

Skowhegan Scoop

Skowhegan Area High School
Newspaper

Volume 4 Issue 1 December 2020



How to be Successful at Remote Learning

By Victoria Mulligan and
Jasmine Coldwell

Student schedules changed significantly as a result of the Covid pandemic. Some students are attending school every day. Others are attending every other day, and some are learning as fully remote students. A lot of students have problems with families or the people that they live with that can make online learning difficult. Also, if a student has siblings, it is hard to get on zooms because multiple people in the household are using technology at the same time.

The following guidelines can help students manage their time during remote learning days.



Step 1: Put away electronics

Electronics should not be next to you when you are doing school work unless you really need it. For instance, if you get a text or a call, don't answer it unless it is an emergency.

Step 2: Set your alarm before bed

Before you go to bed, plug your phone in and set the time you want to get up the next morning, so you don't sleep in or miss a class. Don't snooze your alarm because then you will miss the zoom.

Step 3: Have school materials in one area

Be prepared to do school work. Prepare a box with the stuff you need in one place. If you have a desk with shelves, you can keep your binders and books there, and you can get a jar or cup to store your pencils, pens, highlighters, or other types of writing utensils.

Step 4: Have your own space to do the learning

Try to be in a different room without noise and no siblings. Try to be in a room alone, so you don't get distracted and can have all your attention on the teacher or work.

Step 5: When you sign off a zoom, do the homework that was assigned during the zoom as soon as you can, so you don't forget. During zoom classes, if teachers

ask you a question or ask you to turn on your camera, don't argue with them. Don't just sign off and not do the work.

Step 6: After class is done, don't just shut off your computer. Start your homework

Open the tab for your homework. If you need a break, take a short break and get back to work. Do not try to avoid doing the work. The sooner you get it done, the sooner you don't have to do work for that class. If you don't know how to do something, asking for help is the best thing to do, even if you just ask a friend who knows how to do it.

Step 7: Protect teacher well-being.

Teachers are having to learn these things just like we are. We get stressed about things in our life. Think about your teachers. They can be stressing, too. Just think that while you're at home, they have to go to school with their students and worry about all of us. They are also trying not to get sick.

Step 8: Practice time management

Don't spend most of your school day sleeping or trying to avoid schoolwork. Plan ahead of time, so that you don't fall behind. Plan every assignment you do, so that when you move on to another piece of work, you can spend the appropriate amount of time on that assignment as you did with the other one.

What Does a Mask Do?

By Savannah Lancaster

In today's world, it is now a requirement in daily life to wear a mask in public. Some people feel that masks are useless and are a dumb idea. But here's the

thing. Masks really do serve a purpose. The best thing a mask does is prevent someone that already has COVID-19 from spreading it to other people, but you benefit from wearing a mask even if you do not have COVID-19. Masks are effective as source control. They prevent larger expelled droplets from evaporating into smaller droplets which could spread. One experiment proved the effectiveness of wearing a mask by using high speed and enhanced videos to show that without a mask 20 to 500 micrometers of respiratory droplets were expelled with a single phrase. Nearly all these droplets were stopped with a damp washcloth at the mouth. Any mask will do some benefit to you and others, as long as you properly cover your mouth and nose. It is not a 100% guarantee that you will be safe, but it reduces your risk substantially.



***Five Feet Apart* Book Review**

By Emma Huntley

Five Feet Apart by Rachel Lippinott, Mikki Daughtry, and Tobias Laconis is about a young couple who both have Cystic Fibrosis (CF) and can't be together. You have Stella Grant, who has to go back to the hospital because of a fever and misses her senior trip with her friends. You also have Will Newman, who has to go back because he hasn't been doing his treatments correctly. Stella is very intrigued by Will when he gets to the hospital where she also is. You follow them getting to know each other in the book and find out many things about each character and also other people in the hospital. I found this story very interesting, and it put a light on CF and says that people who have it do struggle daily. *Five Feet Apart* is also a movie, available on Hulu's prime service. It is also in stores, so you can buy it there, too! I would definitely recommend this book. It is super good and a very fast read! I read it in four days. It was that good!

