

The Mandolin

St. Francis Catholic High School

December 10, 2019

“Spread the Word.”

Issue 103

Impeachment Update

BY CHLOE HENNING '21

The impeachment investigation of President Trump continues this week (November 10-17, 2019) as House Democrats announce they will be holding the first public hearings for the impeachment inquiry. On Wednesday, William B. Taylor and George B. Kent will testify, and on Friday the former ambassador to Ukraine, Marie L. Yovanovitch will testify. These testimonies will not be held in the familiar order because the House has approved new rules for the impeachment inquiry. These rules include letting each party question for up to 45 minutes at a time.

In the past week House Democrats made public the testimony of William Taylor's, the top diplomat in Ukraine. He testified to his knowledge of a quid pro quo involving withholding U.S. military aid from Ukraine in exchange for investigations into the Bidens that would benefit President Trump politically, but he also stated that he was unclear if Trump was directly behind this exchange because it was conducted by the President's personal lawyer, Rudolph Giuliani. In Taylor's testimony in the upcoming questioning on Wednesday, November 13, 2019, it is projected that Taylor will be asked in detail about the notes he has been keeping “on conversations, in particular when I'm [Taylor] not in the office.”

The controversy over Trump's denial of the quid pro quo and the impeachment inquiry continues as some leaders from the Senate and the House share their differing opinions on the issue. Rand Paul, Republican Senator from Kentucky, argues that President Trump should not deny that there was a quid pro quo because



Senator Paul (KY) speaks to press after his interview with NBC's 'Meet the Press', giving his opinion on the impeachment inquiry. PHOTO COURTESY OF THE WASHINGTON POST

U.S. foreign aid is “conditional” and most other politicians in Washington have done similar unethical, yet not illegal moves in foreign exchanges. In an interview with NBC, Paul said, “I wouldn't make that argument. I would make the argument that every politician in Washington, other than me, virtually, is trying to manipulate Ukraine to their purposes.” Republican Senator, Ron Johnson from Wisconsin, stated he had sympathy for the President's decision to freeze aid to the Ukrainians. On the contrary, at least 228 House Democrats have explicitly stated their support of the impeachment inquiry. Val Demings of Florida says, “I believe it's pretty clear that the President made numerous attempts to obstruct justice or obstructed justice, and so I believe, based on that information, as I did a month ago, that we have enough to begin those [impeachment inquiry] proceedings” (CNN). Steve Cohen of Tennessee, a member of the House Judiciary Committee says, “The time has come to make clear to the American people and to this President that his train of injuries to our Constitution must be brought to an end through impeachment.”

The impeachment inquiry will continue this week with public testimonies, and has the potential to impact President Trump as his campaign prepares for the upcoming 2020 election; according to the most recent Election 2020 State Polls, swing states including Nevada, Michigan, Florida, and Wisconsin have projected former Vice President Joe Biden ahead of Trump by a +12 spread. In recent polls swing states and swing voters have been voting more and more in favor of popular democratic candidates, as they lose trust in Trump's ethics and willingness to comply with the law. In a recent ABC/Washington Post poll, 51% of respondents approved of impeachment and removal from office, while 46% disapproved.



President Trump at a rally in Michigan addressing the impeachment inquiry.

PHOTO COURTESY OF CNN



Representative Val Demings listening to Robert Mueller's testimony.

PHOTO COURTESY OF ORLANDO SENTINEL

What's Inside...

Vaping Effects.	2
Withdrawal from Syria	2
California Wildfires	3
MLS comes to Sacramento	3
Sports Teams Update	4
Fall Highlights.	5
Homecoming Recaps	6
December Holidays.	7
Travel Guide	7
Holiday Recipe	8
Movie Poll	8

U.S. Withdraws Troops from Syria

BY SAMMI GUERRERO '21

On Monday, October 7th, President Donald Trump sent out a tweet addressing his plan to remove American soldiers from Northern Syria amid an impending Turkish incursion:

"[The Kurds] have been fighting Turkey for decades. I held off this fight for almost 3 years, but it is time for us to get out of these ridiculous Endless Wars, many of them tribal, and bring our soldiers home. WE WILL FIGHT WHERE IT IS TO OUR BENEFIT, AND ONLY FIGHT TO WIN."

