

AMERICA'S NEW REALITY

In the wake of a brand new year that many felt optimistic about, our nation was faced with a display of domestic terrorism. This was a day where American votes and voices were most important. This historical event has left many Americans outraged and disappointed, not only in our national security and government; but also with our fellow citizens. Those citizens who participated in a terrifying act of violence against our country, perpetuated an increasing divide amongst our nation. On January 6th, 2021, President Donald Trump called for his supporters to march to the US Capitol to protest the 2020 election and disrupt the counting of electoral votes. What supposedly began as a peaceful march quickly turned into a mob that stormed the US Capitol building causing destruction, that left many injured and some dead.

Darryl Radcliff, a cultural organizer, artist, co-founder of Gossypium Investments and Ash Studios, and a contributor to the Dallas Morning News, feels that the capitol riot was “the biggest security disaster in United States history...to be blunt, we got lucky on January 6th.” The rioters forced access to almost the entire Capitol building, including U.S. Representative Nancy Pelosi’s office. The lack of police enforcement has left many to question the National Security’s ability to defend our politicians and citizens. Without police intervention, the situation could have gotten a lot worse.

“In some cases, the police were undermanned and overwhelmed by the number of rioters.” Radcliff says. “In other cases, the police appeared to be working in conjunction with rioters by opening up the gates in the Capitol in some buildings, by taking selfies with the rioters, and generally not making the sort of arrests you would expect in the situation and escorting the wrong doers away from the scene of the crowd.” Radcliff says.

Many of the people in famous photos from the riot have been found and apprehended by the authorities. “They should not be allowed to bear arms, to fly on airplanes, and should have to do a ton of community service.”

Radcliff thinks that it's good to see people are partaking in democracy, but political affiliation has overtaken their religious beliefs as a way of primary self identification. There has been an obvious division amongst Americans primarily around the election. “The division comes from half of the country routinely being shared complete falsehoods and lies.”

“In order to start bridging the division we must learn and educate others on how to check a source and determine factual information...and hold those who are enemies of justice accountable for their crimes.”

Leigh Avera, a teacher at CityLab High School, thinks that American citizens should hold those who caused injustice accountable. “I think before we talk about unity, we must talk about accountability. If we attempt to pin the division in this country on a single person, like Trump, I think we miss the point,” says Avera.

“I think Congress showed its resilience in reconvening the same day and continuing to ensure the electoral votes were certified. But it certainly does shake your confidence seeing the heart of the federal government so easily invaded.” Avera says.

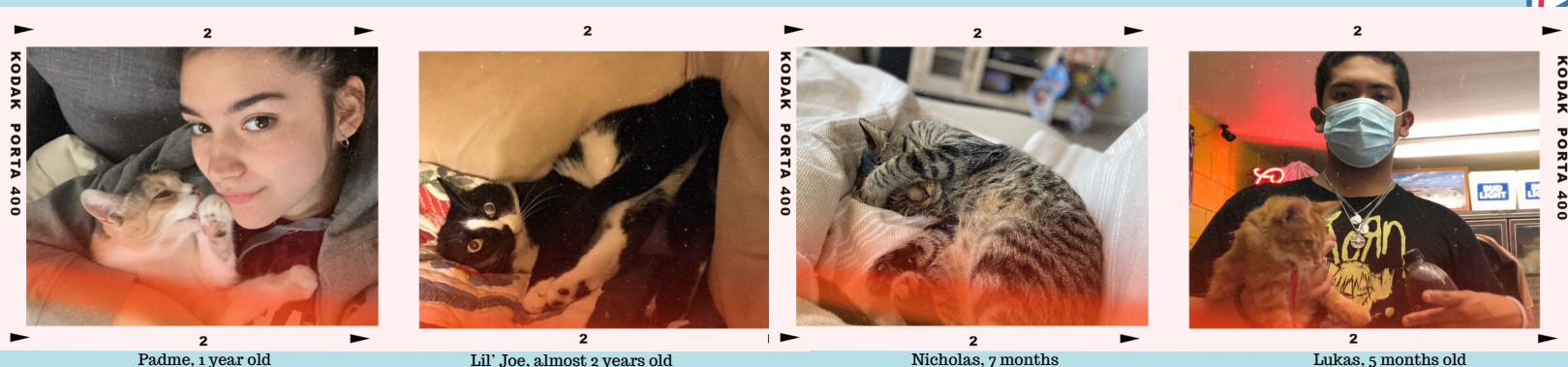
Looking ahead, the National Mall will be closed during Inauguration Day and airlines will be tightening security over concerns of another attack. Radcliff and Avera agree that there's an obvious correlation between white privilege and the riot.

