

The Rebellion



ABOUT THE MASCOT

The content of the following article is the solely the opinion of the author and is not intended to necessarily represent the viewpoints or opinions of The Rebellion, Juanita High School or the Lake Washington School District.

By Asya Shneerson



This past week, I found myself frustrated with how many students reacted negatively to the mascot petition. I think that many times, when we see an argument we don't fully understand – especially one that targets some-

thing important to us – the natural, immediate reaction is to push back against it. I say this as someone who genuinely loves Juanita. I'm proud to have attended this school, and I feel weirdly protective of it and the interesting, smart, funny people I've found here. So, here is my attempt to work through this topic, openly and candidly.

First, I know this: if a "Rebel" mascot was proposed today, at least in LWSD, it would never be approved.

Still, there is so much hesitancy to change the name, and there is so much I don't understand about it. I don't understand the argument that the word "rebel" can mean different things, when we have seen specifically, time and time again, what it has meant in the **context of our**

school. I don't understand how so many may revert back to talking about the intended meaning, when (A) it doesn't hold up historically – Americans in the Revolutionary War were usually called Patriots or Whigs, not Rebels, and (B) it is well-known that meanings shift and change over time.

I don't understand how someone can say that the mascot has lost its previous Confederate meaning. So many still see it as a Confederate symbol, and we are still having this discussion in 2018. So many schools in similar situations have changed their mascots. So many staff members and students are still disturbed by this symbol. I know I am. Is this something to be ignored?

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EARTH CORPS STUDENTS TAKE UW BY STORM!

By JHS Earth Corps

It started with five of us crammed into a car, speeding down the highway through Friday morning traffic and gloomy weather. Even though I was both incredibly tired and suffering from a case of severe spring allergies, it was still something I had been looking forward to for the entire week: a field trip with my friends to learn about how we can help the environment.

Once we got to the University of Washington in Seattle, there were plenty of environmental specialists already there to welcome us. They were kind and offered up the community as if it was our home as much as it was theirs. Whether it was the mountain of bagels and pastries on the table, or the never-ending raffles splayed along the walls, they made it unbelievably easy to fit into the crowd of people around us.

A few bagels and half a pastry later, we made our way down to our first workshop: "Taste the Rainbow". Sitting in a classroom full of cushioned chairs and large windows, we learned about how multiple crops in one location grow and how biodiversity supports those

systems. Though it had nothing to do with skittles, we did have the opportunity to taste bread created from different areas, allowing us to compare the tastes and how they are grown.

The next workshop was in the same room: large windows allowing us to see the snow falling from the sky even though it was definitely supposed to be spring. In this workshop, "Don't Buy. DIY.", we learned a lot about the personal care products that we use every day and how they can affect not only the environment, but also our bodies. Make sure to check labels of the products that you buy because many companies can easily get away with using dangerous chemicals! By the ending, we were able to make our own face scrubs and deodorants, all from organic materials.

The last workshop was called "The Material that Breaks Up Not Down", focused around microplastics and their abundance in our communities. Working through several stations, we were able to see how microplastics personally affect us, shining black lights in water bottles which gave us an idea of the amount of plastic we consume in our trusted water brands.

At the end of the day, I went home with a succulent (from winning a raffle!) and a lot more knowledge about the world around me, especially how I can use my position as a student to change things for the better in my community. Participating in this symposium was a great opportunity for students to connect with professionals in their fields and learn about the world that takes care of us. So, if you want to come with us next time, come join Earth Corps and there will be plenty more opportunities just like this!



ASSORTED CARTOONS

By Charles Merz



"Protesting" at the student walkouts

P.S. My sincere apologies of those whom I offended... really... I'm so sorry.
Am. P. Merz.



MY LIFE IN THE US

Contributed Anonymously

This is my first year in the US. I came with my family and it was an exciting trip. I really love it here but we had some hardships when we came here. We were living in the same house with a kidnapper but we never knew. Also, I forgot to say we arrived here on the 4th of April. It was hard making friends at first but now it's not.

