

Rhinebeck Reality

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Meet Emily Davison, Equity Group and SEL Committee Leader

By Gabrielle Lamprou

You may have noticed a few surveys appearing in your inbox recently or in the past about social emotional wellness, but have you ever wondered who reads these personal responses?

Ms. Davison, Director of Special Services, is the warm-hearted



administrator behind these surveys. She personally reads each of the responses recorded and reflects on them with a lens that's wide enough in scope to consider how the data collected could inform decisions made by the district.

It is comforting to know there is a person reading the responses. She feels students need to be educated on ways to protect their emotional well-being.

"I think we should focus on small moments and build opportunities as a staff," says Davison.

Ms. Davison aspires to bring equity to the school and raise conversations about real time issues and movements happening in the world.

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New Gender Neutral Bathroom Is Step Towards Equality at RHS

By Lulu Hart

What was once a dusty storage room for sports jerseys is now a step forward in the well-being of Rhinebeck students.

The gender neutral bathroom recently installed between the RHS gym and the 120-30 wing, was put in place because of student requests and is monitored by a professional staff member to limit the space to one person as a COVID precaution.



Restrooms in the U.S. have always been required to accommodate differently-abled people, but in the past few years there have been new requirements to accommodate non-binary, questioning, and transgender people.

RHS Principal, Dr. Davenport feels that this gender neutral restroom is a required installment, regardless of COVID.

"If the student requests had been before COVID or without COVID, it would have been provided", he claimed. He was happy to make those changes to

the space, and is making sure that it will stay a gender neutral restroom in the future.

Although there are concerns because it is the school's first single use bathroom and cannot be locked on the inside, Dr. Davenport insisted that RHS will keep it.

Emily Davison, Director of Special Services, as well as originator of Equity Group and chairperson of the Social and Emotional Wellness Committee, commented about the new bathroom, saying that just having one in the high school building is not enough.

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By Jasmina Lodoe

Every year the Board of Education determines priorities for the Rhinebeck Central School District.

This is extremely important since it determines the overall direction of the school: how budgets are spent, and what kind of programs will be available to the students.

Albert Cousins, the new Superintendent of RCSD, is responsible for working with the school board to determine these priorities. He told RR the story.

"As we collectively reviewed this list, and as I shared what I learned from the various Town Halls and discussions with teachers and school staff, we affirmed that two of the most critical areas needing attention as being Social Emotional Wellness and Equity." Cousins said.

He further explained that Social Emotional Wellness and Equity are the core principles for the school district by stating that his "job is to keep those priorities in the discussions as we develop, review, and make a future vision for programs and practices in the schools."

The school board oversees this process and is an important part of making sure the community has input into the process.

Code Talker Author Joseph Bruchac Pays Virtual Visit to 9th Graders

By Annika Haile

It's not often you can meet the author of an award-winning book, but Ms. Baird's students had this opportunity in late October.

Each ninth grader received a personalized copy of *Code Talker* by Joseph Bruchac as a welcome gift to the high school.

Students learned the stories of Navajo men in the 1940's who were asked to use their native language to send and receive secret messages to help the US in the second world war.

1 HIGH-QUALITY TEACHING

2 EQUITY

The Board of Education and District will prioritize equity, and create an environment that provides the climate, processes, and content to enable each student and employee to perform at their highest level. As part of this priority, school operations, curriculum, instruction and professional learning will be considered through the lens of equitable access, processes, treatment, and opportunities for all regardless of socioeconomic status, race/ethnicity, gender, disability status, gender identity, or sexual orientation.

3 SOCIAL-EMOTIONAL WELLNESS

The Board of Education and District will prioritize social and emotional well-being through the coordination of systems, approaches, and practices that foster a safe and affirming environment. As part of this priority, the District will emphasize shifts in operations, curriculum, and instruction to integrate opportunities for students and adults to understand and manage emotions, express empathy, establish and maintain positive relationships, and make responsible decisions.

4 FISCAL RESPONSIBILITY

In this way, there are many opinions and viewpoints taken into account which makes a stronger final plan.

These policies are here to make sure the school is a safe and comfortable environment for everyone.

The goal is that students will have better attitudes towards themselves and others, which is something that will benefit them not only now but once they are out of school as well.



Only a few years before, the same men had been forced to forget their traditional language and learn English instead at residential boarding schools,

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Our Past, Our Present Page 6

Give Us the Vote Page 5

Tea Time Page 8

Equity & SEL Leader, Emily Davison

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"When George Floyd died this summer, I thought about how to bring the conversation on equity and racial justice to Rhinebeck."

She made progress by starting an equity group involving around 40 staff members in our district.

"I thought about the role and impact we have as educators."

They met, read, and discussed topics such as anti-racism and how this

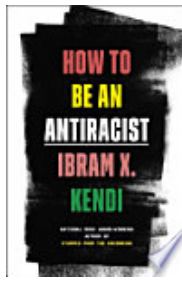


impacts those around us. Ibram X. Kendi's books *Stamped from the Beginning: The Definitive History of Racist Ideas in America* and *How to Be Anti-Racist* were the first two titles in the group's book study.

Initially when school closed down, Ms. Davison began meeting with other administrators, developing reopening plans that strongly involved the social and emotional wellness of students and faculty. She looks to continue this for the years to come as Coronarius is still very real and we are all developing new ways to learn and cope.

Ms. Davison is very initiative driven and wants to make a great positive impact on our school. You can expect to see many improvements on social emotional wellness in the future as she is adamant about creating a better school environment.

"We need to make changes now as much as we can, but it is a process."



Gender Neutral Bathroom at RHS

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According to Davison, there needs to be a gender neutral restroom in BMS and CLS.

"We shouldn't have to wait until someone requests it, we should be able to provide it no matter who needs it," she added.

"Federal Court Rules that Transgender Students Must Be Allowed to Use Bathrooms that Match Their Gender, an article by Li Cohen of CBS News affirmed Davison's claim. "The solution here is not a new or radical concept: all schools should have private, gender-neutral bathrooms for any students to use," states Cohen.

Mary Lehan, a member of the professional staff at RCSD, has stated that the idea of a gender neutral restroom without proper monitoring makes her a bit uncomfortable.

"I would feel uncomfortable if a man walked in when I was in the bathroom," Lehan stated.

She noted that on a field trip to Bard College, an institution that provides only gender neutral facilities, students

and teachers of different genders entered and she felt a bit distressed, claiming she "didn't like it very much."

However, she's aware and respects that young people might feel differently. Ms. Lehan wants students to feel comfortable and safe, no matter how that is achieved.

Providing this new facility also falls under two of the Board of Education's list of priorities for the 2020-2021 school year: Equity and Social-Emotional Well-Being.

"...All schools should have private, gender-neutral bathrooms for any students to use, in the same, normal way that homes have bathrooms for guests to use and many restaurants have bathrooms that are not labeled for the sexes", according to GLSEN, an organization working to end discrimination and promote LGBT cultural inclusion and awareness in K-12 schools.

This restroom is a great step for RHS, but this basic right to comfort needs to be widespread and made available to every student in Rhinebeck schools.

Women in STEM: RHS Welcomes New Teachers Zimmers and Mazzone

By Oona Shain

Women and girls are often pushed away from studying math and science throughout their education, which limits their chances of joining this field in their adult life.

"Women makeup half of the total U.S. college-educated workforce, but only 29% of the science and mathematical science workforce" according to National Girls Collaborative Project.

There is a lack of female representation in the STEM fields.

Giving women equal opportunities to thrive in STEM careers helps narrow the pay gap, while enhancing women's economic security and ensures a workplace will be diverse and talented.

Another benefit of women in STEM, is how empowering they can be to others. Education systems emphasize the responsibility of both female and male teachers to educate and inspire students in school. Yet having a female teacher figure can impact the development of youth education and

Grace Smith House Supports Dutchess County as Domestic Violence Worsens During Pandemic

By Beatrix Briggs

Everyone has experienced the hardships of Covid-19, but one group that doesn't see front page headlines is the many victims of domestic violence nationwide.

One in four women and one in nine men experience severe domestic violence, sexual violence, or intimate partner stalking, according to the U.S. Bureau of Justice Statistics' special report on nonfatal domestic violence, 2003-2012.

That number doesn't include other forms of emotional and psychological abuse faced by many.

As stay at home orders were issued to keep people safe from the pandemic, many became trapped in the homes of their abusive partners.

