



THE VOICE

December 2020

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Hannah Nettikadan

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Aanya Bharti

Lily Daigle

Michelle Ly

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Victoria Greico

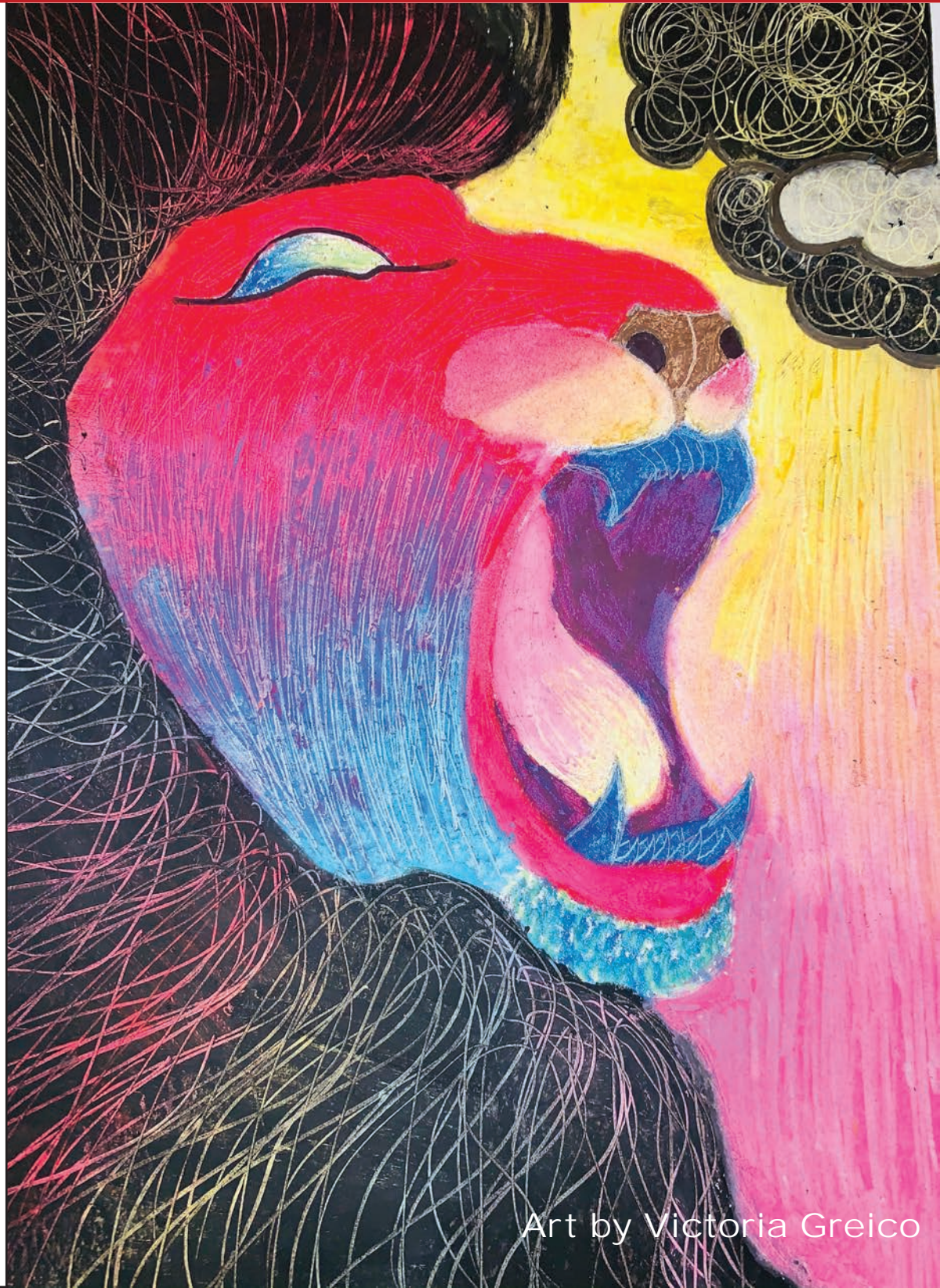
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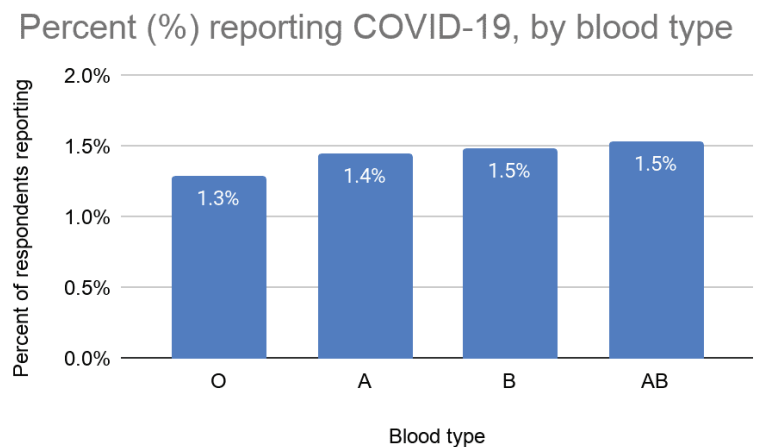
Art by Victoria Greico