He defended his decision, calling it a fulfillment of campaign promises, stating that the U.S. would remove itself from Syrian wars and bring its troops home. However, Trump has faced serious criticism for his decision, largely stemming from public opinion that he is deserting the Kurdish

fighters, who, as part of the Syrian Democratic Forces, have been aiding the U.S. in combating the Islamic State, otherwise known as ISIS. Turkish President Recep Tayyip Erdogan had been planning this invasion for months, viewing the autonomous Syrian Kurds as a threat to Turkey due to the large Kurdish population in its own country. Politicians from both sides, even staunch Trump supporters such as Lindsey Graham, have spoken out in disagreement with Trump's decision, saying that, in doing this, the U.S. is leaving Syria and the Kurds open to massacre and indirectly assisting ISIS.

On October 9th, Turkish forces kept with their plans and began the invasion into Northern Syria, prompting a letter from Trump to Erdogan in which he says, "History will look upon you favorably if you get this done the right and humane way. It will look upon you forever as the devil if good things don't happen. Don't be a tough guy. Don't be a fool!" World leaders threatened sanctions on Turkey, and Trump did so as well, stopping negotiations on a trade deal that could yield Turkey \$100 billion and raising

steel tariffs back up to 50 percent.

Kurdish forces announced on October 13th their plans to ally with the Syrian government in Damascus, backed by both Russia and Iran. America's alliance with the Kurds has in the past provided it leverage in the conflict against the Syrian government itself and its Russian and Iranian allies, but with Trump's abandonment of that, any leverage is completely gone. This newfound alliance prompted Trump to double down, promising to remove from Syria all but approximately 200 American soldiers who are stationed in southern Syria, far from where the Kurdish conflict is taking place.

On Thursday October 17th, Vice President Mike Pence announced a deal with Turkey that would enact a five day ceasefire in Syria. Turkey would hold its military advances into Syria's borders, and the U.S. would help usher the Kurdish people out. Before the deal's expiration the following Tuesday, the Kurds effectively evacuat-

ed many of their fighters, while still leaving behind thousands of civilians. Trump promised that he would lift the U.S. sanctions on Turkey once the ceasefire became permanent, and on October 23rd, Trump believed that this had been done and lifted the economic sanctions on Turkey, declaring success for the U.S. in Syria.

Although the U.S. withdraws its troops from Syria, the conflict will continue to ensue. Erdogan is due to meet with Trump in Washington D.C. on Wednesday, November 13th and the world will surely be watching.

Sources:

USA Today

Washington Post

New York Times

Military Times

The Effects of Vaping

BY HAYLEY LABIA '23

In the past year alone, vaping among high schoolers has increased by 78%, says the Centers for Disease Control and Prevention. E-cigarettes have become popular among teens throughout the past few years, but the reality is that most of those teens are clueless about what they are really doing to their bodies and health officials themselves are not absolutely sure of what the potential negative effects of vaping could be.

It was originally thought that vaping is safer than smoking because it does not produce smoke and tar, but this is by no means an accurate statement. In fact, teens are much more susceptible to getting addicted to nicotine because their brains are still developing, and a typical Juul pod can contain as much nicotine as an entire pack of cigarettes. Nicotine can be detrimental to parts of the brain that handle memory, attention, and learning. In addition, it is illegal for minors to vape, and some states have actually raised the vaping age to 21.

After a nationwide outbreak of 2,051 confirmed vaping illnesses, health officials have reported a breakthrough in their investigation of the situation. Vitamin E acetate was discovered in all lung samples of 29 patients with a vaping injury and it is the first direct evidence of this substance being connected to vaping-related lung injuries. More research is needed to conclusively validate this as a factor, but what is known so far is that vitamin E acetate has been added to the fluid of vape cartridges to thicken it. Anne Schuchat, MD, the CDC's principal deputy director, says the findings do not rule out the possibility that other substances could also be playing a role in the illness and that some cases have been reported in patients who vape nicotine and/or THC only.

Nearly 85% of lung injury patients in the nationwide outbreak have reported using products containing tetrahydrocannabinol, better known as THC, the high-inducing chemical found in marijuana. "Very little is known about the safety or effects of vaped cannabis oil," said Dr. Neal Benowitz, a professor of medicine and a researcher on nicotine and vaping at the University of California, San Francisco. He also cautioned

that some ingredients mixed into the oils "could have harmful, toxic effects on the users, including the potential for causing and/or promoting cancer and lung disease."

