

West Jefferson High School
Journalism Club



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West Jeff Weekly

STUDENT WRITTEN

STUDENT MADE

STUDENT RUN

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West Jefferson senior Caroline Martinez plays good defense in home game at Hoss Memtsas Stadium.

West Jeff's Soccer Teams Get Great Exposure

BY LENORA BURTON

Harvey, LA. The boys and girls soccer teams recently played in the 2017 Holiday Tournament, hosted by St. Michael the Archangel High School at Burbank Soccer Complex in Baton Rouge, Louisiana. The tournament was held on December 29 and 30, 2017. There were 32 high schools represented. 50 teams, including boys and girls varsity and junior varsity, and some of the top teams in the state were in attendance.

There were 22 colleges scouting at the tournament, including Louisiana State University, University of Louisiana at Lafayette, Louisiana State University of Alexandria, and Belhaven University, and colleges from West Virginia and Alabama.

In the tournament, our boys lost to Parkview Baptist High School 2-0 and Zachary High School 3-1, but took a victory against Haynes Academy, scoring 3-0. The girls were victorious against Woodlawn High School 3-0, but loss to Walker High School, 3-1, and to Ponchatoula High School, 2-1.

“This is like a showcase for seniors to get scouted,” says West Jeff senior Daniel White. Boys head coach Sergio Zelaya says, “Lots of our seniors got scouted by well known colleges. It was fun, and was good exposure for both teams.”



S3lf H3lp: Motivation

Three Words.
Believe in yourself!

Laziness is not just some 'plague' sweeping the halls of West Jeff to create the energy deficit peaks in our high school careers that we know as freshman fever, sophomore syndrome, junior jump-off, and senioritis.

As clever as these names we've given our breaking point in our four year journey are, we have to remember that the end goal is worth bracing through the haze of laziness we succumb to at the end of the year.

I want to give you all a few motivational tips to help you glide past these next three months. And it doesn't matter if these are your final three months in high school,

or you have a couple more years to go, make these tips your own because everyone can use a bit of motivating at some point.

1. Even if your idol is cheering you on, remember that no motivation is better than self-motivation. You're the key to everything you want in/for your life and you need to push yourself however far you want to go.

2. Exude confidence. Don't ever put yourself down over a mistake, even a stupid mistake, instead give yourself a pep talk on how you can improve.

3. Don't deteriorate under the doubt. Whether it's doubt you have for yourself or that others have for you, remember: motivation fuels the nation.

PSYCHE ADVICE

How to: Accepting Yourself

By Patricia Briscoe

The first thing that needs to be established mentally within yourself is that there is only one you. I mean this in the most literal way, that even if you have a twin, you're an individual.

Think about that... Individuality. Individuality is the quality or character of a particular person or thing that distinguishes them from others of the same kind, especially when strongly marked. Individuality is something to embrace. This, along with your outstanding personality is what makes you yourself.

In today's society we're often pushed to be someone else's idea of perfect. Why can't we just be ourselves? Why can't we just accept ourselves? A big part of not only adulthood, but life as well, is learning to accept yourself.

Accept yourself. No matter what someone's else's opinion of you may be. Everything about your personality that makes you different from your peers, makes you stand out, it makes you unique.

Accept yourself. No matter who's going to remain by your side in the process, always remember that real friends will weather the storm for you. Accept your perfection

Accept yourself. Love the things about yourself that make you different, that makes you stick out like a sore thumb.

Accept your imperfections.

Accept yourself.

ATHLETES OF THE WEEK

BY ASIA WILLIAMS

Player: Sarafina Johnson Sport(s): Basketball
Position(s): Center How long have you been playing? 3 years
With which college do you plan on playing? SUNO
Who do you idol in the NBA? LeBron James
What do you like to do when you're not playing basketball?
Take care of her son



Top: Senior Sarafina Johnson

Bottom: Sophomore Tremell Withrow

Player: Tremell Withrow Sport(s): Basketball, Football
Position(s): Shooting guard How long have you been playing? 10 years
With which college do you plan on playing? Alabama
Who do you idol in the NBA? Kevin Durant
What do you like to do when you're not playing basketball?
Play football



CELEBRITY NEWS

BY DEVIN SCOTT

Jay-Z may be one step closer to running your town with a new restaurant. E! News can confirm the rapper took steps to secure the rights to "Hovino" under his S. Carter Enterprises company. While it's far too early to discuss locations and menu items, it certainly suggests the businessman is thinking ahead towards the future.

By: MIKE VULPO ENews.com



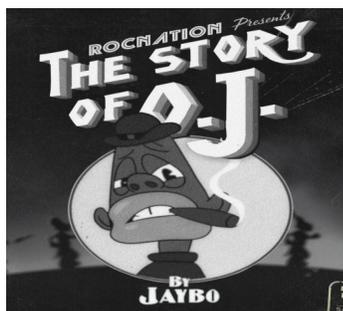
Top: Courtesy of ENews.com

Bottom: Courtesy of www.usmagazine.com

Oh baby! The Khloe Kardashian television pregnancy reveal we've all been waiting for finally arrived. While the Revenge Body host may be six months along as of January 2018, the Monday, January 15, episode of Keeping Up With the Kardashians brought us a special glimpse into what she was going through at six weeks pregnant when she told both her family and Tristan Thompson's family!

By: Cait Rait www.usmagazine.com





RACIAL BIAS IN THE MEDIA

EDITORIAL BY KEARNEY BUTLER

(Photo courtesy of www.unsunghiphop.com)

Did you see New York rapper Jay Z's music video for "The Story of O.J.," who's clips were pulled from actual post Civil War cartoons in which they portray black people as happy, singing people, despite their circumstances?

This is an example of the racial bias, which is very prevalent in American society, especially in our media. Sometimes it's commercials, other times it social media.

With the amount of time spent watching television or surfing the web, seeing this so much starts to desensitize the human mind. At this point, you're so used to seeing it, you don't even notice anymore.

It's been dragging on over time, and in almost everything we consume: from the music and television industry, to social media.

The message in the music is more of a bias, as the music sets the tone for society to pressure you into new norms.

A lot of people judge others based just on how they're represented on television, and although one person usually doesn't speak for a whole race, somebody thinks that they do.

"We even bring it into politics", says author Jeremy Zilber in his book "Racialized Coverage of Congress". He says, "We even choose politicians based on their race rather than what they've done (and that's why we're in a political bind right now)".

Racial biases can affect those targeted by making them feel bad about being themselves. Omowale Akintunde says in her article "Light Skin With Good Hair: The Role of the Media and Christianity in the Maintenance of Self Hatred in African Americans" that a hatred of yourself comes from what has been shown to you as "better." She believes that it slowly, but surely, starts to affect the mental awareness of yourself. It makes you begin to self loathe.

The presence of racial biases in American media is strong although it often goes unnoticed. It has a very heavy negative effect on those targeted, often prompting certain people to either have hate towards themselves or conform themselves into something that they are not. I hope this has made you think about how a topic so rarely noticed, yet so effective in it's ways.

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