Possible correlation between Covid-19 and Your Blood Type

Here is the latest evidence

By Aanya B.

Did you know that your blood type can affect the probability of you getting COVID-19 in various ways? This fact may seem a bit shocking but recent studies show that this may be true. You may or may not know your blood type and that is completely acceptable. However, you should ask your relatives if they know theirs and check out the details below.



Two studies published in the journal of Blood Advances indicate that a lower risk may be related to one blood type in particular. Research suggests that people with blood type O will have a lower risk of infection and a decreased chance of serious outcomes, including organ complications if they do get sick. Further research found that individuals with A and AB blood types may have an increased risk of severe clinical outcomes. In addition, another preprint study conducted by researchers in China found that, out of 2,173 Covid-19 patients, blood type A was associated with a higher risk of death from Covid-19 and a higher risk of contracting the new coronavirus. These researchers also noticed that the least likely to contract the virus appeared to be patients with blood type O.

However, at the present time, there is no reason to think that if you have blood type O, you are fully protected from Covid-19, or if you have type A or B then you definitely will contract the virus. It is important for us to remember that whatever blood type we have, we should all still continue to wear a mask, stay socially distanced, and stay safe since we are all in this together.

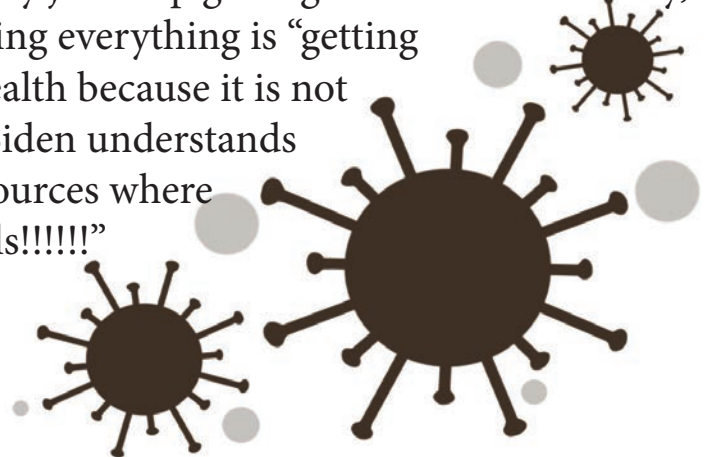
What Joe Biden Winning The Presidency Means For The American People

By Lily Daigle

EDITORIAL

Regardless of where you stand on the political spectrum, we will inaugurate a new president on January 20th, 2021. Former-Vice President Joe Biden and running mate Kamala Harris overwhelmingly won both the American public's popular and electoral vote. Some of us are taking a sigh of relief (me), while some are joining the unjustifiably indignant incumbent in vehemently disputing the validity of the election results. But numbers can't be "disagreed with." Americans began using the hashtag "#NotMyPresident" in 2016 when Trump won the presidency. But, as time went on, it became more and more evident that he was their president, and that his exceedingly inescapable policies were going to affect them regardless of political beliefs. That hashtag lost popularity, but voting him out didn't. Now that we did it, what will life look like under the Biden administration?

COVID-19: We're all sick of COVID-19, right? Well, maybe sick isn't the right word. We're... over it? COVID fatigue is valid, but the hypocrisy of being "over it" and doing nothing about it isn't; especially if you're in the Oval Office. One of the first things Joe Biden plans to do as president is provide free COVID testing for all and hire 100,000 people to start an efficient contact tracing program. This will allow community spread of the virus to become more controlled with contact tracing and allow non-symptomatic people to get tested so they will not unknowingly spread the virus. Currently, some testing sites are only for people with symptoms of COVID, which is ultimately counterproductive due to 20% of COVID-positive people being asymptomatic. My friend took a small vacation this summer to Maine, and she had to take a COVID test in order to go. At her doctor's office, the test was \$150. If prices continue to be this high, people will probably just stop getting tested to save money, and inadvertently spread COVID! Pretending everything is "getting back to normal" is detrimental to public health because it is not addressing the root issue of the virus. Joe Biden understands this; therefore he is putting money and resources where we need it. Simply saying "Open the schools!!!!!!!" is obviously not working. People are still getting COVID.



