

JAMES F. RHODES
HIGH SCHOOL

5100 BIDDULPH AVE
CLEVELAND, OH 44144



The Rhodes Review

Volume 9, Issue 4

February-March 2018

Did You Know?

OST Prep Schedule

Tuesdays:

- English

Wednesdays:

- Math

Thursdays:

- Science &
Social Studies

All sessions will take place from 2:30 pm-4:00 pm in rooms 206 or 210

Save the Date

March 22

Parent-Teacher
Conferences
(No School)

March 24—April 2
Spring Break
(No School)

April 3
Classes Resume

Anime Club

By: Zamaria Dodig-Lamar



JFR Anime Club at Nyan Con

James Ford Rhodes has many after school programs. However, not many people know about the Anime Club. This club was founded on March 20th, 2015. The Anime Club is one of the first clubs of its kind in the district. The club has changed a lot since its inception. The first meeting gathered in the library and didn't have its own classroom. There were Anime Club posters covering the halls and their commitment was strong. The club creates art, writes Manga, and discusses anime.

Officer Praetor took over the anime club from Ms. Eiland in early 2017. He found the club's permanent home in Room 216. The meetings take place between 2:30 PM and 3:45 PM on Thursdays. The club has game day on the last meeting of each month. On these game

days, people either bring handheld games or sometimes someone may bring in a PlayStation or Xbox. Everyone is treated like family in the club. People may watch anime, write, or draw during the meeting. There is an awards ceremony at the end of each year.

The Anime Club goes on three field trips. They go to two comic cons and an Asian festival. Some Anime Club members do cosplay, dressing up as their favorite characters, when they attend these field trips.

The first Con they went to was Nyan Con at Lakeland Community College in 2017. Their upcoming field trips are to Zip Con at Akron University and the Cleveland Asian festival. The field trips are fun, inexpensive, and always a new adventure! So, come visit the Anime Club on Thursday after school if you love to catch Pokémon, enjoy cosplaying characters from Black Butler, or just enjoy Pocky.



First Anime Focus of the Year: Sergeant Frog

Culture Club

By: Rayne Law

Culture Club is a women's only group facilitated by the Educational Talent Search program and Ms. Murray who you may know as a College Career guidance counselor at James Ford Rhodes High School. Numerous studies have shown the decline in teen girls' self-acceptance, self-value, and self-worth as they enter and move through high school. Ms. Murray said, "Culture Club is for girls only to give them the opportunity to talk... about anything they feel like, to keep them engaged in school."



2016-2017 Culture Club

The Culture Club was born out of the need to illuminate the great, and sometimes not so great, aspects of being female. The club consists of 10-15 young women from 9th – 12th grade who meet once a month. Each meeting focuses on different aspects of a young woman's social and emotional growth. Members of the club bring up situations they are in and are open to any advice given while indulging over the goodies Ms. Murray has prepared for us. If we are happy with our lives, we talk about our likes and dislikes in ourselves and others while learning about our personality and how to accept others for who they are as individuals.

One day Ms. Murray gave us books to read on

different types of relationships and love. During our time with her, we have discovered helpful information about ourselves such as how our personality can disable us but also how we can profit from it. We continued to learn much more. Some topics covered have been: Human Trafficking, What Your Favorite Color/Food/Movie Says About You, Fruits of the Spirit and Anatomy of a Relationship.

High school can be a very trying time for teen girls as they transition into young women. Ms. Murray states that the goal of the Culture Club is for teen girls, growing into young women, to realize the truth as reflected in one of her favorite quotes by E.E. Cummings: "It Takes Courage to Grow Up and Become Who You Really Are".

Teen Pregnancies and The Scary Truth

By: Ariana Osorio

Teens risk their own health with an unexpected pregnancy. In the last couple years, teen pregnancy rates have lowered according to a CNN article released in 2017. Despite this, the risks of teen pregnancy are worse than an unplanned adult pregnancy as shown by the article “Adverse Effects” at youth.gov. Teens who become pregnant have increased risks of complications to themselves and the baby. For the mother, complications such as premature birth, lung disease, as well as hypertension can lead to serious health problems and even death as listed in the same article. To add onto that, there are risks for the baby as well. The baby can have respiratory problems, digestive issues, and to top it off, behavioral issues.

Most teenagers are unable to support a baby. Having a child with the previously listed complications will make it all the much harder, especially if the child is unplanned. According to research, younger parents and their children have



JUST 38%
OF TEEN GIRLS WHO HAVE A
CHILD BEFORE AGE 18 GET A
HIGH SCHOOL DIPLOMA



©Mississippi State Department of Health

a greater risk of developing health problems. It doesn't help that 85% of teen pregnancies are unplanned. It's likely teenagers are unaware of the health risks of getting pregnant and are not prepared to deal with any of the issues connected with it. It is important to inform teenagers of these risks so that they can seek help for themselves and be better protected and prepared in the event of an unexpected pregnancy.

