



VEL'S VOICE

The Student Newspaper of Vel Phillips School--MCAP

DEC 2020 * EDITION 2

NBA Creates Bubble for Rest of Season-- Kind of Like What it is Here

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Editor--KK

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flu**

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The NBA did an excellent job keeping everyone safe during the rest of their season.

They placed all players, coaches, and others in a bubble at Disney World in Orlando, Florida. Only certain people were able to enter the resort from the outside world. All wore masks and practiced social distancing. Players had restrictions. Players were tested all the time.

The NBA used video technology to monitor movements and contacts with people. No fans were allowed at the games; but some fans were allowed to cheer from home using a phone app.

The NBA had plans for what to do if someone tested positive or was in contact with the virus. They followed through with those plans. This meant some had to quarantine at times. In a way, the NBA got ahead of the virus before it could spread.

Other professional sports have not been as effective in handling the virus. The NFL has seen more Covid cases spreading and games or practices cancelled. And baseball had the most problems.

Despite giving a long instruction manual and having protocols, MLB did not always follow through on protocols. At times, infected players were allowed to practice with their teams. At other times, individuals who were exposed to the virus continued their daily lives as normal. This all caused significant spread of Covid, cancellation of games--and ultimately--lost revenue.

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CONNECTIONS WITH PAST

Vel's Voice

YOUR FAVORITE NEWSPAPER

PAGE 2

What it was like during the last pandemic: the Spanish flu

Do you know the last time the whole world had to deal with a deadly pandemic? The 1918 flu pandemic lasted from February 1918 to April 1920. It infected 500 million people and is thought to have killed between 17 and 50 million. It reached nearly every single part of the world. We still don't know how or where the Spanish flu started--but it was not from Spain! (It is called the Spanish flu because Spain was hit especially hard.)

We may have or still might see similarities and differences between the Spanish flu and Covid-19.

While we are starting to develop treatments for Covid and hope to have a vaccine, there were no drugs or vaccines to treat the Spanish flu. While those with certain health conditions have the toughest time with Covid, young and healthy people suffered the most from the flu.

But with both pandemics, some authorities tried to downplay the seriousness. Mask wearing and social distancing have been common with both; and with both, businesses and schools closed for periods of time. And both in the early 1900s and today, the world of sports changed.

The most popular sports at the time of the Spanish flu were baseball, college football, and boxing. The baseball season had already started when the flu first hit America. They decided to cancel the rest of the season but still hold playoffs.

While fans were allowed to attend the playoff games, many did not. Still, the last game caused a new wave of infection in America.

College football decided to go on with a shortened season. Fans wearing masks were allowed to attend games. 18 college teams refused to participate. Many boxing matches were cancelled. High school sports were cancelled.

Cancellations in Wisconsin

Our local sports have also been affected by Covid-19. The Wisconsin Badgers football team needed to cancel games on October 31 and November 7. 16 student-athletes and 12 staff members tested positive for the virus, although none showed severe symptoms.

The Packers also had a scare as they considered cancelling a game against the San Francisco 49ers when 4 from the Niners and 3 from the Packers tested positive.

Most states (including Wisconsin) are allowing high school sports to continue. 14 states have postponed high school sports.

<https://www.historyhit.com/facts-about-the-deadly-1918-flu-epidemic/https://en>.

www.wikipedia.org/wiki/Spanish_flu

VEL'S VOICE

THE WORLD'S FAVORITE NEWSPAPER

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Since 2020

NBA Bubble, continued

Vel Phillips Like a Bubble

In many ways, Vel Phillips--like the NBA--operates in a bubble. Outside advocates or teachers take temperature checks when entering the facility, wear masks, practice social distancing, and complete health screenings. Court hearings are conducted through Zoom calls. New youth who come in from the outs are quarantined a certain length of time before they can join their pods. Youth who need to leave DT for some reason are quarantined when they return to the center. Other outsiders or guests are limited.

Quarantining policies are followed not only for new students but also pods that may have been exposed to the virus. Video technology is used to help determine exposure for any individuals in the center.

Even with all these protocols that are followed, MCAPpers know much of it is on themselves:

"We have to keep ourselves safe. Because we don't know if someone from the outs can possibly have the virus... we mostly keep distance, keep to ourselves, and wear our masks."

CDub Representing Vel Phillips

Mr. Williams (CDub) is a YCO at Vel Phillips. He mostly works with MCAP South 1. He has been working here for just over nine years. CDub likes being here because he believes it is a good place to work as he tries to represent the mission of Judge Vel R. Phillips. It gives him a chance to try to help at least one individual and make a change in this person's life.

