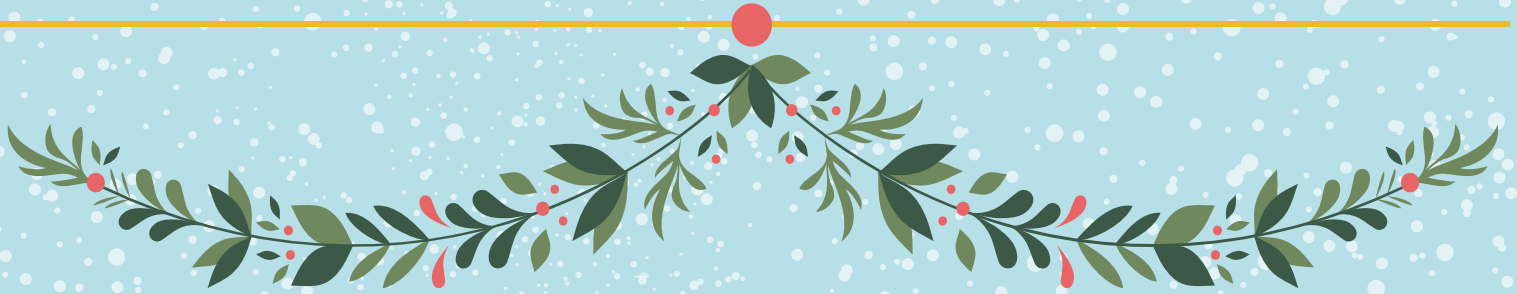


CITYLAB TIMES



DEFUNDING THE POLICE?

PRO. BLM

Police brutality, it's an excessive use of force by law enforcement that can legally be defined as a civil rights violation; and it's nothing new. Before police got their name, they started out as patrol watch groups to catch runaway slaves in the 1700's. In the 1800's, a formal police force was created to control immigrants that were moving into cities. Years later, in the 1900's, Jim Crow laws were strictly enforced. It was also part of the police's job to make sure these laws were being followed. If for any reason, a person of color failed to follow these laws, they would endure police brutality. Today, we stand for black lives, because after being stripped away from their country, chained up, raped, beaten, starved, lynched, and enslaved black people need to be treated as equals, but we still see some racism that bled through to today from times of segregation and slavery.

Many may argue that more white people are killed by the cops than black people, but let's do the math. In 2019, the number of white people in the U.S. was 191 million, but there were only 42 million African Americans, meaning there were about 4.55x as many white people as there were black people. In that same year, 370 white people were killed by cops while 235 black people were killed by cops. If you divide $370/4.5$ it gives you about 82. This is the number of African Americans that would have been killed if all was proportionate. This means there are 3x as many black people killed by cops than white people per capita.

In 2014, 12 year old Tamir Rice was at the park playing with a toy gun when white officers sped onto the grass and shot him. Tamir died almost immediately after the paramedics arrived. One of the officers had previously been released from a different police department, but when applying for the Cleveland PD nobody bothered to look at his record. Both officers were cleared of any charges.

Some say that there are only a few "bad" officers, but a job that significant should be held to the same standards of doctors. Doctor Conrad Murray killed the famous Michael Jackson by prescribing him Propofol. Murray faced consequences and served two years as well as getting his license revoked in a few states for Jackson's death. On the other hand, most officers don't serve time for their actions and are usually set free of charges. For example, it has been nearly 9 months since Breonna Taylor's death, and the cops responsible have yet to be charged.

When applying for a position as a police officer, you know what you're signing up for. You can't join and fear every small noise you hear. The color of someone's skin is not a weapon, so you shouldn't point your gun at an unarmed person because their skin tone makes you feel scared. If you are not prepared to treat all people as equal, you do not deserve to wear that badge. If an officer feels this is too much, then they should resign, because it is their choice. People can't choose what race they're born into.

Police funding should be reduced and used for more purposeful things. Instead of funding the police so they can afford tanks and other unnecessary military equipment, money could be going to mental health resources for the youth, community support, schools, etc. Jobs that require heavy duty military equipment should be left to the well trained military.

