

THE RAILROADER RUNDOWN

The latest news and updates from Whitehall High School



PHOTO COURTESY OF MRS. LINDBERG

A SIDE VIEW OF THE PAINTED PARKING SPOTS DONE BY THE SENIORS OVER THE COURSE OF THE LAST WEEK OF SCHOOL.

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Seniors Leave Their Mark on the High School Parking Lot

by Louis Pratt

During the week of August 29th, seniors at Whitehall Jr. Sr. High left their mark on the main parking lot.

Inspired by other schools on TikTok, seniors were given the opportunity to paint their parking spot in any appropriate way they would like.

From album covers, to daisies, and even a Mean Girls inspired spot, the parking lot was given a bright new coat of paint!

Braydee Benjamin, a Student Council

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PARKING

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..for the Senior class was ecstatic when she found out this project was happening.

“As a class, we have been working so hard to create new traditions for our school and to be heard as students.” Benjamin said, “I’ve always wanted to paint a parking spot and was so excited when it got approved!!”

Approval was the first step of the project.

Senior Class President, Blake Bird, and Student Council President, myself, attended multiple meetings, created guidelines and regulations, and did whatever it would take to make this happen. Every step of the project was analyzed heavily, even what medium of paint was the safest to be used. Then after a couple weeks, the project was approved and released, and seniors began painting!

Many seniors found that painting their spots was a lot more work then they had realized. However each and everyone of them would agree the juice was worth the squeeze.

“I really enjoyed going with friends to paint our spots and to have something I’m proud of that everyone gets to see!” Benjamin added, “It’s so much fun and the fact that it can now be something else that seniors get to look forward to doing is so exciting!”

Most hardware stores were running out of supplies during the week, so some seniors had to go on a mission to look for specific supplies! Primer, paint rollers, and paint itself were just a few items that the seniors were constantly needing more of.

Cost was also another factor in the project, each senior had to pay \$20 for their spot. The \$20 then was split up and donated to The Country Cupboard, to continue their efforts to give back to our students, and to SADD, to fund a project based on the painted parking spots.

It is safe to say that the seniors have left their mark already, with the variety of colors and vibrance these spots are hard to miss!

The senior class officers would like to thank Mr. Burgess, Mr. Dee, Mrs. Lindberg, Officer Casertino, Ms. Greenough and the Building and Grounds staff for their efforts in making this project happen!

Do you believe in Sasquatch?

by Haylee Pratt

On Saturday, September 24, 2022, Whitehall held its 6th annual Sasquatch Festival. It's an all day event from 10:00 am till 6:00 pm. The festival holds a Sasquatch calling contest. People from all over the country and even from other countries attended the festival throughout the day. If you win first place in the calling contest you would get Chamber Bucks for any business that's a member of the Whitehall Chamber of Commerce. The second place winner gets a Stewart's gift card. There were a couple of food trucks, people selling baked goods, and people selling stuff they made.

The Annual Sasquatch Festival is good for our community. It brings money for our town and brings our community together. I was the part of the SADD booth and we were doing suicide prevention. If people signed the yellow ribbons they would get to spin the wheel and then they would get a prize. If people donated money we would put down their names and numbers and they could possibly win gift cards like Subway, Amazon, and Dunkin Donuts. The SADD group went around and took pictures of people and we also passed around kind Post-It notes and bottles of water. This was my first year working the booth, and I would definitely like to help run the booth again next year.

The Sasquatch Festival won't be back for another year, until mid-September of 2023. I hope that at next year's festival there will be more food trucks and more people to come visit. I believe this event is a great time and everyone should experience it.



PHOTOS COURTESY OF BARBARA SPOOR



PHOTO COURTESY OF CANVA

Whitehall is No Place for Hate

by Shea Randall

No Place for Hate is an initiative in the WCSD community that has the goal of keeping our community in Whitehall inclusive and making sure that we keep it a safe place for everyone. It strives for everyone to treat individuals with full dignity and respect. The advisor of No Place of Hate, Mr. David Gale, will be available if you ever need help with anything.