“I also think with the obvious symbols of white supremacy (the Confederate Flag, the noose that was erected) make it impossible to separate this event from white supremacy and white privilege.” Avera says.

As eye opening as the US Capitol riot was, it is important that we as a community hold those accountable, unite together despite our differences and fight for each other rather than against. We can only anticipate what comes next but with hope and courage our country will heal again and we can overcome those who want to tear it down. - Christian Gotcher



THE CITYLAB CAT CRAZE



Padme, 1 year old

Lil' Joe, almost 2 years old

Nicholas, 7 months

Lukas, 5 months old

Many students and teachers own cats. Some of the cats are curious and get in the camera view during class, but others are lazy and sleep instead. As a dog person, I interviewed a few people to get an understanding of why people believe cats are so great. "Usually, cats are sweet and comforting...My cat sleeps on my feet, and I can personally tell you that they're a total chick magnet," Hayden Rodriguez, a senior, says, in an attempt to turn me into a cat person. Other than making my eyes water and itch, I still didn't see what else cats were good for, so I reached out to one of CityLab's most dependable teachers, Ms. Avera, to tell me about her experience as a cat owner. "I think one of the most unique things about Joe is that he fetches. Sometimes he'll just bring you one of his toys, drop it off by you and then he'll bring it back when you throw it," she tells me. In my opinion, the more similar a cat is to a dog, the better.

I asked three more of my classmates about their furry felines, Elliot and Samira. "The house is never too quiet with a cat," Samira informs me, "They're always jumping around and knocking something over." I have dogs because I enjoy being outside with them, so I wondered what type of people adopted cats. "They're good pets for people who are more reserved and antisocial," Elliot states. Cats are typically more independent than dogs, and they are able to entertain themselves better. Nevertheless, here are some cats whose owners go to CityLab: -Xoë M

PANDEMIC PASTIMES

This pandemic has hindered many students from living life like they used to; however, a few students seem to make the most out of their time at home. Stephanie Jimenez, a junior, spends most of her off time painting.

"I paint things that make me feel good, that allow me to express myself fully." Since this pandemic began, much of our social lives took a huge hit, with social distancing and such, but ultimately it's for the better. Why was she inspired to paint, and is there a piece she can show us? "To be honest, I am a very expressive person, and I love speaking my thoughts and feelings out loud in person! This pandemic has made me use my creativity to vent those feelings and express them in a way everyone can see."

"I paint whatever feelings come to me, and I give most of them away, so no, at the moment I do not have a piece I can show you." The pandemic has affected how teens show emotions, and for Stephanie's case, she found an interesting outlet. Jhair Dimayuga, much like Stephanie, has a similar approach to spending his time during this pandemic, he writes songs. Specifically romantic songs, "I gotta be ready for my other half in the future." Most of his songs are written in Spanish, yet recently he's been writing songs in English, "gotta keep my options open."

Do you have any plans on showing us one of your songs? "Nah, only the one it's meant for will hear them" He is looking forward to life after this pandemic. Most students take a similar creative approach. Devin for instance is creating her own DIY earrings. She had mini items she had lying around and suddenly, it clicked. She made herself earrings with mini babies, and pink flamingos. "I mostly make earring out of whatever weird charm or object I find, I just thought it'd be cool"

Well, it is very apparent that times like this bring people back to expressing themselves, some paint, some draw, and some make earrings. It is people's creativity that never dies no matter what, because at the end of the day, no matter how distanced people are, people are often with themselves to pass the time. - Yair Renteria



CALLING ALL ATHLETES

According to the CBS News, Callie Brownson is the chief of staff for Browns Coach Kevin Stefanski, and Jennifer King is the NFL's first Black female full-time assistant coach. Sarah Thomas was the first full-time referee in the league. The Browns and the Washington Football Team tweeted about their historic encounter.



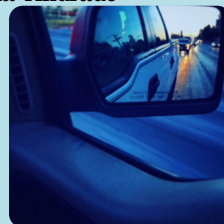
Jennifer King is being promoted to a full-time offensive assistant with the Washington Football Team, sources confirmed to The Athletic, making her the first full-time Black female coach in NFL history. The move comes nearly a year after King was brought in as a full-year intern, working with the running backs.



