

# The Mental Hab

Food for Thought

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## Insane Clown Posse

### The Juggalos

By: Niko Williams

Scary clowns have never been the talking matter of average people in school... or pretty much anywhere. However, after the large uprising of a "crazy clown gang" known as the Juggalos over the last few weeks (though they've existed for years), it has become the subject matter of many news channels around the U.S. So, what's their purpose? Well, it's hard to say. The Juggalos originated from fans of a 1990's band known as the "Insane Clown Posse." They stand for many things, not necessarily for protest (until recently) but just for belief. According to the official group and website, they've gathered to share and celebrate music, love, fellowship and comradery. The Juggalos are generally characterized by their painted faces which resemble clowns, their music style (usually horrorcore, underground rap), their references to violence in their logos, and their callouts to each other (sounds like, "whoop, whoop"). For what seems to be an organization with peaceful beliefs, it's hard to believe that anything could be peaceful, given their persona. To prove that they do believe in what they say, the Juggalos have held multiple charity fundraisers, and took part in large gatherings for community service. Despite this, in recent years the Juggalos have been associated with gang violence due to vio-

lent members and violent outsiders dressed similarly, committing violent crimes. As a result of the few who have committed criminal offenses (robbery, drug trafficking, burglaries and shootings), the organization as a whole has been given a bad reputation. The FBI reported the Juggalos as a hybrid gang, which is what led to their protest; the march on Washington which took place on September 16th, 2017. United, they stood and protested for the FBI to remove the Juggalos from the official list of gangs in the United States. To them, this act was a success, despite their inability to officially remove their name from the list; they believed that regardless of the outcome, they had united for a cause which they would continue to fight for. It's unclear whether the group truly deserves to be removed from the list because it is hard to tell just how many members are actually violent. Thus, no FBI action has been taken yet in combat to their cause. Nonetheless, through the march they have shown unity. So if there is something you can take from this, perhaps it's to fight for what you believe in, no matter how abstract or different they may be.



## Dear America,

I know that you might not have been interested enough to research it, but I'm sure you've seen it on your newsfeeds, read it on The Shaderoom, or maybe it even popped up on your TV screen. There was a very heinous act done towards blacks as a community. Hard to know which one I'm talking about, right? Your answer to that, speaks in itself. Don't worry though, I'm here to give you a little insight. On May 13th, there was an intense rally that flooded the streets of certain areas of Charlottesville, Virginia. The rally was targeting blacks, yet welcomed all racists. The main goal of this protest, was for certain ignorant white people to come together in an attempt to scare off blacks, and also to pronounce their hatred for blacks. When events like this happen, it may sound crazy to some, but this is actually comical. The reason being, is that, black people as a whole have been degraded for centuries. It is clear for anyone to see, that whenever a black person is attacked, either verbally or physically, there is always some type of insufficient justification, yet, some people even go as far as saying that "racism is dead." Well, clearly not. I don't want to go on for too long, I just had to give those who didn't know the facts, the facts. Everyone knows about the "Black Lives Matter" movement. Many people think that this is a racial protest, but it isn't. The Black Lives Matter movement, is a group of not only black Americans, but blacks all over the world being targeted. But they can't be in it alone. If these people succeeded and eradicated the black community, who do you think would be next? So, when blatant and unabashed hatred occurs we must unite, retaliate, and move on. By retaliate, I definite-

ly don't mean violence because that is what is expected of us. We must come together stronger, which is what these events as well as unjustifiable killings are doing to us. Black Americans, all Americans, must come together as a whole, to gain knowledge, and to become more unified. So, to those that think they are going to to run us off, I say this: You can't. It has taken us awhile to get it together, and we're still learning, but times have changed and we are smarter, but most importantly stronger than ever. Thank you for these trying times, but this too shall pass. And this gives those who are paying close enough attention, a chance to see who to stand up against.

Sincerely,

Aaliyah Croft, A Black American



## High School Survival Guide

By: Amanda Romero and Alicia Etwaru

Hey LHS freshies! As your first year at the high school begins, we'd like to impart some wisdom onto y'all. We all know how stressful and crazy high school can be. It's very easy to get distracted or caught up with different things. Although it may not seem like it now, freshmen year is one of the most important years of high school. This year sets the tone for your entire high school career. The last thing you want to do is

make a mistake. Luckily, you have amazing upperclassmen to help you avoid these problems! Here are a few tips we wish someone would've told us.

1. Don't bring balloons on your birthday
2. Don't be afraid to ask for help.
3. Don't walk slow on the staircase, everyone's trying to get somewhere.
4. Cutting class doesn't make you look cool.
5. Don't ride in the trunk. You're not slick.
6. Don't forget your ID... we're doing you a favor.
7. Make sure you read your textbook.
8. Get involved.
9. Study for your SAT/ACT asap.
10. Join model congress or clubs in general, you'll meet some pretty cool people.
11. Don't be intimidated the older kids, they're just as lost as you are.
12. Start looking for colleges the second you walk into high school.
13. Never say you'll do it the next morning, because it means you've already lost.
14. Don't get lost in the crowd.
15. That senior boy don't love you sweetie.
16. That 60 isn't the end of the world.