Designations for No Place for Hate come with a few steps in WCSD. They're trying to get as many people to sign the No Place For Hate pledge. That will kick off the year in WCSD. The club will be addressing issues that happen in our school that can make our school a more inclusive environment for everyone. Those activities will be driven by students in WCSD, and they will include learning within those activities.

As the school year goes on, No Place for Hate will have more ways we can learn to respect everyone. In the future you may expect more activities just like the bake sale that went on last year that was meant to benefit the WAIT house in Glens Falls, or when they had Sgt. Deguzman come into the school where he had talked with us about his personal experience of racism while in the military.

Always remember if you have any questions you may contact the advisor of No Place for Hate, Mr. David Gale, in the guidance office or the three officers, Charlotte Townsend, Mackenzie Greene, and Annon Breault.

Girls Basketball Season

by Samantha Howland

Open gym for our JV and Varsity girls basketball team started recently and a lot of the team seem excited. We have about 15 girls between both teams who are getting the preseason work in twice a week.

This year we are looking to be very competitive in the league and even sectionals. Our non-league games, on the other hand, will be a challenge. Coach Hunt put us in a tournament at SUNY Adirondack during Martin Luther King Jr weekend. This put us up against Ausable Valley and Peru.

That tournament isn't the end of our non-league games! We are playing teams I've never even heard of, which is a big step up from the smaller schools we have played in years past such as Crown Point and Poultney.

The season officially begins Monday, November 14th, and our first scrimmage is not long after. Even Coach Hunt seems excited and eager to see how his 2023 varsity basketball team is going to look against these new schools. Last season we had a tough loss to Corinth and this year we are hoping to redeem ourselves.

Basketball is my favorite sport and I am very excited to see where this season brings me as a player and our team, especially this being my junior year and having played with the seniors for years. There is no doubt that I will miss them next season.



PHOTO COURTESY OF CANVA

Faculty Spotlight: Mistretta

by Kerra Panoushek

School is back in session, Railroaders! Students have had to adjust to school hours instead of summer hours, some had to adjust to school sleep schedules instead of summer sleep schedules.

Ms. Mistretta is one of the teachers here that is amazing at her job. While teaching Global 9 she also finds ways to make students understand. Ms. Mistretta has been through school and already knows everything she's teaching, but she doesn't make it boring. When I would sit in Ms. Mistretta's class, I almost never had questions. Things were explained in ways I've never heard before, she gave activities to do, but we learned while doing it. I don't think there was ever a day I was in her class when I didn't learn something.

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Mistretta

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Now I could sit here and talk about Ms. Mistretta forever, instead I decided you could hear what she had to say about teaching. When I asked Ms. Mistretta if I could interview her for my article, she was more than happy to help me. I asked what led her to teach Global 9 and the answers I received were shocking. She told me how she didn't start in education. Instead she was in Pre-Law. Her boss had programs for disadvantaged youth, she likes working with disadvantaged students, she said it gave her a challenge. She also said that she has always had a passion for history. That's when she decided to intertwine them. Ms. Mistretta then went on to work with younger challenged kids and she helped them learn. She earned a masters in education degree, and applied to several places for a job. She got lots of offers but chose Whitehall so she and her husband could stay in the area.

When I asked about why she was so passionate about history, she told a deep story that holds a lot of meaning. Ms. Mistretta explained that both of her parents were children of immigrants who came here for a better life. She explained to me that she was always immersed in history, all of her family vacations were to historical sights. Another thing she said was that we are history, we're making history with everything we do. Even all of the little things are a part of history, and with history, there is always something new to find out. There are people who were left out of history and silenced and she wants to make their stories told.

Ms. Mistretta sees herself "like an onion, I have layers." and she is right. There is a lot to learn and all you have to do is ask.