Who will this affect? Everyone. No one is exempt from being an active part of stopping the spread of COVID-19, and I believe Joe will hold America accountable by mandating mask wearing and social distancing. He will also allow scientists, NOT clueless Republicans, take the lead with COVID in his cabinet. If he doesn't, Québec is looking pretty good-- see you in a few years (maybe)! Quebec has healthcare, poutine, and has good lakes. I know lakes aren't most peoples' priority, but I just like lakes, okay?

Taxes: Listen up, fellas with "SATURDAYS ARE FOR THE BOYS" flags on their walls: you probably (definitely) don't have to worry about Joe's tax plan. He intends to raise taxes on corporations and individuals earning more than \$400,000 per year by over \$3.5 trillion over the next 10 years. We don't seem to think about it often, but the top 1% of Americans have a combined net worth of \$34.2 trillion, while the bottom 50% of the population holds a mere \$2.1 trillion. This truly doesn't add up to me. Numerically, yes; Logically, absolutely not. The wealth imbalance is ridiculous in America. For Biden to pass his tax laws in an effort to use higher earners' increased taxes productively, the current party-less Senate will need Georgia to turn one way or another. It would be incredibly beneficial for Biden if Democrats won the two Georgia senate seats, but it isn't completely necessary for Biden to pass his tax laws. Also, Joe has proposed incentives for low-income taxpayers, which include refundables for things like childcare, elderly care, buying a home, and certain types of healthcare. Ultimately, his tax plan benefits the middle class the most, but will allow low and higher-income individuals to get refundables and have their tax money be cycled back into the economy, hopefully benefiting them in turn. In my opinion, at a certain point, wealth is pointless if you aren't doing anything with it. So, why not be taxed higher? *Cue the condescending rich men in the comment section.

Who will this affect? Everyone who pays taxes in the US. Corporations will be affected as corporate tax is increasing from 21% to 28%.

The Environment: As much as people like to deny climate change, it is an issue; as I type this, I sit outside on a brisk 75 degree November evening. Not August. Sure, it could be happenstance, but it is certainly due to global warming caused by humans. Joe Biden has pledged to spend \$2 trillion to invest in renewable fuels and implement adequate infrastructure to make both electricity and power carbon-free by 2035. Sure, the Biden Plan isn't the Green New Deal, but the bar is truly set so low right now that I will take anything! Clean energy is fundamental to reduce and eventually eliminate carbon emissions. I do hope that we will stop blaming only ourselves for using plastic straws and holding our elected officials accountable for saving the nearly unsalvageable environment.

Who will this affect? Large corporations will be held accountable for their careless carbon emissions. Infrastructure will change, and buildings will be built more economically. These things together will hopefully allow us to grow old on a cleaner and more conscious planet.

Healthcare: I'm still unsure why universal healthcare is a controversial topic, but I digress. Joe Biden plans to extend Americans the option to buy into a government-run healthcare plan or a public-run "Medicare"-type of plan. In order to pay for healthcare for lower-income families, he will increase tax credits that are part of the Affordable Care Act. Healthcare shouldn't have to be something people bend over backwards for. Getting proper care isn't equivalent to getting a "handout."

Who will this affect? Everyone. Everyone who gets regular medical care in the US will choose between these healthcare options.

There are far more issues to vote and root for than just the economy. There is more to being a productive member of a democracy than just taxes. Regardless of how you or your parents voted this election, this is our reality now. Be like that annoying lady who wrote that book *Lean In* and lean in! If you don't want to, please don't visit Québec.

How to Stay Organized During COVID-19

By Michelle Ly

Let's face it: Adapting to hybrid and virtual schooling has definitely been a challenge. From scrolling through assignment-filled Google Classroom streams to figuring out how to balance your time each day, staying organized is more important than ever during COVID-19, so here are a few helpful tips:

Use a planner → A great way to stay organized is to have a planner next to you to write down important deadlines, goals, and upcoming events. Planners are super useful in providing a visual representation of what you need to do each day and what work needs to be done later in the week.

Keep a calendar nearby → A really useful tool for staying organized—especially during remote learning days—is setting up your class schedule in Google Calendar. In Google Calendar, you can create recurring events so your all your classes appear on your calendar each week. This is a super easy way to keep your schedule organized and to have all your Google meets links in one place. Also, you can color-code your classes and have Google Calendar send you reminders a few minutes before each class starts.

