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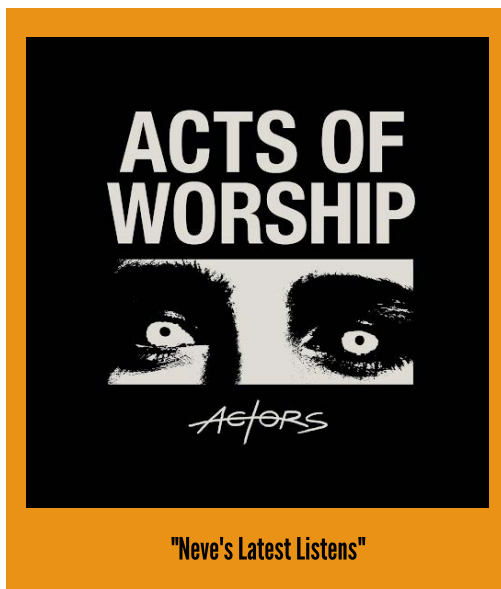
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Cover art by Kaitlyn Biedka.

HOW DOES INTERSECTIONALITY AFFECT THE QUALITY OF A WORKPLACE?

BY SHANTEI LEAL

Intersectionality isn't something small or insignificant that deserves to be ignored, it not only dampens the trust between applicants and employers, it worsens the already complicated dilemma of inequality and how it continues to appear in different places, words, shapes and forms. Talk of discrimination has been flooding social media platforms rapidly in the last few years, but so much has been left unspoken. If us "followers" and supporters of the cause really do care about campaigns regarding feminism and Black Lives Matter, you would take the time to pay attention to this. Intersectionality constantly affects the quality of a workplace. In many instances, women are being paid less just because they need time off to properly care for their child. The cycle of unequal pay doesn't just end at the comparison of women and men; it continues with discrimination on the basis of one's sexual orientation, abilities, skin colour, Indigeneity, or race, among other qualities.

A well known term within any organization would be the "gender pay-gap." The gender-pay gap is a term used to describe the uneven relationship between a man and a woman's salary. A common statistic would be how women get paid 68-75 cents for every dollar that a man makes. Sure—a couple cents doesn't seem like too much when put in such a practical context, but eventually, that difference adds up to humongous salary differences. A well-known blog regarding women's rights in Canada reported that a female CEO gets paid almost one million dollars less than a male CEO on average, despite any educational advantage, and that's only one example on how bad this gender-based pay gap really gets. Another big issue within the gender pay gap would be the motherhood/fatherhood dilemma, a dilemma in which women with children are negatively affected by becoming mothers, whereas a male gains a lot more from becoming a father. Now, conditions of this dilemma can vary in situations where single parent-hood is involved; however, the motherhood dilemma focuses more on the idea of having a child to begin with. A statistic that shows up on several sources (i.e. candianwomen.org, qclearsite, weforum), states that women with a child under 18 earn 85 cents for every dollar earned by a man with a child. The issue isn't really the fact that there is a difference, because companies of higher demand certainly will pay more; it's just that there happens to be more of a confusion regarding why there even is an average difference when both women and men are caring for said child. Maternity leave in specific happens to range from really positive to extremely negative impacts towards a woman. For example, RBC released results in a 2019 report that the wage gap tends to worsen even five years after a woman between the ages of 25 and 29 have taken maternity leave. This report also mentioned how men typically did not face the same penalty for becoming fathers, in instances actually leading to an increase in earnings because certain employers like to have the mindset that a father will be more-hardworking and do more for the company instead of a man who is not a father. Still the problem continues to worsen depending on how specific people would like to get.

HOW DOES INTERSECTIONALITY AFFECT THE QUALITY OF A WORKPLACE?

Indigeneity also happens to play a really big role in select workplaces, because a lot of companies and organizations still haven't been able to wrap their heads around the fact an indigenous person is like any other. Like the previously mentioned statistic to describe the pay-gap between men and women, Indigenous women earn approximately 35% less than the average working man; That statistic also translates to 65 cents to the dollar, which is already three cents less than the lowest difference between a woman and a man. Race is considered one of the more complex aspects in intersectionality, specifically for people of colour. This is because there are so many different aspects of life to be explored and related to race, ex. POC with disabilities, children, and those of which happen to be multicultural; and we can't forget that even though men are also put at a disadvantage in this instance, women of colour are at even greater disadvantage. Women of colour working full-time earn approx. 33% less than men, which also translates to 67 cents to the dollar. Women of colour have less access to general training, and typically aren't as exposed to sponsorship opportunities and because of that, they miss out on a lot of career opportunities a white woman has access to. Research done by weforum in 2020, states that approximately 21% of CEOs are women and only 4% happen to be women of colour. Being a CEO of any company is already quite hard to accomplish, so the idea of becoming a CEO without any prior training/mentorship seems close to impossible.

When applying for a job, employers typically choose the applicant that shows the most promise or experience; however, resumes can often be terminated without even being looked over for consideration. More specifically, people with disabilities happen to be one of the larger groups of applicants who remain unemployed because of these turnover rates. As stated before, the more specific we think, the more drastic the gaps become for example, the 2018 Annual Disability Statistics Compendium reported back with an average of 73.7% of African Americans without a disability currently being employed whereas only 28.6% of African Americans with a disability happened to be employed; and these statistics are reflecting the majority of people between the ages of 18-64. During the current event of COVID-19 these minorities have only continued to get laid off and have their pay reduced. Immigrant women in Canada are significantly underrepresented in the workplace simply as a result of the negative stigma surrounding immigrants during the spread of the virus.

The government is well aware of these statistics; our country has a human rights act which condemns gender discrimination, so why doesn't it apply to an equal pay? What difference does ethnicity and skin colour make if people are doing their job and doing it well? Discrimination is recognized in a series of ways all around the globe, with parades meant to spread awareness, peaceful protests, workshops, and classroom discussions. However, though they're a good first step, those don't hold the same value as if mistakes were to be corrected. In order to move forward, companies need to collect and go through data on the pay gap and engage employees more in these discussions. They should be able to separate, and get to the bottom of the discrimination minorities are facing in the workplace. Being open minded is a key piece of advice for corporations because nothing can actually happen unless the person in charge is willing to be educated and grow. The more educated we all become, the more we can do. Change starts small and gets bigger and without any sort of concrete plan put in motion to put an end to these gaps, intersectionality will only continue to worsen the quality of a workplace.

FILM THEORY 101: THE MALE GAZE

BY NICOLE FLOROAIE

Scopophilia—the intimate pleasure in looking. In many films we watch, we are intrigued by the pleasures we have while gazing towards the screen. We see, hear, and feel things that only specific films portray. But what if only a certain group of people could know the pleasures most films want their viewers to have, such as masculine scopophilia? That theoretical term is known as the male gaze. Yes, that theory has made quite a name for itself, and I am sure you have heard it once. The male gaze is a broad topic in the film industry, revealing the impact patriarchal society has on film, and how psychoanalysis has been incorporated in order to define the theory of the male gaze.