The truth is that not all of the effects of vaping have been discovered yet. According to Dr. Albert Rizzo, chief medical officer for the American Lung Association, said, "We have no evidence of whether it's safe at all. There's just no scientific basis for that."

The potentially dangerous consequences are only now becoming evident, but vaping most likely has many more unexplored negative health effects as well. Scientists, researchers, and doctors have still only uncovered just the tip of the iceberg of this current vaping issue. With all this in mind, it is in everyone's best interest to stay away from vaping, as it is extremely addictive and can substantially harm anyone who does it.



An X-ray of a patient with a vaping habit shows whitish, cloud-like areas typically associated with some types of pneumonia, fluid in the lungs, or inflammation.

PHOTO COURTESY OF THE GUARDIAN

California Wildfires

BY ARIANNA ROSS '22

California is in a state of emergency as of October 27, 2019. Raging wildfires are tearing through the northern and southern parts of the state, displacing thousands of people and causing major blackouts to be put into effect. Dry conditions and high winds are contributing to the blazes, which are burning in both rural and highly populated areas.

There are currently eight major fires that caused the state of emergency, each causing major displacement. The newest blaze, the Maria Fire, started late October 31 in Ventura County. It has burned 9,412 acres and is half contained as of Nov. 3. But that fire is small in comparison to the Kincadee fire.

The Kincadee Fire started on the evening of October 23 in Sonoma County; resulting from strong winds, it burned 77,788 acres and caused the evacuation of over 186,000 people. It destroyed 360 homes, businesses, and other structures, burning over 13 days. The fire was fully contained on November 6, but air quality is still concern-

ing and hundreds of people are still without homes or businesses.

Two other devastating fires are the Tick and Saddle Ridge Fires burning near the populated city of Los Angeles. Together they have burned more than 162,600 acres and caused mass evacuations. The Tick Fire destroyed 22 buildings and damaged at least 27. It started October 24 near the 14 freeway; luckily, no major injuries were reported. The Saddle Ridge Fire, on the other hand, has killed one person, and caused 13 other injuries.

Other populated areas were at risk also. The Hillside Fire, which started on Halloween morning, made its way into the residential neighborhoods in San Bernardino, burning 628 acres, but is now 95% contained. The Easy Fire broke out in the Simi Valley area October 30, ripping through 1,650 acres and the Getty Fire began Monday October on the 405 freeway, blazing through 745 acres.

Not all fires were the result of dry and windy conditions. The 46 Fire started when a car crashed after a police chase in Jurupa Valley. There have also been speculations that the energy company PG&E may be responsible

Source:

CBS News



The Kincadee Fire in Sonoma County.

PHOTO COURTESY OF CBS NEWS

MLS Comes to Sacramento

BY EMILY SQUIRES '22

After five years of working to make Sacramento's soccer team Republic FC a part of Major League Soccer; Don Garzber commissioner of the league, announced on October 21, that MLS (Major League Soccer), will be expanding into Sacramento. There are currently 24 teams who play Major League Soccer, and with the addition of several including Republic FC, the league will expand to 30 teams in upcoming years. The expansion is set to be completed by 2022 when an approximately 250 million dollar stadium in the downtown Railyards District reaches fruition. In addition to the building of a new stadium, the entire downtown Railyards District will also experience redevelopment, with projects ranging from a new hospital and museums to housing and retail. Major monetary contributors and endorsers to the project include Ron Burkle, co-owner of NHL's Pittsburgh Penguins, Matt Alvarez Hollywood movie producer, and businessman Kevin Nagle. Sacramento Mayor Darrell Steinberg has also been active in these events promoting MLS's expansion into Sacramento in hopes of spurring a prominent economic hub through the development of a new entertainment sector. As part of a funding deal, the City of Sacramento has also agreed to provide money to the group of investors termed the Burkle Group. In a past agreement, the Burkle Group would receive a 33 million dollars, which would include the creation of a new infrastructure financing district to pay back the group for their roughly 27 million dollar investment into area infrastructure. This agreement would also include 2.4 million in permit fees and further funding for the staffing of

events. A second proposal for the city's monetary involvement in the project modifies the original design by making the portion allocated towards repaying the Burkle group for infrastructure development a loan. This loan would make it easier for the Burkle Group to finance the project, and new buildings would generate property taxes aiding in paying the city loan back.