***Looking for Alaska*: Book Review**

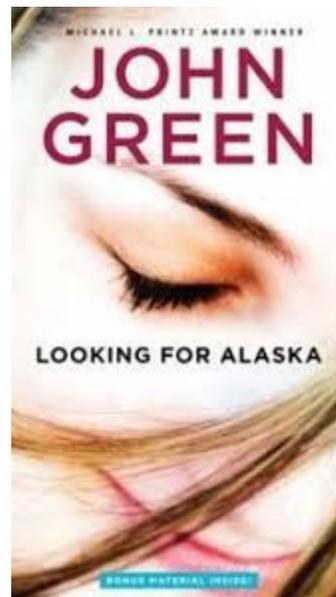
By Emma Huntley

Looking for Alaska, by John Green, is about a group of friends - Miles Halter, Chip Martin, Takumi Hikohito, Lara Buterskaya, and Alaska Young - who are juniors in high school. The book takes place in Culver Creek, a school in Birmingham, Alabama. Each character has their own problems at Culver Creek and at home. Because of language and sexually-explicit

scenes, *Looking for Alaska* has been challenged in Tennessee and Kentucky. This book has a meaningful story as Miles is in search of "The Great Perhaps".

There is a Hulu series adaptation of the book that was recently released. It is definitely not the same as the book because some scenes have been added to the show that was not in the book. It doesn't change the story much, but the new scenes add more drama.

I would definitely recommend the book and the show.





The Perils of Procrastination

By ZuZu Johnson

If there's one thing I am extremely effective at, it is the art of procrastination. Frankly, I'm even bold enough to consider myself a pro. How I got this way, I'm not quite sure. Though my tendencies to become distracted — whether on purpose or truly by accident — have always been a part of me, they really began to plague my existence in middle school. Paradoxically, as the work got harder and the assignments more involved, my trouble with procrastination became more pronounced. During afternoon hours when a more functional or disciplined student would be attending to their assignments, I regularly find a plethora of seemingly very important things other than schoolwork that demanded my immediate attention, such as clipping my toenails, eating a second bowl of cereal, sending my streaks on Snapchat, lying down on the floor in the middle of my kitchen contemplating whether or not I should eat a third bowl of cereal, cleaning the dryer lint out of the lint tray, watching Netflix, lounging with my

cats, scrolling through social media, lighting a candle, making a third bowl of cereal, eating the third bowl of cereal, regretting eating that third bowl of cereal, etc.

I tend to believe that anyone, from time to time, can experience a degree of procrastination. Or, at least I assume so. If it doesn't happen to you, however, I'm not sure what I think about that. On one hand, I almost believe you've missed out, if that makes any sense, as procrastination has produced some of the best times of my life... and the worst. On the other hand, I envy you. In my years of experience, though, I've gathered that a person who never procrastinates is a virtually impossible entity. The difference, I believe, is the degree to which they experience their procrastination. Personally, I consider my case an extreme one, and though I like the idea of being one of the few people who don't experience any procrastination whatsoever, truthfully, I believe I've done some of my very best work between the hours of 11 p.m. - 5 a.m.

Sleep is not something I spend a lot of time doing, and not for the right reasons. For instance, it's not as though every night I am swamped with homework and also have to juggle my part-time job while volunteering at the local animal shelter every other day after school. It's not like I'm using my free-time to sing for the elderly at nursing homes or pick up trash on the side of the road. In reality, most afternoons I come home from school, sit around, eat junk food, and bicker with my younger brother until I look at the clock and, to my surprise, discover it's 10 p.m. Even then, I stall for a few more hours, during which time I might watch some inane videos, staring at the

clothes all over the floor in my bedroom, or make some chocolate milk, until - somewhere in the vicinity of twelve at night or so - I finally bust out the little worksheet I was assigned, which is due in just a few hours. Of course, I don't start it right then, I procrastinate some more. Why? I'm not particularly certain, though the likeliest reason is that, after all these years, it has become a habit.

When I do finally begin the assignment, however late, I find that I am laser-focused. Ideas come to me at lightning speed and, in very short order, the dreaded task is done. I fall into a stupor, and a few short hours later, I wake up that same morning — barely — and despite my resolve to do things differently with the next assignment, I somehow manage to repeat the same process. It is a never-ending cycle of feelings and exhaustion and comical happenings, but to what end? I don't foresee myself ever-changing my ways.

Sometimes, when I get home from school and know I have a lot of work to do, I like to plan out my evening. I tell myself that I'll go home, make myself something to eat, and hash out whatever is most important. It will be amazing, I tell myself. I will have the rest of the night to do whatever I want without the thoughts of tasks I need to accomplish looming over me. Later that night, when my mother asks me what I need to achieve — though she typically knows the answer already — I'll say, "Mom, I already finished my homework. Mom, it's a new dawn."