Set goals → Especially during COVID-19, it can be challenging to stay productive and motivated. Try setting daily goals and weekly goals to help you stay focused. These goals can range from completing a homework assignment to making progress on a really great book to exercising for half an hour each day. Whatever your goals are, write them down and stick to them!

Set up your study area → An important part of staying organized is having a clean and organized environment. Designate a place in your house to do homework and get work done, and really customize this place and make it your own. Maybe you're the kind of person who feels focused in a spacious room with your colorful pens neatly organized, or maybe you prefer studying at your desk next to a large window with lots of natural light. Regardless, find a place where you feel comfortable and focused, and don't forget to remove distractions.

Breathe → It's important to recognize these certainly aren't normal times and it's okay to take a step back every now and then. Be sure to set aside time each day to relax, go outside, connect with family and friends, or do something you genuinely enjoy. After all, organization isn't just the way you reorganize your notes or plan your time. It's also a state of mind.

Hopefully these tips will help you stay organized during these uncertain times. Best of luck!

The Downfall of the Mall

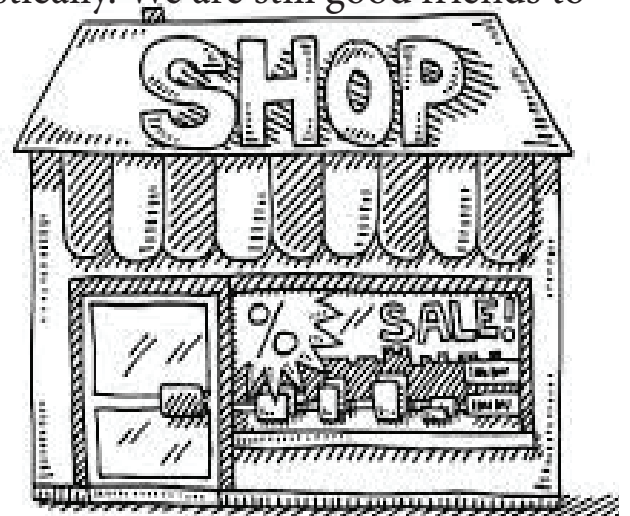
By Lily Daigle



I hate the mall. I know hate is a strong word, but I mean it in the strongest way possible. Maybe it's the burnt cinnamon smell from Auntie Anne's mixed with the fragrant smell of Lush soaps (Okay. Maybe I like Lush. You caught me.). Maybe it's the depressing grey lighting. Maybe it's the shops you'll see at every mall across the country. It is all of those things. Above all, it's the unapologetic lack of soul. Of love. Of the tenderness someone has poured into their hand-crocheted scarves, or their curated acorns with faces drawn on them, dressed as Frenchmen with their little berets. Oh, it's also the smell and poor lighting in Abercrombie, but like, you get it. If you follow me on Instagram, I'm pretty obnoxious about #shoppinglocal, #eat-inglocal and #buyingsecondhand. They're my favorite things to do, especially with my mom. She's a beer blogger, so we relish over local things together. You might not know what I mean completely, though, with these hashtags and sentiments. What does it mean to truly love and support #local?

In the age of COVID, many businesses are struggling to stay open while continuing to accommodate the ever-changing needs of the vicious airborne disease. In a survey taken by census.gov, 30% of the small businesses surveyed reported that they have been strongly negatively affected by COVID, and 45% of them report a moderate negative effect on their business. Having 75% of small businesses report that their businesses are struggling is a bigger issue than it has been in a long time. It may not be apparent to the public due to small business owners being so consumed in keeping their business alive, but organizing finances, cleaning, working overtime are necessary. People aren't sitting and eating in restaurants as much anymore and are resorting to stocking up on food, clothes, and amenities from large corporations like Walmart. For example, instead of getting a manicure, people might buy durable nail polish from Walmart and do their own manicure at home. This, in turn, is an example of the loss of business for small businesses like nail salons have experienced during the pandemic. Walmart continues to grow while the nail salon dwindles.