Victims are often financially entangled with their abuser, and with increased economic pressure due to the pandemic, that power imbalance has only grown worse.

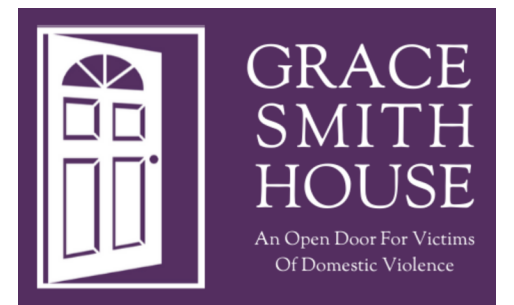
Though people of all identities and backgrounds experience intimate partner violence (IPV), marginalized groups face disproportionate numbers. Economic instability, neighborhood violence, and lack of stable child care and social support can aggravate already tenuous situations (*The New England Journal of Medicine*).

The economic instability caused by the pandemic has also hit these groups the hardest.

Where victims should be able to seek help, there are other obstacles. When lockdown began, experts prepared for an increase in calls to shelters and support lines, but because so many lost the ability to safely and privately contact help, numbers actually went down. On top of that, shelters and hotels have had to close or reduce their capacity to abide by COVID safety regulations.

Though it can often feel paralyzing to hear about the suffering so many experience without a direct way to help, it's important to look locally and do what you can to support your community.

Here in Dutchess County, the Grace Smith House provides shelter, counseling, and advocacy for victims of IPV. They serve over 2,500 families each year, and have remained open through the pandemic.



Their education efforts have been influential, with their annual Love Shouldn't Hurt Conference attended by students from around 10 Dutchess County Schools including Rhinebeck HS. They aim to improve the statistic that one in three teens will experience dating violence, and offer information and support.

If you have the resources, please consider exploring the GSH's website where they accept support in many forms.

You can donate items or money, "adopt" a family for the holidays, or, in the summer, sponsor a kid for summer camp. If you have clothing you'd like to donate, consider giving to Barn Again Thrift Store or Ben and Gracie's Thrift Shop at their Poughkeepsie locations, as Grace Smith House residents can shop there for free.

Everyone is welcome to attend Gender Equity Club meetings where we're always looking for new ways to support and inform our community.

If you have ideas or issues you'd like to discuss, you can reach out to the club presidents, Oona Shain and myself, or our club advisor, Ms. Grande.

the community as a whole. Having positive role models can empower all students, specifically girls, to embrace challenges and gain confidence in math and science.

Ms. Zimmers teaches Algebra 1, and Ms. Mazzone teaches both Forensics and AP Biology in the High School.

Ms. Mazzone says her passion for teaching was encouraged by her own teachers when she was young.

Rhinbeck Reality is happy to welcome Ms. Zimmers and Ms.

Mazzone as the newest additions to Rhinebeck High School. Both new teachers are perfect examples of a female role model involved with STEM.

To read the full profiles on Ms. Zimmers and Ms. Mazzone scan this QR code:



Love & Rage: A Fight for Climate Justice

By Theodora Hirmes

The Amtrak train ride to NYC has always been one of my favorites. The bright colors of the landscape flashing by, the slightly squeaky seats, the feeling that you are spending towards a different world.

Last year, on Dec 6th I rode that very train with my friend, but this time felt different. This time I was going to be a part of something, not just a visitor in a foreign city. I was on my way to my first mass climate protest and I couldn't have been more terrified.

I still remember how my friend's green hair reminded me of the grassy plains our world would soon be deprived of. I cursed myself for making everything political.

As the train pulled into the station, we were both bursting with excitement. This climate strike, organized by **Extinction Rebellion Youth** and other climate organizations was a plea for justice.

There was a sort of buzz in the air, and I felt tears come to my eyes as I saw all these young people fiercely fighting for their futures.

I had always admired **Extinction Rebellion Youth** from afar, but it seemed too grand for a small town such as Rhinebeck.

Extinction Rebellion Youth (XRY) is a climate justice organization run by youth activists fighting for a livable future through non violent direct action, in other words, civil disobedience.

The climate crisis is an existential threat to humanity and we are running out of time. And the most heartbreaking part of it is that it is mainly the fault of others: Corporations. 100 of them in fact.

These 100 companies are responsible for 71% of our global emissions and need to be stopped. And asking politely hasn't gotten us anywhere.

When I got back from the protest, my friend, Ej Martello and I knew we wanted to start a chapter of XR in the Hudson Valley.

We started by doing as much research as we could about the themes of climate justice and how to self organize as youth. After that we asked some friends and fellow classmates who had expressed interest in activism to join.



Featured left to right : Ej Martello, Theo Hirmes, and Scout Pronto Breslin, hold their signs to shed light on the climate crisis

Our first meeting took place in my dimly lit living room, with about 10 of us sprawled out on my couch. We talked about what we wanted out of our group and how to move forward, and since then we have been organizing tirelessly.

We have met with politicians, held Earth Day events, had BLM fundraisers, and worked to register people to vote. It is so empowering to be part of something bigger, and XRY is always looking for more members!

If you are interested in joining reach out to Theodora at 99560@rhinebeckcsd.org or DM them on instagram @xryouth.hudsonvalley

The future is in our hands. There are so many amazing people working to help change the world, and you can be a part of it.

In the words of XRY's motto, Love and Rage.

1. WE HAVE A SHARED VISION OF CHANGE
2. WE SET OUR MISSION ON WHAT IS NECESSARY
3. WE NEED A REGENERATIVE CULTURE
4. WE OPENLY CHALLENGE OURSELVES AND THIS TOXIC SYSTEM
5. WE VALUE REFLECTING AND LEARNING
6. WE WELCOME EVERYONE AND EVERY PART OF EVERYONE
7. WE ACTIVELY MITIGATE FOR POWER
8. WE AVOID BLAMING AND SHAMING
9. WE ARE A NON-VIOLENT NETWORK
10. WE ARE BASED ON AUTONOMY AND DECENTRALIZATION

To read more about xryouth's principles and how to get involved, scan the QR code at right.



Student Activism Spotlight: Sunrise Movement, Local High Schoolers Make a Difference

By Oona Shain

Adults often say they are preparing the world for the time their children inherit it.

But in past years, the roles have been flipped. Children across the globe are demanding change and impacting the world every day. Students have transformed their community service into activism, effecting change not just in the lives of their peers, but at a regional and even national level.

Rhinebeck, Red Hook and surrounding areas are privileged to have so many politically aware young people. These towns are home to our local branches of **Extinction Rebellion Youth, Students Demand Action** and a variety of other social justice clubs. Recently, a new organization called **Sunrise Movement** has settled in Red Hook.

Sunrise Movement is an American youth-led political movement coordinated by Sunrise, a 501 political action organization that advocates political action on climate change. The main focus of the movement is to pass the Green New Deal, a proposed series of legislation that addresses climate change and economic inequality.

Fiona Beer and Grace Hillery, both Red Hook seniors, brought Sunrise to Dutchess County and have since recruited about 15 students to join their hub. Since the summer, Sunrise chapters across the US have been taking part in "Wide Awake" protests. These nonviolent actions serve as a "wake up" for politicians, teaching them that young people are awaiting new environmental policies.

I sat down with Fiona Beer to discuss climate justice and her involvement.

Q: Why is Climate Justice important?

A: While the environmental aspect of climate change is important, we must additionally address this as an ethical and political issue.

It is vital that we recognize the fact that marginalized communities face the worst consequences of climate change while being the least responsible for the crisis.

In the United States, low-income communities are more exposed to environmental hazards and pollution and have a harder time recovering from the impacts of climate change. Indigenous groups are impacted due to their income and lack of resources to cope with the crisis. This is just the tip of the iceberg. It is completely unfair and wrong that the groups who are the least responsible for climate change must suffer the most extreme

consequences. It is important to address these issues so that marginalized communities aren't left behind and made invisible in the fight against climate destruction.

Q: Why is there a need for youth involvement?

A: Out of every generation, climate change and the decisions of politicians affect us the most. Our parents and grandparents were able to dream about their futures without limits, but whether we want to believe it or not, we have limits. This issue has already been procrastinated long enough and we can't sit around any longer or else we'll have to cater our career paths to climate change. This current generation of world leaders has successfully proved to us that the climate emergency isn't a top priority, so it is now the responsibility of the youth to let them know how serious this is.



Q: How did you get involved?