I come from a Christian-based background. I really love it—though there are a lot of rules. I am a freshman and I didn't attend any middle school I really love it here. I have got a lot of cool friends and I joined a new club which is so welcoming. People are nice. I really love it here and though I am introverted, I am glad that at least I get to do cool things I thought I would never do.

Life in the US is cool. I have cool friends which I made a presentation about. There a lot of problems we must go through but we mostly have gone through good things.

I have seen a lot of cool people. I am glad I came to this school because different people are donating to my family since we came and most people are friendly.



JHS Earth Corps - Path of Trash

PATH OF TRASH

By JHS Earth Corps

A quick heads up! If you have not already seen *The Path of Trash*, check it out on Youtube (link below). It is an informative video of where our trash ends up if we do not properly dispose of it.

(https://youtube.com/watch?v=svly3ql9P_q)

Going into more detail about the creation of the video, we wanted to illustrate the effects of our waste in the environment. The first few days consisted of planning and creating a script. The idea that we wanted to get across was that our litter impacts the environment all around us and not just directly where we are. We felt that drawing our ideas would be the most captivating way to portray this. After hours of filming and editing, we finally completed the video. We hope you enjoy and take time to think about our litter! Also give a big thanks to Abby Salmon for recording and editing the video.



JHS Earth Corps - Path of Trash

PHONES: ASSET OR ADDICTION?

By Ishita Shuri

Wait. Hold on. Unzip your jacket pocket and check. Or maybe your backpack. Then again, perhaps you do not need to check anywhere; all you need to do is glance at your hand as you are probably clutching it this very moment.

I know I cannot go a single moment without checking *my* phone. Texting, social media, games, YouTube – virtually my entire life seems to revolve around that 3' by 5' rectangular piece of hardware and software. In hindsight, I now ironically see that I ruined my vision, glaring for countless hours at a phone screen when I should have been working, sleeping or spending time with my family. The guilt always ate me up afterwards. But the next time I spotted my phone, I was once again akin to a magnet, forgetting all previous vows to never waste time.

So why is it that we have a need to compulsively check our Snapchat twenty times a day, beat the next level of Candy Crush, or respond to a text from Mike? Has the thought ever crossed your mind that, perhaps, you may be addicted?

It all starts in our brain. Periodically, a neurotransmitter (a chemical that has a certain effect on the body) called dopamine is secreted. Whenever it is released, it stimulates a feeling of short-term happiness, also known as euphoria. Every time the phone buzzes, or you realize that you have gotten likes on your latest Instagram selfie, your brain releases a small hit of dopamine, and you feel great. As our mind starts to crave this feel-good sensation, we increasingly drift towards the unlock button on our phones until it becomes a habit. It is also worth noting that dopamine is the same chemical that is released when one pulls down the lever on a slot machine in a casino or uses drugs! And just as with gambling or drugs, it unfortunately is possible to get addicted to your iPhone.

If you are looking to kick the habit, here are a few simple tips and tricks:

1) Do not sleep with your phone at your bedside.

It has been proven that phones produce a kind of 'blue light' which

can disrupt your slumber, and this can be harmful to your health and brain as they are not getting the rest they need. This will leave you feeling tired and groggy the next day, especially during that big math test.

2) Buy an alarm clock.

How many times have you set an alarm for yourself on your phone, and when you are finally awake, find yourself on YouTube? If your phone is the first thing you see after waking up, you are more likely to simply start using it without paying mind to whether you should be or not. By using an alarm clock, you don't initiate this habit. So just buy one! (Seriously, they're only \$9.99. I'll buy one for you.)

3) Count down

Use this technique when you feel you cannot stop yourself from reaching for the phone. Pause and count down from five, saying each number out loud. It may seem silly, but this technique helps disrupt the 5 second window in which you have enough willpower to act on your inhibition. Acting within 5 seconds makes it much easier to walk away.

4) When everything else fails, airplane mode.

Airplane mode only allows for the camera and clock apps. What else do you need? (#Minimalist)

5) Leave it someplace else.

Hey, out of sight, out of mind, right?

Phones have become the issue of our generation and have effected every part of our lives. They're a sign of technological advancement, and certainly not worthless — they help us keep in contact in everyday life. However, we should be aware of how much is too much.