Mr. Williams was born in Alabama and grew up in Milwaukee (29th Street between Meinecke and Wright). As a 14 year-old child, he was a paperboy. He lived in a neighborhood where kids loved basketball and martial arts.

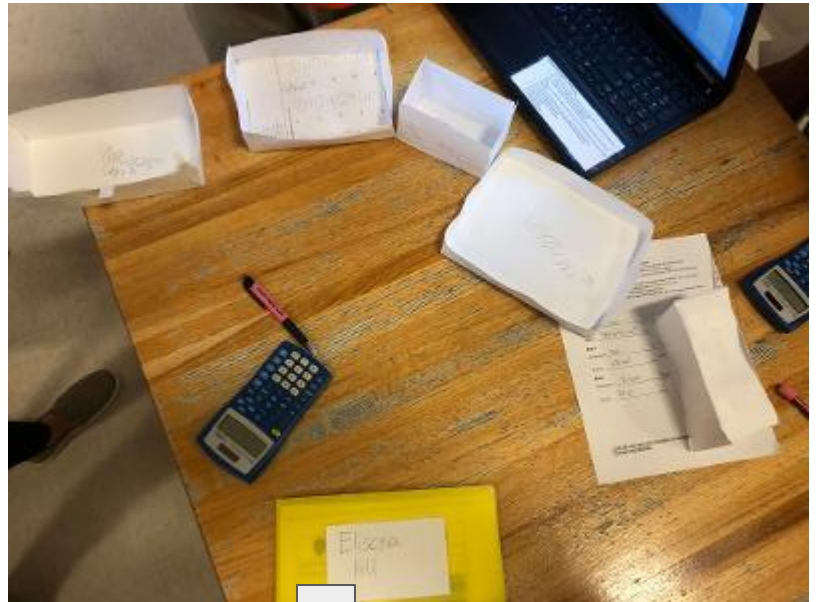
CDub's favorite foods are burgers, chicken, and (some) seafood. He's not really into restaurants. He says, "I just like to eat." CDub would like to visit Africa. In his free time, he enjoys collecting sports cards and playing in a live band.

You'll have to ask him what he plays in the band.

BUILDING BOXES TO MEASURE VOLUME

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**MR. HENNESSY & MS. CONLIN
GEN. POP. MATH**



SPORTS Bucks Big Move

The Bucks made a trade to try to strengthen their team. They traded Eric Bledsoe, George Hill, and draft picks to New Orleans Pelicans for Jrue Holiday.

Many say it was a bad trade because we need better players (like Chris Paul). We gave up too many draft picks, and Giannis will still probably leave.

But more on MCAP say "good trade."

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Mastering Emotions Using DBT



<https://dialecticalbehavioraltherapy.wordpress.com/accumulate-positives-build-mastery-cope-ahead-of-time/>

MCAP is implementing a new behavior therapy system this year, DBT (Dialectical Behavior Therapy). This replaces the JCIP Program. DBT is similar to JCIP in that it teaches a set of skills and tools to tackle situations or problems in life. DBT teaches students skills for long-term success: how to increase certain behaviors while decreasing others.

DBT provides students with new skills to manage painful emotions and decrease conflicts. It focuses on providing skills in four key areas. Mindfulness zones in on improving the ability to accept and be present in the current moment. Distress tolerance is about being ready to handle negative emotions. Emotional regulation includes managing and changing emotions that are causing problems. Interpersonal effectiveness are techniques that allow a person to communicate with others effectively.

In DBT, students work on long-term goals. They discover what current behaviors get in the way of their goals and what they need to be doing to have a chance to reach those goals. Students learn skills to help slow down, think, and cope with emotions.

In the program, students meet goals in three levels and ask to move to different phases. Helping students progress on certain levels are Vel R. Phillips School Staff, HSWs, Judge Crivello, YCOs, Individual or Group Therapists, and Running Rebel Co-leaders.

Dr. Henry Beoh is Supervisor of the DBT Program. He leads sessions on Tuesdays and Thursdays. Dr. Henry is a Licensed Psychologist who earned his PhD in Clinical Psychology from Marquette University.

Running Rebels Courtney, Craig, and JJ are program Co-leaders. These Co-leaders meet with MCAP students on Mondays, Wednesdays, and Fridays to reinforce Dr. Henry's lessons and help students complete homework assignments.

The ultimate goal is for MCAP students to have the skills which will help them be successful in life.