A: I've been interested in environmental activism my whole life, but I didn't find out about the Sunrise Movement until the September 2019 youth climate strike in NYC. I saw the NYC Sunrise chapter with their massive "Green New Deal Now" banner and became interested instantly.

I followed their accomplishments and kept up with their endorsed politicians before attending their virtual Sunrise School in April. In these Sunrise School sessions, we learned all about the Green New Deal and the importance of climate justice.

Scan here for Sunrise video info on the Green New Deal



In late August, I got accepted to the Wide Awake Leadership Program run by Sunrise Movement that trained high school students to start their

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Sunrise Club Takes Action

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own chapter in their area and to be leaders in the climate movement. I completed this program with another student in my grade, Grace, and ever since then we've been hosting weekly Sunrise meetings, planning actions, and pushing politicians toward green policies.

Q: How has your activism changed?

A: When I first became concerned about the seriousness of climate change, I was mainly concerned about plastic consumption, agriculture, and deforestation. I believed the root of these problems was the consumer, but in the past couple years I've learned that average consumers are not at fault for the deteriorating climate.

The issue is the 100 companies responsible for 71% of greenhouse gas emissions who design our societal

systems so that we have to take part in environmentally unfriendly capitalism.

My activism has shifted to acknowledge massive corporations responsible for emissions, and to corrupt politicians who refuse to take action.

Climate change is too often referred to as a future problem that will affect our grandkids, but the recent record temperatures, forest fires, and hurricanes have proved this to be false. The climate emergency is happening right now and is going to affect everyone.

Youth activists are fighting for the right to clean air, water and believe in finding a sustainable future. If you want to get involved Sunrise Movement RHHS is always welcoming new members, and is open to Rhinebeck students as well.



Drama Club Presents Livestream: 13 Ways to Screw Up an Interview

By The Drama Club

When two college recruiters at a prestigious university, (Carolina Dickens and Rebecca Reed), need to fill one last spot to keep their jobs, 13 eccentric, dimwitted and slightly insane high school seniors are eager to come in for an interview.

What seems like a simple task turns into a nightmare when the applicants turn out to be a reality TV star, (Chloe Moor), a practicing vampire, (Radha Lahiri) an amateur magician, (Olivia Selby) and other quirky characters.

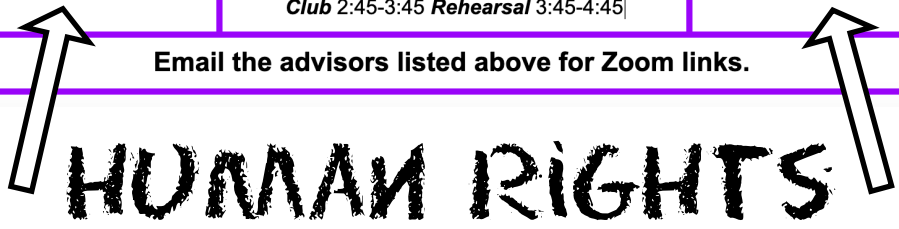
Each applicant's interview hilariously illustrates what NOT to do at a college interview.

"Like everything else this year, the play experience has changed expanded I should say," Club advisor, Cynthia Baer says.

Although it has been a challenge to learn how to present a play virtually, club members have stepped up and committed themselves to putting on an entertaining show in a new way.

"I don't know what I would have done without the expertise of Radha Lahiri, who has been playing around with editing software on her spare time, Riley LeHane, who, in my opinion, is the current RHS expert for sound

RHS Extra-Curricular Activities		
<p>Monday</p> <p>Science Club (Stevenson) 2:45-3:45 Gay-Straight Alliance (Welch) 2:45-3:15 Environmental Club (Fritz) 3:30-4:30</p> <p>Tuesday</p> <p>Gender Equity Club (Grande) 2:45-3:45 Choir Club (Milici) 3:45-4:45</p>	<p>Wednesday</p> <p>Spanish Club (Fisher) 11-11:25am AV Club (Lackaye) 11:00am Debate Club (Lackaye) 11:30am Student Council (Moor) 11-11:25am Class of 2023 (Thompson) 11:25-11:55am (alternate weeks) Art Club (Giles) 11:25am Class of 2022 (Hahn)(alternate weeks) Model UN (Moor) 1:00-1:45 French Club (Welch) 1:50 Class of 2024 (Rell) 2:30 last Wed. of month Jazz Band (Natalie) 2:45-3:45 Fall Drama (Baer) Club 2:45-3:45 Rehearsal 3:45-4:45</p>	<p>Thursday</p> <p>Rhinebeck Reality (Wheeler) 2:45-3:15 Creative Writing (Wheeler) 3:20-3:50</p> <p>Friday</p> <p>Steel Drum Ensemble (Natalie) 2:45</p>
<p>Email the advisors listed above for Zoom links.</p>		



New RHS Club to Organize Social Change

By Thomas Hewitt

There are many clubs in RHS, but one that is noticeably absent is a Human Rights Club. If a Human Rights Club was formed, what would it look like, and how would students be able to engage in such an important topic?

The purpose of the club is to allow students to engage with historical and modern issues and organize for social change.

Students will be taught about human rights, knowledge and empathy.

Some of the activities will include having students create their own list of human rights, and comparing it to the official United Nations list of human rights.

Students would also watch the documentary, "The Story of Human Rights" and discuss it as a group.

Club members could also participate in fundraisers, volunteer work, hosting guest speakers who will speak to the

school, and writing letters to our representatives.

In the near future, the idea for a Human Rights Club will be brought for review by the Board of Education.

"The club proposal should be officially reviewed by December," RHS Principal Dr. Davenport says.

There are multiple students interested in joining the club, who provided the names of other students who could be interested in joining.

Although an advisor for the club won't be chosen until the club is officially formed, the school board has several staff members who might want to run the club.

Spanish Club Sale for Charity

Help support Spanish Club by purchasing South and Central American coffee, tea, or cookies!

All profits will go to help those in need in our local Hispanic Community! These products make great gift items for friends and family.

All sales are online and ship directly to the buyer. Just use the QR code to make your purchase and share with friends and family.



effects, and Carolina Dickens, our Club V.P. who has been working remotely to help get the word out about the show."

The 40-minute show will stream on Thursday, December 10 at 7pm thru the streaming service Broadway on Demand thru ShowShare. You can access the BOD app on your computer, mobile device, or on your AppleTV, Roku.

Ticket sales will begin next week as we work to finalize virtual details.

Stay tuned for more info or email Cynthia Baer at cbaer@rhinebeckcsd.org.

Youth = Power : Move the Voting Age to 16

By Ryan Milne

Voting is a way for the American people to have a say in this country, but most Americans don't vote. Why is that?

Many people don't have the time or don't know how to. So we rely on others to represent our voices, but that's not a reliable way to make change. And we are left with our own opinions not said.

This was not the case for this election, more people did vote, with all of the help from people in the public eye most Americans voted in this election.

But we could do more, not just more voters but get the younger generation voting. There has been a lot of talk in the media about the youth and their voice says the New York Times. Yet you have to 18 years of age to vote.

But what about teenagers?

Teenagers understand the issues and they deserve a voice. The youth know the problems with the education



Rhinebeck high school students using their voices to get others to vote. Photo of Beatrix Briggs, Martin Kent, Fiona Beer, and Ben Halle, taken in the Village of Rhinebeck by Oona Shain.

system, they know the problems with our government and laws.

Limiting the voice of the future generation is a huge problem.

Not surprisingly the media and the youth have opinions on lowering the voting age to 16.

Maggie Astor, a political reporter at the *The New York Times* wrote, "The young people who have come forward to call for gun control in the wake of the mass shooting at their high school in Parkland, Fl., are challenging the tiresome stereotype of American kids as indolent narcissists whose brains have been addled by smartphones."

Gun control and mass shootings isn't such a relevant issue now because of COVID but it doesn't mean it is not still an issue.

Now, in the year of COVID-19, mass shootings have decreased significantly, but is still a need for gun control. The Parkland students have been fighting since March of 2018 and continue to share their voices. We want to vote, we have diverse, different opinions.

We do research, have complex opinions on important topics and most importantly can think of solutions.

We have started protests, we have pointed out issues, we have used what little opportunities we've been given to show you that we are capable of making important decisions.

"Over the past few months, Gen Z activists have been a driving force in



On the right is Tyler Okeke an activist for lowering the voting age. Photo taken by Noah Tesfaye a second year student at the University of Chicago.

causes such as climate change, the Black Lives Matter movement and LGBTQ rights." says National Public Radio.