From its first match in 2014, Republic FC has set several attendance records and is a higher level team in the United Soccer League. Winning the championship in their first year as a team, they had an overall regular-season record of seventeen wins, seven ties, and seven losses. Since then, Republic FC has made quarterfinals twice and, semifinals once, respectively. Republic FC is not the first Sacramento team that has come close to becoming a part of Major League Soccer. Greg Van Dussen was the general manager of the second-division league team, The Sacramento Gold, this team won a championship and was a major cultural asset to Sacramento. However, after funding dried up the team, and the league of which it was a part, came to an end. In the past, there have been many soccer teams that have come and gone from the Sacramento area. They include the Acorns and Celtics in the 30s, the Geckos and Scorpions of the 90s. Soccer has played an integral part in Sacramento's history, promoting community commerce and the continual development of the city. This is the hope with many have for this project--to foster a greater Sacramento community now and into the future. Whether this endeavor is successful in satisfying the city's goals or not, the effect it will have on our community will be long-term

and have the potential to positively impact the growth of Sacramento for years to come.



Excited for Major League Soccer to come to Sacramento.

PHOTO COURTESY OF GOOGLE IMAGES

Sports Update

BY JANA LUKAS '21

Starting on Monday, November 4th, Troubies began trying out for the two winter sports offered at St. Francis: soccer and basketball. Getting a bright and early start in the morning, basketball tryouts were held at 6am for varsity and after school at 3:30pm for the freshman and junior varsity teams. The teams ended tryouts later that week on Friday, with five returners to Varsity, four of those being seniors and with a total of fourteen players on the roster. Soccer tryouts are held for seven days after school, ending on Thursday, November 14th. The team will be announced later that week. In total, there are 106 athletes trying out for the three soccer teams!

Both soccer and basketball had fitness sessions a few times per week heading into tryouts. In addition to conditioning, basketball had Open Gym dates as early as September. Tryouts for both sports teams consisted of a variety of drills, including small exercises such as passing and drib-

bling to test athletes' skills and bigger games like scrimmaging so coaches could see how players play in game-like situations.

Going into the basketball season opener versus West Campus on November 25th, Junior Sarah Cloninger is looking forward to "playing with a new team and contributing to [the] team's success." This will be Sarah's third year playing with the Troubies and her first year on Varsity. Sarah also just finished up her very first season as a cross country runner. She enjoys playing soccer in her free time and one fun fact about her is that she can juggle.

Reigning Champions of the CIF State Northern California Division II Regional title, the St. Francis Varsity soccer team starts their season opener against Rio Americano on December 3rd at home. The Troubies' home field will be at Cristo Rey High School for the second year in a row. JV Gold will also have their home field at Cristo Rey, where they will practice and play their home games. JV Red's home field is the St.

Francis soccer field. Both JV teams will start their season versus Rio on December 2nd for JV Red and December 3rd for JV Gold. Good luck to both sports teams as they head



Pictured: JV Red soccer team.

PHOTO COURTESY OF SFHS INSTAGRAM



Varsity soccer claims victory at their opening game.

PHOTO COURTESY OF SFHS INSTAGRAM



Pictured: Varsity basketball team.

PHOTO COURTESY OF SFHS INSTAGRAM

Fall Highlights



Freshmen and Sophomore Cross Country D2 champions.
PHOTO COURTESY OF SFHS INSTAGRAM



St. Francis runs to feed the hungry.
PHOTO COURTESY OF SFHS INSTGRAM



Troubies celebrate during Spirit Week.
PHOTO COURTESY OF SFHS INSTAGRAM



Troubies travel to our sister school in Ghana.
PHOTO COURTESY OF SFHS INSTGRAM



St. Francis' production of The Tempest.
PHOTO COURTESY OF SFHS INSTGRAM



Student SELFe Committee with Good Day Sacramento.
PHOTO COURTESY OF SFHS INSTAGRAM



Varsity Cross Country with their fourth consecutive championship.
PHOTO COURTESY OF SFHS INSTAGRAM

Homecoming Recaps

Sophomore Recap

BY BELLA SHARP '22

On October 21, 2019, the sophomores kicked off the best time of the year. We were back for our second round of homecoming, and we couldn't have been more excited. Once we learned our theme, Bikini Bottom, we set to work on our decorations, trying to figure out how to bring our vision to life. The next few weeks consisted of many Home Depot runs, collecting recycling, working until 6:00 PM, brainstorming, working around issues that popped up, painting, gluing, sawing, nailing, collecting cans, and, of course, having fun with our fellow Winnies. Whether it was our pineapple finally getting finished or all of the painting getting done, it was always great to have someone else to share that sense of accomplishment with.