Cutting down just a little bet can help make time for everything else. School, friends, and family are all important. So next time you feel an itch to check your messages, ask yourself, is your phone becoming an asset or an addiction?

MY ART FINISHED

By Palmner Sumner

My art finished: I was Van Gogh.
Lips ruby red, One hand, using her hair as brush.
Skin pale as snow, The other, her finger to paint the background.
An ominous black Funeral dress. A grey industrial cloud.
Painting resembled her well. Magnificent!
After all, she wanted to be a model Understanding how God felt
She is my muse... When he created Adam and Eve.

Mother, my inspiration. Maria, spitting image of mother.
Greatest artist I knew. Must have her.
By day, she would help with art. She posed for photos.
By night, she would come home, In a black dress,
Ridiculing me, saying my art was Her beauty radiated,
nothing. My black swan was ready.
Alcohol from her mouth Paralysis settles in.
Intoxicated me. Like a statue, she stood there,
Gave me inspiration. Still.
"Origin of beauty" I made a few adjustments,
I used her face. Her smile, non-existent.
"Stop moving" Nothing a knife can't fix.
Waited for her to fall Prepared the camera,
Into a drunken haze. Taking seven pictures on command.
She slept, I got in position,
I covered her mouth. Gun aimed at her head.

Grabbed her hair,
Tied to the bed post. 5. The camera blared
I started cutting. 4. Her eyes wild with fright
Slice by slice, 3. The gun needing to be heard
Savoring each moment strips of skin 2. How beautiful this angel is
Dropped to the floor. 1. Bang!

Using her blood to paint muscles, The moment I saw the photo,
Her grinded up bone to color in the skull I knew what to paint.
Her pale skin, her ruby lips,
Her black dress, her red wing,
My angel of death.

ABOUT THE MASCOT

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Is a Confederate symbol something to be taken lightly? Is it (and the way it affects others) something to brush off, just because you personally can see twist it into something else? Personally speaking, I didn't find out about our mascot's Confederate history until 11th grade. Part of the reason I was so shocked is that it has been covered up. We have chosen to ignore this ugly history instead of correcting the mistake.

I don't understand how someone can reduce the Rebel's Confederate history to the decision of a few rogue students. Yes, it was individual students that chose to fly the flag at football games. However, staff must have chosen to include those photos in the yearbook. Staff chose to make the "Running Rebel" our mascot image. Staff allowed placing a slightly altered version of the flag on the yearbook cover. Staff chose to fly this flag in front of our school in the driveway for years. It was an active decision by the staff. It must have been obvious that was the mascot meant.

The meaning of a mascot should be obvious. It should not be "possibly racist, depending on your point of view." If it was obviously about the Revolutionary War or rebels in the general sense, we would not have this Confederate response to the mascot, especially so soon after it was chosen. Even now, one of the main meanings of our mascot, in context of our school, is the Confederate one. That's unacceptable.

Most of all, I don't understand how knowing what this word and its history means to so many people, we can choose to overlook it. For what? A name that sounds cool?

While we're at it, I'm also tired of the whole PC argument. If you're bothered by something, it doesn't mean that you take offense too easily (unless, of course, you do). What happened to just being respectful and trying to do the right thing? Do we not care about that anymore? And no, I don't walk through the halls of Juanita every day feeling hurt and offended on a personal level. Of course not. That would be ridiculous. But to recognize that it is inappropriate is not overreacting. It's simply reacting. It's not being passive to the situation. Changing the mascot isn't going to solve racism. (Obviously.) But at least it's something, and it's something important. It's a chance to leave a positive mark on this school.

If you're still not sure how to vote, here are my suggestions. Start asking

questions. Talk to your history teachers and your administrators. Read up about the schools that have changed their mascots (try Saint Johns School (TX) or South Burlington High School (VT)), and try to understand how people outside of our bubble may see it. Talk to your friends. Have thoughtful discussions, critically evaluate the arguments around you, and don't be afraid to disagree. (Even if it seems un-cool.) Ask yourself: does this mascot represent Juanita's values? Is it culturally appropriate? Does it have moral implications, and if so, what are they? Is it something that I, in good conscience, can support?