



COMING UP QUICKLY:

Feb 14--*Valentine Assembly*

Feb 15--*Let's Take a Break*

Feb 17--*President's Day!*

Feb 24--*Back from Break!*

## Valentine Thoughts?

~Story by Haylee

**Kendall** - I hate it so much because it's the day before my papa died, the day my dog died and the day after is my papa's birthday.

**Maddy** - I'd be more fun if I wasn't single but it's still fun getting to do stuff with your friends so you can be single together.

**Kenzo** - Probably the holiday I hate the most.

**Angelina** - Its fun, it's a fun day to show your favorite people how much you love them!

**Sophia** - I think it's kinda dumb, I mean the idea is cute but I just think it's over exaggerated.

**Zane** - To me it's nothing really.

**Ella** - I think it's a cute holiday, especially if you're in a relationship already.

**Sarah** - I think that it can be fun for people to celebrate loving each other whether it's dating or friends but I also feel like it can put pressure on those who aren't in relationships and make them feel left out.

**Emilio** - It's good if you get candy.

**Juliano** - Idk, just a day.

# HENDERSON HAPPENINGS

Our student paper from Publication Class.

## TEACHER STRESS & HOW THEY RESOLVE IT

STORY BY RIDDICK

**Lisa** will always be the person not to get mad easily but when she does, it's hard to resolve the stress. She reduces her stress by breathing and thinking of good things.... And if she does get mad she will tend to scream and yell and have a fit - Lisa

**Brian** is a guy who has a load of stress. He is the principal of the school and he has to deal with all the drama between students and him. When Brian has something going on he solves it by breathing a couple of times to help him calm down.

**Jill** is the janitor at Henderson. You see her everywhere, all day doing the cleaning and fixing work. She can have a lot of stress on her shoulders at times because she has a hard job. Jill has a very common way of solving her stress. What she does is she will either breath or do something to distract her from the problem at hand.

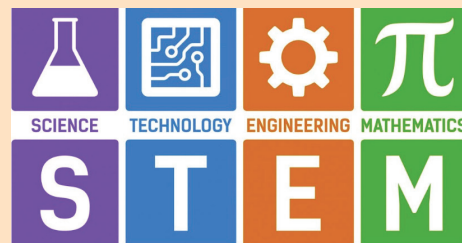


## Girls in STEM Programs

STORY BY AVERY



Story written by: Avery  
Contributor: Lindsey



**One fourth of STEM workers and only 36% of STEM graduates are female** ("8 Statistics and Facts about Women in STEM", 2019).

### Why are the statistics so low?

Well, there is a significant gender gap in the STEM field. Much of this is due to girls not believing they are capable of those types of careers (viewing them as being just for boys). Girls getting into science careers is beneficial because it can help girls make a difference in the world, and they should not be discouraged from their passions. Many girls feel dissuaded from STEM positions, and therefore have a hard time imagining themselves having a science job.

**Parents, teachers, peers, and society in general influence the interests of genders.** Women often aren't encouraged to pursue careers in STEM related fields. The way we are socialized directly affects our interests and aspirations, this is called gender socialization. The author states,

*"Some believe the gender gap is a direct response to stereo-*

types and socialization practices in the United States and other countries focused on male dominance and female submissiveness. Supporting the idea of socialization and societally ingrained stereotypes also focuses on the gender socialization practices that occur in childhood such as boys are smart in math and girls are good in the kitchen,” (Reinking & Martin 2018).

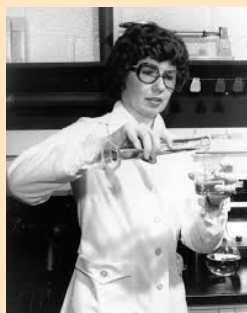
A lot of girls don't pursue STEM careers because they have been taught it isn't something achievable, rather than being empowered to follow their interests.

***Often girls can't visualize themselves being in those careers because they aren't exposed to female role models in STEM careers.***

To them, their passions aren't a possibility, “Girls and young women have a hard time picturing themselves in STEM roles. They need more exposure to STEM jobs, female role models, and career awareness and planning,” (Kesar, n.d). Young women aren't seeing other women in STEM, so they feel uncomfortable with the idea of following that path even if it is something they'd like to do. Showing girls examples of women in science could help encourage them to chase that as a career choice.