During all of this, we were also forming our songs, cheers, entrance, danc-

es and skit. The songs were simple and a great source of class unity. The cheers were one of the most fun aspects of the season. It took many class meetings and a few videos for everyone to get them down, but once they did, it was amazing! Looking out at my class while they chanted filled me with Winnie pride, as well as love for this week and my class. The dances and skit were our greatest labors after decorations, with everyone staying after school almost every day to practice. From the small voices to the main actors, it all took lots of coordination and practice.

After weeks of preparation, the big week itself finally arrived. We came prepared in our red and gold for Monday, the Canned Food Drive, having collected cans and recycling from our class. Our council arrived at 5:00 AM to start forming our design. We decided to make Spongebob's pineapple with flowers surrounding it. Many Winnies showed up to contribute, so after 4 hours, everything came together

and it looked incredible! Later that day, the whole school gathered to bless the food and learn more about who it was benefiting. Our class was especially hyped up for Tuesday: Sports Day. Dressed in our jerseys with maroon and orange, we pulled out our marshmallows and our red solo cups, then headed to the gym. All of us gathered in the bleachers to scream our hearts out, watching our classmates compete. We walked away with a second place victory that we were really proud of, but without our voices. The next day was all about class meetings and Winnie the Pooh. We went over cheer after cheer until we knew them by heart. Next was Thursday, the official rally prep day, when we dressed up as citizens of Bikini Bottom. Most of our class gathered to get our decorations set up in the gym; everyone worked so hard on all the different components. Finally, the SBOs announced that time was up and everything needed to be finished. We all stepped back and smiled at what we had made, some even crying tears of joy. Weeks of hard work had led up

to that moment and we couldn't have been more proud!

After many hours of decorations prep, we were ready for Friday: Rally Day. Putting our game faces and Spongebob costumes on, all of us Winnies entered the gym to start the best day of the year. We watched all of the different skits, heard the songs, smiled at the cheers, and, of course, cheered like crazy the whole time. Our class felt happy with our own displays, smiling from ear to ear; however, we also felt sad, since the week had come to an end. Nevertheless, we walked out with our arms around each other, our hearts happy, and our bodies ready to sleep for the next few days. Our second homecoming had been more fun than we could've imagined. We're ready for next year and can't wait to keep showing our Winnie pride!

Junior Recap

BY MARIELLE THOMAS '21

St. Francis Catholic High School is special because of the love the students have for the school. A perfect representation of this is Homecoming Week. It's a week full of pure fun. It's a time for maximum school spirit and intense bonding through the production of the skit, dances, and decorations. Trials and tribulations are experienced, new friends are made, and memories that will last a lifetime are produced during this one week at St. Francis. As juniors, we are halfway through our journey in high school, and we want to soak up every moment we have.

The first day of Spirit Week was the canned food drive. On this day, we dressed in red and gold spirit attire to showcase the love and pride we have as Troubadours. We got to school as early as five in the morning to build an enormous structure out of the canned foods we have been collecting over the past three weeks. The structure is manufactured to represent the class theme. Ours was Super Mario World, so we built a giant race track! Surrounding the race track we constructed several elements from Super Mario World such as green pipes, stars,

mushrooms, and even Bowser's Castle. An artist in our class even drew Bowser that morning to place in the castle. We covered the cans with colored paper to make it as authentic as possible. As more and more girls from our class arrived, more ideas, and cans, were brought to the table. We chanted our signature cheer, '21 Simbas Got Soul, when we finished our structure.

The second day of Spirit Week was Sports Day. On this day, the Junior class dressed in blue and gold to showcase our class spirit. At lunch we cheered until it was our turn to enter the gym. This rally was composed of intramural sports between the classes. Some examples of games that were played were limbo, cup stacking, an obstacle course, and tug-of-war. The girls who participated in Sports Day all did an amazing job, and our class cheered them on. This was the first day that we debuted our drum! The drum amplified our cheers and got our class rowdier than ever before.

