

NDUB STUDENT PRESS

OFFICIAL STUDENT NEWSLETTER OF NWSS



THE CONSEQUENCES WE ARE SEEING TAKE PLACE WITHIN OUR ECONOMIC SYSTEM IN THE CONTEXT OF THIS GLOBAL PANDEMIC SERVE TO HIGHLIGHT THE FLAWS OF PUTTING FAITH IN CAPITALISM AS A SYSTEM THAT TRULY SERVES PEOPLE'S NEEDS.

CAPITALISM AND COVID-19

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OPINION: CAPITALISM AND COVID-19

BY JUNO AVILA-CLARK

The world has been an incredibly scary place recently. It can be hard not to get caught up in the panic of the never ending news cycle, wondering if you're stocked up enough on essentials, the health of your friends and family, and when and if we'll be returning to our regular routine. Many of us miss going to school and seeing our friends on a regular basis, and the measures taken to combat COVID-19 globally and even on a school district level have been immensely stressful to witness. Many parents and students alike have been losing their jobs and have been hearing talk of how the Canadian stock market is crashing. What does this mean? Shouldn't an effective economic structure hold up during a time of crisis? The consequences we are seeing take place within our economic system in the context of this global pandemic serve to highlight the flaws of putting faith in capitalism as a system that truly serves people's needs.

The capitalist system survives on the basis of a few key values, one of them being laissez faire economics. Boiled down to its essentials, this term means that our system is a free for all, where every person has to fight for themselves, and the government does not interfere in business. This idea is often one that divides, and that is part of what allows the rich to get richer through the myth that their money will "trickle down" to those less fortunate. Observing how these ideas hold up during a pandemic clearly shows how intrinsically flawed they are. The Canadian stock market is crashing at a faster and more intense decline than the crash in 1929. They tell us in social studies that we learned from our past mistakes. If that's true, then why are we still putting our energy, money and belief in a system that fails us time and time again? Due to the severity of our economic issues at this time, government action is one of the only things keeping the economy afloat. Laissez faire economics crumble underneath the weight of a pandemic. Why do we use it at all? Additionally, those who have internalised the capitalist ideology that we all have to fight for ourselves instead of focusing on caring for each other, are likely the same people who panic bought hand sanitizer in bulk, leaving none for those more vulnerable to the virus. During this period of unprecedented events, it is clear that capitalist values do nothing but worsen the situation and promote selfishness.

There are many more capitalist values that are clearly not holding up in this time. For example, the idea of supply and demand, a core tenet of capitalist rhetoric, is effectively proving to be non-existent during disaster. This idea states that if there is a demand for a product or service, those who provide that product or service will be rewarded for their work. In reality, those who are rewarded monetarily are the greedy few business people who make their money off the labour of others. If the idea of supply and demand truly functioned, we would see grocery store workers making so much

more than a living wage, along with teachers and the education system as a whole being more clearly valued by the British Columbian government instead of being ignored and belittled for so long. We depend deeply on those who bring us our food and other essentials, as well as those who care for our loved ones. If the ideology of supply and demand truly held up during this time of late stage, disaster capitalism, we would see teachers, grocery workers, truck drivers, and caregivers valued and rewarded by this system at all times, not just in the time of a global pandemic.

One more value of the capitalist system that fails to hold up during this time of crisis is that people's worth is based on their productivity. With so many people being laid off work, coupled with the intensity of the stock market crash, it's clear that if we were staying true to capitalist rhetoric that nothing would be done to help these people. Despite some influential celebrities making donations, there are many rich and powerful people who have no intention of allowing resources to reach those who need them, and are instead flying themselves to private bunkers equipped with medical professionals to help them in the off chance that they get sick. Those who are truly protecting us are, yet again, workers such as grocery store clerks putting themselves in conditions where they are more vulnerable to the virus to help people get their food, yet they are working on low wages. If people's "worth" was truly based on productivity, then why are the rich doing very little as the people who bring us our food and are working tirelessly to keep society afloat are continuing with no adjustment to their wages? Another vulnerable group economically at this time are freelance artists and other members of the gig economy. Through no fault of their own, many musicians, theatre techs, and other performers are unable to sustain a proper income as they rely on people being able to gather to view their work. Many people value artists in this society. Just because they are now unable to pay rent now that all of their plans to perform have been cancelled does not mean they don't deserve a roof over their heads. It is clear now that the idea that a person's productivity determines their worth and what support they deserve to receive is simply not true.

Our global community has changed. Our lives will not be the same after this crisis, and that's scary to think about. However, that change can be one for the better. If we see this as an opportunity to view these systems in a different light, we can understand now that capitalism in no way serves the needs of the people, and does not hold up during a time of crisis. We need something new.

Front page art by Julianna Platts.

THE UNCERTAIN FUTURE OF MAY DAY

BY MOLLY CATHERINE CHESMAN

The May Day celebration is a hallmark of growing up in New Westminster. In elementary school, it was a day of flowers, music, and lace-frilled dresses, and by grades three and four, students would partake in the folk and maypole dances. During each week leading up to the ceremony, many hours were spent memorizing traditional choreography and untangling the maypoles after each dance. But as a new decade dawns and our cultural awareness broadens, it is disputed whether or not these traditions will be continued.

In September of 2019, former Simon Fraser University student Georgia Twiss began her master's project, The May Queen Project, at UBC. The project's purpose was to dig into the colonial history of May Day, specifically the role of the May Queen and what she represents. After a trip to the New Westminster Museum during her undergraduate studies at SFU, Twiss was surprised to find just how rich a history May Day had, and how heavily it impacted the cultural identity of New Westminster. She also found surprise in how plentiful portrayals of the young May Queens were and how their coronation each year represented something beyond the emergence of spring.

"From the beginning, the May Queens represented something else; they weren't just this kind of figure of the coming of spring- it was this kind of promise of the continuity of settler authority," Twiss stated. "The May Queens were used, essentially, to illustrate this idealized femininity of what the girls of the city should aspire to, which was this idea of purity, innocence, grace, and beauty; they wanted these girls to fit this mould so that, in the future, they would ensure the future generations of society would maintain that kind of colonial standard."

Despite the underlying themes of colonialism and white idealization, many members of the community are hesitant, some strongly resistant to allow May Day to become something of the past. Royal Suite coordinator Karen Baker-MacGrotty had this to say:

"May Day in the City of New Westminster forms part of our cultural history and heritage. As each generation has passed the traditions to the next, we celebrate this wonderful cultural contribution to Canada."

Many New Westminster community members have shown similar disdain at the thought of scrapping the tradition wholly; but although May Day has remained throughout the evolution of New Westminster, it has dealt with its share of changes. One tradition, that has in recent years been rid of, is the custom of having the nine and ten-year-old May Queens dance with city representatives, many being men of ages fifty and upward.

May Day has remained a key feature to New Westminster's cultural identity and history, but as our cultural identity and awareness shifts, the future of these past traditions grows increasingly uncertain. There are community members on both sides of the argument, and as May Day draws nearer, our government officials must make the applicable decision.

Please note that as of April 3rd, 2020, New Westminster's May Day celebration has been officially cancelled.