We are becoming the new leaders of this world and should be treated as such. A change to the voting age will allow us to help change our country.

Lowering the voting age has been a controversial topic for years. In 1970, Congress established an amendment, the Voting Rights Act of 1965, which lowered the voting age from 21 to 18.

Because of this change the US flourished says Edward M. Kennedy Institute. More people voted, more amendments were made and all in all it unmistakably affected the US entirely. Why not do it again?

Tyler Okeke is a 19-year-old activist, trying to get the voting age lowered. "When we look down the road, we don't see a hopeful future. We don't see a

future where we'll have access to clean water and clean air, and equitable schools," Tyler Okeke says to NPR.

"Voting is just the logical next step in making sure that a generation that is so passionate about change and is so deeply affected by the decisions that are being made now that we are inserted into policy-making and have a say in our democracy."

Tyler is not alone. Across the entire world, youth activists are making their opinions heard and demanding that law and policy makers listen.

This is our future. Lowering the voting age could improve the government and help get the young generation have their voice heard. Put trust in the future of our world. **LET US VOTE.**



Lulu Hart, Oona Shain, Alberto Verrilli and Ben Halle this photo taken by Emma Madigan on Main Street in the village of Rhinebeck.

Who Voted for Trump? And What Does It Mean?

By Alexis Eleazar Martinez

As we all know, Joe Biden is the new President-Elect of the United States, and it has been a very demanding election.

According to Charles M. Blow "Exit Polls Point to the White Patriarchy" appearing in The New York Times, "White people — both men and women — were the only group in which a majority voted for Trump, according to exit polls."

"To be exact, nearly three out of every five white voters in America are Trump voters."

Back in 2016, only 3-4 percent of Black women voted for Donald Trump while 13 percent of Black men voted for him as well.

However, this year, Donald Trump has won more of the racial minority vote. This shocked me because I thought it would've gone down after the Black Lives Matter protests.

He managed to win 8 percent of Black women's votes and 18 percent of Black men's votes.

Back in 2016 and even now in 2020, the majority of White women voted for Donald Trump. Despite the fact, Donald Trump has "spent his first term, indeed his whole life, denigrating women," according to Blow.

What's even more shocking are the results from the LGBTQ+ community. The votes for Donald Trump doubled from 14 percent in 2016 to 28 percent in this year's election. We are talking about an administration who has been "most virulently anti-LGBTQ



administration in decades" according to Alphonso David, President of the Human Rights Campaign, one of the largest LGBTQ+ Advocacy groups.

Prior to the election, President Trump tweeted the results of survey conducted by gay social network called Hornet. These were shocking results because 45 percent of 10,000 users planned on voting for Donald Trump.

Ultimately, more American voters decided to take Trump out of office. But how will the other voters affect the country going forward?

Despite everything, Joe Biden won and is the President-Elect of the U.S. Hopefully, moving forward we will have diminished the U.S. of the wounds left by Donald Trump and his administration.

Everyone's opinion matters and I'm not saying that anyone's opinion is wrong.

All I'm saying is that we have to accept the complicated results of the election.



At left, a sign on Rte. 9 in Rhinebeck. Photo by Oona Shain.

Photo above by Isabella Tecchio. A truck carries a sign stating "AMERICA. LOVE IT OR LEAVE. SUPPORT OUR POLICE. ALL LIVES MATTER. FIRE SPINELESS CROOKED USELESS LAW MAKERS. MAKE AMERICA STRONGER, GREATER AGAIN."

Racism Right in Our Backyard

By Olivia Selby

When you think of racism, what comes to mind?

Maybe, you conjure up an image of an old, southern, white man throwing slurs. Or maybe, you see a woman going into an interview who doesn't get the job due to the color of her skin.

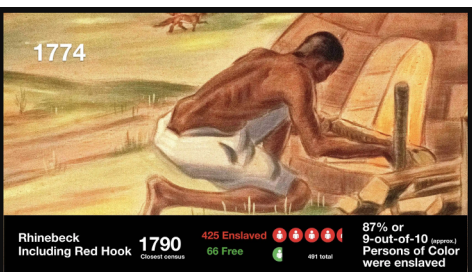
We tend to think of racism happening far away and being in the form of some action someone has taken. Sadly, racism is present even in our own village, found in many forms, including completely silent images.

An important term to keep in mind when discussing racist art is **visual rhetoric**. According to Oxford Research Encyclopedia, "Visual rhetoric explores the communicative and persuasive power of the visual artifacts that surround us." Simply put, visual rhetoric is the art of communicating ideas through images.

While some might argue that pieces of art depicting people of color are just showing history, it is the way in which they are depicted that can be found offensive.

The issue of how people of color are portrayed, in terms of visual rhetoric, has come up several times in Rhinebeck this summer in the wake of George Floyd's murder and the flood of BLM protests across the country that followed.

This August, Foster's Coach House, located in the center of the village, received major backlash for their



Above, an image from the DCHS website offers context for the RBK P.O. murals.

blatantly racist wall hangings. On August 9th, journalist and podcaster Touré went to dine at Foster's. The first thing he saw when he walked into the dining room was an offensive, caricature-like sculpture which he said depicted "A Black man with huge lips & bugged out eyes, being dragged by a horse and plow."

He asked to speak to the manager and explained how he felt this image was "undeniably racist." The manager claimed that the decoration was not racist claiming it was art and a portrayal of history. When Touré told her that it was an extremely inaccurate depiction of history, she simply said that there were dozens of caricatures on the wall. Touré then aptly pointed out that "none of it (the other art) makes white people look like lesser humans."

To this, the manager replied that they did not find the image to be offensive

and he could make the decision to eat at another restaurant if he thought it was. Touré then took to Twitter to share his experience at Foster's. The tweet blew up and many people in our town became outraged.

Eventually, Foster's made a statement saying they had removed the "antiquated and inappropriate Currier & Ives imagery and wall hanging" and that they "rebuked racism."

However, they offered no apology to Touré or the other people who had been offended by and objected to the art.

After this scandal, Foster's attempted to save face by publishing a ridiculously tone deaf article in the **Hudson River View** that described Foster's as "creating and maintaining a friendly, home-town environment". The entire article completely disregarded the events that transpired this summer.

There has also been concern that the murals in the Rhinebeck post office are offensive. The post office and its 12 murals were commissioned by FDR in 1940 as part of the Works Progress Administration.

While the intention of creating this building was to create jobs and celebrate the history of the area, the images include a shirtless, bone thin slave, hunched over, working in the fields while white settlers are seen standing in billowy white dress shirts. Another shows two black men bent under the weight of heavy bags while two white men stand by with arms crossed, watching them carry the loads to a nearby boat.

The controversy over these images has been recognized by an organization called "I Say... I See..." Dutchess County Historical Society's Bill Jeffway and RHS alum Laura Kufner have made the group's mission to "support informed and civil conversations about the depiction of our shared history in public places."

They will be holding a series of Zoom meetings to allow people a chance to discuss the portrayal of people of color in these murals before the USPS sends out a survey on people's opinions of these historic murals in January.

While it is important to recognize the history of our area, this must be done in a way that is sensitive to the hardships that people of color have and continue to face throughout history.

Although there is still work to be done, it is heartening to see Rhinebeck taking steps towards making the town more inclusive and sensitive in its visual portrayals of people of color.



Is Protest Being Trivialized?

By Isa Hoey-Wasow

Protesting has always been a symbol of resilience, rebellion, and resistance against an oppressive force. By definition, a protest is "an organized public demonstration expressing strong objection to an official policy or course of action."

The closely related word **walkout** is defined as "a sudden departure, especially as a strike or protest." This notion was put into action this October in the form of a demonstration in support of the Black Lives Matter movement.

Whether labeled as a protest, a walkout, or any other term, great progress has been made throughout history through the use of public demonstrations; unfortunately, this allegory for change has a habit of being warped into a performative show of false activism.

To explore this idea of trivialized protest, I interviewed two of the students behind Rhinebeck's recent Black Lives Matter walkout. Hunter Mesuda and Olivia Scott provided an inside view on how a protest can go from a sign of resistance to a misguided representation of a movement.

When asked what her intentions were for the walkout, Olivia Scott responded by saying that she hoped to show support for people of color in Rhinebeck.

"The [students'] energy and motivation were correct," Scott said in relation to how the walkout achieved this goal.