To this day, small business owners continue to be the nicest people I've ever met. At Mill No. 5 in Lowell in 2018, I went into my favorite second-hand store, Dandelion District, owned by my friend Bentley. She is a kick-butt entrepreneur with a deep appreciation for vintage items, woodland creatures, and sequins. I once bought this DOPE olive green corduroy jacket for cheap at Dandelion District. I hadn't seen something like it on anyone else, and that is part of the magic of buying second hand- I got a great item of clothing, but also got to talk to Bentley about how she sourced it; the story about the jacket. It gave it meaning. On that day in 2018, Bentley was holding a food drive to donate to a local shelter; visitors looking for eccentric vintage items could come into her shop and donate nonperishable food-items. If you donated some nonperishables, a local photographer would take portraits of you with funny hats on. As I entered Dandelion District, I was greeted with a huge hug from Bentley. She truly loves what she does and is always so excited to show her community what she has and what she is doing. Most second-hand stores have well-curated clothes. Although the clothes may have originally come from large corporations, they are being reused, which is kind to the environment. It shouldn't go without saying that the pieces will probably be much more unique than anything you could have bought at the mall. I gave her my donation of nonperishables and went to the back to check out the setup the photographer had. A lovely young woman greeted me warmly; warmer than warmly, and she and her assistant gave me the biggest smile as they saw my camera around my neck as well. She put out her hand, and said, "I'm Kristin! It's so nice to meet you! This is my boyfriend Josh." I was so taken aback by the immediate show of respect and outward kindness. We talked extensively and passionately about camera lenses and eventually she took my picture; a fulfilled Mona Lisa smile surrounded with blue and purple lighting while clutching my beloved camera. I got her Instagram and went on my merry way. I will never forget how excited Kristen was to show me her camera and what she was doing artistically. We are still good friends to this day. We support each other's businesses as friends, but also as community members.



A little more recently, a new cafe opened in Lowell called Nibbana Cafe. I saw on my Instagram stories that Bentley had visited and loved it, so my mom and I decided to check it out. We went in, and it was filled with plants. Wall to wall, hanging from the ceiling. We were wearing masks, but I could tell that everyone there was smiling in a very big way at my mom and me. They said hello, complimented my outfit, and asked us what we wanted to order. I ordered a mango fruit tea with jelly and basil seeds. It was SO good! The owner, Romany came out of the back and said hi. She is a superwoman. On top of having the cafe open for 3 months, she has also effectively collected food for community mutual aid, collected socks, and clothes. She saw a need for food, socks, and clothes in her community, and she filled it. That's the thing with small businesses: they can run their business however they want, and more often than not, they do something impactful for their customers and their community. People who own their own business really just get it. They not only want themselves to succeed, but really want their friends and neighbors to as well. That's really the biggest thing for me. And, when you support each other, you are directly helping to pay their rent,

How can you get involved in your community if you are a current mall rat and are supporting big corporations (BOOOOOOOOOOO)? Start small (ha, ha). Go to a non-chain coffee shop or restaurant and buy some drinks or food. You might meet some cool people and you will most definitely get better food and drink than at some chain place. Something I've found is that smaller businesses always have better products than mass produced products made by large corporations. Shopping local doesn't only mean going to thrift stores; it means food, it means coffee and tea and cookies. Nails salons, photographers, musicians. It means supporting someone so they can feed their children or pay their rent. Chances are, they will support you back. The passion I feel for supporting local cannot even be expressed through writing!

Are you wondering about specific places to go to #shoplocal, #eatlocal, and #buysecondhand? Look no further! I will provide places and their Instagram handles.

Stars: Lily's favorites ★

Coffee and Drinks:

- ★ Nibbana Cafe, 12 Cardinal O'Connell Pkwy, Lowell MA @nibbanacafe
- 978 Cafe, 5 Hampson Street, Dracut, MA @978cafe
- The Java Room: 14 Littleton Rd, Chelmsford @thejavaroom
- KJ's Caffe: 118 Chelmsford St, Chelmsford @kjscaffe
- Coffee and Cotton: 250 Jackson St, Lowell @coffee_and_cotton
- ★ Life Alive: 194 Middle St #3, Lowell @lifealivecafe
- Muffins on Main, 40 Main St, Westford MA @muffinsonmain
- Brew'd Awakenings: 61 Market Street, Lowell @brewdawakeningcoffeehaus
- Bambu: 199 Plain St, Unit 8A, Lowell, MA @bambulowell
- Gormley's: 139 E Merrimack St, Lowell, MA @gormleyscafe
- Cafe 12: 12 Chelmsford St, Chelmsford, MA @thecafetwelve
- The Shack: 272 Old Westford Rd, Chelmsford @theshack_chelmsford
- Stem & Bean: 129 Littleton Rd, Westford @stemandbean
- Old Mill House Coffee: 24 Central Square, Chelmsford @oldmillhousecoffee
- Acton Coffee House: 525 Massachusetts Ave #103, Acton, MA @actoncoffee
- Feel Good Cafe: 99 Chelmsford Rd, North Billerica, MA
- Little Delights Bakery: 132 Merrimack St, Lowell, MA @littledelightsbakery
- Powerhouse Juice: 120 Merrimack St, Lowell, MA @powerhousejuice