Feminist film theorist Laura Mulvey developed the term “male gaze” in her 1975 essay “Visual, Pleasure, and Narrative Cinema.” By definition, the male gaze is the depiction of women through a cisgender, heterosexual man’s perspective, the goal being to evoke erotic desire. Laura Mulvey explains the concept of the male gaze as “women as image, men as bearers of look,” which insinuates how a woman is portrayed in a film to target the male audience. For example, one might include women in films as a powerless influence, like a side character with no intellect. They could too mimic oversexualized body movements, or lack interactions with men throughout the plot; all these are examples of the male gaze. The entire system of patriarchy is male dominance maintained by the exclusion of women, and is molded into pop culture today. As films have been curated to a male perspective, the male gaze has been a way to perpetuate the idea that women are objects, thus diminishing gender equality.

In the essay, Laura Mulvey introduced psychoanalysis to assist her theory. Psychoanalysis is defined as a therapeutic study that targets the subconscious mind, such as sexual desires, behaviours, and fears. For example, a psychoanalytic film targets the viewer to a certain desire in their subconscious mind. This film form tells you to feel something, to truly orient a subconscious desire and connect it to the film. So conclusively, the way a male character perceives a female character is subconsciously felt by the viewers. Although morals come to play a certain impact on an individual’s mindset, this tactic still does have a clear purpose in the film industry. According to Times Magazine, only two women, Kathryn Bigelow and Chloe Zhao, have won best director in Academy Award History. Not only does this show the misogynist and sexist bias in film nominations, but it also shows that the bias towards male-directed films invalidates female directors, since the male gaze has been industrialized as a traditional film form.

Now that we get a deeper understanding of how the male gaze works, what about the female gaze? The female gaze is used to subvert Laura Mulvey’s film theory. Female cinematographers show what the male gaze has been missing, emotion and intimacy. It invokes the natural doings of individuals, discards the objectification of women, and instead has empathy for women in film. The female gaze does not necessarily remake the same doings of the male gaze, because it would then objectify men. This lack of a double standard comes from the fact that we cannot truly sexualize men the same way

we can women, and so it is perhaps the reason the female gaze will never hold the equivalent presence the male gaze does.

The male gaze may forever hold its presence in the film industry because of patriarchal society and psychoanalysis, but that should not undermine the future of the female gaze. It may not be represented with a proper theoretical theory, but it is a progress that is becoming recognized in the film industry today. Women's rights in cinema will be a topic of prevalence until we notice change and eliminate the stigma surrounding women in film. Women's dominance in the film industry is long overdue—the day we finally see change will be the biggest “girlboss” moment.

OUR OBSESSION WITH THE ROYAL FAMILY

BY ISABELLA MA

By now, we've all read articles on Harry and Meghan leaving the royal family. We know that there's controversy around Charles' and Camila's relationship. We know that there's suspicion around Princess Diana's death. With the media constantly buzzing about the new gossip surrounding the royal family, the entertainment industry has been heavily influenced by all the happenings within this mysterious, yet fascinating family. Even the word "royalty" sparks a sense of luxury, power, and escapism. It's essentially Disney fairytales brought to life, except it's more dramatic and less family-friendly. Whether you're annoyed or perplexed by their constant presence in digital media, this craze is here to stay. Infatuation with the British monarchy has shaped contemporary culture, and there may be logical reasoning to why it is capable of doing so.

What is the root of our obsession?

Is it the structure? Is it the comforting feeling that it offers us? Are we just bored? As the royal family is often held on a pedestal, they appear untouchable, and represent the definition of perfection. During public outings or interviews, they are constantly calm, charming, and well-mannered—something that is severely lacking in our current political climate. From their dazzling clothes to their adorable children, this protocol where the variables of composure and graciousness remain constant is thoroughly maintained in order to reflect the values of the royal family. What happens when something goes wrong? When the storybook like royalty are faced with controversy, this facade of flawlessness crumbles. The glamorous, rich, and otherworldly royals become mere humans who are no longer attached to this faultless image. When these royals are faced with the universal obstacles of life—divorce, relationship issues or prejudice—it's our natural instinct to obsess over how they will deal with it. For instance, 17 million people in the US watched eagerly as Prince Harry and Meghan Markle unraveled the inner workings of the royal family on Oprah. Meghan Markle described the alleged racism and discrimination that she encountered during her time in the palace, leaving millions wondering about the true undertones of the secretive family. This one stain, one imperfection left on the Windsor royal's image has ended in public outrage. Are the royals truly the kindhearted and polished people that ooze perfection, or is there a more sinister backstory? With each controversy, we uncover more of the muddled and confusing innards of the British royalty.

How has it shaped our culture?

From the Netflix series "The Crown" to the numerous documentaries on Princess Diana, the British monarchy has largely influenced the popular culture of our society. Each of their actions, words, or even outfits are rigorously scrutinized by the public, becoming either an aesthetic trend or a controversy; the newest fad, or juicy gossip. If they have this power over the public, why don't they put it towards a positive cause? Actually—they do. Despite their overwhelming presence within the rather superficial trends of social media, the royal family also uses their status to spread awareness on

underrepresented social issues. Meghan Markle, the Duchess of Sussex, recently called on the US congress to pass federal paid family and medical leave. Prince William and Harry used their influence to call attention to tabooed issues, such as mental health. Princess Diana used her power to advocate against landmines. The list goes on. Although a great amount of disconnect exists with their advocacy, seeing that the British Royal family currently holds a net worth of \$88 billion, their influence is undeniable. The monarchy has been a common denominator within all of history. In the past and present, they have influenced the beauty/fashion standards and social practices, being a constant factor within the public's conversation and life in general. The existence of the crown has built the modern culture of North America (and the world in general).



Image via Netflix.

For better or for worse, the monarchy will remain one of the public's favorite topics of discussion, infiltrating the dinner debates of millions of families. The onslaught of photos, Instagram fan accounts, tweets, and reports on the royal family has completely changed both the algorithm of our social media feeds and daily conversation. Some may say this obsession is exaggerated, but others beg to differ. Although their pristine image has been severely damaged by recent and past controversies, the royal family continues to fuel gossip magazines and insider interviews. Everyone loves a bit of drama.

THE MATRIX AND CAPITALISM: THE HUMAN CAPACITY TO INNOVATE AND CREATE

BY GRACE HODGES

"It can be easy to feel hopeless, like there's nothing we can do to stop our species from obliterating the planet as we know it in less than a generation" (Rogers). For the film *The Matrix*, pop-culture phenomenon's main antagonist: Agent Smith, this is the reality and design of humanity. He argues that humanity is a virus and the world is better off without them; however, he wholly misses the mark on multiple fronts. The rhetoric spews borders eco-fascism, ignores the realities of capitalism, and blinds itself to the possibilities of new, constructive forms of existence.

