

THE MATHER ORACLE

STEPHEN T. MATHER HIGH SCHOOL



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IS GOING BACK TO SCHOOL REALLY SAFE OR WILL IT JUST BRING MORE DANGER?

BY: NAYELY AGUINAGA

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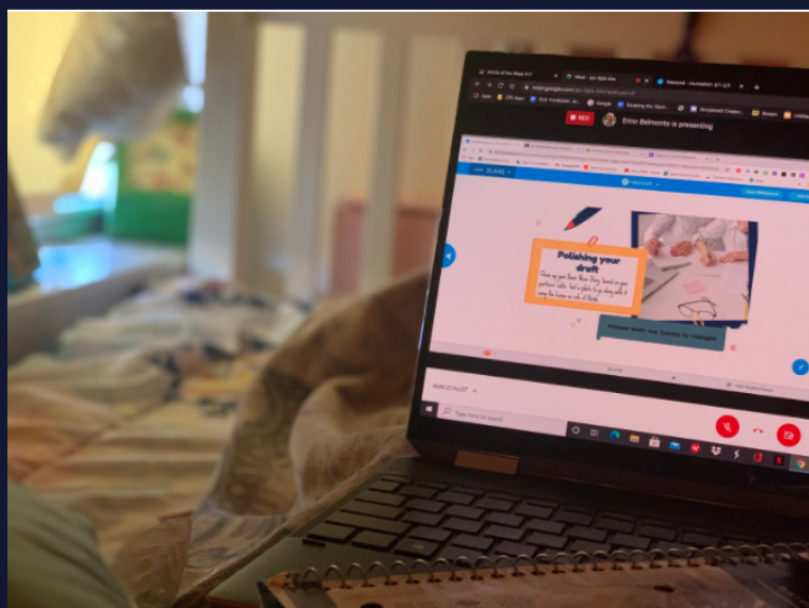
ROUNDING OFF THE YEAR

by Robert Rodriguez

It is the year of 2021, in a cautious and still lonely time, where there seems to be an important plan about the students and teachers attending CPS elementary schools during a pandemic. There has been quite a conversation with different opinions and thoughts, of the safety of those going back or not, from all parents, students, and teachers. It all started in the beginning of the school year, when the school board was seeing that some students, mainly children in younger ages, were having a hard time focusing with a computer. That's when the board of CPS started to consider the option of reopening schools for elementary students. Then people started to share their opinions. One would be the strike which was about to occur from the teachers union because they didn't like the fact that they were forced to go back to school, risking their safety. Another roaming option was the talk of COVID cases possibly increasing.

Student Alondra Mendoza, who is one of many students attending an elementary school named Daniel Boone, had this to say about opting out of going back "I regretted not going back to school because I wasn't able to see my friends..." she later continued saying, "but what I didn't regret was choosing my health instead of seeing them (friends) and (overall) putting myself in a not so good place."

Other than Mendoza, there have been several other students expressing their opinions in different manners. According to a witness, she has seen signs posted in front of a school called "New Field". They were expressing their feelings with strong and bold words written on these posters, trying to prove that going back to school will bring more pain than benefit to the society as a whole.



HOW THINGS BECAME TO BE



By: *Nayly Aguinaga*

There have been many great stories which come by when one asks an immigrant about their experience in crossing the border and their reasons to do so. This story would be one of them. It was during the time of May, the day was chilly as Sacramento street where a small yet interesting family lived. They just finished eating dinner, where my Mother was still sitting down at the dining table while my Father was cleaning up the table. Coming back and forth, Father tried to block out the playful noise of two little girls, playing and watching TV, as well as the noise which came from the oldest son, in order to listen to the discussion and put in his perspective of this story as well.

It has been a long time since my Mother had crossed the border and recalled the time when she first met the person she now has grown a family with. "My life was very happy, I'm still happy, with a lot of dreams and goals. He wasn't an obstacle, rather he added a responsibility of being a wife" my Mother said. My Mother lived in a time where America was a controversial topic and the American dream was starting to be real, more than just a dream. Mainly to the people in which she lived with in a small village called Santa Barbara. Everyone knew each other, my mom knew about my fathers side of the family months before, but never got to know or even interact with him until a call was made from the US.

This call was made from my father, to my Mother, claiming that he has seen her in a picture which a friend of his showed him. My father at that time was already in the US from a young age, in order to collect enough money to support his parents and siblings back home who had been falling into financial problems their whole lives. That one call then turned to daily calls between my Father and Mother talking extensively about each other as she explained in the

following, "We've been talking for a while before we met, we talked through the phone, never physically..". Call after call, they have finally planned to meet each other at a carnival on a day which my father was back home to visit. Once they both went to the carnival, miscommunication started to be built upon, till this day.

Mother explained what had occurred as unbelievable and disappointing in the following, "...once we met he confused me with my other friend!". Mother believed this because she saw that Father was hanging with her friend half of the time, leaving Mother behind with Fathers friend. Father, now sitting at the dining table, with Mother and I, came in and said "Hold on, what?! I never confused you with your friend". Both started to have a disagreement of the past, one saying that the misinterpretation did occur and that Father did confuse her with her friend. While, the other said that it didn't occur and that he realized that it was her from the voice which he talked to all the time on the phone. But at last, both ended the disagreement with no clear agreement on what occurred.

Going back to the carnival, once Father began to talk to Mother more in the carnival, he started to realize that it was the girl which he talked to on the phone this whole time. The connection between Mother and Father started to click instantly.

The whole night, both of them talked and later got in rides together, until the carnival was about to close down, father gave mother something special

which both of them recall till this day. "He bought me a special detail, a ring, not gold, but still meant a lot" Mother explained. That ring was a symbol of how much Mother meant for Father and how committed he would be if she was willing to be his girlfriend. Mother considered his proposal of dating him. After that, she explained the journey where they had ups and downs but overcame them together and became even stronger. Later that ring at the carnival turned to a ring of commitment to marriage.

Mom explains the reason as to why she chose to marry him years after dating, "I chose to marry him because I was very happy every time I was with him, he made me feel very special". After the marriage had occurred, father had discussed going back to America and possibly being there and building a home for the two of them to share. Mother had difficulties and needed a lot of time to think about the choice she would make. She was unsure if it was worth living behind her family and her goals which she had in Mexico, her collaboration with the church which she had back home. At last she came to the conclusion that she is committed and has enough motivation to overthrow whatever doubt that she had in mind.