The news on television has left a bad stigma with the Black Lives Matter protestors. People see burning buildings and think we're a bunch of hoodlums causing trouble, but that's far from the truth. We're a generation that wants change. It is rare for protests to get violent. Personally, the protests I've seen in person have been very calm, but if it does get to that point, real supporters only target massive companies whose insurance can easily cover a few broken windows. Looters are usually "bad" cops, as seen in videos, or fake protestors. BLM does not target small businesses. History repeats itself.

The United states was built off of colonizers rebelling against the U.S. government and the British King. The Boston Tea Party, Shay's Rebellion, and the American Revolutionary War are all parts of history. The 2020 BLM protests are just modernized versions of it. The goal is still the same: do what you need to make your voice heard, and fight for what you believe is right. Gen Z, as well as other generations, are doing their best to exterminate the toxic and racist roost of America, especially in the police force. - Zoe Maturino (12)

CITYLAB TIMES



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DEFUNDING THE POLICE? CON.

CON. RACIST OR RESPECTABLE?

The front pages of our newspapers, as well as social media outlets, are littered with stories of alleged cases of 'police brutality', a term with no standard definition. You might hear about Michael Brown, Trayvon Martin, or more recently, George Floyd and Breonna Taylor. The constant stream of victims is supposed to imply that these incidents happen regularly, however they do not. These situations are certainly tragic and warrant concern, but it is also important, when discussing public policy, to maintain a clear perspective.

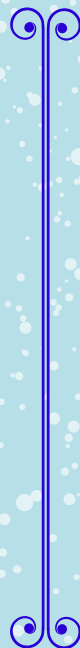
According to a study by the University of Maryland, in 2015, there were 375 million police interactions and 917 officer-involved shootings. That means that one out of every 409,000 interactions between police and the public resulted in a fatality. Out of those 917 incidents, 504 victims were white, 247 were black, and 174 were Hispanic.

According to the Manhattan Institute, 90% of those shootings were because the civilian was carrying a firearm, which leaves 93 civilians who were shot by police. However, 24 of those carried a knife. While there is a popular narrative that death by law enforcement is inevitable, it is more likely that someone will die from being run over by a push lawnmower (1021 deaths - Business Insider) than to be killed by police.

Another belief behind the push to defund the police is the institution's alleged racism, however, this too, is far from the truth. It turns out that the majority of police shootings involving black or Hispanic citizens are with black and Hispanic police officers. According to the Sheriff's Office, in Philadelphia, for example, it is 19% less likely for a white officer to shoot unarmed suspects than their black or Hispanic counterparts. Police departments are also typically just as, if not more than, diverse then their constituency. In Philadelphia County, 40.1% of the population is black, while 49.7% of Sheriff's Deputies are black.

Police departments do a lot of good for communities. Police are responsible for solving crimes, protecting citizens and property, directing traffic, and finding truant students. Many videos exist showing officers performing CPR and otherwise saving lives in situations of personal danger to themselves. As recently as a few years ago, people were going out of their way to thank officers for their courage on September 11th. They run towards danger when everyone runs away, and while they can seem intimidating, police are not the enemy. Yes, there are bad officers, but there are also bad teachers, and bad doctors, and bad lawyers, but they don't reflect their profession at large. There are ways to detect bad officers, such as with body cams, a program that requires a large initial investment, something not possible under a reduced budget. Police officers go to work every single day, not knowing if they will return that night, not knowing if they will ever see their family again because they care about serving the community.

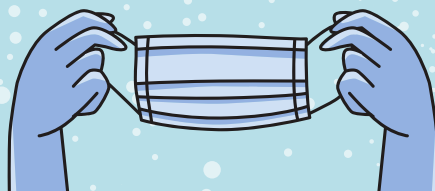
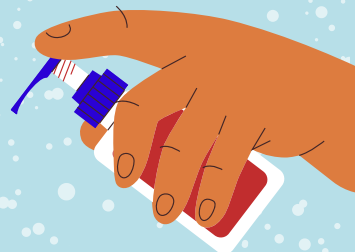
No one denies the tragedy of the loss of life. However, police officers perform millions of acts of kindness and good each day and, at a minimum, deserve our appreciation. - Elchanan (10)



