

# Mental Hab

## Food For Thought

# Hollywood Falling into Shambles

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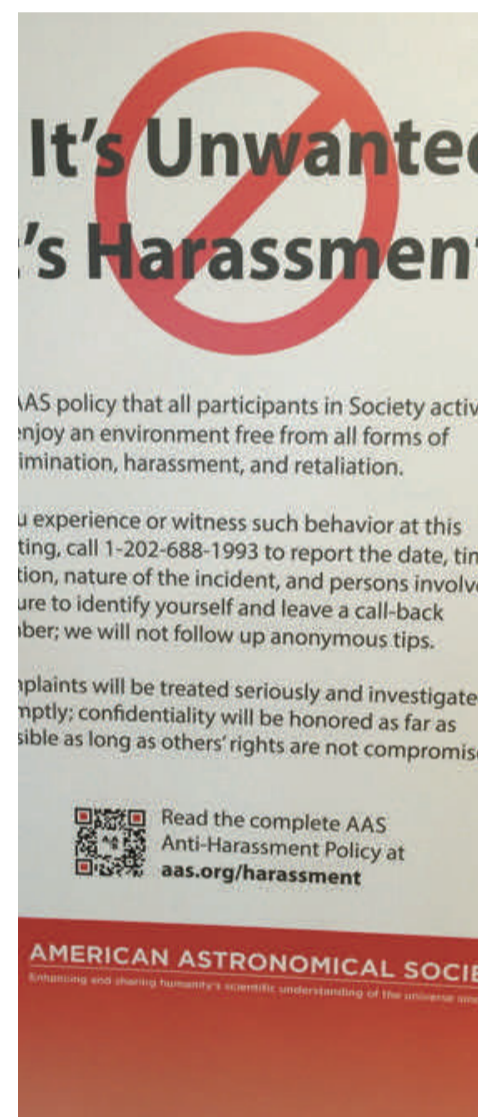
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By: Eternity Jimenez

Lawrence High School, we have a problem. There has been an alarming amount of sexual harassment accusations in Hollywood. Rape is becoming an even bigger issue in today's society than ever. I'm sure we have all heard the horrific events that have been taken place in Hollywood and if you haven't, let me elaborate on what has happened. One of the top producers in Hollywood, Harvey Weinstein, age 65 has been accused of rape and sexual assaults by 83 different women. Weinstein continues to deny these allegations and claims all sexual relations were consensual. These women have spent years silenced because of how much power Harvey had over Hollywood, and they were afraid of no one believing them. Mind you, many of these women are famous actresses such as Angelina Jolie, Gwyneth Paltrow and Rose McGowan, and seeing them fight against Weinstein caused many of the women who were also sexually harassed, to come forward. Not only did those who were sexually harassed by Harvey speak up, but commoners who are out in the world hiding because of another's decision to ignore

the fact consent is needed before any attempt of sexual actions, have come forward accepting help from authorities. This was the catalyst for an important and long overdue discussion on social media and often times these women were given support and comfort from strangers. Rape is not something to joke about nor should it be taken lightly. It took some of these women decades to finally speak up. It took Rose McGowan 20 years and she was still judged because of it, despite her role in Hollywood she was still terrified and embarrassed.

If you or anyone you may know have been sexually assaulted don't be afraid to speak up; it wasn't your fault and you shouldn't feel blamed. It takes bravery and courage to speak up against a predator. Take this time to prove to yourself you can be brave. Now you may have not been sexually assaulted but take this article into consideration, those who speak up about their assault no matter how long ago it was, shouldn't be judged. These people have been living with fear the whole time and deserve to be free from it.



It's Unwanted's Harassment

AAS policy that all participants in Society activities enjoy an environment free from all forms of discrimination, harassment, and retaliation.

If you experience or witness such behavior at this time, call 1-202-688-1993 to report the date, time, nature of the incident, and persons involved. You are required to identify yourself and leave a call-back number; we will not follow up anonymous tips.

All complaints will be treated seriously and investigated promptly; confidentiality will be honored as far as possible as long as others' rights are not compromised.