Movie Review:

The Maze Runner: The Death Cure

By: Evelyn Kelly

In the crazy finale to *The Maze Runner* Saga, Thomas leads his group of escaped Gladers on their final and most dangerous mission yet. To save their friends, they must break into the legendary last city, a WCKD controlled labyrinth that may turn out to be the deadliest maze of all. Anyone who makes it out alive will get the answers to the questions the Gladers have been asking since they first arrived in the maze. Will Thomas and the crew make it out alive? Or will Ava Paige get her way? In my opinion, this movie is awful, horrendous, and appalling. Here's why: the movie is too straightforward and uncomplicated. In the previous movie, the characters were in a different kind of maze and were made to learn how to survive and escape. This was the same concept from the last movie, and it's completely boring. If you are into action packed, mystery movies, this movie might be for you - unless you saw the first *Maze Runner*, and then you already know the plot.



The 2017 Softball Championship Led Us into Victory!

By: Sidney Vega



Looking back, it was a long season of hard training. Each of us on the team focused on what we could improve on and how we could help each other. There were so many new girls on the team, including myself. Many had no experience; they had no clue how



softball truly worked. To become a real team, we had to first be torn apart, literally. Having

long practices, splitting up each of the girls into different groups in order to practice what we needed to improve on, whether we practiced batting or practiced new plays. We had to run because we dropped the balls too many times or because we were not taking practice seriously. This technique was good for us; it made us take practice more seriously. It made us actually try harder because we knew the consequence. We got better as the season continued. We were winning game after game. Each of us girls got closer as a family. We helped each other out with our school work and with softball, making sure none of us were left behind. We won the champion against Marshall, ending our season. It was an amazing season full of hard work, laughs and amazing memories. We can't wait to see what this new season has in store for us!

Mrs. LeMaster's Surprise Birthday Party

By: Mr. Rudolph

Mrs. LeMaster's ASL II class, with the help of Ms. Gollate, planned her a surprise birthday luncheon! These upperclassman love Mrs. LeMaster so much and wanted to celebrate her and show their appreciation for her and for the relationship that they've built over the years. I love this picture, but more importantly, what it represents!



This Year's Deadly Flu Season

By: Brenda Bermudez

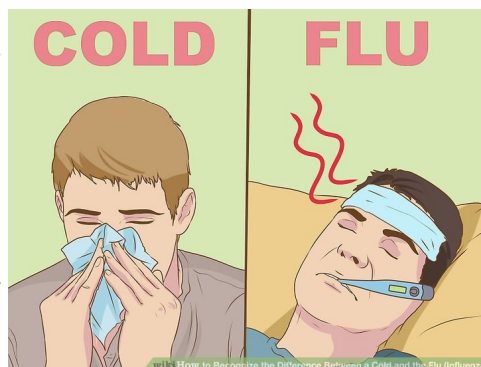
This year Flu season in Ohio has claimed the lives of two children. Four-year old Jonah Rieben of Montgomery County, near Dayton, died January 6th and was the first Ohio child to die of complications from the flu this season. On January 8th, an 18-month old boy from the Toledo area also died from flu complications. According to *The Plain Dealer*, a total of 11 people have died in Cuyahoga County of the flu and flu related symptoms.

The flu weakens the immune system and allows serious bacterial infections such as pneumonia, an infection that inflames air sacs in one or both lungs, which may fill with fluid and which can in turn lead to complications that can turn fatal.

Seasonal Influenza, also known as the Flu, is an illness that causes fever, headache, tiredness, cough, sore throat and body aches. In severe cases, especially in the old, young and those already weakened, it can lead to death. The Flu is spread from person to person by coughing and sneezing in front of others. In Ohio, the Flu can

begin as early as October and run as late as March.

Most people who get the flu usually recover in one to two weeks, but the flu can be deadly. It is estimated that there are more than 20,000 flu related deaths every year. Not all of these deaths are directly related to the flu, but many could be prevented with the Flu Vaccine. Even if the vaccine is not very effective against a certain strain of flu, it lessens the chances a person will catch the flu, and if you catch it, your symptoms will be less severe. So, if you haven't gotten your flu shot, you should still consider getting one, because this year is a very bad year for the flu!



What is AP?

By: Paul Farmer

AP is an abbreviation of advanced placement. This abbreviation is usually found in front of courses offered in high schools globally. These courses prepare students for the next stage in their education. Students who enjoy challenges and obstacles should attend these class and sharpen their skills. The AP program provides different courses that are taught at the college level and consist of lessons that are created for scholars to understand courses at the college level. There are many subjects that are taught at the AP level, such as environmental science, biology, physics, language and composition, literature, statistics, and others which can satisfy the needs of any student looking to set early college goals for themselves, while at the same time earning high school credit. Advanced placement courses are highly recommended for

scholars who wish to attend college. During high school, there is a final exam for all scholars who participate in any AP classes and if that scholar scores a 3 or higher on their final exams, those classes will transfer as college credits to the college that scholar plans on attending. By attending AP classes, scholars will have a high school experience while earning college level credits.