Food (sit-down and takeout)

- Panela: 7 Hanover Street, Lowell
- ★ Pita: 18 Boston Road, Chelmsford
- Oodles of Noodles: 14 Chelmsford St, Chelmsford
- Asian Plus: 313 Littleton Rd, Westford
- Amici Trattoria: 7 Summer St, Chelmsford
- Seoul Kitchen: 142 Littleton Rd, Westford
- Lu's Kitchen: 83 Parkhurst Rd, Chelmsford
- China Mountain: 39 Tyngsboro Rd, North Chelmsford
- ★ Mill City BBQ: 11 Kearney Square, Lowell
- Pho 88 Restaurant: 1270 Westford St, Lowell
- Tequila's: 6 Vinal Square, North Chelmsford
- Priya Indian Cuisine: 1270 Westford St, Lowell
- Fuse Bistro: 2 Powers Rd, Westford; second location at 45 Palmer St, Lowell

Herradura Vieja: 7 Summer St, Chelmsford
Fish Bones: 34 Central Square, Chelmsford
Rufina's: 170 Concord Rd, Chelmsford
Rick's Diner: 82 Parkhurst Rd, Chelmsford
Good Thymes: 1278 Gorham St, Lowell
Unnatis Cafe: 83 Parkhurst Rd, Chelmsford
Max & Leo's: 20 Boston Rd, Chelmsford
★ Tasty Dumplings: 351 Market St, Lowell

Art and Clothes

Queen Adeline (clothing designer):

Pictures of Lily Photography (that's me!): @picturesoflilyphotography

Humanity Style: @humanitystyle

Henry Marte (photographer): @martemedia

Kristen Higgins (photographer, not open for gigs currently, follow for cat content): @k.higgs

M. K. A. Productions (jewelery maker): @mkaproductions565

Dandelion District (online second-hand seller): @dandeliondistrict

Amelia Rubin (line and pattern artist): @artisticmess2.0

Hanna Branco (digital artist): @thatscorpioartist

Julia Rose (artist): @stcbdrexelpretzel

Katie Neill (crocheter and embroidery artist): @knoturaveragestitch

Evelyn Desmarais (singer): @evelynrosemariedesmarais

Liam McCafferty (photographer and graphic designer): @boy.with.a.camera

M&C Consignment (second-hand store): 135 NH-101A, Amherst, NH

Chic Boutique Consignment (second-hand store): 404 Middlesex Rd, Tyngsborough, MA @chicboutiqueconsignments