Read the complete AAS Anti-Harassment Policy at [aas.org/harassment](http://aas.org/harassment)

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## LMCXLVIII IN ACTION

By: Alicia Etwaru

"Now entertaining motions to have fun!" Government in Action, better known as Lawrence Model Congress, hosted our 48th congress on December 8th-9th! Throughout this weekend, 7 schools came to Lawrence determined to win our Best Delegation trophy. The 7 delegations were from Oceanside, East Meadow, Hewlett, Herricks, Long Beach, Wantagh/Seaford/Bellmore (Tri-D), and New Rochelle. Everyone engaged in a weekend of debate, entertainment, and overall fun! The weekend began with over 400 people attending our congress. Lawrence's theme for their 48th year was Greek Mythology. This creative theme was executed by Lawrence's board: Alicia Etwaru, Amanda Romero, Jada Rosenberg, Susan Sedhom, Ethan Breban, Ruby Levine, Rafael Soto III, and Ariana Brown. The weekend ended on Saturday night when Lawrence announced Long Beach as their Best Delegation. If you are interested in debating, participating in fun entertainments, housing, and many other events congress has to offer, I urge you to join. Lawrence Model Congress is definitely one of the best and the largest club in our high school. Our meetings occur every Monday afternoon 2:45-3:30 in Ms. Gerards Room (336). We hope to see you there!



## Are ALL Trials Fair?

By: Aaliyah Croft

It's strange how things come back to you, right? Whether it be something someone said to you a long time ago, or maybe even yesterday. It doesn't even have to necessarily be something that someone said to you, it could be any random, yet possibly important, encounter. Sometimes, the things you hear, the people you see, and the things that you do, really can come back to you. Which is why you should always remember that most of the things that you do now, can and most likely will affect you later on in life. Many people, including maybe even you reading this, may not think that it's true. You might feel like it's just something to put in the school newspaper so it sounds good. You might be right, but then again, when you pay close attention you might actually want to take heed to what is being said. Cyntoia Brown. "Who is she?" Is probably what you're asking. Some of you might even know. Cyntoia Brown was a young girl who was arrested at 16 years old and charged as an adult, in a murder case. A little bit of insight might help. Cyntoia took the wrong paths, because of her hard life and she ended up meeting an insane man by the name of "Kut Throat." This man was very dangerous, and lead Ms. Brown into sex trafficking. One day, when sold to an old 43 year old man by the name of Johnny Allen, she had no clue, that from that day on, her life would be changed completely. While at his house, for obvious reasons, it is said that he reached under the bed and she began to panic. She thought that this man was going to kill her, so she did what she thought was best. She reached under the bed for a gun, before he could (in her eyes), and shot him in the back of his head. He died, and she was then arrested. This happened, when Cyntoia was the age of 16. Thirteen years later, and she is still in jail, trying to figure out how to get free. Many celebrities have spoken up, she was trending on Twitter, Instagram, and even Facebook at a point. Celebrities like Kim Kardashian, Rihanna, and many more have spoken up in order to come to her aid. Opinions may factor, but they don't really matter until she gets back to court. The main point is, certain choices that you make now, minor or major can potentially affect you for the rest of your life. Think positive, and stay safe.

## Fire in Bronx

By: Danielle Shackelford

On Friday, December 29, 2017, a five-story Bronx building went up in flames, killing 12 people and injuring many. This fire was categorized as the "worst fire tragedy in NYC in at least a quarter of a century" according to Eyewitness news. This unfortunate event was claimed to be started by a 3 year old young boy that was playing with stove burners. The fire quickly spread from the first floor apartment to upstairs where the rest of the buildings were. The mother of the boy and her children managed to escape the building; sadly, for others, they didn't have enough time to react. Due to the fact of the door being left open, the smoke escalated and took many lives. According to the fire apartment it had nothing to do with the apartment building fire safety regulations, only the door being left opened. People are at loss, losing belongings and most importantly, family members. However, the citizens in the neighborhood are doing their best to help out as much as they can to support the victims of this unfortunate event.