Faculty Spotlight: Etu

by Lily Stone

Mr. Etu is a chemistry/physics teacher here at Whitehall Jr/Sr High School. He has a very unique personality and teaching style that has impacted students for years. Mr. Etu impacts students every year with his unique teaching style. "As a teacher, I try to be unique in my understanding of students' lives. I try my best to work with students around due dates, missed classes, and missing assignments. I have found that no one likes a person who is inflexible." Mr. Etu strives to remember that students have a lot of other events in their lives other than just focusing on Science outside of the classroom.

see **ETU**, pg.7

The Importance of Self-Care

by Maira Ventura

Now when you think about self-care what comes to mind? Reading? Relaxing? Working out? Eating healthy? Well you're right, whatever it is, all that is self-care. Even just complimenting yourself is self-care. But the thing is not a lot of us do self-maintenance or realize we should. But hopefully by the end of this you will understand and practice this more in your daily routine.

First of all in order to start you need to understand what self-care is... it is taking the extra step and not just attending to physical needs of food, hydration, and hygiene. You need to find the things you like to do and what makes you feel at ease or what makes you feel emotionally and physically good. Something you might want to consider is that you should try multiple things and a range of activities to see what works for you. If you want to try something easy then maybe practice gratitude first thing in the morning.

These are some things you might want to keep in mind, people's approach on self-care may vary from person to person. What works for you may not work for others so you should probably try many different things until you find the right thing just for you. Also this is not just a one time thing, you need to keep practicing it and making it into something that you do very often. Doing this consistently can help manage stress and

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Etu

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For Mr. Etu, teaching seemed like the obvious career choice. "Becoming a teacher always seemed like a natural career from an early age. I loved school growing up and it helped that I was a successful student. I can pinpoint some role models, my aunt and a former teacher being two of the most important. I can't really imagine having any other job than being in the classroom. Once I started, I found that teaching is an extraordinary profession." He also shows interest in helping students grow, not only in the classroom, but outside of it.

Mr. Etu also has a very unique way of interacting with students; he often jokes around with students and tries to lighten the mood. "I like to think that students can recognize when I'm holding them to high standards. I think the world needs to take itself a little bit less seriously. Laughing at our own mistakes or situations helps us keep a better perspective on our lives. We all do and say things that are embarrassing, so let's embrace it. Remember, it's always about building character."

Self-Care

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Implementing these self-care tips into your day to day or weekly routine is not only important for your mental health, but the more we repeat and practice self-care activities, the more creative, confident, and productive we are. Aside from that we also experience more joy, make better decisions, and communicate more effectively.



PHOTO COURTESY OF CANVA

Your self-care options will depend on what works for you, and what you enjoy, and your energy levels, personality, and other components. Never feel bad for taking care of your mental wellness and yourself. You deserve it and are worthy of it.

Pets!

by Gracie Whitaker

Having a pet can have many different benefits. Some of these benefits include stress relief, protection, and even just for sensory regulation. Some pets will be tough to handle at times, but once you get past the wild animal, you will receive a great companion. Throughout training a pet, there is always that time when the pet finally figures out the trick, putting a smile on the owner's face. Some pets don't need to be trained like chickens, cats, and ducks.

Pets can be stress relieving and here are some reasons why. Most pets need attention and will usually want to cuddle, making some people's day turn around. Pets can be very funny. For instance, dogs sometimes will chase their tails or they will fling their toys around in the air as they hold it in their mouth. Some pets know how to put a smile on anyone's face.

Most pets are very protective of anyone they care about. Dogs especially are very protective of their owners and property. Sometimes they are trained to find people that could be dangerous. Most of these trained dogs are for people who have lost their sight. Some dogs are even trained to follow a certain smell for emergency departments.

see **PETS**, pg. 9

The Effects of Vaping

by Ambar Cijka

There are Pros and Cons of Vaping, there are numerous of both. I am going to start off with the Pros of Vaping. There are many pros to vaping that I will be talking about which include they are better than cigarettes, help to stop addiction, and many more. There are many things in cigarettes that are not in vapes that are highly addicting which include tar and even carbon monoxide and these are the two most harmful elements that are found in cigarettes and it has been proved that switching to e-cigarettes have improved their vascular health and there lung function of asthma patients. Vaping helps most people stop addiction using a vape has been shown to have the highest success rates among people quitting to smoking, at around 60% to 74% in 2019 to 2020, according to PHE. These have been found to help people quit altogether.