It was a wish and yet a miracle that Mother and Father had the opportunity to step out with terror coursing through their body, but yet still managed to push through it every step of the way when crossing the border. It has been estimated that since 1996 more than 75,000 deaths have been recorded globally and even up to these years, since 2014, 4,000 fatalities have been recorded annually on migratory routes worldwide.

Passing through a dark pit of water, trying to hide yourself and hoping the water won't drain you away, was the feeling which Mother and Father felt when they were crossing the border. Mother explained that while she was in the water river, father was slipping and was about to get washed away from the waves of the water

but thankfully a man near him grabbed his hand so he wouldn't be drained from the water and die of drowning like many others did when they used this route.

Mother explained her journey on crossing the border in the following, "From crossing the border, I learned the fear and the feeling of putting my life at risk as well as possibly never seeing my family back home again." but at last explained what kept her going on, "The motivation which kept me going was my family back home and my husband, being by my side and having the goal to one day create a future with him". The possibilities of what could become, the goals of what she wanted, and the future which she wanted to be in was her motivation and what she knew could be enough for her to cross the border with Father. Even if the risks and the stories of people not making it by immigration or death encountering them, it still was a risk which she was willing to take by the side of father. At last, they made it to America and created a family with 3 daughters and a son in Chicago, in the chilly Sacramento Avenue.

After the great love story which was full of moments with fear, miscommunication, risks, but at last happiness between both my Father and Mother, it made me think of different ways in which this story could have gone wrong. What would it be like if my Father never called my mom that day he saw her in a picture? What if Mother had never answered that call? What if Mother never took the risk of crossing the border? What if the man next to Father never grabbed his hand on time and Father swept away with the Water? Where would I be or my siblings be if one moment didn't happen the way it did in this great love story? At last, these questions will never be answered. Now we are all leaving in the present and thankful that the moments that occurred in the past occurred.

SHOULD STUDENT GO BACK TO SCHOOL IN PERSON?



I have learned that the board of education is reopening the school for students to go back in person. I am opposed to the idea for a few reasons. First, it is not safe for students to go back to school in person yet. Just because the vaccines are out doesn't mean everyone is safe, the numbers are increasing and also decreasing. We fully don't know if the students, teacher, and staff members are safe to go back to school in person. Second, hybrid learning is not going to help students out for two two months with their grades. I understand some students need a visual in person learning but going back to school and having a hybrid learning for the next two months is not going to help students out. The board of education should have thought through this because what can students learn in person for the next two months? They should have reopened the school next year so it's fresh and new and not all over the place. Third, not a lot of students are going back to school because I know for a fact it can affect students' mental health, their schedules and learning. Fourth, some students tend not to follow the school rules because some of the students don't care about others' health. And refuse to follow the rules then it makes a mess and it spreads around if the students refuse to distance themselves from others and refuse to keep the mask all time in the school building then that's another problem of how covid can grow. But for some of the students that are going back I hope they get vaccinated and check in and keep their distance from others.

COVID-19

By Nurbegum, Abutaleb

The covid started December 31, 2019- January 30, 2020. Mr. Maqtul , Mr. Abutaleb his experience with the pandemic is that the whole situation was a new thing for him at first, Mr. Abutaleb had to stop going to work because of the pandemic. Mr. Abutaleb was confused at first with all the new pandemic rules that have been made up, then he said " I got used to it and I think it's good for all of us if we socially distance ourselves from others and wear masks every time we go out." Mr. Abutaleb actually has not heard someone he knows got COVID. Mr. Abutaleb saw a lot of news on how a lot of people are getting COVID and its effect and the numbers kept on increasing and increasing every time he opened his TV news. Mr. Abutaleb had a few concerns about the COVID-19 like how a lot of people were having a COVID-19 and how they are going to fix all these and now that he heard about the flu shot "I think it's good that they're coming up with new things." The worst thing that happened in COVID like especially during the pandemic is some of the people losing families, friends, and relatives. It's sad how COVID destroyed a lot of people and "I hope we all get through this together by helping each other wearing a mask and social distance ourselves from others.



CPS HAS A MESS OF A PLAN



Are the younger, elementary children going to be returning to Chicago Public Schools for in-person learning?

by Medina Kukic

Jasmina Delalic, a mother of four children and who lives in the Chicago Public schools district, was found drinking coffee outside at around 2:00 pm on February 17th, 2021.

Delalic stated that she continued to get inconclusive emails from the CPS district. These emails continued to tell her that CPS had a plan on her younger children's education, but then it would never go through. This was a constant matter for her and her family. These decisions were being made without any knowledge if they would even go through.

"I don't think it is okay that these schools get to pick whether or not my children's lives are in danger." After being asked if Delalic thinks this is the right time for these children to go back, Delalic replied, "It shouldn't be between a good education and a deafening virus. More needs to be done for our lives to be accounted for."

Chicago Public schools do not seem to keep the parents completely informed, yet continue to make decisions for their children's lives.

Big question: Is Chicago Public Schools genuinely organizing for a school return?

MASKS? VACCINES? OR BOTH?



by Medina Kukic

From start to end, this past year has been filled with masks and the big question, "Are the vaccines safe?" If you are eligible, getting the COVID-19 vaccination should be your first choice. If you're vaccinated, you should still wear a mask.

Wearing a mask and staying 6 feet apart from others helps to reduce your chance of being exposed to the virus or spreading it to others. But these measures aren't enough. Vaccines will work with your immune system so if you are exposed to the virus, it'll be ready to fight it off. Without even experiencing sickness.

Some say that getting COVID-19 will offer some protection, known as natural immunity. But current evidence suggests that reinfection with the virus that causes COVID-19 is uncommon in the months after initial infection, but may increase with time.

Getting a vaccine doesn't protect everyone unless you wear a mask along with it. We are nowhere close to creating full immunity. I believe that to be able to go indoors and outdoors without a mask, while being fully vaccinated; we need to show our vaccination cards. Personally showing a piece of paper that holds your own information does not go against HIPAA. To allow for all of us to continue to be safe, everyone should still be wearing a mask until we can hit herd immunity.

Being Vaccinated Won't Kill You...



Should Everyone be Aware of Climate Change?

Merzudin Husomanoivc



Should Everyone be Aware of Climate Change?

That would seem likely as Earth's average temperature is slowly increasing as every year passes by.

The increase in average earth temperature driven by greenhouse gases and resulting in weather problems is what we know as climate change. As the earth's temperature increases the land on earth changes as well. There are three main causes of climate change. Deforestation, increasingly intensive agriculture, and the burning of fossil fuels such as coal and oil are all causes of climate change.

Yes, climate change is an important issue in today's world, but people are not aware of climate change and its effects.

