeanor is always delicious and a good breakfast option for any day of the year. Additionally, hash browns can be dipped in a variety of sauces that add to their tasty potato flavor. But sadly they are strictly a breakfast food.

9) Potato Chips:

Potato chips have been around since the mid 1800s. Sure, you can argue about different brands or flavors or textures, but at the end of the day, if you've had one potato chip, you've had them all.

10) Baked Potato:

You've had it at family parties, you've had it at cookouts... it's just not that good. This bland excuse for a potato is disappointing in every way shape and form. You know exactly what you're getting yourself into when you eat a baked potato.

Women's History Month Cont.

Continued from page 1...

Last but certainly not least, we have the iconic Rosie the Riveter. This empowering figure became monumental as women stepped into the workforce during WWII. Despite never being intended for public display, Rosie the Riveter continues to be an inspiration and reminder of the times. Many women were able to draw connections to Rosie, but it is believed to have been modeled off of one in particular - Naomi Fraley. *The New York Times* explains that Naomi (20 years old at the time) and her younger sister Ada (18 years old) went to work at a Naval Air Station in Alameda, CA after the Japanese attack on Pearl Harbor. Here, they worked in a machine shop drilling, riveting, and patching airplane wings when the photograph was taken that later evolved into Rosie the Riveter. As men came home, women were expected to leave their “temporary” jobs. However, many enjoyed the freedom and financial independence they had achieved and were unwilling to give it up, paving the way for future young women.

“The strongest actions for a woman is to love herself, be herself, and shine amongst those who never believed she could.”- Unknown

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Accuracy of Groundhog Day

By Ellie Goetz

It's the time of year where there is either snow for the next few weeks or the sun comes out of hibernation. Some people may have a different preference, but many people were hoping for spring to come early this year. Unfortunately, since the groundhog saw its shadow, we have six extra weeks of cold weather, right? Well, in this article we explore how accurate Groundhog Day is.

According to history.com, Groundhog Day originates from the ancient Christian tradition called Candlemas. This is where clergy would bless and pass out candles essential for the winter. The candles determined how long and harsh the upcoming winter would be. Germans further expanded on the subject and eventually chose a hedgehog as the animal to predict the weather. Once the Germans moved to America, they settled in Pennsylvania. Since there were an abundance of groundhogs there, they officially switched over from the hedgehog to the groundhog. The first celebration of Groundhog Day was held in Punxsutawney, Pennsylvania on February 2nd, 1887. According to Stormfax Almanac, who has been tracking the accuracy since the beginning, the groundhog

has only been accurate 39% of the time.

Sophomore Morgan Truscott seems to like Groundhog Day not because of the accuracy but more for the animal itself: "I think Groundhog Day is fun because groundhogs are super cute!" On the other hand, senior Avi Rathod is not too fond of the holiday: "I think Groundhog Day is dumb. Why would anyone celebrate a day about hogs in the ground?" In conclusion, Groundhog Day is nothing to stress over since it's like flipping a coin (but less accurate!).



Sports Recap

By Rachel Korba and Cassie Schmidt

As we slowly transition into spring, we want to recognize our winter sports seasons. There were many personal and team bests this year even with all of the crazy new rules and regulations.

Competition Cheer: The Bulldogs competed at the SWC cheerleading competition and took fifth overall.

Although this competition was scheduled in November, it was postponed until January. This didn't stop the bulldog cheer team as they kept their spirits up and worked even harder.

Girls Basketball: The girls basketball team continue their streak, becoming back-to-back-to-back SWC champions. This team put everything they had out on the court and their hard work paid off.

Swim & Dive: The girls swim team placed fourth overall, their best performance since 2011, and the boys also took fourth, matching their best finish since 2004! Casey Schmidt broke her own school records for both 6 and 11 dives. The boys 200 free relay (Tyler Delap, Evan Bolton, Jackson Stump, and Nathan Wickert) also broke the school record. After their sectional meet, the bulldogs had a total of 17 district qualifiers (Katie Clute, Carly Edmonds, Lillie Katsaras, Grace Kolesar, Maddie Swanson, Sarah Tomasch, Evan Bolton, Tyler Delap, Will Distin, Adam Kwan, Brady Link, Jackson Stump, Nathan Wickert, Shelby Bennett, Allison White, Casey Schmidt, Quinn Kennedy) and one state qualifier (Casey Schmidt, diving).



Gymnastics: The gymnasts took second at SWC's with many personal accomplishments as well. The bulldogs celebrate their fifth place finish at the sectional meet. They had a great season and are looking forward to next year!

Wrestling: The bulldog wrestlers took first place at the Southwest Conference championships with many individual wins as well.

Hockey: The Bulldogs took a close second in the SWC tournament, losing in the final round to Avon. At the Baron Cup, the bulldogs took home another second place finish! Starting off the state tournament, the bulldogs crushed the green wave, a team that they haven't been able to beat in many years.

Bowling: Boys varsity bowling placed third out of nine teams at the Southwest Conference championships, and girls varsity bowling also had a successful competition, taking fifth. The bulldogs finished their seasons at the sectional tournament, and Ben Scheeff represented Olmsted Falls at the district bowling tournament.

Indoor track: A handful of Bulldog athletes have competed at indoor track meets this winter and the results have been very promising. Katie Clute has set a new school record for the 3200.

Boys Basketball: With only two more games left to win the SWC, the boys team is quarantined and make-up games have not been set. They are excited to continue on.
Sectional tournament: 2/27