Student Council

By: Omar Alonso

The student council, or student advisory group as some refer to it, takes on problems we students have in school and report on those problems to the principal in order to hopefully fix them. Students such as Arianna Rodriguez, Nia Dumas, Miya Valencia, Mayssa Zaghari, Jocelyn Stone, Jordan Flynn, Antionyse Jackson, Selina Dynarski, Chrisean Roberts and Mariah Sirotzki all strive to help make James Ford Rhodes feel like the perfect, safe place to be.

The girls try to meet at least once or twice a month in Mrs. Pogrebinsky's class during 12th period. The meetings last the whole period as they discuss the problems they have received from concerned classmates. If anyone has questions or problems they can contact each student in student council face to face or contact Mrs. Pogrebinsky.

The student council also plans fun and active events for everyone to enjoy. They get to choose



the theme for homecoming and pass out tickets. Also, they get to go on field trips with the Chief Executive Officer of Cleveland Metropolitan School District, Eric Gordon, and discuss with him how their work of improving the school is going. To sign up and be a part of the student advisory council, contact Mrs. Pogrebinsky.

Shoe Review: Jordan OG's Sell Better Than Retros

By: Tim DePasquale

According to sneakerfiles.com, the Air Jordan 11 'Win Like 96' has been added to the 'Win Like Mike' campaign which is part of Jordan Brand's Holiday 2017 releases. This release pays homage to Michael Jordan's time with the Chicago Bulls and their iconic record. Looking closer, we see that this Air Jordan 11 comes dressed in a Gym Red or White and Black color combination. The entire uppers are dressed in red which includes the leather, mesh and patent leather. There is also black on the Jumpman and on the heel. Other details include white on the midsole and a translucent outsole. Its release date was December 9th, 2017. The cost of these Jordans can range from \$200 to \$275.

You can buy them at Foot Locker and Finish Line. So, if you think that this is the shoe for you, look for a deal at one of your local stores!



Editorial: Leave Our School Alone!

By: Carlos Vazquez

James Ford Rhodes is loved and cared for by many in and out of Cleveland. Families see their siblings going to Rhodes as part of their heritage, due to the past generations attending the school, however, the comprehensive high school is slowly being absorbed by the new and innovative schools model: College & Career and Environmental Science academies. These new schools are taking away that longstanding tradition by replacing the Rhodes we've known for years.

We represent our school, no matter where we go, our students bleed blue. James Ford Rhodes will no longer be the same with this new system. The splitting of the schools takes away some of the pride of being in the James Ford Rhodes family. We had a petition signed and protested in front of the school to try to prevent this split on October 27, 2015.

The bringing of new academies is taking away teachers' jobs who have been here for years. The wave of the new academies started with the freshmen of 2017 and also replaced some freshmen teachers with new teachers from the new academies. This same system will be moving out the old teachers from each grade level until all grade levels have the new teachers from the academies. The system affects our true Rhodes



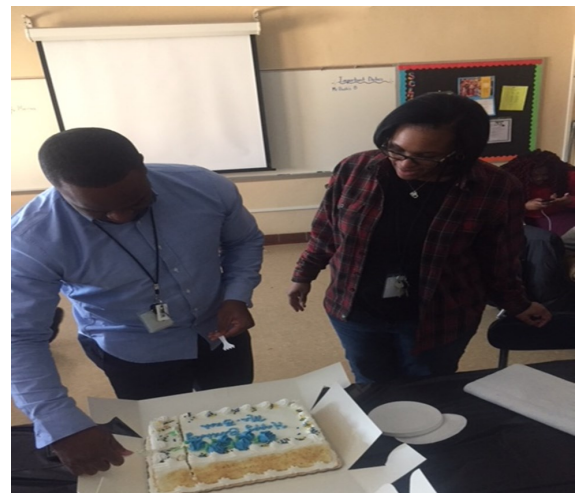
teachers because they've been in this building for so long. All the old teachers from Rhodes will now have to make a decision to start from the beginning in other schools or to interview in the new Rhodes schools and adopt their formats.

The students of the old Rhodes feel that this new change is taking us away from our own school. This school isn't going to be any better than it is now with a replacement of "new employees" and "new material". These academies are not what we, as students of Rhodes, want. We want to keep Rhodes the way it is, and we want our teachers to stay. We love our school and don't want it to change. We, students of James Ford Rhodes, want our school to stay.

Birthday Celebration for Mr. Bush

By: Mr. Rudolph

There was a birthday celebration for Mr. Bush sponsored by our ED department. Mr. Bush had a strawberry cassata cake that was to die for but more importantly, he was very appreciative and thankful to all of his colleagues and students for celebrating him! Though everyone is not captured in the picture, this picture is very symbolic of the tight-knit relationship our ED department has. Once again, Happy Birthday Mr. Bush!



Misconceptions and Consequences of Alcohol Consumption

By: Kennedy Wunderle

Ever since the Ancient Greeks took their first taste of alcohol, drinking has been popular in society. In fact, they liked it so much that they even went as far as to name a God Dionysus in honor of alcohol consumption. He is known as the God of wine-making. As well as the Greeks, the Ancient Romans had quite a taste for alcohol. Their version of Dionysus is known as Bacchus. This was the beginning of one of the biggest successes and mistakes in American history.