Hunter Mesuda had similar thoughts, noting that the intentions of those who showed up seemed to be in the right place.

However, both interviewees expressed concern regarding the influences behind some of the choices made. Scott presented the idea that some participants' behavior reflected a need to "...prove [their] morality."

In other words, it seemed as though some were appropriating the movement for personal gain.

Mesuda had an observation to back up this claim, pointing out that a large amount of the crowd dissipated after just a few minutes of disinterested behavior and selfies.

The trivialization of protest is by no means present only in Rhinebeck. In order to truly understand this phenomenon, it is important to explore its widespread instances.

For example, have you ever seen an article of clothing available at a large protest that had a slogan of resistance on it being sold for a ridiculously high price? This is more than insensitive, it's actually quite damaging.

It's also a type of commodification of activism. And when this merchandise is available only to the upper class, it feeds into the cycle of the rich profiting off of movements started by the working class.

This is a form of **performative activism**, activism done to increase one's status not because of true devotion to a cause.

Some of the behaviors present at the recent BLM walkout could be described as **performative**.

Although some ulterior motives may have been present, these two student organizers felt that Rhinebeck's recent Black Lives Matter walkout was ultimately a success.

The large crowd of people was safe, driven, and had a powerful message; regardless, it is important to remember how easily activism can turn from advocacy to trivialization.

To push through this possibility, Hunter Mesuda says "Even if it seems you're not getting the correct response at first, keep going."

Or, in Olivia Scott's less delicate words, "...spread the word, and be @#%&* loud!"



Olivia Scott



Hunter Mesuda

A Beginner Activist's Glossary

Preamble: Please note that these are just some of the many terms that you should be adding to your vocabulary, and that each of these have many mutable definitions.

Ally - someone who acts with and for others to end oppression; typically someone in a dominant social group standing by members of a group facing oppression

Anti-racist- thinking, acting, and advocating for equality. For more info read Ibram Kendi's *How to Be Anti-Racist*.

Body Image - the subjective picture or mental image of one's own body.

Body Positivity - A social movement initially created to empower and advocate for plus size people. It advocates the acceptance of all bodies regardless of physical ability, size, gender, race, or appearance

Climate justice - The idea of climate change being an ethical and political issue instead of just an environmental one and putting at risk communities first in our equitable solutions.

Equity -distributing and helping people based on their needs

Equality - treating everyone exactly the same and giving them the same resources

Gender - a range of identities including ones outside of the male and female binary

Gender neutral - not specified to one sex or gender

Intersectionality- a framework for viewing how people's complex and overlapping identities combine to create discrimination or privilege

Intimate Partner Violence - physical violence, sexual violence, stalking, or psychological harm by a current or former partner or spouse.

Privilege -an advantage available to certain people or groups

Sex- the biological label you are assigned at birth

Microaggressions: Death by a Thousand Cuts



Art by Evelyn Cooper

by Sana Cheema and Johanna Doyle

(Trigger Warning: mention of discrimination, s*icide, and mental health issues)

“Where are you really from?”

“Wow, you’re really articulate.”

“Everyone can succeed, if they work hard enough.”

“I’m not a racist. I have Black friends.”

“As a woman, I know what you go through as a person of color.”

“You’re pretty strong, for a girl.”

“That’s so gay.”

You may or may not recognize these, but they are microaggressions.

Hahna Yoon from The New York Times in “How to Respond to Microaggressions” references how the term was originally used in 1970 by Chester M. Pierce who was a professor of psychology at Harvard.

“The everyday slights, indignities, put-downs and insults that members of marginalized groups experience in their day to day interactions with individuals who are often unaware that they have engaged in an offensive or demeaning way” is made by Derald Wing Sue in “Microaggressions In Everyday Life: Race, Gender, and Sexual Orientation” who has written books on microaggressions and is a professor at Columbia, teaching counseling psychology.

Microaggressions are not limited to race; they can pertain to any marginalized group, including relation to gender, sexual orientation, disability, or religion.

It’s also not only limited to words. Actions can hurt too. Like a white

person grabbing their purse when a Black person walks by due to the fact that Black people are sometimes wrongly profiled as more dangerous or thieves.

There are many examples or situations of microaggressions. For example, when someone brings up how they have felt targeted but are immediately dismissed or gaslighted.

Another example can be when a person’s name is mispronounced, but nobody bothers to correct themselves. Sometimes someone will also just give the person a nickname because the person’s name is “too hard to pronounce” or it “takes too much effort”.

Different microaggressions can also play into stereotypes. Things like all black people are good at basketball. Or all Asians are good at math and science. Or being too feminine or hygenic makes you gay or “sus”. Or that women are too emotional and need to calm down when they’re passionate about something.

Microaggressions are not to be taken lightly as they can have long lasting effects on the victim.

People’s surroundings influence them everyday. Language and actions play a big part in that. If they feel targeted or uncomfortable their health can be greatly affected. Their self esteem can plummet and they can begin to have a negative perception of themselves or even others in their community because of something they can’t change.

They may even begin to feel immense pressure to prove themselves or they will conform out of fear.

Their physical health can also be greatly affected. They might eat less, or more, or eat different kinds of food. They

might overwork themselves physically as well.

This all can lead to suicidal thoughts, and no one should feel that way.

Emily Davison, the Director of Special Services, was kind enough to speak to us and answer any questions we had at Rhinebeck Reality.

“Addressing it is what we need to do, in a way that opens up understanding, and opens up a new learning,” says Emily Davison who has been working with the Rhinebeck Central School District Community since the summer as the leader of an equity group.

As the victim it is not always your job to respond, but if you feel comfortable enough it can be beneficial for everyone.

Davison also says it can be harder to identify something as a microaggression when you are not the victim, but we have to have those hard conversations to continue to grow.

In terms of the community as a whole in these situations, Davison says, “It’s absolutely the responsibility to look at the community we’ve created and how we’ve educated our community to identify those microaggressions and support each other.”

I believe we need to do a better job at calling out discrimination and helping other people when they might not be able to do it themselves because it shouldn’t have to be all on them; it can be very exhausting and frustrating to constantly have to explain who you are.

DASA training and Title IX are taken fairly seriously at RCSD, but the victim might not want to go through that process alone because of fear. Therefore, as a community we need to rally around that person or that group of people so that they do feel comfortable enough to share their experiences.

Davison believes not only educating the staff and students is needed but also our families because they are still a part of the community.

When asked about possible sensitivity training she says, “I think it goes beyond sensitivity training. I think that sensitivity training is something that is more passive and maintains a status quo”, or maintains the existing state of affairs.

She goes on to say that she hopes for more people to have a better understanding of systemic oppression, and what it looks like through the school system.

Practicing activism is non-stop. You should be looking to educate yourself and others, so that others can live more comfortably in their own skin.

There’s always work to do and a bigger goal way beyond just Rhinebeck should be to create a system that does not allow its own people to be murdered, assaulted, or discriminated against without accountability.

TEA TIME

**Dear Earl Grey,
Should I date?**

---Anonymous

Dear Anonymous,

It can be hard to figure out what you want yourself when you are constantly exposed to everyone else's experience of the world.

When it comes to dating, the motive should be fully something you want to do; not because everyone else is doing it.

Being in a relationship takes incredible emotional work and communication, and it is important to make sure you're ready for that before you jump into one.

Another thing to ask yourself is what do you want in a relationship? Knowing what you want will help you find the right person and make sure both of you are on the same page.

Especially during COVID, it can be really hard to be isolated from others, but that doesn't mean you need to have a relationship to get through it.

Make sure you have a support system (friends, family or a therapist) that will always be there for you whether or not a romantic person is.

I would recommend answering these questions to yourself, and then moving forward from there. Become better friends with the person you might have a crush on, and see what happens!

Best of luck!



Art by Theodora Hirmes

**Earl Grey,
How can I be more active in my community while social distancing?**

It is so hard to maintain a sense of community when to protect it you have to stay away from it. That being said, there are still many ways to be an active part of your community while staying safe. Read local newspapers, do online research and attend virtual events.

I know it is hard when we have to see everyone through a screen or far away, but one thing that helps me is the realization that everybody is in this situation and we're in this together.

Also remember that the best thing you can do to be active and a good part of your community is to protect it. And to protect it you have to stay away, and that can be heartbreaking.

As for being an activist during COVID, there are many ways to get involved. There are many protests going which you can go to, but make sure to distance and wear a mask.