The next day, Wednesday, was dress like your mascot day. Girls came with Simba t-shirts, headbands, and socks. Some even came dressed as lions! We had our second to last class meeting this day and re-

hearsed our class songs, cheers, and talked about our entrance.

Thursday was a day packed with excitement, anxiety, and laughter. This day was dress to your theme. Since our class theme was Super Mario World, our class dressed as racers! Most wore a combination of red, black and checkered clothing, but some got really creative; there were some girls that came as actual cars, and others brought wheeled scooters and rode around on them all day. This theme was extra fun because it allowed a ton of room for creativity. After school, our whole class stayed until 10pm to finish our decorations. We made, quite literally, a Super Mario World! When you first walked into the float, you would see two giant mushrooms, and a crashed car with the wheels turning. As you continue, you would enter the water world, rainbow road, (with a rainbow bridge) lava world, and finally, Bowser's castle! Our decorations took a lot of hard work and dedication, and they turned out perfectly.

The final day, Friday, was one for the books. This is where all our hard work was finally displayed for everyone to see.

During the rally, we performed our class cheers and songs, and our skit. Our class songs were parodies to "Sweet Caroline," "Year 3000," and "True Colors." We had some girls at the top row throw down blue and gold streamers during one of the songs for visual effect. Our cheers were loud and proud, and we even lifted our mascot up at the end! Our skit was legendary. The girls worked so hard over the past three weeks and it all paid off. They had so much fun creating it and finally performing it! This day was filled with countless laughs and tears. Three weeks of prep every day after school had finally ended, but it was the most fun three weeks of our time here at St. Francis. Our second to last homecoming season is over--it's all moving so fast!

December Holidays

BY SOFIA SCHUMAKER '21

Thousands come together to celebrate the birth of Jesus and celebrate Saint Nicholas every Christmas; however, the holiday spirit starts long before then. We all have that one friend who starts listening to Christmas music in November; however, many other holidays occur in the season of December as well.

Palden Lhamo festival. Tibet, a country whose history and reality embraces magic, engages in an equally enchanting festival to honor the female deity, Palden Lhamo (Translation: Glorious Goddess) every December 12th. Palden Lhamo festival is a celebration that isn't to be forgotten. The locals of Lhasa, especially women, wake as early as 4 am to take a pilgrimage to the Bal Lhamo Deity at the Jonghang Temple. Any women who can't take the pilgrimage can ask any man for money.

Shaheed Udham Singh Jayanti. Every December 26th is the annual Shaheed Udham Singh Jayanti celebration in India. This honors the birth of the freedom fighter Udham Singh. Udham Singh is known for his assassination of the British Governor of the Punjab Providence. Shaheed Udham Singh Jayanti is the Martyrdom Day of

Udham Singh's life.

Boxing Day. Celebrated In the UK, Boxing Day is a public holiday that originated in the mid 1800s. The day was primarily for the servants of the wealthy or middle class. Servants would be given a box of gifts after Christmas and the day off. The servants would then go home to their families where they would give the Christmas boxes to their families. Today, however, Boxing Day is primarily celebrated by retail merchants, who offer items at sale prices, as on our Black Friday.

Kwanzaa December holds the week long celebration of Kwanza that honors African heritage. Not only is this celebrated in the U.S. but it is celebrated in most nations of the African diaspora. In 1966, this festival was introduced to America by Dr. Maulana Karenga, who created it as a way to acknowledge the African American community's own traditions. "Kwanza" stands for the KiSwahili word, "first".

Las Posadas From December 16th through the 24th, a celebration known as Las Posadas is celebrated throughout Latin America as a celebration for Mary and Joseph's search for shelter; however, such a celebration has not gone unnoticed by Americans. Las Posadas is one of the most important celebrations for people in Northern New Mexico. The word "posadas" means "inn" and "shelter" in Spanish.

Omisoka Omisoka is known as the Japanese's new year. Omisoka is known for both its celebrations and its spiritual events. Many people visit their neighboring Shinto shrines throughout the day, and at midnight, the temples ring large cast iron bells to signify entering a new year as well as the 108 wants that created human suffering.

