

**THE RED AND WHITE FALL 2020**

Overbrook School for the Blind High School Newspaper



Figure 1- Math class is better when you get to do it outdoors!  
We think Breanna agrees.

## A Class to Prepare You for Adulthood

By Kiley

A class that I would say needs to be mandatory would be home economics because it teaches you skills, like how to do your laundry, that you may not get a chance to learn later in life. The first skill it can teach you is how to cook. A second skill that it can teach would be how to sew. The last skill I will mention it can teach is how to manage and maintain a household. I've experienced this class and it is handy to have in your box of tricks.

Cooking, one of the major skills you need to learn when you start living on your own, is something that is taught in Home Economics. A good reason why is so you don't have to waste money on takeout or on a restaurant. It is also important to know how to cook if you have allergies and dietary needs so you know what ingredients are in the food. You most certainly don't want to end up in the hospital from a severe reaction to something you ate. Another reason you should learn how to cook is that most of the time homemade food just tastes better. Knowing how to cook also lets you make variations to the recipes if you cook at home.

Sewing is another skill that can be very handy when you live on your own. Learning how to sew enables you to know how to fix your clothing if there are holes or tears in them. It also means you don't have to get rid of clothing and have to spend money replacing it. Knowing how to sew enables you to know how to make items that are necessities, such as blankets or curtains. Learning how to sew also teaches you about the different measurements. It also teaches you patience and hand and eye coordination, as well.

Learning how to manage and maintain a household is something you will absolutely have to know. Learning how to maintain a household teaches you different abilities and skills needed to keep it orderly. It also is teaching you how to keep a house in working order instead of it being a pig sty. Learning how to maintain a house means learning how to keep it clean and organized. Essentially, it teaches you skills that if you don't have by the time you're an adult you're in some serious trouble, like clean and how to do laundry.

Home economics is something that teaches you general skills you will need to apply later in life. You have to have the basics of it to grow and expand your knowledge and skills of it. Home economics is something you can always build and improve upon. You can also make a career out of it. Like being a cook, a seamstress, a teacher, or interior designer. Home economics can open you to many doors making the possibilities endless.



Figure 2- Emanuel paints a mini pumpkin in Ms. Moscato's class.

## Stay-cation

By Ny'Aziah

Have you ever wondered what a staycation would be like during these times? Keep reading to find out what it would be like and the things you would need.

Step one is easy and all you need for it is one thing and that is something comfy to put over your eyes. That could be a face mask or a towel or you could just close your eyes - whatever works for you.

Step two might be a little easier to find than step one. All you need is somewhere to lay down. The reason for this is so you can be comfortable. You can go anywhere: your bed, your couch, it could be anywhere. You can get your family to relax as well. You could do it together. Everyone needs a staycation!

Step three is close to the last step. Get some candles. They could be scented or normal candles. The candle choice is yours. Don't forget to turn the lights off so you can be more relaxed.

For step four, all you need is a cellular device. Now what that is for is to play any noise you want. It could be rain or whatever you want. The noise is to help you relax more. The sounds help you feel more at peace. You have to listen to a relaxing sound because that works best.

Enjoying a staycation is an easy way to have fun at home if you ever get bored and need a break from work and the stress of the week. The last thing to do is enjoy your staycation.

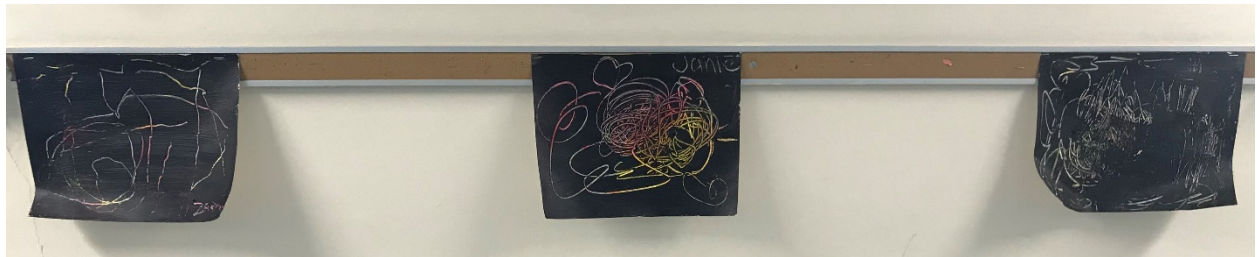


Figure 3- Students in Ms. Hays' room love hands-on, tactile art projects.