Agent Smith's criticisms of humanity paint it as a virus, multiplying and unable to find balance with the planet and its ecosystem. For this character, the creation of the Matrix and the new usage of human energy was justified as humanity slowly destroyed the planet. This type of rhetoric is not new. The ideology of eco-fascism in which believers blame the growing environmental crisis of "modernity and industrial society" and turn to "genocidal solutions to environmental problems" bears striking resemblance to Agent Smith's agenda (Wilson). Both simplify humanity and its existence to a virus and a danger to society, turning to a genocidal way of re-establishing what they believe is the natural order. For Agent Smith this means enslaving humanity and allowing machines to take full control, while eco-fascists turn to white nationalist and authoritarian ideas of "an end to immigration... and authoritarian measures to keep human life within strict limits" (Wilson). Both rhetorics are dangerous and fundamentally wrong. Both claim to understand the so-called natural order of the world. Coincidentally placing themselves above all other and engineering the situation for genocide. In addition, there is a simplification and generalization of the human experience that inevitably falls through. Agent Smith and the eco-fascists take the truth that some humans do terrible things to the planet and apply it to the entire human race, lumping those in extreme poverty with their exploiters. This is the easy way out for those who call humanity a virus: to make a quick generalization, claim one knows best and enact genocide is the simplest and most ignorant way of addressing the growing climate crisis.

Where then, does Agent Smith miss the mark? What fundamental reality does he gloss over? The answer, according to Phil McDuff, lies within the abolition of capitalism as it stands in the status quo. Humanity will almost always respond to the system it exists within and the route it holds to survival; in a capitalist society, or at the very least a capitalist mode of production, humans will behave accordingly. The link then may be drawn to the relationship of capitalism with the growing environmental crisis. In an interview with Kaleigh Rogers, Victor Wallis explains how capitalism responds to those who do the worst damage to the environment. In a market where some advancements are made to green technology, a system based on constant consumption and expansion like capitalism will reward those who "are much more influential and bigger in scale, like oil companies" (Rogers). Therein lies the contradiction of what is colloquially dubbed

green capitalism, “even if some parts of capitalism can advance an environmental agenda, the rest of the market will be working against it” (Rogers). When Agent Smith takes the position that humanity is a virus, he ignores that the issue is not humanity but capitalism and its constant exploitation and consumption. The irony is not lost that the machines in the Matrix create an exploitative labour system as a solution, essentially bypassing the faults of capitalism in order to create a newer, albeit more genocidal capitalism. Both the Matrix and Rogers’ article push the idea that reforming capitalism is not and will never be enough to address the growing climate crisis. Furthermore, history is not on Agent Smith’s side. His main contention with humanity is the constant growth and reproduction, claiming this makes humanity incompatible with the ecosystem. This is not innate to humanity, as pre-colonial society proves. Groups indigenous to so-called North America, like the Sto:lo people, coexisted with the environment. With colonialism came capitalism and the myth that destruction is innate to humanity, erasing the pre-colonial way of life.

The solution is then very similar to how Neo and his allies face the Matrix. They break out of the system and look to new and creative ways of resistance and survival. The group challenges Agent Smith and his assumptions with Neo eventually reaching the impossible to imagine a new existence for himself and humanity. There are similar ideas growing to environmentalist movements, most notably an ecosocialist approach to the climate crisis. Ecosocialism, as defined by Victor Wallis, “combines the ideas of eulogy and socialism, meaning that you have a society without class divisions that lives in some kind of harmony or balance with nature” (Rogers). Within this ideology there is a reimagined relationship with the land and the means of production. In the words of McDuff, “Our system must be reformed with a more human view of worthlessness, poverty and immigration than we have now.” While the question of whether reform is enough is debatable, the sentiment is true: there must be a change to the relationship with capitalism that puts an ecological and humanity based approach first. Like in The Matrix, the future of climate action is emerging in increasingly radical youth. Neo encounters a group of young children doing powerful things to the Matrix when he



Image via Warner Bros.

meets the Oracle and the potential of the youth is mirrored in the current activist climate. Only two years ago, the climate strikes amassed hundreds of thousands of young protests globally. The young are involved and radicalized because there is “no other choice for them” (McDuff). For Neo, existing in the Matrix and breaking it is a choice between death and life. For today’s young climate activists, capitalism plays the same role. The reality of climate change is death for the younger generation and the shift to more extreme policies and ideologies shows this. Meaningful and tangible change must “upset the established power base and the political donor class” (McDuff). Like in The Matrix, ideas and actions that seemed impossible must be pursued and

realised. Humanity is not the virus, like Agent Smith claims, the potential to change the world is far too great to imagine an existence without humans.

In essence, Agent Smith's claim that humanity is a virus makes a disturbing assumption on the nature of humanity. He positions himself in ecofascist rhetoric, blinding himself to the realities of the capitalist system and the potential solutions, such as ecosocialism. The beauty in humanity is not its destruction but the capacity to innovate and reimagine society as we know it. It is not humans that are the virus, but the idea itself that a virus is all we can be.

THE EPIC HIGHS AND LOWS OF HIGH SCHOOL FOOTBALL

BY MAKENA THOMAS

Football has been New Westminster Secondary School's principal sport for years. Our varsity teams' provincial championship win back in the fall of 2018 put the New Westminster Hyacks back on the map. However, many people are unaware of the initial demolition and subsequent rebirth of the school's football program, and the individuals who worked tirelessly to bring it back. Back in 1977, the Hyack football team was dismantled and the program remained obsolete for 26 years.

In 2003, Farhan Lalji spearheaded the program's resurrection. He continued as the voluntary head coach for 17 years and recently retired at the start of the 2020 season. Before the football team's revival, New Westminster Secondary's most noteworthy sport was lacrosse. Seeing salmonbellies jerseys around town was customary—seeing a CFL or NFL jersey, however, was atypical in the city. If you drove by any park, you'd see kids playing with their lacrosse sticks, rarely would you see a football being thrown around. Nonetheless, as the years went by, our tight knit community learned to fully embrace the program.

Just two seasons after starting in the AA league, the team was transferred to the AAA category as a result of their consistent achievements. The massive number of eager students, coaches and volunteers generated such a momentum that, with enough hard work, success was inevitable. To this day, the football team alone receives gracious sponsorships from several local companies, as well as private donors. The Royal City Record, Dave Vallee, G&F Financial, Key West Ford, Save on Foods, and many more companies have supported the program since its revitalization and likely will continue to do so for many years to come. Endless support from the school's administrators and the board's trustees have also been essential to the team's success throughout the years.