One of the major causes of climate change is greenhouse gas emissions. There are many greenhouse gases in the atmosphere. The main greenhouse gas is carbon dioxide, which is a greenhouse gas that absorbs and radiates heat.

Once carbon dioxide enters the atmosphere, for 100 years 40% of the gas stays in the atmosphere, for 1,000 years 20% of the gas, and 10% of the gas for 10,000 years. The more the concentration of greenhouse gases and carbon dioxide, in particular, are causing a ridiculous amount of heat to be trapped in the atmosphere.

As awful as carbon dioxide is, it comes from the burning of fossil fuels. Fossil fuels are our way to produce energy.

Climate change affects the environment that we live in. As the world's temperature increases, the glaciers and ice at the poles melt. The melting of these glaciers and ice increases water levels. This damages the habitats of creatures in that area. As well as damaging habitats, the melting of glaciers increases coastal erosion and elevates storm surge as warming air and ocean temperatures create more frequent and intense storms like hurricanes and typhoons.

The melting of glaciers causes an increase in water levels. If people are not aware of this, soon enough the rise in sea levels will cause destructive erosion, wetland flooding, lost habitat for animals and people.

Rather than using fossil fuels to generate heat and energy, which are nonrenewable energy, we could use renewable energy. Sunlight, wind, tides, rain, and geothermal heat are all examples of renewable energy.

Some might say that without greenhouse gases the average Earth temperature would be too cold to sustain life. And that fossil fuels such as coal, oil, and gas are some of the most important natural resources that we use every day.

Biden Takes Over

Joe Biden and Kamala Harris were sworn into office as the new president and vice president on Wednesday, January 20, 2021. Biden and Harris won the election and Trump's term was over, so it was time for Trump to move out and Biden to move in.

Harris made history by becoming the first female, first Black, and first South Asian vice president.

The inauguration took place at the U.S Capitol, in Washington D.C. According to witnesses, Trump did not show up to the inauguration. This makes Trump the first former president to not show up to the inauguration, and welcome the new president into office.

Sabina Husomanovic stated, “I trust Biden and believe that Biden will make America great again.” Sabina had this to say about Trump’s disappearance, “Trump was unhappy with the results. Trump was disrespectful and could not take the loss like a man.”



PREPARING FOR CLASSES

MASEERA AHMED



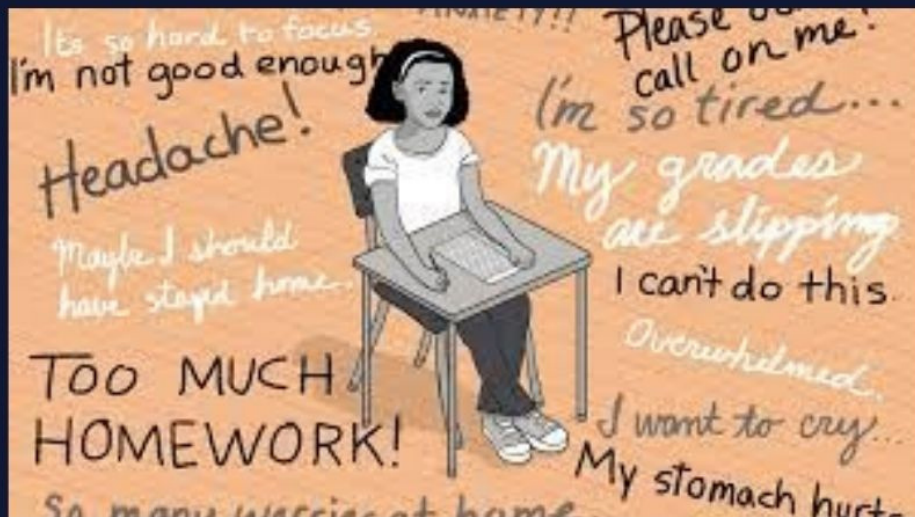
It's 7:59, the bell just rang, it's 8:00 am now, the students are rushing and running in the hallways to get to their classes on time even though they are already late. The running students weren't scared to get yelled at by their teacher for coming in late but more scared of getting caught and going back to the main hall and getting a tardy slip which will ruin their attendance.

The classes have begun, are now in session, all the students can hear is the teacher talking and some students whispering in the background along with papers scurrying on the ground. A student, the "smart" kid of the class, raises his hand to ask the teacher to get to the bathroom and the teacher says yes. After 15 mins another student asks to go to the bathroom but the teacher says no, why? because this student is the class clown and he might ditch class after he leaves the room. With this in mind the teacher said no to the student and the student got mad. The troublesome student just wanted to go to the bathroom while the teacher had different thoughts.



MENTAL HEALTH IN SCHOOL

by Carla Almaraz



Dear teachers who think they know about our "mental health":

So let me explain how this works.

Teachers know how many classes we have in a day, how many breaks we get and decide to give us a workload of homework. And on top of that teachers don't know what's going on with our lives outside of school. Believe it or not our mental health can also be the cause of staying up late most nights to make sure we got ALL our work completed.

When was the last time you had a workload of homework?

The problem here is that teachers can say "grading" is their homework. Okay? So you wouldn't have that problem if you assigned so much work. If teachers give less homework it gives them less time to have to be grading so they can use that time to give a really good lesson or lecture instead of it all being work based. Teachers fail to realize that we sit in a computer for 8 hours straight on the screen. Listening to 7 different teachers who assigned a good amount of homework due the next day especially since we are remote now! 7 classes a day means 7 homeworks assignments all due at 11:59 pm the fact that we have so many due at midnight at the same time.

So you're telling me you expect us to turn in our homework on time?

Having 7 classes may not be a lot but having 7 different subject homeworks is a lot! Imagine you are struggling with one class, can you imagine how long they'll take to get that homework done without tempting to try to get answers online.

Last thing.

Do you think that this homework will help us in the future?

Realistic things: most of the things we are taught we are never going to use in the real world. My personal opinion: I don't know when I'm going to use specific math in the future.

CPS KIDS K-8TH GOING BACK TO SCHOOL



By: Carla Almaraz

Aimee Lopez, an eight grader at Helen C. peirce School, whos thirteen years old had so many concerns and opinions towards kids going back to school like herself. Aimee Is currently deciding to not attend In person school anytime soon. I've asked her a couple questions and this Is how It went.

"As much as remote learning sucks, In person it was so much better because my learning was more better, I got to understand my teachers more and physically and emotionally it's better." Most students would prefer In person because like myself I'm a visual learner. Aimee believes that students are going back within a year. Her opinion towards students who are already in school Is that "It's very risky" which I agree with her. No student has the vaccine yet how do we know we are completely safe?