One of the most important things you can do to help is donate to mutual aid. This is a great way to use your wealth to help people near you without having to go through big corporations. Options for mutual aid are all over, a quick instagram or google search should bring you countless results.

You can also join a local youth activist group! There are so many locally raging in all different topics. I know it's hard right now, but just know that you are doing the right thing and best thing, and we are all so grateful.

Love from 6 feet away,

Earl Grey

Dear Earl Grey,

I keep seeing Instagram posts of people not doing COVID precautions (seeing their friends unmasked, close together and such) and it makes me really upset because

I haven't gotten to see my friends in months. I know I'm doing the right thing by staying safe and helping the community but I can't help feel jealous of them.

---A Concerned Citizen

Dear Concerned Citizen,

That's really hard. I know it can feel really hard to do the right thing when others aren't. Especially when their actions will harm you and your actions protect them.

Let me just reassure you that first of all these feelings are really valid, and second of all, you are doing the right thing. We can not control others' actions fully, only our own. If you only see these people through a screen, not much good is probably going to come from telling them to wear a mask, or calling them a jerk, as much as you may want to.

Although if you see these people in person, it is your right to stay away, or to politely tell them you don't feel safe around them because of COVID.

And of course, if you really feel like they are endangering you (if they go to school with you for example) you can always tell a trusted adult.

Hang in there,

Earl Grey



A Message from Student Council

“No president is the answer. You are the answer. Mass movements are the answer.”

--Alexandria Ocasio-Cortez

Allow yourself a break from the news and practice some self-care. Get outside, exercise, and make YOU-time this week.

We're all in this together.



Write Away the Blues with the Creative Writing Club

Journaling is a great way to revisit a happy memory after a long day, so try these mental health prompts the next time you're having a bad day.

- Describe a peaceful place.
- Write about a favorite memory.
- Describe the perfect vacation.
- Write about how you'd describe yourself to a stranger.
- What was the best compliment you ever got?
- Get a pen pal from PenPal World.



Athletes Become Activists

By Ben Fajardo

In 2018, Fox News's Laura Ingraham infamously told LeBron James and other athletes to stay out of politics and "shut up and dribble".

Today, these same athletes have become leaders in the one of the most powerful movements in American history: the Black Lives Matter movement.

It wasn't always as acceptable for athletes to voice their political opinions as it is now.



In 1967, Muhammad Ali, a lifelong activist and considered by many as the greatest boxer of all time, refused to be drafted to the Vietnam war. As a converted muslim, Ali was opposed to all wars. He stood up for his beliefs and was punished for it. He was stripped of his heavyweight title, banned from boxing during the prime of his career, fined 10,000 dollars, and sentenced to five years in prison.

More recently, Colin Kaepernick took a stand against police brutality by kneeling during the national anthem as an act of protest in 2016. Kaepernick hasn't played since the conclusion of that football season, and many believe he is being blackballed by the NFL.

Many athletes today have begun to

Supporting Our Student-Athletes

By Dominic Umbro-Sclafani

"This senior night was gonna be a big one," Makena Jackson, a varsity volleyball athlete, described her disappointment with the loss of her senior season.

"...All of the underclassmen make us personalized posters and gifts. The girls in my year were the backbone of the team and our absence would have such a large impact," Jackson said.

For safety, many school sports have been canceled or delayed, so it's critical to support students who can't do athletics right now due to the COVID pandemic.

Some kids may be mad or in denial of cancellations, but a way to help them is to give them space to express themselves and help them participate in activities to keep them active.

follow in the footsteps of activists such as Ali and Kaepernick.

Athletes hold tremendous power because of their influence on social media. And after the recent horrible examples of police brutality in our nation, many have used this opportunity to become leaders and spread mass awareness to the Black Lives Matter movement.

Entire player unions like the NBPA (National Basketball Players Association) and WNBPA (Women's Basketball Players Association) have worked alongside their sports leagues, NBA and WNBA respectively, to spread awareness to both Black Lives Matter and the importance of voting. Both the WNBA and NBA displayed "Black Lives Matter" in the center of their courts during the conclusion of their seasons in the bubble and encouraged their players to be involved in the peaceful protests that were organized all over the nation.

They also allowed the players to put personalized messages such as "Equality" and "Peace" on the back of their jerseys, replacing their last names.

Our country is currently very divided. Athletes today have the ability to reach so many different people with their massive followings on social media. Many have capitalized on this unique opportunity to spread awareness and information to new audiences who might not be aware of social issues in society, such as the institutionalized racism present in America.

With thousands of athletes now using their voices to bring awareness to social movements and promote education and voting, there is hope that we can rally together and work as a team.

It is also important to keep them healthy so they don't get sick or depressed.

In "How to Support Athletes through Changes during COVID-19," Kimberly Williams shares tips like being ready to offer support.

Williams says an athlete views their sport as their identity.

They are put at a higher risk for mental health challenges when they are unable

to play. She advises to show support by listening to how they feel, and participating in other activities with them.

The key point is to provide mental health support and help them manage their thoughts and feelings before it affects their quality of life.



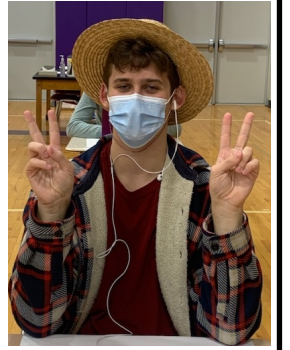
Joey Dull

Playing basketball with friends whenever we can, socially-distanced and masked, of course has been fun.

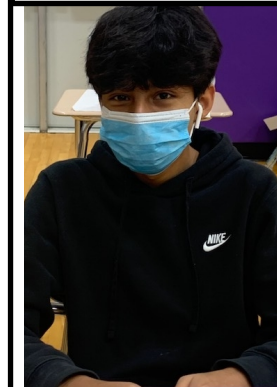


Since there haven't been new games, I've been following my favorite sport by watching volleyball on Youtube.

Mason Leary



RHS Sports Fans Commiserate



Angel Perez

I've been watching soccer on BEI sports. There's no audience, so they play the recording of the fans. You can hear all the athletes talking.



I've been watching football and baseball, but it's definitely weird because there are no fans, so you lose that presence.

Kylie Barbado



Fair Pay for Female Players

By Sophia Schofield

Did you know that a professional male soccer player can make up to \$1.1 million for winning the World Cup, but a female professional soccer player can only make \$200,000?

The US Men's National Team could have earned a team bonus of \$2.5 million just for simply qualifying for the World Cup. This means that they would only have to win between 3 and 8 games. They also earn an extra \$4.5 million bonus just for getting out of the first stage.

Even with two combined World Cup wins for the Women's National Team, they still only make a fraction of the bonus that the men's team makes. The maximum amount of money that the men's team can be paid for winning the World Cup is \$1.2 million. For female players, it is less than \$300,000.

Recently, the USWNT court case about getting equal pay was dismissed. In the US Soccer Federation's response to the dismissal, they never said anything about how they were not pleased with the decision.

"The WNT has been paid more on both an accumulative and an average per game basis than the MNT." Judge Klausner stated per The New York Times.

Judge Klausner was speaking only about the two years when the women's team earned more in advertising money than the men's team. Yes, if you count the ad revenue and the winnings from two World Cups, then the women's team has earned more than the men's team.

But, if you look at what the US Soccer Federation is paying the team and players then it is drastically different.

The men's team also lost millions of dollars for not qualifying and not playing. This singular point gave US Soccer "an arguable reason" to say that the women earned more than the men.

US Soccer made an opening bid of \$9 million offered to the players. The women made a counter-offer of \$67 million, a sum they felt they most definitely earned over time and through their hard work.

As previously stated, the court case was ultimately dismissed and the players got no settlement at all.

Media for Activists

(who are currently on their couch)

By Alejandra Dickens

Maybe you don't have the mindset of a social injustice marcher. Maybe you can't stand crowds, or you are looking for something that can inspire you to change things in the world with the least amount of effort.

This list of media promotes empathy and antiracism. You should still research and fact check on your own, but hopefully this listicle will make you want to put on a meaningful TV show or follow somebody on social media as opposed to watching the Office or even Friends again.

Look for the QR code at the bottom of this page to listen to an activism playlist on Spotify.

Alejandra's Rating System

(I) Inspiring

(P) Promotes change

(DC) Diverse Cast

(A) Actor-activists

Movies & TV Shows

Dear... (A)(I)

See Kaiya's review at right.