LATEST FROM THE LIBRARY

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Ms. Salentine Does It All

No one knows Vel Phillips School better than Ms. Salentine.

Ms. Salentine has worked at Vel Phillips for 30--yes 30--years, including time as an Art Teacher, English Teacher, and Reading Teacher. She currently serves as school Librarian.

Ms. Salentine decided to work here because, being a mother herself, she feels for all the mothers and grandmothers who have children at Vel Phillips. She wants to take care of each student like they were one of her own children, help them where she can, and try to get them back home. She tries to strengthen their abilities and become more confident in life through reading.

As Librarian, Ms. Salentine brings books to the pods, takes student requests, collects and repairs books, orders and picks up donations for the school, makes sure special orders are on the pods, and circulates all the books to all the different pods.

The Library books come from school funds (ordering from different companies), book stores, and community donations.

Ms. Salentine has also been involved with the 40-Book Program in MCAP. In the 40-Book Program, MCAP students read and report on books that come from a list of books that every student should read before finishing high school.

The 40-Book Program is currently undergoing changes, with some new books and authors being considered. Some possibilities are *American Street*, *How it Went Down*, *Let Me Hear a Rhyme*, *On the Come Lip*, *Rising Above*, *Children of Blood and Bone*, and *The Beautiful Struggle*.

In the future, Ms. Salentine would really like to see a dedicated Library space where each pod could come to pick out books.

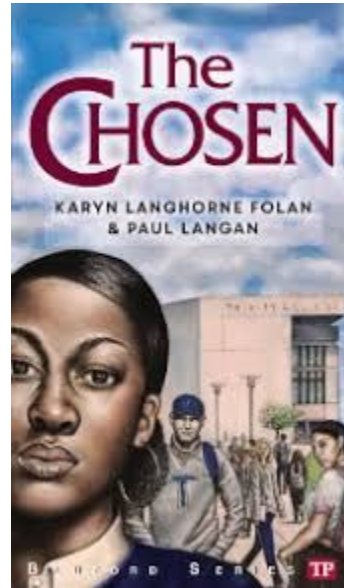
Ms. Salentine always has and still does do so much for Vel Phillips. She also takes some time for herself. For fun, she likes to spend time with her three adult children. She also enjoys reading, walking, ballet lessons, knitting, cooking, baking, and summertime camping.

Of course, you can add reading as one of Ms. Salentine's favorite activities.

New Book: The Chosen

The Chosen is the newest Bluford High Series available to everyone on the pods. The book series is written by Karyn Langhorne Folan and Paul Longan. Look for the book in the new book baskets featuring the entire series of 22 books.

In the book, Darcy has to start looking at her life beyond Bluford High. What does her future look like? The book can relate to anyone in high school making decisions about their future.



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<https://www.google.com/search?q=bluford+series+the+chosen>

SPORTS

Quarterbacks of Color Forcing Attitude Changes

Traditionally, black quarterbacks have been viewed by scouts, NFL teams, and fans as being very strong athletes who don't always have complete set of abilities to play quarterback in the NFL. They have been labeled as lacking decision making, leadership, and intangibles that make quarterbacks successful.

Black quarterbacks still face prejudice that goes back decades, but with the rise of such good quarterbacks of color, some of this prejudice has gone away.

Many black and minority quarterbacks are getting respect because of spectacular play. Some great quarterbacks today like Russell Wilson, Patrick Mahomes, Deshaun Watson, and Lamar Jackson just can't be denied. 3 of top 4 NFL quarterbacks in 2019 for passing yards were Patrick Mahomes, Lamar Jackson, and Russell Wilson. Lamar Jackson was also the first quarterback ever to throw for over 3,000 yards and rush for over 1,000 yards in the same season.

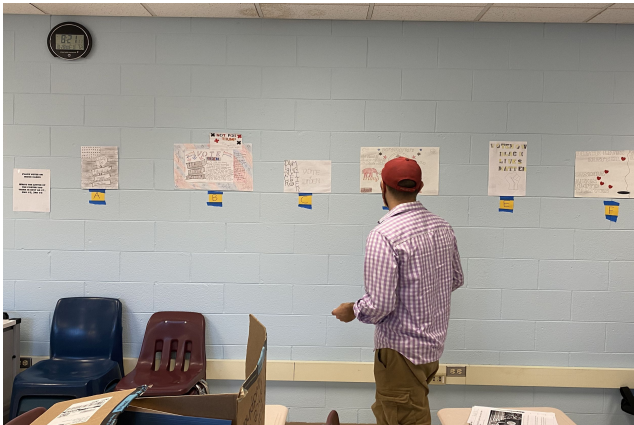
And these quarterbacks of color are starting to get seriously paid. Patrick Mahomes recently signed a 10-year contract worth half a billion dollars. Deshaun Watson has a \$156 million 4-year deal.