Lastly I asked Aimee who's an honor roll student If this has affected her grades and she replied with "Yes, sadly I've let myself get lower grades as C's". Which I always told her is not a bad thing! Don't stress yourself up way too much on assignments that can wait. Overall as an 8th grader you need to have emotions since this is how ur going to remember your last years in middle school through google meets, how does that make you feel.. Aimee responded with "sad, mad, disappointed".

DEAR TEACHERS WHO CLAIM TO PRIORITIZE OUR MENTAL HEALTH...



school is stressing me out so much
idk what to do

i have no motivation

and i know if i don't turn this
assignment in on time it'll lower my
grade:(

Delivered

by Iman Arman

So basically you think that all the homework assigned to us will help ? Throughout the school day, we are taught a lesson and then later on expected to go repeat what we learned in the form of homework. I understand that practicing what we learn during class would help benefit us but how would overwhelming us with assignments protect our mental health? How am I supposed to complete my homework if my mind is consumed by anxiety? Our mental health is so important because it helps us function, retain information and overall be ready for school but you are taking that away from us.

When's the last time we completed our homework on paper with a pencil?

But it's different now we're in a pandemic, we have breakdowns every day because of this life you call normal nowadays, we sit down every day at 8 am till 3:15 with our eyes on a screen, and after that we have more homework which we have to complete on a computer, how is this supposed to benefit us? It is destroying our mental health and we're so young to be having to deal with that. We constantly have to worry about making sure to turn that essay or worksheet in before 11:59 or else it will have a negative impact on our grade.

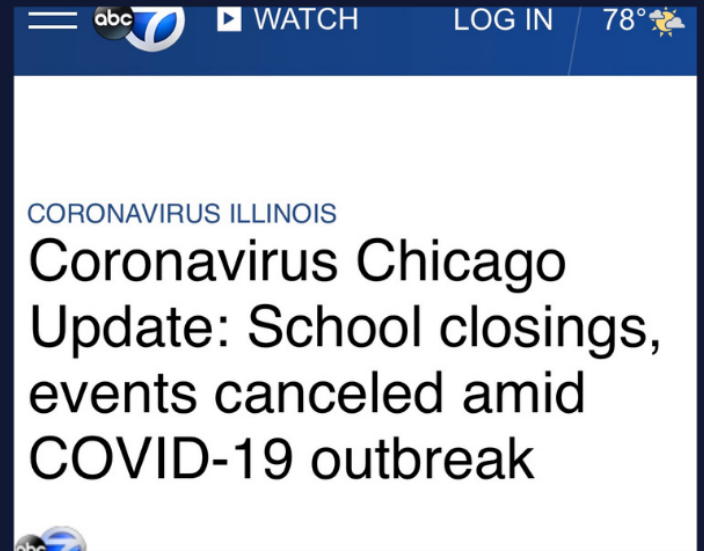
So you're telling me you teachers expect us to finish our work for 7 different classes? trying to finish all that in one day with the anxiety students are dealing with is just overwhelming us more and more. We want to be able to sleep early and not have to worry about doing our essays and studying all night. We have been looking forward to this specific year to do all fun senior things yet we have our eyes stuck to a computer all day.

SAME YEAR, DIFFERENT LIVES

By Iman Arman

March 13, 2020. As students arrived to school thinking it would be a normal day of junior year, same as every other day. Students looking forward to spring break coming up, one whole week off school... exciting right? Around 3pm the intercom went off "Due to a virus "covid-19" school will remain closed for two weeks due to stay at home orders" says the school principal. Students had the biggest smiles on their faces, walking out the doors excited to tell their parents they have an additional two weeks off of school. Rhonda got home that day and called her bestfriend and said "Bro we have two weeks off of school im so excited." Little did these students know that those two weeks would change their lives, and something so crazy would become the new "normal".

Two weeks passed when the parents received a call from the school saying "Schools will remain closed until April 30th due to extended stay at home orders." In the past two weeks this whole world has changed, and for schools to close we all knew this was going to be serious. Us highschool students thought this would be a vacation for us, a good time off of school and some time to rest but everything has changed in negative ways ever since that day. This virus kept students out of school for the rest of the year and more than half of their senior year. "This past year so many negative changes were made in my life, because so many things have changed and there I was stuck and my mental health was really bad and I was in a really bad place in life" says Rhonda. Covid wasnt just a virus and a fear of getting sick, it took things away from us that we talked about for years..



Our last homecoming game was taken away from us, our last first day of highschool was taken away from us, we lost contact with our friends, etc. We went from walking down the halls to our next class to going on google classroom everyday to be able to do school. Even though we have so much to be grateful for because things have couldve been way worse than what they are, we still had the weirdest and craziest school year of our lives.

Rhonda Hasan waited for her senior year to approach since the first day of highschool, she looked forward to all the fun senior events and to celebrate it with her friends. "I feel way more overwhelmed and always feel anxious because of school being online and always having to worry about turning in that assignment in on time." says Rhonda.. The start of senior year remained online and it wasnt as stressful at first because teachers were very patient with us and didnt load us with work. As the middle of the year began to approach online school was something normal to us unfortunately, teachers began to load us with work and gave us shorter deadlines because they thought we are adjusted to this by now. Schools began to reopen and offered a hybrid learning choice, some students seen this as an amazing opportunity and took it. While other students got anxious just thinking about returning because they felt as they lost all the social skills that they had and that itd be even harder to go back to being in person after getting used to online classes. Even though some students were back at school, other students

EMOTIONAL STRESS



by Jaqueline Diaz

Emotional stress is a normal reaction to the pressures of everyday life. Worry, fear, anger, sadness and other emotions are also all normal emotional responses. They are all part of life. However, if the stress that underlies these emotions interferes with your ability to do the things you want or need to do, this stress has become unhealthy. Emotional stress is important because when we encounter stress, our body produces stress hormones that trigger a fight or flight response and activate our immune system. This helps us respond quickly to dangerous situations.

Here are some warning signs of Emotional stress, Physical symptoms include: Heaviness in your chest, increased heart rate or chest pain. Shoulder, neck or back pain; general body aches and pains. Headaches. Grinding your teeth or clenching your jaw. Shortness of breath. Dizziness. Feeling tired, anxious, depressed. Losing or gaining weight; changes in your eating habits. Sleeping more or less than usual. Gastrointestinal problems including upset stomach, diarrhea or constipation. Sexual difficulties. Mental or behavioral symptoms include:

Being more emotional than usual, Feeling overwhelmed or on edge. Trouble keeping track of things or remembering. Trouble making decisions, solving problems, concentrating, getting your work done. Using alcohol or drugs to relieve your emotional stress.