The Good Place (2020) (DC)

This show can be found on Netflix. This show explores the afterlife of heaven and hell and the cast of diverse actors that navigate all of the afterlife's twists and turns. This series is one of the most diverse that I have seen in a while and I think each Netflix show should take a leaf from The Good Place's book in their casting.

13th (2016)(P)(I)

This is a documentary that shines light on the thirteenth amendment that permitted slavery in the United States. This title is available on Netflix. This documentary sheds light on the abolition of slavery and how there is a loophole allowing slavery if the person is a criminal. This documentary shows the unfairness experienced by the Black community. This focuses on the mass incarceration in the United States.

Malcolm X (1992)(A)(DC)

This Oscar nominated film is all about the amazing life of Malcom X, African-American minister of Islam and civil rights leader. This title can be watched on Amazon prime video and on HBO max.

Social Media

Think about all the time we spend on social media per day. If we follow the right people, our time on social media apps like Instagram will be better used. I know Instagram is one of my most used apps, so if I follow better accounts I might learn something new and inspiring while sitting on the couch.

Layla F. Saad

Follow @Laylafaad

Author of a book called Me and White Supremacy. Advocating for social change, her Instagram feed challenged people to consider their role in white supremacy for 28 days.

Dr Shola Mos-Shogbamimu

Follow @SholaMos1

"It is not the job of black people and ethnic minorities to educate white people on racism perpetuated by white people," she said during a discussion about racist attitudes towards Meghan Markle. "White folks need to educate themselves on racism."

Rachel Cargle

Follow @rachel.cargle

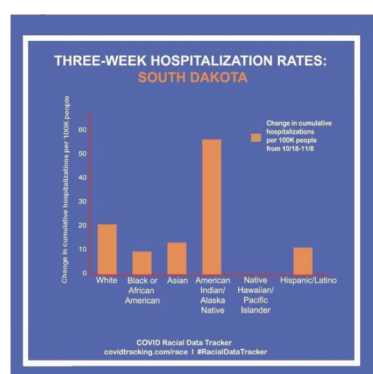
Rachel is a writer and influential figure whose posts will motivate and inspire you.



Ibram X. Kendi

Follow @ibramxk

Ibram X. Kendi is an author who promotes antiracism on his Instagram account. In a recent Instagram post he cited the difference between rates of COVID between white and POC in South Dakota.



Series Review: Dear... Watch and Be Inspired

By Kaiya Stafford

The TV show that I am watching is called **Dear..**, available through Apple TV. It's about famous people doing things to inspire other people to chase after their dreams. People write letters to celebrities, and they tell them how their work inspired them. The people tell their stories and how they chased after their dreams because of the celebrities and their work.

Episode 1 features **Spike Lee**, one of the most famous black filmmakers in history. Some of his movies are She's Gotta Have It in 1986, Do The Right Thing in 1989, Jungle Fever in 1991, Malcolm X in 1992 and Black Klansman in 2018. He said that he wanted people of color to star in his movies. He also spoke out about race, civil rights and the violence happening towards Black people in his films.

In Episode 2, **Lin Manuel Miranda** had gotten a letter from a young father that had a daughter named Sydney. When she was young, she loved doing gymnastics. Then one day she hurt her back, and she was in great pain. She went to the doctor and the doctor said that she had cancer growing in her spine. Sydney loved the **Hamilton** soundtrack and she listened to it about 400 times. When life was hard, she would listen to **Hamilton** to bring her joy into her life. Lin Manuel Miranda is famous for writing, singing and starring in the play.

In Episode 4, **Oprah Winfrey** hosted TV shows about abuse against women. She was abused by someone when she was very young, so he wanted to let women tell their stories. This episode showed how a man in Georgia was inspired to run for elected office in his hometown and fight racism. It started one day Danel got an email from a friend saying "you need to watch this." On Winfrey's show she said that the place where Danel lives White people were telling Black people to go home and also saying that this was a place for White people only. The next day Danel saw this video again but this time he focused on what to do about it.

In Episode 3, **Stevie Wonder** writes music and he sings about things that happened in his life. And he did all of this being blind. He received a letter from a woman named Tracy who woke up blind. He helped Tracy reconnect with the world around her. Stevie Wonder said when you are making music you have to believe it and feel it. His music helped Tracy with her being blind. Stevie once said,

"You make a choice: do you live only up to that point and then give up? For me, I said no, I can't let me being blind determine what I can't do, because I'm too determined to not get beyond that."

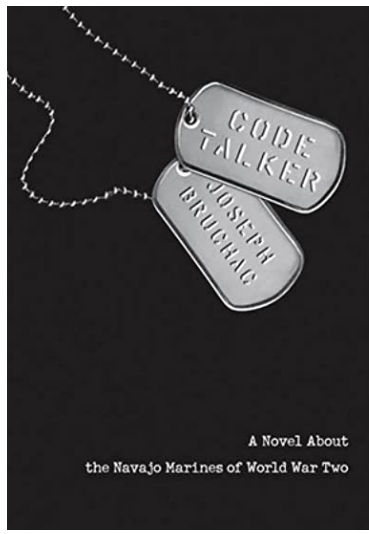
And here's a true story about me having Down Syndrome: My mom paused the episode with Stevie Wonder and told me that when I make choices in my life that influence me I don't give up ever. She said that makes me unstoppable with everything I do in my life.

I always tell myself when I'm faced with a challenge to never give up and I don't want to see myself fail in life. I see myself as that person who does not give up, and I encourage everyone to never give up and keep on pushing your boundaries. I can't let anyone tell me that I will give up. Like Stevie Wonder said, it's my choice to be determined not to give up and that's why this is a true story about me.

Scan this QR code to get to the activism playlist on Spotify:



A Short List of Anti-Racist Reads



Author Visits RHS

Continued from page 1

as part of a push by the US government to assimilate into “American” culture.

The book details their experiences at the schools, including forcing them to leave as much of their culture as possible behind, like cutting their hair short and changing their names to common European names.

A few years later, the boys at the boarding schools were told they could sign up to join the army and use their ‘unbreakable’ language to code important messages between soldiers.

Dr. Bruchac’s fictional character Ned Begay uses the real-life experiences of code talkers to show how the US couldn’t have won the war without them.

Bruchac's Advice to Young Writers

If you want to be a writer, you have to write. Not talk about writing. Not think about writing. Write.

Good writers listen and write. Fix the grammar later.

Rewriting makes writing worth reading.

Listen and be kind--- it will take you a long way.

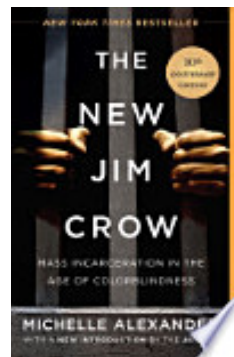
I asked Dr. Bruchac how he thinks the code talkers were able to focus on winning the war and saving the place they had always known, despite how they had been treated in the residential schools.

He said that since the men cared so much and felt so much pride for the land here, they thought it would be best to help the government as much as they could.

He shared also that holding on to guilt and anger is like holding a cup of dirty water. It is of no use to you. In other words, don’t carry grudges around against somebody because doing that would just hurt you.

Thank you, Dr. Bruchac for a great read and for sharing your wisdom!

Nonfiction

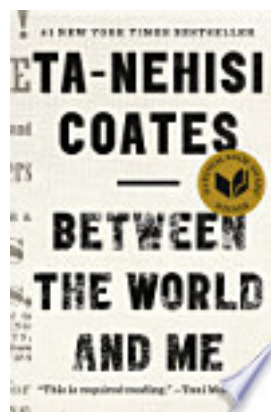


The New Jim Crow: Mass Incarceration in the Age of Colorblindness by Michelle Alexander

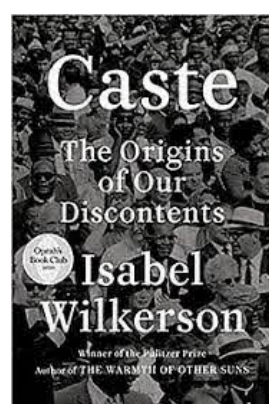
Michelle

Alexander depicts a U.S. society under a social hierarchy. One where African Americans are identified as second-class citizens. Countless African Americans have been imprisoned and stripped of the rights won during the Civil Rights Movement. Alexander argues that the system, which is protected against any legal objection, has an underlying prejudice against people of color. And it will never be beaten unless real change to the distorted system takes place.