MONOCHROMATIC FASHION

BY VERONICA POPOVA

Dressing head to toe in just one colour is a bold move that definitely gets people's attention. When done correctly, it looks interesting and unique whilst maintaining the simplicity of a single colour palette. However, trying something new can be very daunting, especially when you're experimenting with your own appearance. That said, there are certain things to keep in mind that will make monochromatic fashion much more approachable.

WHAT IS MONOCHROMATIC FASHION?

Although monochromatic means one colour, it doesn't have to mean one shade of a colour. For example, if someone chooses to dress in all green, they can include warmer and cooler greens as well as different saturations. This means you can wear pastels with darks, and so long as it's predominantly the same colour, it's monochromatic.

TIPS AND IDEAS:

All Art by Veronica Popova.



One colour may seem limiting, and in some ways it is; however, it's a good challenge to try to make it work with less. One way to make a monochromatic outfit less one dimensional is by introducing new textures and patterns. Wearing denim and velvet—or corduroy and silk—makes the outfit more interesting and compensates for the limited colour palette. If textures aren't your forte, then you can mix patterns by putting gingham, checkered, or floral prints with a solid piece of clothing. Try taking inspiration from people on social media or in magazines to navigate styling if you're stuck.

Another way to make styling less daunting is by trying to style a blue outfit. Blue is a very inoffensive colour that doesn't draw that much attention to yourself in comparison to wearing all orange or red, for example. Adding to that, most people own blue jeans, so just adding a blue shirt and jacket already makes the outfit monochromatic. A few other colours that are good to start with if you're feeling intimidated are black, beige tones, and greys.

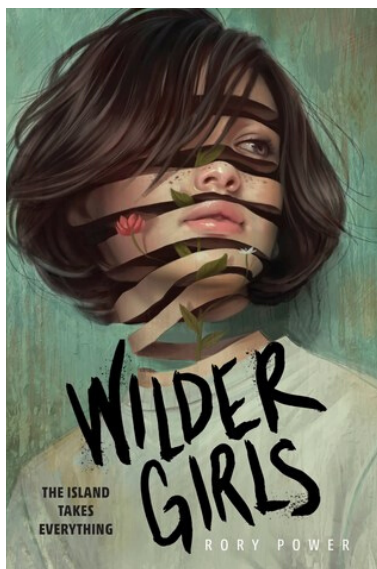
One thing worth mentioning is that you may not own everything to make an outfit 100% monochromatic, and that's okay! Sure, it's easy to shop at unethical fast fashion websites to get what you would like, but that is putting value on quantity rather than quality. It's important to work with what you have, and if you need something, check out more ethical options and choose to invest in a piece that will last you a long time. Or you can go to a thrift store, which doesn't break the bank and provides clothes with a new home.



Finally, fashion shouldn't be so serious! The things I mentioned are what I think about when dressing monochromatically and should be taken as a few pointers as to where to start. Hopefully this sparks some interest and inspires you to experiment and have fun.

NEVE'S RECENT READS

Wilder Girls by Rory Power



Being stuck inside while a virus rages like a storm across the globe leaves one with a lot of time for reading; *Wilder Girls* is a perfect choice to pass the time (although not the most uplifting). Although we're safely isolating ourselves with plenty of entertainment at our fingertips, the characters of *Wilder Girls* are stranded in Raxter Island's School for Girls. Everything from the students to the island's native flowers is infected by the Tox, and they must fight every day to stay alive. This sci-fi horror centres around Hetty and her best friends Byatt and Reese, each of them characterized with strange traits from the Tox. When Byatt goes missing from the quarantined school, Hetty is desperate to find her even if it means

breaching that quarantine and putting everyone in the school at risk. As with any book wishing to dig deeper than most contemporary YA novels, it does get a little complicated at times, neglecting certain aspects of the setting which can leave the reader slightly confused. But fast-paced and gruesome, *Wilder Girls* will keep you turning the page out of horror combined with the desire to know what happens next. The narration doesn't play around with any immature writing styles or too many clichés and is straightforward with the desperation and terror the characters are experiencing.

Despite some lower expectations upon starting this novel, *Wilder Girls* had a strong ending that left me pleasantly surprised and craving even more of the story. **7.5/10**

NEVE'S LATEST LISTENS

Kiss My Super Bowl Ring by The Garden

Bold and experimental, The Garden duo released their sixth and most recent album this past March of 2020 called *Kiss My Super Bowl Ring*. With the title suggesting an attitude of defiance, yet still keeping an almost comedic ambiguity, the album tracks, themselves, certainly carry out the same character through sound. The Garden consists of twin brothers: Wyatt and Fletcher Shears- who both have their own solo projects as well: Enjoy and Puzzle (respectively). The songs off



Kiss My Super Bowl Ring encompass a mashup of sounds, including both singing and, yes, some screaming, but could almost have an undertone of rap or EDM at times. The album remains true to The Garden's classic sound, their self-coined term "Vada Vada," yet ever evolved since their official start as a band in 2011, and even their past album *Mirror Might Steal Your Charm*. While the tracks are still as heavy in punk-infused bass and drums as in the past, there is noticeably more guitar heard in the tracks, which is said to be played by Wyatt in the band's official interview of the album on Epitaph Records' Youtube channel.

The Garden keeps the listener on their toes with dynamic tracks such as "AMPM Truck," "A Struggle," and the album single, "Clench to Stay Awake," with never a dull moment in spite of what sometimes sounds like straight-up noise. One could never describe their music as boring or unoriginal, that's for sure.

In these times of uncertainty, it's important to support artists far and local. Many musicians have been forced to cancel or postpone tours, including The Garden, and are currently relying on their music streams and the sales of merchandise to make a living. And I, for one, would say it's definitely worth giving *Kiss My Super Bowl Ring* a listen. **8/10**

YVONNE'S QUARANTINE COOKIES

(THOUSAND-LAYER CINNAMON ROLL COOKIES)

BY YVONNE ILAO // @GOURMETNOWAY ON TIKTOK



It's Coronavirus quarantine time, and you're stuck at home with nothing to do. Here's a cookie recipe that I designed to be made from ingredients you'd already have in your kitchen.