Although alcohol was originally intended to be used as a form of medicine, humans have always made an excuse to get their hands on it. The reason being to experience the feeling of “escaping reality.” Because this desire was so mutual among human beings for so long, alcohol was eventually incorporated into beverages and distributed. After the Prohibition era, everybody took advantage of finally being able to recreationally and legally drink alcohol, but it wasn’t actually everything it seemed to be.

Little did all of these people know that alcohol is extremely dangerous, addictive, unhealthy, and that most often than not, too much too soon leads to a disaster. It is statistically proven that alcoholism ruins relationships of all types: romantic, platonic, familial. I, myself, am living proof of this statistic.

Before I was even born, my father was an alcoholic, and he carried that addiction into my childhood, of which I didn’t share with both parents in the same household due to his extreme and repetitive abuse towards my mother. Being the second oldest of his children and the oldest of his daughters, I was forced to take the role of a mother figure and protector to my younger siblings. It wasn’t long until my older brother stopped coming over altogether and I was forced to face him alone. When I was old enough, though, I made the choice to stop visiting him for good.

It wasn’t until about three years later that I even spoke to him at all, and even to this day I still resent him for what he did. I believe that his alcoholism is what ruined not only his relationship with me, but his three other children as well as their mothers. I also believe that alcohol consumption should be controlled in modern day society in order to prevent more experiences similar to mine.

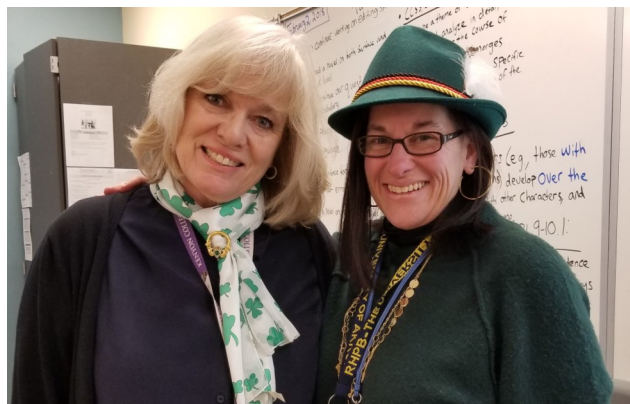
Ohio University Visit to JFR

By: Mr. Rudolph

A representative from Ohio University came to visit the seniors of James Ford Rhodes! Though we had several to apply and get accepted, I am proud to say that Senior Nia Dumas will be attending and has gained acceptance into the E.W Scripps School of Journalism. It has been tabbed the best in the Midwest by many.



February 2018 Multicultural Fridays



You've Heard of "Gangnam Style," But...

By: Ashley Rengifo

Have you heard of BTS? A new pop sensation is breaking barriers in the U.S.. Earlier this year, BTS has been nominated on the Billboard Music Awards for Top Social Artist along with very popular artists like Justin Bieber, Ariana Grande, Shawn Mendes and Selena Gomez. They became the first kpop group to attend and win a BBMA. They also broke Justin Bieber's 6 year streak of winning Top Social Artist.

BTS is boy group from South Korea, who make music about social issues, mental illness and the standards of society, which makes people relate to their lyrics. In their recent album, the song, "Love Yourself 承 'Her'", sold over 1.4 million copies. Their song "DNA" debuted at No. 85, then peaked at No. 67 on the Billboard Hot 100 and became the highest-charting entry for a KPop group. Amazing performers who can sing, rap, and dance very in sync choreography, BTS deserves all the praise they are receiving!

After the BBMAs, they received a lot of attention from media, many western artists, such as The Chainsmokers, Steve Aoki, Desiigner and many more, wanted to collaborate with them. Their impact has been huge. There's barely any Asian representation in the U.S and there's many Asian Americans, so it's really influential to see an

Asian artist making it big in the U.S. Not too long ago, BTS did a big collaboration with Steve Aoki and Desiigner on their recent hit "Mic Drop (Remix)", beating their own record of "DNA" (peaked at No.67), and placed in No. 28 on Billboard Hot 100. The U.S. has the biggest music market and it's amazing to see a non-English song make it in these difficult charts.



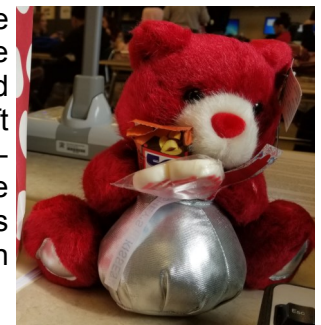
There's nothing wrong with listening to music in another language. Music is universal! Try to listen to new music without making negative judgments. You could always look up the translation which makes listening more interesting. "Gangnam Style" went viral but it wasn't taken seriously. BTS broke that stereotype with their style and made people change their view.