Throughout the world, December is a month to be cherished and celebrated. The holidays gather thousands of people together through the traditions of our ancestors. Many of us celebrate the Christmas season with family members, and the holidays help us remember family can



A Shinto shrine in Japan.

PHOTO COURTESY OF GOOGLE IMAGES

Sacramento Travel Guide

BY IZABELLA TAYLOR '21



The Tower Bridge is pictured above.

PHOTO COURTESY OF GOOGLE IMAGES

Ever bored of your hometown? Don't know what to do on the weekend? Check out all the amazing activities that Sacramento has to offer! First, head downtown to the DOCO! Go shopping at Urban Outfitters or grab your favorite drink at Starbucks. While downtown, hit up old Sac's sweet treat shops. Then, head to the Crocker Art Museum to check out the latest exhibit and test your art expertise. Sacramento has an abundance of museums, and parks for entertainment. For example, the California State Railroad Museum is a great way to enhance one's railroad knowledge. Also, the Governor's Mansion State Historic Park and Sutter's Fort State Historic Park are both a great way to learn history while enjoying beautiful Sacramento. If you're feeling more outdoorsy, head down to the State Capitol Park and check out the World Peace Rose Garden. Land Park also has fun outdoor activities like the Sacramento Zoo and Fairytale town. And if you have a chance, drive under the Tower Bridge or walk on the sightseeing paths facing the bridge.

Best Sacramento Tourist Destinations:

- Downtown Commons (DOCO)
- Old Sacramento
- Crocker Art Museum
- California State Railroad Museum
- Sutter's Fort State Historic Park
- California State Capitol Park
- Governor's Mansion State Historic Park
- State Capitol Park | World Peace Rose Garden
- Sacramento Zoo and Fairytale Town
- Tower Bridge

Holiday Cookie Recipe



Festive Rich Roll Cookies

PHOTO COURTESY OF GRACE HARRISON '20

BY GRACE HARRISON '20

Recipe: Rich Roll Cookies

Christmas is so close I can almost taste it! Speaking of taste, one holiday tradition that never gets old is baking. Put on your favorite Christmas music and whip up these perfect festive sugar cookies. This recipe comes from freshman Sydney Eberhardt's mom who makes these amazing cookies every year.

COOKIE INGREDIENTS:

- 1 egg
- 1 teaspoon vanilla
- 2-½ cups flour
- ½ teaspoon salt
- 1 cup of softened or melted butter

- 2/3 cup sugar

1 teaspoon vanilla

FROSTING:

- Approximately 2 cups of powdered sugar
- 2-3 tablespoons of water
- Food coloring for a festive look

Combine and add:

2-1/2 cups flour

1/2 teaspoon salt

- Chill dough at least 3-4 hours before rolling. (For best results chill overnight)

DIRECTIONS:

Cream:

1 cup of softened or melted butter

2/3 cup sugar

Beat in:

1 egg

- Roll out dough to approximately 1/4" thick. Cut with cookie cutters and place on baking sheet.

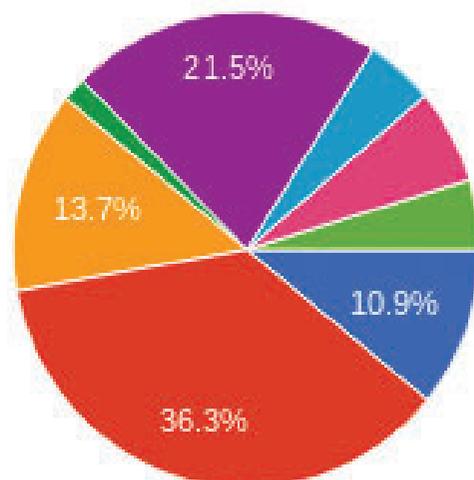
- Bake at 350-degrees for 11-13 minutes, or until slightly golden along the edges.

- Recipe will make about a dozen medium sized cookies - recipe doubles and triples well!

Holiday Movie Poll

Thank you to those who participated in the poll! Wishing you all the best of luck with finals and Happy Holidays!

358 responses



- How the Grinch Stole Christmas 10.9%
- Elf 36.3%
- The Polar Express 13.7%
- A Christmas Carol 1.7%
- Home Alone 21.5%
- A Charlie Brown Christmas 4.7%
- Christmas Vacation 6.4%
- Rudolph the Red-Nosed Reindeer 4.7%