***Disclaimer: they're not literally a thousand layers. Also, I have not tested the vegan/GF alternatives. Those are based purely off of my own research; however, I have no clue as to how they affect the taste of the cookie. Bake at your own risk.*

makes ~24 cookies

Dough:

- 12 rolls of panic-bought toilet paper (JUST KIDDING)
- 2 ¼ cups all-purpose flour, plus more for work surface *for gluten-free alternative use any gluten-free all-purpose flour with a 1:1 substitution rate
- ¾ tsp baking soda
- ¾ tsp salt
- 1 ½ sticks (¾ cup) unsalted butter, softened *for vegan alternative use vegan butter or coconut oil
- ¾ cup packed brown sugar
- ¾ cup granulated sugar
- 4 large egg yolks, at room temperature *for vegan alternative combine 6 tbsp each of chickpea flour and water until thick and creamy
- 1 tsp vanilla extract
- Cinnamon sugar (optional)

Filling:

- 4 tbsp (¼ cup) butter, melted *for vegan alternative use vegan butter or coconut oil
- ⅓ cup brown sugar
- 1 ½ tsp ground cinnamon
- Crushed pecans (optional)

Method:

- 1) Whisk flour, baking soda, and salt in a medium bowl. Set aside.
- 2) In a large bowl, cream butter and both sugars using a hand mixer or stand mixer on medium-high speed until light and fluffy — about 3 minutes. Beat in egg yolks, 2 at a time, followed by the vanilla extract.
- 3) Gradually add dry ingredients to the wet ingredients, mixing on low speed until just combined. Scrape down the sides of the bowl as needed. Alternately, use your hands to thoroughly incorporate the flour into the butter mixture.
- 4) Divide dough into 3 equal portions. On a piece of plastic wrap, shape each portion into a 4x6 in. rectangle. Cover individually with plastic wrap, and refrigerate for 30 minutes (or freeze for 15 minutes) to set the butter.
- 5) Make the filling by combining the melted butter, brown sugar, cinnamon, and crushed pecans (if desired) in a small bowl. Set aside.
- 6) Place 1 portion of unwrapped chilled dough on a lightly floured piece of parchment. Spread half of the filling on the dough, leaving about an inch at the edges, then stack another portion of dough on top. Repeat with the remaining filling and dough. You should now have a double-layered three-dough sandwich. Using a floured rolling pin, gently roll out the stack of dough into a 9x6 in. rectangle about 1 ½ in. thick.
- 7) Using a 3-in. round cookie cutter or thin-rimmed glass, cut out as many rounds of dough as you can. Gently pat the scraps together and cut more out of remaining dough.
- 8) Place cookies about 3 inches apart onto 2 parchment-lined baking sheets. Refrigerate for an additional 15 minutes.
- 9) Place the oven rack in the middle position. Preheat oven to 375°F (190°C). Sprinkle cinnamon sugar onto cookies if desired. Bake for 12-15 mins or until golden brown. Allow to cool slightly on baking sheet then transfer to a wire rack to cool completely. Store in an airtight container for up to 4 days.

LOCAL LEGENDS

BY YVONNE ILAO // @THEUNINSPIREDFOODIE

As Canadians, we are fortunate to live in such a culturally diverse society — one that has developed a variety of unique food cultures that anyone can enjoy. Although we live in a small-ish town, we are, nevertheless, proud to host a number of iconic restaurants that truly define the Lower Mainland culinary experience.

Here are some of the most renowned food hotspots in our community.

***Disclaimer: Don't worry, I'll get to more popular ethnic restaurants in a later article.*

La Forêt



mango bingsoo with cheesecake

Where to find it:
6848 Jubilee Ave
Burnaby, BC
(near Metropolis at
Metrotown)

What to order:
- Any bingsoo
- Fried chicken and squid ink waffles
- Spicy bulgogi sandwich

You may recognize this urban eatery from your Instagram feed; its jungle-like interior makes this Korean fusion café the perfect place for a photoshoot. Along with their decor, La Foret's menu features an array of delectable baked goods and brunch items that are just as aesthetically pleasing as they are tasty. Stop by for a pastry and a latte (after snapping a few selfies), or try some charcoal-black squid ink waffles for a delicious, modern dining experience. The trip to Burnaby is *definitely* worth it.

IHOP

Where to find it:
514 8th Street
New Westminster, BC

What to order:
- Any pancake combo
- Any milkshake

Housed right across the street from NWSS, this breakfast superstar remains a favourite among locals of all ages. It's the perfect destination for a casual, no-fuss meal. You can get pancakes for breakfast. Or for lunch. Or for dinner. Who cares anymore? IHOP doesn't. No matter the situation, IHOP's homestyle food and decor will always be a comforting yet distant part of New Westministerian culture.



foursquare.com/ihop/4b515957f964a5207_e4b27e3?openPhotoid=5a57c97166fc6579506c5dc8

Coming Home Cafe

Where to find it:

735 6th Street (a 5 min. walk from NWSS)
New Westminster, BC

What to order:

- Kickass Benny (shown right)
- Any sandwich



The Coming Home Cafe is like a home away from home — aside from the food, everything is self-serve. With its colourful, retro decor and its fantastic service, it's a truly unique brunch spot where you'll be treated like family. However, keep in mind that they're only open Friday to Sunday from 9am-2pm, and they only accept cash. But don't let this deter you; their genuine hospitality makes this cafe an underrated yet noteworthy part of our community.

The Old Spaghetti Factory

Where to find it:

#50 8th Street
New Westminster, BC

What to order:

- Spaghetti and Meatballs (or any specialty pasta)
- Minestrone soup
- Spumoni ice cream



rainbow tortellini, roasted garlic grilled chicken on linguine

Got a craving for cheesy carbs? The Ol' Spag Fac's got you covered. Founded in 1969, this classic Italian eatery has pleased generations of pasta enthusiasts and picky eaters alike. Their menu encompasses a wide range of Italian dishes, including lasagna and manicotti, as well as Western favourites such as cheesesteak sandwiches and chicken fingers. Enjoy your meal seated by the romantic stained-glass windows, or in the converted trolley car that serves as the restaurant's centerpiece. Reliable, comforting, and altogether timeless, the Old Spaghetti Factory is a historic gem in the heart of New West.

your meal seated by the romantic stained-glass windows, or in the converted trolley car that serves as the restaurant's centerpiece. Reliable, comforting, and altogether timeless, the Old Spaghetti Factory is a historic gem in the heart of New West.

Waffle House

Where to find it:

636 6th Street
New Westminster, BC

What to order:

- Any waffle
- Waffle benny
- Reuben sandwich

If you're looking for a breakfast spot that's just a bit more sophisticated than IHOP, but still one where you can eat to your heart's desire, then the Waffle House is the perfect place for you. Their namesake waffles are served warm and fresh and can be customized with a variety of toppings; you can even have fruit cooked into the waffle. And, if you don't feel like having waffles, their menu includes other breakfast and lunch fare such as sandwiches and french toast. Whether it's a quiet family dinner or a 15-person waffle-eating competition extravaganza, this classic diner is versatile yet familiar — a true 6th-street icon.