FROM SAINT TO SANTA



Every December, it feels as if every company takes Christmas and slaps it onto anything they can. Walking into a grocery store on December 1st, you'll see some sort of Christmas imagery on everything from napkins to cookies, and eggnog is back on the shelves. Going online, companies are releasing their overpriced advent calendars, which will mostly be filled with useless items you'll never look at again. You bought a \$50 makeup advent calendar? Get ready for more beauty sponges than you will ever need in your lifetime. Christmas seems like a marketing tactic, just to get some quick cash by putting Santa Claus' face on some random product. I mean, even growing up as an observant Jew, I knew who Santa was. Of course, my parents had told me the truth since I was young, so I didn't have the "Christmas Spirit" everyone else seemed to be full of. But where did Santa Claus even come from? The legend dates all the way back to 280 BCE, with a Turkish monk named Saint Nicholas. He was a generous man, with legends saying he traveled through the countryside, helping the poor and sick. That's pretty different from the cookie loving old man we know today. The name Santa Claus actually originates from Saint Nicholas' Dutch nickname, Sinter Klaas. But even as his influence spread to America, he was pictured as a religious figure, dressed in bishop robes. It wasn't until cartoonist Thomas Nast illustrated Santa Claus in 1863 that we began to see a familiar style to the modern version. That first illustration actually showed Santa bringing gifts to American troops, his outfit covered in stars. Pretty much, war propaganda. However, Nast's earlier depictions have Santa in a green suit, which would finally be changed to red in an 1881 illustration he made. So why was I, and many others, under the impression that it was Coca-Cola that created the Santa we know today? Yes, Coca-Cola did popularize this version of Santa through their holiday ads, but they definitely were not the creators. So there we go, Santa was actually just a beloved Saint from Europe, absolutely nothing like the sleigh riding, chimney-hopping, bearded man that children line up to take photos with. At this point, I'm pretty sure more kids know who Santa Claus is, than the actual reasons behind Christmas. If I'm honest, I don't even know what Christmas is about. But hey, go eat your gingerbread and buy the biggest tree you can find, because for some reason that's also a tradition. Just remember, Santa Claus was once an American propaganda mascot. Wiping off the gloss is dedicated to exposing the issues that have been glossed over by other news sources, even if there is absolutely no evidence the allegation is true. The articles are complete satire, and not meant to offend anyone. - Devin Krieger (111)



WHEN THE CLOCK COUNTS BACKWARDS



The world is ending.

"The Earth has a deadline". The clock blinks this message every couple of minutes. New York is making this message heard to anyone who can see. But not only are they saying this, they are looking hopeful for the future. The new Doomsday clock on the south end of Union Square counts 7 Years and a handful of days down. This time is when the earth's carbon budget will be completely used up, and there is the presumption that the world will descend into chaos.

The climate threat is real for these artists, and instead of just recycling, they are making their message known. The work that Doomsday Clock replaced was called Metronome, which was just a giant clock in New York. It is a big attraction, and gets a lot of tourists' and everyday passerbyers' attention. So whenever it changes, it is a big deal. It has only changed a two times in the past, and they were pretty big deals. The first being in 2005. it was changed for a countdown for the city chosen for the 2012 Olympics. New York was going to be one of these cities. The second time it was changed was in June 2011 because it showed the wrong time.

Gan Golan and Andrew Boyd are the two artists behind this project. They have stated that this count is based off of the Mercator Research Institute on Global Commons and Climate Change projection. Both worry greatly about the future and environment of the planet, and hope to make this a message around the world. Their website (<https://climateclock.world/>) shows that they are trying to do this around the world, and want this message to be known by many. They use the saying "The earth has a deadline, let's make it a lifeline." Before the clock was installed in New York, Golan said to an audience "For me, it's certainly my daughter and my other child that is on the way, and ensuring and protecting their future, and the future of the children of this new world"

While not active anymore, they hope to have this as a permanent installation somewhere else. The artists have previously worked on a clock of the same nature, which they gave to activist Greta Thunberg, a couple months ago. - Grayson Bolding (11)



CHILDHOOD MEMORIES CANCELLED THIS YEAR FOR ALL



Do you remember when you were little and would go to the grocery store or places where the salvation army bell ringers would collect donations and you would have practically beg your parents to give you money to put it in the donation bucket just to say hi to the bell ringers? Well those same people are struggling to get anyone to donate.