There are cons to vaping as well such as harmful substances, they are appealing to teens, and can lead to smoking. There are many harmful substances in them such as nicotine which is an addicting substance that is found in cigarettes and cigars as well as other toxins. Vapes and E-cigarettes do not have a vapor but aerosol which if you inhale it can increase your risk of getting a disease or infection. They are also appealing to teens and very young adults because there are many different devices such as pens, pods and disposable vapes and with these options there are different flavor choices. As well they are cheaper than cigarettes. They can lead most teens to smoking cigarettes because there is nicotine in cigarettes as well as in vapes. That non-smokers were three times as likely to start smoking if they used e-cigarettes.

PETS

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Pets can also be good for sensory seekers. Most pets have fur that is fluffy and nice to pet. Some people can have a hard day, either at school or work, and going home to a fluffy cat can make your day. Sometimes while doing hard work, it can be stressful so having a cat is one way you can feel better by petting them.

In conclusion, the time and effort put into your pet will become a stress-relieving, protective, sensory pet. Being able to come home from a bad day to pets that need attention, makes you laugh, protects you from any dangers, and you get to go home to a fluffy pet.

New Visions: An Inside Look

by Emma Parker

New Visions is a one year program that gives students insight into their career exploration. The program is an element of BOCES and offers programs of two pathways: medical and engineering. It allows motivated seniors to be with like minded students interested in their field.

The New Visions program is often mentioned to students interested in either the health or engineering fields by guidance counselors and teachers around their junior year of high school, the time when they would be considering to apply. If a student seems interested, a guidance counselor can assist them in the application process and reviewing more about the program. New Visions offers information nights and sometimes even virtual meetings with current students so those considering it can be sure that this is something they're interested in prior to applying.

Once a student seeks to start their application process for the program, they can visit a guidance counselor to begin doing so if they have not yet received the materials from an information meeting. To apply, students fill out an application on paper, build a resume, obtain two recommendations from teachers and finally participate in an interview to determine their placement.

Following my completion of the application process, I was accepted into the New Visions program for this school year. I love the atmosphere in our classroom and being around people that have similar goals as I do. I am able to learn about the things I am interested in while receiving first hand experiences in the medical field. I can't wait to see where this program takes me and am looking forward to a momentous year.

New Visions: An Outside Look

by Lily Stone

Senior Emma Parker has been attending the Medical New Visions program since the start of this school year. Emma's goal of attending the New Visions program is a firsthand experience to her future career goals in medicine.

She only attends New Visions for the first half of the school day, but going to a new school in a different area for her senior year is a scary experience. But Emma has said she loves the environment because everyone there has similar interests and goals. Emma expected the courses to be rigorous and to challenge her and they are doing exactly that. She also expected her workload to be just as difficult but Emma said, "If I manage my time well then it is doable."

When Emma decided to go to New Visions, she thought about how this would prepare her for her future. She said that it was preparing her by giving her hands-on experience. This program also gives Emma a lot of career-exploration in the medical field.

After hearing how good this program has been for Emma, I would encourage anyone who sees any interest in the program to apply and get the same experience and exploration she is having.

From Teenager to Pop Icon

by Kendall Blaise

It started with a 16 year old who had a dream. This is how Harry Styles became the big super star that everyone knows and loves today.



PHOTO COURTESY OF CANVA

When Styles was only 16 years old, he went onto the X Factor, which is a British reality TV music competition. He first started his X Factor journey competing as a solo artist in 2010. Styles got through to the second round but then got sent home...so we all thought. Very shortly after he was told that he was being sent home, he was then told that he was going to be joining a group with four other boys and they would continue the competition as a boyband. This group of boys, Louis Tomlinson, Zayn Malik, Liam Payne, Harry Styles, and Niall Horan, then became the famous boyband One Direction.