One year after the program's reboot the Royal City Hyacks Youth Football Club was established to keep the team's impetus. Tommy Robertson, a member of the football team for all four years of high school, was one of hundreds who benefited from both the high school and youth football programs. "I started [football] when I was in grade five, and had to play in Coquitlam for two years, but when they started up in New West then I started playing here," Robertson explained. He continued to play for the Hyacks Youth Football Club up until grade nine, which is when he joined the high school's team. He played on junior varsity for one year (2010) and quickly became varsity's starting quarterback, while also playing safety/DD by grade 10. He continued both positions for all three seasons until he graduated.

When Robertson was asked how being a member of the team benefited him in his future endeavors, he mentioned that "the biggest thing would be that playing for Farhan gave [him] the opportunity to be given a scholarship to a university, helped cover the cost of [him] going to school, [and drove him] to try something new, moving away from home. Farhan put in countless hours to talk to coaches and make highlights, and it's not

possible without guys like that. Not everybody gets [a scholarship], but for the future, it teaches you a really good work ethic and just teaches you to be responsible and be committed."

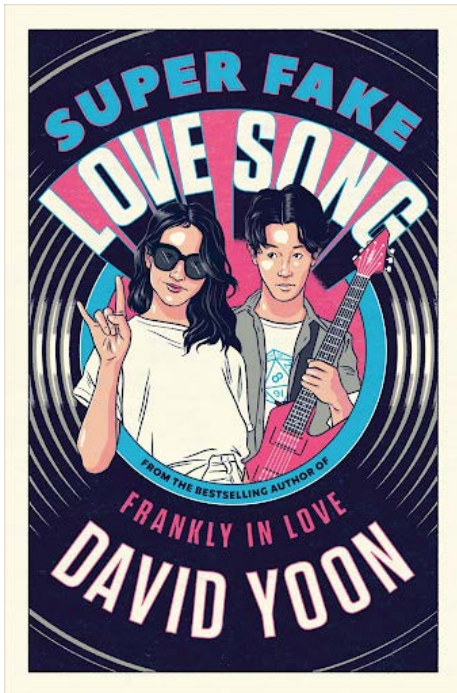
Tommy was awarded an athletic scholarship to the University of Windsor in Ontario. After university, he returned home and played for the Langley Rams, one of six teams that compete in the CJFL (Canadian Junior Football League). Robertson wouldn't have received financial support for university or had the opportunity to go away for school without New Westminster's football program.

"You gain a family when you're on a football team like that," Tommy explained, "everybody's super close, because you see them almost every day in season and multiple times a week off season".

Robertson is just one of many kids who have gained so much from the football program at NWSS. Since the first season of the program's relaunch, students have received plenty of athletic scholarship offers. They've learned what it means to have a strong work ethic, be dependable, and honor their commitments. However controversial high school football culture may be, it's evident that the program at New Westminster Secondary opens doors and creates opportunities for so, so many students. Show your support this year and watch a game at Mercer Stadium most Friday nights this fall!

NEVE'S RECENT READS

Super Fake Love Song by David Yoon



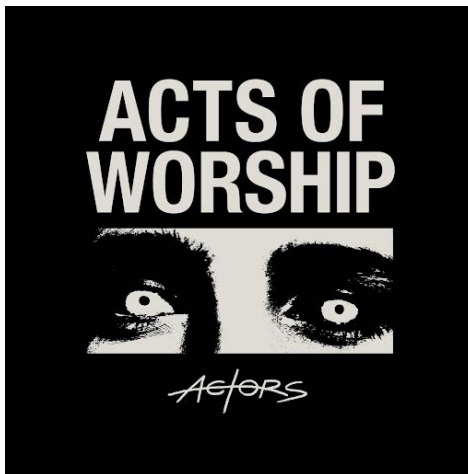
We've all done embarrassing things to impress our crush, and *Super Fake Love Song* by David Yoon is an ode to those lengths that us insecure teenagers will go to just to be noticed. Sunny Dae, your stereotypical D&D nerd, is knocked off his feet when he meets Cirrus Soh. And so enamoured is he, that when Cirrus mistakes Sunny's older brother's room for his—filled with guitars, posters, and rock 'n roll relics from Gray's golden years in his high school band—he doesn't think it would hurt too much to just go with it. However, things quickly spin out of Sunny's control after he finds himself making a fake band with his two friends (despite having no prior musical knowledge) and signing up for the upcoming school talent show. But with it, Sunny's double-life brings in the thrilling high school experience he never imagined having, and he

begins to ask himself contradicting questions: How much can someone change their true self? And how can he ever go back to the way he was before?

Super Fake Love Song is written with Sunny's witty and slightly whimsical style of narration, filled with eclectic humour and lots of references for nerds and '90s rock lovers alike, and a pace that keeps the reader hooked to the story. One detail of this novel that I find especially important though, is that while Sunny and Cirrus are both of Korean heritage, their depth as characters contains more than just race and even goes beyond the great representation they bring to today's young adult fiction. They're shown as everyday teenagers, with all the drama, hormones, and identity crises that curse our youth. And don't act like you haven't pretended to like your crush's favourite music before too!

NEVE'S LATEST LISTENS

Acts of Worship by ACTORS



One of Vancouver's most eminent post-punk/new wave acts today is back with their newest album, *Acts of Worship*. A fitting release for October, ACTORS returns with even more synths and even moodier lyrics, following the singles that were dropped earlier over the past year: "Love U More," "Like Suicide," "Strangers," "Only Lonely," and "Cold Eyes." Despite the sometimes brooding and cold sound of the songs, you can't help but feel like dancing along to the catchy drum rhythms and grooving guitars coupled with dreamy electronic beats, such as in "Obsession." Each

track feels like you're about to wake up in the Matrix wearing unnecessarily stylish sunglasses, but it's okay, because you feel cool.

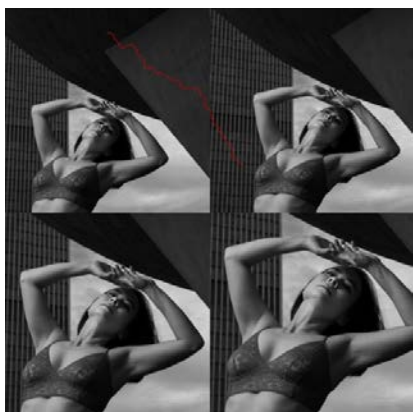
Although there is obvious influence in ACTORS' music from the '80s, there is a uniqueness to their work that can only be present in today's age. They have been carving their mark in Vancouver's growing music scene since their first album. The balance between danceability and melancholy in their music can draw anybody in, with tracks like "Only Lonely" and "Death From Above" demonstrating this. Perfect music for a glow-in-the-dark party.