***As girls get older, they slowly start to see particular STEM jobs as not for them.*** For example; in middle school, 31% of girls think jobs that require coding as a skill aren't for them. By the time high school comes around that percentage reaches 40%, then 58% by the time they reach college age. We can stop this decline by introducing young women and adolescent girls to women in STEM careers. Women who know other women in STEM careers are significantly more likely to feel empowered to engage in STEM activities and feel empowered while doing so. In fact, 61% of girls and women who know another woman with a STEM occupation feel empowered, while only 44% of women and girls who don't know a woman in STEM feel the same (Kesar, n.d).

***We can encourage girls and young women to pursue careers in STEM by introducing them to other women who hold those positions.*** It is evident that when girls can see examples of themselves in STEM careers they feel more compelled to pursue them. We should teach girls that no job is off limits because of their gender and that they are capable of achieving their dreams, whether it be a STEM related career or not.



Barbara Askins

***An example of a woman with a STEM position is Barbara Askins,*** a Physical Chemist who invented the autoradiograph. Her invention improved astronomy by improving images taken through light telescopes, it also improved medical equipment because it enhanced X-ray photographs. She was awarded the Inventor of the Year by the Association for the Advancement of Inventions and Innovations, making her the first woman to ever receive that award, (Writers, 2017).



## Stereotypes of Witchcraft

STORY BY LINDSEY

***Witchcraft is often seen as a form of dark magic,*** and is associated with evil, power, and the supernatural. In reality, it is simply a belief and a practice. Most modern witches don't perform dark and/or evil spells, preferring to give small boosts to their everyday lives.

***The stigma around witches and witchcraft is that they cast evil spells, worship satan, are only female, and bring harm to others.*** These beliefs are founded on the Salem Witch Trials. Witches can be of any gender. Also, modern witches don't use curses or jinx's (mostly), but instead use small spells to encourage someone (or something) to leave them alone. These spells don't bring harm to the receiver, and they don't affect them in any other way besides what the spell is meant for.

***Spells, potions, and other “witchy things” are often seen as the wrong thing.*** Spells are mostly interpreted as saying something in Latin and waving a wand, like in Harry Potter. Actually, spells can be many different things, like herbs put in a jar, or candles being lit. The only thing that makes a spell a spell is when it's not a liquid and the purpose is to do something. For example, if I put sage and rosemary into a mason jar and give out a purpose for the spell to work, it could be a spell to protect or cleanse someone I love. Sage works to clear negativity, and rosemary is a love herb.

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Carolyn Bertozzi

**Another example is Carolyn R. Bertozzi, a biochemist who created new research tools for biology called bioorthogonal chemical reporters.**

Bioorthogonal chemical reporters are a new way of plotting macromolecules and has been an essential part of biology. She has won countless awards and prizes for her discoveries (Writers, 2017).



Elizabeth Blackburn

**Further, Elizabeth Blackburn is a Cell Biologist who is President of the Salk Institute for Biological Studies in La Jolla, California.** She attended the University of California-San Francisco where she did revolutionary work on telomeres. She was later awarded the Nobel Prize for Physiology of Medicine along with two other people (Writers, 2017).



Cynthia Breazeal

**Cynthia Breazeal is a computer scientist** who developed four humanoid robots named Kismet, Cog, Leonardo, and Nexi while getting her Doctor of Science Degree at Massachusetts Institute of Technology (Writers, 2017).

#### References:

8 Statistics and Facts about Women in STEM. (2019, June 4). <https://www.builtbyme.com/statistics-facts-women-in-stem/>  
Kesar. (n.d.). Closing the STEM Gap. <https://query.prod.cms.rt.microsoft.com/cms/api/am/binary/RE1UMWz>  
Reinking, A., & Martin, B. (2018). The Gender Gap in STEM Fields: Theories, Movements, and Ideas to Engage Girls in STEM. *Journal of New Approaches in Educational Research*, 7(2), 148-153. doi:10.7821/naer.2018.7.271  
Writers, S. (2017, November 6). 50 Top Women in STEM. <https://thebestschools.org/features/50-top-women-in-stem/>

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**Potions, on the other hand, are any liquid you make with the intent for it to do something to the drinker.** If you put lavender into your tea and give it an intent, it could be used to lower your stress levels.

