



A Few of the Awards for Semester 1 ~Photos by Lindsey



HENDERSON HAPPENINGS

Our student paper from Publication Class.

Student Behavior

STORY BY ASHLEY & MORGAN

Ashley and I talked to staff and students asking, "What do you want to see more from students behavior wise?" We think students need to respect our teachers more. By not cussing them out and yelling. They are all here to see and help us succeed. We also want students to stop bragging about drug use just to look cool. Here are some things our staff and students recommended.

Linda: *"We need the language to be cleaned up. I am tired of hearing "F" bombs!"*

Kip: *"Kids need to understand personal responsibility, especially when it comes to social media. It is being used to understand things in the wrong way. Students need to understand how fast information spreads. You need to think before you post, especially when it's about people. Nothing ever gets deleted even on Snapchat, it will always be out there somewhere. You will always have haters."*

John: *"I would like people to take pride in the place. I see posters lying on the floor, somebody ripped the toilet paper dispenser off, there's a lot of half finished projects in our school that need to be touched up and finished. I haven't seen so many people just walk away from messes. I get tired of picking things up. The idea of it being okay to not do anything needs to stop. I would like to see our students discover something that is meaningful to them. Life is too short"*

Jacob: *"I want students to stop running and screaming in the hallway. They need to realize that this is high school and not middle school anymore."*

Russ: *"Kids need to stop starting drama. Dumb drama is the main problem here. We also need more respect for the building."*

COMING UP QUICKLY:

Feb 26--**Fondi Takeover**

Mar 6--**Tacoma Rescue Mission**

Mar 7--**Pancake Breakfast**

Mar 9--**Scholarship Notebook**

Mar 13--**No School**



Ashley



Morgan



John



Jacob

Tacoma Rescue Mission

STORY BY MORGAN & ASHLEY



Every other Friday George takes students to the Tacoma Rescue Mission. The Rescue Mission is a homeless shelter for men. We prepare food and serve over 100 homeless people. All the food served is donated from the community. We show up by 6:15 am at Henderson and take a van over. We would love to have new faces come with us! If you're interested talk to George. (Must be 16 or older and able to pass a background check.) The next trip is March 6.

Morgan: "Working at the Rescue Mission can be nerve racking at first but it's actually a cool experience. I didn't realize what I actually had in life and how lucky I was until I went there. The people are amazing and very friendly."

Ashley R: "I have not been to the Rescue Mission yet but I plan on going. It seems like a nice opportunity and a good experience."

George: "Originally I didn't want to go, my wonderful Bride made me go and it was an experience that changed my life. People in need are NOT 'weird people' they're just like the rest of us. The homeless are human beings. We are all one short step away from watching our lives collapse. Everyone there is polite and wonderful."



Get involved!

Talk to George!

Next trip: March 6



How to Play Chess

STORY BY RIDDICK

Most people think chess is complicated. In reality, it is more a matter of memorizing the pieces and what they do. Pawns, for example, can only move forward one space (except in the beginning, when they can move 2 spaces) unless they're attacking. In that case, you can capture diagonally. If a pawn gets to the end of the board, it turns into any piece that you want.

The most important piece on the board is the king. He is one of the weakest pieces, only being able to move one space per turn, but if you have your king you haven't lost. If someone's king is trapped, their best move is to make an escape plan so their king is safe from the opponent.

Queens are very powerful. They can go in any direction, so they can easily take out the opponent's pieces. You should save the queen for either a tough situation or near the end of the game because she's powerful for getting out of most situations.

That said, knights are almost as powerful as the queen. Knights are a really good piece because they are the only piece in the game that can attack the queen without getting attacked back. This is allowed because knights can move in an L shape and jump over other pieces. This skill is not possessed by any other piece. In the L shape they can move 2 in one direction, then 1 to a side. In a game, a knight is useful in the start of the game or mid game because there are several pieces they can attack on a crowded board.

The next piece is the rook. The rook is suited for the endgame for many reasons: it has the ability go any direction besides diagonal multiple spaces.

The bishop is a special piece but really only useful in the start/mid game because of its ability to go across the board diagonally on its color. Use the bishop to cut off any piece on its color which is very useful to take out pieces on the opposing team.

This ties in to Henderson because I started to take this chess class to refresh my mind on strategy and to learn more about game play. I learned to strategize in both the game and in life by learning new things in chess.





The Art of Photography

STORY BY LINDSEY

Photography is a well-known profession. From weddings to senior pictures, photographers capture everything. They use high quality cameras and editing tools to create excellent photos. There is a big competition though. Many people want to be photographers, and since there are so many people, you have to have serious talent in order to stand out.

Wedding photographers typically take pictures either in the ceremony, or after. They take pictures after for looks, mostly. The people getting married might want pictures of them with their wedding outfits on but not want to ruin the surprise. A bride and groom may want to not see each other until the ceremony but want to take pictures with their suit and dress on. That way it doesn't take away the effect of the surprise.