There are many techniques that can be tried to help you better manage your emotional stress. Try one or more of the following:

Take some time to relax: Take some time to care for yourself. Even if you can devote only five to 15 minutes a few times a day to relax, take a break from reality. What activity helps you relax? Read a book. Download and listen to a "calm" app (sounds of nature, rain) on your computer or phone. Take a walk. Practice yoga. Listen to music, sing along to a song or dance to music. Enjoy a soothing bath. Sit in silence with your eyes closed. Light a scented candle.

If you have any of the symptoms of emotional stress and have tried one or more of the remedies discussed in this article and haven't found relief, seek professional help. If you feel overwhelmed and can't manage your emotions and stresses on your own, seek the help of a professional. Don't stay "frozen" or feeling like you're holding your breath waiting for your feelings to be over. If you are stuck in a rut and can't get yourself out, seek professional help.

Counselors and mental health therapists are trained professionals who can find ways to help you cope, reduce the effects of emotional stress, help you feel better and become more functional in your day-to-day activities.

THE COVID EXPERIENCE

By: Jaqueline Diaz
High school Student

In March 2020, a tragic event happened that had a major effect on everybody in the world. Everyone and everything went down as soon as this virus started spreading. During that time Jasmin Diaz went through a scary experience because of covid, overall the lockdown went pretty well for her. During that overwhelming lockdown, where you couldn't go out anywhere only if it was needed for a few months, Jasmin spent her time working out and also started a diet. The diet part was really difficult because in situations like this where you're locked in your house all you can think about is eating food but she pushed through it and lost so much weight throughout that time.

If Jasmin could describe covid in one word, it would be boring. She described it as boring because Jasmin is one of those people that really enjoys being out and really doesn't like being inside all day because she gets bored easily. Jasmin said "I would describe Covid19 as a mental breakdown everyone in the world went through. Covid19 wasn't easy at all for any of us because people lost chances but also gained them." During this pandemic some people lost jobs and went through a hard time with losing money and raising families without employment.

Something Jasmin misses from her life before Covid hits, is basically the feeling of freedom. Like going out to stores and restaurants without a mask and not being worried about putting yourself at risk. Situations like these also make people go through things emotionally because they miss how their life was before and or attending all those fun activities they did before Covid. Lots of people's mental health was really bad during this pandemic.

"If you don't like something, change it. If you can't change it, change your attitude." — Maya Angelou



THE HEART OF THE PEOPLE



By Samar E.

We know that every year, 10 million animals die from abuse. However, not all abuse cases are reported, so we can safely say that more than 100 million animals suffer abuse every year. Animal cruelty is a range of behaviors harmful to animals, torturing, mutilating, and killing an animal. We also know that a lot of animals get abandoned which can lead animals to depression and eventually they will think that they don't matter and will no longer trust humans.

With abuse, animals have trauma, poor body condition, and lack of shelter, trust, and food. People who abuse animals often use a weapon of some sort. An animal that cannot talk does not mean you have the right to abuse them. Humans are cruel. They'll starve an animal, cage them. All these things have one thing in common, they are all physical.

People who commit animal cruelty should also get treated the same way. They should also be held on a felony level not even misdemeanors. We should also treat people who commit animal cruelty, the same level of domestic violence and any acts of violence on a persons level. Just because a living thing can't speak doesn't mean it shouldn't be held on a lower level of consequence.

Animals have feelings too.

It's very sad the idea of animal cruelty even exists. The need to harm a vulnerable animal is very saddening. It hurts to even think people commit such atrocious acts. I feel like this has to be addressed more, because not a lot of people take action into saving these innocent animals. Violence against animals has a higher likelihood of criminal violence and domestic abuse.

Therefore, people who commit animal cruelty should get charged and go to jail. Animal cruelty should be addressed more often in the news and articles. Us humans need to take action and save these innocent animals who are being abused and can barely speak. This type of situation isn't just in a certain area, this is a global issue that needs to be organized. There are many homeless, broken animals who need our help.

HOMEWORK FROM SCHOOL?!



By Samar E.

Online school is difficult for young kids and teens.

The fact that having in person learning is way more easier, online makes it more difficult for students to learn and focus because they aren't having much help as they did in school. On top of that, students also have to focus on doing homework. When given the opportunity to learn online, students are already stressed out because they have other things going on outside of school at the same time that they have class.

Maybe they have to watch their younger sibling, or their parents yelling at them to do a chore, or there is just too much noise because their other sibling is doing school in the same room. These things can really affect the students mental health. Students feel like quitting because they also have to focus on school, homework, and especially going to work but also deal with whatever it is at home.

We all have a different lifestyle

We don't know who has WiFi or a computer to work on. Most of the time, students use their cellphones for school, which makes it even harder for students to learn and do assignments.



others might disagree with me. They might argue that students have the right amount of homework given due to the fact that they aren't in person learning and being in school is very important. They aren't even given a lot of homework. Online learning is way too easy, students are always home and they have a lot of free time in their hands.

Agree or disagree, we need a solution for students to be in-person learning because sometimes students don't get the help they need when they need it the most. They also get distracted at home because they might have things going on at home that can be distracting. They might even have to take care of their younger siblings. This is why it is affecting their mental health, they need a place where they could get their work done on time without any distraction. Therefore, we should start giving students less homework because we need to understand that not a lot of students have the equipment they need for school. This is why when students don't have what they need, they get very stressed and they don't want to attend online classes. But giving them an opportunity to go to in-person classes, can affect their mental health in a positive way. Even if students attend online classes, teachers need to stop giving homework and let the students just focus on assignments that they can get done, while in class because that's the time where they are focused more.

WEEKLY REPORT

our education v. our safety



IN THIS ISSUE

IF SCHOOLS REOPEN AND ANYONE BECOMES ILL, THEY WILL BE FORCED TO CLOSE.

THE SPREAD OF COVID-19 WILL INCREASE IN OUR COMMUNITIES. THE REOPENING OF SCHOOLS WILL INCREASE COMMUNITY ENGAGEMENT.

WHEN THE VIRUS DOES SPREAD THROUGHOUT SCHOOLS, TEACHERS AND STUDENTS ARE LIKELY TO BE THE FIRST TO GET SICK.

ARE MASKS ENOUGH? EVEN WITH THE POSSIBILITY OF DEATH.