peach waffles with vanilla ice cream

SILENCED: THE IMPACT OF MEDIA CENSORSHIP

BY ELENA MASSING

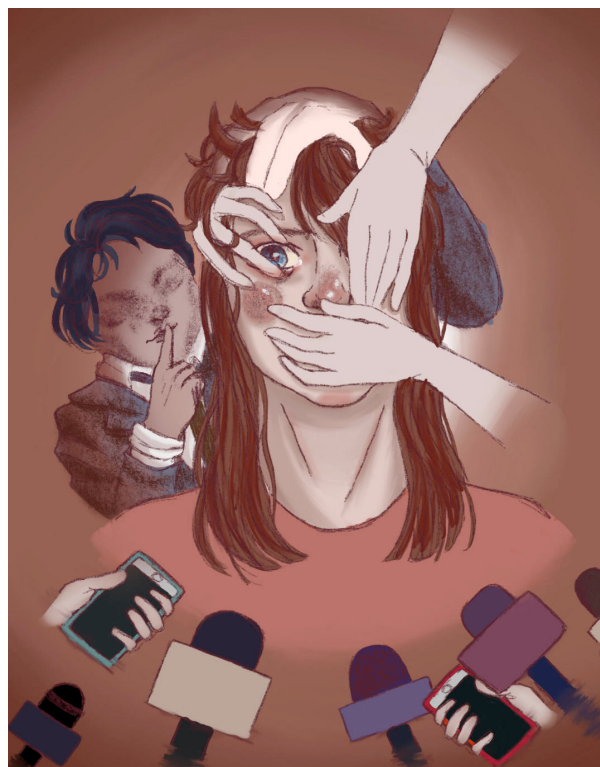
News has never been easier to access. While for centuries it was shared through mass curated articles, written and vetted by specific organizations, the way in which we consume information has been revolutionized. For the first time in history, people around the world are faced with a barrage of conflicting ideas, from governments and average citizens alike, with no apparent answer as to which is right or wrong. Who has control over what is said and why?

Censorship is when media—books, films, or social media posts, to name a few—expressing certain facts, ideas, opinions or political values are suppressed by an authoritative figure. This happens because the content is considered offensive or perceived as a threat.

Censorship can range from blocking out curse words to completely covering up political scandals; it takes on many different forms, based on geographic location, genre of media, as well as which stage the piece is at in the process of production and distribution. For example, most major social and news media sites that are used for free, uncensored communication, including Instagram, Facebook and Google, are banned in China so that authorities have more power over what is consumed by the people. Even though in most European and North American countries censorship laws aren't as strict, self-censorship during the creation of the material is quite common. Driven by the fear that they will be made into a negative example and have to deal with humiliation or persecution, writers conform to the expectations of the censor.

Censoring content isn't always bad, and sometimes it is necessary to prevent the spread of misinformation. Earlier last year, Pinterest attempted to prevent and eliminate anti-vaccination content by blocking search results pertaining to vaccines. However, from that reasoning stems another problem: How do we determine what exactly is valid if anything can be deemed untruthful by those in power and hidden from the public eye?

In Canada, censorship efforts are discreet, but still accounted for. Our massive fossil fuel industry is nothing if not controversial, and there has been reason to suspect foul play from our government.



Art by Julianna Platts.



Photograph by Jason Payne/PNG.

During the proposed construction of the Enbridge Northern Gateway pipeline, the Canadian Security Intelligence Service spied on opponents of the pipeline and shared their observations with oil companies. Gathering information on indigenous and environmental groups leading peaceful protests violates their official Charter rights. Considering the fact that CSIS is only supposed to be recording genuine threats to our safety, these actions were

inappropriate. An RCMP officer even stated that there was "no direct or specific criminal threat," so surveillance of the event shouldn't have continued. The knowledge that a powerful organization is closely surveying every move made by protesters may cause discomfort among journalists. It may influence them to self-censor while writing articles about the protests, or abandon the idea altogether, due to the possibility that they could face some form of punishment.

The consequences of censorship, more than ever before, can be the difference between life and death. Our current lockdown is tied to censorship through the devastating story of Dr. Li Wenliang who used a group chat to alert other doctors of an unknown virus (soon to be recognized as the cause of the disease COVID-19) that was beginning to spread. He was brought into a police station and forced to sign a statement confessing to spreading rumours. A few weeks later, this Doctor died from the virus, sparking demands for freedom of speech from outraged citizens. The Supreme Court of China stated, "It might have been a fortunate thing ... if the public had listened to this 'rumour' at the time ..." and criticized the police, but it was far too late, as terror had already ensued.

This definitely wasn't the last time the Chinese government tried to cover up information related to COVID-19. If you were asked to describe the state that China is in—how they're dealing with the pandemic that so greatly impacts them—what would you say? An answer from someone following Chinese news would most likely contradict that of someone with access to Chinese social media. Each outlet presents a drastically different perspective: the news focuses on positive developments, stories of heroism, and diminishes the severity of the situation. On the other hand, social media users mock government officials and expose the horrifying reality of hospital conditions.

Iran is another country that imposes strict censorship laws. In July of 2019, Mohammad Rasoulof, a well-known director from Iran, was sentenced to serve a year in prison for his film critiquing the Iranian government. He was also banned from leaving Iran for two years, meaning he was unable to attend the Berlin Film Festival this month to accept a top prize. The winning film, entitled "There Is No Evil", focuses on the use of the death penalty in Iran. He sent a statement to the festival press saying, "Imposing such restrictions very clearly exposes the intolerant and despotic nature of the Iranian government." It wasn't the first time Rasoulof had been arrested, but he continued to make controversial films and face persecution ever since his first arrest in 2010.

Nothing would be possible without the journalists' willingness to put their own lives at stake, like Nguyen Van Dai, a Vietnamese news blogger who was sentenced to 15 years in prison for anti-state propaganda. He is one of many involved with Reporters Without Borders (French name: Reporters Sans Frontières, or RSF), an organization dedicated to protecting journalists, promoting freedom of speech, and defending human rights. They prove that there are ways around censorship, but they often involve conveying information using unconventional mediums. Among their initiatives to defy censorship was The Uncensored Playlist: 10 censored articles turned into pop songs and released on Spotify, which is a service available worldwide. Possibly the most ambitious of their projects is The Uncensored Library. A grand building filled with books, all of which contain previously censored articles that shine a spotlight on the political situation in countries where press freedom is practically unheard of. The thing that sets it apart from a regular library? It's only accessible through Minecraft. By targeting the younger generation, RSF is making sure that the people that matter most understand the problems we currently face, and have the awareness needed to become fair future leaders. They create a space for journalists to share their countries' struggles without facing persecution from oppressive government regimes.

Media censorship is a veil, concealing issues that reflect badly on people in power. It serves no purpose in resolving the problems at hand and creates the dangerous and incorrect precedent that they can be ignored out of existence. It may seem like an effective tool for manipulating perspectives without encountering any damaging ramifications, but the results are only temporary. Projects such as The Uncensored Library demonstrate that censorship is an obstacle in the pursuit of knowledge but never a dead end. Truth finds a way.



SUSTAINING THE ARTS THROUGH A PANDEMIC

BY BIEN-SA TRAN

Vancouver's local artists and theatres have taken a significant blow due to COVID-19. As an industry depending almost solely on mass group events, it has been devastated by the major cancellations of shows that were going to bring in revenue for months. Stagehands and artists alike face heartbreak over the loss of productions that had been in the works for weeks on end; now that they must search for new ways of income in a time where their field has been completely shut down, the need to support the arts is stronger than ever.



Photograph by Kai Hiroti.