Singles of the Month:

"Working for the Knife" by Mitski

"Jade" by Monsune

"Monday" by The Regrettes



CLARISSA'S ALBUM PICK OF THE MONTH



Now that fall is here, finding a perfect album to play is crucial in curating the perfect autumn experience; a soundtrack for watching the leaves falling, accompanied by the sound of rain pattering on the roofs. "Race" by Alex G would be perfect for this. This is the first album from his discography. Though it has already been 11 years since this album was released, it is a timeless gem. Alex G's music is a mixture of alternative rock and indie folk. His music is experimental so there is no specific genre that his music belongs to, which is one of the reasons why I love his music. It is extremely unique and has

a little bit of everything for everyone! His inspiration is Elliott Smith, who was also a truly talented artist. Alex G started playing music at around the age of eleven, and since then, he has evolved into an incredible artist. All the songs on the album have smooth transitions between them, and are evocative of the feeling of being in a pumpkin patch, or enjoying the autumn outdoors in any way, really. The music is raw in a good way and Alex G's voice is distinctive because he uses certain acoustics to accentuate his voice. Listeners are able to hear every strum of the guitar, giving it a country feeling. Each song in the album is different from each other but is still very fitting. Everyone should check out "Race" by Alex G if they have the time. Lasting only 30 minutes, this versatile and compact album will amaze everyone. Enjoy!

Music Recommendations of the Month:

"Nervs" by Melaina Kol

"Scott Street" by Phoebe Bridgers

"You are a light" by Pavement



LUCY DACUS HOME VIDEO REVIEW

BY AYANNA SEYMOUR

Lucy Dacus' third studio album, *Home Video*, recalls the complicated nature of young relationships, and the struggles of coming out in a family founded on religion. This record can't be boxed into a single genre; it gravitates between indie folk pop ("Brando," "VBS," "First Time"), and story-driven ballads ("Going Going Gone," "Please Stay," "Triple Dog Dare"). With this, each song feels like a letter devoted to particular people or certain moments in time. In "Christine," Lucy Dacus sings about a girl's unbearably average boyfriend—"He can be nice, sometimes"—with whom, despite his mediocrity, Christine imagines her life. As the song progresses, it's made known that Dacus' feelings for Christine run deeper than just "best friends." Even if that's not something everyone can relate to, Dacus delivers these lines with such conviction that the audience has no choice but to be conjured into each memory she recounts. Lucy Dacus never waters down what she has to say, even going as far as to name drop a rude high school boy in "Going Going Gone." Through this letter-like lyricism, the record captures intricate emotions while also exploring a wide range topics; Dacus discusses suicide, unrequited queer love, and deadbeat parents, never relinquishing her desire to highlight important, potentially taboo concepts. In "Please Stay," she invites the members of boygenius, Julien Baker and Phoebe Bridgers, to add pleading harmonies that will strike anyone who has struggled with an unstable relationship: "Call me if you need a friend, or never talk to me again / But please stay." The album ends with "Triple Dog Dare," which encapsulates the intention of the entire record. It describes a friendship between two girls that appears to be burgeoning into something more, broken apart by parents who wouldn't understand. Overall, the most powerful thing that Lucy Dacus has going for her in *Home Video* is her ability to produce emotional roller coasters that keep you engaged, while also allowing for moments of rest and softness through her lullaby-like voice. With expert lyricism at the forefront, everything else falls into place. 8.1/10.

THE IMPACT OF COVID-19 ON DIFFERENT JOB SECTORS IN BRITISH COLUMBIA

**CLARISSA TANG, ROSALIE ZHOU, ERIN GODOY,
SKYE ANACTA, WENDY YANG, & LAI WEI**

To inform more people in our community about the pandemic's impact on various sectors in the Lower Mainland, we interviewed different occupations throughout Greater Vancouver to see how the pandemic has affected their work and personal lives. The three main sectors that we explored were healthcare, small businesses, and tourism.

Healthcare Sector - Clarissa T. and Rosalie Z.

Royal Columbian Hospital

Interviewee: Dr. Janel Casey (Head Doctor of the Psychiatry Department)

The pandemic has affected many people throughout the world, especially the frontline workers who had to be ready and handle whatever was thrown at them. More specifically, the doctors that needed to take care of the more vulnerable people, or those suffering from COVID-19. To put this into perspective, we interviewed the head of psychiatry at Royal Columbian Hospital via Zoom and asked her some questions regarding how the COVID-19 pandemic has affected her personally, mentally, emotionally, and physically.

Dr. Casey is the head of psychiatry at Royal Columbian Hospital and she helps many patients who suffer from depression, anxiety, schizophrenia, bipolar disorder, and countless other disorders. Her job consists of collaborating with psychologists and social workers to come up with strategies for patients who are battling mental illness. Treatments can include medication, talk therapy, or both. Ever since the pandemic started, more people have been struggling mentally, due to self isolation, loneliness, and stress. More adolescents were coming in for help due to the immense amount of stress teens have to face at school and at home in the midst of a pandemic. According to Dr. Casey, there has been a 70% deterioration rate of mental health in teens ever since the pandemic hit, and more referrals have been given in order to provide them with the help they need. The reason why the quality of mental health in adolescents has dropped by so much in such a short amount of time is due to the missed opportunities and lack of necessary social interactions, especially in their prime years. Extracurricular activities have been cancelled, some had school remotely, and many other unfortunate events such as deaths of family members have happened due to the pandemic. It is definitely overwhelming for lots of teenagers to go through times like this, especially when their bodies and minds are changing as well.

From a doctor's perspective, things have not been easy for them either. Since staff are overloaded with work, burnout is extremely common. However, there have been staff and employee wellness workshops to build resilience and prevent it. Without a doubt, doctors, nurses and frontline workers have been much more tired and frustrated

as a result of the pandemic, but at the same time, helping people feel better brings great joy into their lives. There are several coping mechanisms to help with dealing with the intensity at work, such as exercising, sleeping well, and cognitive behavioural therapy. As Dr. Casey mentioned, there is no shame in asking for help when it comes to mental health because we are all here to support one another. Sometimes reaching out to friends and thinking of positive thoughts instead of negative ones can be beneficial to making oneself feel better. At the start of the pandemic, everything around the community got busier since lots of businesses and organizations such as childcare were shutting down, and people were struggling financially. Doctors are not fortunate enough to work from home, so some had to take sick days off to take care of their children or family members, and many plans had to be put off. Frontline workers also bought lots of personal protective material (PPM) right away, such as gloves, masks, and scrubs so that there is less risk of them catching the virus.



Photo by <https://rchfoundation.com/campaigns/mental-health/>

Although the pandemic has greatly affected the lives of frontline workers, there are still benefits to this job. When consulting with patients, doctors get to meet new people, helping them and earning their trust. The mental health department has always been busy, but Dr. Casey also mentioned that she is glad that mental health is being acknowledged, since it means that there is less stigma surrounding the topic, as well as more government funding for the department and public mental health projects.