## What is Tarot?

By Joanne

Tarot can be used in multiple ways. The most common way to use the deck is to gain insight in the past, present, and future. A common misconception is that the tarot are "fortune telling cards." This is only partially true. The deck can be used to answer questions about the future, but it will not give a definite answer like "you are gonna get a car" or something like that. Instead, you can ask questions (such as seeking advice or guidance) and draw cards. I will post a lesson about interpreting the cards at a later date.

A tarot deck consists of 78 cards, with 22 in the Major Arcana and 56 in the Minor Arcana. A popular misconception among beginners is that the Minor Arcana are "lesser" than the Major Arcana. This is far from the truth, as each tarot card plays its own role in the deck as a whole.

It is important to remember the distinction between a tarot deck and an oracle deck. Tarot follows the Major/Minor Arcana system and has 78 Cards. (Some deck creators will include extra cards but in general it follows this system). An oracle deck can have anywhere from 5 to 100 cards, maybe more, maybe less. It does not follow the same system as tarot. Oracle cards serve a similar purpose but are still considered a different thing entirely.

The connection between a tarot deck and the reader is a very unique one. The better relationship you have with your deck, the more accurate and comprehensive the readings will be. Think of it like having a conversation with a person. You have better conversations when you are best friends with the person, compared to being acquaintances.



Origins of the tarot are unclear. The oldest existing deck is the Visconti-Sforza deck, which was intended for playing games. The modern tarot deck that is widely used today is the Rider Wait Smith deck, created by Pamela Smith in the early 1900s. Another popular system is the Thoth tarot, which was created by infamous occultist Aleister Crowley in the late 1900s. The system is based off of Crowley's intensive knowledge of the occult arts. This makes it a very popular deck for occultists and magicians alike.



Figure 4- This fall, Tommy learned about rights, responsibilities, and how important it is to vote!

## How To Reach A Goal

By Nick

There are many different types of goals in the world. Do you have any goals that you want to reach this school year? Here are some ways to reach those goals. You should set an amount of time each day to work on this goal. There are different types of goals. Take notes after each practice.

You should set an amount of time each day to work on your goal. When you set an amount of time you can make sure you have time in your day to do the goal practice. When you don't set an amount of time for your goal you will get so busy that you won't have time or remember to do it. You can make sure that if you have someone working with you or helping you, that they are available for that time each day. There may even be time to work on your personal goals during the school day, depending what the goals are.

There are different types of goals. There are short term goals that last from now to two years. If you have a goal that you want to complete like learning how to use a piece of technology well that is a good goal. There are medium term goals that last from two to five years. If you have a goal like to do work on your house but you need to save money, this is a good amount of time to be able to save the amount you need. There are long term goals that are any time after five years. Long term goals could be like saving for retirement so that you aren't poor when you retire.

You should take notes after each practice. When you take notes, you can look back at them and study them to help you for the next practice. If you do not take notes, you won't remember what you have worked on and what you need to work on. You could also have the person who is watching you take notes to and see what each of you think you need to work on. When you have the person watching you take notes because they might see something that you didn't notice.

If you do all these steps you will be able to reach your goal faster. Ask a friend if they have a goal they want to reach and talk to them about it on the phone. You should set an amount of time each day to work on this goal. There are different types of goals. You should take notes after each practice. Go and achieve your hardest goals.



Figure 5- Kiley was spotted working hard and sporting a Harry Potter mask. We asked - she is in the Slytherin house!

### **Part 1: The Power Between Our Love**

By Breanna A.

Once upon a time there was a 20-year-old girl named Audrey and she had multiple powers. Her main power she used every day was to cure people that are very sick. Audrey always had her multiple powers ever since she was born. When Audrey was little, the main power she used every day was to make people smile just like she did every day.

One day when Audrey was out shopping, she met a 21-year-old boy named Adam who also had multiple powers just like her. His main power he used every day was changing bad people into good people. Adam had multiple powers ever since he was three years old. When Adam was little, his main power was to help people get along.

That same day Audrey and Adam talked for a little while and got each other's phone numbers. They found out they had something in common: both had multiple powers. They talked more on the phone. The two of them talked every day and got to know each other more and grew closer.