Many of our local venues, including New West's very own Massey Theatre, are deeply struggling in more ways than financially. Zain Khudhur, Assistant Stage Manager for the cancelled Royal City Musical Theatre production *Crazy For You*, explains the deep impact that comes with the loss of shows. "Most of us work on contract based terms, which means if someone didn't have another source of income, they'd be heavily struggling to get by," he explains. Shows are the arts' most important financial providers; When all of them are cancelled, the whole industry feels it. "But it's not just about the money," he states; "the magic of the arts has faded due to COVID-19 and there will need to be major support during this pandemic as well as after." RCMT's musical features a cast of up to sixty people, an orchestra of over twenty musicians, as well as many wonderful stage crew, like Zain, working behind the curtains. All of these people have poured their hearts into choreography, memorization of lines, and blocking among other things, only to have all of it cancelled in the case of this pandemic.

So how can we, as consumers of the arts, support them? First and foremost, many venues and artists are accepting donations through the form of non-refunded tickets. Rather than asking a venue for a refund for a ticket to a cancelled show, consider donating that money to the performing artist or venue. New West and Vancouver artists, such as Dougie Greig, can be found on Instagram performing online to raise money and spirits, and tuning in to those livestreams is all it takes to help out. Another way to support our local musicians is in streaming their music through services like Spotify, or

Apple Music. Kylie V and The Kings, Necking, and Sleepy Gonzales, are all Vancouver based performers whose shows have been postponed or cancelled. During this time of quarantine and social distancing, when seemingly every one of us often finds ourselves in philosophical musings and reflection, the catalytic value of the arts is apparent and necessary more than ever. I encourage you to write letters to the creators of the art you consume to further support them emotionally if you are unable to do so financially. We can also write to our representatives in the government and urge additional support and funding for the arts. As they are facing troubling times, the arts need the support to keep trekking on and growing.

According to Massey Theatre employee and fellow tech club student, Claire Fabian, "this is also a time to see our community come together to help and support each other." So Claire, Zain, and I, as supporters and participants in the arts, ask of you to consider contributing to the fight to help this industry stay strong during this frightening time. As soon as the pandemic has safely subsided, let's go to a local show to help keep the arts vibrant and to uplift our community spirit!

CLUB FEATURE: INDIGENOUS BOOK CLUB BY GRACE HODGES

There's a quiet and calm lull to the library. Sometimes it can be full of students working or listening to a guest speaker. Today, however, the Indigenous Book Club gathers in a corner, prepared to discuss this week's reading. They begin with an acknowledgment of the unceded territory and then open up discussion. There is a simple but effective structure to the club; the group's leader, Chloe Homenuke, asks an open question and the members are then given the opportunity to share their thoughts and answers. As they go around the circle, students offer diverse opinions and analysis of the text, as well as comparing and contrasting it to past pieces of indigenous literature. The group looks closer at the text and works through themes of resilience and resourcefulness in a way that conveys respect and their desire to learn. They discuss prominent contemporary indigenous issues and discussions, exploring how literature can teach and tie into these events. There is an easy but focused feel to the discussion with both students and the sponsor teacher, Ms. Johnston, actively engaged and sharing their thoughts. In Canadian contemporary society, value is placed on recognizing the various indigenous cultures and stories woven into the land and the peoples. The Indigenous Book Club allows for a pathway to exploring the rich literature and voices that are often unheard.

INFLUENTIAL WOMEN

IN HONOUR OF INTERNATIONAL WOMEN'S DAY

International Women's Day

Although often overlooked in North America, International Women's Day (March 8th) is an important opportunity to celebrate women and their achievements. But how did this day come to be, and why is it so important?

March 8th

There were multiple days celebrating women on a small scale. A few examples include Women's Day in New York in 1909 where female workers fought for better work conditions a year prior, or Denmark, 1910, for women's suffrage.

March 8th has been recognized as women's day in Russia since 1913. However, 1917 was the start of the Russian Revolution, during which women and workers took to the streets to strike for the lack of food, but the government blatantly ignored them. Soon after, women received the right to vote. The revolution led to the abdication of Tsar Nicholas II, ending the Romanov dynasty. This particular Women's Day bears a lot of historical significance.

Why is it celebrated internationally?

1917 is when it was declared a Soviet holiday in Russia, which later inspired other, generally socialist countries to adopt the holiday as well. In 1975, the United Nations General Assembly also began celebrating, which is why we now celebrate the holiday in Canada. Many countries hold women's marches on March 8th. For example, in Mexico City and Madrid, Spain, there were women's marches to fight violence against women. These are only two of many places where there is violence towards women which shows why this day is so important. The fight for equal rights is a process that still continues which shows how important International Women's Day is.

In honour of International Women's Day, we have decided to highlight the stories of women coming from diverse backgrounds, focusing on their historical impact or influence on modern society.

Homer, Shakespeare, Maya Angelou: these are the greats of poetry, and also among them is Sappho. Sappho was a female poet from ancient Greece, known for her ability to convey personality, emotion, and imagery in an unrivalled form, praised by Plato and Aristotle alike. Sappho's poetry often concerned the group of young women, her thiasos, that were educated under her leadership. The thiasos was inspired by the goddess Aphrodite, with Sappho acting as a direct link, drawing on Aphrodite and her rituals for imagery in her poetry. While much of Sappho's work has been lost to time, her poetry and actions have remained relevant over time. The Church condemned her work, scholars attempting to explain away any explicit and often homosexual tones. Today, women flock to her as a symbol of feminism and same-sex love. Women who are attracted to the same-sex have coined themselves as sapphic women. Imagery in her poems, like violets, became symbols for sapphic women. Sappho's influence and attraction comes from the fact that she did what almost no other woman of her time was doing. Sappho wrote and expressed herself as a woman, not through the male gaze. Sappho expressed the suppressed emotions and thoughts of women in Greek society without concerning herself with the palatability of her pieces.

Sappho

By Grace Hodges

Art by John William Godward.



Information retrieved from *The New Yorker* (www.newyorker.com/magazine/2015/03/16/girl-interrupted) and *Britannica* (www.britannica.com/biography/Sappho-Greek-poet)

Tessa Virtue

By Neve La Rosa

Photograph via Virtue Moir.



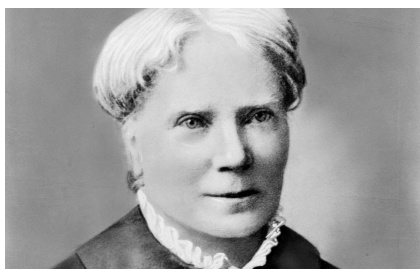
As one half of Canada's pair of "sweethearts" and one of the most decorated ice dancers of all time, Tessa Virtue is a name you've probably heard countless times. With her ice dance partner Scott Moir, she is a three-time Olympic medalist having competed during Vancouver 2010 (gold), Sochi 2014 (silver), and PyeongChang 2018 (gold). Although retired now, the two are the longest-standing ice dance partnership, with over 20 years spent skating together. Tessa was born in London, Ontario and began ballet at a very young age. When she started figure skating lessons with the Ilderton Arena at age 6, which was solely so she could properly skate during an upcoming school field trip, she picked it up quite naturally and decided to pursue it further. Initially, she was in fact partnered with Scott Moir's brother, Danny, but ended up paired with Scott when he joined figure skating to improve his hockey playing. At age 9, Tessa was offered a place at the National Ballet School but passed it up for skating. After surgery and lingering pains from a leg injury in 2010, Tessa was forced to take a break from skating. The injury and time away from the ice impacted both her relationship with Scott and their performance on ice, leading up to their silver medal in the Sochi Olympics in 2014. After another rest from skating, the two came up with a comeback plan for the 2018 Olympics, and they certainly returned stronger than ever, and shattering records. All over the world, Tessa Virtue is an Olympic athlete revered by millions, and although she may not be competing any longer, she has carved a mark for figure skaters everywhere.