The protocols enforced in the hospital are quite intense as well. Employees must wear a mask at all times, sanitize frequently, and maintain social distancing. In the mental health section, some patients were not able to receive in-person appointments due to the unprecedented circumstances that COVID-19 has brought them. In order to adapt, meetings are held online and by phone. Though frontline workers like Dr. Casey have encountered many difficulties throughout the pandemic, there is always going to be joy in finding solutions to people's problems. Dr. Casey is one that is able to help us in many situations. Many of the frontline workers help us stay healthy and happy so they deserve a big thanks from us.

Helpful Mental Health Resources

There are several sources and websites that can be beneficial for anyone looking for help. Such sources include foundry bc, keltymentalhealth.ca, mindshift CBT (cognitive behavioural therapy), crisis lines, and the S.T.A.R.T. team. Foundry bc is for anyone from ages 12-24 and provides counselling, peer support, as well as youth groups. The S.T.A.R.T. team stands for "Short Term Assessment Response Treatment" team and it provides youth with private mental health crisis interventions. Mindshift CBT is an app that gives tips on how to improve one's mental well-being. All of these sources are helpful for youths in need of mental support.

Normanna Care Home

Interviewee: Kai (Registered Nurse)



Photo by <https://normanna.ca/gallery/>

Everyone risks being sick after contracting COVID-19—especially the elderly, for whom COVID-19 can be life-threatening. For nurses working at senior homes, their job is especially tough.

Normanna is a non-profit, residential care home that houses seniors with dementia. We interviewed Kai, a full time registered nurse at Normanna, who shared her experience working there during the pandemic. Nurses at Normanna perform a wide variety of tasks, from giving seniors their prescribed medication to assisting them in daily tasks, such as helping them get dressed, feeding them, and helping them maintain personal hygiene. However, Kai noted that the pandemic and lockdown have impacted many seniors' mental health. A primary issue was that physical distancing prevented seniors from meeting up and having fun with each other. Many could not hear each other clearly from far away, and it was harder to focus on conversations when they were not sitting face to face. In addition to being unable to meet with their friends, the facility also had to temporarily ban all visitors. This meant that seniors could not see their families. Kai noted that it was heartbreaking seeing some seniors

forget their own family members. Another issue was that many of the seniors depended on reading mouth movements and seeing facial expressions to understand speech. Since masks prevented this, seniors easily grew frustrated when talking to the nurses. Finally, lockdowns prevented entertainers from visiting. Performances were typically exciting activities that residents enjoyed.

Since these residences are high risk environments, the nurses have a greater responsibility to protect themselves from the virus, as they work in close proximity to a more vulnerable population. Kai explained how she and the staff, in order to lower the risk of contracting the virus, would not go to the hairdressers and would have their family members go grocery shopping instead of themselves. This was to prevent any unnecessary contact with others. Furthermore, if a staff member is tested positive, all the other staff who worked with them were forced to quarantine and monitor for symptoms while isolating. Kai said that when a staff member tested positive, many nurses wanted to stop coming to work, even though there was already a shortage of staff during the pandemic. Nurses had to work long hours, sometimes double shifts as long as 16 hours a day, with only one day off, possibly none, during the week. However, she cited how happy she was while working those long hours with the wonderful team at Normanna, who all supported and sustained one another.

The staff at Normanna continue doing their part in supporting the seniors and each other during this difficult time. Normanna has bought more tablets so the seniors can message and facetime their family members more often. Kai agrees with the new BC policy that makes COVID-19 vaccinations mandatory for workers in assisted living and long-term care. We hope to see the pandemic coming to an end with more people getting vaccinated. We want to thank all the people who continue supporting and uplifting the people in their community.

Business Sector - Lai W. & Wendy Y.

Good Omen

Interviewee: Lia Hood (Owner)

The COVID-19 pandemic has inflicted devastating losses among customer-based services, especially for local businesses who aren't backed up by a larger corporation. Lia Hood, who owns an aesthetic boutique store in New Westminster, recalled in our survey that her establishment was temporarily closed down for three months in the duration of quarantine. In order to stay relevant and maintain a source of revenue, the shop transitioned to online sales through various media platforms such as Instagram and E-mail. "We offered in-store pick up, delivery, and shipping" she explained, "and were kept busy and felt supported by our customers in this transition to solely online." The shop experienced various challenges during their closure, including steep declines in sales and shortages in restockable items.



Photo by Good Omen on Facebook

Despite past hardships, Lia optimistically remarked that support for local businesses has grown since their reopening:

It has been fairly stressful and overwhelming to operate a business during a pandemic and learn how to navigate the world in a different way, as well as keep our shop a safe place for our customers to enter. Thankfully we have such wonderful customers who offer so much support and care for the shop which makes a big difference towards feeling confident about Good Omen's future.

OMAC Taekwondo

Interviewee: Young Suh (Owner)

Young Suh, owner of OMAC Taekwondo in New Westminster, went through a similar transition of management during the pandemic. As a martial arts school, it is crucial to have in-person classes with the students. However, he had little choice but to shift to virtual lessons as COVID-19 cases continued to increase. "Initially I was really worried," he explained, "but I realized worrying would get me nowhere."



Photo by Godwin C. on Google Maps

Both Young and Lia expressed their worries surrounding the pandemic's influence, but tried their best to confront challenges with an optimistic attitude. As they transitioned back to in-person management, both owners followed safety and sanitary procedures to ensure quality experiences of customers and students. The process of recovery from such abrupt transitions is made possible for these businesses by support from local customers, and the staff's determination and commitment.

Shawarma Palace

Interviewee: Abdulah Hafisi (Manager)

Abdulah Hafisi is the owner/manager of Shawarma Palace in Surrey, a chain restaurant that sells Middle Eastern food. At first, Hafisi did not think that COVID-19 was going to be a big issue, but Shawarma Palace was hit hard by the pandemic in terms of revenue and working conditions. "We had high sales before the pandemic and long line ups," said Hafisi in the survey. Because of the large decrease in customer flow during the pandemic, fewer working hours are needed, so some employees lost their jobs. Due to health regulations, additional supplies such as hand sanitizer, masks, and gloves have also caused the store's expenses to increase. According to Hafisi, their business only received a small amount of financial support from the government for a few months, which was not enough to offset the loss of revenue. At the end of the survey, Hafisi also indicated that his mental health was negatively affected by the pandemic, since "The business is slowly recovering but [we are] afraid of lockdowns again soon."