Should Schools reopen?

by Mo Salawu

Reopening schools has been the biggest issue of the year concerning the development of Covid-19 spread. A major problem for children is that they will spread the illness to disadvantaged adults such as students, caregivers, and grandparents. It's not right to put their welfare at risk by reopening schools. Teachers and employees should not be afraid of their jobs. Sometimes Covid-19 alone does not have the same impact on children as it does on adults, but what if it was to spread around the school and a child was to get Covid it. Initially means that the schools go under lockdown and would have to quarantine and mess up our education system all over again.

For Covid, a big rule would be the mask mandate while masks are necessary for your own and others' protection. However, the safety for a child to wear a mask for an extended amount of time can involve students with disabilities and others who rely on facial signals interact effectively not completely rely on wearing a mask to schools.

Another thing would be for all students to have access to remote schooling, according to school systems. Students from low-income families or other families should not be forced to return to school because they do not have access to the internet. While social separation is important, it causes an unnatural atmosphere for children at school. A big part of what school is about is bringing children together. What methods would teachers use to enforce segregation and isolation, what effect would this have on children in the long run?



BLACK LIVES MATTER

mo salawu

Police brutality in the black community is not a new occurrence; nevertheless, owing to technological advancements in today's world, it has lately resurfaced. Since the Civil Rights movement, institutionalized racism has continued unabated; it has just gone unnoticed. With recordings of police brutality making the rounds in the news these days, movements like Black Lives Matter have contributed in making the African American community's views known across the country. Although the Black Lives Matter movement is a call to action to end racial injustice and institutional racism in the African-American community, its primary goal is not to operate as a hate organization against police enforcement or whites, but rather to function as an organizing force for the African-American community.

Black Lives Matter is a social movement facilitated by social media that criticizes multiple forms of injustice and disparity. The movement can be viewed as the latest in a string of attempts to achieve racial purity and universal civil rights in the United States, has been more narrowly defined by the movement concern with race-based police brutality and racialized violence. We need this oversimplification of the Black Lives Matter movement it is a core commitment to creating a more just society. Black Black Lives Matter is not just about race-based police brutality. Police brutality and racial discrimination in criminal justice are one of many facets of Black Lives Matter.

Black life may be seen as a worldwide movement among the African-American communities. The main aim of this movement is black life matters may be seen as a worldwide movement among the African-American communities. The main objective of the movement is the battle against institutional racism and cruelty. Black Lives Matter, of course, involves the murder of men and women of color by police, which is untrue. But this is only one side of the three powerful words that have given birth. Black Lives Matter faces and continues from the very beginning of our culture to suffer the injustices of colorful communities.



A LIFE, THAT ONLY FILL WITH WORK



By Abeeha Fajar

Imagine waking up and getting your breakfast without even asking, having someone who always gives you food and even does everything for you, even if you try they don't stop. I have someone like that in my life who never stops working and it is kind of sad.

My mom has been doing house chores when she was about 10 years old and now she can't stop even though she has 4 daughters. My mom makes food for 10 people per day. She is the most generous person I have met in my life. She is in her fifties and she always does house chores so we can study.

She never got the studies she deserved and she wanted her children to succeed. Because of past events, she is a person who will make you tasty food, do your chores, do your laundry on time. I am grateful to have someone like her but she does not stop working even when she is sick. I don't know how to cook because she did not let us if we ever say she will accept it. She doesn't force us to do anything. As an Asian mom who makes their kids work and do chores she is completely different. I have not seen anyone like her.

When I surveyed her she said "I was in 5th grade. When I lost my father and I took responsibility and I even bathed my mom when she was on the verge of death. All my life, they only did things like work or housework." A child going through all that moreover she had to give up studies due to that and help her sick mother with the pain of losing her Father. She started working and she is not 50 and still, her duties are the same. A life without any peace. I feel bad.

"I have older daughters but they are studying so I don't bother but they do help me sometimes in little things like doing some chores," she said... Like she already accepted her fate as a person who will let others do what they want to do and look over them as she grows older.

THE ABANDONED COMMUNITY GARDEN

by Elizabeth Flores

On February 7th 2021 two young ladies came across an abandoned garden they have always known to be here in their neighborhood. The strange thing they said is that today there were actual people at this garden. A garden they had known to be abandoned and alone.

The garden had never been looked for properly because no one ever knew who this garden belonged to or who ran it because for years it was left untouched.

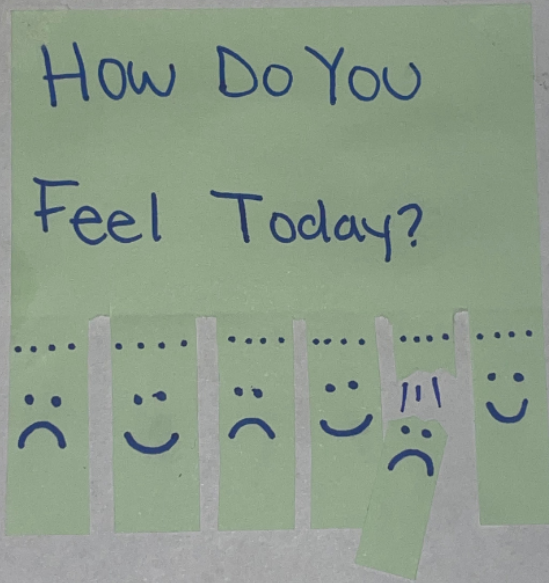
The garden has recently been remodeled and has actual seating areas and a small food pantry for the ones in need in the community. We actually got a hold of the man who runs this community garden and had this to say :



"I would really love to get involved with the community more and get to know the people of this area better."- Luis Ramirez



MENTAL HEALTH



Teenage mental health has taken a drastic toll down as we've entered a state of loneliness and depression for most kids. And with that school has become harder for us, grades and attendance have dropped drastically this year for many kinds reason:

Lack of motivation, no energy, no enthusiasm or consistency like before.

Many of us have expressed numerous times how we've been feeling this year. Sometimes I feel like no one is really ever listening.

"Stop being lazy" "you just have to keep trying" That isn't always as easy at it sounds

When I look at past generations like baby boomers or gen x I see people who probably didn't have to deal with this and don't know what it's like to truly feel this way. My generation has had to go through a lot at a very young age that sometimes it is hard to even manage those feelings, and manage life at the same time during this chapter of so many of our lives.

What I really want is for mental health to be addressed more for what it is. And for other older generations to understand what we are going through and not judge a book so quickly by its cover, because we all have issues whether it is at home, outside, or within ourselves. Extend a hand and check up on those who are really going through and simply ask someone once in a while "how are you actually doing today?"

