

Integrity



**Joshua Moore
Manor H. S.**

What does integrity mean to you huh? To me Integrity is doing the right thing as opposed to the wrong one. People, if nothing else, will still have their dignity, their honesty. It is something that to some people means a lot and then to others none. The positive people in this world are the ones who strongly value their honesty, and the opposite is real. Our personal integrity

can be established only by one individual: ourselves. No one can control honesty. People can try to sway it, but until we allow it to be altered, they do not change it.

Integrity on a highschool campus is very crucial. You are by yourself a lot, and the teachers or adults are the only people to whom you respond. So it is up to you to make the best choices about your life. You have chaos without integrity on a high school campus, because in most cases, there are so little penalties. Typically, it is difficult to know who did something wrong at a school event when there are generally a lot of things going on. If there is a big school event and someone decides they want to do something wrong, it can be very difficult to figure out who caused the incident to happen.

Two Charges for Plan to Kidnap Michigan Governor



**Ruby George
Cele Middle School**

Two of those charged in the alleged domestic terrorism plot to kidnap Michigan Gov. Gretchen Whitmer are former Marines, which shocked a lot of people. Military records also confirm that Joseph Morrison and Daniel Harris served in the Corps.

Morrison, 26, continued to serve with the re-

serve forces until last week, the Marines said. His exit from the reserves is unrelated to the events in Michigan, they said. "We are aware of the circumstances surrounding the two individuals and will assist the investigating authorities in any way we can," a Marine Corps statement said. "The serious allegations are not a reflection of the Marine Corps, do not reflect the oath every Marine takes to support and defend the constitution, and do not align with our core values of honor, courage, and commitment."

Morrison joined the reserves in March 2015, earning the rank of lance corporal, and last served as an equipment mechanic with an engineer support company in Battle Creek, Michigan, his military personnel file said.

Stretching



**Ava Roberts
Pflugerville H. S.**

Stretching is important for everyone. Take it from an athlete who's been out of sports on an injury for two weeks. After not doing anything all summer, I started playing two sports at the same time. When I began to have severe pain in my right knee, I came to know that I was not stretching enough. I also learned that everyone needs to stretch before

and after workouts or sports!

Stretching before a workout helps your body become more flexible. If you are not flexible enough, your muscles will not extend to their full length and is likely to cause muscle strain, joint pain, or injury. Stretching after a workout enhances flexibility while reducing muscle tension.

Stretching should be a part of a well-balanced workout routine. You should stretch main muscle groups you plan on using during your athletic activity. Stretching regularly to maintain your muscle strength and increase your flexibility!

Early Voting Has Begun

**by Tsoke (Chuch) Adjavon
VILLAGER Columnist**

(VILLAGER NEWS) - October 13, 2020 marks the first day of early voting in the State of Texas. Early voting is the begin-

ning process of the 2020 general election, in which numerous positions ranging from the Presidential election to

#Election2020: Barack Obama Releases New Video Helping Texans Make Voting Plans



Barack Obama

(DEFENDER NEWS) - TODAY, EARLY VOTING STARTS and former President Barack Obama is encouraging Texans in a new voter education video to visit IWillVote.com to learn about the different options to cast their ballot and make a plan to vote.

"So much is at stake in this election — from getting the pandemic under control to building a fairer economy to taking on climate change to protecting our health care," President Obama says in the video.

"History shows that the easiest way to make sure that you and your friends vote is to make a plan. And when it comes to voting this year, having a plan has never been more important."

The video highlights how, in Texas, voters

have several options to conveniently cast their ballot. Texans can vote early in-person starting on Oct. 13; return their requested ballot by mail or in-person; or vote in-person on Election Day.

The effort is coordinated by the Democratic National Committee which recently rolled out new features on IWillVote.com — the Democrats' voter participation website — that help voters easily request and return their ballot by mail, as well as learn important information about the voting process in their state as they make their plan to vote. The site is also completely accessible in Spanish at VoyaVotar.com.

Early voting runs Oct. 13 through Oct. 30, 2020.

Stocks are Soaring, and Most Black People Are Missing Out

(ASSOCIATED PRESS) - Americans who own stocks are pulling further away from those who don't, as Wall Street roars back to record heights while much of the economy struggles. And Black households are much more likely to be in that not-as-fortunate group that isn't in the stock market.

Only 33.5% of Black households owned stocks in 2019, according to data released recently by the Federal Reserve. Among white households, the ownership rate is nearly 61%. Hispanic and other minority households also are less likely than white families to own stock.

Many reasons are behind the split. Experts say chief among them is a longstanding preference by many Black investors for safer places to put their money — the legacy, some say, of

decades of discrimination and fear. Also, many were never taught what they were missing out on.

"We didn't have a grandfather or aunt or uncle or mom and dad educating us on the markets because they didn't benefit from it because of historical discrimination in this country," said John Rogers, founder and co-CEO of Ariel Investments.

Black people have also often lacked the opportunity to build up wealth, park it in the market and watch it grow over time. In general, they have lower incomes, which leaves less money to invest after paying bills. Many also work jobs that don't offer retirement plans like a 401(k).

The typical Black family has less than \$13 in wealth for every \$100 held by the typical white family. Lower rates of stock ownership are a small reason why. The most important factor may be the restricted access Black borrowers had to mortgages and affordable housing through decades of redlining and other discriminatory practices, said Raphael Bostic, president of the Federal Reserve Bank of Atlanta, in a recent speech.

Researchers say increased investment by



**Banking executive Bob Marshall.
(AP Photo/J. Scott Applewhite)**

racial minorities in the stock market, carried through future generations, could help narrow the wealth gap. Toward that end, industry

groups are trying to encourage more Black people to become financial planners, who could then draw in potential investors.

The Myth of Christopher Columbus

**by Tsoke (Chuch) Adjavon
VILLAGER Columnist**



**Annette tells the story of Indigenous America.
See Tsoke (Chuch) Adjavon**

(VILLAGER NEWS) - Since 1492, Columbus Day has always been recognized as a national holiday since he discovered America. However, the story of how Christopher Columbus discovered America has debunked because other groups of people explored America before Columbus's finding.

As years have passed, Columbus Day morphed into Indigenous Day, to recognize those who 1st discovered the Americas. According to the factual records, it is the Native Americans who founded America.

In Central Texas, some individuals like Bertha Delgado organizer an Indigenous Day event in which people can celebrate their Native American background. According to Bertha, "it is important to tell the real story of those who founded this country."



Vanessa Fuentes standing outside a polling location.

the school board. As early as 6:00 AM, Central Texans were in line to vote. Moreover, Texas residents

understand the gravity of the upcoming election, which would determine the fate of this country.