Photo by Manpreet Dhillon on Google Maps

AV News & Smokes Corner Store

Interviewee: Imelda Lim (Owner)

As a small corner store owner in Burnaby, Imelda Lim struggled to run the business throughout the pandemic, as the store only generated around 25% of its pre-pandemic revenue. Lim believes that such financial challenge is due to a lack of customer flow. Since most tenants living in the nearby neighborhood chose to work from home, it led to a significant drop in income and manpower. Fortunately, the business was able to

THE IMPACT OF COVID-19 ON DIFFERENT JOB SECTORS IN BRITISH COLUMBIA

receive government support on rental and payroll. At the same time, Lim also had to make many changes in order to adapt to the strict COVID-19 guidelines from public health authorities, such as allowing only two customers inside the store at a given time, putting up educational signage on mandatory masks and physical distancing, regular sanitizing of the business unit, and setting up plastic screens for the safety of employees. When asked about how her mental health was affected by the pandemic, Lim stated that she was constantly fearful of not knowing whether the business will ever recover. "Never in my wildest dream[s] have I ever thought that in this ever advancing technological age, this tiny virus could cause such a huge impact on our daily life, both personal and sociable, crippling businesses in all industries across the globe, melting down economy, closing schools, banning travels and causing lockdowns," Lim noted in the survey.

Overall, the COVID-19 pandemic is a challenging time for businesses. Employers have to deal with the stress of revenue loss, while employees face the possibility of losing their jobs. We would like to thank the four stores who participated in our survey. Meanwhile, a lot of other small businesses across the Lower Mainland unfortunately had to close down during the pandemic, and could not have their voices heard. This is why we encourage everyone to check out local businesses in their communities and support them. After all, the circulation of wealth is the key to economic recovery.

Tourism Sector - Skye A. and Erin G.



Photo by Fairmont Waterfront hotel via: www.nodestinations.com/blog/fairmont-waterfront-vancouver-luxury-hotel

Tourism is one of BC's major industries, with many visitors coming to Vancouver to discover Canada's west coast. Since tourism is based on travelling to and from other places, it was halted by the lockdown. We interviewed two people in different occupations within the industry to gauge how much they were really affected. Through Zoom, we talked to Barb Faribrother, the management consultant for Tourism New West, and via email, we contacted Kathryn Lee, the director of Talent & Culture at Fairmont Waterfront Hotel.

THE IMPACT OF COVID-19 ON DIFFERENT JOB SECTORS IN BRITISH COLUMBIA

Interviewee: Barb Fairbrother (Management consultant for Tourism New West)

Barb Fairbrother had not been working as the management consultant for Tourism New West for very long before the pandemic began. Her job consists of overseeing the marketing for tourism in New Westminster. Around mid-March, she realized that the pandemic was going to be harmful to the tourism industry. Like many others, she did not think COVID-19 would become as big of an issue as it turned out to be, and did not think it would last for as long as it has.

A number of measures were put in place to prevent the spread of COVID-19 in many workplaces and industries, with tourism having particularly strict restrictions. The Destination Marketing Organization (DMO), which is the organization in charge of tourism in BC, gave the industry several guidelines as to what they were allowed to do. They were told to follow health guidelines explicitly. In addition, Tourism New West can only market to New West and nearby Burnaby residents, which was implemented to discourage travelling while allowing nearby businesses to stay afloat.

While the guidelines were put in place to protect the health of people, the industry suffered many losses. Target audiences—regional visitors from other parts of BC who would come down to Vancouver for a day, as well as international visitors primarily from the United States—were no longer allowed to visit. The lack of tourists coming into the Lower Mainland led to fewer guests. In addition, Ms. Fairbrother comments that even if the people are allowed to visit again, it depends whether or not people “feel safe enough or okay to travel.” Compared to 2019, the last year that everything was operating at full capacity, the occupancy rate has dropped greatly; currently, the occupancy rate in Vancouver is at around 30% of what it was in 2019, and New Westminster and surrounding cities of Vancouver have an occupancy rate of 20%.

Ms. Fairbrother estimates that the Tourism industry will take at least two years to recover and reach the same occupancy rate as 2019. Even as restrictions lighten, people will still be wary of going out. To keep the tourism industry and businesses afloat, supporting local businesses is very important. Recently, they had a campaign about Rediscover New West, where they worked with New West businesses to re-expose them to the public, and show the people of New West what they could do in the city. They want to market small businesses and local restaurants because they are in dire need of support. As Ms. Fairbrother commented, “support them now, otherwise we won’t have them later.”

Interviewee: Ms. Kathryn Lee (Talent and Culture director, Fairmont Waterfront hotel)

Kathryn Lee has been in the tourism industry for many years. She worked with the Accor hotel corporation for 23 years and recently joined the Fairmont Waterfront in May 2021 as a part of the human resources (HR) team. Given her experience in the field, her insight was very helpful as she has many years of normalcy to compare these unprecedented times to.

Unfortunately, when the lockdown was first implemented, Ms. Lee was on vacation in the USA and had to come back to Vancouver immediately, then quarantined for 14 days

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at home. The hotel she worked at announced that it had to close its doors indefinitely, and she described the period of time that followed as a “very difficult time,” since she could not be there for her fellow employees. This, for her, sparked the realization that things would definitely not be the same as before.

There were many safety measures put into place to prevent the spread of the virus. The hotel was closed, as per the orders of the Provincial Health Officer. When it was deemed safe, they began working towards opening the hotel in the summer. She went into detail about which measures had to be followed for the employees of the hotel. Personal protective equipment was mandatory, and differed depending on each employee’s role in the hotel. Daily temperature checks were also conducted.

Ms. Lee described hospitality, her specific part of the industry, as “[relying] on the meeting and movement of people”; however, this stopped almost immediately and prevented any business for hotels from being done. She also said that the industry is not looking to recover to pre-pandemic levels in the next two years, and will likely only become something similar to 2019 levels after 2023. Fortunately, this past summer was a success for the industry, as there was more local tourism due to the warm weather and looser restrictions. Despite this, she has been advised to wait and see what the public health officers of BC will say about the next phase of the provincial restart plan. She shared how although this pandemic was certainly a big setback that affected many people adversely both professionally and personally, it was a learning opportunity in which many had to learn how to adapt and still succeed despite having access to fewer resources. Ms. Lee expressed that, “Above it all, [she] would say we all learned how creative and resilient we can be in the face of one of the most difficult experiences we have had to overcome in our careers.” Rather than being stressed, she found the situation interesting, as it forced her to undertake different responsibilities and acquire new skills. She also had to find a work-life balance because everyone was at home, but also saw the positive in this, and used this opportunity to spend more time with her family.

Though things may not be looking too good at the moment, but we can only look to the future and continue to hope for some semblance of recovery soon. We thank both Ms. Fairbrother and Ms. Lee for answering our questions and allowing us to understand the extent of the pandemic’s effects on tourism.

