

COFFEE BREAK?

SHARON-MUTUAL BREAKS FOR SPRING/COFFEE!

Each year schools around the United States break for Spring before their last 9 weeks of the school year which always seems to fly by. Spring is full of lots of activities from track to baseball to Tri-State to FFA Convention, not to mention all of the state testing, awards assemblies, sports banquet and FFA banquet, baccalaureate and graduation as well. We are propelled from one event to the next from the beginning of the school year with little to no time to adjust. So, why not take a coffee break? Coffee has quickly become a favorite drink among student populations. It should be no surprise since even the 1990s and "Friends" at Central Perk popularized it and that was 30 years ago. (Did I just type that?) Has coffee been popularized because of a lack of sleep or because it's cool? Research states that it is actually a little bit of both.



Most teens don't get the amount of sleep they need, plus they are busy. They look at all of the cool coffee shops that are warm and inviting with bistro tables with high backed chairs and add the free wifi and you've created the atmosphere they desire. Considering the previous, statistics still prove that 74% of the coffee drinkers are 65 and above. It's also proven that they drink black coffee and if they add anything to their coffee, it's still milk for cream and real sugar. However, new blends such as Nitro Coffee and Butter Coffee boast of super energy and so does Vita Coffee. Also popularized is the Keurig coffee makers offering a host of different coffees as well as conveniently making only one cup at a time and you choose the size of the cup. Something else that is growing in popularity is to cut out caffeine completely. On the quest of becoming healthier, more people have been drinking hot tea or even hot water to aid in digestion.

COFFEE STATISTICS



- 47% of coffee is sold to teens and those in their 20s
- Most successful kinds of coffee are energy coffee to get through the day
- Coffee has some benefits



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St. Patrick's Day

St. Patrick's Day honors the death of St. Patrick, the patron saint of Ireland. The holiday has evolved into a celebration of Irish culture with parades, special foods, music, dancing, drinking and a whole lot of green. (Pinching is SO overrated).

St. Patrick's Day is celebrated annually on March 17, the anniversary of his death in the fifth century. The Irish have marked this day as a religious holiday for over 1,000 years. On St. Patrick's Day, which falls during the Christian season of Lent, Irish families would traditionally go to church in the morning and celebrate in the afternoon. Lenten prohibitions against the consumption of meat were waived and people would dance, drink and eat the traditional meal of Irish bacon and cabbage.



Wherever You're Seen,
Make Sure You Wear Green,
Because St. Pat,
Is Where It's At!



Kiss Me



From District to State

by Abbey Elam

On Wednesday, February 26, Mrs. Reich took some of her JH choir and some of her HS choir to District for singing. The following people were participants from the high school, Abbie Neill, Elizabeth Morris, MaKynlee Mulbery, Ariona Bruce, Kallie Harris, and Olivia Shuyler. From the junior high was Abbey Elam, Triniti Mabra, Carson Groff, Avery Groff, and Hana Chapman. Everybody scored quite well. Hana Chapman and Abbey Elam both scored a 1 from the JH. MaKynlee Mulbery and Ariona Bruce also scored a 1 and will be going to State since they in high school. Out of everyone Mrs. Reich brought, a group of young ladies sang in an ensemble that will also be going to state as well. Abbie, Elizabeth, Ariona, MaKynlee, Kallie, Olivia, Abbey, and Triniti were all apart of the ensemble group who scored a 1. Thank you to everyone who came to Alva to watch the amazing performance put on by these wonderful people, and a big thanks to Mrs. Reich.