Alex a bellringer in Dallas says "The kids would come up and donate without fear, I always had kids running up to me to donate which was our main source of donations for in person ringers but now parents don't give a second thought of rushing into the store so kids don't ask to come and say hi and donate."With all the cases going around who wouldn't be.

Wondering how much money the Salvation Army has gotten this year alone from the ringers? Jason, a volunteer bell ringer, says they've only gotten half of what they would have in their previous years. He is a 67 year old veteran who is at high risk for getting the virus but he is out trying to do his part in the community and spreading joy for the holidays. People like Jason are the same people that would stand outside stores and have a big smile on his face for kids to feel the holiday spirit through his happiness. - Isabela Andrade (11)



ARE YOU ZOOMING OR SNOOZING



The future of our school year was met with uncertainty as the Coronavirus pandemic continued. Distance learning has been an essential part of our education to ensure the safety and health of students and staff. We are now uncovering negative effects of learning from home despite the many benefits to online learning, Zoom has been implemented in many of America's school districts and is one of the fastest growing video conferencing companies in the world. The term "Zoom fatigue" has been used frequently and is gaining increasing media attention. What is zoom fatigue you ask? It is the resulting tiredness or burnout from the overuse of Zoom or any conferencing software in one's day-to-day activity. There is a lot of skepticism surrounding whether or not this is a real phenomenon despite many people resonating with the experience.

Bella Jurica is a senior here at City Lab High School and she believes that Zoom fatigue is real. "I do believe it's real but I think it's also important to highlight that everyone experiences and processes it differently." she says.

Zoom calls require more focus and attention. Many people feel processing information while also battling distractions can be really difficult and overwhelming. "Personally I always have this fear that my microphone is unmuted and people can hear me talking to my dog or something. That's definitely something that I obsess over when I'm on zoom." she says, regarding her personal experiences with Zoom fatigue. Fear and anxiety and continuous emotional distress can contribute to the mental strain after long hours of Zoom, but its main effect is becoming sleepy and tired to the point where many people just fall asleep at the keyboard.

"I'm not a big nap person but I'm definitely guilty of falling back asleep in my 1st and 5th period classes". "I use the 5 minutes in between classes as breaks and of course lunch but when I'm focused I usually don't stop." she says when asked about falling asleep online. "If i had to rate it on a scale of 1-10 I would say about a 7".

Lack of student and teacher interactions and the setting of where she takes her classes causes her to become tired or fatigued, "or sometimes it's just one of those days." "I do think; however, now that I spend my days constantly on my computer it is hard to make the differentiation between school/ work hours and home hours ". The mental health of all students has been damaged due to the pandemic lockdown, and the additional load of classes and school work can create a big shift in student performance. Bella, despite feeling that she hasn't really noticed any impact on her mental health, says "I've always struggled with my OCD and anxiety but my friends say I have gone a little crazy. "

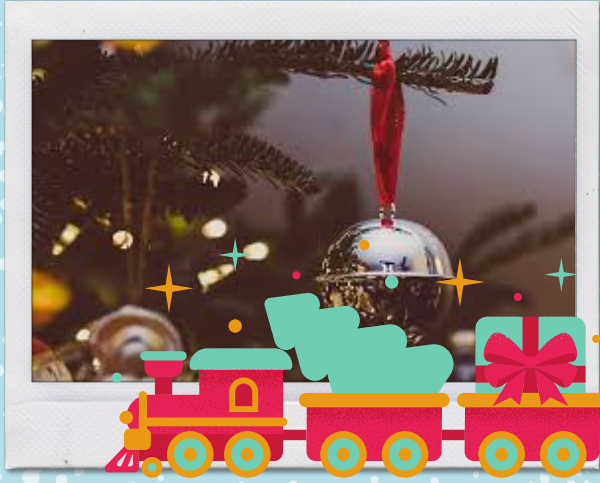
"I think, at least for me, it is difficult to stay interested because I'm not physically there." when knowing that you're not physically at school, it's easy for people to disengage especially when no one is there to monitor you. This is why many students have been failing classes and procrastinating.

