

The Simpson Sentinel

ISSUE 3
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2021



HOLIDAY TIME

Federal Holidays in the U.S.



FAST FOOD

What are the effects?



THANKSGIVING!

An annual YoungLives celebration!

HAPPY THANKSGIVING
GOOD THINGS ARE COMING.



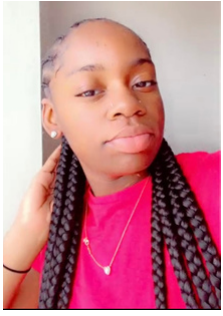
Thanksgiving Celebration

YoungLives

Our annual Thanksgiving luncheon was a success. We are so grateful to our partner, YoungLives for their continued, unwavering support and love! (Just in case you're wondering, it was also pajama day).



The Effects of Fast Food



by Xiomaria Williams

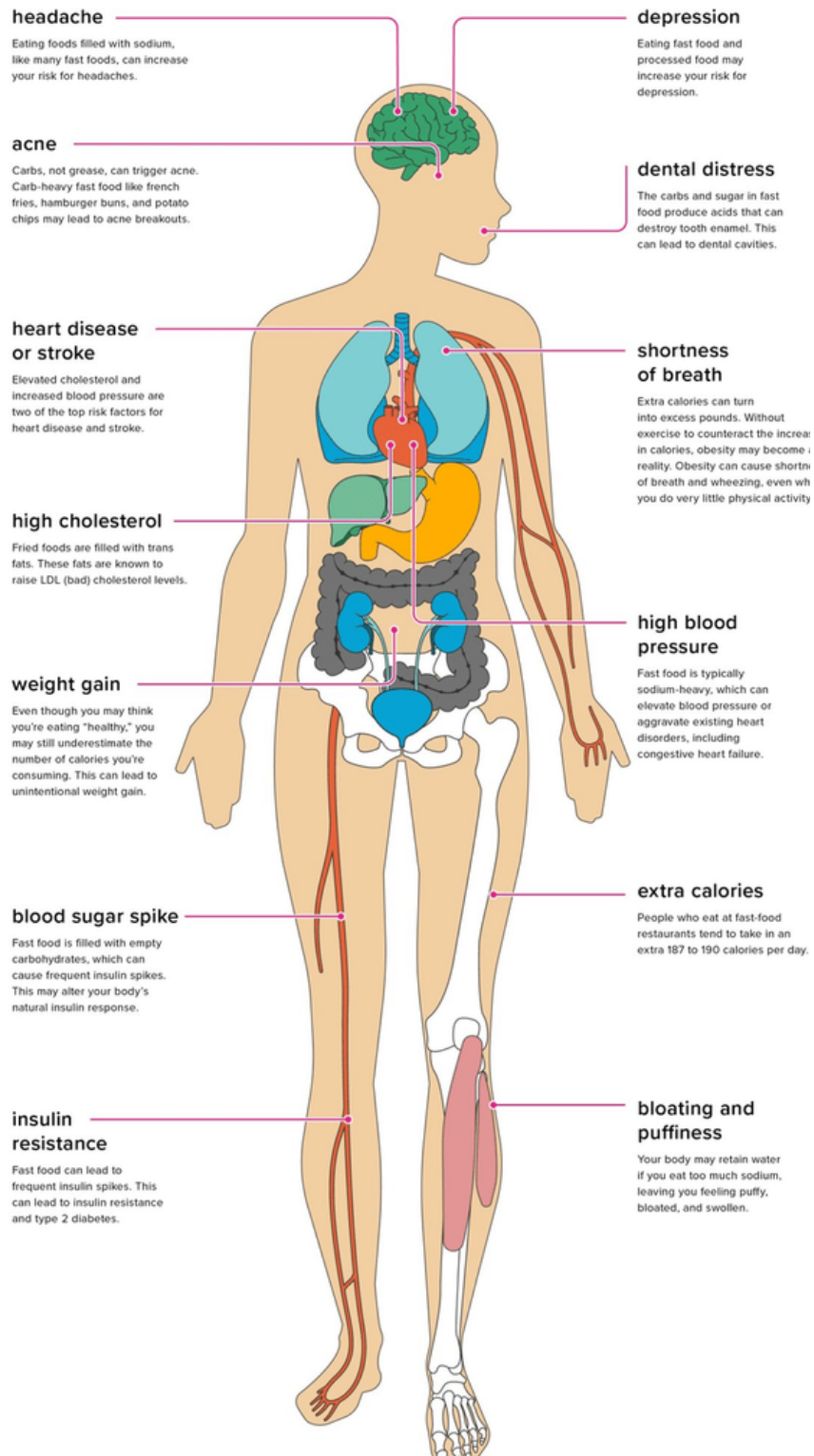
Your Health

Fast Food can cause a lot of health problems. Pulling through the drive-thru or hopping into your favorite fast-food restaurant line tends to happen more often than we would like to admit. According to the Food Institute's analysis of data from the Bureau of Labor Statistics, millennials alone spend 45 percent of their budget's food dollars on eating out. In comparison to 40 years ago, the average American family now spends half their food budget on restaurant food. Most fast food, including drinks and sides, are loaded with carbohydrates with little to no fiber. When your digestive system breaks down these foods, the carbs are released as glucose (sugar) into your bloodstream. As a result, your blood sugar increases. There are many different ways fast food affects our health and body and it is something you may not have known so here is a diagram to show how fast food affects us ...

Your Wallet

Opting for fast food instead of healthier meals can actually cost you more money in the long run—in more ways than one.

While one study published in the **Journal Health Affairs** found that obese Americans spend \$1,429 more on medical costs than their healthy-weight counterparts, other findings say that figure could actually be as high as \$3,613 per year. No matter how you look at it, fast food comes with a ton of hidden costs that can steal thousands of your hard-earned dollars annually. Which, when you think about it, is far more than you'd spend adding some healthier groceries to your shopping cart.





Embark Experience

Naveen's Cuisine

Students had the opportunity to receive instruction from Chef Naveen and create a meal that we enjoyed. We worked together in groups, collaborated, helped one another, and finally shared our meal together. An overall wonderful experience!



Butterfly

SIMPSON ACADEMY

Spotlight

An Interview With Safety and Security Officer, Mr. Henderson



Mr. Henderson left his position at the correctional facility because he needed a break. Needed to spend more time with his thirteen year old daughter and focus his attention on his child as well as other pursuits. Mr. Henderson is a musician, (he plays the piano, and his favorite music is Gospel and R&B) as well as owning rental properties.