Senior Valentine's Day Sale

By: Brenda Bermudez

In February, the seniors had a Valentine Day sale with the help of Ms. Chapman. Students placed their order on Monday, Tuesday, and Friday periods 1st, 6-8th, and 12th in the library. Students choose what combo they wanted to give their valentine. Whatever they picked was delivered on Valentine's Day. There were three different combos: a \$4 combo coordination that came with lollipops and candy bar, the \$5 small bear combo came with a bear, flower, lollipops, and candy bar and the last one was the \$8 Hershey kiss bear com-

bo that came with a bear, flower, lollipops, and a candy bar. The seniors raised \$350 and the unsold flowers were donated to the Shakespeare event, and the rest were given to the Special Ed students as they left school. The next individual fundraiser is going the Krispy Kreme Doughnuts sale, which is going on right now.



National Signing Day

By: Mr. Rudolph

A Huge Rhodes Rams Shout Out and Congratulations to Coach Andrews, our Football staff, and our six scholar athletes who participated in the football signings on February 6th! On Wednesday, our school participated in National Signing Day; a huge deal, not only for Rhodes Athletics but also for the communities in which each of these young men represent. They have the opportunity to leave home, study, and earn a college degree that they can use in order to come back to and change the communities around them with. We are proud of our program and excited for what's to come. Keep up the great work and keep the momentum. RAM Pride!



- Jayvon Benton will attend Monroe College.

- Derrick Brown will attend Hocking College.
- Derrin Brown will attend Hocking College.
- James Langford will attend Hiram College.
- Richard Monday will attend Alleghany College.
- Cedric Taylor will attend Hocking College.

Movie Review: *Pokémon's 20th Anniversary*

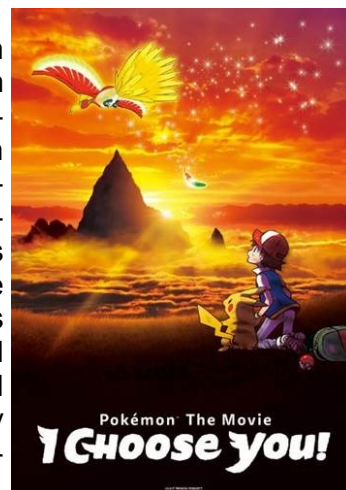
By: Ashley Rengifo

Pokémon *The Movie: I Choose You* hit the theaters on November 5 and 6 in America (first shown in Japan in July), but because of high demands more dates were announced. The movie was made to celebrate Pokémon's 20th anniversary. The movie shows nostalgic scenes like the beginning of the main character named Ash Ketchum's journey that has been shown on the tv show, which made fans very excited to see. However, there are differences in the movie than the episodes of the tv show. Ash gives an adventure that's never been seen before and new Pokémon make an appearance instead of the first generation of Pokémon.

The movie gave a message about friendship, Ash and Pikachu have a strong bond but they meet a trainer that doesn't care about having a friendship with his Pokémon and only care for their strength, but Ash believes having a friendship is what makes you and your Pokémon

stronger. You can see the friendships Ash makes through his adventure as a feather falls and is given to him from a legendary fire/flying type Pokémon Ho-Oh. It is his journey to follow where the feather is trying to get him to. Also Pikachu does something that no one thought they'll ever see!

This movie has an amazing animation which made the Pokémon look really cool with their powers and abilities. I had a lot of emotions throughout this movie. It's a very cute movie with funny scenes of cute Pokémon and also very emotional scenes that I felt very touched. It was very entertaining to watch.



JROTC Passes Inspection

By: Zamaria Dodig-Lamar



On January 24th, 2018, a JROTC inspection took place and our Rhodes cadets and instructors passed with flying colors! The 118 cadets, led by Commander Forrester and First Sergeant Meisinger along with 220 parents were in attendance for this event.

JROTC Inspections occur once a year when the Navy makes sure that the program is being led by the Navy officials' instructions. The Navy has to make sure that all of the supply, administration papers, and classrooms are in order. There are specific tests in supply, drill, administration papers, and for personnel. JROTC surveillance typically starts at 8:00 AM and ends at 2:30 PM. Under the scrutiny of Navy officers for six and half hours, these JROTC cadets held under pressure!

The JROTC starts to prepare for inspection in October. Commander Forrester and First Sergeant Meisinger spend a couple of hours creating the lesson plans each day. There are four

practices for annual inspection a year. All JROTC students get pulled out of class in all schools that have this program. The instructors are responsible for teaching cadets every detail they will need to know in order to pass inspection, including how to march and make their uniforms look good. They all take great pride in looking great for inspections.

There are eight hardworking classes of JROTC at all three James Ford Rhodes High Schools. There are four classes of ninth graders, two classes of the tenth, one of the eleventh, and two classes of seniors. The success of the inspection is due to a lot of time, attention, and effort spent towards this inspection from everyone involved. First Sergeant is proud of his students and advises that current and future cadets pay attention in class and work hard. The cadets still have Military Ball and a trip to Norfolk, Virginia to look forward to this year. Congratulations Rhodes JROTC cadets and program leaders!