More teams are seeing black quarterbacks start on their team. Other young stars are Dak Prescott and Kyler Murray. And the Green Bay Packers decided to draft and develop Jordan Love to eventually replace Aaron Rodgers.

All of this success may make it easier for future quarterbacks of color. People are starting to show love to black people, and the talent can't be overlooked.

GET OUT AND VOTE

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MCAP invited staff members to vote for “Get Out and Vote” posters that students created in class.

MCAP students learned about elections, the importance of voting, the candidates, and key issues that drove this year’s presidential election. Students created posters to encourage citizens to vote.

Posters were extremely effective both with images and slogans. Some phrases used were Black Lives Matter, No Justice No Peace, Our Future Is At Risk, Joe Biden Matters, The Time is Always Right to do What’s Right, and Vote Now.

The poster voting took place on Wednesday, October 28. Staff came in throughout the day, agonizing over the votes, with remarks like “this is so hard” and “they’re all so good.”

CONGRATULATIONS

PRESIDENT ELECT JOE BIDEN AND KAMALA HARRIS, A HISTORIC VICE PRESIDENT--

Kamala Harris * The first U.S. Vice President who is...
a Woman
a Person of Color
a South Asian

Election Reflections

MCAP would like to share their reflections from this year's election. One controversy in the election was voting by mail. More Democrats than Republicans chose to vote by mail, creating a situation where Republican votes were counted first and then votes for Biden were slowly counted, gradually giving him the lead in many states. Some in MCAP question how mail-in voting can be kept secure and fair. Others indicate that it is important to be able to vote while keeping safe during the pandemic. Voting during a pandemic is not the same as voting in a normal time.

The Biden win is important for our country because we all need help from the President--not just our city. We now have a president who will actually care about black people--and all people. He will work on the racism issues and bring peace to many people. If you are an immigrant, you don't have to worry anymore about your kids being snatched from you. And he will take the pandemic seriously.

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Bucks, continued

Jrue: good shooter, passer, and clutch player. He will help Giannis ball better. Giannis will stay now because he has another player around him.

"Jrue Holiday is a clutch player. He plays smart and he can get an easy bucket. Good dribble moves, gets to the basketball rim easily. And he follows his jump shot."

--E.T.

"I think the Bucks's trade for Jrue was good because now Giannis will stay. He [will be] a good player for the Bucks. He and Giannis can work together."

--J.H.

Elections, continued

“It is an important win for our country because we all need help from the President--not just our city.” --K. W. Z.

We also have a historic vice president. Kamala Harris is the first person of color, the first woman, and the first from South Asia to be elected Vice President. Joe Biden promised he would build a team that included as many types of people as possible. He proved this true by selecting Kamala Harris.

In his election speech, Biden told African Americans, “you had my back, and I’ll have your back.” This means he will work on issues that are important to African Americans. He wants people to come together and even wants to work with Republicans to make our country better. Not to divide but to unify. He will start working on Covid-19 as soon as he possibly can.

He, not Trump, will truly Make America Great Again.

Message About Voting

This election was very important for minorities. It was important because we need to make our country a better place. We could not take for granted that the person we want in office would be elected. Black voters did not vote enough in 2016. Many have said this is the most important election of their lifetime.

There are many important issues for persons of color. Health and safety are at the top of the list. Other issues important to us are police brutality, creating better programs to help minorities, fair housing, access to loans, poverty, the environment, racial justice, and healthcare/health insurance.

We want a president who cares about us, who tells the truth, really listens to us, who values us. We also want someone who takes the pandemic seriously.

Even though we couldn’t vote in this election, we tried to encourage others to vote for the person and issues important to us. We will be able to vote in the next presidential election. We want to make sure people get treated right, police treat everyone fairly, and people stop killing each other for no reason.

The president should help all people. Many have fought and died for our right to vote. We will take advantage of it next time.

**WE WISH EVERYONE A
WONDERFUL, HEALTHY
HOLIDAY SEASON.**



ENJOY FAMILY SAFELY.

Stay Up,
Don't Fall.

KWZ

Life is a deck of Cards Ready to be played



MR

All Grind!
No Sleep.

ET

MCAP Voices