A Look to the Future

Mr. Henderson says he's learned a lot at Simpson, and overall, continues to have good experiences here. He appreciates the calm environment. He's always willing to help out in any way he can for the school, and for students. We see you, Mr. Henderson, and we appreciate all you do!

Mr. Henderson comes to us from the Lake County Sheriff's office. He spent about six years working in a correctional facility before joining Simpson Academy. You'd never know it, but Mr. Henderson says he was a little nervous about starting out as a security officer at our school, only because the environment where he worked previously was so vastly different. At the correctional facility, working with hardened criminals, being on constant high alert, requires a person to be in a more aggressive state of mind. He knew that type of mindset would not fit at a school for young mothers, and successfully made the adjustment.



Neighborhood Gangs



by
Dashaunna
Stevenson

In many neighborhoods of Chicago there are gangs and/or gang members around. Gang activity can increase violence in the communities of our city, and cause fear among people that live and work in the community. People are afraid to go out and do things because something bad can happen in a blink of an eye.

Gang members carry weapons such as guns and knives which is dangerous. If someone from another gang comes around this can start a shoot out, or other unpredictable, violent behavior, so it's very unsafe and scary to have to deal with the fact that there might be gang members in your neighborhood.

Gangs make the violence and homicide rates increase, and make it unsafe for kids to go out and play anymore and that's scary for parents living in a neighborhood with gang activity and or gun violence. Bullets have no name on them so if people are all standing in one spot and someone has a target they want to shoot who knows who or where those bullets will hit. It's scary not knowing what can happen or if your life is in danger. It seems as though gang bangers don't really care about life which is even more dangerous because they will do anything and not care about anybody else or anyone's safety. Do they think they have nothing to lose, so they don't care? It's a question I'm not sure has a real answer.

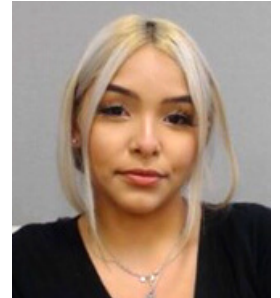
*It's scary
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Self-Care

by Paulina Aguilar



Stress

Prolonged stress can cause high blood pressure, weaken the immune system, and can lead to mental health problems. Stress can be experienced for a long time. Being stressed frequently can lead to anxiety and depression. The frequent stresses we face as teenagers are due to financial issues, school, personal problems, and time management. Although we may have a lot to do, at the end of the day we are teenagers and can only do so much.