Lucky Dog Thrift Shop: 23 Elm St, Nashua, NH

Jack Attack (designer): @jack_attackk_clothing

Hyponovamp (jewelry designer): @hypnovamp.jewelry

Premo Art (artist): @premoart

Book Reviews

By Lea Mcguigan

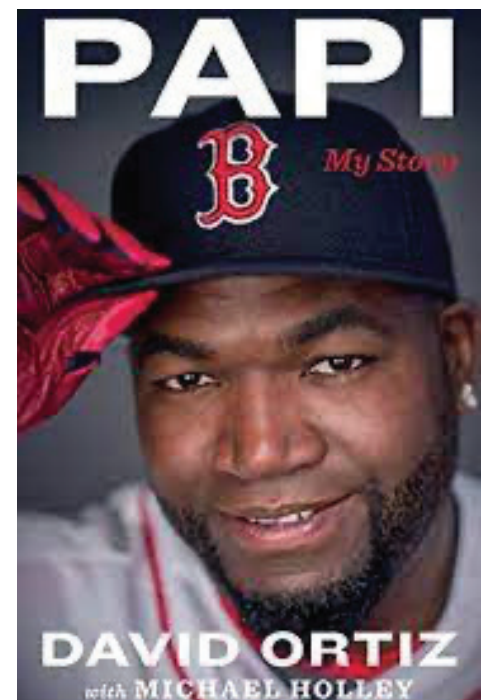
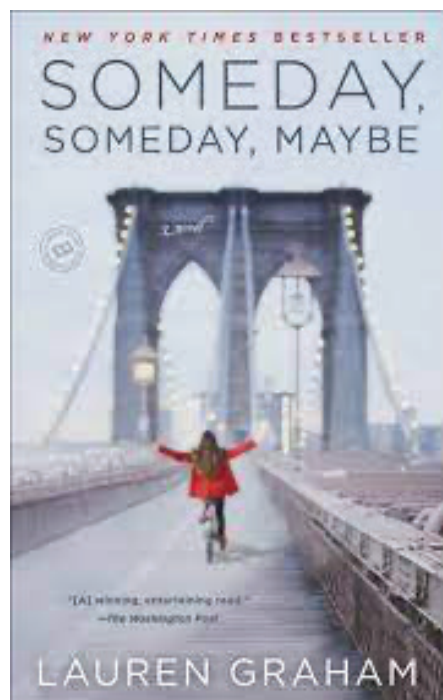
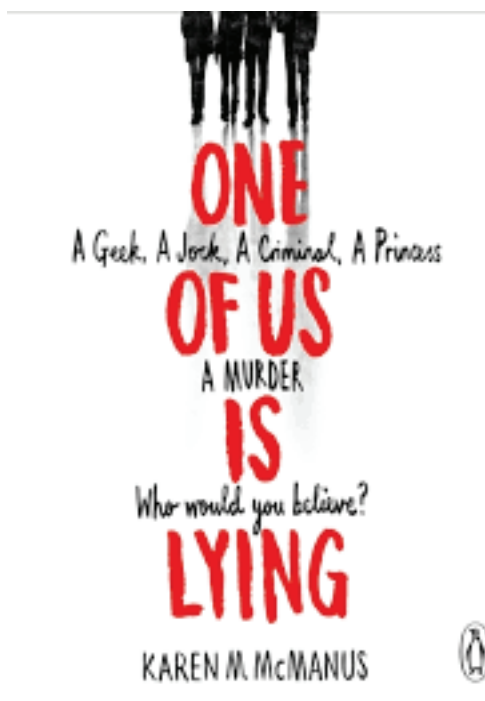
1. Title: One of Us is Lying

Author: Karen McManus

Rating: ✨ ✨ ✨ ✨ ✨

Five students at Bayview High are all in detention for having a cell phone in their possession against the school's no-phone policy. Suddenly, after getting a drink of water, Simon Kelleher has an allergic reaction and dies. At first, it seemed like a misfortunate accident, but a post on Tumblr reveals that Simon's death is no accident. The writer of the post explains that they watched Simon die, leaving the other four students in detention as suspects. With that, they become instant celebrities within the school and on the news as they learn who to trust...and who to not.

One of Us is Lying is one of the best books I have read this year. The storyline is alluring and there are unpredictable plot twists around every corner. The characters are very well written and likable. McManus keeps readers on their toes with this fast-paced novel and the book is sometimes impossible to put down. Definitely a must-read for any murder mystery fan.



2. Title: Someday, Someday, Maybe

Author: Lauren Graham

Rating: ✨ ✨ ✨ 1/2

Fans of the TV shows *Gilmore Girls* and *Parenthood* will devour Lauren Graham's hilarious first book. The plot revolves around Franny Banks, an aspiring actress living in New York City. She set a deadline for herself saying that she will come home after three years. With six months left, she is running out of money, but still hanging onto that sliver of hope that she is going to make it in the big city.

This book is a laugh-out-loud funny book. The characters are so realistic and honest that everyone knows someone like them. However, the book got a little boring at times and it was easy to put the book down. This is a good book if you are browsing the shelves of the library but if there is a more stimulating book on your must-read list, *Someday* can wait.

3. Title: Papi: My Story

Author: David Ortiz

Rating: ✨ ✨ ✨ ✨

Boston Red Sox legend David Ortiz puts his thoughts to paper in his intriguing autobiography. Ortiz takes us on a journey through his career starting from when he arrived in the United States to his retirement from playing in 2016. *Papi's* fascinating life continues to inspire people everywhere even when he is not up at-bat.

Overall, the book was good. Ortiz's writing style is easy to understand and follow along with. Yet, a major problem I had with the book was that he summed up his early life in about two pages. I wanted to learn more about his life when he lived in the Dominican Republic, which he did not go into detail about. Apart from this one fault, I would recommend this book to anyone who likes baseball, even if they are not a Red Sox fan.



Video Game Review

By Drema Uttecht



Among Us - the mafia style game where you can kill your friends or sus (short for suspicious) them out. Among Us was released in 2018, but recently received a ton of publicity from being streamed on Twitch and YouTube by popular streamers.

Among Us is a mafia style game with crewmates and imposters instead of mafia and civilians. In a standard game, there are eight crewmates and two imposters on a spaceship. The goal of the crewmates is to complete various tasks. If the task bar fills up before the imposters win, the crewmates have repaired the ship and won the game. If the imposters kill enough people to where the number of remaining crewmates is equal to the number of remaining imposters, the imposters win.