Callie Brownson (born October 15, 1989) is an American football coach and player who is the chief of staff for the Cleveland Browns of the National Football League (NFL). ... She also won two gold medals playing with the United States women's national American football team. -Tinia Hill

WHAT HOBBIES CAN DO TO CHANNEL YOUR ENERGY

When the pandemic first started, it hit the world like a punch in the face. We had no choice but to stay home for our own safety. In the midst of it all, people made careers, new hobbies, and found way to express themselves through these tough times. Joe Martinez found his way to express himself. Photography was his way to push pause on the world and all its chaos. Over the quarantine like everyone else he was trying to find a hobby and he discovered he likes taking photos of the beautiful outdoors and his surroundings. Something as simple as a side-view mirrors and angles make his photography stand out. - Isabela Andrade



Joe's photography made a change in the way he looks at the world now. He channels his energy into a simple hobby like photography, it is a gateway to his success.



Joe Martinez

THE TALKING HEADS ARE TO RECEIVE THE LIFETIME ACHIEVEMENT AWARD THIS JANUARY.



The Talking Heads, Salt-N-Pepa, Selena, Grandmaster Flash & the Furious Five, and more will all receive the 2021 Lifetime Achievement Grammy this January. Selena is of course the most notable of this group, and her stardom casts a significant shadow over the other artists receiving this award. One in particular stands out, the Talking Heads. Although the rock/alternative band experienced considerable popularity during the 1980s, they faded out of relevance after their break up in 1991 and are rarely talked about today. The band consists of four members: David Byrne, Chris Frantz, Tina Weymouth, and Jerry Harrison. The Talking Heads have an impressive catalogue of creative and inventive songs that are oddly timeless. Their creative, energetic, and funky style of music was much unlike many of the other new wave artists popular during their time. Although I will admit that their sound is an acquired taste, the band has undeniable talent.

In 1984, the Talking Heads produced the legendary concert movie *Stop Making Sense*, which would go on to be considered one of (if not, the best) concert movies ever made. The *Stop Making Sense* tour was unique in that it used elements such as the stage and lighting to create an atmosphere unique to each song. During *This Must Be the Place* (Naive Melody) the stage is lit only by a simple floor lamp and changing images projected behind the band. This gave the effect that only the 3 back up singers, the lead guitarist, and David Byrne were dimly lit while huddled around the lamp. Furthermore, the rest of the band became silhouettes in the background. During instrumental breaks in the song, Byrne would start playing with the floor lamp on stage; swinging it back and forth and balancing in on its side. Near the end of the show, he comes on stage wearing a (now infamous) massive gray suit to perform *Girlfriend is Better*. Of course, the performance is not outdone by the visual effects; it is evident that everyone on stage loves what they're doing, and performs with great enthusiasm for the music. When the Heads played the song *Swamp*, Byrne moved manically all over the stage to match the insane and psychotic quality of the song. At one point, he falls to the floor and continues singing while lying on his back; when the song hits its chorus, he hastily rises up to the lens of the camera and continues. There was considerable thought that went into the tour/film to make it artistic and visually arresting for the viewers, and on top of that there was great music! I understand how generic or unfair it may be to ever criticize a concert for being pre-recorded; but the fact that the Talking Heads were able to do so much on stage and still perform great live music proves that: is no good excuse for lip syncing your way through a live show. It always amazes me how they have disappeared from popular culture, and I doubt they will ever see a musical rediscovery like other bands from the 1980s. However, they maintain a fairly strong following, and with the achievement of this award the Talking Heads may at least re-enter the alt-rock conversation. Having only two Grammy nominations, it is extremely satisfying to see the legendary band (That I am obviously a fan of) get some sort of recognition for their great influence on American alternative music. -Guerin Honeycutt

THE MOST DETAILED 1:1 MODEL OF THE EARTH

Every single building on the Earth is being remade. Not a single one missed. Your house, your city, nearby cities, and everything in between is being built. All of this can be visited with a couple clicks on your mouse and keyboard. All of this is being created, in a 1:1 scale on Minecraft. And at one point, everyone will have access to it.

Now a lot of people have heard about this project before. It started back in March, when Youtuber PippenFTS announced the start of this project. The video blew up, currently sitting at 12 million views. That video funneled people into a Discord server, where everything is being organized. There are currently 35,000 people interested, and roughly 3,000 of those people building.