Information retrieved from *"Tessa and Scott: Our Journey from Childhood Dream to Gold"* (2018)

Elizabeth Blackwell

By Elena Massing

Photograph by Bettmann/CORBIS.



As the first woman to graduate from an American medical school, Elizabeth Blackwell paved the way for women in medicine. She was born in England to Hannah Lane and Samuel Blackwell, a wealthy anti-slavery activist. Many of her relatives were abolitionists and supporters of the women's suffrage movement. After her family moved to America, she was inspired to pursue a career in medicine when a dying friend expressed that she wouldn't have suffered so much if her physician had been a woman. She faced rejection from every school except for one, and even there, her acceptance was intended to be a practical joke. Nonetheless, she decided to attend; her experience was rather unpleasant. Both in and outside of school, she was excluded from things her male colleagues did and shamed for not conforming to traditional gender roles of the time, but she eventually graduated first in her class. Along with her sister, Blackwell was able to open the New York Infirmary for Women and Children, which focused on employing female physicians and treating poor women and trained nurses during the Civil War. She opened a medical college in New York in 1868 but returned to London to teach gynecology at the London School of Medicine for Women.

Information retrieved from *Changing the Face of Medicine* (www.cfmedicine.nlm.nih.gov/physicians/biography_35.html), *US National Women's History Museum* (www.womenshistory.org/education-resources/biographies/elizabeth-blackwell), and *Britannica* (<https://www.britannica.com/biography/Elizabeth-Blackwell>)

Rosemary Brown, born on June 7, 1930, was a feminist, civil rights activist, and the first black woman to be elected a member of the Legislative Assembly in British Columbia. Living her early life in Jamaica, Brown immigrated to Canada in 1951 to study social work at McGill and later UBC. She was involved in *BCAACCP, which is an organization that tries to give more opportunities to black people to have good education, jobs and housing. She was also a participant of "Voice of Women" and did work to eliminate sexism in textbooks, being a good example to young girls of what women are capable of. She was a part of the NDP and was elected in the Vancouver-Burrard riding in 1972 which made her the first black woman ever to be elected to provincial legislature. After she had finished with politics in 1988, Brown decided to teach women's studies at SFU and wrote multiple memoirs like *Being Brown: A very public life*, a memoir on being an African Canadian woman. Rosemary Brown had a lot of influence on politics and challenged people's ideas:

"To be black and female in a society which is both racist and sexist is to be in the unique position of having nowhere to go but up."

Information retrieved from *BlackPast* (www.blackpast.org/global-african-history/brown-rosemary-1930-2003/), *Vancouver Sun* (www.vancouversun.com/news/local-news/canada-150-rosemary-brown-an-outspoken-pioneer-for-women-of-colour/), and *The Canadian Encyclopedia* (www.thecanadianencyclopedia.ca/en/article/rosemary-brown)

Rosemary Brown

By Veronica Popova

Photograph by Denise Howard/Vancouver Sun.



Women in rock have always risen with determination to create a name for themselves, in spite of an industry constantly working against them. Hayley Williams of the band Paramore is certainly no exception next to her female predecessors in music. Hayley is an American singer-songwriter best known as the lead vocalist for Paramore and the co-founder of hair dye company Good Dye Young. She is one of the founding members of the band, their primary songwriter, and the only member to have appeared on all five of their albums since the band's formation in 2004. Originating as a pop punk/alternative rock group, their music has vastly evolved since their debut with their most recent album *After Laughter* (2017) strongly evocative of '80s pop. Hayley has recently kicked off her solo career with the release of her EP *Petals For Armor* earlier this February, and her LP is scheduled to follow in May. Hayley has always had a passion for expression, not just through music, but through makeup and hair as well, always being well-known for her notoriously vibrant hair. In 2016, she launched Good Dye Young with hair stylist Brian O'Connor, releasing a line of vegan and cruelty free semi-permanent dyes. With colours ranging across the rainbow, you can even find their dyes here in New West at Sally Beauty on McBride if you want to mix up your look! Hayley has never been known by fans as one to shy away from expressing her opinions and ideas, and has much more in store to share with the world on her upcoming album.

Hayley Williams

By Neve La Rosa

Photograph via Apple Music.

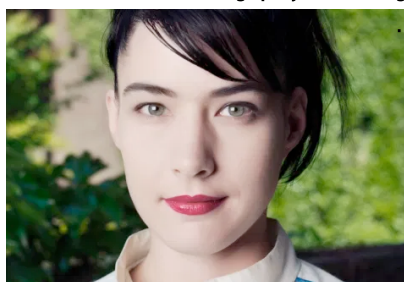


Information retrieved from *Good Dye Young* (www.gooddyeyoung.com/about-gdy/) and *The New York Times* (www.nytimes.com/2020/03/04/arts/music/hayley-williams-paramore.html)

Kathleen Hanna

By Bien-Sa Tran

Photograph by Leeta Harding



The punk music scene during the early nineties was an environment heavily dominated by men- that is until Kathleen Hanna's furiously feminist band, Bikini Kill, came careening into the scene, forever changing the role of women in punk rock. Hanna is widely known for pioneering the movement of Riot Grrrl, A.K.A. third-wave feminism delivered through rock music. She and her fellow bandmates loudly and proudly promoted feminist ideas through their zine, *The Riot Grrrl Manifesto*. At their shows, she transformed mosh pits into safe spaces for women with the concept of "Revolution, Girls Style Now," by yelling this classic line each night; "Girls to the front! I'm not kidding." This concept turned her shows into a place where women could come together in solidarity against societal expectations and turn a male-dominated scene on its head. Her performances are filled with rage, defiance, and inspiration for other girls to pick up guitars and scream in the face of sexism. Bikini Kill went through a hiatus in the 2000s until recently after Trump was elected, when Hanna declared it was time for her music to come back and inspire a new generation of girls under misogyny.

Information retrieved from *Pitchfork* (www.pitchfork.com/features/interview/kathleen-hanna-interview-what-bikini-kill-means-now/) and *History Is a Weapon* (www.historyisaweapon.com/defcon1/riotgrrrlmanifesto.html)

Billie Holiday

By Veronica Popova

Photograph via Michael Ochs Archives/Getty Images.