During the game, the imposters kill, and the body is visible on the map and can be reported. If a body is reported, the remaining players discuss the body's location, player whereabouts, completed tasks, and point out suspicious movement. People can also call an emergency meeting, which allows meetings to be called without a body being reported. Everyone votes for the supposed imposter or skips their vote. If someone receives the majority vote, they are ejected from the spaceship, and other players are informed of whether or not they were the imposter. This continues in rounds until the imposters kill enough people or the crew finishes their tasks.

Though the game concept is simple, there are other aspects that aid imposters and crewmates in killing or discovering the imposters, respectively. One such aspect that favors the imposters is sabotaging. Imposters can call sabotages, which consist of turning off the oxygen, starting a reactor meltdown, turning off lights, cutting off communications, and closing doors. Disabling lights and communications as well as closing doors are merely inconveniences for the crewmates, as they allow the imposters to get away with faking tasks or killing people in the dark, while oxygen and reactor are on a timer - if the timer runs out before these sabotages are fixed, the imposters win. Additionally, there are vents spaced around the map that only the imposters can use. Imposters can jump in a vent and move instantly to a connected vent in another location.

Not only imposters have tools to help them - the crewmates do as well. There are security cameras positioned in different locations, which are unaffected by turning off lights.

However, the cameras can be disabled if communications are sabotaged. Another helpful tool is the admin table, which shows the number of players, and bodies, in each room of the ship. One advantage of the admin table is that it shows when imposters vent.

So, if you enjoy deceiving your friends or being a detective, Among Us is the game for you.



Best Holiday Recipes

By Aanya B.

The holidays are just around the corner, and there are many delicious dishes to choose from. I have compiled some of the best recipes for you to use. Starting off with...

Our Classic Perfect Roast Turkey

Ingredients you will need:

- 1/4 pound (1 stick) unsalted butter
- 1 lemon, zested and juiced
- 1 teaspoon chopped fresh thyme leaves
- 1 fresh turkey (10 to 12 pounds)
- Kosher salt
- Freshly ground black pepper
- 1 large bunch fresh thyme
- 1 whole lemon, halved
- 1 Spanish onion, quartered
- 1 head garlic, halved crosswise



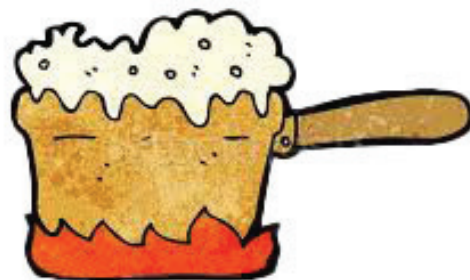
The classic roast turkey is a perfect dish to have for the holidays. The first step is to preheat the oven to 350°. Melt the butter. Then add the zest and juice of the lemon and 1 teaspoon of thyme leaves to the butter mixture. Set aside. Take the giblets out of the turkey and wash the turkey inside and out. Remove any excess fat. Place the turkey in a large roasting pan. Liberally salt and pepper the inside of the turkey cavity. Stuff the cavity with a bunch of thyme, halved lemon, quartered onion, and garlic. Brush the outside of the turkey with the butter mixture and sprinkle with salt and pepper. Tie the legs together with string and tuck the wing tips under the body of the turkey. Roast the turkey about 2 1/2 hours, or until the juices run clear when you cut between the leg and the thigh. Remove the turkey to a cutting board and cover with aluminum foil; let rest for 20 minutes. Slice the turkey, serve, and enjoy!

Easy (But Delicious!) Apple Cake and Ice Cream

Ingredients you will need:

- 1 box yellow cake mix for a single layer cake
- 2 tablespoons softened butter
- 1 McIntosh apple, diced
- 1/2 teaspoon ground cinnamon
- 1/4 cup sugar
- 1 pint butter pecan or rum raisin ice cream

For this scrumptious holiday dessert, preheat the oven to the instructions on the package for. Using 1/2 cup of water and 1 egg, blend the cake mix as directed. Grease a 9 by 9-inch square cake pan or disposable cake pan. Pour the cake batter into it. Toss the apples with the sugar and cinnamon and sprinkle with the cake batter on top. For 20 to 25 minutes, bake. To add more spice, serve warm squares of cake with small scoops of butter pecan or rum raisin ice cream. And there you have it! This should take about 30 minutes in total, and is an easy way for beginners to start cooking some amazing food to impress their family.



ARTIST SPOTLIGHT



Josie Lee

Chalk Pastel Practice Sketch

Jociah Kautz

A cow, rabbit, snail, tiger, ostrich and a crocodile combined





Precious Gichane