But there are ways to combat it. "I have found keeping my camera on while I'm in class holds me more accountable." she says. "Being put into breakout rooms with your peers definitely keeps me engaged and focused on the task at hand."

Whether you believe in Zoom fatigue or not, here are some ways fellow students and teachers can stay awake and attentive during class. You should be drinking water during and between classes. Water brings nutrients to your brain and ensures it is fully hydrated, thus allowing you to be mentally alert and sharp. Getting enough sleep. I'm sure we have all fallen in the trap of watching TikTok for "just a few minutes" but realize we have been watching for a few hours. Getting those extra snooze hours can give you some additional energy on those dreaded Monday mornings.

Lastly, getting out of bed is important. I admit that I've fallen asleep during classes a "couple of times", but getting out of the comfort of your bed keeps you from feeling drowsy or sleepy while learning. - Christian Gotcher ((10)

POLAR EXPRESS



The Polar Express is an inspiring adventure based off when a doubting young boy takes an extraordinary train ride to the North Pole, he embarks on a journey of self-discovery that shows him that the wonder of life never fades for those who believe. This is one of my favorite Christmas movies in particular because it's holiday theme-y of; course and he brings my family close everytime Christmas comes around!!!!

The Grinch is where the Grinch is in his cave the day before Christmas and is lonely due to the fact that he had his Christmas stolen when he was younger back in time. He basically didn't want anybody to have Christmas because of his tragic childhood. This movie honestly is a real kicker for me because it's very humorous and enjoyable and emotion packed!!!!

The Nutcracker and the Four Realms -This movie is very magical. I feel like this movie is more for people and kids who like princesses and also who likes action by the princesses defeating a purpose to retrieve something that was needed for a better Weoutcome. It was recently put out as you can tell from the beginning. If you like fantasies and fairytales you know this is a movie to go to and you know how Disney does with movies like this!!!! - Calvin Browning (12)

BIGGER THAN US: THE CREATION OF A MENTAL HAVEN

Patricia Lopez, a junior at CityLab High School, brought home the cheddar, a whopping \$7,500 first place prize in the A4LE North Texas Competition for the construction of a "calm-pod" here on campus. The A4LE North Texas Competition goal was to empower and encourage students in designing and advocating for spaces in their schools. The "calm-pod" according to Patricia, is designed to tackle "something you can't see, the mental well-being of a person."

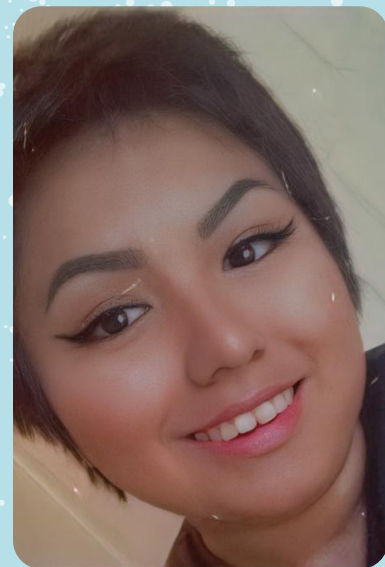
Originally, the "calm-pod" was just a quiet space located in the cafeteria designed to help students relax and unwind. Patricia however, began to see much more potential and meaning in this space. Quickly mental health became the center of the design, with giving the user a spot to "unwind, feel secluded, and for just a moment, clearing their minds, letting it all out, and it would be located in the old connect space in the 4th floor"

Some teacher/student skeptics feel people might not use it for its intended purpose, and abuse it - "We have thought about that, we are still working with the administration about creating a system in which students signaling emotional-mental distress can be excused for a moment, and return when they have unwound and feel better" Patricia replied. "If you aren't showing mental or emotional distress you can still ask permission from the teacher, there will be teachers checking up on you in 5 minute intervals; but we are still working it all out, it could change."

"Were there challenges that came up when designing this?" I asked her. Patricia-"Absolutely! Mostly software was an issue." She was also telling me about the amount of commitment and time she put into it, she truly demonstrated will power and perfection in her project, and it paid off! She even mentioned she worked on this 5 hours a day, for a whole week!