Information retrieved from *Biography* (www.biography.com/news/billie-holiday-strange-fruit — www.biography.com/musician/billie-holiday) and *Legacy.com* (www.legacy.com/news/celebrity-deaths/billie-holiday-the-tragic-life-of-lady-day/)

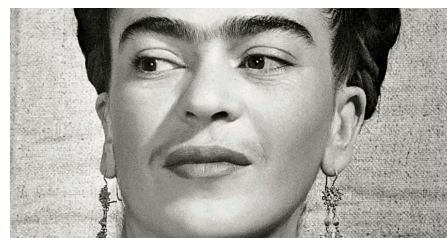
Billie Holiday, a jazz singer many know and love, was born Elenor Fagan on April 7th, 1915 in Philadelphia, Pennsylvania. She grew up in Baltimore, Maryland and had a difficult upbringing with her mother, who was only a teen when she had her. Her father was rarely in the picture. Her home life was unstable; she often skipped school and experienced some troubles. Through these troubled times, she often listened to Louis Armstrong and other jazz artists, which then influenced her own performance as an artist. She eventually began calling herself Billie when she performed, after Billie Dove, and was discovered in a jazz club by John Hammond who became a catalyst for her career. She grew in popularity and eventually had "Strange Fruit" written for her by Abel Meeropol. This song is recognized today as a jazz standard that describes the oppression of African-American people, specifically in the South, with jarring and disturbing imagery. Billie's career was unfortunately short lived because she died in 1959 at age 44. Billie was hugely successful and is still well known and loved to this day.

Frida Kahlo, known for her magical-realism influenced portraits and self-portraits, remains a pillar within art history. Born in 1907 in Coyoacán, Mexico, she was heading towards a promising career in medical school until an accident when she was 18 left her unable to walk for 3 months. During her recovery, she turned to painting and forged her career as one of the most influential artists of all time. Her art remains influential in the unique stylistic choices she made. Her work combined both indigenous Mexican culture and surrealistic elements within them, and her self portraits, unapologetically raw in their features, reject the euro-centric notion of beauty. These elements turned her into the most famed artist to arise from Mexico. However, she not only broke boundaries in her art, but socio-politically as well. She rejected capitalism and was a member of the Mexico Communist Party at the time of her death. Frida Kahlo was openly bisexual and remains a symbol of the feminist movement, inspiring generations with her rejection of socio-cultural traditions and her lasting impact on art.

Frida Kahlo

By Natalia Fuentes

Photograph by Nickolas Muray/Victoria and Albert Museum.



Information retrieved from *US National Library of Medicine* (www.ncbi.nlm.nih.gov/pmc/articles/PMC1463226/), *Biography.com* (www.biography.com/news/frida-kahlo-real-rumored-affairs-men-women), *Library Journal* (link.gale.com/apps/doc/A77703512/GPS?u=40nwss&sid=GPS&xid=f4e2e8ef), *Washington Monthly* (link.gale.com/apps/doc/A87706849/GPS?u=40nwss&sid=GPS&xid=183b45af), "Frida Kahlo, 1907-1954: Pain and passion" (2000)

Rosalind Franklin was one woman who defied expectations. She was born in London in 1920, and she studied physical chemistry at university in hopes of continuing her research after graduating. Women were rarely given such work, so she decided to help during the Second World War by taking part in the British Coal Utilisation Research Association. During her time as Assistant Research Officer, she studied the molecular structures and physical attributes of coal, carbon, and charcoal. Her research was essential in the development of gas masks and fuel. In 1951, she worked with another student at King's College to take a high resolution photo of DNA to get a better understanding of its structure and its composition. This led her to believe that the structure was helical. However, Watson and Crick are known for their research on the structure of DNA and determined that it is a double helix, even though this idea was heavily derived from the work Franklin did before them. Unfortunately, this is a trend in science, where men often receive more attention and are taken more seriously for their work, in comparison to their female counterparts. Franklin continued her work and did a lot of research on viruses despite obstacles. She passed away in 1958 due to ovarian cancer.

Rosalind Franklin

By Veronica Popova

Photograph via Donaldson Collection/Michael Ochs Archives/Getty Images.



Information retrieved from *DNA from the Beginning* (www.legacy.com/news/celebrity-deaths/billie-holiday-the-tragic-life-of-lady-day/), *Britannica* (www.britannica.com/biography/Rosalind-Franklin) and *US National Library of Medicine* (www.profiles.nlm.nih.gov/spotlight/kr/feature/coal)

Emmeline Pankhurst

By Rory Leblanc

Photograph by Museum of London/Heritage Images/Getty Images.



Emmeline Pankhurst was the founder of the suffragette movement and a prominent women's political activist from the late 1880s to early 1900s. She first started the Women's Franchise League in 1889, fighting to give married women the ability to vote in local elections. After realizing that her attempts at peaceful protest were not having the desired effect, she knew she had to change direction. She then founded the Women's Social and Political Union (WSPU) in 1903, their motto being, "Deeds not Words". Members were urged to take on a more radical approach, with tactics such as window smashing, arson, and hunger strikes. These actions often ended in violent altercations with the police, Pankhurst herself getting imprisoned numerous times. More than 1,000 suffragettes were arrested and imprisoned; published images of them being violently force fed, while hunger striking gained them public sympathy and support. She died June 14th, 1928 just five months before women were granted the right to vote in November. She was named one of the most important people of the 20th century by Time magazine. The tactics the WSPU used are highly controversial and wouldn't be supported by modern feminists who are striving for a more peaceful approach.

Information retrieved from *"towards emancipation"* (www.hist259.web.unc.edu/emmelinpankhurst/), *History Muse* (www.historymuse.net/readings/PANKHURSTWhyWeAreMilitant1913.htm), and *Britannica* (www.britannica.com/biography/Emmeline-Pankhurst)

COVID-19: A GOVERNMENT HOAX?

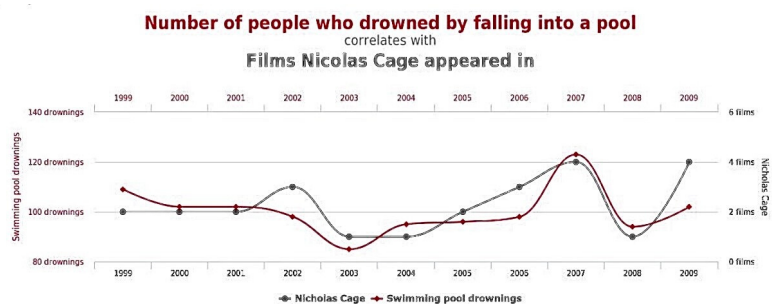
A POLITICAL SATIRE BY JAMIE SLADE-KERR

I've spent the last couple of weeks talking to my uncle about this whole "coronavirus" situation. Don't worry - I haven't seen him in person! I've been "social distancing" like all the rest of you good citizens. My uncle Shawn and I have been video-chatting instead to talk about what this "coronavirus" stuff is really about.

This is what my uncle Shawn has taught me. With every new development in the world, the only things you have to wonder are: "What does the "government" gain from this?" and "How did they orchestrate it?" Some people say that Shawn is crazy or even paranoid (whatever that means!) with his cynicism, his deduction, and his cork boards full of newspaper clippings and photos with red yarn connecting different pieces of the puzzle, but I say no way.

Now, what I'm about to explain to you is very sensitive information. First, I'd like you to think about this: For our entire lives, every time there is an election in the United States, some major disease like this "coronavirus" breaks out. In 2016, it was ebola. In 2008, it was avian flu. In 2004, we had SARS. Yeah, remember SARS? No, you don't. You hadn't formed your amygdala yet. But that's what they want you to think.