Too much stress can lead to many mental health problems, which can be very hard to deal with. Always remember to take a day off when you need it and make time for yourself. Good self-care/ taking care of yourself will help your physical, emotional, and mental reserves to manage stress. Good self care can look like going for a walk with your friends or alone, working out, eating healthy, doing your makeup, etc. While it's easy to feel stressed you can always manage your stress levels by taking care of yourself.

Tools for Self-Care

1. Carve out time - You need time, and it has to be part of a daily routine.

2. Meditation - a way to promote relaxation while reducing anxiety, depression, and stress. Not sure how? There are YouTube videos to guide the way.

3. Yoga - stretching, improving flexibility, connecting mind and body. You can also learn from videos online.

4. Exercise - Exercise not only gets you physically fit, but it's a natural way to help decrease depression and anxiety.

5. Get some sleep - sleep deprivation is detrimental to a person's thinking, and their physical and emotional state.

6. Creative expression - Choose a creative outlet to convey your thoughts and feelings. This could be journaling, writing poetry, painting or drawing, doing photography, dancing, or playing music.

7. Play with a pet

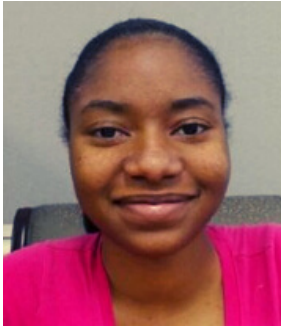
8. Meet and communicate with friends - meeting with peers and talking about what's going on with you prevents burnout and promotes well-being.

9. Appreciate Nature - Think of the times you enjoyed a great sunrise or sunset, took a scenic hike, rode your bike in a park, played in the snow, or just took a walk around your neighborhood. Remember how it felt?

10. Turn off smart phones (at least for some part of the day) - It's hard. But really, you don't need it on constantly, as if it's stitched to your side. You can take a break, even for just part of the day.

11. Do something for someone else - Our brains are wired for giving. In fact, the chemicals released by the brain during the process of giving is far more rewarding than when we receive gifts.

Holiday Time!



by Chakira
Adams

*On Juneteenth,
we celebrate
African
Americans that
came before us.*

In the United States we have fifteen Federal holidays. Some people may have more depending on their ethnicity or what they believe in. In January we have two federal holidays, New Years Day and Martin Luther King Jr. Day. On New Years you will see a lot of people dressed up and out drinking waiting for the count down at 12:00 midnight because that is something very common and important to that holiday, but what you won't see is the traditions that some families have for New Years Day such as my family every New Year we eat the same foods black eyed peas, fried chicken and watermelon for dessert and wait for the count down because that is a family tradition.

Martin Luther King Jr. Day is a federal holiday that is celebrated depending on ethnicity or what someone believes in. Martin Luther King Day is typically celebrated as a holiday for African American culture. By Martin Luther King being a black activist he's not typically celebrated by the white culture. February only has two federal holidays: Lincoln and Washington Birthdays both past presidents.

In May there is one federal holiday, Memorial Day, which is always the last day in May. In June we have one holiday which is Juneteenth where we commemorate the ending of slavery in the U.S. for African American slaves. We dress up in our green black and red which are the colors for Juneteenth and we have BBQ and stuff at the parks to just celebrate the slaves and African Americans that came before us. July, September, and October also have one federal holiday each.

In November we have two federal holidays: Veterans day and Thanksgiving. In December we celebrate Christmas, which is the only federal holiday in that month.



Quote of the Month:



Create
the highest, grandest,
vision possible for your
life, because what you
become is what you
believe.

- Oprah Winfrey

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Important Events

- **November 19** - Young Lives Thanksgiving Celebration
- **November 24-26** - Thanksgiving Holiday Break
- **November 29** - Butterfly Awards
- **December 2** - Embarc All School Field Trip
- **December 10** - Virtual Rush Senior Holiday Luncheon!
- **December 16** - Young Lives Holiday Celebration (Special Schedule)
- **December 17** - Simpson Winter Wonder Land Baby Day!
- **December 20-January 2:** Winter Recess (Classes Resume Monday, January 3rd)

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Would you like to send us a story, poem, or photo? Have ideas you'd like to see in the Simpson Sentinel? Send your stories and photos to Ms. Tueros at Gatueros@cps.edu and we'll do our best to feature them.