Harry Styles was in One Direction for 5 very successful years. After the X Factor, the boys very quickly grew fame all around the world. Within the 5 years, One Direction released 5 albums (which is very impressive). But as much as I love talking about One Direction as a group, this article is about the wonders of Harry Styles. Let's fast forward a few years to when One Direction decided to go on hiatus in 2016.

This is where the birth of Styles' solo career started. After One Direction split up, Styles started writing his debut album. He released his first single, "Sign of the Times", in April of 2017. Sign of the Times broke billboard records all around the world. It sold 142,000 copies, earned 16.5 million streams and 23 million airplay impressions just in its first week of being out. Shortly after "Sign of the Times" came out, he then released his first debut album, *Harry Styles*, in May of 2017. This album debuted at number one on the US Billboard 200 with 230,000 album-equivalent units. It is the highest first sales week for a British male artist's debut album since 1991.

Taylor Swift continues to break records with new album, *Midnights*

by Louis Pratt

Taylor Swift, world phenomenon, released her newest album *Midnights* on October 21st. This album was based on the stories of 13 sleepless nights scattered through Swift's life. Just as expected, Swift created another record-breaking album.

Within its first five days the album had the fifth-most streams in a single week by an album ever. The album, with 1.4 million equivalent album units, surpassed Adele's hit album *25* for having the largest week. This has been one of Swift's biggest sales weeks for a set since *reputation*, the records and sales aren't the only things being blown away by the album, fans are over the moon.

Kendall Blaise, the Swiftiest of Swifties, was anxiously awaiting the drop of *Midnights*, and when she listened for the first time she was not disappointed.

"Taylor [Swift] is the most expressive and open she's ever been in an album," Blaise explained.

"I love how the songs on the album are from all different time periods throughout her life." Blaise exclaimed, "It feels like puzzle pieces that tie into songs on her other albums!"

Midnights has taken over the hallways of Whitehall Jr. Sr. High as well. Mr. Etu, diehard Taylor Swift fan, has been keeping tabs on everyone's favorite song of the album. From "Karma" to "Bejeweled" his personal favorite altered as the release week went on.

"It's me, hi, I'm the problem, it's me." Swift stan, Mr. Java, sings each day on his way to get lunch. At first students who had not listened to the album were very much confused as to what Java was saying to them; the Swifties clearly caught on.

Midnights can be streamed on Apple music, Spotify, and other music streaming platforms. After you give it a listen, make sure to inform Mr. Etu of your favorite!

Pop Icon

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During 2017, Styles also started his acting career when he starred as Alex in Christopher Nolan's movie, *Dunkirk*. Since 2017, Harry Styles has starred in three other movies. Styles has joined the Marvel universe when he starred as Thanos' brother, Eros, in a post credit scene at the end of the movie *Eternals*. He played the main character Jack Chambers in *Don't Worry Darling*, and Styles also played Tom Burgess in his newest film, *My Policeman*.

Since Harry Styles has released his first debut album in 2017, he has also released two other solo albums. He released his second album, *Fine Line*, in December of 2019 with the Grammy winning song, "Watermelon Sugar". This album sold over 3,000,000 copies, and topped the US Billboard 200 with 478,000 album equivalent units in the first week of being released. His most recent studio album, *Harry's House*, was released in May of this year. *Harry's House* has since debuted at number 1 on the Billboard 200, while the lead single "As It Was" has spent more weeks at number 1 on the charts than any other song this year.

From a very young age, Harry Styles has been a man of many talents. He has inspired so many people, and I cannot wait to see the impact that he will continue to make not only on his fans but the rest of the world in the future.