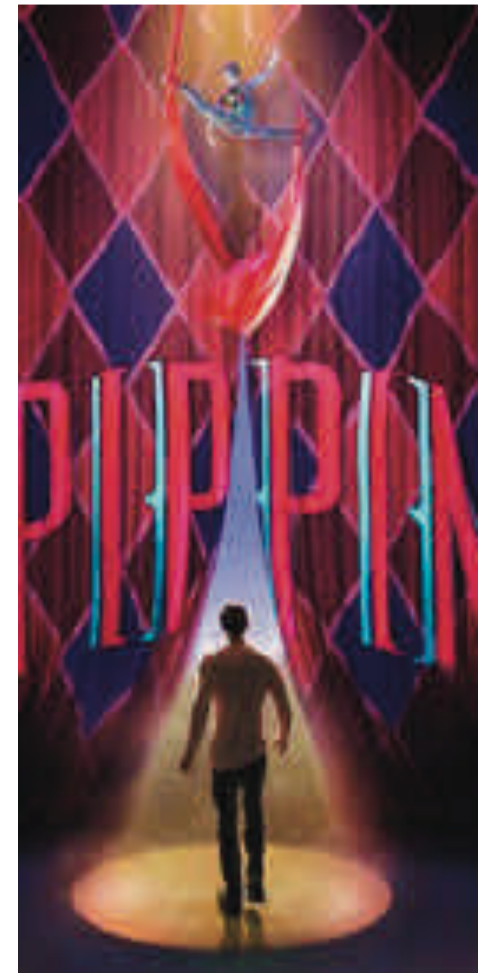


## Lawrence Put On "Pippin"

By: Ariana Brown

The Lawrence Drama Club never fails to produce amazing shows! The Drama Club kicked off this 2017-2018 School year with the Play "Pippin".

A couple of the stars from the play expressed how every play is a A LOT of work and effort put together to put on a great show. The play was shown at Lawrence High School on November 16th and 17th, and was a major success! The main star of the play, Nia Robertson, gave some words on how the production of pippin' was, and she gave some advice to upcoming actresses and actors. As for the production of Pippin Nia stated, "Pippin was absolutely amazing! The experience was like no other. Playing the leading player was challenging but overall one of my favorite roles I have ever done. I appreciate the opportunity that was given to me and am truly grateful for the gifts that God has given to me!" And as for the advice "Find joy in what you're doing, risk failure to make truthful discoveries, and draw from personal experiences to make the character you are playing resonate. It makes a big difference! Lighten up and have FUN! Push yourself beyond what you think you know and last but not least don't ever try to be someone else, be you!" Congrats to all members of the Lawrence Drama Club, we're all excited to see what's next!



# Poem in Your Pocket

## You Told Me

By Jacqueline Blyudoy

You told me it was all too good to be true

As you shined a warm smile in my direction

You told me dark little lies

That I couldn't uncover

Because the summer sun was shining over them

Bright as ever

As I contemplate all the things you told me

You told me that I mattered

No one else was the same as me

But as the fall season came around

I began to see

The foggy clouds of truth and honesty

Were hinting at a sign

That I needed to open my mind

You told me distance and baggage didn't matter

We would make it through

As long as we had each other

The skies would be crystal clear blue

Same color as the eyes

That told me infinitely many lies

You told me it was all too good to be true

As you shined a warm smile in my direction

But now as the calendar days near towards Christmas Eve

All I feel on my skin and in my heart

Is the cold winter breeze

As I contemplate all the things you told me

Well, I wanted to tell you,

I don't regret it at all

Because just like the weather,

It wasn't good enough to be anything longer than a seasonal fall.

By: Lily Cervantes

#67

why are you still reigning over my choices as if you're still the ruler of my temple?

why do you think you're allowed to control every aspect of my life when i've rid myself of you so long ago?

why must you feel the need to grab me by my wrists and hold me down when you know all i want to do is adapt to my own change.

you do not control me

you are not my ruler

#2

stop lingering in my soul when i don't even cross your mind

#8

i see you, little wanderer, i see you all the time

you scroll down my lane

far too many times

I see you, little wanderer, i see you all the time

head up in the clouds,

why wont you come down?

i see you, little wanderer, i see you all the time

what fears are you running from?

what lies do you hold?

i see you, little wonderer, i see you all the time

your vicious grip and ghastly face,

why won't you let me be?

i see you, little wanderer, i see you all the time

in my dreams and next to me,

i need you to set me free

i killed you, little wanderer, i killed you half past four

no longer can you thrive

no longer can you reign

i took my hopes

i took my dreams

i've taken myself away

Delusions

i couldn't possibly imagine what it would be like to have you again

primarily because you were never there in the first place

i can't imagine what was never there, yet i still try

i still yearn for that sense of closure

and to feel of animosity you gave everyone but me

was it so hard to spare my emotions?

was it so hard to tell me the truth?

Lie.







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