By Elizabeth Flores

Why is mental health such a big issue nowadays?

Maybe it's because we're in a pandemic. Or maybe it is because most of us feel frustrated, isolated and alone.

Mental health has always been around but has never been a main topic. It was until we were forced to stay in and isolate ourselves from our homes and rely on the internet for everything.

Here is the catch, now people like me who all we've ever known was to socialize with everyone around and constantly be around people, are having a difficult time managing this new lifestyle we were forced to adapt into.

SHOULD PEOPLE CONTINUE WEARING MASKS IN PUBLIC?

by Mariela Jaimes

Should people continue wearing masks in public?

Even though you have received your covid shot, it's advised to stay cautious about the environment you are in. You should not just be cautious about yourself, but about those around you. Those who probably don't have the COVID shot or don't have the healthiest and strongest immune system like you or others.

It's best to avoid germs and the spread of germs by keeping your mask on and washing your hands. With just a small precaution, you have a higher chance of avoiding the flu, cough, etc. keeping your family and friends safe by protecting yourself from other diseases. Germs are able to travel airbourne and through contact.



For example, you're in the bus and a person takes off their masks just to sneeze. Since it's a small space, the person's sneeze will spread around the bus. Those who have their masks will minimize the contamination by not coming in contact with the sneeze directly. Those without a mask have a higher chance of inhaling the virus.

City transportation and Public spaces are known for being unsanitary and the key reason for cross contamination. Don't rely on the city transportation or public stores/ areas to sanitize the space for you. Yes, it might be sanitized and cleaned, but how quick is it to be unsanitized with hundreds of people doing the same thing as you?

Although, some might argue that a mask is very difficult to breathe in and it irritates their skin. I would argue that you should be able to find a mask that fits your expectations. A mask that keeps you safe and others around you. Wearing a mask that stays in code and does not irritate you will make it easier to wear around all day. Increasing the chances of you staying safe and minimizing the contagiousness of the disease.

Continue wearing your mask.

The importance of citizens wearing masks should be made clear and there should be no political issue/ argument towards it. It's been proven that masks make a difference and prevent you from contacting diseases. Wearing a mask does not only affect you but it affects others around you. Decrease the contagious disease by wearing a mask.



THE MISSED RAFFLE



by Katie Jones

A calm cloudy day in the living room, windows open, light breeze, It was the day of the shoe release. Heidi Jaimes was enjoying her day listening to music when she realized that today was the shoe release of the shoe that's been on her mind for weeks. While Heidi was on the app trying to join a raffle to buy a pair of shoes, the app asked for her password and card information which caused her to miss the raffle. "I forgot my password which sucked." When she was able to join the raffle, her size was sold out.

The shoes in question are the Legend Blues Jordan 11s. They are white Jordans with light blue in the bottom. Very stylish and you can style however you'd like. It's better to pay retail price for a shoe than resell. People who sell shoes tend to double or even triple the price of the shoe just based on the popularity or demand of the shoe.

Heidi was unable to remember her password for her snkrs account which caused a delay in joining the raffle. Once she figured out her password, she also needed to enter her credit card information. By the time she logged in, the shoes were sold out. She let out a cry of frustration and refreshed the app to see if there was a different outcome. No difference, she had missed the raffle. Every size was sold out.

The shoes in question are the Legend Blues Jordan 11s. They are white Jordans with light blue in the bottom. Very stylish and you can style however you'd like. It's better to pay retail price for a shoe than resell. People who sell shoes tend to double or even triple the price of the shoe just based on the popularity or demand of the shoe.

Mama Rafaela was very confused by Heidi's actions. She was seen screaming, running around looking for her wallet, and even asking her younger brother if he has the snkrs app. Snkrs app allows you to join raffles to buy a pair of nike or jordan shoes and it also has nike shoes for sale. No hope in sight, Heidi was starting to give up her chance until she found her wallet. Her sister was in the raffle but she also lost the raffle.

A relative also joined the raffle for the same snkrs. He joined to get a chance to purchase size 9 in Legend Blues Jordan 11s. Angel was on time and even asked his friends for help. With reinforcements, Angel hoped his outcome would be a success. He made sure to wake up his friends 30 minutes beforehand. With his card saved in his account, everything seemed hopeful for Angel.

On the day of the release, people have Bots ready in different websites (ex. Foot Locker, Snkrs app, Champs etc.) to purchase the shoe for them. According to botsthatwork.com, "You can buy a bot as cheap as \$30, but they can also cost up to \$6,000. The price of a bot can vary depending on a bunch of reasons." bots are programs that allow people to hack into shoe apps and you are able to buy a pair of shoes in large quantities and different sizes. Although these bots might come in handy, they can be very expensive.

A lot of people on social media speak out about this Bot issue. Some people even encourage others to purchase replicas. Replicas are copies/ inauthentic shoes of different types of shoe brands. Replicas usually don't cost as much but they do have some flaws where you can tell they are not authentic shoes. The Reason why this is encouraged is because resellers abuse their bots and overcharge for a pair of shoes. Retail price can be \$150 and resellers sell them for \$500 and up. It's very unfair and the majority of people do not want to spend that much money on shoes.

In conclusion, Both Heidi and Angel unfortunately lost the raffle and were not able to purchase the pair of shoes. He asked his cousin for help, she was also unsuccessful. A cloudy day turned into a cloudy mood as well. It's also important to Keep your passwords safely stored so you won't forget them. It's a game of luck, being on time will get you in the raffle but it's not a guaranteed win. Even though they lost the raffle they will continue entering.

"wow the snkrs app is a scam" - Hei J

DEAR BOARD OF EDUCATION

by David Strango

Let me explain an issue that a lot of students are facing during this school year

I wanna know who really takes the last vote and has the last word in your corporation on what is best for students.

I wanna know when's the last time some of you board directors have consulted students that sit in a chair watching a screen for 8 hours straight? 8 hours watching , focusing and listening to a screen. Really..., that sounds pretty ridiculous from the directors of the board, and very low thought of.



**Illinois
State Board of
Education**

Sitting in front of the computer 8 hours a day and almost every weekday is very bad for young and teens students. You guys might not think that it is, but in reality

I myself personally am very exhausted every morning even though I try to get a good amount of sleep. It affects our brain and our physical mentality.

So please, for the best of our young fellow Chicagoan's students, just make decisions only when you consult with students and make sure all students agree with it.