Teens Don't Have It Easy

by Kerra Panoushek

Teenagers go through a lot of stress but choose not to talk about it because it makes them “weak.” They hold it in and it hurts them inside; they will keep letting

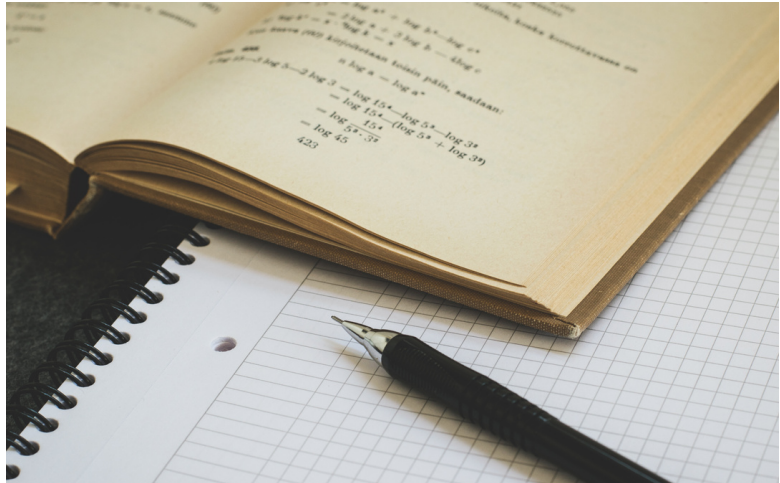
it hurt them until they find a way to relieve the stress by either taking it from mental/emotional pain to physical pain. Other’s teenagers resort to drugs to numb the pain so they don’t have to stress anymore.

A lot of people would say, “They’re just kids, what do they have to stress about?” As shocking as it may seem, teenagers stress about a lot for good reasons, they’re not always being overly dramatic. Most teenagers wake up extremely early, go to school for 6-7 hours, get home from school and go to work or participate in after-school activities such as sports and clubs. Within those six-to-seven hours of school, teenagers have multiple classes, some with little classwork and homework and some with a lot of class work and homework. If one teacher decides to give you three assignments due next class but your last class gave you one and your next class gives you two. Now you have six assignments to do in one because they’re all due within the next class or two. Sometimes teenagers have trouble with time management, so learning how to budget their time wisely is a skill they need to learn.

There are teenagers who need money personally or their family needs money so they get a job to help out and typically have to go to work right after school and all weekend in order to make a nice paycheck.

After work those teenagers still have to come home and finish all of those assignments. Additionally, if that teenager has chores at home they also have those tasks to do.

Some adults may think, “I wake up earlier than they do and I go to work all day. If I can do that, this is nothing for them.” Teenagers go through a lot behind the scenes, and sometimes they can’t handle it. Sometimes when they can’t handle it, they resort to coping mechanisms that can negatively impact their lives.



Spirit Weeks

by Haylee Pratt

On October 11-15, 2022, Whitehall High School held its Annual Homecoming Spirit Week. It's an all day event from 7:30 am till 2:00 pm. The Spirit Week holds a contest where you get to win a prize at the end of the week. If you win one of the Spirit Week events you would get a free single scoop ice cream gift card to Stewart's or a bag of candy.

This Spirit Week is good for our school. It brings happiness to our school and brings the kids and teachers together. This year's daily themes were Twin Day, Holi-Day, Generation Day, and Maroon & White Day. On Twin Day you had to match with your friends but if you didn't have a twin they had a Google Form to set you up with a partner. On Holi-Day you had to dress head - to - toe as your favorite holiday. On Maroon & White Day you had to dress in your best maroon and white. The yearbook committee went around and took pictures of people who had their costumes on.

The Annual Spirit Week won't be back until December 2022. I really hope that in December's Spirit Week that even more people will participate. I believe that this is an awesome time and I am very excited to see everyone have School Spirit and Holiday Spirit.





PHOTO COURTESY OF CANVA

Food Insecurity During the Holidays

by Shea Randall

As the holidays are coming up people will start to put together food for their families. Holidays bring people together around the table to eat food with each other. The sad part about this is that people are facing financial problems which can ruin the holidays for them. These problems can affect the health of them which can lead to immediate or long term health issues.