One day Adam finally decided to ask Audrey out on a date, and she said yes. On their date, they went out to a fancy restaurant, but Adam also had another surprise spot to take

Audrey. When they were done eating, a mission came up that they had to do together so Adam could not take Audrey to the surprise spot.

Audrey got an alert through her phone that there was a little girl in the hospital named Angel and she was very sick. So, both of them rushed to the hospital. When they got there Adam noticed that there was another problem and the doctors were being very rude to Angel and her family. So, Audrey went over to Angel and cured her. Adam walked over to the doctors, shook their hands to put them in their place and he change their ways, and everything went perfectly.

Audrey and Adam said, "And that's why the power between our love will never end."

## **Part 2: The Twins**

By Breanna A.

Two years later Audrey and Adam decided that they were ready to have a child. They were hoping to have twins and a couple weeks later they found out that they were having twins. The two of them were hoping that they would be having a boy and a girl so they can name the boy Jaydon and the girl Jasmine.

Audrey's due date was June 23rd and she was 8 months already. Adam said to Audrey, "I wonder if the twins are going to have powers like us?"

Audrey said, "I don't know but we will see..."

When Audrey had the twins, she named them Jaydon and Jasmine. The boy was the oldest twin by two minutes. Everyone thought the twins were intelligent, fast learners. and very sweet. Even though the twins were not the same gender they loved matching each other and others loved it too. Two things they love to do together were art and writing but there was something else that they did together that their parents didn't know of...

The twins' birthday was coming up. Audrey and Adam were so happy that they were turning 13 years old so they can finally tell the twins something they didn't know about their parents. The day of the twin's birthday it was very busy but Jasmine and Jaydon were so happy because they were going to see a lot of their family and friends.

Their birthday colors were blue, gold, and white and the twins loved matching so they both wore blue shorts and white shirts that said, "Happy 13th birthday". Jasmine wore white and gold sandals Jaydon wore white and gold sneakers. It was time for everyone to eat and then do



presents. The twins and their parents were excited to tell each other their secret that they were keeping for this special day.

A couple minutes later when everyone left, Adam and Audrey gave the twins a letter that said, "We love you kids but there is something we have to tell you. Do not be scared. It is nothing bad." They both came out and said we have powers.

The twins were a little surprised but not too surprised. Jaydon and Jasmine said, "Well we have something to tell both of you. We also have powers!"

Their parents were very happy to find this out. The twins said our two main powers are making people tell the truth and making dreams come true. Audrey asked them, "Is that why you both are always drawing and painting dreams coming true?"

And that's why we say the power between the twins would never end.

The end



Figure 6- Daniela uses her social distancing bumpers while exploring the classroom.

## Autumn Produce

By Kiley

Have you ever wondered what fruits and vegetables grow during Autumn? What makes them healthy? Three healthy vegetables and fruits that grow during Autumn are pumpkins, sweet potatoes, and cranberries. These three are common foods. Pumpkin pie, cranberries, and sweet potatoes are served during Thanksgiving and can be found throughout the year in most cases.

A vegetable that grows best in Autumn is sweet potatoes. Sweet potatoes can help the brain and nervous systems health because they are rich in Vitamin C and Vitamin B6. Sweet potatoes also help improve the health of your heart by regulating your blood pressure due to the Potassium and Magnesium in them. In a single sweet potato, there are 4 grams of plant-based fiber which helps lower the chances of chronic diseases. The healthiest way to eat sweet potatoes that I have found is when they are either boiled or mashed.

Another Vegetable that grows during the fall is pumpkins. Pumpkins are a great source of Potassium and Vitamin A. They also have Calcium, Magnesium, Vitamin E, Vitamin C, and Sometimes Vitamin B. They can help your eyesight due to all the vitamins in them. They can also help prevent coronary heart disease and strokes. The seeds and the meat, more commonly known as the pulp, are the healthiest parts of a pumpkin.

A fruit that grows during Autumn is cranberries. Cranberries are considered a superfood due to their high nutrient and antioxidant content. They also help with the prevention of certain types of cancers, improve the immune system, and decrease high blood pressure. Cranberries can also help with your digestive system if you eat a lot of meat, dairy, and sugar. Eating just regular cranberries is the healthiest way to eat them.

Did you know that pumpkins, cranberries, and sweet potatoes can have these effects on our health? Or that they have these vitamins and nutrients in them? They can help lower risks to our health and improve other aspects of our health. They help us in so many ways and are quite tasty when ready to be eaten.