Nature photographers take mostly up-close photos. Pictures of big areas in nature simply don't look good (with some exceptions, like forests and landscapes). Flowers are normally zoomed in on and the background is blurred. The morning is usually the best time because you can capture the dew drops before they evaporate. Editing is usually done to make the flowers look brighter and perfect the picture.



Photography is the hobby of many people. From teenagers to elders, it's a thing that can inspire easily. Some of my best photos are of flowers. Some prefer open spaces, others prefer the indoors. It all depends on the person. Hopefully you can use this article and apply it to your own life by giving photography a try.



You are Beautiful and That is the Least Interesting Thing About You

STORY BY AVERY

As teenagers, a lot of us are at a point in our lives where we still don't fully know who we are. So we compare ourselves to others in order to figure out what on earth we are supposed to be doing, but in this process we criticize ourselves and hide parts of us.

That isn't fair you are a completely unique, individual human who cannot be compared to someone else. All you are doing is hurting yourself by making yourself feel like you aren't good enough and, by comparing yourself to someone else, you are wasting the person you are.

I myself have done this. I know there is a lot of pressure to be, look, and act a certain way. I have been bullied for pretty much everything including how I look, how I dress, my personality, my name, my sexual orientation, my gender, my scars, my family life. I've been called stupid, annoying, a weirdo, a sl*t, other slurs and graphic insults... you name it. But what others think about me doesn't define me,

I DEFINE ME!

I know what is true about me and other people's opinions don't matter. The people who bullied and belittled me only did so because of their own personal problems, it never had much to do with me. And I have learned to like myself no matter what someone else has to say about me.

There has never been another me or you and there will never be one. We are both completely unique and individual, there has never been someone with our exact DNA. No other person will have the same exact combination of interests, talents, traits, hopes, dreams, or thoughts. No one has your past or your story, no one grew up the same way you did with the same influences and experiences. We all have our own personal history.

There is a big pressure in our society to look a certain way, there are multiple beauty standards to live up to and it can be overwhelming and make you feel really awful about yourself. It is sad how we all push impossible standards on each other and bully each other into feeling bad about ourselves. But these beauty standards are made up, in fact beauty standards have changed over the years and continue to change.

(Continued from page 3)

These standards have been pushed on us through television, social media, magazines, and the people around us. Tons of industries profit off of making us feel bad about ourselves, if we don't like ourselves then we will buy their products which in turn keeps them in business.

Beauty standards are generally unobtainable, gender based, and eurocentric, ("10 Ways the Beauty Industry Tells You Being Beautiful Means Being White," 2016), and it is sad that we pressure so many people into changing who they are and create so many insecurities for them. We grow up surrounded by messages telling us that we aren't good enough, that there's something we need to change, obtain, or get rid of. Different groups of people have their own standards placed on them based on their race, sexuality, gender identity, etc. Most of these standards are attempting to anglicize people or keep them participating in heteronormativity and cisnormativity (Moreno-Domínguez, Raposo, Elipe, 2019). Lots of beauty standards are geared towards women, (Karlin, 2015), although men also have their own slew of beauty standards pushed on them. But regardless if you are a girl, a boy, or identify with another gender, you deserve to love yourself. What if we all just decided that we liked ourselves? What if we only dressed for ourselves? Only changed for ourselves? What if we all decided that being ourselves was enough?

As humans, we are social creatures. We tend to care about what others think because we want people to like us, but there are so many people out there who will support you and love you for who you are. Not everyone will like you, and by hiding who you are and hanging out with people who bring you down, you are preventing yourself from finding people who you vibe well with. If you are actively and unapologetically yourself, you will attract like-minded people.

Life is too short to be spent disliking yourself, you are going to be living with yourself for the rest of your life. You should appreciate yourself and your body, it is the vessel you experience the beautiful things in life with. Your body takes you everywhere, it is how you see the world, how you taste food, it's how you feel the things around you, how you smell things, and how you experience feelings and emotions. You should appreciate your body for everything it does for you and take good care of it. You are absolutely beautiful and that is the least interesting thing about you.

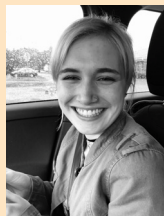
References

"10 Ways the Beauty Industry Tells You Being Beautiful Means Being White." (2016, January 3). Retrieved from <https://everydayfeminism.com/2016/01/when-beauty-equals-white/>

Karlin. (2015, September 4). "If Women's Beauty Standards Were As Lax As Men's." Retrieved from https://www.huffpost.com/entry/-womens-beauty-standards-lax-as-mens_n_55e89d5ce4b0c818f61b40d9

Moreno-Domínguez, Raposo, Elipe. (2019, May 9). "Body Image and Sexual Dissatisfaction: Differences Among Heterosexual, Bisexual, and Lesbian Women." Retrieved from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6520663/>

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



AVERY



LINDSEY



RIDDICK



MORGAN



ASHLEY

ADVISOR: JOHN