Rhodes Readers Go To Cleveland Aquarium

By: Adam Hurley

On February 20, the Rhodes Rambunctious Readers Book Club went on a field trip to the Cleveland Aquarium. The inspiration for the outing originated from the book that they read, *Surrounded by Sharks* by Michael Northrop. The club visited the Aquarium and did a workshop on how scientists tag sharks. Then they were led on an hour tour of the Aquarium before spending time wan-

dering around choosing to view what interested them. The Readers learned lots about the Aquarium, the sharks, and even about their own Lake Erie and how they can help protect the environment. The next book that they are reading is *Challenger Deep* by Neal Shusterman, and they will be meeting to discuss the book on March 21st. Anyone interested in joining the club should see Ms. Fox or Ms. Murray.

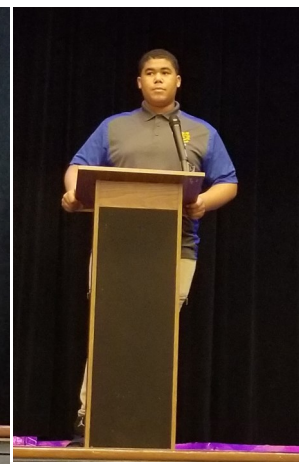
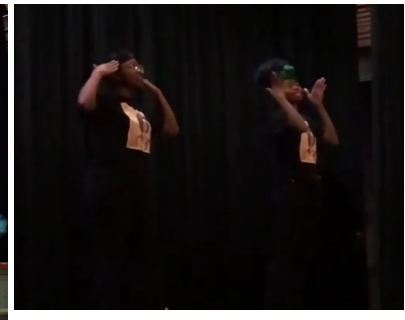
Multicultural Celebration

By: Jaden Irwin

On Wednesday, February 28th, Rhodes held a multicultural assembly for the whole school. Over 900 students were brought together in peace. All the students and teachers got together to celebrate the many cultures in our school and this is the first time such a thing has happened in several years. Mr. Underwood from Rhodes College and Career Academy and Mr. Mulazim from James Ford Rhodes were the backbone for the various multicultural celebration events occurring this February. According to our head principal, Mr. Rudolph, "Mr. Underwood and Mr. Mulazim worked collaboratively with leaders from all three schools

staff members in attire to represent their culture and it was a great way to bring awareness to our staff diversity and opened up the door for great conversation."

There were 9 events held during this celebration including, "No One Wants to Hear This Poem," the black national anthem, the hispanic cultural dance, an MLK speech, the Congo dance, and there was even a poem spoken. The last show was black girl magic and the school day ended with a dance battle. Who's house is it? It's Rhodes house! Let's go Rams!



2017 RAMS Baseball

By: Carlos Vazquez



The story of the 2017 baseball team begins with 16 hard-working young men. These boys were dedicated to the game, despite the flaws they brought with them. Head Coach McHolland and assistant Coach Meyers pushed every single one of them to play at their greatest ability.

Day after day these kids practiced non-stop. The team would sometimes meet up on their own on a Saturday to practice and work on themselves. They were determined to win the Championship game. The reason they pushed themselves was all for one person and that was Coach Gary, who unfortunately passed away 5 months before The Championship. This baseball team, together with other students in James Ford Rhodes, dedicated this game to Coach Gary. The boys played with their hearts and this showed in The Championship game.

In three major innings, the Rhodes Ram's Baseball team destroyed John Hay in the Senate Athletic League Championship at Progressive field

during the 2016-17 season. With a score of 13-4 the Rams used an impressive offense to thrill the audience of parents and students who showed up to watch and motivate their team as they took over Progressive field and made it their own. During the course of the game, a win was not certain! In the second inning, the score was 3-0 John Hay, which caused the fans and supporters to think defeat was certain. The thrashing turn of events began third inning as the Rams went on to score 14 runs! The James Ford Rhodes Rams went on to beat John Hay. The score was 14-3.

This win was an accomplishment and it took complete team effort, from player to coaches to fans. Coach McHolland and Coach Meyers did a wonderful job reuniting this team after a tragic loss. They made it feel as if Coach Gary was here and it was a relief to the team. The Rhodes Rams came together as one on and off the field. That year it was more than just creating friendships; this team creates a family that can conquer anything!

The American Diet

By: Kennedy Wunderle

In a world as delusional as ours, there are many misconceptions about what's healthy versus what's not. The biggest proof is the high rate of obesity in America, all due to a poor diet and a lack of knowledge. Americans are constantly surrounded by fast food and addicting treats, along with false advertisement, making it nearly impossible to consistently eat healthy throughout our lives until our deaths.

Growing up, my mother always did her best to enforce a healthy diet, but of course, we rarely obeyed her because our friends always had cool and delicious snacks. Part of our resistance to healthy food was peer pressure, and part of it was the addictive power of sugar as well as other unhealthy products. I gave in to the lure of quick and easy to make "meals" and snacks and packaged and canned foods began to appear in the kitchen, since my mother worked so often and had little time to cook when she got home. I remember coming home from school every single day and making a pack of ramen noodles and pouring myself a cup of Kool-Aid. That was enough to satisfy me after a long day.