Lastly, don't forget to have fun and make the best out of your freshmen year. It all goes downhill from here. lol bye.

## HOMECOMING

In an interesting turn of events, Homecoming came early this year. Saturday afternoon, the sun was out, the sky was clear and there was a slight breeze. For the first time in three years, the Homecoming Parade was held. It went from from Cedarhurst park to the high school. It included people from the fire department, representatives from each school, key club, the marching band, color guard and of course the Homecoming court. Congratulation to Stephanie Mejia and Chris Collier on winning homecoming queen and king. Now to the football. After a tie game during half time, Lawrence won with a score of 35 to 31 over Bethpage; thanks to Christian Fredericks who secured the win with a touch down in the fourth quarter. All of the boys worked their hearts out and came through to the other side victorious. During half time, our cheerleaders gave a great performance to Hand Clap by Fitz and the Tantrums. They were followed by the marching band and color guard, who gave a little throwback. They performed the popular rock song, I Love Rock and Roll by Joan Jett and the Blackhearts. Overall homecoming was an event not to miss, and definitely one of the nicest in the past couple of years.

BY: STACY PORTILLO



## Boys Varsity Soccer

By: Susan Sedhom

Starting off the season kicking, the boys varsity soccer team is currently undefeated! Playing teams like Hewlett, Valley Stream North, and Bethpage. Sophomore Mauricio Puerto-Quintilla averages the most goals per game. So far their record is 5-1-0, tying with Plainedge for Division Champs, and the first seed in playoffs. The team has been working really hard and has high hopes this season to win the Long Island Championship. Make sure you come out to show your support for the team!



## Horrific Hurricanes

By: Ariana Brown

2017 has been a year full of twists and turns. The year has brought along Harvey, Irma, and Maria all varying from category 3 to 5 hurricanes greatly affecting the lives of many individuals living in Houston, Puerto Rico, and many Caribbean islands. Starting with Harvey this summer, it made its touchdown in Houston on August 30th, 2017 just five days after hitting Texas. Harvey caused immense flooding in Houston. Many towns, homes, and lives were wiped out by this horrific hurricane. Soon after Harvey made the impact on Houston, Irma made her way into Florida on Saturday September 2nd, 2017. Another hurricane doing nothing less than destroying more homes, and leaving thousands of families devastated. Irma also touched the Caribbean Islands, this category 5 storm almost wiped out the Caribbean islands leaving many homeless. Hurricane after hurricane and another appeared on the coast making its way into Puerto Rico, Maria. Hurricane Maria has also flooded the island, destroying the lives of many individuals in Puerto Rico. Hurricane Harvey, Irma, and Maria have altered the lives of many individuals greatly. The lives of these individuals will never be the same. Each state, and country has a rebuilding to do and you can help out by donating.