I might even start my new routine today. But first, I have to call my third cousin and wish him a happy belated

birthday. Then I'll get right to work. Maybe.

Pop Culture TimeLine

By Savannah Lancaster

Top Songs

- 2010 *TiK ToK* by ke\$ha
- 2011 *Rolling In the Deep* Adele
- 2012 *Somebody That I Used To Know* Gotye Featuring Kimbra
- 2013 *Thrift Shop* Macklemore & Ryan Lewis Featuring Wanz
- 2014 *Happy* Pharrell Williams
- 2015 *Uptown Funk!* Mark Ronson Featuring Bruno Mars
- 2016 *Love Yourself* Justin Bieber
- 2017 *Shape Of You* Ed Sheeran
- 2018 *God's Plan* Drake
- 2019 *Old Town Road* Lil Nas X Featuring Billy Ray Cyrus

Top Books

- 2010 *Mockingjay* Suzanne Collins
- 2011 *Inheritance* Christopher Paolini
- 2012 *The Fault In Our Stars* John Green
- 2013 *Allegiant* Veronica Roth
- 2014 *Hollow City* Ransom Riggs
- 2015 *More Happy Than Not* Adam Silvera
- 2016 *Everything, Everything* Nicola Yoon
- 2017 *One Of Us Is Lying* Karen M. McManus
- 2018 *What If It's Us* Becky Albertalli Adam Silvera
- 2019 *On The Come Up* Angie Thomas

Top Movies

- 2010 Toy Story 3
- 2011 Transformers Dark Of The Moon
- 2012 The Avengers
- 2013 Iron Man 3

2014 Transformers Age Of Extinction
2015 Star Wars The Force Awakens
2016 Captain America Civil War
2017 Beauty And The Beast Live-Action
Remake
2018 Incredibles 2
2019 Fast & Furious Hobbs And Shaw



2013 Year

Of The Doge



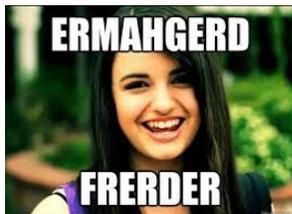
2014 Pharrel's Hat

Top Memes



2010 Bed

Intruder



2011Friday Rebecca

Black



2012

Overly Attached Girlfriend



2015 Left Shark



2016

Confused Mr. Krabs



Salt Bae



2018 Tide Pods



2019 Storm Area

51, They Can't Stop All of Us

We Have Always Needed Music. Now Music Needs Us By Joselyn Cates

The sound of keyboards click, click, clicking, lunch trays meshing together into short towers, and even the cringe of squeaky boots clomping down the hallways; we are back. Now, in one of the most traumatic school years, many of us will ever experience, chaos is abundant. While once friends, now masked strangers text one another from a distance only to be interrupted by the staff trapped behind plastic fish tanks, greater things are coming from the top, down.

What if I told you that deep within the bowels of our resilient school lies a place that has the power to change our perspectives? What if I told you that this

place, while it may not be the cure (but it may very well be), can perform as a coping mechanism for searching souls during these perilous times? Believe it or not, this place of refuge has the power to bring one student from any walk with another to appreciate something that we actually all need inside.

This place of refuge is not necessarily a location, but an idea of a happy medium found in music. Skowhegan Area High School does have a physical music room, however.

Wait! I know how this sounds, but just hear me out: Haydn was a warrior through his music following the French Revolution, whereas Ornstein was considered a recluse. Despite their differences, they became heroes from their music and ultimately satisfied in the end. Their brains, along with yours, actually needed the music to explore spatial-temporal learning and even neurogenesis, but that's for another time. See, music is for everyone!

While the SAHS music department is so incredibly important because it has the power to touch the deepest emotions of the soul, further unite the student body, empower everyone -- inspirers and admirers (you don't have to be a musician to contribute) -- to express themselves, remind us of our history, exercise our brains, and ultimately change the world for good as a place of refuge, why have we allowed it to drown in the chaos of the times? Music has always been the rock of culture (no pun intended). Now, it's up to you: will it continue to be?



Advisors: Ryan Smith and Karen Cyr

Writers: Savannah Lancaster, Joselyn Cates, Emma Huntley, Zu Zu Johnson, Victoria Mulligan and Jasmine Coldwell, Megan Lockard