Yes, that's right. Every major election year since 2004, there has been an outbreak of deadly proportions. Now, to me and uncle Shawn, this doesn't seem like a coincidence at all. Remember, **CORRELATION ALWAYS EQUALS CAUSATION!!!** Nicolas Cage caused these people's deaths!



The question is, what does the government have to gain from this? Myself and Uncle Shawn believe that they want people to have to stay home on voting day so everybody who's already comfortably in power can remain in power. If nobody goes out to vote, the government stays the same! That's how democracy works.

As I'm sure you all are, I was completely sold on this theory the second uncle Shawn brought it up. However, the next day, he brought up an equally charming point. I'll leave you readers with his new theory.

Think about the Hong Kong protests against China. Think about how much of the news they took up. Think about how much publicity they got! Now, I want you to think about where all this originated. That's right - China! A disease that has forced its way into our daily news and also forces people off of the streets shows up the minute something happens that world governments don't like - namely, a rebellion.

Don't you think that maybe, just maybe, there may be some foul play going on here? Uncle Shawn sure does.

Tune in tomorrow with more updates on www.meanduncleshawn.blogspot.gov.

for legal reasons: this is a parody article. Please do not take this seriously. The website www.meanduncleshawn.blogspot.gov does not exist. Wash your hands

TAYLOR'S TWO CENTS

I feel no sense of belonging at this school anymore. I have friends and I'm in lots of clubs and I have a good relationship with all my teachers and peers but I still feel distant from everything.

It sounds like you have great instincts for this sort of thing already, although I'm sure that's not the answer you're looking for. You're on the right track! Joining clubs and programs, like the drama or music departments, is a great way to feel more connected to your school. What's next is to take charge. Adopt the attitude of the peppiest cheerleader you've ever heard of. Make the decision that you belong. Sometimes all it takes is a little willpower.

If that doesn't work, you may want to check in with one of our counsellors - they have lots of advice on this sort of thing, or they can set you up with one of the UBC counsellors-in-training who work in the building behind the courtyard!

How do you get over someone?

First off - you are not alone, darling! Nearly everybody goes through this exact thing. Seek out support from your friends and family. They have your back.

There are two main ways to get over somebody. The first is to immediately go for the rebound and use another person to help you along. I do not recommend this method. It only dumps your own pain onto somebody else.

The second is, unfortunately, time. Time heals all wounds, but don't let that time stretch out further than it needs to. Feel your feelings as they come. The world tends to not give you so long to get over somebody even though it can often be a great loss. Don't listen. Feel as you need to.

Going through it? Got a question? Looking for advice?
Submit your wonderings anonymously to

Taylor's Two Cents

by students, for students
at tellonym.me/taylorstwocents.

Submit as soon as possible to get your question featured in the next issue!

SPORTS FEATURE

NIKE UNVEILED: PREGNANCY PAUSES PAY

BY ISABELLA MCDONELL

In the world of track and field, every athlete dreams of signing with Nike. The athleisure giant has a plethora of resources and record breakers. In the past few years, however, the company has been exposed for several widespread unethical practices. One of these exposés has uncovered Nike's unfair treatment of pregnant sportswomen: not accommodating fair maternity leave.

During May of last year, Olympian Alysia Montaño and *The New York Times* collaborated to tell Montaño's story. In a video uploaded on YouTube to the *Times* official channel, garnering over 1.8 million views, Montaño recounted her pregnancy while under contract with Nike. When she informed her coaches she would be expecting a child in mid 2014, they threatened to 'pause' her sponsorship and cut her pay. The U.S. Olympic Committee terminates insurance of an athlete if they are unable to "stay at the top of their game" during pregnancy. Infuriated by this, Alysia left for Asics and Linnéa Montaño was born.

Amid her postpartum recovery, the superstar continued to train. Her enthusiasm was halted by her contract being once again threatened by Asics executives. Montaño fervently created a legislation that would protect maternity rights for professional female athletes, expressing she "...was very upset at the fact there was not a policy in place to protect her." The legislation protected, specifically, health insurance. With her time split between training and lawyers, it was unsure if Alysia would be able to recover in the time Asics allotted for her.

Remarkably, Mrs. Montaño shocked the track and field community by winning a national championship six months postpartum.

Her experience is universal amongst female athletes. Phoebe Wright (a former Nike athlete) said, "Getting pregnant is the kiss of death for a female athlete." Before Alysia, this issue was unheard of because of confidentiality clauses but, nevertheless, her story has encouraged other athletes such as Allyson Felix and Kara Goucher to expose their own maternity experiences.

ACADEMIC ADVICE FOR QUARANTINED LIFE

BY MAKENA THOMAS



Art by Julianna Platts.

We are all currently living in a time of uncertainty; not a single person alive has lived through international quarantine. At this time, we are unsure as to when we are going back to school, how we're going back to school, and if we're even going back to school at all. This evidently leads to many students feeling an excessive amount of stress. Many high school students are currently missing out on crucial time and resources needed to create the type of life they want for themselves. These are the few individuals who always study and stay on top of their work, and although most students are

probably spending the entirety of their locked in days watching Netflix, they should really try to keep their academics up. Soon we will be doing a type of online school, and it will be up to students to improve time management skills so that they can stay on top of their work. So why not try to include some academic activities in your Netflix bound days in preparation for actual school work?

Try Khan Academy videos or practice exercises to keep up your math, regardless of whether or not you're currently taking a mathematics course. Try reading a book or writing in a journal to keep your vocabulary and writing skills fresh. I know that actually reading a book may be a lot to ask of some people, but reading, writing and math are crucial skills needed for your entire life. Finally, try your best to stay on top of the units you were learning before the break. Facetime a friend and go over notes for a measly ten minutes to help keep the information fresh in your brain. The only way people won't fall behind is if they put in a small amount of work to keep up. Another resonating worry is how kids will be able to get academic assistance once we are back in school. If you're struggling and don't have the motivation to figure things out by yourself, you should reach out to a teacher or a peer. It's going to be tough for a lot of people to find the self-motivation to do their work when they'd rather be on their phones, so setting limits on social media apps is another commonsensical suggestion. Set limits or alarms for a ten minute phone break every forty minutes. Online school is going to be a new challenge for most students, but as long as you work diligently and frequently, you will succeed.

A MESSAGE FROM THE STUDENT PRESS

Thank you for reading the April edition of *NDUB Student Press*!

We are trying our best to maintain this newsletter, despite the strange circumstances, to provide at least a little bit of entertainment for our school community while everyone's stuck inside.

Stay safe, wash your hands, and thanks for sticking with us!

Questions? Comments? Concerns?

Send an email to ndubstudentpress@gmail.com, or a direct message to @ndubstudentpress on Instagram.

CORRECTION: In the First Issue of *NDUB Student Press*, we inadvertently provided erroneous information when stating that only four students graduated from the IB French Program. The article "The Future of the French IB Program" should have noted that 25 students graduated.

Formatting by:

Keira Lee

Elena Massing

Kai Hiroti