Sharon-Mutual High School Baseball Schedule

HS BB @ Shattuck Mar 9 from 4:30 PM to 5:30 PM

HS BB vs Seiling (H) Mar 10 from 4:30 PM to 5:30 PM

HS BB vs Buffalo (H) Mar 12 from 4:30 PM to 5:30 PM

HS BB @ Vici Tourn Mar 26 to Mar 28 TBA

HS BB @ Thomas Mar 30 from 4:30 PM to 5:30 PM

HS BB vs Beaver (H) Apr 2 from 4:30 PM to 5:30 PM

HS BB vs Ringwood/Leedey (H) Apr 6 from 4:30 PM to 5:30 PM

HS BB S-M Fest Apr 9 to Apr 11 TBA

HS BB @ Mooreland Apr 13 from 4:30 PM to 5:30 PM

HS BB @ Laverne Apr 14 TBD

HS BB @ Seiling Apr 16 from 4:30 PM to 5:30 PM HS BB vs Fargo (H)

Apr 20 from 4:30 PM to 5:30 PM



2020 Sharon- Mutual Baseball Roster

1 Ethan Paulson

2 Braydon Thompson

3 Bryson Pummel

4 Jake Green

5 Blayze Clem

7 Connor Thompson

10 Torin Darden

21 Kaden Spray

22 Lane Spencer

23 Justin Roberts

24 Tabor Marlatt

25 Nate Rynes

33 Gabe Sessoms

64 Austin Miller



Trojans Track Schedule 2020

February 1 High School Indoor Enid
February 15 High School Indoor Enid
March 13 High School Cherokee
March 24 High School Fairview
April 3 High School Watonga
April 6 Junior High Okeene
April 10 High School Okeene
April 13 5th-6th,J.H. Laverne
April 14 High School Cherokee
April 17 High School Laverne
April 20 5th-6th,J.H. Turpin
April 24 High School Turpin
April 27 J.H.,H.S. Covington-Douglas
May 2 High School REGIONALS
May 8-9 High School STATE



2020 Track and Field

by Abbey Elam

With the basketball season coming to an end, Sharon-Mutual's track and field season is starting up. The coach of the team is Coach Brad Shryock for both junior high and high school. The JH team consists of Avery Groff, Alexi Russell, Triniti Mabra, Abbey Elam, Leo Johnson, Dakota Walker, Emery Keene, Heidi Keene, Reyna Rosales, Austin Baird, Carson Groff, Damian Dryman, and Teagan Marlatt. The HS team consists of a senior, Gabe Sessoms, juniors Torin Darden, Connor Thompson, Tabor Marlatt, and Garrett Stocking and a sophomore, Grady Stocking. Practices are going to kick off soon and we hope to see as many people as we can at the meets supporting all of our teams. Good luck to all of our teams!



A Blue Moon

A blue moon is a second full moon in a calendar month. A blue moon happens when there are four full moons in a season instead of three, a third of the full moons is traditionally called a blue moon. A blue moon happens every 2.5 years and occasionally twice in one month. The moon, full or another phase can appear blue when the atmosphere is filled with dust particles that are a certain size: slightly wider than 900 nm. The particles scatter the red light making the moon appear blue.

Since a full moon occurs about every 29.5 days, this also means that February won't ever have a full moon which is why we are experiencing a full moon during the month of March.

Leap Year From The History Channel

Nearly every four years, we add an extra day to the calendar in the form of February 29, also known as Leap Day. Put simply, these additional 24 hours are built into the calendar to ensure that it stays in line with the Earth's movement around the Sun. While the modern calendar contains 365 days, the actual time it takes for Earth to orbit its star is slightly longer—roughly 365.2421 days. The difference might seem negligible, but over decades and centuries that missing quarter of a day per year can add up. To ensure consistency with the true astronomical year, it is necessary to periodically add in an extra day to make up the lost time and get the calendar back in synch with the heavens.

What most people don't know is the history of Leap Years.