FALL TRENDS

BY AMY VURDELA

Along with all of the amazing things that come with living in Vancouver, a major drawback comes from looking at inspiration for fashion. When looking around the world at what others are wearing, it seems everyone lives in a sunny and 75° climate which is great until you are waiting for your bus outside freezing. This article is for those who want to dress fun, while also not having their moms yell at them to put on a jacket.

Tops:

- Blazers and suits
- Turtlenecks
- Knit patterns
- Colours and not (neutrals)
- Pleather/leather jackets
- Collared shirts
- Puffer jackets



Bottoms:

- Flared pants
- Colours and not (neutral)
- Patterned tights
- Leg warmers

Shoes:

- (Chunky) Boots
- Loafers

General tips:

- Light layers are good
- Play with proportions





Ultimately, when considering trends, keeping fast fashion in mind should come hand in hand. Trends should be looked at in a way of developing personal style, not followed like laws. It is our generational responsibility to reject this fixation on rampant consumerism. We should not be consumed by the latest fad as a way to strive for fashion validation. The new trend should be entirely personal; whatever makes the wearer confident and comfortable.

PUMPKIN SPICE CINNAMON ROLLS (WITH MAPLE CREAM CHEESE FROSTING)

ORIGINAL RECIPE BY YVONNE ILAO



These warm, flavourful cinnamon rolls are perfect for Fall — and, by using spice cake mix, you'll be able to whip these up easily.

makes 12

INGREDIENTS:

Dough:

- 3/4 cup barely warm water (110°F)
- 1 tbsp sugar
- 2 1/4 tsp active dry yeast
- 1/2 cup canned pumpkin purée
- 1 432 g box spice cake mix
- 2 1/2 cups all-purpose flour, plus more for work surface

Filling:

- 1/2 cup unsalted butter, softened
- 1/4 cup canned pumpkin purée
- 1 1/2 cups packed dark brown sugar
- 2 tbsp cinnamon
- 1 tsp ground nutmeg
- 1 tsp ground cloves
- 1/2 tsp ground allspice
- optional fillings: 1 cup diced apples, soaked raisins, or walnuts

PUMPKIN SPICE CINNAMON ROLLS (WITH MAPLE CREAM CHEESE FROSTING)

Maple cream cheese frosting:

- 4 oz (1/2 block) cream cheese, softened
- 2 tbsp pure maple syrup
- 1 cup powdered sugar

To make vegan, omit cream cheese frosting and substitute plant-based butter.

DIRECTIONS:

1. In a large bowl, combine water, sugar, and yeast. Allow to proof for 5-10 mins or until bubbly. Whisk in pumpkin purée. Fold in the cake mix using a spatula, then gradually fold in flour until a ragged dough forms and no dry flour remains. Alternatively, combine yeast mixture, pumpkin purée, cake mix, and flour in the bowl of a stand mixer using the paddle attachment, then switch to a dough hook and mix until a dough forms. *Do not overwork the dough or it will get tough and sticky.*
2. Place dough in an oiled bowl. Cover with a towel and allow to proof in a warm place until doubled in volume, 60-80 mins.
3. Meanwhile, whisk pumpkin purée and softened butter in a medium bowl until smooth. Set aside.
4. In another medium bowl, whisk brown sugar, cinnamon, nutmeg, cloves, and allspice.
5. Punch down the risen dough and turn onto a floured work surface. Roll evenly into a 12x16 in rectangle, ensuring that the work surface remains well-floured. Spread the pumpkin butter onto the dough. Sprinkle the brown sugar mixture on top in an even layer. If using additional toppings, sprinkle them on top as well.
6. Starting from the long edge, roll the dough into a tight log, pinching the edges shut. Stretch a piece of floss underneath the log and twist it over top to cut the dough without squishing the rolls. Cut into 12 equal pieces.
7. Line a 13x9 in baking pan with parchment. Place the rolls, cut side up, into the pan. Cover with a towel and allow to proof in a warm place until puffed, about 30 mins.
8. Meanwhile, prepare the maple cream cheese frosting: in a large bowl using a hand mixer or stand mixer, beat softened cream cheese, maple syrup, and powdered sugar until smooth. Cover and refrigerate until ready to serve.
9. Preheat oven to 350°F.
10. Bake until rolls are puffed and the filling is bubbling, 20-25 mins. To prevent excessive browning, cover loosely with aluminum foil at the 10-min mark. Allow to cool in the pan for 10 mins. Spread the maple cream cheese frosting onto the warm buns and serve.

NEW YORK-STYLE BAGELS

BY YVONNE ILAO

Ever been craving a warm, chewy bagel smothered with cream cheese? These customizable New York-style bagels will definitely do the trick!

makes 8 bagels

INGREDIENTS:

- 2 tsp active dry yeast
- 4 1/2 tsp granulated sugar
- 1 1/4 cups barely warm water
- 3 1/2 cups bread flour
- 1 1/2 tsp salt
- egg wash (1 egg, beaten)
- optional toppings: poppy seeds, cinnamon sugar, coarse salt, sesame seeds, everything seasoning
- cream cheese spread, for serving



DIRECTIONS:

1. Sprinkle sugar and yeast into warm water. allow to proof until bubbling and frothy, 5-10 minutes.
2. Whisk flour and salt in a large bowl. Make a well in the center, then add 1/3 of the water. Mix in with your hands, then add the rest of the water. Knead in the bowl until incorporated.
3. Turn onto a floured work surface and knead for 10 minutes until smooth and stiff. I like to knead by pushing the dough diagonally, in an X-shape, with the heels of my palms.
4. Place into an oiled bowl and allow to rise in a warm place for 1 hour or until doubled in volume.
5. Divide into 8 pieces. Loosely cup one hand over each piece and roll in a circular motion on the countertop to form a perfect ball.
6. Press a floured finger into the center of each dough ball to make a hole. Stretch the ring to 1/3 the diameter of the bagel. Place onto a lightly greased/parchment-lined baking sheet.
7. Meanwhile, bring a large pot 3/4 filled with water to a boil. Preheat oven to 425°F.
8. Boil as many bagels as you are comfortable with at a time, 1-2 minutes per side. Boiling for 2 minutes will yield a chewier bagel.
9. Use a slotted spoon to place boiled bagels back onto baking sheet. Brush with egg wash and add toppings while still wet.
10. Bake for 20-25 minutes or until golden brown. Cool on a wire rack. Serve with cream cheese.

SUBMISSIONS FROM READERS

THEME: AUTUMN



Kaitlyn Biedka



Sara Martinez-Laguna



Hellen Yifei Pei

A MESSAGE FROM THE STUDENT PRESS

Thank you for reading the October edition of NDUB Student Press! If you are interested in joining the team this school year, please contact the email address below, or send us a DM on Instagram.

Questions? Comments? Concerns?
Send an email to ndubstudentpress@gmail.com.

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