Between the World and Me by Ta-Nehesi Coates



Coates wrote this book in the form of a three part letter to his fifteen year old son about what it is like to be Black in the United States. The first part of this three part book explores Coates’s childhood and his journey of beliefs as he gets to University and leaves without his degree. The main event in part two is the police murder of Prince Jones, who Coates met at Howard. The second portion of the book shows Coates’s rage about the American police system that killed his friend without being charged. In the third part Coates visits Prince Jones’s mother and he rethinks his thoughts on nonviolent protesters which he previously disagreed with.



Caste by Isabel Wilkerson

Isabel Wilkerson takes the idea of caste out of Indian history and skillfully makes the argument that

the most violent manifestation of this kind of stratification is in the U.S. treatment of Black Americans. With detailed historical research, she

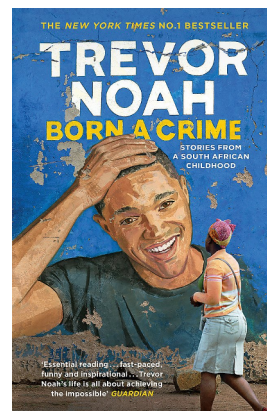
presents the three resonant caste systems in history: India, the US, and Hitler’s third reich--and the inspiration Nazis took from the US’ segregationist structure. Wilkinson writes with powerful imagery and characterization in her poignant discussion of power hierarchies.

Born a Crime by Trevor Noah

Born a Crime is about Trevor Noah and his life growing up under

apartheid in Soweto, South Africa. It consists of short stories from his childhood interspersed with history of racial segregation.

The juxtaposition of funny stories with the horrors of apartheid make it an informative and engaging read.



Fiction

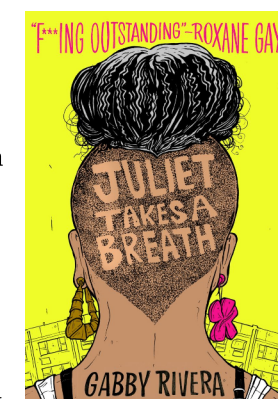
The Hate U Give by Angie Thomas

This eye-opening novel depicts a young girl (Star Carter) who experiences the death of a close friend at the hands of police. She struggles with racial injustice and discovering who she is, living in a poor community but attending a wealthy prep school.



Juliet Takes a Breath by Gabby Rivera

This wonderful book follows the story of Juliet, a recently out Puerto Rican girl from the Bronx. She comes out the night before leaving for Oregon to be an intern for her favorite writer, afraid her mom may never talk to her again. Along the way she meets many complex and interesting characters and explores what it means to identify how she does. This book explores themes of racism, homophobia and finding yourself in a world that was built against you.



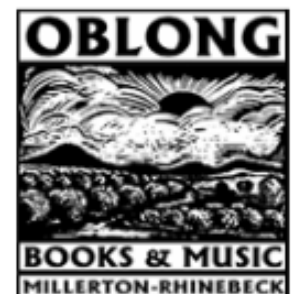
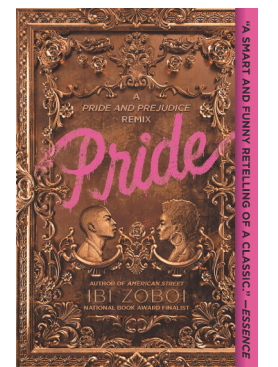
The Vanishing Half by Brit Bennett

Number one on *The New York Times* fiction best-seller list *The Vanishing Half* is about twin sisters who after growing up together in a small black community, run away at age sixteen. One sister passes for White; the other lives as a Black woman. This novel is not just about their daily lives that is different as adults, it's about everything: their families, their communities, their racial identities.



Pride :A Remix of Pride and Prejudice by Ibi Zoboi

When I first read *Pride and Prejudice* to be honest I thought it was kind of boring. Then I read *Pride*. It is a version of Jane Austen's novel set in Brooklyn, but it is set in the present day. Similar to *Pride and Prejudice*, at first the character like Elizabeth Bennet (Zuri) doesn't like Mr. Darcy’s character (Darius) because he is rich and arrogant. There are conflicts like paying rent, getting into a good college, and a neighborhood that is no longer home. The novel has the same outline as the original book, but it is more interesting for readers today because they can relate to some of the conflicts in the book and you learn about the difficulties of living in an urban area. (Rose Wheeler, BMS 6)



Here is a QR code link to Oblong’s Anti-racist reading list. Support local bookstores!



Comic by Laila Alam



Rhinebeck Reality

Our Mission Statement

Rhinebeck Reality is the voice of the RHS student body. Our staff is dedicated to giving voice to the voiceless and committed to talking about RHS in all its complexities: the triumphs, the defeats, the things no one else might want to talk about.

Our goal as student journalists is to gauge the concerns and opinions of the student body as a whole and speak truth to power at both the student council and administrative levels.

We vow to acknowledge our own biases and seek information that challenges our own views as we learn to separate fact from opinion.

We hope to engage the student body as readers and invite them to join us in changing our school for the better.

Our Staff

Editors-in-Chief

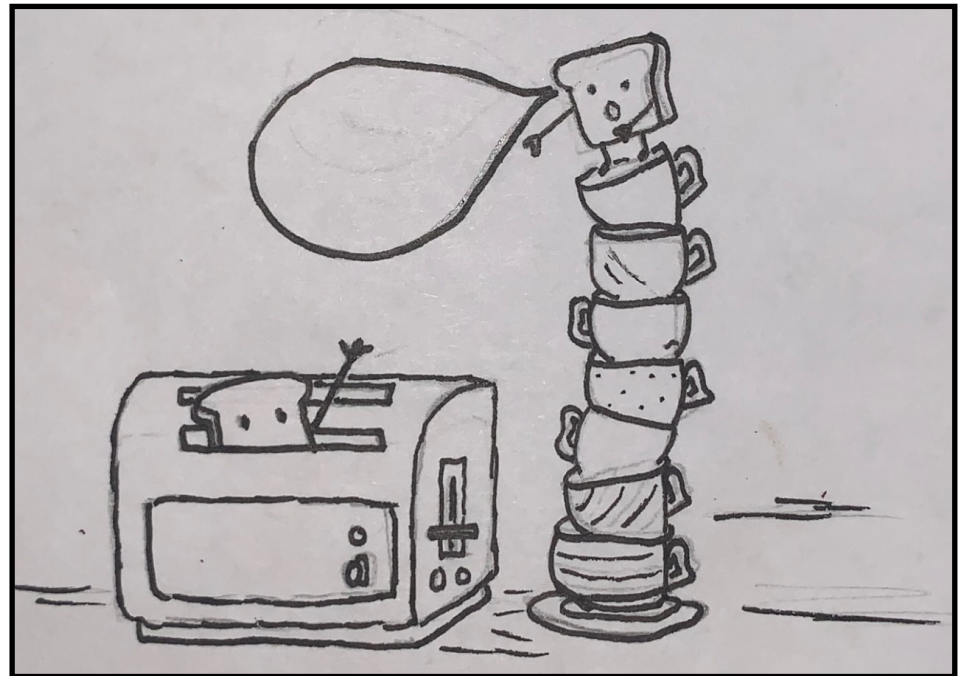
Oona Shain
Theodora Hirmes

Reporters

Sana Cheema
Steven Christiana
Alejandra Dickens
Johanna Doyle
Ben Fajardo
Thomas Hewitt
Isa Hoey-Wasow
Gabrielle Lamprou
Jasmina Lodoie
Ryan Milne
Olivia Selby
Sophia Schofield
Kaiya Stafford
Dominic Umbro-Sclafani

Join the Rhinebeck Reality club on zoom at 2:45 Thursday's or sign up for the Media Communications elective.

Caption Contest



Art by Oona Shain

Write a caption for this cartoon.

Send it to rhinebeckreality@rhinebeckcsd.org.

The best captions will be published in the next issue of the newspaper.

Rhinebeck High School Yearbook Staff needs you!

We are in need of staffers to help put together YOUR BOOK.

Do you have a cell phone? How about a computer? A laptop? Or even a tablet? Do you like creating on your screens? Then you have the tools and skills needed to help be a part of creating YOUR YEARBOOK.

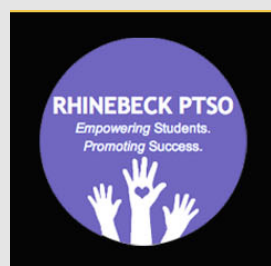
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