1. Many ancient calendars had entire leap months Many calendars, including the Hebrew, Chinese and Buddhist calendars, are lunisolar, meaning their dates indicate the position of the Moon as well as the position of Earth relative to the sun. Since there is a natural gap of roughly 11 days between a year as measured by lunar cycles and one measured by the Earth's orbit, such calendars periodically require the addition of extra months, known as intercalary or interstitial months, to keep them on track. Intercalary months, however, were not necessarily regular. Historians are still unclear as to how the early Romans kept track of their years, mostly because the Romans themselves may not have been entirely sure. It appears that the early Roman calendar consisted of ten months plus an ill-defined winter period, the varying length of which caused the calendar to become unpegged from the solar year. Eventually, this uncertain stretch of time was replaced by the new months of January and February, but the situation remained complicated. They employed a 23-day intercalary month known as Mercedonius to account for the difference between their year and the solar year, inserting it not between months but within the month of February for reasons that may have been related to lunar cycles. To make matters even more confusing, the decision of when to hold Mercedonius often fell to the consuls, who used their ability to shorten or extend the year to their own political ends. By the time of [Julius Caesar](#), the Roman year and the solar year were thoroughly out of sync.

2. Julius Caesar introduced Leap Day, with help from the Egyptians...The Mercedonius-when-we-feel-like-it system apparently irked Caesar, the general-turned-consul-turned-dictator of Rome who drastically altered the course of European history. In addition to conquering Gaul and transforming Rome from a republic into an empire, Caesar re-ordered the Roman calendar, giving us the blueprint off of which much of the world still operates to this day. During his time in Egypt, Caesar became convinced of the superiority of the Egyptian solar calendar, which featured 365 days and an occasional intercalary month which was inserted when astronomers observed the correct conditions in the stars. Caesar and the philosopher Sosigenes of Alexandria made one important modification: instead of relying on the stars, they would simply add a day to every fourth year. In keeping with the Roman tradition of messing with the length of February, that day would fall in the second month of the year—thus Leap Day was born. Caesar added two extra-long months to the year 46 BCE to make up for missed intercalations, and the [Julian Calendar took effect](#) on January 1st, 45 BCE.



3. ...but their math was a little off By the 16th century, scholars had noticed that time was still slipping—Caesar's calculation that a year lasted 365.25 days was close, but still overestimated the solar year by 11 minutes. This was a problem for the Catholic Church, as the date of [Easter](#) had drifted away from its traditional place, the first Sunday after the first full moon following the vernal equinox, by roughly ten days. Pope Gregory XIII commissioned a modified calendar, one which kept Leap Day but accounted for the inaccuracy by eliminating it on centurial years not divisible by 400 (1700, 1800, and 1900 were not leap years, but 2000 was). The introduction of the Gregorian Calendar marked the last change to the Western calendar as we know it today. Experts note that the Gregorian calculation of a solar year—365.2425 days—is still not perfect, and thus another correction will be necessary. Thankfully, the Gregorian calendar is only off by about one day every 3,030 years, so mankind has some time before this becomes a problem.

4. Leap Day is often associated with marriage and proposals

Curiously, many Leap Day customs have revolved around romance and marriage. Tradition holds that in 5th-century Ireland, St. Bridget lamented to St. Patrick that women were not allowed to propose marriage to men. So legend has it that St. Patrick designated the only day that does not occur annually, February 29, as a day on which women would be allowed to propose to men. In some places, Leap Day thus became known as Bachelor's Day. This tradition hopped the Irish Sea to Scotland and England, where the British added a twist—if a man rejected a woman's proposal, he owed her a debt of several pairs of fine gloves, perhaps to hide the fact that she did not have an engagement ring. In Greek tradition, however, it is considered bad luck to marry on Leap Day, and statistics suggest that Greek couples continue to take this superstition seriously.

5. People born on Leap Day are called 'Leaplings' There are only about 5 million people in the whole world who were born on February 29, with the odds of being born on Leap Day standing at about 1-in-1,461. Several famous people—including actress and singer Dinah Shore (born 1916), motivational speaker Tony Robbins (born 1960) and hip-hop artist Ja Rule (born 1976)—are leaplings. Leaplings technically only get to celebrate their birthdays once every four years, but they do get to be part of an elite group.





March Comes In Like A Lion



And Goes Out Like A Lamb