I asked her, "Do you think mental health being your design focus is the best approach you could've had?" Patricia -"Yes, after coming up with this on my own, in my head, it is obvious that this is so much more than about me, or the school, it's bigger than all of us."

"How do you feel about winning this competition?" Patricia-"I almost cried! I was very excited and proud of myself for achieving my goal." Patricia was also telling me about how this gave her a new perspective, "I was always told by many teachers that I had a lot of potential, but I constantly missed classes. I'm glad I did this, I left a mark in this school" And that is something we all at CityLab should strive for.. - Yair Renteria (11)



Patricia Lopez (11)

ANOTHER DALLAS LANDMARK IS LOST TO DEMOLITION

Only weeks ago, Dallas lost a beloved landmark to the landfill; the Brittingham estate (Constructed by the founder of the local tile giant, Daltile) was demolished.

Perched atop a hill overlooking White Rock Lake, the 1967 home was built by Robert M. Brittingham (The founder of the local tile giant, Daltile). The prominence of the home's location, and it's resident, made the Daltile house a local icon. The design spared no expense when it came to the glamour of mid century modern construction, featuring only the best in 1960s Daltile; all 12,000 square feet of flooring was covered in marble terrazzo tile. The master bathroom was adorned with pink cultured marble with gold accents, the walls of the estate were panelled in beautiful walnut, while massive windows framed out views of the lake. When the 3 acre property went on the market in 2018 for over \$5 million. The idea of such a spectacular home being demolished seemed inconceivable.

To summarize, we live in a city in which nothing matters as much as the money you can make from it. So many quality homes in Dallas have been lost simply because the dirt they sit on is more valuable than the culture and context they provide for a community. Such was sadly the case of the Daltile house, which had only made it the age of 53 before it was crushed and sent to a landfill. Soon, a flashy mansion will rise in its place, dominating the landscape with big turrets and a jagged roofline. It will be a structure without any of the character, soul, or craftsmanship that its predecessor ever had. _
Guerin Honeycutt (10)



SENIOR SERVES COMMUNITY DURING COVID CONDITIONS

COVID-19 has put a halt on many community service options; but organizations are still in need of help, especially during the holiday season. While a growing number of opportunities to volunteer have gone virtual, there are some community events that require people to show up in person in order for it to be a success. The pandemic has now put a damper on the festivities. The beloved display of the Victorian-style gazebos depicting each of the 12 days of Christmas returns to delight guests of all ages. The Dallas Arboretum and Botanical Garden is in need of volunteers during the month of December to help their winter celebration be its usual success. - Zoe Maturino (12)



Senior Zoe Maturinovolunteers as a shoe cobbler at The Dallas Arboretum and Botanical Garden during Holiday at the Arboretum, a Dallas favorite holiday tradition! Experience a Christmas village, Santa Claus, shopping, entertainment and over one million lights in the garden. Visit <https://www.dallasarboretum.org/events-activities/holiday-at-the-arboretum/> For admission information. Contact the Volunteer Office at 214.515.6561 or volunteers@dallasarboretum.org. If you are interested in volunteering.

SENIOR NEWS



News You Can Use.....

One Final Make-Up Picture Day for all Grades will be Jan 20th 9:30 a.m. to 2:00 p.m.

Senior Students can begin to make payments on Gap & Gown Grad Package with Mrs. Copeland in the main office. \$119.00 cap & gown and invitations and \$25.00. yearbook page. Cash or Check payable to CityLab High School accepted.

All Senior Activities remain ON HOLD for District Approval due to COVID 19 concerns as it relates to student safety.

Senior 2021 Graduation Dates and Location TBD - will be assigned to CityLab High School once the District has finalized graduation logistics for 2021

HAPPY NEW YEAR!



W I H V V A X R N R Z G O A L S A Z Y F
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Countdown
 Confetti
 Midnight
 Balloons

Celebration
 Fireworks
 January
 Happy



New Year
 Clock
 Cheers
 Goals

Party Poppers
 Noisemaker
 Resolution
 Sparklers