Schools will provide food for children who qualify for the free or reduced lunch. Oftentimes, this helps feed children their only nutritious meals. As schools start closing for winter break, that means that these meals that they depend on will temporarily disappear. This means that people like their parents and grandparents will skip their meal just to have food on their children's plates. Skipping meals is not good for your health and it can cause health issues. Families who struggle with money tend to buy fast food or anything that is unhealthy but they are able to afford. This will make your children have a higher risk of developing obesity and higher blood pressure. As of today, this struggle continues to get worse day by day.

Food insecurity can be seen as a bigger issue during the holidays. There are ways to help out with this problem, though! Things you can do to help out with the food insecurity problem is by making a donation or volunteering to help with a local hunger relief organization. Look for opportunities to donate to your community during December 2022 right here at school!

Student Life

by Gracie Whitaker

Many students are experiencing signs of depression, anxiety, and stress, especially during the school year. Students these days have noticed that staying away from what they are stressed about is better than confronting it. Staying out of school just to get away from the schoolwork you are assigned, getting out of school early when you are stressed over the work you are given, and being late to school everyday missing some of the harder, but important classes.

Staying out of school for too long without doing the work that you are assigned can get you in lots of trouble. If you miss the classes you are missing valuable information that your teachers give to the class. Once you miss one class and you try to do the work at home, you might fall behind making you quit and stop working. When you stop working you will fall behind making a huge pile of missing work make you even more stressed.

Getting out of school early because of the work you are given is not acceptable if you get out just for the work. When you skip the rest of the day you get all the work you missed pushed your way. You might get stressed over the work and the more you skip the rest of the day, the more work you will have to do or makeup.

Being late to school once in a while is understandable, but if you are missing classes for being late everyday, you miss work that you had time to do in class. Many days will go by without you noticing and you don't know how much you are missing by being late. Multiple students that are late every day, missing classes may experience a large amount of anxiety.

All this stress and anxiety can go away if you are in school and do the work on time. Making piles of work for yourself is not the way you should spend your life. This anxiety has left students with a deep state of depression. Students who are experiencing this level of anxiety should seek help from their teachers, school counselors, and their families.



A Culture of Punishment

by Emma Grace Parker

Through extensive research and several behavioral studies, it has been found that punishment is not an effective way to change a behavior in any environment but we especially notice its adverse effects in our nation's prison systems. Recidivism rates in offenders are incredibly high, yet our prison systems are meant to invoke rehabilitation; so what about them is not working?

Within prisons, offenders are often defined and labeled by the crime that put them there. Many of us tend to think in a manner that is only in black and white: They did something wrong so they should be punished. However, the precursors to why someone commits a certain crime are often neglected. We forget to think about a prisoner's psychological and social background and what exactly caused them to commit a certain offense; we often forget that they're human too. We place blame on them and punish them as that is easier than making an attempt to understand, to empathize.

Within the walls of a prison, offenders are isolated and have no safe space to express how they feel. Because of this, prisoners can become depressed and sometimes even suicidal. Not to mention the negative impacts reform systems in prisons have proven to have on someone's mental health following their release. Offenders leave prison more alienated, traumatized and without the social skills fit for a modern society. They leave completely alone and with no support, often ostracized from society and unable to escape the label of a "felon".

Former prisoners have significant difficulties reintegrating into society following their release which provides reasoning for high recidivism rates. The system is, unfortunately, focused primarily on punishment rather than rehabilitation and tends to leave prisoners in worse shape when they leave than when they arrived. If we truly wish to seek rehabilitation for past offenders, the culture of our prison systems will have to change significantly.

**Want to read more breaking news stories?
Stay tuned for Quarter 2's issue of The Railroader Rundown!**

Meet Our Team!



Louis Pratt

- Head Editor
- Announcer
- Social Media Manager
- Writer

This month's writers also include: **Haylee Pratt, Gracie Whitaker, Emma Parker, Lily Stone, Ambar Cijka, Samantha Howland, Louis Pratt, Shea Randall, Kerra Panoushek, Kendall Blaise & Maira Ventura**



The Railoader Rundown is a one-of-a-kind school newsletter run by Mrs. Short and Head Editor, Louis Pratt. Our stories are written by students and are not works of plagiarism.
