



W. A. C. K. Bureau

You can't spell "News" without "WACK"!

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Colin Kaepernick?

Colin Kaepernick first entered the news in 2016 when he was criticized by the media for **kneeling during the National Anthem** as a form of **silent protest** against the police brutality towards the African American community, as well as other social injustices faced by black people in the United States. Later, in 2018, **Kaepernick was featured in a Nike ad** which, once again, sparked controversy. The ad featured a black and white close up of the upper half of Kaepernick's face with the following quote across

the bottom: "Believe in something. Even if it means giving up everything." Many supported the ad, which was shown by the nearly \$6 billion added to Nike's value since their announcement of Kaepernick's campaign. Conversely, some people **reacted by publicly burning their Nike products** in order to showcase their displeasure at the ad.

What do the students think?

Nathan Guerra, Senior: "I think it's stupid that people are burning the stuff they already bought, but, I guess, since they bought it, they can do whatever the hell they want with it. I think Nike did a good job, I agree with what they did."

Anonymous: "All tea, all shade: when people are supporting Nike for promoting an advocate for civil rights while they still use virtual slaves to make products...Wake up."

Replacing Detention With Meditation?

Baltimore's Robert W. Coleman Elementary is using meditation to reshape the practice of school suspensions. Holistic Life Foundation helps the school navigate the **Mindful Moment Room**, where obstreperous children are sent to relax, stretch, and meditate. The students are also encouraged to visit the room voluntarily whenever they feel the need to calm down and breathe. According to the school principal, Carilian Thompson, there had been a decreasing number of students who she sees on **behavioral issues**. However, extensive research on the efficacy of such tactics is yet to be done to provide us with empirical evidence.

Should our schools follow them?

Anonymous: "In Middle College, that would probably be a good idea. I think it kind of depends on a school and kind of behavior problems because meditation forces you to self-reflect for a second and collect all your thoughts. I think self-reflecting is really important."

Rachel Frankl, Junior: "Detention is pretty pointless because no one actually is like, "Oh, detention. I see the errors of my ways." That's why I think detention doesn't make sense as a disciplinary measure as a whole and I think meditation would be a good way to replace that as a time for you to actually calm down. [In Middle College,] I don't know if meditation would work in place of it just because of the way our school is set up: you have to have different ways of disciplining the students."

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