Thank you, and stay safe,



REMOTE LEARNING IN CHICAGO PUBLIC SCHOOLS

by David Strnango

CPS, the third largest school district in the United States, wants to reopen school back students so they can resume school in person as soon as possible. CTU(Chicago teachers union) wants teachers to go back to classrooms and have students back learning, because students are way too much on the screens. CTU are risking going on a strike if they don't agree on a good deal that works for our fellow teachers. They are trying to bring everyone back and it is as safe as possible. Statistics state that about 14% of CTU returned to classrooms. And if that number doesn't increase CPS states that they will lock teachers out of their classrooms



Students will be affected by not finishing up their semester and not taking finals on time. We wish that everything will be okay and on good terms between CTU and CPS and that our Chicago students will get their schooling done. Be safe.

"You can't teach people everything they need to know. The best you can do is position them where they can find what they need to know when they need to know it." - Seymour Papert,



EXERCISING: THE LIFE SAVER

By Sierra Usmani
Photography Free Vector

Sometimes people don't realize how good fresh air is, to really get outside and inhale natural air. To really feel your whole body just release any stress that you probably never knew was inside of you.



A good release is what people need now and then. We may not know it but we all go through something every day, and it's like we go to sleep and do it all over again without really taking the time to recuperate.

A good release could be putting your body through physical work. Although it shouldn't even be seen as work. When you are exercising not only are you pushing yourself to complete the workout but you're doing something good for your mind and body. Study shows that there are some mental benefits to exercising. Such as an improvement in memory and thinking. You are bound to be more alert and be able to navigate your everyday life more efficiently. According to Help Guide," Exercise also stimulates the growth of new brain cells and helps prevent age-related decline." This is true, exercising at a young age especially can get your body off to a great start. For years to come your body will be stronger and will last longer, which results in you living longer.

Exercising should not be something that you feel obligated to do. It should be something that you want to do because it is beneficial for the long run. About $\frac{1}{3}$ of the people actually exercise, whether at the gym or at home. Many people don't take part in physical exercise because for one it's physical work.

Those who work in offices are at work most of the time, behind the desk, are least likely to exercise because they are mentally drained which causes them not to really focus on the physical part of them.



If you were to observe the behavior of two people, one who works but still finds time to exercise vs someone who works but doesn't feel the need to exercise. You could see a subtle difference between the two. One might be more energetic, whilst the other may not be as energetic, leaving the easily tired, drained, and most likely moody.

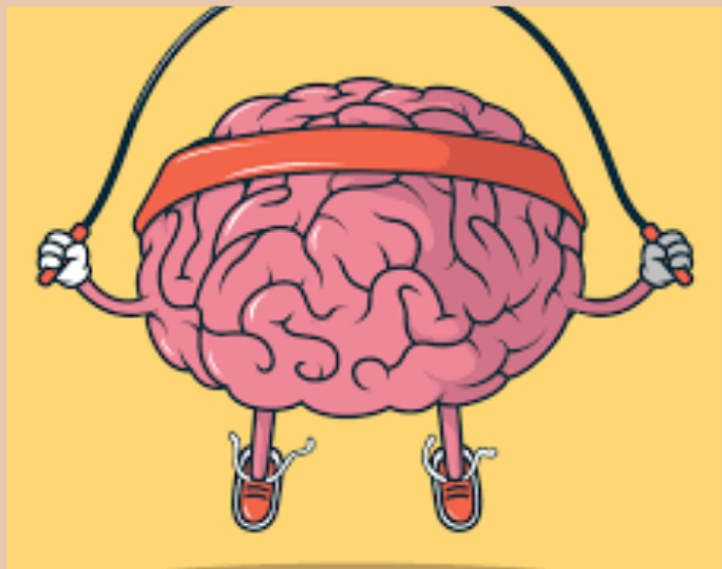


Study shows that exercising helps you get better sleep and help your sleep patterns. Exercising in the morning can give you a boost of energy that you could carry throughout the day. Starting off with a good burst of energy can help you be more productive during the day, making you someone who is dependent and can get tasks done.



Adding exercises into one's routine also changes how one eats. When exercising it is essential that your diet is full of protein nutrients and carbs that are needed to feed the body after putting it through physical work. Eating healthy also prolongs one's life as well as setting the foundation for their children. Working on your physical body affects your mind as well.

You become sharper and mentally stronger, making you more logical and a better problem solver. Although it may seem impossible that you could basically improve your mind by working out but it's the truth. When your mind is stable you become resilient and could tackle life's challenges because you can complete what is necessary when needed. You are least likely to become overly emotional, stressed, or depressed because working out gives you a clear mind as well as a sense of grounding when it comes to your feelings.



Overall those who are depressed, feel as if they're weak or incapable should dedicate some time in their life to going outside, take a walk, do workouts at home, get a gym membership, go on a hike, and just get active, so that your whole emotional, physical and mental state is stable and that you are one step closer to your highest self.

PREPARING FOR CLASSES

MASEERA AHMED



It's 7:59, the bell just rang, it's 8:00 am now, the students are rushing and running in the hallways to get to their classes on time even though they are already late. The running students weren't scared to get yelled at by their teacher for coming in late but more scared of getting caught and going back to the main hall and getting a tardy slip which will ruin their attendance.

The classes have begun, are now in session, all the students can hear is the teacher talking and some students whispering in the background along with papers scurrying on the ground. A student, the "smart" kid of the class, raises his hand to ask the teacher to get to the bathroom and the teacher says yes. After 15 mins another student asks to go to the bathroom but the teacher says no, why? because this student is the class clown and he might ditch class after he leaves the room. With this in mind the teacher said no to the student and the student got mad. The troublesome student just wanted to go to the bathroom while the teacher had different thoughts.



HOW HAS ONLINE SCHOOL IMPACTED STUDENTS



During this pandemic so many people were worried about not getting sick and many people stopped working .School continued but they made it flexible to attend class and it was easier and you wouldn't have to stare at a screen for so long which was good .

Andrew Bello

Cps made us go to school 5 days a week and look on a screen for more than 30 hours which makes it better for us .This did not help students at all because grades decreased because no one wants to do work after they were just sitting down and focusing on a screen for hours. They think it is easier when it really is harder to maintain your work and focus all the time .Many students complain that it just drains our energy trying to focus so hard on a computer (it fries our brains).

Many people failed to succeed because they think the work is so easy even though half of the stuff we don't even learn correctly because we can't focus .Also attendance can be good and bad because you can take your class anywhere but students don't learn when their focused on something else .For example, I always can't wait to leave class at the end of day so I can go out and enjoy real life and be social and productive .Being in your room sitting down and laying down just messes up your mood .This is why students can't really succeed under these learning conditions .