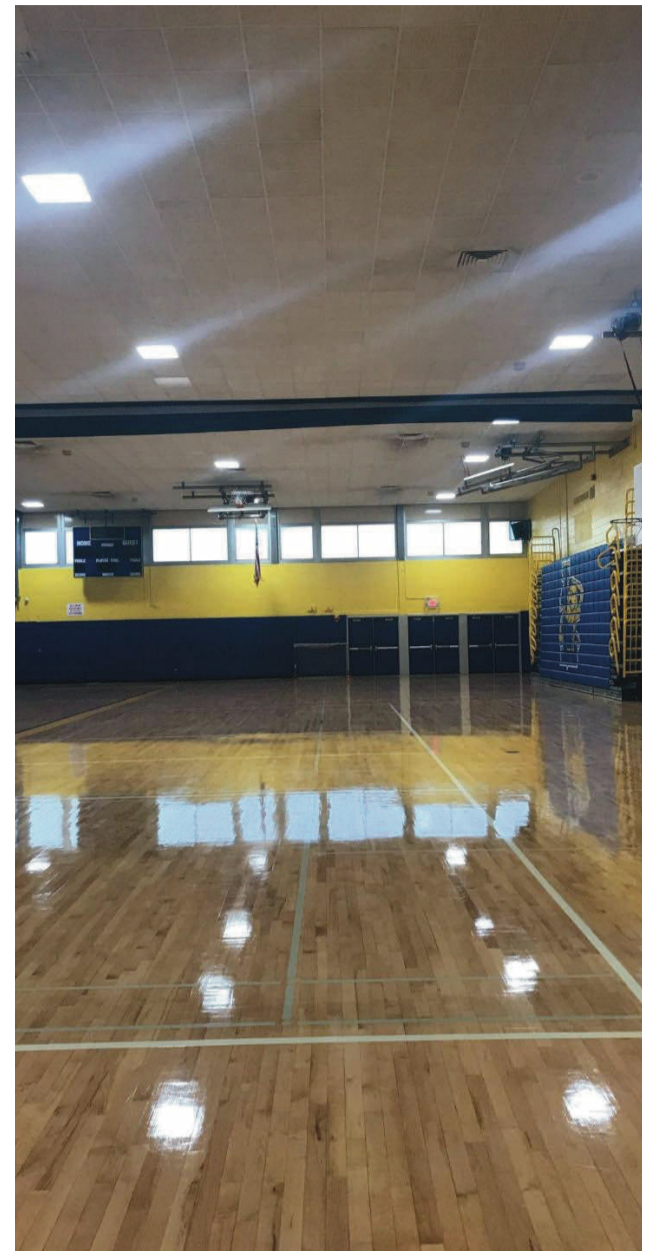


# Improvements in Lawrence

By: Danielle Shackelford

This new school year, we gained more than just new students. The Lawrence community came together to bring new and improved elements to the Lawrence High School building, within the past few months of its opening. With many developments on the way, as of now, students can enjoy the air conditioned cafeteria without being bothered with the heat. Another thing that has been fixed up would be the gym. As we all know the gym was looking out of date and just didn't represent Lawrence High School. With this new renovated gym, they put in LED lighting, padding around the walls, new bleachers and even the floor was remodeled. It's for sure up-to-date. Furthermore, yes, as most of us been waiting for (girls), we get updated bathrooms. As of now they are working on the first floor and moving their way up to the second and third on the next project. Yes! We get working door locks. Lastly, the auditorium, where we all meet for important events, meetings, assembly, anything of the relevance. Just like the gym, we get new LED lighting and even lights on the walkway to make things easier to see in the dark. All these new improvements cost hundreds of thousands of dollars and more. The school is definitely moving in a more positive and efficient way. Not only are those improvements being made, but future projects have been set in motion to hit Lawrence High School. We are talking about new lockers around the whole school and new wrestling and weight rooms. The projects that are soon to come let us, as students, know that we are the school's top

priority; they got us. Improving the infrastructure helps contribute to a healthy environment outside of school. According to Dr. Lagnado, Lawrence is trying to send a message as a community that "Education is supported and it's a priority." We are given the latest technology and improvements to better the students and help create in a healthy learning environment. "None of these projects are just bandaids for these problems" says Dr. Lagnado. All the projects being done, now and in the future, aren't temporary. They are long term developments and Lawrence hopes to continue moving in that same direction. With the money spent and how much effort put into creating and bringing these ideas to life, let's as a group acknowledge that the school does hear our request. They provided us with the necessities, and sometimes even a little desire. As for the saying "you can't please everyone", Lawrence High School is doing an amazing job at proving that wrong.



Name: \_\_\_\_\_



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 MASK  
 MONSTER  
 MOON

NIGHT  
 OCTOBER  
 PARTY  
 PUMPKIN  
 SCARE  
 SCREECH  
 TOAD  
 TREAT

TRICK  
 WART  
 WITCH





**By: Danielle Shackelford**

The trees are changing colors, pumpkin patches are being set up, Halloween costume stores are getting packed and old Halloween movies from Disney Channel are playing back to back. Yes, Halloween is coming and I know we are all excited. Halloween comes with the fun of dressing up and going trick or treating (never too young for that). However, before you go out to trick or treat, there are five safety tips that we all should follow. Starting with number 1, I know the thought of waiting to eat the candy when you receive it sounds impossible, trust me it's not. Candy should be checked at home, especially for your younger siblings/family members, ect. This however includes you too. There are many dangers of eating certain candy that you eat. You could be allergic to something, it's an open candy, old, or even it could have a strange look to it. Eating the candy as soon as you get it is not worth the risk. Rule number 2; travel with at least one more person (preferably adult) if you decide to go trick or treating. Walking around at night alone, no matter what's going on, is dangerous. Carry a friend or family member with you; it's much safer and better to have company. Rule 3; be aware of your surroundings. This applies to an average day, but it really needs to be taken into consideration on Halloween night. If

something or someone honestly looks sketchy, and not spooky Halloween sketchy, but real life dangerous sketchy, make the smart decision and turn around. Don't let your friends tell you "don't be a chicken", no, be smart. Rule 4, Halloween night is about having fun and getting candy, not doing disrespectful and illegal things. Avoid getting involved in mischief you know is not morally right. Final rule of all, rule number 5, don't eat all your candy at once. I know you hear that every year from your parents on that night but seriously, you'll regret it. Enjoy your night, remember those 5 rules and have a happy Halloween.



## Planning Ahead

Dear Seniors,


There is so much to do senior year; this is NOT the year to start slacking! Every senior is dealing with an enormous amount of stress. Senior year is the year you're rewarded for all your hard work. It is very important to have a set plan. Start off small and easy, ask your teachers for college recommendations, and sign up for the Naviance website. Begin looking for colleges that best suit you! I know this may sound like a lot but you'll feel a lot less stressed and proud of yourself when you organize a plan. Now the most important step for college is mapping out the financial aid process. Financial aid can help remove a lot of stress for parents and students. If you aren't familiar with financial aid, financial aid helps pay off college tuition and fees for textbooks. Being a senior without a plan for college is like Patrick without Spongebob; lost and terrified. Instead of being Patrick Star initiate a plan for your future!

Sincerely your fellow classmate,

Eternity Jimenez



# Halloween Sudoku



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	6		7	9		1	8	
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		5					3	



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