This project is could easily be record setting by the time it is done. It has a lot of volunteers, it is huge, and it is all community art, as a recreation of our planet. Nowhere else has anybody made a full 3D, walkable render of the entire earth. Now Google Earth/Street View have come close, but even they have large populated areas with nobody in them. Large parts of China, North Korea, Afghanistan, and many more have no street view, or even 3D renderings of any of the country.

Now a big question that runs through most people's mind is "How are these places going to get built, the ones people can't take pictures in?". The answer to this is the same thing that makes this project much greater than any auto computer generated world could ever be. This project has human passion put into it. That's what drives people to build, explore, and work with groups of people to build places. When asked one of the head builders of France about passion, they responded "We have fun building, and if it is finish one day it will be very cool, but if our motivation was to see the reaction of people when we are done we would have all gave up already". With this being one of the largest scale volunteer projects, that passion is really needed. But this is so much more than just a large Minecraft map. It is already being used as an international connection project, where people from around the world are collaborating for something that seems impossible. It is also a teaching tool. With the rise of virtual field trips, this takes it to a whole new level. For people who have never seen anywhere beyond the United States, this is revolutionary. When everywhere is built, and you can not only see everything, but walk and spend time in each place. No other program is this immersive.

And since this is a CityLab Newspaper, it works with architecture too. Any building will be available to visit, walk in or even edit. While it will be a more simple version, it still shows the base design of the building. Using video games as teaching tools isn't a new idea either. At Rice University, while teaching Norse Mythology, Professor Donna Ellard used the popular game Skyrim as a teaching tool. It worked too, she was praised consistently that year from many of her colleagues. So, if any of this peaks your interest, hop in and start building. They are still looking for builders, and really anybody can join. It is also pretty low stress. "the project is pretty lax, and fits well with most people's schedules" the Head of the Middle East build team told me. So, if you are looking for a big, low stress project, that will have a meaningful impact, look at working on the Minecraft Build the Earth project. - Grayson Bolding





CHICKEN GAMING? KFC'S NEWEST GAMING EXPERIENCE

Yes, you heard that right KFC, yes, the chicken fast food restaurant is rolling out with a groundbreaking new console with 240fps and a 4K display with a unique feature. Now imagine you are mid game about to win and you get hungry. Well, do not fret, this console is capable of keeping your KFC chicken warm and juicy while you game. This console leak is a reality and is stunning many people to say the least. No more PlayStation vs Xbox, KFC is in the game! It is yet unclear what the pricing is but multiple sources show that this console will have 4K TV Gaming, 240FPS with up to 240HZ output, VR equipped, Ray tracing, and last but most certainly not least, THE CHICKEN CHAMBER! This a compartment at the top that is meant to keep your chicken warm and finger licking good.
- Sebastian Brown



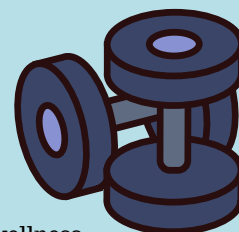
HOW TO AVOID GETTING INJURED DURING EXERCISING

Standard exercise is useful for your body and safe for most everybody. Nonetheless, with an action, there is an opportunity you can get injured. Exercise wounds can go from strains and injuries to back torment. With a touch of preparation, you can forestall injury and stay protected during exercise.

MedlinePlus, an assistance of the National Library of Medicine , the world's biggest clinical library, which is essential for the National Institutes of Health offers a progression of tips on the most proficient method to forestall normal wounds when beginning a wellness standard just as data on an assortment of wellbeing subjects.

Things that cause Exercise injuries

- .Practicing before your body has warmed up
 - .Rehashing a similar movement again and again
 - .Not having legitimate structure for your activity
 - .Not resting in the middle of exercises
 - .Pushing your body excessively hard or excessively fast
 - .Doing an activity that is excessively arduous for your degree of wellness
 - .Not utilizing legitimate gear
- Warm up and Chill Off



Heating up before practice gets your blood streaming, heats up your muscles, and encourages you evade injury. The most straightforward approach to heat up is to practice gradually for the initial couple of moments, at that point get a move on. For instance, prior to running, walk energetically for 5 to 10 minutes.

You should likewise chill off after exercise to bring your pulse and internal heat level back to ordinary. Chill off by finishing your daily practice at a more slow speed for the last 5 to 10 minutes.

To Extend or not to Extend To remain adaptable, you should extend at any rate 2 times each week. Yet, it is muddled whether extending truly decreases injury. You can extend either after you have heated up or after you work out. - Calvin