**What witches believe varies from witch to witch.** Some believe in gods and goddesses, some only gods, some only goddesses, and some none. There's no requirements to be a witch based on what you believe or don't believe in. There are many deities. (For the completion of this thought seek out Lindsey or cast a spell?)



**Informational Interview speakers coming to Henderson.**

Having trouble making those LTI calls? You can broaden your interests by talking to professionals headed to our campus after break. These are the fields being covered:

**Esthetician/Spa Owner**  
**Firefighter**  
**Paramedic/Doctor**  
**Construction**  
**Sports Education**  
**Physical Therapy**  
**Counseling**  
**Starting a Business**  
**Social Work**  
**Nursing**  
**Auto Mechanic**  
**Photographer.**

Sign up with George if you haven't yet. This is a great way to get an informational interview under your belt while expanding what you know about a particular field of interest.



Since this was the first big exhibition for this school year, we thought we'd ask around about how it went for people, if it was stressful, etc. We went around to each classroom, picked some people, and noted their different points of view.

First up we decided to ask Hailey, and Kay- way more stressful than she thought and if she didn't could've been a lot easier. Kayleigh had the opposite. She said she got through it smoothly without stuttering or if she had more visuals and used some Empirical Reasoning.

Next up was Sophia and Ella. We asked them what they plan to change to improve their next exhibition, Ella realized she'll need some more evidence next time, and Sophia just wants to make sure she has more Quantitative Reasoning Competences.

For the last question, we asked if they thought they put their all into this exhibition. Sarah said she put her sweat and tears into this exhibition, so she thought she did a pretty good job with motivation. Ella did say she could've tried a little bit harder, and she did make an effort.

## Valentine's Day

STORY BY AVERY

*Ah, Valentines day.* A holiday hated by most. I know a lot of us are Day, whining about how we are gonna because the only Valentine we got was from our parents. However, you don't have to be in a relationship to enjoy Valentine's Day.

*You already have an amazing, worthy, lovely, spectacular, unique, capable, person* full of potential in your life. And that person is you, be your own Valentine! You're stuck with yourself for the rest of your life, might as well learn to love and accept yourself. You don't need a Valentine's Day date, take yourself out on a date, bake something, buy yourself some chocolate and watch a movie, read a book and eat some ice cream, take a bubble bath and watch your favorite TV show, play some video games and meditate, whatever floats your boat.

*Valentine's Day isn't just about romantic love, it can also be about platonic love.* Exchange gifts with your best friend and spend some time with them, plan a Valentine's Day get-together with your friend group, go and do something with your friend or friends, or bake a cake together. You don't have to be dating someone to go and have fun.

*In the end, Valentine's Day is about love, and there's more than one type of love.* Yes, there's romantic love, but there is also self love, platonic love, and familial love. Bring your neighbors cookies, volunteer

around your community, hang out with your siblings, take care of yourself, spend time with your parents, buy your dog a toy. Let's break this culture of Valentine's Day being

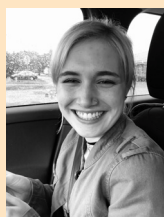
only for romance, that is not the only way you can love someone. Now go and have some fun on Valentine's Day, no matter who you are spending it with!

day loved by some teens, single and bitter on Valentine's die alone and how stupid this holiday is

liegh. Hailey said it was procrastinate so much, it feeling towards her exhibition. being nervous, she would've felt better

Meet our writers:  
Kenzo originated the idea of producing a paper in rotation. This week's staff who met the deadline:

ADVISOR: JOHN



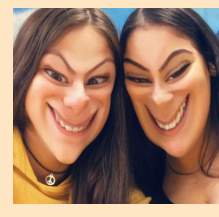
AVERY



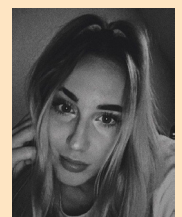
LINDSEY



RIDDICK



KENDALL  
& MADDY



HAYLEE