It wasn't until health class in 7th grade that I realized what a mistake I'd been making that entire time. I became obsessed with limiting myself to only drinking water as well as only eating home-cooked meals. I noticed the fat on my stomach start to disappear and I was shocked at what a difference it made in myself both physically and

mentally. I was and still am convinced that resisting simple sugars and carbs is the way to go if you want to live a long and healthy life.

That lifestyle is easier said than done when you live in a world full of unhealthy temptation and ruthless marketing, though. You have to be determined and committed to altering your diet and getting to know your body in order to become and stay healthy. Something I'm still learning how to do. Some individuals might need to seek additional help and knowledge by way of a nutritionist, doctor, or even their local library. Sugar and salt can have addictive qualities and sometimes determination and commitment aren't enough and you need to seek help. It all takes time, practice, and dedication. And it's okay to indulge every once in a while, as long as the majority of what you put into your body is good for you and your health. The most important concept to learn is to become aware of and take care of your body - learn how you feel when you eat well and when you don't. Americans definitely need a huge adjustment in what we eat and the way we think of food, one that'll take lots of valid research and realizations since we've been brainwashed for decades about the effects of fats, salt, and sugars on our bodies. Make a plan today to get yourself on the right track and commit to that plan, even if your plan is to pick up a book and learn more or call your doctor. It's the only way to ensure true health and happiness.

Rhodes Bowling Team

By: Tonique Williams

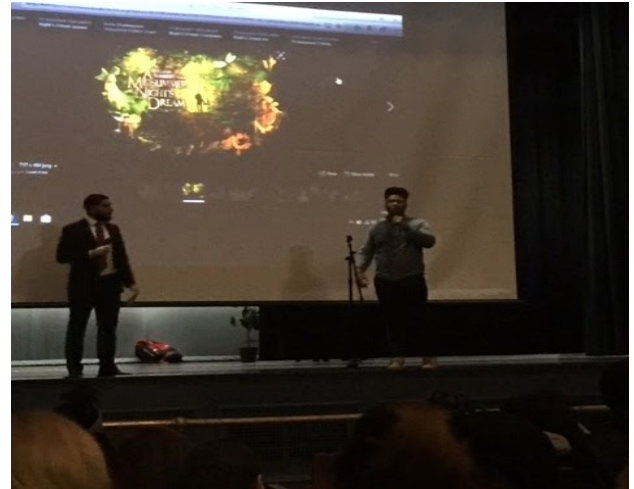
Did you know that Rhodes High School has a Bowling Team? The Bowling Team meets every Monday and Thursday. Their games mainly take place at Freeway Lanes in Brookpark but they also have games at a bowling alley in Woodcliff. The team is run by the coach, who is First Sergeant, and the captain, who is 11th grader, Jasmin Albino. This team left their season with eight wins and three losses. If you are interested in learning more about the Bowling team, you can talk to First Sergeant or Jasmin Albino!



Shakespeare Talent Show

By: Iyana Bachelor

On February 15th, our school had a Shakespeare competition and talent show put together by Mr. Treece. There were a lot of people from different grades who participated in this talent show. Lena Daniel opened the show up singing Hallelujah. Tom VO, Brian McCallister, Jocelynn Stone, and Alexia Valezquez competed with scenes from Shakespeare. In between acts, there were some outstanding performances, including singing and poems. Tayjuh Hines performed poetry called "Just Wait". Danayra Rivera sang a Hispanic song called "Absurda Cenicienta". Jozy Rivera and Anastasia Cobb performed a duet singing "Can't help falling in love". Jerod Buckingham performed poetry called "Numb". Yadelis Dejesus did a solo singing "Rise". Gwen Jenkins performed a solo playing her very own guitar and singing. Mrs. Dyson performed poetry called "Still



I Rise". At the very end, Mr. Treece's AP LIT class ended the show with a dance. Our school enjoyed this talent show put together by Mr. Treece.

Crime in Puerto Rico

By: Kaleimy Colon



©Oxford University Press 2018

Residents do not feel safe on the island, according to nbcnews.com. The article also states that, with half of the island's population still without power, crime rates are rising, and there are fewer officers on the street. The island has seen an increase in murder, robbery and carjacking reports in the first two weeks of 2018.

Puerto Rico's government is facing a massive

debt crisis waiting for F.E.M.A to reimburse it for the police overtime pay; that is a slow process. Police pensions have also been cut. In the past, officers who worked 30 years would receive 65 to 70 percent of their salary, but that now has been reduced to 30 to 35 percent according to the Associated Press. Officers continued to showed up for work day after day, even if they were struggling personally because they felt that they had to help make the communities

somewhat safe and how they were before the hurricane, and that included working 12 hour shifts without a break, while others didn't have a day off in over 2 months.

Before hurricane Maria, normally the average of police officers absent every day was 550 across the island, but recently, there has been more than 2,700 officers on average who have been absent daily.

News in the Land

By: Tim Depasquale

The Cavaliers' playing chemistry is not there yet. Hopefully they can extend this winning streak, because for the past month, they have not been playing like a championship team. You would think they would be top 3 because they appeared in the finals 3 years in a row. Cleveland is 3rd in the Eastern conference and 6th in power rankings. before the 1 game winning streak they lost 6 in a row. So what's going on with the Cavs?

There's been rumors of Kevin Love & Isaiah Thomas not seeing eye to eye. Isaiah Thomas said he's not to blame for the Cavs defensive troubles and puts the blame on Kevin Love. LeBron's having trouble with the Cavs front office too. There are also rumors that LeBron's leaving again after this season. After last month's loss to Detroit, in my opinion, I know why we're losing. Cleveland has no interior defense at all! Every team the Cavs faces attacks the inside because the Cavs have no defense in the paint. The Cavs

need to trade for a big man to protect their paint and upgrade their interior defense.

Kevin Love broke his hand and will be out for 6-8 weeks so it's not looking good for the Cavs. What do you think? Can the Cavs turn it around? Can they win without Kevin Love? Will their inside defense improve? We will see.

Update: The Cavs traded Dwayne Wade, Isaiah Thomas, Derrick Rose, Jae Crowder, Channing Frye, and Iman Shumpert. In return the Cavs got Jordan Clarkson, Larry Nance Jr, and George Hill. This is huge for the Cavs because with the old squad, they were just not clicking but they added youth to the squad. Do you think this team will be better? Watch and find out!



Senior Class Updates

Please be aware of the following deadlines/reminders:

- Senior dues are due Tuesday, April 3, 2018. Please pay funds of \$150.00 by cash or money order to Ms. Griffin, who is located in the 3rd floor office.
- Prom tickets are \$70 per person and can now be purchased from Ms. Griffin in the 3rd floor office.
- The Krispy Kreme donut fundraiser is happening now with \$3 from every box sold going toward senior dues. Donuts ordered will be distributed March 21st, 2018.
- There will be a fundraising basketball game 11th & 12th periods on March 23rd, 2018 (the day before Spring Break).

Wanted: Vocalist for Graduation

If you enjoy singing and feel comfortable performing in front of a large audience, you might want to consider singing at the class of 2018 graduation ceremony! Ms. Chapman is looking for a student in any grade to sing the JFR Alma Mater at graduation on May 23rd, 2018. If you are interested, please see Ms. Chapman in room 112 as soon as possible.



THE RHODES REVIEW STAFF

Mrs. Niggle, *Advisor &
Editor*

Mrs. Ferchalk, *Journalism*

Send Rhodes Review
Submissions to
mrstillsniggle@gmail.com



Student Work

“The Darker the Berry”

(From the song, “Keep Your Head Up” by Tupac)

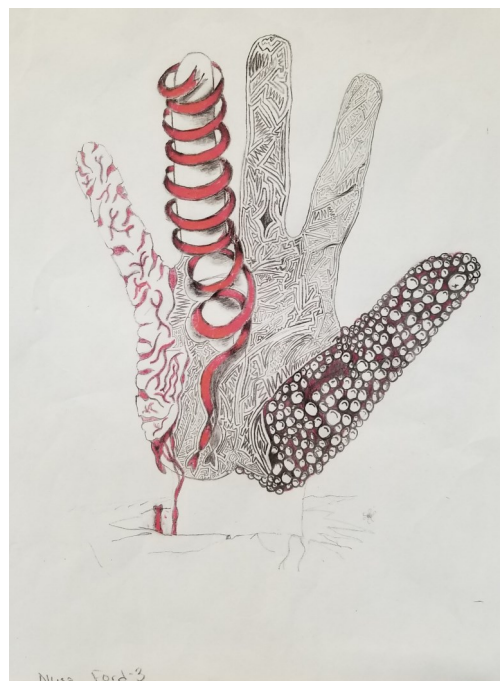
Poem By: Lena Shannon-Daniel

Be humble little black girl.
Never stumble little black girl, that’s how you stay ahead.
Be polite little black girl but shhh.. be quiet little black girl.
That’s how you stay ahead.

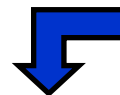
Ever since I was young I was told these words while being
Defined by my melanotic skin and unruly Afrocentric curls.
While every bit of me is being appropriated like parts of a
Cultural masterpiece - A spectacle of the black culture - look
At this little black girl take pride in her vernacular she speaks
With such eloquence. I’m constantly confronted with a preconceived
Idea of what black should, and how should I be?

Uneducated, Uncultured, Less awake
How melancholy that must be to those who have perceived me
This way? Because I am none of these things...
Yes, I am educated and my vocabulary is exceptional.
My mask is a series of cheap wit and sass. I am a social autocrat.
I adore people; I relish being around others,
Being outgoing is like breathing to me.

But still I’m looked at with eyes of disapproval,



Artwork By: D’lysa Ford



Artwork By: Lloyd Angelo
Martin

